



NAMASTE SPOTLIGHT

DEC 2023

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Message from the principal

Jigme Sherpa
Principal, Namaste Academy

As we release the concluding edition of the 2023 Newsletter, we are delighted to share the outstanding success of Namaste Academy at the recent International Karate Championship in Sri Lanka. This victory underscores the remarkable progress of our students in the realm of Martial Arts and our heartfelt appreciation goes to the parents of the winners for their support in facilitating our students' participation in this international event. We are also pleased to announce the recent appointment of Ms Hilda Christina as the Cambridge Head, who will be significantly enhancing the services offered through CAMBRIDGE. Being a Cambridge International School, we take pride in the continuous engagement of our teachers and staff in various training programmes and webinars to elevate the quality of our services. And although the first year of implementing Cambridge posed challenges, the trust bestowed upon us by our parents has bolstered our confidence, enabling us to introduce unprecedented services. Furthermore, the initiation of Generation Global marks a new chapter, providing

online video conferencing opportunities for teachers and students from Grades 9 to 12. Some students have already participated in enriching dialogues with peers from countries such as India, UAE, Pakistan, Ukraine, Canada, Ghana, and Bangladesh, fostering global communication on topics such as Culture, Beliefs and Values, Fake News, and Social Media to name just a few. With these diverse programmes, we believe we are steadfastly progressing toward fulfilling our vision of providing students with a well-rounded liberal education centred around the values of Inquisitiveness, Innovation, Accountability, and Empathy. We are grateful for the journey we've undertaken thus far and commit to continued efforts in the coming days to identify the best ways to establish holistic education at Namaste. We are also excited about the upcoming event "The Creative Fest", a student-led event that showcases students' creativity, teamwork and leadership skills which is happening on December 16, Saturday to conclude 2023 and urge you to participate in the same.



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Namaste Academy Does it Again: Winning 3 Gold, 2 Silver and 2 Bronze Medals in the International Karate Championship in Sri Lanka

Namaste Academy students were able to shine the brightest in the JSKA 10th Annual International Open Karate Championship -2023, organised by JSKA Sri Lanka which took place on 18th November, 2023. The event had participants from Pakistan, India, and the Maldives as well as Sri Lanka and of course Nepal. We are proud to say that six of our students took part in the competition and won the medals as follows:



1. Dev Kumar Shah (5)- Gold and Silver
2. Ansh Chaudhary (4) - Gold
3. Bed Jaiswal (4) - Gold
4. Ilesh Jung Thapa (3)- Silver
5. Nitisha Shrestha(8) - Bronze
6. Himani Thapa (7) - Bronze



Namaste Academy is proud of Mr Muhammad Ali (Karate coach) for constantly supporting the students and helping them to perform exceptionally well on this international platform. We are also grateful to Mr Rajendra Kunwar Sir, Education Visit Coordinator for the trip to Sri Lanka. And finally, would like to thank the parents who supported the students to make the visit possible.



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Science Demonstration Day

Science Demonstration Day was conducted on 27th Nov 2023 in association with Karkhana and saw students of Grades 6-8, who have the Karkhana Kit demonstrate several experiments on the topics of Science.

From the academic year 2080, Namaste Academy introduced the Karkhana kit to the lower secondary level. Karkhana, established in 2069 B.S. is a social enterprise that focuses on giving students the right skills and attitude so that they



can solve problems on their own and eventually build their future. Through this collaboration, Karkhana provides teacher support to the Science teachers and Karkhana Kits to the students which can be used in various Science lessons to practically demonstrate the concepts. The event was followed by a Closing Ceremony where the parents and students got the opportunity to learn more about Karkhana, hear about the School's values and understand why programmes such as Karkhana were started this year. The chief guest of the event was Mr Dillinarayan Pandey, Director of NA and we also welcomed a distinguished guest, Shyam Kharel, Promoter of NA.



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Observation of the Karkhana Science Programme by Namaste Academy's Science Teachers

Namaste Academy welcomed a Karkhana observer to observe the implementation of the Karkhana Science Programme. They observed the classrooms of both Viajy Karki sir and Suphal Dumre sir and provided necessary feedback to ensure that the teachers met the teaching standards and application of Karkhana materials in the classroom. In the light of the observation, students from Grades 6 to 8 will showcase how they are using the Karkhana kit in their classrooms and we commend the dedication and enthusiasm of our teachers, who brought the Karkhana Science programme to life in their classrooms.



Eye Screening Camp: A Recap of Promoting Visionary Health!

In a dedicated effort to raise awareness about eye health, Namaste Academy successfully organised a two-day Eye Screening Camp on November 5th and 6th. The Camp, led by the esteemed team from Shree Krishna Netralaya Pvt Ltd, featured thorough eye examinations conducted by experienced optometrists and ophthalmic assistants, ensuring meticulous assessment of every individual's vision. We express our sincere gratitude to the Shree Krishna Netralaya Pvt. Ltd. team for contributing to the resounding success of this camp.





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Namaste Alumni Achievements

We take immense pride in the outstanding performance of our alumni, Mr. Kiran Bhusal and Mr. Sushil Neupane, in the IOE Entrance Examination 2080. Their success is a testament to the excellent academic services provided by Namaste Plus 2 and we extend our best wishes to them for their future endeavours.

About 70% of Namaste Plus 2 students were able to achieve a 3.21 GPA or higher in the NEB examination and all students were able to successfully pass. It is a rare feat to achieve for any institution in Nepal and we are glad that we struck gold in our first year of Plus 2.



Driver Vehicle Training Workshop

Gandaki Auto Private Limited conducted a Driver Vehicle Training workshop for the drivers of Namaste Academy transport department. This initiative aims to ensure that the highest level of safety measures for driving school vehicles is met. Such programs serve as a constant reminder to our vehicle staff to adhere to Namaste Academy's Health & Safety Policy. The event was attended by all the drivers of Namaste Academy along with the transport incharge Mr Binod Achhmi. Namaste Academy is grateful to Gandaki Auto Private Limited for conducting such a program at Namaste.



Cambridge Webinars for Teachers and Teacher Training

Namaste Academy endeavours to continuously train and support teachers on various topics related to teaching and learning. So, after the inspection of David Payne and his subsequent recommendation, Namaste Academy conducted training by Mr Jigme Sherpa, the Principal of Namaste Academy, on building engaging classrooms through various tools. Along with this, in an online workshop, teachers learned ways to teach in class with the help of dialogues through Global generation, to make the classrooms less didactic.



Cambridge Teachers also went through several Cambridge-related webinars and trainings during the last two months. These included a session from Collins, through which we provided our Cambridge books, which provided teachers with doubt-clearing sessions for using the textbooks in the most efficient way.

Along with this, Cambridge also conducted several sessions on 'Reading from Phonics: How to Create Fluent and Independent Primary Readers' and 'Unlocking Potential with Cambridge Primary Insight', where different teaching tools were shared. A session on 'Primary Dictionaries for Young Learners - the Importance of Dictionaries in Early Language Learning' was also conducted through Collins.





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Nepcare Solutions to Provide Mental Health-Related Services to Namaste Academy

Namaste Academy and Nepcare Solutions have been working together for a year now to provide different sessions to students regarding Mental Health. The two institutions will now formally partner to bring more mental health and well-being-related services to our students, teachers, staff and parents.

Nepcare Solutions works to provide access to the health sector including mental health. Namaste Academy recognises that addressing the imperative of mental health education and services within the education sector is important and hence we are excited about this partnership and the significant and positive changes it will bring to the school environment.



Plantation Programme

The tree plantation initiative aims to recognise the significance of environmental preservation and enhance the aesthetics in and around the school premises. The event was spearheaded by the founding principal, Rajendra Kunwar, and coordinated by the School Manager, Er. Umesh Kandel. Approximately 50 staff members and students actively participated in the activity, and together they planted around 250 trees throughout the first week of November.



Dashain: A Festival of Family Reunion and Togetherness.

Our school hosted a special programme, extending invitations to all parents, featuring cultural activities such as dancing and singing, spanning from preschool to grade 12. And as a part of the celebration, students were sent home with tika and jamara, along with dakshina.

In addition to the festivities, we also conducted a belt promotion ceremony for eight karate students who had proudly represented Nepal in the International Karate Championship in Malaysia, earning commendations for their achievements.



Deusi Bhailo, Class decoration, Rangoli Making and Pot Decoration Competition to Celebrate Tihar: The Festival of Lights

On this special occasion, our school organised a cultural programme where students participated by dancing and singing. Throughout the programme, we had Rangoli, Diya decoration, and a classroom decoration competition in which students were fully involved. And the whole school premises were decorated by respective staff members with the help of our beloved students.





- **Secondary School Rangoli Making Competition:**

Winner: Citrine (Yellow) House

2nd: Emerald (Green) House

3rd: Ruby (Red) House

4th: Sapphire (Blue)

- **Classroom Management Competition:**

1st Position: Grade 6C

2nd Position: Grade 7C and 9C

3rd Position: 10G

- **Primary School Diya and Pot Decoration Competition:**

Grade 1 Little Tulip

1st Darshit Pandey

2nd Riyaz Pandey

3rd Myra Singh KC

Grade 1 Little Daisy

1st Aarushi KC

2nd Arya Bhusal

3rd Darshan Pokhrel

Grade 2 Achievers

1st Rhythm Sinjapati

2nd Kaira Malla

3rd Echiro Rajali Magar

Grade 2 Reformers

1st Jeslyn Gurung

2nd Aabishkar Shrestha

3rd Anshika Pant & Sarvin Shrestha

Grade 3 Butterfly

1st Akshata Agrawal

2nd Prasiddhi Sharma

Grade 3 Caterpillar

1st Pratik Parajuli

2nd Kaira GC

3rd Aarohi Thapa



Grade 4 Star

1st Aarshika Lamsal
2nd Swatee Pandey
3rd Saanvi Sharma

Grade 4 Shine

1st Siriska Rana
2nd Nischal Poudel
3rd Bed Jaiswal

Grade 5 Jupiter

1st Himani Thapa
2nd Akesha Bastola
3rd Aayush Regmi

Grade 5 Saturn

1st Om Shah
2nd Riyana Khanal
3rd Pranjal Khanal

Students' Participation in the Third National Industry and Commerce Fair

Our students actively took part in the Third National Industrial, Agriculture, and Tourism Amplification Fest held on the 8th of Mangsir. They were selected to participate in the Folk Dance competition and the

Music Performance category. The students received an Appreciation Certificate for their outstanding musical performance and Mr Nam Thapa (Music teacher), Mr Madan Nepali (Dance Teacher), and ECA Incharge Roma Sharma collaborated to ensure the seamless execution of the students' participation.

The event saw more than 50 participants from Namaste Academy.



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List of the Students who participated:

Girls (Dance)

Prakriti Parajuli, Awantika Karki, Migeen Thapa, Himani Thapa, Shreeyashi Panthee, Khushi Saru, Rejina Thapa, and Brishel Ghale

Boys (Dance)

Shishir Pandey, Prachalan Bhusal, Jigten Pun, Ishan Poudel

Music Performance

Prakriti Parajuli, Sriyut Aryal, Krishav Shahi, Aayansh Agrawal, Gitika Dumre, Anjana Neupane, Rishima Khanal, Avani Dewan, Saanvi Ghimire, Grishma Bhushal, Avani Devan, Yashraj Gupta, Satyam Dhakal, Darshan Bhandari, Sarthak Sharma, Himani Mandal, Aarogya Jung Kunwar, Sakrita Rimal, Vanshika Shah, Riyana Khanal, Akash Mallah, Sivin Regmi, Aayansh Agrawal, Neisha Bhusal, Agrima Pokharel, Swatee Pandey, Prisha Shrestha, Arshika Lamsal, Soumya Pandey, Aabish Gurung, Suyog Bhandari, Akshata Agrawal, Grishma Bhusal, Saanvi Ghimire, Pratik Parajuli, Suhana Aryal, Kevin Pokharel, Anmol Pangeni, Aarushi KC, and Bihan Sharma.

Namaste Academy introduces Generation Global videoconferences

Namaste Academy has partnered with Generation Global to ensure students have access to developing global communication skills through intercultural dialogues.

Students will have to complete various courses beginning from Introduction to dialogue to all the different contemporary topics. After completing the self-paced online course, students can be part of the video conference and interact with students of different countries like India, Ghana, Ukraine, Canada, etc. Generation Global is the Tony Blair Institute's global citizenship education programme for young people ages 13 to 17 that enables them to embrace the future, equipped with the knowledge, skills, and attitudes to become active and open-minded global citizens. Currently 16 students from grade 9 to 12 have registered for the program.

Along with it, through Global generation, teachers also took part in several video conferences to interact with teachers from other different countries and learnt ways to teach in class with the help of Dialogues to make the classrooms less didactic.

Prashant Chaudhary, Grade 9 student shares his own experience as a part of several video conferences he has been part of.

BOOK REVIEW

-Ayushi Rajbhandari (Grade 9)

Name of the book : Ikigai- The Japanese Secret to a Long and Happy life.

Authors : Héctor García and Francesc Miralles

Publisher: August 29 2016

Genre : Self-help book.

A book that's about finding your passion.

A book about finding a reason to jump out of bed every morning.

A book about finding your ikigai, but that's not the best part. The best part is figuring out where you truly belong.

The Japanese Secret To a Long and Happy Life.

Everything depends upon you. Upon what you choose to be. What you choose to do with yourself, you can end up anywhere in life. It all just depends on you, and what you choose to do.

In this mysterious world where everyone has their own roles, you can find yours with the help of this book. This book can help you to jump out of bed every morning with cheerfulness and excitement, it teaches us the art of staying young while growing old, and the art of living itself.

In this book it is said that, if all you have is something that you love and are good at, you have a passion, on the other hand if all you have is something that you love



and the world needs you for, you have a mission, if you have something that you're good at and that gets you well paid for, you have something that most people in the world has, known as a profession and if you have something that pays you well for and the world needs, you have a vocation. In my opinion, Ikigai the Japanese Secret is a very good book. It answered my questions such as 'What is the purpose of life?' Or 'What is the meaning of life in the first place?' I learned the art of living in this book and that happiness is always determined by our hearts. I learned that the purpose of my life is to find a purpose itself. By finding what I love to do, what I'm passionate about or what makes me happy and want to live longer.

Thank you.



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My experience with generation global video conferences

-Prashant Chaudhary (Grade 9)

Firstly I would like to tell you that generation global is an educational program that helps teenagers tackle global problems and issues with knowledge. The main objective is to understand each other and know others point of view.

I have attended 3 generation global video conferences. The first video conference I ever attended was "fake news and social media" as it was my first time I was a little nervous and hesitant. As I thought people would judge me if I said something false. For that reason I couldn't express myself as I wanted. So this conference was about knowing about the other person. I on the other hand just asked questions and I was too afraid to share my opinion but I learned a lot of things such as "how little amount of fake news is necessary" that really opened my eyes to other people's perception. As that session ended I made a note to myself that I would speak more and share my opinion and express myself how I wanted.

The next video conference was about "global citizenship". In this conference I was more attentive. I was constantly listening, making notes and replying to others. I

was now actually participating in the conference. In this I learned that he initially thought that I had been "wrong" was wrong. I realised my opinion doesn't make it correct because it was my opinion, it was my way of looking at things. Still at the end of the session I was a little unsatisfied as I fumbled and my worlds were a little complicated. I still learned a whole lot about problems that people are facing in different parts of the world and what they are doing to save this world and humans and animals. The most recent one was "culture, belief and values" this one was a little more exciting. In this, people from Ukraine and Africa etc. joined and I really wanted to learn their tradition and culture. I got to share my culture with them and I also learned a lot. This time I was confident and I was able to express my culture and beliefs. I also found out how all of our cultures are there to do one thing. That's to guide us and make us work in a team and cooperate. I was really happy I got to know about Africa's culture.

In conclusion, generation global has helped me in my communication skills. It has also helped me in learning different perspectives and how it has helped me evolve from a hesitant speaker to a more confident communicator, ready to embrace the opportunity that lies ahead.