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TRIYOG

Vol. 3, December 2019

Newsletter

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

Message from the Principal

We have reached the end of yet another calendar year and as we look back at 2019, the year that was, it is important that we as educators reflect on how we have been able to influence learning and growth in our students.

We as a School are always conscious of the world that our students are going to step into as High School and University graduates, and later as professionals. Although academic rigor is important, it is not the only parameter for a successful life. The 4Cs of 21st century learning are becoming increasingly important – and through our experiential-integrated learning platforms we are instilling in our students and teachers the values of communication, collaboration, creativity, and critical thinking. It is an arduous process, to change mindsets and reinvent teaching-learning, but we are firmly committed in our journey.

Holistic learning requires integration of the arts, music, and emotional intelligence and sensitivity in learning. Besides being academically sound, we want our students to become empathetic individuals. In this, exposure to society, individuals, and organizations that supplement in-classroom learning are a crucial part and we have been very proactive in engaging our students to the civil society. The numerous in-school and external competitions and experiential learning tours our children participate in are testimony to that.

As the new year rolls into our lives, it is a time for reflection and newer affirmations and resolutions of contributing to our students, parents, and other stakeholders, and make Triyog a shining beacon in the educational ecosystem of Nepal.

Warm Wishes for a Very Happy New Year.

Niladri S. Parial
Principal

Celebrations at Triyog

Dashain, Tihar, and Mha Puja Celebrations



With festivals around the corner, Triyog enjoyed pre-celebrations by witnessing stunning festive dance performances and MalshriDhun at the morning assembly. There was a Tika Ceremony for both the teachers and students. Junior students got to celebrate Mha Puja and the rest of the day was well spent by tasting various delicacies, engaging in activities such as Rangoli Making, Kite Flying, playing friendly football matches, tug-o-war, and enjoying Deusi and Bhailo performances.

The teachers of Primary School lent a helping hand to the neighborhood orphanage "HamroBaSamrakshyamDharohar Nepal" by providing food to the residents for Dashain and Tihar.

Happy New Year 2020



Inter House Competitions

Singing and Dance



Grade II students competed at the Inter House Singing and Dance Competition on 17 November. In Singing, Phewa house secured the 1st position, Begnas stood 2nd and Rara house bagged the 3rd position. In Dance, Tilicho house secured the 1st position, Rara secured the 2nd position and Phewa secured the 3rd position.

Quiz



The Inter House Quiz Competition for grades I-X took place on 1 and 2 October. In grade I, Phewa house emerged victorious, with Rara and Begnas houses in 2nd and 3rd positions respectively. In grades II-III category, Rara house took the 1st spot, followed by Phewa and Begnas in the 2nd and 3rd positions. In the IV-V category, Tilicho house stood first, Begnas stood second, and Phewa stood third. In VI-VIII category, Tilicho house took the 1st spot. Begnas followed in the 2nd with Rara house taking the 3rd spot. In grades IX-X category, Tilicho house secured the 1st position with Rara and Phewa securing 2nd and 3rd places respectively. The overall winner was Tilicho house.

Spelling



The Inter-House Spelling Competition for grades I to X was organized on November 12, 13 and 15, 2019. The results were as follows:

Category	First	Second	Third
Grade I	Begnas House	Phewa House	Tilicho House
Grade II & III	Phewa House	Rara House	Tilicho House
Grade IV & V	Rara House	Phewa House	Tilicho House
Grade VI-VIII	Rara House	Phewa House	Begnas House
Grade IX & X	Tilicho House	Rara House	Begnas House

Rara House was the overall winner of Inter-House Spelling Contest 2019.

Inter School Competitions

QKS Chess



The 2nd Quality Kathmandu Schools (QKS) Chess Competition, which is a part of the overall QKS Sports Meet, was held at Triyog High School on 24 and 25 November 2019. The Chief Guest for the occasion was Mr. Dharma Bahadur Lama, Secretary of Nepal Chess Association. The current National Champions Purushotam Chaulagain and Monalisa Khambu were present as distinguished guests.

A total of 12 Schools with 149 boy and 75 girl participants took part in eight categories. Out of eight categories Triyog won a gold medal in six categories, silver medal in one category and bronze medal in three categories. The awardees include:

Category 1-4 Girls	Kripa Belbase	1st
Category 1-4 Girls	Ashrika Acharya	3rd
Category 5 & 6 Girls	Riya Shrestha	1st
Category 5 & 6 Boys	Sulaksh Bhatt	3rd
Category VII & VIII Boys	Kushal Belbase	1st
Category VII & VIII Girls	Marshal Tamang	1st
Category IX & X Boys	Kapil Ghimire	1st
Category IX & X Girls	Unnati Silwal	1st
Category IX & X Girls	Rijula Shrestha	2nd
Category IX & X Girls	Selina Pangeni	3rd

QKS Table Tennis



The 2nd Quality Kathmandu Schools (QKS) Inter School Table Tennis Tournament was held on 12th & 13th of December at Brihaspati Vidhya Sadan. Triyog High School also participated in this competition where Ayushma Gairhe of Grade IX won the Gold medal in Senior Girls' Singles category. In Senior Girls' Doubles Ayushma Gairhe and Pratyasha Thapa also won the gold medal. In Junior Girls' Singles Krishma Rijal of Grade VI won the gold medal.

MIS CUP Table Tennis

Deepson Basnet of Grade X won the gold medal in Senior Boys' Singles and Pratyasha Thapa won the gold medal in Junior Girls' Singles category at the MIS CUP Inter School Table Tennis Competition.

Triyog Model United Nations (TMUN)



The TMUN was a 3-day educational event that was help to introduce young students through mock sessions to the world of international diplomacy. It showcased how the Model United Nations General Assembly and Committees work, debate, and decides resolutions on pressing international issues. As a pre-event education session we had Committee Experts (CEs) that are industry leaders, who interacted with students and shared their perspectives on Committee Agendas. Sanjeevani Yonzon Shrestha (CE for UNEP) and Nabin Regmi from Wildlife Conservation Nepal (WCN), Bhumika Shrestha (CE for UNHRC) from Blue Diamond Society, Sabin Ranjit (CE for DISEC) from Logpoint, Nirajan Kandel (CE for ECOFIN) from Reliance Life Insurance, and Amuda Mishra (CE for UNWOMEN) from Ujyalo Foundation.

In UNWOMEN Committee Roshan Poudyal secured Best Position Paper, Anjolee Thapa got Special Mention award, Pratyasha Thapa got the Outstanding Delegate award and Pranish Pradhan got the Best Delegate award.

In UNEP Committee Prathana Karki got the Best Position Paper, Anaya Khanal and Shambhavi Adhikari both received Special Mention, Nishma Mahotra got the Outstanding Delegate award and Ritesh Poudel got the Best Delegate award.

In DISEC Committee Maya Poudyal got the Best Position Paper and Selina Pangenigot the Outstanding Delegate award.

Sonakshi Shrestha got the award for the best IP (International Press) Member.

Workshops for Teachers

Basic Life Support



On 24 September, a workshop on Basic Life Support Skill was conducted to enable teachers to be first responders in case of a medical emergency at school, or in the larger community. The workshop focused on the process of giving CPR (Cardiopulmonary Resuscitation), discussed on differences between cardiac arrest and heart attack; and choking management. Prof. Dr. Bishwas Pradhan, MD, FCTA Head, Department of Cardiothoracic Vascular and Transplant Centre, Maharajgunj Medical Campus, Institute of Medicine, Tribhuvan University, Nepal, conducted the session.

Investigating Ecological Relationship in Educational Context



A workshop on investigating ecological relationship in educational context was held on 26-27 November, 2019. The main objective of the workshop was to shape many assumptions in educational practices in order to bring transformation in our environment practices at a significant level which reflect our lives and implication of these assumptions. Some of the activities like tree of life, movement of body, aromatherapy, brainstorming, critical thinking, and self- reflection skills were discussed and practiced. The concept of "CARE" (Complexity, Aesthetics, Responsibility, and Ethics) featured prominently at the workshop. The discussion ended with the participants postulating their views to create an aspirational tree of life for the school system.

Multidisciplinary Integrated Program at Middle School

Under multidisciplinary integrated learning program at Middle School, students learn a topic from the viewpoint of more than one discipline and focus on solving a problem using different disciplinary approaches. This allows them to unify and correlate their learning experiences for life-long learning.

The theme of the most recent multidisciplinary integrated learning program for Grade VI was 'Agriculture'. They connected krishi malko prayog - Nepali, Unitary Method, and Profit and Loss - Mathematics, Life Process - Science, Rice Bowl Wishes and Notice Writing - English, Agricultural activities of Nepal - Social Studies, Kitchen Gardening - OBTE and Spreadsheet software - ICT. They visited an agricultural farm in Lalitpur for practical learning and practiced kitchen gardening at the School Karesabari. A closing event was organized on December 1, 2019 where they shared their experiences and learning evidence

Integration Project Opening Event at EduFarm - Grade VI



The students of Grade VI visited EduFarm in Chhampi, Lalitpur on November 14 which was marked as the opening ceremony for the project. Students got an opportunity to observe types and techniques of animal and plant farming. They spent some time in the paddy field, animal farms, and interacted with local agro-experts about agricultural practice and use of fertilizers. They also visited agro-museum which contained agricultural tools. They learnt many Nepali words related to agriculture.

Kalimati and Tokha Farm Visit - Grade VI



Eight students of Grade VI visited Kalimati Fruit and Vegetable Market as well as Tokha Farm on November 25, 2019 as a part of their Integrated Learning Program under the theme 'Agriculture'. Mr. Rohit Pandey, their Mathematics teacher, guided the visit. These visits were significant because the students got to learn the cost difference between farmers and retailers' selling rate of fruits and vegetables. They also calculated the cost of production, transport and sales. Moreover, they had hands-on experience of milking buffaloes at Tokha Farm.

Closing Event



Grade VIII students connected their learning to the theme 'Nepalese Society and Culture' under multidisciplinary integrated learning program. They were able to connect English I- The Fairy Tales; English II- The Solitary Reaper; Social Studies- National Heritages; OBTE- Preparation of Dry Fruits and Vegetables; Moral Science - Collective Efforts; Science- Acid, Base, and Salt; and Nepali- Nepali Sanskriti. Students also visited different places such as: ICIMOD- Godawari, Anandaban Hospital- Lele, Nepali Lokbaja Sangrahalaya - Tripureshwor, Changunarayan and Bhaktapur Durbar Square. These visits supported them to explore more about Nepalese Society and Culture including health issues.

Lok Baja Sangrahalaya - Grade VIII A



Students of VIII A visited Rastriya Lok Baja Sangrahalaya at Tripureshwor on November 27 as a part of their Integrated Learning Program under the theme 'Nepalese Society and Culture'. They got an opportunity to observe musical instruments associated with various communities of Nepal and enjoyed Murchunga Music played by Ram Prasad Kandel. Mr. Kandel also interacted with our students and provided insights on cultural, medicinal and spiritual importance of musical instruments and music.

Anandaban Hospital - Grade VIII B



Students of VIII B visited Anandaban Hospital at Lele, Lalitpur on November 27 as a part of their Integrated Learning Program under the theme 'Nepalese Society and Culture'. They interacted with the doctors and hospital officials in which they learnt about a disease called Leprosy and were made familiar with the causes, symptoms and treatment of the same. They also discussed the situation and effects of such diseases in the context of Nepal.

ICIMOD - Grade VIII C



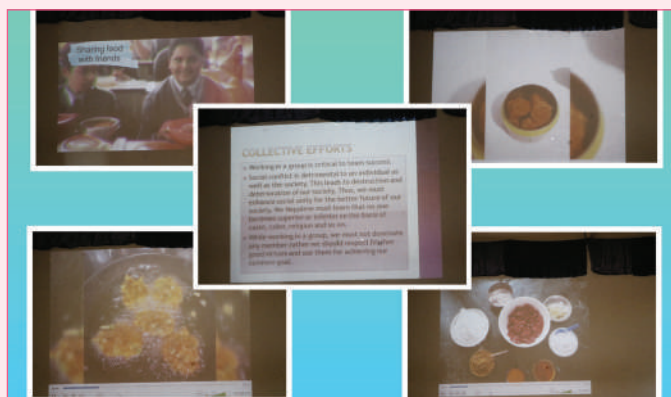
Students of VIII C visited International Centre for Integrated Mountain Development (ICIMOD) on 27 November as a part of their Integrated Learning Program under the theme 'Nepalese Society and Culture'. They learnt about various aspects of agricultural life of indigenous people of upper-hilly and Himalayan region and ways of maintaining agro-stability. They took a closer look at technology connected with water harvesting, commercial mushroom farming, cold storage, space saving farming methods, etc. which can be very useful to make Nepalese life much easier and better in the future.

Bhaktapur Durbar Square and Changunarayan - Grade VIII D



As a part of their Integrated Learning Program under the theme 'Nepalese Society and Culture', students of Grade VIII D visited Bhaktapur Durbar Square and Changunarayan Temple, two famous UNESCO World Heritage Sites of Nepal on 27 November. They got an opportunity to witness traditional art and architecture of different phases of Nepalese history that are preserved at the sites, and observe various traditional equipments associated with Nepalese communities in Changu Museum.

Closing Event



Multidisciplinary Integrated Program at Junior School

Project Day-Grades IV & V - STEAM Fair

Engineering Design Challenge



On November 19 a design challenge was conducted as a part of the entry event for the Project Day where 32 selected students from grades IV and V were asked to prepare Paper Table-and-Straw structure with materials that were provided. In the process participants learnt skills like problem solving, critical thinking, leadership, collaboration, creativity and communication.

Art Workshop



An art workshop was held on November 17 and 18 under the guidance of our art teacher Subas Shrestha where artistic minds from the Junior School produced wonderful artwork based on different themes under Science and Technology.

Sharing Session



On November 20 students disseminated the knowledge that they had acquired on different topics of Science and ICT with their colleagues.

Exit Event



On November 22 Junior innovators from grades IV and V showcased their creative skills in the field of STEAM as a part of their Project Based Learning where the parents of both the grades were invited to witness the event.

Sports and Adventure**Junior Sports Week-Grades IV & V**

The Junior School students participated enthusiastically at the Junior School Sports Week held from 4 -8 November 2019. Among the games and athletics events that were held our students got a platform to showcase their potential in sports, as a part of a House Team or individually. Rara House won the overall first position.

Weekend Cycling Tours**Grades IV-VI**

Students from grades 4,5 and 6 had an adventurous Saturday as a part of our Weekend Cycling Tours. Accompanied by instructors and guides from Sugarcane Learning they braved the ride from School to Narayanthan and onto the entry point of Shivapuri-Nagargun National Park. Apart from having fun they learned about safety, teamwork, riding together.

Grades VII - IX

Middle and Senior School students visited the Saturday Farmers' Market at Le Sherpa and had a 'cheese tasting' session with Francois Driard, one of the finest cheesemakers in Nepal - from the mild Tomme to St.Marcelain, the pungent-aged yak cheese, and the Yak-chilli-timur. They also learnt about the benefits-varieties of honey, tasted 'propolis seeds', and learnt about the benefits of wheatgrass. They cycled from The Farmers' Market to Narayanthan, Chandeshwori Temple and through Jhor-Tokha returned back to school.

The Connected Classrooms Project (TCCP)**Digital Connection at Swoyambhunath**

Ten students from Grade VII along with Middle School In-charge, Mr. Churamani Pandeya, visited Swoyambhunath, one of the UNESCO World Heritage Sites of Nepal, to have a TCCP (The Connected Classrooms Project) session with their friends of Sneha Foundation, Pune, India.

They had a digital connection from Swoyambhu for 90 minutes in which they gave a live description of the site. Their friends from India got first-hand experience of Swoyambhunath and Kathmandu Valley through this virtual connection.

Shree Secondary School, Dang



The third virtual connection of TCCP between Triyog High School and Shree Secondary School, Dang took place on 4 December 2019. The theme of this connection was 'Cultural Exchange' in which the students from both schools showcased typical cultural dances. Our students presented Newari dance whereas students from Dang presented a Tharu dance. They also interacted with their friends about costumes, ornaments and festivals. TCCP-Dang is coordinated by Surjana Dhakal, our Middle School teacher.

Matribhumi High School, Syangja



Two teams from Middle School, one from Grade VI and the other from Grade VIII, conducted a joint session of The Connected Classrooms Project (TCCP) with the students of Matribhumi High School, Putalibazar, Syangja on December 13, 2019. The theme of this connection was 'Local Technology in Agriculture'. The students exchanged their ideas on farming, especially on potato and buckwheat farming. TCCP with Matribhumi High School is coordinated by Middle School teachers Sabina Thapa and Rohit Pandey.

Awards and Achievement

International Robot Olympics - FIRST Global Challenge



Aaditya Dhunagana, from Grade X represented Team Nepal and Triyog High School at the International Robot Olympics - FIRST Global Challenge, an annual culmination of focused STEM/robotic involvement of exponentially increasing student bodies from nations across the world. It was held from October 24-28, 2019 at Dubai Festival City.

Team Nepal ranked themselves into Top 32 out of 190 countries and competed for Top 16 with their consistent and amazing performance. Representing Team Nepal were the winners of Yantra 7.0 International Robotics Competition

- | | |
|--------------------------------|--------------------|
| 1) ShishirSubedi- Team Captain | 2) Shrijan Ghimire |
| 3) Prabin Bahadur Thapa | 4) Sarthak Sen |
| 5) Aaditya Dhungana | 6) Umanga Regmi |

Inter-School Poetry Recitation Competition



As a part of their Annual Literary Fest, Kaasthamandap Vidhyalaya organized Inter – School Poetry Recitation Competition on 27 September, where our students Roshan Poudyal (Grade VII) and Niriksha Sharma Khanal (Grade IX) participated. Roshan stood first in Grades VI-VII category, and Niriksha stood second in Grades VIII-IX category.

World Youth Chess Championship Mumbai



Kapil Ghimire of Grade IX won the Gold Medal and a cash prize of USD 300 in the Under 14 Category at the Madan Bhandari Memorial Asian Amateur Chess Championship.

District Wide School Level Fide Rating Chess Tournament



Kapil Ghimire and Kushal Belbase secured the 3rd and 4th position respectively among the top ten position holders in District Wide School Level Fide Rating Chess (One-day) Tournament 2076 organized by Annapurna Secondary School.

Inter School Art and Craft Competition



Aayushma Devkota of Grade IX secured First position in the KIST Fair 2076 - Inter School Art and Craft Competition organized by KIST College on 7 December 2019, in which about 130 students had participated from 30 different schools.

Real School of Nepal



Real School of Nepal 2019 for Central Region-Kathmandu West was held on 20 November 2019. Real School of Nepal is a nationwide competition among schools that provides a platform for students all over Nepal to showcase their talents. Peeyush Lamgade secured the 5th position in Painting and Seelush Chhetri secured the 3rd position in '3Minutes to Fame'.

Experiential Learning

Round Table Discussion with Design-Thinking Experts



The TED-Ed Club students of Triyog High School got an opportunity to interact with Design Thinking experts at Nepal Communitere (NC) on Friday, 15 November. Shreejita Chauhan of Grade IX talked about her passion for climate change and got important feedback on how to develop her passion into an idea for action. Sincere thanks to Bahar Kumar, Director at NC, for giving us the space and encouraging our students.

Global Designathon 2019



Three students from Triyog, Prabesh Shrestha, Srijita Chauhan, and Mahima Pathak were proud participants at the Global Designathon 2019, a global design thinking challenge for students that took place in Kathmandu alongside 40 cities worldwide on November 16. Our students built a conceptual 'movable vertical farm' that targeted the global problem of food production and distribution.

Garden of Dreams - Kindergarten



The students of Kindergarten visited the Garden of Dreams on November 8, to observe seasonal plants that bloom during different seasons.

DL Farm Tokha - Grade I



On December 2, the students of Grade I went on a field trip to D.L. Farm, Tokha to learn and observe the tools used in farming. They first listened to the farm proprietor talking about the steps to plant a vegetable, then they observed the same tools being used in the field. Some children helped the farmers plant the seeds as well. Upon return the children shared their experiences among their friends and in the Morning Assembly too.

Horticulture Centre - Grade I



On November 22, the students of Grade I along with teachers and some parents visited Horticulture Center, Kritipur to learn, observe and identify different types of plants and food that they get from plants.

Chobhar - Grade II



On December 6, students of Grade II were taken for a field trip to Chobhar, as an extended learning activity of the book 'The Lorax'. The main objective of this trip was to compare environment before and after development. The children observed surrounding hills and compared that to the more barren, dusty land across the Bagmati river. The children came to the conclusion that trees must have been cut down to construct factories and other buildings in the name of development.

Laxmi Furniture Grade II



Related to the book 'The Lorax' and 'Dayalu Rukh' (Nepali translation of the 'Giving Tree'), children of Grade II were taken for a short trip on December 2, to the neighboring Laxmi Furniture Factory to learn about the usefulness of wood. The children observed varieties of furniture items and tools used to make furniture. They interviewed the carpenters and came to know about the journey of a tree, from its birth to its usefulness to humans, especially wood and the things we make out of it. Children were also involved in individual book reading activity through which they understood that although, we get lots of useful things from trees we should not cut down the trees unnecessarily as this causes environmental degradation. Similarly, the children also got the message that cutting trees cannot be stopped altogether but can definitely be reduced.

ICIMOD Godavari Grade III



To make the children learn practically about the sources of energy, on December 9, the students of Grade III visited the ICIMOD at Godavari. They got the chance to observe the process of generating energy from different sources. They also learned about the materials needed to make briquettes, saw things like cooker, heater,

oven and dryers being operated with the help of solar energy and how electricity is generated by hydropower. The trip outcome consisted of the students' learning about the alternative sources of energy, their uses and how they are eco-friendly.

Horticulture Center, Kirtipur - Grade IV



On December 11 learners from grade IV were taken to Horticulture Center at Kirtipur. Students were able to know and understand the characteristics of different varieties of fruit bearing plants. They also learnt about the process of irrigation. Through this experiential outdoor learning they broadened their conceptual knowledge that they had acquired about plants.

EduFarm - Grade V



On December 9, 2019 learners from grade V were taken to EduFarm at Chhampi as a part of their experiential outdoor learning. Learners got the opportunity to learn more extensively about the traditional farming tools, rearing animals, and livestock. They also interacted with the proprietor and got more insight about the scope of agricultural economy in today's time.

Art Exhibition



On 4 December, the students of Art Club from grade VI-VIII visited the art exhibition organized by Quality Kathmandu Schools at Siddhartha Art Gallery. Students observed artwork produced by school students from 17 different schools based on three themes, 'Go Green with a Dream', 'Visit Nepal 2020' and 'Cultural Bonding with a Country'.

Swoyambhunath



On 13 November, Students of Clay Modeling Club from grades 6-8, visited Swayambhunath Stupa for an experiential learning trip. They observed clay models associated with Buddhist Culture.

General Activities

7th Chinese Cultural Performance Program



Selected students of Triyog participated in the 7th Chinese Cultural Performance program organized by the Embassy of People's Republic of China in Nepal, on 29 September. They sang the Nepali and Chinese National anthems. It was a privilege for us representing Triyog among various dignitaries that included the Vice-president of Nepal, the Chinese Ambassador and embassy staff of various countries.

Chinese Cultural Program at School



Triyog celebrated a Chinese cultural event on 27 September. Middle School students presented us with an elegant Chinese group dance performance 'Qing Hua Ci' and a group song 'San Mao.' Primary and Junior School students performed a group dance 'CaiVe', a Chinese play and a group song based on the ever-popular 'Twinkle Twinkle Little Star', at the School Hall. Sincere thanks to our in-house teachers-Wang Fang and You Thing.

Karesa Bari Project



The Triyog Karesa Bari is seeing a new lease of life thanks to the concentrated effort put in by a dedicated team of teachers led by Salina Tamrakar, Goma Karki, and Reena Lama, and a 'Karesa Bari Student Development Body', ably supported by Nikendra Gurung Tamu (Junior Block In-charge). Our sincere thanks to Wildlife Conservation Nepal (WCN) team and especially Sanjeevani Yonzon Shrestha for mentoring-guiding our initiative.

One Teacher, One Indoor Plant Initiative



"One Teacher, One Indoor Plant" is an initiative undertaken by the Junior School teachers to keep up with the slogan 'Green Classroom, Clean Classroom.' In this every teacher in the Junior Block brought one indoor plant, placed it in their respective classrooms and are taking care of it.

Food without Fire



Wildlife Conservation Nepal (WCN) conducted an activity where the learners from grade 5 were engaged to prepare edible items without using fire. The objective of this activity was to promote healthy eating diet through simple, easy-to-prepare recipes.

Movie Screening



Wildlife Conservation Nepal (WCN) screened a movie titled "Green School" in the school auditorium for the learners of grade 4. The movie made the students aware about the benefits of greenery inside the school compound.

Class Day Program of Grade VII



Students of Grade VII conducted their Class Day program successfully on November 20 in the presence of their parents and guests. They showcased wonderful musical performances, English and Nepali plays, songs, modern and cultural dances, poems, and some scientific experiments. This event, coordinated by Tshering Nima Sherpa, admirably entertained and educated the invitees throughout.

Interaction on Reading Culture



On November 19, 2019, Language Arts teachers from the Junior School interacted with Sudesh Dhital, Marketing Executive from Bookland Book House, where he shared his experience of developing reading culture amongst students.

Best Bites 2019



Best Bites 2019 was a 'cook-off without fire' competition for Teachers and Staff of Triyog High School. In its very first iteration the competition was a huge success. All participants and tasters had a great time. "Chukauni" - prepared by the team of Sanjeeka Chhetri, Rewata Gurung, and Preeti Bajracharya was declared the winning food item by a team of Tasters that ranked the prepared items on taste and presentation-finesse. Special thanks to our teacher, Puja Manandhar, for taking the lead in organizing the event.

Photography Competition



An Open Photography competition was organized on 18 November for the students of grades IV-X. In grades IV-V category (Theme: Dashain), 1st position was secured by Salil Acharya, 2nd position was secured by Saurya Bikram Bisht and the 3rd position was secured by Ayumi Dhital. In grades VI-VIII category (Theme: Tihar), 1st position was secured by Kamira Rawal, 2nd position was secured by Suvanga Ghimire and 3rd position was secured by Avigya Pandey. In grades IX-X category (Theme: Light and Colors), 1st position was secured by Reshkuna Ranabhat, 2nd position was secured by Rijan Gurung and the 3rd position was secured by Nirab Poudel.

The teachers and staff also took part in the competition on the theme 'festival' in which Ms. Puja Manandhar secured the 1st position, Mr. Churamani Pandeya secured the 2nd position and Ms. Rishu Shrestha the 3rd position.



TRIYOG HIGH SCHOOL

Key Dates (January-April 2020)

January 19, Magh 05, 2076	School re-opens after Winter Vacation
January 21, Magh 07, 2076	SEE Qualifying Exam starts
February 03, Magh 20, 2076	Handwriting Competition: Grades KG – IX
February 15, Falgun 03, 2076	Junior Sports Day
February 19, Falgun 07, 2076	Pre-SEE /Pre-BEE Starts
February 20, Falgun 08, 2076	Class Day: Grade VI
March 17, Chaitra 04, 2076	Final Examination: Grades IV-IX
March 19, Chaitra 06, 2076	SEE Starts
April 04, Chaitra 22, 2076	Parent-Teacher Meeting
April 05, Chaitra 23-April 21, Baisakh 09, 2077	Session Break
April 22, Baisakh 10, 2077	New Academic Session 2020-21 begins