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TRIOG

Vol. III - October-December, 2024

# Newsletter

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## Message from the Principal

Dear parents, guardians, and well wishers,

As we embrace the New Year 2025, we would like to warmly welcome back all our students, parents, guardians, and stakeholders after the winter break. We trust that each of you enjoyed a rejuvenating holiday season filled with meaningful moments.

The arrival of this new year presents us with a wonderful opportunity to refocus our efforts and passion for learning. We are excited about the potential that lies ahead and believe that this year will bring forth a wealth of enriching experiences, opportunities for personal growth, and exciting academic pursuits for all students.

Within this newsletter, you will discover the various activities our students are participating in, spanning literature, sports, and numerous innovative and creative endeavours. These activities not only enhance their educational journey but also foster a sense of community and teamwork.

As we look back on the events and accomplishments of the past few months, it's inspiring to see our students demonstrate their talents and skills in so many diverse areas. Let us continue to support and encourage one another as we navigate this academic year together, celebrating every achievement along the way.

We witnessed the students showcase their incredible athleticism on Sports Day. Whether it was the sheer speed of a sprinter, the graceful jumps of a long jumper, the powerful throws of a javelin, or the coordinated teamwork of a relay race, parents were captivated by the dedication and skill displayed by their children.

Likewise, everyone present was captivated at the Musical Ensemble, which provided a feast for the senses and showcased the diverse talents of our young musicians. From the harmonious melodies of the choir to the impressive skills of the solo instrumentalists, parents were delighted by the beautiful sounds and the dedication of their children.

Our students also embarked on enriching educational excursions before and during the winter break. These experiences provided valuable learning opportunities beyond the classroom. These experiences broadened their horizons, fostered a love for learning, and provided valuable insights into different cultures and perspectives.

For our graduating students, the focus now shifts towards rigorous board exam preparation as they are currently taking the Pre Board Examinations. We encourage our graduating students of 2081 to utilize these resources effectively, maintain a disciplined study schedule, and approach the examinations with confidence and a positive mindset.

Wishing You a Successful Year

We are confident that with the collective efforts of our students, teachers, parents, and the entire school community, we will achieve great things this year. I wish you all a successful and fulfilling academic year ahead.

Regards,

Savita Kapruwan

## Senior Athletic Meet - 2024



The Triyog Annual Athletic Meet was a grand showcase of athleticism, teamwork, and school spirit, with around 800 students enthusiastically participating in a variety of track and field events. The grounds came alive with energy and excitement as students from Grades IV to X demonstrated their skills and sportsmanship.

The event was graced by the presence of Mr. Pankaj Bikram Nembang, President of the All Nepal Football Association, as the Chief Guest, and Miss Khusi Dangol, National Cricket Player, as the Special Guest. Their words of encouragement and appreciation added prestige to the occasion, inspiring the young athletes.

At the culmination of this action-packed day, Tilicho House emerged as the overall champion, proudly claiming the prestigious Overall Winner's Trophy for their outstanding performances across events.

Celebrations @ Triyog

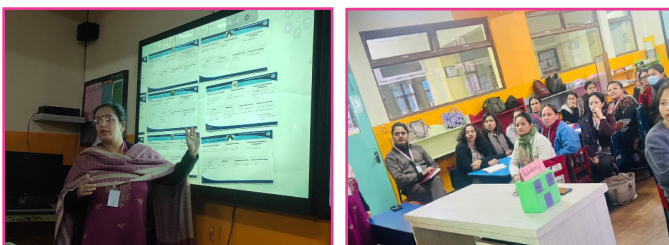
Christmas



A morning assembly full of Christmas celebrations brought euphoria to learners. On that day, our talented students performed a spectacular Christmas play, dance, bio-graphical presentation and Sweet caroling filled the air with joy and warmth. A surprise visit from Santa spread smiles and cheers.

Professional Development

Sharing Session on Autism Amongst Children



Sanjeeka Chettri, our Junior Science Teacher, presented on effective ways of dealing with autistic children, as a part of teachers' empowerment session of Junior School. She shared tips and strategies to develop spoken language and improve interaction in such children.

Learning the Art of Teaching Mathematics



The Quality Kathmandu Schools (QKS) organized an engaging workshop at Aksharaa School, where two of our teachers from the Primary and Middle School Maths Department had participated. The workshop focused on innovative techniques to make Maths learning more enjoyable and interactive for students.

In-House Training on Understanding Stress



We are pleased to announce that an insightful In-house training session was conducted for the Middle School teachers, in collaboration with the Shambhavya Group. The session focused on "Understanding Stress from Different Perspectives." The training aimed to equip our teachers with a deeper understanding of stress, exploring it from various angles—emotional, mental, and physical.

Seminar on Safeguarding



Our Student Enrichment Coordinator Mr. Kamal Shrestha attended a seminar on 'Safeguarding' which was organized by the Duke of Edinburgh's International Award, Nepal. In the session, the expert speakers and award officials shared insights on safeguarding policies, abuse prevention, and legal frameworks.

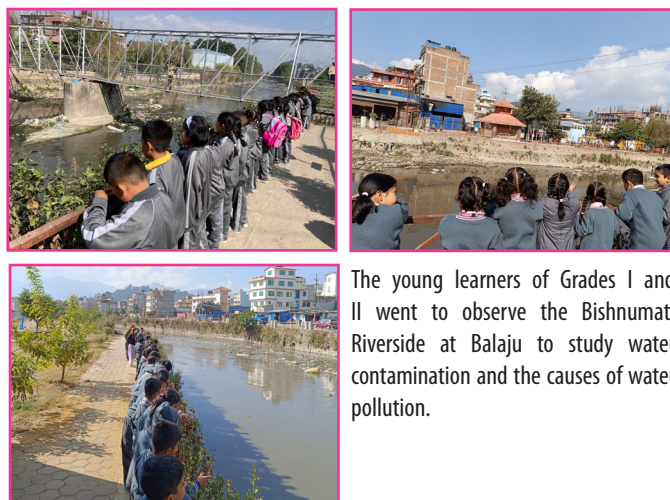
Field Visits

Sapantirtha, Bhootkhel and Chandeshwori Hike



The students of Grade III visited Sapantirtha, Bhootkhel and Chandeshwori to observe and identify the significance of the cultural and natural heritage of Tokha Community.

Bishnumati River



The young learners of Grades I and II went to observe the Bishnumati Riverside at Balaju to study water contamination and the causes of water pollution.

Interactions

### Project Day - Kindergarten



The little young kindergartners conducted their Second Project Day, and showcased the learning outcomes based on the theme 'Plants'.

### Middle School Students Lead SEL Awareness Activities in School Assembly



In an inspiring initiative, Middle School students recently conducted a series of Social and Emotional Learning (SEL)-led assembly activities to raise awareness across the school about crucial SEL aspects. The students took the lead in educating the entire school community on important topics such as managing adolescence and creating safe spaces. Through engaging role-playing, and interactive activities, they highlighted the importance of understanding emotions, building healthy relationships, and dealing with challenges faced during adolescence.

### Grade VII Students Lead SEL Awareness Initiative for Parents



In a remarkable display of leadership, Grade 7 students took the initiative to engage and inform the parent community about the importance of Social and Emotional Learning (SEL). The students organized an informative session aimed at raising awareness of the various SEL components, such as emotional regulation, building empathy, and creating safe spaces. They also advocated for the integration of SEL strategies at home, emphasizing how parents can support their children's emotional development in everyday life.

### Parenting Session: Fostering Positive Habits and Behaviors in Children



A valuable Parenting Session was conducted for the Middle School parents, facilitated by our experienced school counselor. The session focused on helping parents develop and encourage positive habits and behaviors in their children, which are crucial for both personal growth and academic success. Parents were guided on practical strategies for instilling healthy routines, improving time management, and promoting self-discipline in children. The session offered parents a chance to ask questions and share experiences, creating a collaborative atmosphere.

### Interaction with Prof. Dr. Kay Owens



The seventh-grade students had a lively conversation with Professor Dr. Kay Owens of Charles Sturt University, Australia. The main topics of discussion were cultural differences, ethnomathematics, and STE(A)M.

### World Scholar's Cup Orientation



An interaction session with Raudzah Bangash, a team member of the World Scholar's Cup, helped our WSC enthusiasts obtain detailed programme information.

### डा. सन्दुक रुइतसँगको अन्तरक्रिया



कक्षा १० का विद्यार्थीहरूले विश्वप्रसिद्ध आँखा विशेषज्ञ डा. सन्दुक रुइतसँग उहाँकै कार्यस्थल तिलगंगा आँखा प्रतिष्ठानमा अन्तरक्रिया गर्ने विशेष अवसर प्राप्त गरे । उक्त अन्तरक्रियाले विद्यार्थीहरूलाई डा. रुइतको बाल्यकाल, डाक्टर बन्ने प्रेरणा तथा सङ्घर्षबाट धेरै कुरा सिक्ने मौका प्रदान गर्‍यो । डा. रुइतले विद्यार्थीहरूलाई विशिष्ट उद्देश्य लिएर अधि बढ्न र नेपालको सुखद भविष्यको लागि कर्मशील हुन हौसला दिनुभयो ।

## PTM - Second Unit Test



It was a wonderful experience connecting all the students, parents, and teachers in a Parent-Teacher Meeting (Second Unit Test and BEE/SEE Pre-Qualifying Exam). Meaningful discussions about the students' progress engaged them and helped them work together to create the best learning environment.

## A Visit to Embassy of Nepal, New Delhi



Grade IX students visited the Embassy of Nepal in New Delhi where they interacted with H.E. Dr. Shankar Prasad Sharma, Minister (Economics), Mr. Tara Nath Adhikari, Minister Counsellor (Political), Ms Durapada Sapkota and Second Secretary, Mr. Uttam Prasad Neupane. The students were briefed about the embassy's history, importance, functions and role. They shared their experience of the India tour. They discussed the common agendas in which Nepal and India have to work together like trafficking of humans and other materials, pollution and climate change, promotion of each other's heritages, etc.

*Co-curricular Activities/Extra Curricular Activities/Sports*

## Inter-House Spelling Contest



The Inter-House Spelling Contest fueled the zeal of students to enhance their hold on spelling, pronunciation, and vocabulary. The event also encouraged students to develop focus and perseverance skills along with the correct usage of words.

## Inter-House Literary Contest



Our creative writers let their feelings flow with the words in the Inter-House Literary Contest. In both Nepali and English languages, they displayed their writing creativity through essays, stories and poems on different topics.

## STEAM Design Challenge: Fostering Innovation and Problem-Solving Skills



Recently, a thrilling STEAM Design Challenge was organized for the students of Grades V to X as a part of the extended learning activity, where they were tasked with solving a variety of design challenges. This hands-on event encouraged students to apply critical thinking, creativity, and teamwork as they worked on solving real-world problems. Throughout the challenge, students developed valuable skills, including problem-solving, innovation, and collaboration, while learning how to approach complex issues with creative solutions.

## Grade II - Class Day 2024



Grade II celebrated their Class Day on a theme 'My Ideal School'. The young learners showcased their performing arts like dances, dramas, songs, gymnastics and wushu to their parents. Their poems and presentations woven on the theme depicted the picture of their ideal school.

## Musical Ensemble



This year, Triyog High School proudly hosted the much-awaited Triyog Musical Ensemble, a celebration of musical talent, creativity, and collaboration. The event brought together students from various grades, showcasing their exceptional skills in vocals, instruments, and rhythm, creating a mesmerizing symphony of harmony and melody.

Adding to the grandeur of the event, we were honored to host distinguished guests, including Sangeet Surbhusan, Sangeet Praveen Shreeram Acharya, renowned Baristha Sitar Badhak Mrs. Amrit Hira Yogi, and celebrated singer Prasanna Adhikari. These esteemed personalities not only graced the occasion but also inspired our students with their performances and insights into the world of music.

The ensemble featured a wide spectrum of performances, ranging from traditional and folk music to contemporary and classical pieces, celebrating the rich musical heritage and creativity of our students. Each performance was a testament to their dedication, practice, and passion for music, leaving the audience spellbound.

The event also provided a platform for budding musicians to collaborate, learn, and grow, fostering a deeper appreciation for music and the values of teamwork and creativity.

The Triyog Musical Ensemble not only celebrated artistic expression but also reinforced the importance of the arts in holistic education. We extend our heartfelt gratitude to our guests, performers for inspiring the Triyog community with their talent and enthusiasm.

Music remains a cornerstone of our school's vibrant culture, and we look forward to many more such melodious celebrations in the years to come.

## Winter Camp



This year's Winter Camp concluded as a remarkable event filled with fun, learning and adventure creating memorable moments for the little campers of Grades KG to V. In the ten-day long camp, the campers had a well-rounded experience that combined physical activity, personal growth and creativity. Blending education, recreation and creativity, this camp gave a different definition to the learning.

## Winter Sports Camp



Sports enthusiasts took advantage of the Winter Sports Camp to master the skills of their favourite games. It was a stepping stone in the pursuit of their sports goal. In the camp, Football Coach Mr. Ranjit Singh, Basketball Coach Mr. Sushil Gurung and Cricket Coach Mr. Rajkumar Yadav helped players to improve their game quality.

## Winter Art and Craft Workshop



The Winter Canvas Art and Craft Workshop led by the School's Art Instructor Ms. Jyoti Khadka played a significant role in refining the artistic skills of our workshop participants. In the workshop, the participants worked on sketching, canvas painting, stone painting, clay work and bottle art, and unveiled their potential.

## Educational Excursions

### Grade IV - Chitlang



The students of Grade IV enjoyed a one-night-two-day educational excursion to Chitlang where they visited the local villages and observed the specialities of Chitlang. Observing vegetable farms, the goat farm, the first Goat Cheese Factory of Nepal and the Naspoti farm added insights on the potentiality of agricultural development of Nepal to young minds. Sharing the gifts that they had carried for the children of a Government School helped them better understand the importance of empathy and equity.

### Grade V - Gorkha



Our Grade V students recently embarked on a memorable 2-night, 3-day educational trip to Gorkha, where they delved into the rich history of Nepal's unification campaign. During their visit, students explored the Gorkha Palace, a symbol of Nepal's unity and the seat of the Shah dynasty. The trip was not only an exciting exploration of Nepal's past but also a chance for students to connect with the historical events that have defined their country.

### Grade VI - Pokhara and Dhampus



Grade VI students went on a two-night, three-day trip to Pokhara and Dhampus, where they explored the pressing issue of climate change and its impact on these areas. The trip provided students with an opportunity to directly connect their learning with the Sustainable Development Goals (SDGs), particularly those related to climate action and environmental sustainability.

### Grade VII - Kawasoti



Grade VII students went on an enriching two-night, three-day trip to Kawasoti, where they delved into important topics such as eco-tourism, wildlife conservation, and the unique lifestyle of the Tharu people. During their visit, students explored the Chitwan Community Forest, learning about the local conservation efforts aimed at preserving wildlife and promoting sustainable tourism.



## Educational Excursions

### Grade VIII - Dolakha



An educational tour of Grade VIII to the majestic land of Dolakha in east-central Nepal provided lifelong memories and experiences to the explorers. Dolakha welcomed our travellers at Kharidhunga (one of the largest magnesium mines in Nepal and in the world) with its beauty and mountain ranges on the horizon. They worshipped at the sacred premises of Dolakha Bhimsen Temple and continued their journey. After reaching Jiri, they breathed in a unique climate and clean environment while enjoying the vibrant culture of the Sherpa community, and continuing the thrill, they also hiked to Hanumante Danda. Before returning to the capital city, they travelled up to the holy Kalinchowk Bhagwati Temple, where a breathtaking view of the Rolwaling Mountain Range stunned their eyes.

### Grade IX - India



Grade IX students enjoyed an educational excursion to India which was filled with history, culture, and unforgettable memories. In this winter excursion, they explored some of the most iconic and culturally rich destinations in India such as Mathura, Brindaban, Taj Mahal, Red Fort, Amber Fort, Hawa Mahal, Jal Mahal, Birla Temple, Albert Museum, Choki Dhani, Akshar Dham, Indira Gandhi Memorial Museum, Qutub Minar, Lotus Temple and India Gate.

### Grade X - Chitwan



Grade X learners added a beautiful page to their life's book filled with the colours of friendship, fun and memories. They had this opportunity during their winter excursion to Chitwan. From boating in the serene atmosphere of the Narayani River to having a thrilling jungle safari in Chitwan National Park were all unforgettable experiences for them. A visit to Maulakalika Temple and observation of the Tharu Cultural Programme added more meaning to their trip.

Learning Beyond the Classroom

Gavel Club



We are working hard to give our students the chance to develop their leadership and communication abilities, which are now essential in today's society. Gavel Club has been playing the most significant role in fostering these skills.

The recent, 61st meeting of the Triyog Gavel Club featured five amazingly delivered ice-breaker speeches. The participants discovered speaking skills they already had that needed some attention.

Business Idea Pitching



Senior School's entrepreneurial minds pitched their business ideas in an intra-school Idea Pitching Competition. The prime focus of the event was unique products and services as innovative solutions. Entrepreneurs and leaders Mr. Susan Dongol, Mr. Santosh Budhathoki, and Ms. Binaya Poudel listened to the pitches and gave participants feedback.

Animal Feeding



Friends of Zoo (FoZ) members got to feed the animals at the Central Zoo, Jawalakhel. This event was intended to get closer to the animals and learn more about their food habits. Participants understood the importance of every animal in the ecosystem and about the right environment for their survival.

DoEIA Practice Adventurous Journey



The Duke of Edinburgh's International Award participants relished their Practice Adventurous Journey on the serene trails of Shivapuri Nagarjun National Park. Reaching an altitude of around 2130m above sea level and witnessing a breathtaking panorama of Kathmandu Valley was an everlasting experience for them.

## Wushu Investiture Ceremony 2024



In the Wushu Investiture Ceremony 2024, the Wushu athletes were recognised for their standard performance and promoted to the next level. This ceremony motivated our young athletes to discipline, physical fitness, and health.

The General Secretary of Nepal Wushu Federation, Mr. Nawaraj Dhungana, the Wushu Master Mr. Himanshu Khadka and Mr. Roshan Budhathoki graced the occasion and inspired the youngsters.

## Achievements



**Raaima Gauchan**  
**'Fighting Spirit Award'**  
 19th Nakane Cup Kendo  
 Tournament 2024  
 organized by  
 Thailand Kendo Club



**Anuradha Acharya**  
**'First Runner-Up'**  
 Otaku Jatra Art Competition  
 2024

Works of Winter Canvas Art and Craft Workshop Participants



Key Dates (February 2025 - March 2025)

February 3	Saraswati Puja Celebration
February 2-4	Art Exhibition
February 10-12	Maths and Science Olympiad
February 20	Pre-Board for Grades VIII and X Starts
February 28	Wonder Kidz 2025
March 6	Prefectorial Body Election
March 21	Final Examination Starts
March 28	Kindergarten Graduation

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