



# Deerwalk Sports Week

Ashoj 31 – Kartik 4



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**CLOSING REPORT | DSS SPORTS WEEK – 2079**



## Executive Summary

*Sifal School conducted its annual sports week from Ashoj 31<sup>st</sup> to Kartik 4<sup>th</sup>, 2079, as a refreshing week back to school after the examinations and Dashain holidays. Students from grades 1 to 12 actively participated in the tournament with great zeal and enthusiasm in various categories of sports of their choice. Sifal School believes that involvement in sporting activities helps students gain various skills, confidence, experience, and some refreshments after getting tired of the daily hectic routine, along with developing a sense of teamwork and leadership skills. These kinds of activities not only keep students engaged, fit, and healthy but also boost mental health and develop social skills. Beyond the obvious health and activity benefits, sports can teach much about life. It teaches about teamwork and team spirit. It teaches people to work together to achieve a common goal. It's also about trust, responsibility, and dealing with success and failure.*

In the DSS Sports Week, students from grades 1–12 competed differently from previous criterion, this year, students from Elementary School competed in various games group-wise (boys/girls) and class-wise, and the students from the Middle School and High School were divided into houses. Table Tennis, Basketball, Futsal, Crickets, Basketball Shoot, 50-M Race, 50-M Relay Race, Three-Legged Race, Dress-Up Relay, Spoon and Marble, Musical Chair, Zigzag Relay with Cones, Cup Mountain, Sack Race, Gymnastics, Badminton, Swimming, Chess, and Tug of War competitions were also held. This year, Kabbadi was included as a competitive game in Elementary School. The event took place at Sifal School, Deerwalk Complex premises, Dhanyentari Futsal at Dhumbarahi, Royal Indoor Cricket at Golfutar and Down Town at Bouddha. The event was successfully coordinated by Head of School, Mr. Ujjwal Poudel, Mr. Tej Prasad Kafle, Ms. Samiksha Hada and ECA Head, Mr Kuldeep Kumar Gupta.

For each group game, one to three selection rounds (i.e., heats) were played before the final round. Each of the games was really competitive, and at the end of the event, there were altogether 160 winners in Elementary School and Middle School 74 and 43 winners from High School (including single students with multiple wins). The closing ceremony of 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 to the winners in Deerwalk-Sifal Night (High School) in the presence of parents/guardians.

Summing up, this event taught students some really valuable lessons and skills and instilled the spirit of sincerity. This platform turned out to be the best for students to showcase their talents, leadership skills, teamwork, communications, and relationship-building skills. Moreover, this event taught students to be patient, disciplined, and accepting of defeats in a positive competitive spirit. Coordination and cooperation amongst faculty members, students, and management made this event a grand success. 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	Date	By
Kick-off meeting	Ashoj 3, September 19	Kuldeep Kumar Gupta
Game list		Bijaya Shrestha, House Teacher, Class Teachers
Participants List	Ashoj 28, October 14	House Teachers
Good to Go Meeting	Ashoj 27, October 13	Bijaya Shrestha
Tie-Sheet	Ashoj 31 <sup>st</sup> – Kartik 4 <sup>th</sup> , October 17 - 21	Bijaya Shrestha
Prize distribution (Elementary and Middle School)	Kartik 4	Elementary School Faculty Members and Middle School Faculty Members

## Planning

Major planning was focused on allocating games individually, group-wise, and also on the tie-sheets. The details of the planning have been maintained in a Google spreadsheet [named DSS-SPORTSWEEK-2079 and DSS - HS MS & ES -Deerwalk Tournament Week - 2079](#) respectively. Faculty members, sports teacher and ECA head took the initiative in dividing games and finalizing tie sheets.

## Schedule

The celebration took place from Ashoj 31st to Kartik 4th. Each day was solely dedicated to games like 50-meter race, math race, dress-up, musical chair, spoon and marble, futsal, 50-meter relay, sack race, Kabbadi, three-legged race, cup race, ball shooting, bursting balloons, and tug of war. The following table provides the details of the schedule, and the winners are highlighted:

### Elementary School

#### Day 1, Ashoj 31<sup>st</sup>

SN	Game	Winners	Winner House
1	50 m race	Ethan Singh	Mahakali
2		Ajanya Govinda Parajuli	Karnali
3		Subhashish Shahi	Mechi
4		Rachit Bhattarai	Mechi
5	50 m race	Aaradhya Tripathi	Mechi
6		Aayuja Chaudhary	Koshi
7		Vani Sharma	Mahakali
8		Joyana Thapa	Koshi

9	Maths Race	Ethan Singh	Mahakali
10		Pranik KC	Karnali
11		Aaron Singh	Karnali
12		MehanRauniyar	Karnali
13	Maths Race	SiddhikaMalla	Mahakali
14		RisimiMewahang	Koshi
15		Vani Sharma	Mahakali
16		Shubha Shree Malla	Karnali
17	Dress-up	Aarogya Ghimire	Koshi
18		Aarfa Shakya	Koshi
19		UjjwolDhakal	Koshi
20		HaezelDahal	Karnali
21	Musical Chair	Medhanshi Bhattarai	Koshi
22	Musical Chair	Ishani Chhetri	Koshi

### Day 2, Kartik 1<sup>st</sup>

SN	Game	Group	Winners	Winner House
1	Spoon & Marble race	ES - Grade 1 Boys	Jaivik Bhusan Karki	Mechi
2		ES - Grade 2 Boys	Yug Shrestha	Mahakali
3	Spoon & Marble race	ES - Grade 1 Girls	Parika Shrestha	Karnali
4		ES - Grade 2 Girls	ManaviDevkota	Mechi
5	Futsal	ES - Grade 2, 3, and 4 (Boys)	Rhujen Jung Khadka, Aaron Man Pradhan, Rabi Harsha Adhikari, Subhasis Shahi, Rachit Bhattarai, PratyushLohani, DrishyaPudasaini, Rex Acharya, Aayan Bhattarai, Himanshu Bal, Nirvik Gurung, Raj Manandhar	Mechi
6	Futsal	ES - Grade 2, 3, and 4 (Girls)	Vani, Aarushi, Aafreen, Presley, AaroHi, Dinisha, Simrik, Aavana	Mahakali

### Day 3, Kartik 2<sup>nd</sup>

SN	Game	Group	Winners	Winner House
1	50 m Relay race	ES - Grade 1 Boys	Abis Giri, Aarogya Ghimire	Koshi
2	50 m Relay race	ES - Grade 2 Boys	Atullya Pant, Swopnil Amir Kansakar	Koshi

3	50 m Relay race	ES - Grade 3 Boys	Aarav Thapa, Shaurya Shrestha	Mahakali
4	50 m Relay race	ES - Grade 4 Boys	Pratyush Lohani, Rachit Bhattarai	Mechi
5	50 m Relay race	ES - Grade 1 Girls	Vidhatri Thapa, Aarfa Shakya	Koshi
6	50 m Relay race	ES - Grade 2 Girls	KashviSatyal, Medhanshi Bhattarai	Koshi
7	50 m Relay race	ES - Grade 3 Girls	Saanvi Shrestha, Ishani Chhetri	Koshi
8	50 m Relay race	ES - Grade 4 Girls	Radharani Sen, Joyana Thapa	Koshi
9	Sack race	ES - Grade 1 Boys	Aarogya Ghimire	Koshi
10	Sack race	ES - Grade 2 Boys	Swopnil Amir Kansakar	Koshi
11	Sack race	ES - Grade 3 Boys	Samrag Shrestha	Koshi
12	Sack race	ES - Grade 4 Boys	AashutoshBasnet	Mahakali
13	Sack race	ES - Grade 1 Girls	Aarfa Shakya	Koshi

#### Day 4, Kartik 3<sup>rd</sup>

SN	Game	Group	Winners	Winner House
1	Kabbadi	ES - Grade 3 & 4 Boys	Pranav Panday, Shaurya Shrestha, Mauri Shrestha, Prastut Chandra Baral, Aarav Thapa, Rodas Karki, Neelhang Limbu	Mahakali
2		ES - Grade 3 & 4 Girls	Joyana Thapa, Ishani Chhetri, Ridika Gurung, Lavanya Karki, Saanvie Nepal, Subashi Shahi, Akshita Bhattarai	Koshi
3	Cup Mountain	ES - Grade 1 Boys	NivaanAryal, Arsan Bajimaya, JaivikBhusan Karki	Mechi
4		ES - Grade 2 Boys	Swopnil Amir Kansakar, UjjwolDhakal, Aamnaya Raj Dhungel	Koshi
5		ES - Grade 3 Boys	Subhasis Shahi, Bedant Bhandari, Ruhjen Jung Khadka	Mechi
6		ES - Grade 4 Boys	Samman Gauragain, Aayaan Rai, BidhanBista	Koshi
7	Cup Mountain	ES - Grade 1 Girls	BrishaMaharjan, SuruchiBimali	Karnali
8		ES - Grade 2 Girls	RishimiMewahang, Medhanshi Bhattarai, KashviSatyal	Koshi
9		ES - Grade 3 Girls	Ashlesha Baidhya, Eshana Oli	Karnali



10		ES - Grade 4 Girls	AaroHi Poudel, Presley Bhattarai, Dinisha Shiwakoti	Mahakali
11	Three-legged race	ES - Grade 1 Boys	NisklesBaral, Abiyash Sapkota,	Mahakali
12		ES - Grade 2 Boys	Swopnil Amir Kansakar, UjjwolDhakal	Koshi
13		ES - Grade 3 Boys	Aarav Thapa, EshaanManandhar	Mahakali
14		ES - Grade 4 Boys	MehanRauniyar, NisitPokhrel	Karnali
15	Three-legged race	ES - Grade 1 Girls	Gaurahi Ghimire, AaradhyaTripathee	Mechi
16		ES - Grade 2 Girls	Rhyla Shrestha, Tejaswi Basnet	Mechi
17		ES - Grade 3 Girls	Vani Sharma, Aafreen Ansari	Mahakali
18		ES - Grade 4 Girls	ShambhaviMainali, Praneesha Shrestha	Karnali
19	Ball Shooting (Basketball)	ES - Grade 3 & 4 Boys	Ruhjen Jung Khadka	Mechi
20	Ball Shooting (Basketball)	ES - Grade 3 & 4 Girls	Joyana Thapa	Koshi

#### Day 5, Kartik 4<sup>th</sup>

SN	Game	Winners	Winner House
1	Bursting Balloons	Abiyash Sapkota	Mahakali
2	Bursting Balloons	Pranik KC	Karnali
1	Tug of War	Aaron Man Pradhan, Rhujen Jung Khadka, Subhasis Shahi, Bedant Bhattarai, Nirvik Gurung, Rabi Harsha Adhikari, Rachit Bhattarai, Pratyush Lohani, Drishya Pudasaini, Apurba Gopal Aryal, Rex Acharya, Aayan Bhattarai, Himanshu Bal, Riwaan Shakya	Mechi
2	Tug of War	Aarika Jha, Uddhati Bhattarai, Avneesha Maharjan, Smarika Bhattarai, Aaryama Bhattarai, Aava Dangol, Manavi Devkota, BidhataDahal, Tejaswi Basnet, Rhyla Shrestha, CyraRegmi, Aadhya Dhungana	Mechi

The celebration took place from Ashoj 31st to Kartik 4th. Each day was solely dedicated to different games Crikisal, basketball, chess, badminton, table tennis, swimming, futsal, etc. The following table provides the details of the MS and HS schedule, and the winners are highlighted:

## Middle and High School

S N	Game	Group	Winners	Winner House
1	Criksal	HS - Boys	Aadarsha Khatri, Shreejan Ghimire, Parimal Prakash Nepal, PranishKhanal, Utsav Gautam, AarnovAdhakari, Shashwot Poudyal, Shreyash Vaidya, PranjaliKhatiwoda, Bikarsha Ojha, Pawan Poudel	Mechi
2	Basketball	HS-Girls	Ojeswi Gurung, Sambriddhi Neupane, Kunjal Shrestha, Emi Gurung, Neharika Chapagain, Prathana, Simone Shree Pathak, Ambira Pradhan, Diya Bajracharya	Koshi
3	Chess	MS - Boys	Amu Shakya	Koshi
4	Chess	MS - Girls	Manavi Regmi	Karnali
5	Badminton	MS - Boys	Sangay Sherpa, Kritish Chettri, Arjan Khadka, Agraj Rijal, Samyam Rai, Aagat Sharma, Shiva Roka, Sayam Adhikari, Sarthak Dahal.	Mechi
6	Badminton	MS - Girls	Krishma Thapa, Pritha Khanal, Prasiddhi Dangol, Livana.	Mahakali
7	Table Tennis	MS - Boys	Rushav Paneru	Karnali
8	Table Tennis	MS - Girls	Eshita Lal	Mechi
9	Swimming	MS - Boys	Nishkarsh Joshi	Mahakali
10	Swimming	MS - Girls	Krishma Thapa, Pritha Khanal, Prasiddhi Dangol, Livana	Mahakali
11	Cricksal	MS - Boys	Agraj Rijal, Aayush Subedi, Suprabh Acharya, Sarthak Dahal, Bishop Chalise, Agrim Rijal, Sangay Sherpa, Prasiddha Shrestha, Sambhavya Pandey, Sabhya M. Pradhan, Srisad Siwakoti.	Karnali
12	Basketball	MS-Girls	Eshane Manandhar, Eshita Lal, Aliza Sherchan, Kristina Rai, Sadhvi Aryal , Pricosva Shrestha, Rudrayani Shrestha, Bishakha Upadhyaya, Aayotrie Chaudhary , NitikaKapali.	Mechi
13	Chess	HS - Boys	Nishant Adhikari	Mahakali
14	Chess	HS - Girls	Emi Gurung	Koshi
15	Table Tennis	HS - Boys	Shreyansh Pokharel	Koshi
16	Table Tennis	HS - Girls	Emi Gurung	Mechi
17	Badminton	HS - Boys	Ishan Adhikari	Koshi
18	Badminton	HS - Girls	Ojeswi Gurung	Koshi
19	Swimming	HS - Boys	Aadarsha Khatri	Mechi
20	Swimming	HS - Girls	Ojeshwi Gurung	Koshi
21	Futsal	MS - Boys	Srisad Siwakoti, SabhyaMarasini Pradhan, Sambhavya Pandey, Kritish Chettri, Sarvesh Raj Adhikari, Aarjan Khadka, Safal Raj Ghimire , AgrimRijal , Rashik Adhikari , Aayush Subedi , Sarthak Dahal , Suprabh Acharya .	Karnali
22	Futsal	MS - Girls	Reva Dangol, Manavi Regmi, Aniya Paudel, Bibechana Dangol, Nivi Chhetri, Rushka Sapkota, Snigdha Chaudhary , Shreedarisal , Luniva Shrestha , Prapti Giri, Niva Shrestha	Karnali

23	Basketball	HS - Boys	Rijan Basnet, Soyush Gautam, Bipan Sajwal, Purab Marahatta, Ashraya Karki, Prasiddha Khadka, Remoon Gorkhali, Swornim Raj Shakya, Neshan Shrestha, Ishan Adhikari, Umanga Khatiwada, Chahat R.S. Rathour, Prasoon Chapagain, Aryan Silwal, Aashutosh Shrestha	Koshi
24	Cricksal	HS - Girls	Smriti Lama, Kriti Nepal, Angel dhimal, Anuska Basnet, Nupur Lamichhane, Sonishma Basnet, SayaraAryal	Karnali
25	Basketball	MS-Boys	Safal Raj Gimire Nisith Bhattarai, AgrimRijal, Prasiddha Shrestha, Aayush Subedi, Sayam Adhikari, Supbrah Acharya, Suprim Shrestha,	Mechi
26	Criksal	MS - Girls	NitikaKapali, Bisakha Upadhyaya, Rudrayani Shrestha, Pricosva Shrestha Dibrani Thapa, Kabya Oli, Aliza Sherchan, Eshita Lal, EshaneeManadhar, Suphiyanaghimire, Kristina Rai	Mechi
27	Futsal	HS - Boys	Aashrik pathak, Arpan Acharya, Arunesh Manandhar, Bidhan Sen Oli, Subham Chapagain, Kirtan Poudyal, Dhiru Kumar Shah,	Karnali
28	Futsal	HS - Girls	Ojeswi Gurung, Diya Bajracharya, Sambriddhi Neupane, Kunjal Shrestha, Simone Shree Pathak, Emi Gurung	Koshi

### Strengths and Areas of Improvement

Strengths	Areas of Improvement
1. All the games went smoothly.	1. According to the rules of the game, a certain number of participants must be selected, like in futsal and kabaddi.
2. Active participation of students with full energy.	2. Children must be well informed about the games they are competing in as well as what games were taking placing.
3. Developed bonding between teachers and children through house sports.	3. Sports must be well known and practiced before bring them in to the competition.



## Appendix

### A. Photos of the Event:



Badminton



Swimming



Table Tennis



Girls Basketball Shooting



Criksal



Sack race





Chess



ZigZag Cone race



Futsal



Spoon and Marble race

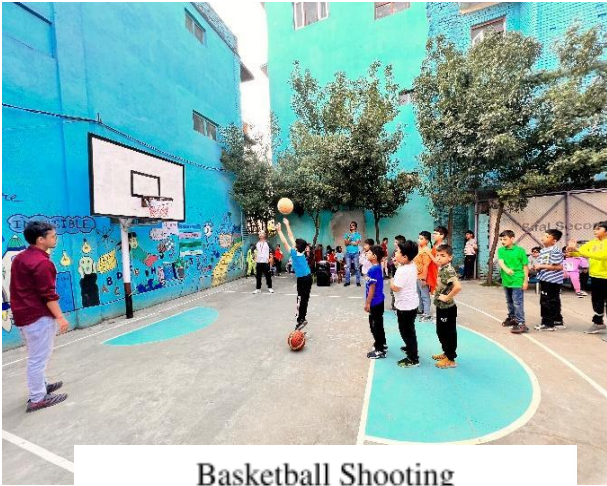


50 m race



Cup Mountain





**Basketball Shooting**



**Boys Basketball**



**Three Legged Race**



**Musical Chair**



**Tug of War**



**Kabaddi**

***B. Photo by: Digital Media lab***

***C. Video by: Digital Media Lab. Video link – on progress***

***D. Report by: Rabina Maharjan***