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TRIYOG

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Newsletter

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

Celebrations at Triyog

Message from the Principal

Dear Parents and Guardians

In line with our vision of making Triyog a center of excellence in teaching-learning, we are institutionalizing a lot of changes – in academics, in our extra-curricular approach, and in connecting with the community around us. Our desire is to make Triyog an educational institution that is innovation and research-based. We have our history to be definitely proud of. But, we also realize that we need to adapt to the fast-changing scenario to call ourselves truly modern.

The academic vertical that has produced capable students over the years stands as the main pillar of the school around which all our holistic efforts of development lie. Children of today need to be embedded with value systems, soft skills, and exposure to the real world that will teach them adaptability, responsibility, and make them open to change. This is important because change in the regional and global scenario is happening at a rapid pace and we cannot stay untouched. A 16-year old graduate of a modern school system will be far more skilled than we possibly were.

To accomplish the above, we have to open the doors to many collaborations and partnerships. The school will expand in the area of national, regional, and global partnerships since it is important to think globally keeping local foundations in place. Through our multiple platforms – Learning Societies, Community Partnerships, Social Impact Projects – we are trying our best to become a school with an international mindset. In this we are very proud that we have motivated teachers and staff that are gunning for change. Our success with the Digital Saathi project in the recently concluded National Social Business Challenge is proof that schools, teachers, and students can truly become agents of social change. And, the nation does need change-makers.

With The Connected Classrooms Project (TCCP) we are developing cultural intelligence, exchange of best teaching-learning practices, not only in Nepal, but also internationally, soon. Another recent initiative that we are proud of is the establishment of the TED Ed Club at Triyog – possible we are the only school in the country to have brought this worldwide public speaking/social impact initiative in a club format at the school level.

With these achievements we are more firm in our determination to provide the best environment to our students and teachers, to learn and grow. In all of these, we ask for your support and cooperation.

I sincerely wish that this festive season is one of joy, happiness, and continued prosperity for all of you. **Wishing all of you a very Happy Dashain, Tihar, and Chhat.**

Warm regards
Niladri S. Parial

Krishna Janamasthami



The tiny ones of Kindergarten celebrated Krishna Janamasthami on 23 August with a bit of music and a bit of dance, delicious pudding, pictures, and paintings. Few students were even dressed as Radhas and Krishnas. It was pleasure to our eyes witnessing these kids having fun.

Teej



As every year, the women teachers and staff of Triyog celebrated Daar of Teej with usual religious fervor. All the women were resplendent in red and it was a sight to behold where they mingled beyond their professional boundaries to partake in one of the major religious festivals of the country.

**HAPPY DASHAIN, TIHAR
& CHHATH 2076**



Children's Day Celebration

On 15 September, celebrating Children's Day, Triyog caught sight of teachers sing, dance and entertain the students. Class games and in-class celebrations, managed by the teachers, amidst a little bit of study for all, made the day a fun one. The primary school students were treated to a magic show.



Constitution Day



The Constitution Day is major landmark in the modern history of Nepal and our students and teachers marked the national day with a lot of activities. Bishista Wagle (Grade VII) spoke about the history of the constitution development process at the Morning Assembly. Shuvra Rimal (Grade X) recited a poem, Kaustavi Thapa (Grade VIII) spoke about the salient features of our constitution at the Afternoon Assembly. The Primary School students and teachers sang a nationalistic song. Besides this, the teachers spoke about the Constitution in their subject classes, to raise awareness among students.

Interaction Sessions

Road Safety Awareness Program



On 27 August, Triyog organized a Road Safety Awareness Program for Grade IX students, that was hosted by Traffic Police Inspector Sher Bahadur Chand from Ramsahapath. The session was both fun and interactive. It mainly focused on discussion of preventive measures for road safety and general road safety issues.

Red Cross Information Dissemination



On the occasion of 57th anniversary of Nepal Red Cross Society, Bishnumati Red Cross Society in collaboration with Triyog High School organized an orientation session where 10 different schools from Tokha Municipality had participated. The objective of this session was to establish Junior Red Cross Circle in the schools of Tokha.

Cardio Talk



On 7 August, students of the Heart Health Club organized an interaction session with Dr. Anil Bhattarai, a cardiologist, for students of Grade IX. The objective was to make students aware about different heart related disease symptoms, and relation between heart health and nutrition.

Inter House Activities

Inter House Singing & Dance Competition: Grade III



On 29 July, Grade III students of Triyog overwhelmed us with mesmerizing song and dance performances. The whole event was colorful and joyous. In the overall house positions, Phewa House stood first, followed by Tilicho House securing second position and Rara House obtaining the third. Rishika Dhamala won the solo singing competition.

Solo Singing and Dance Competition: Grades IV-X



On 2 August, talented students of Grade IV-X took center stage and performed solo song and dance acts. From various categories the winners were:

- Dance (Grades IV & V):** Neha Kharel - First; Mizuki Sherchan - Second, Dilasha Adhikari - Third
- (Grades VI - VIII):** Shwena Shrestha - First, Sameerra Thapa - Second, Abhigya Shrestha - Third
- (Grades IX & X):** Manushi Giri - First, Sudipa Dhakal - Second, Aarju Shrestha - Third
- Song (Grades IV & V):** Prakriti Shrestha and Aashma Hadakhale - First, Nirwan Rajbanshi - Second, Nashib Neupane - Third
- (Grades VI - VIII):** Zen Gurung - First, Siddhika Poudel - Second, Yashaswi Ghale - Third
- (Grades IX & X):** Priyanshi Gurung - First, Kavya Gautam - Second, Pranisha Bhatt - Third

Singing Competition: Kindergarten



On 29 August, KG students took center stage and gave us a melodiously fun-filled day. Alwyn Nepali and Saskriti Dhungana bagged first positions, Rujoy Khanal and Aarohi Pokharel secured second position. Aayushi Chhetri and Dravya Adhikari secured third position.

Spin-a-Yarn Competition



Middle and High School participants for Inter House Spin-a-Yarn competition amazed us with their creative story developing skills. In an engaging and innovative storytelling format, the winners were

Grade VI: First- Sampanna KC and Sahambhavi Adhikari; Second- Saksham Manandhar and Krishna Rijal; Third- Aarya Marasini, Pratik Gurung, Shreyashi Neupanr and Aarushi Sharma.

Grades VII and VIII: First- Anuska Acharya and Pranish Pradhan; Second- Sairus Adhikari and Shamvahi Subedi; Third- Abhigya Shrestha and Kamira Rawal.

Grades IX and X: First- Junu Tamang and Sumee Adhikari; Second- Maya Poudyal, Saransa Kafle, Samrant Pant and Debisha Thapa.

Other Activities

Class Day: Grade VIII



Students of Grade VIII showcased an enthralling performance to their parents on August 9, 2019. On the occasion of Class Day, 122 students performed modern dance, cultural dance, Nepali and English skits, and the theme song of Game of Thrones. They sang "Aama", which was dedicated to all the mothers and recited two poems that were dedicated to all fathers. The program was put up with much energy and enthusiasm, and was thoroughly enjoyed by their parents.

Student Support Cell

Class-specific interaction sessions held by Student Support Cell, along with the respective Block In-charge and the Principal for students of Grades IX and X. The session focused on the topics: Hygiene, Academic and Behavior Problem where they talked about importance of education, responsibility realization, benefits of consistency, cleanliness, and time management.

Inter-School Essay Competition



At the Inter-School Essay Competition held on 29 July at Modern Indian School, Sonakshi Shrestha (English Category VI-VIII) stood third and Nischal Bhandari (Nepali Category IX-X) secured third position.

Sports Activities

Budding Cricketers Visit Dubai



Our student cricketers Raju Bhusal and Biraj Kafle of Grade VIII travelled to United Arab Emirates to participate in the 2nd GHCA Tour. They played three 40-over matches and also participated in practice sessions at the Ajmen Eden Garden grounds with former international player and coach Shazad Altaf.

Triyog Students at Asian Chess Championship



Marshal Tamang (Grade VIII), Kushal Belbase (Grade VIII) and Kapil Ghimire (Grade IX) of our school participated at the Western Asian Chess Championship that was held in New Delhi, India, from 4 to 11 September. They represented Nepal in Junior Chess Championship with the team of Nepal Chess Association.

Judo Demonstration by International Team from Japan



Triyog welcomed three sport dignitaries, Mr. Manoj K.C. (Ex. Judo Chief Coach, Judo Association Executive Body Member, Nepal), Daiki Shouji, Naoto Hossoda, and Ryohei Tonegawa from Japanese Judo Team, Japan. They demonstrated and gave a practical learning session to our Judo students.

Friendly Match



On 26 June, the current School Basketball team students played a friendly match with past students of the school.

Achievements and Awards

Felicitation Program



Tokha Municipality organized a Felicitation Program for the highest achieving students, teachers and schools of Tokha in last Academic Session, both in community and private sectors, on September 7, 2019 at Sadbhav Banquet, Tokha. Hon. Deputy Prime Minister, Ishwor Pokhrel, felicitated them with medals and certificates in a formal program. Our students and teachers have made us proud by bagging awards in

different subjects and levels for Academic Excellence among private schools. From among the students who appeared BEE in last academic session, Samrat Pant bagged 10th position in Tokha with 84.75 percent. Supriya Joshi bagged 9th position with 84.95 percent, Shreejita Chauhan bagged 5th position with 86.33 percent, and Ritesh Poudel bagged 3rd position with 87.12 percent in external test. From among the students who appeared SEE in last academic session, Avanish Khatri and Niraj Baral were awarded for securing 3.95 GPA, which was the Second Highest GPA in Tokha in SEE of last academic session.

In the same way, our teachers have made us proud by mentoring the students for excellent performance in BEE and SEE.

The highest average score in Moral Education in BEE was 20.4 (out of 25) and this was achieved by Churamani Pandeya. The highest average GPA in SEE in Science was 3.87 and this was achieved by Suresh Chaudhary and Sujan Dhakal. The highest average GPA in SEE in HPE was 3.84 and this was achieved by Shyam Sundar Jha.

Triyog achieved 66.49 percent in average in external test in the Basic Education Examination (BEE) of 2075 and was awarded as Second Highest Average Result Achiever of Tokha Municipality. Similarly, Triyog achieved 3.55 average GPA in SEE of 2075 and was awarded as Second Highest Average Result (GPA) Achiever of Tokha Municipality.

Triyog Project Bags First Runner-Up Position at National Social Business Challenge

Digital Saathi, a joint social impact venture initiated by Triyog High School and Rural Development Initiative, was adjudged First Runner Up at the 4th National Social Business Challenge (NSBC) 2019, an initiative of Yunus Social Business Center, King's College, jointly organized by United Nations Development Program (UNDP), Youth Co:Lab, Association of Youth Organizations Nepal (AYON), and National Youth Council (NYC) - Ministry of Youth and Sports, co-organized by Himalayan Climate Initiative and Blinc Ventures.

Digital Saathi was rewarded with NRS 50,000 by Hon. Jagat Bahadur Bishwokarma, Minister for Youth and Sports. Digital Saathi Team will also present their idea in Asia Pacific Youth Conference in Malaysia. The presenters were also given an intensive mentoring and a chance to pitch their ideas at King's Incubator.

A total of 154 innovative social business ideas of young aspirants from 12 different cities of the country were shortlisted. Among them, 10 teams got the chance to present their ideas before the jury that consisted of eminent personalities from the field of social entrepreneurship. The Final presentation was held at hotel Yak and Yeti on 28 and 29 August.



School & Community Awareness Campaign plus School Premises Fumigation



Students and Teachers of the Junior School conducted an awareness rally and a door-to-door campaign in Tokha community on 22 September to make the general public aware of the dangers of Dengue. The students also put up a skit at the School Assembly to make the entire school community aware and discuss prevention measures. The School also fumigated its premises (sprayed all-natural mosquito-killing insecticide) that is a step toward providing a safe atmosphere for our students and staff.

Experiential Learning



PROJECT DAY (KG-GRADE III)

Project Day in the Primary Section is a day to showcase the process and outcome of Project Based Learning of students for a particular unit. On this day the students of KG to Grade III very eagerly presented their learning to parents and teachers.

KG: Topic- Fruit and Vegetable Market

On 10 September, the children of KG had set up a small market in their class consisting of fruits and vegetables, which they sold to their parents. They also talked about the importance of eating fruits and vegetables. The classroom was brightly decorated with the display of their work done throughout the unit.

Grade I: Topic- My Family

On 10 September, Grade I students conducted their second Project Day on the theme "My Family", where they presented their Project Based Learning of the unit through dance and drama and songs. All their work on My Family was displayed in the classrooms.

Grade II: Topic- Unity in Diversity

On 11 September, the students of Grade II had their Project Day on the theme "Unity in Diversity", which was the presentation of their Project Based Learning on the culture of our country. The children dressed in their ethnic costume presented the uniqueness of each ethnic groups through songs, drama and displays of their work. The main lesson that the children learnt through this Project Based Learning was accepting each other with the message of "Unity in Diversity". Later the parents, students and teachers enjoyed the different ethnic food lovingly sent by the parents.

Grade III: Topic- Getting Granny's Glasses

On 12 September, the students of Grade III had project day based on the story of "Getting Granny's Glasses". The children presented their learning through presentation, speech, song and dramatization. They also compared the life in the hilly and mountainous region of our country with the hill town of Mussoorie, as mentioned in the book. They also shared their experience and learning about their visit to old age home. Some grandparents present also shared their loving moments spent with their grandchildren.

JUNIOR SCHOOL PROJECT DAY

"We are a nation of communities... a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky."

With the objective of sensitizing our children towards accepting diversity from an early age, the Junior School conducted a Project Day on the theme "Learning Early To Appreciate Diversity" (L.E.A.D.). Through this project children were exposed to how diversity prevails in various forms and aspects.

As a part of this project-based learning, various entry and exit events were conducted.

Field Trips



Taragaon Museum – Learners got the opportunity to know about the cultural diversity that prevails in our nation.



Project Sarangi – Learners interacted with the founders of Project Sarangi at their office premise and learnt about the diversified aspects of musical instruments.



Assumption Church, Gurudwara Guru Nanak Satsang, Boudhanath, Kashmiri Jamia Masjid and Pashupatinath – Learners visited the various religious sites of Christian, Sikh, Buddhist, Muslim and Hindu religions to understand about religious diversity. They also interacted with the priests and developed the understanding that all the religions preach the same thing.

Interaction Program

Individuals belonging to different professions were invited for interaction sessions at school whereby learners acquired knowledge that how diversified professions are and how each and every profession play a vital societal role.



Art Workshop: Art workshop was conducted to magnify the understanding of learners of the term "Diversity" in the form of an art.



Exit Events: Sharing session – Learners shared the findings of their research on different topics with their colleagues through group presentation.



Exhibition – Learners displayed the learning outcome of their project in the form of dance, drama, song and visual presentation.

Cake Baking Project



On 25 July, Triyog had a "sweet project" of baking cakes where all the sections of Grade VI were involved. Students received lesson on baking cake using ingredients such as baking powder, eggs, sugar, salt, butter, flour, milk etc. It proved to be an enjoyable day for both teachers and students.

Book Mark and Book Jacket Making



Grade VI and VII students made colorful book jackets and book marks respectively as a library activity. It was good to notice creative talent at such a small age.

Read Aloud



Grade X students were assigned Read Aloud session as a library activity where each student read a paragraph of a magazine to the entire class.

Book Talk



Grade VIII students were engaged in a Book Talk as a Library Activity where each student summarized a book they had read to encourage fellow classmates to read books.

Book Review



As a Library Activity, Grade IX students submitted book reviews for the individual books they had selected for themselves.

MULTIDISCIPLINARY INTEGRATION PROGRAM FOR GRADE VII

Our students and teachers are continuously finding ways to integrate their lessons under different themes to enhance teaching- learning, Glimpses of some Multidisciplinary Integration Programs.

Theme: Nepalese Culture and Festivals

- Classroom Teaching Learning
- Activities

Celebration of four different festivals

Buddha Jayanti



Chhat



Easter



Eid



Grade VII students gave a short demonstration of celebration of four different festivals with the help of Social Studies teacher.

• Letter Writing

Students wrote a letter to their relatives describing ways to celebrate Chhat. Two best letters were read aloud.

• Bouquet Making



The students showcased their artistic talent by making bouquets to present it to the special persons to be invited at the closing event.

• Greeting Cards and Invitation Cards Making



Students made invitation and greeting cards to wish each other happy festivities.

• Essay Writing about Nepalese culture and festivals



Students wrote essays on the topic Nepalese Culture and Festival. The best essays were read aloud at the closing event.

Students showcased the data collected on Population Distribution of Grade VII based on their religion. With the assistance of ICT teacher, they gave a presentation on different music connected with Nepalese culture and festivals and also prepared a 30-minute long background music for the gallery walk and closing event.

• Closing Event



The closing event comprised of presentation, skit, video clips, song, dance, and poem recitation related to culture, religion, and society.

Collaborative Efforts

Reuse/Recycle Waste Papers



- Paper Balloon Basket

- Tea Coaster

As a part of our ongoing Eco Smart School project in association with Nepal Prakriti Pathshala (NPP), the students of Grade IV executed a project on recycling and reusing waste paper. They did a hands-on activity on "Reduce, Reuse and Recycle," where the students made tea coaster and balloon basket using old, used paper.

Water Management Program



This year Triyog is working with Nepal Prakriti Pathshala (NPP) toward being a "Water Smart School". Students of Grade V did a hands-on activity on performing water audit, where the students identified all the water points, drew an outline of the school, and located the water points on the map.

3D Art Challenge



Wildlife Conservation Nepal (WCN) organized a first-of-its-kind 3D art competition, where 30 students from 10 different schools participated. The exhibition showcased the creations of students regarding ongoing environmental issues. The 3D artwork depicted the three winning concepts by Mowli Shah, Grade V, Ace School, Sony Majhi, Grade V, Shristi School, and jointly by Deepika Singh, Grade VII, Ace School and Kritika Rayamajhi, Grade VII, Triyog High School. The concept based art installations showcased the Kathmandu Valley's state of environment. The main

purpose of the program was to creatively make people take notice of the catastrophic environmental problems we are facing today in Kathmandu. The winning artwork are currently on a 'traveling display' at various schools in Kathmandu.

Triyog FOZ Club at WCN



On 19 September the Executive Committee members of the Triyog FOZ Club went to Wildlife Conservation Nepal office for an interaction program that was led by WCN Director, Sanjeevani Yonzon. The two-hour long interaction began with understanding trees, shrubs, and herbs that were in the WCN compound, and learning about forest bathing, bio-fencing and community forestry. Besides an interesting documentary on "Green Schools" our students also learned about effective project planning and campaign-design based on S.M.A.R.T. principles.

TCCP (The Connected Classrooms Project)



On August 22, 10 students of Grade VI got digitally connected with students of Shree Secondary School, Kala Khola, Dang that was facilitated by Teach For Nepal (TFN) fellows that are teachers there. Teachers and students of both the schools shared general and academic information in this session.

Community Connections: Outdoor Learning Sessions

Nepal Child Protection Home: Grade I



On August 2, the students of Grade I visited "Nepal Child Protection Home" an orphanage in Siphali. The owner shared information and gave the students a tour of the organization. The main objective of this visit was to learn about the importance of family and its values in all aspects of life. It was great to notice the kindness displayed by our students when they interacted with orphans and physically challenged children and gifted some food and other items which they had brought from home.

Joint Family Visit: Grade I



As part of their Project Based Learning on "My Family", the students of Grade I visited a home of one of the class members to understand and observe a joint family. They compared a joint family to theirs to understand the difference in family structure and value systems.

Interaction with Grandparents: Grade I



On August 13, children of Grade I had an interaction session in their respective classrooms with some grandparents. The main objective of this session was to let the children know more about their grandparents. The grandparents shared about their childhood like their hobbies, games they played and the schools they went to along with their professional and some personal life events. The students had an in-depth learning of the life of their grandparents and some were even amazed to learn that there were no electronic gadgets back then.

National Ethnographic Museum: Grade II



As part of their Project Based Learning on "Culture of our Country", the students of Grade II went for a field trip to Nepal National Ethnographic Museum, Tourism Board, Bhrikutimandap, on 8 and 9 August. There, students observed diverse lifestyles, clothing, ornaments, weapons, religions, ethnicities and cultural-diversities. They learnt that Unity in diversity is Nepal's unique and notable aspect. They were introduced with two distinct ethnic groups of our country- Raute and Chepang on which they further collected more information from other sources as their class project.

Ni: Sahaya Sewa Sadan: Grade III



As Part of their Project Based Learning Based on the Story "Getting Granny's Glasses" the students of Grade III had visited Ni: Sahaya Sewa Sadana homestay for senior citizens, on August 30. They inquired the reasons of establishment of the Old Age Home and enquired about their daily activities and facilities provided to them. The children and teachers gifted the elderlies with some packets of dried fruits and nuts and some other food items which they had lovingly packed in the class the previous day. This activity not only made them link the lesson of empathy learned while reading Getting Granny's Glasses but also gave a firsthand experience of showing love and care for senior citizens.

Art Exhibition at American Embassy



On 9 August, nine students of Art Club visited the art exhibition organized by American Embassy, Nepal, at the Embassy premises. Students observed the artwork based on theme "A space for freedom and equality." The displayed artwork covered various subjects and styles like realistic, semi-realistic, contemporary, and traditional.

Art Exhibition: Nepal Art Council, Babar Mahal



On 18 September, High School students of Triyog visited Nepal Art Council, Babar Mahal to witness the Event: "Nepal Through The Ages." The event showcased exquisite paintings by senior artist Hari Prasad Sharma that depicted important historical events of our nation. The paintings comprised of powerful combination of traditional and modern art, history, imagination and expression.

Mahaguthi and Fair Craft Shop



Grade IX and X students visited Mahaguthi, fair craft shop at Lazimpat to observe new handmade craft materials and their use as a part of their experiential learning for craft.

National Science Day Celebration



Students of Grades VIII, IX and X visited Rastriya Sabha Griha, Kathmandu to witness the celebrations and award ceremony on the occasion of 7th National Science Day on 18 September. They also visited a science exhibition held there, organized by Robotics Association of Nepal (RAN) in association with Ministry of Science and Technology to celebrate the Day.

Professional Development Sessions

Counseling Session



A session on “Understanding aspects of students of your class” was conducted by Kusuma Rayamjhi (Student Support Cell) for the Junior School teachers. The interactive session focused on how to tactfully understand and manage student behavior.

Workshop on Geo-Gebra Dynamic Software



Council for Mathematics Education organized a workshop on Geo-Gebra Dynamic Software, from 8 – 10 August, where teachers received training on processing software through which mathematical calculations could be solved digitally making it easier for student’s learning. There were 58 teachers in total from all over the nation who participated in this workshop. Mr. Rohit Pandey attended the workshop from Triyog High School.

Workshop on Question Formatting Techniques



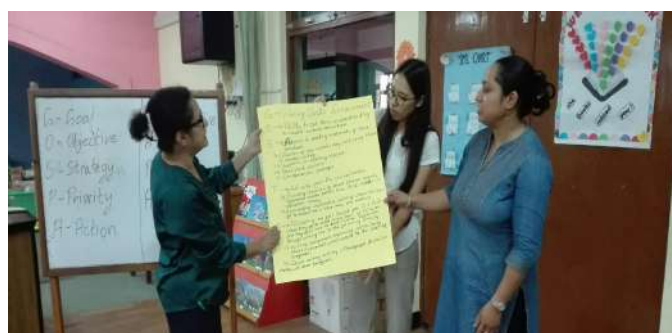
On 5 and 6 September, Middle School teachers participated in a workshop on Question Formatting Techniques where they worked on deeply relevant topics on making students curious and teaching them to explore possibilities without having to set limited answers.

Math Workshop on Mathematics Teaching and Learning through ICT



Three teachers from Triyog participated in a Math Workshop held at Euro School that focused on encouraging teachers to give lessons on mathematics through activities where the children are provided with opportunities to build concepts and develop positive attitude towards mathematics.

GOSPA And CAPA Modules





Junior School In-charge conducted In-House sessions for the teachers of grades IV and V, which focused on the G.O.S.P.A (Goal Objective Strategy Priority Action) and C.A.P.A. (Corrective Action & Preventive Action) Modules.

Mathematics Workshop



A two-day Mathematics workshop was conducted in the school auditorium for the teachers of KG – Grade 5 on September 8-9. The workshop was facilitated by Mr. Ramesh P. Awasti (Curriculum Expert, Mathematics and General Secretary of Council for Mathematics Education) which focused on refining the teaching techniques to enhance conceptual understanding of the four basic operations in Math.

Second LRI Success Story Conference of Teachers, 2019



The 2nd Success Story Conference of Teachers took place on August 16 and 17 at LRI School, Kalanki, Kathmandu, Nepal. The main theme of the conference was "Connecting Educators: Sharing Successes Beyond Boundaries". Puskar Chaudhary from Triyog High school presented a paper on Movable Classroom: Reinventing classroom Space & Enhancing Active Learning. The paper explored the creative and innovative ideas about creating more movement and activity in the classroom. It further highlighted on movable classroom methods.

Panel Discussion on Policy to Practice: Implementing Integrated Curriculum in Nepal held at Karkhana



On August 13, 2019 Junior and Primary School In-charges along with two other teachers attended a panel discussion organized by Karkhana on the topic "Policy to Practice: Implementing Integrated Curriculum In Nepal." The panelist consisted of Dr. Laxman Gyawali (Senior Vice-President of NELTA), Mr. Subash Neupane (General Secretary, National-PABSON), Ms. Kamana Regmi (Principal, Nisarga Batika School) and Ms. Pravina Thapa (Curriculum Director, Premier International School). The discussion focused on the gap that exists between the policy makers and practitioners on the levels of thinking and implementation about the introduction of a new integrated curriculum.





Key Dates (November- December. 2019)

November 3 (Kartik 17, 2076)	School re-opens after Dashain-Tihar Holidays
November 4-7 (Kartik 18-21, 2076)	Sports Week: Grades IV-V
November 9-11 (Kartik 23-25, 2076)	Triyog MUN
November 12 (Kartik 26, 2076)	Inter House Spelling Contest: Grades I-V
November 13 (Kartik 27, 2076)	Inter House Spelling Contest: Grades VI-VIII
November 15 (Kartik 29, 2076)	Inter House Spelling Contest: Grades IX-X
November 18 (Mangsir 2, 2076)	Photography Competition: Grades IV-X
November 22 (Mangsir 6, 2076)	Project Day: Grades IV-V
November 26 (Mangsir 10, 2076)	Literary Contest: IV-V
November 27 (Mangsir 11, 2076)	Literary Contest: VI-VIII
November 29 (Mangsir 13, 2076)	Class Day: Grade VII/Literary Contest: IX & X
December 5 (Mangsir 19, 2076)	Dance Competition: KG
December 11-20 (Mangsir 25- Poush 4)	Unit Test Grade IV-IX/ Pre Send Up Examination: Grade X
December 18 (Poush 2)	Project Day: KG & Grade I
December 19 (Poush 3)	Project Day: Grade II
December 20 (Poush 4)	Project Day: Grade III
December 22-27 (Poush 6-11)	Sports Week: Grades VI-X
December 26 (Poush 10)	Inter House Art Competition: KG-Grade V
December 27 (Poush 11)	Inter House Art Competition :Grade VI-X
December 28 (Poush 12)	Parent-Teacher Meeting
December 29 (Poush 13)	Winter Holiday Begins/Winter Coaching for Grade X starts