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TRIYOG

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Newsletter

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Message from the Vice-Principal

Dear Parent/Guardian,

Greetings to all!

Here we are at the end of yet another academic session and this newsletter brings to you the highlights of the last quarter of the academic session.

As the school year draws to a close, I want to take a moment to reflect on all that we have accomplished this year. Despite the challenges we faced, we have shown remarkable resilience and perseverance, and I am incredibly proud of each and every one of you.

This year has been marked by a spirit of collaboration and community, as we worked together to create a productive and supportive learning environment for everyone. We have better adapted to new technologies, explored innovative teaching methods, and embraced new ways of engaging with each other.

Our students have continued to develop holistically. They have also shown leadership and creativity in their extracurricular activities, from music and sports to community service and social justice initiatives.

I also want to acknowledge the hard work and dedication of our staff, who have gone above and beyond to support our students. Your passion for teaching and your unwavering commitment to our students is truly remarkable, and I am appreciative of all that you do.

As we look ahead to the summer and the start of a new school year, I am filled with optimism and hope. While we do not yet know what the future holds, I am confident that we will continue to face the challenges ahead with courage and determination, and that we will emerge stronger and more resilient than ever before.

Thank you for your continued support and dedication to our school community. I wish you all a safe and restful session break. I look forward to welcoming you all to our next academic session in the third week of April.

May the new year brings peace, prosperity, and positivity to all. Happy New Year 2080!

Regards,

Savita Kapruwan

Senior Athletic Meet



"Winners Never Quit & Quitters Never Win." - Vince Lombardi

Senior Athletic Meet 2023 was a grand success with the presence of different distinguished guests and the spectacular athleticism of players. The event organized on January 21 included grand inauguration, felicitation of national badminton player, Rashila Maharjan, cultural dance, judo, wushu, sprints, hurdles & relay races, parents' game and more. The true athletic spirit of athletes and the ambition of their parents to see them win, dominated the event and created indelible memories of Senior Athletic Meet 2023. The event is archived as a memorable event in the history of Triyog High School.

Wonder Kidz 2023



Kindergarteners are at the most formative stages of learning, and multiple exposure platforms are essential for them.

We successfully conducted the fourth edition of Wonder Kidz 2023, Triyog Kindergarten Championship Trophy on February 21, 2023. We had the opportunity to witness an extravaganza of performances from the Kindergarteners in the presence of teachers and parents from different Preschools. Kiddie Clouds Pre-School won the Championship Trophy whereas Nawaneet Toddlers' Zone won the Dance Trophy, Kiddie Clouds won the Art trophy, and Cupid Children's Home Academy won the Fancy Dress Trophy. It was overwhelming to witness the participants who were full of energy and enthusiasm both on and off the stage. We thank all the Pre-Schools for participating and making the Wonder Kidz 2023 a grand success.

Winter Camp 2023



Winter Camp 2023 was organized for the students of KG to V from January 1 to January 11. In the camp, the students learned and enjoyed different sessions of Mindfulness, Zumba, Picnic, Hiking, Day Out, Fancy Dress & Fashion Show, Fun Games, Team Building Activities, etc. Students participated in fun games with their parents on the last day, where we witnessed beautiful bonds and coordination between parents and their children.

Celebrations @ Triyog**सरस्वती पूजा**

वसन्तपञ्चमीको पावन अवसरमा विद्याकी देवी सरस्वतीको पूजा विद्यालयमा शिक्षक, विद्यार्थी तथा अभिभावकद्वारा सद्भावका साथ गरियो। उक्त दिन विधिवत् रूपमा पूजा आरम्भ भएपछि उपस्थित सम्पूर्णले पालैपालो पूजा आराधना गरी प्रसाद ग्रहण गर्नुभयो।

Christmas Day

The annual Christian holiday that celebrates the birth of Jesus Christ was celebrated by students on December 25 in the morning assembly. Students performed different carols in the program. Some of the students took the role of Santa Claus and distributed different gifts.

International Women's Day

International Women's Day is celebrated on March 8 every year to honour the social, economic, cultural, and political achievements of women. The day also serves as a call to action to raise awareness about the ongoing struggles and challenges faced by women worldwide including gender equality. Some of our students raised awareness about women empowerment in the program through poems, dance, and speech.

Interactions and Field Visits**Junior School Parenting Session**

A Parenting Workshop for the parents of Junior School was conducted on December 28, 2022. Registered Doctor of NMC, Dr. Pratikshya Chalise joined the session as a Counselor who is a Consultant Psychiatrist at Frontline Hospital, Himal Hospital, Bharosa Hospital, and Sambhavya Group. She is a lecturer in the Department of Psychiatry in Kathmandu Medical College. The session highlighted understanding child psychology & behaviour, parenting styles, and strengthening parent-child relationships.

Visit to the Central Zoo

"Field Trips provide authentic, hands-on experiential learning where students can connect with what they are learning in the classroom, in a real-world context". Hence the students of Grade II were taken on a field trip to the Central Zoo, where they learned about the eating habits and the physical features of different animals.

Career and Subject Counselling



A subject and career counselling session was conducted on February 10, 2023 for the parents and students of Grade X. Experienced educators, Mr. Indra Prasad Subedi, Mr. Saurav Basnet, and Mr. Roshan Bhandari highlighted different subjects and their scope along with the teaching and evaluation methodologies. Furthermore, Life Coach and Motivational Speaker Mr. Rabin Katwal led a motivational session to inspire and encourage students and their parents to succeed.

Parent Counselling-Middle School



Parents counselling session for the parents of Middle School was conducted for Grades VI and VII & for Grades IV and V on February 22 and 24, 2023 respectively. The sessions were conducted in collaboration with Shambhavya Group. Along with the active participation of parents, the session was extremely helpful for in depth understanding of parenting. The session focused on modern-day parenting and parents' role in contributing to the well-being of their children.

Visit to Chobhar



Pollution refers to the presence or introduction of harmful substances or contaminants into the environment, such as air pollution, noise pollution, and water pollution. Human activities such as industrialization, transportation, agriculture, and urbanization have contributed significantly to pollution.

Learners of Grade II went to Chobhar with the objective of observing the effects of pollution in water and air. After identifying the causes of pollution and its effects on the environment, learners figured out the solutions to control the pollution.

Visit to National Museum



Knowing the history of Nepal is essential as it helps to understand the country's cultural and social evolution over time, providing insights into its traditions, customs, and beliefs.

Students of Grade IX B made a visit to the Military Museum and National Museum which was integrated with the Social Studies curriculum. The objective of the visit was to observe historical evidences and artifacts related to Nepal's history and to admire the contribution made by different personalities in the unification and development of Nepal. They got to observe different weapons, historical vehicles, artifacts, monuments, ect. during the visit.

राष्ट्रिय लोकवाजा सङ्ग्रहालय भ्रमण



२०७९ फाल्गुन ४ गते कक्षा ९ क का विद्यार्थीहरु राष्ट्रिय लोकबाजा सङ्ग्रहालय गएका थिए । यो अवलोकन भ्रमण नेपाली पाठ्यपुस्तकमा समावेश गरिएको नेपाली लोकबाजा पाठ र सामाजिक शिक्षा विषयसँग एकीकृत रुपमा सम्बन्धित थियो । सङ्ग्रहालयमा संकलित नेपालका विभिन्न जातिका करिब ४५० प्रकारका बाजाहरुको अवलोकन गर्नुका साथै केहि बाजाहरु बजाएर समेत सुनाइएको थियो । यस भ्रमणको उद्देश्य विद्यार्थीहरुलाई नेपाली बाजाहरुप्रति आकर्षित गर्नु र हाम्रो लोक संस्कृतिको संरक्षणमा अभिप्रेरित गर्नु रहेको थियो ।

मदन कृष्ण श्रेष्ठसँगको अन्तरक्रिया



नेपाली कला साहित्य जगतको एक कालजयी नाम 'मह जोडी' को म, आदर्श व्यक्तित्व श्री मदनकृष्ण श्रेष्ठज्यूको आगमनले यस वर्षको फाल्गुन ३० त्रियोग माध्यामिक विद्यालयको लागि अविस्मरणीय रह्यो । कक्षा ५ का विद्यार्थीहरुले उहाँसँग प्रत्यक्ष भेट गरी उहाँको जीवनसँग सम्बन्धित महत्वपूर्ण जानकारी र प्रेरणा लिनुका साथै उहाँद्वारा रचित यस विद्यालयको कक्षा ५ मा सन्दर्भ सामाग्रीको रुपमा पठनपाठन हुदै आएको कृती 'साभा पृथ्वी' को बारेमा अन्तर क्रिया पनि गरे । फोटो तथा पत्रकारिता क्लबका सदस्य विद्यार्थीहरुले पनि उहाँसँग प्रत्यक्ष अन्तरक्रिया गरी आफ्नो डाटाबेसमा कैद गर्ने अवसर पाए ।

Certification Programme - Digital Saathi



Thirty students from Grade VII acquired the opportunity to take part in a 'Digital Literacy' program, Digital Saathi. This program was a phenomenal platform in which the students were able to digitally empower a group of 30 women and girls from diverse backgrounds. The programme targeted at giving them a chance to contribute to their digital literacy. This would also work as adding a stepping stone to digital literacy across the country. The participants were awarded certificates by the Ward Chairperson, Mrs. Shanta Poudel.

Visit to ICIMOD



Curious learners from Grade VII visited ICIMOD to get a better insight about the measures this organisation has undertaken to empower the citizens for leading an enhanced livelihood and use available resources in a responsible manner.

Visit to Orphanage



Some students from the Middle School made a visit to the orphanage home named 'Our Child Protection Foundation Nepal' situated at Tokha. They had an opportunity to interact with the founder of the organisation. Our students donated the daily essentials grocery items to the organization with the the money they had raised through charity sales of different products during the Parents-Teacher Meeting held at School.

Visit to Godawari



Learners from Grade VI made a visit to Godavari and ICIMOD as a part of their extended learning to understand the various types of plants found inside the valley. They also found different ways through which it contributes to maintain a proper ecological balance.

Visit to the Military Museum



Inquisitive fifth graders visited the National Museum and Military Museum situated at Chhauni where they got to enhance their learning about the glorious history of the nation and the contribution made by the Nepalese Army in safeguarding the sovereignty of the nation.

Junior School Sports Week



Sports play an essential role in the overall development of students. Engaging in sports activities helps students maintain physical fitness, improve their mental health, and develop teamwork and leadership skills. Sports is not all about the physical capabilities of age, it's a feeling that gives birth to the desire of victory. Our junior players enjoyed different sports events of the Sports Week 2023, and displayed their sporting caliber and skills.

Visit to Narayanhiti Palace



Fourth graders visited Narayanhiti Palace to understand the modern history associated with the Kings from the Shah Dynasty. They also learned that the different rooms inside the palace have been named after various districts of the nation.

Parent-Teacher Meeting provides opportunities to both parties to share the information and address the concerns for the holistic development of a child. Through the PTM, a child's progress can be monitored and collaboration between teachers and parents can be promoted. We conducted different PTMs after each assessment period where both, the school and parents, planned and collaborated for positive progress of the student.

Learning by Doing

Mathematics Olympiad

Second Unit Test - PTM



Mathematics Department teachers from Grades IV and V conducted Mathematics Olympiad, providing the students with the platform to enhance their mathematical problem solving skills. Various levels of rounds were conducted starting from the preliminary rounds and concluding with the final round.

3Di Event



3Di conducted its event for the Middle School from December 20 till December 23, 2023. The event highlighted the project work done by the students. Students even displayed their digital skills by creating animations through live demonstration.

SDG Event - 'Life on Land'



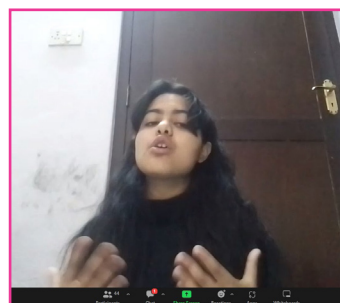
Learners from Grade IV conducted their exit event on the integrated project on SDG No. 15 (Life on Land). Through this project, learners got an insight into how flourishing life on land is the foundation for our life on this planet. This project also helped in creating awareness about the ways of safeguarding our ecosystem, and the ways through which the younger generation could contribute.

SDG Event - 'Quality Education'



Fifth graders concluded their integrated project on the SDG theme SDG No. 4 (Quality Education). Through this project, learners were made aware about the significance of obtaining a quality education and how it would contribute to the development of a sustainable civilized society.

Orators Club Meeting



In collaboration with the members of the Triyog Gavel Club, Triyog Orator's Club is providing a perfect public speaking platform to the students of Grades IV, V, and VI.

Triyog Orator's Club organized its 6th Meeting on March 8 on the theme 'International Women's Day'. All the speakers presented outstanding speeches, and the other role-players carried out their roles perfectly in the meeting. The meeting was reviewed by different teachers and was hosted by the Triyog Gavel Club President Arya Marasini.

Professional Development

Action Research



Teachers from the Middle School got themselves engaged in the in-house session conducted by the Block In-charge on the topic of action research. The objective of the session was to get the teachers acquainted with the basic process of action research and the techniques of figuring out the problems faced by the teachers and figuring out an actionable plan to mitigate those problems/ issues.

Session at UNESCO



Social Studies teachers attended an interaction session organized by UNESCO on the topic 'Cultural Heritages & Reliable Sources of the Written Information.' The session focused on the general introduction of UNESCO heritage sites of Nepal and the evaluation criteria of written sources.

Teachers Counselling Session



School's Psycho-social counselors from Shambhavya Foundation conducted a counselling session with Middle School teachers focusing on the ways to deal with socio-emotional aspects of the students through a positive approach.

Project Days



Grade III

Supporting local businesses and purchasing locally produced goods promotes the local economy. Money spent on local products tends to stay within the community, creating jobs and generating revenue.

Learners of Grade III concluded their fourth project day on the topic 'Local Products' on March 20, 2023. They displayed different items that can be made from locally available materials. The intention of their presentations was to highlight the importance of promoting local products, their challenges, and solutions. With the flow of the programme, learners also entertained their parents with beautiful songs and dances.

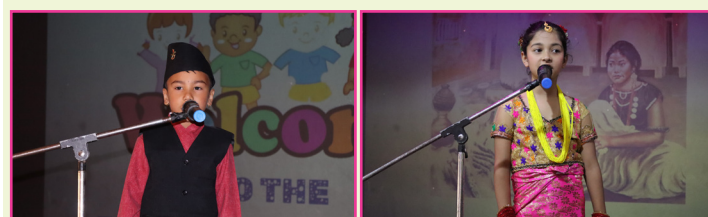
Grade II

Environmental conservation is crucial for human health. Pollution, climate change, and habitat destruction can cause illness and disease. By protecting the environment, we can safeguard our health and well-being.

Our Grade II learners completed their fourth project day on March 19, 2023 on the theme 'Our Environment'. They displayed their learning through songs, dances, poems, skits, and presentations in the programme. They highlighted the causes of deforestation and its effect on the environment. Parents observed the recycled items, project reports, field visit summary, and sample furniture prepared by the students on this theme.



Grade I



KG

Kindergarteners had their fourth Project Day based on the theme 'Professions' on March 3. They performed various acts based on their learning such as speech on a field trip to Aviation Museum, a talk on the topic, representation of different professions, songs, and rhymes. The programme was very fruitful and children enjoyed it a lot.



Understanding the culture of Nepal is essential to show respect to the people of Nepal. Nepal is a diverse country with many ethnic groups, and knowing their customs and traditions will help to interact with them more respectfully.

Grade I learners concluded their final Project Day on March 19, 2023, on the theme 'Our Country, Our Culture'. They explained the different castes living in Nepal, their culture, food, and their festivals. They also demonstrated their learnings to their parents through wonderful dance, song, skit, poem, and presentation performances. Along with the performances, parents also observed the art & craft items and different kinds of food prepared by the students to relate to the theme.



CCA/ECA/Sports/Learning Society Activities

Storytelling Competition



Storytelling is the art of playing with words and creating a fantasy world. It is magic that makes the audience stand in the shoes of the characters.

Our fourth and fifth-grade learners narrated different imaginary and real-life stories with beautiful messages in the finale of Storytelling Competition held on February 15. The stories were narrated in Nepali and English languages. The students used interesting props to bring life to characters.

Inter-House Spelling Contest



Spelling is the fundamental aspect of written communication and an essential skill that enables us to express ourselves effectively. So correct spelling ensures that our messages are clear, coherent, and easily understandable by others.

The students of Grades I to IX exhibited their spelling prowess in different rounds of the spelling contest. The participants were asked to spell the word in seen, unseen, visual, meaning, jumbled, and Nepali spelling rounds. The spelling masters, checkers, double checkers, the spelling recorders, the timekeepers, and the scorekeepers played a vital role in making the contest successful.

House Trophy (Overall)



Houses were awarded trophies for different competitions and Tilicho House was awarded the Best House of the Academic Year 2022/23. The trophies were distributed on the basis of overall performance of each house throughout the session. The trophies bagged by the Houses are as follows:

Badminton – Rara House
Cricket – Rara House
Football – Tilicho House
Table Tennis – Tilicho House

Basketball – Begnas House
Chess – Rara House
Judo – Begnas House
Volleyball – Tilicho House

Prefectorial Body Election

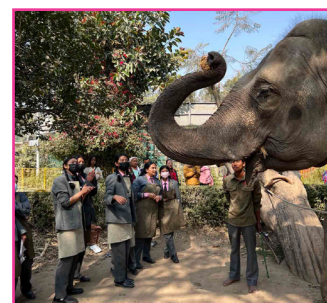


The student prefectorial body is the students' council which plays a significant role and gives students a voice and a platform to express their opinion and ideas. It is also important because it helps to develop leaders and a sense of ownership and belonging among students. It encourages them to become more active and engaged in school life.

Prefectorial Body Election was held on March 16, 2023 for different posts of the Body for the Academic Session 2023/24. The day witnessed an overwhelming participation of students, teachers and student leaders.

Animal Feeding

The member students of the FOZ club went to the Central Zoo located in Jawalakhel to participate in an animal feeding program that is hosted annually by the Central Zoo. The students had a great learning experience where they were given a chance to prepare food, feed and observe different animals.



चेपाड समुदायलाई सहयोग



हाम्रो विद्यालयको सामाजिक सहयोग संस्थामा आबद्ध विद्यार्थीहरूले आफ्नो तर्फबाट जाडोका कपडा र खेलौनाहरू संकलन गरी हेटौडामा रहेका चेपाड समुदायका बालबालिकाहरूलाई सेड द लाइट कार्यक्रमका सम्बन्धित व्यक्ति सरिन श्रेष्ठ मार्फत हस्तान्तरण गरे ।

Blood Donation and Free Health Camp



Triyog Alumni Society successfully organized a Blood Donation and Free Health Camp in the School premises on March 11, 2023, in collaboration with Grande International Hospital. The program got a good response from the donors and society.

Outdoor Learning Excursions



Grade X: Gorkha - Bandipur



Grade IX: Kaulepani-Bandipur



Grade VIII: Dhampus-Kaulepani



Grade VII: Tistung-Kulekhani



Grade VI : Bandipur-Gorkha

To learn beyond the classroom, outdoor learning excursions are essential for students. They help to develop social skills and provide exposure to new experiences. Students get a chance to explore and discover more about their nation. They boost the level of confidence amongst students and make them independent. Our students of Grades VI to X went to historically and culturally significant places during school's winter vacation. The students of different grades were taken to the different destinations.

KG Graduation



Our Kindergarteners, the class of 2023 attended the Graduation Ceremony held on March 24, 2023. Their first year at Triyog High School witnessed them making their presence felt in different activities and progressing in their cognitive, social, emotional, and physical development. The young learners were decorated with sashes and tokens to mark their graduation. It indeed was a very proud moment for parents, teachers and students. Our Kindergarteners are now upgraded and ready to step into the elementary level.

Special Achievements

School Enterprise Challenge



The School Enterprise Challenge is an international programme that helps schools around the world for developing a student-led sustainable business. THS Recyclers (student business team of Triyog High School for School Enterprise Challenge 2022) achieved the Bronze Level Award from Teach A Man To Fish, United Kingdom. The team was guided by Lead Teachers, Mr. Kamal Shrestha and Mr. Anoj Pariyar.

World Scholar's Cup 2023



Our scholars achieved glorious results in different events of the Kathmandu Round of the World Scholar's Cup 2023. Five Junior and Five Senior Division Teams participated from School. The event was coordinated under the guidance of Mr. Kamal Shrestha. One of the Junior Division Teams (Team 377) comprising of Sampada Subedi, Kinshu Shrestha, and Ipsita Rana secured illustrious positions; Second in Team Challenge, and Third in Overall Junior Division. Multiple teams from School are qualified for the global round and are preparing for it.

Makerspace Team-Marching Onward



Our Makerspace students displayed the concept of enhancing the livability of the citizens of Nepal by designing the sustainable and practical methods while preserving the cultural growth of the city. They secured the Second Position in the 11th South Western Science Exhibition and Career Management, 2023 for a model which projected the above mentioned.

QKS Sports Meet 2022



Our students performed spectacularly in the 2nd QUALITY KATHMANDU SCHOOL (QKS) SPORTS MEET 2022. The Players' determination and great athleticism led School to a glorious achievement. The School was awarded First Position Trophy for Triple Jump, High Jump, Javelin Throw, Shot Put, 100 M Race, 400 M Race, 800 M Race, 4×100 Relay and Hurdles, Second Position Trophy for the 200 M Race, and the Third Position Trophy for Long Jump. Players received Gold, Silver & Bronze Medals and Certificates for individual achievements in the events.

The team of Makerspace secured the second position in the Management & IT Exhibition and Competition at KIST Fair-2079. The participants of Art and Craft Exhibition also secured the second position in the same event. The event was held on February 3, 2023.



The Makerspace team of Triyog High School has given several remarkable presentations in different national and international competitions. Subham Hamal of Grade X participated in the First Global Challenge Robotic Olympic held in Geneva, Switzerland. RAN (Robotics Association Nepal), the partner organisation, awarded all the participants of different competitions with certificates in a programme held at School.

KMC Slam Poetry



Aashna Hadakhale and Soniya Niroula secured the First and the Second Position respectively in the Inter-school Slam Poetry Competition organized by KMC School on December 28, 2022. The participants were guided by Mr. Lalkesh Panday.

National Table Tennis



Our students Sairus Adhikari and Saral Shrestha performed outstandingly in the 12th Purnaman Bajracharya Memorial National Open Table Tennis Competition organized by the All Nepal Table Tennis Association. They secured the second position in the Doubles Category and the third position in the team event in the U-16 category.

International Painting Contest



Two of our participants, Peeyush Lamgade and Rikma Thapa's art work were selected as the Special 8 arts in the "Sanskriti Ke Rang" International Painting Competition organized by Charu Castle Foundation, Uttar Pradesh, India. They received medal and certificate for their achievement whereas other participants received certificates for participation. Students were guided for the competition by our Art Teacher, Mr. Subas Shrestha.



Key Dates (April 2023 onwards)

April 8 & 9	Books Distribution for Grades KG to V
April 9 onwards	Uniform Distribution
April 10 & 11	Books Distribution for Grades VI to X
April 19	Teachers' Orientation Starts
April 23	New Parents' Orientation
April 24	School Re-opens for New Academic Session



नयाँ वर्ष २०८० सालको
शुभकामना