

Creative Learning is Great Fun



[www.triyog.edu.np](http://www.triyog.edu.np)



**TRIYOG  
HIGH SCHOOL**

Dhapasi, Kathmandu



Our very first students of Classes II & III, **1987**



School on its first Fieldtrip to Balaju, **1987**



Mrs. Mabel Wiel visiting the School, **1987**



# ***A 35-Year Tradition***

Triyog, a school rich in a tradition of excellence, was established way back in 1987 as a premier girls' school and became co-educational in 1998. It aimed at providing quality education: *Triyog* symbolizes the ultimate development of the mind, body, and spirit.

Starting with just 27 kids and 6 teachers, Triyog now has over 1,200 students and 200 teachers & staff. Our first SLC batch of 40 students graduated in 1995. Till now, over 2000 *Triyogees* have graduated with high to outstanding marks. Our alumni are doing well worldwide in their studies, careers, and lives.

In 2005, the School moved from Battisputali to its own state-of-the-art infrastructure at Dhapasi, Kathmandu. This helped in giving the children & teachers an environment most conducive to learning and teaching. By 2013, Triyog started the 10+2 programme in its premises.

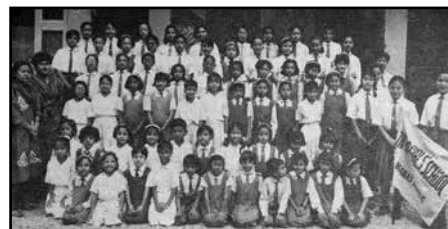
In 2012, Triyog introduced Progressive-Integrated Teaching-Learning from Grade I that has now extended up to the middle school. This practice focuses on learning by experiencing and doing where children are at the centre and teachers are facilitators.



English Musical Play "Cinderella"  
Parents Day **1988**



School Staff **1989**



Group Photograph  
Begnas House, **1995**







## Vision

To be the best school in Nepal offering education of international standards for the all-round development of children & preparing them for their future

## Mission

Triyog aspires to be a centre of excellence that develops children intellectually, emotionally, physically, socially, morally & aesthetically. We seek to give perfect schooling that helps them acquire life-skills, sound character & positive attitude to excel in their lives.

We have a shared commitment to have an inspiring teaching-learning environment where children fully engage themselves in *learning by doing*. We endeavour to provide a competitive setting with top-class facilities nurturing their talents and abilities.

## Our Values

We believe in TRIYOG.

**Truthfulness:** Be honest and do the right thing.

**Respect:** Behave with dignity and treat all equally.

**Integrity:** Have the courage to match thoughts, words, and deeds.

**Yearning:** Show keenness to work hard and do your best.

**Obedience:** Take the responsibility for your behaviour and action.

**Generosity:** Work together for others and be kind.





## An Excellent Education

Dear All

Triyog has a glorious history since its inception in 1987. We wish to continue its legacy and add value to whatever we continue to do for our coveted children as the days go by.

We are committed to excellence in teaching-learning, academic performance, character building & personal development. We endeavour to make our School an outstanding learning community. Our teachers, staff, and students work together to be the best they can be.

We now have plans to develop the School and its facilities & intend setting new institutional standards so that our children can shape their future. This is what we want to be.

Warm regards!

**Ajit Lama**  
Executive Director





## Your quest for the best ends at Triyog

Welcome to Triyog High School, a 35-year-old legacy where we aspire to be a centre of excellence that develops children intellectually, emotionally, physically, socially, morally & aesthetically. Our aim is to provide your child with the best possible start to life in school and to see them progress to be happy, independent, and responsible people. We help pupils to develop a love of learning and value the diversity of the world today.

Multiple learning platforms, expert stakeholders, and our community help us design programs that complement classroom learning. Our strong academic and co-curricular programs help build a required academic base for the future. Our ECAs and the After School Programs are designed to hone and nurture the inherent and acquired skills and talents.

We are focused on building skills in our students that help them become confident and ready for the future. Our passionate community of teachers implement the most modern of teaching-learning methodologies that focus on communication, collaboration, creativity, and critical thinking.

Come, be a part of our exciting educational experience!

**Ms. Savita Kapruwan**  
Vice-Principal





***When I Grow Up ...***





## Cultivating the Best in Your Child

Triyog has been providing excellent child-centered education for the all-round development of its pupils. We deliver the national curriculum following our distinct approach of *learning by experiencing and doing*.

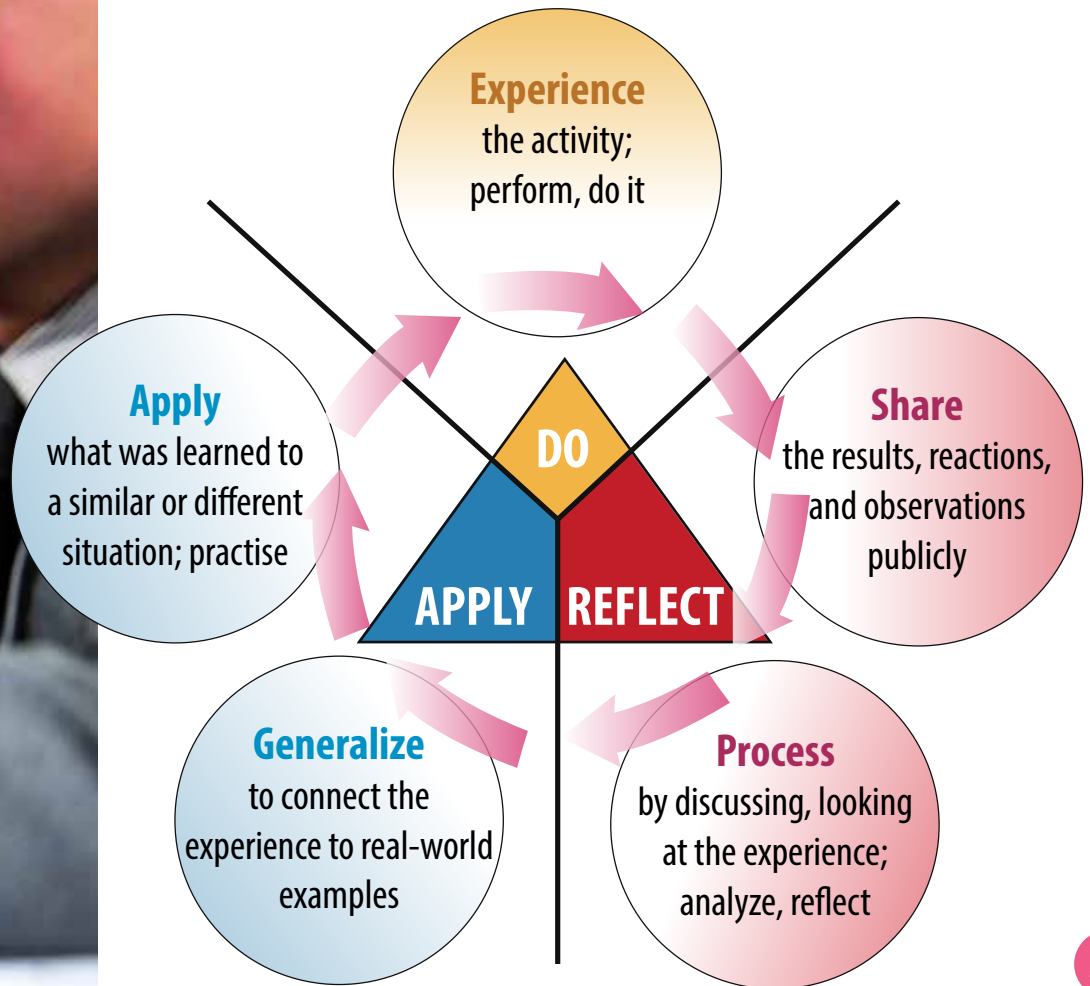
Students are nurtured in an environment ideal for self-learning where teachers are facilitators. We focus on student needs, interests, and abilities so that they become reflective individuals with a love of learning.

A photograph of two young girls in school uniforms sitting at a desk and using computers. The girl in the foreground is wearing a grey blazer and has her hand resting on her chin while looking at the screen. The girl in the background is wearing a blue sweater and is also looking at the screen. The text "Anyone Can ..." is overlaid on the image in a white, italicized font.

*Anyone Can ...*



## Triyog Way of Learning





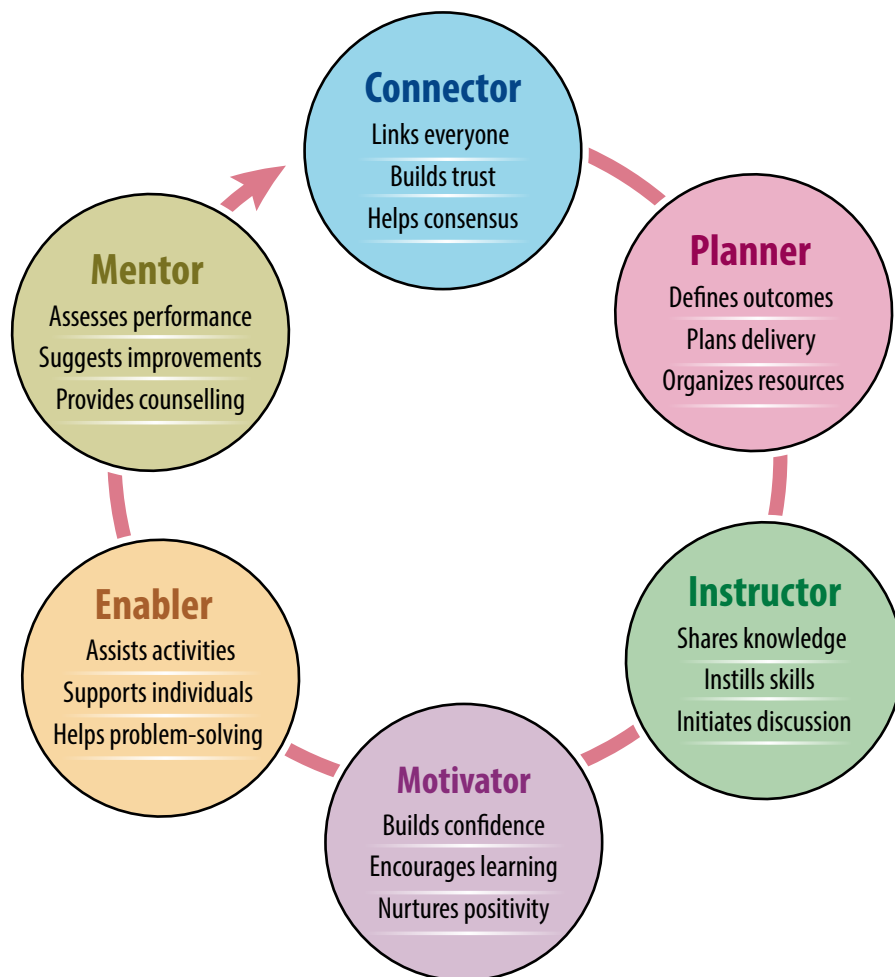


***Those Who Guide Us ...***



# Our Teachers – Your Facilitators

The Teacher at Triyog is a facilitator of learning in our creative classrooms.





# ***Little Fingers at Work***



## Learning through Creativity

We positively encourage and nurture creative expression in arts and crafts. All children are given ample opportunities to take part in creative activities. This helps develop their creative potential through the performing arts. It also boosts their academic performance.



### Visual Arts & Crafts

Drawing, Painting, Decorative Art, Photography, Video & Film Making, Printmaking, Needlework, Ceramics, and Sculpture



### Music

Singing, Musical Composition, School Band & Choir, and Musical Instruments: the Guitar, Violin, Flute, Drums, Tabla, Madal, and Keyboard



### Dance

Choreography, Folk, Ethnic, Cultural, Festival, Classical, Zumba, Salsa, Individual and Group Dances, and Aerobics



### Drama

Skits, One Act Plays, Comedy, Stagecraft, Theatre Improvisation, Collaborative Production, Film & Acting Ensemble, and Musical Theatre





TRIOG HIGH SCHOOL

***Dribble a While!***





## Playing for Fitness & Fun

Participating in sporting activities is a great way for kids to lead a balanced life – essential to keep them healthy and happy. They develop good habits and become active from an early age. We encourage them to take full advantage of our wide-ranging activities through some of the best facilities available.



Badminton



Basketball



Football



Chess



Futsal



Cricket



Judo



Swimming



Table Tennis



Track and Field



Wushu

***This Is How I Help!***



## Learning To Be Responsible

Alongside regular studies, community service is an important part of what our students learn. In their early years, we lay the foundation for responsible citizenship. Our children learn to be kind, respectful, and empathetic, connecting them to society.

<b>V-Star</b>	<b>V Star Program</b>	Virtuous Star instills the qualities of discipline, respect, and patience. Children need to record their self-development activities and meditate for inner strength.
	<b>Friends-of-Zoo</b>	FOZ Club through the Central Zoo (NTNC) generates awareness in our children and encourages their participation in nature and wildlife conservation activities.
	<b>Junior Red Cross</b>	Junior Red Cross Society provides opportunities for dynamic leadership and personal development. Our child volunteers are introduced to humanitarian activities through the motto <i>I Serve</i> .
	<b>Scouts</b>	Scouts' training makes our students self-reliant, supportive, responsible, and committed, and encourages them to play a constructive role in society through leadership roles.
	<b>Awareness Campaigns</b>	They help children to become sensitive junior citizens who get to explore societal and environmental issues through awareness and relief measures.













***Reasons to Smile ...***



## Learning Beyond the Classroom

Co-curricular & extracurricular activities at Triyog supplement regular class learning. These activities help in the overall development of kids – their moral values, attitudes, skills & creativity. Through these activities kids also learn to communicate, cooperate with other people, and enrich their life experience.

	<b>Clubs and Learning Societies</b>	A robust ECA structure, After School Programs, and Learning Societies ensure that each student gets opportunities for creative growth.
	<b>Publication</b>	Mirroring interesting activities encouraged throughout the year, <i>Triveni</i> reflects student talent. Our quarterly Newsletters keep parents and guardians informed about School news and events.
	<b>Class Day</b>	All students get opportunities to participate in dramas, songs, dances, speeches, or poetry. Related to their learning, these enjoyable performances also establish close links between parents and the School.
	<b>Project Day</b>	Children – Grade-wise – present projects on curricular, co-curricular, or extracurricular themes that are subject-based or interdisciplinary. Kids practically implement their learning & showcase it to parents & guests.
	<b>Makerspace</b>	Makerspace, a signature program of Triyog, provides creative, hands-on ways for children to make things in wide-ranging activities such as electronics, robotics, woodworking, or enhancing academic projects.
	<b>Experiential Visits</b>	Regular field trips and excursions are a part of integrated, experiential learning that increases observation, documentation, organizing, and presentation skills among students.
	<b>Interactions</b>	Students learn a wide range of skills when they conduct interactions at school or outside. Interviewing techniques, photography and videography are two such. Students broaden their horizon as they learn from experience-sharing by adults.
<b>Triyog Partnerships</b> 		<ul style="list-style-type: none"> <li>• Robotics Association of Nepal • Srijanalaya • Tokha Municipality</li> <li>• Metropolitan Traffic Department • Red Cross Society • Wildlife Conservation Nepal • Kathalaya Inc. • Rural Development Initiative • 3Di School New Zealand • National Trust for Nature Conservation</li> </ul>

# *A Way of Life ...*



# Working Together as a Community

Our House system, existing since 1987 when the School first opened, plays a key role in helping children feel part of a smaller well-knit community. They get a feeling of belonging through their participation in House competitions.

The House system provides a range of opportunities for students to take on responsibilities and roles within the House which gives them the confidence to deal with others.

## Triyog House System

**Rara**

**Tilicho**















**Begnas**

**Phewa**







Each House has its own legends, identity, motto, shield, and colours.

## House Competitions

### CCAs

 Elocution	 Debate	 Quiz	 Spelling	 Handwriting	 Spin-a-Yarn	 Drama
 Multimedia	 Art	 Craft	 Singing	 Dance	 Ad Spoof	 Themed Board Games

### ECAs

 Track and Field	 Basketball	 Football	 Cricket	 Badminton	 Table Tennis	 Judo
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***I Wish I Could Fly!***



## Enriching Your Experience

Each day at Triyog will give your child the chance to be a part of its glorious history and unique culture. Your children will be exposed to a rich platform of well-organized events and beneficial practices that will surely be an enriching experience.

	<b>Assembly</b>	Each school day begins with the Assembly. Held thrice a day, assemblies bring the entire School together to share news, and activities and strengthen our community.
	<b>Curriculum Nite</b>	This is an educational open house when teachers meet parents as a group to share information about academic goals, teaching-learning methodologies, and expectations for the year.
	<b>Investiture</b>	This solemn occasion is an initiation into leadership roles for a group of select students who take oath as School or House Captains and Prefects.
	<b>Annual Sports Day</b>	Fostering teamwork, sportsmanship, and fair play, this event hosts House-wise activities & competitions such as drill display, formal march, aerobics, track and field events and martial arts display, all within the spirit of healthy sportsmanship.
	<b>Music Events</b>	The School has a fine choir and band. It organizes and participates in concerts, cultural events and recitals. We stage grand musicals every alternate year.
	<b>Graduation</b>	The Ceremony is for both K.G. and Grade 10 where we felicitate general students and high achievers. Keynote addresses by eminent academicians highlight educational, career, and life prospects for school-leaving graduates.
	<b>Alumni</b>	The Alumni Society unites the Triyog family bridging current and ex-students through regular reunions and meetings. The Alumni also organizes charitable events at school for the community at large.
	<b>D.E.A.R.</b>	Drop Everything and Read promotes the habit of reading among us all. Every Thursday, all students, teachers, and staff enjoy reading books of their choice.

*A Place  
To Be Happy*





## Top-Class School Infrastructure

### Buildings

Triyog has its own purposeful academic buildings with wide and spacious corridors and large, well-ventilated classrooms. Our construction is structurally sound and made with a view to run this reputed educational institution effectively. There is enough space for many activities, and there are ample classrooms for flexible learning.

### The Premises

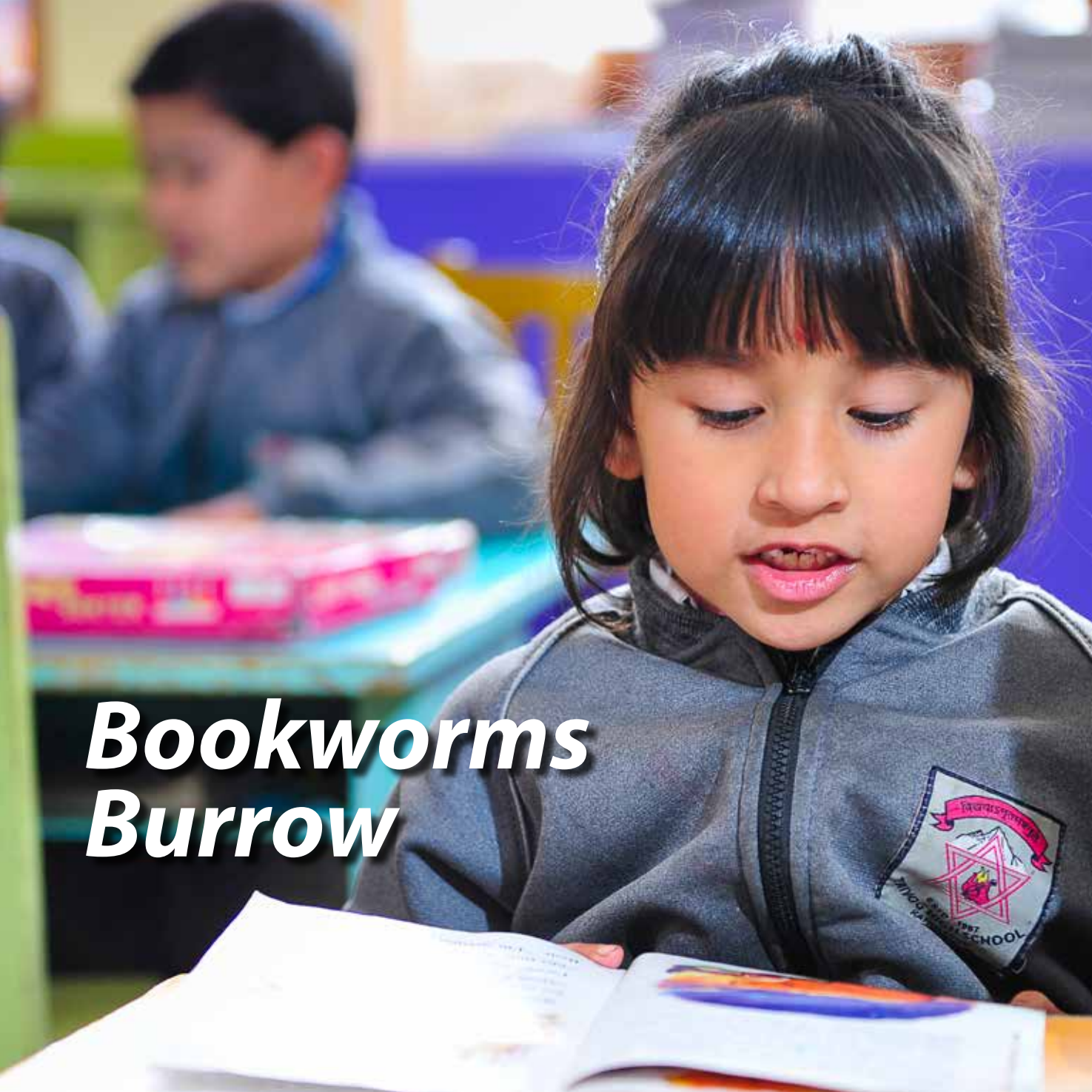
The School is spread over a large area where our students enjoy a wide variety of sports activities or gather for daily Assembly and other functions. Our premises are open, clean and fresh with pleasing flowering plants and refreshing greenery.

### Safe Environment

The setting of Triyog is secure and peaceful in every way. The physical infrastructure has been assembled strictly according to governmental guidelines keeping in view, among other technicalities, natural hazards or fires. All our structures accommodate several key facilities and are well maintained and regularly inspected by engineers for functionality, and safety.







# ***Bookworms Burrow***

## Superb Learning Facilities

The extensive facilities at Triyog have made it a leading school in Kathmandu. An excellent infrastructure and wide-ranging resources ensures that pupils of varying abilities get an environment where they can excel.

### Classrooms

Our modern classrooms are dynamic learning areas and little worlds for kids. These spacious and comfortable classrooms are equipped with a range of materials and ICT support suitable to the age group and subject.

### Library

Our Library promotes reading culture for our students and staff. It has a wide variety of fiction and informational texts including children's literature, language books, magazines, educational films and documentaries.

### ICT

Triyog has two ICT labs with broadband internet connectivity. These rooms enhance in-class learning via computer-based projects and specialized classes.

### Science Labs

We have large state-of-the-art science labs that keep children engaged in meaningful practical activities. Our teachers provide close support to students ensuring their safety.

### Art & Craft Studio

The Art & Craft Studio is a large and well-lit room stocked with materials & resources for painting and drawing, craft, sculpture, and art & craft products. The Studio has a projector and computers to allow students to integrate ICT into their work.

### Music Room

Our Music Room is equipped with instruments for learning various forms of music. It houses instruments such as the Synthesizer, Guitar, Drumset, Harmonium, Flute, Madal, and Piano.

### AV Room

The use of audio-visual aids is well integrated with the school curriculum and used by the teachers and pupils alike. Our AV room has all modern amenities for teacher demonstrations besides presentations by students.

### Auditorium

An architect's delight, our multipurpose Auditorium with a seating capacity of above 400 is the School's pride. It is used for different School functions such as competitions, Class and Project Days, Orientation and Interaction programs, and inter-school events.





***Little  
Things***





# We Do

## Perfect Child Support

### Counselling

Weekly counselling, both individual and group, by our School Counsellor provides students with timely guidance on personal, emotional and social matters. Counselling is also provided to parents regarding child behavior.

### Mentoring

Our Coordinators and Class Teachers regularly talk to students about their learning issues. They also connect with parents, over phone or through personal visits, about specific matters, from behavioural to academic.

### Support Classes

Special after-school coaching is provided to students who consistently get low marks in class. Small-sized, concentrated classrooms, supervised by an Academic In-charge and subject teachers, help students with special academic needs understand concepts and apply them.

### Online Services

Our online system provides easy access to school information such as notices, routines, attendance, academic events, results, assignments, or accounts. It quickly connects students, parents or guardians, teachers, and staff online.

### Augmented Classrooms

In-class computers and the computer lab allow teachers to provide dynamic visual learning from around the world to our students. These supplemental resources play a vital role in assisting further understanding of academic topics.

### Parental Involvement

We invite parents to be an active part of all aspects of their child's learning. Parents collaborate with teachers through Parent Teacher Meeting (PTM), support children's home-based learning, and help with field trips. We also organize *Take Your Child to Work* and Parent Talk sessions.



***All for You –***



## Fine School Services

### Meals

We serve balanced, nutritious, and freshly prepared meals twice a day for students. Food items are hygienically prepared according to weekly menus under close supervision of a Kitchen In-charge.

### Transport

Triyog has a large network of bus routes providing reliable transport within Kathmandu valley for students to and from the School. Teachers and bus captains supervise our buses.

### Uniform

Triyog believes that wearing a school uniform helps unite children, develops confidence, and builds a sense of school pride. All students are required to wear the approved School uniform every day.

### Infirmary

Our Infirmary, with a well-stocked medicine cabinet & comfortable beds, has a full-time nurse on duty to take care of minor ailments and, if required, to administer First Aid. In case of an emergency, students are immediately taken to the nearest hospital by our staff, and we inform parents or guardians simultaneously.

### Security

Our team of security guards provides a safe school environment round-the-clock through CCTV. Entry of visitors to academic areas is normally not permitted. After school is over, children who walk to their homes are allowed to go only with their parents, guardians, or registered persons. Children who take buses are checked for attendance via bus registers.



***A Day Looked  
Forward to ...***



# Getting Admission

Admission to Triyog is highly competitive. Students who apply need to go through a fair and transparent but rigorous selection process.

1

## Eligibility

- For Kindergarten (KG), students should be at least 5 years' old. Enrollment is on first-come-first-basis if other criteria are met.
- For Class I and above, should there be any vacancy, the child must have successfully completed the earlier Grade.

2

## Application Forms

Application Forms for admission are available at the School Office and also online at [www.triyog.edu.np](http://www.triyog.edu.np). Applicants should submit these Forms duly filled in with all supporting documents by the given deadline.

3

## Admission Test

Getting through the Test – written & oral – is compulsory. This screening appropriately assesses a child's language skills – English & Nepali, numeric comprehension – Mathematics and other abilities to determine his or her school readiness.

4

## Parents' Interview

The School invariably conducts an Interview of the parents of the applicant. The Interview is held on the same day as the child's Admission Test.

5

## Results

The results are strictly based on the order of merit and normally declared the very next day of the Admission Test and Parents' Interview.

6

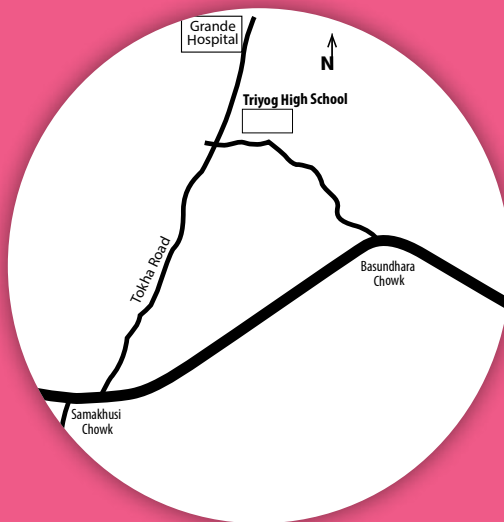
## Enrollment

Successful applicants shall be enrolled as bona fide Triyog students on the completion of this process alongside the payment of admission fees to the School's bank account.

Admission Forms can also be submitted ONLINE at

[www.triyog.edu.np](http://www.triyog.edu.np)

# Creative Learning is Great Fun



**TRIYOG HIGH SCHOOL**

Dhapasi, Kathmandu

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