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TRİYOG

Newsletter

Vol. I - April - June, 2023

TRİYOG HIGH SCHOOL, Tokha-6, Kathmandu, Tel: 4965285, 4981695, Email: info@triyog.edu.np

Message from the Vice-Principal

Dear Parent/Guardian,

Greetings to all!

This is the first newsletter of the current academic session. We have covered the first quarter of the session since we embarked on another year of learning and growth.

To begin with, I want to express my acknowledgement and appreciation for all for their unwavering support throughout the previous academic year.

Let us begin with the remarkable success of our SEE batch of 2079. I am delighted to announce that all our students have surpassed expectations. Their hard work, perseverance, and commitment have yielded excellent results. This result is also a testament to the guidance provided by our talented faculty, and the supportive environment that School fosters. I extend my heartfelt congratulations to our SEE students and their parents/guardians.

As we embark on the journey of this academic session, I encourage our students to set ambitious goals, embrace challenges, and make the most of the opportunities that lie ahead. I have no doubt that with the right mindset, dedication, and support from all quarters, our students will scale greater heights.

This year too, we have set our sights on fostering a conducive learning environment incorporating the diverse ECAs, CCAs, and learning platforms. You must have already noticed some changes and additions to these activities in the current session. We will ensure that the students get the best opportunities for personal and intellectual growth and that they can thrive academically, socially, and emotionally.

Communication between the school and home is crucial for the success of our students. We will maintain open lines of communication through regular newsletters, parent-teacher meetings, social media platforms, and our School's website. Please stay connected with us, as we believe that a strong partnership between home and school is essential in creating a supportive and enriching world.

I look forward to witnessing the accomplishments and growth of each and every one of our students and staff. Let us embrace this opportunity to learn, explore, and create memories that will last a lifetime. Together, we will overcome challenges, celebrate successes, and build a brighter future.

Wishing you and your ward a successful and fulfilling year ahead!

Regards,

Savita Kapruwan

Investiture Ceremony and Annual Prize Distribution 2023



Triyog High School inducted the new Prefectorial Body and celebrated the glorious and outstanding achievements of students in the Investiture Ceremony and Annual Prize Distribution 2023. The Country Examination Director and General Manager, British Council, Nepal, Mr. Maxim Raimann graced the occasion as the Guest of Honour.

Besides inducting the new Prefectorial Body, the students were rewarded for multi-disciplinary accomplishments which included both academic and non-academic categories. Awards included Best in Conduct, All-rounder, Best Captain, Perfect Attendance, and Academic Winners. Also, the highest GPA achievers from Grade VIII in the BEE 2079 were awarded in the ceremony.

Annual Prize Winners

Best in Conduct (KG-III)		All Rounder (KG-III)
Class	Name	Name
KG	Bishesh Marasini	Kashwi Pandey
I A	Prakriti Rawal	Zishaan Zafar
I B	Rachit Adhikari	Aryana K.C
I C	Adhrit Maskey	Venus Thapa
I D	Divyani Dhungana	Prashik Ray
II A	Advik Pant	Suhansi Neupane
II B	Riyomi Pandit	Ritika Paudel
II C	Shanvi Shrestha	Sayabung Rai
II D	Nirvik Baniya	Elina Adhikari
III A	Subigya Subedi	Sayesha Giri
III B	Siprad Adhikari	Ashvi Ghale
III C	Nigam Sedai	Suhana Dahal
III D	Nigesha Bagale	Roman Singh

Best in Conduct (IV-VII)		All Rounder (IV-VII)
Class	Name	Name
IV A	Shiwani Dhungana	Bidhisha Pant
IV B	Abhyudaya JB Singh	Prajna Poudel
IV C	Anusuya Adhikari	Shreyashbi Oli
IV D	Pranavi Neupane	Suhani Subedi
V A	Paridhi Khatri	Noel Thapa
V B	Pratosh Maharjan	Aadhya Adhikari
V C	Sadhbi Bhandari	Biswastva Marasini
V D	Aashna Khadka	Marico Devkota
VI A	Astina Paudel	Sarika Karki
VI B	Samyam Pandey	
VI C	Sayori Lama	
VI D	Pranu R.L Giri	
VII A	Arya Devkota	Kinshu Shrestha
VII B	Kriti Rimal	
VII C	Supriya Phuyal	
VII D	Unique Ghimire	

Best in Conduct (VIII-X)		All Rounder (VIII-X)
Class	Name	Name
VIII A	Swostik Tandul	Prayosh Krishna Gurung
VIII B	Saumya R. L Rana	
VIII C	Presabi Dhungel	
VIII D	Manasha Wagle	
IX A	Prija Shrestha	Soniya Niroula
IX B	Suvigya Bhandari	
IX C	Arnav Gurung	
IX D	Subigya Nepal	
X A	Reedhima Tuladhar	Seelush Chhetri
X B	Shristi Shrestha	
X C	Amisha Paudel	
X D	Sannidhya Aryal	

Academic Winners			
Class	First	Second	Third
KG	Prashamsa Khatri	Nishi Naman Khanal	Bishesh Marasini
I	Medhavi Pathak	Venus Thapa	Prashik Ray
II	Riyomi Pandit	Advik Pant	Shanvi Shrestha
III	Deepan Kumar Pandey	Adisha Silwal	Darshana Sapkota
IV	Pranavi Neupane	Aaradhya Panta	Adheep Ghimire
V	Bishwasta Marasini	Marico Devkota	Noel Thapa
VI	Sayori Lama	Astina Poudel	Shivangi Pathak
VII	Rashi Kunwar	Supriya Phuyal	Sampada Subedi
VIII	Manasha Wagle	Diva Giri	Pratham Khanal Vibhusha Rajbhandari
IX	Soniya Niroula	Sukriti Pandey	Sibani Joshi

Perfect Attendance	
Class	Name
III D	Adisha Silwal
IV C	Anusuya Adhikari / Atal Subedi
IV D	Anusuya Adhikari / Atal Subedi
V B	Somyak Kasaju
VI A	Adiksh Siwal
VI B	Aarush Shrestha / Samyam Pandey
VII A	Roshika Wagle
VII B	Kriti Rimal
VI C	Sampada Subedi / Nirwan Rokka Magar
VI D	Aaradhy Thapa
VIII A	Angel Basnet / Gahan Thapa
VIII C	Pratham Khanal / Anuj Rimal
IX C	Paljor Gurung
X C	Amisha Paudel / James Bhomi / Pragya Aryal / Seelush Chhetri
X D	Sovereign Shrestha

Prefectorial Body for Academic Year 2023-24

School Captain : Soniya Niroula **School Discipline Captain:** Aarya Marasini

School Vice Captain: Manasha Wagle **Learning Society Coordinator:** Prija Shrestha

Begnas House	
Captain	Sarahana Singh
Vice Captain	Dilasha Adhikari
Senior Prefect	Ojaswi Singh
Junior Prefect	Kinshu Shrestha

Phewa House	
Captain	Biven Shrestha
Vice Captain	Aashna Hadakhale
Senior Prefect	Diva Giri
Junior Prefect	Neha Kharel

Rara House	
Captain	Saksham Manandhar
Vice Captain	Prayosh K Gurung
Senior Prefect	Susmeen Shrestha
Junior Prefect	Rashi Kunwar

Tilicho House	
Captain	Abhigya Dangol
Vice Captain	Pratham Khanal
Senior Prefect	Jyotishree Malla
Junior Prefect	Bibhuti Aryal

Celebrations @ Triyog

Welcome Programme



We welcomed all of our newly admitted learners and parents at the beginning of the Academic Session 2023/24. Orientation sessions were successfully organized for the parents to inform them about the school's culture and values. New educators joining the Triyog family were also welcomed with a promise to not leave any stone unturned for the betterment of learning and learners.

World Environment Day



June 5, World Environment Day was celebrated with an array of a week-long activities helping the environment conservation and making the world aware of it. Based on the theme 'Beat Plastic Pollution', learners displayed their creative skills in arts, crafts, skits, and speeches to spread awareness. Students participated in different rallies that were organized on the occasion. Strengthening the message of environment conservation, the Triyog Alumni Society organized a Cycle Rally on World Cycling Day that started from School premises and covered a distance of approximately 20 kilometres.

World Music Day



A special day to mark the significance of music in our lives was celebrated in a musical way. A classical music performance and interaction programme was conducted with the pure intention of attracting the young generation to the beauty of classical music. Sangeet Praveen Prof. Sriram Acharya delighted the young audience with his magical melodies and words. The performances of Sangeet Praveen Asst. Prof. Sarojani Tandukar, Senior Tabla Player Jiban Rai, and Harmonium Player Sunil Dahal added beauty to the programme.

Professional Development

STEAM and AI Praxis Session



We continuously develop STEAM praxis in the classroom to encourage creativity, enhance technological literacy, develop teamwork skills, and prepare students for future careers. We are using AI in the teaching-learning process carefully from the perspective of the emerging use of Artificial Intelligence.

In this regard, we conducted a training session on STEAM and AI in collaboration with Kathmandu University.

Design Thinking



In-House Teachers Professional Development session on 'Design Thinking Pedagogy' was conducted by Nikendra Gurung, Middle School In-charge, for the teachers of grades IV and V. This pedagogical approach stresses the importance of empathy, collaboration and experimentation to develop innovative solutions that addresses real-world problems. This pedagogy empowers individuals to think creatively, challenge assumptions and generate practical solutions that meet the needs of the end-users.

Effective Lesson Planning



An In-House teacher development workshop was conducted on 'Effective Lesson Planning' for Middle School teachers by the Block In-charge Mr. Nikendra Gurung. The session helped the teachers to delve into strategies and techniques to design and deliver impactful lessons that engage students and promote effective learning. The teachers explored the 3CR module of lesson planning format, cognitive domain of Bloom's Taxonomy and setting clear learning objectives using SMART approach.

SEL Session for Teachers



A session on 'Spread Positivity, Positive Discipline: Balancing Between Disciplining and Maintaining Strong Connection' was conducted by the facilitators from Sambhavya Foundation for the teachers of grades IV and V. The session focused on how the teachers should help in addressing the socio-emotional needs of the students in a positive manner, incorporating socio-emotional learning (SEL) and creating a supportive classroom environment. The session also provided the teachers with strategies for addressing the behavioral issues of students.

STEAM in Classroom



As a part of our institutional collaborative effort with Karkhana, two of our Science teachers from grades VI and VII, attended the orientation session organized by Karkhana in King's College. The session highlighted the significance of incorporating STEAM approach in the classroom. It highlighted the ways through which the Karkhana-designed toolkit would help educators to support the learners in gaining conceptual clarity of the contents mentioned in the national curriculum for Science.

Reading Circle

Junior School teaching faculties form a Reading Circle amongst themselves to cultivate reading habits as educators and to develop reading culture at School.



New Curriculum Based Intensive Training



Rigorous training sessions on the 'New-Curriculum-Based-Assessment' & 'In-class-Integration' were conducted for the Junior School educators from May 10, 2023 to July 4, 2023. All academic faculties participated actively in the sessions that highlighted the National Objectives of the Curriculum, Theme-Based Teaching Methods, Assessment Modules, In-class Integration Approaches, Transverse Skills, Portfolio-keeping, Learning Goals, etc. Mr Uttam Dahal facilitated the sessions.

Field Visits

Tiger Lily Petting Farm



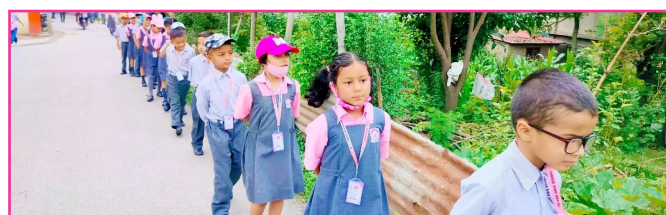
The Kindergarteners had their domestic animals theme based visit to the Tiger Lily Petting Farm. During the visit they got to explore many things about domestic animals such as their habitats, food they eat, their babies, and their usefulness in our daily life. They enjoyed the visit thoroughly and gained a lot of practical knowledge.

The Central Zoo



On June 8, 2023, students of KG went for a visit to the National Zoo, Jawalakhel, with an objective of theme-based study on wild animals and water animals. The little learners were familiarised with wild & water animals, their habitats, their babies, and their food habits. The trip was a perfect mix of knowledge and fun for the young learners.

School's Neighbourhood



On June 25, 2023, the second graders took a short tour in and around the School neighbourhood to be more familiar with the local area surrounding the school. They learnt about different buildings, landmarks, parks, and other features that are in the close vicinity of the School.

Joint Family



On June 16, 2023, the learners of Grade IA were taken for a family visit which was based on the theme 'My Family & I'. The objective of the visit was to get the students acquainted with the concept of joint family, especially for those living in a nuclear family. The students collected information on joint family as they integrated with the members of the family. The students were divided into different groups and each group interacted with different family member like grandparents, parents, uncle, and aunt. They collected information, and learnt lessons from them. The learners truly enjoyed the visit. We, Triyog family, extend gratitude to the family of Aryaansh Singh Bhandari from Grade IA for their love and hospitality.



On June 18, 2023, the learners of Grade IB and IC visited a joint family to meet the objective of their learning theme 'My Family & I'. They got to learn the concept of joint family and collected information on the same through interaction with grandparents, parents and the other members of the family. The children loved the visit. Triyog family extends sincerest thanks to the family of Shreeyukta Singh Thapa from Grade IB and Anusri Dhungana from IC for their immense support and warm hospitality.

Old Age Home



On June 8, 2023, the Grade II learners visited an old age home named Divine Service Home located at Golfutar, to meet the objective of theme-based study on 'My Family and I'. The senior citizens were elated to see the students and the teachers visiting them. The learners compared and related the senior citizens' life with their grandparents and came to know about the daily lives of the elderly and learnt lessons from them.

Bagh Bhairab



Learners from the sixth grade visited Bagh Bhairab temple situated at Kirtipur. Learners got the opportunity to explore the rich cultural and historical significance that is associated with the temple. Their learning got further enhanced when they got an opportunity to interact with the locals and the officials who were responsible to preserve the local heritage site.

Tarakeshwor



Learners from Grade VII visited the Tarakeshwar Municipality to deepen their learning of the SDG Goal No. 11 'Sustainable Cities and Communities'. They walked through the locality and interacted with the locals to understand their perspective on the rapid settlement that is taking place in the area and the ways planning is being carried out by local governmental agencies to ensure that the area is adequately supported with basic facilities encouraging inclusive community.

Water Bottling Plant



As a part of their learning of 'Clean Water and Sanitation', students from Grade V visited the water bottling plant 'City Mineral Water & Beverage Pvt. Ltd' to understand the different levels of water purification process before it is made suitable for drinking. They also learnt about the daily consumption of mineral and jar water inside the valley.

Manav Sewa Ashram



Inquisitive learners from Grade IV made a visit to Manav Sewa Ashram situated at Raniban, Kathmandu. The main purpose of the visit was to make the students understand that nothing in life is permanent, and it is filled with uncertainties. Children were emotionally touched to hear the stories about the difficult and harsh situation of the people who were rescued by the organisation.

River Walk



The students of Grade V made a visit to the nearby river in the close vicinity of the School to understand the state of water sources in the area, making their learning more contextual. The learners were amazed to see how urbanisation has led to the rapid deterioration of water bodies making them extensively polluted.

National Innovation Centre



On May 17, 2023, Grades IX A and IX B visited National Innovation Centre (NIC), Kirtipur, to explore the innovations conducted by NIC. Students got an opportunity to meet the founder Mr. Mahabir Pun and other highly dedicated and passionate staff of the centre. They were provided with valuable insights into devices and technologies being developed at the centre. The staff members briefed the students about innovative projects and initiatives currently in progress. The students were accompanied by Ms. Seema Subba, Mr. Puskar Chaudhary, and Mr. Balram Neupane.

Kathmandu Upatyaka Khanepani Limited



Students of Grades IX C and IX D made a visit to Kathmandu Upatyaka Khanepani Limited to know more about the functioning of its different departments including Accounts and Maintenance. They interacted with the heads of different departments and were briefed about the company's services and commitment to deliver efficient water management services. Mrs. Geeta Pokharel, the Administrative Officer was very instrumental in making the visit very fruitful. The students were accompanied by Mr. Anoj Pariyar, Mr. Tshering N. Sherpa, Mr. Jagadish Baral, and Ms. Mamata Shrestha.

Central Library of Tribhuvan University



On June 1, 2023, the students of Grade X visited the Central Library of Tribhuvan University for experiential learning of filing and indexing. They observed the extensive collection of the library and witnessed the organisation of resources at the library. They were also taken to the National Innovation Centre (NIC) on the same day to have an insight into the latest innovations and efforts going on at the Centre. The objective was also to motivate them to develop science and technology in Nepal. They also made some financial donations to support the efforts of the NIC.

Interactions

Grandparents

Grade I



मिति २०८० असार १२ गते विद्यालयमा 'म र मेरो परिवार' विषयक्षेत्रमा कक्षा १ का विद्यार्थीहरूले अभिभावक (हजुरबुवा र हजुरआमा) सँग अन्तरक्रिया गर्नुभयो। अन्तरक्रिया परिवारको महत्व, अभिभावकको बाल्यकाल, पहिलाको समय र अहिलेको समयमा आएको परिवर्तनमा केन्द्रित थियो। विद्यार्थीहरूले परिवारका सदस्यहरूको दायित्व बुझ्न पाउँदा खुसी हुनुका साथै परिवारमा आ-आफ्नो महत्व के रहेछ भन्ने कुरा पनि बुझ्नुभयो।

Grade II



हाम्रा कक्षा २ का विद्यार्थीहरूले जेष्ठ अभिभावकहरूसँग 'म र मेरो परिवार' शीर्षकमा मिति २०८०/०२/१६ गते अन्तरक्रिया गर्नुभयो। अभिभावकहरूको बाल्यकाल कसरी बित्यो, पहिलाको समय र अहिलेको समयमा के-के परिवर्तन भयो, साथै परिवारमा अभिभावकको महत्वबारे ज्ञान हासिल गर्ने उद्देश्यले सञ्चालित कार्यक्रममा विद्यार्थी भाइबहिनीहरूले आफ्ना मनका जिज्ञासा सोधेर धेरै जानकारी हासिल गर्ने मौका पाउनुभयो। विद्यार्थीहरूले अभिभावकसँग विभिन्न क्रियाकलाप गरी रमाउने अवसर पनि पाउनुभयो।

Grade III



Based on the theme 'My Family and I' the third graders had an interaction session with the parents from different professional backgrounds. The main objective of having this interaction was to provide them with a diverse and comprehensive understanding of the various careers and jobs available in our community. Inviting parents from different professions aimed at exposing students to a range of occupations, helping them broaden their knowledge, give respect to all the occupations, and gain insights into different types of jobs people do.

Medical Science and Ayurved



The students of Grade X interacted with Dr. Sagar Adhikari and Dr. Junaid Mikrani about medical science and Ayurveda. The interaction focused on the importance of medical science, the latest achievements in it, allopathic and Ayurvedic treatment, benefits of the Ayurvedic treatment, its potential in Nepal, why to use Ayurvedic medicine, and what kind of diseases can be treated by Ayurveda.

Disaster Management



Students of Grade IX and X participated in disaster management training facilitated by Tokha Municipality-6. The programme was focused on the introduction of disasters, their types, and the safety measures to be taken. The trainer conducted a live demonstration of fire management in case of fire by gas cylinder.

Nepali Literature



Students from the Middle School got an opportunity to interact with two prominent literary figures from the field of Nepali Literature, Mr. Ram Babu Subedi and Mr. Hemraj Bastola. This session was planned especially to acquaint our students with the beauty of Nepali literature. They were mesmerized to see how simple situations or statements can be converted into beautiful poetry and stories.

Sustainable Development Goal



The seventh graders got an opportunity to interact with Dr. Veenita Thapa, a Social Scientist, about the significance of the study of Sustainable Development Goals with more emphasis on Goal No. 11, 'Sustainable Cities and Community.' Learners got to broaden the horizon of their understanding about different factors related to the development of sustainable cities and the ways every individual can contribute to its formation.

Orthopaedic Health



Sixth grade learners interacted with Dr. Richa Adhikary, an alumnus of Triyog High School and an Orthopedic Surgeon, on the topic 'Skeletal System.' Through this interaction, students got an immense understanding of the development of bones at different age levels and the complications associated with bone injuries, and the ways to take proper medical and personal care.

Social Emotional Health



Mr. Alex Plum, the Executive Director of Corner Health Centre, Michigan, USA along with the members of Sambhavya Foundation and Group for Technical Assistance visited School to exchange insights into mental health issues amongst students, and how best to address them. The interaction focussed on the measures being taken at Triyog High School to address the issues. Mr. Ashish Shrestha facilitated the meeting. The team, later, visited the SEL classes in progress and spoke to students about the importance of mental health and how it can affect our physical health and overall well-being. The participants emphasized the need for increased awareness and destigmatization of mental health issues, highlighting the importance of early intervention and access to appropriate resources.

Curriculum Nite



Curriculum Nites for the Academic Session 2023/24 was conducted from May 10 to May 12, 2023. It was an event organised to brief the parents about the teaching-learning techniques and practices followed at our school. Parents and teachers of all grades had an opportunity to learn more about the curriculum, teaching-learning methodologies, and assessment framework besides general rules and information pertaining to School and classes.

1st Triyog Inter-School Basketball Tournament



In the course of fostering sports skills along with other life skills and providing exposure, we organized the 1st Triyog Inter-School Basketball Tournament 2023 from June 18 to June 25, 2023. Fifteen schools from the valley participated in the tournament which was divided into boys and girls category. The teams were put in four groups with three teams in each group. Gyanodaya Bal Batika School lifted the Winner Trophy in the boys category, and Rato Bangala School lifted the Winner Trophy in the girls category. Acting President of the Nepal Basketball Association, Mr. Bhim Singh Gurung graced the prize distribution ceremony as Chief Guest and encouraged the players to take the sport to greater heights.

Learning Society Executive Committee 2023/24



Learning Societies are the most effective platforms at Triyog High School for the development of leadership, communication, and coordination skills among students. The executive committee of students for different learning societies conduct and coordinate different events at School.

The new Executive Committee Members of the Learning Society were inducted by decorating with batch and certificate..

Art and Craft Competition



Art skill refers to the ability and proficiency in creating visual expressions that are pleasing and thought-provoking. It encompasses a wide range of artistic disciplines, including painting, drawing, and more. Art skill involves the mastery of techniques, the understanding of composition and design principles, and the capacity to effectively communicate ideas and emotions through creative means.

The Inter-House Art and Craft Competition helped our artists to expose their thoughts to the school community.

Poetry Recital and Storytelling Competition



Under the initiation of the Middle School English and Nepali Language Arts Department, poetry and storytelling competitions were held for the students of grades IV - VII. This competition was held at different qualifying stages providing all the students an opportunity to enhance poetry recitation and storytelling skills. Students delivered their self written poetry and story in the final round of the competitions. Mentioned below is the list of students who made it to the top three from different sections of grades IV to VII.

Friendly Matches



Friendly games play an important role in the development and growth of students in various ways. Learners can develop their game skills, build confidence and learn the art of sportsmanship through such exposures.

Our basketball and football teams played friendly matches with the teams of Gyanodaya Bal Batika School, Valley View School, and NIST Bhaktapur School. All the team players showcased their beautiful art of sports.

Phoenix Inspiration Art Competition



Four of our students participated in an inter-school art competition organized by Phoenix Inspiration at Swostishree Gurukul School. Children had to draw the artwork depicting Nepal-China relationship. The results for this art competition will be announced at the end of this year in a ceremony conducted by Phoenix Inspiration.

Learning Beyond the Classroom

Makerspace and Robotics



Learning robotics and automation fosters creativity and critical thinking enabling individuals to design and develop intelligent machines. Members of the Makerspace Club at Triyog had an interaction session with RAN's (Robotics Association of Nepal) Head Er. Sanjay Rana and Program Manager Er. Rishav Raj. The session briefed learners about Robotics and Automation from Scratch.

Triyog Gavel Club - 50th Meeting



Triyog Gavel Club is a great platform affiliated with Toastmasters International to develop communication, leadership, and public speaking skill for the youth. The club has achieved the 50-meeting milestone and is moving ahead with continuous meetings and learnings. The tremendous efforts and enthusiasm of Gaveliers are making the meetings grand. Everyone plays their assigned role perfectly. It is great to see how the Gaveliers are developing their communication, public speaking, and leadership skills.

School Enterprise Challenge



Practicing school business is important for school students to boost life skills such as practical problem-solving, innovation, communication, and teamwork that lead them to financial literacy, entrepreneurship opportunities, and future employability.

The business team of Triyog participating in the School Enterprise Challenge 2023 was oriented about the programme and concept of entrepreneurship by the programme lead teachers Mr Kamal Shrestha and Mr Anoj Pariyar.

We hope this team will come up with some innovative ideas for the welfare of society.

Duke of Edinburgh's International Award



The Duke of Edinburgh International Award is a prestigious and globally recognized program that empowers young people to develop valuable life skills and achieve personal growth. The aim of the Duke of Edinburgh's International Award is to challenge and inspire young individuals, aged 14 to 24, to explore their potential, enhance their abilities, and become well-rounded individuals who are equipped for success in life.

Participants of the Duke of Edinburgh's International Award were provided with an orientation about the award. Ms. Baybina Shrestha, Senior Operations and Programme Officer, Mr. Sabin Krishna Karmacharya, Junior Programme Officer from the Duke of Edinburgh's International Award, Nepal, and the Triyog Unit Award Coordinator Mr. Kamal Shrestha led the programme. This session helped participants to know more about the award, its sections, and its impacts in real life.

TED-Ed Club



TED-Ed Clubs are learning communities where students come together to explore ideas, develop presentation skills, and discuss a wide range of topics. It assists in public speaking, critical thinking, creativity, collaboration, empowering voice, etc.

TED-Ed Club of Triyog High School organized a TED Style Talk event on June 9, 2023. The ideas of the speakers on various topics were wonderful and captured the attention of the audience.

Triyog Orator's Club



Oratory is a valuable skill that enables individuals to express themselves effectively, influence others, and make a lasting impact through the power of spoken words. It helps students to enhance their public speaking, communication, and collaboration skills.

Triyog Junior Orator's Club recently conducted its second meeting on the theme 'The Unshakable Universe'. Flawless junior orators deliver powerful speeches on different topics and role-players play their role very efficiently. They are utilizing this platform to the maximum for skill development.

Swimming



Swimming is the art of defying gravity where we feel weightless, liberated from the constraints of the earth. Swimming is an important skill for students due to its safety implications, physical fitness benefits, positive impact on confidence and mental health, social interaction opportunities, development of discipline, goal-setting abilities, and the lifelong nature of the skill.

Our students are making water a friend and developing swimming skills, building confidence in the pool in a recreational environment.

Achievements

MIS Cup 2023



In the different events of Basketball, Badminton, Chess, and Table Tennis at Modern Indian School Cup 2023, our students performed spectacularly and secured glorious positions.

Gold - Badminton U-14 Girls - Jyoti Shrestha

Gold - Table Tennis U-14 Girls - Princy Devkota

Gold - Table Tennis U-14 Boys - Saral Shrestha

Gold - Chess Boys - Sulaksh Bhatta

Gold - Chess Girls - Riya Shrestha

Silver - Table Tennis U-17 Girls - Krishma Rijal

Silver - Table Tennis Team Event - Krishma Rijal, Diva Giri, Prakriti Shrestha, Vibhusha Raj Bhandari, Princy Devkota

18th Annapurna National Chess Championship 2023



Triyog High School bagged the Best School Award in the renowned 18th Annapurna National Chess Championship 2023.

The 11-member team of boys and girls made it possible by securing different positions in the championship.

Reeya Shrestha - First (U-17 Girls)

Anuska Shrestha - Seventh (U-15 Girls)

Kshitiz Deep Rai - Seventh (U-17 Boys)

Paridhi Khatri - Second (U-11 Girls)

Avash Rimal - First (U-11 Boys)

Trilok Burlakoti - Eighth (U-11 Boys)

Inter-School Art Competition



Our magician of colours and strokes, Peeyush Lamgade is glorifying School's name in different national and international programmes with his diverse artworks. In this Academic Session so far, he secured the second position in FOZ Inter-School Wildlife Drawing Competition and the third position in National Art Competition, Nepal Owl Festival 2023, organized by the International Owl Centre. Peeyush secured the second position and Vibhusha Rajbhandari's artwork was selected among the top artworks in the recently conducted BVS Inter-School Art Competition.

SACC Participation



It is a matter of pride for the entire School family that one of our chess players, Riya Shrestha, represented Nepal in the South Asian Chess Championship 2023. She has been participating in different national and international chess tournaments. Currently her FIDE rating is 1256 FIDE. Her dedication to the game has led to these glorious opportunities and achievements at this young age.

Essay Writing Competition



Soniya Niroula of Grade X was awarded Special Prize in the Ambassador of Pakistan 10th Annual Essay Writing Competition 2022/23 organized by the Embassy of the Islamic Republic of Pakistan, Kathmandu, Nepal.

Block In-charges and Head of Departments

Name	Departments
Mr. Churamani Pandeya	Senior School In-charge (VIII-X)
Mr. Nikendra Gurung Tamu	Middle School In-charge (IV to VII)
Mr. Lalkesh Panday	Junior School In-charge (KG to III)
Ms. Deepa Bhatt	ECA In-charge
Mr. Bed Prasad Aryal	Nepali Coordinator (VI-X)
Ms. Reeta K.C	Nepali Coordinator (KG-V)
Mr. Bikram Thapa	STEAM Coordinator

Name of Class Teachers for Academic Year 2023-24

Class	Teachers
KG	Ms. Aswina Shrestha, Ms. Rabita Gurung
I A	Ms. Rebu Pande, Ms. Ashma Bista
I B	Ms. Shweta Dahal, Ms. Shova Adhikari
I C	Ms. Evan Syiemlieh, Ms. Salila Acharya
II A	Ms. Binisha Shrestha, Ms. Ranjana Adhikari
II B	Ms. Padma Shahi, Ms. Yashoda Thapa
II C	Ms. Shreejale Shrestha, Ms. Lata Neupane
II D	Ms. Bhawana Bhattarai, Ms. Manisha Ghale
III A	Ms. Yamuna Shah, Ms. Juni Sthapit
III B	Ms. Jharana Shrestha, Ms. Ambika Simkhada
III C	Ms. Mary Shah, Ms. Renu Thapa
III D	Ms. Sanjeeka Chhetri, Ms. Pallawi Shrestha
IV A	Ms. Preeti Bajracharya, Ms. Nona Sitaula
IV B	Ms. Sudikshya D. Shrestha, Ms. Nisha Thapa
IV C	Ms. Anita Malla, Ms. Alishma Adhikari
IV D	Ms. Robina Shrestha, Ms. Punam Singh
V A	Ms. Meena Khwakhali
V B	Ms. Sujita Maharjan
V C	Ms. Bandana Bagale,
V D	Ms. Saily Shrestha
VI A	Mr. Shambhunath Jha
VI B	Ms. Nisha Khadka
VI C	Ms. Janaki Negi Shrestha
VI D	Ms. Durga Adhikari
VII A	Mr. Kamal Bahadur BK
VII B	Ms. Jenish Prakash
VII C	Ms. Surjana Dhakal
VII D	Ms. Laxmi Ghimire
VIII A	Ms. Srijana Koirala
VIII B	Mr. Manoj Baniya
VIII C	Mr. Madhu S. Lamsal
VIII D	Mr. Shyam S. Jha
IX A	Ms. Seema Subba
IX B	Mr. Puskar Chaudhary
IX C	Mr. Tshering N. Sherpa
IX D	Ms. Mamata Shrestha

X A	Mr. Suresh Chaudhary
X B	Mr. Prakash Pant
X C	Mr. Anoj Pariyar
X D	Mr. Balaram Neupane

Teacher's House List 2023-24

Begnas (Yellow)	Phewa (Red)
Balram Neupane (Housemaster)	Laxmi Ghimire (Housemistress)
Punam Singh (Housemistress)	Rewata Gurung (Housemistress)
(VIII-X) Subhash Dawadi Seema Subba Balram Neupane Pratistha Pandey	(VIII-X) Jagadish Baral Tshering Sherpa Puskar Chaudhary Bibek L. Karn
(IV-VII) Punam Singh Bhagwati Sharma Nona Sitaula Shaily Shrestha Jenish Prakash Kamal B.K	(IV-VII) Janaki Negi Shrestha Laxmi Ghimire Rewata Gurung Meena Khwakhali Durga Adhikari Sudikshya Shrestha Kewora Adhikari
(KG-III) Manju Pokharel Yukti Nakarmi Aswina Shrestha Binisha Shrestha Manisha Ghale Sanjeeka Chhetri Ashma Bista	(KG-III) Padma Amar Shahi Samjhana Acharya Jharana Shrestha Shweta Dahal Mary Shah Juni Sthapit

Rara (Blue)	Tilicho (Green)
Shambhu.N Jha (Housemaster)	Krishna P. Nepal (Housemaster)
Robina Shrestha (Housemistress)	Yamuna Shah (Housemistress)
(VIII-X) Manoj Baniya Laxmi Adhikari Prativa Shrestha Madhu Sudhan Lamsal Shyam S. Jha Anoj Pariyar	(VIII-X) Mamata Shrestha Pramod Wagle Krishna P. Nepal Srijana Koirala Suresh Chaudhary Prakash Pant
(IV-VII) Surjana Dhakal Shambhu.N Jha Nisha Khadka Robina Shrestha Pramila Adhikari Sujita Maharjan Pragya Bhattarai Anita Malla Shrestha	(IV-VII) Laxmi Rayamajhi Bandana Bagale Alishma Adhikari Amita Bajracharya Nisha Thapa Preeti Bajracharya
(KG-III) Rebu Pande Bhawana Bhattarai Lata Neupane Ranjana Adhikari Ambika Simkhada Renu Thapa	(KG-III) Evan Syiemlieh Yamuna Shah Shreejale Shrestha Shushila Subba Pallawi Shrestha Yashoda Thapa Sarita Shiwakoti

Congratulations to the SEE Batch 2079



Samyukta Rajbhandari
GPA 3.95



Seelush Chhetri
GPA 3.95



Bishista Wagle
GPA 3.90



Grishma Tiwari
GPA 3.90



Pavani Limbu
GPA 3.90



Pragya Aryal
GPA 3.90



Sairus Adhikari
GPA 3.90



Shaswat Timilsina
GPA 3.90



Shuvam Kandel
GPA 3.90



Suvam Dhakal
GPA 3.90



Tushar Aidi
GPA 3.90



Amisha Poudel
GPA 3.85



Anjolee Thapa
GPA 3.85



Anuj Sapkota
GPA 3.85



Anushka Acharya
GPA 3.85



Barish Sthapit
GPA 3.85



Sanjita GC
GPA 3.85



Sarweshwari RL Rana
GPA 3.85



Shishtata Baral
GPA 3.85



Shreeya Rosyara
GPA 3.85



Shristi Shrestha
GPA 3.85



Aarogya Adhikari
GPA 3.80



Anwesha Upadhyaya
GPA 3.80



Ashrika Dhital
GPA 3.80



Bibhan Pradhan
GPA 3.80



Bisista Adhikari
GPA 3.80



Yogesh Poudel
GPA 3.80



Aaditya Pyakurel
GPA 3.75



Grishma RL Rana
GPA 3.75



Pradev Thapa
GPA 3.75



Reedhima Tuladhar
GPA 3.75



Sakar Baral
GPA 3.75



Samman Tandan
GPA 3.75



Sanshray Sharma
GPA 3.75



Shubham Hamal
GPA 3.75



Shubrata Baral
GPA 3.75



Sujal Pangen
GPA 3.75



Adhish Bhattarai
GPA 3.70



Atit Nepal
GPA 3.70



Dibyata Dhungana
GPA 3.70



Dixita Paudel
GPA 3.70



Hritika Sharma
GPA 3.70



James Bhomi
GPA 3.70



Janvi Subedi
GPA 3.70



Nirjal Dahal
GPA 3.70



Sannidhya Aryal
GPA 3.70



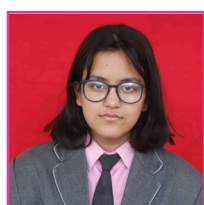
Anuska Regmi
GPA 3.65



Pramod Kumar Parajuli
GPA 3.65



Prayan Shrestha
GPA 3.65



Rachana Koirala
GPA 3.65



Rikma Thapa
GPA 3.65



Yekraj Oli
GPA 3.65



Aayam Pokhrel
GPA 3.60



Anjil Acharya
GPA 3.60



Armaan Ghimire
GPA 3.60



Diwas Thapa
GPA 3.60



Nishma Lamichhane
GPA 3.60



Rojan Khanal
GPA 3.60



Roshan Poudyal
GPA 3.60



Sadina Adhikari
GPA 3.60



Stuti Thapa
GPA 3.60



Kapil Dhungana
GPA 3.55



Pradipti Aryal
GPA 3.55



Shasank Lamsal
GPA 3.55



Tejashwin Pokhrel
GPA 3.55



Anugya Thapaliya
GPA 3.50



Kritimani Tamang
GPA 3.50



Abigya Shrestha
GPA 3.45



Anwesha Shah
GPA 3.45



Janvee Gauchan
GPA 3.45



Kritika Rayamajhi
GPA 3.45



Kshitij Deep Rai
GPA 3.45



Monic Poudel
GPA 3.45



Pariwartan Gautam
GPA 3.45



Samyam Sharma
GPA 3.45



Shuvashis Shrestha
GPA 3.45



Vidushi Lamichhane
GPA 3.45



Aabriti Gharti Magar
GPA 3.40



Aayusha Gairhe
GPA 3.40



Nima Gurung
GPA 3.40



Sangam Lamsal
GPA 3.40



Sovereign Shrestha
GPA 3.40



Abhisarika Khanal
GPA 3.35



Abhiyan Neupane
GPA 3.35



Amulya Giri
GPA 3.35



Anmol Shrestha
GPA 3.35



Nishant Joshi
GPA 3.35



Sandhya Godar Thapa
GPA 3.35



Shlok Karki
GPA 3.30



Siddika Poudel
GPA 3.30



Ujwal Bhakta Shrestha
GPA 3.30



Anshu Paudel
GPA 3.25



Ashim Ghimire
GPA 3.25



Ayushma Maskey
GPA 3.25



Divyanshu Shah
GPA 3.25



Manav Regmi
GPA 3.25



Aishwarya Neupane
GPA 3.20



Deepen Gurung
GPA 3.20



Kabir Gautam
GPA 3.20



Aunsh Dhamala
GPA 3.15



Dilasha Shrestha
GPA 3.15



Ivan Shrestha
GPA 3.15



Prisha Sthapit
GPA 3.15



Sashrika Thakali
GPA 3.15



Shwena Shrestha
GPA 3.15



Anjila Tamang
GPA 3.10



Prashansa Giri
GPA 3.10



Priyasha Basnet
GPA 3.10



Saurya Giri
GPA 3.10



Ayush Baral
GPA 3.05



Bhusan Malla Thakuri
GPA 3.05



Kushang Tamang
GPA 3.00



Abhiraj Bajracharya
GPA 2.95



Ishika GC
GPA 2.95



Sulav Gurung
GPA 2.95



Lakeisha RL Singh
GPA 2.85



Dhananjay RR Gurung
GPA 2.60

We are immensely proud of your
outstanding success !



Key Dates (July 2023 - September 2023)

July 20 -21	3rd Triyog Inter-School Chess Tournament
July 24	Dance and Singing Competition
August 6 - August 14	Integrated SDG Project - Exit Event
August 24 & August 26	Project Day (Grades KG-III)
August 27-August 28	Science and Mathematics Olympiad
September 8	Half Yearly Exam Starts
September 17	TMUN Starts
September 28	Half Yearly Examination - PTM



TRIYOG HIGH SCHOOL

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