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TRIOG

Vol. I - April - June, 2024

Newsletter

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

Message from the Principal

Dear parents, guardians, and well wishers,

We are happy to present the first newsletter of the current academic session highlighting the events and activities that filled our first 55 days! A special warm welcome to our new students and their families who joined the Triyog community this year. As we embark on this exciting journey together, we are committed to working towards a shared vision for student success.

Last year was a collaborative triumph – an evidence of the students, teachers, and supportive families' dedication. Together, we achieved academic excellence, outstanding extracurricular involvement, and nurtured well-rounded student development. We're proud of such accomplishments and remain committed to reach greater heights.

This year, we have introduced new initiatives that further enrich the learning experience. We have integrated new technological initiatives in classrooms with a new collaborator; have inducted a new batch of Scouts, and are heading for upgrading our Wushu practitioners. Additionally, we have also added a few more ECAs catering to diverse student interests.

To ensure a holistic learning experience for all students, we launched a diverse array of activities throughout the first quarter of this year which also included Inter and Intra-school activities.

We will be actively seeking opportunities to strengthen our partnerships with parents, the local community, and external organisations. This collaboration will provide valuable resources and experiences for our students, fostering a sense of global citizenship and social responsibility.

As usual student success remains our top priority. We are committed to providing a nurturing environment that fosters academic achievement, personal growth, and social-emotional well-being. Whether it's through extended learning plans, dedicated career counseling, or engaging workshops focused on mental health, we aim to empower each student to reach their full potential. We are committed to fostering an environment that allows our students to keep their roots while growing wings, nurturing their foundational knowledge and values while also encouraging them to explore new ideas and stretch their potential.

We recognize that parents are our strongest pillar in fostering student success, and hope to see you actively participate in school events, communicate openly with teachers, and be an integral part of our vibrant school community. We will continue to work closely with you through open communication, informative events, and opportunities for collaboration. We look forward to sharing our journey with you through regular updates and celebrating our collective achievements. Let's make this year one filled with learning, growth, and success stories.

Best wishes for a successful year!

Regards,

Savita Kapruwan

Annual Prize Distribution and Investiture Ceremony 2024



Staff, students, and parents gathered under the warmth of appreciation to honour our students for their hard work and accomplishments. During the Annual Prize Distribution and Investiture Ceremony, we honoured the school's top achievers for their remarkable range of achievements from academic excellence to all-around brilliance. The Prefectorial Body took an oath during their induction ceremony, pledging their commitment to their duties, responsibilities, and School community.

Mr. Nanda Bahadur Singh, former Vice Chancellor of Mid-West University, graced the ceremony as the Chief Guest. He admired winners for their extraordinary achievements and motivated the young talents for continuous growth.

Celebrations @ Triyog

Mother's Day



The young Kindergarteners celebrated Mother's Day with their mother in the confines of their classroom. The aim of the celebration was to instil in them the cultural significance of Mother's Day at an early age. The participating mothers were showered with appreciation, love, and respect by our Kindergarteners.

Buddha Jyanti and Ubhauhi Parva



The learners commemorated the birth of Lord Buddha with their presentations like speeches, poems, role playing, and chanting in the Special Assembly conducted on the occasion of Buddha Jayanti and Ubhauhi Parva. The presentations highlighted the teachings of Lord Buddha, and significance of Ubhauhi Parva .

World Environment Week



Our green advocates promoted sustainable conservation activities and conveyed the same through a week long assembly presentations. The speeches, the environment songs, the fancy dress show, and many others environmental activities performed by them left everyone thinking about conserving our only planet. On the same occasion, a small but significant act of planting trees was carried out by staff members and students of the School.

International Yoga Day



June 21, International Yoga Day, was celebrated in the School where the young learners practised various Yoga postures appropriate for them including Surya Namaskar. The session was led by our alumna, Ms. Oshin Panday, a Yoga and Meditation practitioner. Participants got an insight on the importance of Yoga in our daily life.

Professional Development

PD Training/Workshops for Teachers



At Triyog, the continuous journey of professional development for teachers is marked by growth, reflection, and adaptation. The teachers refine their pedagogical skills, deepen their subject knowledge, and explore innovative teaching methodologies to better meet the evolving needs of education.

We conducted several sessions on various educational topics to enrich our teachers' knowledge and expertise. The sessions covered the following topics:

- Generative AI in School Curriculum and Pedagogy, led by Mr Sushil Upreti, a Google Certified Trainer,
- Strategic Thinking and Innovation for Educators, led by Mr. Pritam Poudyal, a Life Coach,
- STEAM Education, led by Mr. Niroj Dahal, Faculty Member of STEAM Department, KU,
- Pedagogy for Nepali language teachers, led by Dr DP Bhattarai and Mr Dilliram Dhungel, Language Experts, and
- Teaching Social Studies Effectively, led by Mr. Yubraj Gautam, an Expert in Social Studies.

The teachers found the sessions to be highly enriching and informative. They gained valuable insights and practical strategies that they can apply in their classrooms to enhance the learning experience of their students.

Understanding the SEL Program



Shambavya Foundation, our collaborative partner for Psycho-social counseling conducted an orientation session for our new Middle School teachers, focusing on our school's SEL program. This session provided an understanding of the goals of program which included promoting emotional well-being, enhancing social skills, and supporting academic success through emotional intelligence and mindfulness practices. The orientation concluded with a Q&A session, leaving our new teachers enthusiastic and well-prepared to foster a supportive and inclusive environment for our students.

Sharing for Learning



Junior School started 'Sharing for Learning Session' for the new academic year 2024/25. Ms. Mary Shah gave presentation on the importance of 'Green Math' and its incorporation into classroom teaching-learning practices. Green Math refers to recycling waste into Math, meaning integrating Math with environmental issues. It aims to make the learners responsible and aware of environmental conservation.

Empowering Science Teachers with Karkhana Science Kits



Karkhana conducted an onboarding training session at King's College for the Science teachers of Grades V and VI. This comprehensive session focused on understanding the Science curriculum and effectively utilizing the Karkhana Science Kit. The training provided hands-on experience with the innovative kit, designed to make learning science engaging and interactive. Teachers explored various modules and activities, gaining valuable insights into how to enhance the classroom instructions and ignite curiosity in their students.

Field Visits

Central Zoo



The students of Grade I went for a visit to the zoo with an objective of observing wild animals, their habitat, their babies and their food habits. It indeed was an enriching experience for them as they don't observe wild animals so closely often.

Neighbourhood Visit



The students of Grade II visited the school neighborhood to meet the neighbors and study about their different occupations. This visit was based on the theme 'My Family and I'.



ICIMOD



Grade X students visited ICIMOD to learn about mountain ecosystem, climate change, and sustainable development in the Himalayas. Interactive exhibits and discussions highlighted the importance of environmental conservation and research in addressing environmental challenges. This experience inspired students to advocate for global environmental stewardship.

Tiger Lily Petting Farm



Our little Kindergarteners went on a field trip to 'Tiger Lily Petting Farm' based on the theme 'Domestic Animals'. During the trip, they observed and learnt about different domestic animals and their habitats, their food, and their young ones. Spending time with animals and feeding them added much joy to this trip of the tiny toddlers. They were also introduced to some traditional farming and household tools and were briefed about their importance in our daily life.

Food Technology and Quality Control Department



Grade X A had an insightful visit to the Department of Food Technology and Quality Control in Babarmahal, Kathmandu. They observed laboratory analysis of various food products, ensuring that the quality standards were met. The students witnessed food and feed analysis for contaminants and additives, which is crucial for consumer safety. Additionally, they learned about the development, updating, and publication of food composition tables, vital for nutritional information. The visit also provided insights into the licensing process for the food industry and the functioning of laboratory devices.

Bishnumati River



The students of Grade III were taken to the banks of Bishnumati River with an objective of teaching them about the causes of water pollution, different contaminants (eg. dirt, leaves, litter, detergents, chemicals, pesticides, human waste, etc) and ways to control water pollution.

Lok Baja Sangrahalaya



The eager learners of Grade X had a learning expedition to the Nepali Folk Musical Instrument Museum in Tripureswor. The visit integrated the Social Studies topic 'Hamro Lok Baja'. On the trip, the learners got detailed information about different musical instruments found in various parts of Nepal. They learnt the importance of the conservation of these instruments. Mr. Ram P. Kandel, the Founder Director of the Museum, helped the learners in satisfying their curiosity.

Visit to the Zoo



The little Kindergartners were taken to the Central Zoo for an exploration learning about water animals, wild animals, and domestic animals. The zoo offered an opportunity to observe different animals, their young ones, their habitats, and their food habits. This trip helped them to differentiate between water, wild, and domestic animals.

Godawari Botanical Garden



Our Grade VII learners embarked on an enriching field trip to the Godawari Botanical Garden, immersing themselves in the beauty and diversity of nature. This educational excursion provided a hands-on learning experience, allowing students to explore various plant species, understand their ecological significance, and appreciate the importance of conservation. The trip not only enhanced the students' knowledge of botany but also fostered a deeper connection with the natural world, inspiring them to be more mindful of the environment.

Ward No. 6 Office



The students of Grade III visited the ward office of ward number 6 of Tokha Municipality. The students interacted with the five elected members of the ward and learnt the functions of the ward office as a local government body.

Grande International Hospital



Grade X students went to the Grande International Hospital to learn about blood typing. During the visit, the hospital staff demonstrated the blood typing process and explained the importance of antigen-antibody reactions and the ABO & Rh systems. This hands-on experience enhanced the students' understanding of the significance of blood groups in medical science.

Family Visit



The young learners of Grade I visited a joint family to meet the objective of their learning based on the theme 'My Family & I'. They learnt the concept of joint family through interaction with grandparents and the other members of the family.

Chhauni and Military Museum



Our Grade VI students enjoyed a fascinating field trip to the Chhauni Museum and the Military Museum, diving into the rich history and heritage of our nation. This educational excursion offered students a unique glimpse into the past, showcasing a collection of historical artefacts, military exhibits, and cultural treasures. The trip not only broadened the students' historical knowledge but also instilled a deeper appreciation for our heritage, inspiring them to explore and value our rich cultural legacy.

Changu Narayan & Bhaktapur Durbar Square



Grade IX learners visited two World Heritage Sites, Bhaktapur Durbar Square and Changu Narayan Temple, to observe the historical artefacts and religious life of people in the ancient times. Through their interaction with locals, they also studied the impact of world heritage sites on local people's lives.

Natural History, and Military Museum



A visit to Swayambhunath Stupa, the Natural History Museum, the Military Museum, and the National Museum of Nepal provided a significant understanding of Nepalese history to the students of Grade VIII. This visit helped the students to learn about the history of Nepalese warriors, their weapons and the life of people during the Shah Dynasty.

National Museum



The students of Grade IV were taken to the National Museum, Chhauni to learn about the economic, social, political, and religious life of people of Nepal. The displayed objects from the past helped the students acquire the desired information and knowledge.

Interactions

Curriculum Nite



The Curriculum Nite provided the parents and guardians with an in-depth understanding of our curriculum, teaching methodologies and overall educational approach. This program formed a triangular communication among the parents, students and teachers. It served as a platform where teachers share insights into the curriculum and teaching methods while parents gained understanding and enquired about their child's education.

Mural Art



Students from the Art and Craft ECA Group got the opportunity to learn about Mural Art from the expert artists Mr Saugat Tamang and Mr Gaurab Ratna Bajracharya. The guest artists shared their experience of weaving the tales of hues with the strokes of dreams on the walls of the human spirit. Students cleared their queries about the art and enjoyed the live mural art demonstration.

Digital Literacy - Dursikshya



Mr. Krishna Pandey, CEO of Dursikshya, conducted an inspiring orientation session on digital literacy for our students in Grades IV and V. The session focused on the fundamentals of coding, artificial intelligence, and robotics, aiming to ignite curiosity and foster a strong foundation in these crucial 21st-century skills. Mr. Pandey's engaging presentation captivated the students, providing them with a glimpse into the exciting world of technology and innovation. This orientation marks the beginning of an exciting journey towards digital fluency for our young learners.

Food and Nutrition



Grade II had an interaction session with two nutritionists Ms. Nani Shova Shakya and Rashmi B. Shrestha on the three essential types of foods: energy-giving foods, body-building foods, and protective foods.

Causes and Effects of Pollution



The students of Grade III had an interaction session with Dr. Jyoti Kayasta, a Consultant Community Physician during which she highlighted the causes, effects and the possible solutions to the different kinds of pollutions.

स्वरोजगारीको महत्व



कक्षा सातका विद्यार्थीहरूले पाठ अन्तर्गत पर्ने 'स्वरोजगारीको महत्व' संवादको प्रश्नोत्तर शैलीमा अन्तरक्रिया कार्यक्रम सञ्चालन गरेका थिए । उक्त कार्यक्रममा स्वरोजगारीको महत्व, स्वदेश बसेर काम गर्दा हुने फाइदा, वर्तमान समयमा युवा पुस्ताको बढ्दो विदेश आकर्षण, विदेश पलायन न्यूनिकरणमा सरकारको भूमिका जस्ता विषयवस्तुहरू छलफल भएको थियो ।

Parenting Session: Creating a Safe and Connected Space in the Digital World

Our School Counselor Mr. Purusottam Thapa led an insightful parenting session for the new parents of our Middle School Students on the topic 'Creating a Safe and Connected Space: Raising Children in the Digital World'. The session provided valuable guidance on fostering a secure and supportive environment for children navigating the complexities of the digital age.



First Project Day

Kindergarten



On their first project day, Kindergarteners displayed the knowledge they had gained from their first unit, which was themed on 'Animals'. They put up various themed acts.

Grade I



Grade I conducted their First Project Day based on the theme 'Animals Around Us'. The event featured the display of their learning outcomes through their works and additional acts like songs, poems, dance, skit, etc.

Grade II



The children of Grade II conducted their First Project Day based on the theme 'Healthy Family'. The students presented their learning outcomes about the ways to remain healthy.

Grade III



The students of Grade III showcased their learning outcomes of their First Project based on the topic 'Cleanliness of Our Surroundings' under the theme 'My Daily Life'. The Project centred on how we can keep our surroundings clean. The causes of pollution, its consequences and solutions were highlighted through various performances and presentations.

Parent Orientation



The orientation sessions for the new parents served as a significant opportunity for them to understand the culture, values and practices of the School. The department heads provided detailed information to the parents and answered their queries. The sessions provided an opportunity for parents to get introduced to the School's vision, mission, curriculum, facilities & services, etc. The faculty members and the managerial teams were also introduced to the new parents.

Co-curricular Activities/Extra Curricular Activities

Phoenix Inspiration - Art Competition



Triyog High School buzzed with creativity as students from Grades III-VIII from 17 different schools showcased their talent in an Inter-School Art Competition themed 'Nepal-China friendship'. The event was organised by Phoenix Inspiration and was hosted by Triyog High School. From brushwork to precise details, all the participants demonstrated their talent and vision, painting a picture of cultural harmony.

Inter-House Art & Craft Competition



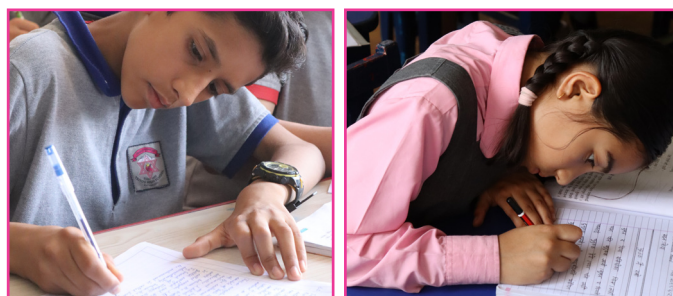
Our fine artists illustrated the green world of their imagination in the Art Competition organised on the special occasion of World Environment Day. Their brushes gave life to their fantasy characters and shapes evoking a range of emotions through colours. The magnificent artworks communicated a powerful message of environmental sustainability and urged everyone to take action for the same.

Elocution Contest



During the Inter House Elocution Competition, the expressive delivery of the articulate speakers from Grades I through X enthralled the audience. The competition was designed to help students develop their effective public speaking abilities, which include delivering speeches that were both expressive and clear.

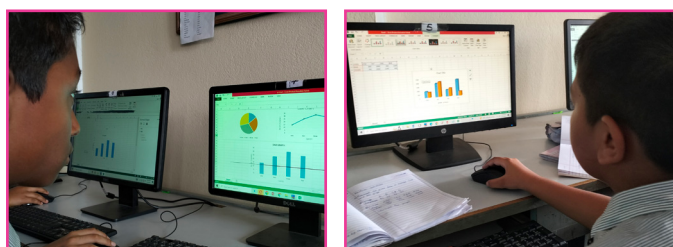
Handwriting Competition



Our students' exquisite handwriting was on display at the Inter-House Hand Writing Competition, which took place across all three blocks. They took basic words and turned them into visual treats, expressing their uniqueness in each curve and stroke with a unique rhythm and style.

Learning Beyond the Classroom

Math Activity



Math enthusiasts of Grade VII integrated technology into Mathematics. They practised data collection, data analysis and their interpretation through pie charts bar graphs and line graphs. These exercises helped them establish Mathematics as a practical subject and allowed them to get familiar with data presentation tools.

Cleaning Campaign



A sense of collective responsibility and reverence for religious landmarks is shown by the learners of Grade VIII. They went for a cleaning campaign at the sacred space of Chandeshwori Temple, Tokha aiming at maintaining the sanctity and cleanliness of the temple. They polished the idols, monuments and bells, and broomed the temple premises. The effort was much appreciated by one and all including the temple priest.

Lalitkala Exhibition



Our art enthusiasts observed the National Lalitkala Exhibition 2081. The art masterpieces at the exhibition inspired young artists to keep on playing with brushes and colours carrying out creativity.

Swimming



The junior splashy swimmers enjoyed the sweltering summer days with the refreshing swimming classes. With every added swimming session, they acquired swimming skills and got more confident. They enjoyed every moment in the water, from splashing around to learning new swimming techniques.

DoEIA Adventurous Journey



Our energetic participants of the Duke of Edinburgh's International Award completed their exploration-based award-qualifying adventurous journey. They explored Kulekhani, Chitlang and Chandragiri in Makawanpur which included significance of these places including history, topography, vegetation, tourism, etc. It was an adventurous hiking journey with a purpose for the participants where they used their skills of navigation, route planning, first aid & safety, teamwork, making fire, observation and recording, etc.

Triyog Gavel Club



As the new session started, Triyog Gavel Club hosted an enlightening orientation session to introduce new Gaveliers to the enriching world of the Gavel Club. In the session, the Executive Committee and club mentors thoroughly explained how the club functions, the structure of meetings, the responsibilities of each role and different speech projects.

Recently, the club organised their 58th meeting which was a significant gathering as it welcomed the faculty and the Gaveliers of Chandbagh Gavel Club. The meeting themed on 'Take Pride in Being You'. TM Chandrayan Pradhan Shrestha offered valuable encouragement and constructive feedback to Triyog Gaveliers which aimed at enhancing their speaking and organisational skills.

Paddy Plantation



The students of Grades III and IV were taken to a farm for Paddy Plantation at Jitpur Phedi, Tarakeshwor. They had hands-on experience at paddy plantation. This visit enabled the students to realize the hard work of the farmers and the importance of farming in Nepal. They got an opportunity to get connected to nature and understand the importance of paddy plantation.

UEFA EURO Cup 2024, Predict and Win



Triyog Sports Club announced a 'Predict and Win' for the different categories in the ongoing UEFA Euro Cup 2024. This has encouraged the football talks in the school. Every sports lover analysed the game & points table and set their prediction.

NYEF Junior Entrepreneur Seminar



A group of 10 students from Grade IX attended the NYEF Junior Entrepreneurship Seminar organised by the Nepal Young Entrepreneurs' Forum, Kathmandu Chapter in collaboration with Quality Kathmandu Schools. In the session, participants had an opportunity to learn from the experience of successful young entrepreneurs in Nepal. They enjoyed the brainstorming session where they discussed their entrepreneurial ideas and presented them through a poster.

Triyog Scout Troop - Second Investiture Ceremony 2024



The second Triyog Scout Investiture Ceremony in 2024 saw the successful induction of a new group of Triyog Scout Troop members. The scout members participated in the ceremony, took the vow of loyalty, and were given a scout scarf and badge. The ceremony started with a prayer ritual encompassing all religions.

Mr. Shreeram Lamichhane, Former Chief Commissioner of Nepal Scouts and Honorary Consul General of the Grand Duchy of Luxemburg, graced the ceremony as the Chief Guest whereas other distinguished personalities added grandeur to the event with their benign presence.

Celebrating Unity in Diversity: Grade V Students Showcase SAARC Cultures



Grade V students captivated audiences with their cultural showcase on the theme 'Unity in Diversity - Connecting with SAARC Culture'. The event celebrated the diverse traditions and heritage of SAARC countries through vibrant music, dance, and presentations. Students beautifully depicted the rich cultural harmony that exists amongst all SAARC nations, fostering a deeper understanding and appreciation of regional diversity.

Achievements



Kripa Belbase
Gold - Chess Senior Girls



Noel Thapa
Gold - Chess Senior Girls



Basketball Girls - First Runner Up



Paridhi Khatri
Silver - Chess Junior Girls



Avash Rimal
Silver - Chess Junior Boys



Jyoti Shrestha
Gold - Badminton
Senior Girls



Saral Shrestha
Gold - Table Tennis
Senior Girls



Aashna Hadakhale
Emerging Player - Basketball Girls



Sinthiya Thapa
Bronze - Table Tennis Junior Girls



Diva Giri
Bronze - Table Tennis
Senior Girls



Riyan Shrestha
Bronze - Chess
Senior Boys

MIS Cup 2024

18th Annapurna Friendship National School Chess Championship 2024



Aariya Kachhapati
10th in U-9 Girls



Avika Sapkota
4th in U-9 Girls



Sakshyam Yadav
6th in U-9 Boys



Prasoon Malla
5th in U-9 Boys



Aaradhya Pantha
7th in U-11 Girls



Aavash Rimal
2nd in U-11 Boys



Paridhi Khatri
2nd in U-13 Girls



Sampanna Bajracharya
8th in U-13 Boys



Kripa Belbase
7th in Over 13 Girls



Riya Shrestha
3rd in Over 13 Girls



Manasha Wagle
First
Inter-School FOZ Nature
Storytelling Competition 2024



Peeyush Lamgade
Third
Inter-School FOZ
Drawing Competition 2024



Prayosh Krishna Gurung
Best Bowler and 2x MOTM
Angels' Heart National School
Junior Cricket League



Dirghayu N. Lama
Third
4th Team Tennis Nepal
Junior Tennis Tournament 2024



Ashvi Ghale
Fourth
Junior Category CAI
Inter-School Art Competition



Riya Shrestha
First
U-15 National Chess
Championship 2024
Representing
Bagmati Province



Sarthak Budhathoki
Rising Star
10th SOPHES National
Inter-School
Table Tennis
Tournament



Swostik Tandul
Special Award
Annual Speech and
Essay Writing
Competition
Embassy of Pakistan,
Kathmandu

Congratulations to the SEE Batch 2080



Shreyashi Neupane
GPA 4.0



Sibani Joshi
GPA 4.0



Soniya Niroula
GPA 4.0



Sukriti Pandey
GPA 3.97



Girish Jung Bhandari
GPA 3.96



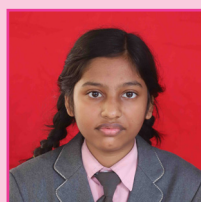
Kristeena Dhakal
GPA 3.96



Prija Shrestha
GPA 3.96



Saksham Manandhar
GPA 3.96



Upasana Thapa
GPA 3.96



Aarya Marasini
GPA 3.95



Stuti Adhikari
GPA 3.95



Sugam Pokhrel
GPA 3.95



Aarushi Wagle
GPA 3.92



Abhigya Dangol
GPA 3.92



Krishma Rijal
GPA 3.92



Ashwin Parajuli
GPA 3.91



Manashi Dhakal
GPA 3.91



Saumya Thapa
GPA 3.91



Jenish Dhungana
GPA 3.90



Sarahana Singh
GPA 3.88



Asin Crystal Rana
GPA 3.87



Bidhan Poudel
GPA 3.87



Pranil Sharma
GPA 3.87



Subigya Nepal
GPA 3.87



Grishma Balami
GPA 3.86



Nitya Aryal
GPA 3.86



Princy Devota
GPA 3.86



Aayushma Chhetri
GPA 3.85



Dipshikha Adhikari
GPA 3.85



Pravit Adhikary
GPA 3.85



Aarushi Piya
GPA 3.84



Biven Shrestha
GPA 3.84



Aayusha Shrestha
GPA 3.83



Mayank Adhikari
GPA 3.83



Pratik Gurung
GPA 3.83



Rihana Yadav
GPA 3.83



Shreni Aryal
GPA 3.83



Shreyas Poudel
GPA 3.83



Shubhasish B. Magar
GPA 3.83



Suvigya Bhandari
GPA 3.82



Siddhant Devkota
GPA 3.81



Arsi Poudel
GPA 3.80



Bibhuti Shakya
GPA 3.80



Akshayeshwor Joshi
GPA 3.79



Shambhavi Adhikari
GPA 3.78



Shubham B. Chand
GPA 3.78



Dilasha Lamichhane
GPA 3.76



Aarushi Acharya
GPA 3.74



Anwesh Bhuj
GPA 3.74



Mebika Kunwar
GPA 3.74



Rijan Adhikari
GPA 3.74



Shreyash Acharya
GPA 3.74



Aashika Sharma
GPA 3.73



Chahat Kauchha
GPA 3.73



Krenjila Karki
GPA 3.72



Jasmine Niroula
GPA 3.71



Amrisha Rajbhandari
GPA 3.70



Arnab Gurung
GPA 3.70



Salin Aryal
GPA 3.70



Utsav Pandey
GPA 3.70



Aayaka K.C.
GPA 3.69



Joyena Budhathoki
GPA 3.69



Peeyush Lamgade
GPA 3.68



Preshika Khadka
GPA 3.68



Gaurav Sapkota Chhetri
GPA 3.67



Pritam GT
GPA 3.66



Sital Sapkota
GPA 3.66



Marisa Dhakal
GPA 3.65



Pratyush Bhuj
GPA 3.65



Shiwamsha Adhikary
GPA 3.65



Sampanna KC
GPA 3.63



Binit Gurung
GPA 3.62



Aava Shrestha
GPA 3.61



Dev Poudel
GPA 3.61



Priyaska Bartaula
GPA 3.61



Noyal Karki
GPA 3.60



Aryan Kumar K. Thakuri
GPA 3.56



Nischal Basyal
GPA 3.56



Anrose Chauhan
GPA 3.55



Prizma Thapa
GPA 3.53



Alish Pudasaini
GPA 3.52



Ojus Acharya
GPA 3.52



Sakshyam Thapaliya
GPA 3.52



Simran Thapa
GPA 3.50



Sneha Paudel
GPA 3.50



Arush Kadariya
GPA 3.49



Sharad Rijal
GPA 3.49



Shreeja Shrestha
GPA 3.49



Anupam Ghimire
GPA 3.47



Manyata Regmi
GPA 3.47



Saksham Bogati
GPA 3.46



Saksham Poudel
GPA 3.46



Sauhard Dahal
GPA 3.46



Stuti Shrestha
GPA 3.46



Ashwin Gurung
GPA 3.45



Shashwot Raj Khadka
GPA 3.45



Prajil Basnet
GPA 3.44



Prashant Acharya
GPA 3.44



Pragalva Thapa
GPA 3.43



Pratha Shrestha
GPA 3.43



Anusuya Gautam
GPA 3.40



Yunish Shrestha
GPA 3.40



Aadesh Singh
GPA 3.36



Shiluv Poudel
GPA 3.35



Abhinav Budhathoki
GPA 3.34



Shiddhartha Gurung
GPA 3.31



Paljor Gurung
GPA 3.28



Yujen Pakhrin
GPA 3.25



Suyash Babu Pandey
GPA 3.22



Priju Dahal
GPA 3.21



Yogesh Shrestha
GPA 3.21



Aarshiya Sharma Humagai
GPA 3.20



Joel Manandhar
GPA 3.19



Sushant Acharya
GPA 3.19



Smriti Hamal
GPA 3.18



Sakar Shrestha
GPA 3.16



Hrishab Budhathoki
GPA 3.13



Himal Thapa
GPA 3.05



Suyog Khanal
GPA 2.91



Ashutosh Dhital
GPA 2.88



Sambhab Pandit
GPA 2.76

We are immensely
proud of your
outstanding success !

Annual Prize Winners

Best in Conduct (KG-IV)		All Rounder (KG-IV)
Class	Name	Name
KG	Carolyn Lamsal	Pravya Rawal
I A	Avanish Thapa	Piroska Bohara
I B	Shayista Kunwar	Aaradh Dhungana
I C	Sakshi Giri	Nishi Naman Khanal
II A	Siddhartha Sapkota	Faizaan Hussain
II B	Prasoon Malla	Aesna Gaha
II C	Suvan Khanal	Venus Thapa
II D	Aarav Thapa	Medhavi Pathak
III A	Aarnav Karki	Aishwarya Shrestha
III B	Prinsa Chapagain	Aarnav Thapa
III C	Aalok Pokharel	Anuska Ghimire
III D	Sumir Jung Gurung	Raaima Gauchan
IV A	Nilabh Nepal	Sarthak Kunwar
IV B	Aarush Timsina	Deepan Kumar Pandey
IV C	Srivash Jung Thapa	Sinhiya Thapa
IV D	Roman Singh	Arya Khanal

Best in Conduct (V-VII)		All Rounder (V-VII)
Class	Name	Name
V A	Adheep Ghimire	Dip Gurung
V B	Sornim Shrestha	Angelina Bhandari
V C	Shreeyasbi Oli	Sagar Ghale
V D	Bipin Khanal	Ayushman Pradhan
VI A	Krijon Poudel	Noel Thapa
VI B	Sunivah Bajracharya	
VI C	Daisy Roka	
VI D	Nyeshia Dura	
VII A	Priyanshu Lammichhane	Season Bhattarai
VII B	Rihana Tamang	
VII C	Pratyush Raj Poudel	
VII D	Divija Poudel	

Best in Conduct (VIII-X)		All Rounder (VIII-X)
Class	Name	Name
VIII A	Roshik Poudel	Neha Kharel
VIII B	Nirvik Khatri	
VIII C	Sampada Subedi	
VIII D	Rashi Kunwar	
IX A	Presabi Dhungel	Susmeen Shrestha
IX B	Aadarsha Raj Bista	
IX C	Aayusha Giri	
IX D	Shiwani Katuwal	
X A	Stuti Adhikari	Saksham Manandhar
X B	Aava Shrestha	
X C	Shreeja Shrestha	
X D	Aashika Sharma	

Academic Winners			
Class	First	Second	Third
KG	Pravya Rawal	Carolyn Lamsal	Aarab Bhandari
I	Piroska Bohara	Aaradh Dhungana	Yotshna Rai
II	Medhavi Pathak	Venus Thapa	Prashik Ray
III	Riyomi Pandit	Raunak Pradhan	Anuska Ghimire
IV	Deepan Kumar Pandey	Sarthak Kunwar	Samanyu Chhetri
V	Pranavi Neupani	Adheep Ghimire	Aaradhya Pant
VI	Noel Thapa	Marico Devkota	Bishwasta Marasini
VII	Sayori Lama	Arbisha Sapkota	Sadira Gautam
VIII	Sampada Subedi	Kinshu Shrestha/ Supriya Phuyal	Rashi Kunwar
IX	Vibhusha Rajbhandari	Pratham Khanal	Diva Giri

Perfect Attendance	
Class	Name
IV	Sayesha Giri/ Agrim Bikram Shrestha/ Ashrama Upreti/ Ganesh Wagle/ Deepan Kumar Pandey/ Adisha Silwal
V	Shubham Shrestha/ Lisara Thapa Magar/ Aayushree Basnet Shreeyashbi Oli/ Kush Budhathoki/ Luv Budhathoki
VI	Aabiya Joshi/ Chris Pulami Magar/ Monika Giri/ Noel Thapa/ Sarbagya Hamal/ Abhinna Raj Shrestha
VII	Anmol Adhikari/ Abima Paudel/ Anish Khadka/ Adiksh Silwal
VIII	Aayan Shrestha/ Nirvik Khatri/ Samir Shrestha/ Niharika Shrestha/ Sampada Subedi/ Aayush Regmi/ Arbinda Sapkota/ Aayumi Dhital / Aarya Devkota
IX	Prasanna Basyal/ Anurag Shrestha/ Joyavee Gauchan
X	Shubhasish Bantha Magar/ Shiwamsha Adhikary

Prefectorial Body for the Academic Year 2024-2025

School Captain	Manasha Wagle
School Vice Captain	Neha Kharel
School Discipline Captain	Pratham Khanal
Learning Society Coordinator	Diva Giri

Begnas House		Phewa House	
Captain	Dilasha Adhikari	Captain	Aashna Hadakhale
Vice Captain	Supriya Phuyal	Vice Captain	Sampada Subedi
Senior Prefect	Aarya Devkota	Senior Prefect	Prajakta Pandey
Junior Prefect	Ballav Chaulagain	Junior Prefect	Naswa Pradhan

Rara House		Tilicho House	
Captain	Prayosh K. Gurung	Captain	Prakriti Shrestha
Vice Captain	Rashi Kunwar	Vice Captain	Sitanshu Shrestha
Senior Prefect	Kirti Rimal	Senior Prefect	Bibhuti Aryal
Junior Prefect	Dirghayu N. Lama	Junior Prefect	Sayori Lama

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 (V to VII)
Mr. Lal Kesh Panday	Junior School In-charge (KG to IV)
Ms. Deepa Bhatt	ECA In-charge
Mr. Bed Prasad Aryal	Nepali Coordinator (VIII-X)
Ms. Reeta K.C	Nepali Coordinator (V-VII)
Mr. Bikram Thapa	STEAM Coordinator
Mr. Kamal Shrestha	Student Enrichment Coordinator

Class Teachers for Academic Year 2024-25

Class	Teachers
KG	Ms. Aswina Shrestha, Ms. Rabita Gurung
I A	Ms. Rebu Pande, Ms. Nikki Paudel
I B	Ms. Shweta Dahal, Ms. Ashma Bista
I C	Ms. Evan Syiemlieh, Ms. Shova Adhikari
II A	Ms. Binisha Shrestha, Ms. Ranjana Adhikari
II B	Ms. Padma Shahi, Ms. Yashoda Thapa
II C	Ms. Shreejale Shrestha, Ms. Rashmi Tamang
II D	Ms. Bhawana Bhattarai, Ms. Manisha Ghale
III A	Ms. Yamuna Shah, Ms. Ambika Simkhada
III B	Ms. Jharana Shrestha, Ms. Juni Sthapit
III C	Ms. Mary Shah, Ms. Salma Dulal
III D	Ms. Sanjeeka Chettri, Ms. Pallawi Shrestha
IV A	Ms. Robina Shrestha, Ms. Siddhila Malepati
IV B	Ms. Anita Malla, Ms. Manisha Pande
IV C	Ms. Alishma Adhikari, Ms. Pabitra Gautam
IV D	Ms. Punam Singh, Ms. Renu Thapa
V A	Ms. Meena Khwakhali
V B	Ms. Rewata Gurung
V C	Ms. Bhumika Niroula
V D	Ms. Kewora Bhattarai
VI A	Mr. Amita Bajracharya
VI B	Ms. Nisha Khadka
VI C	Ms. Janaki Negi Shrestha
VI D	Ms. Binu Thapa
VII A	Mr. Kamal Bahadur BK
VII B	Ms. Jenish Prakash
VII C	Ms. Durga Adhikari
VII D	Ms. Laxmi Ghimire
VIII A	Mr. Madhu S. Lamsal
VIII B	Ms. Srijana Koirala
VIII C	Mr. Shyam S. Jha
VIII D	Mr. Arjun Pariyar
IX A	Ms. Mamata Shrestha
IX B	Mr. Tshering N. Sherpa

IX C	Mr. Puskar Chaudhary
IX D	Ms. Seema Subba
X A	Mr. Suresh Chaudhary
X B	Mr. Prakash Pant
X C	Mr. Anoj Pariyar
X D	Mr. Balram Neupane

CCA Teachers for Academic Year 2024-25

Aabha Shahi	Vocal
Archana Singh	Craft
Gyanraj Maharjan	PE
John Karanjit	Music
Jyoti Khadka	Art
Meena Khanal	Handwriting
Sikandar Maharjan	PE
Uma Basnet	Library
Urvashi Pradhan	Library

House Teachers' List 2024-25

Begnas (Yellow)	Phewa (Red)
Balram Neupane (Housemaster) Punam Singh (Housemistress)	Tshering N. Sherpa (Housemaster) Padma Amar Shahi (Housemistress)
<u>Senior School</u> Seema Subba, Pratistha Pandey, Purna Cha. Pangen, Kamal Khanal <u>Middle School</u> Kewora Bhattarai, Jenish Prakash, Kamal B.K, Bhumika Niraula, Ruby KC <u>Junior School</u> Manju Pokharel, Punam Singh, Yukti Nakarmi, Aswina Shrestha, Binisha Shrestha, Manisha Ghale, Sanjeeka Chettri, Ashma Bista Siddhila Malepati, Salma Dulal	<u>Senior School</u> Jagadish Baral, Puskar Chaudhary, Arjun Pariyar, Dipak Khatri <u>Middle School</u> Rewata Gurung, Meena Khwakhali, Janaki Negi Shrestha, Laxmi Ghimire, Durga Adhikari <u>Junior School</u> Samjhana Acharya, Jharana Shrestha, Shweta Dahal, Mary Shah, Juni Sthapit, Ritu Khanal, Rashmi Tamang, Maneesha Pandey
Rara (Blue)	Tilicho (Green)
Anoj Pariyar (Housemaster) Bhawana Bhattarai (Housemistress)	Prakash Pant (Housemaster) Sarita Shiwakoti (Housemistress)
<u>Senior School</u> Laxmi Adhikari, Prativa Shrestha, Madhu S. Lamsal, Shyam S. Jha <u>Middle School</u> Prithula Thapa, Nisha Khadka Pramila Adhikari, Asmita Rai <u>Junior School</u> Rebu Pande, Ranjana Adhikari, Ambika Simkhada, Renu Thapa Nikki Poudel, Anita Malla Shrestha Robina Shrestha, Pragya Bhattarai	<u>Senior School</u> Mamata Shrestha, Pramod Wagle, Srijana Koirala, Suresh Chaudhary <u>Middle School</u> Laxmi Rayamajhi, Amita Bajracharya, Asmita Maya Rai, Binu Thapa <u>Junior School</u> Evan Syiemlieh, Yamuna Shah, Shreejale Shrestha, Shushila Subba, Pallawi Shrestha, Yashoda Thapa, Alishma Adhikari Pabitra Gautam



Key Dates (July 2024 - September 2024)

July 18-19	Inter-School Chess Competition
July 21	Guru Purnima Celebration
July 23	Solo Dance Competition (V-X)
July 24	Solo Singing Competition (V-X)
July 29 -31	SDG Exit Event
August 2	Inter-House Craft Contest
August 4-6	Inter-House Debate Competition
August 29	Half-Yearly Examination
September 17	Triyog Model United Nations 3.0
September 24-27	Project Days

TRIYOG HIGH SCHOOL



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