

# S.G. INSIGHTS

Volume: 2 April - July 2023





# MESSAGE FROM THE PRINCIPAL

Dear Parents, Guardians, and Students,

Namaskar!



With great pleasure, I introduce you to 'SG Insights,' the first SG newsletter for the school year 2080 B.S. This newsletter will show you the activities, events, sports, other achievements, and continued teaching and learning activities.

This year, we have started excitingly with new excitement, hope, and enthusiasm for yet another beautiful school year. Our outstanding team of teachers, coaches, chefs, counselors, school nurses, and administrative office staff have been working tirelessly in preparation for this school year to meet the needs of our learners. As the school grows, we are delighted to welcome several new staff members to the Swostishree Gurukul team. Our 19 learners attended the 3rd Batch of SEE graduation as the Class of 2079 B.S., while many new learners joined the school community making it bigger and broader.

We have introduced Coding, AI, and Robotics classes for grade 7. Chinese for PYP and MYP in ECA as an additional language. We shall also have the Karkhana in Club. Morning sessions are run for selected swimmers in SG Swimming Team while learners from PYP do it regularly, MYP in ECA and club too!

We are creating and focusing on many activities that foster leadership skills and provide our learners' areas to explore; a few are; Student Editorial Board, Students Organizing Committee SG MUN, 2:0, Book Club, Photography Club, Community service, and Student Council. This year, we also introduced Student Work Experience (SWE) for weekends for learners from PYP Grade 4 onwards to motivate them to learn new skills and participate in work according to their age level. PYP learners also take part in various community service activities inside school premises.

Our team is very active on social media like Facebook, Instagram, and LinkedIn; you may follow us for more regular activity updates. Other great resources to stay informed are your email (provided by the school) and the school app (Veda). I look forward to a productive partnership with our families during this year, as we believe that a substantial home and school connection is paramount to each student's academic and social/emotional success.

**Warmest Regards,**

**NEHA K.C.  
PRINCIPAL**



# Trip to Syangja

Muhammad Ali once said, "Service to others is the rent you pay for your room here on earth." With that said, we are thrilled to share the wonderful experience of our community service program from the 11th -17th Baishakh, 2080, a trip to the Syangja district. The students of grade 11, including the participants of the DOE award at Swostishree Gurukul IB World School, participated in this three-day community service program. Our mission was to assist the local community school service at Shree Daraun Secondary School in Darun, Syangja, and we are proud to say that we made a meaningful impact. The students specially conducted public awareness classes on menstrual hygiene and cybercrime prevention, distributed clothes and educational materials collected from their school community, and dispersed sanitary pads and other supplies such as dustbins, brooms, dustpans, etc. They also painted a mural on the school wall and visited the local village to learn about the social and cultural lifestyle. During this service, the students cared for their food and accommodation. Ms. Prabina Nepali and Mr. Shyam K.C. were the facilitators of this initiative. Swostishree Gurukul's family expressed their gratitude to Shree Daraun Secondary School for providing a platform for such a noble cause.

## Artistry Unleashed: Igniting Creative Expression', Charity Fundraiser



"As every purchase transforms lives and unleashes the power of giving," following this slogan, Students of Grade X participants of the Duke of Edinburgh International Award demonstrated their craft live at Labim Mall. Our stall featured an extensive collection of handcrafted treasures from talented artisans. We were delighted that they worked hard to create a fund to help people in need. They crafted dreams and raised funds weaving a tapestry of hope and empowerment for a brighter future.



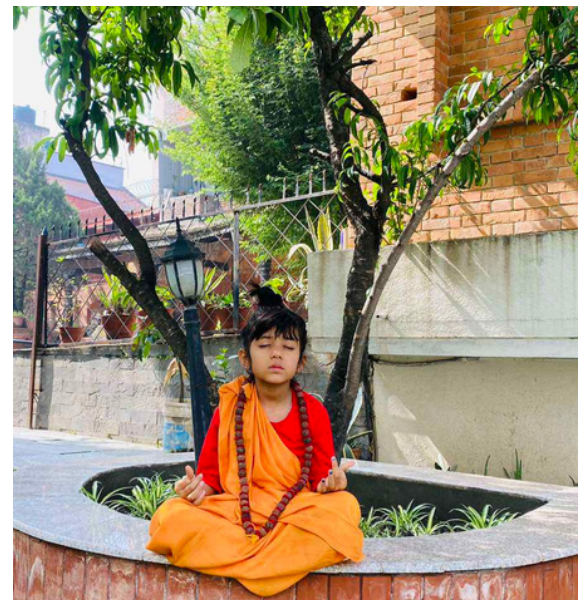
# 'Achievement Unlocked: Celebrating Graduation Milestones': 3rd Batch of SEE, Class of 2023



Swostishree rejoiced in the remarkable achievements and bid a fond farewell to the third batch of SEE, 2079 B.S., held on May 1 at the Soaltee Hotel. The graduation ceremony commenced with a grand procession as the graduates proudly entered the venue and walked on the red carpet adorned in their caps and gowns. The air was filled with anticipation and excitement. The parents of the graduates were present in this joyous moment. Among other dignitaries, Prof. Bal Chandra Luitel, was present as the Chief guest, and the renowned media personality Mr. Suraj Singh Thakuri was a special guest. Our graduation ceremony was graced by great esteemed speakers who shared their wisdom and offered words of encouragement to our graduates. The Founder Chairman of the school and Minister of Bagmati province, Hon. Ram Krishna Chitrakar Chaired the function.

## Celebrating Buddha Jayanti: Rituals and Offerings

On 22 Baishak, 2080 B.S; a sacred occasion that commemorates the birth, enlightenment, and timeless teaching of the great master Gautam Buddha, we gathered to celebrate Buddha Jayanti amidst the serene surroundings of Swostishree Gurukul IB World School. We took a moment to appreciate the importance of inner peace and compassion.





# Educator's Oasis: Recharge, Reflect, and Rediscover

Swostishree Gurukul Teacher's Retreat at Trisuli Riverside was a transformative experience designed exclusively for educators seeking rejuvenation, connection, growth, and inspiration. Right before the beginning of the new academic session, the teachers and staff of the school were taken for an overnight stay where they had all the fun.



## Artistry Reverie: Exploring the Profound Works of a Visionary Artist



Swostishree Gurukul Welcomes the Profound Artist and Former Chancellor of Nepal Academy of Fine Arts Mr. Kiran Manandhar & his son Mr. Sagar Manandhar to our school. It was such an inspiring day for all of us. They spent an entire afternoon in the school and also created wonderful art pieces on the school premises. So, this monthly publication celebrates the works and insights of exceptional artists whose creations transcend boundaries and evoke deep emotions, to inspire our art enthusiasts and artists.

We believe in nurturing a safe, inclusive environment where every student feels respected and supported. In line with our commitment to address bullying, we launched Anti- Bullying session designed to empower students and help them understand different types of bullying, including verbal, physical, and cyberbullying. This session aimed to create a space where students could learn, engage, and develop valuable skills to stand up against bullying. The course was led by experienced and dedicated instructors. They utilized various teaching methods, group discussions, and case studies.

## Empowering Students Against Bullying:





# Spain Tour: Training Camp

This was an incredible journey and delightful celebration; our football lovers had a training Camp in Spain, which Holland Football University organized. The football team was headed by a famous Nepali National Footballer, Mr. Anil Gurung, the Football Ambassador of the school, and our Football Coach, Mr. Pushpa Bista. During this training session, they received excellent training and language classes and enjoyed cultural tours simultaneously. Apart from providing the best of sports, Swostishree also believes in catering to other facilities to act as helping students with their visions and goals and providing the required guidance, opportunities, and exposure.



## Roll Ball World Cup 2023



Students of Swostishree took part in the Roll Ball World Cup Tournament, which was held in Pune, India, from the 21st to the 27th of April. Altogether, seven students participated as part of the Men's National Team and Women's National Team. It was a great honor for our school, which represented Nepal in this international arena. The team was given a farewell by the school in the presence of National Sports Council Vice President Mr. Shiva Koirala Jwala and Chairman of the school, Hon Ramkrishna Chitrakar, and the School Management.



# Champions in the Pool; Shattering National Record:

Record-breaking performances remind us that greatness can be achieved through an athlete's dedication, perseverance, and sheer determination. On Jestha 10th and 11th, we witnessed several remarkable performances. The first Bagmati Province Swimming Competition provided a platform for emerging talents to shine. Among the rising stars, young prodigy Tenzin Namdol Ryan Gurung has broken the national record with a powerful and effective stroke. Along with him, other athletes, Alvin Maharjhan, Anushiya Tandukar, Upaasti Maharjan, Seren Singh, and Urgen Maharjan, bagged several awards. We hope this story has ignited your passion for swimming and inspired you to chase your own dreams in the pool. Remember, the water is your canvas, and with each stroke.



## Table Tennis: Tournament Recap:



We are happy to share the most exciting moments from the recently concluded table tennis competition. Our Girls' Table Tennis Team bagged the third Prize in the 9th SOPHES National Inter School Championship. The prestigious table tennis tournament took place from 18th - 19th May 2023. This highly anticipated event attracted players showcasing their incredible skills and passion for the sport. Swostishree congratulates Agrata Bista - IX, Ivana Shrestha - IX & Akshadha Bista - II.





# Trekking Trails – A Memorable Hike to Shivpuri with Students



As nature lovers and outdoor enthusiasts, we were thrilled to recount a memorable hike to Shivpuri (Nagi Gumba) with enthusiastic students. Our teachers of Grade X and students conquered the trail and embarked on a hiking adventure beautifully paired with delectable meals. We commenced an early morning adventure brimming with excitement and energy. We were immediately immersed in a world of verdant beauty and serenity as we entered the national park. The chirping of birds, the rustle of leaves, and the scent of flowers filled the air. The hike was mainly organized for community charity purposes. The students were so determined that they walked for around 3 hours and reached their destination. This hike taught students to discover their strengths, overcome obstacles, and develop a deep appreciation for the environment.

## Curriculum Sharing with Parents

We celebrated the invaluable partnership between educators and parents in shaping our children's education journey. Our curriculum-sharing event was a unique opportunity for educators and parents to come together and engage in meaningful conversations about curriculum and teaching strategies. In different subject areas, educators from PYP and MYP presented and explained how they would integrate their curriculum for a more holistic and interconnected learning experience. Teachers also shared their best practices, innovative teaching methods, and successful classroom activities, from project-based learning to technology integration, first and accounts of the strategies that have proven effective in engaging students and fostering more profound understanding of the subject matter.





Swostishree organized this annual event on 22 May as a celebration to represent our vibrant and inclusive community, where our students and educators came together to embrace and appreciate the diverse backgrounds, cultures, and experiences that made them realize who we were or where we belong. Subsequently, what's a better way to celebrate diversity than through the language of food? Thinking of this, we invited everyone to participate in the Diversity Day Potluck Lunch. Students and Educators prepared a dish representing the culture or cuisine they love and brought it to share with everyone. It was a mouthwatering feast together, and we experienced the culinary richness of our diverse community. Diversity Day is not only a celebration; it's a reminder of each individual's unique qualities in our community. We foster a supportive environment where everyone feels valued and empowered by embracing our differences.

## **Celebrating Unity in Our Diverse Community: Diversity Day & Potluck Event**



## **School Election: Celebrating Student Democracy**



As we celebrate this historic day, the event showcased the vibrant spirit of democracy within our student body and highlighted the exceptional leadership present among our students. Students enthusiastically put forward their nominations or nominated their peers for various positions, including the student council president, vice-president, secretary-general, house captain, and vice-captain. During the subsequent campaign period from 16th May to 23rd May 2023, candidates tirelessly advocated for their ideas and shared their visions for the school. They demonstrated their dedication and commitment to positively impacting the school community through creative posters, compelling speeches, engaging in campaigns, and meaningful conversations.



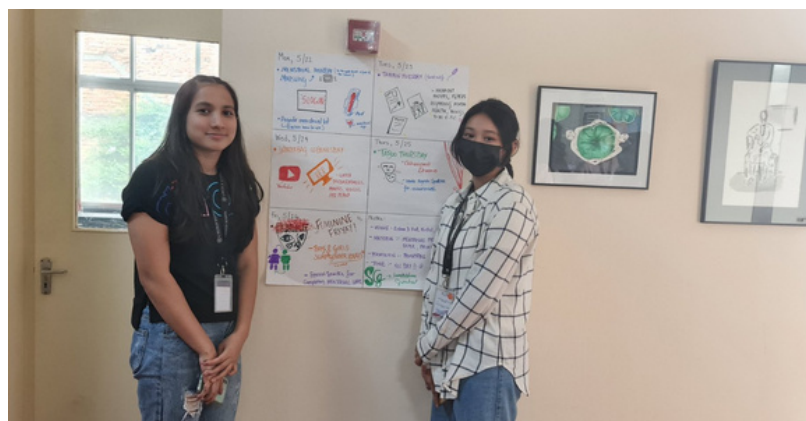


# Artistry Express: Strokes of Genius

In commemoration of 50 years of excellence, Siddhartha Banasthali School proudly organized an Inter-School Art Competition centered around the captivating theme of “Beauty and Chaos of Kathmandu.” The event took place on the auspicious day of 29th Baishak, 2080, attracting an impressive turnout with over 40 participating schools and more than 80 talented individuals showcased their artistic prowess. Among the esteemed participants were Anvi Shrestha from Grade X and Prashray Shrestha from Grade IX Everest, representing our school with utmost enthusiasm and skill.



## Menstrual Health Workshop Empower Young Girls: Participation in PLUM organized by Lincoln School



Our learners participated in the "Flowing Forward Workshop" on 14th May 2023 organized by the 'PLUM' organization at Lincoln School. The workshop was dedicated to raising awareness and bringing positive conversation about menstrual health while empowering young girls with knowledge about their bodies and menstrual cycles.

## School E-Sports Tournament

We are delighted to share the exhilarating competition that unfolded amongst our talented student gamers. In the recent ISA Inter - school e- sports tournament, Swostishree Gurukul IB World School's esports team, organized by Cempaka International School, emerged victorious. The seven talented players exhibited exceptional skill, securing the second position in a highly competitive tournament. Their remarkable performance has brought great pride and honor to our school. We wish the team all the best for their upcoming championship match.





# Recap of New Parents Orientation:

Swostishree Gurukul IB World recently organized a highly informative and engaging New Parent's Orientation at the prestigious Kishunji Parliamentary Hall. The event was held on Apr 21, 2023. The New Parents Orientation was designed to familiarize themselves with the school's senior leadership team, dedicated team of educators and administrative staff, and school policies. The program commenced with a warm welcome to the new parents, emphasizing the school's commitment to providing an exceptional educational experience for their children. Throughout the event, parents had the opportunity to ask questions, seek clarifications, and engage in meaningful discussions. The event successfully set the foundation for a strong parent-school relationship, paving the way for students' productive and fulfilling educational journey.



## School Presidential Debate Recap: Future Leaders

The School Presidential Debate was an electrifying event that showcased the democratic spirit of our student body. The presidential Debate took place at Swostishree Gurukul, setting the stage for a riveting exchange of ideas and visions. The event was attended by grade 3 to 10 students, along with the Principal, Ms. Neha K.C, Managing Director, Ms. Mina Maharjan & educators eager to witness the clash of ideologies and the candidate's responses to pressing issues. The candidates displayed their passion, intelligence, and commitment to positively impacting our school community. Each candidate brought unique perspectives and strengths to the Debate; The Debate featured three major candidates; Ishanvi Pandey, Samman K.C & Jasmine Sapkota. The Debate was skillfully moderated by Cyiera Shuvangini Bazagai, known for her ability to guide discussions and ensure fairness and clarity throughout the event. We applaud all the candidates for their dedication, courage, and willingness to serve. The election process itself was a testament to the strength of our democratic values and the belief that every student has the potential to make a positive impact.







# Formation of Students' Council

SG is proud to introduce the exceptional individuals elected as our student representatives. After weeks of anticipation and rigorous campaigning, our school's Student Council has officially been formed. With great pride, we introduce you to the exceptional individuals elected to serve: President- Jasmine Sapkota, Vice President- Aarov Sharma, and Secretary General- Saish Raj. Onta. The formation of the Council highlights the significance of student involvement in the decision-making process. The elected member will serve as a bridge between the student body, faculty, and administration, ensuring that students' voices are heard.

## Success in Promoting Environmental Awareness:

Together, we have stepped towards building a greener and more sustainable future for our school and community. Our learners from Grade VI-IX joined hands to celebrate World Environment Day with the theme; Beat Plastic Pollution and Cleaning Campaign. The campaign, held on 5th June 2023, aimed to raise awareness about the importance of environmental protection and encourage sustainable practices among students and educators. They initiated various eco-friendly practices outside the school premises, such as Waste management and Cleaning campaign- they chanted slogans. They raised awareness against the usage of plastics through medium banners and placards. Similarly, they distributed reusable bags to local communities and encouraged all residents to discard plastic.





# SEE Carnival Festival:

Two days of Swostishree SEE Carnival, held on the 3rd and 4th of June 2023, ended with a resounding success! It was a Mega Event where sports, creativity, and talent collided for SEE students. This grand carnival witnessed fierce competition, teamwork, and exceptional talent across multiple domains. The closing ceremony was a festive affair in the presence of dignitaries and cultural presentations. Trophies, medals, certificates, scholarships, and cash prizes were handed over to the winners by ANFA President- Mr. Pankaj Bikram Nembag as a chief guest.

Special guests for the events included Mr. Kiran Man Chitrakar, senior journalist and former Deputy GM of Nepal Television, Mr. Narendra Thapa, the General Secretary of the Nepal Basketball Association- Mr. Sanjiv Dhungel, the chief coach of the Nepal Table Tennis Association and others celebrated by senior sports and principals of different schools.



## Table Tennis Tournament: A Battle of Precision and Skill



In Boys' Table Tennis, Aardsha Vidya Mandir Alan Maharjhan placed first, winning the first place prize; similarly, from Little Angels, Shivabhakta Shrestha came second. Likewise, from Girls AVM school Ivana Thapa secured the first position, whereas Viyanka Rai became second. The Table Tennis Tournament showcased the extraordinary dexterity and agility of the participants.

## Football Championship:

Teams from different schools (16) clashed in exciting matches, leaving no stone unturned in their quest for victory. The players' dedication, sportsmanship, and passion were genuinely inspiring. Premier School won the Boys' futsal match with 55k, and Sacred Heart secured the second position with a 30k cash prize. Malpi International School Sarthak Thapa became a man of the series, Sacred Heart's Kendra Raj Kulung and Mahesh Dahal became the best goal Keeper & the best goal maker for their outstanding performances.





# Basketball Showdown:

The Boys' Basketball team Hrithik's long-range shooting and clutch performances were crucial in his team's journey to the championship game. their exceptional shooting prowess earned 30k, and Team Grande's outstanding performance earned 15k. Sushant Karki was announced as the MVP.



## Reliving the Spectacular Fusion Of Dance and Culture

The Indo-Nepal Dance Competition, held in the beautiful city of Kathmandu, was a celebration of cultural exchange and artistic excellence. Dancers from various backgrounds and genres mesmerized the audience with their breathtaking performances. This competition brought dancers from diverse backgrounds and styles, fostering a sense of camaraderie and collaboration. We are happy to announce that our students' Srija Adhikari, Meher Agrawal, Ruhi Nepal, Prasna Koirala, Evanah Shrestha, Aysel Khanal, Akshadha Bista (group dance) and Aayu Khatri (solo dance) were able to grab 3rd position in this prestigious event.



## Mastering the Art of Handwriting:

The handwriting competition served as a reminder of the importance of handwriting in our increasingly digital world. So, we are delighted to announce the tremendous success of the recently concluded Handwriting Competition at Swostishree. The competition was remarkable, showcasing our talented students' exceptional penmanship skills. The air was exciting as participants from various grades gathered for the highly anticipated Handwriting Competition.





## Skaters Unite: Inter-School Skating Competition:

The Inter-School Skating Competition was a spectacle of remarkable skills, where each participant showcased their talents on wheels. From flawless spins to breathtaking jumps, the skaters left the audience in awe with their grace and precision. We are delighted to announce that our school diligently prepared and participated in this event. Hence, their commitment and enthusiasm led them to win the title in different positions; Ishani Shrestha secured 1st position, Sunicha Bajju held 2nd position, Sarya Maharjan & Shishir Gautam grasped 3rd position.



## Swim Gazette: Celebrating a spectacular second position



We hope this newsletter finds you all in high spirits and ready to dive into the exciting updates from the recently concluded 11th NSA Cup Swimming Competition where we celebrate the remarkable achievements of our swimmers who secured a fantastic second-place. This event witnessed an exhilarating display of speed, technique, and determination as swimmers from across the nation competed for glory. The competition was held at satdobato, we couldn't be more proud of their achievements and the way they represented our team and our community with immense pride. Congratulations to all athletes especially Tenzin Namdol Ryan Gurung & Ajal Kaji Tamrakar who set the new national record on this remarkable milestone. Cheers to many more days of growth, learning, and success under your inspiring leadership.

