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TRIOG

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,

I would like to start by sincerely thanking all our students, teachers, staff, and parents for the incredibly warm welcome I have received since joining as your new Principal. It has been an enriching experience to connect with many of you, especially during the recent Class Day events, Prize Distribution and the parental counseling session with Sambhavya for Grades IV to X. Such opportunities to engage directly with parents reaffirm the strong partnership we share in supporting our students' academic growth and well-being.

Academically, I am pleased to witness the dedication and enthusiasm among our students and teachers alike. The recent dialogues with all the teachers have deepened my understanding of the challenges and aspirations within our community. Together, we will continue striving for excellence and creating an environment where every student can thrive intellectually and personally. I encourage students to maintain their focus on studies and take advantage of the rich learning resources available here at our school.

Beyond academics, it brings me great joy to see our students actively participating in Sports Week and various extracurricular activities. Engagement in Extra-Curricular Activities (ECA) and Co-Curricular Activities (CCA) not only helps nurture talents but also fosters teamwork, leadership, and discipline. Our school's commitment to holistic development is evident in these vibrant programs, which play a crucial role in shaping well-rounded individuals. I urge all students to keep exploring their interests, balancing sports, arts, and academics responsibly.

Discipline remains a cornerstone of our school culture, ensuring a safe and respectful learning environment for all. I appreciate the continued cooperation from students and parents in upholding our school's values and rules. Moving forward, I look to work closely with everyone to strengthen our community spirit and cultivate an atmosphere where respect, responsibility, and kindness guide daily interactions.

I look forward to meeting more parents and guardians in the coming weeks and months. Together, we can enrich our school culture and build a nurturing space where every member feels valued and empowered. Thank you once again for your support and trust.

Regards,

Chandrayan Pradhan Shrestha

Graduation Ceremony - SEE Batch 2081



We proudly celebrated the Graduation Ceremony of SEE Batch 2081 on August 31, 2025. The event was graced by our esteemed Chief Guest, Prof. Dr. Upendra Kumar Koirala, along with senior leaders, teachers, parents, and students.

The program included songs, speeches, and vibrant cultural performances, highlighted by the Valedictorian Speeches, where students shared inspiring reflections on their journey. Awards, medals, sashes, mementoes, and certificates were presented to outstanding students and teachers in recognition of their dedication and achievements.

Celebrations @ Triyog

Guru Purnima



The school resonated with devotion and gratitude during the Guru Purnima Celebration, a day dedicated to honouring teachers. Students expressed appreciation through Guru Bandana, speeches, skits, dances, and songs. The heartfelt celebration, led by Grade X students, beautifully reflected the deep bond between teachers and learners, a true tribute to the mentors who guide and inspire.

Shree Krishna Janmashthami



Our preschoolers celebrated the birth of Lord Krishna, the eighth incarnation of Lord Vishnu. On that holy occasion, the little ones were decorated in dazzling costumes of Krishna and shared his popular childhood stories.

Dashain-Tihar



The School rejoiced in the joy of the great Nepalese festivals, Dashain and Tihar. On that joyful occasion, all the students, teachers, and staff exchanged their wishes with each other. From putting Tika and Jamara to singing Dashain and Tihar songs, all filled the spirit with the utmost pleasure.

Professional Development

QKS - Teachers' Workshop



Our Teachers and Block In-Charges attended the Professional Development Workshops on Elevating Education for Excellence and Contemporary Leadership conducted by Quality Kathmandu Schools (QKS). These workshops highlighted redefining education through purpose, innovation and deep-rooted wisdom and were facilitated by an International Trainer, Mr Anand Krishnaswamy.

Field Visits

Environment Observation



The students of Grade III paid a visit to the Bishnumati River and Chandeshwori Temple area as a part of their theme-based study on our environment. The trip painted a vivid picture in their young minds, showing that the Earth, when cared for, blooms with beauty, but when neglected, cries out for help.

सङ्घीय संसदको शैक्षिक भ्रमण



कक्षा १० का विद्यार्थीहरूले सङ्घीय संसदको शैक्षिक भ्रमण गरेका थिए, जहाँ उनीहरूले जनताबाट निर्वाचित प्रतिनिधिहरूको प्रत्यक्ष बहस अवलोकन गरे। यस अनुभवले उनीहरूलाई कानून निर्माण प्रक्रिया, जनप्रतिनिधिहरूको भूमिका, र प्रजातान्त्रिक सहभागिताको महत्वबारे जानकारी प्राप्त भयो। यो भ्रमणले संसदको कार्यप्रणाली र राष्ट्रिय निर्णय प्रक्रिया सम्बन्धी उनीहरूको बुझाइलाई व्यवहारिक रूपमा विस्तार गर्‍यो। शिक्षकलाई जीवन्त र प्रभावकारी बनाउने यस खालको अनुभव विद्यार्थीहरूका लागि अत्यन्त उपयोगी र प्रेरणादायक रह्यो।

Understanding Plantlife at Botanical Garden



The students of Grade IV were taken to the Godawari Botanical Garden as a part of their theme-based learning. This visit provided an unforgettable educational experience that nurtured both curiosity and environmental responsibility. Our young botanists explored Godawari's lush gardens, uncovering the secrets of plant life and sustainability. Our students observed, questioned, and discovered the wonders of biodiversity, plant conservation, and the beauty of Nepal's flora.

Class Day - Grade X



The students of Grade X celebrated the Class Day with a lively and engaging programme on July 25, 2025. The event opened with welcome remarks and moved into a well-curated lineup, including the National Anthem, school song, and a variety of performances. Students showcased their talents through instrumental music, cultural and modern dances, poetry recitations, dramas in English and Nepali, and musical performances. The event reflected the creativity, coordination, and spirit of the students.

Class Day - Grade VIII



The students of Grade VIII came together to celebrate their Class Day on August 8, 2025 with enthusiasm, creativity, and a strong sense of unity. The event was a beautiful blend of joy, artistic expression, and lasting memories, leaving a meaningful impression on everyone present. The celebration featured a vibrant array of performances, including cultural, modern, and pop dances, group songs, an orchestra, and captivating plays in both Nepali and English. Students also showcased their talents through a magic show and heartfelt poetry recitations. Each performance reflected the students' dedication, creativity, and the collaborative spirit they developed while preparing for the event.

Museum and the Artefacts



As part of extended classroom learning, the students of Grade VIII visited Swayambhunath Stupa, the Natural History Museum, the National Museum, and the Military Museum. During the visit, they observed a variety of artworks, statues, ancient coins, and preserved specimens of organisms. They also explored ethnographic and archaeological artefacts, enriching their understanding of history, culture, and biodiversity.

Values at Oldage Home



The students of Grade III visited an Old Age Home named Divya Sewa Niketan located at Golfutar, Kathmandu. The home currently provides care and comfort to 13 elderly women, each with her own unique story and journey. Through heartfelt conversations, the children realized the immense value of grandparents in our lives, as storytellers, wisdom-sharers, and loving companions.

Exploring Chovar



The students of Grade IV had a field visit to Manjushree Park at Chovar, Kirtipur and explored its natural beauty, historical significance and cultural heritage. Observing the beautiful views of the surrounding hills, the iconic Adinath Lokeshwor temple, the historic Chovar Gorge and local biodiversity provided the children with an educational and recreational experience.

Learning at ICIMOD



The Grade VI students participated in an educational field trip to the International Centre for Integrated Mountain Development (ICIMOD). The visit provided students with valuable insights into mountain ecosystems, climate change, and sustainable development initiatives. Through informative sessions and guided exploration, students gained a deeper understanding of environmental conservation and the importance of preserving natural resources for future generations.

Insights on Sustainable Urban Planning



Grade VII students visited Suncity Apartment as part of their educational field trip. The visit provided practical insights into modern community living, waste management, and sustainable urban planning. Students observed how thoughtful design and responsible practices contribute to a well-managed residential environment.

Community Visit



The young learners of Grade II visited the community around the school, meeting people involved in different occupations like the security guards, shopkeepers, traffic police, barbers, cleaners, butchers, etc. It helped them understand the equal importance of all occupations in a community.

Hemp Factory Visit



The third graders visited the Ganesh Hemp factory at Budhanilkantha, Kathmandu, for their theme based study on 'Local Products'. They observed various items made of hemp like clothes, bags, socks, slippers, wallets, noodles, pickles, and soap. This fun-filled educational trip helped the children understand the importance of local products for the development of the country.

Interactions

Youth Involvement in Environmental Protection



Grade VI students had the opportunity to interact with Ms. Shreeya KC, a Socio-Climate Justice Activist and Youth of the Year 2022 awardee. She shared her inspiring journey in climate advocacy, emphasizing the importance of youth involvement in environmental protection. The engaging session encouraged students to adopt sustainable habits and become active contributors to a greener, fairer world.

Parenting Session



The Middle School hosted an engaging session for parents on helping preteens develop responsibility and self-discipline. Conducted by Middle School In-charge Mr. Nikendra Gurung and School Counselor Mr. Purushottom Thapa, the session offered practical strategies to guide children toward independence while maintaining supportive guidance. Parents left inspired with actionable tips to foster accountability, self-reliance, and confidence at home, strengthening the vital school-home partnership.

Earth Heroes, Eco Warriors



Our Grade IV students enjoyed an inspiring session with environmental activist Ms. Subhigya Paudel, who taught them about pollution, deforestation, and climate change through fun, interactive activities. She also encouraged them to recycle, save water, reduce plastic use, and become responsible 'Earth Heroes' and 'Eco Warriors'.

Sustainable Development



Grade VII students participated in an insightful interaction with Mr. Ranjan Raj Dahal, a research-oriented expert in environmental conservation and landscape planning. He shared valuable knowledge about sustainable development and the importance of preserving natural ecosystems. The session inspired students to think critically about environmental issues and explore ways to contribute to a greener future.

Menstrual Health and Hygiene



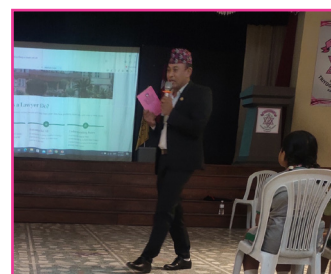
Our Grades IV and V students had an informative session on menstrual health and hygiene. Ms. Laxmi Karki from 'The Small World' led the session as a part of the Period Friendly Nepal initiative. The young minds, normalising conversations, resolved their inquiries about periods.

Cyber Safety



Middle School students participated in an engaging interaction session with the officials from the Cyber Bureau to learn about cyber safety, responsible internet use, and cyber laws. The officials shared valuable insights on protecting personal information, identifying online threats, and avoiding cyberbullying. Students were introduced to the legal consequences of cybercrimes and the importance of ethical online behaviour. Real-life case studies helped them understand the seriousness of online risks.

Understanding Professions



The students of Grade III participated in an interactive session with some of our parents from Grade III. The session was designed with an objective of broadening the understanding of the young learners on the world of work with different professions in our society.

Our Community



The students of Grade II had an interactive session with the support staff of our school based on the theme, 'Our Community'. It helped them recognize and appreciate the contribution of all members of the school community for creating an appropriate learning-environment at school.

Communicable and Non-Communicable Disease



The students of Grade III interacted with our parents on the topic 'Communicable and Non-Communicable Diseases: Causes and Preventive Measures'. The session was designed to enhance awareness about hygiene, health and disease prevention. The young children were inspired to adopt healthy routines and promote healthy habits.

High School Matters



The students of Grades IX and X participated in an insightful session on the topic 'High School Matters'. The session was led by two inspiring speakers, Sameen Shakya, Guidance Counsellor, Trinity International College, and Oshin Panday, Triyog Alumna, UWC Mahindra Pune graduate and a Full-Ride Scholar at the University of Oklahoma, USA. The students were actively engaged, asking thoughtful questions and gaining clarity about their future paths. The speakers shared their experiences, answered questions, and guided students for their academic journey.

बालसाहित्यकार यशु श्रेष्ठसँग



कक्षा ५ का विद्यार्थीहरूको बालसाहित्यप्रतिको ज्ञान र रुचि वृद्धि गराउने उद्देश्यले वरिष्ठ बालसाहित्यकार यशु श्रेष्ठसँग अन्तरक्रिया कार्यक्रम सञ्चालन गरियो। उक्त अन्तरक्रियामा साहित्यकारले आफ्नो अनुभव विद्यार्थीहरूसँग साझा गर्नुका साथै उनीहरूलाई गहन पढाइ र लेखाइको लागि प्रोत्साहित गर्नुभयो।

Co-curricular Activities/Extra Curricular Activities/Sports

QKS Art Exhibition



Brushstrokes of brilliance and visual stories painted with passion by our creative artists were displayed in the QKS Art Exhibition 2025 held from July 22 to August 5. Our young, passionate illustrator participated in this event, and learned a lot from this opportunity.

Judo Grading



Our Judo practitioners showcased their abilities in basic knowledge, technical skills, and mental skills during the Judo Grading held on July 20 and 22, 2025. Judges evaluated their Ukemi, Nage-Waza, Katame-Waza, Gatame, and overall discipline as part of the assessment for level advancement.

Maths and Science Olympiad



The Science and Mathematics Olympiad 2025 was held with great enthusiasm, bringing together some of the brightest middle school students to showcase their talent, curiosity, and problem-solving abilities. The event featured a series of stimulating rounds designed to test scientific reasoning, mathematical logic, and creative thinking. Students participated with remarkable energy, exploring fascinating topics across physics, chemistry, biology, and mathematics.

Debate Competition



Our quick-witted debaters brought sharp logic and powerful arguments to the Senior School Inter-House Debate Competition, held in August. Their exchanges of points and counterpoints showcased strong critical thinking and turned the event into a dynamic battle of ideas.

Solo Singing Competition



Our junior school students took center stage and impressed everyone with their beautiful voices and heartfelt performances in the Solo Singing Competition organized on September 25, 2025. This competition was not just about winning, but about celebrating confidence, creativity, and the joy of music.

Nepal-China Student Exchange Program



We were proud to host a group of 59 students and 15 officials from Yinghua Academy, Tianjin, China, at our school for an Intercultural Student Exchange Program on July 17, 2025. This program celebrated the 70th Anniversary of Nepal-China Friendship.

The Chinese group was welcomed in a typical Nepalese style, accompanied by a live musical ambience of Newari musical instruments in the background. Our students presented musical and dance performances for them and celebrated together the beauty of Nepalese culture. They also exhibited Nepalese artefacts, offered Nepalese food and recommended many majestic places to visit in Nepal and showed them on a tourist map.

This program encouraged meaningful connections, fostered mutual respect among cultures, and promoted global understanding.

5th Triyog Inter-School Chess Competition 2025



The 5th Triyog Inter-School Chess Competition, held on July 20 and 21, 2025, brought together brilliant young thinkers, maestros of tactics, and talented chess masters from across the city. This tournament aimed to nurture strategic minds and build focus, discipline, and resilience through intellectual sport. Over 400 chess masters from 52 schools participated in the chess competition to showcase their talent, utilising problem-solving skills, sharp minds, observant behaviour, strategic moves, thrilling brainpower, and unmatched abilities to outplay their competitors. The tournament took place under the supervision of chess instructors and experienced arbiters from the Nepal Chess Federation.

After intense rounds of matches, Manakama School grabbed the title in the Grade VIII–X category, Nisarga Batika High School in the Grade VI–VII category, Annapurna Secondary School in the Grade IV–V category, and Euro School, Hattigauda in the Grade I–III category. Individual accolades were also awarded to the best performers in each category.

Project Days

Grade I



The enthusiastic Grade I learners showcased their learnings in their first Project Day based on the theme 'The World Around Us' through various performing arts, reflecting their curiosity, teamwork, and growing awareness of the environment around them.

Grade II



The students of Grade II conducted their First Project Day on the theme 'Healthy Family, Happy Life', showcasing their learning outcomes through creative presentations, heartwarming performances, and colorful displays that reflected their understanding of the importance of family, healthy habits, and the joy of living together in harmony.

Grade III



The students of Grade II conducted their First Project Day on the theme 'Healthy Family, Happy Life', showcasing their learning outcomes through creative presentations, heartwarming performances, and colorful displays that reflected their understanding of the importance of family, healthy habits, and the joy of living together in harmony.

Pre-School



Our preschoolers celebrated their first Project Day with the joyful theme of 'Plants'. The day was a beautiful blend of learning and creativity, where the little ones presented their learnings through various performances that included songs, dances, skits, and presentations. Our little stars shone brightly on stage, leaving the parents beaming with pride and the teachers smiling with joy.

Learning Beyond the Classroom

NCC Induction



30 students from Grades VIII and IX were inducted into the National Cadet Corps (NCC) Army Youth Training Program in the presence of parents and School officials. It helps in instilling discipline, patriotism, leadership, and physical fitness among Junior Division cadets. The training includes introducing students to the basics of military discipline through drill and parade practice, focusing on coordination and posture. The program also covers map reading and field craft, camouflage, and navigation skills. The newly inducted students were inspired by the NCC orientation delivered by Lt. Col. Gokarna Devkota, Bn. Cdr., Purano Gorakh Battalion.

After-School Music Course



Our young instrumentalists completed Level I Musical Instrument training with The Bluegrass Journeymen, a US-based music academy. During two months of training, students immersed themselves in learning and sharpening their instrument playing skills through American country music, utilising structured training, ensemble performance, and cultural exchange. Trainee students showcased their talent and skills by playing several instruments like banjo, mandolin, fiddle, guitar and violin.

Triyog Gavel Club



Triyog Gavel Club has been serving as a crucial platform for the students of Grades VI-X to practice and enhance their communication and leadership skills. In this club, the members, Gaveliers, take turns in speaking, evaluating, and giving feedback to each other.

The club has got its new Executive Committee for the term of 2025-26 in September. Now, this team will lead the club and help the club members develop their skills.

Class Day - Grade V



Grade V students joyfully celebrated their Class Day based on the theme 'Our National Heroes'. The program featured dances, patriotic songs, plays, poems, autobiographical presentations, and more, bringing to life the inspiring stories of Nepal's heroes. Each performance reflected the students' creativity, hard work, and deep respect for the nation's legacy. It was a memorable day that witnessed the talents of the young learners.

Learning Societies in Action

Understanding Human Brain



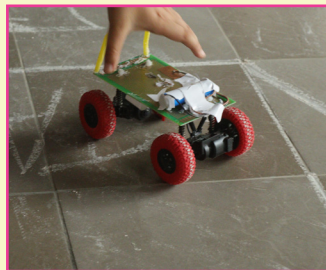
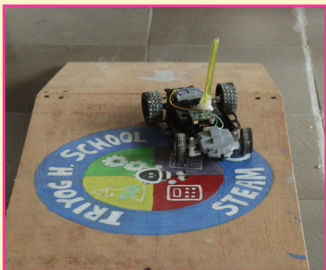
A session on the human brain, focusing on stroke and epilepsy, heightened the understanding of our Grade IX learners. The session was organised by the Triyog Social Service and Health Club in collaboration with Grande International Hospital, Dhapasi. Led by Dr. Raju Poudel and his team, the session provided 133 students with valuable knowledge on brain health and disease prevention.

Caption Writing



Triyog Photo and Journalism Club organised a Caption Writing Competition where the participants showcased their creativity and command over language. Their wit, originality, and ability to convey powerful messages in limited words and explain pictures were truly impressive.

Robo-Race



The creativity of our young engineers was well reflected in their Robo, which raced in Triyog STEAM Club's Robo Race Competition.

Bird Watching



The members of the Triyog Eco Club participated in a bird watching programme organised by the club itself at Ranibari Community Forest. The participants observed a diverse range of bird species while gaining valuable insights into their habitats and behaviours. This visit fostered a deeper appreciation for biodiversity and the importance of environmental stewardship. The club also organised a preparatory discussion session before bird watching, where the participants enriched their understanding of the avian fauna.

Basketball - Free Throw and 3 Point Challenge



Our basketball athletes demonstrated their fine shooting skills in a Free Throw and 3 Point Challenge organised by the Triyog Sports Club. The long-range vision and shooting accuracy of the young stars were commendable.

SDG Exit Events

Grade VI



Grade VI students wrapped up their learning journey with an Exit Event dedicated to Climate Action (SDG 13). The event highlighted students' creative projects, presentations, and ideas on addressing climate change and promoting environmental sustainability. Through this initiative, students demonstrated awareness of their role in safeguarding the planet and inspiring positive change for a greener future.

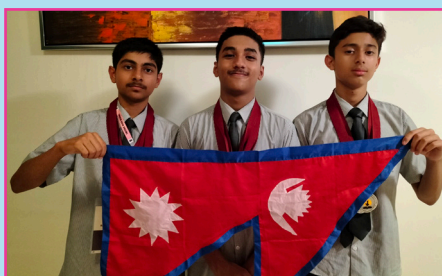
Grade VII



Grade VII students concluded their learning journey with an Exit Event centered on SDG Goal 11: Sustainable Cities and Communities. The event showcased students' understanding of sustainable urban development through presentations, models, and discussions. It highlighted their innovative ideas for creating inclusive, safe, and resilient communities, reflecting a strong commitment to building a sustainable future.

Achievements

World Scholar's Cup 2025 Bangkok Global Round



We are immensely proud of our two Junior Teams - Adiksh Silwal, Aarush Bhandari, Satwik Katwal, Sneha Manandhar, Shreyan Karki, and Himamshu Baniya - and our Senior Team comprising Sparsh Thapa, Aayan Shrestha, and Roshik Poudel for their outstanding performance at the World Scholar's Cup, Bangkok Global Round, which was held from June 27 to July 2, 2025. These teams participated in various events, including team debate, collaborative writing, scholar's challenge, and scholar's bowl. They proudly represented the School and the country in the event. Besides winning the medals, they embraced this platform to connect with a global community, sharing knowledge, ideas, and culture. The teams were accompanied by the debate judge, the Student Enrichment Coordinator, Mr Kamal Shrestha.

Honoured by PABSON in Kathmandu District



Mr. Deepak Khatri
Highest Average GPA
in C. Maths



Ms. Pratishtha Pandey
Highest Average GPA in
English



Mr. Prakash Pant
Highest Average GPA in
Social Studies



Prasanna Basyal Sulav Subedi Aadarsha Raj Bista

Mr. Purna Chandra Pangeni
Highest Average GPA
in C. Maths

Mr. Anoj Pariyar
Highest Average GPA in
Economics

**SEE 2081
Outstanding Award
GPA 4.00**



Alvin Khanal
1st Runner Up Golden Star
Kids International



Swostik Tandul
Bronze Level Award
Duke of Edinburgh's International Award

**Aesna Gaha - Venus Thapa - Bibhan Shakya - Samanyu Chhetri -
Prasoon Malla - Faizaan Hussain**



**Third Position
Wushu Heroes Junior - 1st Open Taolu Wushu Championship 2025**

Triyog Model United Nations 4.0



Triyog Model United Nations 4.0 was conducted successfully on September 19, 20, and 22, 2025. This event brought the young delegates together who were engaged in meaningful discussions on global issues. Throughout the event, participants demonstrated strong diplomacy, critical thinking, and teamwork.

The delegates contributed actively to committee sessions, presenting insightful arguments collaborating to find solutions. Their participation reflected the true spirit of leadership and global citizenship.

The event proved to be a valuable platform for learning, dialogue, and growth, showcasing the potential of our students as the voices and leaders of tomorrow.

Key Dates (December 2025)

December 24	Musical Ensemble
December 30	PTM - Second Unit Test / BEE & SEE Pre-Qualifying
December 31	Winter Break Starts
December 31	Winter Camp / Sports Training / Coaching

TRIYOG HIGH SCHOOL



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