



# Newsletter

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

## Message from the Vice-Principal

DEAR PARENT/GUARDIAN

As we inch closer to the end of this academic session, in retrospect we weigh our achievements against our setbacks. Despite the unavoidable circumstances and obstacles posed by the extended duration of the pandemic, we have fared fairly well when it comes to preparing our students for the academic challenges that the new academic session will bring. We, at Triyog, have not left any stone unturned for the holistic development of our students.

We are gearing ourselves up for the new academic session with renewed vigour and energy which one will witness reflected in our curriculum, administrative structures, our partnerships, and our revamped infrastructure. Triyog will forever forge ahead without compromising on the quality that we stand for and that we promise to our stakeholders.

The year that was punctuated with online and offline classes reminded us that parents' cooperation and support that was extended at the most crucial moments, shouldn't go unnoticed. We extend the most sincere gratitude to all who were with us on this journey with a common destination.

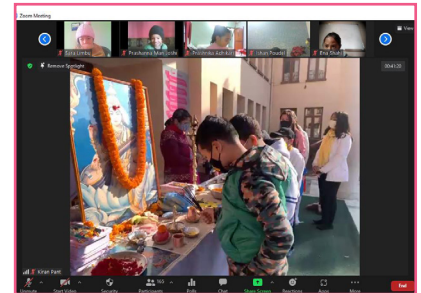
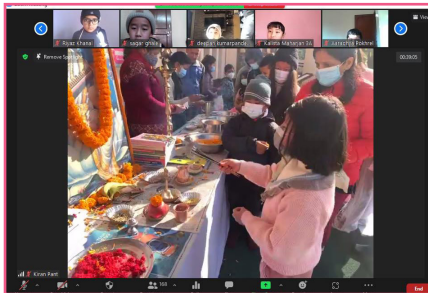
With hope in our hearts that the coming days will be the most successful for all of us, We wish every one of you a very Happy New Year 2079.

नयाँ वर्ष २०७९ को हार्दिक मंगलमय शुभकामना ।

Savita Kapruwan

## Celebrations at Triyog

### सरस्वती पूजा



२०७८ माघ २३ गते आइतबार वसन्त पञ्चमी, सरस्वती पूजाको पावन अवसरमा त्रियोग माध्यमिक विद्यालयमा सरस्वती पूजा सुसम्पन्न भयो। विद्यालयकी सहायक प्रधानाध्यापिका सविता कपुरवानले माता सरस्वतीको फोटोमा माल्यार्पण गरी पूजा अर्चना गरेपछि अन्य उपस्थित शिक्षक, विद्यार्थी, अभिभावक तथा विद्यालयका कर्मचारीहरूबाट पालेपालो पूजा गरियो र उपस्थित सबै जनाले सरस्वती वन्दना गाउनुभयो। सो अवसरमा विद्यालयका शिक्षक वेदप्रसाद अर्यालले छोटो मन्त्रव्य राख्नुभयो। पूजा सकिएपछि उपस्थित सबै भक्तजनहरूलाई टीका र प्रसाद वितरण गरियो। पूजा कार्यक्रमलाई जुमबाट प्रत्यक्ष प्रसारण गरिएको थियो। विद्यालयमा भौतिक रुपमा उपस्थित हुन नसकेका शिक्षक तथा विद्यार्थीहरू जुममा सहभागी भएका थिए।

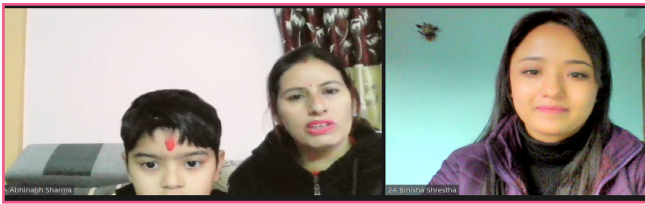
### Christmas



Christmas day is an auspicious day for the people who follow Christianity. It is an annual festival commemorating the birth of Jesus Christ. On 25 December, students from all grades celebrated Christmas day singing carols, wearing costumes of Santa Claus and decorating rooms with chart papers, flowers and Christmas trees.

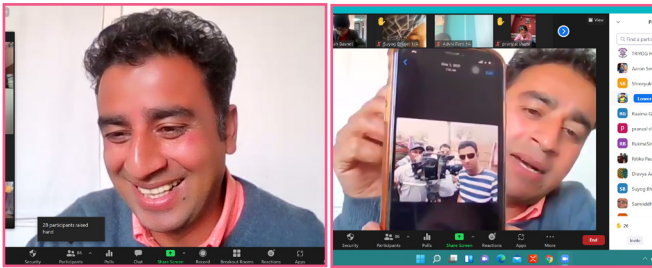
## Interaction Sessions

### PTM



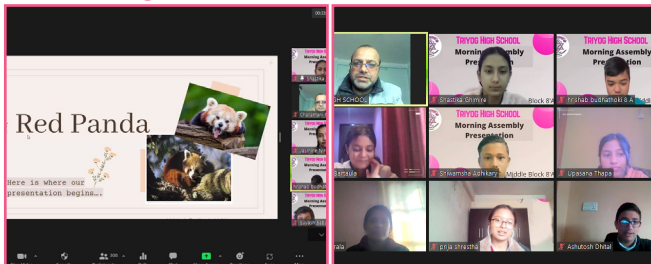
A Parent-teacher meeting is a platform to share academic progress and growth of a ward based on classroom observations, assessments and assignments and also teachers get to know about students' strengths, needs, behaviours and learning style of a ward from parents or guardians.

### Interaction on Nepal Television



On 9 February the children of Grade I had an interaction program with Mr. Dipak Samir who is the executive producer of Nepal Television. Mr. Dipak shared about his work and the program broadcasting process in television. He also talked about the equipments, staff needed inside the studio as well as in fields and interviews.

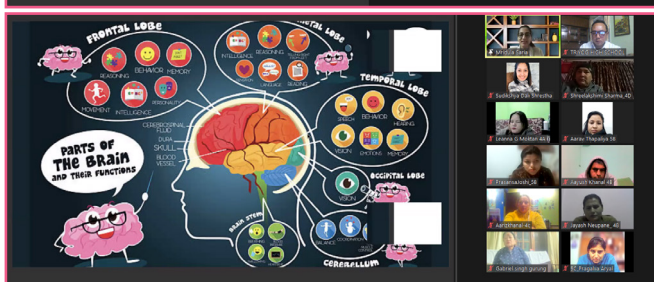
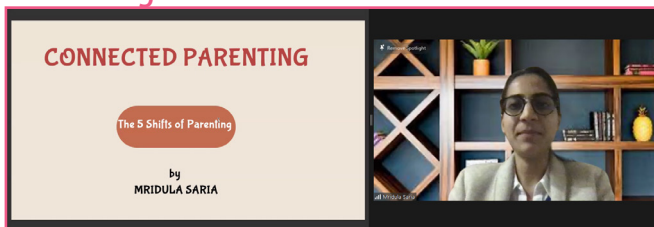
### Mentoring Session



We are continuously mentoring our students to help them move in the right direction with 21st-century skills. The students and teachers of Middle School conducted virtual Block Assembly every Wednesday during Virtual Class. They presented the weekly news highlights, biographies, animal portfolios, featured speeches on social media and manga art, and stories in Nepali and English languages.

## Academic Initiatives

### Parenting Session



Parenting Sessions for the parents of the Junior Block was held on 9 and 16 December, 2021, respectively. Sessions were facilitated by Ms. Mridula Sarai, Educationist & Co-Founder of Grooming Tales, on the topic "Connected Parenting - The 5 shifts of parenting" and "Finding & Understanding your child's individual mode/method of operation." Sessions focused on techniques to enhance the parent-child bond, and how correcting and guiding behaviour works best when linked to empathy.

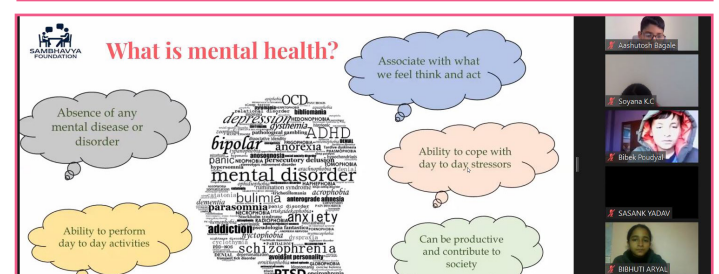
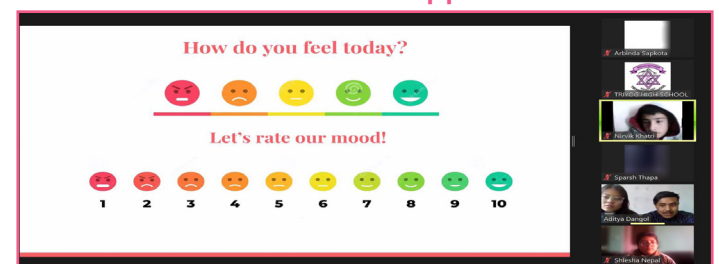
Every child is different, and has a different mode-of-operation, the way they behave, the way they learn, recognizing a child's individual mode-of-operation and tactics to help them thrive, as they grow.

### Safety and First Aid Awareness Session



Inquisitive Fifth graders made the Junior School community aware in the morning assembly about the safety precautions that one should take when in various situations and circumstances through their informative presentation in the virtual platform.

### Mental Health and Social Support



As an educators and parents, it's crucial to understand the adolescents to support their overall development. It's equally important for them to understand themselves. As a part of their integrated learning program, the students of Grade VI had a general session on 'Mental Health and Social Support' with the School Counsellors, Mr. Aditya Dangol and Ms. Bhumika Saru Magar, on 9 February. It was the first session of the series intended to extend necessary support to them which is integrated with their HPCA curriculum. This session focused on identifying emotions, thoughts, and behavior as well as seeking support in handling them. The session was coordinated by our HPCA teacher, Ms. Laxmi Ghimire.

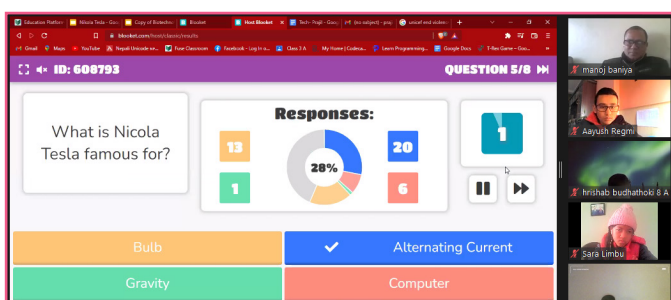


## Circle Time



Circle time refers to any specific time where children are made to sit in a circle and share, talk, and discuss things of their choice. It helps to build a positive bonding with friends and teachers.

## Virtual Block Assembly

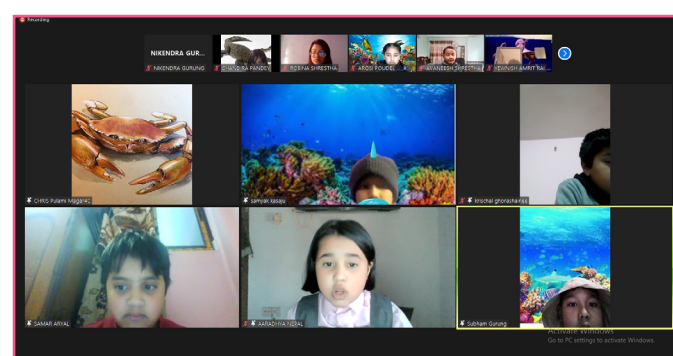
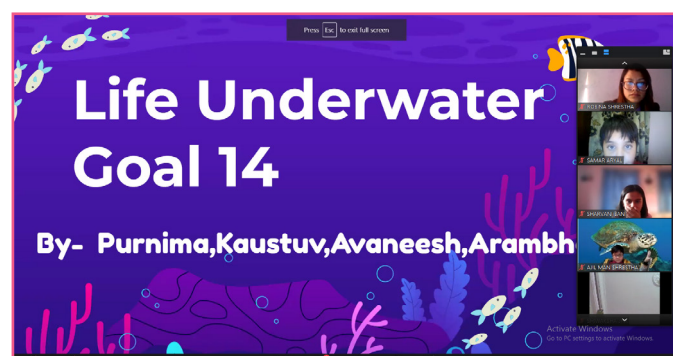


The students of Middle School conducted another round of virtual Block Assembly on 9 February. That week, the students of 8B led the presentations. They presented the weekly news highlights, biographies, featured speeches on perfectionism, women empowerment, steps against violence, and technology. They also involved the participants in a recap quiz.

## Virtual Integrated Project Day

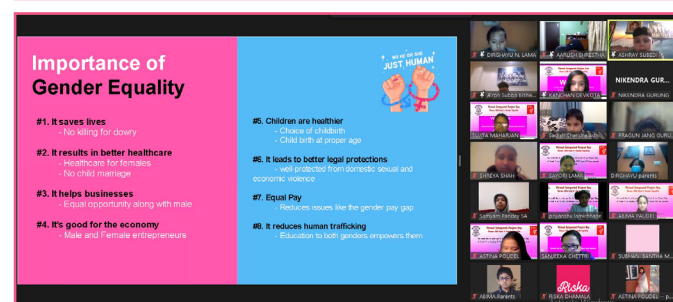
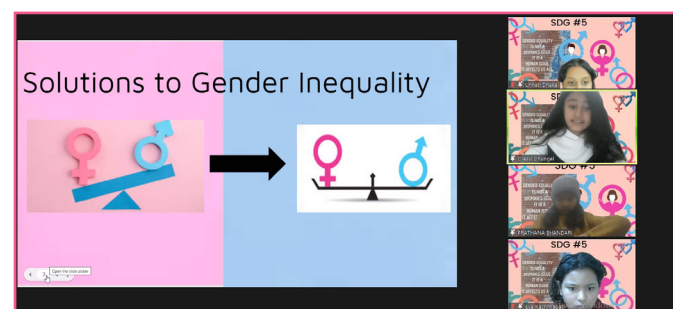
## SDGs - Virtual Integrated Project Exit Events

### Grade IV



SDG Goal 14 - Life Below Water: Fourth graders had the exit event of their SDG integrated project on the theme "Life Below Water - SDG Goal 14" in the virtual platform. This project was integrated with various subject areas both academics and co-curricular. Through the project, learners were made aware about how SDG Goal 14 aims to sustainably manage and protect marine and coastal ecosystems from pollution, as well as address the impacts of ocean acidification enhancing conservation and the sustainable use of ocean resources.

### Grade V



SDG Goal 5 - Gender Equality: Learners from grade 5 presented their presentations during the exit event of the integrated project on the SDG topic "Gender Equality - Goal 5." The objective of the project was to ensure that learners understand empowering women and promoting gender equality is crucial to accelerating sustainable development.



Field Trips

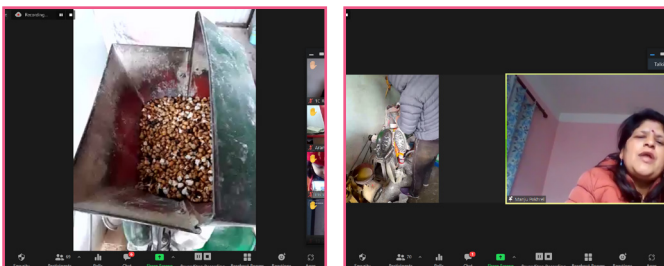
## Grade I

### Virtual Cooking Class



On 15 February virtual cooking class was conducted with the active participation of the parents from each section where they prepared different food items that can be made from corn flour. They displayed a variety of dishes, ingredients required and actual cooking methods, virtually in the class. The objective of this activity was to make the children connect the story to their real life situation.

### Mill Visit



On 4 February the children of Grade I had a virtual tour to a mill located at Dhumbarahi. The mill owner gave a brief description about the function of the mill. She showed the process of grinding the corn virtually. She also answered the queries put forward by the children.

### Farm Visit



On the basis of the book 'Aghi Aghi Roto Pachhi Pachhi Keto', the children of Grade I visited a farm, Tokha Urban Farm where they observed the tools and equipment used during the process of cultivation. They also interacted with the farmer who briefed them about the hard work and time investment done by the farmers in order to reach food to the tables.

## Grade II

### Bhootkhel Visit



Based on the book "Dayalu Rukh" in Nepali subject the children of Grade II visited "Laxmi Kath Karkhana" located at Dhapasi to know and learn more about the uses of wood. There, the children also observed different wooden furniture and identified some of the tools used for making the wooden items.

The children of Grade 2 were taken to Bhootkhel which is located at Tokha. They explored and observed the area where they were able to find out how the place was before and changed later. The purpose of this trip is to help children understand the reason, effect and solution towards deforestation.

## Grade III

### Sankha Park Visit



Based on the book 'Tina and the Green City', the students of Grade III visited the Sankha Park in Dhumbarahi on 18 and 20 March as a part of their field trip. They collected information about the park and also how it helps the people living in the community. They also came up with ideas how they can bring changes in the park of their own community.

## Grade IV and V





Young hikers from the fourth and fifth grade went hiking through the preserved forest area of Shivapuri experiencing the fantastic view of the valley from the tophill and observed how rapid urbanisation has damaged the landscape in that area.



Orientation sessions for the teachers from different blocks were conducted to make them aware about maintaining their self well-being and also the methods to deal with the various socio-emotional challenges were highlighted.

### Experiential Learning Activities

## Earth Hour - 2022



Members from the Eco-Smart club participated in the school innovation challenge organized by the World Wildlife Fund (WWF) whereby they pitched the innovative idea around renewable and sustainable solutions to organic waste management and kitchen gardening.

## V-Star Activity



### Professional Development and Motivation

## In House Session on Project Based Learning



Series of sessions on PBL is being facilitated on a regular basis in both online and offline platforms by the Head of Research & Assessment Wing along with Block In-charges with the aim of introducing the teachers to the fundamental aspect of PBL.

## Mental Health and Counselling Program







V-star is an activity where children take part in different cleaning activities like sweeping the classroom, arranging the materials, cleaning their own table, managing the bookshelves. The purpose of this activity is to maintain self-discipline and hygiene. It also helps to become a responsible person or a citizen to lead a healthy and happy life.

## Hands on Activities

### Grade I

#### Beans activity for Double digit addition and subtraction



Learning and solving problems can be fun when students learn the concept of double-digit addition and subtraction using beans. Through hands-on activity, the student gets engaged with the subject matter to solve a problem.

#### Drawing Activities for Seasons



Students of Grade I performed an activity related to four seasons. In this activity, the students were able to illustrate, identify the four seasons based on their drawings.

#### Earbuds activity for carrying over additions and subtractions



The students of Grade I did hands-on activities using earbuds. They bundled up the earbuds in groups of tens and ones. The numbers are regrouped in tens and ones' place in their worksheet. They used the earbuds to understand the concept of carryover addition.

#### Standard and Non-standard Measurement



The children learnt to measure different objects like notebooks, pencils, bottles etc. using both standard and non-standard measurement, where they measured using their fingers, palms, hands and feet as non-standard and ruler as standard forms of measurement.



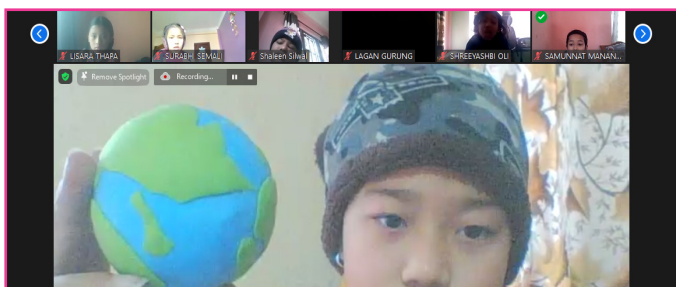
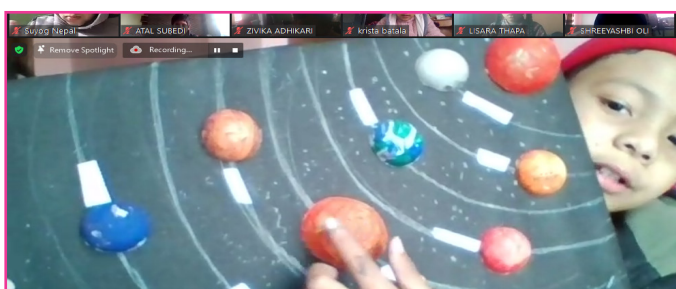
## Grade II



While learning the concept of division the children enthusiastically participated in the hands-on activity using beans. Here they were able to illustrate, write the statement and equation for the given questions based on division. They also learnt that division is to distribute equally and it is the form of repeated subtraction.

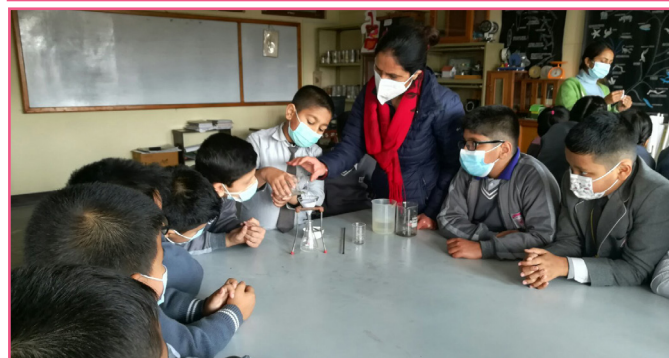
The students of Grade II did an activity related to the topic "Sense Organs". Here the children experienced and identified the sense of taste, smell, hear, feel and see through an experiment.

## Grade III



As hands-on activities let the students' minds grow and learn based on the experiences and the environment they are exposed to. Keeping this in mind students of Grade three engaged themselves in different activities to get the depth of knowledge and groom themselves.

## Lab Session



Fourth graders got their first hand experience in the science laboratory where they learnt the concept of sedimentation, decantation and filtration through practical means, which provided the learners gain immersive learning of the theoretical concept.

## Extended Learning Activities

### Fruits Animation



Learners from Grade 3 learnt to use paint tools and made different seasonal fruits and vegetables. They also used simple tools like powerpoint, scratch, sketch pad and flipanim website to create animation and expand their learning.

### Reading Star



Reading stars are given to the children after they read stories. This is an encouragement to the children to read as many stories as they are able to. A golden star is given to them after they read twenty stories while a silver star is given after they read ten books.

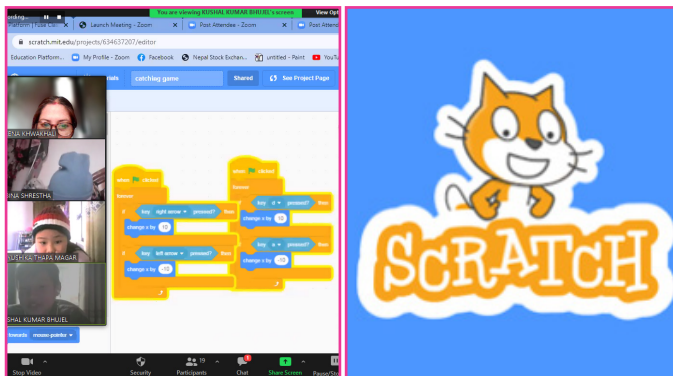


## D.E.A.R Activity



The children of grades KG, I, II and III engage in D.E.A.R. Activity (Drop Everything And Read) once a week. During this time, they read out a storybook of their choice for ten minutes. This practice is very important to inculcate reading habits in children, which will further help them to enhance their reading skills.

## Enhanced ICT Skill



Learners from Grade IV learnt about programming language in Scratch, further enhancing their ICT skills. They prepared different games like catching and jumping games using scratch coding. Scratch is a high-level block-based visual programming language and website targeted primarily at children 8–16 as an educational tool for programming.

## First Junior Mathematics Olympiad



Teachers from the Mathematics Department from the Junior School conducted the First Junior Mathematics Olympiad for the learners of the Junior Block to enhance their potential in developing mathematical skills.

### Winners (Grade IV)

Mijas Hang Limbu (First)  
Samanyu Shah (Second)  
Bishwasta Marasini (Third)

### Winners (Grade V)

Priyanshi Chhetri (First)  
Sayori Lama & Aarush Bhandari (Second)  
Abhyudaya Nepal (Third)

## First Junior Story Telling Competition



The First Junior Storytelling Competition in English was held in different rounds for the students from the Junior School out of which 16 students paved their way to the final round. In the finale, storytellers from grades 4 and 5 mesmerized the audience with their self-crafted stories. Competition was held for two categories:

### Winners (Grade IV)

Noel Thapa (First)  
Suprit Dhakal (Second)  
Sirmee Sunuwar (Third)

### Winners (Grade V)

Season Bhattarai (First)  
Astina Poudel (Second)  
Naswa Pradhan (Third)

## नेपाली कथावाचन



कला मानव प्रतिभाको सौन्दर्यात्मक उत्पादन हो। सत्यलाई समयका रुपमा झल्काएर जीवनका मर्मस्पर्शी भावना अवतरित गराउने क्रिया कलाको काम हो। हो, यस्तै - यस्तै कलाको प्रस्फुटन गराउनका लागि यही मिति २०७८- ११- ३० गतेका दिन नेपाली विषयको प्राथमिक तहको प्रथम कथावाचन प्रतियोगिता कार्यक्रम सम्पन्न भयो। प्राथमिक तहका संयोजक निकेन्द्र गुरुङको सहभागिता भएको उक्त कार्यक्रममा नेपाली विभागीय प्रमुख वेद प्रसाद अर्याल, रीता खत्री तथा शिक्षिका सम्भना आचार्यले निर्णायक भूमिका निर्वाह गर्नु भएको थियो। यस कार्यक्रममा कक्षा ४ र कक्षा ५ का विद्यार्थी भाइबहिनीहरुले आफै सिर्जना गरेका कथाहरु प्रस्तुत गरेका थिए। उक्त प्रतियोगितामा कक्षा ४ बाट ८ जना र कक्षा ५ बाट ८ जना विद्यार्थीहरु गरी जम्मा १६ जना विद्यार्थीहरुको सहभागिता रहेको थियो जसमध्ये

कक्षा ४ बाट

कक्षा ५ बाट

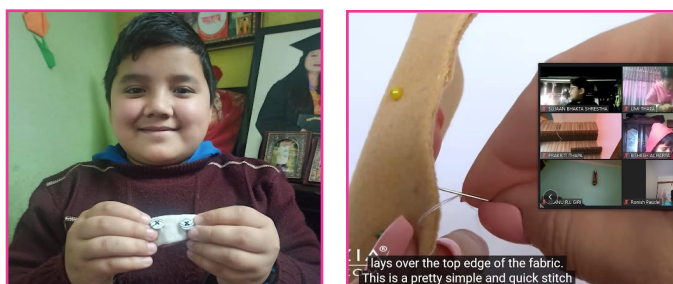
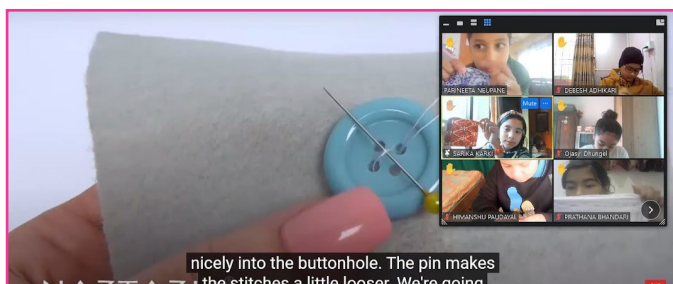
प्रथम पूर्णमा बराल,  
द्वितीय सूविहानी थापा,

प्रथम रोहिणी बराल,  
द्वितीय स्मारिका अधिकारी,

तृतीय सादवी भण्डारी र परिधी खत्री तृतीय अष्टिना पौडेल विजयी भएका थिए।

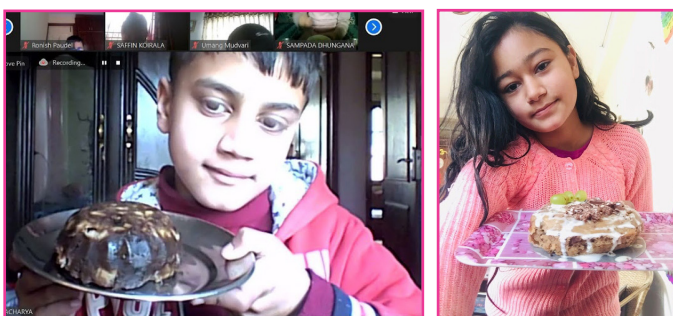


## Basic Life Skill



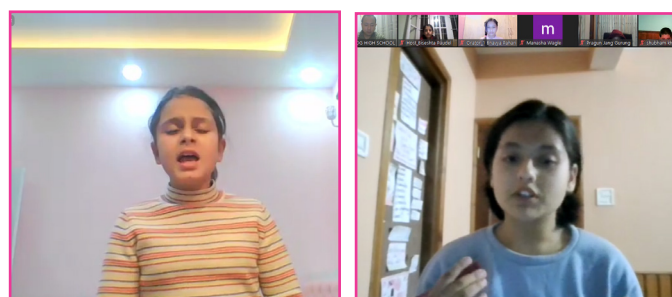
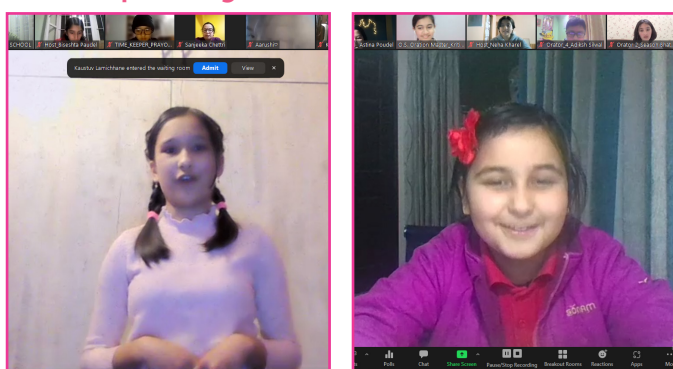
Learners from Junior school engaged themselves in enhancing their skill of stitching and sewing, which is an important basic life skill that one should know.

## Baking Session



As a part of the integrated teaching-learning extended activity, learners from Grade V learnt the art of baking through the online platform. Learners didn't only have fun but they also learnt how baking could be connected with their academic contents.

## Public Speaking Forum at Junior School



Triyog Junior Orators' Club (TJOC)

TJOC has successfully conducted four meetings. Every meeting had featured orators who spoke on various topics and on-spot orators. Speeches were reviewed by the panel of reviewers.

### Better Prepared Speaker

First Meeting	-
Second Meeting	O. Chandira Pandey O. Kushal K. Bhujel
Third Meeting	O. Bhavya Pahari
Fourth Meeting	O. Sadbhi Bhandari

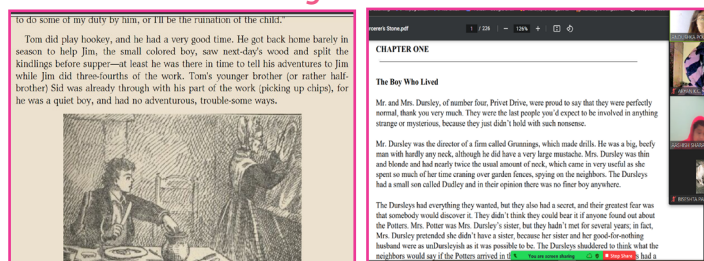
### Better On Spot Orator

First Meeting	-
Second Meeting	O. Noel Thapa
Third Meeting	O. Kushal K. Bhujel
Fourth Meeting	O. Purnima Baral

### Better Reviewer

First Meeting	-
Second Meeting	Neha Kharel
Third Meeting	Neha Kharel
Fourth Meeting	-

## Reflection of Reading



Our teacher, Ms. Anoushka Poudel, shares her reflection of the reading sessions with her students:

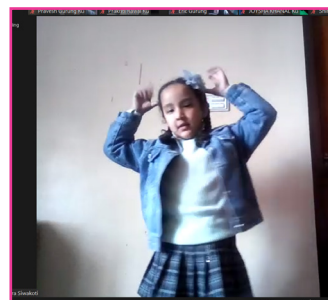
The D. E. A. R. (Drop Everything And Read) program is something that the children look forward to because they know that they will be allowed to read a book of their choice. Usually, in physical classes, all the children drop everything and read a book they have or bring one from the library. But in online classes, I wanted to make sure that the children are actually involved in the process. So, I have made a list of books for them.

I share the links of the books in the chatbox and allow them to choose one. I share my screen with the book open in the tabs and allow them to read. I let each student read, usually two pages, and mark the PDF with Weava Highlighter with their name and section so that the next time someone wants to read the same book, we will not repeatedly go through the same pages or lines.

I have found that the children are quite interested and they send me messages on Viber regarding the books and the movies associated with them. They tell me their own experiences of reading the books and share how excited they are that some of their friends have now become interested in them as well. I have been conducting one DEAR program for each section per week in Grade VII. I believe that reading books will improve their vocabulary and allow them to understand more complex ideas. They will have an easier time making sense of metaphors and similes by simply reading books that are appropriate for their age. It will greatly enhance their imagination and help them relax mentally.



## Solo Singing Competition



Solo Singing Competition for KG students was successfully conducted on 14 February 2022. Mr. Samir Chhetri and Mr. Suman Pun judged the singing performance of kids where Venus Thapa and Avnesha Adhira Siwakoti secured First Position, Joyasha Khanal secured Third Position and Arbil Sapkota secured Fourth Position.

Witnessing our little kids singing with melodious voices and lovely movement was like observing dancing and singing bees in the garden.

## Solo Dance Competition



Dance is the hidden language of the soul and a poetry with legs and arms where each movement is a word.

The students of Grades KG to IX participated in the Solo Dance Competition in different categories on 24 February. The rhythmic and ritualistic dances were judged by Mr. Ram Pyasi, Mr. Ram Rai and Ms. Sangeeta Shrestha.

Following participants secured different places in different categories

### KG Category:

First- Joysha Khanal

Second- Samik Siddhartha Chhetri

Third - Venus Thapa

### Four Category:

First- Priyanshi Poudyal

Second- Shubihani Thapa

Third - Sunivah Bajracharya

### One Category:

First- Loreen Gurung

Second- Riyomi Pandit

Third - Prasan Pudasaini

### Five Category:

First- Salina Pathak

Second- Season Bhattarai

Third - Rohini Baral

Third - Nirjara Pudasaini

### Two Category:

First- Subigya Subedi

Second- Rujoy Khanal

Third- Manushi Shrestha

### Six and Seven Category:

First- Neha Kharel

Second- Shrachit Mishra

Third - Suravee Paudel

### Three Category:

First- Aalok Chaurali

Second- Moksha Shrestha

Third - Sreeyashbi Oli

### Eight and Nine Category:

First- Shreeya Rosyara

Second- Aarshiya Sharma

Third - Stuti Thapa

## Kathmandu Triennale Visit





On 18 March, students of Arts ECA from grades VI to IX went to the Patan Durbar Square to see Kathmandu Triennale (Nepal's Premier Platform for Global Contemporary Arts). Students were able to learn about various art done by Nepali as well international artists.

Kathmandu Triennale is Nepal's principal platform for contemporary art works globally. Organized by Siddhartha Art Foundation; this exhibition is able to portray the historical outcomes of Nepali art and also has entertained various other themes.

## Prefectorial Body's Election



*School Captain*



*School Vice-Captain*



After the appeal of candidates for voters to cast vote, the election for the new prefectorial body was held on 3 March, Wednesday. The voter students from grades VI to IX and voter teachers utilized their voting rights to select the capable leaders for different roles for the upcoming academic session. Nomination details were as follows:

School Captain:

1. Bishista Wagle
2. James Bhoomi
3. Pradipti Aryal

School Vice Captain:

1. Sonya Niroula
2. Prija Shrestha
3. Aarya Marasini

School Discipline Captain

1. Roshan Poudyal
2. Pragya Aryal
3. Aaditya Pyakurel

Learning Society Coordinator

1. James Bhoomi
2. Stuti Thapa
3. Roshan Poudyal

Begnas House Captain:

1. Sairus Adhikari
2. Aaditya Pyakurel
3. Kritika rayamajhi

Begnas House Vice-Captain

1. Aarya Marasini
2. Bibhuti Shakya
3. Prajil Basnet

Begnas House Senior Prefect

1. Sarahana Singh
2. Utsav Pandey
3. Pratik Gurung

Begnas House Junior Prefect

1. Manasha Wagle
2. Ojaswi Singh
3. Deepisha Paudel

Phewa House Captain

1. Stuti Thapa
2. Bishista Wagle
3. Kushal Pant

Phewa House Vice Captain

1. Prija Shrestha
2. Manashi Dhakal
3. Prishka Bartaula

Phewa House Senior Prefect

1. Manashi Dhakal
2. Prihka Bartaula
3. Krenjila Karki

Phewa House Junior Prefect

1. Aashna Hadakhale
2. Angel Basnet
3. Agrata Khadka

Rara House Captain

1. Ridhima Tuladhar
2. Sujal Pangen
3. Shashwat Timilsina

Rara House Vice Captain

1. Aava Shrestha
2. Soniya Niroula
3. Upasana Thapa

Rara House Senior Prefect

1. Upasana Thapa
2. Aava Shrestha
3. Dipshika Adhikari

Rara House Junior Prefect

1. Prayosh K. Gurung
2. Vibhusha Rajbhandari
3. Susmeen Shrestha

Tilicho House Captain

1. Pragya Aryal
2. Grishma RL Rana
3. Ujwal B. Shrestha

Tilicho House Vice Captain

1. Aarushi Acharya
2. Abhigya Dangol
3. Sumit Sitaula

Tilicho House Senior Prefect

1. Aarushi Acharya ]
2. Abhigya Dangol
3. Sumit Sitaula

Tilicho House Junior Prefect

1. Sulaksh Bhatta
2. Pratham Khanal
3. Jyotishree Malla



## IX-X Sports Week



Sports Week of Grades IX and X was organized on 4 and 6 March. All the students of respective grades participated with lots of courage, vigour and enthusiasm in different sport events like Football, Basketball, Cricket, Chess, Badminton, Judo and Table Tennis.

## IV-V Sports Week



Sports play a vital role in anybody's life. It keeps both the mind and the body healthy. It is beneficial for any age group. Realizing this, Triyog High School had organized a sports week event from 13 December to 17 December for grades IV to V where the students were to be seen showing utmost sportsmanship and dedication. The young students were given opportunities in various sports. The individual sports like chess, Wushu, Judo, Table tennis and Badminton challenged the students to compete with complete self-reliance without any additional support. Meanwhile, the Team Sports such as Basketball, Football and Cricket challenged the students to work and play in a team. While all the students from each house did their utmost best, there could only be one winner. Tilicho house won the trophy for this event.



## KG-III Sports Week



Sport is an integral part for the development of kids. It teaches them discipline, enhances the concentration level, memory power and fills the minds with positive thoughts. It is deeply connected with the physical, mental, social, emotional and intellectual health of a person. Realizing this, Triyog High School had organized Annual Sports Week for Grades KG to 3 on 26th and 27 December 2021 where the students were to be seen showing utmost sportsmanship and dedication. The students were given varieties of opportunities. Executive Director Mr. Ajit Lama declared the event open by releasing the balloons. The event was marked by parade, relay race, dance, wushu demonstration, tug of war etc. These events challenged the students to compete with complete self-reliance. All the students did their utmost best, there were individual winners.

## Learning Society's Activities

### Interview with Mr. Visan Yonjan



The executive members of the Photo and Journalism club along with some students of classical vocal Club interviewed Mr. Visan Yonjan on 18 December. Mr. Yonjan is one of the members of The Grand Jury in the very popular Nepali reality show SaReGaMaPa Lil champs. He is also a songwriter and composer. He was a form of inspiration for all the students. He shared with us about his music career and gave insights on the music industry of Nepal. He shared with us the keys to success which are passion, dedication and struggle. To sum up, he is an inspiration and a mentor for young people.

### Cloth Donation



On 9 January 2022, the members of the Social Service Club conducted a winter clothing drive and donated warm winter clothes to Mr. Roman Poudel. His supporting organizations are NBR, NMR, and Dari Gang. They aim to collect about 1 lakh clothes where they have successfully collected over 40,000 clothes with the objective "No death during winter". The clothes will be donated to the Chepang community, street children and the Musahar community.

### Book Review Competition



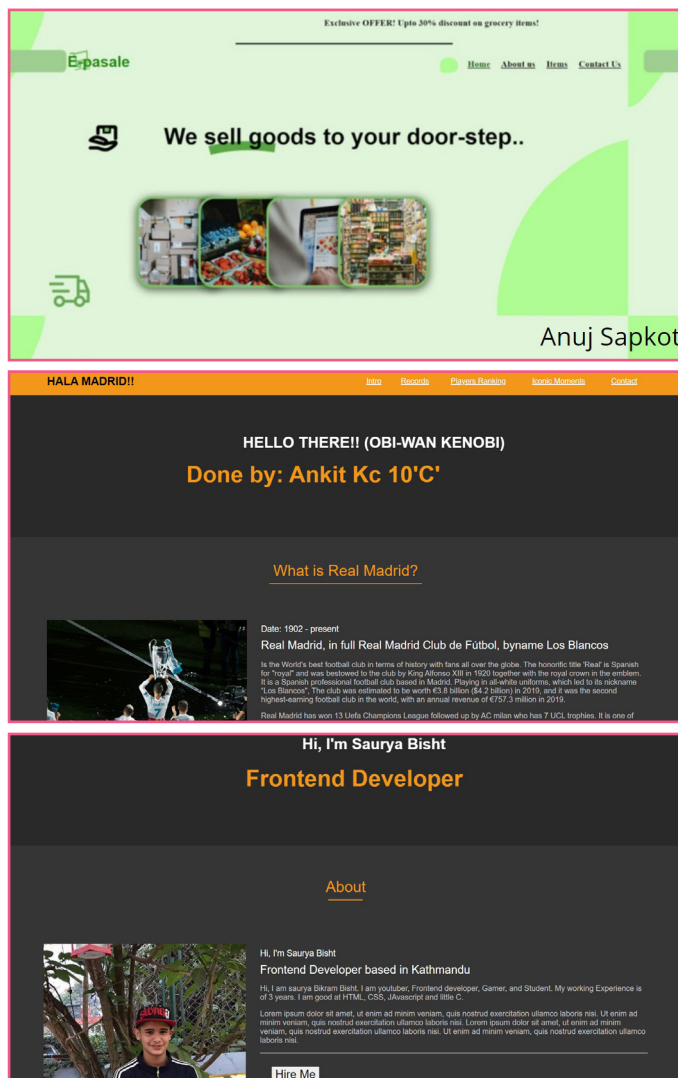


The book review is a competition in which the participants have to present a brief summary of the book they have read as well as the reading experience gained by them. It was organized by the Readers' Club. The objective of this competition was to involve the students in literature related activities and encourage reading habits. It would also help students to improve their public speaking, presentation and analytical skills. They would also have knowledge about different books. The competition was held on 23 February, 2022 (Wednesday) physically at school. Two teachers contributed as the judges for the competition : Riva Rana and Anoushka Poudyal.

Winners for different categories :

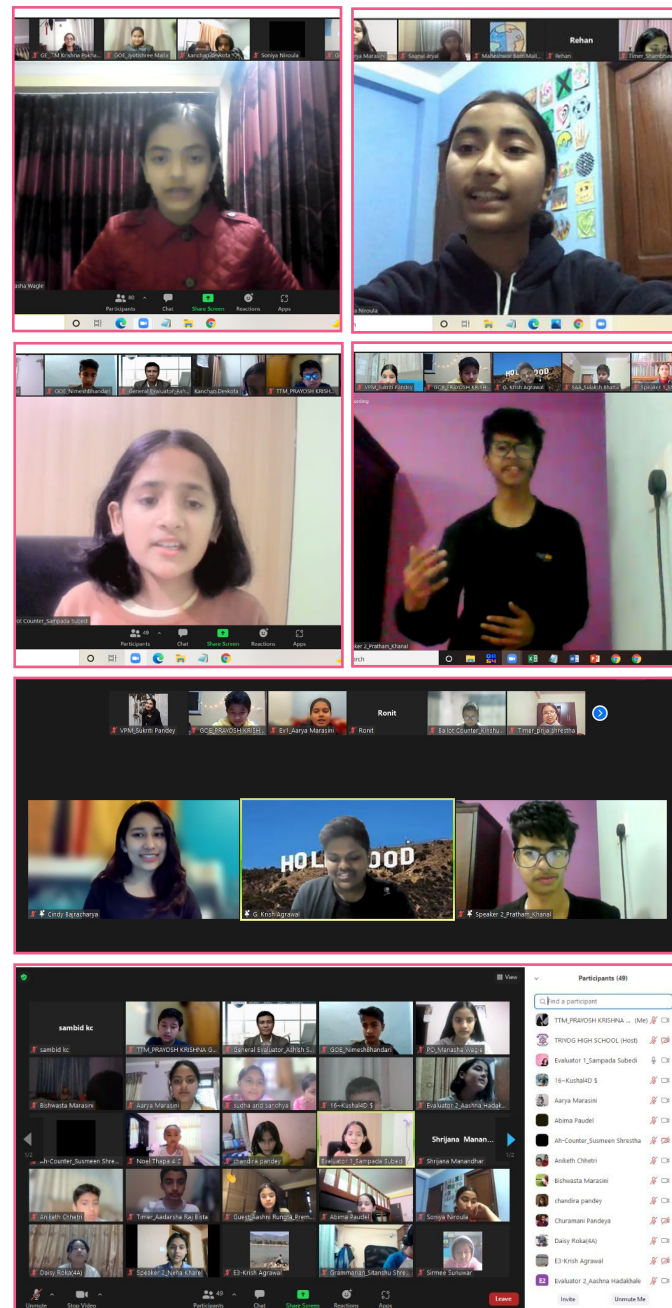
Grade VI-VII category	Grade Category : VIII-IX
First - Sampada Subedi VI B	First- Reedhima Tuladhar IX A
Second- Saloni Rasaili VI D	Second- Abhigya Dangol VIII B
Third - Arbinda Sapkota VI C	Third- Sumit Sitaula VIII D

## HTML Website Development Competition



The Computer Science & Programming Club had organised an Intra-school HTML Website Development Competition for the students of Grades VI to X with an intention of developing programming skills among the students. The participants were allowed to use any topic for their website and were only allowed to use HTML, but not other frameworks. All the contestants did a splendid job and made their websites as beautiful as they could. Anuj Sapkota from Grade IX secured the first position and Nischal Basyal from Grade VIII secured the second position. Similarly, Sarurya Bikram Bisht from Grade VII and Ankit KC from Grade X secured the third position.

## Gavel Club



Triyog Gavel Club has become the best platform for those Triyogees who are interested in public speaking and leadership. It is helping Gaveliers to develop their skills of public speaking and leadership. Till now, Triyog Gavel Club has completed its 34 formal meetings. Outstanding speeches of our Gaveliers were evaluated by different distinct general evaluators. With the suggestions of evaluators and motivation of audience members, all the speakers are highly encouraged to improve their skills of speaking and leadership. We are always hoping for such mesmerizing speaking performances and role playing of all gaveliers.

## Duke of Edinburgh's International Award





The Duke of Edinburgh's International Award is a global framework for non-formal education and learning, which challenges young people to dream big, celebrate their achievements and make a difference in their world. Through developing transferable skills, increasing their fitness levels, cultivating a sense of adventure and volunteering in their community, the Award helps young people to find their purpose, passion and place in the world.

Triyog Unit of Duke of Edinburgh's International Award has started its journey of making students more fit, skillful, adventurous and volunteering. Abundant number of our students are taking part in this Award for Bronze Level with lots of enthusiasm and hope. Now, they are moving forward to achieve their S.M.A.R.T goal with the supervision of Award Coordinator Mr. Kamal Shrestha, Award Leader Mr. Sikandar Maharjan, Award Leader Mr. Gyan Raj Maharjan and other assessors.

## School Enterprise Challenge



The School Enterprise Challenge is a free educational programme that teaches business and life skills. It supports teachers and students to plan and set up real businesses at their school with a practical programme which enables young people to develop skills which are not covered in the classroom. It also provides teachers with real-life examples to bring their teaching to life and allows them to develop new teaching practices.

Triyog High School believes that developing students with all twenty first century skills should be the major objective of educators and educational institutions. Allowing students to apply theoretical studies into a real life practice is the best way to prepare them for the future. Our students have formed a business team under teacher's guidance for running a school business to compete in the School Enterprise Challenge (an international educational programme that teaches business and life skills).

## TEDxTRIYOG HIGH SCHOOL

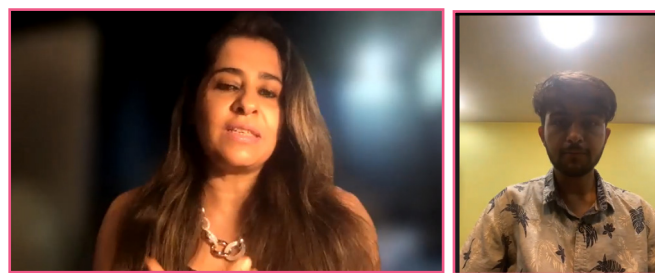
EVERYDAY LEADERS | SPEAKER LINEUP TEDxTRIYOGHIGHSCHOOL



Dr. Rajita Chaudhuri



Mr. Saiman Adhikari



TED Talks aim to spark and celebrate the ideas and knowledge-sharing by experts, teachers, and students around the world. Similarly, TEDEd TRIYOG HIGH SCHOOL is supporting students in discovering, researching, exploring and presenting their big ideas with the global network of passionate youth about ideas worth sharing. On 24 March, the TED Triyog Club organized a similar session that revolved around the theme 'Everyday Leaders'. Dr. Rajita Chaudhuri (Hony. Dean at IoE) and Saiman Adhikari (Student Leader) enthralled the audience with their thought provoking views and inspirational words.

### Our Achievements

## FanArt Contest



Four of our students participated in the FanArt contest organized in Otaku Jatra with the theme "Fun and Happiness". A total of 190 participated from various Schools. We are pleased to announce that Peeyush Lamgade bagged the first position in "Till 8 Grade" categories and Samridhi Shah bagged the third position in "10 to 12" categories. We congratulate the winners and appreciate all the participants in their endeavor.

## Science-Tech Exhibition Cum-Competition



On 13 March 2022, some students from middle school had taken part in the 10th Science-Tech Exhibition Cum-Competition organized by Trinity International College. We made a project to create an eco-friendly village. This project work consists of a river, farm, a ropeway, a model of rain water harvesting system, solar panel which lights up the street lights and a car which works with the help of a bluetooth module. There were 10 students representing our school in the competition. The students did their best and made the school proud by securing third position. We are very thankful to Trinity International College for giving the students this opportunity.





नयाँ वर्ष  
२०७९ को  
शुभकामना !



**TRIYOG**  
HIGH SCHOOL