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TRIYOG

Vol. 1, August 2017

# Newsletter

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

## Message from the Principal

Dear Parents and Guardians

We are off to a great start to the 2017-18 session. A student's life at Triyog is always a balance between academic rigour and extra-curricular opportunities. We pride ourselves in making many avenues available to our students. If you follow the School Website, [www.triyog.edu.np](http://www.triyog.edu.np) or the School Facebook page, [www.facebook.com/triyoghs](https://www.facebook.com/triyoghs), you will know the wide variety of learning that our students are exposed to. From the beginning of the session till date, our students have already participated in seven intra-school and thirteen external events, winning many accolades.

This year we have formed a number of Societies at School and revamped operational structures of existing ones – Social Services, Junior Red Cross, Friends of the Zoo, Heart Health, Photography & Journalism. Through such students hone their leadership, communication, planning and strategizing, decision-making, event-management, and teamwork skills. This is what prepares them for future opportunities.

Grade VI has begun Integrated Teaching-Learning very successfully. Progressive teaching methodologies are constantly being applied into our classrooms. Learning through experiences are a major focus area in the primary and junior blocks. We are also pleased to have introduced Chinese as a foreign language in the primary level and Handwriting classes till grade V.

With your feedback and support we will continue to innovate and bring the best of academic education alongside co-and-extra-curricular programmes to your children to grow them into responsible young learners.

Warm regards

**Niladri S. Parial**



## Activities at School

### Annual Prize and Investiture Ceremony



It was a proud day for Triyog as we observed the Annual Prize and Investiture Ceremony on 30 April. The Chief Guest for the event was Prof. Dr. Bhim Dev Bhatta, former member of Public Service Commission. By awarding and recognising the students who demonstrated outstanding performances in the previous academic session, it was a day of encouragement to the students of Triyog to try their very best in the new academic session. The school also inducted a selection of students into the School Prefectural Body who will be leading their peers in the Academic Session of 2017-18. Furthermore, the school formally released the school magazine 'Triveni' which has now reached its 11th volume.



### Teacher Sharing Session

Our teachers, Ms. Srijana Koirala and Ms. Nisha Khadka, jointly organized a sharing session with the Middle School teachers on 31 May 2017. Their session was based on the input they had received on an interactive workshop conducted at Valley Public School on 27 May. They had attended a workshop facilitated by Ms. Prakriti Srivastava, a teacher trainer and an author who has been associated with the Oxford University Press for the past six years.



## Grade II Interaction Session

On 2 June, the students of Grade II got an opportunity to interact with professionals from various works of life. The guests were: Dr. Bulu Wagle Poudel - Doctor, Mr. Santoo Shrestha and Mr. Mani Kumar Lama - Table Tennis Players, Col. Arun Pal - Army Officer, Mr. Rajendra Pd. Poudel - Computer engineer, Ms. Mira Mahara - Police Officer and Mr. Rajesh Nepali - Singer.

The guests shared their experiences with the second graders and answered queries regarding their profession. The lively interaction session was a learning experience for the students to know more about future prospects.



## World Environment Day Tree Plantation Program



On the occasion of World Environment Day, the students and teachers of Triyog got together for the Annual Tree Plantation Programme inside the School grounds. The event promoted a sense of responsibility among the students and teachers as they vowed to nurture these saplings in the years to come.

## Grade V Cleanliness Campaign



On 6 June, Grade V took an initiative to clean up the school as a part of their Cleanliness Campaign. Under the supervision of their teachers, the students worked together to pick up pieces of plastic and discarded wrappers found on the school grounds. They were told to put on safety gloves and masks in this important lesson on health and cleanliness.



## SEE Graduation Ceremony

The Graduation Ceremony for the SEE batch of 2016-17 was held on 30 June 2017 with Dr. Bhawani Shankar Subedi, former National Program Manager of Skill Program under Ministry of Education and Former Executive Director of Training Institute for Technical Instruction, as the Chief Guest. The ceremony, which was attended by the School's Executive Director, Principal, teachers, students and their parents, was a proud moment of celebration for all. Medals were handed to the top 15 students who scored the highest, second highest and third highest GPAs. Smriti Thapa topped the batch with a GPA of 3.80.





## Parent Interaction Sessions



On 12 June, Grade VIII 'C' interacted with Mr. Nirku Dharan Rai on travelling and tourism in Nepal and how it positively affects the economy of the country. The session was a wonderful opportunity for the students to have a fresh outlook on travel and tourism.

The students of Grade VII 'C' had a Parent Interaction Session with Mr. Prem Basel. Mr. Basel, who has been working as an Assistant Professor at Institute of Medicine, Maharajgunj, delivered a motivational talk session.

On 27 July, Mr. Prakash Dhungana shared his experience with the students of Grade VIII 'B'. Mr. Dhungana is the Judicial Council Secretary and one of the judges of the appellate courts. He talked to the students about human rights issues and related cases.

## Project Day: KG – Grade III



Grades KG-III celebrated their Project Day with their parents on 23 June. Project Days are opportunities for students to showcase what they have learnt in their classes via songs, skits and exhibitions on particular themes. The themes for this Project Day were KG- Colours, Grade I- Farm Animals, Grade II- Plants, and Grade III- Animals. The students put up a wide array of displays for their parents to see.

## WCN Waste Audit



As a part of our on-going collaboration with Wildlife Conservation Nepal (WCN), representatives of WCN have been visiting Triyog to train the students of Grades IV and V on environment issues. This training is a part of a year-long programme to aware students on various topics in line with their existing curriculum.

On 7 June, the representatives of WCN visited Triyog to perform a Waste Audit. This exercise aimed to inform students of Grades IV and V of the daily waste produced at School and what they can do to reduce the same. The students were encouraged to utilise biodegradable waste to make fertilizers, reuse recyclable waste and utilise the non-biodegradable waste to build charts and graphs depicting their findings. On 12 July, the students studied earthworms and learned of their role in farms. For their third lesson, the students set up their own vermicompost bins in School.

## World Olympic Day Triyog Inter College Staff/ Teachers 7-A-side Football Competition



To celebrate World Olympic Day, Triyog held the Triyog Inter College Staff/Teachers 7-A-side Football Competition with Mr. Ramesh Kumar Shrestha, Member of the Nepal Olympic Committee, as the Chief Guest. The participating teams were Kathmandu Institute of Science and Technology (KIST), Nepal Institute of Information Technology (NCIT), Trinity International College and Triyog. After a series of fierce matches, Triyog emerged victorious with KIST and NCIT bagging the second and third place respectively. At the end of the tournament, all the participating teams were recognised by the Nepal Olympic Committee.

## Heart Health Club Interaction



The Heart Health Club of Triyog had an interactive session with Dr. Rita Thapa and team from Bhaskar Memorial Foundation. With an increasing population falling victims of cardiovascular diseases, the Heart Health Club had an opportunity to understand more about how the human body functions and how to adopt a healthier lifestyle.



## Guru Purnima Celebration



The students observed Teachers' Day on 7 July. The school was in a spirit of celebration as students put together acts, songs and dances for their teachers. Without a doubt, the entire Triyog family was brought closer together as students expressed their appreciation for all the efforts that their teachers put for them.

## Social Service Club Pen Donation Campaign



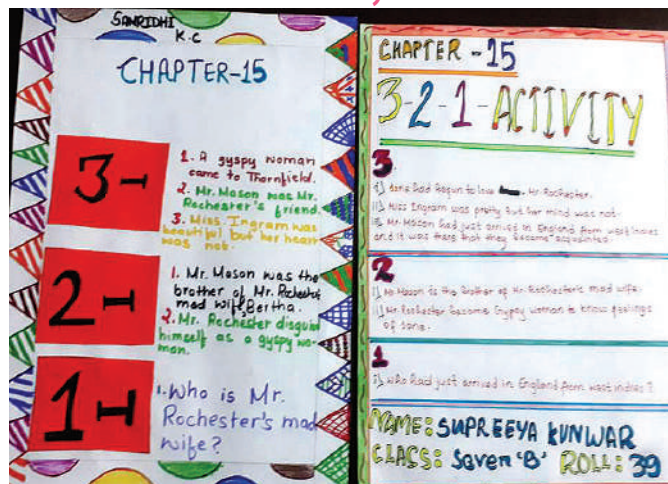
The members of the Social Service Club ran an initiative to collect old pens from the school. These pens were handed over to Youth Vigor Nepal who will be putting new refills in them and donating them to the needy. This was an important lesson for the students to learn to share their privileges.

## Bhanu Jayanti



Triyog honoured an iconic figure of Nepali Literature, Bhanubhakta Acharya on the occasion of the 204th Bhanu Jayanti on 13 July. The students of Triyog paid tribute to the influential poet and writer by performing renditions of some of his celebrated works in school. The school also celebrated Nepali literature by conducting essay and poetry writing competitions.

## Grade VIII 'A' Visual Poetry



Students of Grade VIII 'A' expressed their interpretation of the poem The Gift of India by Sarojini Naidu in the form of pictures. By visualizing their understanding and imagination in the form of pictures, the activity helped them understand the connection between literature and art. It was an effective pre- lesson activity which helped them have deeper understanding of the poem.



## Grades I-III Celebrate Shravan Purnima

The students of Grades I-III had a classroom activity in which they identified the different beans comprising the traditional Nepali dish of Kwati, and sprouted them. On 27 July, the students observed the festival of Shravan Purnima with Kwati for lunch.



## Project Day: Grades IV – V

It was a time to be festive for Grades IV and V as the theme for their first Project Day was 'Festivals'. Students put up songs, dances and skits depicting the significance of different festivals like Dashain, Tihar, Buddha Purnima, Lhosar, Chinese New Year and shared the information they had collected with visitors, via performances. With our country being a home for a wide array of religions and ethnic groups, the Project Day was an opportunity for the students to know about their roots and experience other cultures as well.



### Activities outside the School

## Little Star of the Year



Three students from Triyog had participated in Little Star of the Year, an event by IEM. In the Juniors category, Kranjila Karki won the Best in Dance award and Joyena Budathoki was adjudged Most Pretty. Among the seniors, Lisha Dongol won the title of 2nd runner up along with awards in Best in Dance, Best Talent, and Outstanding Kid.

## 4th Kantipur HISSAN Edu Fair 2017



Triyog had been a part of the 4th Kantipur HISSAN Edu Fair 2017 at Bhrikutimandap on 1-4 June. The event, which was organized jointly by Kantipur Publications and Higher Institutions and Secondary Schools' Association of Nepal (HISSAN), aimed to promote educational institutions in Nepal. Triyog's participation was also covered by Study Link in News 24.



## Community Service Circle Food Donation



In an important lesson of learning to care about their fellow community members, the members of the Community Service Circle got together to run a drive to collect food items from the members of Triyog. They handed over their collection to Pabitra Samaj Sewa - PSS Nepal, Basundhara, where Ms. Dikchhya Chapagai has been caring for those in need. Under the guidance of their teacher Ms. Durga Karki, the students got an opportunity to interact with the members at PSS and know their stories. We believe that sharing of stories helps students understand the bigger picture and instills a sense of responsibility towards their fellow countrymen.

## Grade II Rice Plantation Programme



As a part of their ongoing lesson on 'From the Farm to the Table', Grade II took a trip to Laxmi Farm in Tokha on 29 June. The kids celebrated the Rice Plantation Festival with a lively interaction with the farmers on the practice of planting rice seedlings on Asar 15 and a traditional meal of curd and beaten rice (dahi-chiura). They were able to connect in-class learning with real-life scenario and participated enthusiastically in the planting process. Needless to say, our kids learnt to appreciate the hard work that the farmers of our country put in for us to enjoy our meal.

## Interaction with Satabdi Purush Satya Mohan Joshi



On 16 June, the students of Grades VII, VIII and X who take Nepal Bhasa as their ECA, got an opportunity to meet and interact with well known 'Satabdi Purush', Mr. Satya Mohan Joshi. Mr. Joshi is a researcher, writer and scholar. He talked to the students about how the process of learning is a limitless endeavour and that cultural barriers should not stand in the way of an enthusiastic mind.

## Inter House Activities

### Inter House Elocution Competition



The Inter House Elocution Competition was conducted on 24 May 2017 for Grades I-V and 25 May 2017 for Grades VI – X. The best elocutionists from each category were: Grade I- Swornim K.C., Grades II-III- Neha Kharel, Grades IV-V - Roshan Paudel, Grades VI-VII - Priyanka Neupane, and Grades VIII-X - Yokibha Chapagain. The overall winner of this event was Tilicho House.

### Inter House Craft Competition



The students had their creativity blooming on 2 June at the Inter House Craft Competition in which they came up with various ideas to express their imagination on themes of Paper Collages, Dry Flower Pasting, and Go Green. Tilicho House won the overall trophy.

### Inter House Extempore Competition



On 19 June, the students of Grades IV and V observed the Inter House Extempore Competition in the school hall. In the first competition of its kind for the Junior School students of Triyog, the participants put up a good show as they spoke impromptu on the given topics. The fourth place was taken by Begnas house closely followed by Tilicho, who secured the third spot. The second place was bagged by Rara House while Phewa House emerged victorious. The best speaker was Roshan Poudel followed by Aarushi Sharma and Dibyata Dhungana.





## Inter House Cricket Competition

The finals for the Inter House Cricket Competition was held on 2 June with Tilicho and Phewa House battling for the top position in the Grades VIII-X category. After a spectacular performance by both the teams, it was Tilicho who emerged victorious. In the Grades VI-VII category, it was Rara House that stole the top spot leaving Tilicho and Phewa trailing behind second and third respectively. In the Grades IV-V category, Tilicho again won the first position with Begnas coming second and Rara coming third. The individual awards for Best Batsman were won by Nishant Joshi (Grade V), Simon Gurung (Grade VII) and Abhanish Khatri (Grade IX), Best Bowler by Hemanta Khatri (Grade V), Nirvik Neupane (Grade VII) and Suprasiddha Subedi (Grade X), and All Rounder by Saurya Giri (Grade V), Simon Gurung (Grade VII) and Abhanish Khatri (Grade IX).

## Inter House Debate Competition



The Inter House Debate took place on 6 July which aimed to enhance the participants' argumentative skills. The competition saw the debaters boldly present their views on topics. In the Intermediate level, the titles of the Best Debater were awarded to Niriksha Sharma and Oshin Pandey in the Nepali and English categories respectively. In the Seniors level, Sadichcha Gairhe and Somika Shrestha won the titles in the Nepali and English categories respectively.

## Inter House Singing Competition



On 20 July, Triyog saw the vocal talents of Grades I, II and III in the limelight at the Inter House Singing Competition. The students put up group and solo performances and the event came to a close with Rara House winning the overall trophy and Phewa and Tilicho Houses coming second and third respectively. In individual awards, the first, second and third position holders were Prakriti Shrestha, Saanvi Bhandari and Angel Basnet, respectively.

## Inter House Basketball Competition



The Inter House Basketball Competition came to an exciting end with students from Grades IV to X participating enthusiastically. The school saw budding athletes challenge each other in a spectacular show of competition and sportsmanship. The overall trophy was claimed by Tilicho House after remarkable performances by their girls and boys teams.

## Inter House Badminton Competition



The Inter House Badminton Competition drew to an exciting conclusion on 25 July with the students of all four houses competing against each other for the top spot. The winners among the boys were Ujwal Shrestha (IV-V Category), Nischal Shrestha (VI-VII Category) and Sumiran Bastola (VIII-X Category). The winners among the girls were Krishma Rijal (IV-V Category), Aayushma Gaire (VI-VII Category) and Simran Bhattarai (VIII-X Category).



## Inter House Chess Competition

It was a battle of the minds at the Inter House Chess Competition as the students tested their tact and strategy against each other. Among the boys, the winners were Kshitij Deep Rai (IV-V Category), Kapil Ghimire (VI-VII Category) and Bardan Joshi (VIII-X Category). Similarly, among the girls, Hritika Sharma (IV-V Category), Marshal Tamang (VI-VII Category) and Tejeswini Tamang (VIII-X Category) emerged victorious.

### Inter School Activities

## Inter School Open Chess Competition



11 students from Triyog had participated in the 13th Annapurna Inter School Open Chess Competition. Under the guidance of Mr. Keshav Shrestha, Chess Coach of Triyog, and Mr. Pratap Adhikari, Head of Sports Department, our students managed to win various prizes among a pool of 284 participants from 33 schools. Tejashwani Tamang of Grade X stood 10th in the U14 category, Debisha Thapa of Grade VIII stood 8th in the U12 category and Samridhi Silwal of Grade X stood 6th in the U16 category. Marshall Tamang made the school proud by standing 2nd in the U10 category.

## Inter School Extempore Competition



On the occasion of World Environment Day, Tokha Municipality had organized an Extempore Competition on the topic: वातावरण र बालमैत्री नगर आजको आवश्यकता in which Manjila Shrestha won the Third Position.

## Real School of Nepal 2017



Triyog played host to the Real School of Nepal 2017 for Central Region- Kathmandu West on 27 June. Real School of Nepal is an inter school event that provides a platform for students all over Nepal to showcase their talents. Kundan Man Shrestha secured the 5th position in the Score the Real Goal Competition, Niraj Baral stood 3rd in the Extempore Competition and Yashaswi Ghale bagged the 1st position in 3 Minutes to Fame where she performed a song in front of the judges.

## Story Writing Competition

On 2 July, Nisarga Batika School had organized an Inter School Story Writing Competition. Pratyasha Thapa managed to bag the fifth position and won the consolation prize at the event.

## Poem Reciting Competition



On the occasion of Bhanu Jayanti, Little Angels School had organized a Poem Reciting Competition. Sandhya Niroula made the school proud by winning the first prize for her performance on one of the poet's pieces.

## Inter School Art Contest

On 18 July, Modern Indian School had organized an Inter School Art Competition for students to showcase their artistic talents. Kanchan Dhakal won the consolation prize in the Intermediate Category and Kriti Karmacharya won the consolation prize in the Seniors Category.



**Field Trips****Grade VI: Nepal National Ethnographic Museum**

The students of Grade VI visited Nepal National Ethnographic Museum at Tourist Service Center of Nepal Tourism Board, Bhrikutimandap, Kathmandu on Friday, May 19, 2017. They observed various aspects of Nepalese ethnic lifestyle as a pre-lesson activity for their Integration Project on Our Community and Society.

**Grade I: Central Zoo**

Grade I visited the Central Zoo, Jawalakhel on 16 June for their Field Trip. The school had invited some of the parents of Grade I to accompany the students. The children had a wonderful day of learning about different kinds of animals and participated enthusiastically in the activities set for them.

**Grade III: Central Zoo**

As a part of their lessons, Grade III visited the central Zoo, Jawalakhel on 21 June for their Field Trip. The students, who have been studying about birds in their classes, visited the bird sanctuary in the zoo to learn more about different species of birds, their diet, habits and habitat.

**Grade V: Godawari Botanical Garden**

Grade V visited the Godawari Botanical Garden on 13 July. The visit was a supplement to their text-book learning on different types of plant species and habitat.

**Grade IX 'A'**

Nepal Agricultural Research Council, Department of Plant Research Centre and Private Tissue Culture Centre

On 19 July, the students of Grade IX 'A' visited Nepal Agricultural Research Council, Department of Plant Research Centre and Private Tissue Culture Centre where they got to learn about tissue culture and the need for research in improving agricultural production.

**Grade IX 'B', 'C' and 'D' Kailashnath Mahadev Statue, Sanga**

Grades IX 'B', 'C' and 'D' visited the Kailashnath Mahadev Statue in Sanga on 19 July. The students were able to understand the religious significance of this site and gather facts on the world's tallest Shiva statue.

**Grade VIII 'A': Bajrayogini, Sankhu**

Grade VIII 'A' took a trip to Bajrayogini Temple in Sankhu on 25 July. The students were able to explore the history of the temple as well as know about the mythological story behind it during their trip.



## Friends of the Zoo

Friends of the Zoo (FOZ) is a network of over 200 schools that has been effectively teaching members to be aware of the present scenario of wildlife in Nepal and inculcate a sense of responsibility of their environment in them. Run by the Central Zoo, FOZ conducts a number of programs which engage the members of FOZ in various activities relating to environment conservation, wildlife protection and awareness of nature. Triyog has been an active member of FOZ since 2008 and we have been able to build a rich portfolio of activities led by our students and ably guided by Mr. Puskar Choudhary.



## Highlights:

- Winner in art contest organized by Friends of the Zoo in collaboration with the Department of Wildlife and National Parks, Nepal with the theme: युवा अग्रसर्ता: संरक्षण र समृद्धिको सुनिश्चितता
- Interaction with a veterinary doctor at the Central Zoo, Jawalakhel, in Day with a Vet Program on 21 May 2017.
- Participation in Green Walk and Parade on 5 June.
- First in the FOZ Inter School Banner Making Competition.
- Third Position in the FOZ Inter School Presentation Competition- presentation on Reduce, Reuse and Recycle.
- First Position for an act on environment conservation in the FOZ Inter School Drama Competition.
- Best FOZ Club of the year 2016-17.
- Celebration of International Tiger Day.



## Tiny Babblers II 2017

Six students from Grade I participated in Tiny Babblers II 2017 by Himalaya TV. The event involved the participation of 65 students from 8 different schools. The competition tested their confidence and speaking skills in which our students performed beautifully amongst an audience comprising their parents, teachers and peers. They recited a quote for their parents before introducing themselves. Dressed as different characters, the students talked about how they aspired to be like their role models in the future.

Rohini Baral was the 2nd runner up in catwalk whereas Agat Pathak won the title of Killer Eyes and Asmi Karki was awarded with the title of Beautiful Smile. However, the performance that stole the show was the Talent Round in which the participants put up a dance chronicling the life of Lord Krishna. It was this performance that won the participants the first prize.





## Integration Project- Grade VI

The Integration Project for Grade VI which was held from 21 May to 26 May 2017 was a wide- ranging and complex teaching- learning process because it covered most of the curricular and extra- curricular subject matters under the same umbrella. Based on a grand strategic vision of how thematic teaching can be done, our first plan of action was to select a theme which happened to be 'Our Community and Society'. We first explored such components of various curricula that can be connected to the theme, and indoor and outdoor activities that our students were going to experience throughout the project.

Integrated teaching encourages students to use their prior experience on the topic at hand; so we started off our project with a pre-learning activity in the form of a field trip. Students of Grade VI were taken on a field trip to Nepal National Ethnographic Museum on 19 May 2017. The general objective of this visit was to help students gather information regarding various castes and ethnic groups of Nepal, which they did via observation of costumes, food habits, languages and other unique aspects of each ethnic group. The specific objective was to help them understand the concept of culture, community and harmony.

A formal beginning to this project was designed in the form of the opening ceremony which included a power point presentation that summarized the whole plan as well as other videos which served as ice- breakers and morale boosters. Then began an intensive indoor session which lasted for two days. In these two days students were placed in an optimal learning arrangement where they studied all the curricular subjects like Science, Mathematics, Social Studies, OBTE (Occupation, Business and Technological Education), English and Nepali, connected to the theme. Teachers engaged the students in activities which would allow them to have experiential exercises like herbarium collection in Science, set games and bar graph presentation in Mathematics, data collection and analysis about various occupations in OBTE, researching about primitive ages in Social Studies, creative writing and dramatization in English and Nepali, etc. Extracurricular arenas like photography, music, art and craft were also included as a part of their all-round learning process.

The materials, both tangible as well as abstract, which students used while carrying out the activities, later on, served as the learning evidence in the form of display charts, pieces of art, photographs, songs, skits, cultural and professional walks and numerous worksheets. These materials also served as the assessment tools for the teachers.

This is an account of our effort to adapt traditional pedagogy at its ongoing phase to modern teaching-learning techniques. Today, our students expect such learning environment that allows them to progress at their own pace, at the place they want

and at the time they feel like studying. Creating this environment in which multiple learners can adapt and learn multiple subjects at once is challenging but not impossible. This was the first integration based learning carried out in Grade VI and with the constant feedback and motivation from our stakeholders, we look forward to many such programmes in future.

**Aarati Adhikari, Class Teacher- VI 'C'**





## Names of Class Teachers, 2017-18

Class	Teachers (2017-18)
K.G	Aswina Shrestha & Mamta Chaudhary
I A	Rebu Pande & Renu Karki
I B	Shweta Dahal & Kabita Shah
I C	Evan Syiemlieh & Samjhana Rana
I D	Bhawana Bhattarai & Salila Acharya
II A	Romi Sherpa & Shova Adhikari
II B	Urvashi Pradhan & Amu Shah
II C	Sangeeta Lamichhane & Rabita Gurung
III A	Yamuna Shah & Radha Rana
III B	Jharana Shrestha & Kalpana Thapa
III C	Mary Shah & Bimala Lamichhane
III D	Sudikshya Gautam & Archana Singh
IV A	Anita Malla & Goma Karki
IV B	Poonam Singh & Jennifer Subba
IV C	Preeti Bajracharya & Tarala Sherpa
V A	Nisha Shahi & Sanjeeka Chettri
V B	Shivani Agarwal & Rewata Gurung
V C	Sanjeev Shrestha & Bina Baral
VI A	Vikash Shahi & Bikram Thapa
VI B	Srijana Koirala & Eliza Joshi
VI C	Aarati Adhikari & Laxmi Rayamajhi
VI D	Surjana Dhakal & Nisha Khadka
VII A	Madhu Sudan Lamsal
VII B	Puskar Chaudhary
VII C	Prakash Pant
VII D	Tshering Sherpa
VIII A	Nabin Ghimire
VIII B	Shyam S. Jha
VIII C	Manoj Baniya
VIII D	Anish Adhikari
IX A	Suresh Chaudhary
IX B	Sujan Dhakal
IX C	Durga Karki
IX D	Anil Thakur
X A	Mamata Shrestha
X B	Pramod Wagle
X C	Lal Kesh Panday
X D	Subhash Dawadi

## In-charges and Heads of Departments, 2017-18

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

## House Masters and Mistresses

House	Name
Phewa	Mr. Lal Kesh Pandey and Ms. Mary Shah
Rara	Mr. Madhusudan Lamsal and Ms. Anita Malla
Begnas	Mr. Anish Adhikari and Ms. Sanjika Chettri
Tilicho	Mr. Nabin Ghimire and Ms. Shiwani Agarwal

## Prefectural Board, 2017-18

School Captain		Sandhya Niroula
School Vice-Captain		Anushka Dhungana
School Discipline Captain		Apekshya Thapa
Phewa House	House Captain	Praneti Onta
	House Vice Captain	Anupama Bhusal
	House Prefect 1	Binu Tamang
	House Prefect 2	Aditika Nepal
Rara House	House Captain	Subani Malla
	House Vice Captain	Pradipti Shrestha
	House Prefect 1	Himani Paudyal
	House Prefect 2	Priya G.T.
Begnas House	House Captain	Bishakha Adhikari
	House Vice Captain	Umang Upreti
	House Prefect 1	Neha Dhakal
	House Prefect 2	Ashma Pandey
Tilicho House	House Captain	Rupesh Shrestha
	House Vice Captain	Uzeni Singh Dangol
	House Prefect 1	Sneha Thapa
	House Prefect 2	Prithu Adhikari



## Parents Representatives, 2017-18

S. N.	Parents Name	Class
1.	Ms. Nirmala Dahal Baral	K. G
	Mr. Madan Dhungana (II)	
2.	Mr. Krishna Pd. Acharya	I A
	Ms. Sabita Poudyal (II)	
3.	Mr. Diwakar Paudel	I B
	Ms. Sushila Bhattarai (II)	
4.	Mr. Pawan Shrestha	I C
	Ms. Kalpana Shrestha (II)	
5.	Mr. Adim Subedi	I D
	Ms. Sharmila Pathak (II)	
6.	Mr. Sumina Prajapati	II A
	Ms. Jamuna Bagale (II)	
7.	Mr. Ramesh Poudel	II B
	Ms. Bindu Aryal (II)	
8.	Ms. Nim Digi Sherpa	II C
	Mr. Padam Bahadur Gurung (II)	
9.	Ms. Ambika Rimal	III A
	Mr. Rabin Pokharel (II)	
10.	Ms. Saru G.C Bhandari	III B
	Mr. Narayan Bahadur Adhikari (II)	
11.	Mr. Samir Neupane	III C
	Mr. Kiran Kumar Shrestha (II)	
12.	Mr. Birendra Lamichhane	III D
	Ms. Sarika Bista (II)	
13.	Ms. Bhumika Shahi	IV A
	Mr. Niraj Singh (II)	
14.	Ms. Sudha K.C.	IV B
	Ms. Sailaja Ghimire (II)	
15.	Ms. Kamala Bhandari	IV C
	Ms. Jaya Prabha K. C (II)	
16.	Mr. Kiran Wagle	V A
	Ms. Rabika Shrestha (II)	
17.	Mr. Madhusudan Ghimire	V B
	Mr. Rajendra Khanal (II)	
18.	Mr. Sunoj Tandon	V C
	Ms. Amita Tripathi Joshi (II)	

S. N.	Parents Name	Class
19.	Ms. Anita Baniya	VI A
	Mr. Bhoj Raj Adhikari (II)	
20.	Ms. Sarika Bista	VI B
	Mr. Roshan Raj Joshi (II)	
21.	Ms. Uma Pradhan	VI C
	Mr. Subodh Ghimire (II)	
22.	Ms. Bindika Gurung	VI D
	Ms. Shambhabi Vasistha (II)	
23.	Mr. Damber Bahadur Khadka	VII A
	Mr. Bijay Laxmi Ulak (II)	
24.	Ms. Punam Shrestha	VII B
	Ms. Sanju Katwal (II)	
25.	Mr. Meg Raj Pant	VII C
	Ms. Prajwola Pant (II)	
26.	Ms. Sabitri Thapaliya	VII D
	Mr. Narayan K. C. (II)	
27.	Ms. Kabita Adhikari	VIII A
	Mr. Gopal Shrestha (II)	
28.	Mr. Ashok Kumar Shrestha	VIII B
	Ms. Sushma Chhetry (II)	
29.	Mr. Guru Prasad Adhikari	VIII C
	Mr. Sharada Paudel (II)	
30.	Mr. Dipendra Shrestha	VIII D
	Ms. Sudha Adhikari (II)	
31.	Mr. Rajendra Gyawali	IX A
	Ms. Uma Shrestha (II)	
32.	Ms. Nirmala Devi Thapa	IX B
	Mr. Krishna Panthi (II)	
33.	Mr. Badri Raj Joshi	IX C
	Ms. Sharmila Pokharel (II)	
34.	Ms. Ranjana Pokharel	IX D
	Ms. Uma Shrestha Aryal (II)	
35.	Mr. Bishnu Adhikari	X A
	Mr. Tek Jung Dhamala (II)	
36.	Ms. Gita Bhusal	X B
	Ms. Meena Karmacharya (II)	
37.	Ms. Babita Dixit	X C
	Mr. Krishna K. C (II)	
38.	Mr. Dhruva Dhungana	X D
	Mr. Suraj Tandon	



## Perfect Attendance, Best in Conduct and Best All Rounder, 2016-17

Class	Perfect Attendance	Best in Conduct	Best All Rounder
KG		Subhani Bantha Magar	Divija Paudel
IA	Bibek Poudel	Ayumi Dhital	Neha Kharel
IB		Bibhuti Aryal	
IIA		Manasha Wagle	Aashna Hadakhale
IIB	Shwapnil Thapa Sujal Manandhar	Nebha Shrestha	
IIC	Ojesh Gurung Presabi Dhungel Sauran Ale	Susmeen Shrestha	
IIIA	Jenish Dhungana Siddhant Devkota	Prija Shrestha	
IIIB	Noyal Karki Pratik Gurung Sampanna K.C. Yujen Pakhrin	Sarahana Singh	Soniya Niroula
IIIC	Kristeena Dhakal Suyog Khanal	Aarushi Acharya	
IV A	Anwesha Upadhyaya Anuska Regmi Shubhrata Baral	Aaditya Pyakurel	
IV B	Adhish Bhattarai Amisha Poudel Ashim Ghimire Prayan Shrestha Roshan Poudyal Shishtata Baral	Shishtata Baral	
IV C	Kshitiz Deep Rai Sakar Baral	Siddhanjan Ghimire	Suyog Karki
V A	Suyog Karki	Prashamsa Thapa	
V B	Samrat Sharma	Nanal Rana Magar	
V C	Navaneet Baniya Zen Gurung	Shila Khanal	
V D	Kamira Rawal Nicole Kadel Pratik Shrestha Prince Neupane	Nicole Kadel	Niriksha Sharma Khanal
VI A	Maya Poudyal Sandesh Khadka Selina Pageni Yashwini Bantawa	Selina Pageni	
VI B	Pallabi Shrestha Ayush Koirala Prabesh Shrestha Sangya Shakya Simon Gurung	Uniska Sthapit	
VI C	Ishpriya Thapa Krrish Shrestha Neebha Ranjit Yumee Lama	Swati Shah	

Class	Perfect Attendance	Best in Conduct	Best All Rounder
VI D	Mallika Rana Prapti Karki Reshkuna Ranabhat Samyog Lamichhane	Kesu Ghimire	
VII A	Sohail Shrestha Sakina Bajracharya Anjali Lamsal Aakriti Pyakurel Pramit Gautam	Prasen Man Shrestha	Ashma Pandey
VII B	Aarya Dhital Aayush Man Shrestha Aditya Shrestha Debisha Thapa Niharika Shrestha Srijan Kafle	Sakshyat Chhetry	
VII C	Aayushma Acharya Parth Chalise Samagya Bajracharya	Aayushma Acharya	
VII D	Aakash Deep Rai Aayusha Thapa Bhumika Gurung Rabina Kandel (Jaishi) Stuti Dhungana Subodh Ban	Aditika Nepal	
VIII A	Aarati Gurung Ankit Acharya Pradipti Shrestha Subhangi Lamichhane	Aarati Gurung	Umang Upreti
VIII B	Aayush K.C. Adhish Nidhi Tiwari Darshana Regmi Kabya Sharma Spriha Maharjan Sumit Ojha Suzal Regmi	Sumit Ojha	
VIII C	Aarabdh Shahi Aashraya Adhikari Dev Thapa	Subhan Chiluwal	
VIII D	Maulik Pokhrel	Niraj Baral	
IX A	Prabesh Shrestha	Samridhi Silwal	Sandhya Niroula
IX B	Yunish Shrestha	Samridhi Shah	
IX C	Nirajan Luitel	Shranik Gyawali	
IX D	Sampada Tandan Sohan Shrestha	Isha Khadka	
X A		Prinsa Bastola	Angel Gurung
X B		Pratistha Bastola	
X C		Kebin Shrestha	









## TRIYOG HIGH SCHOOL

### KEY DATES (August-December, 2017)

August 29/Bhadra 13, 2074	Half Yearly Examination Begins
September 1/Bhadra 16, 2074	Project Day: KG-III
September 14/Bhadra 29, 2074	Singing Competition
September 18/Ashwin 2, 2074	Inter House Nepali Drama Competition
September 23/Ashwin 7, 2074	Parent-Teacher Meeting
September 24/Ashwin 8, 2074	Dashain-Tihar Holidays Begin
October 24/Kartik 7, 2074	School re-opens after Dashian-Tihar Vacation
October 27/Katik 10, 2074	Inter House Spin-a-Yarn Competition
October 30/Kartik 14, 2074	Documentary-making Competition
November 9/Kartik 23, 2074	Project Day: IV-V
November 10/Kartik 24, 2074	Inter House Football Competition
November 16/Kartik 30, 2074	Dance Competition
November 19/Mangsir 3, 2074	Photography and Storytelling Competition
November 25/Mangsir 9, 2074	Major Production
November 30/Mangsir 14, 2074	Inter House Quiz Competition
December 1/Mangsir 15, 2074	Inter House Quiz Competition
December 6/Mangsir 20, 2074	Unit Test/Pre Send Up Examination Begins
December 8/Mangsir 22, 2074	Project Day: KG-III
December 22/Poush 7, 2074	Inter House Multimedia Competition
December 25/Poush 10, 2074	Parent-Teacher Meeting/Winter Vacation Begins