

**A Report on Sports Week Celebration 2082
on AMDA Institute of Health Sciences
Butwal-7, Deepnagar**

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Duration: 2082/08/07 to 2082/08/12

Venue: Shivanagar Field & Saino Party Palace, Jholunge Pul

Submitted to:

Mrs. Sarita Rawal
Principal
AMDA Institute of Health Sciences

Submitted by:

Pushpa Raj Bhattarai
Instructor
AMDA Institute of Health Sciences

Date:

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Acknowledgement

The successful completion of the Sports Week of AMDA Institute of Health Sciences, held from 2082/08/07 to 2082/08/11 at Shivanagar Field, was made possible through the collective effort, guidance, and cooperation of many individuals and institutions. We would like to express our sincere gratitude to all those who directly or indirectly contributed to the effective planning and execution of this program.

First and foremost, we extend our heartfelt thanks to Mrs. Sarita Rawal, Principal of AMDA Institute of Health Sciences, for formally inaugurating the Sports Week and for her continuous encouragement, leadership, and support throughout the program. Her guidance and motivation greatly inspired both students and staff members.

Our sincere appreciation goes to the Program Head, Ms. Divyata Malla, President of the Student Welfare Committee, for her active leadership and coordination in organizing the event. We are equally grateful to our Chief Guest, Dr. Bonod Parajuli, and Special Guest, Mrs. Uma Thapa, Chief of Health Office, for honoring the program with their presence and encouragement. We would also like to express our gratitude to Mr. Mohan Chaudhary, Vice President of Nepal Pharmaceutical Association, for his valuable support and participation.

We would like to thank Mr. Gyanendra Sharma Nepal, Admin Chief of AIHS, the Department Chiefs of Siddhartha Women and Children Hospital, and all part-time instructors of AIHS for their continuous guidance and cooperation. Special thanks are extended to the second- and third-year students of PCL in General Medicine, PCL in Nursing, and Diploma in Pharmacy, as well as all volunteer students, whose enthusiastic participation made the Sports Week lively and successful.

We would like to acknowledge the dedicated efforts of all instructors who actively coordinated and managed various games and events. Special thanks go to the Football Coordinators, Mrs. Manisha Thapa and Mr. Pushpa Raj Bhattarai; Spoon Race Coordinators, Mrs. Riza Shrestha and Mrs. Nilam Giri; Thread and Needle Race Coordinators, Mrs. Sabhyata Nepal and Mrs. Manisha Thapa; Relay Race (Boys and Girls) Coordinators, Mr. Manoj Gupta and Mrs. Laxmi Karki; Tug of War (Boys and Girls) Coordinators, Mrs. Asmita Timilsina and Mr. Vishnu Bhandari; Musical Chair Coordinators, Ms. Kalpana Dhishwa, Mrs. Nilam Giri, and Mr. Pushpa Raj Bhattarai; Cricket Girls Super Six Over Coordinators, Mr. Manisha Chaudhary and Mr. Vishnu Bhandari; Drawing Coordinators, Mrs. Asmita Timilsina and Mrs. Kalpana Dhishwa; Best of Waste Coordinators, Ms. Laxmi Karki and Mrs. Sushila Banjade; Volleyball (Boys and Girls) Coordinators, Mr. Manoj Gupta, Mrs. Sushila Banjade, and Mrs. Sabhyata Nepal; and Quiz Coordinators, Mr. Pushpa Raj Bhattarai and Mrs. Riza Shrestha.

We would also like to express special appreciation to the Event Organizers, Mr. Pushpa Raj Bhattarai, Mrs. Sushila Banjade, and Mrs. Nilam Giri, for their tireless efforts in managing and coordinating the overall program. Our sincere thanks go to the administrative staff of AIHS, Mrs. Gita Sharma Bhandari and Mrs. Rabina Ranabhat, Transportation Staff Mr. Ashok Pandey, Office

Assistants Mrs. Anjali Gurung and Mrs. Sabina Thapa, and the technical supporters of the Sports Week, Mr. Bishnu Gautam and Mr. Ram Bdr B.K., for their essential logistical and technical support.

Finally, we extend our gratitude to Saino Party Palace for providing the platform and necessary arrangements that supported the smooth conduct of the program. The Sports Week was a collective success, and the contribution of each individual and organization is highly appreciated.

1. Introduction

Like in previous years, AMDA Institute of Health Sciences, Butwal-7, Deep Nagar successfully celebrated its annual Sports Week from 2082/08/07 to 2082/08/11 with great enthusiasm and active participation of students from different faculties. The program was organized with the objective of promoting physical fitness, teamwork, discipline, and mutual harmony among students alongside their academic activities. The events were conducted at Shivanagar Field, which served as the main venue for all sports activities throughout the week.

The Sports Week was formally inaugurated by Mrs. Sarita Rawal, Principal of AMDA Institute of Health Sciences, through a ribbon-cutting ceremony. During the inauguration program, Mrs. Rawal highlighted the crucial role of games and physical activities in the overall growth and development of students. She emphasized that participation in sports not only enhances physical health but also contributes significantly to mental well-being, leadership skills, and self-confidence among students.

Furthermore, she shed light on the importance of sports in strengthening bonding and fostering a sense of unity among students from different faculties. She encouraged students to actively participate in sports activities as a means of building cooperation, mutual respect, and healthy competition. The inauguration set a positive and energetic tone for the entire Sports Week, motivating students to engage wholeheartedly in the various events organized during the program period.

2. Objectives of the Sports Week

- To promote physical fitness and healthy lifestyle among students
- To develop teamwork, leadership, and sportsmanship
- To encourage active participation and mutual cooperation
- To enhance mental well-being and stress management
- To foster unity and friendly competition among different houses

3. Technical Support

The successful implementation of the Sports Week of AMDA Institute of Health Sciences, held from 2082/08/07 to 2082/08/11 at Shivanagar Field, was made possible through effective technical support and coordination. Proper technical management played a vital role in ensuring that all sports activities were conducted smoothly, safely, and in an organized manner throughout the program period.

For the technical aspects of the games, two security personnel were assigned to serve as referees for the different sports events conducted during the Sports Week. They were responsible for

officiating the matches, enforcing game rules, maintaining discipline among participants, and ensuring fair play during all competitions. Their presence helped maintain order and contributed significantly to the smooth flow of events.

The referees dedicated their full time and effort throughout the Sports Week, closely monitoring each game and providing necessary guidance to participants whenever required. Their continuous involvement ensured that the competitions were carried out in a well-organized and disciplined manner. Due to their active technical support and commitment, all scheduled games were conducted efficiently without major interruptions, contributing greatly to the overall success of the Sports Week program.

4. Day-wise Activities

4.1 Day One: Inauguration and Sports Events (2082/08/07)

The Sports Week commenced on 2082/08/07 at Shivanagar Field. The program was formally inaugurated by the Principal of AMDA Institute of Health Sciences, Mrs. Sarita Rawal, through ribbon cutting.

Games Conducted:

a. Football (Boys and Girls)

Coordinators: Mrs. Manisha Thapa and Mr. Pushpa Raj Bhattarai

- First Position: Moon House
- Second Position: Combined Team of Star and Earth House

b. Spoon Race

Coordinators: Mrs. Riza Shrestha and Mrs. Nilam Giri

- Girls:
 - First: Ms. Pragati Gurung (Earth House, PCL Nursing 3rd Year)
 - Second: Ms. Sadiksha Rana (Star House, PCL Nursing 3rd Year)
- Boys:
 - First: Mr. Jivan Khatri (Moon House, PCL Nursing 3rd Year)
 - Second: Mr. Anup Kumar Sharma (Sun House, PCL General Medicine)

c. Thread and Needle Race

Coordinators: Ms. Sabhyata Nepal and Mrs. Manisha Thapa

- Girls:
 - First: Ms. Annu Shrestha & Ms. Samikshya Khanal (Sun House, PCL General Medicine 1st Year)
 - Second: Ms. Asmi Shrestha & Ms. Prapti Gurung (Moon House, PCL Nursing 3rd Year)
- Boys:
 - First: Mr. Ajay Chaudhary (Pharmacy 3rd Year) & Mr. Jivan Khatri (PCL Nursing 3rd Year), Moon House
 - Second: Mr. Dev Khanal (Diploma in Pharmacy 1st Year) & Mr. Susan Sunar (PCL General Medicine 2nd Year), Sun House

4.2 Day Two: Track, Field and Indoor Games (2082/08/08)

Games Conducted:

a. Relay Race (Boys and Girls)

Coordinators: Mr. Manoj Gupta and Mrs. Laxmi Karki

- Girls: First – Earth House, Second – Sun House
- Boys: First – Moon House, Second – Sun House

b. Tug of War (Boys and Girls)

Coordinators: Mrs. Asmita Timilsina and Mr. Vishnu Bhandari

- Boys: First – Moon House, Second – Star House
- Girls: First – Earth House, Second – Sun House

c. Musical Chair

Coordinators: Ms. Kalpana Dishwa, Mrs. Nilam Giri, and Mr. Pushpa Raj Bhattarai

- Girls:
 - First: Ms. Asmi Shrestha (Moon House)
 - Second: Ms. Nabina Shrestha (Sun House)
- Boys:
 - First: Mr. Dinesh Gupta (Earth House)

- Second: Mr. Shree Krishan Karki (Moon House)

d. Girls' Cricket (Super Six – 6 Overs)

Coordinators: Mr. Manisha Chaudhary and Mr. Vishnu Bhandari

- First Position: Earth House
- Second Position: Moon House

4.3 Day Three: Boys' Cricket Tournament (2082/08/09)

On the third day, a full-day **boys' cricket match** was conducted, lasting approximately **8 hours**.

- First Prize: Combined Team of Moon, Sun, and Star Houses
- Second Prize: Combined Team of Earth, Sun, and Star Houses

4.4 Day Four: Creative and Volleyball Events (2082/08/10)

a. Drawing Competition

Coordinators: Mrs. Asmita Timilsina and Mrs. Kalpana Dhishwa

- First: Ms. Sanam Sunari (Earth House)
- Second: Ms. Ranjhana Chaudhary (Moon House)

b. Best of Waste Competition

Coordinators: Mrs. Laxmi Karki and Mrs. Sushila Banjade

- First: Ms. Pratima Khanal (Earth House)
- Second: Mrs. Pratikshya Ruchal (Moon House)

c. Volleyball (Boys and Girls)

Coordinators: Mr. Manoj Gupta, Mrs. Sushila Banjade, and Mrs. Sabhayta Nepal

- Boys: First – Moon House, Second – Star House
- Girls: First – Star House, Second – Sun House

4.5 Day Five: Quiz Contest (2082/08/11)

A quiz contest was organized to enhance academic knowledge.

Coordinators: Mr. Pushpa Raj Bhattarai and Mrs. Riza Shrestha

- First Prize: Earth House

5. Welcome, Oath-Taking and Prize Distribution Ceremony (2082/08/12)

The concluding day of the program was marked by a Welcome Program for newly admitted students, an Oath-Taking Ceremony, and a Prize Distribution Ceremony, which was successfully conducted on 2082/08/12 at Saino Party Palace, Jholunge Pul. The program was organized to warmly welcome first-year students of PCL in General Medicine, PCL in Nursing, and Diploma in Pharmacy, formally induct them into their respective professional fields, and recognize students who secured top positions during the Sports Week held earlier.

The program was graced by the presence of several distinguished dignitaries. Dr. Binod Parajuli, Medical Superintendent of Siddharth Women and Children Hospital, attended the program as the Chief Guest. The Principal of AMDA Institute of Health Sciences, Mrs. Sarita Rawal, was present as the Special Guest. Other honorable guests included Mrs. Uma Thapa, Health Office Chief of Rupandehi District, The Vice President of Nepal Pharmaceutical Association, staff members from Siddharth Hospital, and faculty and staff of AMDA Institute of Health Sciences.

The program was smoothly hosted by students of PCL Nursing, who conducted the session in a confident and well-coordinated manner. Newcomer students were warmly welcomed by their seniors, creating a friendly and encouraging academic environment.

A significant component of the program was the Oath-Taking Ceremony, symbolizing students' commitment to ethical practice, professional responsibility, and service to humanity.

- Students of PCL Nursing 1st Year took the Florence Nightingale Oath, which was facilitated by the Mrs. Sarita Rawal, Principal of AMDA Institute of Health Sciences.
- Students of PCL in General Medicine 1st Year took the oath administered by the Nepal Health Professional Council, facilitated by Dr. Binod Parajuli, Medical Superintendent of Siddharth Women and Children Hospital.
- Students of Diploma in Pharmacy 1st Year took the oath provided by the Pharmacy Association, facilitated by Mohan Chaudhary the Vice President of Nepal Pharmaceutical Association.

Following the oath-taking, a Prize Distribution Ceremony was conducted to honor students who achieved top positions in various events of the Sports Week. Winners were awarded medals in recognition of their achievements, encouraging excellence, discipline, and healthy competition among students.

The program included formal speeches delivered by students and dignitaries. A student from PCL in General Medicine Second Year delivered the welcome speech, while a student from PCL in General Medicine First Year presented the vote of thanks, expressing gratitude to the guests, organizers, teachers, and participants. The Chief Guest, Special Guest, and other distinguished guests also shared their valuable words, motivating students to uphold professional ethics, dedication, and compassion in their future careers.

The ceremony was further enriched by various cultural dance performances presented by students, adding color, joy, and enthusiasm to the event. The program concluded on a positive note, leaving lasting impressions on the newly admitted students and making the day both meaningful and memorable.

6. Conclusion

The Sports Week Celebration 2082 was successfully completed with enthusiastic participation and effective coordination. The program fulfilled its objectives by promoting physical fitness, teamwork, leadership, and unity among students. The event created lasting memories and contributed positively to students' holistic development.

7. Recommendation

It is recommended that such sports activities be continued annually with increased student participation and inclusion of additional games to further enhance student engagement.

Annex





