

AMDA-NEPAL
Amda Institute of Health Science
Kharkhare - 2, Damak

Monthly Academic Progressive Report of 2081 Falgun

The month of Falgun at AMDA Institute of Health Sciences was marked by significant academic, extracurricular, and community service activities. Notable among these were the Sports Week held in celebration of the 34th AMDA Nepal Day, a blood donation program, food distribution at a geriatric home, and various clinical and community postings for students.

1. PCL nursing 3rd year Residential Field and Amda Hospital Posting

- Residential Field Posting in Letang:

A total of 20 students were engaged in residential field postings in Letang.

- Hospital Posting at AMDA Hospital:

Simultaneously, 20 students were posted at AMDA Hospital for clinical training.

- Posting Schedule:

- The posting of students began on 3rd weeks of Falgun
- After two weeks, a duty exchange was conducted between the students in Letang and those at AMDA Hospital to provide a balanced exposure to both community and hospital settings.

2. PCL Nursing Program 1st and 2nd year Students:

- Clinical postings for PCL Nursing 1st and 2nd-year students were conducted in various departments of AMDA Hospital.

- Classroom sessions continued alongside clinical postings, with classes held one day per week as per the curriculum.

- PCL Nursing 1st year Community observation visit was done as follows:

- NMC Dairy, Dhulbari Falgun 21
- SOS Balgram Itahari Falgun 23
- Himalaya Tea Garden and Ratna Jestha Nagarik Bridhashram Damak Falgun 26
- Madan Bhandari Trauma Center, Mangla bare, Morang and Water Plant Damak Falgun 28

3. General Medicine (GM) Program

3rd Year GM Students:

- Clinical and community postings started in the 4th week of Falgun at Amda Mechi Hospital, Dhulabari and Mechinagar Adharbhut Aspatal, Dhulabari, Birta Jyoti Eye Hospital, Damak and continued posting in Amda Hospital, Damak

2nd Year GM Students:

- Clinical observation postings begun from the 2nd week of Falgun for 9 weeks at AMDA Hospital, Gauradaha Nagar Aspatal, and Lakhanpur Health Post.
- Students gained practical exposure to patient care and hospital operations.

4. 1st Year GM, 1st Year Physiotherapy, 1st Year CMLT and 2nd Year CMLT Programs:

- Theory and practical classes for 1st Year GM, 1st Year Physiotherapy, 1st Year CMLT Programs students continued as scheduled.
- A **botanical tour** was organized for 1st-year students, providing them with an opportunity to explore and learn about medicinal plants and their applications in healthcare.
- 2nd Year CMLT Program: Regular classes and practical sessions were conducted

5. CMLT 3rd Year Clinical Posting

- Clinical postings for 3rd-year CMLT students continued at AMDA Hospital.

6. Sports Week, Blood Donation program and Food distribution in Geriatric home (Celebration of the 34th AMDA Nepal Day)

As part of the 34th AMDA Nepal Day celebrations, the institute organized a Sports Week, engaging students in various competitive games. The event was coordinated by faculty members and student's volunteers, fostering teamwork, sportsmanship, and a sense of community. The details of the games and their outcomes are as follows:

SN	Game Name	Game Coordinator	Supportive Student	Winner
1	Chess	Mr. Prakash Chapagain	Mr. Jonish Khapangi	Boy (Nikki Shah) Girl (Ajaya Rai)
2	Ludo	Ms. Tulasa Bhandari	Ms. Sofiya Basnet	Dakhangdu Sherpa
3	Carrom board	Ms. Reshma Chhetri	Mr. Akash Shah	Boys (Sujal Pokharel & Chandra Karki) Girl (Smriti Khawash & Samikshya rai)
4	Chinese Checker	Ms. Luna Bista	Ms. Archana	Numa Khapang
5	Handi Ford	Ms. Sushila Niraula	Ms. Saimu Neupane	Boy (Ibroon Rain) Girl (Chhering Sherpa)
6	Needle and Thread Race	Ms. Muna thebe	Ms. Saron Sherpa	Boy (Bikram Yadav) Girl (Sushila Tamang)
7	Ballon Holding Race	Ms. Sabina Dhimal	Ms. Anjali Chamlagain	Boy (Pradip Kumar Ram, Shantosh Kumar Yadav) Girl (Manisha Shah, Samikshya Tamang)
8	Musical Chair	Ms. Lata Khanal	Ms. Usha Dangal	Boy (Prabhu Shah) Girl (Sabina Poudel)
9	Volley Ball	Mr. Ajay Shah	Ms. Chanhana Tamang	Boys (Nikesh Limbu, Suman Limbu, Laxmi Thapa, Safal Thulung rai, Pascal Rai, Saugat Dahal) Girls (Etusha wonam Limbu, Dina Shrestha, Semi Limbu, Ishik Limbu, Puja Basnet, Dibya Tamang)

Prize Distribution:

Winners of each game were awarded prizes during a ceremony held on Falgun 20. The event was a resounding success, with active participation from students and staff.

Blood Donation Program

In collaboration with the Red Cross, a Blood Donation Program was organized on campus. The initiative aimed to contribute to the community's healthcare needs and promote the importance of blood donation. 53 female donors and 10 male donors participated in the program, demonstrating the institute's commitment to social responsibility.

Community Service:

Food Distribution at RatnaNagarik Jesta Bridhashram, Damak

- Food and essential items were distributed to the elderly resident

7. Attendant the rally on 25th Falgun, organized by Damak Municipality, to mark the 115th International Women's Day with the slogan "For all Women and Girls: Right. Equality. Empowerment"

Conclusion,

2081 month of Falgun was very fruitful as all the activities were conducted according to plan

Next month Plan(Chaitra)

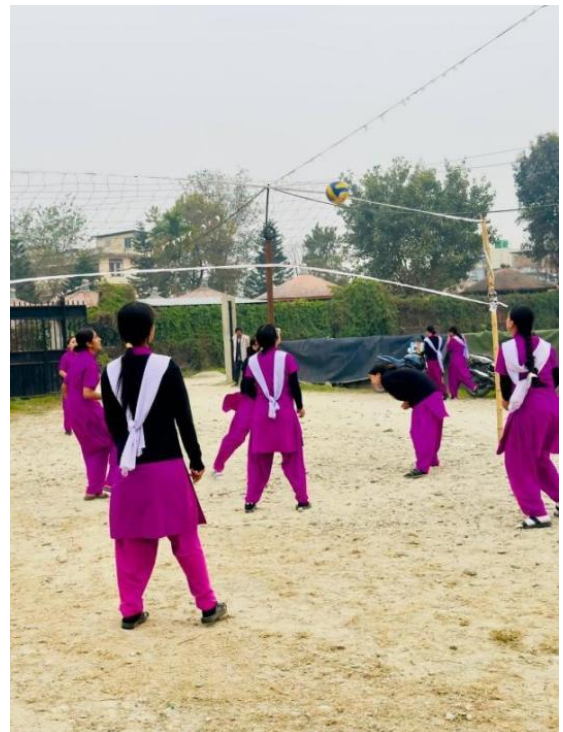
- Continue theoretical and practical classes
- Continue clinical/ residential posting
- Proclamation for new session
- 2nd Internal Assessment

IMAGES

115th International Women's Day



Sports Week, Blood Donation program and Food distribution in Geriatric home (Celebration of the 34th AMDA Nepal Day)

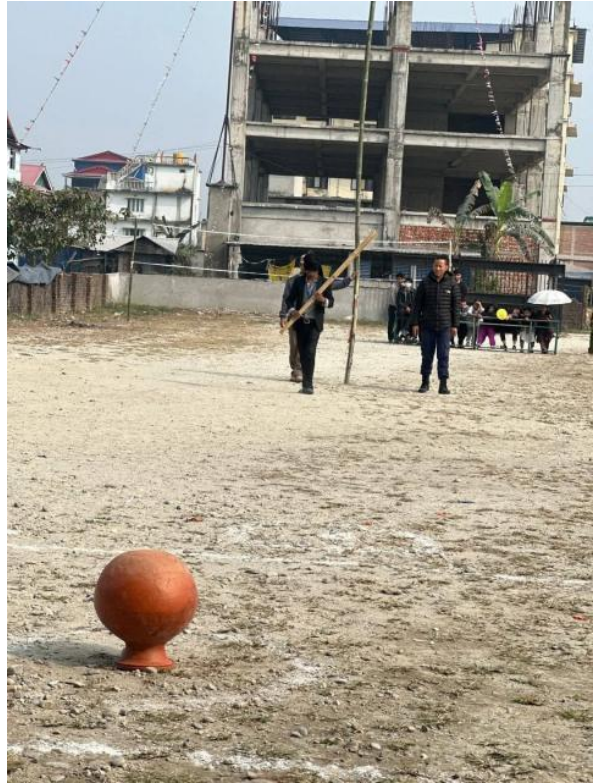






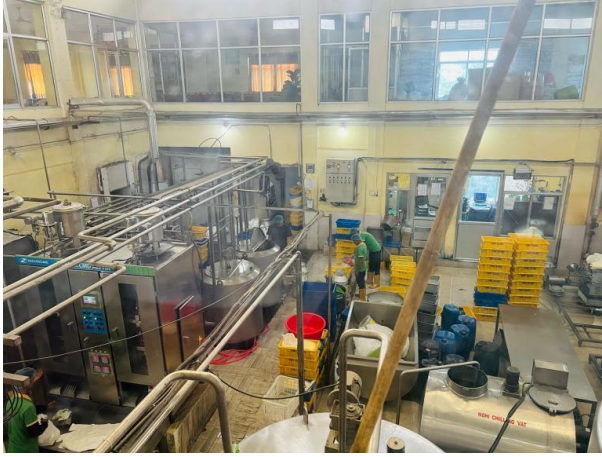








Community Observation Visit



THANK YOU