






बि.सं २०७६ फाल्गुणामिलन धर्मस्थली स्कूल तालिका Feb - March

आइत	सोम	मंगल	बूध	विही	शूक्र	शनि
SUN	MON	TUE	WED	THU	FRI	SAT
				1 13	2 14	3 15
4 16	5 17	6 18	7 19	8 20	9 21	10 22
11 23	12 24	13 25	14 26	15 27	1 28	17 29
18 march 1	19 2	20 3	21 4	22 5	23 6	24 7
25 8	26 9	27 10	28 11	29 12	30 13	
9	Mahashivaratri			25 26	Women's day Fagu purnima	

Next Publication on 2076 Chaitra 15

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### 2076 Falgun Month's Schedule and Information

- TS Meeting 2,16,23 AND 30 2076 at 16:00 ~ 17:00 in Office Room
- 28 Final term exam

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# MILAN DHARMASTHALI SCHOOL

मिलन धर्मस्थली स्कूल



Volume 017  
Falgun 2076  
Feb-March 2020

NAMASTE SAATHI

शिक्षाहासिल र समाजसेवा



Congratulation Dipsoon and Diwan

### Tourism in Nepal

Our country Nepal is rich in natural beauties gifts, resources and wonders. There are many places and things of cultural, historical and religious importance. Mt. Everest, the highest peak in the world, lies in Nepal. We are proud of it. The snowcapped mountain peaks, beautiful water resources, the green forests of hypnotic beauty, flora and fauna, etc. tempt many tourists every year.

Nepal is known as a suitable place to promote tourism. The nature has given us many things which are liked by tourists. Some tourists come here to enjoy the natural beauties and wonders. Some of them visit our country for trekking and climbing mountains. Some want to learn something about our history, culture, religion and so on. We can see that some tourists come here to enjoy their holidays.

Tourism plays a significant role in Nepal. We can get many advantages from it. Firstly, we can earn foreign currency which can be used for our development. Many people have got employed in the offices belonging to tourism. Thus, it helps to lessen the problems of unemployment. Tourists buy our goods, curios and native articles of our country. By the result, our cottage industries can get benefited. Tourism helps our hotel industry. They want to live in good hotels. Many expensive and good hotels have been providing services to them. Similarly, many tourist guides and porters are employed in it..

### Final terminal examination

Final terminal examination was started from 28<sup>th</sup> of falgun. It was to be started from 10<sup>th</sup> of Chaitra but it was started before that due to the governments order to finish exam before Chaitra 5 due to corona pandemic.

Exams were conducted in time as per government's order and students were told to stay safe at home until next notice.

### SEE postponed until next notice

The Nepali Government has announced that all the forthcoming Secondary Education Examination (SEE) 2076 schedules have been postponed until further notice in view of growing COVID-19 threat.

As per the SEE 2076 schedule, the examinations were supposed to be conducted from today i.e., March 19, 2020 (Chaitra 06, 2076).

Earlier, the Nepali National Examination Board decided to conduct examinations in a fearless environment by taking measures such as prohibiting unnecessary gatherings at the center, only 300 students in a center and 20-30 students in a class.

Likewise, they also decided to set up health desks at the examination centers to check body temperature of students, employees, security persons and examination inspectors before the exam.

## Coronavirus(COVID-19)

Coronavirus disease also called as COVID-19 is an infectious diseases caused by a newly discovered coronavirus. The World Health Organization(WHO) named the disease as COVID\_19, which reference the type of virus and the year it emerged. The new virus was first appeared in Wuhan, China at the beginning of December2019. The WHO declared that the virus is a pandemic.

An unknown, new virus was causing pneumonia like illness in the city of Wuhan and after that it was rapidly spreading through and outside of Wuhan. Coronavirus are common in animals of all kinds and they sometimes can evolve into forms that can infect humans. Scientists think that the new virus first became capable of jumping to humans at the beginning of December. The type of animal the virus was originated is not clear, although one analysis found that the genetic sequence of the new virus is 96% identical to one coronavirus found in bats. Both SARS (In 2002) and MERS(in 2012) was originated in bats.

The virus is now spreading in almost all countries around the world. Although it originated in China, the country took aggressive action at the start of the outbreak like shutting down transportation in some cities, suspending public gatherings and now the number of new infections has been declining and the transmission is slowing down.

Now, the epicenter of the pandemic is in Europe (mostly in Italy ,Spain)but it has been spreading almost all countries of the world. New cases has been reported more each day and more people are dying than China.

We can learn their languages, cultures and traditions from the tourists. They also learn many things from us. The fame and glory of our nation get widened because they can be their achievements to their friends and relatives. Our country Nepal will be known to the rest part of the world. When they observe our good cultures, traditions and things, they expose them to their country.

There are a few disadvantages of tourism. Some of the communicable diseases can be spread by tourists; it is the worst effect of it. Because of tourism, some of the beauty spots are getting polluted. We can see many bottles, plastic bags and others even at the highest peak, Mt. Everest. Some of the tourists can be criminal. They can commit crimes here.

There are some problems in the field of tourism in Nepal. The major problems are transportation and security. Most of the beauty spots are situated in remote areas. We have not built roads to go to all these places yet. We have to depend on only air services. Similarly, the problem of security has reduced the number of the tourists. There are not standard hotels in the remote areas. We have to provide all eh facilities to the tourists to promote tourism in Nepal.

We have to try to promote tourism in Nepal. All the sectors concerned are expected to give high priority to promote it. The government should provide transportation facilities and security to the tourists. Then, more and more tourists will be tempted to visit our motherland

Coronavirus is a serious illness and it is more dangerous than flu. This new virus spreads quickly in contained environments like on the cruise ship "The Diamond Princess". It probably spreads when an infected person sneezes or coughs and the droplet directly or indirectly reach at our mouth parts and the virus also jumps between people who are in very close contact with each other. If the droplet of infected people fall onto surfaces and if someone touches the surface before 24 hour the healthy people get sick. It easily affect the people who have very low Immunity power. People who have underlying health issues like diabetes and heart diseases and old aged people are in risk than other age group.

People may be sick with the virus for 1 to 14 days before developing symptoms . The most common symptoms of coronavirus diseases are as follows:

- Dry Cough
- Fever
- Tiredness
- Difficulty breathing (severe cases)
- Runny nose
- Diarrhea
- Nasal congestion
- Sore throat

These aren't any proven treatments for coronavirus but there are dozens of studies to find some and in the USA some vaccines are being tested. It may took a year to develop vaccines but based on

what we know far, we can protect our self with the same measures we would take to protect ourselves from flu. Some of them are as follows:

- Washing our soap for 20sec with alcohol(R-OH) based hand wash and sanitizers frequently
- Covering our mouth while sneezing and coughing
- Staying away from people who are ill
- Maintaining social distance i.e staying home and self-isolation
- Consuming foods that contains Vitamin C like *Phyllanthus emblica* (amla), orange etc.
- Avoid touching mouth parts (nose, eyes, mouth) frequently
- Practice respiratory hygiene
- Drinking water frequently

Hope using modern science and technology equipment's, we will overcome coronavirus soon.

Submitted by Bhagwati Dahal Aryal