







बि.सं २०७९ माघ मिलन धर्मस्थली स्कूल तालिका Jan\Feb-2023

आइत	सोम	मंगल	बुध	विही	शुक्र	शनि
SUN	MON	TUE	WED	THU	FRI	SAT
1 ¹⁵	2 ¹⁶	3 ¹⁷	4 ¹⁸	5 ¹⁹	6 ²⁰	7 ²¹
8 ²²	9 ²³	10 ²⁴	11 ²⁵	12 ²⁶	13 ²⁷	14 ²⁸
15 ²⁹	16 ³⁰	17 ³¹	18 ^{Feb 1}	19 ²	20 ³	21 ⁴
22 ⁵	23 ⁶	24 ⁷	25 ⁸	26 ⁹	27 ¹⁰	28 ¹¹
29 ¹²						
1-3	Winter Vacation					
12	Saraswoti Puja celebration					

Next Publication on 2023 Feb 15

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2079 Magh Month's Schedule and Information

Present	Upcoming
6: English Reading(Jr)\Nepali Poem Competition (Sr)	1-2: SEE Qualifying Exam
12: Saraswoti Puja	5: Singing Competition (Sr\Jr)
13: Third Term Result	12: Dance Audition Round (Sr\ Jr)
	19: Dance Semifinal

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MILAN DHARMASTHALI SCHOOL

मिलन धर्मस्थली स्कूल



Volume 033

Magh- 2079

January \ February 2023

NAMASTE SAATHI

शिक्षाहासिल र समाजसेवा



Photo of Futsal competition(2nd & 3rd winner Prize)

Educational Trip to Chitlang and Khulekhani

Our school has organized an educational trip to Chitlang and Khulekhani for one night two days on 2nd December 2022. We the students of class seven and eight along with few teachers of Milan Dharmasthali School participated



in that trip. The main purpose of our trip was to learn new things. We enjoyed a lot during that trip as well as we learnt many new things. That trip was very memorable as we spend our whole time with our friends and teachers.

On that day, our trip began at

9am from our school. Firstly, we all participated students along with teachers gathered at our school and went to Chandragiri through our reserved bus. We reached there at 11am and we went to Chandragiri hills through cable car by enjoying the scenery. We reached Bhaleswor temple and we worshiped the goddess. There was a park for visitors so we went there to play slide, swings and many other games. We took photos, videos and selfies. Then we started our hiking to Chitlang from Chandragiri hills. Our bus came to pick us and then we went to Chitlang which was our main destination. Finally, at 2 pm we reached to Chitlang Village Resort and had some snacks. After having snacks, we went for boating at Khulekhani, Markhu. We did boating for few minutes. We enjoyed a lot during boating. We took photos as well as made some tiktoks.



What s beauty in my pen,
 But no one came to buy my pen.
 So, I don't have anything to gain.
 Oh, pen. Oh pen, you are drained.
 You are in the form of life,
 You have never seem to die.
 I think you love spinning.
 You are too much drining
 But you are never fired
 Why are you not tired?
 You are my only life.
 You are my dream.
 Oh, pen without you
 I can't write anything.

Name: Nischal Phuyal

Class: 6

My Best Friend

My days are becoming dull
 I am missing our silly talks.
 Why you just went so far
 We can't speak for an hour.
 I am hoping you are good there
 But I need your support my best pear
 Please, remember all our good memories
 Which can be our long stories.
 May god always blessed you with love and happiness
 I always miss you my best friend.

Name: Sujita Lamichhane

Teacher

Mensuration and its Taboos

Mensuration is the natural part of the reproductive cycle in which blood from uterus exists through the vagina. It is a natural process that first occurs in girls usually between the age of 11 and 14 years and is one of the indicators of the onset of puberty among them. Despite being a phenomenon unique to girls, this has always been surrounded by secrecy and myths in many societies. Taboos surrounding mensuration exclude women and girls from many aspects of social and cultural life. Some of these are helpful but others have potentially harmful implications. For example: Chaupadi Pratha in Nepal. It is a tradition practiced for centuries that banishes females during their mensuration period from the house. Despite a ban being imposed by the Supreme Court on the Chaupadi tradition in 2004, it is practice that is still heavily widespread in the mid and western regions of Nepal. We should stop Chaupadi Pratha in Nepal by supporting community leaders to promote action against Chhaupadi, empowering young action against those harmful social practices. At last working with local governments to ensure proper response and actions against Chhaupadi is suitable for these problems.

Name: Namrata Swodari

Class: 9

Pen

Sometimes I have 10
But sometimes none of them.
I think I write something
Oh, pen without you,
I can't write anything.

Used by everyone but
Different in colors
Bought by everyone
and sold by money by sellers.

Then we went to the picnic spot of Markhu where we found people rearing sheep. After visiting that place, we returned back to our Resort and it was almost 5 pm when we reached our resort. We were so tired so we took rest in our camps for few times. We did fire camp at night and we danced, sang songs and we did dohori battle also. We ate chicken sekuwa and mushroom which was so delicious. We ate our dinner at 8.30pm and we returned back to our own tent to sleep.



On the next day, we woke up at 6 am and went for jogging for few minutes. After jogging, we ate our breakfast. Then we visited Nepal's first goat cheese factory, temporary Durbar of Chandra Shamsher and nearby villages. Again, we returned back to our resort and ate lunch and around 12.30 pm we played some interesting games and the winner team was awarded with prize. We also met Kollywood actress Keki Adhikari and we clicked some photos with her. And then we returned back to our school from there at around 2 pm. We enjoyed a lot during our journey by singing and dancing in bus. We reached school at 4pm and our teachers gave treat us by giving mo : mo. After that we returned back to our home.

Over all our educational trip was very amazing. We learnt many new things as well as we enjoyed a lot during our trip.

Name: Anjali Tamang

Class: 7

Inter School Futsal Tournament



On 23rd, 24th and 25th Mangsir 2079, School Forum Nepal hosted the Inter School Futsal Tournament in Milan Dharmasthali School in a grand manner to develop harmony and healthy sporty environment among the schools.

The occasion was graced by the chairman Dean Academics and the school principals of SFN. Nearly 23 school's team has participated in the tournament. The school's team was categorized in three groups as senior boys' group, junior boys' group and the girls' group. The first match was played between Milan Dharmasthali School and Green Hills Academy where Milan



Dharmasthali School won the match by 01-00. The final match was between teams from Milan Dharmasthali School and Mount Glory School. The team from Mount Glory School became the Futsal Champion by beating Milan Dharmasthali School. The Kantipur Boarding School hold the 3rd position in the tournament. From junior boys' groups Tri Ratna School holds the



first position; Mount Glory became second and Sunflower became third. Similarly, from the girls group Divya Gyan hold the first position, Sunflower became second and Milan Dharmasthali School became third. The winner

team was awarded by the rolling trophy and medals. The best goal keeper of the tournament was given to Aman Khadgi. He was the student of Milan Dharmasthali School from class 10.

After distributing the prizes, the chief guest Mr. Krishna Hari Maharjan, the Mayor of Tarakeshwor Municipality delivered his valuable speech. In his speech he gave much importance to the need for arranging such a tournament in the school field. He further encouraged the students for their deserving performances.

The day was a great experience in the life of students. In short, the inter-school Futsal tournament was a grand success by the combined efforts of students, teachers and support staffs.



**Name: Dip Jung Lama
Teacher**