Currently, I am using Nepal DHS data from 2001, 2006, 2011, and 2016.
I realized all date-related variables are encoded using the Nepal calendar.

At the moment, I use [1] the year-month of the survey (v006 & v007) and [2] the year-month of the birth of children (b1 & b2).

Question [1]
When making variables of survey year and survey month, can I use the v008 (date of interview, cmc) following the Standard Recode Manual?
I am not sure whether they (information below) are reliable.
Reference:
 https://www.dhsprogram.com/publications/publication-DHSG4-DH
S-Questionnaires-and-Manuals.cfm
 https://userforum.dhsprogram.com/index.php?t=msg&goto=14 640&S=Google (<-- Is this method applicable?)

Previous posts suggested the use of a converter (eg https://www.ashesh.com.np/nepali-date-converter.php), but for the year and month of the survey, as date is not provided, this does not provide us an accurate conversion.

Question [2]
Similarly, I would like to know how to convert the year and month of children's birth?

In this project, I use Stata for data management. Therefore, I would highly appreciate it if you could provide me a Stata code to modify these variables. (I am also a R user, and if you have R code but not Stata, I would also appreciate R code.)