



Message from the Principal

Dear Parents and Guardians

It gives me immense pleasure to address you through the first Newsletter of the Academic Session 2020-21. What a year this has been for all of us! A situation that we had never seen coming hit us and we were left looking for answers in our professional and personal lives. At School, it was definitely an unprecedented scenario. Starting with the 2076 SEE examinations being cancelled, we had to close school and suspend all academic and administrative activities. Thankfully we could conclude the previous session well. From then on, we had to strategize for the next session, in a manner that we had never done before.

I feel proud of the team of school leaders, managers and teachers that came together to ensure that our teaching-learning process continues as usual. Over the past six and a half months we have evolved as professionals to an extent that we never imagined we could. Our teaching-learning process and mindset has undergone a massive evolution. In this, the students and parents have played a crucial role of supporting our endeavours, and we couldn't be more proud of everybody.

Alongside content teaching, we have made multiple efforts so that our students continue to learn holistically. Therefore our numerous experiential learning activities and co-curricular activities ensure that learning is integrated with various life skills and experiences. This is the way to the future. Alongside, our technological advancement is something that we are proud of and we will continue to strengthen our 'blended learning' platform that will be a fantastic combination of content, technology, and experiences – in the physical and/or digital setup. We will continue to innovate keeping "21st century experiential academics" as the core component of the school. All our energies, policies, and structures will be based around this.

I feel privileged to wish you all a very happy and prosperous Dashain and Tihar. God bless you all. Stay safe!

Niladri S. Parial

Academic Initiatives

Asynchronous Learning:

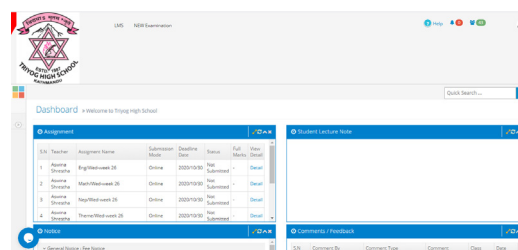
As per the School Calendar for the New Academic Session we started with remote learning from April 22, 2020 in asynchronous mode. Learning content and assignments were uploaded on the School Learning Management System (LMS) by the teachers. Teachers designed activities, collected relevant materials and uploaded in the LMS for students to start learning. The School LMS is continuing to be used for uploading study materials, assignments, and receiving students' assignments, and receiving assignments from student and also for communicating any important messages. Prior to start we ensured that tutorial videos were made available to students and parents, so that they could get used to the "new way" of teaching-learning.

Synchronous Learning:

The shift from ASYNCHRONOUS to SYNCHRONOUS teaching was a big leap. It required immense effort on the part of teachers and the school administration as a whole new mindset and skills were required.

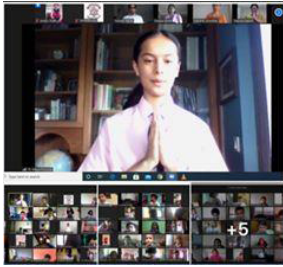
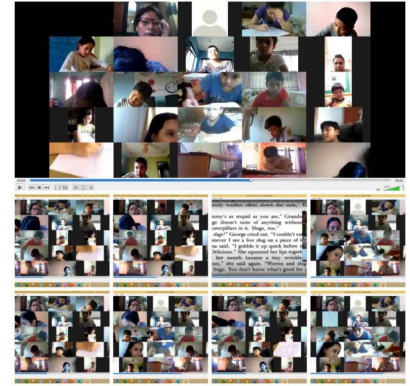
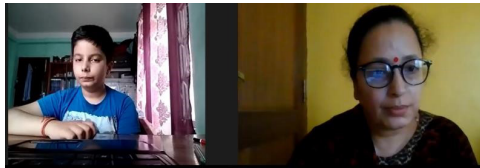
The Primary Block started synchronous mode of teaching from 4 May. At present Primary Block students are taking three classes per day. Junior School started the synchronous session from 3 May. The Middle School started live interaction with students from 7 May. The initial two weeks were invested to make students comfortable in online platforms. Then, teachers gradually shifted their interaction to academic teaching-learning from May 18. Full-fledged synchronous learning classes for the Senior Block started from 11 May with live interaction between teachers and students. Initially two sessions per day were allotted, and currently the students take four classes per day.

The virtual classes that are being conducted are as per the guidelines of National Curriculum Framework and follow the syllabus structure that is a standard feature of the school. We are continuing to review the framework of online classes to see how we can make them better and more effective with learning outcomes as per the curricular framework.



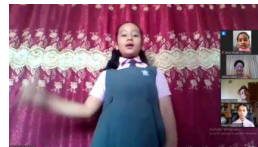
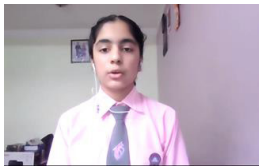
Assessment Milestones:

We have completed one round of online assessment with our students and are currently continuing the second round of Formative and Continuous Assessments. The assessments include written test, oral tests, quizzes, multiple choice questions, projects, class presentations, reading aloud, among others. The students who missed their tests were contacted individually by teachers. The first round of results were disseminated and Parent Teacher Meeting held virtually on 12 September.



Block Assemblies:

Weekly Block Assemblies are conducted for all students of the school on different days. These assemblies are led by the Captains of the Prefect Body. All teachers, students, In-charges and Principal attend the assemblies. This is a platform for students where they take turns to present and share their knowledge and skills. Besides singing the National Anthem, the School Song, and the Saraswati Vandana the students indulge in presenting activities such as weekly news highlights, English and Nepali poem recitation, prepared speeches, biography-reading of successful people, etc.



Communication with Parents

Parent Orientation Session

We conducted a Parent Orientation Session in the first week of June to familiarize parents with our teaching-learning process, the technology used in doing so and mechanism of communication with teachers and other officials. Class Teachers made detailed presentation to make parents aware of all the mechanisms used in the teaching-learning process.

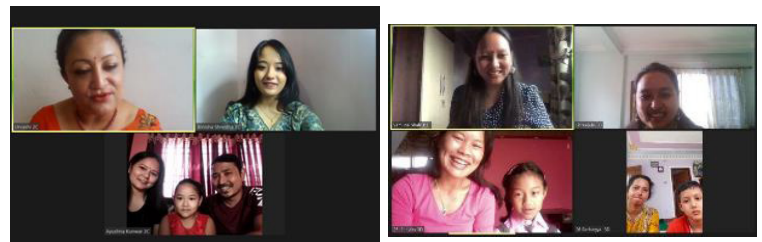


Weekly Updates

The Block In-charges have been sending weekly update emails to parents regularly from May 24 which includes major activities of the week and subject-wise learning outcomes. This is to ensure that parents are aware of the progress made by their children, which is as per the block plan of teaching and learning.

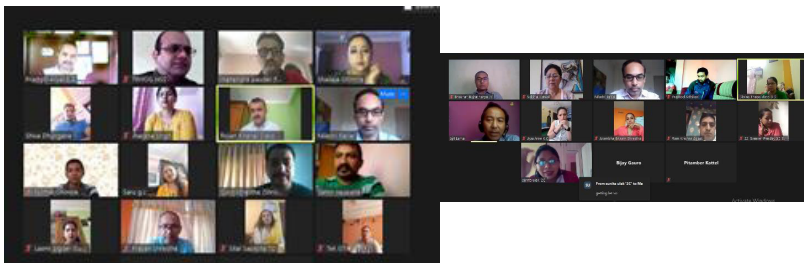
Parent Teacher Meeting:

We invited all parents of school students to discuss the progress of their ward with the Class Teachers and concerned Subject Teachers on 12 September. This virtual session was very helpful for parents and teachers as they could discuss the progress and challenges faced by students and also discussed academic solutions.



Meeting with Parent Representatives:

We conducted a virtual meeting with Parent Representatives from September 24 to 26, 2020. Respective Block In-charges presented the summary of academic and co-curricular achievements made till date. Then, the School Principal made administrative announcements. Parents were also asked for their feedback one by one. During the meeting, all parents expressed their gratitude to the School family, especially teachers, for the successful conducting of teaching-learning and co-curricular learning activities virtually.



Our Communication Mechanism

The School Administration has been active in reaching out and communicating with parents via personalized phone calls, especially to students and parents who might be facing difficulties with virtual classes or assignment submissions. This is supplemented by the telephone calls, SMSs, and instant connectivity via Viber. The Block In-charges, Class and Subject Teachers make routine phone calls to support children and parents. Any child or parent seeking the help of teachers or administration is provided immediate help. This ensures that no parent or child associated with Triyog is left behind.



Interaction Programs

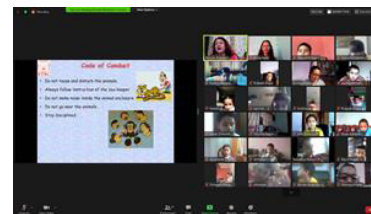
Interaction Programs that have been a standard feature of Triyog's Integrated Learning Framework supplements subject content teaching that is conducted by our academic teachers. We believe that meaningful interactions with subject/sector experts and can deepen learning and broaden the thinking horizon of our students.

Primary School

On 8 July, the students of Grade II had an interaction session with the personnel of "The National Zoo" Jawalakhel. The children learnt about the eating habits of animals, how they are taken care of and how they have been brought to the zoo.

On 5 July Grade II organized an interaction program related to the topic "Profession". Various sector professionals like doctors, engineers, architects, and army officer, were invited to the program. The children came to know about their duties and responsibilities and commitment toward the society.

The students of Grade III had an interactive session with the representative of Ward Office, Ms.Urmila B.K . She explained the responsibilities of the ward office and answered the questions asked by the students. The students were able to collect the information regarding the various activities performed by the Ward office in Ward No. 6.



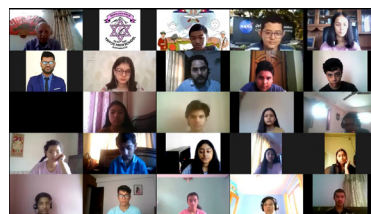
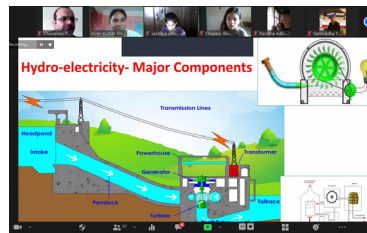
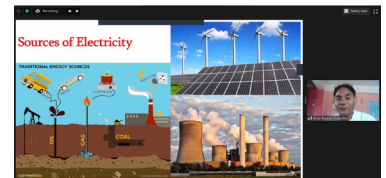
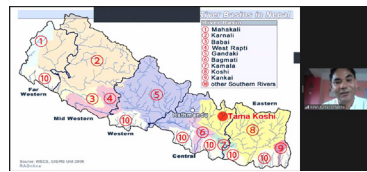
Junior School



For the learners of the Junior School, an interaction session was organized with the Ward Chairperson of Bajjnath Rural Municipality. They understood the organizational framework of the Rural Municipality and its responsibilities towards the development process.

Middle School

Students of Grade VI attended an interaction session with Mr. Kiran Kumar Shrestha, Director of Nepal Electricity Authority and CEO of Sanjen Jalavidhyut Company on 3 September. Mr. Shrestha is also a parent. The interaction was mainly focused on discussing forms of energy and its conservation, invention and development of electricity, hydroelectricity and types of hydropower, sources of electricity and its production process, conductors and insulators, and role of Nepal Electricity Authority. They also learned about uses of electricity and its role in our life and development of the nation. This program was integrated with the Science and Social Studies curriculum under the concept of 'Electricity'.



Senior School

With an objective of educating our students with wisdom, expertise and real life perspective, the school had organized a webinar session on the theme 'Establishment of Democracy in Nepal and its Aftermath' with Professor Dr. Shreeram Prasad Upadhyaya for the students of grades IX and X on 3 October. Dr. Upadhyaya is an educationalist, writer and researcher who worked as the Head of Department of History at Tribhuvan University and as a member of University Council and University Commission. He is a prominent author of numerous books on Nepalese and World History. The students were engaged with him learning about his fascinating experience of Nepalese history from the primitive age to the modern time. Professor Upadhyaya's mysterious facts and episodes about our history made the session twice as more fun and enticing. The program was coordinated and moderated by Mr. Prakash Pant, senior school Social Studies teacher.

People's Movement (2046 BS)

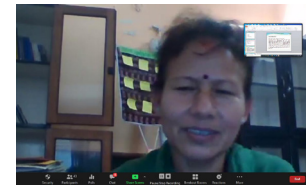
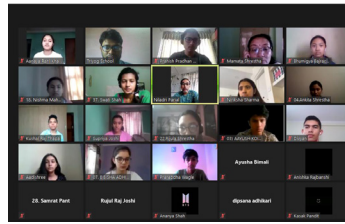
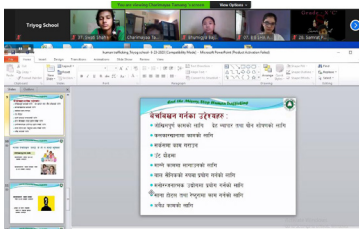
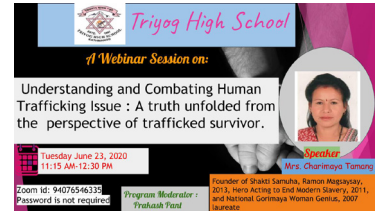


TRIPARTITE TALKS BETWEEN KING TRIBHUVAN, THE RANAS, AND NEPALI CONGRESS IN DELHI



Interaction with Charimaya Tamang

A webinar session entitled 'Understanding and Combating Human Trafficking Issues: A truth unfolded from the perspective of Trafficked Survivor' was conducted to the students of Grade X on June 23 and 24. Mrs. Charimaya Tamang, founder of Shakti Samuha, presented different aspects of Human trafficking in relation to her life incident from a trafficked survivor to savior. She also put forward facts on newer forms of human trafficking existing in the present days. The students inquired on different issues of trafficking, role of Shakti Samuha and even about her personal life story. The session not only provided insights on understanding Human Trafficking issue but also acted as a fantastic motivation and inspiration to all that attended. The session was moderated by senior school Social Studies teacher, Mr. Prakash Pant.



Experiential Learning Activities

Projects and Experiments

Based on the topics taught in the class, students were assigned with projects for deeper understanding of the topics. At the completion of the project, each child was given an opportunity to present their findings and share their project during the live virtual classes. Some of the projects done by the various Grades are listed below.

KG

The students made booklets as projects on topics such as Shapes, Wild Animals, Domestic Animals, Water Animals.

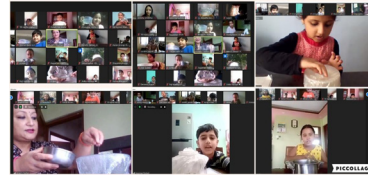
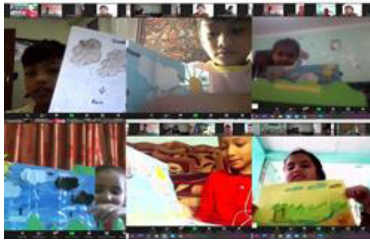
Grade I

The students of Grade I were given to make booklets, 3D models, photo frames, birthday calendar, on topics such as Shapes Around Me, All About Spiders, My Farm, My Family.



Grade II

The students of Grade II were given projects to create booklets, 3D models, Photo Gallery, Cooking activity on topics like - My Favorite Dish, Event of my Life, My Neighborhood, Germination of Seeds, When I was Young in the City.



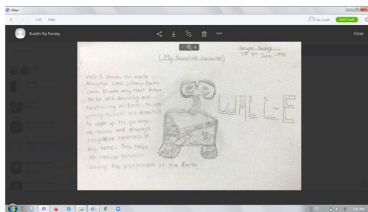
Grade III

The students of Grade III were given projects on topics like - My Family Tree, Leaf, Adaptation of Animals to their Natural Environment, Roots, Flowering and non-flowering plants, Natural Habitats of Plants, Bird Feeder, Natural Habitat of Animals, Feeding Plants.



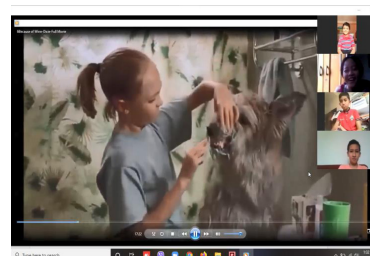
Movie Screening Wall-E

Wall-E was screened for the students of Grade IV. It is a movie based on an imaginary robot responsible for cleaning the earth. From this movie, children learnt about the growing problems of pollution and waste faced by our Mother Earth, making these young minds aware about the destruction caused by humans.



Because of Winn-Dixie

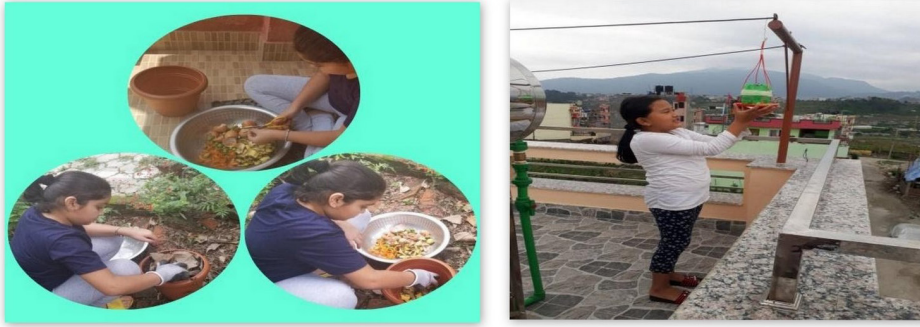
"Because of Winn-Dixie" was screened for the students of Grade V which helped them to get the clear insight on what the novel is all about. This movie is based on their course.



Environment Week

Students from the Junior Block held an environment week - conducting various activities such as creating an environmental awareness video, planting plants, and making homemade compost during the environment week. Students picked up quite a few gardening techniques, while growing close to nature at the same time.

The students also constructed a bird feeder as an extended project-based-learning approach to the topic "Our Environment". Using reusable materials like plastic bottles, toilet paper and cardboard boxes, children made bird feeder and hung it in their garden/terrace. They were delighted knowing that their small efforts will result in a massive impact on nature conservation.



My Gratitude Tree

Students from the Junior Block learned to be thankful and appreciative of all the people who had helped them so far in their life by making a "My Gratitude Tree."



Mindfulness

Students from the Junior Block explored the meaning, techniques, benefits and art of practicing meditation in our life.



Social Awareness

Integrating Wellness Session with Social Studies, a short movie on Chhaupadi was screened in the Junior School. After watching the movie, the children realized that they should be thankful for the wonderful life they currently have at the same time they were also made aware of such malpractices in their country.



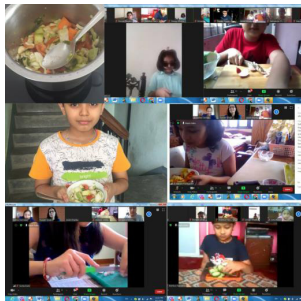
360 Virtual Tours: Complemented with Mindfulness

Mindfulness is the quality or state of being conscious or aware of something. We combined a mindfulness activity with a virtual tour to the Amazon forest. In the video an indigenous local member of a village gives a tour. In the tour students take an almost life-like feel of hiking through the forest, rowing on a boat and many others. The students thoroughly enjoyed the 360 degree videos where they learned about the mighty Amazon forest, and took a virtual tour through the life-like videos. Learners were taken for virtual field trips to understand the importance of biodiversity and famous touristic destinations of the nation.



Learning Basic Life Skills

'Wellness Sessions' that are conducted once a week in the Junior School focus on the development of soft skills and enabling them to learn the rudimentary life skills essential for a good life. We help our children in grooming these fundamental skills which can't be learned solely through academics. There are lots of opportunities to learn from, while staying at home too. This is a fantastic example of teacher-parent-children partnership.



Salad Making



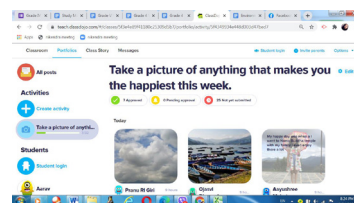
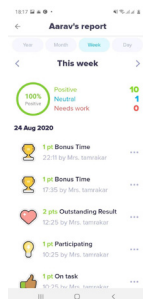
Making Doughnut



Sewing

Class Dojo

Class Dojo is an online behavior management system which has been introduced in the Junior School that is intended to develop positive student behaviors and classroom culture in an online classroom setting. Students earn 'Dojo Points' based on their classroom conduct and assignments. This application helps track students' socio-emotional growth and progress. Additionally, parents can see the progress made by their children instantly through a parent login account.



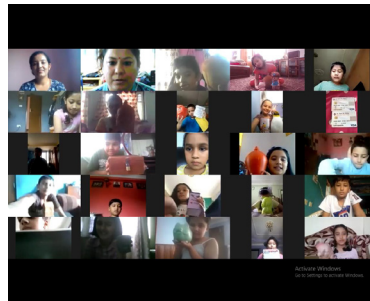
Interview on Gender Equality

Hosted by students, an online interview was conducted between their parents and other family members on the topic of "Gender Equality." The interaction was an opportunity for the students to understand a bit more about the structure of society we are currently living in while having meaningful conversations with their family members.



Financial Literacy

In a session about "Bachat Garnay Bani" learners were taught about the benefits of developing the habit of saving. To enforce that habit, the children were asked to show their savings gradually increase inside their piggy bank.



Dignity of Labour

As a goodwill gesture and to teach our learners that all occupations and professions should be equally respected, they were asked to make a 'Thank You Card' for the people of different occupations. Through their cards, they expressed their gratitude to the real heroes of our society like doctors, nurses, police, media persons, garbage collectors, for their selfless services.

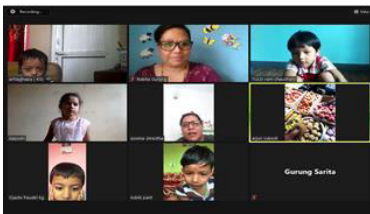
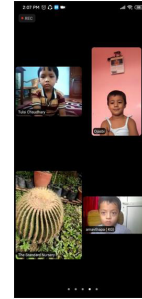


Live Virtual Trips

The Interaction Programs that have been a standard feature of Triyog's Integrated Learning Framework supplements subject content teaching that is conducted by our academic teachers. We believe that meaningful interactions with subject/sector experts and can deepen learning and broaden the thinking horizon of our students.

KG - Visit to Standard Nursery

On 4 September, the students of KG had a virtual tour of Standard Nursery, located at Bansbari, Kathmandu. This theme based virtual tour was about types of plants and flowers. The tour was conducted by Mr. Dibesh Bhakta Shrestha. From this tour children got to know more about different types of plants and flowers.



KG - Visit to a Fruit Market

On 18 September, 2020 children of Kindergarten had a theme based virtual tour of a fruit market located at Kharibot, Samakhushi. The children had an opportunity to see the fruits displayed for sale and identified them. They also observed the process of making juice from different fruits.

KG - Visit to Tayama Vegetable Farm

On 25 September children of Kindergarten had a theme based virtual tour of 'Tayama Vegetable Farm' located at Godawari. Mr. Devin guided the virtual tour. He showed many seasonal vegetable plants that were grown in the farm. Children were able to observe and identify vegetables and got some information on how these plants are grown.



Grade I Visit to the Tiger Lily Petting Farm

On 2 July, children of Grade I had a virtual tour to Tiger Lily Farm, where they interacted with the founder and owner of the farm Mr Rajendra Upreti. Mr. Upreti helped the children take a tour of the farm, virtually. The visit was based on the topic 'Farm animals' which added knowledge to the children about farmers, farm and farm animals. They also learnt about the different habitats that can be created in a single farm.

Grade I Visit to a Joint Family

On 20 August, the children of Grade I had a virtual visit to one of their classmate's family. This was based on the theme "My Family" as a part of their curriculum. During this visit, they were introduced to all the family members of the joint family. They learnt about the role and contribution of each family member. They also had a question and answer session where they asked questions to the grandparents about their childhood. They were able to interact freely with the family members. The Triyog Family would like to thank the family of Prajwal and Sayesha for providing us the opportunity for the virtual visit.

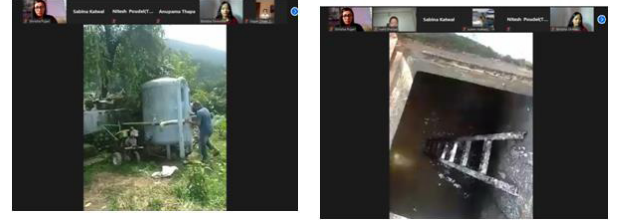


Grade I Visit to Triyog High School

Based on the theme “Our School” the students of Grade 1, who are mostly new to Triyog, visited their own school. They got an opportunity to see all of the school physical infrastructure including the classrooms, halls, playground, and other facilities. The children were very excited to see their school.

Grade II Visit to “Khanepani Sarsafai Yojana” - Waling, Syangja

On 14 September children of Grade II attended the virtual tour to “Khanepani Sarsafai Yojana” located at Waling, Syangja. Children observed and learnt how water is filtered through different processes before it is sent to our houses for the household purposes. The children also developed an understanding of why it is important to take care of our water resources.



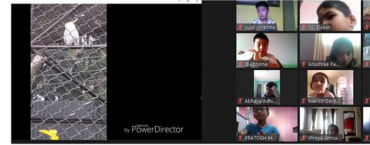
Grade III Visit to Ghandruk (Mountainous region), Sankhuwasawa (Hilly region) & Parsa (Terai region)

The students of grade III were taken to the live virtual tour under the topic “Landforms” on 28, 30, and 31 August. They visited Ghandruk of the Mountainous Region, Sankhuwasabha of the Hilly Region and Parsa of Terai Region. They observed the lifestyles of these places where they got to know about the food and crops, clothing, animal husbandry, roads, types of houses, sources of income, festivals and the special utensils. Our students interacted with the local people of those places and collected a lot of firsthand information.



Grade III Visit to the Zoo (Bird section)

On 3 and 4 September, the students of Grade III went for a virtual tour of the zoo. Mrs. Renuka Bhandari shared the information on species of birds, natural habitat, food habits, adaptation, types of beaks and claws, lifespan, movement, distance and the height covered by birds while flying and conservation of wildlife.



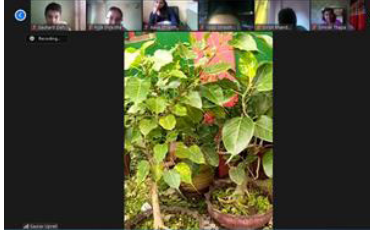
Grade IV Bingo Activity

To embed in the students the attitude of responsibility and positive behavior, learners from Grade IV were handed a "Let's help each other Bingo" and asked to perform the tasks mentioned in it. They did all those tasks: making their beds, polishing their shoes, creating thank you cards for their parents and a lot more with so much dedication and enthusiasm - it was truly heartwarming for us to see the happiness these simple acts of care could bring to a family.

Grade V Sustainable Development Goals: Clean Water and Sanitation

The learners from Grade V drew and also prepared some interactive videos along with their family members discussing the importance of clean drinking water and the measures they have adopted to conserve it. Besides, they focused on the importance of good health and sanitation as well.



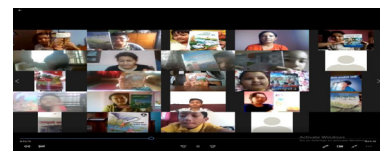
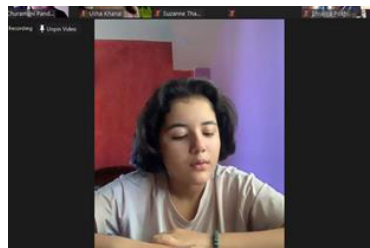


Grade VI visit to Floriculture Farm

As a part of their integrated learning program, students of Grade VII had a Virtual Tour to a floriculture farm, D & D Bioplant Tech, situated at Mechinagar, Jhapa, on 10 September. This tour was integrated with the lesson 'Floriculture' from OBTE in which they got a brief introduction of different indoor and outdoor flowers and plants. They learnt the method of preparing soil, planting in plastic bags or a vase, and ways of taking care of plants during sand-rooting. The session was facilitated by Mr. Saurav Upreti, the farm manager and supported by two officers from Terrain Nepal Travels, Nitesh Poudel and Manjish Shakya. The program was coordinated by Ms. Laxmi Ghimire, Middle School OBTE Teacher.

Drop Everything and Read (D.E.A.R.) Program

D.E.A.R. program has been a proud tradition in Triyog High School. This activity targets to develop reading skills and habits in students and spread the love of reading. Students and teachers enjoyed reading together very much even on online platforms. This program is conducted every week in both English and Nepali languages for different blocks.



Celebrations at Triyog

Bhanu Jayanti Celebration:

On the occasion of 207th Bhanu Jayanti, a Nepali Poem Recitation Competition was organized on July 14. The competition was held for students of Grades IV to X and was judged by Mr. Balram Dahal, Mr. Umesh Ghimire, and Mr. Ganesh Prasad Gyawali. Around 100 students participated. The winners' list is as follows:

Class	1 ST	2 ND	3 RD
IV	Rohini Baral	Adish Silwal	Sairi Lama Anshu Acharya
V	Surabhi Poudel	Sadhya Bhatta	Saugat Gautam
VI	Angel Basnyat	Aashna Hadkhale	Ojaswi Lamsal
VII	Jenisha Neupane	Soniya Niroula	Smiriti Hamal
VIII	Subrata Baral	Aashrika Dhital	Aaditya Pyakurel
IX	Sonakshi Shrestha	Ashlesha Pandey	Abhana Paudyal
X	Nishma Mahotra	Mahima Pathak	Bhumigyra Bajracharya

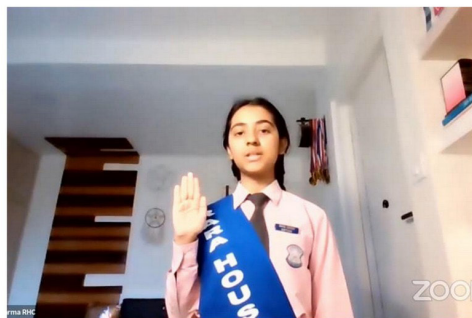
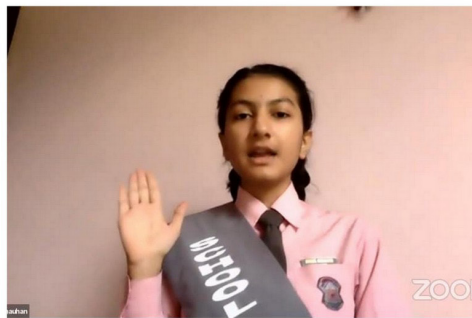
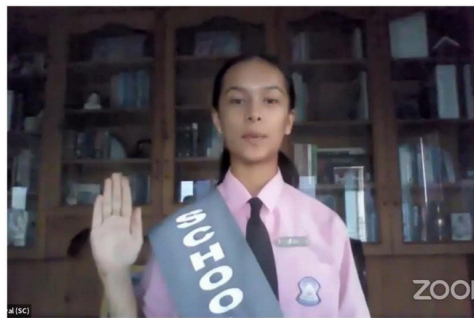
Children's Day

On 14 September, Children's Day was celebrated virtually. At the morning class, fun programs were organized to mark the occasion. A video message from the Principal was also conveyed to all students. Later in the afternoon Grades KG to V got to watch a puppet show which was quite entertaining and fun. Students and teachers came together and had a great time.



Annual Investiture Ceremony

The virtual Investiture and Prize Distribution Ceremony was another major milestone of the School Academic and Co-curricular calendar that was completed yesterday. We formally decorated the School Prefectorial body. A note of thanks to all parents who supported the event by decorating their wards and submitting the videos. We also awarded the merit position holders, the all-rounder, best in conduct, and the students that had perfect attendance from the last calendar year. Also, Prasen Man Shrestha was decorated as the Best Captain from last year, alongside the announcements of the Learning Societies and the Triyog Gavel Club. Kudos to the ECA, Sports, and Administration departments for a well-conducted event that was conducted over ZOOM and was also live over Facebook.



Professional Development

Regular Workshops and Trainings

Our continuous Professional Development sessions ensure that our teaching faculty stay up-to-date with the latest trends in education. This initiative has seen renewed vigor this year with digital skills taking center stage. With our Learning Management System and ZOOM video conferencing software being key elements in our virtual teaching-learning platform, the teachers have had numerous trainings pertaining to the same. The teachers were trained by 3Di New Zealand, one of our special education partners, besides trainings by Google Educators Group Kathmandu and Karkhana, among others.

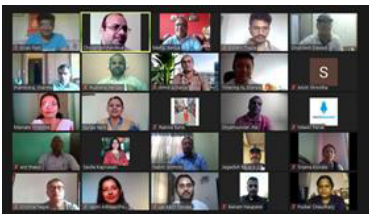


Implementation of Integrated Curriculum Grade I - Pencil Foundation

This is an ongoing training for the entire year for teachers of Grade I that aims to effectively introduce thematic teaching with integration of both core and soft skill and to adopt assessment as an integral part of teaching.

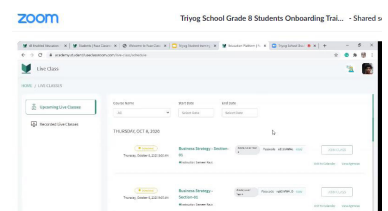
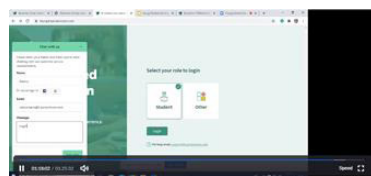
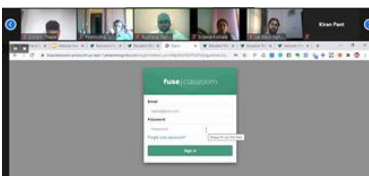
Theme Based Action Plan and Management Strategies - Aaryashree International

A week-long training by Aaryashree International in association with Positive Vibration and Lawanya International, was taken by the Principal and the In-charges on "Theme Based Action Plan and Management Strategies". The facilitators Ms. Puja Shah, Mr. Pritam Poudel and Mr. Rajendra Dahal jointly presented a clear cut idea and strategy on planning theme based content, areas of integration, teaching skills and sequence, setting objectives and assessment and evaluation. The training was conducted from August 6 - 11.



Fuse Classroom Training

Students of Grades VIII and IX undertook a training session by the Fusemachines Team on handling Fuse Classroom, on 7 October. Similarly teachers of Grades VIII and IX attended the training on 8 October. Fuse Classroom is the new Learning Management System (LMS) that is being implemented to further strengthen our virtual teaching-learning platform. It was launched from 9 October for both grades and will progressively be implemented throughout the School.



Extracurricular Activities

Intra School Competitions

Students have been enthusiastically participating in all Intra-School competitions that are being held virtually.

Solo Singing

The solo-singing competition was held for all grades (KG to X) from 3-10 July. Nearly 250 students participated. Mr. Patrick Sitling, music composer, songwriter, and singer, was the judge. His famous songs include "Mero Nepal" and "Maccha khelcha pani ma". The winners were:

Class	First	Second	Third
K.G	Aaryak Karki	Dravya Adhikari	Advik Pant
Grade 1	Adisha Silwal	Nysstha thapa	Rigved Gurung Tamu
Grade 2	Aarahi Karki	Surabhi Semali	Arya Gurung
Grade 3	Amisha Marahatta	Shubhani thapa	Aahana Acharya
Grade 4	Adiksh Silwal	Aagat pathak	Kabin Niraula
Grade 5	Aayan Maskey	Jenila Shakya	Sara Limbu
Grade 6 & 7	Prakriti Shrestha	Shubham Dhungana	Kristeena Dhakal
Grade 8 & 9	Yashaswi Ghale	Seelush Chhetri	Aabriti Ghartimagar
Grade 10	Sukalpa Dhakal	Nirbhik Neupane	Nischal Kumar Shrestha

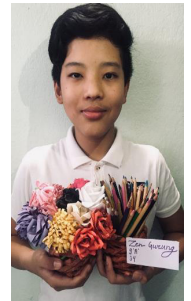
We would like to thank the Guitar Shop Pvt. Ltd. for sponsoring different musical instruments to the five best singers from Grades I - X. The winners include:

- Grades I – III : Aaryahi Karki, Mantra Pianica
- Grades IV & V : Adiksh Silwal, Mantra Ukulele UK-21
- Grades VI - VII : Prakriti Shrestha, Mantra Ukulele-21
- Grades VIII - IX : Yashaswi Ghale, Mantra Ukulele-24
- Grade X : Sukalpa Dhakal, Mantra Prakriti

Craft

To celebrate the month of June as a month for raising consciousness about the Environment, the Craft Competition was held from 17 - 21 June for all interested students. 112 participants from the Junior School, 45 participants from the Middle School and 25 participants from the Senior School took part.

The results are:



Class	First	Second	Third
K.G	Advik Pant	Dravya Adhikari	Aryak Karki
Grade 1	Nasala Bajracharya	Sarthak BikramThapa	Adishri Bhujel
Grade 2	Alok Chaureli	Arya Gurung	Animesh Gurung
Grade 3	Yushika Thapa Magar	Monika Giri	AnshulShrestha
Grade 4	Inay Maharjan	Sampanna Paudel	Subhani Bantha Magar
Grade 5	Janella Shakya	Niharika Shrestha	Prayush Bajracharya
Grade 6	Prasun Thapa	Ojaswi Singh	Sauran Ale
Grade 7	Suyog Khanal	Shreeja Shrestha	Prija Shrestha
Grade 8	Sishtata Baral	Pradipti Aryal	Shaswat Timilsina
Grade 9	Zen Gurung	Aadishree Shah	Garima Parajuli
Grade 10	Samridhi Khadka	Maya Poudyal	Ishani Mahat Manjisha Vaidya



Art

On the occasion of World Environment Day 2020, an Art Competition was organized from 5 - 7 June for students of Kindergarten to Grade X, in collaboration with Wildlife Conservation Nepal (WCN). Around 239 participants from The Primary and Junior Schools, 58 participants from the Middle School, and 17 participants from Senior School, totaling to nearly 314 students, successfully completed this competition. Sanjeevani Yonzon Shrestha, Director at WCN, judged the competition. Results are as below:

Class	First	Second	Third	Consolation
K.G	Aayushi Dhakal	Advik Pant	Dravya Adhikari Tulsi Ram Chaudhary	Aaryak Karki
Grade 1	Sarthak Bikram Thapa	Rigved Gurung Tamu	Afroza Tiwari	
Grade 2	Arya Gurung	Toshan Karki	Sneha Manandhar	
Grade 3	YushikaThapaMagar	Sunivah Bajracharya	Noel Thapa	
Grade 4	Smaran Kumar Shrestha	Dirghayu N Lama	Lhendup Sherpa	
Grade 5	Ipsita Rana	Kinshu Shrestha	Swastik Shakya	
Grade 6	Saurya Bikram Bisht	Pratham Khanal	Susmeen Shrestha	
Grade 7	SmarikaAdhikari	Upasana Thapa	Pratha Shrestha	
Grade 8	Rojan Khanal	Shristi Shrestha	AnjoleeThapa	
Grade 9	Nihona Pradhan	Pranish Pradhan	Amaranjay Bhatt	
Grade 10	Samiddhi Khadka	Ashim Sthapit	Nischal Kumar Shrestha	

Photography

The Friends of the Zoo Club organized a Weekend Photography Competition with a motive to appreciate nature, from 19 - 26 June. The theme of the competition was "Beauty I See in Nature and Creatures Around Me". The 22 entries submitted for the competition were testimony to the creativity and skill of the students. Results are as below:



Category	First	Second	Third
1 & 2	Sarthak Bikram Thapa	Abhinabh Sharma	Rujoy Khanal
3 & 4	Ajil Man Shrestha	Sunivah Bajracharya	Subhani Bantha Magar
7 & 8	Prajil Basnet	Bibhuti Shakya	Subhashis Bantha Magar
9 & 10	Rijan Gurung	Suvanga Ghimire	Malika Rana



Elocution

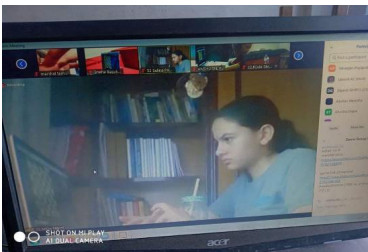
The Elocution Competition was an effort to explore the speaking potential of our students of Grades 1 – X. There were interesting and engaging entries from all over the School. The call for entries was from 1- 6 September.

Congratulations to the winners! Also, we would like to express our gratitude to Mr Swornim Raj Lamsal for judging the participants. Mr. Lamsal is a graduate from Tribhuvan University with English Studies as his major. He is currently a lecturer at St. Xavier's College and Trinity International College. Results are as below:



Winners of elocution Competition:

Category:	Position:	Name:	Class:
1	1st	Adisha Silwal	1 C
	2nd	Rigved Gurung	1 A
	3rd	Prannav Chhetri	1 C
2	1st	Aaradhya Panta	2 B
	2nd	Caelyn Ruth Gurung	2 D
	3rd	Adheep Ghimire	2 D
3	1st	Purnima Baral	3 C
	2nd	Noel Thapa	3 C
	3rd	Pratyusha Maharjan	3 A
4	1st	Abhigya Bhandari	4 A
	2nd	Bhavya Pahari	4 B
	3rd	Subhani Bantha Magar	4 A
5	1st	Janelia Shakya	5 A
	2nd	Shaivee Chhetri	5 C
	3rd	Neha Kharel	5 B
6	1st	Pratham Khanal	6 A
	2nd	Presabi dhungel	6 A
	3rd	Vibhusha Rajbhandari	6 A
7-8	1st	Sairus Adhikari	8 A
	2nd	Prija Shrestha	7 C
	3rd	Shuvam Kandel	8 A
9-10	1st	Junu Tamang	10 A
	2nd	Niriksha Sharma Khanal	10 C
	3rd	Anweel Ghimire	9 C



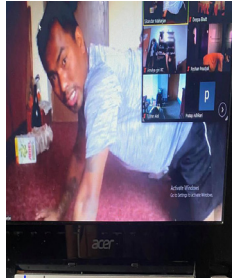
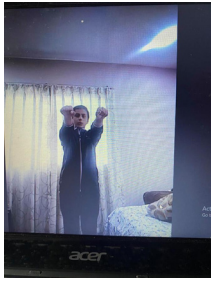
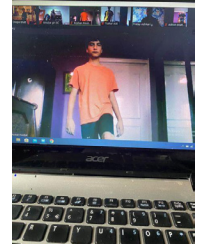
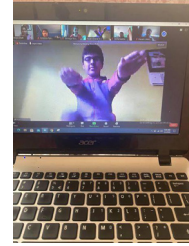
Chess

The Nepal Chess Association had organized the 'National Online Chess Championship'. Their match dates were according to their categories: U 16 - 18 June, U 14 - 25 June, U 12 - 1 August, U 10 - 8 August. Our school had taken part with 19 participants in various categories. 10 of them won various positions and were awarded with medals, certificates and cash prizes.

Category:	Name:	Class:	Position:	Cash prize:
U - 10 - Girls	Kripa Belbase	V	1st	Rs. 3000/-
	Anushka Shrestha	VI	2nd	2000/-
U - 10 - Boys	Riyan Shrestha	VI	3rd	1000/-
U - 10 - Girls	Kripa Belbase	V	1st	3000/-
	Riya Shrestha	VI	2nd	2000/-
U - 14 - Boys	Kushal Belbase	IX	2nd	2000/-
U - 14 - Girls	Marshal Tamang	IX	1st	3000/-
	Riya Shrestha	VI	2nd	2000/-
U - 16 - Boys	Kapil Ghimire	X	1st	3000/-
U - 16 - Girls	Marshal Tamang	IX	2nd	2000/-

Physical Endurance Challenge

With the ongoing pandemic and children not getting the physical activities they need, we decided to put our students through a physical endurance challenge to keep them fit. With the message, 'importance of physical fitness' during this pandemic children were asked to complete the physical challenges within a certain time. This initiative was led by the Sports Department of our school. The week-long challenge lasted from 12 - 20 August. This challenge is being held regularly.



Olympic Day Celebration (Physical Endurance Challenge)

Every year we celebrate the International Olympic Day organizing various sports activities in our school. This year due to the pandemic we celebrated the Olympic Day with the Physical Endurance Challenge for students of Grades IV - X. This year we conducted a Physical Endurance Challenge virtually to celebrate the Olympic Day.

Baja Gaja Session by Project Sarangi

Baja Gaja session, an educational-cum-folk-instrument-revival-initiative by Project Sarangi aims to popularize traditional instrument such as the Sarangi. In a Baja Gaja special session for school students of Kathmandu Valley Ango Baba Shrestha from Triyog took part and got a chance to show his talent to thousands of viewers over Live Facebook feed. In another such session which dealt on "Importance of Music Education in Schools" our Principal, Mr. Niladri S. Parial shared his thoughts about musical education and how it can be integrated into learning. Our music teacher, Mr. John Karanjit also shared his experience. Our brilliant singers, Seelush Chettri and Yashashwi Ghale, enthralled the viewers with some melodious tunes and Ango Baba Shrestha performed on the piano.



Travel Diary Competition

Glocal After School had organized a Travel Diary Competition, presented by Turkish Airlines on the topic 'My Dream Destination'. Participants from age group 14 - 24 had participated across the nation including several students from our school. Oshin Pandey from our school secured the second position in the 14 to 24 years category as announced by the authority on 30 August. She was awarded gift hampers by Turkish Airlines.

WIIT Audio and Video Contest

Women in Information Technology (WIIT) had organized a 'WIIT Audio and Video Contest' via their Facebook page and website. Their objective was to engage the youth in understanding the value of 'Social Distancing' for COVID-19 through technology. WIIT conducted a webinar on 9 August in which they also announced the winners of both, audio and video category. Nihona Pradhan from Triyog High School secured the second position.



Tomato Pickle Making Session

On 2 and 3 July, an open cooking program was organized for the students of Grades VI - X. Around 80 students participated. This program was organized to lay the foundation of healthy eating habits amongst all. Teaching cooking skills is also a great way to create curiosity to try new foods and broaden palates, as well as to discuss nutrition and how various dishes are created.

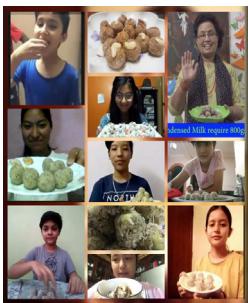
Bakery Tutorial Session

"Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity." On 13 and 14 August, a cooking session was organized for the students of Grades VI - X under the supervision of our teacher, Puja Manandhar, with necessary assistance from Shobha Singh Thakuri, Saroj Manandhar, and Sanjeeka Chhetri. Our students participated with great enthusiasm as they cooked with their family members. Students were eager to learn and enjoyed the learning process. We are pleased to get many positive responses from our students regarding these classes.



Laddu Making Session

Who doesn't like sweets!!! We all like it on our platter and if the sweets are homemade that too made by the little hands of our children then it is an icing on the cake. Continuing our cooking process for Grades VI - X, a delicious 'Coconut Laddoo' was made with facilitator Saroj Manandhar, Co-facilitator – Shobha Singh Thakuri and Pooja Manandhar, on 11 September. We are glad that the children liked it very much.



Below are some feedback from students:

Shravya Pokharel - It was very fun making the laddoos. I will make it one more time. Thank you for teaching us how to make the laddoos. Thank you ma'am!

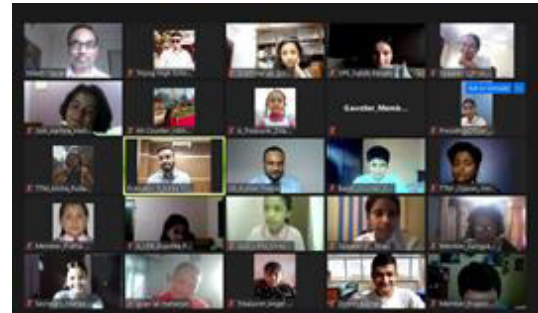
Ojaswi Singh - Dear ma'am, I had a great experience while making the laddoos. It was a bit hard while making the milk into condensed milk but it worked. My favourite part was when I was garnishing the laddoos. It was so much fun and satisfying. In the end I felt that my hard work paid off. Looking forward to more recipes like this.

Mallika Rana - It was very tasty and easy to make.

Zen Gurung - As a coconut lover I love this recipe. The recipe also included a way to make condensed milk which was very cheap compared to canned condensed milk. The recipe was easy and was made in very less time. It was very yummy and had simple ingredients. It is really nice that school is providing such sessions where we get to learn so much more than just subjects.

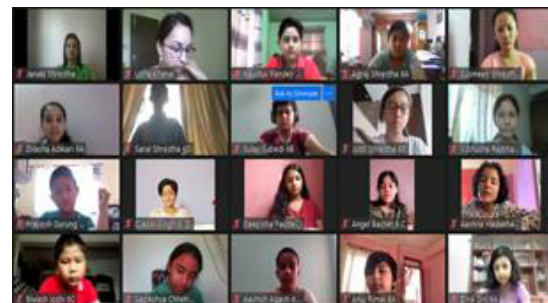
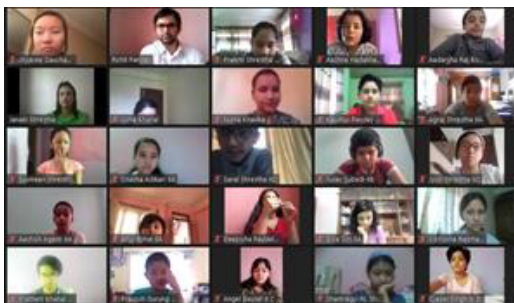
Triyog Gavel Club

As we believe in continuous exposure and mentoring of students for their all-round development, we have started a public speaking and leadership activity forum for students of Grades VI and VII. Gavel Clubs are a global leadership and public speaking platform for young students under the Toastmasters International umbrella. Triyog Gavel Club has been officially registered with Toastmasters International. The Club meets every second and fourth Sundays of the month. Speakers, Evaluators, and other role takers practice structured communication skills in these meetings.



Counseling and Mentoring Sessions

We have been conducting counseling and mentoring sessions regularly focusing on online behavior and safety of students. Such sessions take place in groups, pairs or with individual students. Students are also encouraged to share their experience and challenges. We encourage and engage students to mentor other students which make them better learners.



The Duke of Edinburgh Awards

We organized an Orientation Session for Grade VIII students with the Duke of Edinburgh Awards team in Nepal on 22 June. Interested students have been registered for the Bronze Award Program.



Testimonial from Student Mentors

"I got an opportunity to teach someone. I had thought that teaching was very easy but I realized that teaching was not a bed of roses. It brings me to another world where I had to provide knowledge and concepts. I felt like I was entertaining someone. I think that teaching isn't just learning ABC or 123 or mugging up something. It is like getting knowledge or learning new things. Lastly it was a phenomenal experience for me."



Pratham Khanal - 6A

"I have learned a lot of things at Triyog. The most important thing I have learned in these six years is that teaching is a very complicated process. While teaching, a teacher needs to think about everything like: What am I going to teach, how am I going to teach, will the students understand whatever I teach, how do I need to handle the students who are poor in this subject and who do not listen to me, what kind of assignment should I give and many more. In school, I am counted in the group of students who are good in studies. I am very happy about it. But I want to spread my knowledge, my talent to everyone. I believe that everyone has a talent but they do not get the correct time to show it. Each and every person will get a specific time to show their talent in life. So, I want to teach and help the students who cannot give their best in their studies. I don't want people having the feeling like: I cannot do it. My goal is to make everyone believe that everyone is equally talented and extraordinary. I hope everyone will help and support me."



Aashna Hadakhale - 6C

"Studying in Triyog shall be taken as a blessing. I don't think that I would receive better facilities in any other school. I am not only talking about studies but also about the friendly environment, care and support which we get here. We are encouraged to help others, do our best and always be honest and truthful. We don't only look for competing with our friends but also get the opportunities to help and mentor our friends. Since my childhood I always thought that being a teacher was one of the most respectful as well as one of the most troublesome jobs. When I was chosen as a mentor or a leader, I was always exhausted as I had to look after the group. Being a mentor for a small group was also super exhausting and I could not believe how exhausting it would be if I were a teacher.

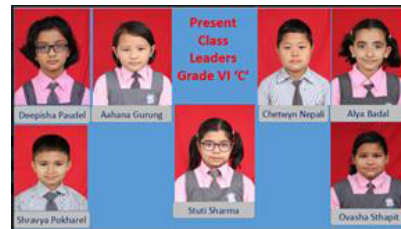
So, I would like to share one experience with you. One of my teachers had told me to help one of my friends as she had missed a lot of classes. That's the time when I realized how hard it actually is to be a mentor. When you are a mentor, you need to work hard but that is not the only thing that you need to see. You also need to get along with the person who you are teaching. You need to also make sure that the person who you are teaching is paying attention, understanding everything, and focusing on what you are teaching. Overall, what I would like to say is my experience as being a mentor was really tough yet satisfying. As a mentor I feel more encouraged to help others and it has also helped me boost my confidence level."



Manasha Wagle - 6B

Leadership Roles in Class

Our students are exercising leadership roles even in online platforms. Class Captains are helping teachers in managing classes, keeping records and making presentations. They are under constant supervision and mentoring by Class Teachers.



Festive Greetings



Triyog High School
wishes
everyone
A Happy Bijaya Dashami
&
Shubha Deepawali

A Special Note of Thanks to the Editorial Team

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Shreejita Chauhan	X C
Sonakshi Shrestha	IX
Shuvam Kandel	VIII A
Hirendra Kumar Shah	IX C
Anweet Ghimire	IX C
Anjolee Thapa	VIII A
Bishista Wagle	VIII B
Pranish Pradhan	IX D
Rijula Shrestha	X C
James Bhomi	VIII A
Nihona Pradhan	IX C
Sakar Maharjan	X C