



Newsletter

TRİYOG HS SCHOOL, Dhapasi, Kathmandu, Tel: 4365285, 4381695, Email: ths@triyog.wlink.com.np



Message from the Executive Director

Dear Parents,

You must be happy to notice that Triyog is doing well! We have been closely monitoring all aspects of school life, in particular for the last few months, in order to help in the ongoing development of our pupils – academically, intellectually, personally & socially.

Triyog has a glorious history since its inception in 1987. We intend to continue its legacy and add value to whatever we continue to do for our coveted students as the days go by. We are determined to bring out the best among pupils.

As of always, we are committed to excellence in teaching-learning, academic performance, character building & personal development as you would know. We are determined to set even higher standards so that our dear pupils can be shaped for a better future through the acquisition of 21st Century skills.

Alongside our superb progressive educational model delivering the national curriculum, the School offers wide-ranging co-curricular & extracurricular activities, now with greater emphasis, including clubs to serve children's interests. We also motivate our youngsters to serve society through useful deeds.

There have been some notable, and recent, additions at Triyog to improve pupils' performance & encourage their active engagement in beneficial & creative activities especially after-school. ICT is an area we have focused on as a beginning. Effective supervision of academic quality & school auditing are other areas. Further, food & beverages served to children & staff have seen an improvement too while there is an increased number of buses for pupils, teachers & staff.

We engage fruitfully with the local community and ensure transparency in our dealings whether it is awarding scholarships or selecting personnel. The revised Academic Calendar suitably informs all stakeholders of key dates & encapsulates some of the vital changes planned for Triyog for the good of all of us.

Hoping to change things for the better, the School Management Committee is greatly interested in the co-operation & involvement of parents, and guardians, to boost pupils' output & enjoyment of their schooling with us.

We wish all of you the best & ask all our dear pupils to take greater interest in their studies & accompanying aspects of school life.

Yours sincerely

Ajit Lama

Annual Prize Distribution



The academic prize day for the school year 2015-16 was held on 29th April 2016. Students placing first, second and third in their respective classes were given merit certificates and prizes by the school Executive Director, Mr. Ajit Lama and the Principal, Mr. Niladri S. Parial. Parents of students who had topped their classes in academics were invited to attend the program and were given letters confirming scholarship grants provided to their children. Also, perfect attendance, best conduct, and best all-rounder prizes were given to those students who were not absent even for a single day and who performed well in terms of academics and extracurricular respectively. Tania Lamichhane, school captain for the academic session 2015-16 was awarded as the best captain.

Investiture Ceremony



The annual investiture ceremony for the school year 2016-17 was held on 29th of April 2016. Nandita Kharel and Somika Shrestha were unanimously elected as the school captain and the vice-captain respectively, while Kriti Shrestha took oath as the school discipline captain.

Workshop on Women's Health

Girls of grade IX attended a workshop on women's health at Grande International Hospital on 9th May 2016. The workshop was facilitated by renowned gynecologist, Dr. Padma Raj Sharma. Discussion revolved around hygiene and reproductive health.

Message from the Principal



Dear Parents and Guardians

The first half of the 2016-17 academic session has been very rewarding. Triyog continues to improve its academic and extra-curricular ecosystem. The integrated program is taking better shape and we are confident of the way our pupils are being groomed. Grade 5 students are enjoying the additional practice-oriented classes from Karkhana on their ECA days that will further their practical learning skills. The progressive teaching-learning techniques being implemented by our teachers in the middle school will prepare students for the challenges of high school education.

The introduction of the School Makerspace and Triyog Makers Club is an important step for us. This puts us amongst a very few select schools that are giving shape to the idea of practice-based education. The addition of two audio-visual rooms has helped teachers and students take advantage of learning via videos and presentations. Further, true to its tradition, children at Triyog have been active participants in a host of co-curricular activities that in turn build up academic rigor. Our students are encouraged to apply for competitions and independent clubs that give them real-world exposure and build confidence and life skills. Alongside, we will make every possible effort to ensure that our students demonstrate exemplary behavior both in and outside the School premises.

We value all our parent-student interaction sessions, be it talk programs or parents accompanying the primary grade children for Field Trips. We are hopeful that we continue to foster closer collaboration in future to nurture responsible young people in a newer and reinvigorated Triyog.

Warm regards

Niladri S. Parial

MTB Training Program

"Ride Safe, Ride Better"



Six students from our school participated in the 'MTB training program for school students - RIDE SAFE, RIDE BETTER' cycling camp organized by the GNARLY on 14th and 15th of May 2016. On the first day of the camp, they were taught riding positions, correct use of gears, braking and various riding techniques by the instructors. On the second day, they were taken on a ride to Jhor. The students enjoyed the camp thoroughly.

Buddha Purnima

On the occasion of Buddha Purnima, Wiryawati Guruma and Tyagawati Guruma from Dharmakirti Vihar Shreegha Naghal came to our school to talk to students and teachers from grade VI and VIII on 23rd May 2016. They discussed on the teachings of Buddha and philosophical doctrines of Buddhism.

Visit to M&S Holdings



On 25th May 2016, the soon to be formed, Publication Club comprising of students from grade VI-X were taken on a visit to the Movers & Shakers (M&S) office located in Central Business Park, Thapathali. They interacted with the core team of M&S VMAG and the editorial. The students were given tips on writing, editing, designing, photography and video magazine publication as well. They also got the opportunity to see the new Kantipur publication workspace which had its door opened just the day before. The visit was thoroughly enjoyed by all. The students took back a lot of memories and learning from it.

Inter-House Judo Finals

The inter-house judo competition was held on May 25th 2016 for grade VI-X. In the 30 kg category, Aditya Dhungana (Grade VII A) from Phewa house came first. In the 35 kg category, Avash Sapkota (Grade VII B) from Tilicho house took first place. In the 40 kg category, Pramit Gautam (Grade VII A) and Bishesh Raj Paudel (Grade VII D) both from Begnas house secured first place. In the 45 kg category, Pratham Shrestha (Grade VII C) from Rara house came first. In the 50 kg category, Sohan Shrestha (Grade IX D) from Rara house stood first. In the 55 kg category, Abhinaya Khadka (Grade VIII C) from Tilicho house bagged the first place. In the 60 kg category, Sumit Ojha (Grade VIII B) from Phewa house stood first, and in the 65 kg category, Pranat Pokharel (Grade VIII A) from Begnas house took the first spot.

Inter-House Elocution Contest



The inter-house elocution contest took place on 27th and 29th of May 2016. In the individual results, the best elocutionists were: Grade I- Gautam Thapa, Grade II- Vibhusha Rajbhandari, Grade III- Nischal Ghimire, Juniors- Roshan Paudel, Intermediate- Ninksha Shrestha and Seniors- Somika Shrestha. In the overall results, Rara house secured first position followed by Tilicho, Phewa, and Begnas house in the second, third and fourth positions respectively.

Visit to NHEDF

The Junior Red Cross Circle along with the Coordinator, Mrs. Durga Karki, were taken to Nepal Healthcare Equipment Development Foundation (NHEDF), located at Panipokhari on 1st June 2016. NHEDF is looking after victims of the 2015 earthquake who were discharged from hospitals almost immediately due to lack of space. They are providing them with post-trauma recovery, and have been helping to rehabilitate the victims by providing free shelter, food and psychological support. The students observed the environment, gathered information, and interacted with the officials and the victims as well. They were very touched by their stories and this visit turned out to be very fruitful.

GIH Smile Dental Camp



A team of six people from Grande International Hospital came to our school to conduct the GIH Smile Dental Camp for the primary and junior school students on 1st June 2016. The team comprised of Dr. Sheetal Shrestha, Dr. Sanjay Prasad Gupta, Sister Laxmi Poudel, Mr. Devashish Shrestha, Mr. Ram Kumar Adhikari, and Mr. Sanu Kaji Shrestha.

Inter-House Craft Contest



The Inter-House Craft Contest took place on June 3rd 2016. For grades I, the topic was Paper Collage. Rara house secured the First place, followed by Tilicho and Begnas houses in the second and third place respectively. Grades II & III presented on Play Dough Fruits & Flowers, where Rara house again took the first spot with Begnas and Tilicho houses in the second and third spots. Grade IV made Masks. Rara house again stood first, followed by Phewa and Begnas houses. Grades V crafted Dry Flower Pasting Cards. Phewa and Begnas house took the winning spots. Grades VI & VII created Wall Hanging Pictures, where Begnas, Rara and Tilicho Houses took the first, second and third spots respectively. Grades VIII-X presented on Talent Competition, and Begnas house stood first with Tilicho and Rara houses in the second and third spots respectively.

Green-walk and Banner Making Competition

'Go Wild for Life'



Altogether 53 students from our school, that are members of Friend of the Zoo (FOZ), accompanied by few teachers, participated in the Green Walk program through Lalitpur, organized by NTNC to mark World Environment Day. Our students also won the second position at the Banner Making Competition organized by FOZ to mark the World Environment Day. Around 50 schools participated on the theme 'Go Wild for Life'.

World Environment Day at School

The World Environment Day, 5th June 2016, was marked with various token initiatives that the School hopes to continue through the rest of the year. A tree plantation program, a talk session on rain water harvesting, and a cleanliness campaign were some of the efforts that were initiated.

Inter-House Debate Contest

The Inter-House Debate Contest took place on the 15th June 2016. The contest, which aimed to enhance students' argumentative as well as reasoning skills, had participant students representing their respective Houses. In the Intermediate Level, Bidhya Thapa (Grade VII) of Begnas House, and Astitwa Raj Wagle (Grade VII) also of Begnas House were declared as the Best Debaters in the Nepali and English Category respectively. Among the Seniors, Sampada Uprety (Grade X) of Tilicho House, and Sandhya Nirola (Grade IX) also of Tilicho House, were adjudged the Best Debaters in the Nepali and English category respectively.

Inter-School Chess Competition at Triyog



On the occasion of World Olympic Day, we organized the Inter-School Chess Competition in which 13 schools and around 100 students participated on the 16th & 17th June, 2016. The Chief Guests were Mr. Bishnu Gopal Shrestha, President of Sports for All Nepal Olympic Committee, and Mr. Ek Lal Shrestha, President of Nepal Chess Association. Mr. Manoj Ghimire, who has refereed national as well as international competitions, was the referee for our event. There were 3 categories divided into the Boys and Girls Division for grades IV & V, VI & VII, and VIII – X respectively. The winners were handed over certificates and medals at the end of the competition.

Participation in Inter-School Chess Competition

Our students participated in the Inter-School Chess Competition organized by Annapurna Higher Secondary School on the 15th & 16th June 2016. Out of the 31 schools and 240 students that had taken part, three of our students were able to secure positions in the Top 10. Tejaswini Tamang of grade IX stood fourth, Debesha Thapa of grade VII stood sixth, and Sambriddhi Silwal stood ninth. The contest remained a milestone in enhancing inter-school kinship and providing additional exposure to the students to explore their skill.

Inter -School Marathon

As a part of Olympic Day Celebration, GEMS school had organized the Inter School Road Marathon on 18th June 2016 where around 200 students participated. Animesh Manandhar and Aaryan Singh of grade X participated from our school. Aaryan secured the 7th position in the Marathon.

Project Day KG - III

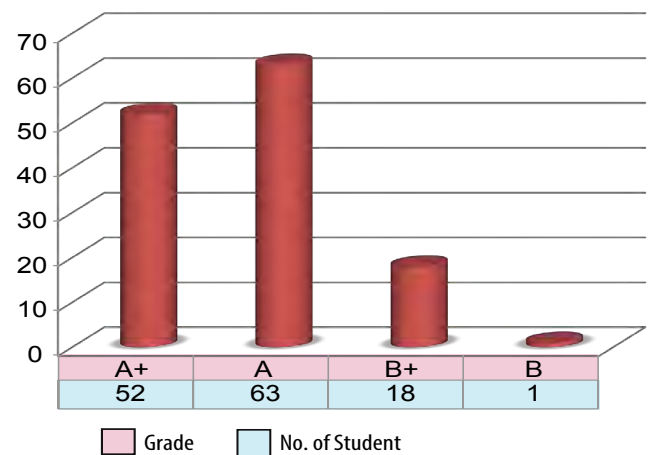


Grades KG-III had their Project Day on the 24th June, 2016. Parents were invited to School on the occasion. KG presented on the topic "Shapes and Colors" where they made a model of a building using different shapes cut out on paper. The topic for grade I was "Animals- Domestic and Wild". They recited poems, sang song on farm animals and also gave speeches on the importance of animals. There was also an exhibition on the model of habitats of farm and wild animals.

For grade II the topic was "From the Farm to the Table". The students presented on the usefulness of the plants with focus on food that we get from them. They also prepared food items – vegetable sandwich, fruit salad, and lemonade for the parents and teachers. Grade III presented on "Parts of the Plant and their Functions". They recited poems, sang songs on plants, demonstrated on the leaf, and also carried out experiments on transferring the nutrients from roots to the different parts of a plant. The event remained worth-noticing since the students reflected upon amazing associations of the human world with that of the nature. It further encouraged the students to search for practical implication of their learning.

SLC Graduation Ceremony

Proud Achievers



On 3rd July we had the Graduation Ceremony for the SLC Batch of 2016. The Chief Guest for the Day was Professor Dr. Tanka Nath Sharma, Former Dean of Kathmandu University School of Education (KUSOED). The ceremony was attended by the School's Executive Director, Board of Directors, Principal, teachers, students and their parents. The moment together with all SLC graduates was really splendid. Medals were handed over to the Top 16 students who secured the highest, second highest, and third highest GPAs. Yuki Shrestha was the topper with a GPA of 3.85. All students were given mementos and graduation stoles by the directors.

Health Workshop for Teachers



On 4th July 2016, lady teachers attended a workshop on Women's Health at Grande International Hospital. The workshop was facilitated by renowned gynecologist Dr. Padam Raj Pant.

Rice Plantation Program

Learning in the Field



On 8th July 2016, grade II students participated in rice plantation program at Laxmi farm, Tokha. The students experienced how farmers plant paddy in the monsoon season. After the plantation (ropai), the students were given "dahi-chuira" (beaten rice and curd) to familiarize them with the meals that the farmers consume during plantation.

Bhanu Jayanti

Remembering a National Icon



On 13th July 2016, on the occasion of Bhanu Jayanti, students and teachers paid tribute to a famous 19th century literary giant of Nepal, Adikavi Bhanu Bhakta Acharya. Students from various grades recited Bhanu Bhakta's poems, and delivered speeches during the School Assembly on his contribution in the promotion of Nepali language and Nepali literature.

Inter-House Quiz Contest



The Inter-House Quiz Contest for grades VI and VII took place on 14th July 2016. Begnas house emerged victorious, with Rara house in the second spot. Phewa and Tilicho houses both shared the third spot. On the next day, 15th July, Inter-House Quiz Contest for the seniors took place. Tilicho house took the first spot. Rara followed in the second with Phewa and Begnas houses taking the third and the fourth positions respectively.

Guru Purnima

Devotion to the Gurus



On 20th July 2016, Guru Purnima (Teachers' Day) was celebrated to honor all the teachers and staff members of the school. The day started with primary school students singing "Guru Bandhana" in the morning assembly. Students decorated

the classrooms and celebrated by distributing sweets and "thank-you cards" to the teachers. Later in the afternoon, grade X students put up a show for the teachers which included singing, dancing, a fashion show and a cake-cutting ceremony. The function reflected upon a sacred bond and kinship that rests between the students and the teachers together with the students' profound reverence towards the teachers.

Class Day Grade IV



On 28th July 2016, grade IV had their class day. The class day started off by a group of students singing the national anthem followed by the school song. There were various performances based on the school course book such as an English drama – "Jungle book" and a Nepali drama – "Raja ko Fohora". The program continued efficiently with more Nepali and modern English dances by the students. The class day ended with a speech from a teacher and a parent representative.

Inter-School Football Match

Grade VII boys football team played an inter-school match against DAV school. Considering it was their first inter-school match they fared well, but DAV emerged victorious with a 2-1 win. However, the match let the students know about team work, discipline and dedication.

Inter-House Nepali Drama Contest

Inter-house Nepali drama contest took place on 28th July 2016. Tilicho stood first followed by Phewa in the second place. Begnas and Rara came third and fourth respectively. The contest familiarized the students with theatrical performances- how to act, how to get engaged in dialogue, how to appeal the spectators etc.

TAS – Free Health Camp and Blood Donation Program



Triyog Alumni Society (TAS) in association with Triyog School organized a "Free health camp and blood donation program" on 6th August 2016. The program was supported by Nepal Red Cross society. More than 100 people attended the program. About 38 of them participated in the blood donation. Besides the health camp and blood donations, there were various stalls such as the art exhibition which displayed an array of art and crafts put up by talented Triyogees. The event reflected the alumni slogan "Unity in Diversity for Prosperity" as the Ex-Triyogees, teachers, parents, friends and volunteers from diverse background supported the cause.

Drop Everything and Read (D.E.A.R)

Promoting Reading



To encourage 'love for reading', the primary wing piloted the Drop Everything and Read (D.E.A.R.) project. D.E.A.R is a project which celebrates the love of reading and is designed to remind folks of all ages to make reading a priority. Every Thursdays the students from grade KG – III read and enjoy the books of their choice, just for the pleasure of reading and with no questions asked. Even the teachers and the support staffs devote their time reading books of their interest.

Kindergarten Field Trip to the Central Zoo



The kindergarten students accompanied by their respective class teachers were taken to visit the central zoo located in Jawalakhel. This visit was part of their learning experience. The students learned about the habitats of various animals, feeding routines and enjoyed playing around. After a small pot-luck, the students returned to the school with more knowledge and information about animals.

Inter-House Spin a Yarn Contest



On 10th August 2016, Inter-House Spin a Yarn Contest was held in the school hall for grade VI – X. The contest was divided into two groups – VI and VII (Middle school) and VIII – X (High school). Two students from each house participated in the contest. In the middle school round, Tilicho and Phewa shared the first place, followed by Begnas and Rara in the second and third place respectively. Whereas, in the high school round, Begnas emerged victorious, followed by Tilicho in the second position. Phewa and Rara shared the third position.

Inter-House Table Tennis Competition

The inter-house table tennis competition was held in four categories- middle school boys, middle school girls, high school boys and high school girls. Ronak Thapa and Aashma Pandey, both from Begnas house, bagged the first position for middle school boys and middle school girls respectively. Kritish Chapagain (Tilicho house) and Ayushma Gaire (Tilicho house) came second. In the high school category, Kshitiz Gurung of Tilicho house won the first position in the boys' category followed by Sulav Paudel (Rara house) in the second place. Binu Tamang of Phewa successfully beat Yashmin Sheikh of Begnas and came first in the girls' category.

Go Girls 1.4



Triyog Higher Secondary School, in association with Robotics Association of Nepal (RAN), organized a 2-day seminar for girl students entitled Go Girls 1.4. The objective of the program was to introduce girls to technology as a choice of career, and to teach basic programming leading to game development. Altogether 35 students from 10 different schools participated in the event. The event was conducted by Miss Tech team comprising of Pradita Pradhan and Prathana Khakurel and Mr. Dipesh Khanal, President of RAN.

Inter-House Chess Competition

Inter-house chess competition took place on 10th August 2016. The competition aimed to inculcate the skill of tact and dexterity among the students. Chess enthusiasts from all four houses took part in this competition. In the middle school boys category- Aakash Deep Rai (Begnas house) beat Srisank Shrestha (Rara house) to come in first place, whereas, in the middle school girls' category, Debisha Thapa of Begnas house emerged victorious, beating Bhumika Gurung of Rara house. Sambriddi Silwal and Ronik Pathak both of Rara house came first in the high school girls and high school boys categories, respectively.

Parent Talk Session

Sharing of Knowledge and Experience



On 16th May 2016, Mr. Raju Pandey, Deputy Superintendent of City Police, talked regarding preventive measures to take during an earthquake to grade VI 'A'. His session also included advice on road safety. He concluded by teaching some self-defense techniques.

- On 20th May 2016, Mrs. Uttara Manandhar, a tour guide, was invited to grade VIII 'B' to talk about the tourism industry in Nepal.
- On 27th May 2016, Dr. Sanskriti Khanal, and Dr. Rupesh Raj Joshi, delivered a talk session to grade VI 'B' students. Dr. Khanal, a dentist, and Dr. Joshi, an ENT specialist, discussed about dental and ENT hygiene.
- On 30th June 2016, Mr. Rabindra Giri, a software developer, was invited to grade VI 'D'.
- On 1st July 2016, Mr. Arjun Khanal, a banker, was invited to grade VI 'C'. He talked about this schooldays, and about the functions of a bank.

Second Project Day



Project day reflects what students learn and what they are preached during their classes. Students of primary level celebrated their 2nd project day on 26th August 2016. The kindergarten students gave a vivid presentation on animals which they had learned throughout this unit. The children of grade I gave a presentation on families which is the finale of their project based learning. The presentation incorporated the family norms and values learnt during their field visit to different families. Students of grade II celebrated "Diversity Day" as they came dressed in cultural attire. The celebration included presentation of various ethnic groups and also a display of food items of different communities. This project was based on their learning of "Cultures of the country". Students of grade III organized different vocabulary games which the parents immensely enjoyed playing. The event truly highlighted the pragmatic aspect of study.

Field Trips

Learning beyond Text

As a part of study, the students from grade I-X were taken to the field trips accompanied by the teachers. After the observation of a place, the students were expected to make the reports and do the presentations.

The following grades were taken to the respective places for their field trip:

- Grade 10: Changu Narayan Temple, 9th May 2016
- Grade 9: Manjushree Park, Chobhar, 16th May 2016
- Grade 8: Bagh Bhairav Temple, Kirtipur, 23rd May 2016
- Grade 7: National Botanical Garden, Godawari, 30th May 2016
- Grade 6: Resham Kheta Bikas Saakha, Panauti, 6th June 2016
- Grade 5: Kirtipur Library, 13th June 2016
- Grade 4: National Botanical Garden, Godawari, 20th June 2016
- Grade 3: School Community Visit, 31st May 2016
- Grade 2: Neighborhood Visit, 13th May 2016, DL Agriculture Farm, Khumaltar
- Grade 1: DL Agriculture Farm, Khumaltar, Central Zoo



Name of Class Teachers and Co-teachers, 2016-17

Class	Name
K.G	Trisha Regmi
I A	Rebu Pande
I B	Shweta Dahal
II A	Romi Sherpa
II B	Urvashi Pradhan
II C	Sangita Lamichhane
III A	Yamuna Shah
III B	Jharana Shrestha
III C	Mary Shah
IV A	Anita Malla and Nikki Shakya
IV B	Jennifer Subba and Preeti Bajracharya
IV C	Tarala Sherpa and Deepa Bhatt

Class	Name
V A	Poonam Singh and Sanjeeka Chettri
V B	Shivani Agarwal and Sweta Lamichhane
V C	Rewata Gurung and Nisha Shahi
V D	Sanjeev Shrestha and Bina Baral
VI A	Srijana Koirala
VI B	Vikash Shahi
VI C	Aarati Adhikari
VI D	Bikram Thapa
VII A	Tshering Sherpa
VII B	Puskara Chaudhary
VII C	Madhusudan Lamsal
VII D	Anish Adhikari

Class	Name
VIII A	Navin Ghimire
VIII B	Manoj Baniya
VIII C	Binesh Shrestha
VIII D	Shyam S. Jha
IX A	Suresh Chaudhary
IX B	Anil Thakur
IX C	Sujan Dhakal
IX D	Andre Le' Blond
X A	Pramod R. Wagle
X B	Lalkesh Pandey
X C	Mamata Shrestha
X D	Subhash Dawadi

Parents Representatives, 2016-17

S NO	Name of Parents	Class
1.	Mrs. Bijaya Shahi Mrs. Tara Paudel (II)	K. G
2.	Mrs. Kamala Kharel Mr. Shravan K. Mishra (II)	I A
3.	Mrs. Bindhu Aryal Mr. Sagar Khanal (II)	I B
4.	Mr. Samir Neupane Mrs. Parbati Agasti (II)	II A
5.	Mr. Birendra Lamichhane Mrs. Brinda Shrestha (II)	II B
6.	Mrs. Sarika Bista Mrs. Sushma Shrestha (II)	II C
7.	Mrs. Bhumika Sapkota Mr. Daya Sagar Dahal (II)	III A
8.	Mrs. Sharmila Sharma Mrs. Goma Maharjan (II)	III B
9.	Mr. Ganesh Raj Bhandari Mrs. Anila Onta Khanal (II)	III C
10.	Mrs. Sushila K. C Mrs. Manju Neupane (II)	IV A
11.	Mr. Ambir Thapa Mrs. Yashoda Shah (II)	IV B
12.	Mr. Anil Ratna Tuladhar Mrs. Jharna Singh (II)	IV C
13.	Mr. Bhoj Raj Adhikari Mrs. Sara Karki (II)	V A
14.	Mrs. Rabina Nepal Mrs. Sunam Lalchan (II)	V B
15.	Mrs. Shambhabi Vasistha Mr. Subodh Ghimire (II)	V C
16.	Mrs. Anita Karki Mr. Nirmal Adhikari	V D
17.	Mr. Shiva Kumar Bohara Mrs. Bishnu Karki (II)	VI A
18.	Mr. Prakash Koirala Mrs. Sangita Adhikari (II)	VI B

S NO	Name of Parents	Class
19.	Mrs. Lata Poudel Mrs. Punam Shrestha (II)	VI C
20.	Mrs. Pushpa Bhusal (Bimali) Mrs. Kalpana Lamichhane (II)	VI D
21.	Mr. Tikaram Lasmal Mrs. Saraswati Bhujel (II)	VII A
22.	Mrs. Anjala Shrestha Mr. Ashok Kumar Shrestha (II)	VII B
23.	Mrs. Pratima Bhandari Mrs. Kamala Khanal (II)	VII C
24.	Mr. Kiran Chapagain Mrs. Sudha Adhikari (II)	VII D
25.	Mrs. Rima Kharel Mr. Ram Krishna Agasti (I)	VIII A
26.	Mr. Laxmi Prasad Sharma Mr. Ram Sharma Pandey (II)	VIII B
27.	Mr. Prakash Shrestha Mr. Krishna Man Shrestha (II)	VIII C
28.	Mr. Basudev Dawadi Mr. Tek Bahadur Aryal (II)	VIII D
29.	Mrs. Sangita Shrestha Mrs. Manjushree Hada (II)	IX A
30.	Mr. Sagar Khanal Mrs. Gita Bhusal (II)	IX B
31.	Mr. Dhruba Dhungana Mr. Krishna K. C (II)	IX C
32.	Mrs. Rima Kharel Mrs. Maya Khadka (II)	IX D
33.	Mrs. Durga Bastola Mr. Gyanendra Pd. Poudel (II)	X A
34.	Mr. Damber Bdr. Khadka Mrs. Sarita Manandhar (II)	X B
35.	Mrs. Sumitra Adhikari Mrs. Sabita Shrestha (II)	X C
36.	Mrs. Nim Digi S. Kharel Mr. Rajan Pd. Adhikari (II)	X D

Perfect Attendance, Best Conduct and Best All Rounder, 2015-16

Class	Perfect Attendance	Best Conduct	All Rounder
KG	Brihat Pradhan	Aayam Adhikari	Preeti KC
IA	-	Roshani Poudel	Shravya Pokhrel
IB	Lakpa Lama Sujal Manandhar	Pratham Khanal	
IC	Presabi Dhungel	Gahan Thapa	
IIA	-	Kristeena Dhakal	Pritam GT
IIB	Prija Shrestha Noyal Karki Suyog Khanal	Prija Shrestha	
IIC	Sampanna KC	Subigya Nepal	
IIIA	Anuska Regmi	Bishista Wagley	Grishma Rajya Laxmi Shah
IIIB	Adhish Bhattarai	Amisha Poudel	
IIIC	Anwesha Shah Pranjwol Joshi Reedhima Tuladhar Tushar Aidi	Siddhanjan Ghimere	
IVA	Apechhya Dhital Anshul Charan Shrestha	Shreyas Manandhar	Pratyasha Thapa
IVB	Aditi Mishra Bedant Narshing Rana Nima Lama	Sharad Jamkatel	
IVC	Navaneet Baniya	Aarya Poudel	
IVD	Jibesh Shrestha Kamira Rawal Nicole Kadel Pragati Khadka Pratyasha Thapa Prince Neupane Sansar Rana	Ashim Jung Gurung	
VA	Bibisha Adhikari Sandesh Khadka	Selina Pageni	Kesu Ghimire
VB	Anuj Maskey Junu Tamang Lisa Ghimire Surya Man Gurung	Priyanka Neupane	
VC	Sayojya Manandhar Shiv Siddhi Ram Sapkota Swati Shah Yumee Lama	Bhumigya Bajracharya	
VD	Ayusha Bimali Mallika Rana Prapti Karki Srisank Shrestha Subika Bohara	Aastha Pyakurel	
VIA	Prasen Man Shrestha	Sumi Adhikari	Aakash Deep Rai
VIB	-	Krishna Karmacharya	
VIC	Ankit Bista Birat Aryal Samagya Bajracharya	Sakshyat Chhettry	
VID	Aryan Bhurtel Paramhamsha Pudasaini Rabina Kandel (Jaishi) Ruzul Shrestha Aditika Nepal	Aditika Nepal	

Class	Perfect Attendance	Best Conduct	All Rounder
VIIA	Prajwol Dhoj GC	Ujjal Man Shakya	Ankit Acharya
VIIB	Shaswat Paudel Spriha Maharjan	Agrima Regmi	
VIIC	Pranav K Shrestha	Pooja Wagle	
VIID	Aarabdh Shahi Niraj Baral Samridhi Thapa Shreeya Bajracharya Suzal Regmi	Sneha Thapa	
VIIIA	Amish Karki Kushal Rijal Manas Bhandari Subani Malla Yokibha Chapagain	Skanda Koirala	Kushal Rijal
VIIIB	Prabesh Shrestha	Roja KC	
VIIIC	Awantika Nepal Bishaka Adhikari Kritika Shah Yunish Shrestha	Kriti Karmacharya	
VIIID	Subin Poudel	Simran Bhattarai	
IXA	Neha Shrestha Rijan Kafle	Kshitiz Shrestha	Soumya Aryal
IXB	Angel Gurung Pratistha Bastola Priyanka Rana Samip Regmi Shaibesh Khadka	Angel Gurung	
IXC	Kriti Shrestha	Kebin Shrestha	
IXD	Anishma Tuladhar Drishya Shrestha Nandita Kharel Smriti Thapa Sneha Gautam Venus Bhatt	Ashma Khatiwada	
XA	1. Abhipsa Singh Koirala 2. Bibek Bimali 3. Image Adhikari 4. Kabita Khanal	Aashra Bajracharya	Aayusha Shrestha
XB		Prasun Subedi	
XC		Rakshya Bohara	
XD		Yogesh Chapagain	

Incharges, 2016-17

Name	Class
Savita Kapruwan	IX and X
Churamani Pandeya	VI – VIII
Nikendra Gurung	IV and V
Sabina Katwal	K.G – III
Reeta Khatri	Nepali Coordinator, Junior
Bed P. Aryal	Nepali Coordinator, Senior
Ajai Chand	ECA







Triyog HS School

KEY DATES (October - December, 2016)

October 8 / Ashwin 22, 2073	Dashain-Tihar holiday begins
November 3 / Kartik 18, 2073	School resumes after Dashain- Tihar holiday
November 15 / Kartik 30, 2073	Inter-House cricket contest finals
November 18 / Mangsir 3, 2073	Class day grade V
November 26 / Mangsir 11, 2073	Senior school sports day
November 29 / Mangsir 14, 2073	Inter-House handwriting contest
December 8 / Mangsir 23, 2073	Unit Test & Pre Send Up exam begins
December 9 / Mangsir 24, 2073	Project Day KG - V
December 16 / Poush 1, 2073	Class Day grade II
December 23 / Poush 8, 2073	Inter-House multimedia contest
December 24 / Poush 9, 2073	Parent Teacher Meeting
December 26 / Poush 11, 2073	Winter holiday begins / Winter coaching for grade X