



Newsletter

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

Message from the Principal

Dear Parents and Guardians

While the pandemic still continues to manifest itself in various restrictions to our regular lives, educational institutions have been able to circumvent the challenges to a great extent. At Triyog too, we have been able to offer our educational services by regularly updating and upgrading our digital infrastructure as well intellectual resources.

We understand that parents are facing immense challenges at home, having to balance their professional lives, and in also having to monitor and evaluate the daily activities of their children. While many students have taken to the new format of learning well, there are many that have fallen pray to digital distractions or socio-emotional challenges.

Therefore, it is extremely important that parents, teachers and the school are cognizant of this shift and come together to care and communicate with the children in a manner that will continue to challenge our own capacities. This is the time to connect well and build stronger foundations alongside better relationships for a future that still seems unpredictable.

We will continue to teach and to care, and counsel online and in person, depending upon the help required and the need felt. Academic and behavioral counseling, coupled with assignment and academic support are two priority areas in the current academic session.

Our Continuous Assessment System (CAS) and Cyclic Assignment Framework (CAF), that are two major components of the Integrated Learning System at Triyog will be more structured in the coming months. Already parents and students are being informed over Viber and Email continuously regarding both.

Besides core studies students also need time for relaxation and rejuvenation. However, these break times should be carefully structured so that children can benefit physically and emotionally. Television, gaming, and social media aren't complete solutions for a well-rounded individual. I, along with my colleagues, urge parents to structure daily/weekly routines that benefit the children holistically. Do reach out to us wherever and whenever you need support.

You will be informed of the School's decision to start classes in future, if such is mandated by the government and the local municipality. Please note that we will have the health and safety of our students, teachers, and staff as priority in everything we do.

With festivities around the corner, I would like to wish you health, happiness, and prosperity in the coming days and months. Stay safe and take care.

Warm regards

Niladri S. Parial

Academic Initiatives

Digital Safety in Classrooms - Orientation for Domain Restriction in LMS

How to enable domain-based restriction?

Step 1:

All users create zoom accounts with First Name, Last Name, Email address given to Fuseclassroom

Step 2:

When all users have created correct zoom accounts, client informs Fuse Classroom to enable domain-restriction

All teachers from KG to X received an orientation-cum-training on January 19 for activating their Zoom accounts for domain restriction in the Fuse Classroom. Only the users with the G-suite account of Triyog that are registered in the Fusemachines will be able to join any live class after this is activated. This will ensure additional online safety of our students and teachers while using the new digital platform.

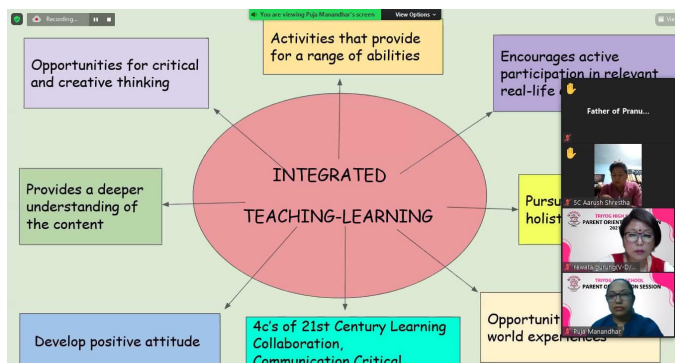
Final Examination

Final Examination for Junior, Middle and Senior block started from April 29, 2021 and ended on May 7. It was conducted virtually since there was a lockdown due to the second wave of the COVID-19.

New Academic Session

The School formally started the new academic session from Asadh 2 (16 June 2021) as per government mandate although grade-specific teaching-learning for our students had started prior.

Annual Parent Orientation Session



Teaching Approach with the 4C's			
Communication	Collaboration	Critical Thinking	Creativity
<ul style="list-style-type: none"> Class discussion Group interaction Sharing session 	<ul style="list-style-type: none"> Group work Presentation 	<ul style="list-style-type: none"> Research work Projects Assignments Experiments Solving problems 	<ul style="list-style-type: none"> Projects Art and Craft Pretend play (if questions) Story telling / writing

The Parent Orientation Sessions for the School were conducted virtually from July 13 to 23, 2021. The School Principal addressed the parents with the vision, values, and culture of the School. The Block In-charges highlighted the annual academic targets, teaching-learning methodology, and follow-up mechanism for student support, besides parental communication structure. The Class Teachers presented various teaching-learning mechanisms, techniques, tools, processes, and initiatives for the overall development of students. Similarly, the Head of Research, Assessment, and Instructions presented the annual assessment framework. Likewise, Extra-Curricular and Co-Curricular Activities offered to the students were briefed by the ECA In-charge.

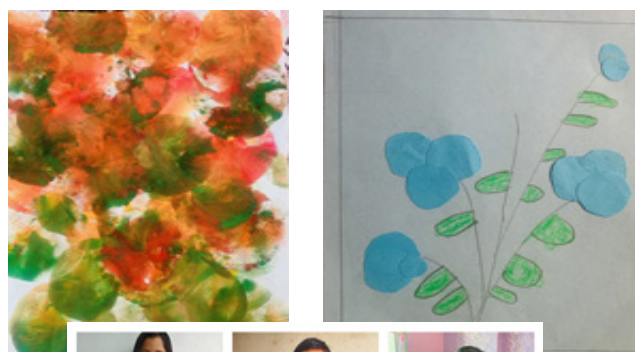
Integrated, Experiential Teaching-Learning Activities

Hands-on Activity



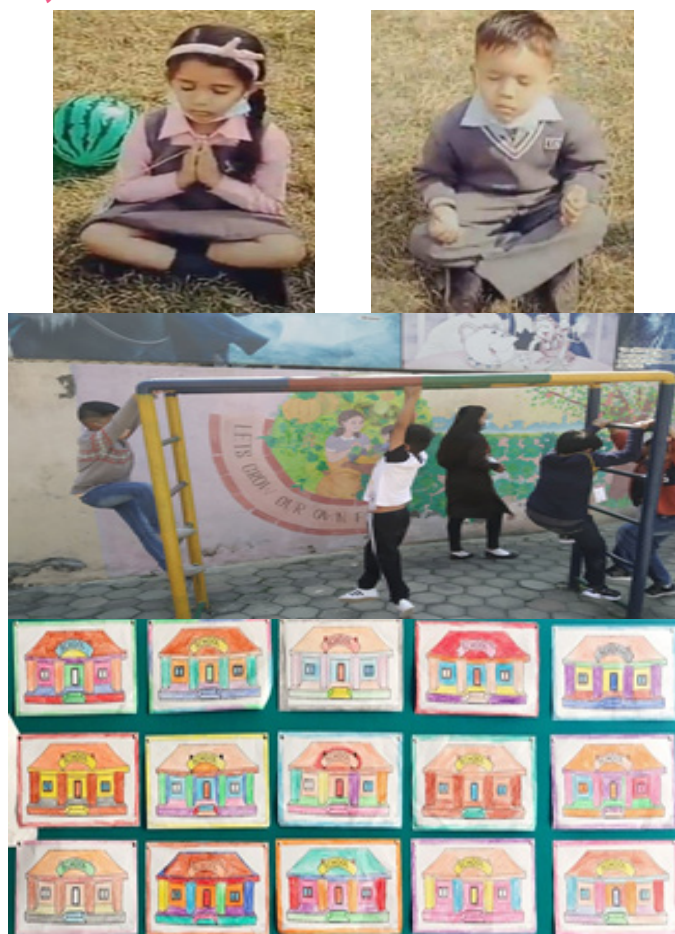
To give the children a clear concept on the different topics students of K.G & I engaged in various hands-on activities during the virtual classes which made their learning easier and also helped to get a clear concept of topics.

Art and Craft



During physical and virtual classes, children of K.G & I enjoyed doing art and craft work with their respected teachers and learnt to draw and make beautiful craft work, which were displayed in the classroom. On occasion of 'Fagu Purnima' and 'Happy New Year 2078' children prepared beautiful cards with a message under the supervision of their craft teacher Mrs. Shova Singh Thakuri.

Physical class activities



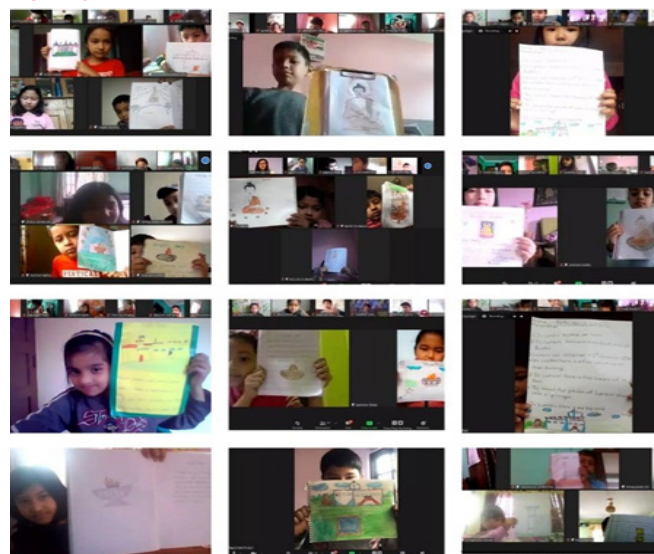
During physical classes children of K.G used to have their morning circle time in the back field. They used to spend some time in the fresh air and did morning routines such as prayer, exercise, yoga and games in the greenery, which was quite refreshing and they used to feel very energetic afterwards. They enjoyed and loved their morning routine.

Virtual Cooking Activity



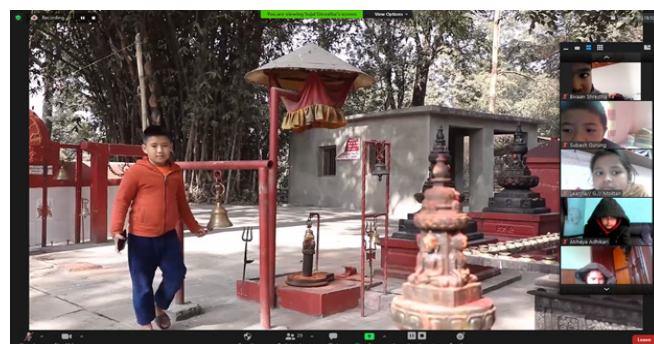
On February 19, 2021, Grade 1 students participated in a live virtual cooking activity. It was a concluding activity based on their Nepali book "Aghi Aghi Roto, Pachhi Pachhi Keto". For this activity, children cooked a dish made from corn flour with the help of their parents. They displayed a variety of dishes, ingredients required and actual cooking methods, virtually, during class. The objective of this activity was to make the children connect the story to their real-life situation. We would like to thank the parents for volunteering in this activity along with their children to show the cooking process.

Presentation on Gautam Buddha and Lumbini



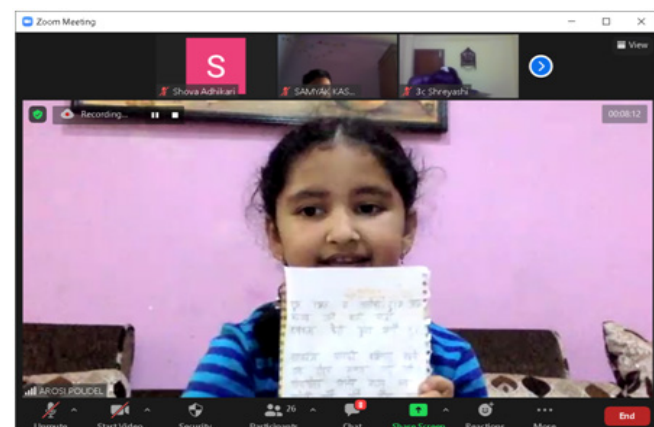
Prior to the class the students from Grade 2 were divided into groups to research on the various topics such as Ashok Stambha, Shanti Deep, Gautam Buddha and Lumbini. Later in the class the children displayed the pictures and did the presentation on their respective topic. The project allowed the children to learn about and understand the history of Gautam Buddha.

Old Structure of the Community



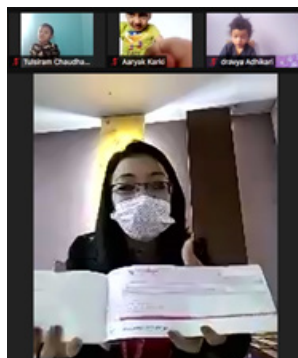
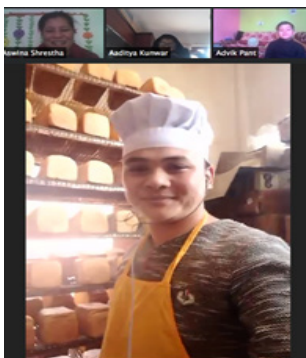
The students of Grade 3 made a video regarding the old structures in their community. They explored one of the structures, found out the historical background through an interview, and also collected information regarding the area, renovation effort, and significance of that place. This is how we ensure that the children gain real-world experience by integrating core curriculum and field-based project work.

पढाइ लेखाइ सँगसँगै हाम्रो रचनात्मक कार्य



Interaction Programs

Profession



The Kindergarten students experienced a virtual tour and interaction program on the topic 'profession'. The teacher conducted a virtual tour of the local area and showed them the people who were engaged in different professions such as shopkeepers, tailors, barbers, police personnel, masons and construction workers, carpenters, beauticians, etc. They had an interaction session with a baker from Marico Bakery and a banker from 'Prabhu Bank'. Mr Surya Rai the baker, guided us from the process of bread making to how it is delivered in the market. Mrs. Jashmine Shrestha the banker, gave us knowledge about why banking is important and what a bank actually does. She also let us have a virtual tour of the bank.

Our Culture

As a concluding activity based on the theme "Our Country Nepal" on 4 May Grade 1 organised a virtual interaction program. Some parents along with their children participated in the interaction program and shared about their caste and culture that they belong. The objective of this activity was to share the real life connection with the rich culture and tradition of the different people of our country Nepal.

Social



On 4th and 5th May, the children of Grade 3 had an interactive session with a social worker Ms. Sunita Khadka Director at Orchid Garden, Nepal on the topic "Our Responsibility Towards Community". The objectives behind the interactive session were to instill empathy and humanity. The students also learnt to accept and respect every individual.

Virtual Field Trips

Mill



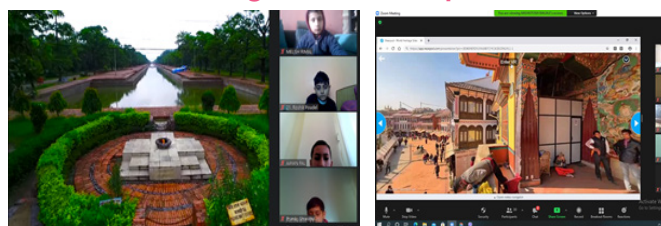
On 1st of February the children of Grade 1 had a virtual tour to a mill located at Dhumbarahi. The mill owner gave a brief description about the function of the mill. She showed the process of grinding corn virtually. Children were very excited to learn the final process of corn grinding.

Our Environment (Integrated with the book "The Lorax")



On 1 February, 2021 the students of Grade 2 participated in a virtual tour to Bhootkhal located at Tokha. There the children observed different spots such as places with trees and without trees, some infrastructures such as apartments, housing colony, school, basketball court, buildings and swimming pool. The objective of this tour is to relate with the real life situation that children have learnt in the book "The Lorax" and on the topic "Our Environment".

10 World Heritage Sites of Nepal



The students of Grade V were taken on a virtual tour to the 10 World Heritage Sites of Nepal. Children were able to know that all the cultural features which were created are protected and promoted by our ancestors and were handed over to future generations. All these heritage sites come under national wealth. They are the pride and glory of our nation.

Virtual Exit Event of Project-Based Learning

Students from Grades IV and V displayed the learning outcomes of the project on two different themes of Sustainable Development Goals with curricular ties with different subject areas. Learning about SDG Goals helped students develop insights into critical issues around the world, such as lack of access to clean water, gender equality, etc.

Grade IV

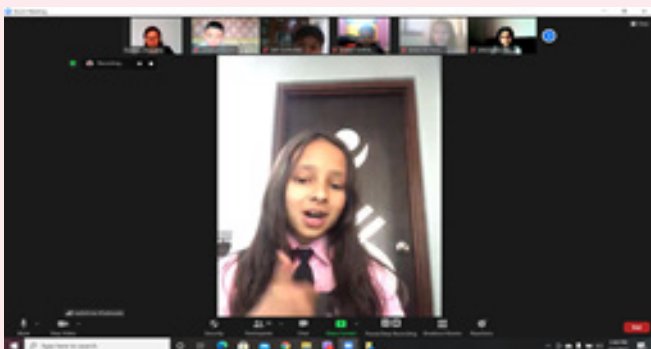
The students of Grade IV had the Exit event on the SDG Goal - "Life Below Water" where they shared their learnings through presentation, puppet show, and more. This SDG Goal aims to sustainably manage and protect marine and coastal ecosystems from pollution, as well as address the impacts of ocean acidification.

Art & Craft



Students expressed their understanding in the form of Art and Craft.

Music



Students performed on the song titled "Under The Sea."

Science & Social Studies



Children delivered presentations on coral reefs. They presented interesting facts on coral reefs, threats to coral reefs and the ways to prevent them from destruction.

Language Arts



Children personified themselves as various sea animals and shared their stories.

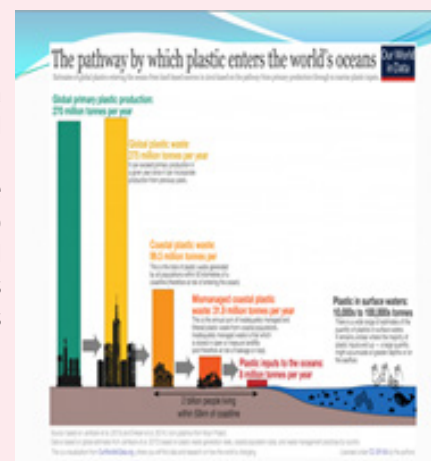


Children showcased their talent and learnings through "Puppet Show" where they showed how human beings are affecting the marine ecosystem.

Mathematics & ICT



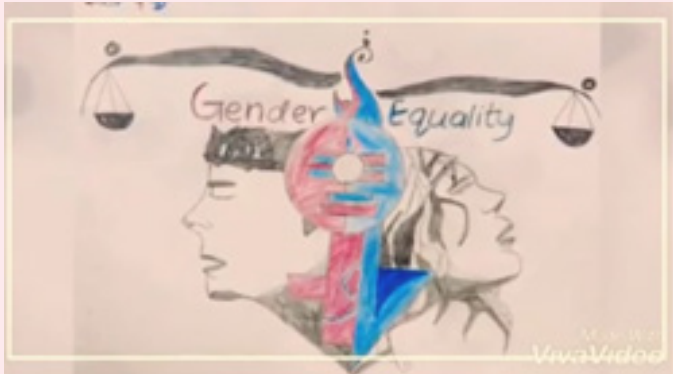
Children presented data on the trend of global plastic production from 1950 to 2015 with the help of charts and also the estimates of global plastics entering the oceans from land-based sources through bar-diagrams.



Grade V

Students made presentations on financial and economical equality.

Art



Students expressed their understanding through Art.

Social Studies



Students focused on the social and economic injustice that is still prevalent today. They also shared solutions to bring this kind of gender disparity to an end.

Science



Students learned about diseases which are particular to men and women.

Mathematics & ICT



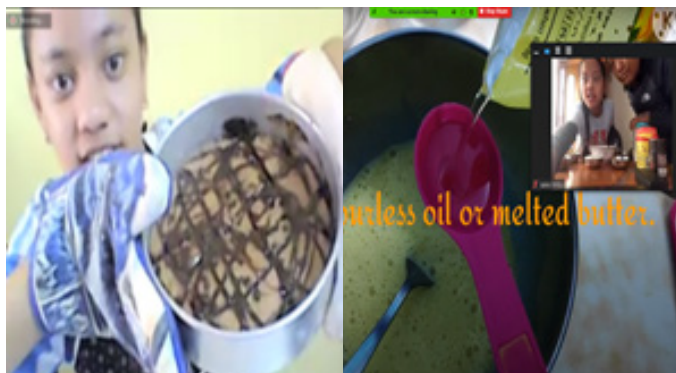
Students conducted research and compiled data about various aspects of the theme.

Language Arts



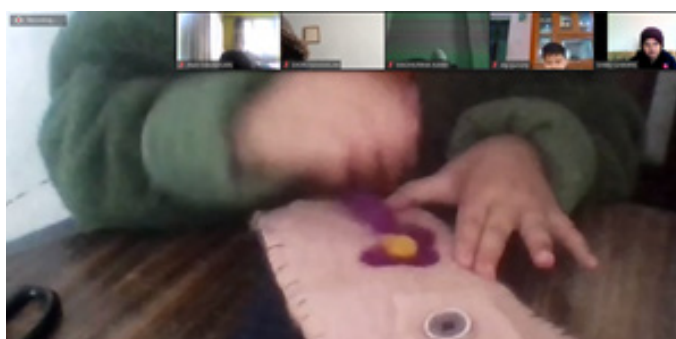
Students expressed their perspective about the theme through speech, poems and dramatization in both English and Nepali.

Session on Baking

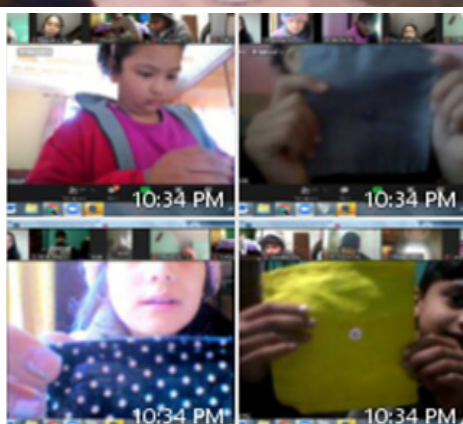


Students from Grade V were able to enhance their cooking skill by learning how to bake a cake through basic baking methods. They not only learned to bake but also learnt about the quantity and different types of recipe utilised.

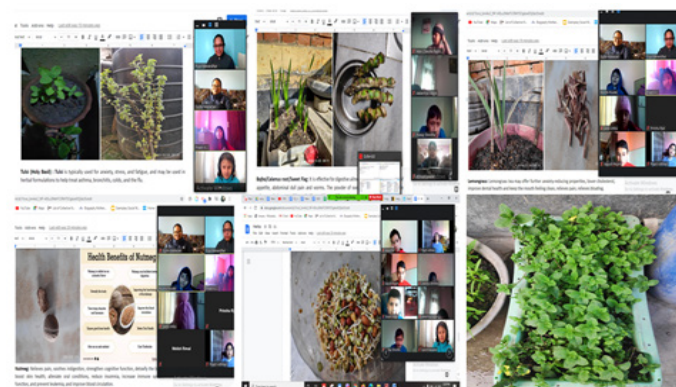
Real-Life Learning (stitching)



Students from Grade 4 learned basic stitching skills like tucking buttons, running stitches. This activity taught children to build confidence and independently manage their own work, especially stitching when their parents are not around them.



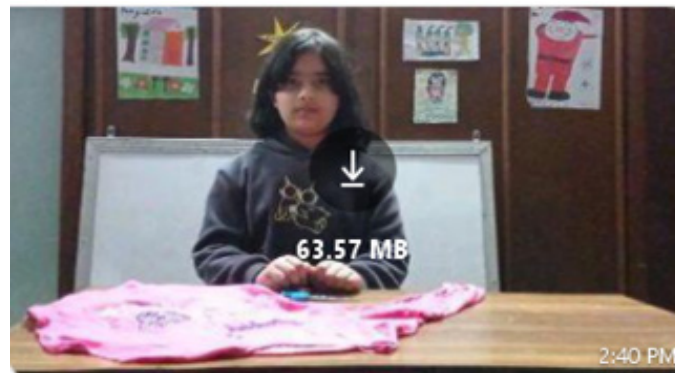
Virtual Wellness Session at Junior School



Herbal Benefits for Wellness

Students shared information about using different herbs to relieve the ailments like digestive disorders and cough and cold. They also learned to make a herbal drink and shared its taste and benefits with everyone.

Say No to Plastics



Children created a video on the title, "Say no to plastics" and talked about the importance of cloth bags and glass bottles over plastic bottles and bags. Children made a cloth bag on their own using their own creativity. Children also delivered speech about the harmful effects of plastics on the environment and nature through the video.

Anger Management



With the help of an online tool Nearpod Activity, children were able to identify times when they got angry and learned different ways to control their anger like 5- fingers breathing. They also learned different strategies for relaxing.

Outreach Program



Karesa Bari Revival Project (KBRP)

Members of the KBRP in collaboration with the members from Nepal Prakriti Pathshala participated in the revival of Karesabari after almost a year.

One Day Eco-Smart School Program Workshop



Grade 5 students and teachers participated in the hands-on activities on Soil and it's quality, Gardening tools, Bin composting, Tray gardening and Bottle gardening on 7 April, 2021 under WCN/NPP Eco-Smart School program. They learned seed sowing techniques as well as about germination and harvesting period of some vegetable seeds. The objective of this workshop was to introduce the concept of Eco-Smart School to current Grade 5 students, as they were not able to participate in Eco-Smart School Program activities due to COVID 19.

Online Educational Tools Used in the Final Term

Junior School introduced various online educational tools to make the online learning more interactive including **Quizizz**, **Mathematics Monster** and **Edpuzzle**.

Quizizz uses a quiz-style teaching and learning method where a user answers questions in a series independently, and contends with other users on the same quiz.



Edpuzzle is a free assessment-centered tool that allows teachers and students to create interactive online videos by embedding either open-ended or multiple-choice questions, audio notes, audio tracks, or comments on a video.



With a comprehensive mathematics glossary and hundreds of step-by-step lessons (all with tests, games, or interactive widgets), **Mathematics Monster** is perfect for anyone who wants to be more confident with mathematics. It's all free.

MIDDLE SCHOOL & SENIOR SCHOOL

Learning History of Invention



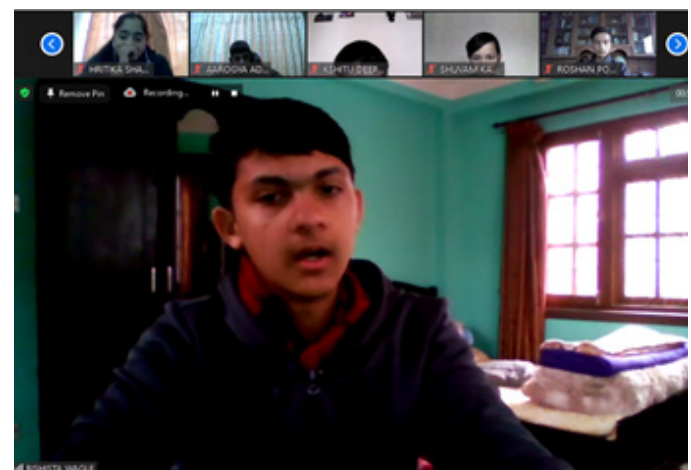
The environment-based String Telephone Activity in Science from the topic Sound was done for Grade VI in the school grounds for developing students' environmental awareness and knowledge. This activity-based learning helped us to go back in the 19th Century when Robert Hooke invented a 'String Telephone' aka old landline. Later, Alexander Graham Bell and Elisha Grey invented Telephone in 1876.

Learning Larger Issues



Students of Grade VI made research presentations on the Forms of Government and the way of formation of the current government in Nepal. This project was integrated with their Social Studies curriculum under the topic Federal Democratic Republic of Nepal.

Post-presentation Peer-feedback



Our students are encouraged to see the ideas from others' perspectives. We allow and involve students in giving feedback to their classmates in order to develop their critical thinking skills. They observe the presentations made by their peers and give feedback on what went well and what can be done to make it even better.

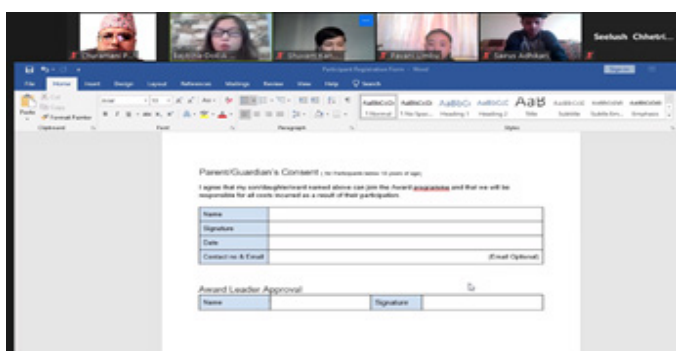
SPECIAL PROGRAMS AT MIDDLE & SENIOR SCHOOL

Cyber Safety Education



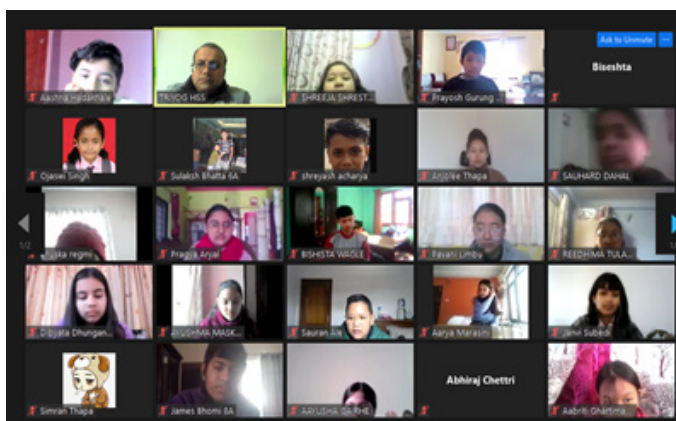
As a part of the integrated learning program, students from Grades VI and VII attended a week-long CyberSafe training program that provided safety knowledge to them regarding making safe choices online. The program was organized in collaboration with Kidproof Nepal after recognizing the need for non-threatening, proactive and preventative approaches of Internet Safety to our students. This program enabled our students to know about social networks and new friendships, identifying true friends vs online friends, social netiquette, online dangers, crime reporting, cyber bullying and staying cyber safe. This was integrated with their ICT curriculum and conducted from December 24 to 30.

ORB Orientation



The participants of the Duke of Edinburgh Award received an orientation on maintaining their Online Record Book (ORB) of the activities on 31 December from DoE team, Nepal. The students were also oriented on selecting their majors and minors, and getting support from Assessor and Award Leader. The session was attended by Award Coordinator, Award Leaders and Participants.

Meeting of Class Leaders



Class Leaders in Middle School meet frequently to discuss their achievements and challenges. During physical classes at School, they were engaged in monitoring School activities closely. They have been a good support to teachers while developing their own skills of leadership and communication.

Gavel Club Meetings



Triyog Gavel Club has been a great platform for Middle Schoolers to exercise their public speaking, leadership and networking skills. They meet officially every alternate Sunday of the English month.

New TCCP Planning for 2021/2022



The Connected Classrooms Project (TCCP) has been an important platform for Middle School students in sharing their learning experiences with students from across the country and globe. Inspired by their successful stories of TCCP in the past, our students are planning for new connections in the new academic session with their Project Leader Teachers. In TCCP, our students and mentors work with the larger education community in creating and sharing their ideas of learning on different platforms.

Assembly Presentations



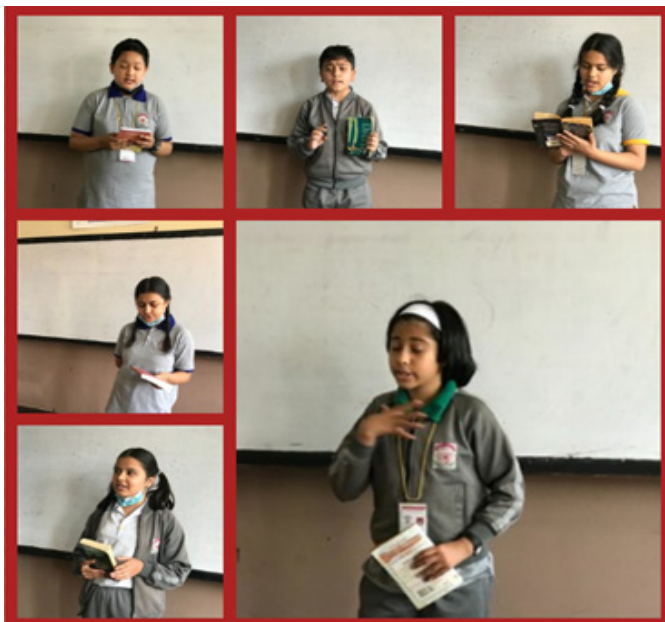
Students from Middle School showcased their special skills and participated in Block Assembly presentations in both physical and virtual platforms. They presented weekly news highlights, stories and biographies, prepared speeches, cultural dances and songs, and recited poems in such occasions.

Class Assemblies



Class Assemblies were a part of School Day learning programs during physical classes when we were avoiding larger gatherings for social distancing. Students were given a chance to design and conduct Class Assembly under the guidance of their Class Teacher. These activities were helpful in developing presentation skills in students and mastering techniques of exercising mass presentations.

Book Talks



'A reader today is a leader tomorrow !'

D.E.A.R. program in Middle School is extended to a full class duration to encourage the students in developing their reading habit. Students are allowed to select a book of their choice, read it and share the learning with their classmates. Students are encouraged to participate in 'Book Talks' every week in their D.E.A.R. class.

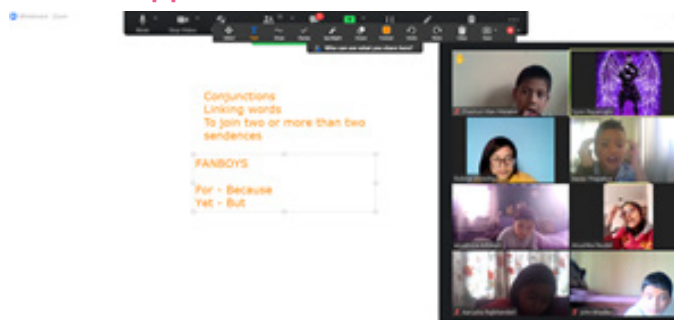
STUDENTS SUPPORT SYSTEM

Parent-Teacher Conference (PTC)



Junior School Teachers conducted the PTC in a physical set-up providing time to individual parent and student where strategies and solutions were figured out to help the students perform better both academically and socially.

Online Support & Revision Sessions



Additional sessions were provided by the teachers to help students clearly understand the concepts besides their regular classes.

Mentoring Sessions



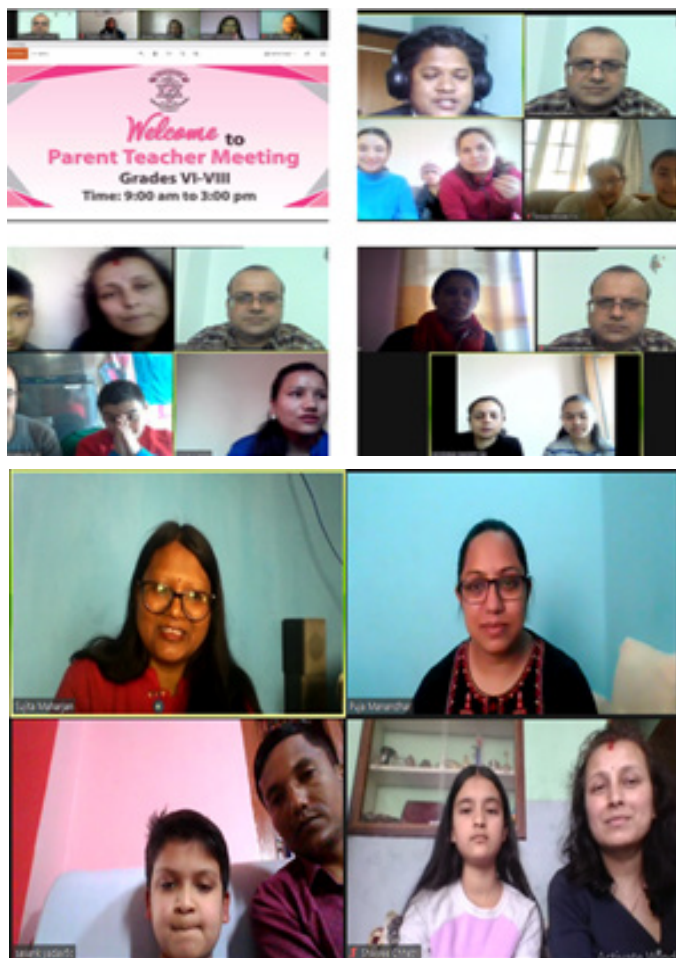
Block In-charges periodically conducted a mentoring session to motivate and provide guidance to the students about undertaking leadership initiatives.

Counselling and Support



We provide immediate feedback and support to our learners in case of any difficulty. Students from Middle School were invited to School along with their parents on February 8, 9, 10 and 11 for meeting their teachers in order to extend necessary support and guidance for their academic growth.

Virtual Parent-Teacher Meeting



We conducted a third round of virtual Parent-Teacher Meeting (PTM) on February 27 to discuss the progress of students during the Second Unit of the learning calendar. Four independent sessions were launched for different blocks via Zoom where both parents and students attended the session to meet the teachers.

ECA Activities

SET Exhibition



On March 12, 2021, Prabesh Shrestha, Sameer Man Shrestha and Supriya Joshi from Triyog High School participated in the 26th SET Exhibition organized by St. Xavier's College. The theme of the exhibition was 'Modernized Agriculture in Nepal'. The team of the three students conceived, created, and presented a working model that would help the farmers to increase their crop production with less efforts. The model included various sensors and a unique machine learning ability making it an intelligent helping hand to the farmers. The project used the concept of multithreading through which one can compute more data at a low cost and in lesser time.

Sports



Football and basketball matches were conducted for the students of grades IV and V by the Games Department for the physical well-being of the students since the children had spent almost a year in the virtual platform with no physical activities involved.

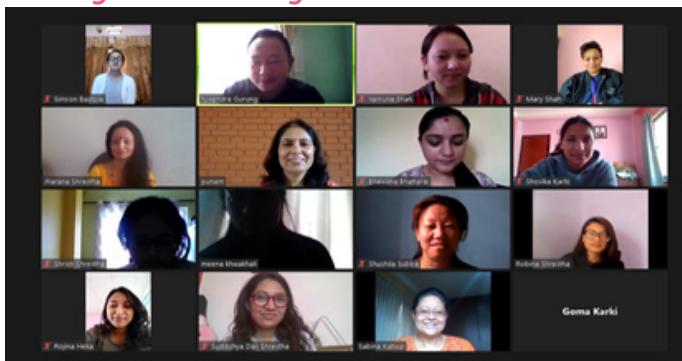
Professional Development

Orientation-cum-Induction Session



Newly inducted teachers from the Junior Block were orientated by the Principal and Block In-charge about the vision, mission, teaching-learning philosophies, and values of the school.

Inter-grade Meeting



Teachers belonging to grades 3 and 4 from the Primary and Junior Block conducted a joint meeting facilitated by the Block In-charges to discuss the contents for the syllabus of different academic subjects for the next academic year 2021-22.

Session on "Mindset" & "Attitude"



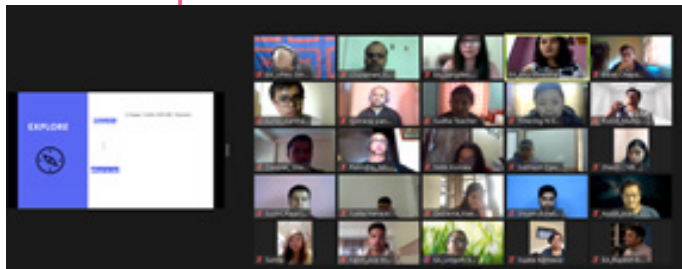
In-House Session on "Mindset" & "Attitude" was conducted by the Block In-charge of the Junior School in a physical set-up. The session aimed at making the teachers understand the significance of mindset and attitude for professional and personal growth.

Pencil Foundation Nepal



The Pencil Foundation Nepal successfully completed the online training of the teachers of Grade 1. The training effectively introduced thematic teaching and helped to lay a strong foundation for progressive-integrated learning, following the new Government prescribed curriculum.

5E Workshop for Teachers



Teachers from Middle and High School participated in a Workshop on May 12. This workshop was designed to help teachers incorporate 5E technique in their plans and was organized by Empowerment Academy. The session highlighted the importance of including 5Es: Engage, Explore, Explain, Elaborate and Evaluate while designing learning experiences for students.

Reflections from students, teachers and parents

My Experience About Online Class



Suhani Subedi
Grade 2D

Online classes are happening because of Covid-19. Our school has conducted online classes from last year. Learning is fun in online classes because we can stay at home and take classes safely. I learnt how to use devices properly. It is faster and easier to do our homework. Throughout the year I have got to know about many things even in a situation like this. I miss my friends and teachers. Sometimes I join my friends' meetings and chat with them. Sometimes I face problems due to the internet. My little brother sometimes disturbs my class so I turn off my video.

My Learning Experience this Year



Noel Thapa
Grade 3C

Since the COVID-19 pandemic has disrupted the normal lifestyles of people across the world, everything has stopped working the way it used to be previously. Almost all the schools have been shut down. Government announced lockdowns all over the country. During the earlier weeks and months of lockdown, I stayed home with my family. From March, our school conducted online classes via zoom. In the beginning, I found zoom meetings a bit difficult and a kind of awkward too because I wasn't friendly with the devices. Later I got used to it and became friendlier with the devices. I had to take online classes and spend most of the time in front of the screen. It started to hurt my eyes as more screening time is not good for our health. But at that time, we had no other choice. I felt something missing and found it different to see my teachers and friends on screen. At first, I had difficulties in joining the meetings as well as in audio and video. At that time, the unstable internet was the biggest issue for all of us. Only fact I didn't like was that the online classes had a limited time. It was not enough. So, I couldn't interact a lot with my teachers and friends. Sometimes the meetings ended in the middle and we had to rejoin again. I also had to do my assignments in our school L M S. In the beginning it was a bit difficult for me to open L M S and do assignments in the word file and I had to attach it and send it back to the teachers. It took a while for me to understand. But after a few weeks I got used to it.

After almost a year our school reopened. I was really happy and excited to have physical classes again. Finally, I got to meet my teachers and friends physically. Being in the physical classroom, I found it completely different from the online classes. It was easier for me to understand the lessons. I had more opportunities to ask questions when needed. I got ample opportunities to share more things in front of my classmates and teachers. In my opinion, physical classes are much more effective than online learning.

Unfortunately, our school closed again because of the new variant of coronavirus. I'm doing my online classes from home again. This pandemic has taught me so many things such as education is not limited to schools only, being healthy is important, we should take safety measures seriously, family is everything etc. Lockdown is the only solution and staying at home is the safest place these days. So, please stay at home. Stay safe and stay healthy.

My Journey from the U.S. to Nepal



Shaivee Chhetri
Grade VC

Ever since COVID started spreading, this year has not been easy for anyone. There are good and bad memories. The good memories, which we want to hold and cherish in our hearts forever. The bad memories, leaving a sour taste in our mouths. However, we must accept both the good and bad memories. We can enjoy recalling our good memories and learn lessons from our bad memories. Everyone has their own experience and here is mine:

I am from Nepal, but at a small age, I went to America. I stayed there for 5 years. Ten months ago, I returned to Nepal. I joined a school called Triyog High School. As I used to live in America, I had good English but horrible Nepali. I joined my first online classes. The first Nepali class was a disaster. Don't even get me started on that. I failed my Nepali exam. However, I was doing good in other subjects. One day when I was in Nepali class, someone texted me. It was Sara. And the message she sent me made me want to smile. The message was, "Do you want to be friends?" I immediately said yes. And that is how I got my very first friend. In online class, I was very happy. We did project days, classes, and best of all, I scraped through my Nepali exams. Woo-hoo!

Soon, physical school started. On my first day, I was hopelessly lost. Sara thankfully helped me and I finally knew the school. We played lots of games. One day though, I and Sara had an argument. However, we made up. After a few days, we stopped physical school and switched back to online because of COVID.

That was my experience. As you may have noticed, there were lots of ups and downs. You know, I have noticed, life is like a salad, a mixture of good and bad. No life is perfect. We all have our own problems and solutions. But, accept life. Who knows, maybe one day, you'll look back to your own memories, feeling happy about your good ones and laughing about the bad ones.

My Memories of Grade V



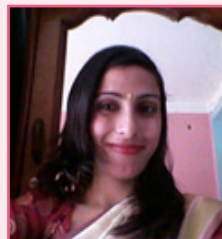
Neha Kharel
Grade VB

This session of Grade V has been different. Everything online, less communication, no physical touch and what not, but today I want to reflect back to the memories I shared with my classmates and my teachers starting from 5th of May, 2020. I had seen some of the teachers and students back in 2019 but some were new and I was really excited to talk to them but I was kind of anxious and confused on how to start the conversation.

May 5th was the first day of our class. Everybody was new to Zoom platform and I was scrolling through the participants list ensuring that all my friends were in my section. Thankfully, there were! Then I had to face my fear. 'Neha, it's your turn now! Come on, give your introduction!' the teacher called out, I froze. I didn't know what to say! But then, I answered. Might not be the best answer but after all, it was okay. After that, I learnt to take initiative, build my confidence and be proud of my as well as others achievements and eventually in a blink of an eye we are now going to Grade 6.

It just feels like the time passes so quickly unless it's about being in classes. Every moment I shared with my friends and my teachers whether it is good, better, best or maybe bad, worse or worst, it will always remain in my thoughts, my memories, treasured safely. Thank You teachers for helping whether it is on a math problem or pushing me forward to do my best. Thank You friends, for making me smile on my lowest of times and being a part of my journey of Grade 5. We were, are and will always be a family. Together we can, let's step forward and make a difference.

भर्चुअल कक्षाको मेरो अनुभव



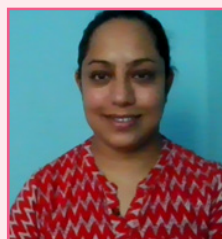
सरिता शिवाकोटी
प्राथमिक तहको नेपाली शिक्षिका

कोरोनाको प्रकोपले गर्दा गत अधिल्लो वर्ष देखि हालसम्म भर्चुअल कक्षा गरिरहेका छौं। यो कक्षा सुरुवात गर्नुभन्दा अगाडि हामीलाई विद्यालय प्रशासनले विभिन्न तालिम दिएर यसको लागि पोख्त बनायो। आफूलाई थाहा नभएको कुरा सिकन पाउँदा खुसी लाग्यो। विद्यालयमा मार्करले सेतो पाटीमा लेखेर सिकाउनु र भर्चुअल कक्षाबाट सिकाउनुमा आकाश पातलको फरक थियो। सुरु सुरुमा प्रविधि सम्बन्धी हामी अनविज्ञ नै थियौं। कताबाट सुरुवात गर्ने र कसरी अन्त्य गर्ने भन्ने केही थाहा थिएन, सुरु सुरुमा गान्नो भएपनि आफूमा इच्छा भयो भने जे कुरा पनि गर्न सकिने रहेछ। असम्भव भन्ने कुरा केही रहेनछ भन्ने लाग्यो। विभिन्न तालिम अभ्यास पूर्व तयारीले हामीलाई पछि पछि गएर सजिलो हुँदै गयो। नेपाली टाइपिङ, स्लाइड बनाउने, जुम मिटिङ आदि जस्ता धेरै कुराहरू सिकियो। विद्यालय बन्द भएपनि भर्चुअल कक्षा अध्यापन गराउँदा एक विवाहित महिलाले गृहिणी र शिक्षिकाको दुवै भूमिका निभाउनुपर्दा अलिकति समयको तालमेल मिलाउन असहज भएको थियो। कहिले खाना खान नभ्याउने, कहिले २,३ बजे खाना खाने यस्तै यस्तै समस्या परिरहन्थ्यो। समयलाई आफ्नो अनुकूल बनाउनको लागि हामीले निक्कै नै ठूलो संघर्ष गर्नुपरेको थियो। त्यसको उत्तिकै तालमेल मिलाउन समय तालिका बनाएर अधि बढियो। सँगसँगै इन्टरनेटको समस्या पनि भेलनुपरेको थियो। आफू सँगसँगै विद्यार्थी भाइबहिनीहरूले पनि कहिले कक्षा लिन लाग्दा लाग्दै बत्ती गइदिने, डाटाबाट पनि राम्रो सँग नेट सुचारु नहुने, विद्यार्थीहरू पनि सबै जना कक्षामा उपस्थित नहुने। हामी प्रविधि सम्बन्धी थाहा नभएकाहरूलाई कोरोनाको कहर एक अवसर भएर आयो।

हामीले यसलाई सही तरिकाले प्रयोग गरेर यसबाट धेरै उपलब्धी हासिल गर्यौं। सबै जना भाइबहिनीहरूले पनि प्रत्यक्ष पढाइ लेखाइ गर्न नपाए पनि भर्चुअल माध्यमबाट भएपनि पढाइ लेखाइबाट वञ्चित हुनु परेन यो नै भर्चुअल कक्षाको उपलब्धी हो।

धन्यवाद।

Satisfaction Guaranteed!



Puja Manandhar
Grade V Class Teacher (L.A. & Social Studies)

Thankful to the Year 2020

Of course, not the same for a plenty

Lots of things done for the 1st time

Proud I could pull off all fine

Never mind helping anyone

Made sure nothing's left undone

Felt like a professional chef on the go

And online sessions a cook show

Colleagues as family and friend

A relationship that'll never end

All children, felt they're my own

Appreciate the affection they've shown

Just loved what and how I did

So, I had satisfaction guaranteed.

Crafting a Better Tomorrow



Bhawana Bhattarai
Primary Grade Teacher

Sometimes when we least expect it life throws us a curveball. COVID- 19 is one of those things. It is something which none of us had imagined in our wildest dreams. At normal times when the educational institutions would be busy preparing themselves to welcome the students at school for the new academic session, we entered the world of lockdown and were forced into entirely new psychological and social situations. But there was no other way apart from adjusting ourselves to the new normal.

As the saying goes, "With great power comes the greater responsibility", we educators could not ignore the fact that we have a great responsibility in shaping the future of our children.

Keeping this in mind, the first interactive session through a Zoom meeting with our Principal and In-charges including all the teachers was held. To be able to see each other virtually after several days of lockdown was quite fascinating. For the next few days, the school management started anticipating how we can give continuity to teaching and learning. Finally after much consideration, Triyog started Distant Learning through the existing Learning Management System(LMS). We started by uploading study content and assignments over LMS.

After a few weeks, the school introduced online classes through Zoom, a video conferencing platform. This paradigm shift made us enter into a new world which most of us hadn't experienced before. Though we were able to interact with our students, the 40 minute time restriction of Zoom, downloading all the assignments from LMS before giving the feedback, poor connectivity were some of the challenges faced by us.

As our school was constantly working to improve the teaching and learning mechanism, a new LMS named as Fuseclassroom was launched. The teachers, parents as well as the students were provided the basic training to be familiarized with the system. The newly launched LMS was found to be much more effective than the previous one as couple of modifications were brought in.

The online teaching and learning platform made us able to look into different online resources to make learning more interactive. Virtual field trips and interactive sessions, ICT, CCA classes, well being sessions, recorded live classes in LMS ensured the better learning of our children.

Similarly, weekly morning assemblies provided the platform for public speaking and boosted the confidence level of students. Furthermore, the constant constructive feedback that we received from parents' through the text messages and direct calls also ensured in improving our approach.

The evaluation of the learning of the students was done through the online assessment taken through online platforms.

The excitement of seeing each other physically was exhilarating when the school reopened after almost a year. The main challenge for us was to keep things as normal as possible. We started engaging the students in fun activities and later moved towards some revision activities.

Yet again the educational institutions were shut down due to the uprising cases of COVID-19. But we are grateful towards our school management that teaching and learning did not stop at Triyog during these tough times. With the demand of the situation, we accepted technology and its latest offerings in order to make education delivery to students more efficient and productive through online learning and assessment. We are constantly learning, innovating, updating and growing.

Finally I would like to conclude my thoughts with a quote by the famous American poet Maya Angelou "No matter what happens or how bad it seems today, life does go on and it will be better tomorrow."

Overcoming the Changing Dynamics of Education during Pandemic



Nikendra Gurung Tamu
Junior School In-charge

The dynamic of teaching is changing considering the current scenario but imparting knowledge is a continuous process. The unprecedented pandemic and lockdown have changed the dynamics of education while opening new grounds for teachers to adapt to the virtual environment.

The initial situation posed a lot of challenges, taking on the new teaching platform with a lot of doubts in mind whether we would be able to deliver our best or not!!! But virtual platforms provided us with an opportunity to be innovative and creative. Teaching virtually on ZOOM helped the teachers to recreate unique ways of helping students to prepare for their academics. Teachers were able to explore various technologies or tools to explain various concepts from the syllabus to their students. Teachers went beyond the traditional textbooks to teach about a particular subject.

The integral part of the teaching profession considering the current situation is innovation and change as a response to the complex situation. Teachers are learning to make online notes, curate videos and study materials for students accessing multiple technologies and information available to make the transition smooth.

Teachers are possibly adopting every means of communication and technologies to help students with their academics. The present situation is a battle for teachers to make their students excel in every aspect and to ensure that they themselves are undergoing extensive learning modules themselves.

Induction into Triyog - A Sheer Bliss



Balram Neupane
Senior School Science Teacher

Joining Triyog High School has been an utter privilege to me though my commencement was during the onset of Covid-19 which later engulfed the world. This chaos has been a powerful call for integrity in solidarity to overcome the diverse challenges the Covid 19 has mercilessly unleashed. And during this world emergency, the education sphere was in dilemma but all thanks to this digital platform which eased us to communicate and impart knowledge.

I really want to express my gratitude to the Triyog fraternity for the overwhelming support and for helping me in adapting to the new environment. The positive response that I have received from my dear students and respected parents has further strengthened my zeal to serve.

Eventually, the physical classes brought me closer to the real world of the educational spectrum in the shape of Triyog territory. The warm acceptance and support which I have received from Triyog fraternity and especially Senior block can't be elaborated in these few sentences.

I am always grateful to our Principal Sir, Senior School In-charge Savita Kapruwan, Head of Research Department Mr. Lalkesh Panday, Senior Science Teacher, Mr. Suresh Chaudhary and all the senior block teachers for their continuous support, guidance and encouragement. My anticipation soars as to receive this warmth and cooperation in the days to come as well.

It has been a very pleasant and exciting journey so far and I am very glad and honored to be associated with Triyog family and I will continue serving Triyog High School with sheer dedication, hard work and enthusiasm.

My Switch from Middle School to High School



Puskar Chaudhary
Senior School English Teacher

I feel honored to say that Triyog is the second home that taught me all the valuable skills and knowledge to be a good teacher. It offered me responsibilities, new experiences, challenges, and to be a professional teacher as well as a learner. I also thank the school for allowing me to enhance my profession and hone my teaching skills.

I am grateful for spending nearly a decade imparting knowledge and skills to the students appropriately. The School shaped me in so many ways. One of the best gifts that the School gave me was love for teaching and learning, especially through educating the children. I learnt to embrace my inner leader and unleash a torrent of brilliance within my schoolwork, extracurricular activities, and influence my colleagues and students

Spending nearly a decade in Middle school taught me to take responsibility to drive change, push excellence, and show leadership. The friendly working environment helped me to develop relationships with as many teachers, administrators, parents, students, and other school employees as I could. It also helped me to be passionate about learning and kept educating myself.

Indeed, it is my great pleasure to work as a senior school English Language teacher presently. My shift from Middle school to High school has given me an additional opportunity to become a part of the team that nurtures the diverse talents of all children, and create positive change in the 21st-century classrooms. I am glad to work with wonderful teachers and inspiring leaders who are working creatively to enhance the performance level of the students. For doing great work, I think it has nothing to do with what I get or where I sit but how brilliantly I work and how masterfully I behave.

Sujan Karki

Monitoring, Evaluation and Learning Director
USAID's Sajhedari - Support to Federalism (STF)
Father of Sarika Karki (Grade IV)



The year 2020-21 was the year when the pandemic affected every sector. It was a difficult situation for everyone to run the day-to-day life and in this situation physical classes were beyond the imagination. We were worried regarding what would be the education of our wards. The School decided to conduct virtual classes. In the beginning, we parents were not sure about how to manage online classes. It was difficult to adjust virtual classes by wards for a few weeks. Gradually, the Online teaching and learning methodology gave the children a new experience about information technology (IT), such as zoom, e-school fuse classroom, online MCQs, live work sheets etc. The students learned to make presentations, produce different videos which helps to develop confidence to use IT independently. If there are no virtual classes, wards never learn the current IT skills in this level. However, the only problem during sessions, sometimes the connectivity was loss and the children got disconnected with their classes. At the end of the session, our ward received academic knowledge similar from physical classes. We acknowledge the effort from school management and the teachers who make our ward engaged in academic work during this pandemic.

Bishnu Prasad Gautam

Deputy Manager
Kamana Sewa Bikas Bank

Father of Saugat Gautam (Grade V)



One child, one teacher, one book, one pen can change the world.

-Malala Yousafzai

It gives me immense pleasure to get a chance to appraise the staff and the school administration for the effort put forth during this surreal isolation period. I really appreciate the extraordinary potential of all the staff of Triyog who are doing their best to educate our children. The kids started getting bored, and were glued to the phones, tabs, laptops. Thankfully, Triyog started the virtual classes which brought a positive impact to every student's life. Triyog proved the phrase, "Nothing is impossible; the word itself says, 'I'm possible.'" My gratefulness knows no bounds! I am sincerely very proud of the coordination put forth by the teachers. The students started getting comfortable to the virtual classes real quick. They were familiar with the gadgets they used last year, they took classes from their own room, which is indeed their comfort zone which helped them prosper and to flourish their inner talents. For this, an understanding school team and teachers is a must. Till the beginning of 2020, no one had ever thought of getting into this long term pandemic. People are masked, isolated and sanitized every now and then. Had the schools been run on a physical basis, it would have caused a massive problem inside the school itself. The farsighted view and agenda of Triyog to run the virtual classes in the required time turned out to be really fruitful! In this way, Triyog became successful in outsmarting the challenging period.

The initiative taken by the school is really commendable. It's a really good idea to teach students through digital means. It's beneficial for all the students as they can study from their home. I, as a parent, think that it is helping the students really well to understand all the concepts. The efforts shown by the teachers to complete the syllabus in an organized manner is really praiseworthy! My son studies in Grade 5. I can personally see a drastic improvement in my son's academics and all the credit goes to the teachers who taught in 5'D. I hereby, would like to use this platform to express my sincere gratitude towards the school team. I'm positive with the fact that Triyog is always going to stand at the top and impart positivity to the children forever and ever. Hail Triyog!

Mahendra Raj Paudel

Father of Biseshta Paudel (Grade VI)



The Covid-19 pandemic brought a never-before-seen crisis to our then functional society. Considering the fact that no one could've prepared for it, I want to praise Triyog for the immediate steps they took to ensure that our children's academics didn't suffer at the hands of the pandemic. The virtual classes have been very effective at continuing our children's studies. And during the brief period that lockdown ended, protocols established by the school were adequate enough for us to feel safe sending our children for physical classes.

The academic side of things have been well handled by the school in their virtual environment so we encourage every attempt they make to step outside of the curriculum in their as well, from webinars to student clubs, etc. Overall, the virtual classes have been a big success and we hope it will continue to be integrated closely with the regular classes well after this pandemic dies down. We thank you Triyog teachers for your overwhelming response in dealing with this transition & we are confident you will continue to do so in filling the gap in the days ahead.

LB Chhetri

Government of Nepal (Foreign Service)

Father of Shaivee Chhetri (Grade V) and Pranit Chhetri (Grade VI)



A New Journey at Triyog

We returned to Nepal in the middle of the pandemic last year. It was difficult for my kids to adjust themselves in a new environment, that too during such testing time and amidst the academic session. A 'new normal' was in the making.

Soon after they joined Triyog School, they were excited to start their virtual classes. They soon fit in the school just fine. They had an escapade with their new teachers and friends. By the time the physical classes began a few months ago, they were already pretty excited and confident. How ecstatic and joyful they were, finally being able to see their friends and teachers physically. They shared that they had a blast during physical school, learning and having fun at the same time. But this didn't last long. They had to return to virtual mode again, due to the surge in COVID cases. My kids were disappointed, as to be expected.

Nevertheless, Triyog School team has been hard-working, understanding and helpful in ensuring that all their students are learning and studying well. We understand that it is not an easy task to conduct the whole academic session, including the final exams, in the virtual format. It requires a lot of patience, hard work and support from all sides - teachers, students, school administration and parents. We as parents are satisfied to see our kids enjoying all the activities at Triyog.

We thank the entire Triyog School team for being so supportive during these difficult and unsettling times. All our best wishes to the entire Triyog team. We hope the virus will be contained and we will be able to see each other physically soon.

Stay safe and healthy!

Gyanu Kharel

Tour Guide

Mother of Prinshu Rijal (Grade V)



The whole world was suffering. Uncertainty prevailed throughout the world as the pandemic of COVID-19 hit the world hard which brought distress, pain and misery. Me too, as a parent, was in anguish regarding the studies of my child.

As the new session was about to commence, there was the declaration of pandemic by WHO. Nepalese government too announced the lockdown in the country that compelled me to think more about the future of the studies of my child. Meanwhile, there was a phone call from Puja ma'am inquiring about the Viber phone number. The ray of hope was there if the school was going to start virtual classes. To my inquisition, the school announcing the commencement of virtual classes in such an unfavourable circumstance was highly appreciable because the school as well as the teachers were not habitual to teaching the children through the means of entirely new technology of pedagogy. I cherish the teachers' effort to teach their students in such an unusual situation. Besides academic activities, the extracurricular activities like singing, dancing, games and wellness sessions were too as beneficial as academic sessions.

I would like to thank the school and the teachers for their endeavours to give their best to the student. Thank you.

Sipa Regmi

Business Development Manager

Australian Insurance Services Alliance (AISA/ Allianz)

Mother of Agrata Regmi (Grade V)



From a point of view of a parent, I must say that this past academic year has been a unique school year for the teachers, school authorities, the students and the parents from virtual classes to physical set-up classes (mostly on-line). It must have been difficult to shift the regular teaching pattern to online mode for the school not to mention the challenges to adapt technology based teaching methods and to deal with its pros and cons. We know that there have been times when we had to deal with poor network connections, power cuts, unavailability of internet access, arranging the gadgets etc. There may have been times of disappointments, disagreements and anxiety but whatever may be the situation, the school handled it vigilantly to make a productive academic session. The school has put in extraordinary efforts to manage proper precautionary measures to maintain safety protocols to prevent COVID-19. The school also reached out and communicated with the parents about new arrangements and responded to queries via personalized phone calls, SMSs, Viber, Emails. Besides the regular classes, the school made efforts to carry out various projects, Interaction programs, science experiments, social awareness programs, Financial Literacy awareness, singing, dancing, cooking, baking, sports, and art & craft activities. throughout the year. These kept the momentum going for overall learning experiences.

I must admit that Triyog School is concerned about overall development of the

Amazing Gaveliers !

Toastmaster Amar Dip Kaur Bista

CGD for Area 03, District 41, Division 0

(Teacher at Rato Bangala School)



I was humbled and grateful to be one of the evaluators in Triyog Gavel Club's 16th meeting on May 30, 2021. Listening to the speakers like Jyoti Shrestha, Arya Marasini, Aashna Hadakhale and all other role takers knocked me off my feet!

I truly value and appreciate the confidence level that the students showed up in the Gavel meeting. They all went out of their way to make the club meeting productive and meaningful. The speakers were amazing, dynamic and confident. The speeches delivered were weaved with wonderful techniques. The content of the speech was well-organized which covered a great beginning, amazing body and beautiful conclusion.

I wish Good Luck to all the speakers in their Gavelier journey and become better public speakers, communicators as well as develop their leadership skills.



Teej is a festival celebrated by women all over Nepal for three days. Decked up in red sarees and red tika, bangles, women sing and dance to traditional folk songs for days. It is specially significant for married women, when they get a special invitation to visit their maternal home and feast.

Following a long feast also known as Dar, the women, sit for a 24 hour long fasting, where most do not eat or even drink water. What is fascinating is to watch women of all age group, young and old, dance for hours in the heat, rain, without a drop of water or food for an entire day.

Key Dates (September-November, 2021)

September 28, 2021	Half Yearly Examinations start (Grades VI-VIII)
September 29, 2021	Half Yearly Examinations start (Grades IX-X)
October 1, 2021	Half Yearly Examinations start (Grades IV-V)
October 7, 2021	Ghatasthapana Holiday
October 8, 2021	Half Yearly Examinations End
October 10, 2021	Dashain Vacation starts
October 20, 2021	Classes Resume after Dashain Break
October 30, 2021	Parent Teacher Meeting (PTM)
November 3, 2021	Tihar Break
November 8, 2021	Classes Resume after Tihar Break



TRIOG
HIGH SCHOOL