

SMART

FESTIVE ISSUE

FAMILY

→ ISSUE 37 → RS 120

→ SEPTEMBER 2019
→ ASOJ 2076

COVER STORY

THANKFUL, GRATEFUL, BLESSED

NITI SHAH

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GG Machaan

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Dashain Delights

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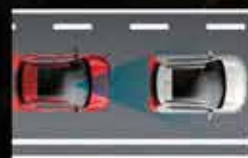
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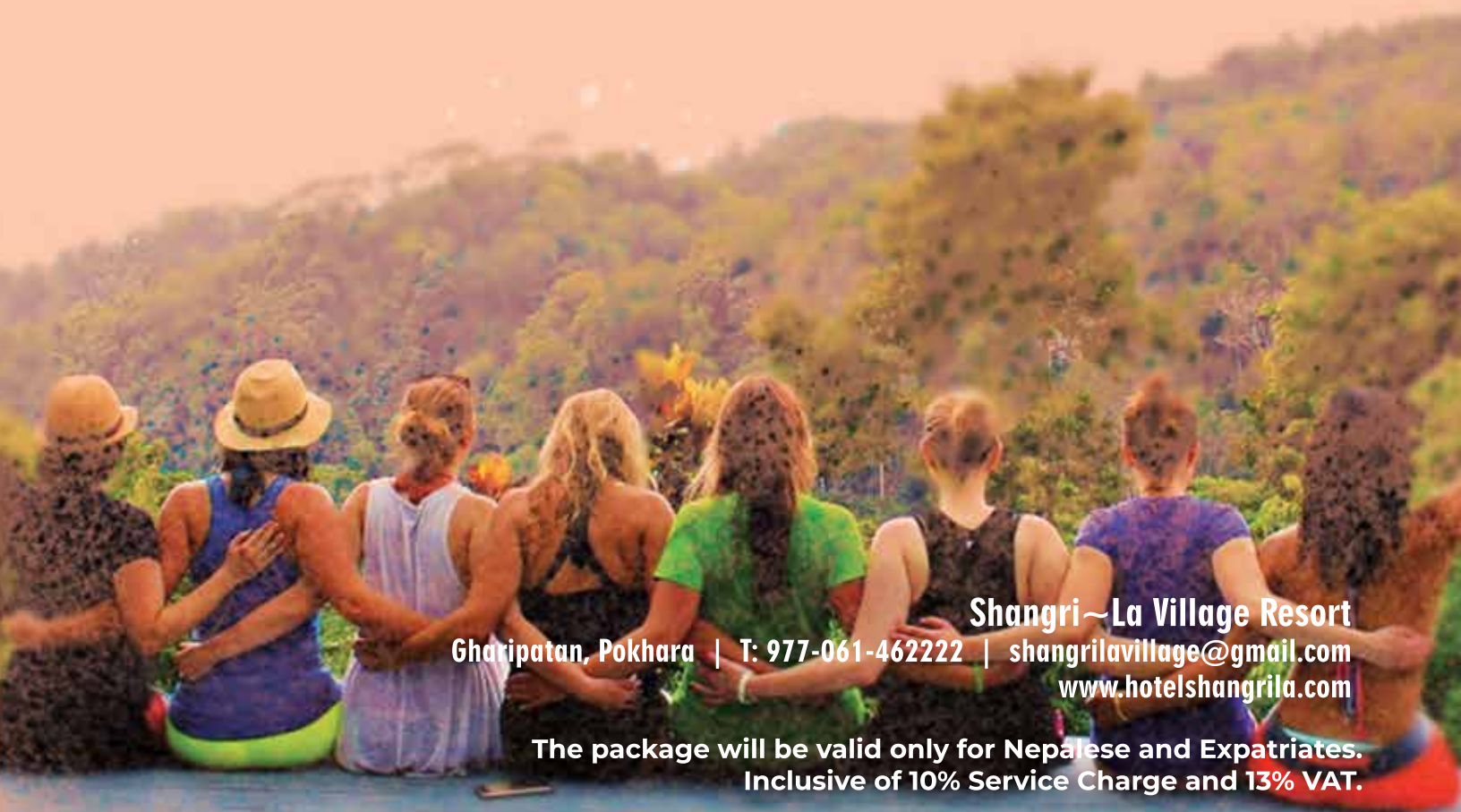
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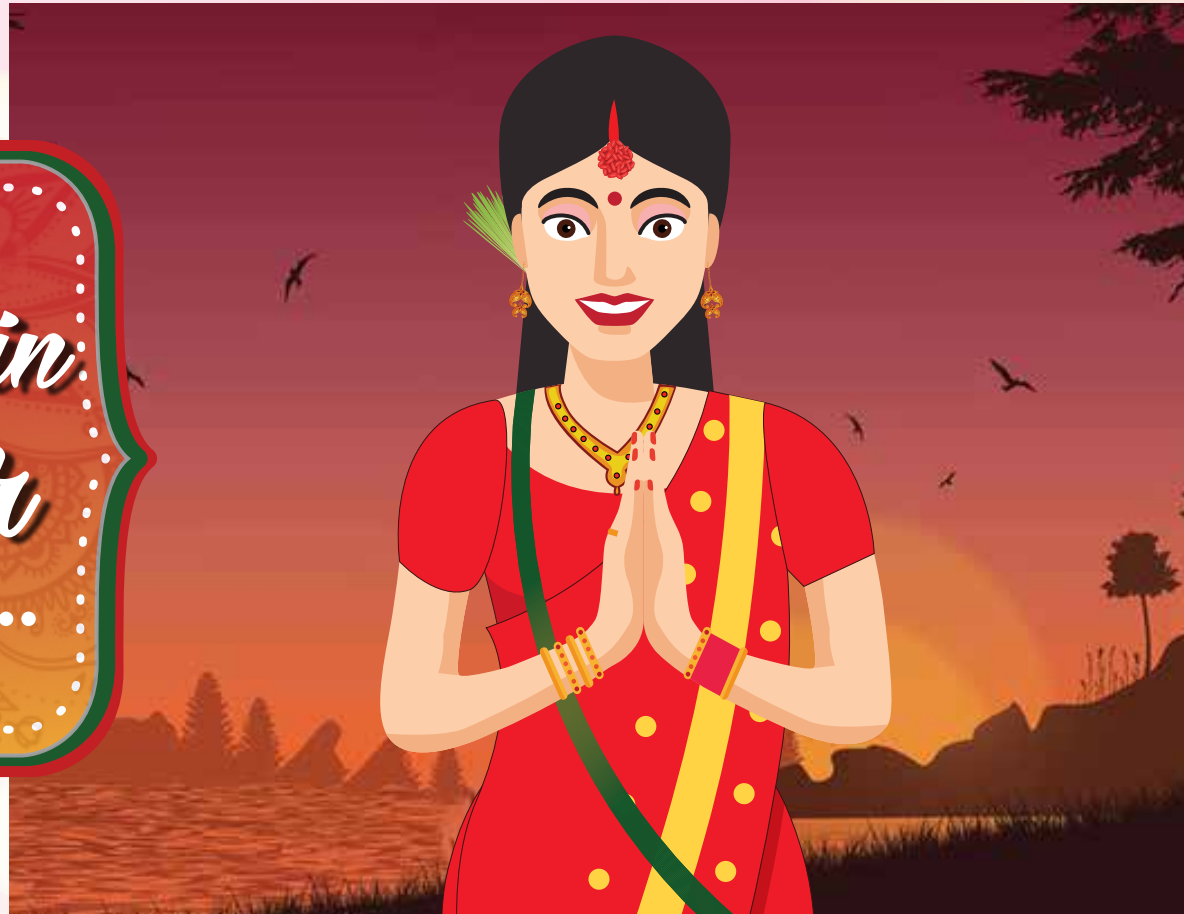
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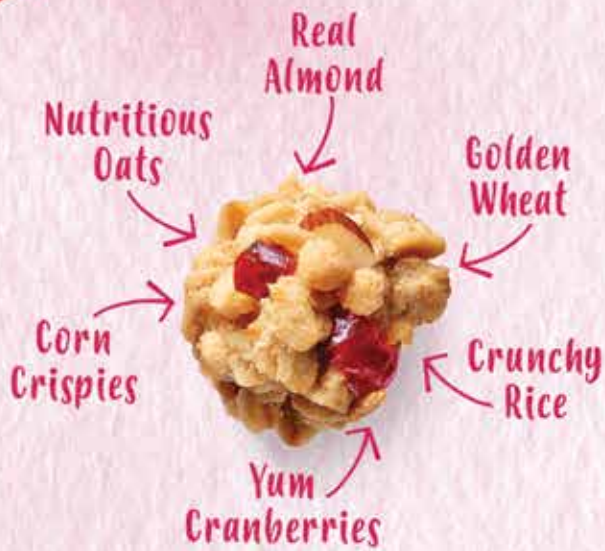
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Hotel Shangri-la

To highlight a festive and unique indulgence, the Chef shared with us the recipe for a few of his signature dishes in The Lost Horizon Café at Hotel Shangri-La.



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EDITORIAL.

As the monsoon pours down its final blessings, and the fall winds gently pick up their pace, we look into the calendar and ask ourselves, "What next?" A collection of red marks on it indicating upcoming holidays stare back at us, and we realize that those marks are for the most widely celebrated festival in Nepal -- Dashain. The festive atmosphere is everywhere and all our senses tingle with the difficult to explain "Dashain Vibes." We put aside our troubles for a minute. And we all look forward to different things: children to flying kites and extended holidays, adults to returning home to visit their family, the more religious to going to temples, and vendors to selling their merchandise. The heights of hopes and expectations are matched only by the heights of delicious food served to us as we make rounds on the final day of Dashain for the Tika blessings.

We at Smart Family, in light of the festivities, have put together this issue focusing on some of the elements that make Dashain fun: family, food, general well being, and style. Putting it together this issue wasn't a piece of cake. As someone famous said, "Higher the peak, further the climb." The challenges were great, but with great support from multiple people and organizations, this magnum opus of Smart Family is now in your hands.



We are thankful to everyone who supported us in bringing together this issue. A special thanks goes to Hotel Radisson for being the ultimate host for the cover of this issue. The hospitality, love and generosity shown by the hotel are heartily acknowledged. We would also like to thank Oodni Boutique and Sabah Nepal for the exquisite apparel used for the cover shoot.

Talking about the cover, we are honored to have Mr. Nabal Shah, Mrs. Shailaja Shah and Ms. Niti Shah on the cover of this festive issue. We caught up with them to let them share with us their fond memories, and tell us more about the bonds they share, and how they celebrate Dashain. Elsewhere in this issue, you will find a decadent spread put forth by the esteemed Chefs of multiple well-known hospitality establishments in Nepal. The Chefs have generously shared with us the recipes of the dishes our readers could easily prepare for their friends and family who come to visit them during Dashain.

This and much more awaits you in this issue of Smart Family Magazine.

Happy Reading!
SF Editorial Team

ON THE COVER
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सम्भन्दा सच्चाहरूका लागि वैज्ञानिक
रूपमा तयार गरिएको पोषण



ORIGINAL
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जुनियर हर्लिक्स एक पोष्टिक पेच पदार्थ हो जसलाई नियमित आहारको भागको रूपमा शामिल गर्दा यो बच्चाहरूको जरुरी पोषण पूरा गर्न मद्दत गर्छ। यो उत्पादन २ वर्ष भन्दा कम उमेरको बच्चाहरूलाई शिशु दुध सरह वा शिशु आहार होइन। *पहिला बजारमा पाईने जुनियर हर्लिक्सको फर्मुलको तुलनामा अब DHA दुई गुणा बढी छ। *जुनियर हर्लिक्स स्टेज १ (२-३ वर्षको बच्चाका लागि) र जुनियर हर्लिक्स स्टेज २ (४-६ वर्षको बच्चाका लागि)।

STARTER.

Dashain Aunai Lagyo

Shreyashka Vikram Raj Maharjan

HOW DO YOU know Dashain is here? I remember once being clueless of the month of Dashain as I was drowning in work. But as Dashain got closer the atmosphere suddenly shifts. You hear the Mangal Dhun playing more often, the monsoon slowly dissipates, and the clear skies are filled with kites. Kids get excited for the Dashain vacation and you hear them yell once in a while, “Dashain Aunai Lagyo.” (Dashain is coming soon.)

It is the time for families to come together, the time when you meet your long-lost friends and siblings. We see the little ones grow a few inches taller, and suddenly realize that we are getting older as well. The trouble and worries of the mundane world disappear in a delightful spread of home cooked food, blessings of our elders, and the love and laughs shared with family. And the cherry on top is definitely hearing your close family state their concern on, well you know what I mean, right? (Bihe garne kaile?) (When are you getting married?)

For us born and raised in Kathmandu Valley, the festival has taken a new leaf. We talk about how the streets will have less traffic. You hear the young bloods say, “Aba bike chalauna ramilo huncha.” (Now it is going to be fun to ride bike.) As the young gear up for a great riding experience, the old are hit with nostalgia of the then much less populated valley. Families of the few with children abroad wait for nightfall, and anxiously question themselves, “Kaile phone garcha?” (When is the call going to come?) And at the sound of the first ring on their



smartphone, they rush to pick up the call to see the faces of their children. They take a moment and with eyes filled with tears and say, “Yo pali ni ghar ayena hai.” (This year too you are not coming home.) With mixed emotions, they celebrate Dashain digitally.

As the day of the Tika approaches, kids get ready to have a shopping spree with their dakshina and the streets are lined with individuals with a fresh pair of cloths and their foreheads filled to the tiniest edge with tika. As the festivities draw to a close, we can't help but wish the festivities would never end. The streets slowly start getting more traffic and the mundane street life knocking on our

door. Just as Dashain came, you hear people say, “Dashain Aba Pheri Kaile Aucha.” (When is Dashain coming again?)

Dashain is more than just a simple holiday, it's the time to get together and make merry. This Dashain choose to stay a bit longer with your loved ones. Put down your phone, and pick up that food plate and fill it to the brim. Indulge in the loving spread and share your stories, woes and joy. You might just find the answers that you were looking for. Capture those memories for the days to come, as you might not see your family that often. But when you do -- as in the coming Dashain -- make sure to cherish each and every moment.



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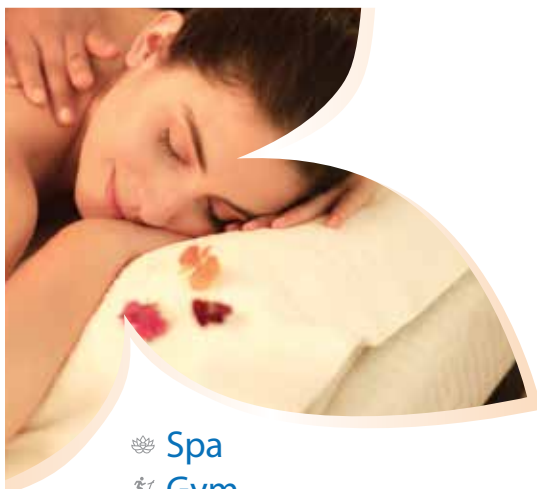


↑ BIRYANI & BEER AT HOTEL SHANGRI-LA KATHMANDU

Radisson Hotel Kathmandu organized a weeklong "Biryani and Beer" promotion from the 24th May - 31st May 2019 from 18:30-22:30 hrs at their Terrace Garden restaurant. "Biryani and Beer" will feature aromatic and flavorful Biryanis in Hyderabad, Malabari, Lucknowi and Kolkata style. The intercultural gastronomical royal experience is bound to create a unique twisty and tangy food celebration. With an extravagant cyclic buffet comprising of Murg, Gosht, Prawn and Subz Dum varieties, served with salan, raita, dessert and two bottles of beer, enjoy dining this summer evening in our rooftop.

NEPAL MEGA SYMPOSIUM WOMEN'S HEALTH IS NATIONS' WEALTH

Putting the needs of their family first, women often neglect their own dietary needs. In their effort to promote the importance of Women's Health in Nepal, NESOG (Nepal Society of Obstetricians and Gynecologists) in collaboration with Meyer Vitabiotics, a pharmaceutical company in India who expanded their business in Nepal organized a special symposium called "Knowledge cafe" for the Gynec society in Kathmandu on the evening of August 9, 2019.



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↑ SANIMA GROUP LAUNCHES AKAMA HOTEL

Targeting the upcoming Visit Nepal Year 2020, Sanima Group has launched the Akama Hotel at Dhumbarahi, Kathmandu on August 12, 2019. Akama Hotel is a state-of-the-art property offering world class facilities in the heart of Kathmandu. The property exudes splendor and sophistication at every level. The hotel boasts contemporary designs with a local touch creating an atmosphere that is modern and exclusive, yet intimate and familiar. The property also boasts an infinity pool, gymnasium and an exquisite garden. The hotel's signature restaurant Chow Bella, offers Chinese and Italian fusion along with their coffee shop which offers breakfast, lunch, dinner and light snacks.

Hotel Akama is also capable of hosting conferences, events, workshops and seminars with five elegant and functional meeting spaces and a dedicated catering staff.



APALA JEWELS AT XOTICA TEEJ MELA 2019

Xotica organized their eight iteration of "Teej Mela" with Apala Jewels as their gold sponsor on the August 11 and 12, 2019 at Alice Reception Gairidhara. Mrs. Tripti Karki the member of the organizing committee said, "Every year Xotica takes this initiative of organizing the Teej Mela to specially empower women entrepreneurs, and to bring these amazing companies to the light of the people. It's not just women but also organizations who are doing great social work and we want to give them a platform to reach a greater audience."

This year's gold sponsor Apala Jewels took centre stage as they brought their finest collection of jewels for the visitors to behold. "Apala has always been in closed doors in our studio in Balwatar, but it was time for us to come out and showcase our story. Thus we choose Xotica as they have a beautiful set of clients and customers," said Rishi Agrawal the CEO of Apala Jewels. She further added, "I believe we have done a good job, we had our finest collections displayed and the audience was curious and we are looking forward to showcase our story in future events as well."



← GOLDEN SPOON RESTAURANT LAUNCHED AT BODHI RED SUN HOTEL'S

Bodhi Red Sun Hotel Bhairahwa announced the grand opening of its fine dining Mughal Cuisine specialty restaurant on August 4, 2019. Bodhi Red Sun located in the commercial city of Bhairahwa, close to Lumbini, the birthplace of Lord Buddha, is a luxurious hotel that is raising the bar in hospitality with a professional management team from The Peak Hospitality in its own unique way. Ms. Ronali Amatya Miss Nepal International 2018 and Hon. Member of Parliament Mr. Pramod Kumar Yadav both jointly inaugurated the new signature outlet Golden Spoon. Its latest attraction offers exquisite fine dining options under the leadership of Chef Deepak Shree in the city of Bhairahwa.



← HYUNDAI EXCHANGE CAMPAIGN

Laxmi Intercontinental Pvt. Ltd., the sole authorized distributor of the highly popular Hyundai Cars, is organizing Hyundai Exchange from August 1-8, 2019 for all Hyundai models throughout the country. Laxmi Intercontinental Pvt. Ltd. came up with this exchange camp to provide the best exchange deal and a wonderful opportunity to upgrade the vehicles for their valuable customers. Apart from the Exchange Camp, Laxmi Intercontinental Pvt. Ltd. also facilitates its customers with spot exchange valuation, easy finance, insurance and attractive cash discount. In addition to that, a loyalty bonus worth up to Rs. 15,000 and exchange bonus of up to Rs. 150,000 along with 4 years of free service, and warranty up to 3 years.



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↑ **THE DEBUT BY KASA STYLE**

Debut 2019, an international fashion show with an aim to promote local products is scheduled to showcase at Patan Durbar Museum, Patan on August 30. The event is organized by KASA. KASA is a Nepali brand that manufactures apparels, and the fashion show also aims to boost the 'Visit Nepal 2020' campaign. Renowned personalities including Shrinkhala Khatiwada, Nikita Chandak, Asmi Shrestha, Manita Devkota, Ronali Amatya, and Anjali Lama will be seen as showstoppers at the show.



↓ **ZAIKA- E- PAKISTAN BY FAIRFIELD BY MARRIOTT**

Fairfield by Marriott organized Zaika- E - Pakistan, an event to bring forth the flavours of Pakistan from August 29 to September 7, 2019 at Kava Restaurant. The menu for the event was prepared by Chef Qamar and Chef Ifran from Marriott Islamabad. With 16 years of experience in the culinary world Chef Qamar specializes in Pakistani, Mediterranean, Tandoori, Mughalai and Middle Eastern Cuisines. Chef Ifran with 12 years of experience under his belt and is an expert in barbecue style cooking. The event showcased different varieties of Pakistani delicacies with an amalgam of various spices.



← **SAMSUNG GALAXY NOTE 10 LAUNCHED**

Samsung Electronics unveiled the Galaxy Note10, a new line of premium smartphones that combines elegant design with powerful performance and productivity tools to help users make the most of every moment. Inspired by a generation that flows seamlessly between work and life, the Galaxy Note10 gives users the freedom to work the way they want and showcase their creative spirit, all on-the-go. For years, the Galaxy Note series has helped millions of loyal users around the world pursue their passions and achieve their goals, and with the Galaxy Note10, Samsung is helping users do more of what they love.

→ **SECOND GUARDIANS' AWARENESS PROGRAM BY ECETA**

Speaking at the second Guardians' Awareness program organized by Early Childhood Education Teacher's Association (ECETA), counsellor kamal Silwal stated, "Since every child has their own unique abilities, it is not wise to compare them with other kids." He emphasized on the choice parents have on whether they want to make their kids do what everyone else is doing and let them stay ordinary or to let them do what they desire to and make them exceptional individuals. ECETA also announced the on going project of establishing a school for students with lack of access to quality education and deprived communities.



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I began photography as a medium of conservation and to promote Nepal on a global stage. I plan to take it a step further and add the facet of videography as well.



CONVERSATION THROUGH PHOTOGRAPHY

Shreyashka Vikram Raj Maharjan, In Conversation with Sagar Giri

We sometimes meet individuals who take their passion and turn it into their profession. But it is rarer to find people who can bind that profession with a cause which is close to their heart. Sagar Giri remembers going out into the wilderness of Chitwan National Park with his father and beholding the majesty of the avian world. After completing his education, he chose to come back home and take up photography, not just to capture these majestic creatures but also use his skills and knowledge to help create awareness for environmental conservation. We spoke with Mr. Sagar Giri to know about his love for photography and nature, his inspirations and the hardships he faced.

WHY DID YOU CHOOSE PHOTOGRAPHY?

Growing up I loved bird watching, and growing up in Chitwan you could spend your entire day, birds watching. I used to go bird watching with my father, who is a conservationist and bird watcher. I always found it disheartening that Nepal has not been featured in shows like Discovery or National Geographic, even though we have so much potential and countless stories to tell.

When I came back to Nepal I wanted to take up photography as a medium for capturing Nepal. Photography is a bridge for me to connect my love for the environment, and conservation.

DID YOU FACE ANY DIFFICULTIES WHILE TRANSITIONING TO PHOTOGRAPHY?

Being a photographer is not always on our parents' list of occupations. It was really hard for me to convince my parents that I can do something here. It was a huge challenge for me, which I took up with utmost dedication. Specially wildlife photography involves very expensive equipment, thus my first

set of equipment were acquired through various loans. It was a total investment of almost five to six hundred thousand. I really struggled as wildlife photography isn't easy.

It's more of a one man's job to be honest, because of the risks involved. As the jungle is unpredictable and the patience and persistence required is immense. One session can last from an hour to days and months in the jungle. Thus, it is difficult to create a team as I don't want anything to happen to them.

HOW DO YOU FEEL WHEN PEOPLE RECOGNIZE YOUR WORK?

I feel really happy when people recognize my work. I was also recently awarded "Photographer of the year" which was a huge milestone for me. I held my first exhibition at NTB a few months ago, and slowly but steadily my work is being recognized in Nepal which gives me immense happiness, knowing that all my hard work, and risks have paid off. But I have a long way to go, and a lot more to capture.

WHO ARE YOUR INSPIRATIONS?

In terms of photography there are a few wildlife photographers and YouTubers who are my inspiration. But in terms of life, my greatest inspiration is my family.

WHAT ARE YOUR FUTURE PLANS?

I began photography as a medium of conservation and to promote Nepal on a global stage. I plan to take it a step further and add the facet of videography as well. I recently updated my first wildlife video on my YouTube channel and plan to make more. I plan to create wildlife vlogs, which I am in the process of brainstorming. I also hope to put together a wildlife documentary/movie soon. In terms of exhibitions, well not in the five-year plan, I must say!

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Hira by Meena Dangol

MORE THAN A TRIBUTE

Aakanchya Tamang



Meena's daughter Mrs. Lasana SM Shrestha, the curator of the exhibition said, "The exhibition today is my mother's great pedestal to come out into the art world. She has done numerous exhibitions in the past in groups but had never done a solo exhibition."

Mr. Hira Lal Dangol which had been completed by Mrs. Meena Dangol.

Born on August 10, 1968 in Kathmandu to veteran artist late Hira Lal Dangol, Meena grew up watching her father instill life in canvas. Now 51, she recalls her first memory of when she picked up the brush with which she painted her first stroke. "I remember being around 14 or 15 years when I started painting. Being brought up in an artistic environment, watching my father and my brothers paint, I used to be intrigued and my curiosity grew as I got older. Her first painting was of a magpie at the age of 14, and from then till now that little girl, the curious of the artist, has transformed into a professional artist who has stroked numerous avian wonders into canvas.

Meena's daughter Mrs. Lasana SM Shrestha, the curator of the exhibition said, "The exhibition today is my mother's great pedestal to come out into the art world. She has done numerous exhibitions in the past in groups but had never done a solo exhibition. And the turnout was amazing, the guests really loved her art and I am grateful to all who supported our great endeavor."

ON AUGUST 3, 2019, the long dream of Mrs. Lasana S.M. Shrestha was to finally unfold. The day she had dreamt about since she was young was finally here. With all the arrangements in order, the stage set and the paintings hung, a crowd began to gather outside the Banquet Hall at Hotel Annapurna. As the chief guest Mrs. Ambica Shrestha arrived, the crowd slowly moved to the door and with the ribbon cutting ceremony the first solo exhibition of Mrs. Meena Dangol began.

A tribute to her late father, veteran artist Mr. Hira Lal Dangol, Mrs. Meena Dangol took forth the torch of the Bird Painting Family of Nepal with the support of her loving family. During the opening speech,

Mrs. Ambica Shrestha said, "This exhibition is a great initiative, not just taking forth the legacy of Mr. Hira Lal Dangol but also bringing to the people this avid diversity of avian fauna of Nepal."

As the opening ceremony drew to a close, the main lights dimmed, and the focus lights brought forth the majesty of the paintings exhibited. The atmosphere was made alive by the sound of magnificent birds, which brought forth the feeling of tranquility. The exhibition showcased Mrs. Dangol's signature paintings of owls along with various other birds. Mrs. Dangol stated, "The owl in Hinduism is the carrier of Goddess Laxmi." The exhibit also showcased some of the unfinished paintings of



THANKFUL, GRATEFUL, BLESSED

Aakanchya Tamang and Shreyashka Vikram Raj Maharjan ,
In conversation with Mr. Nabal Shah, Mrs. Shailaja Shah and Miss. Niti Shah.

“There is no doubt that it is around the family and the home that all great virtues are created, strengthened and maintained,” Winston Churchill. One’s family is the first bond every one created once a human enters this world. As life takes its toll it’s the one thing that we miss the most. We don’t just miss the moments of happiness but also the times when our patience was trailed and tested. As one flips the great book of life once can only fathom at the uncountable times, family was their savior.

LITTLE BY LITTLE our loved ones weave together the feathers into ones wings, with patience and sacrifice they look upon in pride one takes flight into the real world. With heads held high and a heart heavy, they stand guard and come to the rescue in times of peril. Such is the bond of family, such is the love of our parents.

This festive issue of Smart Family magazine, we are honored to have one such great family of Mr. Nabal Shah, Mrs. Shailaja Shah and their daughter Miss. Niti Shah. We caught up with them to flip back pages of life to recollect memories, know more about the bonds they share and how they celebrate this festive season.

Can you recall some memories of how Niti was as a little girl?

Mrs. Shailaja Shah: She had a reserved and quiet nature but ever since her childhood, she has been someone who is really self-dependent. For example, she would just line up for the buffet and eat by herself and wouldn’t even let me hold her plates or spoon. She would be by her own and I really didn’t have to worry about her not eating during family gatherings. She has always liked doing things on her own terms which I really admired about her.

Mr. Nabal Shah: Like her mom said, she always had a reserved personality but to my surprise she slowly grew up to be an outgoing child. I remember as a kid, she used to make friends easily and love them with utmost heart. While I was posted in Rukum district,

she used to play around and make friends with every child surrounded in the army barack. She would share her toys to play with them and make them watch cartoons and her favorite thing to do was play the role of a teacher and make them study the English alphabets. (laughs)

What is the one quality of Niti that you simply admire?

Mr. Nabal Shah: She genuinely has the biggest heart than anyone I have ever known. Her kind heart is what makes her so special.

Mrs. Shailaja Shah: She inspires me with her independent nature. I take pride in that.

From your perception, how would you describe the Niti and her mom’s relationship?

Mr. Nabal Shah: Both of my ladies are very strong headed and kind women. Niti has definitely inherited her kind nature from her mother. Most of our family members feel that when it comes to compatibility, Niti and I get along better but the truth is, Niti and her mom are really close and emotionally dependent on each other. They both share the same values and Shailaja has always approached her relationship with Niti more as a friend/mother and supported her throughout her every decision she takes in life.

From your perception, how would you describe Niti and her dad’s relationship?

Mrs. Shailaja Shah: Niti has always been very fond of her father. She’s basically daddy’s little girl. Sometimes I feel like they are literally the same personality trapped in two different bodies, as they both like and dislike the same things and if I start talking about their similar traits, I feel like I could go on and on and it still wouldn’t end. Most of the qualities that Niti possesses comes from her dad such as her reserved nature, her dedication towards completing any work and the great value they share towards justice and patriotic feeling for the country. They’re really sensible, adventurous and goal oriented. Also, Nabal loves cooking so she just loves eating the food that her dad prepares for her. I feel Niti is more compatible with her father than she is with me. Being someone who doesn’t share her feelings with anyone, when it comes to her dad, she is rather upfront with him and never hesitates to share anything with him. They are the perfect duo.

As a family, how do you normally celebrate Dashain and what is your favorite memory of Dashain that you recall?

Niti Shah: Since my dad is the eldest son in the family, we celebrate the main Tika ritual at our place. Also, every year we make sure we visit Nirmal Niwas to get blessings from

**THREE WORDS
THAT DESCRIBES
YOUR DAD?**
NITISHAH: PATRIOTIC,
GENEROUS AND OPTIMISTIC

**THREE WORDS
THAT DESCRIBES
YOUR MOTHER?**
NITISHAH: FRIENDLY, HUMBLE
AND KIND HEARTED





our former king and queen. We used to travel (mostly) India and visit various pilgrimage during Dashain and Tihar holiday break.

Later, our day begins with visiting our relatives and of course the cards and kauda session with friends and family is the best memory I have and always the highlight of the festival. It has always been great time to reunite with friends and family.

What are best traits of your parents that you simply adore?

Niti Shah: They have always treated me more like a friend and I absolutely love how my parents have so much faith and trust in all the decisions I have made in my path of life. I consider myself the luckiest to have been blessed with parents who have kept an open mind and tried their best to adapt to the changes in today's generation. They are very humble people, warm and welcoming to everyone they meet and they've definitely taught me to become the

reflection of themselves. The best part till today is, there has never been a day I have hid things from them about anything I do. Even my friends are very fond of my parents!

I feel that parents and children need to be in an environment where their companionship feels compatible with one another like children not being scared to open up with the older generation. My parents have always been like that to me which is why I have always looked up to them as my support system through my thick and thin. And I thank god to have gifted me with such amazing parents.

Having started your career at such a young age, how much of an important role has your parents supports played in helping you excel in your career?

Niti Shah: They've been very supportive. They let this 17-year-old young girl to explore and experience various experiences in life and that

built my foundation as an individual and made me who I am today. I remember my mother used to come along with me in every shoot in the initial days and support me and my dad has always rooted and pushed me forward in every step of my life.

What is the best piece of advice you have got from your parents?

Niti Shah: Always keep your head up high and believe in yourself more than anyone.

What future advice would you like to give to your daughter for her future?

Mr. Nabal Shah: Keep working hard for what you believe in but never forget your roots. Be good to everyone and love your country, Nepal.

Mrs. Shailaja Shah: "Dukha Ma Na Atine Sukha Ma Matinu" (Don't panic in times of trouble and don't boast in times of joy.)

PARENTING.

“Only Hate the Road WHEN YOU’RE MISSING HOME”

Srisha Poudel

HOME IS WHERE your life began, where you learned how to walk, how to be yourself, and how to stand up. You learned how to love at home. Staying away from home for too long makes you nostalgic, makes you miss all you once were a part of. What you are feeling is homesickness. Homesickness is more than a lack of family or home. It’s feeling out of place with longing toward

home. It has all to do with attachment.

“Homesick was defined as a response to grief; similar to the loss of a loved one, but what the individual grieves is the loss of the familiar location. It is linked to insomnia, appetite issues, concentration difficulties, anxiety and depression,” Ricks Warren, an Associate Professor in the Department

of Psychiatry at the University of Michigan.

Homesickness is an ever-present prevalent feeling. Wherever you go, it can be felt -- whether you are traveling for education, for job or even for a holiday. But ultimately home is where your heart is, and wherever you are, you definitely come back home.

The first time I left my house was for three months. Those three months were one of my life’s toughest days. I missed everything. I wanted to return back my home right away. I bet everyone gets that feeling, especially when you’re desperately craving that home-cooked dal bhat with homemade pickle.

According to the 2018 Open Doors Report number of Nepali students studying in the U.S. rose by 14.3 percent over the previous year. This is just the data of Nepali students studying in the U.S. We can only imagine how many people are traveling outside Nepal for employment or other reasons.

Research at the UCLA Higher Education Institute revealed that more than 30 percent of college students experience homesickness at low levels. And serious homesickness is experienced by about 69 percent of first year college learners. Although homesickness is a common emotional feeling, anxiety and depression can have similar impacts. It is definitely depressing to have the lonely sensation of not understanding anyone, yet having to live with them.

Homesickness can be overcome to a large extent by understanding that these feelings are temporary and will soon go away. It also helps to engage with individuals around you. Think about what it would be like if things were already better. Bottling up emotion will only make it harder to deal with homesickness. A more effective means of overcoming homesickness is to open up.

Notwithstanding all the measures and tactics that can be used to overcome homesickness, we can never have the same atmosphere as home once outside. But we can certainly adjust our lifestyle and learn to live with less homesickness in a new environment.





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WHEN IS THE RIGHT AGE FOR A CHILD TO START DRINKING ?

Here, a teenager advises parents on how to deal with issues related to teenage drinking.

Priyam Chandra Rajbhandary

“FIRST YOU TAKE a drink, then the drink takes a drink, then the drink takes you.”

I am currently an A-level student at a reputed college in Lalitpur. Since I started my studies there I have been invited to many social gatherings organized by my friends. One of the first questions I usually receive when I go to such occasions is: “Would you like a glass of beer?” That really got me into thinking what is the right age when teenagers should be allowed to drink alcoholic beverages.

Before anything else, we first need to understand why teenagers drink. First, the biggest reason is definitely peer pressure. It is really difficult to say “No,” when all your best friends surround you and mock you until you drink. Second, teenagers like to look cool in front of their friends. Who amongst us haven’t noticed handsome James Bond authoritatively ask for a drink in a deep voice, and what could be more cool than that. Teenagers also think drinking makes them look more mature, and that they will be respected more. Third, they are usually trying to compensate for something they don’t have—material or psychological—by drinking. Unfortunately, loneliness and pain are realities for many teenagers. They have many difficulties to deal with in today’s modern society. They may have been bullied a lot at school, or may have faced a tragic incident. This is what they think compels them to drink and become drunk. In other words, they drink to escape stress and feeling sad. Fourth, our culture to a certain extent accepts drinking by teenagers, which sends the message to them that drinking is ok, and even expected of them. Fifth, it is the easy availability of alcoholic beverages. In countries like Nepal—unlike in the U.S. where in certain states you need to be 18 years of age before you are allowed to buy drinks—alcohol is easily available. I have rarely heard of anyone being carded, or checked for ID, to verify age. As long as you have money, even if you are a young

child, they will give a bottle of alcohol to you. Sixth, teenagers are under internal pressure to mark a passage from childhood to adolescence. And they think drinking is the way to do that. Seventh, it is also due to their upbringing and bad role models. If all they see in their life is their parents drinking constantly, it is natural for them to think that perhaps a life of alcohol consumption is the only life there is.

The next question is, should anyone -- let alone teenagers -- drink? The answer is a little ambiguous here. It is both a yes and no, depending upon context. Perhaps if you drink in moderation it is permissible. But many lose their sense of moderation after a few glasses. As one anonymous person said, “First you take a drink, then the drink takes a drink, then the drink takes you.”

But when you consider all the negatives things associated with drinking you would probably wish that it were banned right away. These are some of those things: increase in violence; dullness of sense perception leading to accidents (mostly traffic); loss of self-control leading to ruination of reputation; and damage to health (it especially increases risks to body organs such as the liver and the pancreas). While there has not been a major study on the relationship between alcohol use and rape in Nepal, I would not be surprised to find a strong correlation. Alcohol somehow tends to bring out the worst in us all. As Eduardo Galeano wrote in his book *The Book of Embraces*, “We are all mortal until the first kiss and the second glass of wine.” Furthermore, it is dangerous because its uncontrolled

use could be a gateway for teenagers to more dangerous narcotic drugs.

There are a certain things that the government could do to mitigate this problem. For example,

shops (especially the ones near school premises) should not be allowed to sell alcohol for people under 18 years of age; and it should start educational campaigns at schools to inform students about the harmful effects of alcohol and drug use.

And there is much role for parents too. They themselves should: set a good example; advise their children on the harmful effects of alcohol intake; and tell them to not drink without their prior permission. Parents should also regularly check on their children, and even talk to their friends.

I would say that there is no right time for having an “alcohol talk.” The most suitable age to talk to them about this is when they are around 13 years old, because at this age they would be studying in the middle school and would have had enough exposure to the things you have been hiding from them. It would be better for your child to find out about alcohol from you than your child finding about alcohol from his or her peers. This way he or she would have a very different view on drinking.

As a parent, you may think that raising children strictly would help but the truth is that it does not. They will be more curious in the end and will find sneaky ways to elude your rules. It would be better if you talked to them directly about these kinds of sensitive things.



Before anything else, we first need to understand why teenagers drink. First, the biggest reason is definitely peer pressure.



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DO YOU?



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PARENTING PETS

Aakanchya Tamang in conversation with Veterinary Assistant Ramesh Pokhrael

PETS ARE FAMILY that we get to choose. Having a little fur baby at your home and giving the love and receiving it is one of the most rewarding things as a pet owner. Taking care of them, feeding them, always working on the clock for their potty routines, our whole world starts revolving around them. Just like little babies, they need to be taken care of all the time and honestly, the only reason I work hard is so that my pet can have a better life. They require all hugs, belly rubs and all the love that we have so it is important that we take care of them properly, they might not be able to speak to us when they are hurting or so as their humans, it is our duty to make sure they are well taken care of and live the best life that they deserve. In conversation with veterinarian assistant Ramesh Pokhrael something, we got an insight about the dos and don'ts in terms of food, their lifestyle and exercise for their pets so that they can live a healthy and long life with you.

What is the most important food to feed a newborn puppy?

Well, the first four weeks of their life, the best thing to give them is their mother's milk but in cases where they have been separated, try to provide them with milks that have been specially formulated for a puppy in order to reduce chances of diarrhea and other complications. Try not to feed them a cow's milk, goat milk is preferred and but it is important that we monitor them at most times and feed them every 2-3 hours or so and as they grow up, slowly move to more solid food like oats that well mix with warm water or milk. You can also feed them small pieces of cooked chickens' meat and other meats in a generous amount to give them the calcium that they need to grow healthier.

Foods that are harmful for a dog?

Garlic, Grapes and Raisings, Chocolates, Candy, Avocado, Apple Seeds, Alcohol,

Onions, Raw meat and fish, Sugar, Macadamia Nuts, Peppers, Salt and Oils

Foods that are beneficial for a dog?

Yogurt/Raw goat milk, Baby Carrots, Bone Broth, Organ Meats(Liver, Kidney, Heart, Brain), Pumpkin, Omega-3 Oils, Eggs, Apple Slices, Mushrooms, Oatmeal

How much exercise does a dog requires in a day?

Exercise for a dog can depend on the kind of breed that they belong to. But in a general sense, every dog requires from 30 minutes to 2 hours exercise every single day. It helps them to increase their metabolism, to engage their mind, and to bond with you. Grab their favorite toys and start any kind of fun activity such as hiking, playing fetch, and jogging with them. Exercising also helps the dog to prevent any sort of disease that may come up with their age and making them live healthier and longer.



In conversation with veterinarian assistant Ramesh Pokhrael something, we got an insight about the dos and don'ts in terms of food, their lifestyle and exercise for their pets so that they can live a healthy and long life with you.

What are the basic signs that tell that our dog might be sick?

Since they cannot tell us why or where they are hurting, it is important to be aware of certain signs that they show when they are ill, like:

- Excessive drinking/ urinating
- Faster heartbeat rate, drooling, coughing or sneezing
- Dry red or cloudy eyes
- Loss of appetite associated with diarrhea or constipation
- More sleeping than usual and changes in regular activities

How often should our dogs be bathed?

Dogs are recommended to bath once a month with their regular pet shampoo and conditioners. Any required baths more than once should only be done with water. Bathing them too much can lead to dry and itchy skin and many skin conditions on your dog.

What to do if our dog eats something poisonous?

The first step is to stay calm. In such cases, first of all contact your nearest veterinarian and explain your dog's

symptoms to him/her and do as they advise. But in cases such as lack of contact with your vets, feeding them raw egg has proven to take out any toxic that your dog might have eaten. After that, make sure to take them to the nearest hospital possible

How to control flea in our pets?

It is important that we do routine check on our dog's coat to check for any fleas that might be present. Also, a reminder for people to check on their dogs' paws and their ears sometimes where fleas do tend to be present in a large amount. We can't control our dogs getting fleas from the outside as they do need their routine walks and playtime, so, the most important thing to do is to wash them properly with their prescribed dog shampoo and conditioner. Use the available flea comb available especially for dogs with thick furs. You can also apple lavender essential oil or apple cider vinegar and then wash your dog to get rid of the fleas.

BODY

Festive Woes

Rashmita Tuladhar, In Conversation with Dr. Kabita Maharjan

HOW CAN YOU not gain weight over the festival seasons? Is it really okay to not set any limits during these festivals? There is no particular magical mantra to avoid weight gain. It is an everyday process but it's not too much of work like it sounds either. It actually boils down to inculcating a few basic good habits and remembering some tips.

Festivals are all about celebrations, get-together and parties. But mostly, it is about all the delicious food waiting to be devoured; in other words: fat, sugar and toxins ready to get into your body.

Dr. Kabita Maharjan is a Nutrition Specialist at Nepal Cancer Hospital and Research Centre. According to her, the mentality of body cleansing after the said "cheat-days" is wrong on uncountable levels. Setting sky as your limit may sound cool for a lot of things, but eating habit is not one of them. It will have you fall on the ground and drag you way down.

DRINK WATER LIKE A FISH

Download one of those "Drink Water" reminder apps or take up the habit of carrying a water bottle. Carry a trendy water bottle to your work, gym or school -- basically everywhere. Water is just fine but try filling it with

cucumber slices, mint leaves and fresh lemon juice or your favorite fruits rich in antioxidants that aid in free radical reduction in the body. If not for the sake of drinking water, this fancy little effort of carrying a water bottle will at least make you drink it for the sake of following a trend.

CARB ME NOT

Cutting carbs does not mean consuming zero carb. Only cut off the amount of carb in your normal diet. Try eating one less momo off that plate, less rice and more veggies, more water and less sugary drinks.

BALANCE YOUR MEALS

Dr. Kabita stresses that the concept of "Balanced diet" should be fed to individuals since early age. However, it is not too late to embrace this concept. If you are not a very big fan of veggies and only like to eat meat and rice, eat some fresh fruits and vegetables after the meal in order to balance it out. If it's a no-meat day at home, have some dal or pulses or beans. Whatever the situation may be, always remember to balance your meals with Protein, Carbs, Fat, Vitamins and Minerals.

IMPROVISE FASTING

Festivals like Dashain demand all of us, bound by religion, cultures and traditions, to fast for pujas and other rituals. Then we tend to dive into food immediately after the long



'Dr. Kabita Maharjan is a Nutrition Specialist at Nepal Cancer Hospital and Research Centre. According to her, the mentality of body cleansing after the said "cheat-days" is wrong on uncountable levels.

stretched fasting session. It may not be possible to change years of traditions and rituals just for the sake of maintaining the diet. As impossible it may sound, it isn't that difficult to avoid eating in empty stomach either. Don't let your stomach stay empty for too long. Keep it filled with water as soon as it feels empty. Yes, it is that simple!

DETOXIFY

Detoxification refers to cleansing of the blood, by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymphatic system, and skin. However, when these systems are compromised, impurities aren't properly

filtered and the body is adversely affected.

Consumption of alcohol, tobacco smoke, a poor diet, and exposure to pollutants can produce excessive amount of free radicals and cause oxidative stress. Consuming a diet rich in antioxidants can help your body fight oxidative stress caused by excess free radicals and other toxins. Vitamin A, C and E rich food, berries, fruits, nuts, cocoa, vegetables, spices, and green tea have some of the highest amounts of antioxidants.

A detox-diet from time to time is a great idea but if it feels like too much work then slide these anti-oxidant rich foods into your diet from time to time.

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- State-of-the-art facilities
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Understanding Lung Cancer

Nepal being a low and middle income nation, recent research has shown how the disease pattern has shifted from communicable to non communicable diseases. Diseases related to heart and lungs are on the rise, but to the unhealthy diets and the poor infrastructure of this nation. Among such diseases on the rise is lung cancer, the individuals who have been diagnosed with lung cancer has increased at a tremendous rate specially in urban areas. Generally attributed as the diseases commonly found in individuals who primarily smoke. The recent development activities has increased the level of pollution in the valley, which has put even the non smokers in risk of lung cancer.

Shreeja Regmi, in conversation with Dr. Sudip Shrestha, Cancer Specialist, Founder and Executive Chairman of Nepal Cancer Hospital.

What is Lung Cancer?

Our lungs are made up of millions of cells, various factors such as tobacco consumption, pollution, radiation can cause any one of them to get corrupted. This corruption eventually damages the cell genetically. This eventually is what leads to the development of cancerous cells, that effects all the surrounding cells. It acquires two extra-ordinary features once it is genetically mutated. I. Fast multiplication, and II. Resistance. This genetically mutated cell is also capable of travelling to other parts of the body, infecting the organs.



Dr. Sudip Shrestha, the Executive Chairman of Nepal Cancer Hospital and Research Center (NCHRC) is a visionary and a pioneer in the field of oncology in Nepal.

What are the preliminary signs of lung cancer?

Normally smokers above the age of 40 are mostly affected by Lung cancer. Children are rarely affected. As the name says, lungs experience the symptoms first causing respiration related difficulties and dry cough, chest pain, presence of blood in sputum, loss of appetite, weight loss, and weakness are some other signs. The fact that these symptoms are similar to tuberculosis, at times misleads the diagnosis, causing a delay in treatment. If the cells have

already travelled to other organs the symptoms shown are related to the affected area.

Are all spots seen in a X- Rays cancerous?

No, all the spots seen in an x-ray are not cancerous. Even tuberculosis leaves a spot on the lungs that can be seen on an x-ray. Other than that various types of infections can also be the reason. But if the spot does not disappear within few weeks of

treatment, it is better to check if the patient has cancer. If a patient is a smoker above, the age of 40, it is best to check for lung cancer first before any other treatment.

What are the prime causes of lung cancer? And are non & passive smokers also prone to lung cancer?

Tobacco consumption in any form can cause cancer. Being a continuous passive- smoker can also cause cancer. Even people who are non smokers who are exposed to pollution, medical radiations, and live around radon gas (naturally occurring radioactive gas) can develop lung cancer.

What are the basic precautionary steps one can take to avoid lung cancer?

The first step, is stopping consumption of any and all tobacco products. Any and all public spaces should be made a smoking free zone, which reduces the impact caused by smokers on non smokers. It is not recommended to smoke in the room,

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*The Role of Muscle loss in the Age-Related Decline of Grip Strength." J of Gerontology: Medical Sciences, 1990, Vol.45, No. 3."Protein Intake and Muscle Health in Old Age: From Biological Plausibility to Clinical Evidence." Nutrients 2016, 8, 295. Horlicks Protein+ is a nutritional beverage to be consumed as part of a healthy and varied diet. **Vitamins B2, B3, B6, B12, C, Folic acid, Iron. **Blend of 3 good quality proteins (whey, soy, casein). *34g protein per 100g. Same as leading health food drink with hydrolyzed protein.

as the general assumption is that once the odour and smoke leaves the room, it is safe. But, many particles still remain in the room. This can be inhaled by members of your family and friends, which makes them vulnerable to lung cancer. Given the current circumstances of the nation, it is recommended to go out with a mask which has a good filter. This isn't the permanent solution, but it blocks many of the harmful particles from entering the system.

What are the various stages of lung cancer?

There are 4 stages of any cancer. If the cancer has only affected one part of an organ, it is said to be in the first stage. When the infection has risen and begins to migrate to the lining that borders other organs it is known as, the second stage. The third stage is when the infection breaches the border. If it has already travelled to another organ, the patient is said to be in the final stage. There are 80% chances of being cured if the disease is diagnosed in the first stage and 50-60% in the second stage. This rate drops to 20% in the third stage. A patient who is in the final stage cannot be cured, s/he is treated only to prolong the life.

What are the treatments for lung cancer? Are there any new innovations in cancer treatment?

If diagnosed early, cancer can be treated. Three major modalities are used to treat any type of cancer. First and second stage cancer can be treated with a surgery. A mixed modality including surgery and chemotherapy is implemented in the third stage. Last stage cancer patients are treated with chemotherapy.

We have had a lot of breakthroughs in the field of medicine and one such finding is targeted drugs. Chemotherapy destroys the cancer cell but also affects other healthy cells which in turn makes the patient



weak. Targeted drugs pinpoints the affected area, it has been very useful to elongate a patient's life.

Immunotherapy is another such treatment plan. Our body naturally destroys any foreign protein. But cancer cells have their own mechanism to defend themselves from our immunity. They put up a disguise that disables our immunity to see them. Immunotherapy stops the cancerous cell from putting up the disguise. So what it basically does is boost our immune system to fight the cancer.

How effective is chemotherapy in treating lung cancer? What are its success rates?

Chemotherapy is a completely chemical based method of treatment, it has a success rate of 50-60%. Chemotherapy is done in phases after the first phase of therapy, the cells subside. The second phase is given to the patient if the cancer comes back. Also, even after surgery chemotherapy is needed to destroy the remaining cancerous cells so that it is completely eradicated.

Are there any effective methods of treatment in Nepal for lung cancer?

Any kind of treatment plan can be implemented in Nepal. So it is not compulsory for Nepali patients to go abroad for treatment. Although, some drugs have not yet been registered in Nepal, they can be easily ordered from India.

For individuals who are in the final stages? What are the various things that can be done to better comfort them?

Palliative care is the philosophy used to take care of the patients from diagnosis to their final days. This does not completely end even after the patient's death as the grieving family's care also falls under it. This includes managing their physical problem i.e. pain, discomfort. This is addressed using medicines and chemotherapy. Their psychological and social issues are dealt with by the counsellors. Even the family member's psychological state is taken care of.



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We at Education Park believe that success is when we can put a smile of achievement and accomplishment on our students' faces. Since the time of our establishment we have strived each day to deliver exemplary services. As a team we have realized the fact that each person has his or her own individual needs and goals. And we have always catered personalized guidance to help everybody who has come to us to realize their potential.

We as a consultancy do not believe in helping students just with their visa processing needs but also offer advice on what could best suit their goals. Whenever a student visits us they come with great expectations but with very little knowledge about the intricacies involved when planning to go abroad for further studies. From the choice of the country the students would like to go to, the course of study they would like to opt for and the university that could fulfill their objective – it is these small details which often get overlooked that we try to clarify to our students so that they can make an informed judgment on what they would like to pursue in the future.

Education Park also takes pride in the fact that we have seasoned counselors who have been involved in this sector for many years. Having dealt with numerous students with various needs and choices, our team is well equipped to take on each challenge on an individual case by case basis. Moreover, we also help students with preparation classes for academic tests that are mandatory like the IELTS, TOEFL, SAT, GMAT and GRE for anyone who wishes to pursue their higher education in Australia, United States of America or Europe. Also our approach to preparation classes is unique in itself whereby we do not just teach the course materials but share our knowledge. The team at Education Park has always tried to fulfill the motto with which we established the institution – "Making students' future brighter".

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Education Park regularly organises Parents Information session for the welfare of students going abroad for their higher studies. The two-day long session was organised at the premises of Education Park located in Civil Mall, Kathmandu held on April 5 and 6 with an aim to inform parents of students who are aspiring to go abroad for their further studies.



Education Park has been nominated for 'The PIONEER Education Agency of the Year 2019' award, one of the most renowned and prestigious awards in the education sector across the world. This is a big achievement not only for Education Park but for the entire international education agency sector of Nepal. Education Park is the first Nepali company to be nominated by the PIE.



Education Park conducts Study in Australia Fair regularly on a semi-annual basis to provide prospective students with one-off opportunity to directly interact with International University Representatives.



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FOOD.

Summer Foods to Cool Down

Siris Maharjan, Photographed at: Lassi Splash, Mangal Bazar

By now you'll have found the Kathmandu heat harder to handle than before. The spices we love can't satisfy us in the heat completely because it makes it harder to walk in the sun. Worry not; there are food items you can easily get around Kathmandu that will surely satisfy your taste buds. Keep these foods in check and help yourself cool down in this unkind Kathmandu heat.

Lassi: It has to be counted as a loss if you haven't yet tasted the sweet realms of a glass of Lassi. Lassi is a blend of yogurt, water, spices and sometimes fruit. This Punjabi origin drink is definitely a must have to cool down whilst hustling in the intense heat we have in the valley. If you are not such a fan of the sweetness, then there's of course an alternative. Lassi comes in different variations and Salt Lassi is one of them. Other variations include Mango Lassi and Bhang Lassi—moreover since fruits can be added, you can experiment with different flavors as well. So help yourself to a big glass of this delicious drink and tackle the heat.

Where to find it: The most famous lassi hub is in Indrachowk. You can also visit local eateries and ask for a cold glass of lassi.

Watermelon: This is an obvious treat. Watermelons are sight for sore eyes in the

summer and everyone craves for them. Watermelons are one of the best fruits for cooling down. Although we get them chopped up and plated by the street vendors, its best to buy one whole, cool it and consume. There are a lot of different ways to enjoy the sweet tastes of a watermelon and by having it at home; you decrease the risk of catching any diseases. If simple cut up pieces of the watermelon seems boring you can create one of these variations easily:

- Boozy Watermelon Mint Lemonade
- Watermelon Slushie
- Sweet and Spicy Watermelon Salsa

or open up your creative side and cut up the watermelon into shapes and have fun whilst devouring them.

Where to find it: There are vendors around the valley that provide good watermelons. Also visit

markets and fruit stores and select the freshest melon.

Yogurt: Protein-packed, portion-controlled and easy to tote in your bag (just freeze a cup before you go, so it stays cool until you're ready to snack), yogurt is made for summer eating. The protein will keep your tummy happy and keep you from overloading on salty and high-calorie snacks. Yogurts are just as tasty as they are healthy and make sure to catch yourself a matka or a cup whilst you're out in the city. Froyo Nepal—Narayanhiti Palace Museum North Gate Rd—offers a selection of yogurts to feast upon. If you also love the traditional yogurts and curds, make sure to try the 'Juju Dhau'—King of Curds—which is sweeter and leans closer to a custardy texture. Of course you can cheat slightly and make lassi from your curds/yogurts.

Where to find it: Juju Dhau are available in Bhaktapur mostly but do visit local farmers' markets to get a taste of these delights within the city limits. Many stores have yogurts, but do visit Froyo Nepal, Narayanhiti Palace Museum North Gate Rd for delightful froyos and yogurts.



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{ON STAND NOW}

Dashain Delights



Have you grown tired of the same old meals every year during Dashain? They are delicious and all, prepared with love by your loved ones, but one can have only so much of the same fest every year. Thus for the upcoming festivities, we at Smart Family magazine want you to have the finest the world can offer. We have thus taken an initiative to put together this delightful spread with the help of a few top Chefs Kathmandu so that this Dashain, your feasts are as great as the festivities.

Hotel Yak and Yeti

With a few easy changes, take the popular chicken and rice dish and rasbari to new culinary heights.

Pratisara Manandhar, at Hotel Yak & Yeti, Durbar marg, Kathmandu



CHOCOLATE RASBARI MOUSSE

Chef Santosh put his own signature twist on Indian and Italian dessert and invented this gem of a dessert at Hotel Yak and Yeti. The infusion of rasbari and chocolate has taken over the world of desserts. The beauty of this dessert lies on the visible layers of chocolate mousse and rasbari with sweet syrup. The dessert is a winner because of the balance between the sweetness of rasbari and the bitter taste of chocolate mousse.

INGREDIENTS:

- 4pc rasbari
- 1 egg yolk
- 20gm of breakfast sugar
- 50gm of dark chocolate
- 10ml dark rum
- 100gm of whipped cream
- 5ml vanilla essence
- 10ml of milk

PREPARING CHOCOLATE MOUSSE

Beat the egg yolk with measured amount of milk and sugar on a bowl over a hot water until fluffy. Add dark chocolate and beat until cool. Fold in whipped cream, rum, and vanilla essence into the mixture. Set aside.

ARRANGEMENT

Select a glass as per your choice (it can be of any shape or size). Arrange one piece of rasbari at the bottom of the glass and soak with a little amount of milk syrup. Fill a layer of chocolate mousse and set in fridge for 10-15 minutes. Add another layer of rasbari the chocolate mousse and fill it with mousse. Let it set for 45-60 minutes. Decorate as per your choice, and serve.





HIMALAYAN CHICKEN WITH JOGI BHAT

This is an interesting dish our Executive Chef, Mr. K.C. prepared for us. The flavors are kept simple and true to the ingredients. He believes the recipe follows Newari style of preparing chicken. The ginger, garlic, salt and cumin marinated for 24 hours combined well with chicken.

INGREDIENTS:

- For marinating chicken*
- Chicken leg or breast

- Ginger paste
- Garlic paste
- Turmeric powder
- Cumin powder
- Coriander powder
- Mustard oil
- Lemon juice
- Salt
- Chili powder

For Jogi Bhat

- Basmati rice (or mix of any other rice in your kitchen)
- Seasonal vegetables
- Spinach or any other green leaf vegetable
- Ghee
- Salt
- Water

PREPARING CHICKEN

Take the chicken and

marinate with all dry spices, ginger-garlic paste, lemon juice and mustard oil for 24 hours in the freezer. Take thick bottomed pan, heat, and pour mustard oil. Let the chicken out the freezer an hour before grilling it until the chicken is fully cooked.

PREPARING JOGI BHAT

Wash the rice along with seasonal vegetables that have been cut in bite-sized pieces. Put them together in a rice cooker and add water. Add ghee and sprinkle some salt, and wait for the rice to be cooked. Serve hot with preferable side condiments.



“A chef always takes his/her recipe along with him.”
The road to become an exceptional is difficult. One needs to go through thick and thin to receive a designation that everybody respects today. It is as true in culinary world as in other fields. Our Executive Chef Mr. Santosh Subedi K. C. is an inspiring Chef at the Hotel Yak and Yeti. His work represents his love for infusing new flavors into traditional and popular cuisines.

Mr. K.C. has a lot to share about his experience in food. In his 13+ years of cooking career, his signature trait has been his propensity for innovation and simplicity. The moment of leap on his pride took place when he was called to perform as an international Guest Judge at the Rupchanda Super Chef Bangladesh in 2019. His genuine love for creating unique palate comes from his authentic roots of being a Nepali.

His two recipes below give the right balance of taste, texture, and flavors. The recipes are so fulfilling yet so simple, there isn't any room for error. Mr. K.C. loves the feeling of cooking at home, of serving something that comes straight out of the heart. The dishes he prepares are clear examples of that love.



Fairfield by Marriot

Prepare and enjoy two popular food items with cooking instructions from
Chef Deepak Thapa: Gaulati Kebab and Yomari

Aakanchya Tamang, at Fairfield by Marriot, Thamel, Kathamandu



Pursuing his love and passion for food, Chef Deepak Thapa has been in the hospitality business for more than a decade, mostly working at the prestigious hotel chain Marriott. Having worked previously at Hyderabad Marriott Hotel for almost seven years, he developed passion for cooking Indian cuisine. Truly a MasterChef, Chef Deepak is now the second head chef at Fairfield by Marriott, Kathmandu and describes his experience working there as one of the most rewarding jobs in the world. Happy and overwhelmed as he is by getting an opportunity to work in his home country, he credits his success to the latitude Marriott has provided him and describes the working environment as “a place where talented people are given the right opportunity to learn, grow and become the best version of themselves.” Deepak feels proud of the fact that his guests are now getting more acquainted with the South Indian cuisine and keep coming back for more. He quotes, “I cook with my heart, and at the end of the day being appreciated by my guests is what motivates me everyday.”



GALAUTI KEBAB

Rooted to the flavors of Lucknow that infuses Indian spices as the key ingredients, this kebab is made in different ways. Although beef is the preferred ingredient in the dish, here in Nepal, mutton is incorporated with various flavors from India. The roasted brown piece of kebab is crunchy on the outside and delicate to touch in the inside. When I tasted myself all the flavors were mastered beautifully with the right amount of balance. And the mint chutney added the right amount of zing to the smokiness of the kebab.

INGREDIENTS

- Minced mutton
- Ginger garlic paste
- Salt
- Yellow chili powder, red chili powder, kebab chili
- Clover, green cardamom, mace, cinnamon, bay leaves
- Roasted chana, brown onion paste, cashew powder and ghee

PROCEDURE

- Take the minced mutton and mix it properly with ginger garlic paste to infuse the flavors evenly. And add salt according to your need and preference.
- To achieve the smoky flavor in the kebab, take a small bowl and put charcoal in it. Place some cloves in the same vessel.

Pour hot ghee and close the lid, which helps the minced meat absorb the smoke giving it a smoky flavor. (Leave it for 15-20 minutes.)

- Then the next step is to mix all the remaining ingredients.
- Place a tawa over a stove and let it heat for a while.
- Pour ghee on the tawa and let the ghee get heated for a few seconds.
- Take the prepared mixture and roll them into small patties and place them on the tawa.
- Reduce the heat to medium low and cook it slowly on each side for a minimum of 7-8 minutes
- At the end, serve with some mint chutney and enjoy!!



YOMARI

A traditional dessert from the Newari culture, it is adored by many in Nepal. It is also my personal favorite. The chef has taken a new approach to this traditional dish and served it with chocolate and strawberry sauce, giving it a new dimension. And tasting something made by the hands of the MasterChef

himself, made the dish even more special for me.

INGREDIENTS

- Rice flour
- Khuwa
- Chakku/ gutpal

PROCEDURE

- Mix the rice flour with hot water and let it rest for 10-15 minutes.
- If you are adding chakku then make sure to melt it with milk beforehand.
- Stir the mixture together and make sure the mixture is not too thick and it still has a runny consistency.
- Add some finely chopped dates or coconut into the chakku/gutpal.
- Take the mixture and create a nice round shape and stuff it with the melted chaaku/gutpal and stuff it with khuwa.
- Steam it for about 10-12 minutes.
- Serve with chocolate or strawberry sauce.



Radisson Hotel

Executive Chef Mr. Utpal Kumar Mondal and Executive Pastry Chef Mr. Lokendra Yonjon share their signature creations.

Abhinav Das Shrestha, at Hotel Radisson, Lazimpat, Kathmandu



True to his philosophy is this amazing salmon dish. At first glance, everything looks so intricately and delicately put together.



Executive Chef at Radisson Hotel in Lazimpat, Utpal Kumar Mondal enrolled in Hotel Management program in 1986. After 33 years of experience under his belt, and having worked with exclusive luxury hotels in India, he now returned to Nepal and joined one of our most prestigious hotels – the Radisson. His philosophy in cooking is simple – let the ingredients do all the work. Identifying good produce and good ingredients makes a world of a difference. Then simply let the flavors unfold their magic on their own.





SALMONE ALLA GRIGLIA E VERDURE

True to his philosophy is this amazing salmon dish. At first glance, everything looks so intricately and delicately put together. However, all the components that present itself upon that platter were in fact quite simple. "The secret behind it," says Mr. Mondal,

"Is to get some good salmon and good ingredients." Pair the flavors correctly, pair the colors correctly, and it seems like sorcery on a plate, in visual and in taste.

INGREDIENTS

- 200gm of Norwegian Salmon Fillet
- 2Lemon
- 5gm of Mustard paste
- 5gm of Thyme herbs
- 10gm of Garlic
- A PINCH of Salt
- A PINCH Pepper Corn

- 20 ml of Olive Oil
- 10gm of Butter
- 10gm of Double Crème
- 25gm Green peas
- 25gm Asparagus puree
- Cauliflower puree
- 40gm of Carrots
- 20gm of Mushroom
- Garnish with Coral Tuile

METHOD

Remove the scales and clean the salmon, but keep the skin on. Marinate it with garlic, salt, pepper, lemon juice, mustard paste and

chopped thyme leaves. Keep it marinated with garlic salt, pepper, lemon juice, mustard paste and chopped thyme leaves for 15 minutes. Grill it to perfection using olive oil.

Make purée of asparagus tips and grill the other vegetables. Make the lemon butter sauce using lemon juice, butter and cream. Assemble and serve hot.





SUMMER LOVE - ENTREMETS

Also known as Fromage Blanc with Assorted Fruit Confit, Summer Love, is Mr. Yonjon's latest pastry creation based on seasonal produce, made to perfectly fit the chill vibes this summer. The biscuits, confit, and fromage combine into a variety of textures and flavors, creating an experience of its own

PAIN DE GENES BISCUIT

Ingredients

- Almond paste - 500 gm
- Yolks – 55 gm
- Whole egg – 285 gm
- Flour – 80 gm
- Corn flour – 55 gm

- Butter – 80 gm
- Egg white – 90 gm
- Sugar 10 gm

Method:

Beat eggs and almond paste in a mixing bowl. Add flour and corn flour to the mix. In another bowl, beat egg white and sugar. Softly fold the meringue to the first mixture and add melted butter. Bake at 200 degrees centigrade for 12 minutes.

CONFIT

Ingredients

- Assorted cut fruit – 1kg
- Water – 300g
- Sugar 150g
- Cook together until soft

MASS GELATIN:

Ingredients

- Warm water 70 degree centigrade – 1ltr

- Gelatin powder – 200 gm

Method:

Stir gelatin powder in hot water and whisk until dissolved. Keep it in the chiller until set.

MOUSSE FROMAGE:

Ingredients

- Egg yolk – 180 gm
- Sugar – 210 gm
- Water - 60 gm
- Fromage 35% - 750 gm
- Gelatin mass – 135 gm
- Lime zest – 2 pieces
- Whipped crème – 900 gm

Method

Cook water and sugar. Add yolk, mix well to make a sabayon. Mix fromage, lemon zest and sabayon until soft. Add the mixture into the whipped crème

WHITE GLAZE

Ingredients

- Water – 400 gm
- Condensed milk – 250 gm
- Mass gelatin – 120 gm
- White chocolate – 320 gm
- Titanium dioxide – 10 gm

Method

Heat condensed milk and water. Add mass gelatin until dissolved. Add chocolate and titanium stir. Use a hand blender to make a silky smooth texture.

ASSEMBLE

Place mousse fromage over a pain de genes. Create layers of assorted confit and pain de genes. Finally cover with mousse fromage and place in freezer for 4 hrs. Unmold and pour white glaze and decorate.



'French pastries are considered some of the best in the world,' shares Mr. Lokendra Yonjon, Executive Pastry Chef at Radisson Hotel in Lazimpat. He further added, "Their attention to detail and the in-depth knowledge they seek while making pastries is unmatched." Mr. Yonjon's had a career as colorful as his creations. He has travelled to different corners of the world, setting up pastry shops for many hotels and companies, all the while learning, working, and training, only to find himself pleasantly sink further into the vast world of pastries.

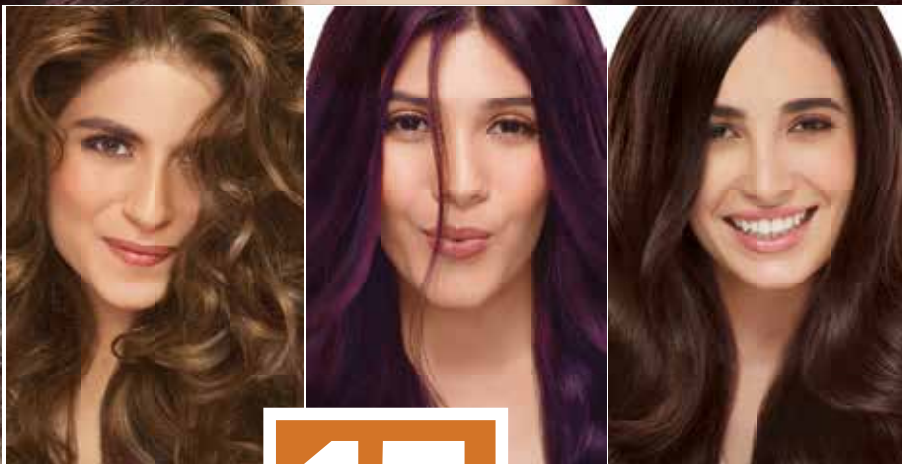
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Hotel Shangri-la

To highlight a festive and unique indulgence, the Chef shared with us the recipe for a few of his signature dishes in The Lost Horizon Café at Hotel Shangri-La.

Siris Maharjan at Hotel Shangri-la, Lazimpat, Kathmandu



PESTO CRUST RACK OF LAMB WITH FENNEL MASH AND RED WINE JUS

INGREDIENTS

- Rack of lamb-120 gms
- Olive oil-100 ml
- Clarified butter for browning 40 grams

- Garlic paste
- Boiled potatoes-50 gm.
- Fennel powder-10 gm.
- Salt and pepper to taste
- Parmesan cheese-30 gm.
- Olive oil-40 ml
- Pine nuts-30 gm.
- Garlic-40 gm.
- Shallot, small dice
- Red wine-60 ml
- Butter 40 gm
- Salt and pepper to taste
- Thyme -10 gm

METHOD

Rub rib rack all over with a mixture of rosemary, thyme, and garlic. Sprinkle

freshly ground black pepper with olive oil. Place in the refrigerator overnight. Remove lamb rack from refrigerator 1 and 1/2 to 2 hours before you cook it so that it comes to room temperature. Wrap bones in a foil. Place the lamb rack bone side down (fat side up) on a roasting pan lined with foil. Wrap the exposed ribs in a little foil so that they don't burn. Place the roast in the oven at 450°F for 10 minutes, until the surface of the roast is nicely browned. Remove from oven, apply Pesto sauce

and cover with foil and let it rest for 15 minutes. Then take a pan, add grated boiled potatoes, and mix fennel powder. Add salt, pepper and cream, and mix it nicely till it becomes smooth and creamy. Now turn on the heat, take a frying pan, put olive oil, add chopped garlic and chopped shallots, and sauté it. Add demi glaze, red wine and thyme. Reduce it to half. Place lamb rack, fennel mash potatoes and exotic vegetables on a clean plate, arrange it nicely, and pour sauce on top of lamb rack. Serve hot.



The festive seasons are back and this time we're hoping they'll be bigger than ever. Nothing brings people together like a perfect spread of festive food. But sometimes celebrations call for something unique, something different. Here, we join with the culinary team at Hotel Shangri-La to bring you dishes that are perfect for the festive season and for fine dining. Chef Vikram Kumar, the Executive Chef at Hotel Shangri-La, has had more than two decades of culinary experience. He started his career from Choice International and worked in hotels and airline companies in India, which include reputed names such as the Banyan Tree, Lufthansa Airways, Sarovar Group of Hotels to name a few. His inspiration for creating new dishes comes from experimenting and searching for new ideas, leading his team in the kitchen and delivering the best.





COCONUT, CHOCOLATE AND FRUITS DESSERT

- INGREDIENTS**
- Coconut mousse
 - Coconut puree – 450 gm.
 - Coconut powder – 50 gm.
 - Italian meringue – 250 gm.
 - Fresh cream – 250 gm.
 - Gelatin – 10 gm.

METHOD

Mix the coconut powder and coconut puree together. Prepare the Italian meringue, and pour melted gelatin into

the meringue. Now fold the coconut puree, fresh whipped cream and Italian meringue together.

AVOCADO COLD CRÈME BRÛLÉE

- INGREDIENTS**
- Avocado paste – 200 gm.
 - Sugar – 100 gm.
 - Egg yolk – 4 pcs
 - Butter – 75 gm.
 - Gelatin – 20 gm

METHOD

Cook the avocado paste and sugar on double boiling method. Add the egg yolk, gelatin and stir continuously. Finally add the butter and

allow the mixture to cool down.

PASSION FRUIT CURD

- INGREDIENTS**
- Passion fruit puree – 250 gm.
 - Passion fruit seed – 50 gm.
 - Eggs -6 pcs
 - Egg yolk – 6 pcs
 - Sugar -350 gm.
 - Corn flour – 20 gm.
 - Butter – 100 gm

METHOD

Mix all the ingredients together. Bring to boil until thick creamy texture on double boiler.

CHOCOLATE SOIL

- INGREDIENTS**
- Almond powder -200 gm.
 - Flour – 70 gm.
 - Cocoa powder – 100 gm.
 - Breakfast sugar – 100 gm.
 - Salt -1 tsp.
 - Butter – 100 gm

METHOD

Mix all the ingredients together and bake at 160 degree C for 15 minutes. Place all the elements together, neatly on the bed of chocolate soil, and add small flowers for decoration.



Chef Khagendra Pd. Pandey, Pastry Chef at Hotel Shangri-La, started his career with job training experiences at the Hyatt Hotel from where he then moved to Bahrain. After working for two and a half years there, he moved to Hilton Dubai Jumeirah and then returned to Nepal. Upon returning to Nepal, he joined the team at Hotel Shangri-La as the Pastry Chef and has put together fantastic pastries and desserts.

To showcase a sample from his repertoire of celebratory dessert, he put together a dessert cake that had the wonderful combination of coconut mousse, crunchy chocolate, passion fruit curd, avocado crème brûlée, all on a bed of chocolate soil.

Hotel Sabrina

Shreyashka Vikram Raj Maharjan at Hotel Sabrina, Budanilkanta, Kathmandu



CHICKEN PICCATA WITH MUSHROOM AND TOMATO SAUCE SERVED WITH SPAGHETTI, PEPERONATA WITH OREGANO.

INGREDIENTS

- Spaghetti 300 Grams
- For the Chicken Piccata
- Chicken breast 0.5 KG
- Eggs 2
- Parmesan cheese 80 Grams
- Butter/ Oil 100 ml

GARNISHING

- Button mushrooms 100 Grams
- Butter 20 grams
- White wine 40 ml
- Salt, pepper, lemon juice
- Tomato sauce 200 Grams

PEPERONATA

- Mixed peppers 400 Grams
- Onions 60 Grams
- Garlic 20 Grams
- Olive oil, salt, pepper and oregano

PREPARATION

- Cut the chicken breasts into even portions of eight each weighing in at 60 grams and flatten them with a mallet.

- Heat the tomato sauce, gently.
- Mix the egg with parmesan to create the coating for the chicken piccata.
- Heat water to a boil.

COOKING METHOD

- Season the chicken breast with salt, pepper and dust with flour.
- Dip into the prepared egg-parmesan mixture.
- Place butter/oil in a pan/skillet and once hot, place the coated chicken breasts and cook for 4 to 5 minutes on each side until golden brown on both sides.

- Cook the spaghetti for 8 to 12 minutes.
- Sauté the sliced mushrooms in butter, deglaze the pan with white wine and season with salt, pepper, lemon and put to side.
- Put onions, garlic in olive oil and add the mixed peppers and sauté while covered for a while.
- Arrange the spaghetti with the piccata and peperonata on a plate. Top the piccata with mushrooms and surround that with a bit of tomato sauce.
- Decorate with fresh oregano.



GRILLED FISH FILLET WITH A LIGHT LEMONGRASS SAUCE

Served with steamed rice and vegetables

INGREDIENTS

For fish Fillet

- Fish of your choice (boneless) 560 Grams
- Salt & pepper
- Lemon juice 600 ml
- Worcester sauce and soya sauce 150 ml
- Oil 200 ml

Lemongrass Sauce

- White wine 20 ml
- Onions 20 grams
- Lemongrass 10 grams
- Cream 300 ml
- Salt & pepper
- Lemongrass soft and chopped 10 grams

Steamed vegetables

- Oil 10 ml
- Garlic 10 grams
- Ginger 10 Grams



When asked how he finds the establishment he said, "It's been a great experience working here at Sabrina. The quaint location, and the family theme are something that I really love."

- Carrots 100 Grams
 - Mixed peppers 10 Grams
 - Snow peas 100 Grams
 - Soya sauce 10 ml
 - Sesame Oil 5 ml
 - Salt & pepper
- Rice**
- Basmati rice 320 Grams
- PREPARATION**
- Marinate the fish fillet with pepper, lemon juice, Worcester sauce and soya sauce.
 - Rinse the Basmati rice thoroughly and place it in the cooker.
- PROCEDURE**
- Begin cooking the Basmati rice (cooking time an average of 15 minutes).
 - Season the fish fillet with salt and grill them for about a minute.
 - For the sauce, reduce the white wine with onions and lemongrass to a quarter and then add cream and reduce it to half again. Season with salt, pepper, dash of lemon juice and strain the sauce.
 - Using the ingredients, prepare the stir fried vegetables.
 - Place the grilled fish fillets on the bed of the vegetables and surround with sauce.
 - Serve with rice and garnish with lemongrass sticks (or sesame and flax seed sticks).



Chef Pradip Bhandari has been cooking for the past 15 years. He spent most of his time in Qatar, where he worked in multiple esteemed hotels. He came back to Nepal garnering ten years of experience, and began serving his delights at Hotel Sambala, where he worked for five years. Now at Hotel Sabrina he heads the team as an Executive Sou Chef. When asked how he finds the establishment he said, "It's been a great experience working here at Sabrina. The quaint location, and the family theme are something that I really love." Specializing in Continental and Italian Cuisine, Executive Sou Chef Pradip Bhandari here shares with our readers the secrets of his festive delights: Chicken Picata with Mushroom and Tomato Sauce and Grilled Fish Fillet with Lemon Grass Sauce.

A three course at GG Machaan

Aurora Shakya, In conversation with Chef Rajkumar Khadka , Executive Chef at GG Machaan, Jhamsikhel, Lalitpur



Last but not the least, a appealing to both your eyes and your taste buds, brownies with ice-cream is everyone's favorite, whether you are a kid or an adult.

रातो ठीका निधारमा नयाँ हिरो घर-घरमा

बम्पर
रु. १००,०००

पक्का डिस्काउण्ट
रु. ५,०००

१ लाख
हरेक SCRATCH मा
रु. १००,०००
सम्म क्याश



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फ्री हेल्मेट



*भारतक अनुसार

FAMILY DINNERS HAVE always excited me, as a kid and even now, mostly when I am about to go somewhere new or special. I have always associated having dinner with my family as a great way to bond without actually knowing that we are bonding. We share the food that we love, laugh, make fun of each other and talk about embarrassing memories of each other. These are the moments we live for and remember the most. The whole event becomes even better when you are in a place that might be away from home, but somehow feels like home. The ambience that GG Machaan at Jhamsikhel radiates is the same for me, filled with happiness, sophistication, and positivity. The place itself speaks for a total family dining experience.

It is indeed a beautiful and serene location that makes you feel like you are on a getaway. Going through the main entrance, the place opens to a cozy and beautiful garden space, tall trees, that looks like it came straight out of a movie. With the warm fairy light in the evening, the place couldn't get any more romantic. This place feels like somewhere you belong. Following the inside space, I found myself dwelling over the extraordinary and intriguing paintings that added just the perfect amount of minimalism in the ambience, a perfect setting for a candle light dinner.

Going over the menu, it was obvious that the place definitely had a menu that set it apart from other restaurants. Eager to taste the food that they served, the first dish that I dove into was their Cheesy potato balls. This dish has always been a personal favorite, reminiscing memories from my childhood when I would be all excited to eat and too greedy to share. Even as an adult, it turns out that my habit in this manner has not changed a bit. The dish was prepared by packing mozzarella cheese, mashed potato, green and dry onion, chilly mixed in an Asian fusion. The exterior was satisfyingly crispy, while the inside was filled with the combination of cheese and potato so gooey that it



It is indeed a beautiful and serene location that makes you feel like you are on a getaway. Going through the main entrance, the place opens to a cozy and beautiful garden space, tall trees, that looks like it came straight out of a movie.

just melts in your mouth like a cotton candy. It is a 10/10 dish to start off for a wholesome fun dinner with your family. The side sauce of ketchup and mayonnaise made this dish even lively, making you crave for more.

Minimalism food at its best, the next dish Pollo Alla Griglia was a dish I had never tasted before. It was a beautifully presented dish that represented Italian elegance all the way. Served according to the need of their customers, either with mashed potatoes or spaghetti, the chef prefers to serve this dish with modestly portioned, fresh spaghetti that is so light and airy, not too heavy for one's taste. The chicken is marinated in oyster, salt, pepper and mustard paste, and kept for 2-3 hours so that it would absorb all the flavors to make it juicy. The chicken is then grilled and served with brown sauce, which incorporated black olive and most importantly red wine. The chef feels it is a perfect healthy meal as the side vegetables provide with all

the minerals and vitamins that one's body need and the spaghetti and the meat provide carbs and protein. For me it is a quintessential post workout meal. Rich and velvety texture of the sauce, vegetables cooked to perfection and the juicy chicken, it is a food I will keep coming back for more. Who knew that healthy food could taste this good?

Last but not the least, brownies with ice cream, a dessert appealing to both your eyes and your taste buds was served. It is everyone's favorite, whether a kid or an adult. However, brownies sometimes tend to sit heavy for one's taste as it is too sweet. But this luscious brownie was made especially by the chef himself. Its authentic and addictive flavor has just the right amount of sweet. And pairing it with ice-cream was definitely the highlight of the dessert. With the hot and cold combination, it was spot on and ready to take you straight into food coma.



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Dashain Bhoj

Aakanchya Tamang, In Conversation with Taijash Kakshapati, Managing Director, Nanglo Bakery Cafe & Pub

Nanglo Restaurant has leveled up its game by offering a unique Newari Dashain Bhoj. The aspiration behind this is to bring together families regardless of ethnicity and have them enjoy this extravagant bhoj during Dashain time even if it is in a restaurant. But when you enter Nanglo, it hardly feels like a restaurant. The space couldn't get any homier with the beautiful ambience of warm lights on white backgrounds. When we asked Mr. Taijash Kakshapati, about his inspiration behind the whole concept of Dashain Bhoj, I was intrigued to discover the history it unraveled, and elated to see how beautifully the modern touch and traditional roots blended together.

Can you give us an insight on what Dashain Bhoj is?

Basically, Dashain Bhoj here at Nanglo contains a set of menus that incorporates a lot of food more like a Laptey Bhoj. But this is done during the Dashain time, that starts from Ghathasthapa. It is a one-month event and we serve a thali to our valued guests that has anywhere from 18-19 food items that they can choose according to their preference. It is a pretty elaborate menu and we had been thinking about implementing this properly since a long time. Just last year, we planned a special menu and decided that since October is the month of Dashain and a time for celebration, let us just tap into it and do a Dashain Bhoj here every year.

What inspired you to do a Dashain Bhoj here at Nanglo?

All my life, I grew up eating and loving these foods and one day I realized that

the food is so delicious that it must be shared and taken to a larger audience. So, we did our research and created a menu especially for the Dashain time so that families who don't want to go through the hassle of cooking during the Dashain time can easily visit here and enjoy the meals here.

What was been the most rewarding thing about serving the Dashain Bhoj?

For me, the most rewarding thing has been serving the food itself because it is a unique and different sort of experience for us. The delicacies that we provide are things that are available only during the Dashain time at people's households. So, being present in the service for more than 40 years, we have been trying to prepare and serve exactly the homely food that people eat during the Dashain time. The food that we are serving is very limited to Newar households. So a lot of people do not have the opportunity to taste it. Having a client base that is rather diverse and taking into consideration everyone's fair share for the love of Newari food, we are trying to bring this cuisine into a mainstream platform so that people can taste the beauty of Newari cuisine.

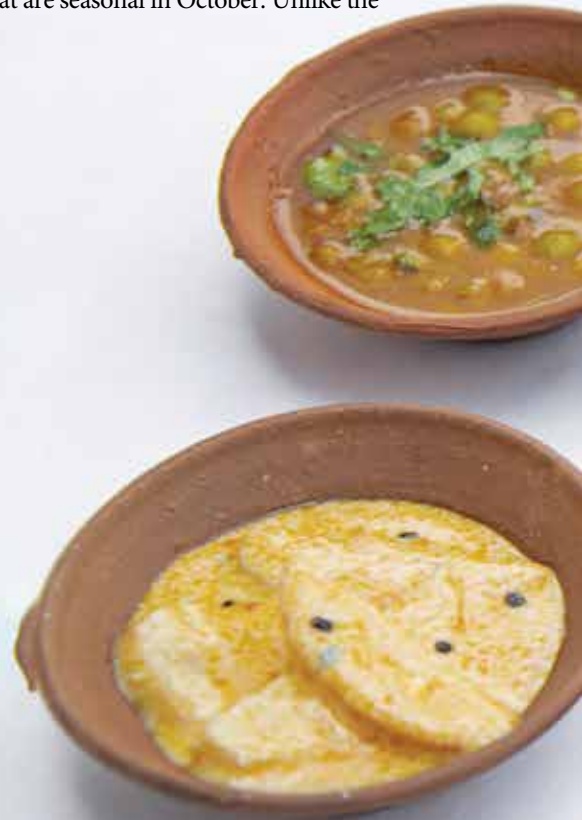
Can you name the food items that are served in Dashain Bhoj?

The items are served starting with vegetables so that it would be a light meal. It then gradually moves on to meat items such as choila, fried fish etc. It is a very seasonal menu which is why it is served specially during the Dashain time and comprises of foods like chuire, mutton, chicken, fried fish, spinach,

cauliflower, taama and aalu, choila, micha pau, chukauni ko achar, kerau jhol tarkari, geda gudi tarkari, mula ko achar, golbheda ko achar, and dahi.

Do you have any interesting facts about the Dashain bhoj?

The reason why Dashain Bhoj is special and interesting is because we cook the food items with what is available during the Dashain time, which is called regional cooking. The Michi Pau in the menu is made of lapsi that is only available in Kathmandu during Dashain and there are other extraordinary items that are seasonal in October. Unlike the



era of globalization that we live in today where we can import anything, way back in times of our grandfather where seasonal farming was the only source of food, we would get the best produce during the Dashain time and celebrate the bhoj eating what was available. Moreover, there is more to Dashain Bhoj than just delicious foods. It has also been a way for us to preserve our culture because I feel all of this history is dying. There is more to Newari food than just Bara and Chatamari. I want to go back to my roots, and showcase the versatility and diversity of the cuisine that I grew up with, and share that with everyone.



Dashain Bhoj here at Nanglo contains a set of menus that incorporates a lot of food more like a Laptey Bhoj but this is done during the Dashain time, that starts from Ghathasthapa.



The Eternal Love for Street Food

TAKOYAKI SOLO

It is not everyday you hear about a place that sells Japanese street food here in Nepal. It is rather difficult to stand out especially with new restaurants opening up all over the country with creative ideas and extraordinary ambience, and when the competition is in the up and up.

Aurora Shakya



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A **GOOD MARK** of a restaurant for me has always been the manner I am welcomed and the food that keeps me coming back for more and more. And Takoyaki Solo on Freak Street is definitely that place for me. The ambience might have been a little small on space (given it is a place for street food) but their hearts that welcome you is as big as it gets. Yohei Aoki, who is familiar with Nepal and its cuisines, decided to bring back his love for Japanese street food here in Nepal and share that with the hops of bringing these two cultures together in the language that we all share: food.

Popular in Japanese streets, especially in Osaka, Okonomiyaki is sold by almost every street vendor. It is not your basic pancake. It is filled with wholesome ingredients that keep blessing your taste buds with more flavors as you enjoy it. Topped with dried seaweed, dried bonito flakes and the tasty okonomiyaki sauce on the outside, this pancake at first feels heavenly because of its crunchiness. As you dive more into it, the mixture of flavors -- including eggs, flour, cabbage, green onions and my personal favorite tenkasu aka tempura scraps flour -- burst in your mouth, taking you immediately into food coma. The softness of the inside batter is beautifully balanced by the crispy

tenkasu; in this case you can consider it as the cherry inside the cake. What a great food to set a first impression!

My second dish, Takoyaki Solo after which the place itself is named after and which is the owner's personal favorite is golden fried balls that are appealing to both your eyes and your taste buds. Just make sure you don't get too greedy and eat them immediately because they sure are piping hot. Fried in special cast-iron pans, they are incredibly crispy on the outside and they are served topped with special Japanese mayonnaise and savory brown sauce. The flavors inside are orgasmically delightful. The soft and gooey batter fill your mouth. I must add this dish is incredibly addictive.

Last but not the least, Omusoba has to be my new personal pick for comfort food given my favorite spaghetti noodles were already fried and wrapped with fried omelet. The Japanese mayonnaise sauce and takoyaki sauce added more depth to its flavors, making me want to eat more and more. The whole dish feels light yet a lot of flavors along with the crunchiness of tenkasu remain dangling in the mouth long after you have finished the dish.



All in all, this place has stolen my heart, from their warm welcome to their warm and lovely food, making me feel like a Japanese local in no time(wink). Just make sure to pay a visit if you really want to feel like you are eating the most delicious foods in Japan but can't afford the plane ticket to there(like me).

I almost forgot to mention about Maki Sushi, which is not exactly a street food. The owner was able to convince me to try it given it was my first experience eating Sushi, I must say that it definitely didn't disappoint. Filled with Japanese rice, vinegar and lots of fresh vegetables and salmon flakes, this sushi has seriously made me want to try more sushi in the future.

All in all, this place has stolen my heart. From their warm welcome to their warm and lovely food, have made me feel like a Japanese local in no time (wink). The only downside to this place is not knowing when to stop eating. As I begin to understand their new menu, which will soon incorporate lots of other Japanese street foods, from fried foods to sweet dishes like mochi ice-cream, it wouldn't be a long time before you start seeing me here everyday. Just make sure that you too pay a visit to Takoyaki Solo if you really want to feel like you are eating the most delicious foods in Japan but can't afford the plane ticket there (like me).

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Saving Your Dashain Income

Sheran Lama

The most added advantage of Dashain for teenagers is the money that they receive during the tika. Most teens end up spending it in the blink of an eye and very few end up saving it. A basic reason for this could be because teens do not understand the importance of saving. Through this article, we would like to put forward the idea that the money received can be viewed as an extra source of income and how saving it can be beneficial in both the short run and the long run.

Dashain is one of those festivals Nepalese people look forward to all year long. The long vacation and family reunions bring about a joyous atmosphere in all homes across the country. But amidst this festive season, teenagers look forward to something more exciting – the money they will receive from their elders as Tika blessings.

The money received during Tika can be viewed as an extra source of income. Some get huge amounts while some may not get any. But those who do get at least something often end up blowing it all in the blink of an eye. It is true that spending is lot more easier than saving, especially when you are around your teenagers and you want everything you see. The

importance of saving is difficult to understand and it is not very convincing to young people. The amount earned during this time isn't much to actually fund major future spending, so most youngsters may ask "What should I save for?"

A simple reason to save money is to buy something even bigger and better in the

future. But saving at a young age is not just that. The teenage years of a person is a crucial time to develop good habits. And saving money is a habit that can be fostered from a young age. The pattern with which you spend money at a young age will be carried on as you grow older. Saving money for teenagers may not pay off in the short run but in the future, it will definitely be of help in various ways. At a young age, saving money is not about accumulating huge amounts of money for future consumption. Rather it is about learning and developing habits. Being able to save money makes you an effective spender. An

effective spender is an able person who can effectively allocate budget according to his/her respective needs and wants. To be able to spend in a sensible manner, one must be able to differentiate between what is needed and what is just a desire. To understand the difference, one must have discipline. Disciplining oneself at a young age can reap a bundle of financial benefits in the future. Thus saving money is a key financial skill for anyone. Saving money also induces self-reliance and independence. In general, it makes teens more responsible. When you save for things you want to buy, you are automatically learning the benefits of saving.

One can view saving money at a young age as a financial preparation for the future. Most people start earning at a young age and have access to money. If they do not develop saving habits, blowing off that hard earned money won't be so hard. To stop oneself from falling into financial crisis in the future, fostering saving habits is essential. Developing saving habits while you are young can help you reach your money goals and become an effective spender. After all managing money effectively is the key to a solid financial future.





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MANAGING INFLATED Dashain

Chartered Accountant. Hari Kumar Silwal

Many countries have their own unique festival(s). Festivals are important since they let people meet their dear ones and also give them free time to relax. Despite all the sorrows and hardships it takes us to a happy mood. We in Nepal also have many festivals as ours is a multi-cultural, multi-religion, multi-ethnicity nation. Hindu, Islamic, Buddhist, Kirat, Christian, Shikh all have their own festivals sourced from their religion. Again, people from mountains, hills, valleys and plains have their own festivals. Holi, chhath, maghe sakranti, lhosar, sakela, gaijatra, ghodejatra, Eid, Buddha jayanti, teej, tihar, dashain are some of them. We practice our own religion and at the

same time we also respect others'. So, any festival of any religion is celebrated by people of other religions as a part of their culture and daily life. Since Dashain is the biggest festival of all for Hindus, vast majority of Nepal population, and people from other religious background are also celebrating, it is socially accepted as a national festival. Rich or poor every one wishes to celebrate Dashain in a grand way. Mostly, families with younger children do not want to compromise and disappoint them. We have social pressure to maintain status. Those who don't send their kids to school or get basic health care service due to financial reason also spend huge amount of money in Dashain. My understanding of the society suggest that from amongst the poor families almost half of them borrow from acquainted persons to celebrate Dashain and many of them become bankrupt in course of time for being unable to repay on time. For me, this is the saddest part of Dashain.

From the economic point of view Dashain increases trade but decreases productivity as people do not work, just sit at home, roam around, party and consume more than usual. This not only affects a person or family but also the nation. It finally leads to more trade deficit since Nepal is an import economy. Once in mid-nineties I received a friend from India as a guest to stay with us whole Dashain. As a professional from a fast moving industrial city she was shocked to see people not working for whole two weeks and everything is closed. I realized what she meant to say. However, with

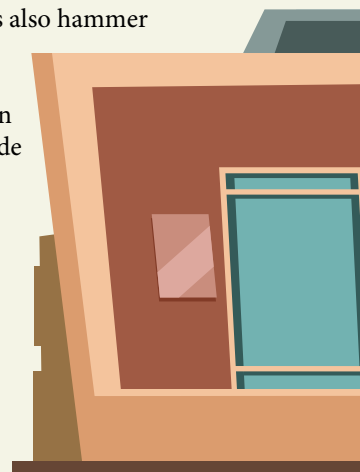
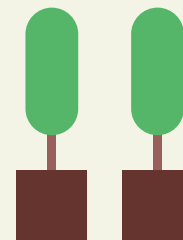
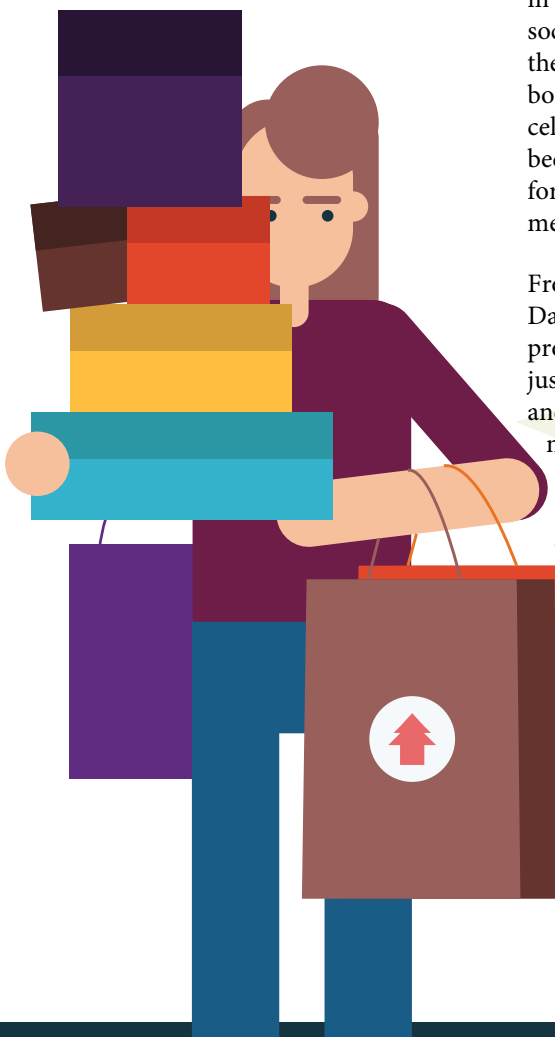
government cutting down Dashain holiday and people getting more inclined to work, business people are spending less time and resources for Dashain. Things are changing positively but slowly.

Organic Happiness

Poor people Dashain is healthier than rich people's Dashain. Rich people tend to eat excessive quantity of poor quality foods. Meat and alcohol consumption is very high. And those who have disposable money tend to gambling also which is not good for him/her, family and the society at large. I am surprised to see that even security agencies, sometimes, easily tolerate, even accept, gambling as if it is legal during festivals. Playing cards and langur burja is very common. Some people buy new and expensive clothes even if they don't need them. We need to change this trend toward a temporary happiness and instead move toward a lasting and more organic one.

Festival Fever and Problems

When festivals approach, every one switches to festival mood. Shopping, families and friends gathering, traveling within and outside country, gambling etc take over every one's wisdom. Pressure from relatives, friends and neighbours also hammer their head. People become insane in a way. They lose common sense and go onto decide unwisely. They tend to forget their own real



status. It happens not only in Nepal. In China, during this year's chunyun or spring festival which is a New Year 410 million individuals travelled and made 3 billion trips. This is claimed to be the largest human migration during one particular occasion ever. When we observe the way people catch their vehicles at various cities to go their home for Dashain, mainly at the necks of Kathmandu we can imagine how crazy people are to go to their homes to celebrate Dashain. A survey done last year showed that pre festival spending during Diwali goes up by 40% in India. Similarly, a survey done by a business magazine in Nepal in 2015 showed that Nepalese household spent nearly 67 billion rupees during Dashain which was 9% of the GDP. How much of this you think was for necessities and how much was not really needed.

Wiser Solution

Problems are mainly two types, one: internal, something we can control or change if we don't like and another: external that is something we can't control or change but can manage or mitigate the loss or consequences. We, as human, need power to change things we don't like. We even need more power to adapt with things that we can't change. There is a huge inflation on price of every consumable and service that we buy during Dashain. State machineries, consumer right groups, trade associations claim that they are working on to control unreasonable price hikes which are

over 10% officially and far more than that in reality, but in vain. There are always two sides in every transaction. Dashain is festival of trades and transactions in a way. There are always supply and demand sides. In another word, there are givers and takers. Various corporations and private sector companies supply goods and services needed for Dashain. Government agencies provide safety, security, enforce laws and rules. They all are givers if we call the public at large a taker. It is preferred that both the sides should be ethical, aware, law abiding, alert and conscious to maintain fairness. If one side is not acting as expected the other side should act more. As it is generally believed that supply side is more alert and responsible. In Nepal case, it is not so in most of the cases. So, we receivers side, public at large need to be more aware and act accordingly.

For an individual or a household, instead of waiting for the government and other associations to get hold of the price and make their Dashain reasonable, decent and affordable, its better we find our own solutions which are more peaceful. It's an internal matter. It's in our hand. We need to change. We should start now. We must act, not only talk.

Avoiding special or extra consumption during Dashain is the best way out. I have a good collection of cases and memories of how we managed Dashain with limited resources and still kept our face and

mind happy. Some of things we did were to wear old clothes, no special food items, one rupee tika, siblings tika money given to outsiders, fruits brought by guests to our home we took the same while going to others for tika. These things look simple and small. They are not easy things to do practically. We need big guts and support from the families to do different than what your families, relatives and friends are doing for long time. Very few can do that. We can do it slowly over a period of time. If we can't do so we can plan and design some other alternative ways out. Even if a family or a person wishes to spend more for Dashain, they can still be economic by applying few ideas. Shopping way before time is one key to it. End of season sale for clothing could be another one. Using no credit cards also helps. Buying from wholesale is another. Try not to get new notes from banks for this Dashain and rupee 5 or ten to every one who come for tika your home. See how many of them still come next year. Your ones will come again. Those who don't come are not your people and you are not supposed to make them happy. Its not easy but can be done. I've done it and it worked. If you are known as a change maker in your circle you may dare to take many such new steps. Any one from us can be a change maker. Slowly it becomes a brand for you and your family. Families must discuss and take joint decision so that it becomes a shared matter.



The Cost of a Foreign Degree? Worth It

B.B King famously said, " Education is the one thing that no one can take from you." and in this modern world it is your passport to a better and prosperous future.

Shreyashka Vikram Raj Maharjan, in Conversation with Mr.Dwiraj Sharma at Alfa Beta Group- Int'l Education Dept

The most common trend that we have been witnessing in Nepal is a large scale migration of youths to foreign nations seeking higher education. As our youth choosing to acquire education in a foreign land, they dream of having a better standard of living. For many it might be a necessity as the course they desire to study is not available in Nepal. But in recent years it has become a norm and in some parts an act for pride. We see many blaming westernisation, and modern values for the rapid migration but the one of the culprit is the poor education structure, along with mismanagement and lack of proper investment in infrastructure and development. This has highly accelerated the migration process, which is not cheap.

To know if the cost of a foreign degree is worth it, we consulted with Dwiraj Sharma at Alfa Beta Group -Int'l Education Dept to get a better understanding of its cost and worth.



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Absolutely if they utilize it properly other wise their is no guarantee. An individual can invest less here in Nepal and get better benefits if they utilize their resources and education well.

PLEASE COULD YOU BRIEFLY DESCRIBE THE COST OF ACQUIRING A FOREIGN DEGREE?

It depends upon the universities and the of course an individual wants to study, but in averages the cost comes around 10,000 - 20,000 dollars only for tuition, which once converted to Nepali currency is 10-20 lakhs. Adding the cost of preparation, transportation and the overall cost of living the number goes even higher and that in general is the addition of another 10 lakhs per year.

HOW MUCH DOES THE TIER OF THE UNIVERSITY VARY THE COST ?

The tiers of the universities directly affect the cost of the degree which is also influenced by the employability of the course. Talking about the top tier universities in the USA, tuition cost at an average of 50,000 \$ per semester only for the tuition. Whereas in mediocre universities, the tuition fees begin at an average of 10,000 \$.

HOW MUCH DOES THE EXCHANGE RATE AFFECT?

It definitely does affect the overall cost of a foreign degree. The difference in the countries economy that influences the exchange rate, can have a multitude of effects. Students who plan to study in countries where the difference isn't much, can get more value in terms of exchange. But for students who wish to study in nations with a higher difference in rates, need to invest more of their national currency, which automatically increases the cost of the entire degree.

IS THE COST OF A FOREIGN DEGREE REALLY WORTH IT?

Absolutely if they utilize it properly other wise their is no guarantee. An individual can invest less here in Nepal and get better benefits if they utilize their resources and education well. Thus, the worth of the degree is highly dependent on the individual themselves and also the family. Understanding the essence of the education, is the first step towards reaping the best out of ones degree. Examples have shown, how individuals who have acquired a foreign degree and fair well in comparison ones who don't. That is only one side of the coin of foreign education, many individuals who don't receive proper guidance, and view a foreign degree

as just a means of escaping problems here. Get into allot of trouble, by circling themselves in bad company. It is famously said, "You are as good as your peers", and in this case the bad company at times leads to addiction, they drop out of their course, and never choose to come back. So the million dollar question is, "Why do individuals and families choose to invest such high amounts for a degree?"

Its because the western nations already have a proven track record of success. The amount of money that governments choose to investment in the development of education infrastructure and technology shows how important education is for these nations. For example, The United State of America alone invested 50 billion dollars in their education department. This is incomparable with the about our government spends in education. Thus, seeing that prospect of individuals choose to invest in educating their children in a foreign nation.

A good degree acquired with hard work and dedication, triggers a domino effect. The moment they graduate they get a good job, in a few years time they are likely to get permanent residency and later become a citizen. They are now able to educate their children there, invite their parents who might have never dreamt of travelling . Whenever I travel to Australia, I see such parents who are overwhelmed but have this profound happiness to being able to board a plane to see their children and grand children.

Any good investor looks for one thing and that is,"Return" and the return on a good foreign degree is huge. It is not that one can't invest in a good education here in Nepal, for example a medical degree in Nepal costs a total of 50 Lakhs. The moment one graduates, they are disappointed of the return they receive. If the same about they invest in a foreign nation, the return is unparallel. Thus a whole lot of individuals are leaving in pursuit of a better return for their investment.

The government instead of just stating that they are leaving, should start seeing the problem for what it is. And start developing better educational policies, begin investing in various elements of education such as infrastructure, technologies and courses. Which basically helps increase the return on investments for the students.



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HOME.

CELEBRATING FESTIVALS THE RIGHT WAY

Pratisara Manandhar

This Dashain will be more fun than the previous ones if you can control your tendency to overspend by following the tips provided here.

Dashain is an annual festival that is eagerly awaited by many people to celebrate in even grander way fuller than the previous year. The

festival brings family, and friends together, building memories that keep them warm until the next year. Few common things people do during Dashain to get close with friends and families are playing cards, flying kites, shopping, and traveling.

One of the things Dashain does is bring people together. Those who have been away return home to celebrate it. You see smiles, exchange of gifts and bestowal of blessings everywhere. This 10-day festival celebrated by Hindus and Buddhists is like no other festival in Nepal both in scale and scope.

People usually separate a certain budget for Dashain, which generally tends to increase every year. The unfortunate reality is that we also tend to overspend and overeat at this time.

There are however simple solutions to this tendency to overspend.

Make your own sweet: A simple yet smart alternative is to make your own sweets. This way you are in control of the amount of sugar, oil or fat that goes in. This simple investment at home will help maintain your health, you can taste the real flavors, and the sweets will stay fresh longer than those from the shops. And you will also save money.

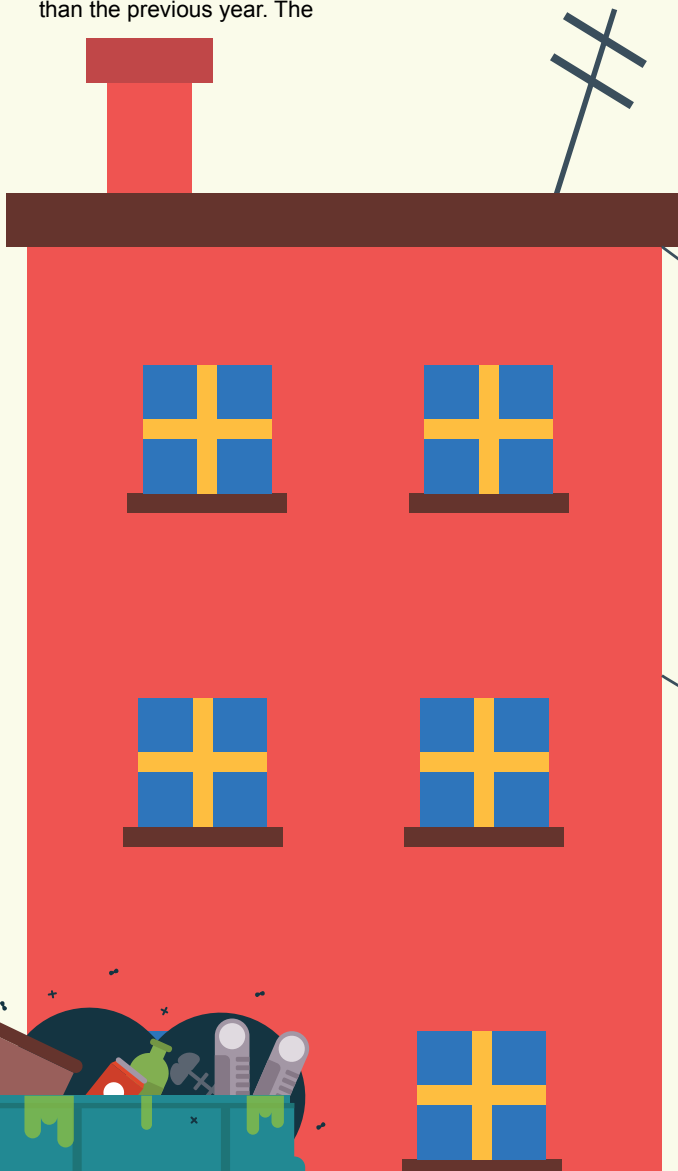
Buy quality products besides clothes: There is the tendency of buying clothes as gifts to give younger siblings. You can instead switch to buying quality products that will last for a longer period of time. Buy organic products that will stand out from the

crowd; and choose products made in Nepal to show as much authenticity as possible.

Be environmentally conscious: Rather than throwing away bio waste, use them as plant food. You can also start by avoiding non-biodegradable products when consuming food or drinks. Silverwares, unlike plastic spoons and straws, can be reused time and again. These plastic products remain as they are for a long period of time increase the waste, and pollution.

Buy only what you need: Buying items in bulk may seem economical but they add up on bills, take space, and usually end up as unused waste.

One of the things Dashain does is bring people together. Those who have been away return home to celebrate it. You see smiles, exchange of gifts and bestowal of blessings everywhere.





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House Sale In Hetauda

Price: Rs. 2,60,00,000

Location: Makwanpur (Hetauda) > Sanopokhara Chowk, Property Type: Land - Plotted, Road Size: 13 to 20 feet, Floors: 3, Land Size (in aana/dhur): 8.5, Bedrooms: 7, Bathroom: 3, Living room: 3, Furnishing: Full, Features: Parking Space



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House On Sale Near Dhumbarai Pipal Bot

Price: Rs. 1,75,00,000

Location: Kathmandu > Dhumbarahi Property Address: Near Dhumbarai pipal bot. Opposite of DHUMBARAHI PARTY PALACE., Property Type: House - Individual, Road Size: 5 to 8 feet, Floors: 2.5, Land Size (in aana/dhur): 3.5, Built up (sq.ft): 2200, Bedrooms: 7, Bathroom: 2, Living room: 1, Furnishing: Non, Features: Parking Space, Backup Generator



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House At Shankhamul For Sale

Price: Rs. 1,86,00,000

Location: Lalitpur > Banglamukhi (Patan), Property Address: Banglamukh-Shankhamul Road, 300meters from Shankhamul Bridge towards Chamunda Devi Mandir, Property Type: House - Individual, Road Size: 9 to 12 feet, Floors: 2.5, Land Size (in aana/dhur): 3, Built up (sq.ft): 962.57, Bedrooms: 2, Bathroom: 2, Living room: 1, Furnishing: Semi, Features: Parking Space, Garage



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Attractive House On Imadole

Price: Rs. 1,55,00,000

Location: Lalitpur > Imadol (Mahalaxmi), Property Address: 1.8 km from Guwarko near Imadole Gabisa, Ochu height, Property Type: House - Individual, Road Size: 9 to 12 feet, Floors: 3, Land Size (in aana/dhur): 3, Built up (sq.ft): 2200, Bedrooms: 3, Bathroom: 3, Living room: 3, Furnishing: Semi, Features: Parking Space



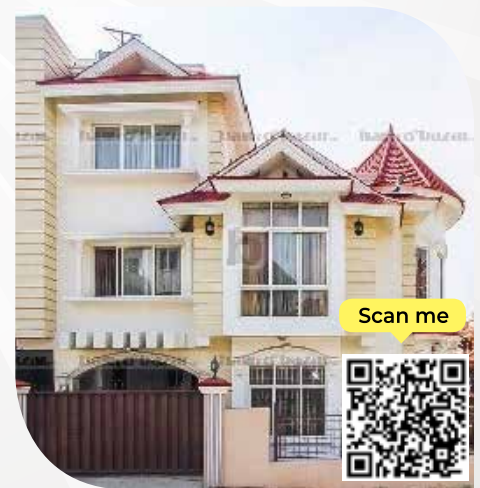
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House For Sale At Natole

Price: Rs. 1,50,00,000

Location: Lalitpur > Pulchowk, Property Address: Maitri tole, khala, natole, pulchowk, Property Type: House - Individual, Road Size: 5 to 8 feet, Floors: 4.5, Bedrooms: 5, Bathroom: 3, Living room: 1, Furnishing: Semi



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Beautiful House For Sale

Price: Rs. 3,50,00,000

Location: Kathmandu > Dhapasi (Tokha), Property Type: House - Individual, Road Size: Above 20 feet, Floors: 2.5, Land Size (in aana/dhur): 5, Built up (sq.ft): 2500, Bedrooms: 6, Bathroom: 3, Living room: 1, Furnishing: Non, Features: Garden, Parking Space, Garage



House For Sale At Civil Homes, Sunakoti

Price: Rs. 1,60,00,000

Location: Lalitpur > Sunakothi, Property Address: Civil homes house Sunakoti, Lalitpur, Property Type: House - In a Colony, Land Size (in aana/dhur): 3.1, Road Size: 13 to 20 feet, Floors: 2.5, Bedrooms: 4, Bathroom: 3, Living room: 2, Furnishing: Semi, Features: Garden , Parking Space , Garage , Security Guards



Urgant House Sale In Imadol Naya Basti

Price: Rs. 1,70,00,000

Location: Lalitpur > Imadol (Mahalaxmi), Property Address: 1 km east from gwarko chowk imadol sittal tole naya basti imadol., Property Type: House - Individual, Land Size (in aana/dhur): 3, Road Size: 9 to 12 feet, Floors: 2.5, Built up (sq.ft): 1800, Bedrooms: 7, Bathroom: 3, Living room: 2, Furnishing: Non, Features: Parking Space



House On Sale On Khumaltar Height, Lalitpur

Price: Rs. 1,90,00,000

Location: Lalitpur > Khumaltar, Property Address: 900m outside ringroad opposite whitehouse college., Property Type: House - In a Colony, Land Size (in aana/dhur): 3, Road Size: Above 20 feet, Floors: 3.5, Built up (sq.ft): 1800, Bedrooms: 4, Bathroom: 5, Living room: 1, Furnishing: Semi, Features: Garden , Parking Space , Security Guards , Backup Generator



Brand New House At Gangabu 4.5 Aana

Price: Rs. 2,20,00,000

Location: Kathmandu > Gongabu (Tokha), Property Address: Kathmandu, Gongabu -1, Bhatkekopool, Property Type: House - Individual, Land Size (in aana/dhur): 4.5, Road Size: 13 to 20 feet, Floors: 2.5, Bedrooms: 8, Bathroom: 4, Living room: 3, Furnishing: Semi, Features: Garden , Parking Space , Garage



A Beautiful House For Urgent Sale In Kapan

Price: Rs. 1,70,00,000

Location: Kathmandu > Akasedhara (Kapan), Property Address: Ekatabasti, Jyotinagar, Budhanilkantha Nagarpalika, Kathmandu, Property Type: House - Individual, Land Size (in aana/dhur): 3.5a, Road Size: 9 to 12 feet, Floors: 2.5, Bedrooms: 5, Bathroom: 3, Living room: 1, Furnishing: Semi, Features: Parking Space



Gaurighat, Kumarigal, Pashupatinath Area House For Sale

Price: Rs. 2,80,00,000

Location: Kathmandu > Kumarigal (Chabahil), Property Type: House - Individual, Land Size (in aana/dhur): 4, Features: Garage



House On Sale At Sanothimi

Price: Rs. 1,60,00,000

Location: Bhaktapur > Sano Thimi, Property Address: Sanothimi, pepsi cola, Property Type: House - Individual, Land Size (in aana/dhur): 3 Aa, Road Size: Above 20 feet, Floors: 2, Built up (sq.ft): 90, Bedrooms: 5, Bathroom: 2, Living room: 1, Features: Parking Space



Kumaripati Ma House For Sale

Price: Rs. 5,00,00,000

Location: Lalitpur > Kumaripati, Property Type: House - Individual, Land Size (in aana/dhur): 7, Road Size: 9 to 12 feet, Floors: 3.5, Bedrooms: 6, Bathroom: 4, Living room: 1, Furnishing: Semi, Features: Garden , Parking Space , Garage



Beautiful House Sell At Dhapasi Height

Price: Rs. 1,25,00,000

Location: Kathmandu > Dhapasi (Tokha), Property Address: Dhapasi grandi hospital pachhadi hight ma, Property Type: House - Individual, Land Size (in aana/dhur): 3, Road Size: 13 to 20 feet, Floors: 1, Built up (sq.ft): 900, Bedrooms: 2, Bathroom: 1, Living room: 1, Furnishing: Semi, Features: Parking Space

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CARS ON SALE



Toyota Prado 2015 Vx Full Option

Price: Rs. 2,05,00,000

Type: Jeep / SUV, Make Year: 2014, Kilometers: 23000, Colour: Pearl White, Engine(CC): 2982, Fuel: Diesel, Transmission: Automatic Gear - 4 WD
Features: Power Window , Power Steering , Leather Seat , Sunroof , Central Lock , Alloy Wheels , Keyless Remote Entry , Tubeless Tyres , Air Bags , Anti-lock Braking (ABS) , Air Conditioning , Climate Control , Steering Mounted Controls , Projected Headlight , Fog Lights , Electric ORVM , Audio System , LCD Touchscreen , Bluetooth Connectivity



Cherry Tiggo Sale And Exchange

Price: Rs. 9,99,999

Type: Jeep / SUV, Make Year: 2010, Kilometers: 75k, Colour: Silver, Engine(CC): 1.6, Fuel: Petrol, Transmission: Manual Gear - 2 WD
Features: Power Window , Power Steering , Leather Seat , Central Lock , Alloy Wheels , Keyless Remote Entry , Tubeless Tyres , Air Bags , Anti-lock Braking (ABS) , Air Conditioning , Fog Lights , Audio System , LCD Touchscreen , Bluetooth Connectivity



Mercedez Benz Gla 200d

Price: Rs. 1,35,00,000

Type: Jeep / SUV, Make Year: 2015, Kilometers: 12000, Colour: Mountain Grey, Engine(CC): 2200, Fuel: Diesel, Transmission: Automatic Gear - 2 WD, Features: Power Window , Power Steering , Leather Seat , Sunroof , Central Lock , Alloy Wheels , Anti-theft Alarm , Keyless Remote Entry , Tubeless Tyres , Air Bags , Anti-lock Braking (ABS) , Air Conditioning , Climate Control , Steering Mounted Controls , Fog Lights , Electric ORVM , Audio System , LCD Touchscreen , Bluetooth Connectivity



Single Use Very Fresh Brezza Zdi+

Price: Rs. 33,25,000

Type: CUV / Compact SUV, Make Year: 2016, Kilometers: 27000, Colour: Blue, Engine(CC): 1248, Fuel: Diesel, Features: Power Window , Power Steering , Leather Seat , Central Lock , Alloy Wheels , Anti-theft Alarm , Keyless Remote Entry , Tubeless Tyres , Air Bags , Anti-lock Braking (ABS) , Air Conditioning , Climate Control , Steering Mounted Controls , Projected Headlight , Fog Lights , Electric ORVM , Audio System , LCD Touchscreen , Bluetooth Connectivity



Hyundai Tucson 2008 Crdi 4wd - Excellent

Price: Rs. 24,75,000

Type: Jeep / SUV, Make Year: 2008, Kilometers: 85,000, Colour: Space Grey, Engine(CC): 2000, Fuel: Diesel, Transmission: Manual Gear - 4 WD, Features: Power Window , Power Steering , Tubeless Tyres , Air Bags , Anti-lock Braking (ABS) , Air Conditioning , Fog Lights , Audio System , LCD Touchscreen , Bluetooth Connectivity



Nissan Navara Full Option

Price: Rs. 28,50,000

Type: Jeep / SUV, Make Year: 2010, Kilometers: 68000+, Colour: Maroon, Engine(CC): 2488, Fuel: Diesel, Transmission: Manual Gear - 4 WD
Features: Power Window , Power Steering , Leather Seat , Central Lock , Alloy Wheels , Tubeless Tyres , Air Bags , Anti-lock Braking (ABS) , Air Conditioning , Fog Lights , Audio System



Land Cruiser Prado Toyota

Price: Rs. 77,00,000

Type: Jeep / SUV, Make Year: 2003, Colour: White, Engine(CC): 2982, Fuel: Diesel, Transmission: Manual Gear - 4 WD, Features: Power Window , Power Steering , Central Lock , Keyless Remote Entry , Tubeless Tyres , Air Bags , Air Conditioning , Climate Control , Steering Mounted Controls , Audio System

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02

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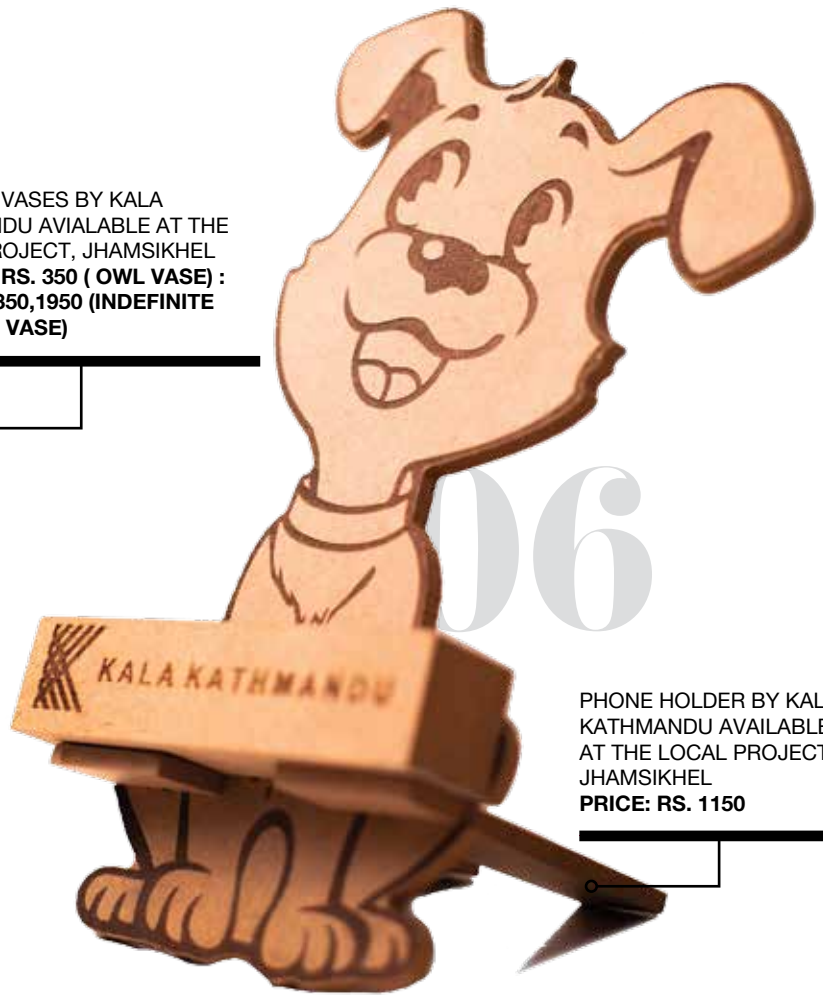


05



CERAMIC VASES BY KALA KATHMANDU AVIALABLE AT THE LOCAL PROJECT, JHANSIKHEL (7)PRICE: RS. 350 (OWL VASE) : RS. 950,1350,1950 (INDEFINITE CERAMIC VASE)

06



PHONE HOLDER BY KALA KATHMANDU AVAILABLE AT THE LOCAL PROJECT, JHANSIKHEL PRICE: RS. 1150

07



08



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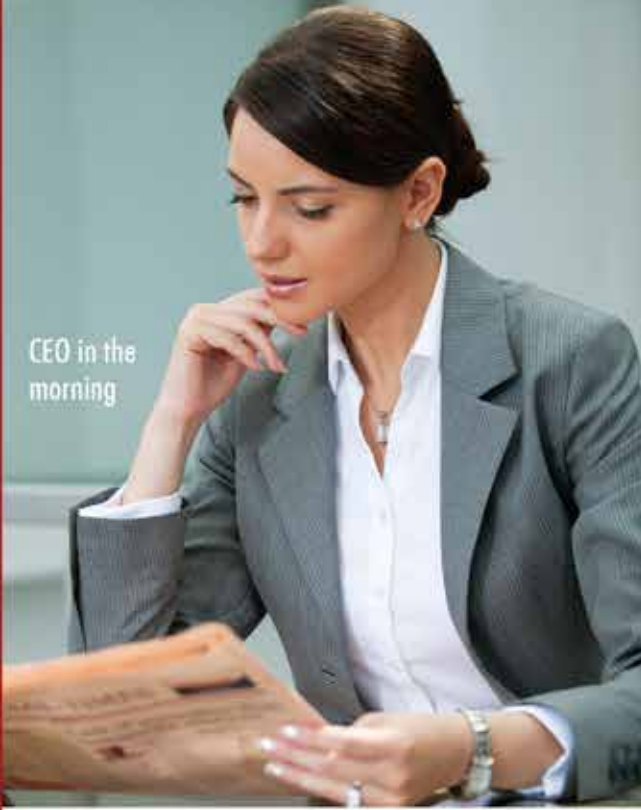
11



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Calendar.

13th

National Book Fair 2019

Shikshya Nepal is organizing, National Book Fair on the 13th and 14th of September at Pragma Pratistan, Kamaladi. The Fair shall have special events such as Cosplay, Children's Book Donation, Games, Food Stalls, Music Events, Face painting and much more.

Date: September 13th - September 14th (9 AM - 5 PM)

Location: Kamaladi Pragma Pratisthan Bhawan

Ticket: Bring a book as a ticket. (Children's Story Book)



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NRs: 1099/- for children
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21st

TEDxDurbarMarg 2019

The theme of the third edition of TEDxDurbarMarg emphasizes the need of bringing organic Local success as well as failure stories that have immense potential to create implications not only with reference to Nepal but also to the wider global audience.

Date: 21st September 2019 (11:30PM-5PM)

Location: Marriott Hotel, Manakamana Marg, Naxal

Tickets Available At: TedxdurbarMarg.com

28th

Art of Speaking

MIC for Youths in association with Kathmandu Post is back with thrilling session, your favorite series #ArtofSpeaking in Kathmandu. More precise, more productive session with this event; you'll get to experience the best of learning with International Certified Trainers to make sure you do and grow better with and for your career.

Date: September 28th 2019

Location: MIC for Youths, Hattisar, Kathmandu, Nepal

Registration Fee: Rs.1000 (Inclusive of Training, Certification and Meal)

18th

Ed Van der Kooy: Nepal then(Photographs from 1978)

Taragaon Museum & The Saraf Foundation invites you all to the exhibition of photographs from 1978 by Ed Van Der Kooy. He will also be displaying some paintings he has drawn. He will also be donating his photographs to the Taragaon Museum, after the exhibition. The exhibition will remain open until the 28th of September from 10 AM to 5 PM.

Date: 18th September 2019 (4:30 PM)

Location: The Taragaon Museum, Hyatt Regency, Boudha, Kathmandu

14th

Run for Children

To commemorate Children's Day in Nepal, a 5 km run/walk is being planned in the morning on Saturday, the 14th September 2019 by Platform for Children. Children, parents and their family members are encouraged to join running for children under the banner of Run for Children. We expect it to be our annual event coinciding with Children's Day in Nepal.

Date: September 14th 2019

Location: Thamel, Kathmandu

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