ANALYZING KRIPA UNPLUGGED

IONS MOVIES

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GO GLAM
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ILLUSTRATIONS: SUDIP MAHARJAN
I trust only Streax Hair Colour enriched with Walnut Oil, that not only colours my hair but also cares."

- Sonakshi Sinha

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YOUR TIME IS NOW

Teenz Magazine, Kupondole, Lalitpur, Nepal. Tel: 501.1571, 501.1639 No. 46 ■ 1 November 2014

YOUR TIME IS NOW

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Evergreen movies

A LIST OF CLASSIC FILMS YOU LOVE TO GO BACK TO WITHOUT A SECOND THOUGHT:

COMPILED BY RUCHI UPADHYA

SCARFACE
In this 1983 movie, the all-time favorite Al Pacino plays Tony ‘Scarface’ Montana. The best part of the film is when Scarface screams as he opens fire at his enemies with his ‘little friend’ (an M16 assault rifle with an M203 grenade launcher attachment). It’s definitely a must-see for Pacino fans.

THE TERMINAL
The Terminal is a 2004 comedy-drama starring Tom Hanks and Catherine Zeta-Jones. When Viktor Navorski (Tom Hanks) arrives at New York’s John F. Kennedy International Airport, officials tell him that his passport is no longer valid as his country Krakozhia is no longer recognized by the US. Viktor is neither permitted to go out of the airport nor return home. He has to spend nine months at the airport. Imagine something like that happening to you!

THE SOUND OF MUSIC
The Sound of Music is an exceptionally successful film from the mid-1960s. The tuneful, heartwarming story is set in Austria. It stars Julie Andrews as Maria, a young nun who is appointed caretaker for Captain Von Trapp and his seven children. The children are captivated by Maria and the joy she brings to the family, but their happy lives are changed forever by the invasion of the Nazis. The film focuses primarily on the relationship between Maria and the children.
MEAN GIRLS
The 2004 film Mean Girls is a typical girly high-school comedy, something that the title spells out. But it’s a teen comedy that is smarter and more savage than the average. Lindsay Lohan plays the high school newcomer trying to fit in with the popular girls.

FORREST GUMP
Forrest Gump is the quintessential American movie. It has historical and patriotic overtones. Tom Hanks plays Forrest Gump, a man who is a slow learner. Gump has an eventful life. He teaches Elvis Presley some dance moves, goes to fight for the US in Vietnam and becomes rich by investing in Apple Computers.

SCHINDLER’S LIST
Schindler’s List is a 1993 historic drama. The movie is based on the novel Schindler’s Ark by Thomas Keneally. It is the story of a German businessman who saved the lives of more than a thousand, mostly Polish-Jewish, refugees during the Holocaust by employing them in his factories. It stars Liam Neeson as Schindler.

SHAWSHANK REDEMPTION
This is the story of Andy Dufresne (Tim Robbins), who is sent to Shawshank Prison for the murder of his wife – a crime he did not commit. While in prison, he meets Red (Morgan Freeman) and, eventually, the two become close friends.
Analyzing Kripa Unplugged

After an interval of several months following the end of its first season, Kripa Unplugged’s second season is back. As the first month of the new season comes to an end, we take a look at the performances.

Text by Girish Subedi

Robin Sharma

Accompanied by two female singers (Kriti Nepali and Sushmi Gahatraj) on vocals, it was evident that the singer was enjoying the show himself. The overall performances of the musicians were appreciable as well. In the song ‘Malai Soddhai’, the two female singers embarked upon a humming vocal rhythm that was quite touching during the Sarangi solo performed by Prince Nepali. Well, the singer was as alive as ever in this one, except that he had to take short breaths during the pronouncing of the word ‘manche’ in the first verse, not that it affected Sharma’s aura on stage though. The other three songs were flawless. His vocals were deep and contemplative, as audience’s have grown to expect of any of his shows.

Prem Pariyar

This young and talented singer’s flawless performance was worth the watch. Although it was a bit unusual to hear cover songs such as ‘Gajalu ti’ and ‘Jaha Chhan Buddha Ka Aakha’ in the voice of a young singer, Pariyar did the classics full justice. When Prem sang the song ‘Yi aakha ma timi chau’, the flute solos by John Rasing Singh and matka beats by Shambhu Baniya were delivered well. Likewise, the song ‘Marne Kasailai Rahar Hudaina’ was filled with soul and capped off a wonderful performance.
The band had a good time at Kripa Unplugged. Being an alternative rock band, Monkey Temple performed as if it was a live concert. Sarin Deoja— the vocalist—was seen making several improvisations on his vocals whereas the other band members stuck to their original pattern that sounded, for the most part, like the recorded album.

On their song ‘Anumati’, the drummer could have given a better effect to the song had he included several semi-quarter notes on his kicks during the rhythm interludes. The interludes themselves sounded a bit long. A guitar solo of some sort would have added to the flavor. But it is a challenge most alternative bands face at an acoustic set, and it didn’t dull the energetic set the band was able to conjur.

Although shy during the announcements, Prince Nepali and his band of brothers proved themselves to be the new age heirs of traditional Nepali folk music. With some unique song themes such as ‘Snake’ and ‘Sound Check’, the band showed the audience what they were capable of doing with their musical instruments—a majority of which are used by the Newar communities of Kathmandu.

In two of their other songs, Sarangi player Barta Gandharva (‘Narou Meri Aama’) and singer Bishwo Nepali (‘Aaja mero deshlaikasko akha lagecha’) were featured. The track ‘Snake’ featured Suranjan Pradhan on the acoustic guitars as well. Their performance too, was soulful and rejuvenating.

TOP 3

1. Kun Mandir Ma janchau Yatri- Robin Sharma
2. Yi aakha ma timi chauu- Prem Pariyar
3. Narou Meri Aama- Sakshyam featuring Barta Gandharva

Show: Kripa Unplugged
Broadcasting partner: Kantipur Television
Time: Every Monday at 9pm
For YouTube replays of the show, visit their official site: www.youtube.com/user/KripaUnplugged
As I stood amidst a crowd of hundreds of metal heads, I tried not to get overwhelmed by the mass hysteria. A man on the stage urged the people to go wild and like sworn devotees looking for salvation in a temple, the followers started to run around in circles banging their heads, exuding vibes of a tribal dance. There was smoke and fire before my eyes and a beat that drowned out everything else. It felt like I was witnessing a holy ritual that takes place once in a thousand years. I was beginning to doubt if this was real at all.

It was the Saturday evening when Sikth, a progressive metal band, performed at the Silence Festival. When everyone was going crazy and running around to the band’s music, I was thinking about how the music scene is evolving in the valley. I remember as a young teenager, I loved to go to concerts and let my hair down. But big musical gigs were so few and far in between, and I had to wait for months if not years to see a good band perform live. Now, however, that is slowly turning around.

Just last weekend, I was listening to one of the finest indie-folk musician I have ever heard: Bipul Chettri. With his acoustic guitar and his soulful voice, he mesmerized the audience completely. With people still talking about how good Bipul was, I had the opportunity to listen to a new genre of jazz in Nepal, at the Reconceptions of Jazz. In a dimly lit venue, a far better version of a club-Dj who mixed the beats ever so perfectly managed to make people sway and dance gracefully. Just a day after this wonderful evening, was the Silence Festival.

Within a span of a week, I was able to taste various genres of music, and it was as easy as shuffling songs on my phone. Indie-folk, electronic jazz and progressive metal are tremendously different genres and still being able to attract these distant genres to the same place at the same time definitely means that Kathmandu is becoming one of the musical destinations and that puts a smile on my face. Music lovers like me finally have something to cheer about.
Shreya Sotang is an up and coming singer. The Yo chhori ko songstress says although both her parents were involved in music, she never thought she would sing. All this changed after high school when she decided to take up singing. With support from her family, fans and friends she is one of the singers to watch in the days to come.

Shreya is an iPhone user. Here are the apps she uses on her phone:

**MyMedia**
I use this app because it allows me to download videos, songs, images and documents right to my iPhone, and I can use them whenever I want to, even without WiFi. I also find this app very easy to use as I don’t always have to plug my phone to iTunes for new songs and videos.

**VideoDownloader**
I can download and watch all kinds of videos on my device. I do not need to convert videos one by one! It also lets me transfer videos to or from my computer and use Air-Play to watch videos on my TV.

**TuneIn Radio**
TuneIn Radio lets me listen to more than 50,000 radio stations, both local and international, which I think is amazing. It also lets me search by genre to get the exact type of music I want to listen to. It also has very few advertisements.

**Viber**
With Viber, I can message anyone for free, and make free calls to other Viber users. The emoticons and stickers are awesome and are cooler than the regular iPhone emoticons. The application makes it easy for people to communicate. The high quality video option makes it even better.

**BattiGayo**
A must have application for us Nepalis. In my opinion, it works flawlessly and keeps me updated about the load-shedding schedule. I also love the torch feature that comes with it. Very reliable indeed!

**Instagram**
It provides a great way to share photos with people around the world. I love how Instagram has photo correction tools like brightness and color saturation. It still remains incredibly simple to use. The filters are also quite useful for enhancing my photos.
SPOT-LESS*

is perfect.

FORMULATED BY POND’S INSTITUTE
Internships are doors that lead to a world of unlimited possibilities. True, setting out into working life for the first time can be a daunting task; you are new to the job, to your new colleagues and bosses and the pressing demands of deadlines. Yet when done right, internships can be a truly enriching experience that help you grow not just as professionally but also as a person. Here are some tips for those setting out into the rocky world of an intern for the very first time.

**Don’t think of quitting:** Your first day could be the most boring day ever because you are practically trying to understand “what’s going on”. People will move past you without noticing your presence. You could stare at the laptop as much as you want to feel busy, but you will already be having second thoughts about the place. Don’t stress yourself, everybody feels like quitting when the purpose is missing. So, hang in there. It will get better.

**Be a back up person:** A supervisor could be looking for someone to assign a task but the favorite pick could be absent or busy. In that scenario, do not hesitate. Take in the opportunity and make it yours. Make a good effort to finish it on time. This person will keep you in their good books.

**Be you and your crazy self:** Being disciplined is a given but that doesn’t mean you can’t be yourself. Stretch your hands, talk to people if you are bored. Decorate your desk, listen to music and blend in your style in the work you do. Following the rules may be necessary but be sure to leave your imprint.

**Learn to say no:** As interns you are sometimes overworked, and you might hesitate to say no. But if you have a lot on your plate already, you can always say ‘no’. There is nothing wrong with saying ‘no’.
Don’t skip lunch: Why is lunch important when you are an intern? Think again. Food can give you a good reason to network with people. Lunch time evens out all the hierarchies, people come out of their shells and have a good laugh about daily tantrums in the office.

Be a good listener: If you are a great listener, you will have a lot of admirers. People love when you say “I remember, you were talking about it yesterday.” You never know, they might make an extra effort to teach you something important.

Start getting busy for real: Slacking won’t work. If you want to make an impression, then you have to ask for work. Don’t wait around for somebody to assign you work.

Make friends: Don’t pack up as soon as the day gets over. Take your time, gossip with people. Exchange books and music. Complain about what bothers you, share snacks and chip in when their pockets are empty. You will be surprised when you start seeing you are no different than them. They will always stick around, to get you on your feet when you are having a bad day.

Don’t kill yourself: It’s always good to ask questions, so don’t shy away with your queries. If you don’t understand, ask and if you still don’t understand, ask again. It’s not a crime, you know. It’s better to sound stupid than to screw up big time. Learn to communicate your problems with your seniors.

Be a good listener: If you are a great listener, you will have a lot of admirers. People love when you say “I remember, you were talking about it yesterday.” You never know, they might make an extra effort to teach you something important.
It all started with a movie. After watching “Day After Tomorrow” in Grade IV, I was haunted by a question—“What if? What if the world froze like in the movie?” When I expressed my worry to kaka, he told me that the world wasn’t freezing but getting warmer. I felt relieved. But later, in my Environment Science book I learned that the earth was warming up pretty fast and was at a risk of a severe climate change. And since then, I have been obsessed with anything related to global warming—from climate change and green house gases to ozone depletion and deforestation. I have spent a lot of time reading about climate change, looking for ways that would stop the phenomenon or at least help us adapt to it. So when I heard that the Asia Pacific Youth Forum and Training Workshop 2014 (APYF) was being held, I jumped at the opportunity.

The four-day event (September 21 to 24), under the theme Adaptation in the Mountains: Issues and Gaps beyond Boundaries, was organized by the International Centre for Integrated Mountain (ICIMOD) in partnership with the Asia Pacific Adaptation Network. Held mostly inside the ICIMOD headquarter at Khumaltar, the forum consisted of field visits, lectures and presentations on climate change and on adapting to it.

There were a few activities that fascinated me, one of which was watching a documentary called Disruption. The documentary on the People’s Climate March rally, which took place in New York last September, captivated the audience with the grave depiction of the risks we all face from climate change. When the documentary ended, nobody spoke for a minute. But later, a question was raised regarding the film—although the movie although showcased the causes and effects of climate change effectively, it failed to point out that mountains are also victims of climate change. Maybe this shows that the technologies used to adapt to climate change needs to be built according to the conditions in the country. For example, flood siren (a prototype of which was demonstrated on the final day) in Nepal need to be different from that in Bangladesh because of the speed of the flood, terrain and geography.

The siren demonstrations done by the ICIMOD staff, along with a simple application to provide farmers with information on current farming practices, and a smart phone app on disaster management—made me believe...
Amol Acharya, a sustainable development officer at Namsaling Community Development Center (NCDC) in Ilam:
“I will try to put in some of the low cost adaptation technologies like the recharge pond which we saw during the workshop, into the periodic plan of the Village Development Committees (VDCs) since my organization provides technical assistance to local bodies of Nepal Government in formulation of their periodic plans.”

Suman Ghimire, a fourth year Geomatics Engineering student at Kathmandu University:
“The workshop provided me with the platform to interact and share my vision amongst the participants as well as with the facilitators. I think these interaction are essential for awareness and also for developing a global mindset.”

that we can develop our own solutions to overcome this daunting challenge.

We also made a field visit to Namobuddha Resort to observe the water recharge ponds inside the premises. Water recharge pond is a small pit-like structure where rainwater is collected to refill the underground water spring. According to Narendra Dangol, the resource person from the resort, all but two of recharge ponds were built by the resort. “When we asked the locals, they said that they had built this pond a long time ago to collect water for cattle,” he shared. As someone who spends half of her time daydreaming about technologies that are both low cost and easily available, these technologies that merged local knowledge with modern technology came as an important revelation to me.

With forty-seven participants from 17 countries in the Asia-Pacific Region representing different interest groups—journalists, students, programmers, environmentalists, youth activists, government officers and geologists—the event also provided an opportunity to interact and learn about techniques, culture and practices of people from other parts of the world. Even after the event, some of us are still sharing news and research papers published on climate change with each other.

Although the workshop was focused on adapting to climate change, the event also had presentations on disaster preparedness and sustainable development. Learning about these technologies made me realize that we aren’t that far from other countries when it comes to climate change adaptation.
OF BUILDERS AND WRECKERS

THIS YEAR’S YANTRA 3.0 IS SET FOR AN ULTIMATE UNDERDOG TALE.

TEXT BY BIPLAV SHRESTHA & SANJIT PRADHANANGA
PHOTO BY ECS MEDIA & ASHISH SHAHI
In a sparsely decorated eatery, sipping a steaming cup of tea, Kaushal Wagle is excitedly describing how he reworked his universal television remote control and programmed it to control the solar lights in his room. Sensing my interest had peaked, he continues with more vigor. “I realized that there were more buttons on the remote than there were functions on the T.V. A lot of buttons responded to touch yet had no functionality. I decided to put them to good use,” he says beamingly, “now I can control my T.V. and the lights using the same device.”

Beside him Arbind Joshi is nodding in fervent approval. He too shares the same passion for what he calls “tearing things apart, and maybe putting them back together.” Raised in Kailali, he remembers a time when sophisticated gadgets were sparse. His childhood was spent unscrewing whatever electronic he could get his little hands on; a transistor radio here, a RC car there. Slowly his passion for electronics grew. When he used the motor of a RC car to light a light bulb, he won over his disapproving parents too. “They stopped scolding me for wrecking electronics after that. Now they fully support my passions,” he says with a mischievous Dr. Strangelove grin.

Between the two “wreckers”, Bishal Mahat is listening intently—all the while silent like a third wheel. Bishal is a builder. From an early age his love for video games drew him to computers. His interest, however, went beyond gaming. “I wanted to know what went on behind the screen—who conceptualized the game, who programmed it, how was it done?” he says, “Once I began to understand it a little better, I wanted to develop games and applications myself.” Now the better part of his days (and long nights) is spent building and programming Android applications. For his latest project, he is working on an app that uses GPS devices, to track and map where the crowded Sajha buses are in the city and estimate their time of arrival at any given designated stop.

My mind is blown. Especially because all three bight-eyed whizzes are only 17.

Together they are going to be one of the youngest participants in this year’s Yantra 3.0, on behalf of Trinity International College.
The third edition of the annual Yantra Robotics Competition titled “Yantra 3.0” is going to be held on the 14th and 15th of November in Kathmandu. The event is being organized by the Robotics Association of Nepal, Karkhana Pvt Ltd and Siddhartha Art House. The event promises to be a blend of various components. Apart from the three main events, the organizers are also focusing on speaker – seminar sessions where they’re bringing in international spokespersons and celebrities from various technological fields. Among the list of speakers are names such as Tom Aigo (Co-Founder of Arduino), Masakazu Takasu (Technical Evangelist – TeamLab Japan) and Jyoti Tandukar (CEO of Alternative Technology, Associate Professor, IOE).

Yantra 3.0 also has an event where mechanical engineers are teamed up with various artists from ArtLab and Art Tree who will then collaborate on a visual and interactional installment piece. The organizers say that they’re doing this as an experiment to see how two different elements can be fused together to create a hybrid product.

As for the competition itself, the event is being divided into three main categories. The first being a strategy/speed based contest called “Bridge to Lanka”. In it, two robots compete in a pre set battle ground where they have to maneuver across three circles to build/fix a (pre-set broken) bridge. The first team to reach the center circle will be declared the winner. In this contest the teams operating the machines will have to first build and then use an Android application as a controller to maneuver their robots. So it serves as a test of both practical and theoretical knowledge. This competition is being focused more towards veteran engineers and freelancers. The second is a strength/agility based contest called “Yantra Akhada”. In it, two robots are pitted within a hexagonal ring and the first team to push the other robot off the ring will be declared the winner. This contest is an open competition, that anyone can take part in it. The final event is being called “Yantra Racer” where, as the name suggests, teams have to compete in a robotics racing competition. This contest is being targeted towards school students and has an age limit of 18.

Yantra Akhada: Two robots are pitted within a hexagonal ring and the first team to push the other robot off the ring will be declared the winner.

Two machines battling it out in the Akhada event of Yantra.
The three are most excited about the “Bridge to Lanka.” "We are going to be the youngest team for that event," says Kaushal, "the thought of competing with teams from engineering colleges who have years of experience in robotic competitions, is both exciting and scary." Although unwilling to divulge into details of their machine, the team is hoping to pull an ultimate underdog upset. "That event requires not just speed and functionality but also strategy. We are hopeful we can pull an upset. But even if we aren’t able to, the experience is going to be invaluable," Bishal Mahat, along with Bijay Dangol, have been spending many a sleepless night trying to put together an Android app that will control the robot the rest of the team is working on. "It is frustrating at times," Mahat concedes, "No one has taught us how to build these apps. YouTube and Google are our gurus." These modern day Eklavyas, are a sight to behold. Their excitement is palpable, their energies infectious. Together they have come together to form a rag tag band of amateur engineers who have been forced to navigate around many limitations. The most severe of which is the lack of good building material. "Electronics are hard to find in Nepal," Kaushal laments, "and even when you do they are outrageously priced and are of dubious quality. We have had to depend on the Amazon and friends and relatives abroad, to make sure we had products of the highest quality." When we met them in their sparsely decorated college cafeteria, they were supposed to be on their Dashain vacation. The school is empty but for their team who are working overtime to ensure they can deliver a great product at the Yantra 3.0. The sight is tremendously heartwarming and invigorating. If nothing the future of Nepali technology is luminous. These bright-eyed whizzes are testament. When the Yantra 3.0 kicks off this November, several dozen teams of similar young men and women will take to the field to test out months of hard work and perspiration. It will not disappoint. I for one will be rooting for these modern day Eklavyas. There is no story, like a good underdog story. Events like Yantra 3.0 will help propel robotics in Nepal to new unchartered heights.
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I for one will be rooting for these modern day Eklavyas. There is no story, like a good underdog story.
What’s Your Winter Vacation Type?

When you think of winter holidays, do you think of going on a road trip or hiding under your blanket? The best time to travel around Nepal is between October and February, as the weather is cooler than during the rest of the year. Take this quiz to find out which getaway suits your winter break.

Compiled by Ruchi Upadhya

Which activity is likely to make you smile on a chilly afternoon?

1. A nice stroll around the neighborhood wearing my favorite pair of jeans, a sweater and a muffler to top it off.
2. A nice cup of hot tea and my favorite movie.
3. A peaceful visit to a temple.

Do you like to soak up the sun?

1. No, not at all! I’m too conscious about my skin tone.
2. A little bit of Vitamin D never hurt anybody.
3. Yes, I love sitting out in the sun peeling oranges and crunching peanuts.

How do you usually celebrate New Year’s Eve?

1. I go to multiple parties with my friends and dance all night.
2. I stay with my family and relatives and enjoy at home.
3. I like to go to a place that has a lot of spiritual meaning for me so that I can think about my goals for the coming year.

Your family is planning a trip in winter. What kind of place would you suggest?

1. In the mountains with lot of thrilling activities so that everyday becomes an adventure.
2. A peaceful place to relax, drink some tea and spend quality time with my family.
3. A place where I can enjoy hiking with my family.

If you had the opportunity, would you spend the entire winter at a warmer place?

1. I don’t mind the winter. I enjoy the different seasons.
2. Sure. Where do I sign up?
3. No can’t leave home for that long.

How often do you go on a vacation in the winter?

1. Often. Winter’s a great time for some outdoor fun!
3. I love travelling, whichever season it may be.

Mostly 1’s:

POKHARA: One of the most picturesque valleys in Nepal, it takes six hours to drive there. Under the watch of the Annapurna, you get to see a rare combination of snow-clad mountains, crystal clear lakes, fast-flowing streams and small villages inhabited by friendly people. A trip to Pokhara is incomplete without going to the Fewa Lake, Mahendra cave and David’s Fall. Boating, paragliding and zip-lining are some of the activities you can try this winter.

ILAM: Lush-green tea gardens, tranquil picnic and sightseeing stops and temples are what await you in Ilam. You can go for short treks along the gentle slopes or trudge into the nearby woods while you are there. If you yearn to go somewhere far from Kathmandu’s hustle-bustle and spend some peaceful time with your family, then Ilam is the place for you.

Mostly 2’s:

BANDIPUR: Located on a ridge overlooking the Marshyangdi River Valley in Tanahun District, Bandipur is on the way to Pokhara. Once a hub for traders from India and Tibet, Bandipur offers a fascinating vantage point to look at the Himalayas. It has artistic Newar houses, shrines, forts, temples and caves. Some of the places you’ll find interesting are: Gadhi, Mahalaxmi Temple, Tundikhel, Rani Ban, Khadga Devis Temple, Siddha Gupha and Sidhi Thumka.
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• Android v4.4 (KitKat) OS

Xperia™ T2 Ultra
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• Android v4.3 (Jelly Bean) OS

Xperia™ Z Ultra
• 6.4” TRILUMINOS™ display
• 8 MP camera • Waterproof
• Android v4.2 (Jelly Bean) OS

Xperia™ Z1
• 5” TRILUMINOS™ display
• 20.7 MP camera • Waterproof
• Android v4.2 (Jelly Bean) OS

Xperia™ Z2
• 5.2” TRILUMINOS™ display
• 20.7 MP camera • Waterproof
• Android v4.4.2 (KitKat) OS

Xperia™ M2 Aqua
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New Road, Tel: 4243793, Minbhawan, Tel: 4620699
Xperia Service Center, Kesha Plaza, Ph.: 4225517
Q) What is your favourite romantic movie that you enjoy watching with your loved one?

1. Prasiddha Lalikhe, 19, Ashiqui 2.
2. Bijaya Kharel, 18, Don’t like watching romantic movies.
4. Sumit Ghimire, 18, Titanic.
5. Aaina Singh, 19, 500 Days of Summer.
8. Amanda Deoja, 18, Last Night.
9. Vishakha Rana, 18, Titanic.
11. Shivanee B. Gupta, 19, Yeh Jawani Hai Deewani.
13. Aparajita Acharya, 20, Any flop movie will do.
15. Sadikshya Ojha, 18, Titanic.
16. Vishakha Upadhya, 18, The Vow.
22. Elisha Gurung, 18, Two States.
23. Erica Shrestha, 18, Yeh Jawani Hai Deewani.
25. Paridhi Jha, 18, Confessions of a Shopaholic.
30. Surya P. Budathoki, 21, Sano Sansaar.
32. Susan Prajapati, 18, The Vow.
33. Samman Ulak, 18, A Walk to Remember.
35. Prasanna Bijukchhe, 19, When in Rome.
36. Ajar S. Banerji, 19, Forrest Gump.
38. Abhilasha Rayamajhi, 18, Warm Bodies.
39. Simran Shrestha, 18, The Vow.
40. Mrinal Jha, 19, A Walk to Remember.
41. Sanjog S. Kadayat, 18, 500 Days of Summer.
42. Sushen Raj Giri, 18, Titanic.
43. Barun Pratap Shah, 18, Rockstar.
44. Rubina Joshi, 19, Aashiqui 2.
45. Shikshya Bajracharya, 19, 50 First Dates.
46. Jenny Shrestha, 18, He Was Cool.
47. Simran Bhimsaria, 17, Letters to Juliet.
48. Arati Gupta, 17, PS I Love You.
50. Priyanka Chaudhary, 18, A Walk to Remember.
51. Jaya Shrestha, 18, Sky of Love.
52. Yasri Ojha, 18, A Millionaire’s First Love
53. Ruben Shrestha, 19, Never watched one.
54. Gyalmy Diki Sherpa, 19, The Notebook
55. Rajat Manandhar, 18, Titanic
56. Pratap Bajracharya, 18, Titanic
57. Ayus Pokhrel, 19, Andaaz Apna Apna.
58. Kriti Shrestha, 18, Aashiqui 2.
59. Aloukika Shrestha, 18, Titanic.
60. Sophie Pradhan, 18, The Fault in our Stars.
61. Shreeya Bajracharya, 18, Koizora.
63. Sonika Dali, 18, Safe Heaven.
64. Shital Thapa, 18, Letters to Juliet.
67. Pralina Shrestha, 18, Ajab
68. Snigdha Baral, 21, Cold Mountain.
69. Simran Sapkota, 18, Straight from the Heart.
70. Atithi Prasai, 18, A Walk to Remember.
71. Aditi Upadhaya, 18, The Fault in our Stars.
72. Rubina Pradhan, 19, Paradise Kiss.
73. Pratima Kandel, 18, Fault in our Stars.
74. Eliza Rai, 21, Millionaire’s First Love.
75. Samanata Thapa, 20, One Day.
76. Sunaina Kandel, 18, November Rain.
77. Kiran Khadka, 19, Millionaire’s First Love.
78. Rahul Chaudhary, 18, 500 Days of Summer.
79. Sonu Chaudhary, 18, Stuck in Love.
80. Vivek Jaiswal, 17, Shudh Desi Romance.
82. Anjila Nepal, 19, Two States.
83. Manohar Manandhar, 20, Maine Pyaar Kiya.
84. Shraddha Pokharel, 19, Pride and Prejudice.
85. Ankita Shrestha, 19, 50 First Dates.
86. Muskaan Kunwar, 20, Pretty Woman.
88. Ishan Bista, 19, 50 First Dates.
89. Sagyan Malla, 18, Dear John.
90. Rasin Khadka, 18, When Harry Met Sally.
91. Sanjog Gautam, 17, 50 First Dates.
94. Raish Joshi, 19, A Walk to Remember.
95. Amar N. Shrestha, 19, Ek Villain.
96. Sweanla Lama, 18, Rage of the Angels.
97. Prasamsa Shrestha, 20, When Harry Met Sally.
98. Manogya Basnet, 18, Labour Day.
100. Medha Shrestha, 18, No Strings Attached.
Show off your lace top by wearing a single buttoned, breasted coat, body-hugging pants and winter boots.

Overlay a simple deep colored sweater over your dress with a printed scarf and accessories to give that edge.
Give your neutral pants some color by topping your outfit with a colored sweater and keep your shoes minimal.

Button up your shirt and cover it with a neutral/white coat and give your poppy shoes a rest.

Sambrit Biduri
DRESSING UP FOR A RECEPTION CAN BE A CHALLENGE. DEBATING WHETHER TO DON A COCKTAIL DRESS OR GO FOR A MORE TRADITIONAL ATTIRE IS A RITUAL FOR MOST GIRLS. THIS MONTH WE LOOK AT DESIGNER WEAR THAT WILL HELP YOU TO SHINE THROUGH THE NIGHT.

Text By: Shuvechchhya Pradhan
Photos By: ECS Media
Models: Priyanka Manandhar, Ayushma Shrestha
Styled By: Rozan Shrestha
Dresses by: Rasna Shrestha (MuGe)
GOING OUT WITH FRIENDS? MATCH YOUR OUTFITS WITH THESE METALLIC COLORS.
EVERY GIRL SHOULD HAVE HER LBD, THIS SEASON TAKE IT A STEP FURTHER IN THIS CHIFFON PIECE.

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Also available

Vaseline total moisture
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Vaseline B3

Also available
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Blue Bag: Rs. 2880 (Bling, Kumaripati)
Neckpiece made of Swarovski element: Rs.3000 (Bluebird Mart)

FESTIVAL OR NOT – YOU ALWAYS OWE YOURSELF A NICE DRESS.

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AS FRESH AS A FRESHMAN

WHAT’S IT LIKE BEING A SENIOR IN YOUR FIRST YEAR OF COLLEGE? WE TALKED WITH THE FIRST BATCH OF BACHELOR IN BUSINESS ADMINISTRATION (BBA) STUDENTS OF MALPI INTERNATIONAL COLLEGE TO FIND OUT JUST THAT.

TEXT BY ECS REPORTER

How different is undergraduate student life from high school?

Sabina Silwal: Undergraduate life is wonderful. The environment is a lot more liberal and friendly, and we actually look forward to coming to school.

Dinesh Gurung: It is a new experience. Now we are involved in real practical learning as opposed to the more theoretical learning in high school.

Sushant Dahal: We used to be afraid of our teachers in the past. But now the teachers are friendly and there is no reason for apprehension. It’s great that they are a whole lot more approachable in college.

Upasna Thakuri: There are lots of assignments and presentations compared to high-school. The workload is definitely more challenging.

Kriti Sharma: We were used to theoretical learning in high-school.

Bachelors requires us to be involved practically and it is fun.

Being the first batch of any college can be rather risky. What made you take that leap of faith?

Kriti: Malpi is a well-known brand in the field of education, which was enough to make me want to enroll.

Sabina: Malpi is affiliated to Pokhara University and a degree from Pokhara University has great mileage in the market.

Upasna: I completed my A-levels from Malpi as well. I enjoyed the college and its environs so much that I joined the bachelors program too.

Sushant: Malpi is an institution that has consistently produced excellent results at the school. I assumed that a college with such a brand name would not risk its reputation by compromising on the quality of academics.
What do you think about the mandatory college uniform? It is usually unheard of at the Bachelor’s level.

*Upasna:* We recognize its importance in a college. Uniforms provide a sense of uniformity among the students.

*Sushant:* Uniforms help maintain codes that are useful in other aspects of life. Because every student is complying with the dress code, I don’t think it odd or bothersome.

*Sabina:* It is good to some extent. There are many organizations where dress codes are necessary and important. It might be a good thing to get used to being in uniform for future endeavors as well.

*Dinesh:* I think uniforms are not necessary at all. It does not mean that there should be a complete lack of codes for clothing. The college can maintain a code and expect the students to be smart and presentable at all times. We are mature enough to abide by it.

Where do you see yourself 10 years down the line?

*Upasna:* I am not entirely sure but I want to be working in public relations or communications.

*Dinesh:* I see myself running my own business.

*Sabina:* I plan to be a reputed banker.

*Kriti:* I plan to join a multinational corporation like Standard Chartered Bank.

*Sushant:* I have no plans to work under anyone else. I want to work for myself and not have a boss to report to.

What message do you have for others looking to join Malpi for their undergraduate studies?

*Sushant:* Self-discipline is vital, and you have to work yourself and not just depend on the teachers or the college.

*Kriti:* Each and every student gets full attention of the teachers here. You might get into trouble if you do not work hard enough.

*Upasna:* High school is liberal and many students might think that BBA is also similar. But if you are looking for an easy way out, BBA at Malpi is not the place to be.

*Sabina:* The college environment is peaceful, the teachers are qualified and you will get individual care and attention from them.

*Dinesh:* Be prepared to work hard.
WHY GO TO EDUCATIONAL CONSULTANCIES?

RAKESH SHRESTHA, DIRECTOR AT ACCESS EDUCATION NETWORK PVT LTD, TALKED TO US ABOUT HOW STUDENTS WHO WANT TO GO ABROAD FOR STUDIES CAN BENEFIT FROM SERVICES PROVIDED BY EDUCATIONAL CONSULTANCIES.

TEXT BY ECS REPORTER

What are the services that your consultancy provides?
In simple terms, we help students apply for abroad study. We help them select universities, guide them through the visa application process and provide assistance in preparing documents. We even help students find affordable accommodation and provide them basic guidelines for getting jobs once they are abroad.

Many people claim that consultancies are misleading students. To what extent is the claim true?
These claims are true in many cases. But in my opinion, students should be aware about the details of the process of applying abroad. The internet is full of information, and students must do their research and prepare themselves. They should be clear about what they need before going to any consultancy. If the students are aware of what is going on, the frauds will not survive in the market.

Can students apply to universities abroad without going to a consultancy?
Many of the things can be done by the students themselves using the internet. We are here to help students find the best universities and colleges because we have several years of experience in this field. We also help them with the documentation process, which can be difficult without someone guiding them. We have a network of students, who have used our services, abroad. We use the network to help new students find the best colleges for them.

What are the things that students must focus on while applying abroad?
The requirements differ from country to country. It also depends on the college you want. Each college has its own set of requirements.

Which country would you recommend to students?
The foremost thing is the desire of the student. When students come to us, we look at their qualification and recommend the best region and college for the student. For example if the student is looking for free education, we recommend countries like Finland, Germany, Norway and Estonia. If the student is looking for a long-term career, then Australia or New Zealand would be a better choice.
Limited Seats Available

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- Scholarship Availability
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- Well equipped Library & Computer Lab
Beautiful Enough

YUKTA BAJRACHARYA

As we walked down Marpha’s gullies
bordered with white houses
of stones,
overlapping, sticking to each other,
we wondered what it was that was
holding them together

what was it that was holding us together
at the middle of the night when
we lay next to each other
like stones, stuck together, arms
overlapping?

when we tiptoed down Marpha’s gullies,
we forgot to look up at the stars because
the houses,
glowing in the faint beams of the lamp
post,
were beautiful enough.

As you inhaled and exhaled into a
slumber,
I lay awake
and built a temporary home,
in your arms,
the bedroom window overlooked
Marpha’s glowing gullies
but I forgot to look that way,
you were beautiful enough.

Marriage

ROCHAK DAHAL

We walked holding
hands,
in the streets of Patan,
eating Panipuri and
sausages.

We laughed,
while we fell down,
trying to carry you
over the stairs.

We don’t hold hands
anymore
because we’ve got to
hold so much more.

We don’t laugh
anymore
because we’ve
forgotten to fall.

You can also send in your poems or fiction to editorial@teenz.com.np
I’m Yours

A STRANGE LOVE STORY.

TEXT BY SHUVECHHYYA PRADHAN,
ILLUSTRATIONS BY ANUTARA SHAKYA

I

When I first saw her, she wasn’t even a year old. Carried by her mother, I knew there was something special about this girl the moment I saw her. And from that day, I knew I would spend my life waiting for her.

Everyday many people pass me by. All are different. Some grumpy, others nice. Some snobbish, others just fine. Some constantly babbling, while other good listeners. But none had caught my eye till I saw her. I didn’t know if it was her innocent-looking face that glowed or her eyes that shone that struck me at that time. But every time I did, my heart jumped a little, my breathing quickened, my insides knotted and I could feel something in my stomach. When I saw her looking at me sometimes, a chill ran up my spine. And I waited. Waited everyday for her to cross my path so I could steal a glance.

I saw her growing up. I saw her every time she would pass; holding her mother’s hand, sharing small murmurs or lost in her own world of thoughts. And the more I saw her, the more I got mystified. I found her beautiful and intoxicating. I found a strong sense of belonging in her.

And then one day, I saw her looking at me. Not those absent-minded glimpses, but the more-than-a-second look. I felt myself getting warm and red. I was blushing. My heart knew no limit of happiness and my soul was flying high. I got shy for a while. All these feelings I had never known surfaced, one at a time. And then, I found her looking at me more often. Sometimes, she would just steal a glance and at other times, she would stare at me with her twinkling eyes. Sometimes, she would be showing me off to her friends, sometimes she would capture me in her memories. Every day I wished I could talk to her and tell her, “I’m all yours.”

II

I first saw the house when I was in my early teens. I was searching for my perfect house when I saw it. It was standing beside other beautifully crafted houses, but there was something different about it. Something my heart failed to articulate.
When I stared at it, I would observe every small detail with many thoughts passing my mind. The tiny soldiers looked like they were marching towards a battle.

By the time I reached my late teens, I was obsessed with the house. I would take all my free time to be near it, observe it and trace every minute detail. I would get lost in its beauty feeling mesmerized but saddened by its state, and wished to rescue it and set it free.

So, every time I was stared at the house, I would whisper softly, “Do not be afraid. One day, you’ll be mine and I’ll take care of you. Till then, I’m yours.”
Wanderlust

Kathmandu through Kirtipur’s Eyes

SOMETIMES MEMORIES ARE MADE MERELY BY TAKING A STEP BACK AND LOOKING AT THINGS FROM A DISTANCE.

TEXT BY ROCHAK DAHAL

My torch is brighter than the moon, I think to myself. The stone paved streets of Kirtipur reflect the white light with shimmering gratitude. Every two minutes we walk past a local hole-in-the-wall bhatti with candles illuminating the insides. They are of little help to pedestrians like us though. Electricity remains scarce for most part of the day (and nights) here in the valley. The locals are by now, begrudgingly used to the darkness.

The streets tonight feel claustrophobic. The brick-and-clay houses surrounding us look hungry. They share walls with each other, eating up every inch in between. The street is filled with wafting smells of spicy meat and bittersweet jaand (local moonshine). A few retail shops add to the vibrancy. There is classic rock on the radio and laughter from a window all over the neighborhood. A couple of men are engaged in loud conversation across their terraces, in a language I barely understand. It must be politics.

Past the clustered houses, we reach a relatively open courtyard with a small stone chaitya. A different form of Buddha is carved elegantly on each of the four faces of the shrine. “These chaityas are built in memory of a loved one after they die,” my friend tells me. “Love can be so beautiful,” I tell her. She nods with a smile.

A few steps ahead, a temple stands tall. The smaller bells dangle like wind chimes, providing a sweet high-pitched ring. The pigeons with restless necks sing and harmonize with the ringing bells in a low-pitch hum. The overflowing number of temples in Kathmandu has dampened my religious marvel through the years. I offer a quick dhog with my hands.

After a short walk and a climb up a set of precariously steep stairs, Café Viewpoint comes into view. As I sluggishly move up the narrow wooden staircases of the café, I tilt sideways to fit my feet and duck a little, so as to not bump into the hobbit-like low ceilings. On reaching the rooftop, I am left awestruck. The entire Kathmandu valley can be seen: the dim glow of the Stupa with Buddha’s eyes in the west, the illuminated international airport in the east. And in between it all, dark rubbles of uneven houses rest, bordered by flickering lights of the Ringroad.

As the clock strikes nine, a dark Kathmandu slowly lights up from head to toe. The houses, arranged like the teeth of a kid that needs braces, smile at the sky. The nine-storey white tower, Dharahara, used to be the tallest of all buildings, she tells me. Today the penthouses of fifteen-storey apartments pour out blue fluorescent lights into the night sky. The prayer flags on the terraces nearby dance in the wind. A chilly breeze blows, perfectly timing the goosebumps that run up my arm.

A pressure cooker in an adjoining house announces dinner time. We order mo:mos and a bottle of rum. The wonder has not yet left me. Sometimes beauty is found even in the darkest of things.
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Ms. Shikshya Sangraula
Liril Fresh Face 2014
9 REASONS TO ADOPT A ‘BHUSYA’ PUPPY

SO YOU DECIDED TO GET A PET DOG. WILL IT BE AN ALSATIAN OR A PUG? BEFORE CHOOSING ON AN IMPORTED BREED, WHY NOT CONSIDER ADOPTING A LOCAL PUPPY?

TEXT BY ABHYA R JOSHI

“T

here is a fashion among the urban people in Kathmandu of raising dogs of imported breed,” says Uttam Kafle of Animal Nepal, an organization dedicated to promoting the humane treatment of animals. “But these dogs find it difficult to adapt to our climate,” he adds. “As time goes by people get fed up with the demanding dog, and can no longer look after it,” he explains. “That is why we suggest dog lovers to adopt puppies of the Nepali mixed breed,” says Suraj Thapa, assistant program manager at Animal Nepal, which recently conducted the Dog Adoption Month.

Here are nine reasons to adopt a ‘bhusya’ puppy:

1. They are inexpensive
   Dogs of the local breed are not expensive to buy. While imported hybrid dogs cost more than Rs.10,000, you can adopt a local dog for a few hundred rupees.

2. They are not high maintenance
   Local dogs eat whatever you give them. They eat the regular dal bhat that you cook for your family. Hybrid dogs are very choosy about their food. You need to buy expensive dog food to keep them fit.

3. Happy dogs
   When you adopt a stray puppy, not only are you giving a dog a home, but also making it happy. Isn’t it wonderful to see happy puppies?
Their immunity is high
Dogs of the local breed are immune to different types of diseases that can affect hybrid dogs. As the local dogs have already adapted to the climate, they rarely fall ill.

You save money on their treatment
If your local dog falls ill, organizations such as Animal Nepal provide treatment services at a much lower cost. But in case of dogs of imported breed, you will have to seek a private veterinarian, whose services do not come cheap. Spaying a female dog is also very expensive, but if you have a local breed, Animal Nepal can spay your female dog for a nominal fee.

Fewer traffic accidents, dog bites and rabies cases
If you adopt a street puppy, you are contributing to reducing the stray dog population and making the roads safer. Fewer dogs on the road mean fewer accidents and fewer cases of dog bites. This ultimately helps control the spread of diseases such as rabies.

Loyal companion
When you adopt a local puppy, it becomes your loyal companion. The mixed breed of the Valley are known to be loyal to their masters.

Aren’t they cute?
Puppies of our local breed are not only very cute, but also adorable. Who could say no to those little things?

ANIMAL NEPAL’s ADOPTION PROGRAM
When you adopt a dog from Animal Nepal, you get:
A Dog Health Card: This is a record of your dog’s health before and after adoption.
A Certificate of Adoption: This is a document certifying that you have adopted a dog
A voucher for free treatment for one year: Using this voucher your puppy can get free medical treatment for a year. The voucher also gets you a free spaying for females after they are five months old.
A puppy care guide: This includes all the information you need to take care of your new dog and when to vaccinate and de-worm him/her.

A representative from Animal Nepal will call you or visit your place to check if you are taking good care of the dog.
Contact: Animal Nepal (www.animalnepal.org)
Phone Number: 01-5538068
SITCOM STYLE

Aries
March 21 – April 19
Aries have the tendency to be rapturous, energetic and fearless hence their love for a horror drama. The Walking Dead is the way to go.

Gemini
May 21 – June 20
Geminis are youthful as well as restless, they thus love watching nice, funny sitcoms and mockumentaries. Modern Family ought to keep them hinged to their seats.

Cancer
June 21 – July 22
A Cancer is generally very sensitive, empathetic as well as romantic. Their TV show type would be a medical fiction drama like Grey’s Anatomy.

Taurus
April 20 – May 20
A Taurus has a refined interest in food and alcoholic beverages. They like to try new recipes and tingle their taste buds. They will probably love watching Restaurant Impossible on Food Network.

Leo
July 23 – August 22
A Leo is ambitious, risk taking, powerful and impulsive. They appreciate getting the very best and are bossy in the most diplomatic way. All of these characteristics best describes the comedy drama series, Suits.

Emma Stone
November 6, 1988
The actress made her debut in the movie Superbad in 2007 and since then has gone on to give us hits like Easy A, Crazy Stupid Love and The Amazing Spiderman series. Born as Emily Jean Stone, the reason for her low-pitched husky voice are the nodules on her vocal cords which were developed when she had baby colic, condition of chronic crying as an infant.
Virgo
August 23 – Sept 22
Virgos are generally outgoing, social, compassionate and hard to please. They love to hang out and spend time with their loved ones and create great memories. This most likely describes the TV show, F.R.I.E.N.D.S.

Scorpio
Oct 23– Nov 21
Scorpios are intense, secretive, complex and determined. They also have a mysterious side once in a while. This should best describe the dark crime drama, Breaking Bad.

Capricorn
Dec 22– Jan 19
Capricorns always gives their best. They are focused and competitive at the same time. They have killer dance moves and get real groovy when they’re on the dance floor. Dancing with the Stars has to be their favorite TV show.

Libra
Sept 23 – Oct 22
Libras have the urge to travel whenever they get a chance. Exploring new places and learning new things is always on the top of their bucket list. They most likely love to watch Access 360 World Heritage on National Geographic.

Sagittarius
Nov 22 – Dec 21
Sagittarians are happy-go-lucky animal lovers. They can never say never to animals, be it a lion or an alligator. Man, Woman, Wild is a show Sagittarians would love.

Aquarius
Jan 20 - Feb 21
The Aquarius is always craving sweet foods and delicacies. Having a sweet tooth, they’d obviously love to watch The Ultimate Cake-off on TLC and drool in front of their TV screens.

Pisces
February 19– March 20
A Pisces loves drama and music blended together. They are expressive and they love to tap their feet to the sound of rhythmic beats. Glee has to be the most suitable TV show for them.
As I entered Club 25 hours, I sensed that the crowd was excited to listen to Bipul play live for the first time in Kathmandu. As everyone waited for the show to start, some were humming the tune of Asaar, one of Bipul’s songs. A group of girls were chattering about how they were heartbroken when they came to know that he was married. There were others who were just enjoying catching up with friends.

I remember the first time I listened to Wildfire. A soundcloud link kept on showing up on my friends in my Facebook timeline. I had to see for myself what the buzz was about. The song was a simple indie-folk number about a fire burning in the singer’s heart. I had noticed that the singer’s accent was different from what I was used to. The chorus “bujhai deu na jali rane yo mann…” fascinated me and made me want to know where the singer was from.

I started listening to more of Bipul, I later found out that he is geographically from India, but linguistically he is Nepali. With every song I listened to I could feel that the singer was pouring out his soul into all of his songs. Much like the crowd that night, I got hooked on Bipul’s songs.

Almost everyone in the crowd knew the lyrics of the songs from his new album, that too word by word. Bipul seemed to be enjoying as much as the audience was. He said he wrote a song for the love of his life when he had to go away from her and that became Deorali Darah. As the evening went on, the crowd listened to each and every word in awe, not wanting to miss a moment.

The fans who got photographs and autographs from the star, the crazy folks who made a human train, the young couple that listened stood hand in hand and the foreigners who did not understand a single word of the songs – all of them had an evening they would never forget. And so did I.

The Lai Bari Lai tour in Kathmandu feels like an event that kick-started a new era for Nepali indie-folk music – something that we will remember for a long time.
Trendiest fashion collections you get at prices you love.
Fatafatt competition at its final stage
Fatafatt.com is an online shopping destination for Nepali consumers. It is currently holding a mascot competition that is coming to its end. The third and the final round has provided with three participants.

The winner of the competition will receive one lakh worth of prizes including cash, travel plans and web portfolio. Give your reviews at www.facebook.com/FatafattDotCom.

Acoustic Night for a cause
On September 27, FC Sports Bar hosted a fund-raising acoustic night which was organized by “Help to Needy Children”. The main objective of the event was to raise funds for the disadvantaged children, to make people aware of cerebral palsy among children and also for some good music and fun!

The two voices of Nepal, coming soon
Pepsi Voice of Nepal, a nationwide music talent hunt that has been ongoing since June has reached the semi final stage. A part of Pepsi MTV Indies - the world’s largest Indie Music channel - this first-of-its-kind campaign aims to provide a credible platform for young musicians in Nepal and a competition that will select two best performers. Out of more than 100 bands, 40 advanced to the semi-finals on October. After that, ten bands were selected for the final round who will perform at Basantapur Durbar Square on November 8 in front of the MTV judges. The two best bands will get the chance to be featured in the Pepsi MTV Indies channel, as well as the new Pepsi bottle.
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ANTI-DANDRUFF SHAMPOO

ZERO DANDRUFF.
NOTHING TO HIDE.

with NUTRIUM OIL COMPLEX

UP TO 12 HOURS LASTING FRESH BREATHE

NEW

closeup DEEP ACTION

This is NOT just a toothpaste there's closeup

*Up to 12 hours lasting fresh breath is based on in-vivo study with regular use over 4 weeks. Creative articulation.
ANALYZING KIRPA UNPLUGGED

CLASSIC NIGHTS WITH A TWIST

KATHMANDU THROUGH KIRTIPUR’S EYES

GO GLAM

EVERGREEN MOVIES

I’M YOURS

A STRANGE LOVE STORY.

100 people

What is your favorite romantic movie?

OF BUILDERS AND WRECKERS

THIS YEAR’S YANTRA 3.0 IS SET FOR AN ULTIMATE UNDERDOG TALE.