

Good Touch Bad Touch | Elementary School

Empowering young minds at Sifal School with a session on, 'Good Touch Bad Touch' for students from Grade I to IV. This session was designed to raise awareness and educate students on personal safety, appropriate touch, and fostering a safe learning environment. This session is an initiative to promote a culture of awareness and empowerment among our elementary school students.



Email Writing Session | Sifal School

Sifal School conducted an email orientation session, enlightening students on the art of effective email writing and the importance of avoiding plagiarism. This initiative aims to equip students with essential communication skills while fostering integrity in their academic endeavors.

Student Orientation | Elementary School

Sifal School recently conducted an orientation session for its elementary students, offering a holistic learning experience. Covering a wide array of topics including punctuality, greetings, table manners, dress codes, safety protocols, plagiarism awareness, and more, the session aimed to provide fundamental life skills to the young learners. These sessions are designed to serve as a guide not just for their academic journey but also for navigating various aspects of their daily lives.



Result Distribution | Grade XI

The Result Distribution of Grade XI students took place on Jestha 9, marking a significant milestone in their academic journey at Sifal School. This special event was a testament to their dedication, hard work, and exceptional performance, showcasing the collective pride of the school community in their achievements.



Science Talk | Jestha 3

The Science Talk on the topic, “Tech Meets Nature: Orchid Exploration through Advanced Trait Mapping” was conducted successfully. Mr. Gaurab Shrestha presented his ideas and knowledge on the evolutionary history of the Orchid, their types and their structures. Regarding his presentation, he shared about his research while he was preparing his thesis. It was about exploring terrestrial orchids mostly in the high Himalayas of Nepal and then extracting the DNA, taking sequence of DNA and estimating the character evolution by analyzing the sequences.

He shared the moments and pictures during the exploration, how the basic lab work was done and how the advanced technologies can actually trace back the characters evolved during the course of time.

COAS Grand Science Exhibition (4th) | Achievements

Saurav Phuyal and Bhanu Prakash K.C, both from the class of 2024 at Sifal School, secured the Second Runner-Up position at the COAS Grand Science Exhibition (4th) - 2080 held at Ripumardini Sainik Mahavidyalaya, Bansbari, Kathmandu. Their innovative project, a Smart House module, showcased the potential of robotics and artificial intelligence. This project integrated advanced home automation and security features into a cohesive system accessible via a custom-built web interface, allowing users to manage various aspects of the house remotely.



Back to School | Jestha 4

The “Back to School” event at Sifal School was held on the Jestha 4. This occasion provided a glimpse into the school's vibrant learning environment and curriculum, fostering a deeper connection between parents and their child's academic life. Parents actively participated in their child's school routine, attending classes, engaging with teachers, and partaking in interactive activities. Dedicated to the Elementary and Middle School block parents, the Back to School Night program, which took

place, was an enriching experience. This event successfully strengthened the partnership between home and school, ensuring a collaborative effort towards every student's educational journey.

Hamro Palama | Jestha 14

Sifal School hosted “Hamro Palama” on Jestha 14 for Grade I. Dr. Sushim Ranjan Baral, grandfather of Sharanya Karanjit from Grade I, shared his childhood experiences with food, games, and education. His storytelling encouraged students to be calm and careful while playing and studying. The interactive session featured real objects from the past, such as a tuki, laaltin, marbles (guchcha), dandi-biyo, and makai-bhatmas, which captivated the students.



Menstruation Awareness | Sifal School

On the occasion of World Menstrual Hygiene Day 2024, Sifal School organized a session focusing on menstrual hygiene awareness. Our initiative aimed to educate and empower, ensuring every individual has access to vital information for their well-being.

Explore these snapshots that encapsulate the essence of this important event, highlighting our commitment to health awareness and community engagement.

Award Distribution Ceremony | Achievement

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Polio Vaccination | Sifal School

Sifal School recently organized a comprehensive polio vaccination drive for all its students. Ensuring the health and well-being of our students is a top priority, and this initiative represents a crucial step towards safeguarding them from preventable diseases. By providing these vaccinations, we aim to create a healthier school environment and promote the overall wellness of our community.

College Counseling Session on Education in the U.S. Universities | Sifal School



On Jestha 9, Sifal School hosted a college counseling session on education at U.S. universities, featuring guest speakers Shanti Thapa and Priyani Shah. This informative event was jointly organized by USEF Nepal, also known as the Fulbright Commission and Sifal School.

USEF-Nepal administers the Fulbright Scholarship in Nepal and houses Nepal's Education USA Advising Center, supported by the U.S. Department of State. It provides accurate and comprehensive information on

higher education opportunities in the USA. The session aimed to guide students in exploring educational prospects in the United States, offering valuable insights and advice.

Department Meeting | Sifal School

DSS recently held a departmental meeting that served as a catalyst for improvement, understanding, and team bonding among different departments. This initiative aims to enhance the quality of education provided to our students by fostering a collaborative environment among our educators. By coming together to discuss strategies and share insights, we are committed to continually improving our teaching methods and ensuring the best possible learning experience for our students.



Spelling Bee | Sifal School

Sifal School recently held an engaging Spelling Bee competition for the elementary, middle and high school students. This event is designed to encourage students to expand their vocabulary and deepen their understanding of diverse languages. By participating in the Spelling Bee, students not only enhance their spelling skills but also boost their confidence and linguistic knowledge.



Parents Talk | Jestha 16

Sifal School successfully hosted, “Parents Talk” held on Jestha 16, led by Mr. Mukunda Raj Joshi. The session focused on “Nutritional Obesity in Children and the Risk of Type II Diabetes in the Future”. Mr. Joshi provided an engaging and informative discussion, explaining the process of fat accumulation in the body and its connection to childhood obesity. He highlighted the importance of understanding these mechanisms to prevent obesity and reduce the risk of type II diabetes in children.

Field Visit | Sifal School

The Grade I students recently embarked on an educational field visit to the Naxal Vegetable Market. This hands-on experience was designed to help them recognize various fruits and vegetables, aligning with their current lessons in Science and Hamro Serofero about 'Our Food'.

During the trip, the young learners were actively engaged in observing, identifying, and distinguishing different types of fruits and vegetables. This visit not only piqued their curiosity but also reinforced the importance of including fruits and vegetables in their daily diet as essential body-protecting foods.



Quiz Competition | High School

The class-wise quiz competition held on June 7th, 2024, was a remarkable success, significantly contributing to the holistic development of the Grade IX and X students. This event, aimed to promote academic knowledge, enhance cognitive abilities, encourage healthy competition, and foster an interactive learning environment that supports students' overall growth.

The participants displayed remarkable enthusiasm, making for a highly competitive atmosphere. Winning Team: Group C (Aayotrie Chaudhary, Pradnesh Singh Basnet, Sparsh Prasai, Eshanee Manandhar)

District Level Deerwalk Mathematics Olympiad | Sifal School

We are thrilled to share the successful completion of the District Level Deerwalk Mathematics Olympiad held on June 1, 2024 at the Deerwalk Complex, Sifal. The event saw 150+ participants showcasing their exceptional mathematical skills and striving for excellence.

This event highlighted Sifal School's commitment to fostering holistic student development and academic excellence.



Awareness session about Cervical and Breast Cancer | Jestha 28

On the occasion of World Menstrual Hygiene Day 2024, Sifal School organized a session focusing on menstrual hygiene awareness. Our initiative aimed to educate and empower, ensuring every individual has access to vital information for their well-being.

Explore these snapshots that encapsulate the essence of this important event, highlighting our commitment to health awareness and community engagement.

History Talk | Jestha 29

On Jestha 29, the 'History Talk' event was successfully conducted. Students gained insights into the importance of preserving our heritage, its connection to human health, and the pivotal role of the community in safeguarding it for the future. They learned about the unique values, intricate designs, and the necessity of protecting our historical heritage, contributing to national pride and economic growth. The event emphasized the importance of heritage education, encouraging active participation in preservation efforts to maintain our cultural identity.

