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TRIOG

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# Newsletter

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## Message from the Principal

Dear parents, guardians, and well-wishers

As we conclude another academic year, we celebrate the collective achievements of our students, faculty, staff, and families. This year has been a vibrant tapestry woven with academic excellence, artistic endeavours, athletic triumphs, and a spirit of global citizenship.

We celebrated significant milestones in academic progress, innovative programs, community outreach, etc. Our students consistently displayed a remarkable commitment to learning, demonstrated by their academic scores, participation in varied competitions, etc. both intra-school and inter-school. We were particularly impressed by their achievements in IT, fine arts, sports, etc. These accomplishments are a testament to their dedication and the tireless efforts of our dedicated faculty who foster a learning environment that is both rigorous and nurturing.

Beyond academics, this quarter of the academic session was enriched by class days, sports meets, celebrations, etc. The Quality Kathmandu School Sports Meet showcased the athletic prowess of our students, while events like the World Scholar's Cup fostered a spirit of global understanding and cultural appreciation. The unwavering support of our staff, from our dedicated administrators to our supportive counsellors, is essential to the success of our school. They play a critical role in creating a positive and productive atmosphere for learning, with counsellors providing invaluable support for our students' emotional well-being.

Our esteemed parents and guardians' active partnership is deeply appreciated. Their consistent engagement and attendance at all the school events, volunteering, PTA participation, etc. has been instrumental in fostering a strong sense of community within our school, and has been a vital component of our success.

We are confident that our upgraded students will carry the invaluable lessons learned in the previous grade as they embark on the journey of the next school year. Your learning should make a positive impact and you should become the future leaders, innovators, and artists that we all need around us.

As we enter the session break, I encourage our students to continue their intellectual pursuits and artistic explorations by enrolling or engaging themselves in learning activities and hobby courses for additional skill enhancement. We wish everyone a safe, relaxing, and enjoyable break. We anticipate welcoming you back for another exceptional year at Triyog High School in 2081. Recharge and rejuvenate yourselves for another successful academic year that will be marked with new goals, new challenges, and never-before achievements.

As we turn the page on another year and ring in 2081, let's celebrate the progress we have made together. May this New Year be filled with even greater innovations, collaborations, and a renewed sense of wonder as we continue to build a brighter future for all.

Happy New Year 2081 BS.

Regards

Savita Kapruwan

## Junior Sports Day 2024



The Junior School Sports Day of 2024 was a fun-filled occasion that gave students an opportunity to work together, have fun, and participate in physical activities while fostering ideals like fair play and sportsmanship. The young athletes competed in hurdles, relays, and sprints, showcasing their remarkable athletic abilities. They also displayed their coordinated judo, gymnastics, and Wushu performances.

Parents were enthusiastic in cheering on their children and even participated in parents' games.

The presence of Mr Chaturandana Raj Vaidya, the President of the All Nepal Table Tennis Association, and Ms Santoshi Shrestha, a national long-distance and marathon runner, added to the excitement of the day. Their motivational speeches inspired the students to work hard and strive to make their parents and country proud.

Celebrations @ Triyog

Saraswati Pooja



Saraswati Pooja was celebrated with much enthusiasm and grandeur. The day was marked with the worship of Goddess Saraswati and the distribution of Prasad. A large number of students, teachers, and parents attended the pooja and received Prasad.

Christmas



Students commemorated the birth of Jesus Christ, an annual Christian festival, in the morning assembly on December 25. Various carols were performed by students during the presentation. Several students dressed up as Santa Claus and gave out presents.

Field Visits

Field Visits by Kindergarteners Church



The Kindergarteners went to the 'Our Lady of Assumption Church', Lalitpur to observe the cultural value of Christianity and its festivals. The students experienced the festive atmosphere of Christmas during their visit.

Aviation Museum



Kindergarteners obtained basic information about the aviation industry and professions associated with during a tour of the Aviation Museum, Sinamangal. They learned about the history and other different aspects of airplanes through a guided tour inside the plane.

Garden and Nursery



Our kindergarteners went on a field trip to the 'Urban Farm' and 'I am the Gardener Nursery' to learn about the jobs of farmers and gardeners. After observing the work of these professionals, the children were able to better understand and appreciate the value of their work in our daily lives.

Sukhawati Store Foundation



The learners of Grade II went to a field visit to Sukhawati Store, Banasthali to study the importance of Reduce, Reuse, Recycle, Refuse and Upcycle in their daily life at School, home and in the community based on the theme 'Environment'.

## Bagmati Paper Industry



The learners of Grade III visited the Bagmati Paper Industry in Thimi to understand the importance of promoting local businesses and products. During the visit, they observed the paper-making process and identified different items made from Nepali paper. Learners realized the significance of supporting local businesses to preserve the unique culture and tradition of different communities which ultimately helps for economic growth of the country.

## Grocery and Vegetable Shop



Under the theme 'Communication, Technology and Market', the learners of Grade II visited the local grocery store and vegetable shop to experience the process of shopping. It was an experiential learning for them where they understood the responsible use of money to buy goods by applying their knowledge of Mathematics.

## National Plastic Industry



The students of Grade IX visited the National Plastic Industries Ltd. in Balaju to understand the production procedure of plastic materials. The visit was also focused on comprehending the innovative practices of minimizing plastic waste to mitigate the environmental impacts. This observation helped students for the environmental consciousness, and to promote sustainability through responsible consumption.

## Narayanhiti Palace



As part of their experiential learning, Grade IV students visited the Narayanhiti Museum to gain insight into the history of the Shah Dynasty and the contributions of various Shah kings to the nation's development process.

## Natural History & Chhauni Museum



Grade V students embarked on a visit to the Natural History and Chhauni Museum as an integral component of their Science and Samajik Sikshya outdoor learning experience. This trip aimed to enhance their understanding of vertebrate and invertebrate animals. It was also an opportunity to explore the rich history of ancient art and culture of the nation.

## Edu Farm



Grade VII students embarked on a field trip to Edu Farm located at Champi, with the aim of gaining an immersive understanding of sustainable eco-farming practices. Additionally, the children were introduced to the concept of free range chicken farming during their visit.

## ICIMOD



Learners from Grade VI visited the ICIMOD to deepen their understanding of sustainable renewable energy practices and to learn about the organization's efforts in raising awareness about various climate and environmental risks.

### Interactions

## Parent - Teacher Meeting



Parents and teachers of Grades VIII and X students had their final meeting before the academic year ended for them. This Parent-Teacher Meeting (PTM) took place just before the BEE and SEE. They discussed the areas where students need to put in more effort to be ready for the exams.

## CCA Presentation



The little Kindergarteners staged CCA presentations and performances for their parents. It was indeed a lovely experience to see the young learners showcasing their talents on the stage.

## Talk with Environmentalist



The enthusiastic learners of Grade II had an interaction session with an environmentalist, Mr. Ayush Dev Pant to understand the concepts of Reduce, Reuse, Recycle, and Refuse for waste management.

## Career Counseling



Grade X students attended a special session centred around careers and faculties options after SEE. The session highlighted the structure and scope of different faculties. The motivational words of the keynote speakers inspired students to aim high and work harder for their best performance in SEE. This session also played a vital role in empowering students to make informed career decisions, explore their academic interests, pursue meaningful professional paths, and foster personal growth.

The keynote speakers were:

1. Mr Roshan Bhandari: Coordinator, Trinity International College
2. Mr. Deepak Pandey: Chartered Accountant & President of ACAN
3. Prof. Saroj Shakya: Coordinator of the Graduate Program, NCIT
4. Dr. Indra Prasad Subedi: Myrmecologist, Executive Director of KIST College, Awardee of Nepal Prabidhi Bidhyabhusan 2080

## Parenting Session



A parenting session was conducted for parents of Grades VI and VII students which aimed at enhancing their comprehension of the socio-emotional development of their children. Additionally, valuable parenting strategies were shared to assist them in navigating the challenges of early adolescence that their children may encounter.

## Fourth Project Day

### Kindergarten



Kindergarteners carried out their fourth Project Day Programme with various acts and presentations related to the theme 'Fruits and Vegetables'. They explained effects of healthy food, junk food, fruits, and vegetables through songs and rhymes. They also highlighted the importance of fruits and vegetables as the Go, Grow, and Glow food.

### Grade I



Grade I learners held their fourth Project Day on the theme 'Our Country Nepal'. They showcased their synchronized presentations that described geographical regions, famous people, famous places, national symbols, food, culture, and festivals of Nepal. They also displayed their culture specific home-cooked foods, and arts and crafts which reflected the project theme.

## Grade II



The learners of Grade II executed their fourth Project Day on the theme, 'Our Environment' under the topic 'Reduce, Reuse, Recycle, Refuse and Upcycle'. The presentations of learners highlighted the concept of environmental sustainability and encouraged the audience to take simple but crucial actions to reduce waste and conserve resources.

## Grade III



Grade III held their fourth Project Day focusing on the theme 'Communication and Technology' under the topic 'Local Products'. During the event, learners showcased various local products of our country and highlighted the importance of promoting them. Additionally, they presented the process of making some local products including *gundruk* and radish pickle, while also explaining their cultural and environmental significance.

## CCA/ECA/Sports

### Winter Sports Camp



The Winter Sports Camp offered an excellent opportunity for young and aspiring athletes to enhance their sporting skills and gain valuable experience in multiple disciplines. With a special emphasis on football, cricket, and basketball, the sports camp provided comprehensive training to students from Grades IV to IX.

### Spelling Contest



The accomplished spellers from Grades I to IX participated in the challenging Inter-House Spelling Contest in their respective categories. In the competition, the contestants took turns spelling words that were given to them by the Spelling Master. They pronounced the words, spelt them out loud, and then pronounced them again. This contest was organized to help the students improve their spelling, vocabulary, and public speaking skills, and also to promote a sense of competition and camaraderie among the participants.

### Election for Prefectorial Body



The students of Grades VI-IX participated in an election procedure that included the candidacy registration, nomination, vote appeal, and casting votes. The students from Grades VII, VIII, and IX were eligible for filing nomination for different prefectorial positions whereas the students from VI-IX and teachers exercised their voting right to elect their School Captain, School Vice Captain, School Discipline Captain, and Learning Society Coordinator. Members of the four houses voted for their respective House Captain, House Vice-Captain, Senior Prefect, and Junior Prefect.

## QKS Choir Show



Our talented junior musicians showcased their beautiful work of melody and lyrics in the Choir Showcase which was organized by the Quality Kathmandu Schools and held at Genius IB School.

## Judo Investiture Ceremony



Our Judokas upgraded to different belt levels after continuous hard work with their positive attitude towards the game. They were awarded their belts and certificates in the Judo Investiture Ceremony 2024. Mr. Deepak H. Bajracharya, President of the Nepal Judo Association, and Ms. Devu Thapa, Secretary of the Nepal Olympian Association graced the ceremony, and decorated and motivated our young Judokas.

## Best House



Rara House was awarded the trophy for the Best House of the Academic Year 2023/2024 based on its excellent overall performance. Rara House's remarkable achievement in earning the maximum overall points is a clear reflection of their exceptional teamwork, outstanding leadership, and relentless pursuit of excellence. Winners of different inter-house sports are:

<b>Badminton – Tilicho House</b>	<b>Basketball – Rara House</b>
<b>Cricket – Tilicho House</b>	<b>Chess – Phewa House</b>
<b>Football – Tilicho House</b>	<b>Judo – Begnas House</b>
<b>Table Tennis – Tilicho House</b>	<b>Volleyball – Phewa House</b>
<b>Wushu – Rara House</b>	

## Best Performers in School Assembly

Best performers of all Grades were awarded for their assembly presentations that were divided into different categories including news reading, Nepali speech, moral speech, and book review. These presentations were delivered in both the morning and the afternoon assemblies in the Academic Year 2023/24.

<b>Grade I</b>	<b>– Nishi Naman</b>	<b>(Poem Recitation)</b>
<b>Grade II</b>	<b>– Venus Thapa</b>	<b>(Poem Recitation)</b>

<b>Grade III</b>	<b>– Saharsh Bohara</b>	<b>(Poem Recitation)</b>
<b>Grade IV</b>	<b>– Anvi Karki</b>	<b>(Nepali Speech)</b>
<b>Grade V</b>	<b>– Ekta Magar</b>	<b>(Moral Speech)</b>
<b>Grade VI</b>	<b>– Noel Thapa</b>	<b>(Nepali Speech)</b>
<b>Grade VII</b>	<b>– Samyam Pandey</b>	<b>(Book Review)</b>
<b>Grade IX</b>	<b>– Swastik Tandul</b>	<b>(Nepali Speech)</b>
<b>Grade X</b>	<b>– Smriti Hamal</b>	<b>(News Reading)</b>

### Beyond the Classroom

## Business Idea Pitching Challenge



Senior School Economics and Accountancy students shared their different innovative business ideas in the Business Idea Pitching Challenge held at School. Some entrepreneurial ideas addressed the real-life problems and their solutions. Presenters gained a deeper understanding of fundamental business concepts such as market analysis, target audience identification, revenue models, and competition assessment through the process of pitching.

Mr. Udgum Khadka, Head of International Collaboration & Innovation at King's College, and Mr. Susan Dangol, Entrepreneur, Trainer, and Co-founder of Lahana judged the ideas of students with their valuable feedback.

The event was coordinated by Grades IX & X Economics and Accountancy Teacher, Mr. Anoj Pariyar.

## Triyog Gavel Club



Triyog Gavel Club is a growing platform for students to develop communication, public speaking, and leadership skills.

The Club has recently executed their 57th meeting on the theme 'Around the World in 120 Minutes'. In this meeting, the club welcomed the Malpi Gavel Club and shared the platform and Gavel Club experience with each other. The extraordinary speeches of speakers and interesting role-playing by the GoD and TTM made the meeting interactive and engaging. TM Anjila Bista graced the meeting as the General Evaluator and provided significant feedback.

## Integrated SDG Project - Exit Event

### Grade IV



The Grade IV showcased vibrant environmental awareness centered around Sustainable Development Goals. The event highlighted the importance of conserving terrestrial ecosystems and marine life through SDG 14 - Life Below Water and SDG 15 - Life on Land.

### Grade V



Learners of Grade V exhibited their creativity and dedication in the Exit Event addressing the crucial issues of education and gender equality. The event was focused on Sustainable Development Goal - 4 'Quality Education', and Goal 5 'Gender Equality'.

### Grade VI



Based on Sustainable Development Goal - 7 'Affordable and Clean Energy' and Goal 13 'Climate Change', the inquisitive learners of Grade VI raised awareness about the challenges related to energy access, sustainability, and environmental protection. In addition, they also illuminated the actions to combat climate change and its impacts.

### Grade VII



The learners of Grade VII presented various exhibits to make the school community aware of responsible consumption and production in the context of a growing population and shortage of resources. Their presentations were centered around SDG 12 - Responsible Production and Consumption, and SDG 16 - Peace, Justice and Strong Institutions. The event focused on individual rights, freedom of expression, and access to information for social and economic development along with peace.

## Professional Development

### USAID Training



Our Senior School Social Studies Teacher, Mr. Prakash Pant and Administrator Ms. Reetu Shedhain completed a three-day training session on Business Continuity Management, and Disaster Risk Reduction and Management. USAID's Tayar Nepal organized the training in collaboration with the Central Department of Management, Tribhuvan University. The sessions highlighted creating a proactive and strategic approach to manage risks and disruptions with the ultimate goal of safeguarding the organization's ability to face unexpected challenges.

### Innovative Teachers Summit



In the Innovative Teachers Summit, our Science department teachers explored AI-enhanced assessment techniques and gained knowledge on how to apply AI to produce more perceptive assessments. The summit was organized by Karkhana in collaboration with Quality Kathmandu Schools (QKS).

### Understanding Students Socio-Emotional Behaviour



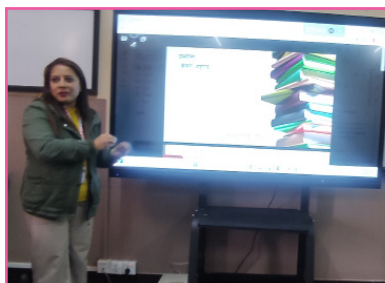
Educators from the Middle School engaged themselves in a series of professional development sessions facilitated by the Sambhavya Foundation. These sessions provided insight to the teachers on the ways of dealing with the students through positive apprehensions.

### Training for Mathematics Department



Teachers from the Middle School Mathematics Department participated in the "Math Conference- Pi Day" held at Imperial World School to understand the current practices in Mathematics teaching.

### In-house Teachers' PD Session



Grades IV and V educators initiated various In-house professional development sessions addressing the needs of 21st Century Teaching-Learning Practices. These sessions provided a platform to further enhance their professional competency level.

## Excursions



### Grade V - Gorkha

The tour of Gorkha was an exhilarating experience for the learners of Grade V. They had a guided tour of the historical Gorkha Durbar and Ligligkot including a memorable overnight camping. This journey helped learners with broader comprehensive understanding of the historical significance of Gorkha.

### Grade VI - Bandipur

The learners of Grade VI visited the historic Gorkha Durbar and Bandipur beating the chilly winter, and archived many beautiful memories. Experiencing the enchanting natural scenery and village life, they observed old temples, shrines, Asia's largest cave, Siddheshwor cave, and Newari architecture and culture at Bandipur.



### Grade VII - Maulakalika

The filtered sunlight through leaves, pure scent of earth, and the symphony of unseen creatures pleased the learners of Grade VII in a Jungle Safari at Kawasoti. Along with the visit to Maula Kalika Temple they explored the values, beliefs, and cultures of Tharu community. In the short frame of time, they captured all these elegant experiences of the tranquil nature and unexplored places added significantly to their enriching memories.

### Grade VIII - Lumbini

The travel enthusiasts of Grade VIII had a captivating journey to the birthplace of Buddha, Lumbini, Shashwat Dham, and Ostrich Nepal Pvt. Ltd. Likewise, an adventurous boating on the glistening water wave of Narayani River and a fascinating tour of Chitwan National Park added more elegance to their excursion memories.



### Grade IX - Koshitappu Wildlife Reserve

The inquisitive travellers of Grade IX toured the Koshi Barrage and took a Jungle Safari at Koshitappu Wildlife Reserve enjoying the dazzling scene of the largest river in Nepal and the surrounding wildlife. They recalled the historic war between the Gurkha and the British Army at the Sindhuligadhi War Museum. After catching sight of the pious land of Janakpur Temple and witnessing Evening Aarati. The travelers enjoyed the exotic Tharu cultural show and thrilling Jungle Safari at Chitwan National Park.

### Grade X - Sauraha, Chitwan

Grade X students wrote another beautiful chapter of adventure and fun in the book of their lives as they explored the Terai region. An adventurous jet boating on Narayani River and a thrilling jungle safari at Chitwan National Park painted everlasting memories with the colours of fun. Calming the tempted heart with the breathtaking aerial view of the trees in harmony with the landscape of the Terai, they worshipped at Maulakalika Temple.







### Grade IV - Tistung, Kulekhani and Chitlang

Learners of Grade IV were provided with unique and immersive learning experiences through the educational tour of Tistung, Kulekhani, and Chitlang. The excursion was full of learning the historical and agricultural aspects of these places. They visited Saat Dhaara, Gopali Village, Pear Orchard, and Nepal's First Goat Cheese Farm. The learners had an adventurous boating experience on Indra Sarowar Lake, the largest man-made lake in Nepal.

## Grade VII - Class Day 'Gurkha- The Warriors'



Grade VII students presented a variety of performances emphasizing the historical significance of the Gurkhas both in the past and present contexts, showcasing their pivotal role in upholding global peace and security.

## Grade VI - Class Day 'Tribute to Musical Maestro- Ambar Gurung'



Grade VI students honored the musical genius Ambar Gurung during their class day performance. They showcased renditions of songs composed, written and sung by Ambar Gurung as a tribute to his legacy. Students also showcased the phases of Gurung's struggle and success through English and Nepali skits.

## Grade IX - Class Day



Grade IX learners celebrated their Class Day with vibrant and consonance performances. Each new act brought excitement and curiosity to the audience, with the synchronized performances of dances, songs, plays, and poems making a powerful impact. This event served as an inclusive platform where learners of varied talents came together to put up an exceptional show.

## Wonder Kidz - Triyog Kindergarten Championship Trophy 2024



The Wonder Kidz - Triyog Kindergarten Championship Trophy 2024 was a significant milestone in nurturing the talents of young children from over ten pre-schools in Kathmandu Valley. During the Dance Competition, the children's tiny feet painted stories on the floor with a graceful whirl of innocence, accompanied by a symphony of joy. In the Art Competition, they allowed their boundless imaginations to blossom on paper, and in the Fancy Dress Competition, they lived out their fantasy characters.

Beyond the competitive atmosphere, the children and their parents enjoyed visiting a variety of stalls that included games, books, food, face painting, a bouncy castle, cartoon characters, and a magic show.

The Wonder Kidz 2024 event was a delightful gathering of young children and their families, celebrating talent and creativity. It is an excellent example of the importance of nurturing and supporting young talent in pre-school community.

### **Winners**

**Triyog High School**

**Kiddie Clouds Day Care and Pre-School**

### **First Runner-Up**

**Cupid School**

**Rainbow Kids International Pre-School**

### **Second Runner-Up**

**Nawaneet Toddlers' Zone**

**Small Wonders Montessori School**

## Winter Camp 2024



Triyog Winter Camp 2024 was a ten-day camp and an undoubtedly successful event that provided students with fun-filled activities and valuable learning experiences. With an array of recreational activities that they were a part of. The campers had the opportunity to immerse themselves in a world of fun and adventure. The campers also acquired multiple skills, harnessing their potential, turning their camping experience into an immersive and learning opportunity.

## Special Achievements

### Recognition at the Nepal-China Cultural Summit



A commendable recognition was bestowed upon our Junior School In-charge and Middle School In-charge, alongside some of our students for their outstanding contributions to fostering Nepal-China cultural exchange. The event was organised by Phoenix Inspiration.

## Special Achievements

### The World Scholar's Cup - Kathmandu Regional Round 2024



Nineteen Junior and Six Senior Teams totalling to Seventy-Five students participated in the Kathmandu Regional Round of the World Scholar's Cup 2024 and performed outstandingly. They displayed their amazing critical thinking, writing, debating, and collaborating skills in different events. The event was coordinated under the guidance of Mr. Kamal Shrestha. Twenty-four of our teams qualified for the Global Rounds to be held in different cities of the world. The major highlights of the achievements are as follows:

- |  |  |  |
|--|--|--|
| 1. Champion Team of Junior Division            | 2. Top Scholar of Junior Division/Jack Khor Award Winner | 3. No.1 Cria Scholar                             |
| 4. First Position: Junior Division Team Bowl   | 5. Second Position: Junior Division Team Challenge       | 6. Second Position: Junior Division Team Writing |
| 7. Third Position: Junior Division Team Debate | 8. Fourth Position: Junior Division Team Debate          | 9. Fifth Position: Senior Division Team Debate   |

### Silver Level Award, School Enterprise Challenge 2023



A group of our young entrepreneurs achieved the Silver Award Level in the School Enterprise Challenge 2023. School Enterprise Challenge is a global business programme for school students run by the United Kingdom-based educational charity 'Teach A Man To Fish' that helps students to launch and manage actual school-based enterprises to equip them with entrepreneurship skills.

This business team was guided and mentored by the lead teachers Mr. Kamal Shrestha and Mr. Anoj Pariyar.

### GEMS-Thunderbolts Cup 2023



Our Judokas performed spectacularly in the different categories of the Thunderbolts Cup 2023 organized by GEMS School.

Swostika Mahara	First	57 KG	Prabhat Bahadur Amatya	Third	81 KG
Ashutosh Dhital	Second	66 KG	Swornima Simkhada	Third	28 KG
Suravi Pokharel	Second	28 KG	Kiensha Gajurel	Third	32 KG
Amulya Phuyal	Third	30 KG	Ojaswi Singh	Third	52 KG
Anupam Ghimire	Third	60 KG	Eva Kachhyapati	Third	60 KG
Ashwin Gurung	Third	60 KG	Amanee Koyu	Third	28 KG

### Web Development



**Saurya Bikram Bisht**  
**Second Position**  
**Web Development Competition**  
**at**  
**St. Xavier Computer Festival**

### Public Speaking



**Aishwarya Shrestha**  
**Sparkling Star Award**  
**in**  
**Junior's Jubilant**  
**Jr. Public Speaking Contest**

## Special Achievements

### Our Chess Masters in Different Tournaments



**Riya Shrestha**

**Best Woman :** Surendra Prasad Shrestha Memorial Blitz Chess Tournament

**First Position :** Second Tokha Yuwa National Open Chess Tournament

**First Position :** Mangala Devi Singh Memorial Open FIDE Rating Chess Tournament



**Paridhi Khatri**

**First Position :** VI & VII Girls Category, Second BNA Chess Championship

**First Position :** Best Girls Category, Mangala Devi Singh Memorial Open FIDE Rating Chess Tournament



**Aavash Rimal**

**First Position :** I-V Category, Second BNA Chess Championship

**First Position :** U-12 Boys Category, Mangala Devi Singh Memorial Open FIDE Rating Chess Tournament



**Sampanna Bajracharya**

**First Position :** VI & VII Category, Second BNA Chess Championship



**Prasoon Malla**

**Second Position :** U-10 Category, U-15 Pavilions Chess Academy Tournament

### Remarkable Advancement of Makerspace Club

The budding innovators of Makerspace Club participated in different science and technology fairs/exhibitions/competitions held from January 30 to February 11, 2024, under the leadership and guidance of Mr. Bikram Thapa-STEAM Coordinator, and Mr. Shakriya Pandey-Makerspace Club Instructor. The teams won laurels in different categories in different competitions.



**Third Position**  
KIST Fair - Inter-School/College  
SciTech Competition



**First Position**  
KMC  
Science Exhibition



**Third Position**  
12<sup>th</sup> Southwestern  
Science Exhibition

### Excellence in Fine Arts

Our artists have showcased their excellence in art and craft in different inter-school competitions under the guidance of Art Teacher, Ms. Jyoti Khadka and Craft Teacher, Ms. Archana Singh.



**Sourya Udas**

**Third Position**  
Trinity  
Inter-School/College  
Drone Racing  
Competition

**Kathmandu Inter-School  
Art Olympiad**  
The artists presented their beautiful artworks in the preliminary Intra-School Round. **Samikshya Rijal** got the Consolation Prize in the Final Round of Art Olympiad.



**Third Position**  
KIST Fair - Inter-School/College  
Art & Craft Competition



**Sadikshya Chhetri**  
Third Position  
KIST Fair -  
Inter-School/College  
Craft Competition



## Champions of Quality Kathmandu Schools Sports Meet 2024



The dedication and exceptional performance of our young athletes secured them first place in both Track and Field Events in Quality Kathmandu Schools Sports Meet 2024. They exhibited their prowess in multiple events, including the 100 M Race, 200 M Race, 400 M Race, 100 M Hurdles, 4x100 Relay Race, Triple Jump, Long Jump, High Jump, Shot Put, and Javelin Throw. They also stood third in the March Past.

### Long Jump

Sarbani Shah	Third	Division A Girls
Swastika Mahar	First	Division A Girls
Anrose Chauhan	Second	Division A Boys
Abhinav Budhathoki	First	Division A Boys
Paridhi Khatri	Third	Division B Girls
Kanchan Devkota	First	Division B Girls
Ronith Kandel	Second	Division B Boys
Shubhom Shrestha	Second	Division C Boys

### Triple Jump

Manashi Dhakal	Second	Division A Girls
Aarushi Piya	First	Division A Girls
Sambhab Pandit	Second	Division A Boys
Shiwamsha Adhikary	First	Division A Boys
Shubhom Shrestha	Second	Division C Boys

### Shot Put

Simran Thapa	First	Division A Girls
Noyal Karki	Third	Division A Boys
Shiwamsha Adhikary	First	Division A Boys

### 400 M Race

Shashwot Raj Khadka	First	Division A Boys
Shiwamsha Adhikary	Second	Division A Boys

### High Jump

Shreewats M. Shrestha	Third	Division B Boys
Suprit Dhakal	Second	Division B Boys
Kanchan Devkota	Second	Division B Girls
Aarushi Piya	Second	Division A Girls
Anrose Chauhan	First	Division A Boys

### 100 M Race

Anjali Rai	Second	Division C Girls
Subham Shrestha	Second	Division C Boys
Kanchan Devkota	First	Division B Girls
Shaurya Singh	Third	Division A Boys
Aarushi Piya	Second	Division A Girls

### 200 M Race

Anjali Rai	Second	Division C Girls
Kanchan Devkota	First	Division B Girls
Divija Paudel	Second	Division A Girls
Shaurya Singh	Second	Division A Boys
Yeshna Dangol	Third	Division A Girls

### Hurdles

Sambhab Pandit	Second	Division A Boys
Swastika Mahar	First	Division A Girls

### Javelin Throw

Manashi Dhakal	First	Division A Girls
Sambhab Pandit	Second	Division A Boys

### Relay Race

<b>First - Division C Boys</b>	Divija Paudel
Alwyn Nepali	Aashna Khadka
Shubhom Shrestha	<b>First - Division A Boys</b>
Sagar Ghale	Sambhab Pandit
Kush Budhathoki	Shaurya Singh
<b>Third - Division C Girls</b>	Shiwamsha Adhikary
Anjali Rai	Hridaya Shrestha
Aaradhya Thapa	<b>First - Division A Girls</b>
Caelyn Ruth Gurung	Aarushi Piya
Shreyashbi Oli	Manashi Dhakal
<b>First - Division B Girls</b>	Yeshna Dangol
Kanchan Devkota	Susmeen Shrestha
Prathana Bhandari	

## Nepal Topper in Cambridge AS Level



Our alumna, Sonakshi Shrestha (Batch of 2078) was awarded the 'Outstanding Cambridge Learner Award' for being the subject topper in Chemistry and Economics in Cambridge International AS Level Examination held in June 2023.



## Kindergarten Graduation Ceremony 2024



Our creative Kindergarteners are all set to turn one beautiful page of their life that is written with the vibrant literature of fun and learning. The Graduation Ceremony witnessed these curious minds who are now excited to write another story of learning which commences with an elegant journey to Grade I. The bold colour of their graduation cap and gown spoke of their knowledge, perseverance, and success.

# नयाँ वर्ष २०८१ सालको शुभकामना !

### Key Dates

April 06 and April 07, 2024	KG-V, Book Distribution
April 08 and April 09, 2024	VI-X, Book Distribution
April 07, 2024	Session Break Starts
April 21, 2024	School Resumes for KG-IV
April 22, 2024	School Resumes for V-X

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