

Triyog

NEWS LETTER

2014 - 2015

JUNE 27th

VOLUME I



TRIOG HIGHER SECONDARY SCHOOL

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Dear Readers,

Always keeping the end in view we begin the year slowly but surely inching forward towards completeness and wholeness. The school calendar is full of exciting events. Each month is filled with Intra school competitions, field trips, class days etc. that goes towards making school an enjoyable experience. At the hub of it all, lies the academic curriculum. And just like the spokes of the wheel, joining the hub to the outer rim is the co-curricular work. We at Triyog understand the comprehensive and cyclical nature of our lives and so, interdependent, we move forward as a complete whole.

With best wishes:
Indu Gandhi

*"One step at a time, and that well placed,
We reach the grandest height... ..
One seed at a time, and the forest grows ;
One drop at a time, and the river flows
Into the boundless sea... .."*

- Anonymous

ACADEMICS

- 'Progressive Integrated Learning and Teaching Methodology' has been introduced in Class III. Teacher's training and monitoring for this Methodology is an ongoing process which is taking place throughout the year. The Reading program is being continuously upgraded and the Writing program is being introduced.
- In the above methodology, to gain first hand information, visits are planned for the students. For eg. As a part of the Social Studies curriculum the students of Grade III visited different services around the school and collected information of the services available. The areas visited were Grande Hospital, Vegetable and Grocery Market, Greenland School, Police Station, VDC, Nature Club and Micro Bus Stand.
- As a part of the curriculum activity on 'Birds and Animals', Class III students visited the Zoo. **We are indeed grateful to our parents who consented to guide our students on this trip as group leaders.** Thereafter the same students visited the Natural History Museum in Swayambhu to get more information on Birds.
- The Curriculum Nite for all classes was held as scheduled and Parent's Representatives were selected from each class and section. Parents were familiarized about the syllabus for the current Academic Session. Parents representatives for all the classes were also chosen unanimously for this session.
- The 'Teacher's Orientation Program' was held from 21st to 23rd April 2014 before the New Academic Session started. The teachers of Nepali faculty had an orientation class with Prof. Dr. Badri Bishal Bhattarai of Tribhuvan University.



Visit to Greenland School



A Trip to the Zoo

- Parents of newly admitted students were invited to the school for an Orientation Program on 22nd and 23rd April for Classes KG-III and Classes IV-IX respectively.
- The SLC Results were declared on 13th June 2014. We are indeed proud of our students for performing so brilliantly. Out of 99 students 37 students have been awarded Distinction and 62 students have got 1st division.
- Our three toppers are-**

- Suyukti Acharya..... 90.5%
- Ashutosh Adhikari.....89.87%
- Meshuka Rayamajhi.....88.6%



Suyukti Acharya Ashutosh Adhikari Meshuka Rayamajhi

KEEP IT UP TRIYOGEEES.

EXTRA- CURRICULAR ACTIVITIES

Annual Prize Day and Investiture Ceremony

The Annual Prize Day and Investiture Ceremony was held on 8th May. The students securing First Positions in their Classes were awarded Merit Scholarships. The newly elected Captains and Prefects took oath of dedication and service. Mr. Saroj Kr. Pandey, Principal, Tilingtar Higher Secondary School, graced the occasion by consenting to be the Guest of Honour. Accumulating the highest points in the last Academic Session, Rara House was awarded the Best House Trophy by the school's Chairperson Dr. Shanti Basnyat.



Proud Parents of Scholarship Recipient



Oath Taking Ceremony



Rara House is the Best

ISA Award

International School Awards is an International Program conducted by the British Council in collaboration with the Ministry of Education. Our school had applied for the program and we have been selected amongst many applicants. The program aims at making our children global citizens who think about themselves, others and the environment. Our school will be involved in eight projects in this Academic Session in which we will collaborate with International and National School's.

Bulletin Board

We maintain four Bulletin Boards one for each House which is prepared very passionately and competitively by the students belonging to each house under the guidance of the captains and prefects. The theme for the month of May was 'The 1970s' and each house tried their best to outdo the other houses. Begnas and Phewa House were the overall winners. The topic for the month of June was 'The World Cup 2014' as a part of our World Cup Celebrations'.



Creativity At Its Best – Bulletin Board Competition

House Assembly

The Inter House Assembly for seniors was held on 23rd May. Students of the four houses portrayed their talents and creativity in the program. Phewa House were the overall winners followed by Rara and Begnas House respectively.



Class VII to X- House Assembly in Progress

CRICKET MATCH

Our young cricketers made us really proud in the Inter School Cricket Tournament organized by Modern Indian School. In a nail biting match, we failed to score 3 runs with just mere two balls remaining to win. It's part and parcel of the game boys!!



Our Cricket Team

TABLE TENNIS

In the Table Tennis Competition organized by Kathmandu District Table Tennis Association, 16 students from Classes V to X participated. Though our students could only reach the quarter finals, it was a great experience for them.



Practise Session in Progress

CHESS COMPETITION

Chess has become a very popular activity in our school. Six students from our school, Shaswat Pandit, Samrat Rajaure, Samriddhi Silwal, Kabita Khanal, Manas Bhandari and Kushal Shrestha participated in the 10th Inter School Chess Competition organized by Annapurna School, Ason. Way to go kids.....



Our Chess Wizards in Action

ART COMPETITION-

In the different competitions organized by Buddhist Women Organization, Somika Shrestha of Class VIID stood 2nd.



Art Competition

CO-CURRICULAR ACTIVITIES

Elocution Contest

The Inter House Elocution Contest for Classes I to V was held on 30th May, 2014. In the Class I category, Rara House was the overall winners with Soniya Niroula as the Best Elocutionist. Phewa House won in the Classes II and III category, with Shlok Kaiser Khadka as the Best Elocutionist; Begnas House was the Overall winner with Priyanka Neupane as the Best Elocutionist.



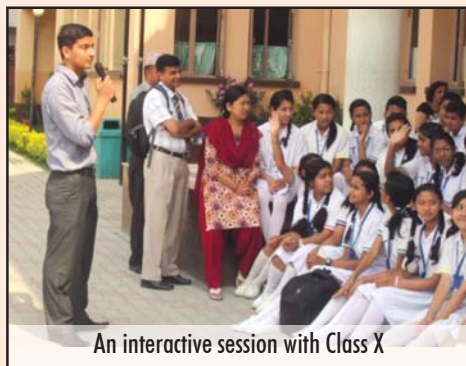
Our Young Elocutors

Inter House Debate

The Inter House Nepali Debate was held on 11th June and English Debate was held on 12th June respectively. Sandhya Niroula of Tilicho House and Somika Shrestha of Rara House were judged the Best Debators in the Intermediate Category whereas Ayushma Adhikari of Begnas House and Darshana Singh of Rara House were adjudged the Best Debators in the Senior Category.

Guest Speaker

Our very own ex-student Vrishank Khanal, belonging to the 2006 batch addressed the students of Class X and shared his experiences and knowledge with them. Vrishank, a successful lawyer in Mumbai conducted an interactive session with our students encouraging students to open up their minds and focus on preparation for a successful career and future.



An interactive session with Class X

Handwriting Competition

The Inter House English and Nepali Handwriting Competition were held on 13th May for the students of Classes I-III. In the English Handwriting Contest, Shreyashi Neupane of Phewa, Grishma RL Rana of Tilicho and Sneha Sharma of Rara house were adjudged the winners in Classes I, II and III category respectively. Joyana Budhathoki of Begnas, Sakshyam Rajkarnikar of Phewa and Grishma RL Rana of Tilicho were declared the winners in Nepali Handwriting for Classes I-III respectively.



Nepali Debate Competition



Striving for Perfection

Quiz Competition

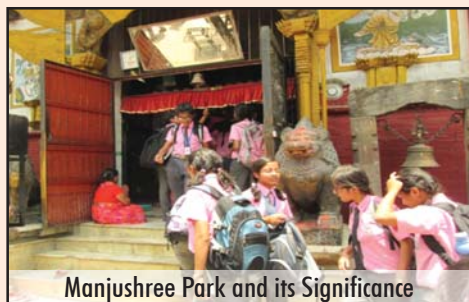
On 20th June, Ayush Khattri, Nischal Basnet and Suyog Tiwari of Class IX participated in the Inter School Olympics Quiz organized by Nepal Olympic Committee at EPS School.

Field Trips

- Class X visited Kirtipur, one of the ancient cities of Nepal and gathered knowledge about its culture and heritage.
- Class IX went to Manjushree Park in Chovar, for their field trip. This venue has historical importance and the students learnt a lot about it.



Knowing more about Kirtipur- Class X



Manjushree Park and its Significance



"An exposure to the Reality of Life"

COMMUNITY SERVICE

Triyog takes pride in organizing and celebrating the World Environment Day on June 5th every year. Keeping the theme 'Raise your voice, not the sea Level' in mind, the day was observed with activities involving all the students. The morning assembly started with speeches by Aayusha Shrestha of Class VIII, Our ECA In-charge Mr. Birendra Das and a special address by the school's chairperson Dr. Shanti Basnyat. Classes KG and Class I were involved in painting and collage work. Classes II, III and IV recycled different items. Class V planted trees in the school vicinity, Class VI painted their T-shirts with Environment slogans. Classes VII to IX went for a rally starting from school, Dhapasi Height, Basundhara area and back to school. The students of Class X went to Jhor Mahangkal School for tree plantation. Aayushma Adhikari of Class X gave a wonderful speech on the occasion.

Under the supervision of Mr. Manoj Baniya, a year long Community Service has been planned for this Academic Session. All the students are involved in

this program which has been planned as follows -

- Class IX students visited SERC, a rehabilitation centre and school for handicapped students, at Baluwater. The students have started working with the disabled students and also with those having autism and are learning how to help them with physiotherapy and speech therapy respectively.
- Navjyoti Kendra will be visited by our class VIII students for community service. This is a school for mentally handicapped children where our students will interact with the disabled children and also assist them to carry out activities.
- Students from Class VII will participate in the community development program in the Autism care centre at Gairidhara where their service will involve helping the inmates to socialize and also help them understand through speech therapy. This technique will be observed and then implemented.

- Our children of grade VI will be visiting Pashupati Bridha Ashram in Gaushala and look into the needs of the inmates.
- Class V will do the cleaning and maintenance of Buddhanilkantha at Narayanthan by planting seeds cleaning the idols removing weeds etc.
- Class IV is learning the technique of making vermicompost.
- Children from grade III have been visiting Indrayani Ban Upavokta Samity (Community Forest) at Tokha for maintenance and plantation of trees.
- Our little ones from classes KG to III will work around the theme 'Keep your environment clean'.



World Environment Day Celebration



Recycling Waste Materials



Visit to SERC

We look forward to yet another successful session with the help of your support and cooperation.