$$Efficiency = 0.7$$

$$K_{RF}=0.01$$

$$I_{ds}^{rms}$$
=3.69A

B = 0.1T (iteratively)

frequency = 32000Hz

$$A_p=15600$$

We choose 00K4022E090 as the core (E core)

 $N_{Primary,min} = 13.18$

 $N_{primary} = 15$

 $L_m = 59.6uH$

 $I_{secondary}^{rms} = 2.6A$

 $I_{reset} = 1.95 A$