



## SEE Graduation Ceremony 2029 & Release of Triveni

### Message from the Vice - Principal

Dear Parent/Guardian,

Festival Greetings !

As the festive season draws near, I would like to take this opportunity to reflect on the past few months and share some accomplishments with you. The air is filled with the sweet aroma of festivities, and the excitement for the upcoming celebrations of Dashain, Tihar, Mha Puja, and Chhath can be felt all around.

I commend our diligent staff and students for their commendable achievements this year. In addition to academics, we have hosted a number of inter-house, intra-school, and inter-school activities, as well as noteworthy international events. We successfully conducted the 3rd Triyog Inter School Chess, 2nd Intra School Speed Cubing, and the 1st Intra School Arm Wrestling competitions, which had our students enthralled throughout. Our students also represented us commendably at international events like Technoxian - Robotics World Cup (held in New Delhi-India), World School Team Chess Championship (held in Aktau- Kazakhstan), and Bangkok Global Round of World Scholar's Cup (held in Bangkok-Thailand). I am proud to add that our World Scholar's Cup participants have qualified for the Finale - the Tournament of Champions, to be held at Yale University, United States of America.

Our second quarter was equally noteworthy, with commendable events such as the SEE Graduation, Class days of Grades VIII and Grade X, Project Days of Grades KG- III, Half Yearly Examination and PTM, and celebrations like Bhanu Jayanti, Teachers' Day, and Children's Day.

I would like to express my heartfelt gratitude to all our parents, guardians, and well-wishers for their unwavering support, which has helped create a positive and supportive school community.

Lastly, I would like to extend my heartfelt wishes to you and your loved ones for a joyous and prosperous Dashain, Tihar, Mha Pooja, and Chhath. May the festive season bring you happiness, peace, and good health. I sincerely hope you have a spectacular time celebrating these festivals with your families and loved ones.

Regards,

Savita Kapruwan



Triyog's tradition of carving and shaping students into ideal personalities has been continuing since 1987. Every year our graduates spread their wings and fly to the sky and land on the field of golden opportunities. Triyog High School always feels proud to see its graduates creating stories of success.

The 28th Batch of Grade Ten students graduated in a grand ceremony held on August 04, 2023. The students with the highest GPA and the highest Grade Point in each subject were awarded medals and certificates whereas all the graduates were decorated with mementos and sashes. Prof. Dr. Bal Chandra Luitel, Dean of Kathmandu University School of Education graced the occasion as the Chief Guest.

The occasion also witnessed the release of the 13th Volume of Triveni, School magazine. Triveni is a garden of creativity for our students where their thoughts can blossom.

Celebrations @ Triyog

## Guru Purnima



The knowledge and guidance that the teachers give to their students are the bright lights that help students find the right pathways in their lives. Guru Purnima reminds everyone of the dedication and efforts of teachers for shaping well-rounded students. We celebrated Guru Purnima like we do every year in the School with much grandeur where the teachers were decorated with Khada, and students from different grades presented varied performances including Guru Bandana, musicals, and dance performances.

## Bhanu Jayanti



The 210th birth anniversary of Aadikavi Bhanubhakta Acharya, the revered poet and translator of the Ramayana into the Nepali language was commemorated at School. Students presented his works of literature through dance, plays, and recitation in addition to garlanding the portrait of Bhanu Bhakta.

The Triyog Readers Club organized a quiz competition based on life and works Aadikavi, and Nepali literature. The learners of Grade III enacted the biographical play of Bhanubhakta Acharya.

## Shree Krishna Janmashtami



Shree Krishna Janmashtami is a Hindu festival that celebrates the birth of Lord Krishna, who is considered one of the most revered and beloved deities in Hinduism. Our junior artists performed Krishna Leela on the special occasion with great enthusiasm and devotion, and displayed its significance rooted in the religious and mythological beliefs surrounding Lord Krishna.

### Professional Development

## Counselors' Workshop for Senior Teachers



The teachers of the Senior School attended a workshop on 'Enhancing Positive and Connected Learning Environments' with the school counselors from Sambhavya Foundation. The session highlighted the challenges faced in school education and techniques for handling them, developing positivity and connectedness with students and other stakeholders for enhancing learning outcomes.

## Igniting Learning with In-House Trainings



Our passionate educators from Grades IV and V continue to strive for professional excellence. They are dedicated to sharpening their teaching skills by organizing In-House Professional Development sessions every alternate Thursday. These sessions ensure that they stay abreast with the latest educational trends and innovations.

## Empowering Science Educators

Science teachers from Grades VI and VII attended a series of transformative professional development sessions conducted by Karkhana. The session titled "Depth of Scientific Knowledge" equipped them with innovative strategies to enhance science education.



## Workshop for Social Studies Teachers



QKS in collaboration with Kathmandu University School of Education, organized a two-day collaborative professional development workshop on 'Innovative Pedagogies in Social Studies' on September 16 & 17. Three teachers from Triyog High School, Prakash Pant, Janaki Negi Shrestha, and Kewora Bhattarai, participated in the workshop. The sessions were conducted by Hem Raj Khatiwada from CDC, Social Studies Department, and Dr. Bashu Prasad Subedi from KUSOED. The workshop empowered the teachers on effective classroom practices and authentic assessment in Social Studies.

## National Children's Day Celebration 2080



Every child is a canvas waiting to be painted with the colors of their dreams and aspirations. Children have a unique ability to find joy in the simplest of things, reminding everyone to appreciate life's small pleasures. As a school community, watching children grow and learn is a remarkable journey of discovery and wonder.

Like every year, this year too we celebrated National Children's Day 2080 with lots of fun and grandeur. School staff put up their surprise performances for the students.

Field Visits

### Community Visit



As a part of their experiential learning based on the theme 'Our Community', the learners of Grade III visited different places in the proximity of the School on August 15, 2023. They studied how a community as a whole is formed and how it functions in harmony. More importantly, they realized the important role of different components of community in an individual's life.

### Door-to-Door Campaign



Grade VII as a part of annual Community Action Project launched a Door-to-Door Campaign on July 19, 2023, whereby the students along with their teachers visited different households in the community making them aware of the hazards posed by plastic usage and suggesting means to minimize its use.

### Nepal Investment Mega Bank



Students of Grade X C and X D visited Nepal Investment Mega Bank Limited, Durbar Marg as a part of extended teaching-learning activities. The visit was connected to the topic Financial Institutions of Accountancy subject. Through the visit, students had an in-depth understanding of the different functions and services provided by commercial banks.

### Ward Office



Grade III students were taken to the office of the Ward No. 6 of Tokha Municipality on August 24, 2023, to make the young learners aware of the role of the Ward Unit in the local community. They had an interaction session with the Ward Representatives on the functions of the Ward.

### Orphanage Home



The Grade I learners visited an orphanage home 'Paramananda Bal Ashram' at Guheshwori, Kathmandu on August 29, 2023. The visit was based on the lesson 'Sahayogi Haat' from the Nepali Textbook with the objective of instilling feelings of empathy in children and developing a tendency to help the needy.

### Federal Parliament of Nepal



The students of Grade X had an opportunity to visit the Federal Parliament of Nepal on August 29, 2023, where they observed and learned about the major formal activities of our nation's legislative body. The students witnessed the proceedings of the Question and Answer session with the Prime Minister. The Prime Minister answered the questions asked by 11 MPs during the session. After the session with the PM, different members of parliament raised various national issues. The students got a firsthand look at how our nation's issues are discussed and how the decisions are shaped.

### City Mineral Water & Beverage Pvt. Ltd.



Grade II learners went to City Mineral Water and Beverage Pvt. Ltd, Greenland as part of their theme "Our Community". The visit helped the students to learn how the water is purified and made safe for drinking by the people living in the community.



# Triyog Model United Nations 2023



Model United Nations (MUN) is an educational simulation and academic activity that allows students to learn about international relations, diplomacy, and the workings of the United Nations (UN). We create this platform of Model United Nations for our curious learners every year.

Triyog Model United Nations conference proved to be a highly commendable event that was organized from September 16 to September 18 for students seeking to hone their communication skills and critical thinking abilities, and cultivate a global perspective. The three-day conference culminated in a noteworthy Closing Ceremony held on September 18 which was graced by the presence of Dr Tulasi Prasad Bhattarai, our esteemed Chief Guest. We commend the diligent efforts of all the delegates and extend our heartfelt appreciation to the Organizing Committee members and Dias for their commendable work and dedication.

## Exploring Bhaktapur's Rich Heritage



Grade V and Grade VI learners made a visit to Bhaktapur Durbar Square, delving deep into the cultural, historical, and artistic treasures of this iconic place which is listed in the World Heritage Sites. This immersive experience not only helped them understand the past but also discover the significant economic role Bhaktapur plays in our nation's prosperity.

## National Innovation Center



Grade VI learners made an inspiring visit to the nation's unique hub of innovation, National Innovation Centre situated in Kirtipur. Besides the visit, they also engaged themselves in a captivating interactive session with Mr Mahabir Pun, a true national hero. His remarkable journey and vision to foster self-reliance through innovation and research left our students inspired and motivated.

## Budhanilkantha and Chandeshwori



Grade VII students visited various households and commercial establishments situated at Budhanilkantha and Chandeshwori areas as a part of their practical assignment on sustainable living. They interacted with the locals to accumulate data which would contribute to developing sustainable cities and communities.

## Botanical Garden



The Kindergarteners visited the National Botanical Garden, Godawari on September 27, 2023 with the objective of studying plants - their types, parts, and features. They enjoyed the trip a lot and collected a lot of information about plants.

## Central Zoo



Grade IV students embarked on an eye-opening educational journey on October 11, 2023, as they explored the Central Zoo. This exciting field trip was all about understanding the vital Sustainable Development Goals (SDGs) - Life on Land and Life Below Water. The students witnessed a diverse array of wildlife, from the majestic creatures of the land to the enchanting life beneath the water surface. This experience reinforced in students the importance of conservation and preservation of our planet's incredible biodiversity.

## Interactions

### Positive Parenting



In today's context, parenting is joyful and at the same time challenging to deal with 21st-century children. In this regard, our institution in collaboration with Sambhavya Foundation conducted a parenting session for the parents of Middle School students to make them aware of their role in dealing with different parental issues on the topic 'Growing Together: Understanding Our Children and Empowering their Socio-Emotional Development in the Digital Age.'

### My Daily Life



The Grade I learners participated in an interaction program with parents who are involved in different professions. The interaction was based on the theme 'My Daily Life'. The guest parents shared their daily life style with the students, and the young learners put their interesting queries on the same for further understanding. The pieces of advice given to the children for bettering their lifestyle were worth pondering on.

## Grade VIII - Class Day 2023



After a long gap of 5 years, Grade VIII students staged their Class Day programme for their parents on October 6, 2023. The programme comprised of diverse entertaining acts like orchestra, dances, songs, poems, plays in Nepali and English etc. The energy and enthusiasm of the students were unmatched which kept the parents spellbound throughout the programme.

## First Project Days

### Grade I and KG



The young learners of KG and I presented and performed their learning outcomes of Unit I based on the specific themes during the First Project Day. The visitors observed the culminating products such as Booklets, Photo Frames, Craft Works and Project Works (individual, pair and group work). The event was organized to enhance the skills of presentation, stage performance, and collaboration of little learners. The overwhelming presence of our valued parents was truly inspiring for the students.

### Grade II



Grade II learners showcased their First Project Day on the themes 'My Family and I' and 'My Daily Life' and met objectives through the integration of all subjects. The learners shared some portions of their learning through different presentations and performances. Some of them included a booklet "All About Me" and Book Talk on "When I Was Young in the Mountains." In addition, they shared booklets on their visit to an old age home and presented their Timeline.

### Grade III



Grade III learners showcased their First Project Day based on the theme 'My Daily Life'. The learners demonstrated their learning outcomes through skits, poems, and other presentations. The event was productive with insights on 'Food and Nutrition'.

## Second Project Days

### Grade I



The children of Grade I had their Second Project Day on the theme 'My Daily Life'. They presented PowerPoint slides, skit, poem, song, and dances that revolved around the driving question: 'How does daily routine contribute to a healthy lifestyle?'

### Grade II



The learners of Grade II put up their Second Project on the topic 'The Community I Want'. All of their presentations and performances were focused on the central question 'What kind of community do I want and why?'

### Grade III



The Second Project of Grade III was organized on the topic 'Birds: Importance and Protection'. The children showcased their learning outcomes based on the driving question, 'How can we protect and preserve birds?'

## Musical Band



An interaction session with the band members from 'Pancham Band', Mr. Prasish Maharjan and Mr. Sujip Maharjan was conducted for Grade V students. The session was organized in collaboration with Terrain Nepal. The session focused on the preservation and significance of our traditional musical instruments, mostly Dhime.

## Parenting Session on Nutrition & Diet



The food taken by young children plays a significant role in their physical & mental growth and wellness. The children lacking the required nutrients in their diet may lag behind in their academic learning and CCAs. Therefore, with the purpose of transforming the food habits of young children, a Parenting Session was conducted for the parents of the young learners from KG to Grade III which focused on what to feed and how to feed. Dr Ojaswi Acharya and her intern, Miss Shiwani Dhakal, led the insightful session.

## Parent - Teacher Meeting



The Parent-Teacher Meeting of Half Yearly Examination provided an opportunity for both the educators and the parents to discuss the progress, behaviour, and academic performance of students. These interactions and collaborations will surely play a crucial role in supporting an education and overall development of a child. Besides the parent-teacher interactions, the Art and Craft Exhibition, Learning Societies' stalls, charity sales, and games stalls reflected how students are progressing in different areas.

## CCA/ECA/Sports

### Elocution Contest



An elocution contest is a competitive event where participants showcase their oratory skills like public speaking and delivery. Inter-House Elocution Competitions were organized for different categories in which expressive elocutionists delivered their outstanding literary pieces. The judging criteria of the elocution competition included various aspects such as content, organization, delivery, clarity, vocal modulation, and overall stage presence.

### Solo Dance



Dance is a performing art and a form of human expression characterized by rhythmic and coordinated body movements typically set to music. It involves a wide range of movements and styles, including gestures, steps, spins, jumps, and other physical actions that convey emotions, stories, and artistic concepts.

Our learners from Grades I to V showed a testament to dance in the Inter-House Solo Dance Competition. All the dancers demonstrated their beautiful poetry of movements.

### Singing Competition



Intra-class group Singing Competition for students of KG-III, and Inter-House Solo Singing Competition for Grades IV and V was organized with the major objective to inspire students for musical intelligence and singing.

All the students from each Grade and section sang different Nepali songs to the tune of music that was given by our music teachers. All in all, we had a great time and everyone enjoyed the melody of the songs of our little singers.

## Book Mark Making



Triyog Reader's Club organized a Book Mark Making Competition for Grades IV to VII where the participants showcased their best art and craft skills to design stylish bookmarks.

## Story Writing



Story writers from Grades VI and VII weaved the fictional and non-fictional stories in the story writing competition. The competition was organized by Triyog Reader's

## QKS Art Exhibition



Our exceptional artists displayed their fabulous artwork in the 4th Quality Kathmandu Schools Art Exhibition 2023 which was jointly organized by Digi School and QKS.

## Arm Wrestling



Triyog Sports Club organized the first Intra-school Arm Wrestling Competition in different categories for boys and girls. In Nepal, Arm Wrestling is a commonly played sport but does not get the limelight that it deserves. It is a good physical exercise that promotes balance, coordination, strength, and endurance among players.

## Quiz Contest



Intellectually stimulating and entertaining moments of quiz contestants were witnessed in the Inter-House Quiz Contest 2023 which was organized for four different categories. Contestants displayed their problem-solving and quick-thinking abilities along with general knowledge in the contest.

## Friendly Volleyball Match



Friendly matches play an essential role in the world of sports providing valuable opportunities for training, preparation, entertainment, and the promotion of sportsmanship and goodwill among athletes. Volleyball Teams of Triyog High School and Ambrosia Ideal Secondary School played a friendly volleyball match. Players from both the teams displayed quality skills and sportsmanship in the match.

## Speed Cubing



The 2nd Triyog Intra-School Speed Cubing Competition was organized by Triyog Sports Club. The competition attracted the participation of more than 100 students from Grades I to X, who displayed their exceptional cubing skills. The competition was divided into two categories: the 3x3 Rubik's Cube and Pyraminx. The competition was conducted following the standard regulations of the World Cube Association, ensuring a fair and impartial judgment.

## World Scholar's Cup 2023 - Bangkok Global Round



Our Junior Division Team participated in the Global Round of the World Scholar's Cup in Bangkok, Thailand, and qualified for the WSC 2023 Tournament of Champions to be held at Yale University, United States of America. In the Global Round, they performed well in both the individual and the team categories. One of the team members, Ipsita Rana was awarded Country Top Scholars of Nepal among Junior Teams. They also had interactions with educators and students from around the world during the event which helped them to exchange their cultures and values.

Event participants from Triyog High School were Ipsita Rana, Adiksh Silwal, Karson Kafle, and Debate Judge Mr Kamal Shrestha. The journey that started from the Kathmandu Regional Round of WSC will conclude in Connecticut.

## TechnoXian, World Robotics Championship 2023, India



Seven members of the Triyog Makerspace Club participated in the TechnoXian World Cup 2023 (World's Biggest Robotics Championship) in New Delhi, India. They presented their new innovation, VayuDrishti+ at the event. VayuDrishti+ is the project of creating an ambient air quality monitoring system that monitors real-time data and provides information through an application that is also developed by the same team. It also suggests the necessary remedial action to be taken by the general public. Students participants were Sampada Subedi, Ojaswi Singh, Karson Kafle, Deepisha Paudel, Tshiring Dolma Tamang, Shiwani Katuwal, Sourya Udas whereas the mentors were Shakriya Pandey, Bikram Thapa, and Archana Singh.

## World School Team Chess Championship 2023, Kazakhstan



Four student Chess Masters of Triyog High School represented Nepal in the World School Team Chess Championship 2023. The event was organized by the International Chess Federation (FIDE) and Kazakhstan Chess Federation in Aktau City of Kazakhstan. The competition was held from August 3 to August 8, 2023. The Nepal Chess Federation supported our participants in this participation. The team comprised of Sampanna Bajracharya, Bishwasta Marasini, Paridhi Khatri, Trilok Burlakoti (participants) Deepa Bhatt (Team Captain), and Saguna Shakya (Team Manager).

## Letter Writing



Letter writing is a fast disappearing skill. To revive the same, a letter-writing competition was organized by Triyog Reader's Club in collaboration with the Library Department on the occasion of World Letter Writing Day. The competition was organized to enhance the letter-writing and creativity skills of students by sharing their thoughts, emotions, and ideas through letter writing.

## Debate



Our debaters presented astonishing debates in an organized Inter-House Debate Competition. Participants were engaged in structured arguments about their specific topics and proposition. The primary objective of the debate competition was to encourage critical thinking, public speaking skills, and the ability to construct persuasive arguments.

## Science and Mathematics Olympiad



The Middle School Science and Mathematics Department proudly conducted its 2nd Science & Mathematics Olympiad. This thrilling event was conducted in four stages starting from the preliminary to the final round. All the students from Grades IV to VII took part enthusiastically in this event giving a boost to their scientific and mathematical knowledge.

## Phoenix Inspiration Competitions



Our students Rigved Guring Tamu and Raima Gauchan mesmerized the audience in the Inter-School Chinese Solo Singing and Speech Competition respectively. The event were held at Sanskriti International School and Genius IB World School respectively. Participants from ten different schools competed in this event organized by Phoenix Inspiration.

### Learning Beyond the Classroom

## The Student's Coordinator Team



Middle School is proud to announce the formation of the Student's Coordinators Team, consisting of 12 students from Grade VII. We aim to empower these young individuals with leadership skills, confidence, and sense of responsibility needed to make a meaningful impact inside school and beyond.

## Book Bus Visit - US Embassy



Reading books is especially important for kids as it plays a crucial role in their development and provides a strong foundation for various aspects of their life. Junior School young learners had a pleasant experience in a two-day reading session offered by the US Embassy's Book Bus program. The children had access to a variety of age appropriate books which they thoroughly enjoyed reading.

## Special Achievements and Participations

### 3rd Triyog Inter-School Chess Competition 2023



The 3rd Triyog Inter-School Chess Competition was organized on July 20 and July 21, 2023. Along with the President of the Nepal Chess Federation, Mr Bidur Prasad Gautam, the School's Executive Director and the Vice Principal inaugurated the event. Approximately two hundred participants from 35 different schools from the valley showcased their chess prowess in the competition. Winners schools of different categories were as follows:

I-III Category Overall Winner - Triyog High School

IV-V Category Overall Winner - Niten Memorial School

VI-VII Category Overall Winner - Triyog High School

VIII-X Category Overall Winner - Pushpa Sadan Boarding School

### Inter School/College Staff Futsal



Men's Futsal Team of Triyog High School won the Running Trophy of Triyog Inter School/College Futsal Tournament 2023. They defeated the futsal team of Trinity International College. The event took place at Trinity International College.

### IOGKF-NEPAL Karate



Our karatekas demonstrated their remarkable performance in the First IOGKF-NEPAL Tokha Municipality Inter-School Karate Championship 2023. Sanjog Paudel, Utesh Kalikote, and Aaradhya Nepal bagged the Silver Medal whereas Samyog Poudel bagged the Bronze Medal in the event.

### Honoring Excellence: 3Di Certification Ceremony



In a prestigious 3Di Certification Ceremony organized by 3Di School, Triyog High School received recognition for its active collaboration with 3Di School, New Zealand. The event witnessed the presence of esteemed school leaders from across the valley, celebrating the commitment to excellence in education.

### Inter-Preschool Fancy Dress Contest



Little kindergartener Pravya Rawal participated in the Inter-Preschool Fancy Dress Contest and secured the 7th position. The event was organized by Team Nepal with the participation of more than a hundred participants. Pravya presented herself as mother nature.

### Digischool Certification



Our dedicated teachers from Grades I to V achieved a well-deserved certification from Digischool Nepal. Their commitment to implementing the Digi Curriculum and successfully completing all projects and assignments for the academic year 2022/23 is commendable.

## Triyog Gavel Club



Gavel Clubs are established for young learners to develop leadership, public speaking, and communication skills. It is affiliated with Toastmasters International. With an aim to empower our learners with these essential skills, we have been running Triyog Gavel Club successfully for four years. Recently, the new Executive Committee of Triyog Gavel Club was installed formally for the term of 2023/24. TM Anjila Bista graced the Installation Ceremony as the Installation Officer. Gaveliers are exploring new ideas of communication and leadership in each meeting.

## Duke of Edinburgh's International Award



Duke of Edinburgh's International Award is a platform for young people to develop valuable life skills and achieve personal growth. Here at Triyog, young people enroll in this journey every year and challenge themselves to explore their potential. We have a team of Award Leaders, Sikandar Maharjan, Gyanraj Maharjan, Reetu Shedhain, and Award Coordinator Kamal Shrestha to guide the participants. They recently participated in an Award Training Session and got certified as the Award Leader by the National Office.

## Math Debate



Our learners from Grades VI to IX participated in the Math Debate and exposed their mathematical logical reasoning and use of Math in different areas. The debate was organized by UNMATH School as an Intra-School qualifying round. The qualifiers will now participate in the Inter-School qualifying round.

## Triyog for SDGs - Integrated Project-Based Learning on SDG Goals



Our learners from the Middle School embarked on an exciting journey towards sustainability. Our SDG Integrated Project-Based Learning aims at empowering young learners to make a positive impact and drive change for a better world. The project culminated in an exit event in which students presented various projects to make the school community aware of the SDGs and its significance for a sustainable future.

## Flash mob



Selected students and teachers from Grades III to V participated in the largest flash mob of Nepal organized by Phoenix Inspiration. The event witnessed the participation of over 500 students from various schools and some diplomats from the government agencies. This was a record breaking event in terms of numbers of participants. The event was also followed by Tiktok faceoff challenge between the schools.

## Grade X - Class Day 2023



The Class Day programme provides a wonderful platform to the students to hone and showcase their skills and talents. Grade X students laid an array of performances in front of their parents during their Class Day held on October 13, 2023, after a gap of four years. The students presented songs, English and Nepali plays, different forms of dances, poems, classical vocal, and orchestra musicals. The audiences were absolutely enthralled by the performances which reflected diverse human emotions.



## Happy Dashain, Tihar and Chhath 2080



**TRIYOG HIGH SCHOOL**

Tokha 06, Kathmandu, Nepal

Tel: 4965285, 4981695

Email: [info@triyog.edu.np](mailto:info@triyog.edu.np)

Follow Us On:



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