



# 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,

Welcome to Triyog High School, a dynamic learning community where every child is encouraged to discover strengths, pursue passions, and grow into a compassionate and responsible citizen. At Triyog, academic excellence goes hand in hand with values, creativity, and character so that our students are prepared not only for examinations, but for life.

As a school with a proud legacy, we are committed to nurturing curious minds through engaging classrooms, thoughtful use of technology, and rich co-curricular and extracurricular programmes. Our dedicated teachers work closely with students to cultivate critical thinking, collaboration, and communication skills, while also providing the care and guidance each learner needs to thrive.

We believe that education is most meaningful when students feel safe, respected, and inspired. The culture at Triyog celebrates diversity, empathy, and integrity, and invites students to participate actively in clubs, sports, arts, community service, and leadership opportunities. In doing so, they learn to take initiative, persevere through challenges, and appreciate the joy of contributing to others.

Parents and guardians are valued partners in this journey. Through regular interaction, transparent communication, and shared decision-making, we seek to build trust and a strong sense of belonging. Together, we create an environment where every child feels seen, heard, and supported in setting ambitious goals and achieving them.

Triyog High School is more than a place of instruction; it is a vibrant home of learning where young people are encouraged to dream big, think deeply, and act wisely. It is a privilege to lead this community and to walk alongside our students as they grow into confident, ethical, and globally-minded individuals.

I warmly invite you to join us at Triyog and to be a part of our continuing story of learning, service, and success.

Regards,

Chandrayan Pradhan Shrestha

## Triyog Awarded Best SEE Results by Tokha Municipality



Triyog High School was honored by Tokha Municipality during its 12th Foundation Day on December 2, 2025 for achieving the highest results among municipal schools in the Secondary Education Examination (SEE) 2081. On the occasion, three students from Triyog - Aadarsha Raj Bista, Prasanna Basyal, and Sulav Subedi - were recognized with certificates and cash awards for their outstanding academic performance with a 4.00 GPA. The achievement highlights the school's commitment to academic excellence and the dedication of its students and teachers.

## Academic Excellence Award-Half Yearly Examination



## TRIYOG Newsletter

### Celebrations @ Triyog

#### Christmas



The school was filled with festive cheer during the Christmas-themed morning assembly. Students entertained everyone with singing performances, and the preschool learners added to the joy with a special Christmas carol. The surprise visit from Santa sparked loud cheers and excitement.

### Professional Development

#### Principal's Corner: Essential Tips for Grade Tens Success



Grade X students had an informative and motivating session on November 9, with the School's Principal, Mr. Chandrayan Pradhan Shrestha. The session highlighted ten key pillars for achieving success in this crucial academic year, blending academic preparation with personal well-being. They were provided with effective tips to develop positive study habits and manage stress.

#### Workshop for Mathematics Teachers



A one-day Math workshop was conducted on November 17 to empower the math teachers with modern teaching strategies. The workshop was facilitated by Mr Hukum Prasad Dahal, a math expert, and focused on fostering a learning environment that encourages creativity, collaboration, critical thinking, and problem solving through mathematics.

#### School Nurse Training Program



Our school nurse participated in a two-day comprehensive training program focused on child abuse awareness, student mental health, and psychosocial support. Heartfelt thanks to Legal Literacy – Nepal for organizing such impactful sessions.

### Field Visits

#### Trip to the Horticulture Centre, Kirtipur



The Grade I students had a wonderful visit to the Horticulture Centre in Kirtipur. They happily explored different plants, learned how they grow, and discovered the tools farmers use. The trip sparked their curiosity and helped them appreciate the beauty of nature.

#### Educational Visit to Historic Temples



Grade III students visited Sri Siddhibinayak Sapan Tirtha Mandir and Baudehshwor Mahadev Mandir in Jhor. They observed prayers, rituals, stone carvings, and natural springs. The students enjoyed being there, and the visit was an enriching experience that helped them appreciate the spiritual and cultural importance of these historic places.

## Exploring Nature on Chandeshwari Hill



Grade III students enjoyed a morning hike to Chandeshwari hill, observing trees, plants, rocks, soil, and streams while connecting classroom lessons with real-life nature. The uphill journey challenged them physically, but teamwork and determination helped them reach the top, where they admired the beautiful view. The hike was both educational and fun.

## Nursery Visit



Grade III students explored a nearby nursery, learning about different plants and their importance for food, oxygen, and a healthy environment. They had a fun and valuable learning experience.

## समुदायका पेशा र आर्थिक गतिविधिको स्थलगत अध्ययन



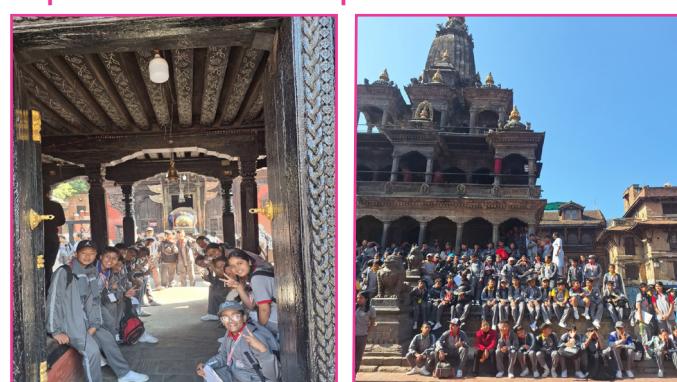
सामाजिक क अध्ययन तथा मानव मूल्य शि क्षा अन्तर्गत यही मि ति २०८२/०८/९ गत कक्षा ५ का वि चार्थी हरू स्थलगत अध्ययन गर्ने टोखा चाकुकारखाना र वर्षा पोल्ट्रीफार्ममा गएका थि ए। वि चार्थी हरूले यस भ्रमणद्वारा आफ्नो समुदाय र क्षेत्रको मानि स्लेगने कामको सम्मान गर्नुपर्छ, सहकार्य र आपसी सहयोगले कसरी काम सजि लो बनाउँछ भन्न कुरा बुझनुका साथै आर्थिक क्रियाकालापले मानि सको जीवनमा पानै प्रभावका बारेमा राख्ने जान हासि ल गर्न सफल भए।

## Trip to Swayambhunath and the Natural History Museum



Sixth graders had an educational field trip to Swayambhunath and the Natural History Museum, where they examined a variety of vertebrate specimens and gained practical insights into animal diversity and scientific study. The visit to Swayambhunath further enabled them to learn about the religious and cultural significance of the stupa, fostering a deeper appreciation for cultural heritage and spiritual traditions. The excursion provided a meaningful blend of scientific exploration and cultural learning, enriching students' knowledge and curiosity.

## Trip to Patan Durbar Square



Grade VI students visited Patan Durbar Square, where they explored the historic palace complex and learned about Newar art, culture, and Malla-era architecture. Guided tours helped them understand the significance of temples, courtyards, and traditional craftsmanship. The trip was both engaging and educational, giving students a meaningful real-world connection to their classroom learning.

## Visit to Shivapuri National Park



Grade IX students participated in an enriching field trip to Shivapuri-Nagarjuna National Park on November 17, 2025. The visit included a refreshing hike to Nagi Monastery, where they enjoyed serene surroundings and scenic views. Students explored the park's rich biodiversity, gaining valuable experiential learning that connected classroom concepts with real-world observation.

### Visit to Election Commission



As a part of the Social Studies curriculum, Grade X students visited the Election Commission of Nepal on November 11 and 25. This visit helped our future leaders to understand Nepal's electoral system and democratic processes in depth. During the visit, they were also involved in a mock election to experience the voting process.

#### Interactions

### Exploring Music Over Culture



Third graders enjoyed a fun musical journey with the Bluegrass Journeyman and Triyog High School teams. Students learned how each instrument creates unique sounds and reflects its culture. The session encouraged mutual respect and showed how music can beautifully connect people from different backgrounds.

### Caring for our planet



Third graders attended an engaging session on environmental conservation. They learned about waste management, habitats, and how plants and animals adapt to survive. The session inspired them to make responsible choices and become active caretakers of the planets.

### Cultural Interaction Session



Grade II students enjoyed a lively cultural session where they understood different traditions, food, clothing, festivals, and musical items from different communities. Through hands-on activities and discussions, they learned to appreciate diversity and celebrate the uniqueness of different cultures.

### Session for Parents of Grades VIII and IX



A focused parenting session on 'Balancing Life and Learning: Supporting Our Children to Stay Organized and Connected' was conducted on November 19 for parents of Grades VIII and IX. Mr. Purusottam Thapa facilitated the session and offered valuable insights and practical strategies to support students' well-being and academic balance.

### Session for Grade X Parents



An insightful Parenting Session was conducted on November 24 for Grade X parents under the theme 'Together for Success: Supporting Our Children in the SEE Journey.' The session was facilitated by Mr. Purusottam Thapa who shared practical strategies to support students in managing their SEE preparation with focus, confidence, right direction, and well-being. The program also featured an Academic Roadmap Overview presented by Mr. Churamani Pandeya, Senior School In-Charge, who highlighted the plan and timeline designed to ensure students' success throughout the SEE journey.

#### Co-curricular Activities/Extra Curricular Activities

### Celebrating Lawn Tennis



Our budding players of Grade V celebrated the joy of Lawn Tennis as they participated in the JTI Nepal Tennis Festival hosted at the School on December 12, 2025. This event was jointly organized by the International Tennis Federation and Nepal Tennis Association. This event sparked the youths' interest in this game. Mr. Surya Bhusan Bajracharya, Mr. Chandra Shahi, JTI Coordinator, and Ms. Renu Devi Konda, Chief Coach, joined the session and helped juniors to enjoy the game.

## Creativity Through Craft



The artful hands of Junior School demonstrated their teamwork and creativity through their projects in the Craft Competition organized on November 16, 2025. Through every fold, cut, and stroke, the participants discovered the joy of shaping ideas with their own hands. They proved that creativity grows stronger when it is given the freedom to explore. They worked together with their teammates and executed their brainstormed ideas to make the best possible project out of the provided materials.

## Solo Dance Competition



On 6 November 2025, students of Grades VI to X mesmerized the audience during the Solo Dance Competition at Triyog School. The event provided an exciting platform for young performers to showcase their creativity, rhythm, and confidence on stage. With a variety of dance styles and vibrant performances, the competition celebrated self-expression and artistic talent, leaving the audience thoroughly entertained and impressed.

## Scouts Cooking Activity



Students of Grades VI participated in an engaging Scouts cooking activity on 16 and 21 December 2025 that provided valuable learning beyond the classroom. The hands-on session helped students develop essential life skills such as planning, cooperation, responsibility, and problem-solving. Working in teams, students experienced the importance of teamwork, leadership, and self-reliance, while gaining confidence and practical knowledge. The activity successfully combined learning with fun and reinforced the true spirit of Scouting.

## Leadership Bootcamp



Our prefectorial body members participated in a two-day, one-night Leadership Bootcamp, where they learned new dimensions of leadership and sharpened the skills they are already practicing. This camp included hiking, team-building activities, a leadership workshop, and adventurous activities.

## Overnight Camping



The Overnight Camping Program for Grades I and II was a delightful blend of learning and fun, offering young learners a truly memorable experience. Students explored the wonders of the sky through an interactive planetarium session, participated in team-building activities that encouraged cooperation and leadership, and enjoyed joyful moments with singing, dancing, a bonfire, and a night spent in tents. The engaging activities created excitement, curiosity, and happiness, making the overnight camp a meaningful and enriching experience for all.

### MoU Signed with Khaalisi for Improved Waste Management



The school has signed a Memorandum of Understanding (MoU) with Khaalisi as part of its commitment to environmental sustainability. This collaboration aims to strengthen waste segregation and promote responsible waste management practices across the institute. Through this partnership, students and staff will be encouraged to adopt eco-friendly habits and contribute towards maintaining a cleaner, greener school environment. The initiative reflects our continued efforts to build environmental awareness and responsible citizenship.

## Sports Week

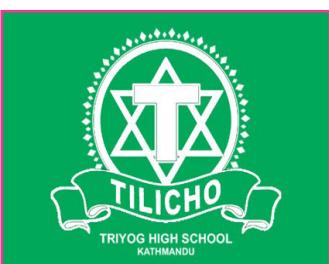
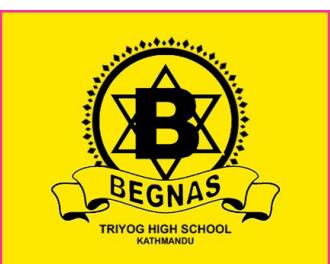


## Sports Week



From 16 November to 24 November 2025, students of Grades IV to X actively participated in Triyog School's much-anticipated Annual Sports Week. A wide range of events were conducted, including basketball, cricket, volleyball, football, judo, badminton, chess, wushu, and table tennis. Throughout the week, students demonstrated exceptional sportsmanship, discipline, teamwork, and determination. The event successfully promoted both physical fitness and healthy competition among participants.

The Prize Distribution Ceremonies were held in phases: Grades VI and VII were awarded on 26 November, Grades VIII to X on 27 November, and Grades and V on 1 December 2025. A special highlight of the ceremony for Grades VIII to X was the presence of Ms. Bianca Rai, Nepal's No. 1 National Table Tennis Player, whose inspiring words motivated students to aim higher in their sporting journey.



## Educational Excursions

### Grade IV-Chitlang



A journey filled with learning, discovery, and unforgettable memories. Our Grade IV students had an enriching two-day, one-night educational excursion to Chitlang, where classroom learning came alive through real-life experiences. From visiting farms and factories to interacting with the local community, observing traditional livelihoods, and exploring the beauty of nature; every moment was meaningful and worthwhile. This excursion not only enhanced students' knowledge but also nurtured teamwork, curiosity, social responsibility, and appreciation for nature.

### Grade V-Gorkha Bandipur Trip



Grade V students recently enjoyed a 2-night, 3-day educational excursion to Gorkha and Bandipur, with 74 students participating in this enriching journey. They visited Gorkha Darbar, Gorkha Museum, Bandipur Bazaar, Khadimai Temple, and a Silkworm Farm, learning about Gorkha's history and Bandipur's culture. The students practiced mapping skills, worked in groups to prepare presentations, and shared their learning, making the trip both interactive and educational. They also took part in cleaning the Khadimai Temple, understanding the importance of responsibility and care for public spaces. Overall, this excursion provided a valuable opportunity for academic, social, and personal growth, combining exploration, teamwork, and practical learning in a memorable experience.

### Grade X-Maulakali and Sauraha



Grade X students experienced learning beyond the classroom through a two-day excursion to Maulakali and Sauraha - visiting Maulakali Temple via cable car, enjoying motor boating on the Narayani River, observing the Tharu cultural program, and exploring Chitwan National Park with a jeep safari to Bishazari Lake and wildlife sightings.

## Class Days

### Class Day: Grade IV



Grade IV students presented their learning on the theme "Kathmandu: The Living Heritage". Through poems, songs, dances, and skits, they highlighted the culture, traditions, and vibrant spirit of Kathmandu. Their performance beautifully captured the essence of the city and made it a meaningful and enriching experience for all.

### Class Day - Grade IX





Grade IX students lit up the stage with their outstanding performances during the Class Day Programme on November 14, 2025. The event featured a range of presentations filled with music, plays, speeches, dance, and creativity. It was a beautiful evening showcasing student confidence, collaboration, and talent.

### Preschool Class Day



The Preschool's Class Day was a joyful and memorable celebration filled with learning, creativity, and cheerful moments. The children charmed everyone with sweet songs about greetings, nature, gratitude, and the joy of being special, followed by a colorful fashion show highlighting fruits, vegetables, healthy foods, and junk food to promote healthy choices.

A meaningful drama conveyed the importance of family time over gadgets and its impact on children, complemented by energetic dances and a melodious pianica performance. Parents added to the excitement by participating in fun riddles, making the program lively, engaging, and truly enjoyable for all.

**Learning Beyond the Classroom****Gavel Club**

Triyog Gavel Club completed its 68th meeting on the theme 'Beyond the Comfort Zone'. This meeting featured three prepared speakers and four table topic speakers who stepped out of their comfort zones and tested their speaking skills. TM Saroj Tamrakar, Division C Director, District 41, Toastmasters International, graced the meeting as the General Evaluator and motivated the gaveliers to succeed in the path of becoming good communicators.

**Business Idea Pitching Challenge**

The Business Idea Pitching Challenge 3.0 showcased the innovative spirit and entrepreneurial readiness of our students. Thirteen diverse ranges of original business concepts were presented to an esteemed panel of judges on November 24, demonstrating confidence, creativity, and critical thinking. The presentations were evaluated by Ms. Punam Singh, Marketing Expert, and Mr. Susan Dangol, Young Entrepreneur, who also offered valuable insights and constructive feedback. This annual event continues to serve as a vital platform for students to gain real-world business exposure and strengthen their entrepreneurial potential.

**Special Achievements**

Aashvi Ghale (Grade VI) secured 3rd position in the interschool art competition, celebrating youth creativity and mental health awareness.



Mahim Singh Kunwar secured 3rd position in the U-10 Boys' Singles event at the NSEMIA National Inter-School Table Tennis Tournament.



Adiksh Silwal represented Triyog High School at the World Scholar's Cup 2025 in Yale, USA, winning medals and connecting with scholars worldwide.

## My Daily Life: Grade 1 Project Day Highlights



### Key Dates (December 2025)

December 31	Winter Break Starts
December 31-11 January	Winter Camp / Sports Training /Winter Canvas Art Workshop/ Coaching
January 18	School Reopens

# TRIYOG HIGH SCHOOL



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