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About Shuvatara

Shuvatara is a private, co-educational, day cum boarding school established in March 1989 that is not quite like any other. It offers day and residential classes from grade I to X. On the school grounds children socialize free of inhibitions. They explore their imaginations and hone their skills. They learn to respect each other and themselves. They are encouraged to ask questions and seek answers. They are nurtured to care, challenge themselves and become responsible young leaders. The school teaching faculty, management and staff continuously labor to create an inclusive and engaging learning environment for all children who enter Shuvatara, irrespective of class, caste, color, faith or ability.

Vision and Values

Shuvatara has a down-to-earth educational philosophy. It’s purpose is to bridge the gaps in the Nepali education system and provide a creative and caring well-rounded education.

The school aims to produce balanced young minds that are rooted locally and competitive globally. The learning environment at Shuvatara rewards effort and progress and builds not only academic strength but also the ability to reflect and make decisions, and be responsible towards one’s community.

Shuvatara rears active young minds, eager to learn, share and give. Unlike a rigid demarcation between grades and subject, the school has the vision to produce balanced all rounders in the science, humanities or commerce streams. Thus we aim to produce scientists with compassion, businessmen with ethics, artists, thinkers and change-makers with creativity and logical balance to bring changes in society.
Location in Lamatar

Located in the pristine hills of the LAMATAR HILLS, snuggling below the lush green forests of the Sisneri Community forests, is the sprawling school in Lamatar, custom designed over 120 ropanis of land. At the very outset one is greeted with the perfect ambience of a well-designed and equipped school, with the mist in the background, and fresh air that is invigorating and fresh.

The drive to Lamatar takes half an hour from the crossing near B and B hospital. Once inside the school, you will be welcomed by the well planned school facilities. The child will receive a fully healthy and challenging academic and extra-curricular program, far from the hustle and bustle of the city. A fleet of buses transport the children from various areas of the cities.

Shuvatara Day Cum Residential School at Lamatar provides an education that is at par with world standards. It has kept up with its mission to produce students with national and international ability and commitment. They have enthusiasm for learning, ability to help others through an active social conscience and skills to move on to higher education and prove their caliber with unique Shuvatarian spirit.

To mark its 30th anniversary and with the demand of parents, Shuvatara School has now taken up the hostel project once again. The day school runs along-side the hostel facilities at Lamatar.

The hostel has separate and comfortable homes for boys and girls, each with a live-in Dorm parent. It is managed by a band of dedicated teachers, staff, Dorm parents and Matron, along with the school Nurse, Principal and Administrator.
Learning Goals

To develop critical thinking, problem solving and study skills and a joy for learning, facilitated by trained and caring teachers, a vast range of library resources and supportive classroom environment.

To develop creativity, communication skills and teamwork through a wide range of extra-curricular and co-curricular activities such as book weeks, community projects, quizzes, writing workshops, theatre, poetry, sports, music, outings, art and craft, treks and so on.

To monitor progress closely through weekly assessments and individual growth through counselling and remedial classes.

To encourage each student to develop a healthy self-image, self-confidence and self-discipline. To encourage the child to be able to care for and respect others and get along with people of all walks of life, in different situations and different needs.

To develop appreciation of multicultural art, music, dance, language and customs and take interest in practicing and performing these art forms.

To develop a keen interest in community building and sharing of resources through regular sister-school and other fundraising and awareness raising activities.
The Curriculum

Shuvatara offers a creative version of the Nepali SEE curriculum, open to the needs and learning abilities of the child. Shuvatara teaching reflects the best of eastern and western learning practices.

Students study all subjects in English except Nepali language, literature and social studies in junior classes.

The primary school follows a theme based curriculum suited to their age group and abilities. These classes use formal books with discretion and gain thematic, hands on knowledge of their curriculum.

The conceptual base of the high school curriculum begins from Grade 6 with an emphasis on learning the basics in core subjects through activities and teaching aids.

The SEE curriculum is followed more closely from grade 8 onwards with more emphasis on learning through understanding and application and less on rote or repetitive learning.

Under the guidance of a skilled and dedicated teaching faculty, the school ensures that each child is able to bring out his or her best, both academically and in their personal and social lives.
Co-Curricular and Extra-Curricular Activities

The school offers a wide range of educative co-curricular and extra-curricular activities to foster hidden talents, a sporting spirit, and confidence for each child to express himself or herself in a unique way without inhibition.

These include activities for large and small muscle coordination, for dramatic and imaginative play, for developing sensorial, social, discriminatory, spatial, retentive and language development skills. There are class newspaper subscriptions for access to daily news and current affairs, music, dance, theatre, art and craft work, excursions, picnics, visits to trade and professional centers, sports and games, singing, quizzes and debates, inter-school competitions and interaction educational and entertaining movie shows, Internet browsing for educational material, kitchen gardening, recycling and do-it-yourself projects, social service projects, career counselling, personal counselling, yoga, meditations and student and teacher exchange programs within the country and abroad. We also offer orienteering (a new group game of map reading and location hunting), RUGBY, also a new game and water polo.
The Music and Dance Department

The children delight in taking active part in the music department equipped for both local and western singing and musical training.

The school offers training in the drums and violin, keyboards, flute, tabala, guitar and other instruments. It seeks to make children aware of their cultural traditions through music, song and dance and encourages them to learn to play traditional and folk music, create their own music, present shows and take pride in their art forms. Vocal training is also offered and the school chorale and dancers are some of the best in the country with many achievements in national events and public shows.

The Physical Education Department

The Physical Education Department consists of full time sports coaches who teach basketball, football, volleyball, badminton, rugby, orienteering, track and field events. Specialist coaches provide training in taekwondo, wushu, karate, table tennis, swimming. Students choose which sport they would like to train in.
The Libraries

The School Libraries are always growing and are equipped with audiovisual and e-library facilities. They cater to various levels of reading ability and interest range. Children use the libraries widely for reading and class projects. The libraries also house a large volume of books and teaching resources for teachers. In fact, it is an integral part of the school’s teaching learning program.

The Art and Craft Department

The Art & Craft Department teaches art and craft to foster important values like aesthetic and artistic appreciation, ability to work cooperatively or alone, discover and develop hidden talents and develop patience to stick to a job and complete a given task, share resources, wait for turns in sharing etc.

The department is a major part of the school and helps all other departments in displays, shows of creativity, design, and expressions. Often art and craft, visual displays and creative work is part of the daily curriculum in classes.
The Science and Computer Departments

The school provides well-equipped labs, Science and Computers. A spirit of enquiry, observation, critical analysis and hypothesis is encouraged and children use the labs extensively right from the upper primary grades to high school. Students put up science exhibits and look for means to help the environment and build eco-friendly and cost effective utility projects.

The school has a wide array of computers for students and teachers. It believes that making use of information technology is essential for growth. There is an IT policy agreement that students and parents sign.

The school collaborates with 3DI classes and offers a range of interesting topics to learn class wise.

Other Features and Facilities

- 30 children per class
- Dedicated and trained staff
- Healthy adult-child ratio
- Intensive teacher selection process
- Continuous in-service training for teachers and staff
- Nurturing and caring environment
- Giving of time, talent, resources to the community
- E-Library
- Tuck Shop
- Day & Boarding School
- Transportation
- Resource rooms
- Leadership training
- Life skills and vocational training
- Vocational guidance & counselling
- A state-of-the-art dining facility with nutritious, hygienic, freshly cooked, tasty food.
- Yoga & Meditation
- Chinese Language
- Multi-purpose treks, tours, excursions
- Organic farming & recycling
- Thrift Shop and Community Service
Founder Mother of the School - Mrs. Shuva Gurung

The School was named Shuvatara after the founding mother of the school late Mrs. Shuva Gurung, who died on 27th May 1994. Mrs. Shuva Gurung was mother of the founder director Mrs. Rani Gurung Kakshapati. Mrs Gurung was a talented personality with multi-faceted skills, a writer and social reformer.

The Management, Staff and Teaching Faculty

The Chairman of the school is Mr Shyam Sundar Lal Kakshapati, an entrepreneur, creative thinker, risk-taker and social worker. He is responsible for the successful planning, designing, funding, and efficient management of the school. Believing in the dignity of labor and equal opportunities, he served as one of the first drivers of the school back in 1989! He is keenly interested in the children’s progress and takes time out to personally lead treks, raise funds and maintain public relations.

Mrs. Rani Gurung Kakshapati is the Founding Director. Seeing a need for quality education in Nepal, she founded the school in memory of her late mother Shuva Gurung. Overseeing the development of the school especially its community and creative outputs, she has a great passion for education and teachers’ training. She also takes special interest in the development of Shuvatara’s sister schools including Baby Life Home, a school for HIV infected children, Sanepa Health Center, Lubhu and Lamatar Ambulance Services. Inner Vision, a center for children afflicted by the Chhaupadi system and NHEDF, an Ortho Rehabilitation Center. “Miss Rani” as she is affectionately called believes in the power of positive thinking. She says “Give the best to the world, and the best will come back to you.” and “Teachers are the most important people in the world”.

Communication with Parents

Shuvatara School has an open door policy and parents are encouraged to actively contribute ideas to the running of the school. Meetings with teachers and the Management are welcome during or preferably after school hours.

Parents have access to major news of school and the children’s progress through the website www.shuvatara.edu.np. Class Reps also are formed to represent the participation of parents in school affairs, and PTM’s are held officially thrice a year. However they can always fix time and come to school if they have the need to do so to meet the management or teachers.

An Invitation to Join the Shuvatarian Community

The Shuvatarian community embraces far more than its present students, staff and parents. Proud of it’s 31 year old history and tradition, the school’s identity is derived from all those who have shaped it’s past and all those who presently contribute to its vision and work.

The continued involvement of parents, alumnae, staff and friends through support groups and through the application of Shuvatarian values in all aspects of life encourages the Shuvatarian spirit to fly high.

We invite you to join the Shuvatarian community!

With this prospectus you will find information about the school fee structure and an application form. Please feel free to schedule an appointment and come visit us.

The Shuvatara Motto is For God and My Country and the School Mascot is the Smiley. 😊

Shuvatarians are a happy bunch and they like to take this message to society!