



भविष्य, नेपालको

Your School's Academic Delivery Platform

A more engaging, intuitive and fun way of learning!

Discover our multiple international award-winning academic delivery platform for comprehensive online and offline learning, teaching, supervising, and school administration.

Last Updated Date:
26th April, 2026





The Future of Learning!

mySecondTeacher is an online academic delivery platform that utilises modern pedagogy to uplift the quality of education globally. Our platform enables smooth integration of online and offline academic delivery with features specifically designed to elevate learning, teaching, performance monitoring, and school administration.

mySecondTeacher unlocking possibilities for everyone!

**Visionary
Leaders**



**Responsible
Teachers**



**Awesome
Students**



**Caring
Parents**



About Our Learning Resources and Pedagogy

Our interactive learning resources and rich feature-set make us the best academic delivery platform in the industry. Hundreds of top international schools and users from across 51 countries depend on us as their academic delivery solution.

Our Awards



In partnership with ING Impact, **mySecondTeacher Nepal** aims to facilitate resource accessibility while ensuring academic excellence. The Physical Textbooks from our partnered publication, ING Impact, is backed by technology and are curated to support holistic education, offering a wide range of additional interactive learning content such as videos, exam notes, and eBooks backed by our platform's features to scribble, take notes, bookmark pages, narrate audios, and listen to audio summaries. Pages from these books might even be digitally assigned to students as homework and marked digitally by teachers. Additionally, our Physical Textbooks consist of quizzes and QR codes for relevant video explanations or access to corresponding eBook chapters.

Our key learning resources include Physical Textbooks and eBooks with Topic-wise Videos for Grade 8 - Grade 12, as well as Interactive Videos for Grades 10, 11 & 12 for the SEE and NEB Board examinations respectively mapped as per the curriculum developed by Curriculum Development Centre (CDC), Nepal.

The Interactive Videos (IVys) are based on a dialogic teaching methodology and thus incorporate conversational teaching methods between a teacher and a student to simplify complex concepts. In addition, diagnostic quizzes are integrated within the IVys to support understanding, reinforce retention, and ensure mastery. Topic-wise Videos, on the other hand, focus on practical learning through experiments and demonstrations for various topics aligned with the syllabus.

Our Offerings

We offer Physical Textbooks and eBooks with Topic-wise Videos for Grade 8 - Grade 12, 5,000+ Interactive Videos for Grades 10, 11 & 12 for the SEE and NEB Board examinations, respectively mapped as per the curriculum developed by Curriculum Development Centre of Nepal.

Physical Textbook and eBooks

Grade 8

- Health, Physical Education & Creative Arts
- Mathematics
- Office Practice & Accountancy
- Science & Technology
- सामाजिक अध्ययन तथा मानवमूल्य शिक्षा

Grade 9

- Computer Science
- Mathematics
- Office Practice & Accountancy
- Science & Technology
- सामाजिक अध्ययन

Grade 10

- Computer Science
- Mathematics
- Office Practice & Accountancy
- Science & Technology
- सामाजिक अध्ययन

* Coming Soon

Grade 11 and 12

- सामाजिक अध्ययन तथा मानवमूल्य शिक्षा
- Computer Science
- Business Studies
- Principles of Accounting
- Economics



* **Note:** Access to these features depend on the plan your school has subscribed to.

Topic-wise Videos and Interactive Videos

Grade 8

- Mathematics
- Science & Technology
- सामाजिक अध्ययन तथा मानवमूल्य शिक्षा
- Health, Physical and Creative Arts
- Accountancy

Grade 9

- Mathematics
- Science & Technology
- सामाजिक अध्ययन
- Office Practice & Accountancy
- Computer Science

Grade 10

- English
- Nepali
- Mathematics
- Social Studies
- Economics
- Science and Technology
- Office Practice and Accountancy
- Computer Science
- सामाजिक अध्ययन

Grade 11

- नेपाली
- English
- सामाजिक अध्ययन तथा मानवमूल्य शिक्षा
- Mathematics
- Physics
- Chemistry
- Biology
- Computer Science
- Principles of Accounting
- Economics
- Business Studies

Grade 12

- नेपाली
- English
- सामाजिक अध्ययन तथा मानवमूल्य शिक्षा
- Mathematics
- Physics
- Chemistry
- Biology
- Computer Science
- Principles of Accounting
- Economics
- Business Studies

Testpapers



60,000+ questions in our Standard Question Bank for Grade 8 - Grade 12.

***Note:** Access to these features depend on the plan your school has subscribed to.

Our Features

Our versatile platform offers a wide range of features that cater to the requirements of both online and offline learning. By integrating technology into the educational process, our platform empowers students to take control of their academic journey and engage with learning content in a meaningful way.

Our diverse set of learning resources, like eBooks, Topic-wise Videos, Interactive Videos, Testpapers, and other additional learning materials, enables students to explore concepts from different angles and find an approach that best suits their individual learning style.

Everything that you can do in mySecondTeacher Nepal as a student, depending on the subjects that you are subscribed to:

eBooks

- ✓ Scribble, Bookmark, Save Notes for later
- ✓ Audio Narration and Audio summary
- ✓ In-book Quiz
- ✓ Diagnostic Reports
- ✓ Additional learning content like Exam Notes

Videos

- ✓ Interactive Videos (IVys)
- ✓ In-lesson Quiz
- ✓ End-of-lesson Quiz
- ✓ Diagnostic Report
- ✓ Topic-wise Videos

Testpapers

- ✓ Generate Testpapers based on topics
- ✓ Generate Testpapers based on past papers
- ✓ Generate Testpapers based on difficulty levels

Uses for School

- ✓ Receive and submit Assignments
- ✓ View scheduled Sessions
- ✓ Attend Online Sessions
- ✓ View Assignment deadlines in "My Time-Table"
- ✓ Access notes shared by the teacher
- ✓ Stay informed regarding school events
- ✓ Receive Notifications whenever you have any updates from school
- ✓ Communicate with teachers and friends via Chat Rooms

***Note:** Access to these features depend on the plan your school has subscribed to.

Getting Started with mySecondTeacher Nepal

mySecondTeacher Nepal can be accessed using your **computer** or **mobile device**. For the best experience, we recommend using a computer, as features are more easily accessible. To get started, simply login with the **email address** and **password** provided by your school.

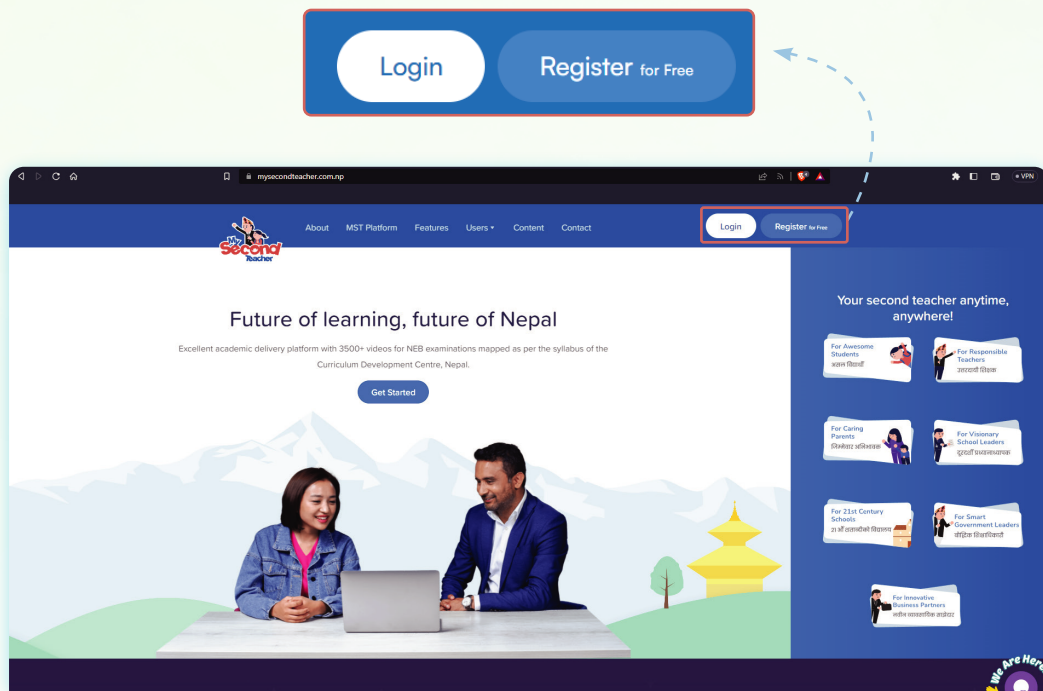
How to access mySecondTeacher ?

On Computer Devices

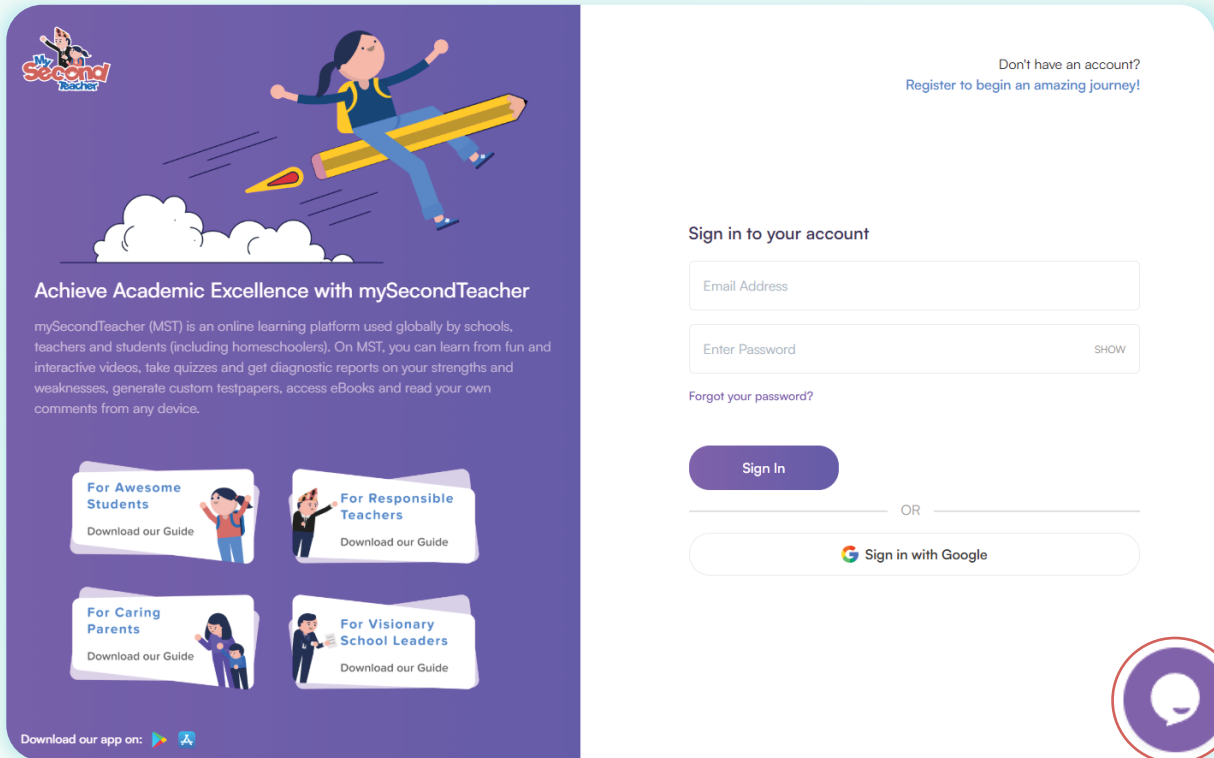
1. Open your internet browser (Google Chrome is recommended for best performance).



2. Go to **www.mysecondteacher.com.np**. Once you're on the website, click on **"Login"** on the top right.



3. Login with your registered **username** and **password** provided by your school.



The image shows a promotional banner for mySecondTeacher on the left and a login form on the right. The banner features the mySecondTeacher logo, an illustration of a girl flying on a pencil, and text describing the platform's benefits for students, teachers, parents, and school leaders. It also includes links to download guides for each group and app store icons. The login form includes a 'Sign in to your account' section with fields for 'Email Address' and 'Enter Password' (with a 'SHOW' toggle), a 'Forgot your password?' link, a 'Sign In' button, an 'OR' separator, and a 'Sign in with Google' button. A circular chat icon is located at the bottom right of the banner area.

Achieve Academic Excellence with mySecondTeacher



mySecondTeacher (MST) is an online learning platform used globally by schools, teachers and students (including homeschoolers). On MST, you can learn from fun and interactive videos, take quizzes and get diagnostic reports on your strengths and weaknesses, generate custom testpapers, access eBooks and read your own comments from any device.

For Awesome Students
Download our Guide

For Responsible Teachers
Download our Guide

For Caring Parents
Download our Guide

For Visionary School Leaders
Download our Guide

Download our app on:  

Don't have an account?
Register to begin an amazing journey!

Sign in to your account


Email Address

Enter Password SHOW

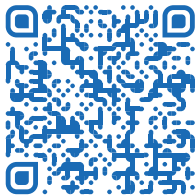
Forgot your password?

Sign In

OR

 Sign in with Google

For any queries or issues, click here to contact our **User Care Team**. Or call us at **9801010155** or **9702027000**. We're available **365 days** from **6 AM to 10:30 PM**.



Scan/Click here to learn how:

- To access mySecondTeacher Nepal on your computer.

On Mobile App

1. Go to your App Store (iOS) or Play Store (Android).
2. Next, search for ‘**mySecondTeacher Nepal**’ app (make sure you’ve selected the Nepal app and not the Global one).
3. Tap on the “**Install**” or “**Get**” button to download the app.
4. Next, open the app and login with your registered **username** and **password**.

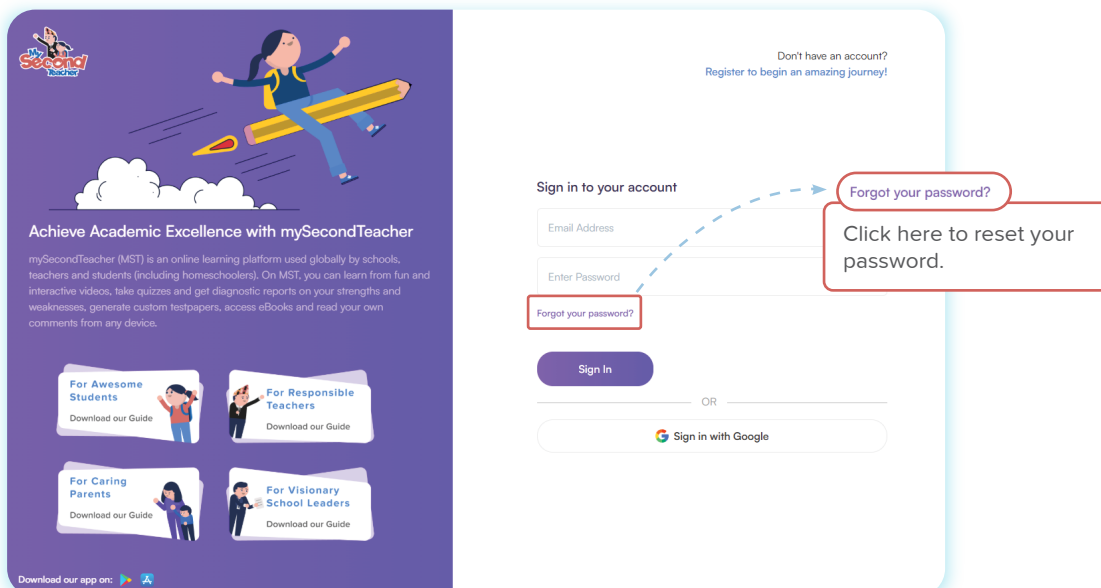


Scan/Click here to learn how:



- To download mySecondTeacher Nepal on your mobile.

Forgot Password:

If you forgot your password or are unable to login to your account, you can reset your password and regain access to your account.



The screenshot displays the mySecondTeacher app interface. On the left, there is a promotional banner with the text "Achieve Academic Excellence with mySecondTeacher" and an illustration of a girl riding a large yellow pencil. Below the banner are four buttons: "For Awesome Students", "For Responsible Teachers", "For Caring Parents", and "For Visionary School Leaders", each with a "Download our Guide" link. On the right, the login screen is shown with the heading "Sign in to your account". It includes fields for "Email Address" and "Enter Password", a "Sign In" button, and a "Forgot your password?" link. A dashed blue arrow points from the "Forgot your password?" link to a red-bordered callout box that says "Click here to reset your password." Another red-bordered box highlights the "Forgot your password?" link on the login form. At the top right of the login screen, there is a link: "Don't have an account? Register to begin an amazing journey!". At the bottom of the login screen, there is an "OR" separator and a "Sign in with Google" button.

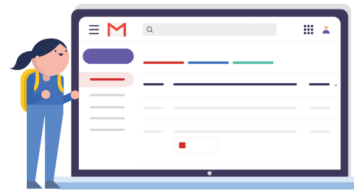



Forgot your password?

Don't worry! We are here to help you. Enter your email address below to reset your password.

Reset Password

Enter your registered email address provided by your school.

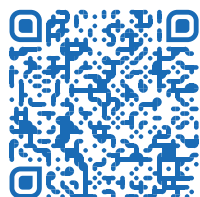


An email has been sent to samaira.thapa@nmst.edu.np
Please check your email to reset your password
Do check your spam/junk folder if you do not receive our email in your inbox within 2 minutes.

Okay

Please check your email to reset your password.

***Note:** If you didn't receive the email or are unable to reset your password, check the **Spam Folder** in your email, or please reach out to our **User Care Team** for assistance.



Scan/Click here to learn how:

- To reset your password.

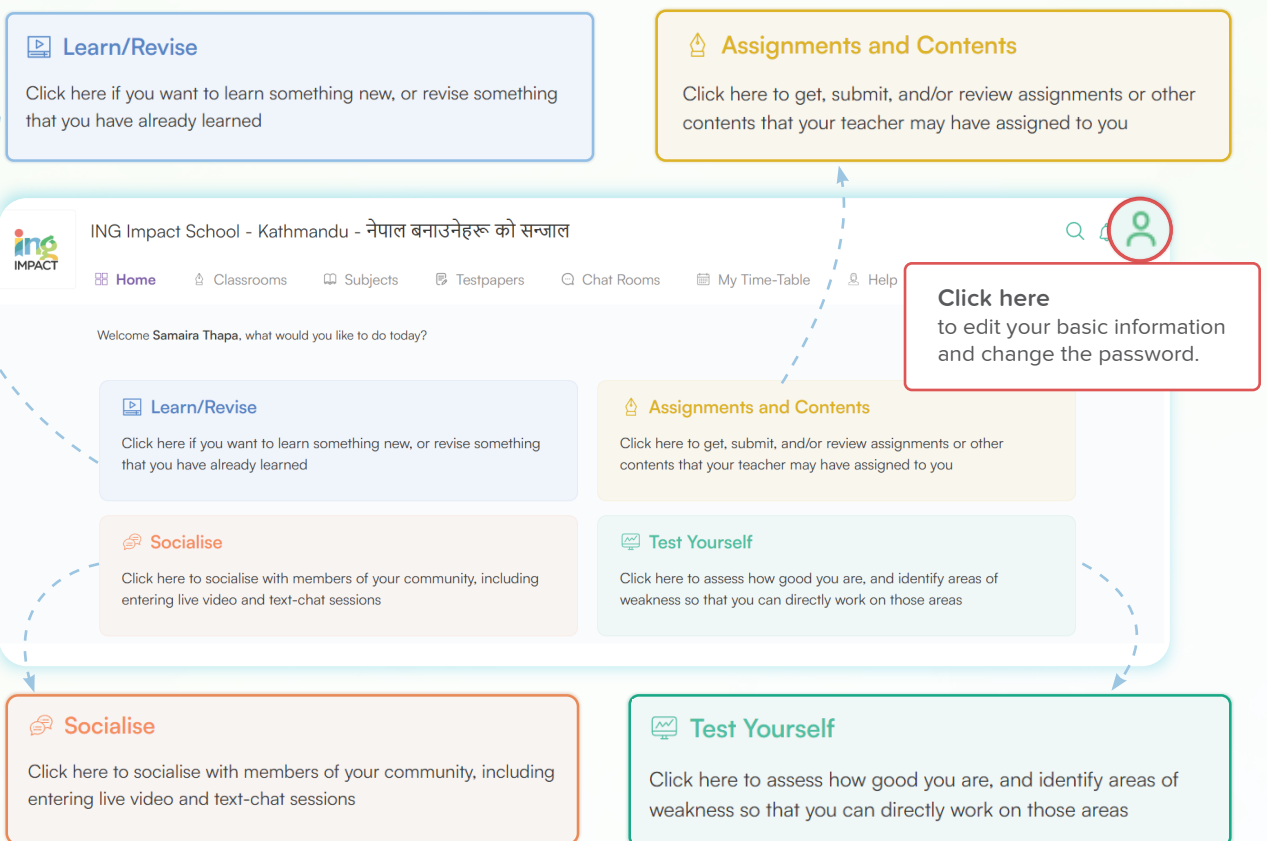
mySecondTeacher Nepal

For Focused Students



mySecondTeacher Nepal is an online learning platform that aims to empower students like you in your academic pursuits. It offers a range of features and tools that enable you to excel in your studies by providing interactive learning materials, knowledge assessment tools, and a means to stay informed about school-related matters, ultimately helping you to achieve your academic goals.

Student's Dashboard



Scan/Click here to learn how:

- To edit basic information.
- To link account with your parent.
- To change password.
- To manage subscription.

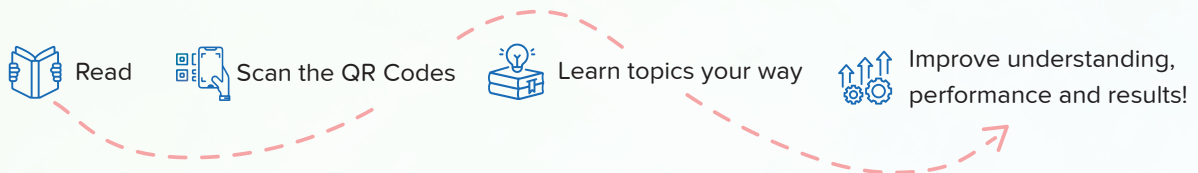
A Complete Digital Learning Experience

Every **ING Impact Physical Textbook** is seamlessly connected to the **mySecondTeacher Nepal** app, giving you access to Topic-wise Videos, audio books, audio summaries, exam notes, In-book Quizzes, and more interactive features. Both our Physical Textbooks and eBooks help you understand concepts clearly, learn independently, and perform better in exams.

Our Physical Textbooks also include **QR Codes** in the **Table of Contents**, taking you to the relevant chapter, and QR Codes for **Topic-wise Videos** when scanned from the **mySecondTeacher Nepal** app or any QR scanner app available on your device.



How to use it:



With **mySecondTeacher**, experience personalised digital learning whenever you want!



Scan/Click here to learn how:

- To use the Table of Contents QR Codes.

Interactive eBooks with Fun Features (Approved by CDC)

Our platform offers Interactive eBooks for Grade 8 - Grade 12, aligned with the Physical Textbooks of ING Impact and the syllabus of the Curriculum Development Centre (CDC), Nepal, with videos, audio narration, audio summaries, and additional learning tools. Our eBooks are backed up by fun features like scribbling, bookmarking & note-taking that make learning a fun experience.

Use the tools to navigate eBook and access interactive features.

Close this eBook

Chapter 08 - Area and Volume

Grade 8 Mathematics - Area of triangles

Area

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- ✍️
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1. Area of triangles

What you'll learn:

- 1.1 Area of right-angled triangle
- 1.2 Area of equilateral triangle
- 1.3 Area of isosceles triangle

The area of a triangle is the amount of space it covers. In other terms, it is the total region enclosed by its three sides. There are different types of triangles such as **right-angled triangle**, **equilateral triangle**, and **isosceles triangle**. Let's explore how to calculate the area of each type.

1.1 Area of right-angled triangle

A **right-angled triangle** is a triangle whose one of the angles is exactly 90 degrees. It is composed of **base**, **height**, and **hypotenuse**.

- ▶ The **base** is any one side that forms the right angle. It is often considered as the 'bottom' side, even if the triangle is not sitting on it.
- ▶ The **height (or perpendicular)** is the shortest distance from the base to the opposite **vertex**, measured at a right angle (90°).
- ▶ The **hypotenuse** is the longest side of the triangle and is always opposite to the right angle.

Word Alert

Vertex

A vertex is a point where two or more lines, edges, or rays meet. In a triangle, the corners are called vertices.

Derivation of the formula

We will now derive the formula for the **area of a right-angled triangle** step by step. To do this, we will use the area of the rectangle.

< Previous Page
Rotate
Next Page >



Scan/Click here to learn how:

- To navigate the mySecondTeacher eBook - Table of Content, Page Thumbnails, Search, Bookmark, & Two Page View.
- To access tools like Scribble, Notes, and Audio-narration.

***Note:** eBooks are available only for subjects your school has subscribed to. To upgrade your plans, please get in touch with your school administration.

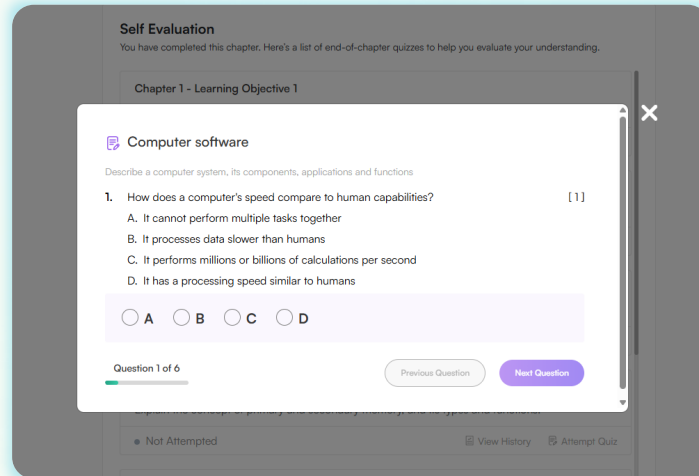
Strengthen Your Learning with In-book Quizzes

Each eBook chapter consists of In-book Quizzes. Attempt these quizzes to strengthen your understanding of the chapter, get a detailed Diagnostic Report, and Mastery Level to understand your strengths and weaknesses.



Scan/Click here to learn how:

- To attempt the In-book Quiz



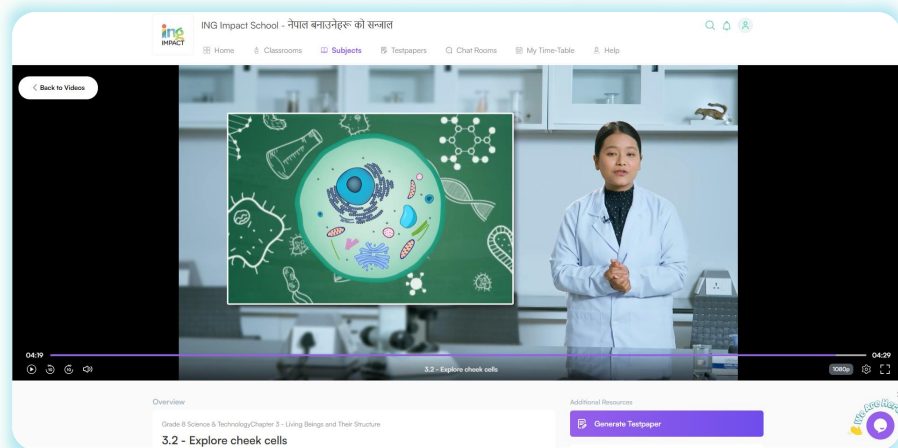
Understand Key Concepts with Topic-wise Videos (Approved by CDC)

To support your learning, our platform offers Topic-wise Videos for Grade 8 to Grade 12, aligned with the Curriculum Development Centre (CDC), Nepal. These videos are seamlessly integrated into our eBooks and Physical Textbooks and cover various topics from multiple subjects. Each lesson features practical experiments and demonstrations to make lessons interactive and help you grasp key concepts more effectively.



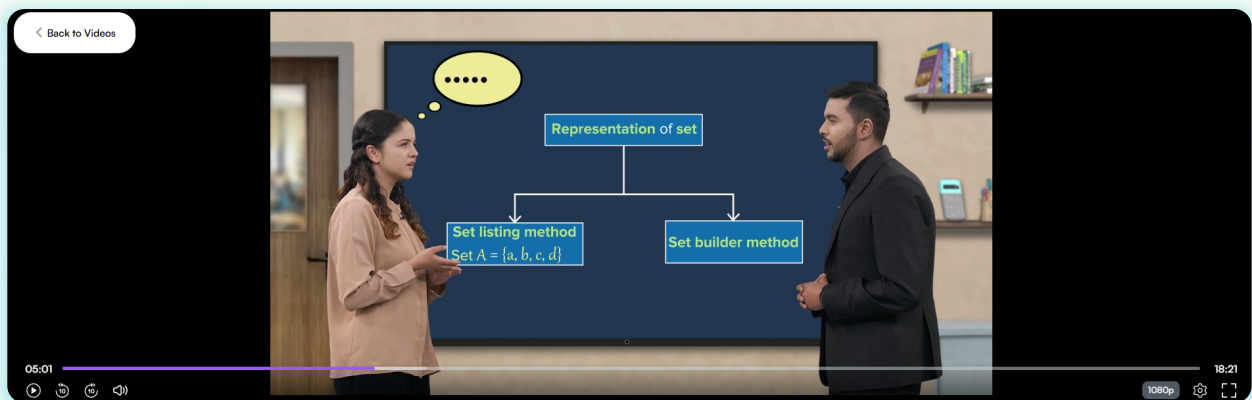
Scan/Click here to learn how:

- To access Topic-wise Video with QR Codes



Interactive Videos for Better Understanding & Retention (Approved by CDC)

Our Interactive Videos (IVys) cover the syllabus as per the Curriculum Development Centre, Nepal, across multiple subjects for SEE Grade 10 and NEB Grade 11 and Grade 12, and use conversational teaching methods that are engaging and relatable. These IVys are backed up by In-lesson and End-of-lesson Quizzes to strengthen understanding, boost retention, and achieve Complete Mastery. Students are encouraged to rewatch videos multiple times to fully understand difficult concepts.



1.1 - Review of Sets 20% (Answered 2/10)

End-lesson Quiz

Question 3 out of 10

If $A = \{x : x \text{ is a set of the first 5 natural numbers}\}$, then the number of proper subsets of set A are _____ .

Choose an answer

a) 32

b) 16

c) 25

d) 31

[Previous Question](#)
[Next Question](#)

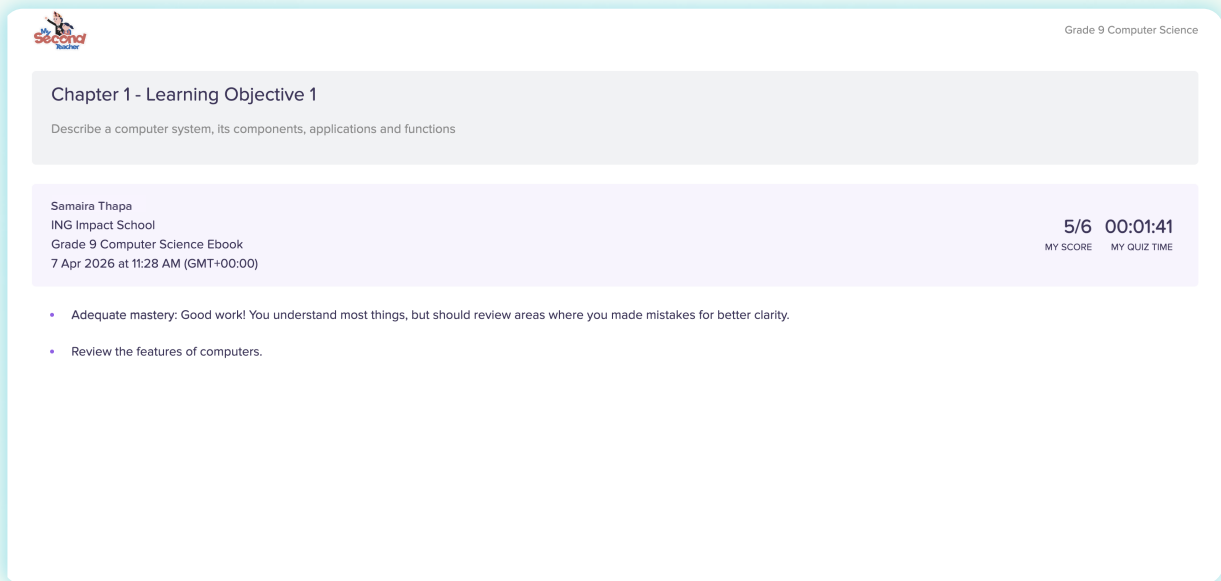


Scan/Click here to learn how:

- To access the Interactive Videos.
- To attempt In-lesson Quizzes, End-of-lesson Quizzes, and view the Diagnostic Reports.

Comprehensive Analysis with Diagnostic Reports

After attempting the **In-book Quiz** of eBooks or **End-of-lesson Quiz** of Interactive Videos, a **Diagnostic Report** and **Mastery Level** will be generated, highlighting your understanding of the chapter and mastery of each topic.



The screenshot shows a diagnostic report interface. At the top left is the 'Second Step' logo, and at the top right is 'Grade 9 Computer Science'. The main heading is 'Chapter 1 - Learning Objective 1' with a sub-heading 'Describe a computer system, its components, applications and functions'. Below this, the user's name 'Samaira Thapa' and school 'ING Impact School' are listed, along with the date and time '7 Apr 2026 at 11:28 AM (GMT+00:00)'. On the right, the score '5/6' and time '00:01:41' are displayed, with 'MY SCORE' and 'MY QUIZ TIME' labels below. At the bottom, there are two bullet points: 'Adequate mastery: Good work! You understand most things, but should review areas where you made mistakes for better clarity.' and 'Review the features of computers.'

Mastery Level

There are three Mastery Levels that indicate your performance, each categorised based on your quiz score:

Complete Mastery: 100%

Adequate Mastery: 80% and above

Inadequate Mastery: 80% and below



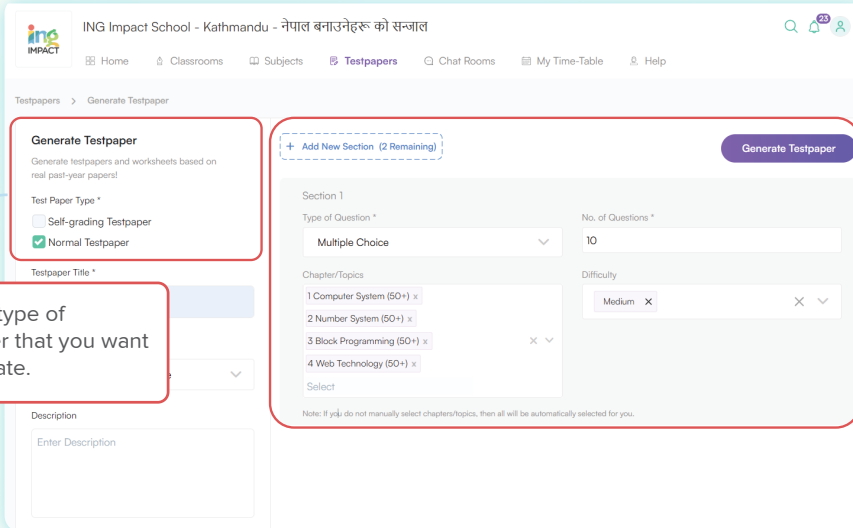
Scan/Click here to learn how:

- To access the Diagnostic Report for In-book Quizzes.

Prepare for Exams with Our Self-assessment Testpapers

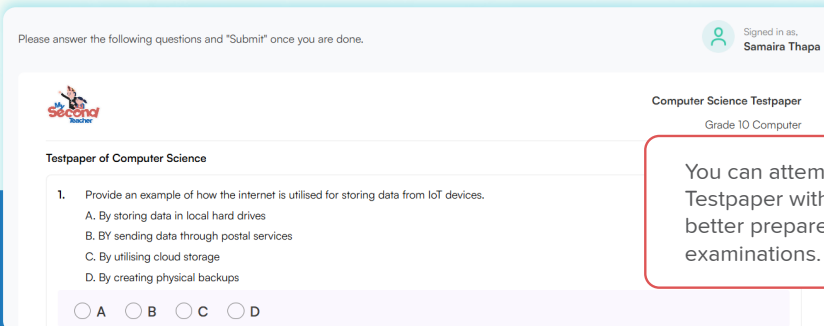
Our Testpaper feature is a highly effective tool for students to enhance their exam preparation. Self-grading Testpapers are based on MCQs, while Normal Testpapers may include MCQs as well as Open-Ended questions.

Different filters, such as topics, number of questions, chapters/questions, and difficulty levels, can be set to generate Testpapers that fit your requirements.

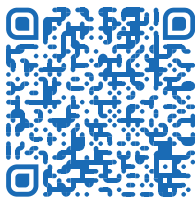


Types of question, no. of questions, chapter and difficulty levels can be set to generate Testpapers as per your requirement.

Select a type of Testpaper that you want to generate.



You can attempt the Self-grading Testpaper within the platform to better prepare yourself for your examinations.

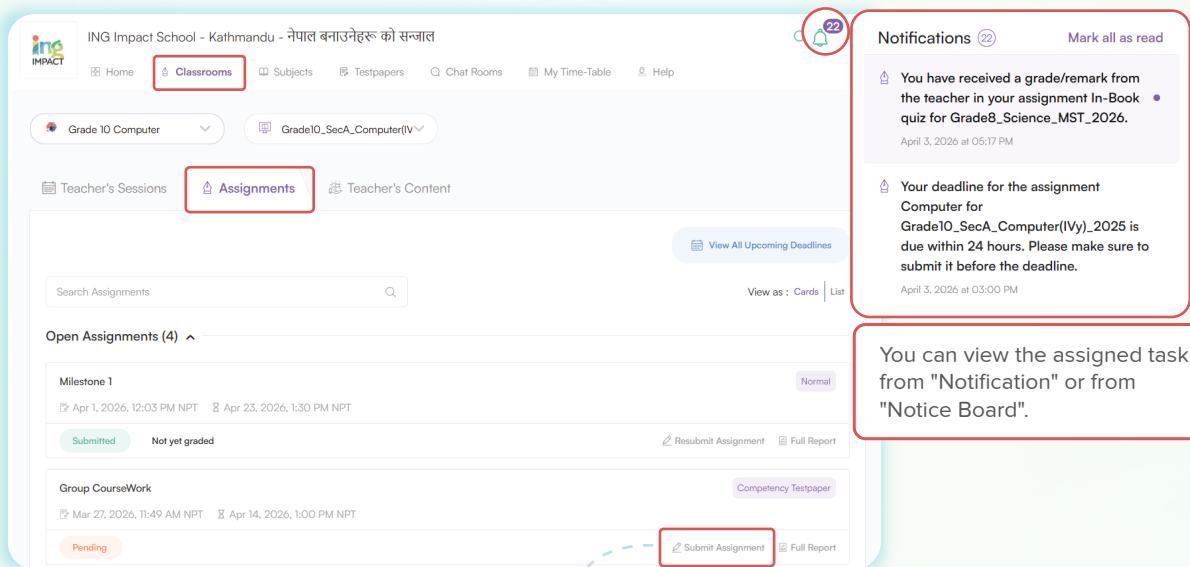


Scan/Click here to learn how:

- To generate Self-Grading and Normal Testpapers.
- To buy Testpapers.

Submitting Assignments has Never Been Easier!

When your teacher assigns you a task, you have the convenience of submitting it directly through the platform. The Assignment details will be clearly displayed in Notifications and on the Notice Board, including the deadlines to ensure you never miss a submission. Additionally, you can easily access feedback on your Assignments and stay updated on your grades.

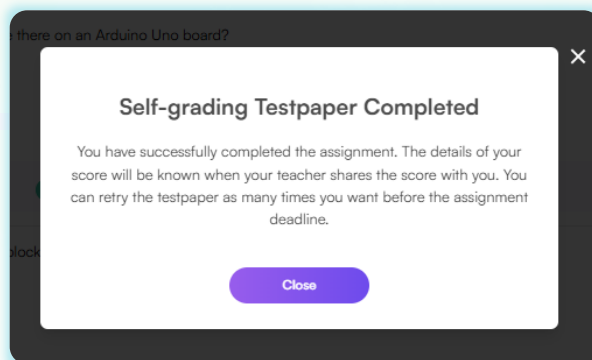


The screenshot shows the ING Impact School interface. The 'Classrooms' tab is highlighted. The 'Assignments' section is active, showing a list of assignments with a 'Submit Assignment' button highlighted. A 'Notifications' panel is open on the right, displaying two notifications: one about a grade/remark received and another about an upcoming deadline. A red box highlights the 'Submit Assignment' button in the assignment list, and a dashed arrow points from it to a separate notification box below.

Notifications (22) [Mark all as read](#)

- You have received a grade/remark from the teacher in your assignment In-Book quiz for Grade8_Science_MST_2026.
April 3, 2026 at 05:17 PM
- Your deadline for the assignment Computer for Grade10_SecA_Computer(Ivy)_2025 is due within 24 hours. Please make sure to submit it before the deadline.
April 3, 2026 at 03:00 PM


You can view the assigned task from "Notification" or from "Notice Board".



Self-grading Testpaper Completed

You have successfully completed the assignment. The details of your score will be known when your teacher shares the score with you. You can retry the testpaper as many times you want before the assignment deadline.

[Close](#)

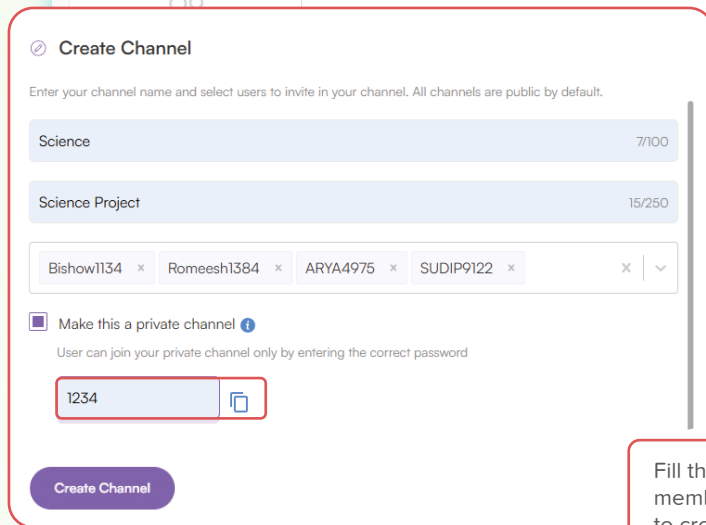
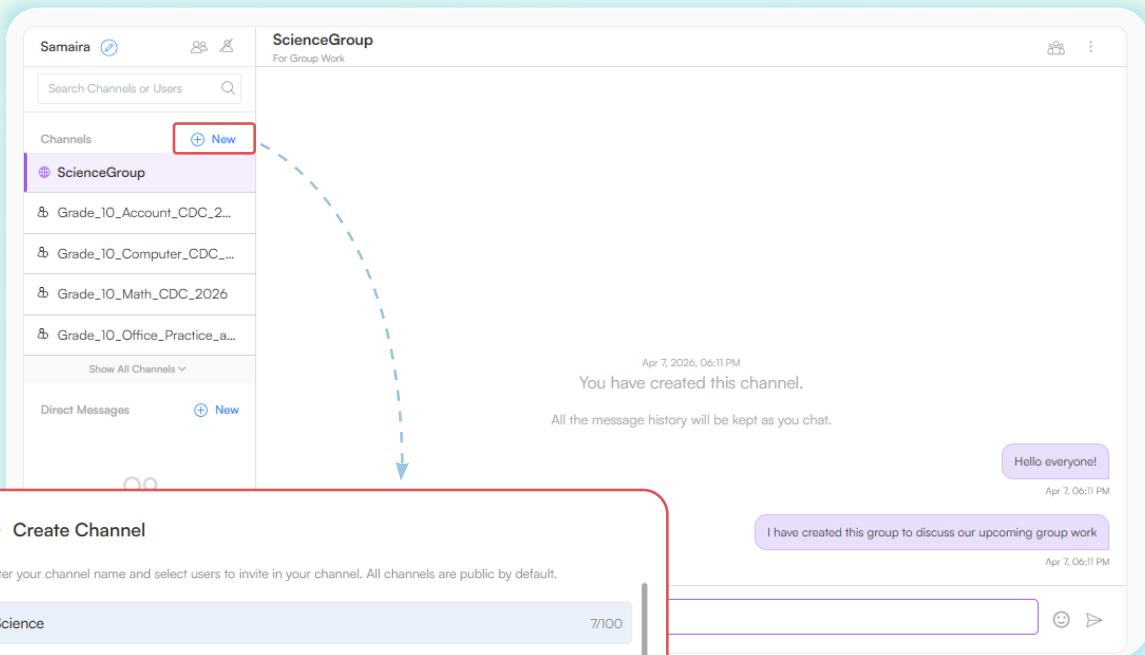


Scan/Click here to learn how:

- To view and submit your Assignments.

Collaborative Learning Enabled by Chat Rooms


You can communicate with your classmates and teachers via Chat Rooms. Different class or project-specific chat groups can be created as required to share personalised messages or supporting documents that enhances collaborative learning environment.



The 'Create Channel' form is shown with a red border. It includes the following fields and options:

- Channel Name:** Two options are shown: 'Science' (7/100) and 'Science Project' (15/250).
- Members:** A list of users is shown: Bishow1134, Romeesh1384, ARYA4975, and SUDIP9122.
- Privacy:** A checkbox labeled 'Make this a private channel' is checked. Below it, a text box contains the password '1234' and a copy icon.
- Buttons:** A 'Create Channel' button is at the bottom left.

Fill the required details, add members and set 4 digit PIN to create private channel.

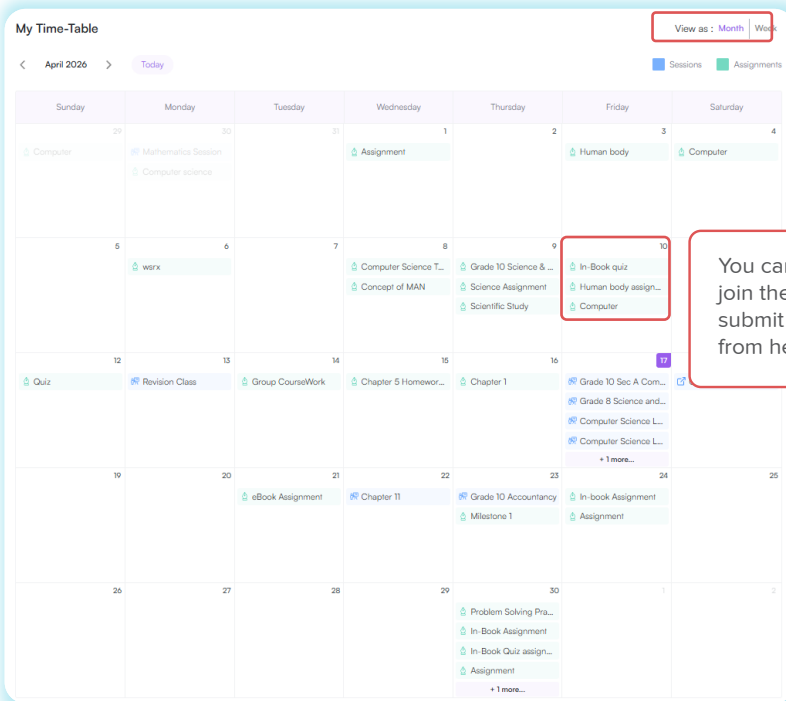


Scan/Click here to learn how:

- To create Chat Rooms and start communicating.

View Scheduled Classes and Assignments

Whenever a teacher schedules a Session or assigns an Assignment, you will find the details displayed on the “My Time-Table” feature, ensuring you stay aligned with your routine.



My Time-Table View as: Month Week

April 2026 Today

Sessions Assignments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Computer	30 Mathematics Session Computer science	31 Assignment	1 Human body	2 Computer	3 Computer	4 Computer
5 wvrx	6 wvrx	7 Computer Science T... Concept of MAN	8 Grade 10 Science &... Science Assignment Scientific Study	9 In-Book quiz Human body assign... Computer	10 In-Book quiz Human body assign... Computer	
12 Quiz	13 Revision Class	14 Group CourseWork	15 Chapter 5 Homework...	16 Chapter 1	17 Grade 10 Sec A Com... Grade 8 Science and... Computer Science L... Computer Science L... + 1 more...	
19 eBook Assignment	20 Chapter 11	21 Grade 10 Accountancy Milestone 1	22 In book Assignment Assignment	23 In book Assignment Assignment	24 In book Assignment Assignment	25 In book Assignment Assignment
26 Problem Solving Pra... In-Book Assignment In-Book Quiz assign... Assignment + 1 more...	27	28	29	30	1	2

You can also directly join the Session or submit Assignments from here.



Scan/Click here to learn how:

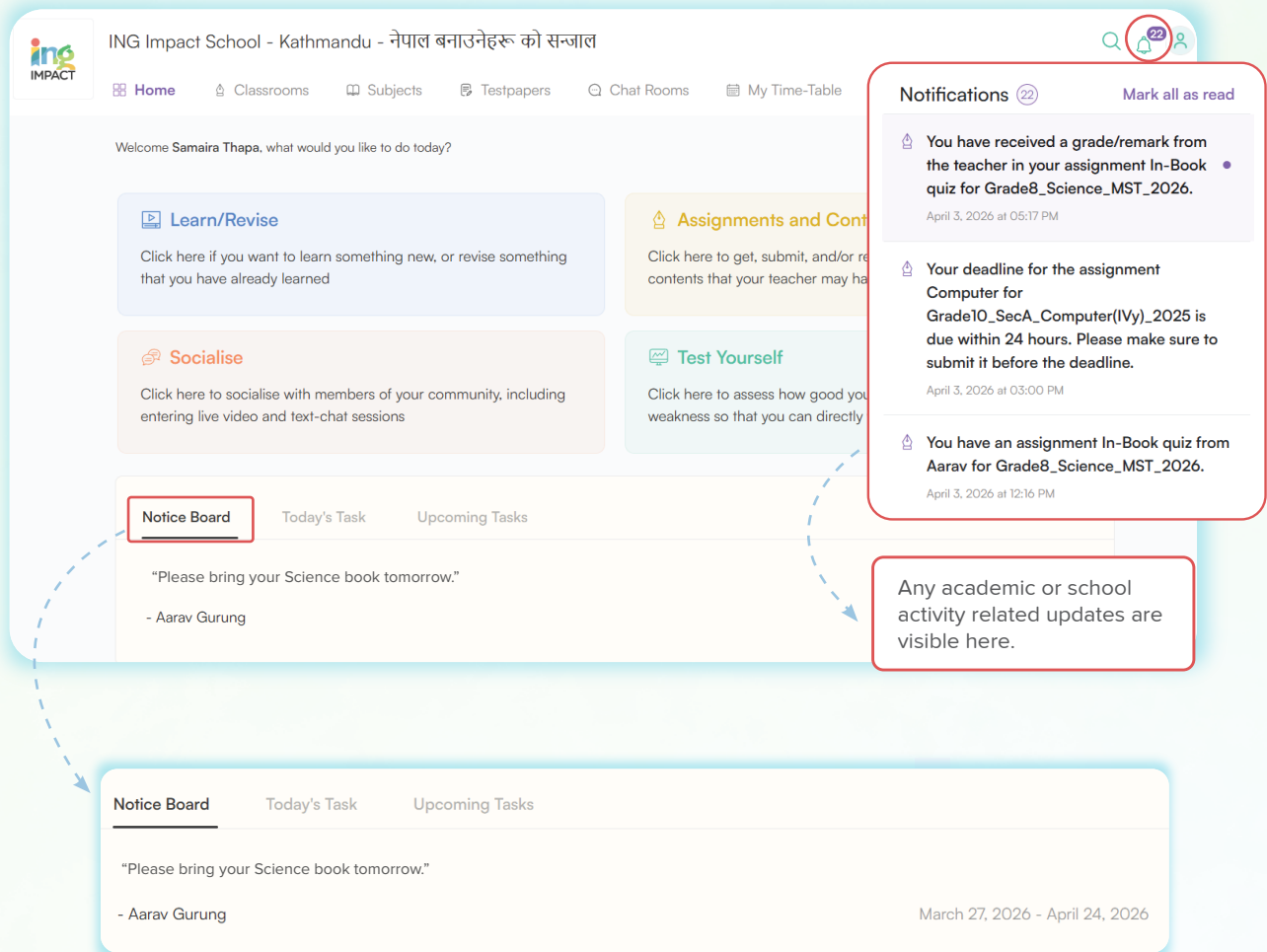
- To view the scheduled Sessions and Assignments with "My Time-Table".

Did you know?

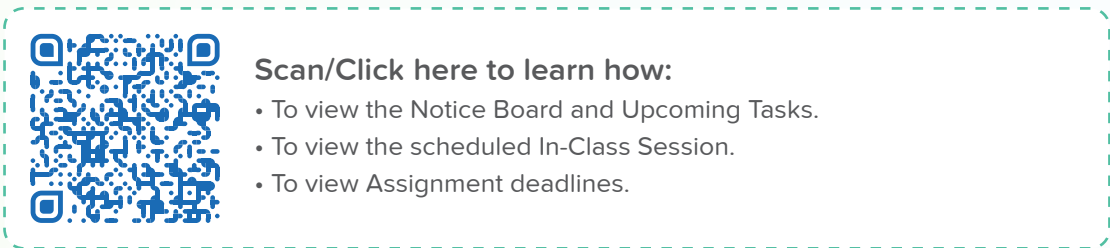
Whenever you join a Session, your attendance is automatically recorded. However, if you are absent, sick, or have a permit to skip the Session, your teacher can manually mark your attendance.

Get Instant Notifications

Students are notified about Assignments, scheduled Sessions and other important school Announcements via Notifications and the Notice Board. Additionally, if you download our mobile app and sign in from the mobile app, then such notifications will automatically be pushed to your mobile phone, ensuring you never miss a class or deadline again!



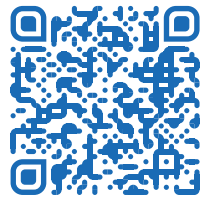
The screenshot shows the ING Impact School website interface. At the top, there is a navigation bar with the school name and logo, and a search icon. Below the navigation bar, there are several menu items: Home, Classrooms, Subjects, Testpapers, Chat Rooms, and My Time-Table. The main content area features a welcome message and several interactive buttons: Learn/Revise, Assignments and Contents, Socialise, and Test Yourself. A red box highlights the 'Notice Board' tab, which is currently selected. Below the Notice Board, there is a message: "Please bring your Science book tomorrow." - Aarav Gurung. To the right of the Notice Board, there is a 'Notifications' section with a red box around it. It contains three notification cards: "You have received a grade/remark from the teacher in your assignment In-Book quiz for Grade8_Science_MST_2026.", "Your deadline for the assignment Computer for Grade10_SecA_Computer(IVy)_2025 is due within 24 hours. Please make sure to submit it before the deadline.", and "You have an assignment In-Book quiz from Aarav for Grade8_Science_MST_2026." A red box also highlights the text: "Any academic or school activity related updates are visible here." Below the main screenshot, there is a zoomed-in view of the Notice Board section, showing the message and the date range: "March 27, 2026 - April 24, 2026".



Scan/Click here to learn how:

- To view the Notice Board and Upcoming Tasks.
- To view the scheduled In-Class Session.
- To view Assignment deadlines.

Access all Our Tutorial Videos to Familiarise Yourself with Our Platform!



Scan/Click here



My Profile

- Edit basic information
- Link account with guardian
- Change the password
- Manage subscription
- Enable/Disable pop-up guides



Learning Resources

- Access Physical Textbooks and Interactive eBooks
- Scribble, Add Notes and Bookmark in eBooks
- Study from Interactive Videos and Topic-wise Videos
- Generate Self-grading Testpapers
- Generate Normal Testpapers
- Buy Testpapers



Uses for School

- Submit Assignments
- Attend Online Sessions
- Receive updates about In-Class Sessions
- Access learning contents shared by teachers
- Create channel in Chat Rooms

***Note:** Feature updates might be carried out periodically without prior notification to provide a better user experience. Please contact us via our User Care Team for assistance regarding the platform.

Need more information?

Visit our website or follow us on social media to learn more about our platform. If you need guidance with technical issues or have a general inquiry, reach out to us through Chat Support or by email.



For immediate assistance, please visit our website to contact our User Care Team, available 365 days from 6 AM to 10:30 PM.

Contact us: 9801010155, 9702027000

Explore the platform on
app.mysecondteacher.com.np

Download the mySecondTeacher Nepal app today.