

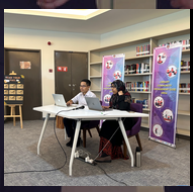


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Menyerlahkan Potensi
Membentuk Masa Hadapan



ORTHOPAEDIC FAMILY DAY 2024: SECOND EDITION

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As the saying goes, 'A family that works together succeeds together.' Every year, the Department of Orthopaedic & Traumatology Hospital Al-Sultan Abdullah organizes an annual family day event. On February 3rd of this year, we made our way to SplashMania Waterpark at Gamuda Cove for the event. It was an eventful day, buzzing with excitement, love, happiness, and water-packed activities.

The day began with gathering all department members and their families at Omba'King beach inside the park. A stage, adorned with a banner, had been set up in front of the beach by the SplashMania team. The event commenced with an introductory speech by the organizer, Dr. Anuar, followed by remarks from the beloved Assoc. Prof. Dr. Mohd Faizal Sikkandar, the head of the department, and a safety

briefing delivered by the park's safety guard.

Before indulging in the park activities and tile matches, we were Zumba by two Philippine trainers organized by the park committee. It was a fantastic 15-minute session to warm up before engaging in all the sports activities. The atmosphere became even more electrifying during the telematches, which were promised to us as part of the package by the park team. They had designed various types of telematches tailored for every age group, including children, couples, and genders.



For the children, the game of choice was the plastic ring toss, or 'frisbee,' where the fastest team to collect four rings on cones wins. Meanwhile, the ladies participated in a game requiring teams to pass a water-filled balloon by throwing it backward, with the next person catching and continuing the pass until the end. The team completing the task fastest with the most balloons collected would win. For the couples, the highlight was the water chariot race, where each couple was divided into four teams to compete in a relay. One partner acted as a passenger while the other drove. The fastest team to complete the relay was crowned champions. Lastly, the men enjoyed a classic game of tug of war, with victory going to the team demonstrating the most strength in pulling the rope.

Between the telematches, we had some lucky draw sessions where everyone in the department got randomly picked using an online app. Every lucky winner came back with a big smile after winning some unexpected goodies. After all the telematches wrapped up, all members grabbed some lunch provided by the park before hitting up all the cool rides in the water park. Families had a blast exploring every ride and attraction until the park called it a day.

For us, this one-day family bonding session was a moment to cherish, where we appreciated everyone in the department for their hard work, passion, and effort. At the same time, we wanted to celebrate the families that have been such a precious support to the department members. Together, we need to stick stronger than ever to progress and achieve our greatest success. Until we meet again next year.



Figure 1: A cherished moment was shared between the Head of the Department and the medical officers.