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TRIYOG

Vol. 1, April-June 2022

Newsletter

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

Message from the Vice-Principal

Dear Parents,
Greetings to all!

Welcome back to the 2022-2023 school year which I am sure will be a year of great success and achievements. We hope that you are healthy and well, and were able to enjoy special times with loved ones over the short summer break. We took off the new academic session with great zeal and enthusiasm. The favourable conditions post pandemic forged us into the new academic year in the manner as we had planned to embark upon.

We bid adieu to some staff members and students, and welcomed some to the Triyog family. With new goals set and an attitude to strive for them, we start this journey with all our stakeholders. We are ready to embrace the year with successes and setbacks, highs and lows, and celebrations and farewells. I am confident without a doubt that our Triyog spirit and positive energy, teamwork, and dedication to excellence will guide us through another successful school year. I look forward to a productive partnership with our families this year, as we believe that a strong home and school connection is paramount to each students' academic and social/emotional success.

The extended learning at Triyog takes another leap as we enter into a collaboration with Unmath School that has added a new perspective to learning Mathematics. The Grade appropriate programs are implemented in Grades I to X.

We have successfully completed one term with the first term assessments held on the scheduled time. The second term of the academic year started from the 11th of July. On the academic front, preparations are underway to start the academic support classes for Grade X, and for Grade IX and VIII as per the need of the situation. All our energies and focus are directed towards providing opportunities to students to realise their true potential and try to exploit the same.

Do maintain the communication channels and use the same according to your need and convenience. If your contact information has changed, kindly update the same with our administrative staff. Do visit the School Facebook page and School website to keep yourself abreast and informed with the school activities and events

Warm Regards
Savita Kapruwan

Annual Prize Distribution and Investiture Ceremony



Annual Prize and Investiture Ceremony was organized on 23 May 2022. Prof. Dr. Tulsi Pathak graced the occasion as Chief Guest. The students were awarded with Merit Award, Best in Conduct, Best All Rounder, and Best Captain by Chief Guest, Executive Director, Vice Principal, and other special guests. Captains, prefects, and presidents from the student body and learning societies were also decorated with badges and sashes.

Kindergarten-Graduation Ceremony



April 4, 2022 was a very proud moment for the entire Triyog family as our Kindergarteners celebrated their Graduation Ceremony and stepped towards their formal education of elementary schooling.

SEE Batch 2076 & 2077-Graduation Ceremony



The graduation ceremony of SEE Batch 2076 and 2077 which was delayed due to Covid 19 pandemic, took place on 11 April 2022. Presence of Chief Guest Prof. Dr. Upendra Kumar Koirala (Former Vice-Chancellor Mid-Western University), Executive Director Mr. Ajit Lama, Vice Principal Ms. Savita Kapruwan, teachers, staff and students made it a grand ceremony. Motivational and inspirational words from Chief Guest and teachers pleased and guided all present.

We wish every success to all our graduates in their future endeavors.

Curriculum Nite



Curriculum Nite for the Academic Year 2022/23 was held from 22 to 24 June with the purpose of increasing interaction between the parents and classroom teacher to make a common understanding of the grade-level curriculum and plans for the Academic Year. The abundant presence of parents made the program meaningful. Parents met the teachers and school administration, learned the communication strategy of teachers and contingency plan, got familiar with the learning environment of their wards, and the rules and policies of the School. To make the chain of information simple and quick, volunteer Parent Representatives were elected for each grade.

Celebrations @ Triyog

World Environment Day



ONLY ONE EARTH

World Environment Day 2022 was marked by tree plantation inside the school premises by the Executive Director, Vice-Principal, In-charges, and Captains. The day started with special morning assembly where the students delivered presentation on the theme ONLY ONE EARTH which included plays, songs, speeches etc. which conveyed the message of environmental conservation.

राष्ट्रिय धान दिवस



छुपुमा छुपु हिलोमा धान रोपेर छोडौंला
बनाई कुलो लगाई पानी आएर गोडौंला ।

असार पन्ध्र अर्थात राष्ट्रिय धान दिवसको बारेमा कक्षा १ - ३ सम्मका नानीबाबुहरुले असार १५ गते छोटो प्रस्तुति देखाए । त्यसमा असार पन्ध्रको परिचय, कविता वाचन, संवादका साथै असार भाँक गाएर रमाइलोका साथ असार पन्ध्र विशेष कार्यक्रम सम्पन्न गरे ।

Interaction Session

Tokha Municipality Office Visit



The students of Grade IX C visited the office of the Tokha Municipality on 2 June to observe how the municipality runs its activities in order to provide daily services to the public. They were introduced to different departments of the office, and the office personnels who briefed about their roles to run the office effectively. They learned about the official record-keeping system and the types of services provided by the office along with their procedures. The students were welcomed and briefed by the Chief Administrative Officer, Mr. Shankar Raj Pathak, and the office staff. The students also interacted with the Mayor, Mr. Prakash Adhikari, about the office activities and procedures including the financial transactions. The visit was planned and coordinated by our Accountancy Teacher, Mr. Anoj Pariyar, and was supported by Mr. Suresh Chaudhary, Senior Science Teacher. The interaction was integrated with their lesson 'Government Offices' under the curriculum of Office Practice and Accountancy.

Ward Office Visit



As a part of their integrated learning activity, the students of IX D visited the ward office of Ward Number 6 of Tokha Municipality to observe how a government office runs its daily activities. They were introduced to the office personnels who briefed about their role to run the office. They learned how the official records of the ward are maintained by the ward office, and were also made familiar with the services provided and their procedures. The students were welcomed and briefed by the Ward Chairperson, Mrs. Shanta Khanal (Paudel), and the ward office staff. The visit was planned and coordinated by our Accountancy Teacher, Mr. Anoj Pariyar, and was supported by Mr. Balram Neupane, Senior Science Teacher. The program was integrated with their curriculum of Office Practice and Accountancy.

Parents' Orientation



A perfect triangular relationship between the school, students, and parents is a basis for the holistic development of students and it happens with effective communication. Parents' Orientation for new parents was conducted successfully on 26 and 27 May 2022. The objective of the orientation was communicating information related to the School encompassing the school function, policies, amenities, services etc. which provided the parents a comprehensive understanding of school related matters.

Interaction with Grand Parents

Grade I



Some grandparents of Grade I students were invited to the school on 26 June for the interaction session with the first graders. The interaction revolved around the theme My Family and I. The grandparents shared their past experiences and talked about their childhood and schooling with the students. They also answered the queries put up by the students.

We would like to extend our gratitude to:

Mr. & Mrs. Kula Chandra Wagle

Mr. & Mrs. Ashok Singh

Mr. Shyam Mahat

Mr. Prakash Bhari

Grade II



On 29 June 2022, the students of Grade II had an interaction session with some grandparents. The interaction was a part of the integration with the theme "When I Was Young In The Mountains". The students asked the grandparents questions related to their childhood and how their life was back then. The grandparents answered all the queries of the students with much interest and patience. We would like to express our gratitude to all the grandparents who spared time for the interaction session. We are thankful to:

Mr. Rabindra M. Bajracharya

Mr. Naresh Man Shrestha

Mr. Mohan Ram Gurung

Mr. Prem Raj Neupane

Mrs. Rupa Shrestha

Mr. Bal Krishna Poudel

Interaction with Triyog Alumni



On 30th of June, the students of Grade IX B and IX D had an interaction session with Ms. Venus Bhatt, and alumni of the 2017 SEE Batch. The session highlighted the importance of participating in all school activities, its contribution to their professional growth, and identifying personal strengths and sharpening them. She also shared her experience of the process of getting scholarships in foreign universities. Ms. Bhatt is currently pursuing her Bachelor's Degree in Neuroscience in the United States.

Field Visit

Kindergarten - Central Zoo Visit



On 14 June, the kindergarteners visited the Central Zoo integrated with the theme Wild Animals. During their visit they observed the animals very closely and learnt about many wild animals, their habitats, their food habits, the sounds they make, and their babies. Besides learning, they had fun time and enjoyed their visit thoroughly.

Grade I - Family Visit



On 29 June the students of Grade I went for a family visit. The students from Grade I A went to Subsha's family, Grade I B went to Aryana's family, Grade I C went to Urbi's family and Grade I D went to Ashrin's family. The purpose of the visit was to give the concept of a big or joint family to the students, especially to the students living in a nuclear family. The students were divided into different groups where they interacted with different family members like grandparents, parents, uncles, and aunts, and collected information about them. We would like to extend our sincere thanks to all the families who welcomed us with love and hospitality. Our special thanks to:

Mr. & Mrs. Pritam Thapa

Mr. & Mrs. Bikash KC

Mr. & Mrs. Uday Shrestha

Mr & Mrs. Shramir Rajbanshi

Grade II - Meat Shop Visit



The students of Grade II visited the 'Three Star Meat Shop' at Dhapasi. The visit was based on "Uses of Animals" where the students observed different meat products we get from different animals. They were divided into five groups and were accompanied by the teachers to interview the shop owner. From this trip, they came to know where the meat comes from, what they do with the stale and unsold meat, how often they clean the shop to maintain hygiene, and the different types of processed meat that they sell in the shop.

Grade III - Central Horticulture Centre Visit



The students of Grade III visited the Central Horticulture Centre, Kirtipur. The visit was based on the theme 'Plant Products' where the students researched the topics such as vegetables, fruits, cereals, and pulses. The students were accompanied by their teachers and parents of some Grade III students. They observed various plants and interviewed the staff of the centre, and filled up their trip sheets. They enjoyed the trip and learned about the names of plants, types of plants, basic nutrients, planting and harvesting time and how the plants are taken care of.

Grade X - National Innovation Centre Visit



In the course of exploring the innovation, the students of Grade X visited National Innovation Center (NIC), Kirtipur in order to observe how it conducts its activities to modernize technologies in Nepal. The students observed and learned about technology used in agriculture, modernizing health care, innovation in artificial intelligence, software, and Information Technology. Various technicians and engineers briefed the students about how NIC focuses on developing innovative and affordable solutions designed to enhance and modernize various sectors and services in Nepal, and thus make the lives more comfortable. The visit was planned and coordinated by our Senior School teachers, Mr. Subhash Dawadi, Mr. Pramod Wagle, Mr. Shyam Sundar Jha, Mr. Prakash Pant, Mr. Suresh Chaudhary, and Mr. Balram Neupane.

Academic Initiatives

Exit Event- SDG Integrated Project (IV&V)



Integrated Exit Event of the fourth graders on the SDG theme "SDG 1 - No Poverty" and fifth graders on the SDG theme "SDG 6 - Clean Water and Sanitation" were held on 23 and 24 June respectively. Students presented an art & craft exhibition, PowerPoint presentation, dance, song, and drama with message to the visiting parents and guests.

3Di



3Di School conducted an introductory orientation session on 6 April for the learners from Grades III to VI, familiarizing them with various ED-tech tools which would help them enhance their digital literacy skills.

UnMath



UnMath School is our Mathematics collaborator from India. It is an organisation for innovative teaching, which is reshaping the sphere of learning with Creative Mathematics to enable students and teachers to look at the subject beyond conventional textbooks. It works on the ideology of Number Literacy and Number Interpretation. To give students a new perspective on Mathematics, Triyog High School is running the following three programs for Junior, Middle, and Senior level students.

Grades I to III - Gamath (Gamifying Math)

Grades IV to VII - Math Hotspots

Grades VIII to X - Math in the City

Orator's Club Orientation



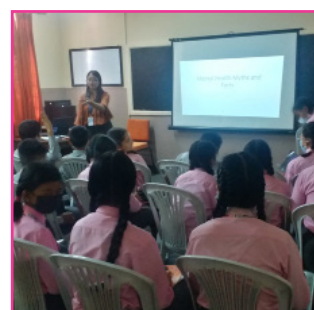
Triyog Orators' Club, an initiative started in 2021, focuses on providing opportunities to those students from Grades IV and V who want to better their public speaking skills. The Club conducted its first orientation session for this academic year focusing on all the students of Grades IV and V. This initiative was led by the executive members from Triyog Gavel Club.

Movie Screening



To create awareness amongst students about early child marriage and gender discrimination, a screening of the movie "Ujeli" was organized for Grade V. The main objective of screening this movie was to empower girls and to make the students aware of the causes of social malpractices.

Socio-Emotional Learning Session



Keeping the mental and socio-wellbeing of our students in mind, Triyog is continuously striving to conduct SEL Sessions in collaboration with the facilitators from Sambhavya Foundation.

Second Science Olympiad (Grades IV & V)



The finale of the 2nd Science Olympiad was conducted on June 28 and 29 for Grades IV and V respectively. Out of almost 250 students from both the grades only 16 students made it to the finals. Various rounds were conducted to ensure participation of all the students. Winners for this year's Science Olympiad are:

Winners - Grade IV

Winners - Grade V

1st - Shayana Phuyal

1st - Manak Jung Basnet

2nd - Shreyashbi Oli

2nd - Sadbhi Bhandari, Aayush Khanal

3rd - Aaradhya Panta

3rd - Pranav Man Shrestha

Professional Development

Workshop on the implementation of New Curriculum



The teachers need to be regularly updated on the government curriculum which is undergoing transformation currently. Mahesh S. Khanal and Pramila Adhikari from Mathematics and Nepali Department respectively participated in a workshop organized by National Curriculum Development Centre at Durbar High School on the implementation of new curriculum.

UNMATH Orientation for Mathematics Teachers



Mr. Divesh Bathija, Co-founder of UNMATH SCHOOL conducted multiple orientation sessions for the teachers of the Mathematics Department to make them aware of how mathematical concepts could be connected with real life.

In-House Professional Development Session

Session on Overcoming Challenges



Teachers from Grades VI and VII attended a session conducted by Middle School In-Charge Mr. Nikendra Gurung on the significance of developing multiple strategies to overcome the challenges faced on a daily basis.

Session on Team Building



Teachers from Grades IV - VII attended a session whereby they reflected on the importance of working as a team, and the various skill sets required to achieve the goals. Similarly Grades IV and V teachers actively participated in a session where they were provided with the techniques of project designing and planning.

CCA/ECA/Sports Activities

Art & Craft Competition



As a part of World Environment Day celebration, students from KG to Grade III participated in Craft Competition whereas students from Grade IV to VII exhibited their skills in Art Competition which was based on the WED theme ONLY ONE EARTH.

Winners of Art Competition

Grade	1st Postition	2nd Position	3rd Position	4th Position
IV	Yuktaa Nepal	Protsahan Budhathoki	Aaradhya Panta	Arya Mudbhari & Shubham Shrestha
V	Noel Thapa	Arushi Karki	Yuavani Shahi	Marico Devkota & Aashna Khadka
VI	Shreya Shah	Salina Pathak	Priyanshu Lamichhane	Shreyashree Paudel & Kanchan Devkota
VII	Ipsita Rana	Aashug Baruwal	Sampada Subedi	Sparsh Thapa & Kusmin Paudel

Winners of Craft Competition

Kindergarten		
First	Second	Third
Nihaal Jha	Akio Jung Thapa	Kashwi Pandey
Bisesh Marasini	Rivanj Karki	Sara Timilsina
Abhik Gyawali	Adhrit Pant	Soujit Maharjan
Anushri Dhungana	Avnesh A. Shiwakoti	Hardik Aryal
	Prashansa Khatri	Shreeyukta S. Thapa

Grade II		
First	Second	Third
Eshin Dawadi	Bibhan Shakya	Ritika Paudel
Samyut Thapa	Raaima Gauchan	Prajesh Devkota
Yobin Sapkota	Diva Thapa	Suhana Thapa
Shuja Gurung	Sanidhya Magar	Logen Cent BK
		Mahim S. Kunwar

Grade I			
Grade	First	Second	Third
I A	Lachhen Lama	Prasiddhi Pokharel	Prakriti Rawal
I B	Kavya Adhikari	Ayumi Shrestha	Mandi Paudel
I C	Urbi Shrestha	Venus Thapa	Sudip Bohara
I D	Subrabsu Karki	Fiona G.C.	Lumansa Shrestha

Grade III		
First	Second	Third
Sanskriti Dhungana	Ariana Koirala	Aarohi Pokhrel
Akshyat Acharya	Sampurna Acharya	Rujoy Khanal
Himansu Baniya	Agraj Bikram Shahi	Prayag Dahal
Reeyaz Simkhada	Adishri Bhujel	Darshana Sapkota
		Summer Gurung
		Praazna Dhakal

Inter House Elocution Contest



Elocution Competition for the students of Grades I to X was held on 19th and 20th of June with the motive to encourage students to communicate with distinct pronunciation and articulation. The expressive speeches of Grades IV to X were judged by Ms. Savita Kapruwan, Mr. Churamani Pandeya, and Mr. Nikendra Gurung Tamu. The elocution pieces of Grade I to III were judged by Ms. Sabina Katuwal, Ms. Deepa Bhatt, and Mr. Kamal Shrestha. Students amazed the audience with their extraordinary speeches and expressions.

Best Elocutionist			
Grade	Name	Grade	Name
I	Venus Thapa	VI	Rohini Baral
II	Elina Adhikari	VII	Gautam Thapa
III	Avani Parajulee	VIII	Aashna Hadakhale
IV	Kashwi Manandhar	IX	Marisa Dhakal
V	Suprit Dhakal	X	Ashrika Dhital

Singing and Dance Competition



It was very amazing and heartwarming to observe the students of Grade I, II, and III performing in the Group Singing Competition. Equally amazing was the performance of students of Grades IV and V who mesmerized the audience with their extraordinary vocals and dance moves in the Solo Singing and Dance Competition. The competition was a good opportunity for the students to exhibit their talents.

Winners of Solo Dance Competition			
Grade IV		Grade V	
Position	Name	Position	Name
First	Alok Chaurali	First	Subihani Thapa
Second	Sagar Ghale	Second	Priyanshi Paudel
Third	Abhyudaya JB Singh	Third	Aadhya Adhikari

Winners of Solo Singing Competition			
Grade IV		Grade V	
Position	Name	Position	Name
First	Divya Pudasaini	First	Purnima Baral
Second	Aarayahi Karki	Second	Shreya Lamsal
Third	Nirosha Regmi	Third	Noel Thapa

Group Singing Competition				
Grade	First	Second	Third	Fourth
I	I D	I A	I B	I C
II	II D	II C	II A	II B
III	III D	III A	III B	III C

International Olympic Day Celebration



Triyog High School celebrated the Olympic Day 2022 on June 17. Many sporting events like Basketball, Volleybal, Chess, Table Tennis, Wushu, and Judo were organized to mark the occasion. Students participated in the games ardently and showed their skills and devotion to the game. Learning from the failure, team spirit and excellent made them win the games.

Charity Sale By Students



Soyung Rai, Ashrika Acharya, Neha Kharel, and Sparsh Thapa from Grade VII sold badges, stickers, and books to the visitors of Curriculum Nite to raise funds for the treatment of a kitchen staff member who has been undergoing treatment for breast cancer.

International Yoga Day

International Yoga Day 2022 was marked by the students of Grade IX under the guidance of the Health Club. Yoga and Sports Instructor Mr. Puskar Raj Pant joined the students as guest and Yoga guru. Students learned and performed different Yogaasanas with the instructions and motivational words of the instructor.



Presentations by Triyog Learning Societies



Triyog stands tall in terms of providing experiential learning and a global platform to expose the students. Different Learning Societies and Clubs are formed to provide twenty-first-century skills to the students. One student representative from all the Learning Societies, Triyog Gavel Club, TED-Ed Club, and Duke of Edinburgh's International Award delivered speeches to encourage new members to join the clubs and societies. They introduced the mission, vision, and working framework of the respective club and society in the assembly, and highlighted the benefits of joining these platforms.



Special Events

Essay Writing Competition



In the Ambassador of Pakistan 9th Annual Essay Writing Competition organized by The Embassy of Pakistan, Kathmandu, Nepal, our student Bishista Wagle from Grade X secured the First Position, and James Bhomi, also from Grade X, bagged the Special Prize. The essays on the topic 'Climate Change a Harsh Reality. Measures Required to Pacify Effects at Individual and Collective Level' got them the prestigious award. Bishista was awarded a medal, a memento, and a cash prize of Rs. 50,000, and James was awarded a memento and a cash prize of Rs. 5,000. The award ceremony was held at Hotel Hyatt Regency, Bouddha on 29 June, 2022.

Chess Competition



Triyog High School stood as Best School in the 17th Nation Wide Annapurna Friendship Chess Competition – 2079 organized from 24 June to 26 June.

U-10 Boys Category

Kushal K. Bhujel – Eighth
Trilok Burlakoti – Ninth

U-10 Girls

Noel Thapa – First
Paridhi Khatri – Fourth

U-12 Boys Category

Ronit Shrestha – Third
Samyam Pandey – Fourth
Aditya Paudel – Ninth

U-12 Girls

Kripa Belbase – Second

U-14 Girls Category

Riya Shrestha – First
Anuska Shrestha – Second

Ronit Shrestha - Youngest Black Belt in Nepal



Ronit Shrestha, one of our students from Grade VI is the Youngest Black Belt of Nepal in Shito-Ryu form of Karate and has received accreditations from South Korea and Japan. He has been participating in various national and international competitions.

Name of Class Teachers for Academic Year 2022-23

Class	Teachers
KG	Ms. Aswina Shrestha, Ms. Rabita Gurung
I A	Ms. Rebu Pande, Ms. Mamata Chaudhary
I B	Ms. Shweta Dahal, Ms. Yashoda Thapa
I C	Ms. Evan Syiemlieh, Ms. Swornika Muktan Thapa
I D	Ms. Yukti Nakarmi, Ms. Anita KC
II A	Ms. Binisha Shrestha, Ms. Samjhana Rana
II B	Ms. Padma Shahi, Ms. Jabi Rajbahak
II C	Ms. Shreejula Shrestha, Ms. Lata Neupane
II D	Ms. Shovika Shiwakoti, Ms. Jyoti Paudel
III A	Ms. Yamuna Shah, Ms. Shova Ahikari
III B	Ms. Jharana Shrestha, Ms. Pallawi Shrestha
III C	Ms. Mary Shah, Ms. Manisha Ghale
III D	Ms. Bhawana Bhattarai, Ms. Shushila Subba
IV A	Ms. Sudikshya Shrestha, Ms. Alishma Adhikari
IV B	Ms. Punam Singh, Ms. Nona Sitaula
IV C	Ms. Robina Shrestha, Ms. Aditi Jha
IV D	Ms. Simron Bastola, Ms. Anita Malla
V A	Ms. Bandana Bagale, Ms. Meena Khwakhali
V B	Ms. Sujita Maharjan
V C	Ms. Sanjeeka Chettri, Ms. Bhagwati Sharma
V D	Ms. Saily Shrestha, Ms. Rewata Gurung
VI A	Mr. Shambhunath Jha
VI B	Ms. Nisha Khadka
VI C	Ms. Janaki Negi Shrestha
VI D	Ms. Durga Adhikari
VII A	Mr. Bikram Thapa
VII B	Ms. Riva Rana
VII C	Ms. Surjana Dhakal
VII D	Ms. Laxmi Ghimire
VIII A	Mr. Nabin Ghimire
VIII B	Ms. Srijana Koirala
VIII C	Mr. Manoj Baniya
VIII D	Mr. Madhu S. Lamsal
IX A	Ms. Seema Subba
IX B	Mr. Tshering N. Sherpa
IX C	Mr. Anoj Pariyar
IX D	Mr. Puskar Chaudhary
X A	Mr. Suresh Chaudhary
X B	Mr. Prakash Pant
X C	Mr. Pramod Wagle
X D	Mr. Balaram Neupane

Parents Representatives for Academic Year 2022-23

S.No.	Parents Name	Class
1	Ms. Tara Gurung	KG
2	Ms. Amrita Gurung and Mr. Ishrat Gurung	I A
3	Ms. Pabitra Acharya	I B
4	Mr. Bikash Budhathoki and Mr. Ajit Maskey	I C
5	Ms. Anisha Bhari and Ms. Sabitri Thapaliya	I D
6	Mr. Sajan Shrestha	II A
7	Mr. Manjit Gurung and Mr. Ranjat Narsingh Rana	II B
8	Ms. Rita Lamichhane and Ms. Sarita Thapa	II C
9	Ms. Sushma Tamang	II D
10	Ms. Laxmi Paudel and Ms. Binita Rawat	III A
11	Mr. Taranath Timsina and Mr. Ishwari Prasad Adhikari	III B
12	Ms. Reshma Lama and Mr. Punam Tamang	III C
13	Mr. Deepak Chhetri and Ms. Pushpa Pandey	III D
14	Ms. Sabita Shrestha and Ms. Neha Singh	IV A
15	Mr. Kalyan Pandey and Ms. Sharmila Sharma	IV B
16	Ms. Gita Upreti and Ms. Subhadra Wagle	IV C
17	Ms. Ramita Manandhar and Ms. Gita Bohara	IV D
18	Ms. Sushila Bhatta and Ms. Shilpa Thapa Magar	V A
19	Mr. Binaya Paudel and Ms. Nirmala Dahal Baral	V B
20	Mr. Surat Bam Malla	V C
21	Mr. Surjan Sherchan and Ms. Munu Joshi	V D
22	Mr. Anil Silwal and Mr. Amit Bishwakarma	VI A
23	Ms. Sanju Katwal and Mr. Suresh Bahadur Koirala	VI B
24	Mr. Bed Prasad Paudel and Mr. Rajendra Shrestha	VI C
25	Mr. Pradip Kumar Giri and Mr. Suwan Khwakhali	VI D
26	Mr. Laxman Paudel and Mr. Prabesh Pandey	VII A
27	Ms. Januka Thapa and Ms. Samprada Gurung	VII B
28	Mr. Birendra Khadayat and Mr. Purna Thapa	VII C
29	Ms. Salve Shakya	VII D
30	Mr. Rabin Pokharel and Mr. Deepak Chhetri	VIII A
31	Mr. Samir Neupane and Mr. Basudev Bhandari	VIII B
32	Ms. Saraswati G.G. and Ms. Parbati Basyal	VIII C
33	Mr. Purna Gurung and Ms. Tara Dahal	VIII D
34	Mr. Rajkumar Thapa and Ms. Muna Dahal	IX A
35	Ms. Sharmila Sharma and Mr. Shiva Dhungana	IX B
36	Ms. Jaya Prabha K.C. and Ms. Rabina Sharma	IX C
37	Mr. Surendra Gautam and Ms. Sudha Khadka	IX D
38	Ms. Jharana Singh and Ms. Shova Devi Ojha	X A
39	Mr. Shukaraj Paudel and Ms. Nirmala Phuyal	X B
40	Mr. Binod Aryal and Ms. Maya Khadka	X C
41	Ms. Geeta Pokharel	X D

Block In-charges and Head of Departments

Name	Departments
Mr. Churamani Pandeya	Senior School In-charge (VIII-X)
Mr. Nikendra Gurung Tamu	Middle School In-charge (IV to VII)
Ms. Sabina Katwal	Junior School In-charge (KG to III)

Name	Departments
Ms. Deepa Bhatt	ECA In-charge
Mr. Bed Prasad Aryal	Nepali Coordinator (VI-X)
Ms. Reeta K.C	Nepali Coordinator (KG-V)

Anual Prize Winners

Best in Conduct		All Rounder
Grade	Name	Name
KG	Adhrit Maskey	Venus Thapa
I A	Ena Shahi	Advik Pant
I B	Ritika Paudel	Riyomi Pandit
I C	Nirvik Raj khadka	Sayabung Rai
I D	Saksham yadav	Elina Adhikari
II A	Samriddh Kunwar	Subigya Subedi
II B	Prajwol Shrestha	Deepan Pandey
II C	Suhana Dahal	Prithak B. Mahat
II D	Adisha Silwal	Samanyu Chhetri
III A	Shiwani Dhungana	Kashvi Manandhar
III B	Aaradhya Panta	Prajna Paudel
III C	Basudha Bajracharya	Shreeyashbi Oli
III D	Aaradhya Thapa	Suhani Subedi
IV A	Aadhya Adhikari	Sirmee Sunuwar
IV B	Marico Devkota	Arambha Singh Khadayak
IV C	Kaustuv lamichhane	Noel Thapa
IV D	Apekshya Gurung	Sadhbi Bhandari
V A	Sayori Lama	Astina Paudel
V B	John khadka	Bhavya Pahari
V C	Prashanna Dhoj G.C	Shreya Bhattari
V D	Naswa Pradhan	Season Bhattari
VI A	Bibhuti Aryal	Nirvik Khatri
VI B	Sampada Sebedi	Neha Kharel
VI C	Saivee Chhetri	Kriti Rimal
VI D	Saugat Gautam	Kinshu Sherestha
VII A	Sulaksh Bhatt	Pratham Khanal
VII B	Susmeen Shrestha	Manasha Wagle
VII C	Pravat Bahadur Amatya	Aashna Hadkhale
VII D	Sudikshya Chhetri	Jyoti Shrestha
VIII A	Anwesh Bhujju	Saksham Manandhar
VIII B	Abhigya Dangol	Manashi Dhakal
VIII C	Anusuya Gautam	Aarushi Piya
VIII D	Arsi Paudel	Aarushi Acharya
IX A	Reedhima Tuladhar	Roshan Paudel
IX B	Dibyata Dhungana	Sanjita G.C.
IX C	Samyukta Rajbhandari	Pragya Aryal
IX D	Pavani Limbu	Bishista Wagle
X A	Garima Parajuli	Marshall Tamang
X B	Pragati Khadka	Oshin Panday
X C	Ayush Raj Paudel	Pratik Shrestha
X D	Aarnav K. Nepal, Sonakshi Shrestha	Amaranjay Bhatt

House List-Teachers for 2022-23

Begnas (Yellow)	Phewa (Red)
Balram Neupane (Housemaster) Punam Singh (Housemistress)	Laxmi Ghimire (Housemistress) Rewata Gurung (Housemistress)
Subhash Dawadi, Seema Subba, Manju Pokharel, Sajeeka Chhetri, Yukti Nakarmi, Aswina Shrestha, Mamta Chaudhary, Shovika karki, Archana Singh, Bhagwati Sharma, Binisha Shrestha, Mahesh S. Khanal, Nona Sitaula, Suresh G. Magar, Shaily Shrestha, Swarnika Moktan, Manisha Wagle, Riva Rana	Jagadish Baral, Jharana Shrestha, Shweta Dahal, Mary Shah, Lal Kesh Panday, Tshering N. Sherpa, Ritu Khanal, Puskar Chaudhary, Janaki Negi Shrestha, Simron Bastola, Meena Khwakhali, Padma Shahi, Samjhana Acharya, Jyoti Paudel, Jabi Rajbahak, Durga Adhikari

Rara (Blue)	Tilicho (Green)
Shambhunath Jha (Housemaster) Robina Shrestha (Housemistress)	Krishna P. Nepal (Housemaster) Yamuna Shah (Housemistress)
Rebu Pande, Manoj Baniya, Laxmi Adhikari, Anita Malla, Prativa Shrestha, Madhu S. Lamsal, Surjana Dhakal, Nisha Khadka, Shyam S. Jha, Pramila Adhikari, Bhawana Bhattarai, Sujita Maharjan, Maya Gurung, Pragya Bhattarai, Sudikhsya Shrestha, Anoj Pariyar, Lata Neupane	Mamata Shrestha , Pramod Wagle, Laxmi Rayamajhi, Srijana Koirala, Nabin Ghimire, Sarita Shiwakoti, Suresh Chaudhary, Prakash Pant, Evan Syiemlieh, Shreejula Shrestha, Sushila Subba, Romakanta Pokharel, Bandana Bagale, Anita K.C., Pallawi Shrestha, Yashoda Thapa

Prefectorial Body for Academic Year 2022-23

School Captain : Bishista Wagle

School Vice Captain: Soniya Niroula

School Discipline Captain: Roshan Poudyal

Learning Society Coordinator: James Bhomi

Begnas House		Phewa House	
House Captain	Sairus Adhikari	House Captain	Stuti Thapa
House Vice Captain	Aarya Marasini	House Vice Captain	Prija Shrestha
House Senior Prefect	Sarahana Singh	House Senior Prefect	Manashi Dhakal
House Junior Prefect	Manasha Wagle	House Junior Prefect	Aashna Hadakhale
Rara House		Tilicho House	
House Captain	Reedhima Tuladhar	House Captain	Pragya Aryal
House Vice Captain	Aava Shrestha	House Vice Captain	Abhigya Dangol
House Senior Prefect	Upasana Thapa	House Senior Prefect	Aarushi Acharya
House Junior Prefect	Prayosh K. Gurung	House Junior Prefect	Sulaksh Bhatta

Our Collaborations



Student Activities



Key Dates (July-September, 2022)

July 24 - 25	Poetry Recital (English)
July 27-28	Poetry Recital (Nepali)
July 29	CCA Presentation
August 1-2	Inter House Quiz Contest
August 8-11	SDG Integrated Projects-Exit Event
August 21-29	Half Yearly Examination



**TRIYOG
HIGH SCHOOL**