



# Newsletter

TRIYOG HIGH SCHOOL, Tokha-6, Kathmandu, Tel: 4965285, 4981695, Email: info@triyog.edu.np

## Message from the Vice-Principal



Dear parents,

Wish you a very happy and healthy new year 2022.

This is my first communication with you after assuming the role of Vice-Principal of Triyog High School. I express my most sincere and heartfelt gratitude to you for showering me with the best wishes via the School Facebook post.

We are once again facing turbulent times as the pandemic continues, forcing us to alter the academic and ECA planning. We continue to work on how we can best support our students, assess our progress, and set goals for the coming months and throughout the remaining academic session. Our more concentrated efforts are now directed towards achieving academic targets but at the same time, we have plans to introduce online ECA classes and resume Games classes for some Grades without disturbing the academic routine. We are aiming for timely year-end assessments and comfortably bringing the academic session to a successful close.

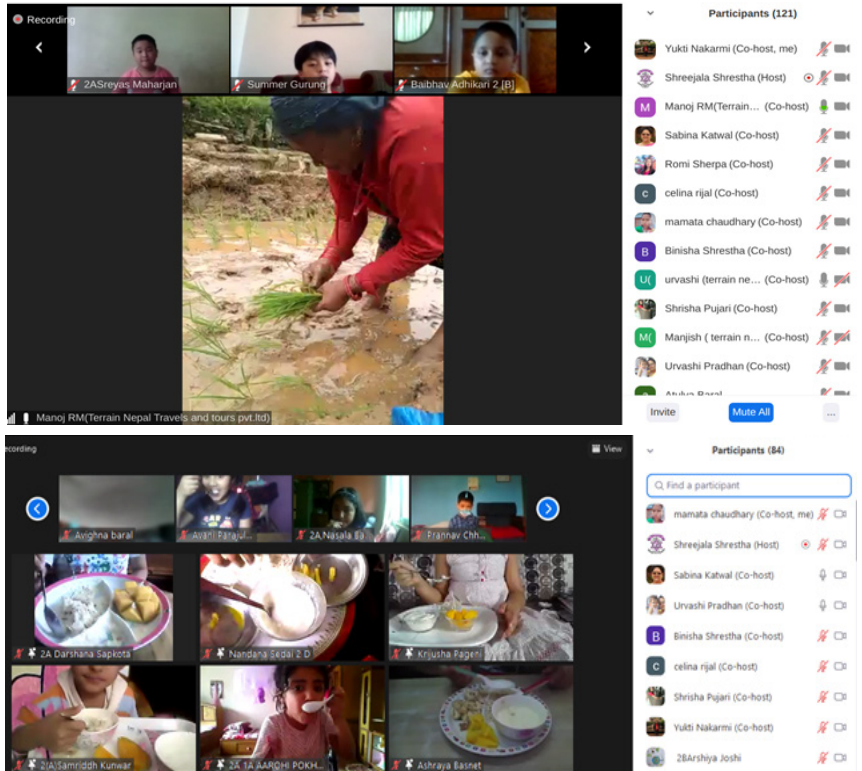
I am glad to inform you that we have initiated two collaboration with Sambhavya Foundation, to cater to students' psycho social needs, and with DigiSchool to strengthen the ICT at the primary and junior level to introduce students to coding and computational thinking skills while also increasing their online safety knowledge.

I hope we are heading towards a year with the alleviated threats of the virus, which will be further strengthened by the widespread and rigorous student vaccination drive. Please do get your ward/s vaccinated if you have not done so yet.

Looking forward to our long and cordial association.

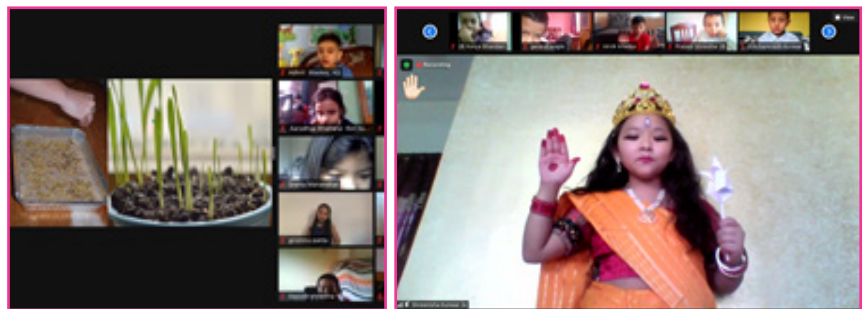
## Celebrations at Triyog

### राष्ट्रिय धान दिवस



असार पन्ध्र राष्ट्रिय धानदिवस के.जी देखि कक्षा पाँचसम्मका भाइबहिनीहरूले भर्चुअल माध्यमबाट मनाए। यसै अवसरमा उनीहरूले असार पन्ध्रको महत्व दर्शाउने भिडियो हेरे। भर्चुअल रोपाईँमा सरिक भएर किसानहरूले धान कसरी फलाउँदा रहेछन्? सो कुरा बुझ्ने मौका पाए। असार भाका गुनगुनाए। असार पन्ध्रमा खाइने विशेष खानेकुरा दही चिउरा खाए। सबैले रमाइलोका साथ असार पन्ध्र मनाए।

### दर्शन



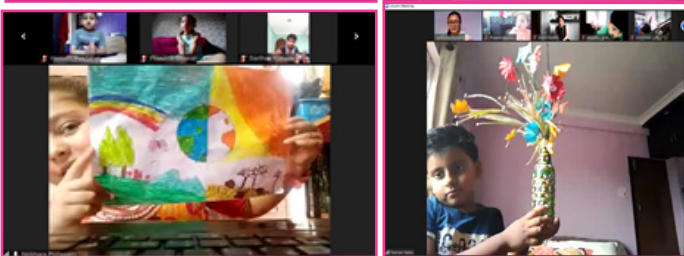
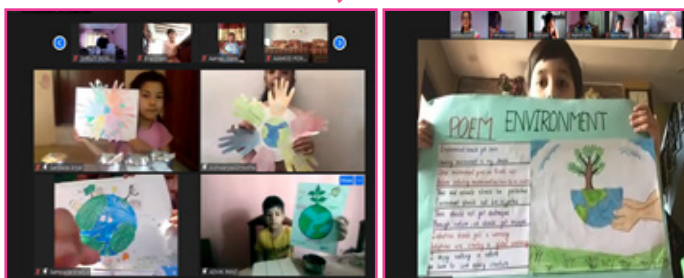
मिति २०७८/६/२२ गतेका दिन प्राथमिक तहका भाइबहिनीहरूले दर्शन पनि भर्चुअल रुपमा नै कार्यक्रम आयोजना गरी मनाए। त्यसमध्येमा कसैले दुर्गा मन्त्र, जमरा कसरी राखिन्छ? दर्शन किन मनाइन्छ? दर्शनमा के के गरिन्छ? भन्ने कुरा पनि प्रस्तुत गरे। दर्शन कविता लयबद्ध वाचन गरे, दुर्गाको नौ अवतार धारण गर्नुका साथसाथै दर्शन आयो गीतमा नृत्य पनि प्रस्तुत गरेका थिए।

## तिहार



लामो समयको भर्चुअल कक्षा सकिएसँगै भाइबहिनीहरूले तिहार पर्व संयोगवस मिति २०७८/७/१६ गते विद्यालयमै मनाउने अवसर पाए। उक्त अवसरमा कक्षा के, जीवेखि पाँचसम्मका भाइबहिनीहरूले तिहार विशेषमा गरिने कार्यहरू जस्तै देवीलक्ष्मीअवतार धारण, पूजा पाठ, रंगोली बनाउनुका साथसाथै देउसी भैलो नाचगान र नेवार समुदायका भाइबहिनीहरूले नेवारी नयाँ वर्ष भिन्तुना च्याली निकालेर सो कार्यक्रम सम्पन्न गरेका थिए। हाम्रो विद्यालयमा प्रगतिशील शिक्षा पद्धति अनुसार पढाइ हुने भएकाले जुनसुकै कुरालाई पनि प्रयोगात्मक तरिकाले गर्ने गरिन्छ।

## World Environment Day



### Welcome To the World Environment Day Program



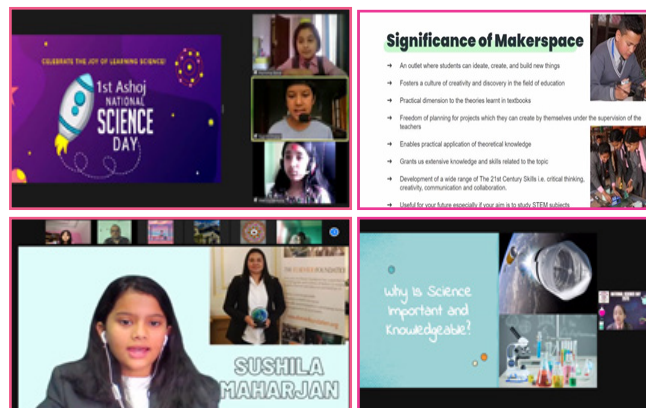
**Ms. Roshna Subedi**  
Campaigns and Education Assistant  
WWF, Nepal



**Mr. Ugan Manandhar**  
Climate & Energy Advisor  
WWF, Myanmar

On 5 and 6 June, World Environment Day was celebrated virtually to engage children in different activities like singing songs and reciting poems related to the environment. The children also gave a presentation on the topic "Ecosystem Restoration". The program was graced by the guest speakers Mr. Ugan Manandhar, Climate & Energy Advisor, WWF Myanmar and Ms. Roshna Subedi, Campaign & Education Assistant, WWF Nepal.

## National Science Day



National Science Day (NSD) was celebrated virtually by the Middle and Junior School in collaboration with the Makerspace Club on Ashwin 1, 2078 BS. The day was celebrated to commemorate the advancement and development of Science & Technology in the nation. The theme for this year's NSD was "Science & Technology for Disaster Mitigation & Management." The day was marked with various activities like presentations, speeches, animation shows, etc. Middle School students organized a special program in which they portrayed two Nepali scientists to pay a tribute for their contributions and made a presentation on "Science is everywhere" to show a connection of science in life. They had visual demonstrations on the universe, human development, and technology. Virtual polls were also conducted to identify the basic understanding of Science related facts among students.

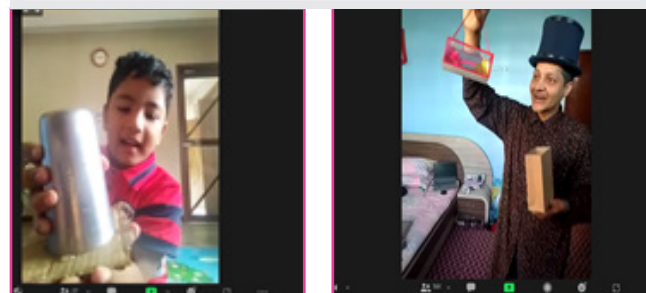
## Children's Day



# Happy Children's Day



*"Children are the world's most valuable resource and its best hope for the future."*  
**John F. Kennedy**



On Tuesday, 14 September, Children's Day was celebrated to highlight the significance of giving love, attention and affection to the children. The day was commemorated with immense joy, enthusiasm and magnificence. The celebrations began with the Magic show and followed by a variety of fun filled activities.

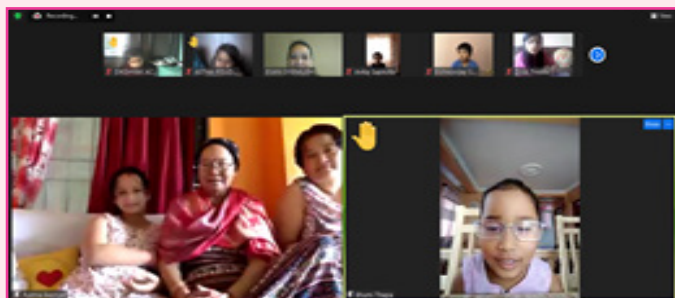
All the students were overwhelmed and enjoyed the day.



## Interaction Sessions

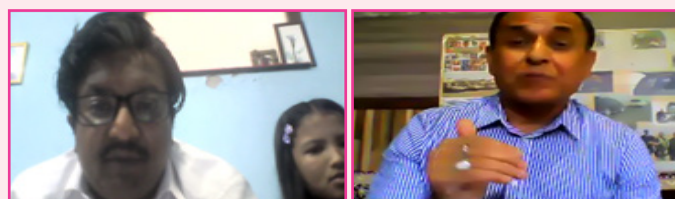
Interactive session is the programme in which children are engaged in social learning opportunities and activities to develop turn taking, waiting, sharing, conversing, attending, discerning non-verbal cues, regulating emotions and other skills. It helps learners retain information and apply them at appropriate situations, and also prepares them for future roles and responsibilities by developing their interpersonal and problem solving skills.

### Grade I



On 16 July 2021, school conducted a virtual visit to joint families for the interaction with grandparents and other family members with guests Mrs Rama Lamichhane (I A), Mrs Laxmi KC (I B) and Mrs Sharda Rai (I C).

## Occupation & Its Importance



As a part of their Social Studies syllabus, learners from the Junior Block had the opportunity to interact with various professional sector experts and understand how each occupation plays an important role in the society.

## Social Organisations



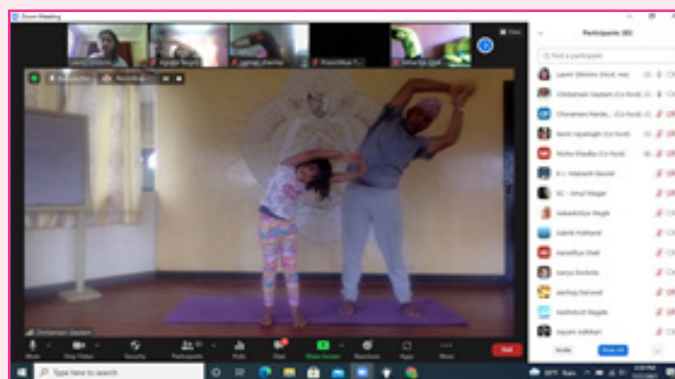
Learners from the Junior Block had an insightful session with experts associated with various social organisations and learnt about its contribution in uplifting the social standards of the citizens.

## Manage Your Own Waste



Wildlife Conservation Nepal (WCN) conducted a session for the learners of grades IV and V on waste management and 5Rs making the young minds aware about managing one's own waste.

## Yoga



As a part of their integrated learning activity, students of Grade VI had an interaction session about Yoga on 27 July with Dr. Chintamani Gautam, who is an International Yoga Trainer, Preacher, Corporate Health Trainer, and an upcoming Writer. He is currently the Director of Nepal Yoga Academy and Retreat.

Dr. Gautam oriented the students on rules of Yoga like Yama, Niyama, etc., and introduced techniques of Sukshma Yoga like Prarthana, Sukshma Vyayama, Vishrama, etc. The students also got a chance to see the demonstration of practice of Pranayam, Anulom Vilom, and other yoga asanas like Bhujangasana (cobra pose), Dhanurasana (Bow Pose), Mandukasana, etc.

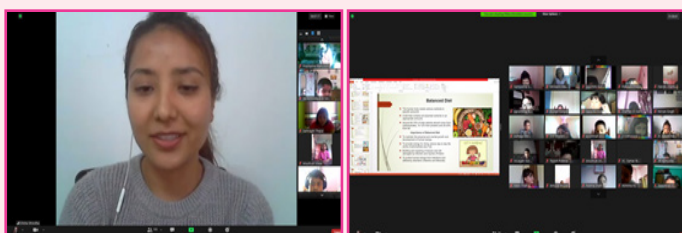
The demonstrations were done by Aarushi Gautam. This activity was integrated with their Health, Physical, and Creative Arts curriculum and the program was coordinated by Ms. Laxmi Ghimire, our Middle School teacher.

### Grade II



On 23 June, having the topic of Personal Hygiene, Mrs. Abha Sharma interacted with students and families in the event 'How to keep ourselves clean?'. Mr Manoj RM interacted on the topic of Paddy regarding paddy plantation on 29 June. Ms. Jyoti Khanal (Data/System Analyst), Ms. Durga Maya Timsina (Finance Officer), Ms. Jigme Tshering (Mountaineering Guide), Mr. Pradip Lamsal (Pharmacist) and Major Amit Pal had interaction on 4 July with the topic of Profession as guest professionals. Likewise, having the topic of Culture, Ms. Gita Gurung, Ms. Srijana Adhikari, Ms. Pooja Shrestha, Ms. Tikaswari Rai, Ms. Pramila Gurung and Ms. Laxmi Chaudhary had an interaction on 28 September.

### Grade III



On 12 August, Mrs. Urmila Rasaile interacted with the students about roles and responsibilities of a ward as a representative of the ward. Ms Elisha Shrestha had interaction with the topic of food and Nutrition as a dietician on 4 July. Likewise, having the topic of environment conservation and global warming Mr. Ayush Dev Pant interacted as an environmentalist on 12 July.



### Some Glimpses of the School in Physical Setup

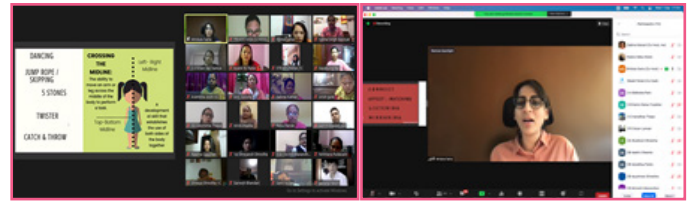


Triyog started teaching in classrooms in-person for Grade KG to Grade I from 24 October, 2021 and Grade II and III from 28 October, 2021. The teachers and students both were overwhelmed and excited to meet their friends and teachers in person after a long period of time.

The physical classes are filled with various activities such as circle time, meditation, games, and outdoor activities which have been designed to ensure the development of students' personal, social and emotional skills along with their friends and teacher.

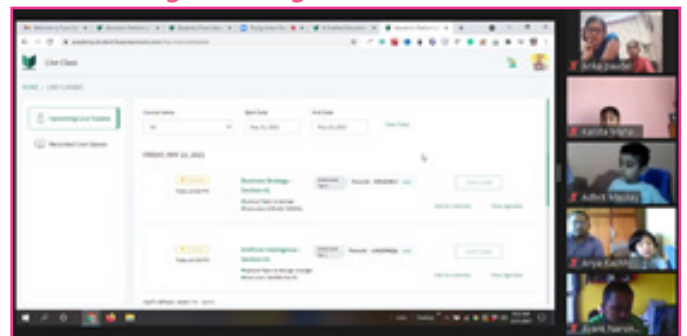
### Academic Initiatives

#### Parenting Sessions



To help the parents develop effective parenting skills, the school organized the Parenting sessions for the parents of Grades III on 1 September, II on 3 September and I on 6 September having the topic Connected Parenting, Rhythm and Playful Learning respectively. The sessions were conducted by Ms Mridula Saria, an educationist and co-founder of Grooming Tales. Being a scholar and researcher on child behavior and development, she informed that good parenting involves a great deal of consistency and routine.

#### Onboarding Training



Fuse Classroom onboarding training was conducted for new students on 21 May, 2021. All new students and their parents attended this session to familiarize themselves with the digital learning platform of the School and were successfully inducted into the platform.

#### Orientation Session



Orientation sessions for the new parents and students from the Junior Block took place in the physical set-up where they were orientated about the school philosophy and policies.

#### Mentoring Session



Editorial team of "Junior Triyog Times" from grade 5 got mentored on taking their roles and responsibilities as editors. Students who were previously a part of the team also shared their experiences.



## Triyog Junior Orators' Club (TJOC)



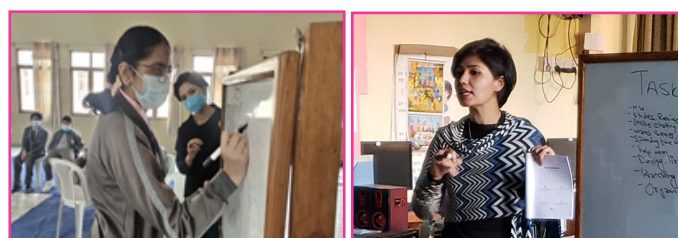
Members of the Triyog Junior Orators' Club were orientated by the Executive Committee from the school's Gavel Club by conducting the demo meeting. TJOC has been formed in the Junior Block to enhance the public speaking and communication skills of the learners.

## Presentation On Social Issues



Students of Middle School carried out pair and group presentations on social issues included in their Social Studies curriculum during their online sessions. These sessions enabled the students to improve their interpersonal and communication skills while learning the concepts of their academic subjects.

## Social-Emotional Learning (SEL)



Social-Emotional Learning (SEL) sessions for grades VI & VII and Study Skills Development Sessions were conducted in collaboration with Vaav. It provided support to students of grades VI & VII in personal and social awareness, self-management, and help them improve their interpersonal skills. These sessions were conducted in both online and physical setup from August to December, 2021.

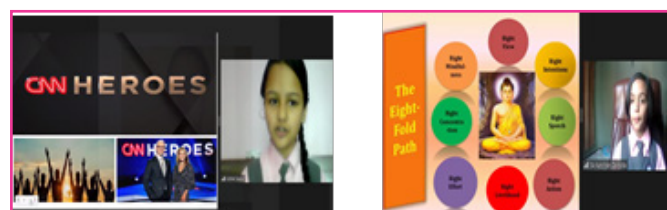
Session for grade X were conducted from December 7 to 17 to help students to manage their study time efficiently and focus on overcoming their weaknesses.

## Online Awareness Campaigns



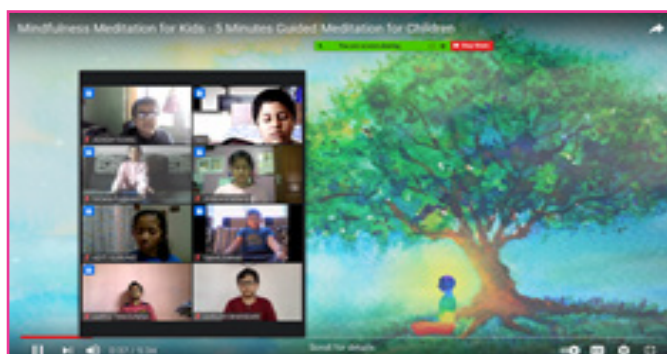
Learners from grade V facilitated various online awareness sessions to make the Junior Block community aware about various environmental, social and cyber related issues.

## Virtual Group Assembly Presentations



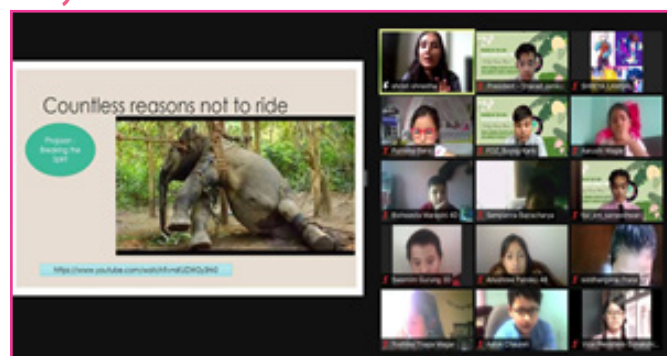
Junior school students delivered group presentations covering various topics like time management, balanced diet, preachings of Lord Buddha, Rise & Fall of Shah Dynasty, Importance & Benefits of Reading. This platform provided the students to enhance their research and presentation skills.

## Virtual Wellness Session



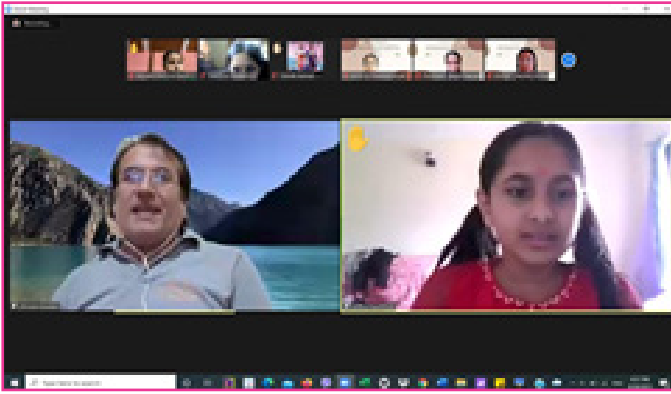
During the Wellness session on the occasion of Buddha Jayanti, learners from the Junior School shared their favourite life lessons from Buddha, following a 5-minute guided mindfulness meditation and screening of "10 Life Lessons from Buddha (Buddhism)." Integrating it with Language Arts, they also wrote an autobiography on Gautam Buddha and shared his life story.

## Why Chain Them



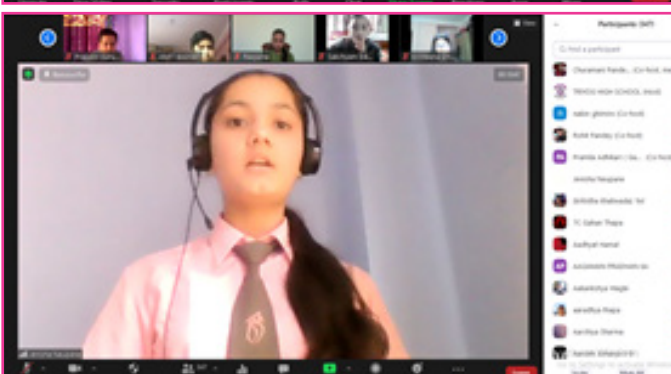
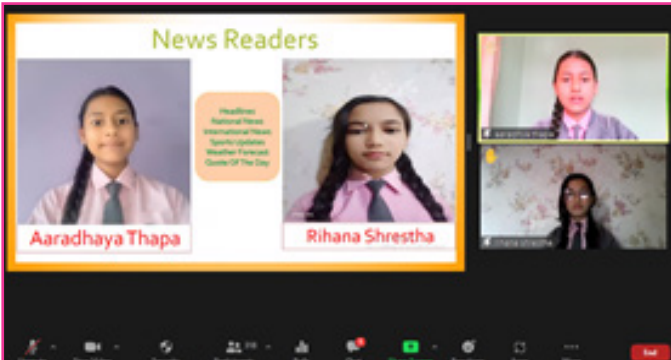
On 12 August, 2021, Friends of the zoo club organized an interaction/orientation session on the occasion of World Elephant Day on the topic "Why Chain Them ?" with guest speaker, Ms. Shristi Singh Shrestha. Ms. Shrestha is an animal rights activist and an environmental rights advocate. Ms. Shrestha has been actively associating with 'Jane Goodall Institute', 'Animal Nepal' and 'People's Alliance for nature Nepal'. The interaction session spread light on the condition of elephants in Nepal and the problems faced by the elephants that are used in the tourism sector as an income source. She highlighted the cruel measures adopted to train them ever since they are born. The neglect and trauma that the poor creatures go through are never really exposed to the public and the tourists who pay a visit. The topic was also centered towards why the system of elephant rides should be ended and what should be done for that. One of the major parts of interest was how the backs of the elephants were made differently and how sensitive it was. Ms. Shristi talked about how an elephant would know even if a butterfly sat on its back and how an elephant can easily find the sources of water using its feet that are 40 miles away. The audience seemed very interested in the topic and the interaction session certainly made the audience more aware of the situations these poor elephants have to face till today.

## Virtual Interaction with CWIN



On 30 August, 2021, the Triyog Social Service Learning Society organized a virtual interaction session with Child Workers in Nepal, CWIN. The guest for the occasion was Senior Program Coordinator of the organization, Mr. Dhruba Gautam. The one-hour session had about 90+ students from grades 4-10. It was a fruitful interaction where the guest explained about child rights, child labour, and how CWIN serves and contributes to society. Mr. Gautam also added a few points about duties and how both rights and duties are like the two sides of a same coin besides talking about child rights and labour, and communicated with the audience really well.

## Block Assembly

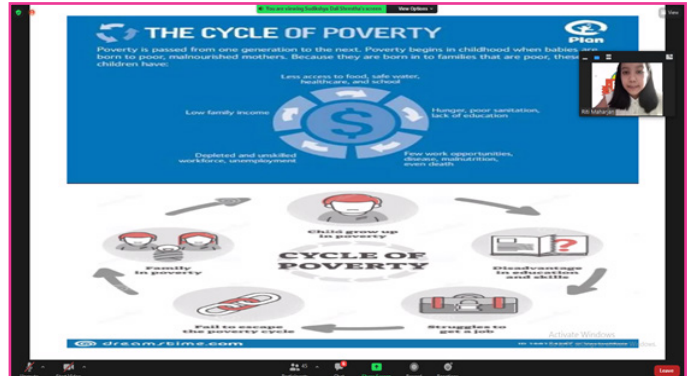
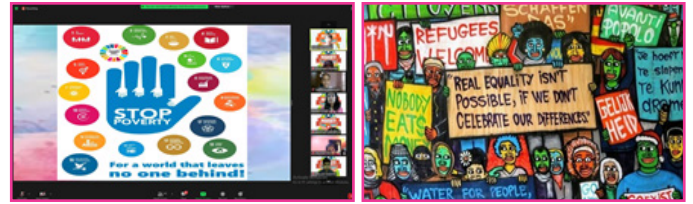


Middle School students and teachers meet every Wednesday at 8:45 AM for Block Assembly. They sing the national anthem, School song, and Saraswati Vandana. Students take turns section-wise to make presentations which include weekly news updates, prepared speeches on various topics, recite poems, and showcase their special talents and skills.

## Virtual Integrated Project Day

## SDG Goals - Virtual Integrated Project Day Exit Events

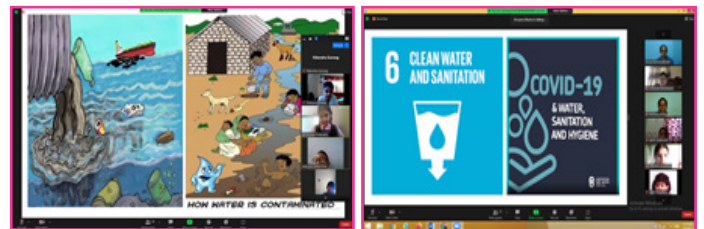
### Grade IV



**SDG Goal 1: No Poverty** - Through this project the learners understood the deeper meaning of "POVERTY" and how Nepal and the rest of the world is suffering from it. Not only this, they also figured out how they can contribute in this fight against poverty and also make others aware about it.

**SDG Goal 10: Reduced Inequalities** - Through this project learners were able to understand that people everywhere have access to essential services and social protection in all respects of life.

### Grade V



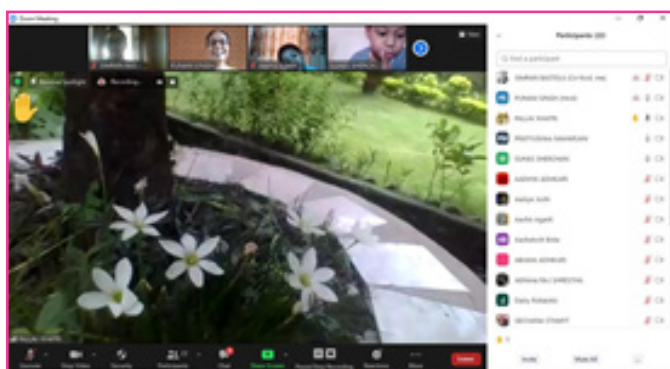
**SDG Goal 6: Clean Water & Sanitation** - The research and findings done for the project helped the learners from grade 5 to understand the current situation of clean water and sanitation facilities of the nation and the global initiatives undertaken by the United Nations. They also figured out solutions to save water for a better tomorrow so that the majority of the population is not deprived of clean and drinkable water.

**SDG Goal 3: Good Health & Well-Being** - Learners from grade 5 gathered the understanding that ensuring healthy lives and promoting economical and socio-emotional well-being at all ages is essential to sustainable development.



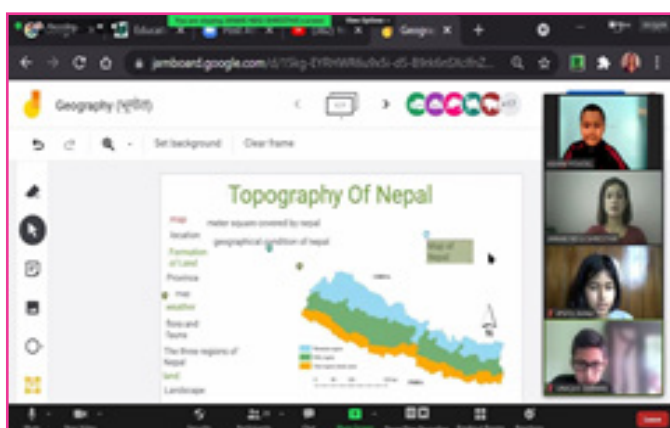
## Virtual Field Trips

### Garden Tour



Learners from grade 4 were taken for a virtual field trip to gardens of some children as well as of teachers to explore more about plant life. They observed some of the pollinators and learned how those pollinators helped in growth of new plants.

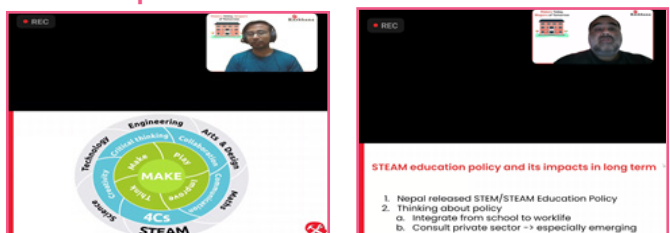
### Topography Tour



Students of Grade VI were taken on a virtual tour while learning the Topography of Nepal. This session was further supported by a video lesson to make the concepts clearer to the students.

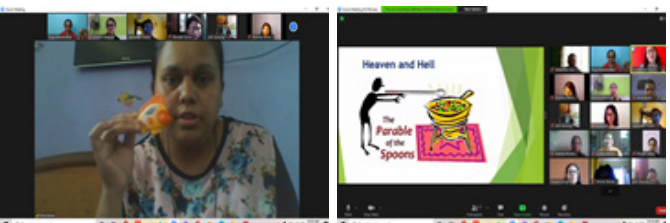
## Professional Development and Motivation

### Workshop on STEAM Education - Karkhana



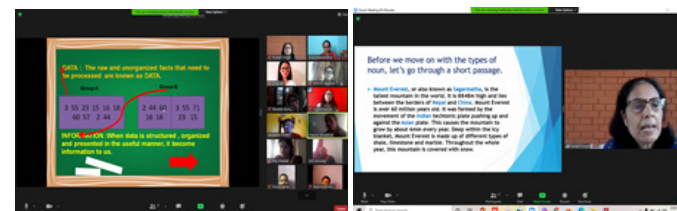
Some of the teachers from the Science department of the Junior Block attended the online workshop organised by Karkhana on the STEAM Education policy and its impact.

### Story Telling



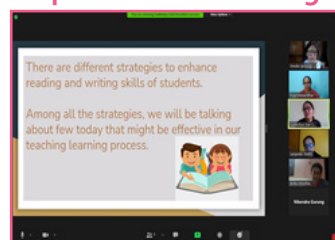
Language Arts teachers from the Junior Block conducted a storytelling session whereby they shared the technical aspects of storytelling and its significance in the teaching-learning process.

### Reflective Sessions (Learn, Relearn & Unlearn)



Teachers from the Junior Block conducted a demo teaching in which their colleagues provided critical feedback about their online teaching practices.

### Department Meetings



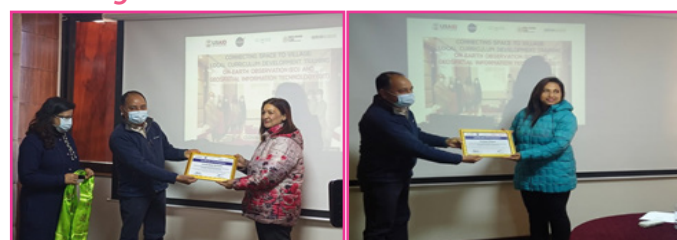
Periodical online academic department meetings were conducted at Junior School facilitated by the Block In-charge to discuss strategies for bettering the teaching-learning techniques.

### Training on Nepali Phonics

Teachers belonging to the Nepali department from the Primary and Junior block attended the 3 days online workshop organised by Positive Vibration on Nepali Phonics.



### Training on GIT and EO



The Social Studies teachers from Middle School, Ms. Janaki Negi Shrestha and Ms. Surjana Dhakal, attended a five-day training on "Local Curriculum Development on Earth Observation (EO) and Geospatial Information Technology (GIT)" themed with the slogan "Connecting Space to Village". The training was organized by the International Centre for Integrated Mountain Development (ICIMOD) in partnership with Robotics Association of Nepal (RAN) within the framework of SERVIR-HKH, and supported by the United States Agency for International Development (USAID) and National Aeronautics and Space Administration (NASA).

### Hiking for Teachers and Admin Staff



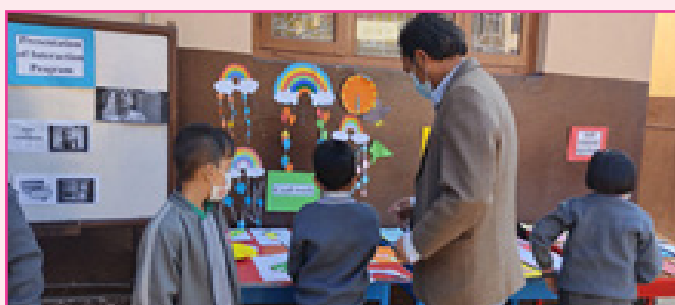
The teachers and admin staff went on a hike to Bosan Hill on 11 December, 2021. They started their hiking after a delicious Newari breakfast at a homestay at Khattrichhap. Then they hiked up to White House, had their lunch and socializing events at the Blue Mountain Resort, and hiked down to Khahare to catch the bus.

## Project Days



Project Day is a platform where children showcase their learnings through various presentations. It enhances the child's creativity, helps them become critical thinkers and teaches them to work in groups as well as teaches students how to efficiently convey ideas and solve problems.

The first Project Day of the Primary Block of the Academic Year 2021/2022 was organized virtually. The students of Grade III on 27 August, II on 29 August and I on 31 August with the topic My Family, Me/My Family/My Daily Life and The Very Busy Spider respectively, presented their learnings to the parents and the faculty members through a variety of mediums such as songs, dances, dramas, poems and other items. The children performed to the best of their ability which made the program lively and successful.



On 22 November, 2021 Grade I, II and III had their second project day with the topic My Daily Life and Our Creation, My Community/My Creation/My Culture and Landforms and My creation respectively, which was held physically and the excitement among the students was very high though we apologise for not being able to involve the parents because of the present situation.

## Clay Work



Students of Grade VI applied their learning in practical projects. They used easily available materials like play, dough, natural soil, flour, etc. for this practice. This activity was integrated with their Creative Arts curriculum.

## Pakoda Making Project



As a part of their experiential learning activity, the students of 8D were involved in a pakoda making project on 19 November which was integrated with their OBTE curriculum. This project aimed at teaching them to make basic food items. Through the pakoda making project, they learned skills of chopping the vegetables, making the batter, frying the food item, product pricing, selling the product, and money management. They also executed their business plan by selling the pakoda to their teachers. They have collected some cash through their business which will later be handed over to the Social Service Club for supporting their community service project. The project was supervised by their OBTE teacher, Ms. Maya Gurung.



## Aalu-Chop Making Project



As a part of their experiential learning activity, the students of 8B were involved in an Aalu-Chop making project on 26 November which was integrated with their OBTE curriculum. Through this project, they learned basic skills of preparing food items. They boiled the potatoes, peeled them, mashed them by adding spices and salt, made small round designs out of them, made the batter, and fried them.

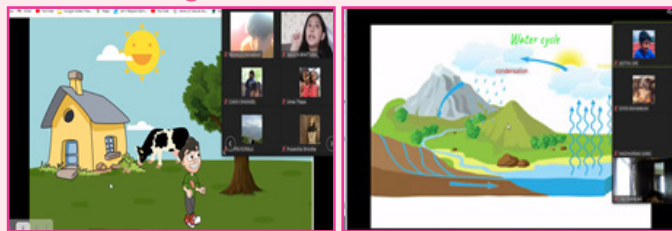
They also prepared a small business plan to learn product pricing, selling the product, and money management. They executed their business plan by making different departments and selling the product to their teachers. They have collected some cash through their business project which will later be handed over to the Social Service Club for supporting their community service program. The project was supervised by their OBTE teacher, Ms. Maya Gurung.

## Pickle Making Project



As a part of their experiential learning activity, the students of Grade VII were engaged in a pickle making project which was integrated with their OBTE curriculum. The objective of this project was to teach the complete process of preparing and storing dried vegetables, and making pickles. They dried radish, carrot and cauliflower, and made mixed pickles. During this project, they learned basic skills like peeling, cutting, blanching, drying, mixing, storing, labelling, packaging, and product pricing. They also learned the recipe of mixed pickle. Later, they sold the product in the school and collected some cash which will be handed over to the Social Service Club later. This will be an ongoing project. It will be connected to their next lesson – Business, in which they will learn the things to be considered before starting any business, problems that can be faced in business, and their possible solutions. The project was supervised by their OBTE teacher, Ms. Laxmi Ghimire.

## ICT - Creating Animation



Learners from grade 5 learnt to use online google slides and animaker for creating stop motion animation. They created their own design animation using this simple online presentation tool.

Learners from grade 4 learnt to use simple flipbook animation using the online FlipAnim, Doratoon and Pivot Animator website to create animation and tried to create different types of images with animation.

### Extended Learning Activities at Junior School

## Junior Science Olympiad



Teachers from the Science department of the Junior Block conducted the Junior Science Online Olympiad for the learners of grades 4 and 5 providing them opportunities to better their understanding and knowledge in the field of Science & Technology.

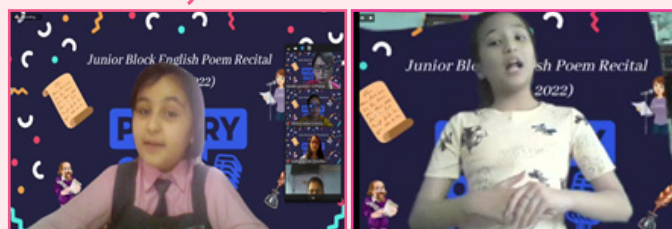
### Winners from Grade IV:

Suprit Dhakal (First)  
Purnima Baral (Second)  
Kastuv Lamichhane (Third)

### Winners from Grade V:

Arbisha Sapkot (First)  
Prashis Raj Pandit (Second)  
Shibu Ghimire (Third)

## Junior Poetry Recital



Teachers from the Language Arts department both in English and Nepali organized an online poetry recital. Students from grades IV and V displayed their artistic skill of reciting their self-written poems.

### Winners from Grade IV - (Nepali)

Purnima Baral - First  
Noyal Thapa - Second  
Shubihani Thapa - Third

### Winners from Grade IV - (English)

Chandira Pandey - First  
Noel Thapa - Second  
Suprit Dhakal - Third

### Winners from Grade V - (Nepali)

Unnati Dhakal - First  
Smarika Adhikari - Second  
Abima Poudel - Third

### Winners from Grade V - (English)

Season Bhattarai - First  
Naswa Pradhan - Second  
Sayori Lama - Third

## Annual Investiture Ceremony



On 8 July, 2021, the virtual Investiture Ceremony was another major milestone of the School Academic and Co-curricular, which was successfully conducted on 18 August 2021. We formally decorated the School Prefectorial body as they proudly took their oath.

The newly elected School Prefects took their oaths to office and we also witnessed their incoming speeches besides the formal introductions to Triyog's Learning Societies and Triyog Gavel Club.

As the chief guest was the second school captain, Dr. Astha Tuladhar who currently lives in Japan, working as an environmentalist.

A note of thanks to all parents who supported the event by decorating their wards and submitting the videos. We are thankful for the support of the technical team, ECA, Sports and Administrative departments for this well-conducted event that was organised via zoom, and broadcasted live on Triyog's official facebook page.

## Online Chess Competition



On the occasion of World Olympic Day, Triyog High School organised the three-day Triyog Intra School Online Chess Competition from 20 June to 22 June. Around 64 students participated in the competition. Mr. Dharam Bahadur Lama, The Secretary of the Nepal Chess Association, was the Chief Guest for the event. After the arrival of all participants, the event commenced with the national anthem followed by the school song and finally the Olympic Song.

The competition was held in three categories-

Third Category (20 June): Grades IX-X (including the current SEE batch)

Second Category (21 June): Grades VI-VIII

First Category (22 June): Grades IV-V

On the last day of the event the results were announced. Here are the students who succeeded in securing top honors:

### In the IX, X and SEE batch category

#### Boys

First- Kapil Ghimire  
Second- Kushal belbase  
Third- Hridaya Maharjan

#### Girls

First- Selina Pangen  
Second- Marshal Tamang  
Third- Rijula Shrestha

### In the VI, VII, VIII category:

#### Boys

First - Prayosh gurung  
Second- Riyan shrestha  
Third- Aayush khatri

#### Girls

First- Riya Shrestha  
Second- Kripa Belbase  
Third- Shaivee Chhetri

### In the IV and V category:

#### Boys

First- Sushant K.C  
Second- Kushal Bhujal  
Third- Debesh Adhikari

#### Girls

First- Noel Thapa  
Second- Riska Dhamala

This competition tested the skills of each participant as a chess player, and challenged the best of them. Everyone was able to perform exceptionally.

## Selection for the Student Prefectorial Body



**TRIYOG HIGH SCHOOL**

### Prefectorial Body 2021-2022

 Sonakshi Shrestha School Captain	 Seelush Chhetri School Vice-Captain	 Pranish Pradhan School Discipline Captain	 Sharad Jamkatel Learning Societies Coordinator
<b>Begnas House</b>			
 Shraddha Joshi House Captain	 Sairus Adhikari House Vice-Captain	 Aaditya Pyakurel House Senior Prefect	 Aarya Marasini House Junior Prefect
<b>Phewa House</b>			
 Suyog Karki House Captain	 Bishista Wagle House Vice-Captain	 Stuti Thapa House Senior Prefect	 Prija Shrestha House Junior Prefect
<b>Rara House</b>			
 Kamira Rawal House Captain	 James Bhomi House Vice-Captain	 Samyukta Rajbhandari House Senior Prefect	 Soniya Niroula House Junior Prefect
<b>Tilicho House</b>			
 Nicole Kadel House Captain	 Pragya Aryal House Vice-Captain	 Ujjwal Bhakta Shrestha House Senior Prefect	 Jenisha Neupane House Junior Prefect

*Congratulations to the newly elected Prefectorial Body. Wishing you all the very best for your upcoming challenges and opportunities.*

On 8 July, 2021, the school hosted the 2021-2022 Prefectorial Election Meet. The process of democratic election of the Student Prefect Body is an important annual extra-curricular activity at Triyog. The agenda was to recruit a new set of new prefectorial members for the current academic session. In appearance were students from Grade VI-X and the teaching staff of the School. The Election Symposium consisted of two sessions being , replacement of old house masters and mistresses and vote appeal for a fresh set of Prefectorial members . The claim of leadership for the position of School Captain was carried by Sharad Jamkatel , Sonakshi Shrestha and Pranish Pradhan , for the position of School Vice Captain by James Bhomi , Seelush Chhetri , Bishista Wagle and Sairus Adhikari and for the position of School Discipline Captain by Suyog Karki , Kamira Rawal and Pranish Pradhan in a zoom meeting window in attendance of all the students and the vote appeal of houses were carried out in the respective house breakout rooms . The houses welcomed their new house Masters and Mistresses , them being : Master Bikram Thapa and Mistress Goma Karki for Begnas House , Mistress Laxmi Adhikari and Mistress Rewata Gurung for Phewa House , Master Shambu Nath Jha and Mistress Robina Shrestha for Rara House and Master Krishna Prasad Nepal and Mistress Yamuna Shah for Tilicho House . The referendum was carried out via Google Form in their respective house breakout rooms at the end of the meeting after completion of all appeals for vote.



## Art and Craft Competition



On the occasion of World's Environment Day, Triyog High School's Intra School Art and Craft Competition was organized to spread awareness among the children about the environment. In which many students participated and put their feelings into their work. All the masterpieces made by the students were astounding.

### Art

#### (Grades IX & X Category)

First- Nihona Pradhan XC  
Second- Sambriddhi Shah XC  
Third- Rojan Khanal 9B

#### (Grades VI-VIII Category)

First- Ipsita Rana 6A  
Second- Aava Shrestha 8B  
Third- Sampada Subedi 6  
(Grade V)  
First- Sudeepti Khwakhali Shrestha 5A  
Second- Season Bhattarai 5D  
Third- Shivangi Pathak 5A

#### (Grade IV)

First- Sunivah Bajracharya 4C  
Second- Prajwal Thapa 4C  
Third- Suprit Dhakal 4B

#### (Grade III)

First- Sneha Manandhar 3D  
Second- Aayushree Basnet 3C  
Third- Animesh Gurung 3A

#### (Grade II)

First- Avani Parajulee 2C  
Second- Sarthak Bikram Thapa 2A  
Third- Adishri Bhujel 2D

#### (Grade I)

First- Samragyee Shree Sapkota 1A  
Second- Advik Pant 1A  
Third- Aryak Karki 1B

#### (KG)

First- Venus Thapa  
Second- Adhrit Maskey  
Third- Aaradhya Poudel

### Craft

#### (Grades VII - IX Category)

First- Kristeena Dhakal 8A  
Second- Ojaswi Singh 7D  
Third- Anwesha Shah 9D

#### (Grades IV - VI Category)

First- Gautam Thapa 6B  
Second- Sunivah Bajracharya 4C  
Third- Aaryab Shrestha 5C

#### (KG - Grade III Category)

First- Yukta Nepal  
Second- Joysha Khanal  
Third- Anaya S. Thapa

## Poem Recitation Competition



On the occasion of 208th Bhanu Jayanti, the school organised a virtual Poem Recitation Competition for the students of grades 1 to 10 on 28 and 29 Asar. The competition for grades I to III was held on the 28th and of the IV to V, VI-X grades were held in the morning and afternoon of the 29th respectively.

The grades I to III category was evaluated by school Nepali teachers, Ritu Khanal, Archana Singh and Rita Khatri. Similarly, the judges for grades IV and V were teachers, Pramila Adhikari, Lakshmi Raimajhi and Rita Khanal

Nepali Literature professionals and teachers, Yadav Bhattarai, Bhuwan Tiwari and Romakanta Pokhrel sirs were the judges for grades VI to X.

### Name of the winners:

#### Grade I

First=Riyomi Pandit  
Second=Arnav Thapa  
Third=Sarwada Aryal and Abhiv Gurung

#### Grade II

First= Subigya Subedi  
Second=Swarnima Simkhada  
Third=Aadisha Silwal and Sayosha Giri

#### Grade III

First=Aryahi Karki  
Second=Aaradhya Panta  
Third=Aayushri Basnet and Anusuya Adhikari

#### Grade IV

First=Subihani Thapa  
Second=Sanvee Aryal  
Third=Bibhusan Singh

#### Grade V

First=Rohini Baral  
Second=Riska Dhamala  
Third=Nirjara Pudasaini

#### Grade VI:

First=Suravee Paudel  
Second= Saugat Gautam  
Third=Ashim Poudel

#### Grade VII

First= Angel Basnet  
Second=Aashna Hadkhale  
Third=Ojaswi Lamasal

#### Grade VIII

First= Shreyashi Neupane  
Second=Jasmine Niroula  
Third= Shambhavi Adhikari

#### Grade IX

First=Seelush Chhetri  
Second=Shishtata Baral

## Fancy Garb Competition



The Photo and Journalism Club of Triyog High School had organized 'Fancy Garb Competition' for Grade IV to VIII from 13 to 20 August. The participants were required to send a picture wearing the attire of the assigned costume with an article describing significance of their attire. All the contestants had done a splendid job with their attire and writing skills.

### Name of the winners:

#### Grade IV

First: Yuavani Shah  
Second: Sunivah Bajracharya  
Third: Saanvi Aryal and Riti Maharjan

#### Grade V

First: Sayori Lama  
Second: Aaryab Shrestha  
Third: Ira Shrestha and Astina Poudel

#### Grade VI and VII

First: Janella Shakya  
Second: Shrachit Mishra  
Third: Ojaswi Singh and Kriti Rimal

## Elocution Competition



The Elocution Competition was an effort to explore the speaking potential of students of Grades I – X. There were interesting and expressive entries from all grades. Interested students from grade 1 to 10 participated in the competition among which those who got shortlisted from junior and senior categories performed on 19 and 20 August respectively.

We would like to express our gratitude to Mr Laxman Bhatta and Mr Sushil Shrestha for fairly judging the participants. Mr Laxman Bhatta is the head of the English department in Trinity International College. He is also an Assistant Professor at the Central Department of English (TU). Similarly, Mr Sushil Shrestha is a Lecturer of English at Tribhuvan University. He is an SUSI Scholar from Seattle University.

### Name of the winners:

#### Grade I

First= Ritika Paudel  
Second= Riyomi Pandit  
Third= Raaima Gauchan

#### Grade II

First= Subigy Subedi  
Second= Samanyu Chhetri  
Third= Rigved Gurung

#### Grade III

First= Aarohi Nepal  
Second= Aalok Chaurali  
Third= Urvi Rana Magar

#### Grade IV

First= Purnima Baral  
Second= Noel Thapa  
Third= Aarav Shrivastav

#### Grade V

First= Pragalva Aryal  
Second= Dirghayu N. Lama  
Third= Lhendup Sherpa

#### Grade VI

First= Neha Kharel  
Second= Janella Shakya  
Third= Gautam Thapa

#### Grade VII and VIII

First= Soniya Niroula  
Second= Aashna Hadakhale  
Third= Vibhusha Rajbhandari

#### Grade IX and X

First= Anweeta Ghimire  
Second= Sharad Jamkatel  
Third= Saubhagya Lama

## Singing Competition

A singing competition is a contest where participants get an opportunity to showcase their vocal abilities in front of an audience. On 17 September 2021, Triyog High School organized a singing competition for the students of Grade I to IX. The judge for this competition was Mr. Ashish Gurung. Ashish Gurung is a singer/songwriter based from Kathmandu. For the competition, we first had the selection round where the participants were required to send a video of them singing. Several participants from each grade were then shortlisted for the final round. During the final round participants were supposed to sing a song of their choice live in front of an audience. All the participants did an excellent job with their performance.

### Name of the winners:

#### Grade I

First: Shreeja Shrestha  
Second: Samyut Thapa and  
Raaima Gauchan

#### Grade II

First: Rigved Gurung  
Second: Jordan Wangchuk Tshering  
Third: Rujoy Khanal

#### Grade III

First: Aaryahi Karki  
Second: Urvi Rana Magar  
Third: Arya Gurung

#### Grade IV

First: Noel Thapa  
Second: Purnima Baral  
Third: Aahana Acharya

#### Grade V

First: Anushuya Adhikari  
Second: Dirghayu N. Lama  
Third: Lhendup Sherpa

#### Grade VI and VII

First: Janella Shakya  
Second: Agrata Regmi  
Third: Suravee Paudel

#### Grade VIII and IX

First: Seelush Chhetri  
Second: Barish Sthapit  
Third: Kresteena Dhakal



## Art Competition



In the month of November, Inter House Art competition was organized in Triyog High School where students could display their art. The students of Grade IV and V had their Art Competition on 22 November. Grade IX and X had their Art Competition on November 19, 2021. Grade VI to VIII had their Art Competition on 24 November 2021 and Grade KG to III had their Art competition on 30 November. All students participated exceptionally.

### Name of the winners:

#### KG

First :- Arienna Kc  
Second:- Pravesh Gurung  
Third :- Adrit Maskey

#### Grade I

First :- Aishwarya Shrestha  
Second :- Aishwarya Adhikari  
Third :- Arnav Thapa and Akriti Bhusal

#### Grade II

First :- Prajwol Shrestha  
Second :- Deepan Pandey  
Third :- Darshana Sapkota

#### Grade III

First :- Yukta Nepal  
Second :- Basudha Bajracharya  
Third :- Urvi Rana Magar & Surabhi Semali

#### Grade V

First: Sayori Lama  
Second: Parineeta Neupane  
Third: Lhendup Sherpa

#### Grade VI

First: Gautam Thapa  
Second: Ipsita Rana  
Third: Kripa Belbase

#### Grade VII and VIII

First: Peeyush Lamgade  
Second: Asin Crystal Rana  
Third: Alya Badal

## English Category

### KG

First: Venus Thapa  
Second: Shirons Gyawali  
Third: Shirons Gyawali

### Grade I

First: Loreen Gurung  
Second: Riyomi Pandit  
Third: Nirvik Raj Khadka

### Grade II

First: Samriddh Kunwar  
Second: Deepan Pandey  
Third: Subigya Subedi

### Grade III

First: Tejash Pokhrel  
Second: Shreeyashbi Oli  
Third: Aashika Ranabhat

### Grade IV

First: Aahana Acharya  
Second: Purnima Baral  
Third: Noel Thapa, Sanvika Thapa Magar

### Grade V

First: Shivangi Pathak  
Second: Sayori Lama  
Third: Season Bhattarai

### Grade VI

First: Nirmik Khatri  
Second: Ayumi Dhital  
Third: Aarya Devkota, Neha Kharel

### Grade VII

First: Aashna Hadakhale  
Second: Manasha Wagle  
Third: Aayush Khatri, Alisha Pudasaini

### Grade VIII

First: Nitya Aryal  
Second: Saksham Manandhar  
Third: Alish Pudasaini, Shambhavi Adhikari

### Grade IX

First: Tejashwini Pokharel  
Second: Samyukta Rajbhandari  
Third: Dibyata Dhungana

### Grade X

First: Abhana Paudyal  
Second: Sara Tuladhar  
Third: Oshin Pandey

## Nepali Category

### KG

First: Venus Thapa  
Second: Shirons Gyawali  
Third: Shirons Gyawali

### Grade I

First: Prakriti Rawal  
Second: Abhinav Poudel  
Third: Ariena K.C

### Grade II

First: Aayushi Dhakal  
Second: Ritika Paudel  
Third: Raaima Gauchan

### Grade III

First: Ai Wei  
Second: Luna Khatiwada  
Third: Arshiya Joshi

### Grade IV

First: Sadikshya Lama  
Second: Sudha Tripathi  
Third: Pratyusha Maharjan

### Grade V

First: Sayori Lama  
Second: Divija Paudel  
Third: Pragalva Aryal

### Grade VI

First: Kinshu Shrestha  
Second: Sampada Subedi  
Third: Shubham Bhusal

### Grade VII

First: Nazeeya Lalchan  
Second: Bhawisha Mahat  
Third: Diva Giri, Jyotishree Malla

### Grade VIII

First: Pratha Shrestha  
Second: Jenisha Neupane  
Third: Smarika Adhikari

### Grade IX

First: Anwesha Shah  
Second: Tejashwin Pokharel  
Third: Pragya Aryal, Sadina Adhikari

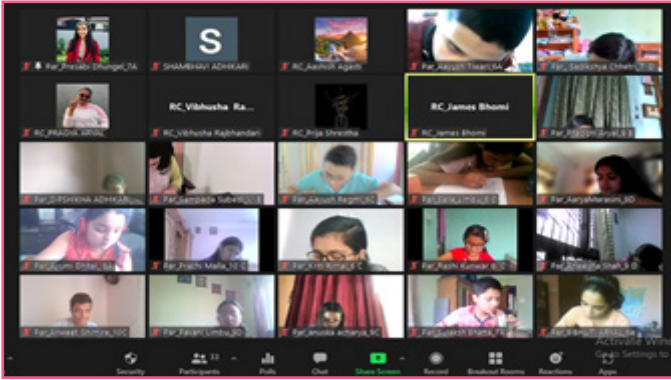
### Grade X

First: Abhana Paudyal  
Second: Oshin Pandey  
Third: Nihona Pradhan, Zen Gurung

## Handwriting Competition

On 27 August, 2021, a handwriting competition was organized in Triyog High School where students could display their extraordinary abilities of writing beautifully with their hands. Students from Grades 1 to 10 could compete in the competition in two categories, English and Nepali. For grades 1 to 4, the event took place in their classes. For Grades 6 to 10, interested students participated in the competition which took place on 27 August, 2021. The handwritings were judged by the block in-charges and Heads of Departments.

## Story Weaving Competition



The Story weaving competition was an effort to explore the creativity of our students of grade VI-X. It is a writing competition where all the participants need to creatively construct a story from the hints and guidelines given to them. Here, the students were required to weave a connective, coherent and meaningful story by critically selecting the appropriate hints and making the best utilization of them. The competition was held on 4 September, 2021 (Saturday) via zoom. The following teachers supported the competition by being the judges for different categories.

Nisha Khadka judged Grade VI category, Anoushka Poudyal judged Grade VII-VIII category and Puskar Chaudhary, Savita Kapruwan and Lal Kesh Pandey judged for grades IX-X category.

From Grade VI, Aarya devkota and Kriti Rimal secured the first position, Aayush Tiwari, Bibhuti Aryal, Nirvik Khatri and Sampada Subedi secured the second position, Ashrika Acharya, Ayumi Dhital and Rashi Kunwar secured the third position.

From Grade VII and VIII category, Aarya Marasini became first, Sadikshya Chhetri secured second position and Presabi Dhngel secured the third position.

From Grade IX and X category, Seelush Chhetri came first, Anweet Ghimire secured the second position and Pavani Limbu and Pradipti Aryal secured the third position.

### Sports Activities

## Sports Week (VI-VIII)



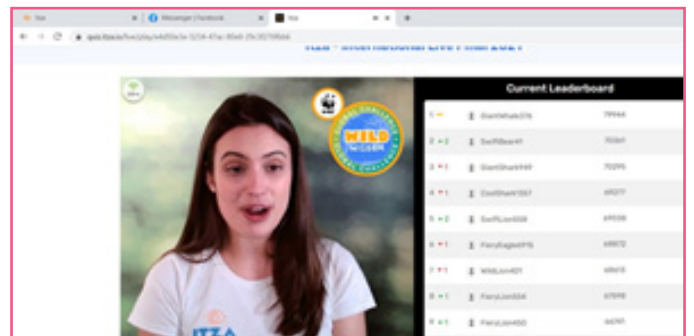
Sports occupy a vital part of our human life. It keeps us healthy, active, and fit. It has a multi-faceted role in the lives of people of all ages. Recognizing this, the school decided to host a "Sports Week" event that drew out from 28 November to 2 December. It had a variety of sports that many students were keen to try out. The individual sports required the students to handle challenges by themselves, without the need of any extra support. Some individual sports that took place during this event are : badminton, judo, chess, and table tennis. The team sport required the players to be vigilant of not only their own play, but that of their teammates as well. Games such as basketball, football, and cricket were the team sports played throughout this event. A house based tug of war was held for the students who were reluctant to participate in the mentioned sports. While everyone performed their utmost, only one house could win the trophy for this event. Rara house was declared the winner for the middle block sports week, 2021.

## Chess Tournament

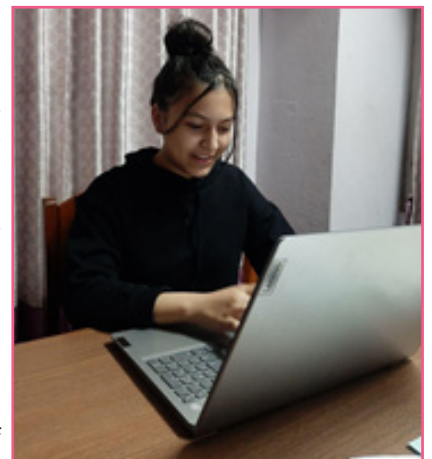


Sports occupy a vital part of our human life. It keeps us healthy, active, and fit. It has a multi-faceted role in the lives of people of all ages. Recognizing this, the school decided to host a "Sports Week" event that drew out from 28 November to 2 December. It had a variety of sports that many students were keen to try out. The individual sports required the students to handle challenges by themselves, without the need of any extra support. Some individual sports that took place during this event are : badminton, judo, chess, and table tennis. The team sport required the players to be vigilant of not only their own play, but that of their teammates as well. Games such as basketball, football, and cricket were the team sports played throughout this event. A house based tug of war was held for the students who were reluctant to participate in the mentioned sports. While everyone performed their utmost, only one house could win the trophy for this event. Rara house was declared the winner for the middle block sports week, 2021.

## The Wild Wisdom Global Challenge



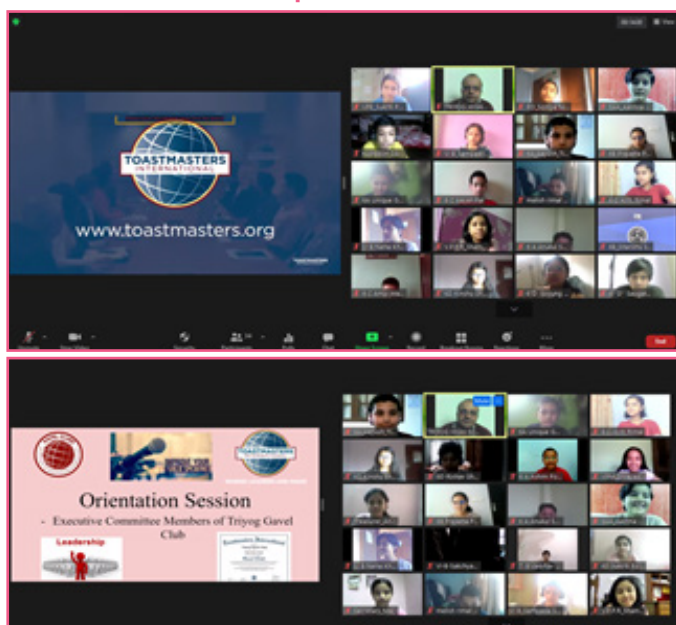
WWGC (2021) is an international quiz competition organized by WWF to help students understand their planet better and learn about consequences to human actions. The quiz is designed for students to enlighten their knowledge on biodiversity, surroundings, flora and fauna and the various threats posed to nature. It aims to generate hobbies and encourage school students in conservation and inspire sustainable use of natural assets. It provides studying in a modern approach motivating students on nature conservation. Two students; Ashrika Dhital from Grade IX and Nirwan Rajbanshi from Grade VII participated from Triyog High School. Though these representatives did not make it to the top leaderboard, they definitely made themselves and the school proud by reaching the finals of an event of such international recognition.





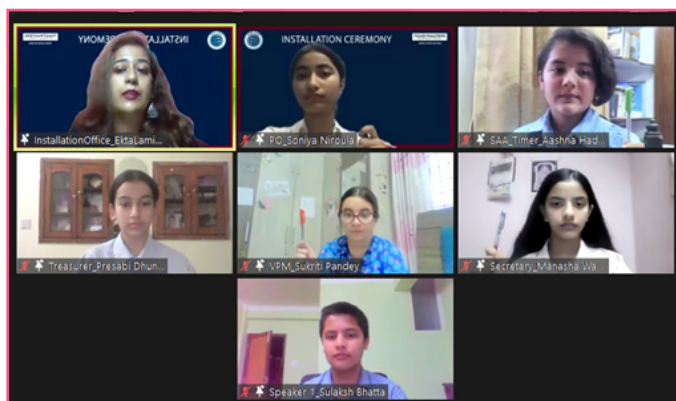
## Triyog Gavel Club

## Orientation for Prospective Members



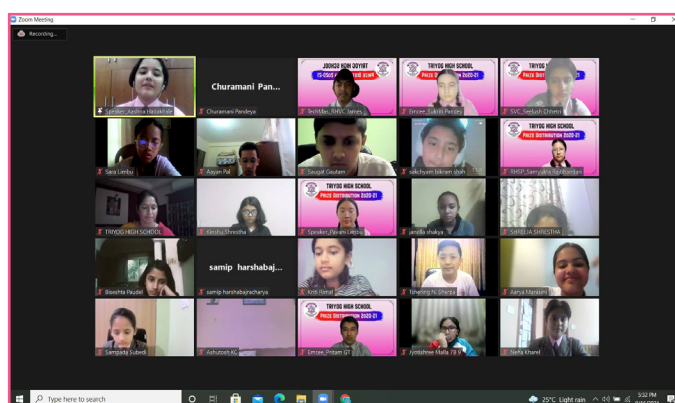
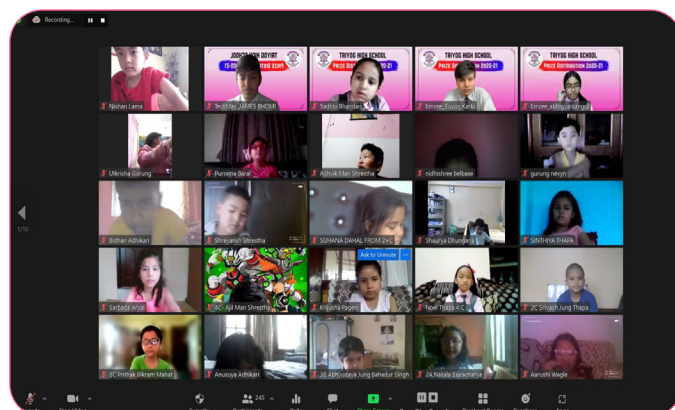
The Executive Committee of Triyog Gavel Club organized an orientation session for prospective members on 25 June. Students from Grades VI and VII joined the session to understand the club's functioning mechanism and the registration process. The session highlighted the Club objectives, meeting roles, benefits to a member, and initiated the registration process. Some members also shared their experience of the Gavel Club journey.

## Second Installation Ceremony



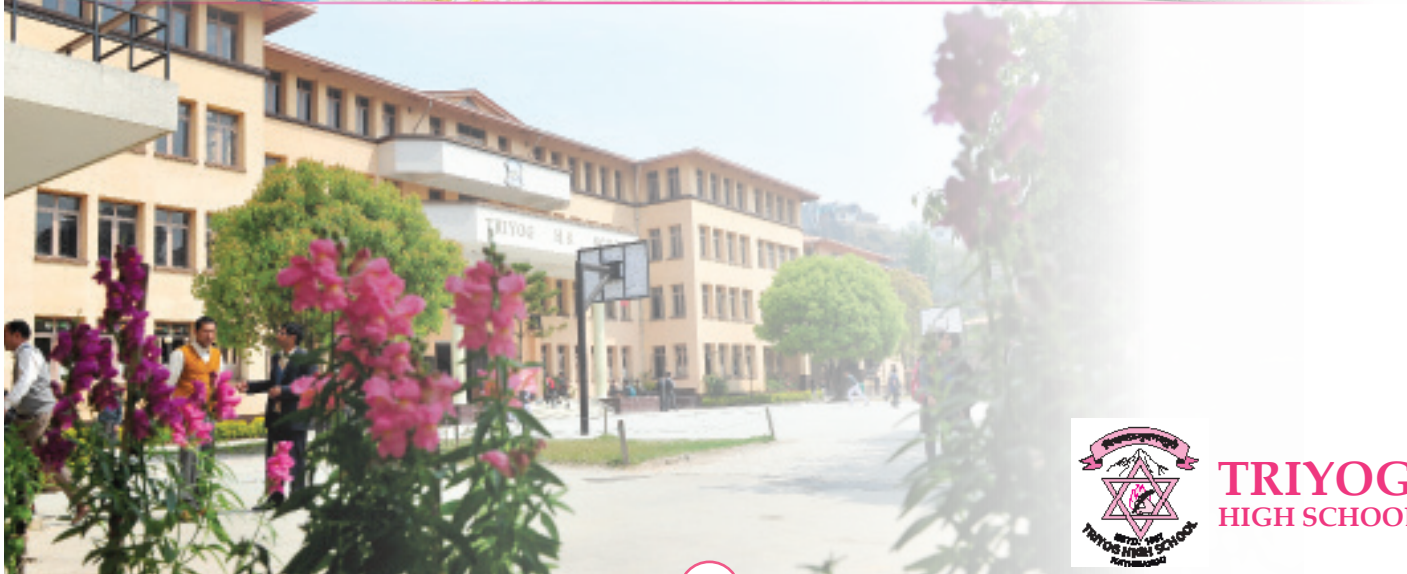
The Second Installation Ceremony of the Triyog Gavel Club was held on 25 July, 2021.

## Prize Distribution Ceremony



The prize ceremony is one of the school's most beloved events because it allows us to reflect on the previous year, inspire one another, and celebrate our accomplishments. We pay tribute to Triyog's ideals and morals of discipline, compassion, and zest for learning, which these honorees exemplify, through this ceremony. For each grade, a prize distribution ceremony was performed on various days. Students were recognized in a variety of categories, including Best in Conduct, Best All-Rounder, Academic Winner, and so on. We gather to acknowledge and celebrate the achievements of our outstanding students who have worked hard and brought honor to the school, themselves, and their parents.





**TRIYOG**  
HIGH SCHOOL