

**AMDA** Nepal  
**AMDA Institute of Health Science**  
**Damak, Jhapa**

**33<sup>rd</sup> AMDA Day Celebration**

Date: 2080/11/17 to 2080/11/20

Venue: AIHS, Damak

Each year 4th march is celebrated as AMDA NEPAL day to glory and honor AMDA. To celebrate this day in AIHS, Damak there was a unique twist by complying list of fun games for the students. These games will keep enthusiasm high. The aim of sports day is to promote physical activity, building up team work and leadership abilities, enhancing skills and technique and healthy competition among participants. It encourages students to showcase their sportsmanship. Sports help to unite together of different races.

Additionally, the visit to the geriatric home served to spread joy and companionship among the elderly resident, enhanced social interaction and companionship among the elderly promoting social responsibility and community engagement.

#### **ACTIVITIES**

- Sports events
- Distribution of medals
- Geriatric home visit

#### Report on Sport Events

**Day 1**

**Date 2080/11/17**

#### **Chess Game**

Game coordinator: Mr. Prakash Chapagain

Total participant: 18

The event was held in the presence of game coordinator Mr. Prakash Chapagain. The chess competition gave opportunity for the students to show their talent in the games and their chess skills. The event started at 11 am with a total of 18 participants.

6 Chess boards were provided and the contestants were split into groups who were made to play simultaneously.

The result was decided by check mate. All the matches were knockout matches and the loser had to go out of the tournament. The final matches became tough and tense and of course interesting to observe. The chess competition came to end at about 3pm. Finally, after a tough competition the result were known with Mr. Prakash Chapagain securing first place Mr. Ajay Rai (HA 2<sup>nd</sup> year), Second place Miss Anusha Baral (PCL Nursing 3<sup>rd</sup> year) and third place Miss. Shrishma Dhungana (CMLT 2<sup>nd</sup> year) respectively.



Image 1: Student participating in Chess

## LUDO GAME

Coordinator: Mr. Ashok Limbu

Number of Participant: 70

I hope most of the students were interested in Ludo games. Seven Ludo boards were provided. Four participants took part in each game and only the winner securing 1<sup>st</sup> was selected for the final rounds. This competition was lengthy but interesting. After many preliminary games the final round was decided. Mr. Ashok Limbu declared the winners. The first position was secured by Miss Anu Modi (CMLT 1<sup>st</sup> year), 2<sup>nd</sup> position Miss Diya Shrestha (3<sup>rd</sup> year Nursing) and 3<sup>rd</sup> position Miss Karuna Phandhak Limbu (CMLT 1<sup>st</sup> year) respectively.

## SPOON AND MARBLE RACE

Game Coordinator: Ms. Sabina Dhimal

Run Distance: 50 M

Participants:

- Nursing faculty:15 females
- HA: faculty: 15 females
- RG/CMLT: 15 females
- From all faculties :15 males

Participants were divided into four major groups. From each group 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> participants were selected for the final run. The day was wide open with bit sunny. Surrounding environment was friendly and noisy. At last the time came for the final run with 12 participants. The winner of the final race was declared by Ms. Sabina Dhimal securing first place Miss Samikshya Samba (PCL Nursing 3<sup>rd</sup> year), Second place Miss Inu Shrestha (PCL Nursing 3<sup>rd</sup> year) and third place Mr. Upendra Thakur (HA 2<sup>nd</sup> year) respectively.



Image 2: Student participating in Spoon and Marble Race

## MUSICAL CHAIR

**Game Coordinator: Ms. Lata Khanal**

Musical chair is a popular game that involves a group of participants circling around a set of chairs facing outwards while music plays. When the music stops, players must quickly find a seat. The objective of the musical chair is to entertain and engage participant in a lively and competitive activity. It promotes quick thinking.

All interested students took part in this competition. The participants were divided into 8 groups. From early preliminary games 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> were selected from each group for the final round. Total 24 participants were selected for the final competition. The final round was filled with tense, thrill and funny movements. Different Nepali folk music, Hindi and English songs were played during the game. In the end the winner was declared by Ms. Lata Khanal securing 1<sup>st</sup> position Salina Tamang (PCL Nursing 1<sup>st</sup> year), 2<sup>nd</sup> position Richa Acharya (PCL Nursing 1<sup>st</sup> year) and 3<sup>rd</sup> position Miss. Kabita Bhattarai (HA 2<sup>nd</sup> year).



Image 3: Student participating in musical chair

## NEEDLE AND THREAD RACE

**Game Coordinator: Ms. Muna Thebe**

**Run Distance: 50 M**

**Participants:**

- Nursing faculty : 15 females
- HA: faculty 15 females
- RG/CMLT: 15 females
- From all faculties :15 males



The needle and thread race is traditional activity. This game is not only entertaining but also promotes the fine motor skills and hand eye coordination

As a rule, each participant had to run certain distance, thread a needle and run back with it. The participants were split into 4 groups. Winner securing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were selected for the final round. After 4 preliminary rounds 12 participants were selected for the final race. In the final race most of the participants were female. Much to surprise, in the final race the winner securing first place was Mr. Santosh Ku. Yadav (HA 2<sup>nd</sup> year). The 2<sup>nd</sup> position was secured by Miss Pratima Rajbanshi (HA 2<sup>nd</sup> Year) and 3<sup>rd</sup> by Miss Pema Tamang (CMLT 2<sup>nd</sup> year).



Image 4: Student participating in Needle and Thread Race

## HIT THE POT GAME

Game Coordinator: Mr. Debendra Khatiwada

The total numbers of participants were 24 including 14 females and 10 males respectively. The rule of the games was to hit the pot which was kept at a certain distance with blind folded. The game was conducted separately for male and female participants. Participant was selected by gola pratha (lottery method). Whoever hit the pot exactly he/she was decided as the winner of the game instantly. Among the female group the winner was Miss Semi Limbu (PCL Nursing 1<sup>st</sup> year). In male group listed participant could not hit the mark exactly. Other extra participants were invited. The winner was Mr. Shreenath Shah (HA 3<sup>rd</sup> year).



Image 5: Student participating in Needle and Thread Race

**Final Closing ceremony Day**

**Date 2080/11/20**

### **Distribution of Medals**

AIHS organized a medal distribution ceremony. As part of the celebration, medals were awarded to winners of the games. These medals recognized students who demonstrated exceptional skill, sportsmanship and dedication in various sporting events and activities.



Image 6: Winners with game coordinators

## Geriatric Home Visit

Following the annual day celebration, we AIHS, Damak team visited geriatric home to spend time with elderly residents. AIHS team was warmly welcomed by the staff and resident of the geriatric home. An introduction session was held to foster connection and create a friendly atmosphere. BP instruments and necessary food items were donated.



Image 7: Geriatric Home Visit

## Outcome

- Enhanced camaraderie and team spirit among members of AIHS family.
- Recognition and appreciation of students' talent and achievement through the distribution of medals
- Promotion of social responsibility through geriatric home visit
- Positive impact on the moral and well-being of both the AIHS staff and the elderly residents

## Conclusion

The annual day celebration and geriatric home visit represent the values of inclusivity, compassion and community service upheld by AIHS, Damak. It provided an opportunity for the staffs of AIHS to come together, celebrate their accomplishments, and making a meaningful difference in the lives of others

## **Acknowledgement**

We extend our heartfelt gratitude to all participants, AIHS staffs and supporters who contributed to the success of annual day celebration.

**AIHS, Damak**

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