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TRIOG

Newsletter

Vol. I - April - June 2025

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Message from the Principal

Dear parent/guardian/well-wisher,

We present to you the first edition of our school newsletter for the current academic year! We are already three months into what has been a truly vibrant, productive, and engaging start. This year, we are especially excited to announce the launch of our new preschool block, welcoming our youngest learners into Play Group, Nursery, and LKG programs. These programs, will very soon, be housed in a dedicated preschool facility, providing a nurturing and engaging environment designed to spark curiosity and foster early development.

Though it has been a little over three months since we crossed the threshold of a brand new session, a lot has taken place in the School premises since then. This publication is packed with essential updates, and celebrates the remarkable achievements of our students and staff, while providing important information designed to keep you connected with our very dynamic school community.

The past three months have been a whirlwind of activities, learning, and growth within our school premises. It has been incredibly rewarding to witness our students settling back into their routines, embracing new academic challenges, and forming stronger bonds with their peers and teachers. Our classrooms are consistently buzzing with the vibrant energy of curiosity and discovery, our play fields are alive with the spirit of friendly competitions and sporting activities, and our hallways resonate with the cheerful sounds of students, both old and new. We've seen incredible strides in various areas, the blossoming of new talents in our extracurricular clubs, and a sense of belonging among our student body.

This newsletter is designed to be your primary window into the daily life and achievements of our school. This edition includes highlights from recent events such as Investiture Ceremony and Annual prize Distribution, which was followed by a weeklong World Environment Day celebration, Scout Investiture Ceremony, Inter-School Speed Cubing Competition, NCC Induction Ceremony, Parental SEL sessions, etc. It also throws spotlight on student achievements that showcase their hard work and dedication, and highlights our diverse academic programs and enriching extracurricular offerings. We aim to keep you well-informed about key dates, important updates, and the various ways you can engage with our school community.

We firmly believe that a strong home-school connection is absolutely vital to the holistic development and academic success of our students. Your continued partnership and unwavering support are invaluable to us. We encourage you to read this newsletter thoroughly, discuss its contents with your children, and reach out to us with any questions or feedback. Your involvement plays a crucial role in creating a nurturing and effective learning environment for everyone.

As we move forward into the remainder of this academic year, let us continue to work hand-in-hand to foster a community where every child feels valued, challenged, and inspired to reach their full potential. Here's to a fantastic rest of the academic year, filled with continuous learning, joyous laughter, and the creation of lasting memories for all!

Regards,

Savita Kapruwan

Annual Prize Distribution and Investiture Ceremony 2025



The Annual Investiture and Prize Distribution Ceremony was held on May 4, 2025, to formally hand over the mantle of leadership to the newly appointed Prefectorial Body of the academic year. The event began with the march-past and oath-taking ceremony, followed by the pinning of badges to the School and house captains. The student leaders took oath to uphold the school's values and lead by example.

During the ceremony, outstanding achievers across academic, co-curricular, and attendance categories were felicitated with certificates and medals. The event reflected Triyog's commitment to nurturing leadership, discipline, and excellence.

Celebrations @ Triyog

Buddha Jayanti



एसियाका तारा अथवा शान्तिका दूत भनेर चिनिने गौतम बुद्धको जन्म नेपालमा भएको हो । गौतम बुद्धले दिएका हितोपदेशहरूमध्येको एकलाई विषयवस्तु बनाई प्राथमिक तहको नेपाली विभागको संयोजकत्वमा तयार पारिएको छोटो नाटक बुद्ध जयन्तीको अवसर पारी मञ्चमा मञ्चन गरिएको थियो । कक्षा १ देखि ५ सम्मका विद्यार्थीहरूले प्रस्तुत गरेको उक्त नाटकमा रिसले आफैलाई हानी गर्छ भन्ने सन्देश दिइएको थियो ।

World Environment Week



The Environment Week was celebrated as green week, as a reminder of our shared responsibility toward the environment. Our environmental stewards demonstrated their commitment to environmental conservation through a wide range of activities. They raised their voices for a clean and green environment and urged the school community to strive side by side for a breath of green.

International Yoga Day



International Yoga Day was celebrated at School with a lively yoga session led by our instructor. Students demonstrated different yoga postures and practised breathing exercises, known as Pranayama. The event promoted physical health and built a sense of community among participants.

Professional Development

5E Approach to Effective Lesson Planning



The Middle School In-charge, Mr. Nikendra Gurung Tamu, conducted an insightful session on Effective Lesson Planning with a focus on the 5E Approach – Engage, Explore, Explain, Elaborate, and Evaluate. The session highlighted practical strategies to create student-centered and inquiry-based learning environments. Teachers gained valuable tools to enhance classroom engagement and foster deeper understanding through structured lesson design.

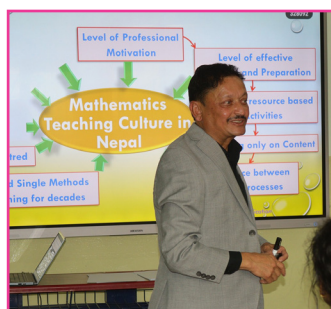
Integrating AI into Education



Integrating Artificial Intelligence into education is no longer optional - it is essential.

A Teacher Professional Development session on 'Integrating AI into Education' amplified the power of our educators to make their classrooms more effective and learning-focused. The session equipped them with AI tools that can assist their teaching methodologies.

Child-Centered and Innovative Pedagogical Practices



The subject teachers enhanced their teaching skills through a subject-specific TPD session led by subject experts. This session highlighted child-centred and innovative pedagogical practices in different disciplines.

Handling Socio Emotions and Common Childhood Disorders

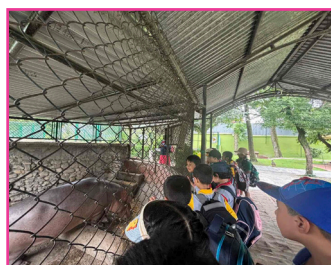


We are committed to creating a more inclusive and effective learning environment for our students. We understand that many children face socio-emotional, behavioural, or developmental challenges impacting their learning and thriving ability. Our teachers strengthen their emotional intelligence to support their students through continuous learning and practice.

The specific sessions broadened their understanding of Socio Emotional Learning and Common Childhood Disorders. It enabled them to identify and address those issues in the school setting.

Field Visits

Exploring Wildlife at Central Zoo



The Grade I learners went on a field trip to the Central Zoo in Jawalakhel to observe different birds and animals and learn more about them. It was a wonderful day filled with fun and learning.

Understanding the Past at Chhauni Museum



Grade VI students went on an educational field trip to the Chhauni Museum to explore Nepal's rich cultural and historical heritage. They observed ancient artifacts, traditional art, and historical relics that deepened their understanding of the nation's past. The trip sparked curiosity and helped bring classroom lessons to life.

Professional Exploration of ICIMOD's Initiatives



Grade X students had an enriching educational experience during their visit to the International Centre for Integrated Mountain Development (ICIMOD) in Lalitpur. The excursion provided an in-depth look into pressing global issues, including climate change, sustainable development, mountain ecosystem conservation, and traditional farming practices. Students toured ICIMOD's renowned Knowledge Park, where they witnessed how cutting-edge science and technology are being used to address environmental challenges across the Hindu Kush Himalayan region. The visit not only broadened their academic horizons but also inspired thoughtful reflection on their responsibilities toward a more sustainable world.

Visit to Tiger Lily Petting Farm



Our preschoolers visited Tiger Lily Petting Farm to explore the daily life of a farmer and the importance of farming. They observed some domestic and farm animals closely and learned more about their habitats, their food, and their babies. They enjoyed feeding animals, playing with them and learning to operate many other agricultural tools.

Visit to City Mineral Water and Beverage Pvt. Ltd.



Our enthusiastic Grade II learners visited City Mineral Water and Beverage Pvt. Ltd. which was established in 2066 B.S. The educational visit was organised to help students understand how underground water is purified and turned into clean, drinkable water. The children were amazed to see the different machines and steps involved in the purification process. It was a fun and informative experience that helped our young learners connect classroom knowledge with real-life practices.

Tokha Urban Farm Exploration



The Grade I learners went on an educational trip based on the theme 'The World Around Us'. The purpose of the trip was to help the students learn about the plants and animals in their environment. During the visit, the children saw and observed different types of plants and some domestic animals-many of which they had learned about in the story 'The Very Busy Spider'.

Cultural and Historical Exploration of Nuwakot



The young travellers of Grade III relished the educational excursion to a land of heritage, Nuwakot. It was a perfect blend of learning and fun where the curious minds were fed with new knowledge, memorable experiences, and a deeper appreciation for history, nature, and science. During the trip, they explored Nuwakot Durbar, a horticulture farm, a hydropower plant, and a park. The old architecture and ancient artefacts amazed them, whereas the interesting stories and serene nature took them into a separate world.

Visit to the Office of Ward No. 6



The students of Grade III paid a visit to the local ward office of the Tokha municipality. The students were eager to discover how their community is cared for and managed. They had the honour of meeting Mrs. Shanta Paudel, the Ward Chairperson of Ward No. 6. With warmth and wisdom, she shared how the ward plays a vital role in supporting the neighbourhood. The students learnt that the ward ensures clean streets, a steady water supply, glowing street lights, and organises local events.

Godawari Botanical Garden



The students of Grade IV were taken to the 'Godawari Botanical Garden' which is located in Godawari. This visit provided an unforgettable educational experience that nurtured both curiosity and environmental responsibility. A day of roots, leaves, and lessons! Our young botanists explored Godawari's lush gardens, uncovering the secrets of plant life and sustainability. The students observed, questioned, and discovered the wonders of biodiversity, plant conservation, and the beauty of Nepal's flora.

Grande International Hospital



Grade X students broadened their understanding of blood grouping processes during their educational visit to Grande International Hospital, Tokha. They observed the advanced technology and the hi-tech devices used for blood bank operations. They were also involved in grouping their own blood samples under the supervision of medical experts.

ISKCON Temple



Grade VII students visited the ISKCON Temple for an insightful experience focused on mindfulness, yoga, and spirituality. They participated in guided meditation and learned about the importance of inner peace and self-awareness. The serene environment encouraged reflection and calmness. Students also explored the spiritual teachings and practices followed at the temple. The visit fostered a deeper appreciation for spiritual well-being.

Bhaktapur Durbar Square



The students of Grade V went for an educational excursion to historically and culturally valuable landmark, Bhaktapur Durbar Square, which is also recognised as one of the UNESCO World Heritage Sites of Nepal. The students learnt about the history and culture carried by Bhaktapur Durbar Square in the history of Nepal. Students explored and observed the grandeur and timelessness monument, and learnt about the significant historical events associated with the monument. They also got a detailed understanding of the local culture, art, and traditions of the local people.

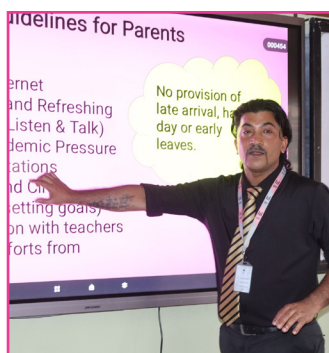
Venturing the Neighborhood



Grade II learners had a fun filled and exciting neighbourhood visit around the School. They observed and identified important places like schools, temple, nursery, and bank. The learners were curious, observant, and full of questions throughout the walk. It was a meaningful learning journey that sparked their interest in their local community.

Interactions

Curriculum Nite



Curriculum Nite for the parents was organised to provide a valuable platform for dialogue between teachers and parents. The event focused on fostering a clear understanding of the academic journey ahead, including the academic expectations, goals, and learning strategies for the current academic year. Throughout the program, parents engaged in discussions covering an overview of the school year, introduction of teachers and staff, subject-specific details, instructional approaches, assessment methods, grading policies, progress monitoring, behaviour and classroom management, daily routines, extra help, learning resources, etc. The teachers actively facilitated these interactions, thoughtfully addressing every parental query with detailed and informative responses.

Interaction with Environment Activist



Grade IV students had an inspiring and educational session with environmental activist, Ms. Subhigya Paudel, who taught them the importance of protecting our planet. She engaged the students through interactive discussions, fun activities, and real-life examples, helping them understand key environmental issues like pollution, deforestation, and climate change in a simple yet impactful way. The children learned practical ways to help the environment, such as recycling, saving water, and reducing plastic waste. Ms. Subhigya also encouraged them to become 'Earth Heroes, Eco Warriors' by taking small but meaningful actions every day. The session ended with an exciting Q&A and a pledge, leaving our students motivated and eager to contribute to a greener future.

Personal Hygiene



Grade II learners actively took part in an interaction session with a health expert on the topic, 'Personal Hygiene'. The session helped students understand the importance of staying clean and healthy through simple daily habits. It was a meaningful experience that connected classroom learning with real-life practice.

Parenting Sessions with Sambhavya



Parenting sessions on 'Rising with Teens in Today's Digital World' were conducted for the parents of Grades VIII to X students. The School Counsellors and Psychiatrists from Sambhavya Foundation facilitated the session and provided parents with an insight into issues faced by the teenagers.

चिकित्सा विज्ञान र आयुर्वेद चिकित्सा



कक्षा १० मा अध्ययन गर्ने विद्यार्थीहरूले आयुर्वेद तथा वैकल्पिक चिकित्सालयबाट आउनुभएका डा. वशंवदा कौण्डिन्यायसँग आयुर्वेद चिकित्साको बारेमा अन्तरक्रिया गरे। सो अवसरमा विद्यार्थीहरूले आयुर्वेद चिकित्साको इतिहास, यसका फाइदा, नेपालमा पाइने जडीबुटीबारे जानकारी लिए भने छोटो योग अभ्यास पनि गरे।

Staying Safe Online



Middle School students participated in an engaging interaction session with officials from the Cyber Bureau to learn about cyber safety, responsible internet use, and cyber laws. The officials shared valuable insights on protecting personal information, identifying online threats, and avoiding cyberbullying. Students were introduced to the legal consequences of cybercrimes and the importance of ethical online behaviour. Real-life case studies helped them understand the seriousness of online risks. The session also highlighted ways to report suspicious activities. It was an eye-opening experience that empowered students to become responsible digital citizens.

Guiding with Care: Positive Discipline & Emotional Development in Pre-teens



A special parenting session was organised for the parents of middle school students on the topic 'Supporting Positive Discipline & Emotional Development in Pre-teens'. The session focused on understanding the emotional needs of pre-teens and fostering respectful, non-punitive discipline strategies. Experts shared practical tips on building strong parent-child communication, setting healthy boundaries, and managing behavioral challenges with empathy. Parents learned about the psychological changes during pre-adolescence and learned how to respond with patience and support. Interactive discussions and real-life scenarios made the session engaging and relatable. It provided valuable tools for nurturing emotionally resilient and well-disciplined children.

Co-curricular Activities/Extra Curricular Activities

Art Competition



The Inter-House Art Competition for Grades VI to X and open competition for Grades I-V was held on the occasion of World Environment Day. Students unleashed their imagination on paper, using a variety of media to portray themes such as nature, culture, and modern issues. Each participant showcased vibrant entries that stood out in creativity, concept, and execution.

Inter-House Craft Competition



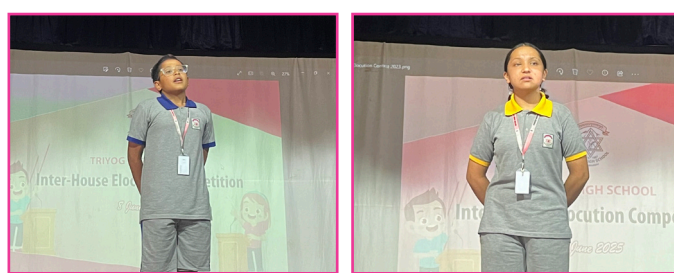
The Inter-House Craft Competition was conducted for Grades VI to X. Students brought in their best handicrafts using recycled materials, paper, and everyday objects. With themes focusing on sustainability and innovation, each participant created unique craft that demonstrated design thinking, teamwork, and craftsmanship.

Handwriting Competition



The Handwriting Competition for Grades III to X was organised to encourage legible, elegant, and expressive writing in both English and Nepali language. Students wrote passages in both the languages under time-bound conditions, judged on neatness, uniformity, spacing, and legibility.

Elocution Contest



The Elocution Contest was conducted Grades I to X where the students presented powerful speeches on a range of environmental, social and moral themes. The elocutionists were evaluated from each grade based on content, diction, expression, presentation, memory, and confidence. The competition provided a platform to students to refine their public speaking skills and inspired them to articulate their ideas clearly and persuasively.

Solo Singing Competition



The solo singing competition provided the young prodigies from Grades VI to X to illustrate their spectacular and versatile vocal and pitch range, talent, passion, and musical expression. The students shone on the stage like stars with confidence and enthusiasm, delivering heartfelt and powerful performances that impressed both the audience and the judges.

Learning Beyond the Classroom

Cleaning Campaign



सरसफाई कार्यक्रम शिक्षामात्र नभई व्यवहारिक सिकाइको अवसर समेत बन्ने गर्दछ भन्ने अभिप्रायले कक्षा ५ का विद्यार्थीहरूलाई सामाजिक शिक्षा अन्तर्गत सामुदायिक क्रियाकलापमा सहभागी गराउने उद्देश्यले विद्यालय सरसफाई कार्यक्रममा सहभागी गराइएको थियो । विद्यालय सरसफाई कार्यक्रममा विद्यार्थीहरूलाई संलग्न गराउनुको मुख्य उद्देश्य उनीहरूमा स्वच्छता र जिम्मेवारीबोधको भावना विकास गर्नु हो । यस्तो कार्यक्रममा सहभागी हुँदा विद्यार्थीहरूले व्यक्तिगत सरसफाईको महत्व मात्र होइन, सामूहिक प्रयत्नबाट कसरी स्वच्छ र स्वस्थ वातावरण निर्माण गर्न सकिन्छ भन्ने कुरा सिक्नुका साथै यसले उनीहरूमा श्रमको सम्मान, टोल-छिमेकप्रतिको उत्तरदायित्व र सामाजिक भावना पनि जगाउँछ ।

After School Activities



Our after-school activities provide students with valuable opportunities to explore their interests, develop new skills, and build confidence outside the classroom. These activities promote creativity, teamwork, and time management. It plays a vital role in students' overall development by offering opportunities beyond academics. They help build confidence, improve social skills, and encourage physical and creative growth. These activities allow students to explore their interests and develop a strong sense of responsibility and teamwork.

RITMUN



Our students had an incredible and enriching experience at the Ritsumeikan Model United Nations (RITMUN) in Beppu, Japan. The trip was punctuated with broadened horizons, new international friendships, and a deeper understanding of global issues. We are very proud of their active participation, insightful contributions, and the way they represented our school, not just during the Committee sessions but also post sessions. This experience provided invaluable opportunities for learning, growth, and engagement with diverse perspectives. The participants also experienced university life at Ritsumeikan Asia Pacific University, interacted with the Vice-President and Professors, and spent a day with the students of Beppu Shosei High School.

National Cadet Corps



The NCC Army Youth Training Program for Grades VIII and IX students was launched with the aim of instilling discipline, patriotism, leadership, and physical fitness among Junior Division cadets. The training introduced students to the basics of military discipline through drill and parade practice, focusing on coordination and posture. The program also covers map reading and field craft, teaching orientation, camouflage, and navigation skills. Inspiring leadership and motivation sessions were delivered by NCC officers and ex-cadets, highlighting career opportunities in the armed forces. Cadets engage in adventure and team-building activities, including group challenges and mock rescue drills, encouraging teamwork and resilience.

After-School Music Academy



The After-School Music Academy is a unique music learning class that introduces students to the rich tradition of bluegrass music. Through hands-on lessons, group workshops, and live jam sessions, students learn to play instruments like the guitar, banjo, mandolin, fiddle, and bass. The academy promotes cultural exchange, creativity, and teamwork, making music education fun and engaging. Led by experienced musicians, the program helps students of all levels build confidence, musical skills, and a deep appreciation for folk and acoustic music traditions.

Swimming Season



Our little swimming enthusiasts enjoy frolicking in the pool, splashing and playing with their friends, besides learning the swimming techniques from the instructors. The swimming classes are full of laughter and excitement, making the learning a fun experience.

DoEIA Adventurous Journey



Our award participants of the Duke of Edinburgh's International Award completed an award-qualifying Adventurous Journey full of adventures and new experiences. A demanding trek through exertive terrains took them to a side of the river where they pitched their tents and spent the night. During the journey, they learned the execution of some survival skills like shelter building, fire making, navigation and mental resilience. In addition to the adventure, participants tested their teamwork, planning and communication skills to complete the assigned tasks.

Paddy Plantation



Grade I students had a truly wonderful experience as they visited a paddy field in Jhor, Tokha, to observe and participate in paddy plantation on the occasion of National Paddy Day. It was an exciting and memorable experience, where the young students not only observed but also actively took part in planting rice. For many, it was their first time in a paddy field, making the plantation both educational and unforgettable.

विद्यार्थी द्वारा निर्देशित नाटक 'सयपत्री'



हाम्रो विद्यालयको त्रिकला क्लबले विद्यार्थी, शिक्षक तथा अभिभावकहरूलाई एक विशेष कोसेली, 'सयपत्री' नामक नाटक प्रस्तुत गर्‍यो ।

एउटा यस्तो समय सान्दर्भिक कथा जसमा हरेक नेपाली आमाको व्यथा रुन्छ, हरेक नेपाली छोराको वाध्यता पोखिन्छ र धेरै नेपाली परिवारको साझा सपना चित्रित छ । कथामा निथुक्क भिजेका पात्र हाम्रा उदाउँदै गरेका कलाकारहरूले कहानीको मर्मलाई न्याय दिन कुनै कसर बाँकी छाडेनन् ।

Triyog Scout Troop - Third Investiture Ceremony 2025



The Scout Investiture Ceremony was held for students of Grades VI and VII. Mr. Dev Raj Ghimire, Chief Commissioner of Nepal Scouts, and Mr. Santosh Kumar Thapa, National Educational Method Commissioner, graced the ceremony as special guests. The event marked the formal induction of new members into the scout movement, where they received membership and proficiency badges. Grade VI students were awarded the Second Standard BP Peak Badge, and Grade VII students earned the Third Standard Annapurna Badge. The ceremony reinforced values of duty, discipline, and service among the young scouts, aligning with Triyog's mission of character building through experiential learning.

Triyog Inter-School Speed Cubing Competition



The Triyog Inter-School Speed Cubing Competition concluded successfully, with participation of over 100 students from 15 different schools in Kathmandu Valley. The speedcubers presented a significant challenge to their peers as they raced against the clock to set records in various categories. The participating students showcased remarkable mental discipline, swift coordination, smart strategies, and analytical thinking under pressure during the competition. It was a delight to witness their tenacity, perseverance, and cognitive sharpness.

Achievements

Duke of Edinburgh's International Award



Our dedicated Bronze Level Award participants of the Duke of Edinburgh's International Award, Biven Shrestha, Pradipti Aryal, Prajil Basnet and Pratik Gurung completed their award level and were awarded in the National Award Ceremony.

School Enterprise Challenge 2024



Our young entrepreneurs won Silver Level Award in the School Enterprise Challenge 2024. It is an international programme organized by a United Kingdom-based organization, Teach a Man to Fish. In this programme, high school students from around the world participate in a student-led business. Our students' business team, THS Creation, participated in this programme, pitched their business idea, developed a business plan, and executed it successfully.

20th Annapurna Friendship National School Chess Championship 2025



Aashvi Ghale
9th in U-11 Girls



Shreya Shree Tuladhar
6th in U-11 Girls



Kripa Belbase
4th in Over 13 Girls



Aaradhya Pantha
8th in U-13 Girls



Sampanna Bajracharya
4th in U-13 Boys



Prasoon Malla
8th in U-9 Boys



Paridhi Khatri
3rd in U-13 Girls



Simran Joshi
8th in U-11 Girls



Sampada Subedi
Winner
Inter-School
Speech
Competition



Riya Shrestha
Winner
U-19
National Youth Chess
Championship



Aayush Tiwari
Super Grand Prix - 2025
(1st place in Boys' 13+)
in The Little Miss and
Mister Universe-2025



Arya Gurung
3rd Runner
Up and Miss
Confidence in
the Junior
School Princess
2025



Eva Kachyapati
Bronze Medal at
7th International
Judo Championship
and the 1st Para Judo
Championship 2025

Congratulations to the SEE Batch 2081!



Aadarsha Raj Bista
GPA 4.00



Prasanna Basyal
GPA 4.00



Sulav Subedi
GPA 4.00



Aakhyan Ghimire
GPA 3.95



Aashna Hadakhale
GPA 3.95



Agrata Khadka
GPA 3.95



Amit Basnet
GPA 3.95



Bimarsh Tamang
GPA 3.95



Biwash Joshi
GPA 3.95



Divya Giri
GPA 3.95



Manasha Wagle
GPA 3.95



Nazeeya Lalchan
GPA 3.95



Pratham Khanal
GPA 3.95



Prayosh Krishna Gurung
GPA 3.95



Sakrit Kuikel
GPA 3.95



Shiwani Katwal
GPA 3.95



Sulaksh Bhatta
GPA 3.95



Suranjan Sapkota
GPA 3.95



Susmeen Shrestha
GPA 3.95



Swostik Tandul
GPA 3.95



Vibusha Rajbhandari
GPA 3.95



Moksha Chapagai
GPA 3.91



Saumyaa RL Rana
GPA 3.91



Shravya Pokharel
GPA 3.91



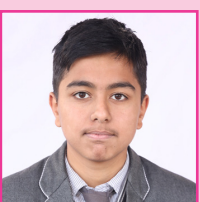
Agraj Bhagat Shrestha
GPA 3.90



Alya Badal
GPA 3.90



Angel Basnet
GPA 3.90



Anuj Rimal
GPA 3.90



Anupam Pokharel
GPA 3.90



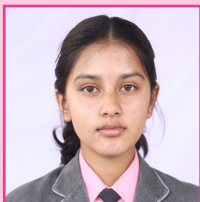
Jyoti Shrestha
GPA 3.90



Nischit Baniya
GPA 3.90



Ojaswi Singh
GPA 3.90



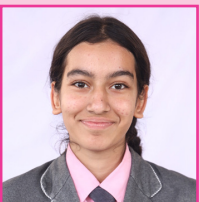
Parishna Bhandari
GPA 3.90



Pranav DC
GPA 3.90



Prapti Silwal
GPA 3.90



Presabi Dhungel
GPA 3.90



Sadikshya Chhetri
GPA 3.90



Sais Ghimire
GPA 3.90



Shaurya Singh
GPA 3.90



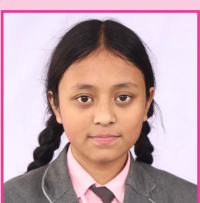
Saurya Bikram Bisht
GPA 3.88



Brisav Poudel
GPA 3.87



Krishtina Poudel
GPA 3.87



Riya Shrestha
GPA 3.87



Sarthak Thapa
GPA 3.87



Shamragyi RL Shah
GPA 3.87



Tshring Dolma Tamang
GPA 3.87



Bhavya Bhandari
GPA 3.86



Dilasha Adhikari
GPA 3.86



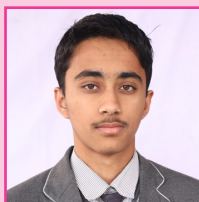
Joyavee Gauchan
GPA 3.86



Kaustuv Bahadur Pande
GPA 3.86



Nimesh Bhandari
GPA 3.86



Prayag Kattel
GPA 3.86



Priansh Singh Kunwar
GPA 3.86



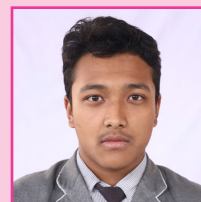
Roshani Paudel
GPA 3.86



Biseshta Paudel
GPA 3.85



Rheemagya Dhakal
GPA 3.85



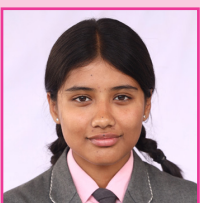
Riyan Shrestha
GPA 3.85



Sanchit Ghimire
GPA 3.85



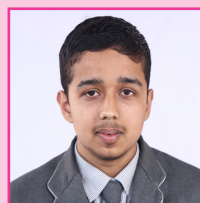
Stuti Sharma
GPA 3.85



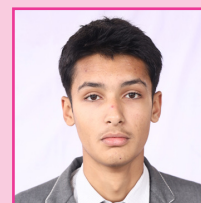
Suzanne Thapa
GPA 3.85



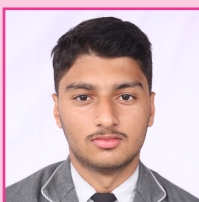
Vaibhav Dahal
GPA 3.85



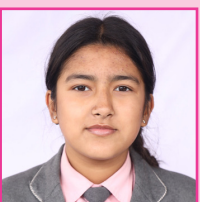
Aashish Agasti
GPA 3.84



Abhiraj Gautam Chettri
GPA 3.83



Ariv Dhungana
GPA 3.83



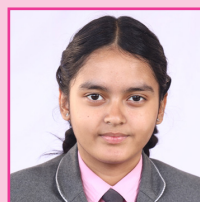
Bhawisha Mahat
GPA 3.83



Nashib Neupane
GPA 3.83



Neebha Shrestha
GPA 3.83



Prinsa Raut
GPA 3.83



Prakriti Shrestha
GPA 3.82



Utshala Thapa
GPA 3.82



Alzen Baniya
GPA 3.81



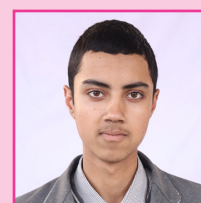
Ojas Lama
GPA 3.81



Bijina Gurung
GPA 3.78



Samriddha Yonjan
GPA 3.78



Sayus Dhakal
GPA 3.78



Shantanu Basnet
GPA 3.78



Prasoon Thapa
GPA 3.77



Sampanna Neupane
GPA 3.77



Aadhyat Hamal
GPA 3.76



Sachet Adhikari
GPA 3.75



Shwapnil Thapa
GPA 3.75



Sujal Manandhar
GPA 3.75



Aadip Chokhal Chhetri
GPA 3.74



Aayusha Giri
GPA 3.74



Saral Shrestha
GPA 3.74



Gahan Thapa
GPA 3.73



Raunak Bikram Singh
GPA 3.73



Jyotishree Malla
GPA 3.72



Ovasha Sthapit
GPA 3.72



Riya Shrestha
GPA 3.72



Deepisha Paudel
GPA 3.71



Nisti Khadgi
GPA 3.71



Paristha Adhikari
GPA 3.71



Ritik Sedai
GPA 3.71



Adhyan Kshetri
GPA 3.70



Ashish Sadashankar
GPA 3.70



Lakpa Lama
GPA 3.69



Reejaina Gyawali
GPA 3.69



Ruby Basnet
GPA 3.68



Aahana Gurung
GPA 3.67



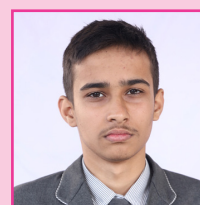
Samriddha Khadka
GPA 3.66



Sara Silwal
GPA 3.65



Neha Yadav
GPA 3.64



Adhiraj Upadhyaya
GPA 3.63



Yashaswi Shah
GPA 3.63



Yeshna Dangol
GPA 3.60



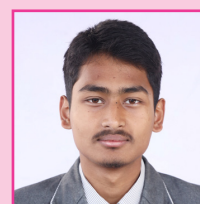
Medina Kafle
GPA 3.59



Riya Bhandari
GPA 3.59



Shaswat Bhandari
GPA 3.58



Hridaya Shrestha
GPA 3.57



Nishesh Khadka
GPA 3.57



Anurag Shrestha
GPA 3.53



Anuska Shrestha
GPA 3.52



Aarushi Dev
GPA 3.50



Avani Pudasaini
GPA 3.50



Dakshika Sapkota
GPA 3.49



Chetwyn Nepali
GPA 3.48



Ojesh Gurung
GPA 3.46



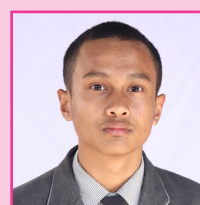
Medhavi Upadhyaya
GPA 3.40



Prabhat Bahadur Amatya
GPA 3.39



Prathana Basnet
GPA 3.38



Prajwol Gurung
GPA 3.35



Aaditya Paudel
GPA 3.27



Ojeswee Lamsal
GPA 3.20



Aryaa Ranjit
GPA 3.14



Denish Gurung
GPA 3.14

We are immensely proud
of your outstanding achievement !

Annual Prize Winners

Best in Conduct (KG-IV)		All Rounder (KG-IV)
Class	Name	Name
KG	Jyeshna Shrestha	Shuvam Karki
I A	Devyaan Pandey	Aarush Singh Thapa
I B	Rakshya Gurung	Aarya Puri
I C	Himshikha Kadel	Pravya Rawal
II A	Sakshi Giri	Mirza Amaan Baig
II B	Nishi Naman Khanal	Bisesh Marasini
II C	Aradhya Baral	Yashwee Ghimire
II D	Prashamsa Khatri	Piroska Bohara
III A	Faizaan Hussain	Medhavi Pathak
III B	Ayumi Shrestha	Prashik Ray
III C	Abhinav Paudel	Prasoon Malla
III D	Sambodh Poudel	Aesna Gaha
IV A	Abhay Gurung	Avinna Parajuli
IV B	Shuja Gurung	Aayan Devkota
IV C	Shreyukta Singh Bam	Shubhani Singh
IV D	Raunak Pradhan	Riyomi Pandit

Best in Conduct (V-VII)		All Rounder (V-VII)
Class	Name	Name
V A	Agrima Acharya	Srivash Jung Thapa
V B	Ganesh Wagle	Aarush Timalisina
V C	Prithak Bikram Mahat	Atulya Baral
V D	Himamsu Baniya	Sinhiya Thapa
VI A	Dibyanshu Shrestha	Shreyashbi Oli
VI B	Bipin Khanal	
VI C	Prajna Poudel	
VI D	Aaradhya Panta	
VII A	Nishcal Gautam	Noel Thapa
VII B	Aadhya Adhikari	
VII C	Marico Devkota	
VII D	Aashna Khadka	

Best in Conduct (VIII-X)		All Rounder (VIII-X)
Class	Name	Name
VIII A	Priyanshi Chhetri	Ganesh Paudel
VIII B	Smarika Adhikari	
VIII C	Arbisha Sapkota	
VIII D	Abima Paudel	
IX A	Bibhuti Aryal	Neha Kharel
IX B	Nirvik Khatri	
IX C	Saumyaa Shrestha	
IX D	Sara Limbu	
X A	Aadarsha Raj Bista	Aashna Hadakhale
X B	Roshani Paudel	
X C	Krishtina Poudel	
X D	Saumyaa R.L. Rana	

Academic Winners			
Class	First	Second	Third
KG	Shuvam Karki	Kriyansh Bikram Kunwar	Bidhi Adhikari
I	Pravya Rawal	Himshikha Kadel	Aarya Puri
II	Yashwee Ghimire	Bishesh Marasini	Aaradh Dhungana
III	Venus Thapa, Prashik Ray	Rachit Adhikari, Urbi Shrestha, Aesna Gaha	Siddhartha Sapkota
IV	Sayabung Rai	Raunak Pradhan	Avinna Parajuli
V	Sarthak Kunwar	Deepan Kumar Pandey	Nilabh Nepal
VI	Pranavi Neupane	Yuktaa Nepal	Shreyashbi Oli
VII	Marico Devkota	Noel Thapa	Bishwasta Marasini
VIII	Priyanshi Chhetri	Sadira Gautam	Ganesh Paudel
IX	Supriya Phuyal	Rashi Kunwar	Sampada Subedi

Perfect Attendance	
Class	Name
IV	Aaron Semali/ Advik Pant/ Kavyamala Sadaula/ Arpan Gurung/ Suhan Sherchan/ Mahima Singh Kunwar/Ramanj Karki
V	Arya Khanal/ Darshan Chalise/ Sayesha Giri/ Anirudra Baniya/ Kavya Bhandari Utkrisha Gurung/ Sampurna Acharya/ Pratyusha Rana/ Aayan Gurung
VI	Aaryahi Karki/ Ekta Magar/ Adheep Ghimire/ Prajna Poudel/ Krishnaa Shrestha/Luv Budhathoki
VII	Sanchita Dhakal/ Nyeisha Dura/ Sabhya Shrestha/ Suhas Sherchan/ Samanyu Shah/ Aashis Agasti/ Bishwasta Marasini
VIII	Adiksh Silwal/ Bisesh Acharya/ Anmol Adhikari/ Pragalva Aryal/ Sayori Lama/ Prinsha Thapa/ Sadish Chandra Adhikari/ Sarika Karki / Aarush Shrestha/ Ronit Shrestha/ Rajbin Karki
IX	Rihana Shrestha/ Salil Acharya/ Soyana K.C. /Roshik Poudel/ Sara Limbu

Prefectorial Body for the Academic Year 2025-26

School Captain	Neha Kharel
School Vice Captain	Naswa Pradhan
School Discipline Captain	Sampada Subedi
Learning Society Coordinator	Sitanshu Shrestha

Begnas House	
Captain	Supriya Phuyal
Vice Captain	Abima Paudel
Senior Prefect	Smarika Adhikari
Junior Prefect	Marico Devkota

Phewa House	
Captain	Gautam Thapa
Vice Captain	Season Bhattarai
Senior Prefect	Rohini Baral
Junior Prefect	Noel Thapa

Rara House	
Captain	Rashi Kunwar
Vice Captain	Dirghayu Lama
Senior Prefect	Shivangi Pathak
Junior Prefect	Kushal Kumar Bhujel

Tilicho House	
Captain	Bibhuti Aryal
Vice Captain	Sayori Lama
Senior Prefect	Sarika Karki
Junior Prefect	Nyeisha Dura

Block In-charges and Head of Departments

Name	Department
Mr. Churamani Pandeya	Senior School In-charge (VIII-X)
Mr. Nikendra Gurung Tamu	Middle School In-charge (VI & VII)
Mr. Lal Kesh Panday	Junior School In-charge (I to V)
Ms. Deepa Bhatt	Middle and Senior School ECA/CCA In-charge
Mr. Kamal Shrestha	Student Enrichment /Junior School ECA/CCA In-charge
Mr. Bed Prasad Aryal	Nepali Coordinator (IX & X)
Ms. Reeta Khatri	Nepali Coordinator (VI-VIII)
Ms. Samjhana Acharya	Nepali Coordinator (I-V)
Mr. Bikram Thapa	STEAM Coordinator
Ms. Harsika Dugar	Individual Care Supervisor

Class Teachers for Academic Year 2025-26

Class	Teachers
KG	Ms. Aswina Shrestha, Ms. Kabita Shah
I A	Ms. Shweta Dahal, Ms. Samjhana Rana
I B	Ms. Evan Syiemlieh, Ms. Shova Adhikari
I C	Ms. Juni Sthapit, Ms. Ashma Bista
II A	Ms. Mary Shah, Ms. Nikki Poudel
II B	Ms. Binisha Shrestha, Ms. Rasmi Tamang
II C	Ms. Padma Shahi, Ms. Celesty Tamang
III A	Ms. Jharana Shrestha, Ms. Rabita Gurung
III B	Ms. Bhawana Bhattarai, Ms. Pratima Rijal
III C	Ms. Shreejala Shrestha, Ms. Kalpana Thapa
IV A	Ms. Anita Mall, Ms. Pallawi Shrestha
IV B	Ms. Punam Singh, Ms. Yamuna Shah
IV C	Ms. Alishma Adhikari, Ms. Manisha Ghale
IV D	Ms. Renu Thapa, Ms. Salma Dulal
V A	Ms. Sanjeeka Chhetri, Ms. Binu Thapa
V B	Ms. Robina Shrestha, Ms. Ashmita Maya Rai
V C	Ms. Maneesha Pandey, Ms. Yukti Nakarmi
V D	Ms. Ambika Simkhada, Ms. Ruby KC
V E	Ms. Pabitra Gautam, Ms. Ranjana Adhikari
VI A	Ms. Asmita Rai
VI B	Ms. Meena Khwakhali
VI C	Ms. Laxmi Rayamajhi
VI D	Ms. Nisha Khadka
VI E	Ms. Janaki Shrestha
VII A	Mr. Kamal Bahadur BK
VII B	Ms. Pramila Adhikari
VII C	Ms. Durga Adhikari
VII D	Ms. Laxmi Ghimire
VII E	Ms. Prithula Thapa
VIII A	Mr. Shyam Sundar Jha
VIII B	Mr. Arjun Pariyar
VIII C	Mr. Madhu S. Lamsal
VIII D	Ms. Srijana Koirala

IX A	Ms. Mamata Shrestha
IX B	Ms. Seema Limbu
IX C	Mr. Tshering N. Sherpa
IX D	Mr. Puskar Chaudhary
X A	Mr. Anoj Pariyar
X B	Mr. Prakash Pant
X C	Mr. Suresh Chaudhary
X D	Mr. Balram Neupane

CCA Teachers for Academic Year 2025-26

Aabha Shahi	Vocal
Archana Singh	Craft
Gyanraj Maharjan	PE
John Karanjit	Music
Jyoti Khadka	Art
Meena Khanal	Handwriting
Sikandar Maharjan	PE
Uma Basnet	Library
Urvashi Pradhan	Library

House Teachers' List 2025-26

Begnas (Yellow)	Phewa (Red)
Balram Neupane (Housemaster) Kamal B. K. (Housemaster)	Tshering N. Sherpa (Housemaster) Janaki Negi Shrestha (Housemistress)
Senior School Seema Limbu, Pratistha Pandey, Kamal Khanal Middle School Kamal B. K., Rewata Gurung, Meena Khwakhali Junior School Manju Pokharel, Punam Singh, Yukti Nakarmi, Aswina Shrestha Binisha Shrestha, Manisha Ghale Sanjeeka Chhetri, Ashma Bista Salma Dulal, Bhumika Niraula Kewora Bhattarai	Senior School Jagadish Baral, Puskar Chaudhary, Arjun Pariyar, Deepak Khatri Middle School Laxmi Ghimire, Durga Adhikari Junior School Padma Amar Shahi, Samjhana Acharya Jharana Shrestha, Shweta Dahal Mary Shah, Juni Sthapit, Ruby K.C. Ritu Khanal, Rashmi Tamang Maneesha Pandey, Pratima Rijal
Rara (Blue)	Tilicho (Green)
Anoj Pariyar (Housemaster) Nisha Khadka (Housemistress)	Prakash Pant (Housemaster) Laxmi Rayamajhi (Housemistress)
Senior School Laxmi Adhikari, Prativa Shrestha Madhu Sudhan Lamsal, Shyam S. Jha Middle School Prithula Thapa, Pramila Adhikari Junior School Bhawana Bhattarai, Ranjana Adhikari Ambika Simkhada, Renu Thapa Nikki Poudel, Anita Malla Shrestha Robina Shrestha, Pragya Bhattarai	Senior School Mamata Shrestha, Pramod Wagle Srijana Koirala, Suresh Chaudhary Middle School Asmita Rai, Dipti Daruka Junior School Evan Syiemlieh, Yamuna Shah Shreejala Shrestha, Pallawi Shrestha Sarita Shiwakoti, Alishma Adhikari Pabitra Gautam, Binu Thapa Asmita Maya Rai



Congratulations

to the SEE Batch of 2081
for outstanding results!

3 4 GPA

106 3.6-4 GPA

18 3.2-3.6 GPA

2 3.14 GPA

The Triyog High School family applauds the success and extends a warm note of congratulations to all Students, Teachers and Parents on the excellent SEE 2081 results.



Key Dates (July 2025 - September 2025)

July 14	Science & Mathematics Olympiad (VI-VII)
July 20 & 21	Inter-School Chess Competition
July 25	Class Day (Grade X)
July 30 & 31	SDG Exit Event
August 1-4	Inter-House Debate Competition (Grades VIII-X)
August 8	Class Day (Grade VIII)
August 11	Inter-House Debate Competition (Grades VI-VII)
August 24 - Sep 2	Half Yearly Examination
September 24-27	Project Days

**TRIYOG
HIGH SCHOOL**



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