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TRIOG

Vol. III - October-December, 2023

# Newsletter

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## Message from the Vice-Principal

Dear Parent/Guardian/Well-wisher,  
Greetings!

As we stand on the threshold of a new year, it is with great joy and pride that we reflect on the remarkable journey we have undertaken throughout 2023. This year has been a tapestry woven with threads of challenges, triumphs, growth, and transformation. Today, as we share this newsletter with you, we are filled with gratitude for each member of our dedicated community—our exceptional teachers, administrative staff, engaged parents, and, above all, our precious students.

Our teachers have displayed unwavering dedication, going above and beyond to nurture the minds of our students. Their commitment to learning, connection, and perseverance has been the driving force behind our collective success. Our administrative staff deserves special recognition for their efforts in keeping our school running smoothly, ensuring that the foundation for learning remains strong.

To our parents, your partnership in your children's education is invaluable. Your active involvement has contributed significantly to the holistic development of our students. The energy, curiosity, and creativity our students bring to everything they do are a testament to the supportive environment created by both our educators and parents.

Throughout the year, we witnessed incredible athletic feats, artistic triumphs, and impressive presentations during our SDG and Project Days. These moments showcased the diverse talents and capabilities of our students. Embracing new technologies and pedagogical approaches, we made learning more engaging and relevant, preparing our students for the challenges of the future.

Beyond academic achievements, what truly makes us proud is the spirit of our school community. It is evident in the selfless leadership and unwavering dedication of each member. This spirit gives us immense hope for the future, as we believe in the collective power to shape a better tomorrow. During the remaining period of the current academic year, we must maintain a rigorous academic schedule to ensure our students are well-prepared for the upcoming Pre-Board and Board Examinations for Grade VIII and Grade X, as well as the Final Examination.

Looking ahead to the new year, we are excited about the possibilities that lie before us. With our proven track record of success, we are confident that, together, we can overcome any challenges that come our way. Our goals may be ambitious, but we firmly believe that with the continued dedication of our community, we can surpass expectations and set new standards for excellence.

In Conclusion, we want to express our deepest gratitude to each one of you for being an integral part of this incredible journey. As we usher in 2024, we extend our warmest wishes for a Happy New Year filled with joy, prosperity, and continued success. May our collective efforts continue to shape the future of Triyog High School and the lives of our students.

Thank you for your unwavering support and commitment.

Regards,

Savita Kapruwan

### Celebrations @ Triyog

## Dashain - Tihar Celebration



Festivals are cultural, religious, or social events that are marked by a special observance or a series of activities, often centered around a specific theme, tradition, or community. The major objective of festival celebrations is to explain the cultural and religious significance of festivals and to keep the traditions alive for the present and future generations.

Triyogees celebrated different festivals reflecting their cultural values and the air filled with festivities. They simulated the celebration of Dashain, Tihar, Mha Pooja, Chhath, and Jatra in the School. The atmosphere reverberated with festival vibes as the air got filled with songs and dances, aromas and sights, chants and tunes, and provided all present to have an immersive experience.

Field Visits

### Garden of Dreams



Little Kindergarteners visited the Garden of Dreams, Kaiser Mahal on December 14, 2023. The trip was based on the theme of Seasons, and they observed different seasonal gardens. The visit was fruitful and they had a lovely time.

### Horticulture Centre



The first-grade learners explored the Horticulture Centre, Kirtipur on December 11. They learnt about farming and plantation. This trip helped the learners to observe and understand the procedures of growing fruit saplings and vegetable seedlings.

### Bishnumati Riverbank



The first graders went on a field trip to the Bishnumati River at Balaju on December 6 where they had a tour of the river bank. The purpose of the tour, which focused on the topic of 'Pollution', was to teach the students about water contamination and to give them more hands-on experience. They completed their trip sheet following their observation and talks with their allocated group partners. The students learnt the causes of pollution and how to avoid them.

### Religious Monuments



The students of Grades II and III were taken to different religious places in December. They learnt to appreciate the importance of respect for the beliefs, values, and traditions of all the religions. They were taken to Nepali Jame Masjid, Our Lady of Assumption Church, Swayambhunath, and Chandeshwori Temple. Mainly, the trip aimed to showcase the religious harmony between different religions in our country.

Interactions

### Our Culture



The young learners of Grade II had an interaction session with parents on Various Notions of Cultural Identity. Triyog family is grateful to our valued parents who took to our classrooms in their cultural attire and shared about their culture with the children.

## Parenting Sessions



Parenting sessions for our parents of Grades IX and X were conducted in the school by the school counselors. The session was centered around the topic 'connecting with teenage children and promoting social-emotional development'. The program highlighted the importance of creating a supportive community where children feel valued and understood.

## Third Project Days

### Grade III



The third Project Day of Grade III was conducted on December 15, 2023 based on the theme 'Our Culture' under the topic 'Our Culture: Cultural Bond through Festivals'. The students performed and presented their learning outcomes.

### Grade II



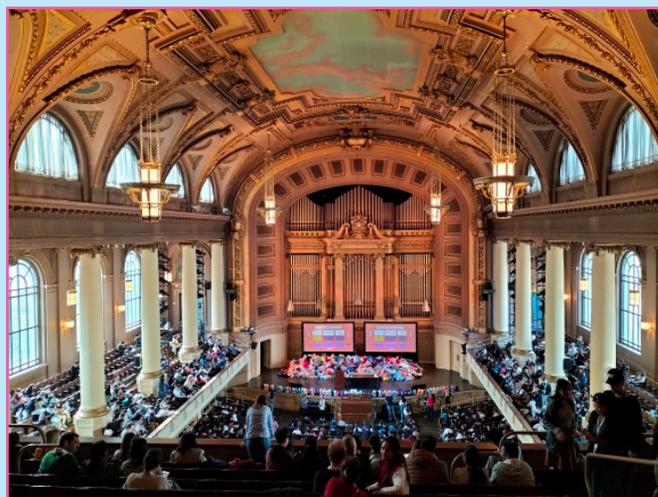
The young learners of Grade II staged their Project Day III based on the theme 'Our Culture'. They showcased their learning outcomes through presentations, performances, and artifacts. The apples of our eyes looked lovelier and prettier in their unique cultural attire.

### Grade I



The First-Grade students conducted their Third Project Day on December 22, based on the theme 'Our Environment'. Students presented the learning outcomes of the Third Unit through various performances connecting the theme into relevant areas.

## The World Scholar's Cup - Tournament of Champions 2023, Yale University



A Junior Division team of Adiksh Silwal, Ipsita Rana, and Karson Kafle participated in the World Scholar's Cup, Tournament of Champions 2023 which was held at Yale University in the United States of America. They represented Triyog High School and the Federal Democratic Republic of Nepal among the thousands of scholars from 65 countries. This team performed spectacularly in the Team Debate, Scholar's Bowl, Collaborative Writing, and Scholar's Challenge. At the Closing Ceremony of TOC 2023, this team was awarded 11 Gold Medals, 5 Silver Medals, and a Trophy in total. They achieved Gold Medals in Team Debate, Tem Bowl, and in other individual categories along with the Silver Medals. One of the team members, Ipsita Rana, was ranked 5th in the Cria Scholar category among all the junior participants.

During this event, they explored two of the Ivy League research universities, Yale & Harvard, and the engineering hub MIT, Massachusetts Institute of Technology. They also displayed the unique cultures of Nepal and learned about the cultures around the world at the cultural fair.

They started this journey in February with the Kathmandu regional round of the event and the qualifiers for the Global Round. They qualified for the Tournament of Champions, the final of the event with outstanding performance in the Bangkok Global Round of WSC 2023.

Mr. Kamal Shrestha, the program coordinator, joined the event as a Debate Adjudicator and judged 6 debates in the Bangkok Global Round and another 6 debates in the Tournament of Champions representing Nepal.

## Sustainable Living: Responsible Consumption



An interaction session was organized for the learners of Grades V and VII focusing on SDG Goal 12 'Responsible Consumption & Production'. The session was led by the team members from Youth Leadership AIESEC, Nepal. The main goal behind this session was to make the younger generation aware of the impactful ways to contribute to the fulfillment of SDG Goal No. 12 through the initiative 'Food Heroes'.

CCA/ECA/Sports

## Handwriting Competition



Junior School students displayed elegance in handwriting with graceful curves and loops in the Inter-House Handwriting Competition. Each letter was crafted with a uniformity that speaks about attention to detail.

## Solo Singing Competition



Singers from Grades VI to X exhibited their beautiful works of melody and voice on the stage of the Inter-House Singing Competition.

### Winners

#### VI-VII Category

- First Position – Aahana Acharya
- Second Position – Noel Thapa
- Third Position – Anushuya Adhikari

#### VIII-X Category

- First Position – Shreyashi Neupane
- Second Position – Shreyash Poudel
- Third Position – Asin Crystal Rana

## Dance Competition



In the Inter-House Dance Competition of Grades VI to X, our talented dancers communicated with all the audiences with the universal language of dance. They showcased different forms of expressive movements that involved a rhythmic and coordinated sequence of steps, gestures, and poses.

### Winners

#### VI-VII Category

- First Position – Priyanshi Paudyal
- Second Position – Abima Paudel
- Third Position – Shubihani Thapa

#### VIII-X Category

- First Position – Aashna Hadakhale
- Second Position – Yeshna Dangol
- Third Position – Neha Kharel

## 'Make it out of Paper' Competition



The Triyog Eco Club provided a platform, the 'Make it out of Paper' Competition, for the creative artists of Grades IV and V where participants did different artistic works out of waste paper.

In this competition, waste paper from classrooms and offices were collected, and then distributed to the students to make something out of it.

Students relied upon their creativity to create something out of the waste paper. This taught them the important lesson of 'Reduce, Reuse, and Recycle' in a diverting way.

## Triyog Scout Troop Investiture Ceremony 2023

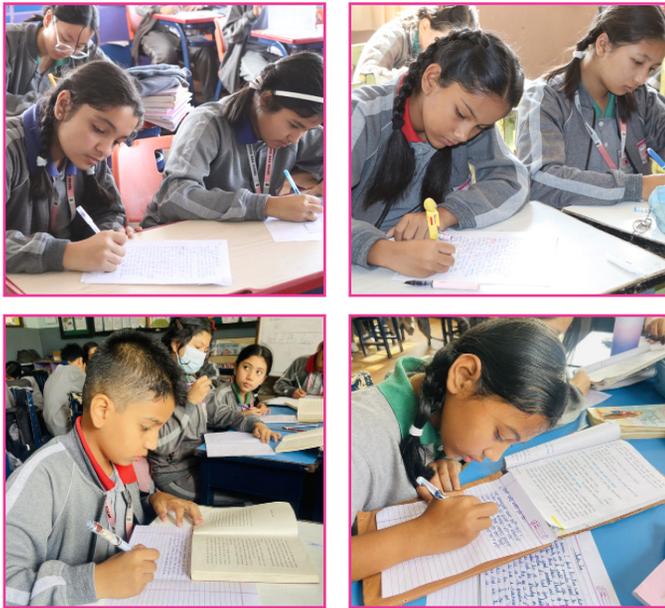


'Teach Scouts not how to get a living, but how to live.' - Lord Baden Powell

Triyog Scout Troop was inducted successfully in the grand Triyog Scout Investiture Ceremony 2023. Mr. Chandan Kaushik, Former Chief Commissioner of Nepal Scout, graced the ceremony as the Chief Guest whereas other distinguished personalities added grandeur to the event with their benign presence. The ceremony started with a religious ritual encompassing all religions.

The scout troop took the pledge of allegiance and received the scout scarf and batch in the event. We believe that scouting will contribute to the development of our young students physically, socially, intellectually, and spiritually to become responsible citizens of the country and committed members of their community.

## Literary and Handwriting Competition



Creative thinkers and writers from Grades VI to X unfurled their pages of literature in the Inter-house Literary Competition. They allowed their emotions to dance and the characters to breathe in the pages. At the same time, the participants of the handwriting competition displayed their delicate work of curves and purposeful lines carrying the weight of words.

### Learning Beyond the Classroom

## Donation to Old Age Home



The festive seasons of Dashain and Tihar teach not just to receive but also to give to bring a ray of sunshine into the lives of the less privileged. Compassion is a virtue that is deeply instilled in our students. Some members of the Photo and Journalism Club visited an old age home located at Gongabu to share the joy of festivals and make a modest donation of essential food items. The students had an opportunity to gain a deeper insight into the old-age home operations. The quality time spent in meeting and interacting with the resident senior citizens contributed to their happiness. The initiative was led by the Club Moderator, Ms. Surjana Dhakal.

## Donation to Orphanage



We can't heal the world today but we can begin with a voice of compassion, a heart of love, and an act of kindness.

It is truly heartwarming to see how small acts of kindness can make a big difference in the lives of those around us. The Social Service Club is a shining example of this as they invited and welcomed young residents from a nearby orphanage to join in their Dashain and Tihar festivities. The children were able to experience the joy and wonder of the cultural show, explore the various festival stalls, and receive Dasahin Tika, blessings and gifts. It was a moment of pure joy for everyone involved. The School also made a donation of essential food items to support the orphanage. It is wonderful to see people coming together to spread love and compassion this festive season. The Club Moderator, Ms Laxmi Adhikari, led the initiative along with the members of the Social Service Club.

## FOZ - Animal Feeding



FOZ Club members from Grade VIII participated in the Animal Feeding Program organized by the Central Zoo at Jawalakhel on December 3. The learners attended an orientation session about the animals' food and habitats. They were also involved in preparing the food and feeding them. This experience helped the participants to understand different animals closely.

## Eco Club - Night Guided Tour



The Triyog Eco Club members of the Senior School embarked on an educational night-guided tour at the Central Zoo, Jawalakhel. The primary aim of the program was to explore the behaviours of nocturnal animals and observe their lifestyle during dusk and nighttime. Participants attended a comprehensive orientation session, where they were briefed on the importance of nocturnal animals in the ecosystem. As the darkness enveloped, the students were divided into four groups and experienced the magic of the nocturnal animals in the zoo. The initiative was led by the Club Moderator, Mr. Puskar Chaudhary.

### Sports Week 2023





Engaging in sports is of paramount importance for school students as it contributes significantly to their holistic development. Beyond the physical health benefits, participation in sports fosters crucial life skills and character traits. Students learn the values of teamwork, discipline, and time management which are transferable to their academic pursuits and future careers.

Players from Grades IV to X consistently exhibited their extraordinary level of skill, determination, and sportsmanship in the Triyog Sports Week 2023.

#### IV-V Category

##### Basketball

MVP - Boys – Sammunat Manandhar (Rara House)

MVP – Girls – Sonima Bohara (Begnash House)

##### Cricket

Best Batsman – Dip Gurung (Tilicho House)

Best Bowler – Ashray Wagle (Tilicho House)

##### Football (Boys)

Highest Scorer – Aakarshan Pandey (Rara House)

Best Player – Ishan Paudel (Phewa House)

##### Football (Girls)

Highest Scorer – Shreyasbhi Oli (Tilicho House)

Best Player – Suhani Subedi (Tilicho House)

##### Wushu

Best Player (Girls) – Swornima Simkhada (Rara House)

Best Player (Boys) – Sagar Ghale (Phewa House)

#### VI-VII Category

##### Basketball

MVP - Boys – Aarambha Singh Khadayat (Rara House)

MVP – Girls – Pranu R.L. Giri (Tilicho House)

##### Cricket

Best Batsman – Anish Khadka (Phewa House)

Best Bowler – Bishwasta Marasini (Rara House)

##### Football (Boys)

Best Player – Krischal Ghorasainee (Tilicho House)

##### Football (Girls)

Highest Scorer – Paridhi Khatri (Tilicho House)

Best Player – Kanchan Devkota (Phewa House)

##### Wushu

Best Player (Boys) – Ronith Kandel (Phewa House)

#### VIII-X Category

##### Basketball

MVP - Boys – Rheemagya Dhakal (Phewa House)

MVP – Girls – Susmeen Shrestha (Rara House)

##### Cricket (Boys)

Best Batsman – Shiwamsha Adhikary (Tilicho House)

Best Bowler – Shrachit Mishra (Rara House)

##### Cricket (Girls)

Best Batsman – Shreyashi Neupane (Phewa House)

Best Bowler – Simran Thapa (Phewa House)

##### Football (Boys)

Best Player – Agraj Bhagat Shrestha (Phewa House)

Highest Scorer – Sambhav Pandit (Begnash House)

##### Football (Girls)

Best Player – Sarbani Shah (Tilicho House)

##### Volleyball

Best Player (Boys) – Anrose Chauhan (Tilicho House)

Best Player (Girls) – Simran Thapa (Phewa House)

## Gavel Club 55<sup>th</sup> Meeting



Triyog Gavel Club is a platform where students learn the crucial skills of communication and leadership. These are highly valuable skills that can positively impact various aspects of personal and professional life. Members of this club conduct regular meetings on different themes taking up various roles. Recently, the club organized its 55th meeting where spectacular speeches of featured speakers, engaging table-top questions, and magnificent role-playing of the role players were witnessed.

## Duke of Edinburgh's International Award - Practice Adventurous Journey



The Duke of Edinburgh's International Award aims to empower young people to develop skills, engage in physical activities, participate in community service, and undertake adventurous journeys. The program is designed to promote personal development and well-roundedness in participants.

Recently, the Grade X participants of the Duke of Edinburgh's International Award completed a Practice Adventurous Journey. They hiked to Jamacho Gumba, Nagarjun, Shivapuri National Park. Participants utilized their skills of navigation, route planning, teamwork, observation, etc. during the journey. This impactful journey proved that they are ready for the Award Qualifying Adventurous Journey.

## Design Challenge



Design Challenge was conducted for the learners of the Middle School providing them with the platform to enhance their innovative skills. These challenges involved students working collaboratively to design and build architecture. The goal was to promote interdisciplinary thinking and the application of knowledge across multiple domains.

## Special Assemblies



Junior School has started conducting a special assembly with two specific objectives. First, our young learners get an opportunity to showcase their talent on the stage, which helps to develop their presentation skills and boost their confidence. Second, we impart value education to our young buds, the dire need of the hour.

## Business Idea Pitching



The Accountancy and Economics students of Grades IX and X presented their innovative entrepreneurial ideas in the Business Idea Pitching Competition. Their ideas were based on the available market gaps and opportunities.

## Junior School - Students' Body



The Junior School Students' Body was formed with twenty-two class coordinators. The young children will carry out a wide range of additional responsibilities under the supervision of Ms Sanjeeka Chettri and Ms Renu Thapa.

## Wellness and Behavioral Camp



We partnered with Sambhavya Foundation to conduct a Wellness and Behavioral Camp in the School on December 9, 2023. The camp was unique and focused on psycho-social wellbeing. The attendees had access to physical and psychological wellness consultations provided by clinical counsellors and psychiatrists. The keynote session revolved around 'Wellness Mapping of Self and Our Children', discussing the importance of wellness and behavioural health.

## The Bluegrass Journeymen Musical Concert



An American musical band, the Bluegrass Journeymen mesmerized the audience of the School with their melodic magic. The musical performances of the band weaved the emotions into harmonies creating symphonies that echoed through the corridors of the soul. The Bluegrass has left its musical footprint here while building cross-cultural connections through music, education, and adventure.

We extend our sincere thanks to The Bluegrass Journeymen for the beautiful musical memories.

## Teacher Professional Development



Junior School conducted a training session for Junior School educators on how to identify the problems in young children and resolve the same in connection to social-emotional well-being. The session was facilitated by the Sambhavya Foundation, a school wellness and behavioral health company.



Grades IV and V teachers are making continuous efforts to enhance their professional competency by initiating In-House Workshops connecting with fellow educators by developing collaborative learning communities, sharing best practices, exchanging ideas, and engaging in meaningful discussions leading to enriched teaching practices.

## Special Achievements

### National Tennis Tournament

Dirghayu N. Lama, a student of Grade VII, secured the Runner-up position in the U14 Boys Doubles category in the Third Bir Ganesh Man Singh National Tennis Tournament 2023.



### International Taekwondo Championship

Little Taekwondo player, Avas Deo from Grade III, participated in the 7th International Taekwondo Championship in Dehradun, India representing Nepal. He bagged a Silver and a Bronze medal in the tournament.



## The Duke of Edinburgh's International Award, National Award Ceremony 2023



Award participants from Triyog High School, Anjila Tamang, Anuska Acharya, Anuska Regmi, Barish Sthapit, Bisista Adhikari, Nima Gurung, Sairus Adhikari, and Shuvam Kandel completed their Bronze Level of the Duke of Edinburgh's International Award. The participants were awarded in the 3rd National Award Ceremony held on December 22, 2023. Honorable Dig Bahadur Limbu, Minister of Youth and Sports of the Government of Nepal, His Excellency Mr. Rob Fenn, the British Ambassador to Nepal, and other special guests graced the occasion and motivated the awardees.

### Key Dates (January 2024 - March 2024)

December 31	Winter Vacation Starts
January 1- 11	Winter Camp & Sports Camp
February 3	Wonder Kidz 2024
February 9	Class Day - Grade VI
February 10	Sports Day (Grades KG-V)
February 23	Pre-BEE & Pre-SEE Start
March 13	PTM - Pre-BEE & Pre-SEE
March 21	Final Examination Starts

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