



## CLOSING REPORT | DSS SPORTS WEEK – 2080



## **Executive Summary**

*Sifal School conducted its annual sports week, held from Kartik 20 - 24, 2080, marking a vibrant return for students after exams and Dashain holidays. Grades 1 to 12 actively participated, emphasizing the school's belief that sports cultivate skills, confidence, and a refreshing break. Beyond physical health, it fosters teamwork, leadership, and mental well-being. The event serves as a platform for imparting life lessons, emphasizing collaboration, trust, responsibility, and resilience. Overall, sports at Sifal School shape students' character and enhance their well-being.*

In the DSS Sports Week, students from grades 1–12 competed in a different way than before. This year, students from Elementary School participated in various games grouped by gender (boys/girls) and class. Meanwhile, students from Middle School and High School were divided into houses.

A variety of competitions were held, including Table Tennis, Basketball, Futsal, 50-M Race, 50-M Relay Race, Three-Legged Race, Dress-Up Relay, Spoon and Marble, Maths Race, Zigzag Relay with Cones, Cup Mountain, Sack Race, Obstacle Race, Bursting Balloons, Spoon Marble Race, Badminton, Chess, Yog, ITF, Kabbadi, and Tug of War. Notably, ITF and Yoga were introduced as new competitions for the students this year.

The event took place at multiple locations, including Sifal School, Deerwalk Complex premises, Dhanyentari Futsal at Dhumbarahi, and Surya Futsal in Mandikthar. The coordination of the event was successfully managed by the Head of School, Mr. Madhusudhan Bhusal, Ms. Ruby Labh, and Ms. Hankeing Rai along with house teachers, and ECA teachers.

For each group game, one to three selection rounds were played before the final round. Each game was highly competitive. At the end of the event, there were a total of 170 winners in Elementary School, 42 winners in Middle School, and 32 winners in High School (including single students with multiple wins). The closing ceremony of the Elementary and Middle School sports week was well-executed, with medals and certificates presented to the winners in front of their teachers and peers. For the High School level, medals and certificates will be awarded during Deerwalk-Sifal Night (High School) in the presence of parents/guardians.

In a nutshell, this event was a great learning experience for students. It helped them develop important skills like teamwork, communication, and leadership. The event also taught them the importance of being patient, disciplined, and handling setbacks positively. The collaboration between faculty, students, and management played a crucial role in making the event successful. Nevertheless, there is some room for improvement in sporting skills for students so that they can deftly showcase their talents in the days to come.

## Key Dates

Tasks	Dates	By
Kick-off meeting	Aswin 15, 2080 October 2, 2023 October 4, 2023	ES / Hangkeng Rai MS / Ruby Labh HS / Madhu Sudhan Bhusal
Game list	October 30, 2023	Bijaya Shrestha
Participants List	November 6, 2023	Bijaya Shrestha
Good to Go Meeting	November 7, 2023	Bijaya Shrestha
Tie-Sheet	November 23, 2023	Bijaya Shrestha
Prize distribution	December 8, 2023	ES / Hangkeng Rai MS / Ruby Labh HS / Madhu Sudhan Bhusal

## Planning

Allocating games on an individual, group, and tiesheet basis was the main focus of the planning. A Google document with the name [DSS-SPORTS WEEK-2080](#) has been used to record the planned details. The sports teacher, faculty, and members of the sports club collaborated.

## Schedule

The event was held on Kartik 20 to Mangsir 24. Each day was solely dedicated to games. The following table provides the details of the schedule and the winners:

## Elementary School

Game	Group	Winners	Winner House
50 m race	ES - Grade 1 Boys	Aayansh Bista	Karnali
	ES - Grade 2 Boys	Sharvaya Raj Chapagain	Mahakali
	ES - Grade 1 Girls	Kesha Koirala	Mechi
	ES - Grade 2 Girls	Abhinya Ghimire	Karnali
100 m race	ES - Grade 3 Boys	Pranik KC	Karnali
	ES - Grade 4 Boys	Bedant Pathak	Mahakali
	ES - Grade 3 Girls	Eedha Bista	Karnali
	ES - Grade 4 Girls	Uddhati Bhattarai	Mechi
Maths Race	ES - Grade 1 Boys	Pranav Raut	Mahakali
	ES - Grade 2 Boys	Vedanga Aryal	Karnali
	ES - Grade 3 Boys	Pranik KC	Karnali
	ES - Grade 4 Boys	Rhujen Jung Khadka	Mechi
Maths Race	ES - Grade 1 Girls	Praviksha Joshi	Karnali
	ES - Grade 2 Girls	Abhinya Ghimire	Karnali
	ES - Grade 3 Girls	Eedha Bista	Karnali
	ES - Grade 4 Girls	Uddhati Bhattarai	Mechi
Dress-up	ES - Grade 1 Boys	Reyan Tako	Koshi
	ES - Grade 1 Girls	Kesha Koirala	Mechi
	ES - Grade 2 Boys	Darpan Bhagat	Karnali
	ES - Grade 2 Girls	Parika Shrestha	Karnali
Musical Chair	Side Courtyard	Bilakshyan Banjara	Mechi
	Side Courtyard	Evan Karki	Karnali
	Side Courtyard	Sujeev Sapkota	Mahakali
	Side Courtyard	Eshana Oli	Karnali
50 m Relay race	ES - Grade 1 Boys	Ketan Jung Koirala and Aayansh Bista	Karnali
	ES - Grade 2 Boys	Sharvaya Raj Chapagain and Ethan Singh	Mahakali
	ES - Grade 1 Girls	Greeha Shrestha and Mokshada Bogati	Koshi
	ES - Grade 2 Girls	Abhinya Ghimire and Brisha Maharjan	Karnali
50 m Relay race	ES - Grade 3 Boys	Pranik KC and Aarambha Pant	Karnali
	ES - Grade 4 Boys	Bedant Pathak and Shaurya Shrestha	Mahakali
	ES - Grade 3 Girls	Reha Gautam and Prasoya Yadav	Mahakali
	ES - Grade 4 Girls	Ishani Chhetri and Akshita Bhattarai	Koshi

Spoon & Marble race	ES - Grade 3 Girls	Simrik Dhungana	Mahakali
	ES - Grade 3 Boys	Aarambha Pant	Karnali
	ES - Grade 4 Girls	Aarushi Prasai	Mahakali
	ES - Grade 4 Boys	Bedant Pathak	Mahakali
Sack Race	ES - Grade 3 Girls	Cyra Regmi	Mechi
	ES - Grade 3 Boys	Aarambha Pant	Karnali
	ES - Grade 4 Girls	Aava Dangol	Mechi
	ES - Grade 4 Boys	Sushant Pokharel	Karnali
Zig Zag with cone Race	ES - Grade 1 Boys	Pranav Raut	Mahakali
	ES - Grade 2 Boys	Soumya Poudyal	Koshi
	ES - Grade 1 Girls	Kesha Koirala	Mechi
	ES - Grade 2 Girls	Vidhatri Thapa	Koshi
Obstacle Race	ES - Grade 3 Boys	Apurba Gopal Aryal	Mechi
	ES - Grade 4 Boys	Dison Dangol	Mechi
	ES - Grade 3 Girls	Haezel Dahal	Karnali
	ES - Grade 4 Girls	Subashi Shahi	Koshi
Kabbadi (Round1)	ES - Grade 1 to 4 Girls	Ishani Chhetri,Akshita Bhattarai, Saanvi Shrestha,Subashi Shahi,Aayuja Chaudhary, Shambhabi Joshi, Kashvi Satyal,Medhanshi Bhattarai,Risimi Mewahang	Koshi
	ES - Grade 1 to 4 Boys	Aarav Thapa, Shivansh Rajbhandari, Shaurya Shrestha, Somanshu Rajbhandari, Eshaan Manandhar, Bedant Pathak, Sujeev Sapkota, Aashutosh Kafle, Sharvaya Raj Chapagain	Mahakali
ITF	ES - Grade 1 Girls	Khushi Dahal	Mahakali
	ES - Grade 2 Girls	Aarfa Shakya	Koshi
	ES - Grade 3 Girls	Eedha Bista	Karnali
	ES - Grade 4 Girls	Uddhati Bhattarai	Mechi
	ES - Grade 1 Boys	Umang Raj Singh	Koshi
	ES - Grade 2 Boys	Soumya Poudyal	Mechi
	ES - Grade 3 Boys	Aashutosh kafle	Mahakali
	ES - Grade 4 Boys	Anshuman Shah Thakuri	Koshi
Cup Mountain	ES - Grade 1 Boys	Aryav Dangol,Reyansh Thapa, Reyan Tako,Shreem Raj Joshi	Koshi
Cup Mountain	ES - Grade 2 Boys	Evan Karki, Vedanga Aryal, Siddhartha Aryal, Shriyan Phuyal	Karnali

	ES - Grade 3 Boys	Yug Shrestha, Aashutosh Kafle, Sarun Maharjan, Sujeev Sapkota	Mahakali
	ES - Grade 4 Boys	Rabi Harsha Adhikari, Ruhjen Jung Khadka, Nirvik Gurung, Bedant Bhandari	Mechi
	ES - Grade 1 Girls	Grehaa Shrestha, Mokshada Bogati, Prarabdhi Adhikari	Koshi
Cup Mountain Three-legged race	ES - Grade 2 Girls	Siddhika Malla, Shaina Shrestha, Devanshi Bhattarai	Mahakali
	ES - Grade 3 Girls	Haezel Dahal, Anshika Karmacharya, Ananya Sri Aryal, Eedha Bista	Karnali
	ES - Grade 4 Girls	Eshana Oli, Sarvani Manandhar, Aslesha Baidya	Karnali
	ES - Grade 1 Boys	Aryav Dangol, Reyan Tako	Koshi
Three-legged race Three-legged race	ES - Grade 2 Boys	Siddhartha Aryal and Riyansh Shrestha	Karnali
	ES - Grade 3 Boys	Aayan Bhattarai Rex Acharya	Mechi
	ES - Grade 4 Boys	Eshaan Manandhar, Aarav Thapa	Mahakali
	ES - Grade 1 Girls	Grehaa Shrestha, Mokshada Bogati	Koshi
Three-legged race Bursting Balloons	ES - Grade 2 Girls	Brisha Maharjan and Abhinya Ghimire	Karnali
	ES - Grade 3 Girls	Reha Gautam, Prasoya Yadav	Mahakali
	ES - Grade 4 Girls	Aarushi Prasain, Vani Sharma	Mahakali
	Grade 1	Reyan Tako	Koshi
Bursting Balloons	Grade 2	Tejas Acharya	Karnali
Tug of War	ES - Grade 2, 3 and 4 Boys	Aayan Bhattarai Aarush Yadav Nivaan Aryal Dison Dangol, Riwaan Shakya Rex Acharya Apurba Gopal Aryal Abirup Giri, Rabi Harsha Adhikari Ruhjen Jung Khadka Nirvik Gurung Subhashish Shahi	Mechi
Tug of War	ES - Grade 2, 3 and 4 Girls	Aaradhya Tripathee, Gaurahi Ghimire, Bidhata Dahal Manavi Devkota Rhyla Shrestha Cyr Regmi Tejaswi Basnet, Aava Dangol Avneesa Maharjan	Mechi

		Aryama Bhattarai Smarika Bhattarai Uddhati Bhattarai	
Badminton	ES - Grade 1 Girls	Kesha Koirala	Mechi
	ES - Grade 2 Girls	Aarfa Shakya	Koshi
	ES - Grade 3 Girls	Aadhya Dhungana	Mechi
	ES - Grade 4 Girls	Vani Sharma	Mahakali
Badminton	ES - Grade 1 Boys	Reyansh Thapa	Koshi
	ES - Grade 2 Boys	Ethan Singh	Mahakali
	ES - Grade 3 Boys	Shivaan Thapa	Koshi
	ES - Grade 4 Boys	Subhashish Shahi	Mechi
Yog	ES - Grade 1 Girls	Ojaswi Kunwar	Mechi
	ES - Grade 2 Girls	Siddhika Malla	Mahakali
	ES - Grade 3 Girls	Aayuja Chaudhary	Koshi
	ES - Grade 4 Girls	Avneesha Maharjan	Mechi
Yog	ES - Grade 1 Boys	Reyan Tako	Koshi
	ES - Grade 2 Boys	Aarush Yadav	Mechi
	ES - Grade 3 Boys	Aashutosh Kafle	Mahakali
	ES - Grade 4 Boys	Nirvik Gurung	Mechi
Table Tennis	ES - Grade 1 Girls	Khushi Dahal	Mahakali
	ES - Grade 2 Girls	Abhinya Ghimire	Karnali
	ES - Grade 3 Girls	Bidhata Dahal	Mechi
	ES - Grade 4 Girls	Vani Sharma	Mahakali
Table Tennis	ES - Grade 1 Boys	Aryav Dangol	Koshi
	ES - Grade 2 Boys	Pranish Pandey	Koshi
	ES - Grade 3 Boys	Aradhya Gopal Aryal	Koshi
	ES - Grade 4 Boys	Bishrant Sitaula	Koshi
Futsal	ES - Grade 1 to 4 Girls	Simrik Dhungana, Vani Sharma, Aarushi Prasai, Rajshree Shrestha Avana Pokharel, Aisha Piya	Mahakali
	ES - Grade 1 to 4 Boys	Rijan Shrestha, Hariom Dahal, Pranik KC, Sushant Pokharel, Aaron Singh, Prapya Mishra	Karnali
Basketball	ES - Grade 1 to 4 Girls	Kashvi Satyal, Krishika Munankarmi, Risimi Mewahang, Saanvi Shrestha, Subashi Shahi	Koshi

	ES - Grade 1 to 4 Boys	Aarambha Pant, Prapya Mishra, Hariom Dahal, Rijan Shrestha, Sushant Pokharel	Karnali
Kabaddi	ES - Grade 1 to 4 Girls	Ishani Chhetri, Akshita Bhattarai, Saanvi Shrestha, Subashi Shahi, Aayuja Chaudhary, Shambhabi Joshi, Kashvi Satyal, Medhanshi Bhattarai, Risimi Mewahang	Koshi
	ES - Grade 1 to 4 Boys	Aarav Thapa, Shrivansh Rajbhandari, Shaurya Shrestha, Somanshu Rajbhandari, Eshaan Manandhar, Bedhant Pathak, Sujeev Sapkota, Aashutosh Kafle, Yug Shrestha	Mahakali

### Middle and High School

TT	MS- Boys	Rushav Paneru	Karnali
	MS-Girls	Sauravi Thapa	Koshi
	HS-Boys	Nishant Adhikari	Mahakali
	HS-Girls	Simple Shrestha	Mahakali
Chess	MS- Boys	Prasiddha Shrestha	Mechi
	MS-Girls	Kabya Oli	Mechi
	HS- Boys	Shuvanshis Gautam	Karnali
	HS- Girls	Aayotrie Chaudhary	Mechi
Yoga	MS Boys	Aashutosh Basnet	Mahakali
	MS Girls	Shubha Shree Malla	Karnali
	HS Boys	Raj Dhakal	Karnali
	HS Girls	Manavi Regmi	Karnali
Badminton	MS Boys	Niskarsh Joshi	Mahakali
	MS Girls	Sauravi Thapa	Koshi
	HS Boys	Aadarsha Khatri	Mechi
	HS Girls	Isha Shrestha	Koshi
ITF	MS Boys	Samyam Rai	Mechi
ITF	MS Girls	Rudrayani Shrestha	Mechi
ITF	HS- Boys	Bipan Sajwal	Koshi
Futsal	MS Boys	Pratush Lohani Sambhavya Pandey Aarjan khadka Sandesh Katuwal Manan Khanal	Mechi



		Sabhya Marasini Bishop Chalise Samyam Rai Drishya Pusasaini	
	MS Girls	Sayuri Shrestha Aaradhya Prasai Sauravi Thapa Ananya Bhurtel Shuvee Lamichhane Anjila Sherpa Joyana Thapa	Koshi
	HS Boys	Ayush Baral Adhyaya Bhandari Bipan Sajwal Neshan Shrestha Prasiddha khadka Rijan Basnet Satkrit Pokhrel Soyush Gautam Swornim Raj Shakya	Koshi
	HS Girls	Aaniya Poudel Bibhuti Khadka Nupur Lamichhane Muskan Manandhar Anuska Basnet Kriti Nepal Manavi Regmi	Karnali
Basketball	MS Boys	Sarvesh Raj Adhikari Manan Khanal Safal Raj Ghimire Prasiddha Shrestha Sandesh Katuwal Aarav Timalisina	Mechhi
	MS Girls	Aaradhya Prasai Ananya Bhurtel Shuvee Lamichhane Sherab Sherpa Aadhya Shri Poudel Salvia Kapali Joyana Thapa Radharani Sen	Koshi
	HS Boys	Aarya Chhetry Aditya Uprety Nishant Adhikari Niyam Raj Acharya Sumit Raj Thakur	Mahakali

		Yunish Shrestha Aakrist Pratap Rana Aaditya Upreti	
	HS Girls	Deena Thapa Kritanjali Odari Riti Niraula Saanvi Adhikari Sampada karki Shreya Joshi Subigya Baral Sameera Tamang Deena Thapa	Mahakali

## Appendix

### Photos of the Event:



50 m Race



100 m Race



50 m Race



Maths Race



Yoga



ITF



Badminton



Chess



Table Tennis



ES Basketball



MS Basketball



HS Basketball



Boys Futsal



Girls Futsal

## Strengths and Areas of Improvement

Strengths	Areas of Improvement
1. All the games unfolded seamlessly.	1. Include a greater variety of engaging and entertaining games, in middle and high school.
2. Energetic involvement of students with active participation.	2. Ensure the reservation of a nearby and appropriate venue several months before the sports week.
3. Developed bonding between teachers and children through house sports.	3. Sports must be well known and practiced before bringing them into the competition.