



# 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,

As we come to the close of another enriching academic year, I extend my heartfelt gratitude to our entire school community - students, parents, teachers, and staff for their unwavering commitment and support.

This year has been a journey of growth, resilience, and achievement. Our students have not only excelled academically but have also demonstrated creativity, compassion, and a spirit of collaboration in various co-curricular and extracurricular activities. From vibrant class days and engaging classroom learning experiences to sporting events and cultural celebrations, each moment has contributed to shaping confident and well-rounded individuals.

As we stand at this transition, I am reminded of the season of spring—a time of renewal, hope, and new beginnings. Much like the blossoms that emerge after a long winter, our students are ready to step into a new grade with fresh energy, curiosity, and confidence. Each child carries forward the lessons of the past year while opening themselves to new challenges and opportunities. This gentle yet powerful transformation reflects their continuous growth, reminding us that every ending is, in fact, the beginning of something new and beautiful.

I would like to sincerely thank our dedicated teachers who have continuously inspired and guided our students with innovative teaching practices and a nurturing approach. Their commitment to fostering a love for learning has been truly commendable. I also extend my sincere appreciation to our parents for their partnership and trust, which play a vital role in the success of our students.

We would like to thank our collaborators- 3DI, Durshikshya, RAN, Nepal's Scout, Sambhavya Foundation, Duke of Edinburgh International Award, Toastmasters International (Gavel Club), School Enterprise Challenge team, Blue Grass Journeyman Band, World's Scholars Cup Team, Phoenix Inspiration, Tokha Baal Club, Ted-Ed, Khalisisi and NTNC for enriching the learning experience of our teachers and students. I would also like to take this opportunity to thank our staff and administration for the continued support and cooperation.

As we reflect on the year gone by, we also look forward with excitement to new opportunities and initiatives that will further enhance our learning environment. Our goal remains steadfast- to provide holistic education that nurtures not only academic excellence but also character, creativity, and critical thinking.

To our students, I encourage you to take pride in your achievements, learn from your challenges, and continue to strive for excellence in all that you do.

As we conclude this academic session and step into the Nepali New Year 2083- also marking a remarkable milestone of 40 years of empowering learners and transforming lives- I extend my heartfelt wishes to all our families. For four decades, our journey has been defined by a deep commitment to nurturing young minds, inspiring excellence, and shaping individuals who make a meaningful difference in the world. May the year ahead be filled with joy, good health, prosperity, and renewed purpose. May it encourage our students to dream boldly, strive higher, and move forward with confidence and integrity. Wishing everyone a joyful, peaceful, and fulfilling New Year 2083.

Best Regards,  
Chandrayan Pradhan Shrestha

## Junior Sports Day - 2026



On February 14, 2026, we celebrated the movement, teamwork, joy, and togetherness of our young stars of Preschool and Primary School in the Junior Sports Day. It was a special day when teachers and parents joined together to cheer on the budding sports stars. From thrilling track races that tested speed and determination to engaging field events and novelty races that highlighted strength and coordination, our young athletes gave their all while thoroughly enjoying every moment. Towards the end of the day, parents also came with the spirit of a child within to motivate the students and participated in the Parents' Game.

Celebrations @ Triyog

Saraswati Puja



Saraswati Pooja was celebrated with great enthusiasm and devotion this year as well. The atmosphere was filled with the sacred chanting of holy mantras by the priest and beautiful devotional songs performed by teachers and students. A large number of students, teachers, and parents attended the ceremony, offered prayers to Goddess Saraswati, and received Prasad.

Field Visits

Visit to National Museum, Chhauni



On February 20, Grade I students visited the National Museum of Nepal. They explored historical artifacts, ancient weapons, and old currencies, and learned about Nepal's rich history and culture. They were also fascinated by the beautiful statue of Lord Buddha and learned about Nepal as the birthplace of Gautama Buddha. The trip was enjoyable and educational, leaving the students happy and proud of their heritage.

Visit of Raithane Agri Product



On January 25, 2026 Grade II students visited Raithane Agriproduct and explored fresh vegetables, fruits, grains, and spices. They learned how local farmers grow our food and why supporting local products matters. The students returned getting inspired to respect farmers and choose healthy, local food.

Visit to Bhatbhateni Store



On January 29, 2026 Grade II students took part in a fun and practical money activity at Bhatbhateni Store. With a budget of Rs.100, they experienced real-life shopping by choosing items, checking prices, and making sensible spending decisions. The activity helped them understand the value of money, practice budgeting, and build confidence, turning their math lesson into an enjoyable and meaningful experience.

Learning from Nature, Caring for our Future



On February 26, 2026, the students of Grade II visited Rani Bari Community Forest to learn how protected areas help prevent deforestation. Inspired by the book, The Lorax, they understood the importance of speaking for the trees and protecting nature for the future generations. The visit encouraged students to take responsibility for caring for the nature.

Visit to Bagmati Paper Udhog



Grade III students visited Bagmati Paper Udhog in Sanothimi for an educational tour. They learned how handmade paper is made from the Lokta plant and observed the key steps of the process. The visit was both informative and enjoyable, helping students appreciate traditional paper making.

## Visit to Bhatbhateni Store



Grade III students visited Bhatbhateni Store for a hands-on activity on money management. With a fixed budget, they compared prices, selected items and calculated the total cost and remaining balance. The activity helped them practice addition and subtraction while developing smart shopping and decision making skills.

## Educational Visit to Tokha Municipality



Students of Grade IV visited Tokha Municipality on February 6, as part of an educational trip. They learned how local government works and how public services are managed for the community. The visit gave students a valuable real-life understanding of governance beyond classroom learning.

## Visit to Rastriya Banijya Bank



Students of Grade IXD visited the Central Office of Rastriya Banijya Bank at Singhadurbar Plaza on February 10, 2026, as part of an experiential learning programme. Integrated with the curriculum of Economics and Accountancy, the visit provided first-hand exposure to banking operations and processes, enhancing understanding through practical learning.

## Orientation on Waste Management



An orientation on waste segregation and responsible waste management was conducted on January 4, 2026, for students and support staff, following the MoU signing with Khalisisi. The learning experience was further enriched through a site visit to the WOW Collection Centre, Kapan, where participants observed the systematic management and recycling of segregated waste.

## Educational Excursions

### Excursion to Bhaktapur and Nagarkot



Grade III students had a joyful and enriching educational excursion to Bhaktapur and Nagarkot. They explored Bhaktapur Durbar Square, Learned about Nepal's rich culture, and enjoyed a hands-on pottery activity. On the way, students visited a local school and shared stationery, learning the value of kindness. The trip concluded with a visit to a farm in Nagarkot, where students learned about organic farming. The excursion was a memorable blend of learning and fun.

### Grade VIII Excursion



Grade VIII students participated in a two-day educational excursion from December 31, 2025, to January 2, 2026, visiting Ghandruk, Pokhara, and Bandipur.

The excursion provided opportunities to explore natural beauty, cultural heritage, and local traditions, along with activities such as boating on Phewa Lake and visiting Taalbarahi Temple. The experience fostered bonding, exploration, and lasting memories.

### Grade VI: Pokhara & Dhampus



From January 2 to 4, our Grade VI students embarked on an exciting educational trip to Pokhara and Dhampus. The journey combined learning with adventure, offering students a firsthand experience of Nepal's natural beauty and cultural richness. Students explored the serene lakes of Pokhara, visited local communities, and enjoyed guided nature walks in Dhampus. The trip provided opportunities for team-building, environmental learning, and cultural appreciation, making it a truly memorable experience for everyone.

### Grade VII: Kawasoti



From January 2 to 4, our Grade VII students embarked on an enriching educational trip to Kawasoti. During the trip, students explored the local environment, engaged with community initiatives, and experienced the vibrant Tharu culture, learning about traditional customs, arts, and daily life of the Tharu people. This immersive journey fostered teamwork, cultural awareness, and a deeper appreciation for Nepal's diverse heritage, leaving students with unforgettable memories and valuable lessons beyond the classroom.

**Interactive and Parenting Sessions**

**Parenting Session for Grade IV & V**



The parenting session for Grades IV and V, organized by Sambhavya Group, focused on children's holistic development, including emotional, physical, and academic well-being. Parents were guided on creating a positive home environment, managing routines and screen time, and supporting their children's emotional needs, while emphasizing responsibility, good habits, and balanced growth through consistent involvement.

**Interaction Session on Nutritious Food**



On February 18, 2026, Grade V students had an interactive session with nutritionist Ms. Sushila Lamichhane. Students learned about eating habits, balanced diet, the importance of avoiding junk food, and the importance of drinking water. The session was informative and encouraged healthier choices.

**Session on Positive Lifestyle**



A motivational session on 'Positive Lifestyle' was organised for students of Grades IX and X on December 26, at the school auditorium. The session was facilitated by Mr Ramjee Adhikari, Founder and Director of Manavsewa Ashram. The session emphasised cultivating positive habits, self-discipline, and a healthy mindset through insightful discussions, real-life examples, and practical guidance.

**Student-Led Parenting Session**



On the occasion of SEL Day, a student-led parenting session was held on January 26 for the parents of middle school students. The session aimed to raise awareness about the socio-emotional needs of adolescents and the important role parents play in supporting their well-being. Students confidently led the discussion, sharing insights on emotional awareness, empathy, and effective communication. They also highlighted practical ways parents can create a supportive and understanding environment at home. The interactive session was both enlightening and engaging, strengthening the partnership between school and home in nurturing emotionally healthy learners.

**World Happiness Day SEL Program**



On the occasion of World Happiness Day, March 20, a special SEL program was organized by the students of Grade 7 to celebrate gratitude and appreciation. The students expressed their heartfelt thanks to all the teachers of the Middle Block through thoughtful gestures, messages, and presentations. Their initiative highlighted the importance of gratitude in fostering positive relationships and emotional well-being. The program created a joyful and uplifting atmosphere, leaving both teachers and students feeling valued and appreciated.

**Parenting Session on Wellbeing**



A parenting session for the parents of the Middle School was held on March 11, facilitated by Dr. Gunjan Dhonju on the theme "Wellbeing Begins With You: The Science of Happy Hormones, a Healthy Body, and a Calm Mind." The session focused on the importance of self-care and emotional balance in fostering a positive family environment. Dr. Dhonju shared valuable insights on managing stress, understanding the role of hormones in well-being, and adopting healthy lifestyle practices. The interactive session equipped parents with practical strategies to nurture both their own well-being and that of their children, making it an enriching and impactful experience.

**Session on Menstrual Hygiene**



On February 1, middle school students participated in an interaction session on menstrual hygiene led by Ms. Krishna Niroula, a certified period educator from Menstrupedia and member of Untold Period Stories (UPS). The session provided accurate information on menstrual health and hygiene while addressing social stigmas. Through interactive discussions, students gained awareness, confidence, and practical knowledge, making the session both educational and empowering.

### Coffee with the Principal



The 'Coffee with the Principal' sessions commenced on January 22, 2026, with the parents of Grade X students, followed by other grades. The sessions focused on students' academic progress, social development, and behavioural aspects, while collaboratively exploring constructive ways forward. The initiative fostered meaningful dialogue and strengthened the partnership between the school and parents.

### Motivational Session for Grade X



Grade X students attended a motivational session facilitated by Raman Bhattarai, a global educator and motivational speaker, on February 24, 2026. The session focused on positive living, goal setting, life skills, and personality development, providing valuable insights and practical guidance to help students build confidence and make thoughtful decisions.

### Launchpad 2026



Grade X students, along with their parents, attended 'Launchpad: Aspiration & Exploration', a subject and career exploration session on February 20, 2026.

The programme featured expert speakers from Trinity International College and KIST College, who guided students on subject choices, career pathways, and overall well-being, enabling informed decisions for future academic pursuits.

### Wellness and Behavioral Health Camp



Triyog School hosted a Wellness and Behavioral Health Camp on January 31, 2026, conducted by the team from Sambhavya Group on the school premises. The camp aimed to provide comprehensive support and resources to promote a healthy and positive school environment. Through various sessions and activities, students were guided on wellness, emotional well-being, and positive behavioral practices.

### न्यानो पोशाक वितरण अभियान



The Nyano Poshak Bitaran Abhiyaan was organised on January 2, 2026, led by the Social Service and Health Club, with active contribution of parents, students and teachers. Warm clothing, including tracksuits, T-shirts, and caps, was distributed to 52 students of Shree Kalikadevi Basic School, Suryagadhi Rural Municipality, Nuwakot. The initiative supported students facing difficulties due to the lack of adequate winter clothing and contributed to their continued educational engagement.

### STEAM Design Challenge



STEAM Design Challenge was conducted for students of Grades VIII–X on December 22, Grade VII on December 28, and Grade VI on December 29. Participation was compulsory for students of Grades VI and VII, ensuring active engagement of all learners.

Students were divided into groups and presented with real-life problems to solve. Through collaboration, creativity, and critical thinking, they worked together to design innovative solutions. The challenge encouraged students to apply their knowledge of Science, Technology, Engineering, Arts, and Mathematics in a practical and meaningful way.

## Triyog Kids Carnival 2082

### Triyog Kindergarten Championship Trophy



In the Triyog Kids Carnival 2082- Triyog Kindergarten Championship Trophy, we connected tiny talents, big dreams, and endless smiles of Kindergarteners from different preschools in the valley to the stage. From colorful art and charming fancy dress to energetic dance performances, every moment sparkled with creativity and happiness.

The little stars from the following schools shone even brighter in the event:

First: Cupid Children's Home Academy

Second: Kopila Cottage Preschool

Third: Ira Preschool & Sunshine Day Care Preschool

On the same day of February 28, 2026, Triyog Kids Carnival came alive with joyful moments, exciting games, art & crafts, student-led stalls, and heartwarming smiles, creating memories that can be cherished for a long time.

## Triyog Musical Ensemble 2082



On the auspicious occasion of Basant Panchami, January 23, 2026, Triyog School organized the Triyog Musical Ensemble 2082. The event featured a variety of performances, including orchestra and choir presentations. Students showcased their musical talents with confidence, coordination, and passion, creating a vibrant and melodious atmosphere. The event celebrated creativity and teamwork, providing a platform for students to express their artistic abilities and marking the spirit of Basant Panchami with music and joy.

## NCC Junior Division Felicitation Program



The NCC Junior Division Felicitation Program was held on January 29, 2026, to honour students for their dedication and achievements. Lieutenant Colonel Gokarna Devkota of the Nepali Army attended the event as the Chief Guest and inspired students through his address on discipline, leadership, and service to the nation.

## Judo & Wushu Investiture Ceremony 2082



The Judo and Wushu Investiture Ceremony 2082 was organized on 26 February 2026 for students of Grades VI–X. During the ceremony, more than 50 students were officially awarded their new belts, celebrating their achievement, discipline, and growing leadership in martial arts.

The ceremony was graced by Chief Guest Deepak Bajracharya, President of the Nepal Judo Association. The event was further honored by special guests Birendra Ranjit, a prominent figure in the Nepal Judo Association and Chief Judo Coach under the National Sports Council, and Ang Babu Lama, National Wushu Coach and Judge at the National Sports Council of Nepal. The belt examination was conducted by Roshan Budhathoki.

Judo and Wushu teach more than physical skills—they instill self-control, respect, perseverance, and strength of character. Students pledged to uphold the true spirit of martial arts and lead by example both on and off the mat.

## Second Triyog Inter-School Art Competition 2082





The second Inter-School Art Competition 2082 was successfully hosted on January 29, conducted across four categories: Grades I–III, IV–V, VI–VII, and VIII–X. The event saw enthusiastic participation from many schools, with over 100 students showcasing their creativity and artistic talents.

Ripumardani Sainik Secondary School and Swostishree Gurukul secured third place, Triyog High School achieved second place, and Sanskriti International School emerged as the overall winner.

## Triyog Annual Art and Craft Exhibition 2082



The Annual Art and Craft Exhibition 2082 was presented from 16 to 28 March 2026. The exhibition showcased the creativity, talent, and dedication of students across a wide range of art and craft. The opening ceremony, held on 16 March 2026, was graced by Chief Guest Vijay Thapa, a living legend of Nepalese contemporary art, along with esteemed guests Sushma Shrestha and Sanu R. Shilpakar.

## Last Day of Grade X



Grade X students of the Batch of 2082 marked their last day of regular school on March 20, 2026. The occasion was observed with good wishes, encouragement, and memorable moments, as the school community came together to acknowledge their journey and wish them success in their future endeavours.

## Project Days

### Grade IV



Grade IV students actively explored the topic of pollution and its solution through creative stalls, engaging models, presentations, and interactive activities. The event provided a meaningful learning experience, helping students understand the causes and effects of pollution. It also inspired them to think about protecting the environment and encouraged them to be responsible and eco-friendly citizens. The students' enthusiasm and innovative ideas made the event both educational and enjoyable.

### Grade V



Our Grade V students presented their Project Day on the theme "The Journey of a Rupee." The event began with engaging performances showcasing how money is earned and produced. Students also organized interactive stalls, presentations, and fun activities that kept parents actively involved. It was a meaningful learning experience that enhanced students' knowledge, communication, and confidence.

## Class Days

### Grade I



Grade I students celebrated Project Day on the theme "My Daily Life." They presented songs, skits, poems, dances, and art displays, along with a support drama about their daily routines. The event highlighted their creativity, confidence, and teamwork. It also provided an opportunity for students to express their understanding of daily life through multiple art forms in a joyful and interactive experience.

### Grade II





Grade II Class Day was celebrated around the engaging theme “Our School,” highlighting students’ experiences, learning journey, and sense of belonging within the school community. To showcase their learning creatively, the students performed a variety of activities, including meaningful dramas, expressive poems, a vibrant fashion show, and energetic dances. Each performance reflected their creativity, confidence, and enthusiasm, making the event truly engaging and memorable.

### Grade III



Grade III Class Day was organized around the engaging theme of Seasons and Culture, highlighting how seasonal changes influence our daily lives. Students explored how different seasons affect our lifestyles, food choices, and clothing patterns, and presented their learning creatively through a variety of activities, including dances, dramas, and poems. Each presentation beautifully reflected the connection between seasons and cultural practices, making it an engaging and meaningful learning experience.

### Grade VI



The Class Day Program for Grade VI was successfully held on February 4, celebrating the theme “Rhythms of Sudurpashchim” The event highlighted students’ creativity through cultural dances, songs, and short skits inspired by the theme, reflecting both tradition and modern perspectives. With active student participation and the support of teachers and parents, the program was both meaningful and memorable for everyone involved.

### Grade VII



The Class Day Program for Grade VII was held on February 13 with the inspiring theme “Nation and Nationality.” The event highlighted the importance of unity, diversity, and pride in one’s country through a series of engaging performances. Students presented patriotic songs, thought-provoking skits, and vibrant cultural dances that reflected the rich heritage and values of the nation. Their performances beautifully conveyed messages of responsibility, respect, and national identity. The program was a meaningful and memorable experience, made successful by the enthusiastic participation of students and the support of teachers and parents.

Winter Activities

Winter Camp



Winter Camp kicked off on December 31, 2025, for students from KG to Grade V, offering a fun mix of art and craft, manners and etiquettes, hiking, farm visits, baking, cooking, and outdoor games. Students also enjoyed picnics, BBQ, and horse riding, making each day exciting and memorable. The camp concluded on January 11, 2026, with a lively closing ceremony featuring lively dance and Zumba performance.

Winter Sports Training Camp



A Winter Sports Training Camp was organized from December 31 to January 11, 2026, giving students an excellent opportunity to enhance their skills and stay active during the holidays. Focused training in basketball, cricket, and football helped students improve techniques, fitness, and game understanding, while fostering discipline, teamwork, and sportsmanship, making the camp a valuable and enriching experience.

Winter Camp – Art Workshop



A Winter Camp Art Workshop was organized from December 31 to January 11, 2026, providing students with a creative platform during the winter break. The workshop engaged students in various artistic activities, allowing them to explore different art forms and express their creativity while experimenting with techniques and materials under guided instruction. It nurtured creativity, encouraged self-expression, and built confidence, making the winter break both productive and inspiring.

Co-curricular Activities/Extra Curricular Activities/Sports

Prefectorial Body Election



The election for the New Prefectorial Body 2083 was conducted on 18 February 2026, with students from Grades VI–IX, teachers, and in-charges casting their votes. The event provided a practical experience of democratic participation, leadership, and responsibility.

## Junior School Quiz Contest



The young quizzers of the Junior School showcased their enthusiasm and sharp thinking during the Quiz Contest held in the last week of December, 2025. The event fostered curiosity, teamwork, and a spirit of healthy competition, creating a vibrant atmosphere of learning and excitement. It was inspiring to witness the students' active participation as they confidently explored and demonstrated their knowledge.

## Junior Spelling Bee



In the final week of January, our young spelling whizzes from the Junior School took center stage at the Junior Spelling Bee, dazzling all with their remarkable command of words. With confidence, focus, and precision, they rose to the challenge, leaving a lasting impression with every flawlessly spelled word. The event was a true celebration of language, learning, and the incredible potential of our young learners.

## Triyog Byte Battle 1.0



Our Grades IV and V students immersed themselves in Triyog Byte Battle 1.0, a coding challenge, and exhibited their finest coding skills. The event was organized in collaboration with Dursikhya Education, in the last week of December. The participating students went through three rounds of competition, with the third round conducted as an impromptu, on-the-spot challenge.

This platform offered students a meaningful opportunity to develop coding skills, sharpen their thinking, and solve challenges, all while boosting confidence, creativity, and curiosity about technology.

## Intra-Class Chess Competition



Our young chess stars from Grades II and III took on the board with courage, curiosity, and creativity in an Intra-Class Chess Competition organized on March 16, 2026. From thoughtful openings to clever checkmates, every move of our young minds told a story of focus, patience, and growing confidence.

## Wushu Grading



Our young martial artists displayed incredible dedication and focus in their Wushu grading on March 12, 2026. With confident stances and precise movements, they demonstrated the techniques and forms they have learned, reflecting not only their physical strength and agility but also the important values of patience, respect, and perseverance.

## Inter-House Spelling Contest



An Inter-House Spelling Contest for Grades VI–VII and VIII–X was held to enhance vocabulary, spelling accuracy, and confidence of the students. Students from different houses competed enthusiastically in multiple rounds. Phewa House emerged as the overall winner, with Pearlrani Basnyat and Mrinalini Manandhar bagging the Best Spellers from Grades VI–VII, and Sampada Subedi from Grades VIII–X. The event promoted healthy competition and a deeper interest in language learning.

## Triyog at the Sixth QKS Choir Showcase



Students from Grades IV to X proudly participated in the sixth QKS Choir Showcase at Brihaspati Vidyasadan School, celebrating harmony, teamwork, and musical expression. Their confident and melodious performances impressed the audience, while the experience helped develop musical skills, discipline, unity, and stage presence. We are proud of our students for representing Triyog School with enthusiasm and grace.

## Inter-House Mathematics Olympiad



The Inter-House Mathematics Olympiad for Senior School was conducted on January 21, 2026, by the Mathematics Department. Students from Grades VIII, IX, and X participated actively, demonstrating analytical thinking, logical reasoning, and problem-solving abilities. The event encouraged teamwork and healthy competition while strengthening interest in mathematics.

*Learning Beyond the Classroom*

## Implementing Business Ideas



During the Triyog Kids Carnival on February 28, 2026, students from the School Enterprise Challenge and Accountancy Group were actively engaged in implementing business ideas. They experienced the process of planning, marketing, and managing resources, developing essential skills such as teamwork, leadership, and problem-solving through hands-on learning.

## Inside the Triyog Gavel Club



Triyog Gavel Club provides an effective platform for developing leadership and communication skills, where gaveliers discover their voice, refine communication, and grow into confident leaders through engaging meetings, prepared and impromptu speeches, constructive evaluations, and leadership roles, while learning the art of expression, the power of listening, and the value of teamwork.

## The DoEIA Adventurous Journey Experience



The Adventurous Journey of the Duke of Edinburgh's International Award participants marked a progression from preparation to achievement. Beginning with a practice expedition at Champadevi on February 7, 2026, students developed skills in navigation, teamwork, and self-reliance through route planning, camping, and self-cooking, and later successfully completed their Qualifying Journey on March 1, confidently navigating unfamiliar trails. More than a physical challenge, the experience fostered resilience, leadership, and personal growth, leaving them with lasting memories and stronger friendships.

## 3DI Student Showcase 2026



The Middle School held a 3DI event as a culmination of students' learning on February 22 and 23 about various digital tools. During the event, students showcased their creativity and technical skills through interactive projects, presentations, and demonstrations using different digital platforms. The event highlighted how students applied technology to express ideas, solve problems, and collaborate effectively.

## Coding and Robotics Project Exhibition



The Coding & Robotics Exhibition held on March 13, 2026 showcased a wonderful blend of creativity and innovation of young coders from Grades IV–V. Our students proudly presented their projects, explaining their ideas, designs, and the technology behind them. The event highlighted their problem-solving skills, teamwork, confidence, and critical thinking of our students, leaving parents and visitors truly impressed.

## Celebration of Achievements

### World Scholar's Cup 2026



Rising to the challenge on an international platform, our scholars made a remarkable mark at the Kathmandu Round of the World Scholar's Cup 2026, delivering performances of the highest caliber. The event was held in the first week of February 2026, comprising more than 20 premier schools in Nepal. Competing in one of the most prestigious international academic competitions, they explored thought-provoking themes and displayed their best debating and creative writing skills. Showing remarkable teamwork and a relentless pursuit of excellence, they claimed outstanding success with 25 trophies, 339 Gold Medals, and 291 Silver Medals.

### Quality Kathmandu School Athletics Meet 2025/26



The QKS Inter-School Athletics Meet, hosted by Triyog High School, celebrated sportsmanship and talent, with track events at Army Training Center Lagankhel on December 16 and field events at Triyog High School on December 18–19. Our students excelled in sprints, relays, hurdles, and field events, demonstrating skill, determination, and sportsmanship throughout.

- Shot Put – First Position
- Triple Jump – First Position
- High Jump – First Position
- Long Jump – Second Position
- Javelin Throw – 3rd Position
- 100m – Second Position
- 200m – First Position
- 400m – First Position
- Hurdles – First Position
- 4x100m Relay – Second Position

### NIST Cup Futsal – Runner-Up



Our U-9 football team secured the second position in the 4th NIST Cup, with outstanding teamwork and sportsmanship.

In the tournament, our stars, Ujaas Bharati, won the Best Player award, and Aarav KC was awarded the Man of the Match award in the semi-final.

### Inter-School Art Competition – Okaku Jatra 2025



Our students showcased creativity and talent at the Okaku Jatra 2025 Art Competition.

Special congratulations to Ashim Sundas for winning and receiving NPR 15,000, and to all participants for representing the school with enthusiasm.



#### Prasoon Malla

First Position in U10 Category of the first KMC29 - Ward Chairman Cup Open FIDE Rapid Chess Championship 2025.



Four Junior Division cadets from Triyog High School, Dirghayu N.Lama, Shiwangi Pathak, Pranu R.L. Giri and Rhythm K.C participated in the NCC Youth Exchange Programme held in Nepal from February 6 to 17, 2026, in which NCC cadets from India, Pakistan, Bhutan, and the Maldives participated.

### QKS Cricket Tournament



Triyog High School secured third position in the first QKS Inter-School Cricket Tournament, held at Mulpani International Cricket Ground from February 23–27, 2026. Competing against strong teams, our players showcased excellent cricketing skills, teamwork, and determination, with consistent performances in both batting and bowling.

### Multidisciplinary Excellence of Houses



Begnas House had an outstanding year, winning the Overall House Trophy (Grades IV–X), Best Discipline House (Grades I–X), and Overall House Board (Grades VI–X).

### Finalist in National Level Coding



Three of our brilliant coders from Grade V, Arnab Thapa, Bibhan Shakya, and Subham Ghimire participated in the Coding Kickstart 3.0, Nepal's national-level coding competition, organized by Mero Coding Class. Presenting their excellent technical understanding of coding and the project, they progressed to the final stage of the event.

### Myra and Shreyan in Asian Taekwondo



Bronze Medal in Individual Poomsae (U-6 Category) at the 10th Ma'anshan Taekwondo Open – Asian Taekwondo Invitational Tournament 2025, held in China.

### Pulse Shrestha and Iris Shrestha in Karate



Pulse Shrestha secured First Position in Karate at the Municipality Games organized by Tokha Municipality, while Iris Shrestha earned Third Position in the same event.

## Building Character Through Scouting

### Grade VI Scout Cooking Activity



Grade VI students took part in an engaging Scout Cooking Activity on December 17 and 23, 2025. They learned basic cooking skills, teamwork, and the importance of hygiene and safety while preparing simple, nutritious dishes under the guidance of their scout leaders. The activity built practical skills, creativity, responsibility, and gave students a rewarding and memorable experience.

### Grade VII Scout Tracking Activity



Grade VII students took part in an exciting Scout Tracking Activity on February 23. They developed observation skills, teamwork, and a sense of adventure while exploring nature. Guided by their scout leaders, students learned tracking techniques, problem-solving, and responsible navigation, making the experience both educational and enjoyable.

## TRIYOG PRESCHOOL - Kindergarten Graduation Ceremony 2026



A grand and heartwarming UKG Graduation Ceremony, filled with joy and pride, where our little stars danced gracefully, sang beautifully, and delivered delightful drama and melodious pianica performances before graduating with radiant smiles. The celebration was further enriched by the enthusiastic participation of other preschoolers, making the day truly magical, memorable, and unforgettable.



Astha Subedi  
Preschool In-charge

In this academic year preschool learners blossomed into a truly vibrant and enriching journey, deeply rooted in play-based learning and a holistic approach to child development. Every moment from joyful Project days to energetic Sports day, heartwarming Class day, and immersive thematic celebrations was thoughtfully woven into a nurturing framework that honored the cognitive, social, emotional, linguistic, and physical growth of each child. Within a warm, safe, and joy-filled learning environment, children explored, discovered, and thrived with curiosity and delight, transforming play into meaningful learning experiences. Laughter echoed through our spaces as confidence blossomed, creativity flourished, and bonds of friendship and collaboration grew stronger each day. It was profoundly fulfilling to witness their innocent wonder evolve into self-expression, independence, and a genuine love for learning, making the year exceptionally fruitful, emotionally rewarding, and truly unforgettable.

## नयाँ वर्ष सुरुको शुभकामना



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