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TRIYOG

Vol. I - April - June 2026

# Newsletter

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

## Message from the Principal

Dear Parents, Guardians and well wishers,

The Academic Year 2083 is a landmark year for our school as we proudly celebrate 39 years of educational excellence and step into our 40th Anniversary Year. Over nearly four decades, our school has remained steadfast in its commitment to nurturing young minds, building character, and preparing students to become responsible global citizens.

We are delighted to share that our school has once again been recognized for its outstanding achievements. We have been officially classified under the A+ Category by Tokha Municipality, acknowledging our high academic standards, effective institutional leadership, student development programmes, and overall educational excellence.

In addition, the school was honoured by Tokha Municipality and PABSON Kathmandu District for the outstanding SEE Results of the 2082 Batch. We are equally proud that the school has been declared a Child Friendly School by Tokha Municipality Ward No. 6 under the Integrated Child Rights Protection Framework. These recognitions are a testament to the dedication of our students, the professionalism of our teachers, the unwavering support of our parents, and the shared vision of our entire school community.

As we begin the new Academic Year 2083, the school is introducing several progressive academic and developmental initiatives aimed at strengthening students' learning, discipline, life skills, communication, and overall growth. From this year, we have established an Individual Care Department where the I-Care Coordinators will be catering to the individual needs of the students.

We request all parents/guardians to support the school for the successful implementation of the school's plans and programmes for the Academic Year 2083:

**ABCD Initiative:** The school is launching the ABCD Initiative, focusing on strengthening Academics, improving Buffered Cleanliness, enriching students through carefully Curated CCA & ECA activities, and reinforcing Discipline as the foundation of a strong school culture.

**SMART Goal Setting:** Students and teachers will be encouraged to set SMART Goals-Specific, Measurable, Achievable, Relevant, and Time-bound-to help them develop focus, responsibility, and a clear direction in both their academic and personal growth.

**40-Minute Lessons and Block Teaching:** A new 40-minute lesson structure along with Block Teaching has been introduced to create more focused, engaging, and effective classroom learning experiences, allowing deeper understanding of concepts.

**Life Skills Themes and Personal Goals:** Monthly Life Skills Themes and Personal Goal-setting activities will be integrated into school life to help students build confidence, emotional intelligence, social awareness, and positive character traits.

**English Environment, Phonetics & Handwriting:** The school will place greater emphasis on creating a strong English-speaking environment, improving phonetics and pronunciation, encouraging reading habits, and developing neat and confident handwriting skills across all grades.

The 1st Unit Test has been successfully conducted with 56 working days and we hope the students have achieved the grades as per the goal set by the students. We hope the students will be enriched on the five point plans that we have envisioned for the students and we look for your support and cooperation.

Best Regards,

Chandrayan Pradhan Shrestha

## Annual Prize Distribution and Investiture Ceremony 2026



The Annual Investiture and Prize Distribution Ceremony was held on 19 May 2026, to formally induct the newly appointed Prefectorial Body for the Academic Session 2026/27. The ceremony included the official badging of the School and House Captains, who pledged to uphold the school's values and lead with responsibility and integrity. The event was graced by the Chief Guest, Ms. Swastika Shrestha, CEO and Co-Founder of Teach for Nepal.

During the ceremony, students were honoured for their outstanding achievements in Academics, Best in Conduct, All-Rounder, Perfect Attendance, and Best Captain categories. The event reflected Triyog's continued commitment to nurturing leadership, discipline, and excellence.



Celebrations @ Triyog

## Bhanu Jayanti



आदिकवि भानुभक्त आचार्यको २१३औँ जन्मजयन्तीको अवसरमा प्राथमिक तहको नेपाली विभागको संयोजकत्वमा विविध साहित्यिक कार्यक्रमहरू आयोजना गरिएका थिए। कवितावाचन प्रतियोगिता तथा नाटक प्रस्तुतिमार्फत विद्यार्थीहरूले नेपाली भाषा र साहित्यप्रतिको आफ्नो प्रतिभा र सिर्जनशीलता प्रस्तुत गरेका थिए। विद्यार्थीहरूको उत्साहपूर्ण सहभागिताले कार्यक्रमलाई प्रेरणादायी र स्मरणीय बनाउँदै आदिकवि भानुभक्त आचार्यको साहित्यिक योगदानप्रति सम्मान व्यक्त गरेको थियो।

## World Environment Week 2026



World Environment Week, celebrated from 1-5 June 2026, promoted environmental awareness and encouraged sustainable practices among students. As part of the celebration, the school organized Literary Week, featuring a range of environment-themed literary activities that encouraged students to express their creativity while deepening their understanding of environmental conservation. The week reinforced Triyog's commitment to nurturing responsible and environmentally conscious citizens.

Professional Development

## In-Service Teachers' Training Programme



The In-Service Teachers' Training Programme, held from 20–24 April 2026, was conducted to strengthen professional knowledge and enhance classroom practices through a series of interactive and collaborative learning sessions. The programme focused on effective teaching strategies, inquiry-based and experiential learning, classroom management, integrated pedagogy, creative writing, digital literacy, and subject-specific approaches. It provided teachers with practical insights and innovative techniques to create engaging, student-centred learning experiences and further reinforced the school's commitment to continuous professional growth and educational excellence.

## Teachers' Professional Development Day



Teachers' Professional Development Day was held on 7 June 2026, to promote continuous learning and professional growth among educators. Through engaging sessions on effective learning strategies, classroom management, Project-Based Learning (PBL), Inquiry-Based Learning (IBL), and Design Thinking, teachers gained valuable insights and practical approaches to enhance classroom practices. The programme reflected Triyog's commitment to excellence in teaching and meaningful learning experiences.

Field Visits

## Educational Visit to Zoo



Grade 1 students, on 3 June 2026, participated in an educational zoo visit that brought learning beyond the classroom. They observed a variety of animals, explored their habitats, behaviours, diets, and adaptations, and gained a greater appreciation for biodiversity and wildlife conservation. The visit nurtured curiosity and scientific understanding.



## Neighbourhood Exploration



Grade II students, on 18 June 2026, ventured beyond the classroom to explore the neighbourhood surrounding the school. As they visited various community landmarks, they learned about the important roles of community helpers in everyday life. The hands-on experience strengthened their observation, communication, and teamwork skills while fostering a deeper understanding of their community.

## Visit to Divine Service Home



Grade III students, on 18 June 2026, visited Divine Service Home, where they spent meaningful time interacting with senior citizens and listening to their stories. The visit fostered empathy, compassion, and respect for the elderly while inspiring students to become kind and caring members of the community.

## Visit to Bishnumati River and Chandeshwori Temple



Grade III students, on 10 July 2026, visited the Bishnumati River and Chandeshwori Temple, Tokha, where they explored two contrasting environments. By comparing the polluted river with the clean temple surroundings, students gained a deeper understanding of environmental conservation and the importance of protecting both natural and cultural heritage.

## Educational Visit to Godawari Botanical Garden



Grade IV students, on 19 June 2026, visited the Godawari Botanical Garden, where they explored a variety of trees, medicinal herbs, and flowering plants while learning about biodiversity and environmental conservation. The visit inspired curiosity, encouraged observation, and strengthened students' appreciation for the natural world through hands-on learning.

## पाटनको ऐतिहासिक र सांस्कृतिक यात्रा



कक्षा ५ का विद्यार्थीहरूले २०८३ साल जेठ २८ गते ऐतिहासिक पाटन दरबार क्षेत्रको शैक्षिक भ्रमण गरेका थिए । भ्रमणका क्रममा उनीहरूले पाटन दरबार क्षेत्रभित्र रहेका विभिन्न चोक, प्रसिद्ध कृष्ण मन्दिर, पाटन सङ्ग्रहालय, गोल्डेन टेम्पल तथा अन्य प्राचीन कलाकृतिहरूको प्रत्यक्ष अवलोकन गरे । यस भ्रमणले विद्यार्थीहरूलाई हाम्रो गौरवमय इतिहास, संस्कृति र सम्पदाको महत्त्वबारे व्यवहारिक रूपमा सिकने अवसर प्रदान गर्‍यो ।

## Visit to Chiseni Ghumba



Grade VI students, on 12 June 2026, visited Chiseni Ghumba, Budhanilkantha, as a part of their Climate Change project. The visit gave students the opportunity to compare the weather conditions of their residential areas with those at a higher altitude. Through a short hike and observation of the natural surroundings, they gained a better understanding of climate variations in an engaging and meaningful way.

## Visit to Godawari Botanical Garden



Grade VII students, on 19 June 2026, visited the Godawari Botanical Garden as a part of their Healthy Lifestyle project. Through meditation, nature walk, and observing diverse plant species, students explored the connection between nature and well-being while developing a greater appreciation for environmental conservation.



Interactions

## Curriculum Nite



Curriculum Nite, held on 15, 18, 19 and 28 May 2026 for different grade levels, provided a valuable platform for meaningful interaction between teachers and parents. The programme focused on fostering a clear understanding of the academic journey ahead by providing an overview of the curriculum, learning objectives, teaching methodologies, classroom expectations, assessment practices, and co-curricular opportunities for the academic year. Parents had the opportunity to interact with teachers, discuss their children's learning progress, clarify queries, and gain deeper insights into the school's instructional approaches and support systems. The sessions further strengthened the partnership between home and school, reinforcing a shared commitment to every student's holistic growth and success.

## Interaction Session on Profession



Grade III students, on 9 July 2026, participated in a Profession Interaction Session, where professionals from diverse fields shared their experiences and career journeys. The session provided valuable insights into different professions, inspiring students to appreciate the importance of perseverance, hard work, and following their passions while gaining a better understanding of how various careers contribute to society.

## Interaction Session with an Archaeologist



Grade V students, on 17 June 2026, interacted with archaeologist Mr. Sampat Ghimire to deepen their understanding of Nepal's cultural heritage and World Heritage Sites. The session helped students appreciate the importance of preserving these sites while fostering a sense of pride, curiosity, and responsibility towards Nepal's rich cultural legacy.

## Grade X Session with Anushka Shrestha



Grade X students, on 15 June 2026, had the privilege of interacting with our esteemed alumna, Honourable Anushka Shrestha, Member of the Federal Parliament of Nepal and Miss Nepal 2019. Through an engaging conversation, she shared her experiences, encouraged students to pursue their dreams with determination, and highlighted the values of leadership, resilience, and service.

## SEL Session for Parents



Modern parenting workshops for parents of Grades VIII, IX and X were conducted on July 6 and 10, 2026, by school counselor Mr. Purusottam Thapa. The interactive sessions focused on adolescent psychology, fostering independence, and navigating social-emotional challenges. Parents gained practical communication strategies and actionable tools to build stronger relationships with their teenagers, reinforcing the critical partnership between home and school.

## Parents' Orientation Programme





The Parents' Orientation Programme, held on 3 May 2026, was organized for the parents of newly admitted students to introduce them to the school's vision, mission, curriculum, facilities, and academic expectations. The session also provided an opportunity to meet the faculty and management team, learn about key academic and co-curricular programmes, and establish a strong partnership between home and school in supporting students' overall growth and development.

## Coffee With the Principal



Coffee with the Principal, held during the first week of July 2026 for the parents of Grades VIII and X, fostered meaningful dialogue between the school and parents. The sessions focused on students' academic progress, social and behavioural development while exploring constructive strategies to support their growth, well-being, and success. The programme provided a valuable platform for open communication and strengthened the partnership between home and school in creating a positive learning environment.

### Co-curricular Activities/Extra Curricular Activities

## Triyog Spring Talent Hunt 2026



The Triyog Spring Talent Hunt 2026 brought together an inspiring display of talent, creativity, and confidence as students took the stage to showcase their abilities. After selecting the students from the audition, the Grand Finale of the event was organized on 15 May 2026. From music and dance to art, acting, and other creative performances, participants captivated the audience with their enthusiasm and dedication. The event celebrated the diverse talents of our students, providing them with a platform to express themselves, build confidence, and develop their artistic potential.

## OratoKids – Speech Competition



The OratoKids 2026 – Speech Competition, held on 17 June 2026, provided a wonderful platform for students of Grades I–IV to showcase their public speaking skills. With confidence, creativity, and enthusiasm, our young speakers impressed the audience through their expressive speeches and thoughtful ideas. The event celebrated the power of communication while encouraging students to develop confidence, articulate their thoughts, and express themselves with clarity. It was a memorable occasion that highlighted the potential of our young learners and their growing love for public speaking.

## Handwriting Competition



During Literary Week, on 2 June 2026, students participated in both Nepali and English Handwriting Competitions where they displayed their legible, neat, and expressive writing. The competition encouraged students to develop good handwriting habits while showcasing their accuracy, presentation, and language skills.

## Art Competition



Expressing creativity through drawings and paintings based on environmental themes, our students participated in an Art Competition on 1 June 2026. The competition encouraged artistic expression while fostering awareness of environmental conservation, sustainability, and the importance of protecting the natural environment.



## Literary Contest



Our students participated in a Literary/Creative Writing Contest on 4 June 2026 as part of Literary Week, showcasing their creativity and language skills in both Nepali and English. Through poem writing, story writing, and essay writing, they expressed their ideas with imagination and originality while fostering a deeper appreciation for literature and creative expression.

### Learning Beyond the Classroom

## TED-Ed Student Talk: Ideas Worth Spreading



The Triyog TED-Ed Club proudly hosted the TED-Ed Student Talk on June 12, 2026, providing a platform for students to share their ideas, experiences, and passions through inspiring presentations. The Triyog TED-Ed Club is a student-led platform that nurtures confident communicators, critical thinkers, and creative leaders. Through the TED-Ed Student Talks, members explore ideas they are passionate about, develop their public speaking and storytelling skills, and inspire others by sharing meaningful perspectives. The club encourages curiosity, thoughtful dialogue, and the confidence to express ideas that can create a positive impact within the school community and beyond.

This time, the event featured confident young speakers who captivated the audience with thought-provoking perspectives and creative ideas. We were also honored to welcome our guest speaker, Ms. Sugam Paudyal, whose encouraging insights enriched the occasion.

## Paddy Plantation Experience



Grade I to IV students, on 29 June 2026, participated in a joyful paddy plantation activity, gaining hands-on experience in planting rice seedlings. The activity helped them understand the journey of food from field to table, fostered appreciation for farmers, and encouraged environmental responsibility. Filled with curiosity and teamwork, the experience nurtured gratitude, patience, and respect for nature.

## After-School Sports Training



The Triyog After-School Sports Training programme offers students the opportunity to develop their athletic skills through structured coaching, regular practice sessions, and friendly competitions. Students receive training in a variety of sports, including basketball, football, volleyball, cricket, table tennis, and other team and individual games while building fitness, discipline, teamwork, and sportsmanship. Guided by experienced coaches, the programme nurtures confidence, resilience, and a lifelong appreciation for physical activity, providing an engaging and rewarding experience for students of all skill levels.

## National Cadet Corps



The NCC Army Youth Training Programme continued for Grades VIII and IX students, fostering discipline, patriotism, leadership, and physical fitness among Junior Division cadets. Through drill and parade practice, map reading, field craft, leadership sessions, and team-building activities, students strengthen their confidence, resilience, and sense of responsibility while developing valuable life skills and a deeper understanding of service and teamwork.



## WSC Kuala Lumpur Global Round 2026, Malaysia



Our school proudly celebrates the outstanding achievement of our scholars at the World Scholar's Cup – Global Round held in Kuala Lumpur, Malaysia from June 26 to July 1, 2026. Competing in the Senior Division against more than 2,000 scholars from over 30 countries, our students excelled in debating, collaborative writing, and academic challenges, earning an impressive 20 Gold Medals and 33 Silver Medals. Beyond their academic success, our scholars proudly represented Nepal, sharing its rich culture while building lasting friendships and gaining valuable global perspectives.

Congratulations to our scholars, and their coach and Debate Judge, Mr. Kamal Shrestha on this remarkable accomplishment. We wish them the very best as they prepare to represent Nepal once again at the World Scholar's Cup Tournament of Champions at Yale University, USA.

## Swimming Classes



Swimming classes for Grades I to V are progressing smoothly, with students actively participating and enjoying each session. Under the guidance of trained instructors, they are learning essential swimming techniques, water safety practices, and building confidence in the pool in a safe and supportive environment.

The classes provide students with an excellent opportunity to develop a valuable life skill while enhancing their physical fitness, coordination, discipline, and perseverance. Through regular practice and encouragement, students continue to make steady progress and embrace the joy of learning to swim.

## Movie Show, Pahad by Tulsi Ghimire



Renowned filmmaker Mr. Tulsi Ghimire addressed students, sharing inspiring insights into the power of cinema as a medium of education, social awareness, and positive transformation. Emphasising the importance of meaningful films in shaping perspectives, he encouraged students to appreciate cinema beyond entertainment. As part of the programme, students watched his latest film, Pahad, on 22 June 2026, which explores youth migration, the changing realities of rural Nepal, and the importance of preserving social and cultural values.



Project Days

## Preschool Project Day



The first Preschool Project Day 2026, themed 'Me and My Family', was held on 9 July 2026, celebrating learning, creativity, and confidence through skits, songs, dances, speeches, and expressive performances by our young learners. The event also featured an exhibition of students' art and craft creations, showcasing their imagination, creativity, and understanding of the theme through hands-on learning. The enthusiastic participation of parents made the celebration even more meaningful, reflecting the strong partnership between home and school in nurturing confident, creative, and compassionate learners.

## Grade I Project Day



The first Grade I Project Day, themed 'World Around Us', was held on 2 July 2026, celebrating learning, creativity, and confident self-expression through songs, dances, skits, presentations, and interactive activities. Students showcased their understanding of plants, animals, living and non-living things, and the importance of nature in our daily lives. The event encouraged curiosity, environmental awareness, and a deeper appreciation of the world around them while bringing classroom learning to life.

## Grade II Project Day



The first Grade II Project Day, themed 'My Family and I', was held on 7 July 2026, concluding with the topic 'Helping Hands at Home.' Through presentations, drawings, and reflections, students shared how they can contribute as responsible and caring members of their families. The project encouraged kindness, responsibility, and the understanding that every small act can make a meaningful difference at home.

## Grade III Project Day



The first Grade III Project Day, themed 'My Family and I – Together Through Challenges', was held on 3 July 2026, providing students with an opportunity to showcase their learning through creative presentations and displays. They shared their understanding of family values, resilience, empathy, teamwork, and respect with confidence and creativity. The event celebrated students' learning while strengthening the partnership between home and school.



## Grade IV Project Day



The first Grade IV Project Day, themed 'Green Today, Better Tomorrow', was held on 25 June 2026, showcasing students' creativity, knowledge, and commitment to environmental conservation. Through innovative projects and interactive presentations, students demonstrated their understanding of sustainability and the importance of making responsible choices for a healthier planet. The event inspired environmental awareness while encouraging students to become thoughtful and responsible global citizens.

## Grade V Project Day



The first Grade V Project Day, themed 'The Living Heritage: Ecosystem of Our Historic Sites', was held on 22 June 2026, showcasing students' research skills, creativity, and teamwork through engaging presentations, innovative displays, dance, and song performances. Their projects explored the connection between Nepal's historic sites, cultural heritage, and the ecosystems that sustain them, inspiring a deeper appreciation for history, culture, and environmental conservation.

## Grade VI Project Day



The first Grade VI Project Day, themed 'Climate Change', was held on 24 June 2026, showcasing students' learning through engaging presentations, creative models, role plays, poems, and interactive exhibits. Their projects reflected a strong understanding of environmental conservation, sustainable practices, and the shared responsibility of protecting our planet. The event celebrated students' creativity, collaboration, and commitment to meaningful learning.

## Grade VII Project Day



The first Grade VII Project Day, themed 'Healthy Lifestyle', was held on 26 June 2026, showcasing students' learning through engaging presentations, drama, poetry recitation, speeches, yoga, Zumba, interactive games, and creative displays. Their projects highlighted the importance of balanced nutrition, physical activity, adequate sleep, and emotional well-being, encouraging healthy habits and informed lifestyle choices. The event celebrated students' creativity, collaboration, and practical application of learning.



## Achievements



**Aarya Puri**

9<sup>th</sup> Position(U-9 Girls)

21<sup>st</sup> Annapurna Friendship Chess Tournament 2026



**Ishaan Adhikari**

3<sup>rd</sup> Runner Up Position

UCMA National Competition 2026



**Randip Jung Khanal**

Best Expression Award

Inter-School Art Competition 2026



**Shreyan Karki**

Bronze Medal(Under-11 Poomsae)

22<sup>nd</sup> WATA Open International Taekwondo Championship 2026

## Wushu Heroes Junior Championship 2026



**Archit Sedhain**  
1<sup>st</sup> Position  
(56-60) KG



**Sayer Lama**  
2<sup>nd</sup> Position  
(30-33) KG



**Oscar Lamsal**  
2<sup>nd</sup> Position  
(42-45) KG



**Sagar Nath Upadhyaya**  
2<sup>nd</sup> Position  
(56-60) KG



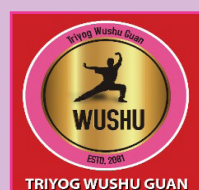
**Bijan Guragain**  
3<sup>rd</sup> Position  
(36-39) KG



**Prexudes Khadka**  
3<sup>rd</sup> Position  
(25-30)KG



**Renjen Lama**  
3<sup>rd</sup> Position  
(42-45) KG



## School Enterprise Challenge 2025



Last year, our students successfully participated in the School Enterprise Challenge 2025, organized by Teach A Man To Fish, UK, earning the Country Winner Award, a Silver Level Award for their student-led business venture.

Under the mentorship of Mr. Kamal Shrestha, students planned, managed, and operated a school-based business, gaining valuable hands-on experience in entrepreneurship, teamwork, financial management, and problem-solving. The programme provided a meaningful platform for students to apply business-related learning in a real-world setting while developing essential entrepreneurial and leadership skills.

## Wushu Heroes Junior Championship 2026



2<sup>nd</sup> Place in Shaolin

Left to Right: Aavya Shrestha | Riya Kayastha | Faizaan Hussain | Venus Thapa | Aesna Gaha



2<sup>nd</sup> Place in Yilu Quan

Left to Right: Shubhani Singh | Elina Adhikari | Kiyushka Sapkota  
Lumansa Shrestha | Saharsh Bohara | Raunak Pradhan



**ARYAN NEPAL**

Player of the Match

3<sup>rd</sup> Jay Kumar Nath Shah Memorial U16 Inter School Cricket Tournament



## Ambassador of Pakistan 13<sup>th</sup> Essay Writing Competition 2026

### Special Prize



Abima Paudel



Shiwangi Pathak



Eva Kachhyapati

1<sup>st</sup> Position

Judo Competition (U-70 kg Category)

3rd Bagmati Province Sports Competition 2083



VEDANSHI NEPAL

3<sup>rd</sup> Position

U-14 Girls' Singles

12<sup>th</sup> SOPHES National Inter School Table Tennis Tournament 2026

## School Awards & Recognitions

### SEE-2082 Outstanding Award



On 13 June 2026, Triyog School was honoured with the SEE-2082 Outstanding Award by the PABSON Tokha Municipal Executive Committee in recognition of its outstanding performance in the Secondary Education Examination (SEE) 2082. The occasion also celebrated students who achieved a perfect 4.0 GPA in SEE 2082 for their exceptional academic excellence.



### Recognition for Contribution to Child-Friendly Ward



On 8 June 2026, Triyog High School was honoured with a Certificate of Appreciation by Tokha Municipality, Ward No. 6 in recognition of its valuable contribution towards the declaration of a Child-Friendly Ward. Mrs. Reeta Khatri was also recognized for her contribution as the school's Focal Person.

### Academic Excellence Award by PABSON



On 5 July 2026, Triyog High School was honoured by PABSON Kathmandu District with the Academic Excellence Award in recognition of its exceptional performance in SEE 2082. Nepali teacher Mr. Bed Prasad Aryal and Economics teacher Mr. Tika Prasad Upreti were also felicitated for securing the highest average GPA in SEE 2082 in their respective subjects, while all 12 students who achieved a perfect 4.0 GPA were recognised for their outstanding academic excellence.



## BEE Graduation Ceremony 2026



The BEE Graduation Ceremony 2026 was held on 29th May, 2026, to celebrate the achievements of the BEE Batch of 2082. The ceremony was graced by Mrs. Shanta Khanal, Ward Chairperson of Ward No. 6, and Mr. Khagendra Singh Dhami, Education Officer of Tokha Municipality. Outstanding students were recognized with awards and certificates for their academic excellence and subject-wise achievements, while musical and cultural performances added to the celebration. The ceremony concluded with the formal declaration of graduates, marking an important milestone in their academic journey.

## After-School Music Academy



The After-School Music Showcase, held on 8 July 2026, celebrated the successful completion of the third semester of the Triyog After-School Music Programme, conducted in collaboration with The Bluegrass Journeymen Academy (TBJ Academy). Through hands-on instruction, group rehearsals, and ensemble performances, students developed their musical skills while learning to play instruments such as the guitar, mandolin, banjo, violin, upright bass, and other folk instruments. The programme fostered creativity, confidence, teamwork, and a deep appreciation for music through meaningful cultural exchange and collaborative learning.

This showcase marked another milestone in the programme's journey as students confidently presented captivating musical performances during the semester-end certification ceremony, celebrating their progress, dedication, and passion for music under the guidance of experienced instructors from TBJ Academy.



## Literary Week

World Environment Week was celebrated through a vibrant Literary Week from 1–5 June 2026, engaging students in a variety of creative, literary, and environment-themed activities. The programme encouraged reading, writing, artistic expression, and environmental awareness while providing opportunities for students to showcase their talents and creativity.



### Literary Activities

- Guest Author Interactions & Literary Sessions
- Creative Writing, Story Writing, Poetry & Essay Competitions
- English & Nepali Handwriting Competitions
- Book Exhibition, Literary Exhibition & Book Swap



### Environment Activities

- Refash Runway - Promoting Sustainability Through Creative Fashion
- Environment-themed Art Competition
- Storytelling, Read-Aloud Sessions & Film Screening
- Green Talks, Drama & World Environment Day Celebration

## Literary & Creative Competitions

Students expressed their creativity and literary skills through art, handwriting, oratory and various competitions.



## Refash Runway

Students promoted creativity and sustainability by transforming recycled materials into innovative fashion designs.



### Book Exhibition



Students explored a wide collection of books, fostering a love for reading and lifelong learning.

### Literary Exhibition



Creative displays of student work and literary exhibits celebrated imagination, expression, and a passion for literature.

### Guest Speaker Sessions



Renowned authors and literary personalities inspired students through engaging talks, discussions, and interactive sessions.



## Congratulations to the 31<sup>st</sup> SEE Batch 2082 for the outstanding results!



Aanshu Ghimire  
GPA 4.00



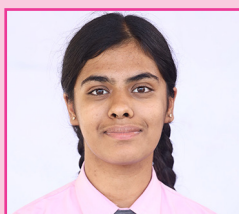
Aayam Adhikari  
GPA 4.00



Aayush Tiwari  
GPA 4.00



Ipsita Rana  
GPA 4.00



Nibita Khakurel  
GPA 4.00



Nirvik Khatri  
GPA 4.00



Pranita Dulal  
GPA 4.00



Rajit Acharya  
GPA 4.00



Rashi Kunwar  
GPA 4.00



Sampada Subedi  
GPA 4.00



Saumyaa Shrestha  
GPA 4.00



Supriya Phuyal  
GPA 4.00



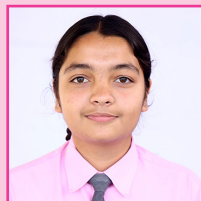
Aaditya Poudel  
GPA 3.96



Aashug Baruwal  
GPA 3.96



Aayan Maskey  
GPA 3.96



Ayumi Dhital  
GPA 3.96



Kripa Belbase  
GPA 3.96



Kritistha Khatiwada  
GPA 3.96



Neha Kharel  
GPA 3.96



Priyanshi Neupane  
GPA 3.96



Aayan Adhikari  
GPA 3.95



Agrata Regmi  
GPA 3.95



Bibhuti Aryal  
GPA 3.95



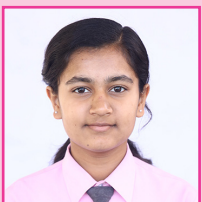
Precious Bikram Mahat  
GPA 3.95



Swastik Shakya  
GPA 3.95



Bibisha Gurung  
GPA 3.92



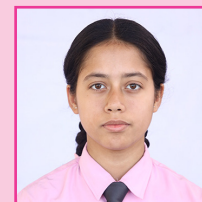
Kriti Rimal  
GPA 3.92



Aakanshya Wagle  
GPA 3.91



Aakriti Pokharel  
GPA 3.91



Aarya Devkota  
GPA 3.91





Aayan Shrestha  
GPA 3.91



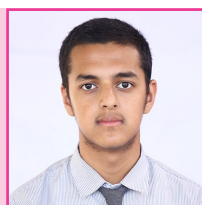
Aayush Regmi  
GPA 3.91



Gautam Thapa  
GPA 3.91



Kinshu Shrestha  
GPA 3.91



Pranjal Panthi  
GPA 3.91



Prisha Bhatta  
GPA 3.91



Prithak KC  
GPA 3.91



Rihana Shrestha  
GPA 3.91



Roshik Poudel  
GPA 3.91



Sarjak Aryal  
GPA 3.91



Sarthak R. Adhikari  
GPA 3.91



Sitanshu Shrestha  
GPA 3.91



Swekrit Upreti  
GPA 3.91



Vision Sapkota  
GPA 3.91



Anjila Subedi  
GPA 3.90



Anuradha Acharya  
GPA 3.90



Mizuki Sherchan  
GPA 3.88



Sampanna R. Khadka  
GPA 3.88



Mahima Khadayat  
GPA 3.87



Prajakta Pandey  
GPA 3.87



Salil Acharya  
GPA 3.87



Aayan Pal  
GPA 3.86



Niraj Sedai  
GPA 3.86



Prayush Bajracharya  
GPA 3.86



Saman Sharma  
GPA 3.86



Subodh Adhikari  
GPA 3.86



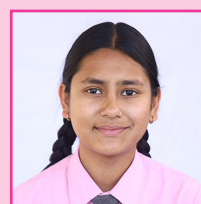
Anukul Sharma  
GPA 3.85



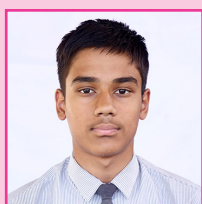
Ayub Bishwokarma  
GPA 3.85



Miraj Tiwari  
GPA 3.84



Aaradhya Thapa  
GPA 3.83



Akshit Paudel  
GPA 3.83



Kusmin Paudel  
GPA 3.83



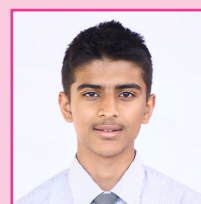
Pratham Shrestha  
GPA 3.83



Ridisha Bagale Tamang  
GPA 3.83



Sparsh Thapa  
GPA 3.83



Arbinda Sapkota  
GPA 3.82



Dabid Lamichhane  
GPA 3.81



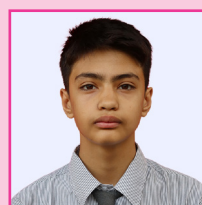
Samvrant Gurung  
GPA 3.81



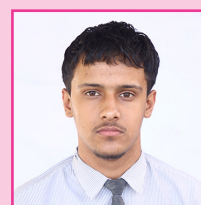
Renash Lama  
GPA 3.80



Sara Limbu  
GPA 3.80



Saksham Ghimire  
GPA 3.79



Saugat Gautam  
GPA 3.79





Avaneesh Bhandari  
GPA 3.78



Ryan Gurung  
GPA 3.78



Salin Bhandari  
GPA 3.78



Udeshya Shrestha  
GPA 3.78



Unique Ghimire  
GPA 3.78



Aarav Bikram Khatri  
GPA 3.74



Rijul Phuyal  
GPA 3.74



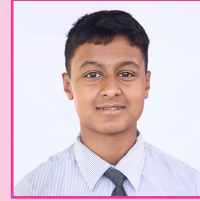
Sambid K.C  
GPA 3.74



Shaibe Bhattarai  
GPA 3.74



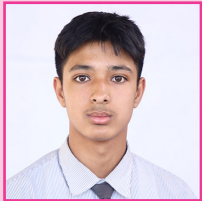
Shanvi Koirala  
GPA 3.73



Ashim Poudel  
GPA 3.72



Aayam Thapa  
GPA 3.70



Ashutosh KC  
GPA 3.70



Girwani RL Rana  
GPA 3.70



Jonisha Karki  
GPA 3.70



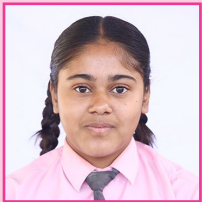
Shakchyam Paudel  
GPA 3.70



Soyana K. C.  
GPA 3.70



Chahat Bista  
GPA 3.69



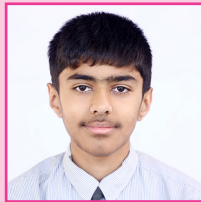
Aaliya Banu  
GPA 3.67



Niharika Shrestha  
GPA 3.66



Samir Shrestha  
GPA 3.66



Suyog Pantha  
GPA 3.65



Shubham Bhusal  
GPA 3.64



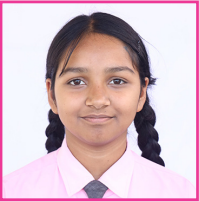
Aachal Shahi  
GPA 3.62



Sparsh Neupane  
GPA 3.62



Bibek Poudyal  
GPA 3.61



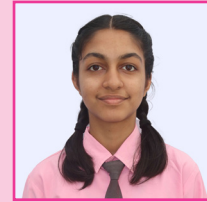
Prinshu Rijal  
GPA 3.61



Siya Acharya  
GPA 3.61



Amul Thapa Magar  
GPA 3.60



Kavya Kandel  
GPA 3.60



Leo B.N. Rana  
GPA 3.60



Pasang N. Tamang  
GPA 3.60



Sarbani Shah  
GPA 3.60



Soyung Rai  
GPA 3.57



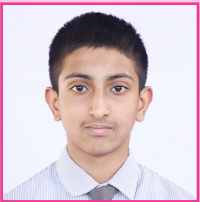
Sourya Udas  
GPA 3.55



Swastika Mahara  
GPA 3.55



Aashutosh Gurung  
GPA 3.54



Aatal Acharya  
GPA 3.50



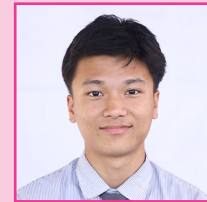
Deesar Pulami Magar  
GPA 3.50



Drishana Gurung  
GPA 3.48



Suravee Paudel  
GPA 3.48



Prince Tulachan  
GPA 3.47





Saloni Rasaili  
GPA 3.47



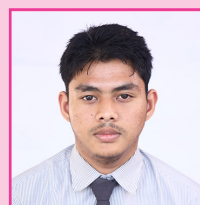
Shrachit Mishra  
GPA 3.47



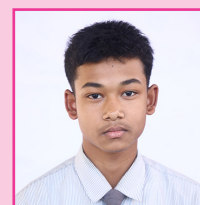
Syon Poudel  
GPA 3.45



Yangzee Tamang  
GPA 3.43



Samyak Shahi  
GPA 3.37



Kapeesh Darnal  
GPA 3.35



Pranay Shrestha  
GPA 3.29



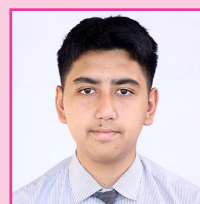
Anish Pun  
GPA 3.26



Rojal Shrestha  
GPA 3.25



Karan Purja  
GPA 2.98



Sakshyam B. Shah  
GPA 2.90

*We are immensely proud of your outstanding achievement !*

## SEE Graduation Ceremony 2026



The SEE Graduation Ceremony 2026 was held on 20 June 2026 to celebrate the achievements of the SEE Batch of 2082. The ceremony was graced by Mr. Manoj Kumar Gyawali, CEO of NABIL Bank, as the Chief Guest. Outstanding students were honored with sashes, trophies, medals, and certificates for their academic excellence and subject-wise achievements, while cultural performances and valedictory speeches added to the celebration. The ceremony concluded with the formal declaration of graduates, marking a memorable milestone in the students' academic journey.



## Anual Prize Winners

| Best in Conduct (KG-IV) |                      | All Rounder (KG-IV)     |
|-------------------------|----------------------|-------------------------|
| Class                   | Name                 | Name                    |
| KG                      | Amelia Rokaya        | Bishma Acharya          |
| I A                     | Pranav Sharma        | Raynav Sharma           |
| I B                     | Adison K.C           | Amayra Bhattarai        |
| I C                     | Shivansh Shrestha    | Shubhani Kunwar         |
| II A                    | Aarush Singh Thapa   | Pravya Rawal            |
| II B                    | Samantalya Gurung    | Himshika Kadel          |
| II C                    | Kavyashree Kafle     | Aarya Puri              |
| III A                   | Yotshna Rai          | Piroska Bohara          |
| III B                   | Nishi Naman Khanal   | Yashwee Ghimire         |
| III C                   | Kashwi Pandey        | Bishesh Marasini        |
| IV A                    | Prakriti Rawal       | Medhavi Pathak          |
| IV B                    | Adhrit Maskey        | Shohiksha Acharya       |
| IV C                    | Riya Kayastha Nepali | Adhrit Upadhyaya Panthi |
| IV D                    | Rachit Adhikari      | Prashik Ray             |

| Best in Conduct (V-VII) |                     | All Rounder (V-VII) |
|-------------------------|---------------------|---------------------|
| Class                   | Name                | Name                |
| V A                     | Aavya Shrestha      | Raunak Pradhan      |
| V B                     | Aayan Devkota       | Advik Pant          |
| V C                     | Aalok Pokharel      | Divyansh Sharma     |
| V D                     | Raaima Gauchan      | Cezanne Sharma      |
| V E                     | Pranzal Shahi       | Avika Sapkota       |
| VI A                    | Aarush Timsina      | Nilabh Nepal        |
| VI B                    | Suhana Dahal        |                     |
| VI C                    | Nigam Sedai         |                     |
| VI D                    | Aaryan Dahal        |                     |
| VI E                    | Arya Khanal         |                     |
| VII A                   | Sammunnat Manandhar | Sagar Ghale         |
| VII B                   | Aalok Chaurali      |                     |
| VII C                   | Priyanshu Bidari    |                     |
| VII D                   | Pranavi Neupane     |                     |
| VII E                   | Shayana Phuyal      |                     |

| Best in Conduct (VIII-X) |                     | All Rounder (VIII-X) |
|--------------------------|---------------------|----------------------|
| Class                    | Name                | Name                 |
| VIII A                   | Mijas Hang Limbu    | Paridhi Khatri       |
| VIII B                   | Suprit Dhakal       |                      |
| VIII C                   | Aahana Acharya      |                      |
| VIII D                   | Sunivah Bajracharya |                      |
| IX A                     | Sampada Dhungana    | Season Bhattarai     |
| IX B                     | Aeron Bishwokarma   |                      |
| IX C                     | Gurash K.C.         |                      |
| IX D                     | Pranu R.L. Giri     |                      |
| X A                      | Bibhuti Aryal       | Sitanshu Shrestha    |
| X B                      | Mizuki Sherchan     |                      |
| X C                      | Anuradha Acharya    |                      |
| X D                      | Ayumi Dhital        |                      |

| Academic Winners |                     |                                   |                  |
|------------------|---------------------|-----------------------------------|------------------|
| Class            | First               | Second                            | Third            |
| KG               | Ameliya Rokaya      | Khushi Adhikari                   | Prayug Dahal     |
| I                | Yanchan Gurung      | Prinsha Dangol                    | Shraddha Bardewa |
| II               | Pravya Rawal        | Aarya Puri                        | Ishita Paudel    |
| III              | Yashwee Ghimire     | Bishesh Marasini                  | Kashwi Pandey    |
| IV               | Venus Thapa         | Aesna Gaha                        | Prashik Ray      |
| V                | Raunak Pradhan      | Nirvik Baniya                     | Prisha Sharma    |
| VI               | Deepan Kumar Pandey | Sarthak Kunwar                    | Samanyu Chhetri  |
| VII              | Bipin Khanal        | Shreeyashbi Oli                   | Pranavi Neupane  |
| VIII             | Marico Devkota      | Albina Shrestha, Pratosh Maharjan | Krijon Poudel    |
| IX               | Priyanshi Chhetri   | Sayori Lama                       | Arbisha Sapkota  |

| Perfect Attendance |                                                                                                                                                                                                                       |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Class              | Name                                                                                                                                                                                                                  |
| I                  | Prasidha Dhakal                                                                                                                                                                                                       |
| III                | Nishkarsh Ghahre, Hardik Aryal, Pranavi Karki, Bishesh Marasini, Arsham Upreti                                                                                                                                        |
| IV                 | Anaya Singh Thapa, Samik Siddhartha Chhetri, Yenish Pun, Sayuz Adhikari, Sambodh Poudel, Venus Thapa                                                                                                                  |
| V                  | Sanvi Karki, Prisha Sharma, Abhusan Sunar                                                                                                                                                                             |
| VI                 | Subigy Subedi, Darshana Sapkota, Samriddh Kunwar, Anuska Pandey, Arshama Upreti, Kavya Bhandari, Sayesha Giri, Aarjoo Ratna Pangeni, Aashriya Simkhada, Apekshya Sunwar, Utkrisha Gurung, Sarthak Pandit, Arya Khanal |
| VII                | Adheep Ghimire, Anjali Rai, Atal Subedi, Aaradhya Thapa, Bidhisha Pant, Shamar Gurung, Dibyanshu Shrestha, Shayana Phuyal, Aarohi Batas                                                                               |
| VIII               | Biswast Marasini, Nyeisha Dura, Sampanna Bajracharya, Krijon Poudel, Monika Giri, Sanchita Dhakal, Aashis Agasti, Dibina Thapa, Kushal Kumar Bhujel, Noel Thapa, Sadiakshya Lama, Sanskriti Adhikari                  |
| IX                 | Rajbin Karki, Anmol Adhikari, Niyukti Sharma Gaire, Prinsha Thapa, Smarika Adhikari, Abhinanda Neupane, Adiksh Silwal, Parineeta Neupane, Aarush Shrestha (A), Kritika Khadka                                         |
| X                  | Shaibe Bhattarai, Sampada Subedi, Sara Limbu                                                                                                                                                                          |

## Prefectorial Body for the Academic Year 2026-27

|                                     |                  |
|-------------------------------------|------------------|
| <b>School Captain</b>               | Season Bhattarai |
| <b>School Vice Captain</b>          | Noel Thapa       |
| <b>Student Wellbeing Captain</b>    | Naswa Pradhan    |
| <b>Learning Society Coordinator</b> | Unnati Dhakal    |

| Begnas House          |                     | Phewa House           |                  |
|-----------------------|---------------------|-----------------------|------------------|
| <b>Captain</b>        | Abima Paudel        | <b>Captain</b>        | Rohini Baral     |
| <b>Vice Captain</b>   | Marico Devkota      | <b>Vice Captain</b>   | Mijas Hang Limbu |
| <b>Senior Prefect</b> | Apekshya Gurung     | <b>Senior Prefect</b> | Aadhy Adhikari   |
| <b>Junior Prefect</b> | Dibhyanshu Shrestha | <b>Junior Prefect</b> | Sagar Ghale      |

| Rara House            |                 | Tilicho House         |                 |
|-----------------------|-----------------|-----------------------|-----------------|
| <b>Captain</b>        | Shivangi Pathak | <b>Captain</b>        | Pranu R.L.Giri  |
| <b>Vice Captain</b>   | Daisy Roka      | <b>Vice Captain</b>   | Nyeisha Dura    |
| <b>Senior Prefect</b> | Suprit Dhakal   | <b>Senior Prefect</b> | Paridhi Khatri  |
| <b>Junior Prefect</b> | Pragi Thapaliya | <b>Junior Prefect</b> | Shreeyashbi Oli |



## Block In-charges and Head of Departments

| Name                   | Department                                             |
|------------------------|--------------------------------------------------------|
| Mr. Churamani Pandeya  | Senior School In-charge (VIII-X)                       |
| Mr. Lal Kesh Panday    | Middle School In-charge (V-VII)                        |
| Ms. Yamuna Shah        | Junior School In-charge (II-IV)                        |
| Ms. Astha Subedi       | Preschool & Grade I In-Charge                          |
| Ms. Deepa Bhatt        | Senior School ECA/CCA Coordinator                      |
| Mr. Kamal Shrestha     | Student Enrichment / Junior School ECA/CCA Coordinator |
| Mr. Krishna P. Nepal   | Maths Coordinator                                      |
| Ms. Reeta Khatri       | Nepali Coordinator (V-X)                               |
| Ms. Samjhana Acharya   | Nepali Coordinator (I-IV)                              |
| Mr. Prakash Pant       | Individual Care Supervisor (VIII-X)                    |
| Ms. Harsika Dugar      | Individual Care Supervisor (V-VII)                     |
| Ms. Shreejula Shrestha | Individual Care Supervisor (I-IV)                      |

## Class Teachers for Academic Year 2026-27

| Class     | Teachers                                                  |
|-----------|-----------------------------------------------------------|
| Preschool | Ms. Aswina Shrestha, Ms. Urmila K.C., Ms. Soniya Shrestha |
| I A       | Ms. Shweta Dahal, Ms. Anjana Tiwari                       |
| I B       | Ms. Evan Syiemlieh, Ms. Ashma Bista                       |
| I C       | Ms. Juni Sthapit, Ms. Sumnima Sherpa                      |
| II A      | Ms. Mary Shah, Ms. Pratishtha Krim Khadka                 |
| II B      | Ms. Kabita Bhujel, Ms. Celesty Tamang                     |
| II C      | Ms. Padma Shahi, Ms. Prajina Shrestha                     |
| III A     | Ms. Jharana Shrestha, Ms. Arzu Shrestha                   |
| III B     | Ms. Bhawana Bhattaraia, Ms. Surakshya Thapa               |
| III C     | Ms. Ambika Simkhada, Ms. Pratima Rijal                    |
| IV A      | Ms. Punam Singh, Ms. Renu Thapa                           |
| IV B      | Ms. Anita Shrestha, Ms. Pallawi Shrestha                  |
| IV C      | Ms. Manisha Ghale, Ms. Salma Dulal                        |
| IV D      | Ms. Alishma Adhikari, Ms. Pabitra Gautam                  |
| V A       | Ms. Sanjeeka Chhetri                                      |
| V B       | Ms. Maneesha Pandey                                       |
| V C       | Ms. Bhumika Niraula                                       |
| V D       | Ms. Kewora Bhattarai                                      |
| VI A      | Ms. Nisha Khadka                                          |
| VI B      | Ms. Asmita Rai                                            |
| VI C      | Ms. Laxmi Rayamajhi                                       |
| VI D      | Ms. Janaki Negi Shrestha                                  |
| VI E      | Mr. Sabin Bhattarai                                       |
| VII A     | Mr. Robina Shrestha                                       |
| VII B     | Ms. Durga Adhikari                                        |
| VII C     | Ms. Pramila Adhikari                                      |
| VII D     | Ms. Laxmi Ghimire                                         |
| VII E     | Mr. Kamal BK                                              |
| VIII A    | Mr. Kamal Khanal                                          |
| VIII B    | Ms. Srijana Koirala                                       |
| VIII C    | Mr. Shyam S. Jha                                          |
| VIII D    | Mr. Madhu S. Lamsal                                       |

|        |                          |
|--------|--------------------------|
| VIII E | Mr. Arjun Pariyar        |
| IX A   | Mr. Tika Prasad Upreti   |
| IX B   | Mr. Puskar Chaudhary     |
| IX C   | Mr. Tshering Nima Sherpa |
| IX D   | Ms. Seema Limbu          |
| X A    | Ms. Pratistha Pandey     |
| X B    | Mr. Deepak Khatri        |
| X C    | Mr. Satan Mukhia         |
| X D    | Mr. Balram Neupane       |

## CCA Teachers for Academic Year 2026-27

|                             |                        |
|-----------------------------|------------------------|
| Aabha Shahi                 | Vocal                  |
| Archana Singh               | Craft                  |
| Gyanraj Maharjan            | PE/Games               |
| John Karanjit               | Music                  |
| Jyoti Khadka                | Art                    |
| Meena Khanal                | Handwriting            |
| Sikandar Maharjan           | PE/Games               |
| Uma Basnet                  | Library                |
| Urvashi Pradhan             | Library                |
| Nikita Shrestha             | Science Lab Instructor |
| Purnima K.C., Rewata Gurung | STEAM Instructor       |

## House Teachers' List 2026-27

| Begnas (Yellow)                                                                                                                                  | Phewa (Red)                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Balram Neupane (Housemaster)<br>Kamal B. K. (Housemaster)                                                                                        | Arjun Pariyar (Housemaster)<br>Janaki Negi Shrestha (Housemistress)                                                               |
| Seema Subba, Pratistha Pandey,<br>Kamal Khanal, Krishna Prasad Aryal,<br>Meena Khwakhali, Sanjeeka Chhetri,<br>Bhumika Niraula, Kewora Bhattarai | Jagdish Baral, Puskar Chaudhary,<br>Tshering Sherpa, Deepak Khatri, Laxmi<br>Ghimire, Durga Adhikari, Maneesha<br>Pandey, Ruby KC |
|                                                              |                                              |
| Rara (Blue)                                                                                                                                      | Tilicho (Green)                                                                                                                   |
| Nisha Khadka (Housemistress)<br>Laxmi Adhikari (Housemistress)                                                                                   | Srijana Koirala (Housemistress)<br>Laxmi Rayamajhi (Housemistress)                                                                |
| Satan Mukhiya, Madhu Sudhan<br>Lamsal, Shyam S. Jha, Amrit<br>Chaulagain, Prithula Thapa, Pramila<br>Adhikari, Robina Shrestha                   | Rajan Thakur, Niraj Shrestha, Bal<br>Krishna Karki, Asmita Rai, Asmita Maya<br>Rai, Sabin Bhattarai                               |
|                                                              |                                              |





## Triyog Students Featured In The Himalayan Times-School Times



# Celebrating 40 YEARS OF EXCELLENCE

### Key Dates (August 2026 - October 2026)

|                    |                                                   |
|--------------------|---------------------------------------------------|
| August 4, 11 & 12  | Inter-House Debate Competition (Grades VIII-X)    |
| August 5           | Academic Excellence Award-First Unit Test         |
| August 6, 13 & 14  | Inter-House Debate Competition (Grades V-VII)     |
| August 26          | One Minute Actor-Acting Competition (Grades I-IV) |
| August 28          | Triyog MUN 5.0                                    |
| September 3, 8, 10 | Project Day (Grades VII, V & VI)                  |
| September 28       | Half Yearly Examination (Grades VI-X) Starts      |
| October 14         | Dashain Vacation Starts                           |
| October 27         | School Resumes After Dashain Vacation             |

We are proud to share that the creative voices of our students were featured in a full-page edition of School Times, published by The Himalayan Times, one of Nepal's leading English-language newspapers, on April 28, 2026. This special edition, presented by Triyog High School, showcased insightful articles written by our students on contemporary topics such as intelligence, emotional well-being, technology, education, self-awareness, and personal growth, reflecting their critical thinking, creativity, and strong command of written expression.

The publication also highlighted the collaborative efforts of our student editorial board and teacher mentors, providing our young writers with an authentic platform to engage with a wider audience beyond the classroom. We congratulate all the student writers, editors, and faculty members whose dedication and teamwork made this remarkable achievement possible, reaffirming Triyog's commitment to nurturing thoughtful, articulate, and socially conscious learners.

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