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TRIYOG

Vol. 1, July 2018

Newsletter

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

Message from the Principal

Dear Parents and Guardians

Our students are growing up in a dynamic world that is very different to the world that we have been traditionally used to. This necessitates change of policies and practices to make the current school-going generation ready for a future that will be way more integrated and involved than today. At Triyog the process of transforming our teaching-learning methodology has seen a very successful shift. With progressive-integrated methodologies reaching Grade VII this year teachers and students have been inculcated with values that will prepare them for the future.

One of our focus areas this year will be to inculcate value systems amongst our students. We will make our teachers capable of not only delivering top-notch content but also to teach values that make responsible students of today and globally-aware citizens of the future. Care, sensitivity, respect, and regional/global awareness will be some of the areas that we will be working on. Industry collaboration with specialist education partners has been a hallmark of learning at Triyog and such efforts will gain momentum this year. We will also engage in student exchange programs that will further enhance learning and all-round development.

We will endeavour to understand the academic and extra-curricular needs of our students and make continuous improvements to match industry standards. Academics will remain a strong focus, as always. By continually training our teaching staff we want to ensure that the most modern of teaching-learning methodologies are available to our students. Through our multiple exposure platforms - ECA Clubs, Learning Societies, and After School Programs, we are delivering skills that will support their academic abilities.

We are immensely proud of the results that we have seen of the SEE Batch 2074. This has been made possible by the hard work of the students, immense effort from our teachers, and continued support and guidance by parents. With your blessings and support we will continue to excel in our journey of holistic education for our students.

Warm regards

Niladri S. Parial

LEADERSHIP DEVELOPMENT

Annual Prize Distribution and Investiture Ceremony



The spirit of celebration was strong on 29 April as Triyog awarded the students who demonstrated outstanding performance in the previous academic session and welcomed the new Prefectorial Body for the current session at the Annual Prize Distribution and Investiture Ceremony. The Chief Guest for the event was Mr. Shankar Prasad Koirala, former Finance Minister of Nepal. The event recognised the achievers and leaders of the school, marking the beginning of the 2018-19 Academic Session.

EXPERIENTIAL LEARNING

Interaction Session for Girls



In an effort to help students discuss about reproductive health freely, Public Health Experts from Marie Stopes International talked to the girl students of Grades VI and VII on 28 May and 11 June respectively. They discussed women health and talked about menstruation cycle and hygiene along with the importance of open communication regarding these matters.

Project Cinderella

Launched after the success of the School Musical, Cinderella, in the previous academic session, Project Cinderella is a joint collaborative effort of Triyog and SAATH, a social work organization. Project Cinderella aims to help underprivileged children have a brighter future.

In continuation of the project, students of Community Service Club had run a fund raising campaign inside the School and handed over the School's contribution to Aayeesha Joshi from SAATH to sponsor the education of an HIV affected girl in Kathmandu. On 25 May, members of Triyog Junior Red Cross Circle talked about HIV and the stigma surrounding it with students of Grade VI.



Collaboration with Wildlife Conservation Nepal (WCN)

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 program to inform students on various topics in line with their existing curriculum.

Grade IV was introduced to the topic, 'Waste Concept', where they learnt about different kinds of wastes and ways of segregating them. In line with their learning, the students of Grade IV conducted a Waste Audit in School on 23 May. They used recyclable materials to represent their findings in charts and models. Next, the students moved on to learning about vermicompost on 20 June. The students learned more about the different kinds of worms and their role in decomposition of biodegradable wastes.

Students of Grade V were orientated on gardening on 2 May. The students learned about different types of soil and matching soil requirements with different plants. Along with this, the students also learned more about seedlings and germination.



World Environment Day



World Environment Day was celebrated at Triyog on 5 June with a lot of excitement as students and teachers got together to spread the message of “Beat Plastic Pollution”. Students put up a few performances on environment conservation during their Morning Assembly. They also participated in the annual Tree Plantation Program at the school premises.

Interaction Session on Social Problems and Solutions



Students of Grade VII interacted with Haldwar Kumar Silwal from Tokha Police Station on 8 June to know more about problems existing in Tokha Municipality and role of Tokha Police to minimize them. This was a part of their integration program on the theme, ‘Social Problems and Solutions’.

Parent Interaction Sessions



Students of Grade X ‘A’ interacted with Mr. Indu Bhushan Gautam, a UN Consultant on 8 June. Mr. Gautam shared his work experience with students as he emphasized on exercising self-discipline and learning basic life skills in order to achieve good results and satisfaction.



Students of Grade IX and X sat down for an Interaction Session with Mr Jaya Prasad Paudel, Advocate at the Supreme Court and Lecturer at St Xavier’s College, on 19 June. The topic of discussion was Consumers’ Rights and Consumers’ Awareness.



Mr. Bhoj Raj Adhikari, a researcher and social activist, spoke with students of VII ‘B’ on motivation and different aspects of life.



Mr. Yadav Bantawa, who is a tourism sector professional, talked to students of Grade VIII ‘B’ on his perspective of wildlife and environment preservation. The interaction helped students understand a lot about the Dos and Don’ts whilst visiting a national park.

Experiential Learning for Nepal Bhasa and Craft Clubs



Students of Nepal Bhasa Club and Craft Club worked together to prepare 'Wo' and 'Bara', two popular Newari delicacies in preparation of the festival Sithi Nakha. This was to familiarize students of both clubs with local culture and traditions, as also to learn a bit of cooking.

Parent Empowerment



Healthy food amounts to healthy children! Triyog invited parents to be a part of Suremoms, a child based nutrition counselling program, on 25 June. The session, which was conducted by DS. Praniti Singh, a Diet and Nutrition Specialist at Norvic Hospital, focused on addressing mealtime challenges and preparing healthy food for growing children.

Project Day

Project Days are an opportunity for students to link parts of their lessons with everyday life as they exhibit what they learn in the form of dances, skits, songs and presentations. Parents are invited to observe Project Days and see their wards' activities in School.

On 28 and 29 June, KG – Grade III observed their first Project Day of the year. KG and Grade I put up performances on the theme 'Animals.' Grade II selected the theme 'From the Farm to the Table' and demonstrated their learnings through skits, songs, and speeches. Similarly, Grade III displayed their learnings on the theme 'Part of Plants and their Functions'.



Integrated Learning Program at Middle School

Progressive education engages students as active participants in their education, drawing on their natural curiosity and developmental readiness to instill an enthusiasm for learning. It tends to the growth of the whole student along with their academic progress. It requires exposure of outdoor learning experiences or modelling and role plays inside classrooms.

Integrated learning approach connects different areas of study by unifying concepts. Integration focuses on making connections for students, allowing them to engage in meaningful activities connected to real life. In this approach, teachers expose the students to alike skills and contents together and provide an opportunity for all kind of learners to achieve highest proficiency. Students are given a choice to select their best learning method supervised by a mentor. Such integrations can be multidisciplinary, interdisciplinary and trans-disciplinary.

Grade VI

Integration Program of Grade VI was conducted from 17 to 29 May on the theme 'Our Community and Society.'

The program started on May 17 with an Entry Event which was carried out in the School Auditorium Hall in presence of all students and teachers of Grade VI. The students were introduced to the theme and then engaged in video presentations and games by their respective subject teachers. Over the course of the next few days, the students tied in each of their subjects to the theme via different activities and exercises. This included making practical sets in Mathematics based on observable features, preparing herbariums and models as well as studying the cultural importance of some plants and need for their preservation in Science, learning about the demographical features of different Ethnic communities of Nepal in Social Studies, analyzing and interpreting lessons in English and Nepali, and learning about various types of occupation practiced in the society, in OBTE. As a part of this program, the students also visited the National Ethnographic Museum for their Field Trip.

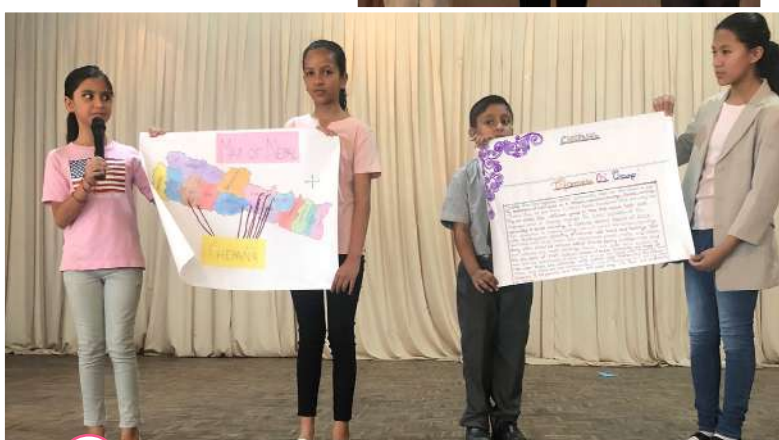
The Closing Event was conducted on 29 May with the students putting up a presentation on what they learned throughout the program.

Grade VII

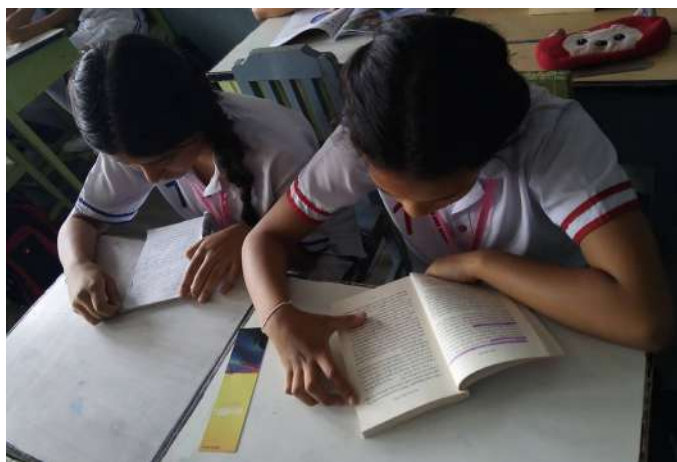
The Integration Program for Grade VII was conducted from 31 May to 12 June on the theme 'Social Problems and Solutions.'

Entry Event was conducted at the School Auditorium Hall where the students watched a few videos related to the theme and briefed on what they were going to learn during the course of the program. The chapters integrated included: Reflective essay writing from English Grammar, First five chapters of the novel Jane Eyre, Integers from Math, Environment and its balance from Science, Unemployment from OBTE, Mama lai Sudharne Bhanjo from Nepali and Social Problems and Evils from Social Studies.

The students examined the relevance of theme with each of their subjects as they learned more about the evils of gambling in Mathematics, environmental degradation and ways to minimize it in Science, social problems and evils, and ways to solve them in Social Studies, depiction of social problems in English and Nepali, and reasons of unemployment in OBTE. To supplement their learning, the students visited different sites and engaged in various activities and exercises in the classrooms. The students then wrapped up their Integration Program on 12 June conducting a Closing Ceremony by presenting their learnings.



Drop Everything and Read



In order to encourage the culture of reading inside School, students, teachers, and staff participate in Drop Everything and Read (D.E.A.R.) which takes place every Thursday with the entire school community enjoying some time off of the day to appreciate literature.

Reading Circles



The Reading Circles is an initiative of the Middle School students and teachers to read a book every week. Every Thursday readers pass on their books to a colleague inside the classroom, within their circle. This effort is sure to give shape to a culture of reading throughout the middle school. The Junior and Primary school students take home English and Nepali story books every week. Their experiences are recorded in a Reading Log.

Training on Solid Waste Management



Sixteen members of FOZ Club from Grade VII attended a training on 'Solid Waste Management' at the Central Zoo organized by National Trust for Nature Conservation on 7 May where they learnt different methods of disposal like composting, and the importance of Reduce, Reuse and Recycle. They discovered how small activities can contribute to save the environment.

Teacher Training and Interaction Sessions



Teacher Training and Interaction Sessions are an integral part of teaching-learning at Triyog. Periodic sessions ensure that teachers share best practices, and discuss on innovations from around the region and the world in academia. Continuous learning happens among teachers when they get insights from specialist trainers or from their colleagues.

In preparation of the new academic session, the teaching staff of Triyog took part in a teacher development session conducted by Mr. Dipankar Sherpa. Teachers also participated in subject-wise training sessions conducted by Educational Training Centre. The primary teachers of Triyog took part in a closed group training session on assessment of students conducted by Ms. Laurel Bassett of British Council. In addition to this, an on-going session on phonics is being conducted by Early Childhood Education Centre. A workshop on Non Violent Communication (NVC) was held at Brihaspati Vidya Sadan in which three teachers from Triyog - Mary Shah, Sanjeeka Chhetri, and Sujana Dhakal, along with the School Principal, had participated. The lead facilitator for the session was Louise Romaine, an expert on NVC. NVC is a way of life and has the potential to better relationships in one's professional and personal lives.

Internal Interaction Sessions are a calendar feature at Triyog and teachers participate enthusiastically in them. Some of the themes that have been discussed till date are:

- Use of Technology inside the Classroom
- Dynamic Ways of Checking and Sharing Responses
- Teacher Empowerment
- Team Building and Goal Achievement

ACTIVITIES OUTSIDE THE SCHOOL

Day with a Vet



Fifteen members of Triyog FOZ Club from Grade VI participated in 'A Day with a Vet' program on 6 May organized by National Trust for Nature Conservation (NTNC) at Central Zoo, Jawalakhel, where they learnt ways of handling and rescuing animals using different techniques and tools. They got a chance to be closer with animals, realize their pain and know the process of helping them.

Judo Club Friendly Outreach Session



Students of Judo Club from Grades IV-IX visited Hill Town School, Kirtipur, on 23 May for a friendly practice session with the host school.

International Children's Theatre Festival



On 28 May, students of Triyog visited Akshara School to attend the Second International Children's Theatre Festival-2018. The festival, which aimed to promote broader perspectives and Global Citizen awareness, included the participation of eleven countries.

Nepal Bhasa Club Literary Convention



Students of Nepal Bhasa Club participated in the Elohan Nepal Bhasa School Stariya Sahitya Sammelan organised by Elohan Prakasan on 2 June. The students got an opportunity to present their essays, stories, and poems in Nepal Bhasa at the convention.

Visit to International Book Fair



Avid readers from Grades VIII and X visited the 22nd International Book Fair at Bhrikuti Mandap on 7 June.

Session on Women Health



Female staff members of Triyog attended a session on Women Health on 11 June. The session was facilitated by Dr. Padma Raj Panta and took place at Grande Hospital.

INTER HOUSE ACTIVITIES

Inter House Elocution Competition



The Inter House Elocution, which took place on 28, 30 and 31 May, saw students exhibit fantastic performances on stage as they competed in the first inter house activity of the year. Rara House won the overall House Trophy. The best elocutionists in each category were: Aabiya Joshi (I), Abhishri Gurung (II), Gautam Thapa (III), Soniya Niroula (IV-V), Aditi Mishra (VI-VII), and Anuska Dhungana (VIII-X).

Inter House Craft Competition



The students had their creativity blooming at the Inter House Craft Competition. Participants exhibited different ideas to express their imagination on different themes in the competition. Phewa House won the overall trophy.

Inter House Debate Competition



The Inter House Debate Competition saw the debaters of Triyog boldly present their views on topics. In the Intermediate level, the titles of the Best Debater were awarded to Pratyasha Thapa and Oshin Panday in the Nepali and English categories respectively. In the Seniors level, Samrat Pant and Priya G.T. won the titles in the Nepali and English categories respectively. Tilicho House won the overall trophy.

INTER SCHOOL ACTIVITIES

International Chess Tournament



Two students from Triyog had participated in the Kathmandu Open International Grand Master Chess Tournament organized by Homeland Sports Club. Marshal Tamang won the first position in the U14 category for girls and Tejeswini Tamang won the third prize in the U18 category for girls.

23rd Wildlife Week



On the occasion of 23rd Wildlife Week from 14-20 April, the Department of National Parks and Wildlife Conservation, in collaboration of National Trust For Nature Conservation, organised a series of inter school activities in which Saugat Maharjan secured the third position in the Photography Competition and Kanchan Dhakal stood third in the Art Competition. In the spirit of generosity Saugat donated half of his cash prize worth Rs. 3000 Triyog Friends of Zoo Club whereas Kanchan won a backpack which she donated to Triyog Community Service Club.

Maths Competition



12 students from Grades IV, V and VI took part in the QKS Primary Maths Competition on 18 May held at British School. The students competed with teams of 7 other schools in different activities on mathematical problem solving.

FOZ World Environment Day Competitions

Students of Triyog once again make the School proud in a number of activities organized by National Trust for Nature Conservation (NTNC) on the occasion of World Environment Day. The School Choir won the third prize in the Singing Competition for their original song, 'Hey Manav.' The song included creative ways of using recycled objects to produce music. In the Banner Making Competition, members of FOZ won the first position for their design on the theme, 'Beat Plastic Pollution.' Members of the Craft Club of Triyog also exhibited their skills by putting up a number of displays made up of recycled materials.



Inter School Chess Competition

A spicing chess masters of Triyog competed in the 14th Nationwide Annapurna Open Chess Competition organized by Annapurna Higher Secondary School. From over 300 participants in the event, Rijula Shrestha secured the 10th position and Unnati Silwal secured the 8th position in the Under 14 Category. Debisha Thapa secured the 6th position in the Over 14 Category and Marshal Tamang stood 3rd in the Under 12 Category.

World Olympic Day 3rd Triyog Inter School Judo Competition

On the occasion of World Olympic Day, and under the aegis of Nepal Olympic Council, Judo Association of Nepal teamed up with Triyog for the 3rd Triyog Inter School Judo Competition on 20 and 21 June. With over 140 participants from more than 20 schools, the event was a celebration of sports and sportsmanship and boasted a display of some of the finest skills in judo. The event was presided by Mr. Dhurba Pradhan, President of Nepal Olympic Committee, and Mr. Deepak Harsha Bajracharya, President of Nepal Judo Association, on 20 and 21 June respectively.



COMMUNITY CONNECTIONS: OUTDOOR LEARNING OPPORTUNITIES**Grade I: Central Zoo**

Grade I went for a Field Trip to the Central Zoo on 23 May to learn more about animals and their habitat. Students were divided into groups and filled out their worksheets based on their observation of animals, their food, habitat, and movement. After their trip, the students shared their experiences in the Morning Assembly and prepared a booklet describing what they saw.

Grade VI: National Ethnographic Museum

Grade VI visited National Ethnographic Museum on 20 May for their Field Trip. The students had been learning about their community during their Integrated Learning Program which was supported by their Field Trip.

Grade X: ICIMOD

Students of Grade X visited International Centre for Integrated Mountain Development (ICIMOD) located at Godawari, Lalitpur where they got an opportunity to observe a pico-hydropower station, various solar technologies, and models of earthquake-resistant houses along with other forms of technology.

Nepal Bhasha Club: Asa Safu Kuthi Library of Nepal Bhasha

Students of Nepal Bhasha Club visited Asa Safu Kuthi Library of Nepal Bhasha on 25 May. They interacted with Mr. Hitkar Bir Singh Kansakar, the Chairperson of Paropakar Nepal, and Mr. Suraj Byanjankar, actor and singer. The library is the largest public archive of Nepal that houses many inscriptions and chronicles in Nepal Bhasha.

Grade II: Neighbourhood Walk

On 27 May, the students of Grade II went for a walk in their neighbourhood as an Experiential Learning Activity to know more about the importance of living in a neighbourhood.

Grade IX: Sanga

Grade IX visited the Kailashnath Mahadev Statue in Sanga on 27 May for their Field Trip where they conducted various studies in line with their curriculum.

KG: Tiger Lily Petting Farm

The Kindergarteners of Triyog went on a Field Trip to Tiger Lily Petting Farm to learn more about domestic animals. The students also observed different traditional tools and tried to operate them.

Grade VII A: Balaju School of Engineering



Students of Grade VII 'A' visited Balaju School of Engineering and Technology on 7 June to learn about CTEVT programs and role of BSET in minimizing problem of unemployment in our societies. They interacted with the BSET officers, visited the workshops and were introduced to some important tools. The visit was a part of their integration lesson under the theme "Social Problems and Solutions".

Grade VII B: Pashupatinath



As part of their Integrated Learning Program under the theme 'Social Problems and Solutions', students of Grade VII 'B' visited Pashupatinath temple area on 7 June to find out the problems existing in cultural heritage sites and attempts made to minimize them. They also went to Social Welfare Centre Briddhashram and interacted with the elderly citizens living there.

Grade VII C: Narconon International



Students of Grade VII 'C' reached Narconon International at Budhanilakantha on 7 June to know more about drug addiction, its effect in society, and role of Narconon in helping them for rehabilitation. They observed the processes and interacted with the officials. This trip was a part of their Integrated Learning Program under 'Social Problems and Solutions'.

Grade VII D: Bagmati River



As part of their Integrated Learning Program, students of Grade VII 'D' visited Bagmati river bank at Kuponhole on 7 June to observe effect of human behaviour on natural resources like water, soil, air, and cultural heritages around it. They also interacted with some local residents to find out the causes and effects of such behaviour resulting into degradation of resources.

Grade I: DL Farm



On 14 June, students of Grade I visited DL Farm to observe the habitat and food habits of farm animals. They also tied in their classroom learnings on farm animals as they filled out their worksheets on different animals and their importance.

Grade II: DL Farm



On 13 and 14 June, the students of Grade II visited DL Farm to learn about different kinds of plants consumed by people and their habitat. They learned about how certain food crops are grown and the tools used for their plantation. To augment this, Grade II made another visit on 18 June to understand the importance of Ashad 15 and participate in the celebration of the rice planting festival.

Grade VII: DL Farm



The students of Grade VII visited DL Farm to observe the rice planting festival. The trip was an Experiential Learning Activity that was tied to their Nepali curriculum.

KG: Central Zoo



Kindergarteners of Triyog visited the Central Zoo for their syllabus-based Field Trip on 20 June. The students satiated their curious minds as they observed the features, habitats, eating habits, and babies of different animals. They later filled out their Field Trip Sheets and prepared booklets on what they saw.

Classical Vocal Club: Visit to Nepal Music Centre



On 22 June, students of Classical Vocal Club visited Nepal Music Centre. The students met with Mr. Madan Gopal, a song writer, composer and instructor, and engaged in discussions on the history and future of western and classical music.

Names of Class Teachers, 2018-19

Class	Teachers	
KG	Ms. Aswina Shrestha & Ms. Samjhana Rana	
I A	Ms. Evan Syiemlieh, Ms. Yukti Nakarmi & Ms. Renu Karki	
I B	Ms. Bhawana Bhattarai, Ms. Celina Rijal & Ms. Amu Shah	
I C	Ms. Shweta Dahal, Ms. Sushila Khadka & Ms. Shova Adhikari	
I D	Ms. Rebu Pande, Ms. Mamata Chaudhary & Ms. Salila Acharya	
II A	Ms. Romi Sherpa & Ms. Binita Karki	Ms. Radha Rana, Ms. Kalpana Thapa & Ms. Kabita Shah
II B	Ms. Ritu Shrestha Gurung & Ms. Shobha Singh Thakuri	
II C	Ms. Sudikshya Gautam & Ms. Aarya Sharma	
II D	Ms. Urvashi Pradhan & Ms. Rishu Shrestha	
III A	Ms. Yamuna Shah & Ms. Sushila Subba	Ms. Bimala Lamichhane & Ms. Rabita Gurung
III B	Ms. Jharana Shrestha & Ms. Shreejala Shrestha	
III C	Ms. Mary Shah & Ms. Shovika Karki	
IV A	Ms. Anita Malla & Ms. Goma Karki	
IV B	Ms. Poonam Singh & Ms. Salina Tamrakar	
IV C	Ms. Preeti Bajracharya & Ms. Robina Shrestha	
IV D	Ms. Tarala Sherpa & Ms. Kriti Chitrakar	
V A	Ms. Nisha Shahi & Ms. Pooja Manandhar	
V B	Mr. Sanjeev Shrestha & Ms. Rewata Gurung	
V C	Ms. Sanjeeka Chhetri & Ms. Sujita Maharjan	
V D	Ms. Bina Baral & Ms. Amrita Dhakal	
VI A	Ms. Nisha Khadka	
VI B	Mr. Binod Karki	
VI C	Ms. Surjana Dhakal	
VI D	Ms. Eliza Joshi	
VII A	Mr. Puskar Chaudhary	
VII B	Mr. Prakash Pant	
VII C	Mr. Tshering N. Sherpa	
VII D	Mr. Bikram Thapa	
VIII A	Ms. Srijana Koirala	
VIII B	Mr. Nabin Ghimire	
VIII C	Mr. Madhu Sudan Lamsal	
VIII D	Mr. Manoj Baniya	
IX A	Ms. Durga Karki	
IX B	Mr. Suresh Chaudhary	
IX C	Mr. Anil Thakur	
IX D	Ms. Sujana Dhakal	
X A	Mr. Lal Kesh Panday	
X B	Ms. Seema Subba	
X C	Mr. Subhash Dawadi	
X D	Mr. Pramod Wagle	

In-charges and Heads of Departments, 2018-19

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

House Masters and Mistresses, 2018-19

House	Name
Phewa	Red
Rara	Blue
Begnas	Yellow
Tilicho	Green

Mr. Lal Kesh Panday & Ms. Mary Shah
Mr. Madhu Sudan Lamsal & Ms. Anita Malla
Mr. Subhash Dawadi & Ms. Sanjika Chhetri
Mr. Nabin Ghimire & Ms. Preeti Bajracharya

Prefectorial Body, 2018-19

School Captain		Aatmiya Silwal
School Vice Captain		Prasen Man Shrestha
School Discipline Captain		Aayush Agasti
Phewa House	House Captain	Binu Tamang
	House Vice Captain	Aditika Nepal
	House Prefect 1	Stuti Dhungana
	House Prefect 2	Prathana Karki
Rara House	House Captain	Himani Paudyal
	House Vice Captain	Priya GT
	House Prefect 1	Birat Aryal
	House Prefect 2	Maya Paudel
Begnas House	House Captain	Neha Dhakal
	House Vice Captain	Bidhya Thapa
	House Prefect 1	Aarya Dhital
	House Prefect 2	Priyanka Neupane
Tilicho House	House Captain	Uzeni Singh Dangol
	House Vice Captain	Nishchal Bhandari
	House Prefect 1	Yashaswi Shah
	House Prefect 2	Ayushma Devkota

Parent Representatives, 2018-19

S. No.	Class	Parent's Name
1	KG	Mr. Pitri Bhakta Adhikari
		Ms. Anju Gurung
2	I A	Ms. Sunita Shrestha
		Ms. Nishu Joshi
3	I B	Mr. Dipak Paudel
		Ms. Nirmala Dahal

4	I C	Ms. Sushma Shrestha
		Ms. Bhawani Khadka
5	I D	Ms. Binita Kuikel
		Mr. Ram Prasad Shrestha
6	II A	Ms. Rama Lamichhane
		Ms. Reetika Sharma
7	II B	Mr. Khilendra Paudel
		Ms. Sara Khadka
8	II C	Ms. Kalpana Bhattarai
		Ms. Pramila Malakar
9	II D	Ms. Sushila Bhattarai
		Mr. Anil Karki
10	III A	Ms. Nim Digi S. Kharel
		Ms. Sumina Khadka
11	III B	Mr. Anil Mehata
		Ms. Kamala Poudel
12	III C	Mr. Ganesh Parajuli
		Ms. Bindu Aryal
13	IV A	Mr. Rabin Pokharel
		Mr. Madan Tamang
14	IV B	Mr. Birendra Lamichhane
		Ms. Saru G.C
15	IV C	Mr. Surat Bom Malla
		Ms. Meera Dhungana
16	IV D	Ms. Sarika Bist
		Mr. Shree Ram Subedi
17	V A	Ms. Jamuna Rimal Dhungana
		Ms. Gita Panthee
18	V B	Mr. Daya Sagar Dahal
		Ms. Geeta Rijal
19	V C	Mr. Rajkumar Thapa
		Ms. Laxmi Poudel
20	V D	Ms. Laxmi Sigdel
		Mr. Sulakshan Adhikari
21	VI A	Mr. Madhu Sudan Ghimire
		Ms. Ranjita Shrestha
22	VI B	Ms. Jharana Singh
		Mr. Kiran Gairhe
23	VI C	Mr. Anil Ratna Tuladhar
		Mr. Ganesh Sharma
24	VI D	Ms. Amrita Tripathi
		Mr. Rajendra Nepal
25	VII A	Ms. Anita Karki
		Ms. Shambhavi Vasistha
26	VII B	Mr. Bhoj Raj Adhikari
		Ms. Bhim Bandana Karki
27	VII C	Ms. Uma Pradhan
		Mr. Ramesh Malla

28	VII D	Ms. Amita Baniya
		Ms. Sital Pant
29	VIII A	Ms. Pushpa Bhusal
		Ms. Bijaya Laxmi Ulak
30	VIII B	Ms. Bhumika Sapkota
		Mr. Samir Neupane
31	VIII C	Mr. Damber Bdr. Khadka
		Ms. Januka Thapa
32	VIII D	Mr. Shree Prasad Bastakoti
		Ms. Amina Maharjan
33	IX A	Mr. Madan Dhungana
		Mr. Raju Paudel
34	IX B	Ms. Kusum Adhikari
		Mr. Guru Pd. Adhikari
35	IX C	Ms. Saraswati Bhujel
		Ms. Bindu Aryal
36	IX D	Mr. Ashok K. Shrestha
		Mr. Binod Yadav
37	X A	Mr. Laxman Prasad Sharma
		Ms. Prabha Baral
38	X B	Mr. Raj Bhakta Shrestha
		Ms. Nirmala Thapa
39	X C	Ms. Laxmi Paudel
		Mr. Netra Lal Ban
40	X D	Ms. Rita Pokharel
		Ms. Ranjana Wagle

Perfect Attendance, Best in Conduct and Best All Rounder, 2018-19

Class	Perfect Attendance	Best in Conduct	Best All Rounder
KG	Monika Giri	Purnima Baral	Suprit Dhakal
I A		Kris Pandeya	Sayori Lama
I B		Sarika Karki	Aadishri Khatiwada
I C		Aaryab Shrestha	Shubham Gyawali
I D	Adiksh Silwal	Swornim KC	Adiksh Silwal
II A	Ayumi Dhital	Ayumi Dhital	Preeti KC
	Bibek Poudel		
II B		Subham Bhusal	Bibhuti Aryal
II C		Aayam Adhikari	Neha Kharel
III A	Aayush Dhital	Manasha Wagle	Aashna Hadakhale
III B		Vibhusha Rajbhandari	Diva Giri
III C		Presabi Dhungel	Debyamshu Adhikari
III D	Ojaswi Singh	Susmeen Shrestha	Aadarsh Regmi
	Sauran Ale		
IV A	Joyena Budhathoki	Biven Shrestha	Subigy Nepal
	Sarakshi Neupane		
IV B		Sarahana Singh	Gaurav Chhettri

IV C	Aava Shrestha	Subhasish B. Magar	Soniya Niroula	
	Soniya Niroula			
	Subhasish B. Magar			
	Suyog Khanal			
V A	Aaditya Pyakurel	Anshita Pal	Arman Ghimire	
	Anmol Shrestha			
	Janvee Gauchan			
	Kritimani Tamang			
V B	Ashim Ghimire	Amisha Poudel	Pavani Limbu	
	Kapil Dhungana			
	Pradipti Aryal			
	Roshan Poudyal			
	Samyukta Rajbhandari			
V C	Anwesha Upadhyaya	Tushar Aidi	Seelush Chhetri	
	Ayushma Maskey			
	Dixita Paudel			
	Nirvik Krishna Shrestha			
	Prashansa Giri			
	Yek Raj Oli			
VI A	Aditi Mishra	Bibhushan Thapa	Oshin Panday	
	Ankit Khatri			
	Monika Lamichhane			
VI B	Amaranjay Bhatt	Shraddha Joshi		
VI C	Aarya Poudel	Aarya Poudel		
	Devhish Raj Singh Maharjan			
	Garima Parajuli			
VI D	Kamira Rawal	Kamira Rawal		
	Nicole Kandel			
	Pratik Shrestha			
	Pratyasha Thapa			
	Sansar Rana			
	Suprav Bajracharya			
VII A	Prathana Karki	Supriya Joshi	Junu Tamang	
	Reshkuna Ranabhat			
	Sandesh Khadka			
	Sayojya Manandhar			
VII B	Ashna Shah	Aayushma Devkota		
	Bishika Katawal			
	Maya Poudel			
	Rijula Shrestha			
VII C	Bibisha Adhikari	Sirish Gurung		
	Nima Gurung			
	Niriksha Sharma Khanal			
	Ostika Rimal			
	Rashik Pathak			
	Samikshya Chamlagai			

	Samprad Neupane				
	Samrat Pant				
	Shashwot Aryal				
	Sirish Gurung				
VII D	Ishpriya Thapa	Divyan Poudel			
	Kapil Ghimire				
	Mahima Pathak				
	Manjisha Vaidya				
	Nirab Paudel				
	Pranesh Shrestha				
	Rujul Raj Joshi				
	Sangya Shakya				
	Sharad Aryal				
VIII A	Aayush Rasailee	Abhinav Aryal	Ashma Pandey		
	Paramhansa Pudasaini				
	Prasamsha Subba				
	Pratistha Shrestha				
	Srijal Manandhar				
VIII B	Aashika Sharma Wagle	Krishma Karmacharya			
	Aditya Gautam				
	Aditya Shrestha				
	Niharika Shrestha				
	Niraj Devkota				
	Richma Gurung				
VIII C	Aakash Deep Rai	Suhani Sharma			
	Anish Adhikari				
	Nimisha Dhakal				
	Samyog KC				
	Shreeya Khanal				
	Suhani Sharma				
VIII D	Ayushma Acharya	Sumi Adhikari			
	Darshan Shrestha				
	Prasun Shrestha				
IX A	Aaryashree Lamichhane	Spriha Maharjan	Umang Upreti		
	Agrima Regmi				
	Aarabdh Shahi				
IX B	Subhan Chiluwal	Anish Bhattarai			
	Avinaya Khadka				
IX C	Aarati Gurung	Shristi Khadka			
	Prasanna Shrestha				
	Shraddha Wagle				
	Shristi Khadka				
IX D	Sameer Chamlagain	Jigyasha Niroula	Somika Shrestha		
X A		Sadichchha Gairhe			
X B		Barsha Khanal			
X C		Aanchal Lamsal			
X D		Swikriti Suwal			

Congratulations to the SEE Batch – 2074

on scaling the highest of heights and setting matchless standards!



Awantika Nepal
GPA 4.00



Manas Bhandari
GPA 4.00



Samriddhi Shah
GPA 4.00



Samriddhi Silwal
GPA 4.00



Arjan Sapkota
GPA 3.95



Aryan Das
GPA 3.95



Bisakha Adhikari
GPA 3.95



Prabesh Thapa Suyal
GPA 3.95



Somika Shrestha
GPA 3.95



Subani Malla
GPA 3.95



Sujanya Pradhan
GPA 3.95



Aagab Bhattarai
GPA 3.90



Aayush Giri
GPA 3.90



Archit Aryal
GPA 3.90



Keerti Acharya
GPA 3.90



Ojaswi Dhakal
GPA 3.90



Skanda Koirala
GPA 3.90



Swikriti Suwal
GPA 3.90



Yokibha Chapagain
GPA 3.90



Pratik Thapa
GPA 3.85



Bardan Joshi
GPA 3.85



Apekshya Thapa
GPA 3.85



Yukti Ghimire
GPA 3.80



Sulav Basnet
GPA 3.80



Sijan Kafle
GPA 3.80



Samweg Kandel
GPA 3.80



Sadichhha Gairhe
GPA 3.80



Rupesh Shrestha
GPA 3.80



Rashmi Thapa
GPA 3.80



Praneti Onta
GPA 3.80



Kushal Rijal
GPA 3.80



Kriti Karmacharya
GPA 3.80



Jaya Shree Hada
GPA 3.80



Aliza Malla Thakuri
GPA 3.80



Aditi Bhattarai
GPA 3.80



Aanchal Lamsal
GPA 3.80



Yasmin Sheikh
GPA 3.75



Vishesh Rajbhandari
GPA 3.75



Spanda Michelle Rana
GPA 3.75



Shranik Gyawali
GPA 3.75



Sheetal Pangen
GPA 3.75



Sardo Shree Rajya Gurung
GPA 3.75



Saransh Kharel
GPA 3.75



Sampada Tandan
GPA 3.75



Ronik Pathak
GPA 3.75



Kritika Shah
GPA 3.75



Divya Angsha Rocca
GPA 3.75



Barsha Khanal
GPA 3.75



Yishap Khanal
GPA 3.70



Shubham Man Singh Baidhya
GPA 3.70



Manjila Shrestha
GPA 3.70



Kushal Krishna Shrestha
GPA 3.70



Kritika Gurung
GPA 3.70



Aditya Dhamala
GPA 3.70



Sushaant Chilawal
GPA 3.65



Simran Sharma Bhattarai
GPA 3.65



Niranjan Luitel
GPA 3.65



Luja Manandhar
GPA 3.65



Krishangi Tiwari
GPA 3.65



Kismat Roka
GPA 3.65



Dikshya Nepal
GPA 3.65



Abhinab Ojha
GPA 3.65



Aayush Shrestha
GPA 3.65



Tejeswini Tamang
GPA 3.60



Sandhya Niroula
GPA 3.60



Rijan Regmi
GPA 3.60



Raj Chaulagain
GPA 3.60



GPA 3.60 Priyanka KC
GPA 3.60



Meghna Dhakal
GPA 3.60



Liza Yadav
GPA 3.60



Kritan Shrestha
GPA 3.60



Bigyat Kumar Pandey
GPA 3.60



Agrim P. Shiwakoti
GPA 3.60



Swopnil Rai
GPA 3.55



Suyogya Gautam
GPA 3.55



Srijan Dhungana
GPA 3.55



Sarthak Neupane
GPA 3.55



Sajib Shrestha
GPA 3.55



Ramu Bhusal
GPA 3.55



Nischal Khatri
GPA 3.55



Nabindra Karki
GPA 3.55



Malvika Neupane
GPA 3.55



Kabita Giri
GPA 3.55



Sampada Neupane
GPA 3.50



Saikshya Koirala
GPA 3.50



Pranaya Acharya
GPA 3.50



Om Prasad Sharma
GPA 3.50



Ojashwi Khatiwada
GPA 3.50



Lotus Kshetri
GPA 3.50



Akshya Manandhar
GPA 3.50



Tejeswini Shah
GPA 3.45



Roja KC
GPA 3.45



Pranav Shrestha
GPA 3.45



Nistha Sethia
GPA 3.45



Aastha Giri
GPA 3.45



Sulav Paudel
GPA 3.40



Shiwani Dhakal
GPA 3.40



Samikshya Basnet
GPA 3.40



Sambid Dahal
GPA 3.40



Riya Shrestha
GPA 3.40



Rijohn Shrestha
GPA 3.40



Prayush Shrestha
GPA 3.40



Prayush Bikram Rana
GPA 3.40



Prashant Paudel
GPA 3.40



Prabesh Kumar Shrestha
GPA 3.40



Kusum Paudel
GPA 3.40



Jatin Acharya
GPA 3.40



Subin Poudel
GPA 3.35



Pratyush Mani Acharya Dixit
GPA 3.35



Milan Godar Thapa
GPA 3.35



Manas Lohani
GPA 3.35



Khushi Gurung
GPA 3.35



Amrit Dhamala
GPA 3.35



Amish Karki
GPA 3.35



Tisha Karanjit
GPA 3.30



Suprasiddha Subedi
GPA 3.30



Sohan Shrestha
GPA 3.30



Serina Udas
GPA 3.30



Pratham Shrestha
GPA 3.30



Isha Khadka
GPA 3.30



Bidhi Acharya
GPA 3.30



Shriti Neupane
GPA 3.25



Shrish Maharjan
GPA 3.25



Puja Yadav
GPA 3.25



Pawan Raj Sigdel
GPA 3.25



Manjil Shrestha
GPA 3.25



Aryan Thapa
GPA 3.25



Shaivi Sharma
GPA 3.20



Prayuk Prasad Shrestha
GPA 3.20



Bharosh Devkota
GPA 3.20



Yunish Shrestha
GPA 3.15



Sweekriti Shrestha
GPA 3.15



Rani Mudbhari
GPA 3.15



Ujen Tuladhar
GPA 3.10



Gunita Tuladhar
GPA 3.10



Dewasbi Budathoki
GPA 3.10



Sneha Ghimire
GPA 3.05



Sanam Ghale
GPA 3.05



Aabhushan Karki
GPA 3.05



Sarthak Pradhanang
GPA 3.00



Samir Maharjan
GPA 3.00



Sadiv Sthapit
GPA 3.00



Samit Thapa Magar
GPA 2.95



Avantika Basnyat
GPA 2.95



Kushal Gurung
GPA 2.90



Ayusha Shakya
GPA 2.90

We're immensely proud of your outstanding success!



TRIYOG HIGH SCHOOL

Key Dates (August – September, 2018)

August 6/Shrawan 21, 2075	Inter House Badminton Competition Finals
August 7/Shrawan 22, 2075	Inter House Quiz Competition: Grades I-V
August 8/Shrawan 23, 2075	Inter House Quiz Competition: Grades VI-X
August 17/Bhadra 1, 2075	Class Day: Grade IV
August 24/Bhadra 8, 2075	Inter House Badminton Competition Finals
August 30/Bhadra 14, 2075	Project Day: KG and III
August 31/Bhadra 15, 2075	Project Day: Grades I and II
September 2/Bhadra 17, 2075	Half Yearly Examination Begins
September 22/Ashwin 6, 2075	Parent-Teacher Meeting