

BE GOOD DO GOOD



BE GOOD

DO GOOD



**AVM** HIGHER  
SECONDARY  
SCHOOL

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SECONDARY  
SCHOOL

The Pioneer National English Medium Boarding School



Founded by Late **Mr. Satya Narayan Bahadur Shrestha** in 2022 BS, with 50 borders and 7 day scholars in Bhairab Bhawan, Lalitpur, AVM was shifted to Manbhawan in 2032 BS. Mr Shrestha was also the founder of Tribhuvan Adarsha Vidyalaya, Pharping and Mahendra Adarsha Vidyashram, Saatdobato.

He was the only founder principal of a school nominated by His Majesty Late King Birendra Bir Bikram Shah Dev in the National Education Committee. The strength of students has now reached to the tune of 2000 consistently for decades.



## About AVM School

Adarsha Vidya Mandir has placed character at its core, hence the name Adarsha (ideal). While academics is and should be the major business, the school pays due attention to various important aspects of child development allowing all kinds and not just bookish ones ample spaces to grow. The school possesses all the basic amenities such as Hostel, Lab, Library, Play Grounds, Transportation and Extra Curriculars that are not interpreted as “facilities” but the fundamentals for student development. With multiple buildings and grounds along with an auditorium hall in order to house students at all levels of school education, the school prides in its own property at Man Bhawan. Its infrastructure has allowed people at AVM to try multiple things without a sense of much constraint while fostering both creativity and confidence.

The Pre-School wing established relatively lately in 2069 for kids aged three to six years follows international play-way methods in a warm, caring and congenial environment. The school also has lunch service in the junior school section.

## Mission of the School

**BE GOOD and DO GOOD** is the school's motto. GOOD involves ethics, integrity, patriotism and excellence. The school focuses on character building, and all-round development along with academic excellence so that these good citizens will play a substantial role in building a prosperous, peaceful and happy society.

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## Message from the Principal

Dear prospective parents,

As we celebrate 50<sup>th</sup> year, we feel we have even a higher responsibility to serve the community in school education sector. When I assess the school's developments in the past, we have certain reasons to be proud of. However, I have a strong sense that we need to adopt newer trends in the education sector. The 21<sup>st</sup> century has a lot more complicated and diverse challenges as well as opportunities than ever before. As we move towards the 51<sup>st</sup> year of school, we are all set to make changes to our approaches as we are inspired by the philosophies of progressive education.

Venturing into progressive education requires school management, teachers, parents and community to come even closer and work together. Child development is the main agenda. Students develop all-rounded when we offer them opportunities to approach real-life issues in group settings.

We are thankful to all the stakeholders for providing support to AVM for decades and request the same for more years to come. We are excited to welcome vibrant students and families in the AVM community.

**Sujeeta Manandhar**  
Principal

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### Learning Environment at AVM

Learning is not meant to be boring at AVM. Students are given plenty of opportunities to discover what interests them, their pace and learning style according to which teachers attempt to help them learn.

Students and teachers share congenial relationship with each other so that students find it comfortable to ask questions. On the other hand, teachers also know students very well. As a result, teachers can find various ways to help different students as per their need.

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### Student-Teacher Relationship

Teachers at AVM have the culture of sharing and learning from each other as well. They reflect on how things are going, and share ideas with each other. The bonding they share amongst each other and with students give them the required boost to always do things for the betterment of school and society at large.

Almost all members in the teaching team boast a robust experience and qualification. In order to bring in necessary changes to the way they teach and behave with students, we have begun to offer various teacher training programs from experts.



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### Parent-School Partnership

We can't imagine proper development of any child without parents and teachers having a positive relationship and communicating with each other. We value and encourage parents to participate in various events and meetings organized by school. Parents' due comments and suggestions are highly welcome.





# Integrated Approach

Teachers teaching different subjects work together on common topics. That way, students find it easy to understand the context and its use. In fact, students learn best when they see connection across various subjects and their relevance to life.

When teachers communicate with each other about their courses, they find ways to connect topics when possible. This is exactly what teachers do at AVM.

As a result, students and teachers alike go beyond content boundaries to seek, apply and reflect the real meaning of most of the contents covered.



# Co-Curriculars

We value co-curriculars not any less than academics, and this has been an area to work for us. We have areas and resources to offer students enough platform so that they can explore their strengths.

We have partnered with various other talented individuals to offer our students with opportunities to explore their talent in the areas of performing arts, fine arts, music, speaking and sports. An attempt is always made to integrate these co-curricular activities into cognitive area and overall growth of students.



# Collaborative Learning

Ours is an unconventional class in which the teacher alone doesn't dominate the class, nor is there much of teaching from the board or books. Kids usually sit in groups as they discuss their lessons. They are challenged with situations in groups and individually to which they approach originally in their pace. Learning just happens from each other and not always necessarily from the teacher.

In all of our classes most of the time, kids are engaged in several activities as a result of which their critical thinking, confidence level and collaborative skills flourish.





## Curriculum and Assessment

We follow Nepal's curriculum but use best possible progressive education framework to make students' learning relevant and useful. We are a strong believer of the ideology that 'teaching and testing' should go together. Hence, our assessment of students is not limited to their academic performances in formal examinations. We include book reviews, presentations, project work, behaviors as well in the assessment system.

Also, considering the fact that kids do have to face formal examinations in the future and appearing exams smartly also involves various strategies, we integrate periodic examinations opportunities as appropriate as well.



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## Our Students/ Learning Outcome

AVM has an inclusive culture that welcomes students from all backgrounds. Our students are generally exposed to all-roundedness with plenty of opportunities to do meaningful things including studies. AVM has a record of many successful alumni members in different sectors. They still feel at home when they come to AVM and love to visit/ support AVM after years of their graduation.

Generally, our students have the following characteristics:

Leadership Global/Secular Commitment Service Integrity Curiosity



**Kishore Maharjan**  
Chief Executive Officer  
Civil Bank Limited



**Dr. Shreejana Shrestha**  
Professor of Paediatrics  
Dean -School of Medicine Patan Academy of Health Sciences



**Colonel Meen Dhoj Khadka**  
Nepalese Army  
Chief Military Personal Officer (CMPO) of UN  
Stabilization Mission in Haiti



**Anupa Shrestha**  
President Nepal Chapter  
Board Member IAWRT International  
Executive Producer, Image Channel Television

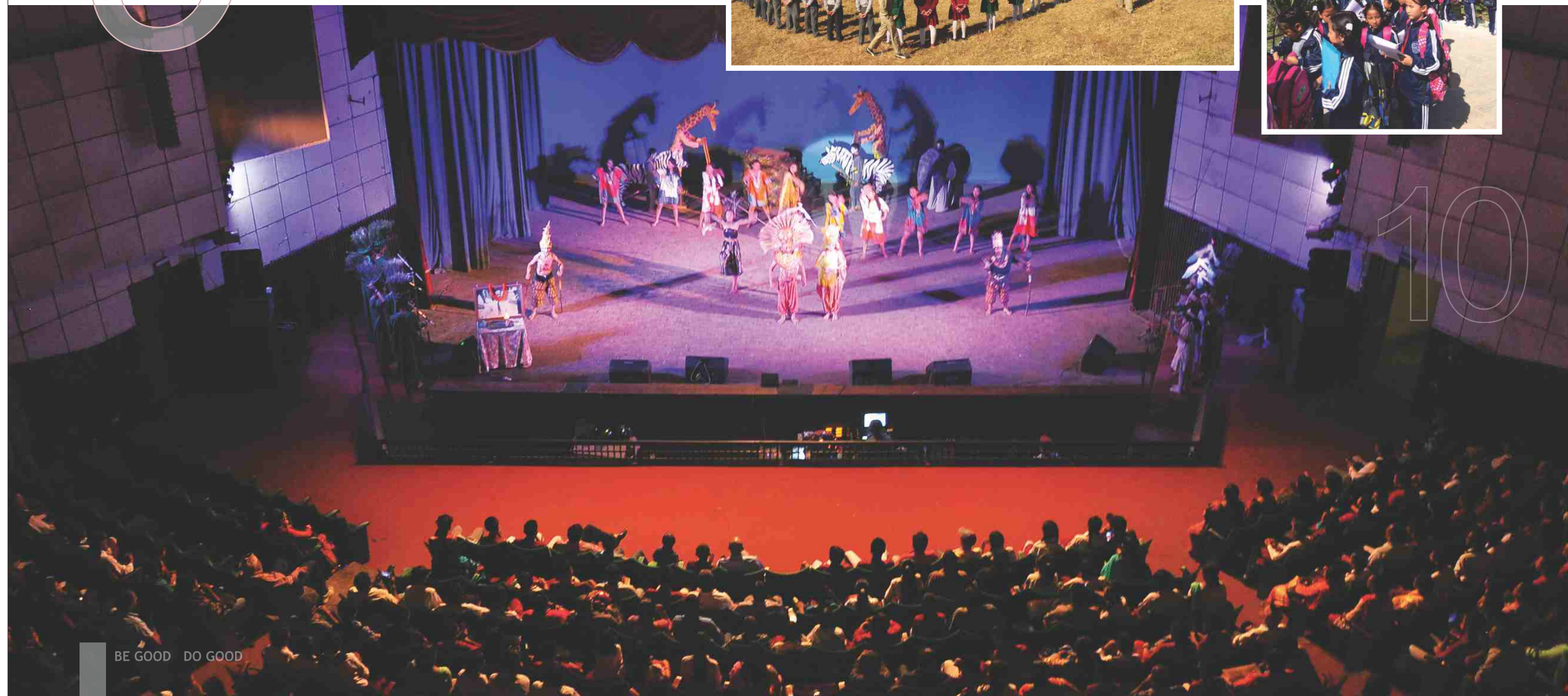
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## Events/ Trips

While events and trips can be a strong way to break the monotony of daily routine and rejuvenate, they are also a great learning experience in themselves in other to match with the project or lesson students are doing, we organize trips and events occasionally. Students are not only made to follow, but participate in organizing the same as well.

We request parents to offer due support and encouragement when these programs are organized at school.





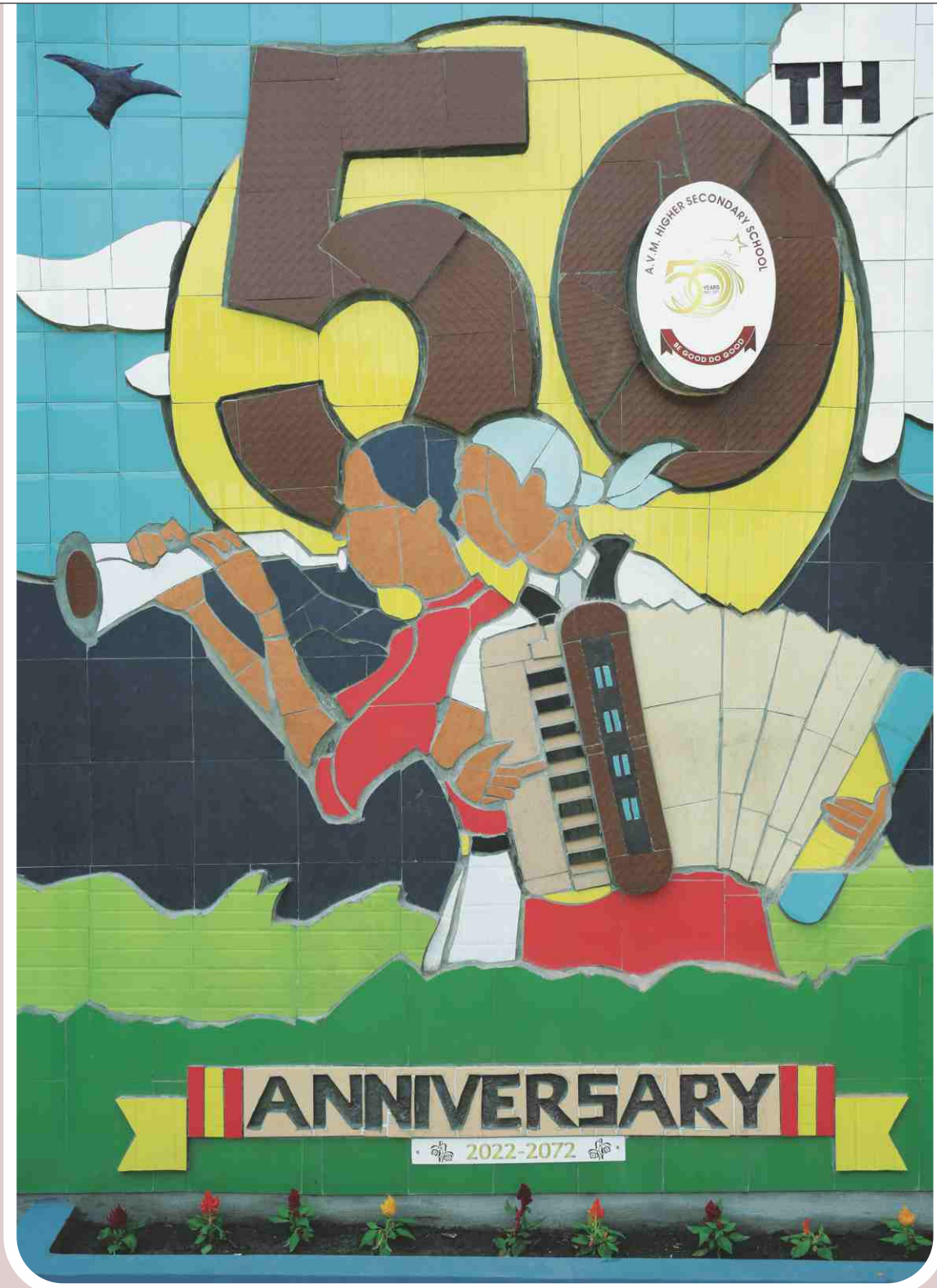
# Flashback

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## AVM in Press



**We are dedicated to the vow of serving our motherland by dispelling the darkness of ignorance with the light of knowledge.**

**- Mr. Satya Narayan Bahadur Shrestha -**

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