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TRIYOG

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# Newsletter

TRIYOG HIGH SCHOOL, Dhapasi, Kathmandu, Tel: 4365285, 4381695, Email: info@triyog.edu.np

## Message from the Principal

Dear Parents

As the scholastic year 2017-18 draws to a successful conclusion we have a chance to stand back and reflect on our activities for the year, both academic and extra-curricular. Being focused on continuous growth and learning as our core philosophies, we are keen to improve on our systems and processes for the future.

We are providing our students with the very best of academic exposure. Our progressive teaching-learning methodology will reach grade 7 in the next academic session, under the national curricular umbrella. Alongside, we provide students with a wide array of co-and-extra-curricular activities that enhance their overall personality, confidence, and outlook toward life. I can say with confidence that our students are growing in an environment that is in line with how we want them to be shaped – with dignity for the self, respect for others, and in a congenial environment of continual feedback and trust. We also provide our teachers and other members of staff with an environment suitable for professional growth and learning. This journey will only get better and more focused in the years to come.

We strongly believe in collaborations and partnerships that enhance out-of-classroom learning. Be it community-linked experiential learning, project days or field trips, in-school demonstrations and collaborative learning efforts, or educational excursions, we strive to obtain the best of partners to help support our ecosystem. Besides academic competence rigor, our students are getting honed for life in such multi-exposure platforms.

We are committed to bring quality education of international standards to all our stakeholders, and look forward to your continued feedback, suggestion, and support in making Triyog a center for educational excellence.

Warm regards

**Niladri S. Parial**

### Activities inside the School

#### Christmas Celebration at Triyog



With a few musical performances put up by the students, Christmas was celebrated with much excitement as students were taught the meaning of giving and the spirit of religious harmony.

#### Saraswati Puja

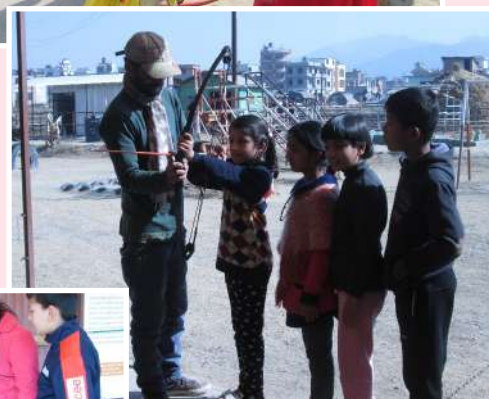


On the occasion of Saraswati Puja, the staff and Grade X students got together to honour the goddess of knowledge, music and art.

*The Triyog Family wishes you a  
**Happy New Year 2075**  
filled with new hope, new joy and  
new beginnings.*

## Triyog Winter Camp

During the Winter Vacation, we organized a two week-long Winter Camp. Besides the wide range of activities which kept the students productively engaged, they visited different places like the Tiger Lily Petting Farm and Hands-on Museum and Fun Park. On the final day, students invited their parents to school and performed on songs and skits.



## Spring Festival 2018



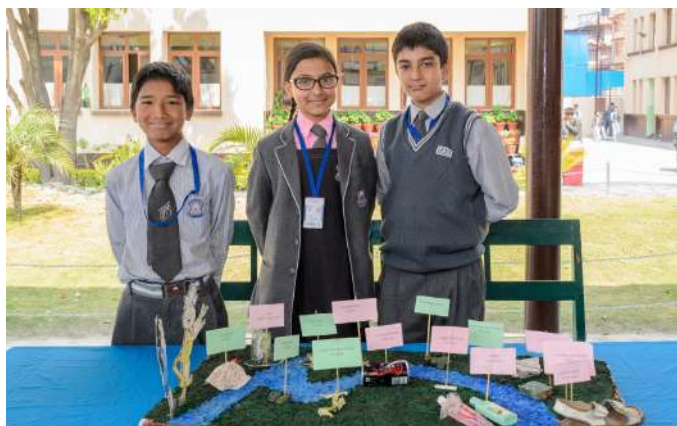
We celebrated the Year of the Dog in the Chinese Spring Festival 2018 on 22 February. With Mr. Liu Yunhai from Hanban as the Chief Guest, the celebration featured songs, dances and poetry recitals from eight different schools including Triyog.

## Launch of Project Cinderella



It's important to keep the spirit of giving alive. With this in mind, Triyog launched Project Cinderella which emerged after the School Musical to help underprivileged girls realize their dreams. Triyog is partnering with SAATH in their project Hakuna Matata, to identify young girls and sponsor their education. Currently, we have reached out to one 'Cinderella' who is an HIV affected young girl and has appeared for her SEE examinations.

## WCN Closing Ceremony



True conservation efforts will be dictated by the children that we nurture. In this academic session, we partnered with Nepal Prakriti Pathshala under Wildlife Conservation Nepal (WCN) in working toward an Eco-Smart School certification program. This year long program engaged the students of Grade IV and V where they learnt concepts of vermicompost, biodegradable and non-biodegradable wastes, and waste reduction.

## Interaction Session for Teachers



Sudesh Dotel and Prabhakar Joshi of Bookland interacted with Middle School teachers about 'Importance of Reading and Relevant Trends' on March 14, 2018. The session focused on developing better reading culture among teachers and students.

## Project Day: Grades I-III



Students of Grades I-III wrapped up this unit with the final project day of the year. Grade I exhibited their knowledge of Nepal by putting up skits, songs, and dances on the theme, 'My Country Nepal'. Grades II and III put up displays and performances related to the 3 R's: Reduce, Reuse, and Recycle.

## KG Graduation Ceremony



Kindergarteners celebrated the completion of their first year at Triyog with a Graduation Ceremony on 16 March. They also invited their parents to the ceremony and put up a marvelous show of songs and dances they had learnt at School.

## ECA Prize Distribution



The ECA Prize Distribution was conducted on 16 March to award the achievers of the academic session of 2017-18 in various extra-curricular activities. The students were awarded with prizes for the best recitation or news reading as per their grade. The event was marked by celebration from the members of Tilicho House as they won the overall House Trophy for this academic session.

## Empowering Girl Students



The students of Grades VI, VII and IX took part in a three-day program called Fight Back from 28-30 March. The program is a sexual violence risk reduction education program for girls across the nation.

Activities outside School

## Hike to Kirtipur: Grades IV-V



On Christmas Day, students of Grade IV and V went on a hiking trip with their teachers to Kirtipur. The students explored the local lifestyle as well as visited a Buddhist shrine during their trip.

## Visit to Tistung: Grade VII



The students of Grade VII went for a trip to Tistung during their Winter Holidays. They visited the Tistung Botanical Garden and interacted with Mr. Gopal Karki, Head Field Assistant of the Garden. The interaction gave them an opportunity to know more about medicinal plants found in hilly region of Nepal and the processing and protection mechanism. They also got to know more about the lifestyle of Tistung and thoroughly enjoyed their trip.

## FOZ Night Guided Tour



On 25 January, 36 students of the Triyog FOZ club visited the Central Zoo at Jawalakhel for a night guided tour organized by National Trust for Nature Conservation (NTNC). The students observed the behaviour of animals at night and were able to identify the different characteristics of nocturnal and diurnal animals.

## World Wetlands Day Awareness Rally



Students from school went on an awareness rally on World Wetlands Day. The rally, which included the participation of over 150 students from 10 schools, aimed to spread awareness about urban wetlands for a sustainable future.

Inter House Activities

## Photography Competition



Triyogees showed off their skills in the Photography Competition on 26 January. The students were asked to submit their photographs on the theme, 'Winter'. Amaranjay Bhatt of Grade VI stood first, Niharika Kunwar of Grade IX stood second, and Suvanga Ghimire of Grade VI and Riya Shrestha of Grade VIII shared the third position.

## Photography and Storytelling Competition

Students of Grade IV and V got an opportunity to explore their inner storyteller in the Photography and Storytelling Competition on 28 January. The winners of the competition were: Soniya Niroula (First), Stuti Thapa (Second), and Arushi Wagle (Third).

## Spelling Competition



Young spellers competed in the Inter House Spelling Competition on 1 and 2 February. Phewa House emerged victorious and won the overall House Trophy.

## Multimedia Competition



On 8 February, students of Grade VI-X used different forms of media to drive home their message during the Inter House Multimedia Competition. The theme for the event was "Bullying". The competition saw students come up with creative ways to address the issue and encourage the audience to raise their voice against bullying. Begnas House was declared the overall winner.

## Quiz Competition



The Inter House Quiz Contest for Grades VI-X took place on 26 February and for Grades I-V on 6 March. Begnas House bagged the overall trophy for the event.

## Handwriting Competition



Students of KG- Grade V participated in the Inter House Handwriting Competition on 27 February. The winners were: Noel Thapa (KG), Aadishree Khatiwada (I), Aayumi Dhital (II), Najiya Lalchan (III), Sarahana Singh (IV), and Grishma R L Rana (V) in English; and, Raghav Chandra Pathak (KG), Sayori Lama (I), Neha Kharel (II), Aashna Hadakhale (III), Sarahana Singh (IV), and Anwasha Upadhyaya (V) in Nepali. The overall winner of the event was Tilicho House.

## Junior School Sports Day



The students of Kindergarten to Grade V put up a spectacular show during the Junior School Sports Day on 3 March 2018 with the theme, "Our Country, Our Pride". With a host of track and field events interspersed with judo demonstration, PT exhibition and dances, students devoted the day to healthy competition for various prizes and demonstrated an excellent example of sportsmanship. Phewa House won the overall Sports Day Trophy.

## Art Competition



The budding artists of Triyog took to expressing themselves through shapes and colour on 5 March during the Inter House Art Competition. The winners in each category were: Prabhakar Ghimire (KG), Samyan Pandey (I), Aayan Adhikari (II), Sujal Manandhar (III), Peeyush Lamgade (IV), Pragalva Thapa (V), Utkrista Jung Thapa (VI-VII), and Suhani Sharma (VIII-IX). Phewa House emerged victorious and won the overall house trophy.

## Judo Competition



The Inter House Judo Competition saw judo enthusiasts compete for the top position. The winners in the Girls' Category were: Seelush Chhetri (-30kg), Anuska Regmi (-35kg), Shristi Shrestha (-40kg), and Reedhima Tuladhar (-45 kg). The winners in Boys' Category were: Yujen Pakhrin (-25kg), Jenish Dhungana (-30kg), Anmol Shrestha (-35kg), and Pratik Gurung (-40kg) from Grades IV-V, Aakchat Gurung (-30kg), Prasanna Kaphle (-35kg), Kundan Man Shrestha (-40kg), Bipin Roka and Shuvam Shrestha (-45kg), and Rijul Maharjan (-50kg) from Grades VI-VII, and Anish Adhikari (-45kg), Yubraj Yadav (-50kg), Abidan Ariyal (-55kg), Pranav Kaji Shrestha (-60kg), Slok Bhandari (-66kg), Pranat Pokharel (-73kg), and Sumit Ojha (+73kg) from Grades VIII-X.

### Inter School Activities

## Quiz Competition



A team of three students from Triyog - Abhinav Aryal, Kushal Thapa and Nihona Pradhan, had taken part in the Lower Secondary Level Buddhist Quiz Contest held in Dharmakirti Bihar. The students secured the second position at the event.

## Sci-Tech Exhibition



On 30 January, six students from Triyog participated in the 7th Trinity Inter College Sci-Tech Exhibition in which they demonstrated their projects on the theme of "Science & technology for Tackling Challenges in Our Life".

## Society, Environment and Technology Exhibition



2 teams from Triyog had participated in the 23rd SET Exhibition organised by the SET Council and St. Xavier's College, Maitighar. The design of Krishma Karmacharya, Aarju Shrestha and Deepson Basnet was adjudged the Most Innovative Design.

## Bhavishya STEAM Challenge



The Ministry of Science and Technology along with Nepal Academy of Science and Technology had organised the Bhavishya STEAM Challenge on 14 February in which 2 teams from Triyog had participated. In the Junior Category, Sarweshwori Rana, Pawani Limbu and Samman Tandon won the accolades for Most Innovative Team. In the Senior Category, Aaditya Dhungana, Prithu Adhikari and Prabesh Shrestha received the Aesthetically Beautiful Award.

## Wonder Kidz 2018



Kindergarteners are at the most formative stages of learning and multiple exposure platforms are essential for them to learn about the world around them. Basics of education and a host of extra- curricular activities at preschools contribute to their overall development. A platform to perform and showcase their talent and develop their cognitive, creative, social, and emotional skills was what Wonder Kidz 2018 aimed to achieve.

This initiation by Triyog High School saw the participation of over 140 preschoolers from 12 schools competing in three categories: Art, Fancy Dress and Group Dance. The platform provided preschoolers a much needed opportunity to face an audience and exhibit their talents. Needless to say, the students had an exciting day as they all went home with tons of memories and a whole lot of goodies. The overall Championship Trophy was won by Joon Montessori.

## Field Trips and Visits

### Destination Agro Farm: Grade VI 'C'



Students of VI 'C' visited Destination Agro Farm in Bhaktapur on 9 February 2018 as part of their experiential learning. They learnt the benefits of using modern technology in agro-industry and observed feeding and milking process of cows, use of disinfectants, waste management, shed management and techniques for sustainability of a cow farm.

### Chandeshwori Temple: Grade VI 'C' and VI 'D'



Students of VI 'C' and VI 'D' visited Chandeshwori Temple at Tokha on 5 March and 25 March respectively to observe the styles of Nepalese art and architecture, integrated with Nepali and Social Studies curriculum.

### Tokha Hospital: KG



On 9 March, the students of KG visited Tokha Hospital where they interacted with doctors and got to know more about healthy habits.

## Ethnographic Museum: Grade I



On 9 March, the students of Grade I visited the Nepal National Ethnographic Museum in Bhrikutimandap. The aim of this visit was to know more about the culture and people of Nepal.

## Aviation Museum: KG



The kindergarteners visited the Aviation Museum at Sinamangal on 12 March. The students had an exciting day where they got to observe different models of aircrafts and satisfy their curiosity on aviation.

## Chobhar: Grade II



The students of Grade II were taken for a Field Trip to Chobhar on 13 March. An area of historical significance, the site is renowned for its natural beauty.

## Khalisisi: Grade III



Students of Grades III visited Khalisisi, an organization that works to connect waste-entrepreneurs with waste-sellers. The students learnt about proper waste disposal and waste reduction by interacting with the waste-collectors and the founder of Khaalisisi.

## Experiential Learning at Triyog

We are always committed to providing opportunities for holistic development of our students. Our wide array of co-and-extra-curricular activities ensures that each child receives ample opportunities for personal growth and skill development. This has helped our students excel in competitive and showcase environments outside school.

We offer the following activities to our students in the academic session of 2018-19:

### Extra-curricular Activities (ECA)

Students from Grade IV-X will be taking up two extra-curricular activities where they can indulge in a variety of sport and creative pursuits that enhance the mind, body, and spirit.

#### **ECA available for Grades IV and V:**

- Football
- Basketball
- Table Tennis
- Judo
- Badminton
- Chess
- Cricket
- Makerspace
- Modern Dance
- Guitar
- Photography



#### **ECA available for Grades VI - X**

- Football
- Basketball
- Table Tennis
- Judo
- Badminton
- Chess
- Cricket
- Makerspace
- Modern Dance
- Folk Dance
- Classical Vocal
- Western Vocal
- Guitar
- Drums
- Keyboard
- Recorder
- Violin
- Photography
- Scouts
- Clay Modeling
- Nepal Bhasa
- Craft
- Art
- Chinese Language



## After School Programs

Mentored and coached by certified professionals and instructors, this optional program focuses on developing students based on activities of their choice. After School Programs are available for Grades VI-IX, and takes place twice a week from 3:30 – 5:30 pm.

- Football
- Basketball
- Table Tennis
- Cricket
- Badminton
- STEM
- Theatre
- Photo and Video Editing
- Classical Dance
- Foreign Language
- Baking



## Learning Societies

The Learning Societies at Triyog is an amazing platform that encourages student growth by providing real-life exposures in planning, organizing, documentation, event execution and management, negotiation, and working in teams. Currently, there are eight Learning Societies available to the students of Grade VI-X.

- Friends of the Zoo
- Photo and Journalism
- Junior Red Cross Circle
- Social Service
- Heart Health
- Sports
- Readers
- Makerspace





## TRIYOG HIGH SCHOOL

### Key Information

1. Books will be supplied by the book-seller as per the schedule below:

April 7 & 8 – KG to Grade V (10.00 a.m. – 4.30 p.m.)

April 9 & 10 – Grades VI-X (10.00 a.m. – 4.30 p.m.)

Beyond the above dates, books will be available for all classes at Heritage Publishers, Bhotahity (Tel: 01-4221291).

2. Classes for the New Academic Session 2018-2019 will begin from Wednesday, 25 April 2018 (12 Baishakh 2075). School timings will be from 8.45 a.m. to 3.30 p.m. Buses will leave at 3.40 p.m.