

TSTEC NEWSLETTER



Editorial.....

Since traditional teaching has been replaced by a new teaching method, and as mentioned in the curriculum of the Nepal government, we at Three Star Teacher Training Centre have been helping schools and teachers in play way methods and theme-based teaching in a child-friendly environment.

Our motive is also to make teachers aware that before achieving a formal education a child needs to have his/her holistic development like social, emotional, physical, and cognitive. We have been focusing on hands-on experience and fun learning for pre-primary and primary levels. Being a service provider and partner organization of ECEC we have been providing ECEC short courses and 1 year courses to the teachers.

The vision of love, stewardship, respect, and innovation has become one of our strengths in working with our TSTEC team members to make our programs succeed. We are blessed to connect with different schools and teachers this year. We are thankful to our clients for believing in us and our work too.

-Sara Lama, TSTEC KTM

A SPECIAL MESSAGE

TSTEC has a motto 'equipping teachers for quality education'. We believe that the importance of teachers in students' life is like role of parents or caregivers in the first early years. Teacher's role is like a gardener who looks after all sorts of flowers, provides suitable environment for the growth and development. Teachers need to be up to date with recent knowledge and skills. Unless and until the teachers are equipped, there is no possibility of providing quality education. Therefore, TSTEC always seeks for the effective age appropriate program for the holistic development of children. Hence, we are developing different types of training packages, producing different educational materials and providing for the schools. The Company, established in 2020 A.D. at Chabahil Kathmandu, has been growing and introducing new services to expand its domain in providing training, workshops, parenting, school consultation, and educational materials through its expanded offices at Itahari and Pokhara.

*Man Bahadur Rai
Manager*

Shanti Foundation implemented the Early Childhood Development Program to strengthen and enhance the capacity of pre-school teachers in selected government schools of ward-5, Sunapati Rural Municipality. The training was conducted in collaboration with the Sunapati Rural Municipality at Ward-5. TSTEC facilitated a 15-day Early Childhood Development training for 29 selected teachers, ranging from ECD to primary levels. TSTEC provided ongoing mentorship and support to the trained educators during the program and supported their learning. Participants were from different 11 schools and the training was conducted at Shree Krishna Puri Secondary School, from 1-15 September 2024. On the 15th day of training we did certification for the 29 participants in the presence of Chitra Bahadur Manandhar and Thulo kancha Tamang the local government representatives, principals and Chairman Shanti Lama from Shanti foundation, Project manager Chudamani Pahadi from Sahas Nepal who sponsored stationery material for training and SMC members from each school. All the trainees were very happy to learn about play way, activity based teaching. It was great opportunity to work with wonderful people.



Testimony from Trainees



After getting involved in this training, I find myself in zero level as I had been following traditional teaching methods before. Through this training, I learnt about choosing age-appropriate stories, songs and hands-on activities for children. Whereas, I understood about teaching actions and tuning while teaching songs to the children as well as including the climax part while telling the story. I will implement what I have learned.

- Krishna Maya Manandhar



I learnt about teaching in different ways and methods. While teaching on thematic approach, we can plan circle time, games and songs with fun activities based on particular theme. We realized that this method can help children in learning in a better way for long term. We learnt about making learning materials for kids with the wastage materials. 15 days training has been very effective. We will apply everything we learnt through this training.

-Kumar Manandhar

Various Training data from KTM Office-2024

S.No	Training	No. of Trainees
1	Pre (Level-1)	53
2	Pre (Step-1)	38
3	Primary (Level-1)	7
4	Phonics	5
5	Need base training	29
6	Parents seminar	395
7	1 Year course	10
8	Support staff	16
9	Song Workshop	9
10	Primary (Step-1)	7



Staff Capacity Building Testimony

International Class: Bridging borders through global education experience

International Class 2024 is the capacity building conducted to enhance and empower educators of ECEC and TSTEC with the collaboration of Driestar Hogeschool Nederland. This initiative was part of the commitment from Driestar to provide the experience of the international value-based education system and be a part of different pre-schools to secondary weekly basis to experience how education worked in Holland.

The 85-day stay was a lot of learning experience for me to experience the education system of different parts of the world. Learning from each other's context greatly impacts viewing education and evaluating my own education system. This helped me to cast a deeper vision for the Nepali school system with value and contextualize it for the needs of Nepal.

An international class is a great platform for me to gain skills, knowledge, and motivation to keep on learning and developing myself and the team for better Nepal. I am thankful to the TSTEC board, my colleagues, and my family for supporting me physically, mentally, and emotionally.



2023 Batch
Debora Das
TSTEC KTM

Partnering with ECEC on INTENT Project at Belbari Municipality

TSTEC is proud to serve as a pillar of teacher education and professional development in Itahari. Our dedication to improving educational standards is reflected in our collaborative efforts with ECEC Innovation in Education.

One of our key initiatives has been our ongoing work in Belbari, where we are actively involved with 31 government schools under the INTENT project. Through this partnership with ECEC, TSTEC has been providing essential classroom support to teachers, focusing on enhancing the reading skills of students through our 'Reading Acceleration Program'. We are proud to witness tangible growth and positive change as teachers gain the tools and strategies they need to create more effective and engaging learning environments.

Our work in Belbari is further supported by our continuous coordination with the Belbari Municipality, ensuring that our efforts align with local educational priorities and contribute to the overall development of the community. As we look ahead, TSTEC will continue to work alongside our partners and stakeholders to strengthen the educational foundation of Nepal.



Staff Capacity Building Testimony

A Transformative Journey: My International Experience in the Netherlands

My three-month journey to the Netherlands has been an unforgettable experience, one that has deeply enriched both my professional and personal life. During my time there, I had the privilege of visiting classrooms where I witnessed the Dutch commitment to innovative, student-centered learning. The educators' passion and creativity were truly inspiring, offering me valuable insights into teaching methods.

Beyond the academic realm, the cultural immersion was equally enriching. Engaging in cross-cultural exchanges with the colleagues of 5 different countries opened my eyes to new perspectives, teaching me the importance of adaptability, empathy, and global cooperation. These interactions helped me understand the importance of embracing cultural differences and the richness they bring to our societies.

The trip was not only enjoyable but also transformative. It was more than just an educational trip. It was an opportunity for personal growth.

2024 Batch
Sasmita Rai
TSTEC ITAHARI



Various Training data from Itahari Office-2024

S.No	Training	No. of Trainees
1	Pre (Level-1)	21
2	Pre (Step-1)	27
3	Primary (Step-1)	12
4	Phonics (Eng+Nep)	41
5	Need base training	49
6	Math Workshop	21
7	Language workshop	16
8	Theme Workshop	53



Testimony from Trainee

As I took part in the training, it brought a holistic change in my perception of children and teaching methods. This training provided me with a lot of knowledge and practical skills, along with experienced trainers. I learned how to prepare lesson plans and worksheets for preschool children and how to teach them using concrete materials and teaching aids through a multi-sensory approach.

The beautiful part of this course was that, as we learned theoretical knowledge in the classroom, we were also sent to different preschools as part of our practical teaching. There, we could apply what we had learned.

After two weeks of the training, I got a job at Rising Star Boarding School as a preschool teacher. I have been implementing all the skills I learned. The Step-1 course has helped me a lot in my career by improving my teaching skills, increasing the quality of my engagement with the children, and changing my perspective towards them. Now, I can understand their feelings and I can value and respect them. The practical sessions during the training provided me with great support and brought quality to my teaching skills.



Sajina Rai
Teacher
Rising Star Boarding School
Ramdhuni, Sunsari

Parent-Teacher Conference: Fostering Collaboration for Holistic Development

On Baisakh 24, 2081, Araniko Secondary Boarding School from Tanahun, in collaboration with TSTEC, hosted a vibrant Parent-Teacher Conference on “Children’s Holistic Development, Education, and Our Role.” Over 300 parents attended the event, which featured captivating student dance performances, interactive activities, and inspiring teacher contributions. Parents actively participated in discussions focusing on strategies for holistic child development and the shared roles of parents and educators. The conference successfully fostered stronger bonds between parents, teachers, and the school, highlighting the importance of collaboration in creating a nurturing educational environment for children’s overall growth.

Transforming Early Education: Level-I ECD Teacher Training

TSTEC in collaboration with Teach Nepal conducted ECD training, focusing on enhancing the teaching skills and competencies of educators from Machhapuchhare Rural Municipality.

Participants gained insights into child-centered teaching methods, holistic child development, and play-based learning. Practical sessions included storytelling, circle time, art, and classroom management strategies. This initiative strengthened their capacity to create nurturing, engaging, and inclusive classroom environment.

A Journey of Transformation through Preschool Teacher's Training

Hello, my name is Sandhya Gurung Thapa from Nepal. Teaching has always been my passion, and after eight years at Araniko Public School, I joined the Preschool Teacher's Training Course at TSTEC Pokhara. Guided by the inspiring Pradip Sir and his supportive team, this training transformed me into a confident, skilled educator. The experience deepened my passion, enriched my teaching, and helped me create engaging, nurturing classrooms. I highly recommend TSTEC Pokhara for anyone aspiring to excel in early childhood education.

Transformative Impact of Training on Early Childhood Development

I, Yam Prasad Adhikari, Director of Mount Heaven English School, am honored to be part of TSTEC’s Early Childhood Development and Play Way Approach training in Pokhara. This transformative program, attended by 11 of our teachers, covered vital topics such as Circle Time, Imaginative Play, Classroom Management, and Thematic Teaching. The emphasis on Learning through Play, supported by practical videos and assignments, has enhanced our teaching methods and deepened our understanding of child development. TSTEC for empowering us to nurture holistic development in our students.

Various Training data from Pokhara office-2024

S.No	Training	No. of Trainees
1	Pre (Level-1)	131
2	Pre (Step-1)	78
3	Parents Seminar	1745
4	Phonics (Eng+Nep)	22
5	Need base training	7
6	1-Year Course	5
7	School consultation	6



Staff Capacity Building Testimony

I joined TSTEC, Pokhara in 2023 and got an opportunity to enroll in one year course. This course has played a vital role in changing the way of my teaching method. I have been teaching since a decade but I came to know so many things after joining here. It has helped me in embarking on an exciting journey toward long-term transformation, focusing on creating a child-friendly environment and fostering the holistic development of each student. This one year course has helped me in my personal develop as well. I am much more confident in going to the Schools as a consultant and guide the teachers, talk with management team and teach students as well. This course has helped me to be a supporter in developing strategies that promote the physical, emotional, social, and cognitive growth of every child. By working together, we are committed to create a sustainable and impactful change that prioritizes the well-being and development of our student. I will continue to inspire positive change in many more schools, trainees and students. I'm sure I will work according to it and my team supports me to build many more lives in teaching being the part of TSTEC members.

2023-2024 Batch
Brinda Thapa
TSTEC POKHARA



Driving Educational Transformation: Calls Override Nepal and TSTEC's Initiative in Jiri

In Jiri, in collaboration with Calls Override Nepal, TSTEC is developing one school as a model institution while training teachers in two additional schools. The initiative has fostered teacher growth and adoption of modern teaching techniques, with local government bodies also engaged in awareness programs. Plans for expanding the project in the upcoming fiscal year are in progress.

Strengthening Education in Gandaki: SAM Global and TSTEC's Partnership in Pokhara

SAM Global, one of TSTEC's trusted project partners, has been instrumental in supporting the expansion and stability of our Pokhara office. This partnership has played a pivotal role in enhancing teacher training opportunities and establishing TSTEC as a leading training consultation organization in Gandaki Province.

The project has provided scholarships to aspiring trainees, empowering them to pursue professional teacher training. Additionally, SAM Global has supported the development of new trainers, enabling us to extend our reach and impact. Their support has helped TSTEC strengthen relationships with schools, expand outreach, and continue impactful teacher training programs, with plans to sustain these efforts in 2025.

*Thank
You*

Expanding Quality Education In East Nepal- Gauradaha, Jhapa

With the support of Wilde Ganzen Foundation and Sticthing TEACH Ministries, TSTEC successfully implemented a project "It requires a village to raise a Child" in Gauradaha, working with 7 public schools. As part of the initiative, TSTEC provided a comprehensive one-month teacher training program and observed practical classroom sessions. This practical teaching significantly enhanced the teachers' ability to apply new skills directly in their teaching environments. Through the intervention 16 ICDP facilitators, 96 caregivers, 480 children and 32 teachers were benefited.

Empowering Education: CE, SMS Nepal, and TSTEC Transform Schools in Bara and Saptari

Since July 2023, Christian Endeavour (CE) and SMS Nepal, together with TSTEC, have been working in Bara and Saptari. Their initiative focuses on equipping teachers with modern teaching skills and engaging parents and School Management Committees (SMCs) to improve school governance. So far, 18 teachers have been trained, benefiting over 300 students in child-friendly environments.

This partnership exemplifies how collaboration and targeted interventions can transform education and unlock the potential of teachers and students alike.