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**TRİYOG**

# Newsletter

TRİYOG HIGH SCHOOL, Tokha-6, Kathmandu, Tel: 4365285, 4381695, Email: info@triyog.edu.np

## Message from the Principal

Dear Parents and Guardians

A new year and a new beginning is always exciting. I am very pleased to write to you and take this opportunity to thank you all for your continued support and cooperation.

As a school we are taking firmer strides for the all-round development of our students. At Triyog your child is getting plenty of exposure – both in academics and co/extra-curricular arenas. Academic innovation is at the core of our integrated teaching-learning methodology and the school is proactively building policies and structures that support innovation in education. Our firm commitment toward teacher training is one core component in this, and I am happy that we have already had multiple teacher training programs since the beginning of the year, both from nationally and internationally acclaimed education experts.

Sports, the Arts, Music, and Dance – faculties that have proven evidence of augmenting learning among children will have renewed focus in our efforts to build a holistic school. We are adding infrastructure that will support development of our students. We will also continue to focus in making Triyog a focal point in discussions that involve integrating these areas into future curriculum at the local level. Our partnerships with government stakeholders, education experts, heads of schools and teachers in Tokha will continue to grow.

Local, national, and international collaborations in academics, cultural exchange, and community empowerment will ensure that the Triyog brand is constantly visible in the education sector in Nepal. We are trying to build a fantastic community around the School that will enrich learning following the doctrines of 21st century education.

Our now full-time Student Support Cell will work collaboratively with parents, teachers, and students to ensure that all stakeholders get appropriate support from in-house experts. We are hopeful that this new addition will strengthen our value offering.

As we embark on our journey of holistic growth for our students, teachers, and all stakeholders this year, I feel privileged to congratulate you all on the excellent SEE results for 2075. Our students have done us proud, yet again.

Warm regards  
**Niladri S. Parial**

## Annual Prize Distribution and Investiture Ceremony



On 30 April Triyog celebrated the Annual Prize Distribution and Investiture Ceremony, which was a great beginning to a new academic year. The Captains, Vice-Captains, and Prefects took oath of office in front of a cheering crowd.

We also acknowledged the outstanding performances of the achievers from the previous academic session 2018-2019 and awarded them for the same.

## Leadership Training for Students



Seven students from Grades VIII and IX attended a Three-Day Leadership Training from June 14 to 16 at Dhapasi. The program was designed by Tokha Municipality and conducted by Ward Office of Ward Number 6, Tokha.

## Felicitation Program for Miss Nepal 2019

Anushka Shrestha, Miss Nepal World 2019 and Pratha Adhikari, a Top 14 Finalist of Miss Nepal 2019, who are former students of Triyog, were invited for a Felicitation Ceremony on June 14 at the School premises.





## MULTI-DISCIPLINARY INTEGRATION PROGRAM FOR MIDDLE SCHOOL

We believe that student engagement is the best way to experience and process learning. Progressive education system looks at students as curious and enthusiastic individuals who explore subjects through various real-life connections. Holistic development of learners is key to modern education. At Triyog, we provide students with cross-connections to unify their learning among different subject areas. In multi-disciplinary integrated teaching-learning approach, we connect multiple areas of study and unify the concepts by allowing the students to draw connections among them. Our teachers design meaningful and engaging activities and provide ample opportunities of interaction and observation to the students.

### Grade VI



The theme of this term's multi-disciplinary integration for Grade VI was 'Unity is Strength'. They integrated various lessons from different subjects in the theme. The connections were made among Social Studies: Our Community and Society; Science: Plants Around Us; English: Diary Writing; Nepali: Samajik Sadhbhav; ICT: Presentation Software; Mathematics: Sets; and OBTE: Occupations. The students were also given an opportunity to visit 'Nepal National Ethnographic Museum' at Bhrikutimandap to observe the diversity Nepal has to offer.

### Grade VII

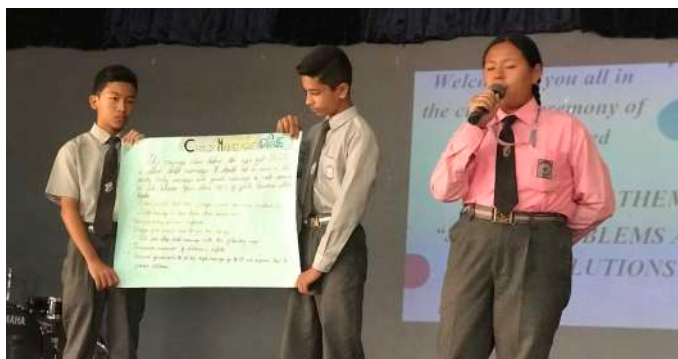






Grade VII students connected their learning to the theme 'Social Issues' under multi-disciplinary integrated learning program. They were able to connect Social Studies: Social Problems and their Solutions; Nepali: Baas Kaa Saat Sirkana; Computer: Cyber Crime and Cyber Ethics; OBTE: Professional Education; Science: Environment and its Balance; and English: Letter Writing. Some students wrote a letter to mother-nature expressing her pain due to human behavior. They also visited NARCONON NEPAL at Budhanilkantha, CWIN at Naikap, Saathi at Nakhhu and Elderly Home at Pashupatinath area. They interacted with concerned authorities to find out how different issues of our Society have been addressed by these organizations.

### Grade VIII



Students of Grade VIII were able to integrate their lessons under the theme 'Social Problems and their Solutions' as part of their multi-disciplinary integrated learning. They integrated Social Studies: Our Social Problems; Nepali: Thag Samatiyo; ICT: Power Point Presentation; OBTE: Selection of Profession and Planning Process; Moral Education: Moral Stories; HPE: Smoking and Narcotics; Science: Environmental Balance; English: Travelogue; and Mathematics: Pie Diagram. They visited some social service organizations to explore how these organizations are working to minimize social problems. They reached NARCONON NEPAL at Budhanilkantha, CVICT Nepal at Bansbari, CWIN at Naikap, and Shakti Samuha at Chhuchepati for social interactions.



Interaction Programs

### Interaction with Nepal Police Headquarter Personnel



Students of Grades VII and VIII had an interaction session with the officials from Nepal Police Headquarters. This interaction mainly focused on Community-Police Partnership, nature of crimes and source of information, ways of handling crimes, and role of people in minimizing and solving crimes.

### Community Service Club Interacts with Tokha Mayor



On 29 June students of the Community Service Club went to meet the mayor of Tokha Municipality, Prakash Adhikari, for an interaction session. The students requested the Mayor to guide them in contributing positively to the community, as students. Mr. Adhikari urged our students to support students at the community schools that often lack proper mentorship and guidance. He reiterated that it would be extremely helpful if students of Triyog could organize presentation sessions on prevailing social evils such as drug abuse and alcoholism. The students reiterated that the School is always interested in being a focal point for any donation drive or charity activity. Mr. Adhikari talked about the "Mayor Ujyalo" program. This interaction session was very helpful for both parties to gain insights into future areas of collaboration.

Teachers' Empowerment Sessions

### Workshop on Nonviolent Communication



On 23 April, 36 teachers from Middle and Senior Block attended a workshop on Nonviolent Communication conducted by Louise Romain who is a certified trainer from Centre for Nonviolent Communication.

### Orientation on Environment Education by WCN



On 21 and 23 April, Ms. Sanjeevani Yonzon, Director at Wildlife Conservation Nepal (WCN), conducted a two day orientation session on Environment Education for the teachers of KG-V. The themes of the session were 'Waste Management' and 'Interactive Teaching-Learning'.

### Exhibition Visit



Teachers of the Junior School went to witness the exhibition at Chhaya Centre, where photographs on the theme "Voicing the Silence: Sexual Violence and Public Memory" by Nepal Picture Library were displayed, and documentary on gender violence "The Lightning Testimonies" by Amar Kunwar was screened. This visit gave the teachers an insight of how projects can be designed replicating the curriculum of various subjects. They also learnt the process of case studies.

### Cleaning Campaign



Triyog Eco-Smart Teachers Network conducted a cleaning campaign at Chandeshwori Temple area of Tokha Municipality in collaboration with the local community and also made them aware about waste management.



## Progressive Education Teaching Pedagogies



A workshop on "Progressive Education Teaching Pedagogies" was conducted by Dr. Indra Rai from Kathmandu University. Workshop was attended by the teachers from grades KG – V, which focused on the importance of progressive education teaching techniques and its implementation in the classrooms.

## Training on Project Management



Teachers from KG to Grade VIII attended a training session on Project Management facilitated by Mr. Kuldeep Aryal, where they were given exposure to project management techniques and procedures on 22 April, 2019.

## Mathematics Conference



Fifteen teachers of Mathematics from Triyog High School participated in a One-Day Mathematics Conference organized by Council for Mathematics Education in association with Teachers To Teachers Global and NCTM (USA) at Trinity College on June 1, 2019. The session was facilitated by James Burnett, Peter Stowasser, Linda Gojak, Marian Prince, Carol Russel, Kyndall Brown, Tery Godman and Bhes Raj Mainali. The conference enhanced the teachers with insights on new ways to learn and teach mathematics in school level.

## Mathematics Teachers' Workshop



Few of our teachers from Grades I –V attended a two-day workshop organized by Kathmandu University School of Education (KUSOED). The workshop focused on 21st Century skills in teaching and learning of Mathematics, designing activities for developing number sense.

## Project Desire Workshop



"Empowerment through Desire" was a half-day workshop for selected teachers of the Primary, Junior, and Middle Schools on 17 July, conducted by Yajaswi Rai and Shivangi Agrawal, that were a part of the incubation program of the American Arts Incubator at Nepal Communitere. The teachers worked on 'self-reflection' by reconnecting with their past and their innermost beliefs and portraying the same through artwork. All of those were put up as an exhibit at the School Library. The idea of self-reflection will be practiced by teachers for their students in the coming months.



## Teachers' Training



As a part of our ongoing Professional Development program, Teachers participated in an online course on "Classroom Management, Integrative Teaching Strategy and ways to manage different Learner types" that had an in-person training session facilitated by Dr. Tara Mathien, who leads the Teachers' Certification Program at the University of Florida, USA.

## Sharing Sessions at Middle School



The best teachers are the ones who share their practices and learn from each other. Our teachers at Middle School meet every Wednesday for Sharing Sessions where they reflect on their teaching-learning processes and learn from each other. These sessions are managed by a committee of teachers led by Mr. Prakash Pant, Social Studies teacher.

### ECA/CCA/SPORTS

## Zero Waste Program Orientation



On 16 May 2019, Sabko Phone in collaboration with WCN conducted a presentation on E-waste management for grade IV of the School. Sabko Phone addresses a growing global concern – the management of e-waste especially cell phones. They repair the non-reusable parts of the phones and the other parts are recycled in the most environmentally friendly and innovative manner.

## Chess Masters Get Featured



On 5 May 2019, the crew members from the show "Sports Info", which is a sports related show, covered a session at Triyog on 'How to play?' where the chess players from Triyog Chess Club participated, along with our Coach, Mr. Keshav Shrestha.

## 3Di Orientation Session



On 19 May, 2019, the students of grades IV and V attended an Orientation Session on 3Di. In this session a combination of Digital Art tools were taught to the students namely - SketchUp (3D Modelling), Blender (3D Animation), Pencil (2D Animation & 2D Drawing), Sculptris (3D Sculpting), Monkey Jam (Stop Motion Film Making), Giotto (Flash Animation), Ink Scape (Graphic Design & Photo Manipulation), Freemind (Mind Mapping), Photography, and Presentation Skills.



A weekly D.E.A.R. (Drop Everything And Read) program is conducted throughout the School which provides students with a just-sit-there-and-read experience. It gives students time to read what they want to read, share what they've read, and receive the support they need for further reading explorations and reflections.



## A Student Ambassador from Triyog, Nepal to the UK



In Prasen's own words : An international exposure to a school level student can always be a great learning experience. I, Prasen Man Shrestha, School Captain, am a student of Triyog High School and currently studying in grade 10. One of the major highlights for me this year has been to represent Triyog and Nepal internationally. I had been on a tour to London, United Kingdom, which was hosted by Dwight School London from June 22, till July 3, 2019. The representatives of Dwight School had come to our country for a tour through National Trust for Nature Conservation Nepal, last academic session. This year they invited 5 different schools from Nepal, in association with NTNC Nepal, and Triyog was one of them.

The motive of my tour was to represent Triyog at DWIGHT in the best way possible and represent Nepal to enhance the culture, tradition and topographical diversity in support of the 'Visit Nepal 2020' project. We had several events such as the establishment of Vertical Eco Garden, Cultural Performances, experiencing the regular classes at London and I gained a lot during this trip.

## Digital Saathi Certification Ceremony



The community empowerment initiative that Triyog High School had initiated last year in technical collaboration with Rural Development Initiative saw the final leg of the journey come to a conclusion with a formal Certification Ceremony for the members of Utsahi Mahila Samaj, of Dhapasi. The women and their Digital Saathis (students of grade VIII) were recognized at the School Assembly for successfully completing the pilot. The Deputy Mayor of Tokha Municipality, Gyan Maya Gurung and Executive Director of Triyog, Mr. Ajit Lama, handed over certificates to the proud recipients. Mr. Kuldeep Aryal, Project Manager, Mr. Churamani Pandeya and Ms. Binita Karki, Middle School In-charge and Teacher respectively, who helped facilitate the program were also present.

### Experiential Learning Trips

## KG: Tiger Lily Farm



The little kids from KG had a theme-based visit on farm/domestic animals to Tiger Lily Farm on 29 May. The children saw different animals, fed them and played with them, and also learned to operate authentic tools, ride horse, and tractor.



## Grade I: Family Visit



With the objective of learning about family values, importance of grandparents, the students of Grade I visited various families.

## Visit to Central Zoo



On 7 June, Grade I visited the Zoo to learn about animals. All students were accompanied by teachers and some parents. Students were divided into 5 groups. Each group had a Trip Sheet containing information that included animal food habit, habitat, and movement. They observed different kinds of animals and birds and filled the Trip Sheet. Later, children shared their experiences and did their worksheet activity in class.

## Grade II: D.L. Farm



With the objective of learning more on plants on how they are grown, taken care of, what tools are used in farming, where vegetables are sold and how they finally are served on our table, the students of Grade II were taken on a field trip to D.L. farm where they observed everything and also interviewed the farmers to get more information on farming.

## Grade III: Central Zoo



The students of Grade III visited the Central Zoo on 7 June where they observed varieties of birds, made notes about what they saw - types of bird, their claws, beaks, movement, and their food habits.

## Grade IV: Ranibari Community Forest



Students from Grade 4 were taken to Ranibari Community Forest as part of their extended outdoor learning, in collaboration with Bird Conservation Nepal (BCN), on 24 and 26 May, with the purpose of exploring various flora and fauna especially focusing on different species of butterflies.

## Grade V: Natural History Museum



Students from grade V were taken to Natural History Museum on 14 and 15 May. Through this field trip students got exposed to different types of vertebrate and invertebrate specimens preserved in the museum, methods of preserving dead animals, and they also learnt about the objectives behind the establishment of the museum.

## Grade VI: National Ethnographic Museum







The students of Grade VI visited National Ethnographic Museum at Bhrikutimandap in different groups as part of their outdoor learning experience under their Middle School Integration Learning Program on the theme Community and Society. They observed and understood the importance of community in life, different ethnic communities of Nepal and their lifestyle, and diversity of culture. They shared their learning in the Closing Event.

### Grade VII: Experiential Visits



The students of Grade VII visited NARCONON Nepal at Budhanilkantha, Saathi at Nakhhu, Lalitpur, Elderly Home at Pashupatinath area and CWIN at Naikap as part of their outdoor learning activity under the Middle School Integration Learning Program. They researched about different issues like drug abuse and its effect, domestic torture and its solution, child labour and ways to ensure child rights, and management of elderly population by respecting their contribution to family and society. They presented their findings in the Closing Event.

### Grade VIII: Interaction Trips for Integrated Learning



As an experiential outdoor learning and interaction activity under the Middle School Integration Learning Program, the students from Grade VIII visited NARCONON Nepal at Budhanilkantha, The Centre of Victims for Torture (CVICT) at Bansbari, Child

Workers in Nepal (CWIN) at Naikap, and Shakti Samuha at Chhuchepati. They studied about social problems and their solutions at different levels. These visits were centered on themes like drug addiction and its effect, domestic torture and women rights, child abuse, safety and child rights, human trafficking and its prevention.

### Exploring Plants at School



Students of Grade VIII went around the School premises to explore the types and parts of flowers during their Science class. They interacted with the gardener to get more information about these flowers.

### Grade IX: Changu Narayan Temple



Students of Grade IX visited Changu Narayan Temple on May 30, 2019 as part of the outdoor learning. A questionnaire was prepared integrating multiple subjects like Social Studies, Nepali, and Science. The students observed monuments and their restoration work that's still on after the major earthquake of 2015. They also studied different forms of Arts and Architecture. The students got a chance to interact with the locals to know more about the place and its significance. They collected information regarding the latitude and longitude of the location and studied the surrounding of the temple.

### Grade X: ICIMOD



The first field trip for Grade X was conducted on May 23, 2019. The students were taken to ICIMOD to study about the biodiversity of Nepal, and collect information on herbs, wildlife, water recycling, hydro project, alternative energy, and methods of sustainable development in the Himalayan region. The field trip incorporated topics from subjects like Science, Social Studies, HPE, and Language Arts. The students gathered first-hand information on the above-mentioned areas.



INTER SCHOOL COMPETITIONS

### Cricket Tournament

On 6 May, Triyog defeated KendriyaVidhyalaya by 128 runs in the Modern Indian School Cricket Tournament organized by Modern Indian School. Triyog amassed 250-7 and restricted KendriyaVidhyalaya for 122 runs in 20 overs. Abhayan Bhandari made 75 runs and Avnish Khatri made 59 runs for Triyog.

### Story Craft 2019



Story Craft 2019 is the second iteration of an initiation that aims to bring the culture of storytelling among school students organized by Triyog High School and The Storytellers. Story Craft is an inter-school storytelling competition focusing on developing communication and presentation skills of students studying in grade VIII, IX, and X, through storytelling.

The preliminary round of the competition took place on 4 June at the school premises where about 50 students from 14 schools participated among which top 12 finalists were selected for the Final Round.

The Finals were held on 11 June 2019 at Russian Center of Science & Culture (Nepal), Kamalpokhari where 12 brilliant speakers brought their stories on stage. They were judged by Ravi Mainali, an avid Toastmaster, public speaking coach; Dr. Sameer Mani Dixit, a research scientist and the cofounder of Center for Molecular Dynamics Nepal (CMDN); Terence Lee, Managing Editor & CEO at Nepal Traveller Digital Publications and Harshwardhan Shahani, the CEO and Founder at V-chitra.

After a fierce competition between 12 finalists, Oshin Pandey from Grade VIII did us proud by securing the 3rd position in the competition.

### FOZ World Environment Day Competitions



Students of Triyog made the School proud by bagging different positions in a number of activities organized by National Trust for Nature Conservation (NTNC) on the occasion of World Environment Day on 7 June. In the Banner Making Competition,

members of FOZ won the second position for their design among 40 schools, Nihona Pradhan and Nischal Kumar secured the second and third position respectively in the Poster Making Competition, Amaranjay Bhatt and Akshyata Gurung secured the third position in Junior Origami Contest and Shreejita Chauhan won the Consolation Prize in Extempore Contest.

### Chess Competition

15th Annapurna Inter School Chess Competition was held at Annapurna Secondary School from 7-9 June. 13 students participated from Triyog. Out of a total of 245 total participants 9 of our students bagged various positions - Riyam Shrestha from Grade V (10th)- U10 Boys Category, Anuska Shrestha from Grade V (7th) – U10 Girls Category, Kripa Belbase from Grade IV (4th)-U10 Girls Category, Riya Shrestha from Grade V- U10 Girls Category(1st), Kushal Belbase from Grade VIII (8th) - U14, Rijula Shrestha from Grade IX (6th)- U14 Girls Category, Marshal Tamang from Grade 8 (1st)- U14 Girls Category, Selina Pageni from Grade IX (4th) –U16 Girls Category, and Unnati Silwal from Grade IX (3rd)- U16 Girls Category.

### Football Competition

Birendra SainikAwasiya Mahavidyalaya organized an inter-school football competition on May 22, 2019. Triyog lost the opening match against Birendra SainikAwasiyaMahavidyalaya at 0-5. The school won the second match with Rajan Memorial School with a score of 5-2. Our team lost their third match with Ripumardani Sainik School with a score of 1-2.

### Basketball Competition

We took part in both boys and girls category. In boy's category we lost with Asia public school 18-30. Second match lost with NIMS 17-3. In girls Category we lost HHCA 12-21 won KVKSS 6-2, lost with SCIVS 9-15.

### Table Tennis Competition



Triyog organized it's first Inter School Table Tennis Competition to mark the Olympic Day, in co-ordination with Nepal Table Tennis Association. 171 students, 65 girls and 106 boys from different schools from Kathmandu Valley participated in the event. Mr. Dharmaman Bajracharya, Vice President of All Nepal Table Tennis Association and President of Kathmandu District Table Tennis Association, Mr. Binod Shakya , Chief Coach of Table Tennis and former National Player, Mr. Shiva Sundar Gothe, former National Champion, Shankar Gautam, General Secretary of All Nepal Table Tennis Association, and Mr. Ajit Lama, Executive Director of Triyog High School felicitated the winners with certificates and medals.

Girls Singles (V-VI)	KrishmaRijal	3rd Position
Girls Singles (VII-VIII)	Pratyasha Thapa	1st Position
Boys Doubles	Deepson Basnet + Kritan Man Shrestha	3rd Position
Girls Doubles	PratyashaThapa + AshimaGurung	3rd Position
	Ashma Pandey + Aayushma Gairhe	1st Position
Team Event Boys	Triyog High School	3rd Position
Team Event Girls	Triyog High School	1st Position



## INTER HOUSE COMPETITIONS

## Elocution Competition



The Inter-House Elocution Competition took place on 2nd and 3rd of June 2019. In the individual results, the best elocutionists were: Grade I- Suhani Subedi, Grade II- Aabiya Joshi, Grade III- Season Bhattarai, Juniors- Susmeen Shrestha, Intermediate- Aditi Mishra and Seniors- Yashaswi Shah. In the overall results, Phewa house secured first position followed by Rara, and Tilicho/Begnas house in the second and third positions respectively.

## Craft Competition



The Inter- House Craft Competition took place on 5th, 11th and 12th of June 2019. For Kindergarden, Hemish Pokharel secured first position, Dravya Adhikari and Prisha Kattel secured second and third position respectively. In grades I, Phewa House secured the First place and Tilicho House secured second and third place. In grades II, Rara House took the first spot with Begnas and Phewa House in the second and third spots. In grades III, Phewa, Begnas and Tilicho took the first, second and third spots respectively. In grades IV, Rara House took the first and third place where Phewa house took second place. In grades V, Rara house secured the first place and Phewa house secured the second and third place. In grades VI-VIII, Rara House secured the First place, followed by Phewa and Tilicho House in the second and third place respectively. In grades IX-X, Phewa house took the all winning spots.

## Debate Competition



In the individual results, the best debaters were, Nepali Category: Grades VI-VIII- Nicole Kandel; Grades IX & X- Shuvra Rimal. In English Category: Grades VI-VIII- Oshin Panday; Grades IX & X- Aarya Dhital. In the overall results, Begnas and Rara House Jointly grabbed the first positions while Tilicho and Phewa House stood third.

## OTHER ACTIVITIES

## SEE Graduation-Batch of 2018-19



The School proudly bid adieu to the graduating SEE students of the 2018-19 batch. Resplendent in their formal best the students took center stage receiving their end-of-school tokens from the Principal and Class Teachers. Prof. Dr. Ananda Shova Tamrakar, who is one of the founders of FWEAN was the Guest of Honour for the ceremony. She, along with Executive Director Mr. Ajit Lama, awarded the third-highest, second-highest and the top-ranked GPA holders from the batch.

## Class Day – Grade X



149 students of Grade X put up their Class day with much pomp and show on June 12, 2019. The program that lasted for one and a half hours comprised of modern and cultural dance, Nepali and Western music, English and Nepali plays, and solo music and slam poetry performances. The program reflected flawless execution and presentation of different items, including stage decoration. The program was witnessed by invited parents, and staff.

## Class Day – Grade IX



Grade IX students displayed their creative best at their Class Day program on July 19, 2019. A multitude of songs, both group and solo performances, orchestra, English



and Nepali plays kept the audience enthralled through the one and a half hours show. Creative freestyle dance and beatboxing by the boys were special highlights as were the wonderful belly dance and modern dance performances by the girls. Parents and staff were left highly impressed with the show.

## The Connected Classroom Project



Our partners in The Connected Classroom Project (TCCP) for 2019-20 from Syangja is Matribhumi High School. Selected students from grades VI and VIII got digitally connected today to students at Matribhumi. After a round of introductions, they discussed about Agriculture (Grade VI) and Local Technology (Grade VIII). Our students got to see photos of Syangja, agricultural practices, and the Aandhikhola river. Special thanks to Kuldeep Aryal, Project Manager, who is at Syangja, to lead the connection. Our teachers, Rohit Pandey and Sabina Thapa, under the guidance of Churamani Pandeya, Middle School In-charge, are leading the project in grades VI and VIII respectively.

## Project Days



On 26 June, 2019, the students of Grade I had their first project day based on the topic 'Animals around Us'. The main objective of the project day was to present the

learning of students in front of their parents through dramatization, presentation, speech and song. The students enacted the story 'The Very Busy Spider' and shared their experience and learning about their visit to farm and zoo.

The first Project day for Grade II was held on 27 June as an opportunity for the students to showcase their classroom learning to their parents based on the theme "From the Farm to the Table". Through sharing, exhibition of pictures from their field trip, demonstration of salad-making and presentation of the vegetable plants which they planted themselves in the classroom, and recitation of poem about the life cycle of plant, the children reflected their understanding about plants and how we get our food.

On 28 June, Grade III had their first Project Day based on the theme 'Birds' where the students demonstrated their learning through sharing and exhibition of models of different types of beaks, claws and nests. They also shared about their learning trip through Class Book on birds.

## World Environment Day Celebration



The students and teachers of Primary block celebrated World Environment Day by performing various programs.

It all started with some performances in the morning assembly - Speech on 'Environment' by the student of Grade III and a song performance titled 'Stop Pollution' by the selected children of Grade II and III. Related banners were displayed along with some props all showing the causes, effects, and measures to beat Air Pollution. Sharing and discussion on the topic Air Pollution were carried out in the classrooms. The students coloured the badges with the World Environment Day theme which they later wore on their school uniform.

Then, all the students and teachers from Grade KG to III gathered in the School Hall where three activities were performed. A PowerPoint presentation and short



video was showcased on causes, effects and solutions of Air Pollution; Focusing on planting trees, a demonstration was carried out by teachers, showing how to plant a sapling. Later, a student of Grade III provided some information about taking care of plants at home. The students were asked to bring a tree sapling each to school. The demonstration and information were provided so that they can plant the sapling they brought, at home. The target for these activities was to plant about 300 plants on the day and take a step toward a greener Kathmandu.

Indoor plants were planted inside the classrooms by the class teachers as reinforcement of the Hall activity. Later, a Craft Competition was held with the theme 'Best out of Waste' in each class, summarizing the World Environment Day.

## WCN Certification Program



On June 4, 2019, Triyog High School was felicitated by Hon'ble Minister for Education, Science and Technology Mr. Giri Raj Mani Pokhrel and certified with the second star for successfully implementing the Eco-Smart School Program under the theme "Pathshala Karesa Bari – School Garden" for the second consecutive year in an event organised by Wildlife Conservation Nepal (WCN) at Rastriya Sabha Griha.

## Student Support Cell

The Student Support Cell at Triyog is designed to help students, teachers, and parents navigate the complex world that we live in.

For students this is a support portal where they can discuss and seek solutions to their academic, behavioral, and social problems, matters they do not generally discuss with their teachers or parents.

For teachers that are good in education and content delivery, continual discussions on psycho-social parameters, and relevant training will enable them to deal with student issues in a much more competent manner, keeping in mind the behavioral needs of students.

For parents, that often lack time and proper resources or strategies in dealing with children that are a generation ahead of them, the Support Cell will provide counseling services and other resources necessary to cope with increasing demands of growing adolescents and young adults.

We sincerely hope that this system will enhance our value offering to students, teachers, and parents bringing a much needed holistic angle to our educational value proposition.

# TEDEdClub

# Triyog High School

Triyog is proud to bring a worldwide initiative of learning and presentation literacy skills to a group of select children via TED-Ed Club Triyog High School.

Moderated by our Project Manager, Kuldeep Aryal, and Coordinated by Middle School teacher of Science, Bikram Thapa, 15 students of grades VIII and IX will undergo 13 exploration modules, at the end of which we will organize a TED-Ed Student Talks event at Triyog High School.

TED-Ed is TED's youth and education initiative. TED-Ed's mission is to spark and celebrate the ideas of teachers and students around the world. Everything we do

supports learning — from producing a growing library of original animated videos, to providing an international platform for teachers to create their own interactive lessons, to helping curious students around the globe bring TED to their schools and gain presentation literacy skills, to celebrating innovative leadership within TED-Ed global network of over 250,000 teachers. TED-Ed has grown from an idea worth spreading into an award-winning education platform that serves millions of teachers and students around the world every week.



## Names of Class Teachers, 2019-20

Class	Teachers
<b>K. G.</b>	Ashwina Shrestha, Rabita Gurung
<b>I A</b>	Shweta Dahal, Mamata Chaudhary, Samjhana Rana
<b>I B</b>	Rebu Pande, Yukti Nakarmi, Shova Adhikari
<b>I C</b>	Evan Syiemlieh, Sushila Khadka, Renu Karki
<b>I D</b>	Bhawana Bhattarai, Celina Rijal, Salila Acharya
<b>II A</b>	Kamada Jha, Rishu Shrestha
<b>II B</b>	Sudhikshya Gautam, Binita Karki
<b>II C</b>	Urvashi Pradhan, Arya Sharma
<b>II D</b>	Romi Sherpa, Shobha Singh Thakuri
<b>III A</b>	Shobha Sharma, Sushila Subba
<b>III B</b>	Jharana Shrestha, Rojina Hekka
<b>III C</b>	Mary Shah, Shovika Karki
<b>III D</b>	Yamuna Shah, Shreejula B. Shrestha
<b>IV A</b>	Anita Malla, Goma Karki
<b>IV B</b>	Poonam Singh, Robina Shrestha
<b>IV C</b>	Preeti Bajracharya, Salina Tamrakar
<b>IV D</b>	Tarala Sherpa, Kriti Chitrakar
<b>VA</b>	Nisha Shahi, Bina Baral
<b>VB</b>	Amrita Dhakal, Rewata Gurung
<b>VC</b>	Pooja Lama, Sanjeeka Chettri
<b>VD</b>	Sujita Maharjan, Puja Manandhar
<b>VI A</b>	Surjana Dhakal
<b>VI B</b>	Nisha Khadka
<b>VI C</b>	Usha Kiran Khanal
<b>VI D</b>	Rohit Pandey
<b>VII A</b>	Bikram Thapa
<b>VII B</b>	Puskar Chaudhary
<b>VII C</b>	Prakash Pant
<b>VII D</b>	Tshering Sherpa
<b>VIII A</b>	Manoj Baniya
<b>VIII B</b>	Shyam S. Jha
<b>VIII C</b>	Nabin Ghimire
<b>VIII D</b>	Srijana Koirala
<b>IX A</b>	Durga Karki
<b>IX B</b>	Sujan Dhakal
<b>IX C</b>	Anil Thakur
<b>IX D</b>	Suresh Chaudhary
<b>XA</b>	Seema Subba
<b>XB</b>	Lal Kesh Panday
<b>XC</b>	Subhash Dawadi
<b>XD</b>	Pramod Wagle

## In-charges and Heads of Departments, 2019-20

Name	Class
Ms. Savita Kapruwan	IX and X
Mr. Churamani Pandeya	VI-VIII
Mr. Nikendra Gurung Tamu	IV and V
Ms. Sabina Katwal	KG-III
Mr. Bed P. Aryal	Nepali Coordinator, VI-X
Ms. Reeta K. C	Nepali Coordinator, KG-V
Ms. Deepa Bhatt	ECA In-charge
Mr. Pratap Adhikari	Head of Sports Department

## Parents Representative 2019-20 (2076)

S. No	Parents Name	Class
1	Ms. Rusha Khanal	K.G
	Mr. Pramod Adhikari	
2	Ms. Manju Pradhan	I A
	Mr. Bijaya Gauro	
3	Mr. Pitamber Kattel	I B
	Ms. Pooja Magar	
4	Mr. Bhusan Bajracharya	I C
	Ms. Sunita Ulak	
5	Ms. Janison Shrestha (K.C)	I D
	Ms. Man Kumari Gurung	
6	Ms. Sunita Shrestha	II A
	Ms. Nishu Joshi	
7	Mr. Ram Krishna Agasti	II B
	Ms. Alka Bhujel	
8	Ms. Kalpana Shrestha Thapa	II C
	Ms. Sitashma Shahi	
9	Ms. Bhawani Khadka	II D
	Ms. Sushila Pandey	
10	Mr. Aadim Subedi	III A
	Ms. Archana Pant	
11	Ms. Ritika Sharma	III B
	Mr. Lokeshwor Man Joshi	
12	Mr. Anil Karki	III C
	Ms. Kalpana Bhattarai	
13	Mr. Krishna Prasad Acharya	III D
	Ms. Sara Khadka Karki	
14	Ms. Laxmi Khatri	IV A
	Ms. Dolly Bhatta	
15	Ms. Nim Digi S. Kharel	IV B
	Mr. Ganesh Bikram Shah	
16	Ms. Samjhana Gurung Limbu	IV C
	Mr. Mukunda Rimal	
17	Mr. Govinda Kandel	IV D
	Ms. Manju Gautam	
18	Mr. Surat Bom Malla	V A
	Ms. Saru G.C	
19	Ms. Sarika Bista	V B
	Ms. Laxmi Pandit	
20	Mr. Mahendra Raj Paudel	V C
	Ms. Neelam Shahi	
21	Mr. Samir Neupane	V D
	Mr. Deepak Poudel	



22	Ms. Bhumika Sapkota Mr. Sunil Dhital	VI A
23	Ms. Sharmila Sharma Mr. Shiva Prasad Dhungana	VI B
24	Ms. Shailaja Ghimire Mr. Bishnu Kumar Shrestha	VI C
25	Ms. Laxmi Sigdel Mr. Tek Bahadur GT	VI D
26	Ms. Bhagawati Poudel Mr. Sunil Shrestha	VII A
27	Ms. Rabika Shrestha Mr. Pradeep Aryal	VII B
28	Mr. Tej Pokhrel Ms. Jharana Singh	VII C
29	Mr. Rajendra Khanal Mr. Purna Man Shrestha	VII D
30	Mr. Nirmal Ghimire Ms. Bindika Gurung	VIII A
31	Ms. Bhima Karki Mr. Netra Lan Ban	VIII B
32	Mr. Bhoj Raj Adhikari Ms. Uma Pradhan	VIII C
33	Mr. Ganesh Parajuli Ms. Sumitra Paudel	VIII D
34	Ms. Tara Kandel Ms. Nebina Paudel	IX A
35	Ms. Santoshi Regmi Ms. Puspa Bhusal Bimali	IX B
36	Mr. Damber Bdr. Khadka Mr. Bijay Laxmi Ulak	IX C
37	Ms. Sumina Khadka Mr. Sushil Wagle	IX D
38	Mr. Arjun Pudasaini Ms. Kabita Adhikari	X A
39	Mr. Guru Pd. Adhikari Ms. Kusum Adhikari	X B
40	Mr. Ram Lal Shrestha Ms. Saraswati Bhujel	X C
41	Ms. Rajeeta Pradhan Mr. Basudev Bhandari	X D

### Perfect Attendance (2018-19) KG-III

Class	Name	Class	Name	Class	Name
Gr-I	Noel Thapa	Gr-II	Adiksh Silwal	Gr-III	Ayumi Dhital
	Sandhya Tripathi		Abhinanda Neupane		Grishma Shrestha
	Aashna Khadka		Avinav Bohara		Sampada Subedi
	Pranav M. Shrestha		Priyanshi Chhetri		Bibhuti Aryal
	Paridhi Khatri		Sagar Upadhyaya		Aarohan Poudel
					Anjila Subedi
					Aayan Shrestha

### Perfect Attendance (2018-19) IV-V

Class	Name	Class	Name	Class	Name
Gr-IV	Debyanshu Adhikari	Gr-IV	Sauran Ale	Gr-V	Krishma Rijal
	Shaurya Singh		Susmeen Shrestha		Kristeena Dhakal
	Anuj Rimal		Aadarsh Regmi		Paljor Gurung
	Alzen Baniya		Aadhyat Hamal		Siddhant Devkota
	Dilasha Adhikari		Priansh S Kuwar		Subhasish Banta Magar

	Aashna Hadakhale				Aarushi Acharya
	Aashish S Agasti				Prija Shrestha
	Ojaswi Singh				Jenish Dhungana

### Perfect Attendance (2018-19) VI-VII

Class	Name	Class	Name	Class	Name
Gr-VI	Kapil Dhungana	Gr-VII	Aayush Hadakhale	Gr-VII	Amaranjay Bhatt
	Pragya Aryal		Ankit Khattri		Pragati Khadka
	Shuvam Kandel		Prinsa Singh Kunwar		Aditi Mishra
	Shishtata Baral		Sakar Paudyal		Diksha Gyawali
	Anwasha Upadhyaya		Suprav Bajracharya		Pratik Shrestha
	Ayushma Maskey		Suyog Karki		Monika Limichhane
	Janvee Gauchan		Devhish Raj Singh		Sansar Rana
	Nima Gurung		Prince Neupane		Sukriti Dhakal
	Tushar Aidi		Riwaj Aryal		

### Perfect Attendance (2018-19) VIII-X

Class	Name	Class	Name	Class	Name
Gr-VIII	Kapil Ghimire	Gr-IX	Stuti Dhungana	Gr-X	Apkshya Dawadi
	Rashik Pathak		Sohail Shrestha		Aarati Gurung
	Samyog Lamichhane		Srijal Manandhar		
	Shiva S Sapkota		Prasun Shrestha		
	Ishpriya Thapa		Avinav Lalchan		
	Rojina Poudel		Kirtan Man Shrestha		
	Shashwot Aryal		Anjali Lamsal		
	Maya Poudel		Parth Chalise		
	Rijula Shrestha		Sakina Bajracharya		
	Shrasta Wagle		Shubhekhha Pradhan		
	Sayojya Manandhar		Ichhuna Baral		
	Samridhi Khadka		Niraj Devkota		
	Safal Dhakal				
	Bishika Katwal				
	Nirab Paudel				
	Ritesh Poudel				

### Prize Winners

Best in Conduct (2018-19) (K.G-III)		All Rounder (2018-19) (K.G-III)	
Class/Sec	Name	Class /Sec	Name
K.G	Siddhangana R.L Rana	K.G	Anusuya Adhikari
Grade I-A	Subash Gurung	Grade I-A	Neol Thapa
Grade I-B	Purnima Baral	Grade I-B	Aashis Agasti
Grade I-C	Sadhbi Bhandari	Grade I-C	Aashna Khadka
Grade I-D	Pratosh Maharjan	Grade I-D	Sirmee Sunuwar
Grade-II-A	Kris Pandeya	Grade-II-A	Abhigya Bhandari
Grade II-B	Arbisha Saplot	Grade II-B	Jigyasa Khairgoli
Grade II-C	Rohini Baral	Grade II-C	Bhavya Pahari
Grade II-D	Samyam Pandey	Grade II-D	Sayori Lama
Grade III-A	Kinshu Shrestha	Grade III-A	Neha Kharel
Grade III-B	Aayam Adhikari	Grade III-B	Roshik Poudel
Grade III-C	Bibhuti Aryal	Grade III-C	Ipsita Rana
Best in Conduct (2018-19) (VI-VIII)		All Rounder (2018-19) (VI-VIII)	
Class/Sec	Name	Class/Sec	Name
Grade VI-A	Aaditya Pyakurel	Grade VI-A	Bishista Wagle
Grade VI-B	Anwasha Upadhyaya	Grade VI-B	
Grade VI-C	Sannidhya Aryal	Grade VI-C	
Grade VI-D	Tushar Aidi	Grade VI-D	



Grade VII-A	Pranish Pradhan	Grade VII-A	Pratyasha Thapa
Grade VII-B	Shreyas Manandhar	Grade VII-B	
Grade VII-C	Prashamsa Thapa	Grade VII-C	
Grade VII-D	Hridaya Maharjan	Grade VII-D	
Grade VIII-A	Roshan G.C	Grade VIII-A	Shreejita Chauhan
Grade VIII-B	Nirab Paudel	Grade VIII-B	
Grade VIII-C	Mallika Rana	Grade VIII-C	
Grade VIII-D	Shishir Poudel	Grade VIII-D	

Best in Conduct (2018-19) (IV-V)		All Rounder (2018-19) (IV-V)	
Class/Sec	Name	Class/Sec	Name
Grade IV-A	Dilasha Adhikari	Grade IV-A	Anuj Rimal
Grade IV-B	Roshani Paudel	Grade IV-B	Sulaksh Bhatta
Grade IV-C	Riyan Shrestha	Grade IV-C	Shwapnil Thapa
Grade IV-D	Neebha Shrestha	Grade IV-D	Chetwgn Nepali
Grade V-A	Sarwashree Adhikari	Grade V-A	Aarushi Sharma Wagle
Grade V-B	Nitya Aryal	Grade V-B	Krishma Rijal
Grade V-C	Shreni Aryal	Grade V-C	Aarya Marasini
Grade V-D	Rehan Ghale Gurung	Grade V-D	Subhasish Bantha Magar

Best in Conduct (2018-19) (IX-X)		All Rounder (2018-19) (IX-X)	
Class/Sec	Name	Class/Sec	Name
Grade IX-A	Shuvra Rimal	Grade IX-A	Ashma Pandey
Grade IX-B	Suhani Sharma	Grade IX-B	
Grade IX-C	Sakshyat Chhetry	Grade IX-C	
Grade IX-D	Prasna Pokharel	Grade IX-D	
Grade X-A	Sandesh Lohani	Grade X-A	Avanish Khatri
Grade X-B	Naswah Manandhar	Grade X-B	
Grade X-C	Arpan Baniya	Grade X-C	
Grade X-D	Sameer Chamlagai	Grade X-D	

### Teacher's House List 2019-20

Begnas (Yellow)	Phewa (Red)
Subhash Dawadi (Housemaster) Manju Pokharel (Housemistress)	Pushkar Chaudhary (Housemaster) Bina Baral (Housemistress)
Rohit Pandey Sanjeeka Chettri Seema Subba Yukta Nakarmi Sujan Dhakal Shanta Sharma Poonam Singh Bikram Thapa Aswina Shrestha Sabina Thapa Goma Karki Mamata Chaudhary Romi Sherpa Kamada Jha Shovika Karki Amrita Dhakal Riva Rana Arya Sharma Shova Sharma	Jagadish Baral Jharana Shrestha Narayani Shrestha Andre Le Blond Shweta Dahal Rewata Gurung Mary Shah Lal Kesh Pandey Nisha Shahi Salina Tamrakar Tshering Sherpa Ritu Khanal Laxmi Ghimire Sudikshya Gautam Rudra Raj Pandey Rishu Shrestha Kriti Chitrakar Celina Rijal Usha Khanal

Rara (Blue)	Tilicho (Green)
Shyam S. Jha (Housemaster) Pramila Adhikari (Housemistress)	Suresh Chaudhary (Housemaster) Preeti Bajracharya (Housemistress)
Anil Thakur Tarala Sherpa Manoj Baniya Laxmi Adhikari Anita Malla Shrestha Ambika Poudel Priya Poudel Rebu Pandey Bhawana Bhattarai Amrit Acharya Surjana Dhakal Prativa Shrestha Nisha Khadka Shambhunath Jha Shushila Khadka Shobha Singh Thakuri Robina Karki Sujita Maharjan Rina Lama Madhu Sudan Lamsal	Mamata Shrestha Durga Karki Nabin Ghimire Laxmi Rayamajhi Srijana Koirala Pooja Lama Sarita Shiwakoti Prakash Pant Krishna P. Nepal Yamuna Shah Pramod Wagle Urvashi Pradhan Evan Syiemlieh Shushila Subba Binta Karki Shreejela Shrestha Puja Manandhar Riju Maskay Rojina Heka

### Captains, Vice Captains, and Prefects Academic Session 2019-20

**School Captain** : Prasen Man Shrestha  
**School Vice Captain** : Maya Poudyal  
**School Discipline Captain** : Nischal Bhandari

Phewa House (Red)	
House Captain	Aditika Nepal
House Vice Captain	Avideep Shah
House Prefect 1	Supriya Joshi
House Prefect 2	Suyog Karki

Rara House (Blue)	
House Captain	Priya GT
House Vice Captain	Shreejita Chauhan
House Prefect 1	Mahima Pathak
House Prefect 2	Pratyasha Thapa

Begnas House (Yellow)	
House Captain	Debisha Thapa
House Vice Captain	Samrat Pant
House Prefect 1	Bebisha Adhikari
House Prefect 2	Aansh Dhakal

Tilicho House (Green)	
House Captain	Yashaswi Shah
House Vice Captain	Barsha Acharya
House Prefect 1	Junu Tamang
House Prefect 2	Pranish Pradhan



# Congratulations to the SEE Batch – 2075

on scaling the highest of heights and setting fantastic standards!



Abanish Khattry  
GPA 3.95



Niraj Baral  
GPA 3.95



Aaryashree Lamichhane  
GPA 3.9



Aashraya Adhikari  
GPA 3.9



Aatmiya Silwal  
GPA 3.9



Ayusha Pokharel  
GPA 3.9



Divash Bhattarai  
GPA 3.9



Pranav Kaji Shrestha  
GPA 3.9



Puskar Bohara  
GPA 3.9



Aaryan Panthi  
GPA 3.85



Anish Bhattarai  
GPA 3.85



Khushi Gauli  
GPA 3.85



Kribha Paudel  
GPA 3.85



Nishan Lamichhane  
GPA 3.85



Prashrit Paudel  
GPA 3.85



Rajiv Mahato  
GPA 3.85



Shradha Wagle  
GPA 3.85



Siddhant Singh Karki  
GPA 3.85



Subhan Chiluwal  
GPA 3.85



Umang Upreti  
GPA 3.85





Adee Shrestha  
GPA 3.8



Apekshya Dawadi  
GPA 3.8



Chhimi Dolkar Tamang  
GPA 3.8



Deeparson Paudel  
GPA 3.8



Diya Rajya Laxmi Shah  
GPA 3.8



Gigyasha Niroula  
GPA 3.8



Naswah Manandhar  
GPA 3.8



Riwan Maharjan  
GPA 3.8



Samridha Shrestha  
GPA 3.8



Shrami Mishra  
GPA 3.8



Shreeya Bajracharya  
GPA 3.8



Subhangi Lamichhane  
GPA 3.8



Aarogya Gyawali  
GPA 3.75



Aayush Agasti  
GPA 3.75



Agrima Regmi  
GPA 3.75



Anupama Bhusal  
GPA 3.75



Ishan Raj Joshi  
GPA 3.75



Krisha Niroula  
GPA 3.75



Prabal Kaji Shrestha  
GPA 3.75



Pradipti Shrestha  
GPA 3.75



Prasansa Shrestha  
GPA 3.75



Riwan Joshi  
GPA 3.75



Rochak Tuladhar  
GPA 3.75



Samridha Dongol  
GPA 3.75



Saugat Maharjan  
GPA 3.75



Suzal Regmi  
GPA 3.75



Uzeni Singh Dangol  
GPA 3.75



Abhinav Acharya  
GPA 3.7



Arpan Baniya  
GPA 3.7



Dev Raj Thapa  
GPA 3.7



Pawan Jung Gurung  
GPA 3.7



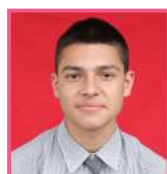
Shaswot Poudyal  
GPA 3.7



Shristi Khadka  
GPA 3.7



Spruha Kharel  
GPA 3.7



Adhish Nidhi Tiwari  
GPA 3.65



Ankit Acharya  
GPA 3.65



Himanshu Shah  
GPA 3.65



Kabya Sharma  
GPA 3.65



Saksham Manandhar  
GPA 3.65



Shashank Joshi  
GPA 3.65



Ujjal Man Shakya  
GPA 3.65



Ujjen Shrestha  
GPA 3.65



Aliza Lama  
GPA 3.6



Anushka Dhungana  
GPA 3.6



Ayan Dhital  
GPA 3.6



Katyani Bajgain  
GPA 3.6



Khushi Kumari Jha  
GPA 3.6



Nishan Rana Magar  
GPA 3.6



Prince Gyawali  
GPA 3.6



Raj Bahadur Singh  
GPA 3.6



Shreeya Gautam  
GPA 3.6



Sneha Thapa  
GPA 3.6



Spruha Maharjan  
GPA 3.6



Aarabdi Shahi  
GPA 3.55



Aarushi Thapa  
GPA 3.55



Aayush K. C.  
GPA 3.55



Avinaya Khadka  
GPA 3.55



Basanta Acharya  
GPA 3.55



Binit Shrestha  
GPA 3.55



Binit Timla  
GPA 3.55



Bipika Kafle  
GPA 3.55



Bishesh Raj Paudel  
GPA 3.55



Darshana Regmi  
GPA 3.55





Dikshanta Nepal  
GPA 3.55



Keshab Adhikari  
GPA 3.55



Niharika Kunwar  
GPA 3.55



Pooja Dewashree Wagle  
GPA 3.55



Pranat Pokharel  
GPA 3.55



Prasanna Shrestha  
GPA 3.55



Shushir Parajuli  
GPA 3.55



Manjil Sharma  
GPA 3.5



Maulik Pokharel  
GPA 3.5



Sakshyam Karki  
GPA 3.5



Swayam Shrestha  
GPA 3.5



Yokisha Poudel  
GPA 3.5



Anurag Bhusal  
GPA 3.45



Bibhuti Shrestha  
GPA 3.45



Binu Tamang  
GPA 3.45



Isha Poudel  
GPA 3.45



Leon Gurung  
GPA 3.45



Ribika Maharjan  
GPA 3.45



Sumit Ojha  
GPA 3.45



Binita Sharama  
GPA 3.4



Dipankar Timilsina  
GPA 3.4



Dipti Lamsal Nepali  
GPA 3.4



Lisha Bilash  
GPA 3.4



Nikit Ban  
GPA 3.4



Raunak Pandey  
GPA 3.4



Rojlina Shrestha  
GPA 3.4



Abhay Manandhar  
GPA 3.35



Anuja Dhungana  
GPA 3.35



Kasis Pandit  
GPA 3.35



Prajwol Dhoj G.c.  
GPA 3.35



Sameer Chamlagai  
GPA 3.35



Ayushya Gautam  
GPA 3.3



Kobid Bahadur Aryal  
GPA 3.3



Kshitiz Gurung  
GPA 3.3



Ribisna Adhikari  
GPA 3.3



Ruana Maharjan  
GPA 3.3



Slok Bhandari  
GPA 3.3



Swapnil Aryal  
GPA 3.3



Uchit Mallick  
GPA 3.3



Khushi Gurung  
GPA 3.25



Mangesh Debb Pande  
GPA 3.25



Rusha Maharjan  
GPA 3.25



Sandesh Lohani  
GPA 3.25



Saumya Adhikari  
GPA 3.25



Smirti Paudel  
GPA 3.25



Swayam Sapkota Chhetri  
GPA 3.25



Himani Basnyat  
GPA 3.2



Kritika Kandel  
GPA 3.2



Neha Dhakal  
GPA 3.2



Rohan Shrestha  
GPA 3.2



Sahil Ansari  
GPA 3.2



Samridhi Dugar  
GPA 3.2



Sanshraya Khanal  
GPA 3.2



Suyog Gyawali  
GPA 3.2



Anubhav Devkota  
GPA 3.15



Samridhi Thapa  
GPA 3.15



Nawadi Rana  
GPA 3.1



Anusha Shrestha  
GPA 3.05



Neha Shrestha  
GPA 3.05



Sachi Shrestha  
GPA 3.05



Simon Sitaula  
GPA 3.05



Swechhha Dahal  
GPA 3.05



Aarati Gurung  
GPA 2.9

We're immensely proud of your outstanding success!



**AFTER SCHOOL ACTIVITIES**

After School Program (ASP) for grades IV and V started from 3 June, 2019. ASP is held on Monday and Wednesday every week. It includes: Football | Basketball | Cricket | 3Di

After School Program (ASP) for grades VI to IX started from 31 May, 2019. ASP is held on Friday and Sunday every week. It includes: Football | Basketball | Cricket | Table Tennis | Chess | Dance | 3Di



**TRIYOG HIGH SCHOOL**

**Key Dates (August – October, 2019)**

August 2 (Shrawan 17, 2076)	Solo Singing & Dance Competition: Grades IV-X
August 9 (Shrawan 24, 2076)	Class Day: Grade VIII
August 23 (Bhadra 6, 2076)	Inter House Spin-a-Yarn Competition: Grades VI-X
August 29 (Bhadra 12, 2076)	Singing Competition: KG
September 1 (Bhadra 15, 2076)	Half Yearly Examination Begins
September 22 (Ashwin 5, 2076)	Sports Week: Grades IV & V Begins
September 28 (Ashwin 11, 2076)	Parent-Teacher Meeting
September 30 (Ashwin 13, 2076)	Inter-House Singing & Dance Competition: Grade II
October 1 (Ashwin 14, 2076)	Inter-House Quiz Competition: Grades IV-X
October 2 (Ashwin 15, 2076)	Inter-House Quiz Competition: Grades I-III
October 3 – November 2 (Ashwin 16-Kartik 16, 2076)	Dashain Vacation