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TRİYOG

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Newsletter

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Message from the Principal

Greetings dear parents, guardians, and well wishers.

As we approach the end of another school year, I find myself filled with a sense of immense pride and gratitude as this year has been a whirlwind of enriching experiences and remarkable achievements. We celebrated the vibrant energy of our young students at the Junior Sports Meet, witnessed the brilliance of the young learners from different schools at the Wonder Kidz 2025 - Triyog Kindergarten Championship Trophy, and immersed ourselves in the cultural significance of the Saraswati Puja celebration.

Our students expanded their horizons through engaging field visits and excursions, fostered collaborative skills during interactions and project days, and showcased their artistic talents at the Inter-School Art Competition. The release of our very own children's song 'Hami Lalabala', exhibited the creative spirit of our students. We bid a heartfelt farewell to our Grade X students on their last day at School, marking the culmination of their secondary education. For our graduating students, we wish you all the very best in your future endeavours. Remember that you will always be a part of our school family. We elected our new prefectural body after a successful election. Our students delved into the world of innovation through STEAM projects, explored insightful ideas during the TEDEd Student Talk, and demonstrated incredible dexterity in the Speed Cubing Competition. We also witnessed our students' understanding of global solutions through impactful SDG projects.

Furthermore, this year we saw our students achieve outstanding success in the World Scholarship Cup, QKS Sports Meet, National Cyber Olympiad, and national level Hackathon adding multiple feathers to our cap.

We are glad to bring to your knowledge that we have also improved our schools infrastructure upgrading our facilities with the construction of new washrooms on each floor of the academic building.

Our faculty, as always, has demonstrated unwavering dedication and creativity in their teaching. Their commitment to fostering a nurturing and stimulating learning environment has been instrumental in our students' success. I extend my sincere thanks to every one of them.

To our parents, your partnership has been invaluable. Your support, encouragement, and active participation in our school events have played a crucial role in creating a strong and vibrant school community. Thank you for being an integral part of our school community

We are already looking forward to the next academic year, filled with new opportunities, exciting challenges, and continued growth. We are committed to building upon the successes of this year and further enhancing the educational experience for all our students.

On behalf of the entire school, I wish you a very happy and prosperous New Year 2082 BS. I hope this year brings you all good health, happiness, and success in all your endeavours. May the spirit of unity and harmony prevail in our school community, fostering an environment where every student can thrive.

Regards,

Savita Kapruwan

Junior Sports Meet - 2025



Junior Sports Meet 2025 brought our young athletes together giving them the perfect platform to showcase their skills, determination, and passion for sports. It was an amazing celebration of teamwork and sportsmanship. Every game and demonstration reflected the dedication and hard work of our young sportsmen, inspiring them to push their limits and strive for excellence.

Celebrations @ Triyog

Saraswati Puja



Saraswati Pooja was celebrated with much enthusiasm and grandeur this year too. The atmosphere came alive with the live chanting of holy mantras by the priest and melodious renditions of devotional songs by teachers and students. A large number of students, teachers, and parents who attended the ceremony worshipped Goddess Saraswati and received Prasad.

Professional Development

Mathematics Department Workshop



Mathematics professional development session was held for our junior and middle block teachers. The session focused on innovative strategies for using concrete objects to help clarify mathematical concepts. Teachers explored hands-on methods to engage students and enhance their understanding by incorporating physical tools and visual aids into lessons. This interactive approach is aimed at making abstract mathematical ideas more accessible and engaging for all learners.

In-house Session on 'Reflecting for Growth: A Journey of Self-Improvement'



Our Middle School In-charge conducted an insightful in-house session titled 'Reflecting for Growth: A Journey of Self-Improvement'. The session highlighted the importance of reflection in professional development, emphasizing how taking time to assess our practices leads to continuous growth and improvement. Participants learned about various tools and strategies that can aid in the reflection process, helping educators to identify strengths, address challenges, and set goals for personal and professional advancement. This session was a valuable opportunity for our team to engage in self-reflection and to commit to ongoing development.

Field Visits

Understanding of Accounting Practices



Students of Grade IX 'A' and IX 'B' (Accountancy and Economics) visited National Plastic Udhog in Balaju Industrial Area to explore real-world applications of economic and accounting concepts. They observed the plastic manufacturing process, raw material use, and quality control while gaining insights into business operations, cost management, and industrial challenges.

Kindergartners to Aviation Museum



The kindergarten students took a theme-based trip to the Aviation Museum in Sinamangal. The primary objective of the visit was to explore the various jobs within the aviation industry. They explored the interior of a real airplane and its compartments. In addition to learning about aviation-related roles, the kindergartners also observed professionals who are involved in other fields of an airport like shopkeepers, ticket checkers, waiters, security guards, etc.

Recognition of Local Products



The students of Grade III visited the Suryadaya Cane and Bamboo Industry as a part of their exploration under the topic Local Products. They saw and learned how bamboo can be used to make useful items. This visit helped them understand the eco-friendly nature of bamboo and its importance in local industries.

Little Flowers at the Garden of Dreams



The students of Grade II visited the Garden of Dreams, Kaiser Mahal and enjoyed living the character of Mary from 'The Secret Garden' by Frances Hodgson Burnett. As Mary did in the story, they too explored different corners of the garden and took pleasure in the happiness brought by the flowers, green plants, butterflies and chipmunks. This experience helped young minds to know the importance of taking care of plants and enjoying the beauty of nature.

First Graders' Exploration at National Museum



Under the theme 'Our Country Nepal', the students of Grade I visited the National Museum of Nepal at Chhauni. The objects displayed in the museum provided the learners with valuable insight into Nepal's history, culture, ancient money/coins, and religious aspects.

A Close Study of Fruits and Vegetables by the Kindergarteners



The Kindergarteners went on a theme-based visit to the Horticulture Center in Kirtipur to learn about fruits and vegetables. During their visit, they explored a beautiful garden filled with a variety of fruits and vegetables. With the guidance of an official expert, they received informative explanations about the different plants that are grown there.

Observing Different Religious Beliefs



Our students of Grade II visited the Islamic Cultural Centre, Gurudwara Guru Nanak Satsang, and Our Lady of the Assumption Church to learn about different religious beliefs and practices. At the Islamic Cultural Centre, they observed prayer customs and learned about the Quran. In the Gurudwara, they participated in an interaction with a Granthi to learn more about the Sikh religion. At the church, they explored religious symbols, the statue of Jesus Christ and Mother Mary. This field visit helped students develop respect for diversity and understand the values of love, kindness, and unity.

Real Experience of Using Money



The students of Grade II visited Bhatbhateni Supermarket to learn the concept of using money. They purchased goods by identifying, counting, and selecting the correct amount of money for specific items, while practicing basic math skills such as addition and subtraction in a real-life scenario.

Discovering Sustainability



The students of Grade VI visited ICIMOD (International Centre for Integrated Mountain Development) to gain a deeper understanding of the organization's significant contributions to sustainable development in the Himalayas. During the visit, students explored ICIMOD's work in environmental conservation, climate change research, and community development. This hands-on experience allowed them to connect with the real-world impact of global efforts to protect and sustain our environment, inspiring them to think critically about their role in fostering a sustainable future.

Exploring Educational Excellence



The students of Grade V visited Tribhuvan University to learn about its pivotal role in shaping quality education in the region. During the visit, students gained insights into the university's contributions to academic excellence, research, and community development. This field trip offered a valuable opportunity for students to see how higher education institutions impact society and foster future learners. It was an inspiring experience that highlighted the importance of education in creating lasting change.

Understanding Responsible Consumption



Grade VII students visited the Balaju Industrial Area and Mandikatar Grocery Market to explore the concepts of responsible consumption and production. The field visit provided students with a hands-on learning experience about sustainable business practices, waste management, and the importance of ethical consumption. By observing real-world examples, students gained a deeper understanding of how industries and markets contribute to sustainable development and how they can play a role in promoting more responsible consumption habits in their own lives.

Knowing More about 'Hamro Tokha'

The students of Grade VIII had an exciting educational trip to explore the places and monuments in and around Tokha Municipality. This visit was integrated with local curriculum 'Hamro Tokha' which aims to educate the students about Tokha Municipality. They visited places of tourists, religious, and historical interests.



Interactions

Clearing Queries About Local Products



Under the theme Communication, Technology and Market, the students of Grade III had an insightful interaction session with Mr. Rohan Shrestha, Co-founder of Gharko Achar. The session highlighted the influence of local businesses on the community as well as the impact of modern technology in the marketing sector. Students learned how hobbies and interests can be converted into business with market opportunities and turn into large business, if managed well.

Cultural Awareness



An enriching interaction session on the topic 'Our Culture' was held for Grade II, where parents from different cultural backgrounds came together to share their unique traditions and practices with the students. The session aimed to celebrate the diversity within our community and offer students a deeper understanding of the cultural richness that exists in our society. Representatives from various communities, including Magar, Gurung, Brahmin, and Maithili had the opportunity to speak about their distinctive cultural heritage. They introduced the students to the beautiful aspects of their respective traditions covering traditional dresses, foods, ornaments, festivals, arts, and languages.

Meeting Team 'Rangi'



We were delighted to host the talented team of Nepali movie **Rangi** at our school. The film featured renowned actors Salon Basnet, Namrata Shrestha, and our very own little star from Grade IV, Aayushi Dhakal.

In an engaging interaction session led by the Triyog Photo and Journalism Club, the movie's director, Suresh Neupane, along with the artists and Aayushi's proud parents, shared their experiences and insights into the film and the film sector with our students.

Empowering Voices: SDG Gender Equality Discussion



An engaging interaction session was held for our students of Grade V, led by Mrs. Tika Swari Rai, Mobilization and Communication Officer from Rural Reconstruction Nepal. The session focused on the SDG topic Gender Equality, where students learned about its significance, challenges, and ways to promote gender equality in society. Mrs. Rai's insightful presentation encouraged students to think critically about gender issues and the role they can play in fostering equality. It was an enriching experience that sparked thoughtful discussions and empowered students to take action for change.

Exploring Quality Education at Durbar High School



The students of Grade V visited Durbar High School, the oldest government school in the country, to explore its contributions to quality education. The visit provided students with a unique opportunity to learn about the school's history, educational practices, and the impact it has had on generations of learners. Through this experience, our students gained valuable insights into the role of education in shaping communities and the importance of maintaining high standards of learning in all educational institutions.

Genius Challenged in Maths and Science Olympiad



The Science and Mathematics Olympiad for our Middle School students took place, featuring multiple rounds of challenging questions. Throughout the competition, students showcased their skills in both subjects, progressing through each stage with determination and enthusiasm. The event culminated in an exciting finale, where the top performers were recognized for their exceptional knowledge and creativity. This competition provided a great opportunity for students to engage in critical thinking, teamwork, and academic excellence.

Project Days

Grade III



The students of Grade III showcased their Second Project Day based on the topic 'Natural Resources and Cultural Heritage of Tokha Community' under the theme 'Our Environment'. The project centered on the importance of the Tokha community's natural resources and cultural heritage. Learners presented different ways to preserve the natural resources and cultural heritage sites of their community.

Grade II



Our talented students of Grade II brought culture to life in their Project Day based on the theme 'Our Culture'. The learners confidently displayed their cultural attire, proudly representing diverse ethnic backgrounds. They mesmerized the audience with songs, dances, and a heartwarming skit, celebrating unity in diversity. Adding a flavorful touch, they also shared delicious recipes from different ethnic groups, highlighting the richness of our culinary heritage. It was a beautiful day of learning, sharing, and appreciating diverse cultures that make our community unique.

Grade IV



Our amazing students of Grade IV showcased their Project Day on the theme 'Wildlife and Its Conservation'. Through this project, they explored the importance of wildlife and how animal life and their habitats are inter connected. They demonstrated why protecting wildlife matters and also shared ways people can help. From caring for nature to preventing harm to animals, our young environmentalists inspired everyone to keep our planet safe for all living things.

Grade III



The students of Grade III presented their third Project Day with the topic 'Local Products' under the theme 'Communication Technology and Market'. Their project highlighted the significance of enhancing local products. They also explored the role of modern technology in promoting them effectively.

Wonder Kidz 2025

Triyog Kindergarten Championship Trophy



The Triyog Kindergarten Championship Trophy 2025 was a great celebration of the skills and talent of the very young. At the event, little fingers did their magic in art, adorable body movements got into the dance, and amazing speaking and presentation brightened up the fancy dress segment.

Winner : Spring Garden Kids Pre-school

First Runner-up : Kopila Cottage Pre-school and Nawaneet Toddlers' Zone Pre-school

Second Runner-up : Ira Kids Pre-school

Art:

First Position: Nawaneet Toddlers' Zone Pre-school

Second Position: Sabhyata Little Star Pre-school

Third Position: Kopila Cottage Pre-school

Fancy Dress:

First Position: Kopila Cottage Pre-school

Second Position: Spring Garden Kids Pre-school

Third Position: Nawaneet Toddlers' Zone Pre-school

Dance:

First: Spring Garden Kids Pre-school

Second: Ira Kids Pre-school

Third: Cupid Children's Home Pre-school

Fun-Tastic Fair



Kids Fun-Tastic Fair, an integral part of Wonder Kids 2025, was an exciting event filled with games, activities and entertainment, precisely designed for the young learners to enjoy a day full of fun and learning. The fair included varieties of stalls with fun games, learning games, food, books, creative corners, face painting, Math Corner, Science Corner, etc. Visiting students unleashed their inner artist with Open Mic, Art & Craft Corner, and Wall Painting. They had fun with the building blocks, Puzzle Stations, and the Bouncy Castle, and enjoyed the exciting shows of Magic, Comedy and Talent.

Triyog Inter-School Art Competition and Exhibition 2025



The Triyog Inter-School Art Competition concluded successfully with the incredible talent of young artists from different schools. Every art masterpiece created by the participants narrated a story of hard work and passion.

The Art and Craft Exhibition which depicted our artists' imagination surprised and inspired the visitors with the depth of colours and majestic creations. The exhibition encompassed artworks in different mediums such as paintings, clay models, sculptures, sketches, paper crafts, etc.

Chief Guest Prof. Radheshyam Mulmi and Special Guests Ms. Ushina Maharjan and Aruna Hingmang observed the artworks and encouraged the artists to keep exploring their best version of art.

'हामी लालाबाला' बालगीत सार्वजनिक कार्यक्रम



हाम्रो विद्यालयसँगको सहकार्यमा साहित्यकार रामबाबु सुवेदीद्वारा लिखित 'हामी लालाबाला' बालगीत सार्वजनिक भएको छ । विद्यालयमा आयोजित एक सार्वजनिक कार्यक्रम मार्फत बालगीत सार्वजनिक गरिएको थियो । उक्त कार्यक्रममा प्राध्यापक डा. वासुदेव त्रिपाठी, प्रसिद्ध कवि प्रभा भट्टराई, सामाजिक अभियन्ता जीवन सुवेदी तथा गीत निर्माण टोलीको उपस्थिति रहेको थियो । उहाँहरूले बाल साहित्य र बालगीतमाथि आफ्नो धारणा राख्नुका साथै हाम्रा बालकलाकारहरूको नृत्य र अभिनयको प्रशंसा गर्नुभयो ।

The Last Day of School for Grade X



The last regular school day for Grade X marked the end of an unforgettable journey filled with laughter, challenges, friendships, and countless memories. Saying goodbye to the place where tight bonds were made, lasting memories were created, and the future was dreamed, was not easy for them.

They were sent off by their juniors from KG through Grade IX and received a lot of best wishes for their SEE from students, teachers and other non-teaching staff members.

Co-curricular Activities/Extra Curricular Activities/Sports

Shaping Leaders



The Prefectorial Body election was a testament to our belief in the power of choice. Aspiring leaders, driven by a commitment to serve, sought the crucial support of students to bring their vision to life for the betterment of the student community. Meanwhile, students from Grades VI to IX exercised their right to vote, actively selecting the leaders representing them.

This is how the future leaders take shape at Triyog!

Unleashing Coding Caliber



Flourishing coders from Grades IV and V showed their impressive coding skills in an Intra-school Coding Competition organized in association with Dursikshya Education Network. The participants presented their block coding for different pre-announced themes in the preliminary rounds and impromptu themes in the final round.

Thinking Fast, Turning Faster



Our speed cubers from Grades III to X showed their incredible skill of solving cubes at lightning-fast speed in the Intra-School SpeedCubing Competition organized by the Triyog Sports Club. Their battles of mind and fingers proved that cubing is an art and a science.

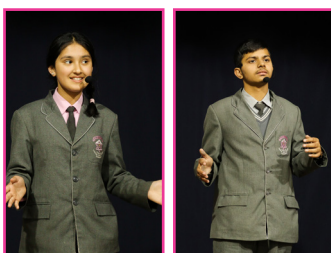
Learning Beyond the Classroom

Practising Business Skills



The participants of School Enterprise Challenge and students of Accountancy and Economics practised their business skills during the Wonder Kidz 2025. They put up different stalls and sold their products to the visitors. This activity helped students to execute their learning of accounting, management, marketing and teamwork.

TEDEd Student Talk - Sharing Ideas



Some members of Triyog TEDEd Club delivered their TED style talks in a TEDEd Club - Student Talk event. They shared their ideas in different areas which were worth spreading.

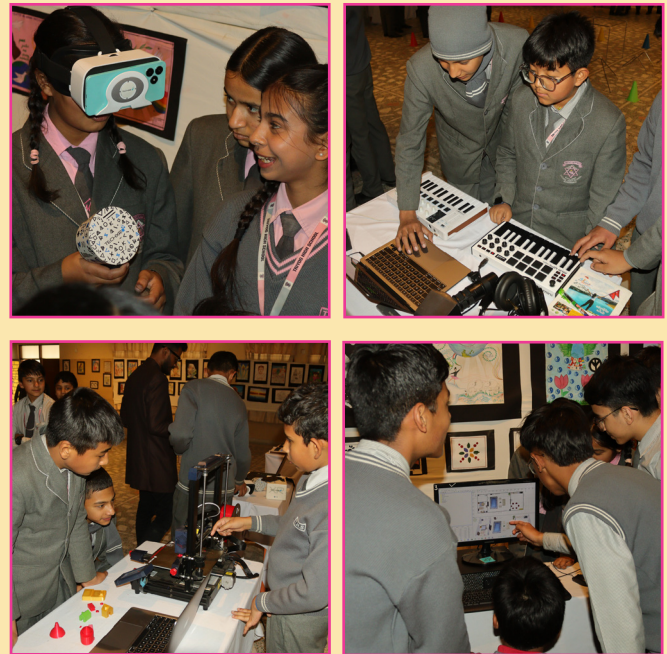
Promoting SDG



The Middle School recently hosted an inspiring SDG Exit Event, showcasing the impressive project-based learning efforts of our students. The event highlighted six different Sustainable Development Goals (SDGs), with students presenting their projects on topics such as quality education, climate action, gender equality, and more. Through their innovative solutions and research, students demonstrated their understanding of these global challenges and their commitment to make a positive impact. The event was a celebration of their hard work, creativity, and dedication to contributing to a more sustainable world.

TechEd Exhibition

Innovative Learning



The students Grade VI participated in an exciting 3Di event, where they explored cutting-edge technologies like design software, augmented reality (AR), virtual reality (VR) and drones. The event provided hands-on experience in using these tools to bring creative ideas to life, allowing students to dive into the world of digital design and innovation. It was a fantastic opportunity for them to enhance their technical skills and understand how these technologies are shaping the future of learning and development.

Exploring Technology



The Dursikshya event for the students of Grades IV and V, focused on the exciting world of coding and robotics. Students had the opportunity to engage with hands-on activities, learning the basics of programming and building their own robots. This interactive event sparked creativity and problem-solving skills, allowing students to explore how technology can be used to innovate. It was an inspiring experience that introduced young minds to the possibilities of the digital world.

Celebration of Achievements

World Scholar's Cup 2025 Kathmandu Round



In the Kathmandu Round of the World Scholar's Cup, our Junior and Senior Division scholars shone brightly with their exceptional achievements in different categories. They showed their constructive augmenting skills in Team Debate, thought-provoking ideas in Collaborative Writing, and deep knowledge of various subjects in the Scholar's Challenge and Scholar's Bowl. They brought home a total of 15 trophies, 399 gold medals and 392 silver medals. We topped the Team Debate categories i.e. Junior and Senior and also achieved many more remarkable ranks in other categories.

A Grand Athletic Show in the QKS (Quality Kathmandu Schools) Sports Meet 2025



Our star young athletes from Grades V to X clinched multiple titles in the QKS (Quality Kathmandu Schools) Sports Meet 2025. Their spectacular physical agility and high performance took Triyog High School to the top of the table with the following results which also got them medals and trophies in the same categories.

High Jump - First Position	100M - First Position
200M - First Position	400M - First Position
Hurdles - First Position	4×100M Relay - First Position
Long Jump - Second Position	March Past - Third Position
Javelin Throw - Third Position	Shot Put - Third Position

Awarded for the Distinction in Science and Technology



Winner of the 5th National Cyber Olympiad - ICT Quiz Competition 2081

A team of Sitanshu Shrestha, Sampada Subedi and Pranjal Panthi clinched the title of the 5th National Cyber Olympiad - ICT Quiz Competition 2081. They were awarded a trophy, medals, a cash prize of NRs. 25,000 along with gift hampers.



Winner of a National School-Level Hackathon

A team of Aashug Baruwal, Sitanshu Shrestha, Sourya Udas, Rajit Acharya and Pranjal Panthi won the Hack-3r-Thon organized by Adhyayan School in collaboration with Leapfrog Technology. Winners were awarded with a trophy, medals and a cash reward of NRs. 1,00,000.

2nd Runner-Up of the Trinity Inter-College SciTech Exhibition 2025



A group of innovative young minds presented their project 'Swastha Lab' in the Trinity Science Exhibition-cum-Competition which won them the Second Runner-Up Position with a cash award of NRs. 10,000 in the competition.

1st Runner-Up in Robo Racing of Trinity Robotics League 2025



A team of Sourya Udas, Sarbagya Hamal and Pranav Chhetri won the First Runner Position along with a cash prize of NRs. 5,000 in the Robo Racing event of Trinity Robotics League 2025.



Aayush Tiwari, a student of Grade IX was crowned the **Little Mister Universe Nepal 2025**. Along with the title, he received a cash prize of € 1600. He will represent Nepal in an International Round which will be held in Dubai.

Wonderland Inter-School Drawing Competition



Our talented junior artists, Yuktaa Nepal and Gabriel Singh Gurung secured the First and the Second position respectively in the Inter-school Drawing Competition hosted by Wonderland.

Multidisciplinary Excellence of Houses



Best House - Rara House
Badminton - Tilicho House
Cricket - Rara House
Table Tennis - Tilicho



Best House Board - Begnas House
Basketball - Rara House
Football - Tilicho House
Wushu - Phewa House



Most Disciplined House - Rara House
Chess - Tilicho House
Judo - Begnas House
Volleyball - Phewa House and Tilicho House

Building Character Through Scouting



Scouts from the Middle School indulged in various scouting activities, including cooking without fire, adventure, and camping courses. These activities helped foster a sense of camaraderie among the troop.

नयाँ वर्ष २०८३ को शुभकामना

Key Dates (April 2025 - May 2025)

April 5-8	Book Distribution
April 22	School Resumes (Pre-school, KG- Grade V)
April 23	School Resumes (Grades VI - X)
May 4	Investiture and Annual Prize Distribution Ceremony
May 14	Curriculum Nite (Grades III, VII, and X)
May 15	Curriculum Nite (Grades II, IV, VI, and IX)
May 16	Curriculum Nite (Grades KG, I, V, and VIII)

**TRIYOG
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