

OLYMPIC NEPAL



02 SOUTH ASIAN GAMES

The origins of South Asian Federation Games or South Asian Games

07 13TH SAG FLAG HANDOVER TO NEPAL

The NOC president thanked the IOA, the government of India

18 OLYMPIC DAY

Nationwide Celebration

2015 - 2019 / Issue 1

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ON COVER

1. Handover of SAG Flag
2. Gaurika Singh
3. NOC President

Venue: Dasarath Rangasala Stadium

Photo: NOC

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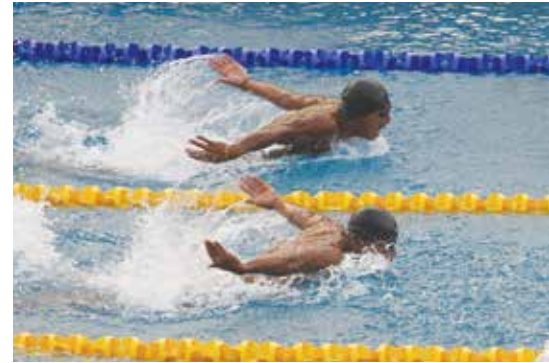


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2015 - 2019 / ISSUE 1

IN THIS ISSUE

President message	VI
Second National Sports Congress kick off	1
South Asian Games 2016	2-6
13th South Asian Games flag Handover to Nepal	7
18th Asian Games	9
3rd Youth Olympic Games	11
Rio Olympics 2016	13-15
Olympic Day	18-21
Photo Feature	22-25
106th International Women's Day	26
IOC's Letter To the Presidents of NOCS	30-31
Elective General Assembly of Nepal Olympic Committee	32
1st National Sports Forum	35
Farewell for 56th International Session for Young Participants	37
6th Children Asian International Sports Games	38



MoU signing between President of NOC and President of Qatar Olympic Committee	41
Closing of 2nd National Sport Congress and Budhanilkantha Declarations	42
8th Asian winter games in Japan	43
Noc President Won Legislative Election	46
Asian Games Fun Run 2018	47
MOU signing between NOC, Tamura City Mayor and AS of Tamura City	50

9th Annual General Assembly of NOC	53
Training for Long Distance Runners	56
SA RADO Board meeting and SA RADO Technical Workshop held in Nepal	59
2nd National Sports Forum	60
Training workshop for Athletics and Taekwondo Athletes and Coaches	63
Elective General Assembly of NOC	67

SOLIDARITY

Technical Course for Coaches in Weightlifting	8
Solidarity Course of Handball	40
Olympic Solidarity Technical Course for Coaches in Gymnastics	40
Olympic Solidarity	48-49
The Olympic Solidarity Technical Course for Coaches in Judo	57





MESSAGE FROM THE PRESIDENT

On this special occasion of International Olympic Day (birth of Modern Olympic Movement) 23rd June, we are very delighted to present the review of the movement of the Nepal Olympic Committee and its stakeholders extending the Olympic Movement in the year 2015 – 2019.

After being member of International Olympic Committee (IOC) in 1963, NOC Nepal has been continuously participating in the Olympic Games. NOC Nepal is focused on protecting, supporting and empowering the athletes and is responsible for fielding National Team of Nepal for the Olympic, Youth Olympic, Asian Games, Asian Youth Games, Beach Games and South Asian Games.

We are committed to adopted Olympic Agenda 2020 +5 in order to strengthening the our Olympic Movement. In coordination with International Olympic Committee, we continue to work in many areas where sport can promote integration and social development.

We are in final stage of the preparation for the Tokyo 2020 Olympic that has been postponed for a year due to global pandemic. After a month Tokyo 2020 Olympic will be held in Tokyo, Japan with safe and true Olympic spirit.

I would like to congratulate & express my best wishes to all our athletes who have been selected for the Tokyo 2020 Olympic. I am confident that our athletes will add to the proud legacy of Olympic Games.

We are very optimistic that Sport, Olympic Games and the Olympic Movement can play in building a brighter future and help to bring the world together.

Let's work together for the better future of the New Generation.

Jeevan Ram Shrestha
President

Second National Sports Congress



Mr. Lama Tendi Sherpa (Secretary General of NOC), Ms. Jyoti Rana (Vice President of NOC), Mr. Purshottam Paudel (Youth and Sports Minister), Mr. Jeevan Ram Shrestha (President of NOC), Ms. Natalia Sipovich (Chairperson of OCA Women and Sports Commission), Mr. Mahesh Acharya (President of NSJF)

The Second National Sports Congress kicked off in the capital on 16 December 2016 with an aim to “give continuity to the Olympic Movement and to spread the message of peace and development through sports.”

Speaking at the inauguration ceremony of the two-day event at Park Village, Buddhanilkantha, NOC President Jeevan Ram Shrestha admitted that the sports sector could not develop due to instability and poor infrastructure and revealed that the sports congress was held to address those concerns.

“The sports sector of Nepal is becoming very much unstable. The physical infrastructure is in poor condition. This is the reason that the standard of sports

has not developed,” said NOC President Shrestha during his inauguration speech. “Therefore, this congress is being organized to self-evaluate our weaknesses and to seek solutions,” he added.

According to President Shrestha, the main aim of the sports congress is to seek ways to upgrade the Nepali sports sector. This conference would play an important role to draw the attention of the government at a time when Nepal is preparing to host the 13th South Asian Games in 2019. “Our target is to successfully host the 13th SAG with improved performance. In the due course of time, we want to improve our level and aim for historic success in the 2020 Tokyo Olympics,” he remarked. The NOC President also stressed on the need to properly manage the sports law of the country.

Former Minister of Youth and Sports Purushottam Paudel shared a similar view stating that the sports law of the country is ineffective. He opined that the sports congress would play an important role in identifying the problems and to seek amicable solutions.

Meanwhile, NOC President Shrestha informed that the Supreme Court of the country has given recognition to three Olympic committees within the country but only the one headed by him has got international recognition. “The Supreme Court hasn’t objected to any of the three Olympic committees to carry out its works. But you have to be able to prove your worth,” said the NOC President.

The sports congress, which will conclude on December 17, is being attended by representatives of 26 sports associations which are in the Olympic Movement and two other sports associations as well as sports authorities, foreign delegates, and high ranking police officials.

Discussions on current sports policy of the government of Nepal, the structure of the Olympic Movement, marketing and sponsor, women empowerment in sports, sports psychology and motivation, Mission 2020, anti-doping, procedure of participating in games, Olympic solidarity program, media and sports, organizing and management of sports events are being held. In addition to that, yoga and motivational movies in sports have also been included in the itinerary.

The last edition of the National Sports Congress was held at 2011 in Godavari, Lalitpur.

SOUTH ASIAN GAMES

IN THE DAYS GONE BY...

Nepal was honored with the responsibility of organizing the very first SAF games at the Dasrath Stadium.



Inauguration Program 2016 SAG Game.

The origins of South Asian Federation Games or South Asian Games dates back to 26th November 1981. It was established in Delhi to promote goodwill and strengthen the alliance among the people of the SAARC Countries. But this mark of alliance had to be put on pause until 17th September, 1984 due to the unstable political conditions in South Asia. It was on this day, Nepal was honored with the responsibility of organizing the very first SAF games at the Dasrath Stadium. King Birendra Bir Bikram Shah Dev and Queen Aishwarya

Rajya Laxmi Devi set the tournament in motion with “Peace, Perseverance and Progress” as the motto.

373 contestants from 7 countries were vying for the gold medal in 5 disciplines: Athletics, swimming, boxing, weightlifting and football in the 1st SAG games. Out of the 373 athletes, 105 were from the host country Nepal, 98 from India, 53 from Bangladesh, 41 from Sri Lanka, 35 from Bhutan 24 from Maldives, 16 from Pakistan took part in this first South Asian Federations Games.

Since then, this competition has been organized 11 times. Nepal has had the

privilege to organize this event twice till date i.e. in 1984 and in 1999. The most recent one was organized in 2016 by India in Shilong, Guwati where events in 23 sports were to be competed for.

In the 2016 South Asian Games, India solidified their position on top of the medal tally with 308 medals won which included 175 gold, 90 silver and 30 bronze. Sri Lanka followed them in the second place with 186 medals in total. Pakistan secured the third position on this list with 106 medals. Similarly, Afghanistan, Bangladesh, Nepal, Maldives and Bhutan secure their position in the same chronological order. ■

Asian 3 on 3 Basketball Youth Camp

- It was held in Doha, Qatar from September 05-18, 2015 in coordination with OCA.

S.No.	Name	Discipline
1	Mr. Binod Budhathoki	Coach , Basketball
2	Mr. Aaryan Bista	Athlete
3	Ms. Anisha Prajapati	Athlete

Asian Youth Development Project 2015

- Asian Table Tennis and High Jump Camps were held in Doha, Qatar from November 15 to November 29, 2015.

S.No.	Name	Discipline
1	Ms. Usha Karna Kumar Chaudhary	Coach (High Jump)
2	Ms. Gyatri Kumari Chaudhary	Athlete (High Jump)
3	Mr. Sunil Kumar Yonjan	Coach (Table Tennis)
4	Ms. Deekshya Tamang	Athlete (Table Tennis)

SAG 2016

*For mythic reasons or to protect a local Sports,
Its importance & needs revisiting.*



Inauguration Program 2016 SAg.

SAF Games, the symbol of peace and unity among the people of southern Asia, had been organized for the 12th time in Guwahati and Shillong and India was privileged with this opportunity. The event was set in motion on 5th February, 2016 with 8 nations competing. Nepal, India, Sri Lanka, Bangladesh, Pakistan, Bhutan, Maldives and Afghanistan went head to head in 23 different disciplines. Athletics, Archery, Boxing, Badminton, Basketball, Cycling, Football, Handball, Hockey, Judo, Kabaddi, Kho Kho, Lawn Tennis, Shooting, Swimming, Squash, Taekwondo, Triathlon, Table Tennis, Volleyball, Wrestling, Weightlifting, Wushu were the organized sporting events in which Nepal participated in all of them.

387 Athletes and 137 officials participated to make this event successful. Our contingent was led by Member Secretary

Gaurika Singh, a thirteen year-old, made the whole nation proud being the youngest member representing Nepal in the Games and salvaging 4 medals for the nation.

of National Sports Council Mr. Keshab Kumar Bista as Chefs de Mission of Nepal in the Games. The Nepali players gave a laudable performance and bagged several accolades.

The host country, India solidified the first position bagging the highest amounts of medals in the tournament with 188 gold medals, 90 silver medals and 30 bronze medals. Sri-Lanka followed the triumphant leaders with about half of the number of medals won by India. Nepal, on the other hand secured the 6th spot winning 60 medals in total among which 3 of them were gold, 23 silver and 34 bronze. The gold medals were achieved by Phupu Lhamu Khatra in Judo (female), Neema Gharti Magar in Wushu (female) and by the men's football team. Meanwhile, Gaurika Singh, a thirteen years old, made the whole nation proud being the youngest member representing Nepal in the Games and salvaging 4 medals for the nation. She won a silver medal in the 200m Individual Medley and three bronze medals in the 400m Freestyle, 100m Backstroke and 200m Backstroke.

The following is the medal tally of the countries that participated in these games:

S.N.	COUNTRY	GOLD	SILVER	BRONZE	TOTAL
1.	India	188	90	30	308
2.	Sri-Lanka	25	63	98	186
3.	Pakistan	12	37	57	106
4.	Afghanistan	7	9	19	35
5.	Bangladesh	4	15	56	75
6.	Nepal	3	23	34	60
7.	Maldives	0	2	1	3
8.	Bhutan	0	1	16	17

Regional Forums for NOCs of South, East & South East Asia

- held in Bangkok, Thailand on May 16-17, 2016.
- Mr. Lama Tendi Sherpa, Secretary General of NOC Nepal and Mr. Nilendra Raj Shrestha, member of NOC Nepal had participated in the Forums.

Chef de mission meeting of 5th Asian Beach Games, 2016.

- held in Da Nang, Vietnam on June 1, 2016.
- Mr. Ratan Kumar Tandon, Treasurer of NOC attended the meeting.

South Asian Games 2016

Results

Finally, the 12th South Asian Games has been completed which was hosted by India in Guwahati and Shillong from Feb 5 to 16. Total eight countries had participated namely Nepal, India, Sri Lanka, Bangladesh, Pakistan, Bhutan, Maldives and Afghanistan. There were a total of 23 sports:

Athletics, Archery, Boxing, Badminton, Basketball, Cycling, Football, Handball, Hockey, Judo, Kabaddi, Kho Kho, Lawn Tennis, Shooting, Swimming, Squash, Taekwondo, Triathlon, Table Tennis, Volleyball, Wrestling, Weightlifting, and Wushu. Nepal participated in all the competitions.

387 Athletes and 137 Officials, a total number of 524 had participated. Our contingent was led by Member Secretary of National Sports Council, Mr. Keshab Kumar Bista as Chefs de Mission of Nepal in the Games. Our players gave their best and many spirited performances were seen.

Medal Tally

S.N.	Country	Gold	Silver	Bronze	Total
1	India	188	90	30	308
2	Sri-Lanka	25	63	98	186
3	Pakistan	12	37	57	106
4	Afghanistan	7	9	19	35
5	Bangladesh	4	15	56	75
6	Nepal	3	23	34	60
7	Maldives	0	2	1	3
8	Bhutan	0	1	16	17

Medals won by Nepal are:

Gold Medal

S.N.	Sport	Stream	Category	Name
1	Football	Male	Team Event	Football Team
2	Judo	Female	63Kg	Phupu Lhamu Khatri
3	Wushu	Female	Nanquan & Nandao	Neema Gharti Magar

Silver Medal

S.N.	Sport	Stream	Category	Name
1	Judo	Female	57Kg	Manita Shrestha Pradhan
2	Judo	Female	52Kg	Lila Adhikari
3	Football	Female	Team Event	Football Team
4	Taekwondo	Male	58Kg – 63Kg	Bir Bahadur Mahara
5	Taekwondo	Female	49Kg – 53Kg	Neema Gurung
6	Taekwondo	Female	57Kg – 62Kg	Ayasha Shakya
7	Taekwondo	Male	74Kg – 80Kg	Shaksham Karki
8	Taekwondo	Female	53Kg – 57Kg	Gyani Chunara

9	Taekwondo	Female	46Kg – 49Kg	Yan Kumari Chaulagain
10	Taekwondo	Female	Less than 46kg	Rejina Karki
11	Triathlon	Mixed	Mixed Relay	Roza KC
12	Wushu	Female	Sanshou 70Kg	Bindu Pun Magar
13	Wushu	Female	Sanshou 60Kg	Juni Rai
14	Wushu	Female	Sanshou 52Kg	Jharana Gurung
15	Wushu	Male	Sanshou 56Kg	Rajesh Chaudhary
16	Wushu	Female	Taijiquan & Taijijian	Sabita Rai
17	Wushu	Male	Taijiquan & Taijijian	Hari Prasad Gole
18	Wushu	Male	Taolu Daoshu & Gunshu	Bishwo Budamagar
19	Wushu	Male	Nanquan & Nanguan	Yubaraj Thapa
20	Wushu	Female	Taolu – Changquan	Susmita Tamang
21	Wushu	Male	Taolu – Changquan	Bijay Sinjali
22	Swimming	Female	Individual Medley 200M	Gaurika Singh
23	Weightlifting	Male	62Kg	Bikash Thapa

Bronze Medal

S.N.	Sport	Stream	Category	Name
1	Boxing	Female	60Kg	Sarawati Rana
2	Boxing	Female	51Kg	Minu Gurung
3	Boxing	Male	64Kg	Deepak Shrestha
4	Judo	Male	100Kg	Shiva Bahadur Baram
5	Judo	Female	78Kg	Punam Shrestha
6	Judo	Female	70Kg	Ganga Chaudhary
7	Judo	Male	66Kg	Ramesh Magar
8	Judo	Male	60Kg	Indra Bahadur Shrestha
9	Judo	Female	48Kg	Sarita Chaudhary
10	Kabaddi	Female	Team Event	Kabaddi Team
11	Taekwondo	Male	50Kg – 58Kg	Sunil Paudel
12	Taekwondo	Male	68Kg – 74Kg	Nischal Man Shrestha
13	Taekwondo	Male	80Kg - 87Kg	Ram Hari Mahat
14	Triathlon	Female	Individual	Roza KC
15	Hockey	Female	Team Event	Hockey Team
16	Badminton	Female	Team Event	Badminton Team
17	Badminton	Female	Singles	Nangsal Devi Tamang
18	Wushu	Male	65Kg	Saroj Pun
19	Squash	Female	Open Category	Bhawana Sunwar , Krishna Thapa & Bipana Blon
20	Table- Tennis	Female	Double	Nabita Shrestha & Elina Maharjan
21	Table Tennis	Male	Team	Team Event
22	Kho Kho	Female	Team Event	Kho Kho Team
23	Kho Kho	Male	Team Event	Kho Kho Team
24	Athletics	Male	5000M	Hari Kumar Rimal
25	Swimming	Female	Freestyle 400M	Gaurika Singh

26	Swimming	Female	Back Stroke 100M	Gaurika Singh
27	Swimming	Female	Back Stroke 200M	Gaurika Singh
28	Archery	Male	Recurve Individual	Prem Prasad Pun
29	Volleyball	Female	Team Event	Volleyball Team
30	Weightlifting	Female	75+Kg	Tara Devi Pun
31	Weightlifting	Female	63Kg	Jun Maya Santyal
32	Weightlifting	Female	53Kg	Devi Kumari Chaudhary
33	Wrestling	Male	61Kg	Rambabu Yadav
34	Wrestling	Male	65Kg	Saroj Yadav

IOC/OCA delegates visit at Nepal Olympic buildings

Nov 8, 2016 Tuesday

Three Delegates from OCA and IOC visited Nepal for a 2 day visit program. In the first day President of Nepal Olympic Committee Mr. Jeevan Ram Shrestha welcomed Mr. Nayaf Sraj (Financial Officer of Olympic Council of Asia), Mr. Edward Kensington (Senior Project Manager, Athlete Programmes of International Olympic Committee) and Ms. Astrid Hasler (Athlete Programme Coordinator, Olympic Solidarity- Athletes' Section IOC) and had a meeting with them. In the meeting Secretary General of NOC Mr. Lama Tendi Sherpa, Treasurer of NOC Mr. Ratan Tandon, Legal Advisor Mr. Om Thapalia and Auditor Umesh Prasad Dhakal were also present.



After the meeting the guest met with all the employees of Nepal Olympic Committee and also inspected the Olympic Building.

In the second day the delegates met with representative of different Olympic Commissions like Mr. Bisnu Gopal Shrestha President of Sports for All commission and Ms. Jyoti Rana President of Women's Commission. They also met with Mr. Dhurba Bahadur Pradhan President of National Olympic Academy/ Honorable President of NOC and his team. Finally, the delegates met with all the board members. In the meeting Mr. Edward Kensington said that their main motive for the visit was to better understand the situation of Nepal Olympic Committee and also to supervise the utilization Solidarity support fund and its benefits. He also briefly informed the process of Olympic Solidarity to the Board. He added that IOC solidarity department visits 2 NOC countries every year. This year in Asia they choose South Korean Olympic Committee and Nepal Olympic Committee.

2nd Winter Youth Olympic Games

- Held in Lillehammer, Norway from Feb 11 to 22, 2016
- Mr. Saphal Ram Shrestha participated in Alpine Ski Event (Slalom and Giant Slalom).
- Mr. Sunil Kumar Shrestha, Executive Member of NOC Nepal participated in the Games as Chef de Mission of the Nepal.

5th Asian Beach Games, Vietnam

- held in Da Nang, Vietnam on 24th September, 2016 to 3rd October, 2016.
- 14 Sports and 22 disciplines were included in the game in which Nepal has participated in following sports:
 - a) Beach Basketball
 - b) Beach Bodybuilding
 - c) Kurash
 - d) Sambo
 - e) Sepaktaraw
 - f) Beach Volleyball

13th South Asian Games flag Handover to Nepal



Mr. Jeevan Ram Shrestha (President of NOC), Mr. N. Ramachandran (President of Indian Olympic Association), Mr. Sarbananda Sonowal (Union Minister of Youth Affairs & Sports), Mr. Keshab Kumar Bista (Member Secretary of NSC)

Nepal Olympic Committee President Jeevan Ram Shrestha received the prestigious flag of the South Asian Olympic Council (SAOC) during the closing ceremony of the 12th South Asian Games (SAG) in Guwahati, India on Tuesday as Nepal will be hosting the next edition in Kathmandu in 2018.

Indian Olympic Association (IOA) President N Ramachandran handed over the host's flag to Nepal during the closing ceremony at the Indira Gandhi Athletic Stadium in Guwahati.

"I feel honored today holding this prestigious flag of SAOC to host its 13th series in Nepal in the year 2018. It will be the 3rd time after we successfully conducted the 1st edition in 1984 and the 8th edition in 1999 in Kathmandu," said NOC President Shrestha, adding, "It makes me honored and have immense pleasure to be a part of this closing ceremony of this historical event in this beautiful city of Guwahati."

The NOC president thanked the IOA, the government of India, the city of Guwahati and the city of Shillong on behalf of the NOC, himself and the people of Nepal for successfully hosting the 12th South Asian Games 2016.

"I would like to take this opportunity to extend my sincere gratitude to those seniors who initiated this significant event from Nepal in the year 1984. I also express my appreciation to those people who carried out this noble event successfully till the 12th series," added Shrestha.

"With the conclusion of 12th Games, we have gathered enough experience. We will do our utter most to make the 13th South Asian Games in Nepal a memorable one."

During the closing ceremony, NOC President Shrestha underlined the importance of sport as it plays vital role for social change. According to him,

sport unites people and nations, it brings social integrity, peace and prosperity.

He expressed hopes that the South Asian Games would bring social integration, regional cooperation and strengthen the Olympic movement to live the life with Olympic values in the region.

"I would also like to thank the government of Nepal and the honorable Minister of Youth and Sports of Nepal Mr Satya Naran Mandal for the strong commitment and support to host the 13th South Asian Games in Nepal," said Shrestha.

"Finally, we are eagerly waiting to welcome you all, at the roof of the world, the country with Mount Everest, the birth place of Lord Buddha and the holy Pasupatinath. The paradise of natural beauties awaits you! Long Live South Asian Games. See you in Nepal!" concluded Shrestha.

Technical Course for Coaches in Weightlifting

- held in Kathmandu from June 9, 2016 to 12 June, 2016 conducted by the Indonesian expert Mr. Alamsyah Wijaya with 35 participants.



- In order to update the coaches and aware them the latest changes in rules and regulations of their respective sports, in coordination with the Nepal Weightlifting Association and Olympic Solidarity

Sports Wear distribution from Agility Health and Wellness Cooperation to Nepal Olympic Committee



Ms. Jyoti Rana (Vice President of NOC), Mr. Dharendra Pradhan (Vice President of NOC), Mr. Jeevan Ram Shrestha (President of NOC), Mr. Alfred Chan (Chairman of Agility Health and Wellness Cooperation), Mr. Steward Cheong.

As per the MOU signing of 18th April, 2018, Agility Health and Wellness Cooperation handed over the sportswear for the 18th Asian Games to Nepal Olympic Committee on 27 July 2018. The Chairman of Agility Health and Wellness Cooperation Mr. Alfred Chan handed over the sportswear

which includes Official Tracksuit, Short, Round neck T-shirt, Polo Shirts, Sports Shoes, Socks, Cap and Sports Bag to the President of NOC/ Member of Parliament Honorable Jeevan Ram Shrestha.

NOC President Shrestha thanked the Agility Health and Wellness Coopera-

tion for their sponsorship and presented Mr. Chan and his colleagues with souvenirs as a gesture of gratitude. He also added that the brand Agility will also experience popularity as the national teams of different sports from Nepal will wear their kits in the 18th Asian Games slated in Indonesia. Mr. Chan also gave his best wishes to all the participants and remarked that it will be a proud moment for the brand when the national teams wear these kits.

In the program, Vice Presidents of NOC Mr. Dharendra Pradhan, Mr. Purendra Bikram Lakhe & Mrs. Jyoti Rana, Deputy Secretary Mr. Rajiv Shrestha and Executive Members of NOC Mr. Ashok Shrestha, Mr. Nilendra Raj Shrestha, Mr. Sunil Shrestha, Mr. Sanjeev Tuladhar, Mr. Ramesh Shrestha & Mr. Samim Miya Anshari and President of Medical Commission Dr. Saroj Shrestha were also present.

Farewell to 1st Doping Control Officer in the Asian Games from Nepal



Mr. Nabees Man Singh Pradhan (Member of Medical Commission) Mr. Jeevan Ram Shrestha (President of NOC)

President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha bade farewell to Dr. Nabees Man Singh Pradhan on 5 August 2018 who is going to represent Nepal in the 18th Asian Games, Indonesia as a Doping Control Officer (DCO). Dr. Pradhan is the 1st DCO to be invited from Nepal by the organizing committee and he is also the only one from South Asia for this Asian Games. He had trained with WADA for the doping control officer in Sri Lanka, 2013. He had also represented Nepal previously in the Nanjing Youth Asian Games 2013 as a DCO. NOC President commented “this is a proud moment for the country and hopefully more doctors will be invited in the future as well.” Dr. Pradhan is leaving for the Asian Games on 9th August, Thursday.



18th Asian Games



Nepalese Representatives on the Opening Ceremony in Jakarta, Indonesia

The 2018 Asian Games officially known as the 18th Asian Games and also known as Jakarta-Palembang 2018 was held in the Indonesian cities of Jakarta and Palembang. The event was concluded on 2nd September 2018. The two-week long program which started on 18th August 2018 had 45 nations participating with 11,646 athletes in a total of 465 events (40 sports).

Nepal started its participation from 1951 Asian Games in Delhi and has taken part in all editions except for two— Philippines (1954) and Indonesia (1962). In the past 15 editions, Nepal has won a total of 23 medals — one silver and 22 bronze medals. Nepal won one medal each from the last two outings — Guangzhou (2010) and Incheon (2014). In the 18th Asian Games, Nepal took part in 29 sports disciplines with 186 athletes among which 130 were men and 56 were women. For this event, the Chief of Mission and Deputy Chief of Mission from Nepal were Mr. Keshab Kumar Bista and Mr. Dharendra Pradhan respectively.

China led the medal tally for the tenth consecutive time. Nepal won one silver medal, four national records and a total of 24 wins finishing 33rd. The men's paragliding team of Bimal Adhikari, Bijay Gautam, Sushil Gurung, Yukesh

Gurung and Bishal Thapa finished second in the 10-nation Cross Country event. Nepal missed the historic gold medal to Japan by a small margin but the second ever silver medal came after the gap of 20 years.

Four Nepali athletes set new national records: from weightlifting lifters Kamal Bahadur Adhikari, Tara Devi Pun and Sanju Chaudhary along with athlete Som Bahadur Kumal (800m) from athletics.

Participants from Nepal

Sport	Men	Women	Total
Archery	4	1	5
Athletics	3	2	5
Badminton	4	4	8
Basketball 3X3	4	4	8
Boxing	5	3	8
Cycling	2	0	2
Fencing	4	4	8
Football	21	0	21
Golf	4	0	4
Judo	4	4	8
Kabaddi	12	0	12
Karate	4	4	8
Kurash	1	1	2
Paragliding	5	3	8
Pencak silat	1	0	1
Sepak takraw	5	0	5
Shooting	1	2	3
Roller sports	1	0	1
Sport climbing	2	0	2
Squash	4	0	4
Swimming	2	2	4
Table tennis	3	3	6
Taekwondo	6	8	14
Tennis	3	3	6
Triathlon	2	2	4
Volleyball	12	0	12
Weightlifting	2	2	4
Wrestling	3	0	3
Wushu	6	4	10
Total	130	56	186

Paragliding



3rd Youth Olympic Games



President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha bade farewell to the participants of 3rd Youth Olympic Games 2018 to be held in Buenos Aires, Argentina from October 6-18, 2018. Three players from three sports (Athletics, Judo and Badminton) are participating from Nepal through wildcard entry.

S.N	Name	Function	Sports	Events
1	Lujahla Amatya	Athlete	Athletics	200 m
2	Soniya Bhatta	Athlete	Judo	-44 kg
3	Rukesh Maharjan	Athlete	Badminton	Mens' Single
4	Kiran Thapa	Coach	Badminton	
5	Bimala Joshi	Coach	Athletics	
6	Bijay Kumar Gurung	Coach	Judo	

NOC President gave his best wishes to the participants and told them to learn from this experience as these international exposures will help them in the future tournaments. He reminded the coaches to be updated about the new rules of their

respective games and take good care of the athletes.

In the program, Treasurer of NOC Mr. Ratan Kumar Tandon, Vice President of

NOC Ms. Jyoti Rana, Members of NOC Mr. Deepak Harsha Bajracharya & Mr. Nilendra Raj Shrestha and President of Nepal Badminton Association Mr. Ramji Shrestha were also present.





Chef De Mission Seminar of 5th Asian Indoor and Martial Arts Games (AIMAG)

- Held from April 4-8, 2017
- Mr. Ramesh Kumar Shrestha Member of NOC attended the Seminar

Chef De Mission Seminar of 18th Asian games, 2018

- held in Indonesia on Dec 14-15, 2017
- Ms. Jyoti Rana Vice President of NOC and Mr. Sujan Lal Shrestha Executive Secretary of NOC had participated in the Seminar.

Chef De Mission Seminar of 1st Winter Children of Asia International Sports Games

- Held in Sakhalin, Russia on March 20-23, 2018
- Mr. Nilendra Raj Shrestha, Member of NOC participated in the seminar.

OS/OCA Regional Forum 2018(South, South East and East Asian NOCs)

- Held in Phnom Penh Cambodia from May 6-7, 2018
- Mr. Lama Tendi Sherpa Secretary General of NOC and Mr. Sujan Lal Shrestha Executive Secretary attended the forum

Olympism in Action forum

- held in Buenos Aires, Argentina October 4-5, 2018
- President of NOC Mr. Jeevan Ram Shrestha and Vice President Ms. Jyoti Rana

3rd Continental Athletes Forum

- held in Tokyo, Japan on Nov 23- Nov 26, 2018.
- Shooting Athlete Olympian Ms. Sneha Rajya Laxmi Rana and Basketball Athlete Mr. Ashish Maharjan participated in the Forum.

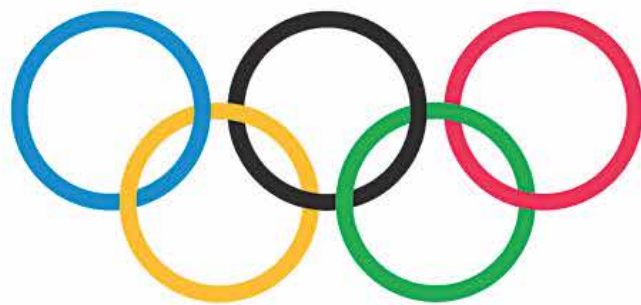
1st Winter Children of Asia International Sports Games

- held on Yuzhno Sakhalinsk, Russian Federation from Dec 24, 2018 to Feb 17, 2018.
- According to the previous MOU Signing between NOC and Children of Asia International Committee the participants will train for 1 month in Sakhalinsk prior to the Games and participate from there.

S.No.	Name	Designation
1	Prabin Karmacharya	Team Manager
2	Sujata Ngyasur	Athlete
3	Isha Tamang	Athlete
4	Abhishek BK	Athlete
5	Ajaya Balak	Athlete



Rio 2016™



Rio Olympics 2016

For the Summer Olympic 2016, President Bidhya Devi Bhandari bid farewell to the Nepali team, coaches and officials for Rio Olympics 2016.



Ms. Nisha Rawal (Taekwondo Athlete), Mr. Sirish Gurung (Swimming Athlete), Ms. Devu Thapa (Judo Coach), Rt Honorable Bidhya Devi Bhandari (President of Nepal), Ms. Phupu Lama Khatri (Judo Athlete), Mr. Hari Kumar Riwal (Athletics Player), Mr. Jit Bahadur Moktan (Archery Athlete), Ms. Saraswati Bhattarai (Athletics Player)

The Summer Olympic 2016 is officially known as Rio 2016 or XXXI Olympiad which is a major international multi-sport event held in Rio de Janeiro, Brazil from August 5 to August 21, 2016 which was the first game held in South America.

For the Summer Olympic 2016, President honorable Bidhya Devi Bhandari bids farewell to the Nepali team, coaches and officials for Rio Olympics 2016. The farewell program was organized at Shital Niwas, Maharajgunj. The Nepali Team consists of 7 players of different sports. The program was graced by Nepal Olympic Committee President Jeevan Ram Shrestha in the presence of all the officials of NOC who went for the event in Brazil. According to different sports, Phupu Lama who is a player for Judo participated in Judo Championship under category of less than 63 kg. Nisha Rawal, taekwondo player participated in category of more than 64 kg. Jit Bahadur Moktan participated as archery individual in Rio Olympics 2016. The youngest

athlete Ms. Gaurika Singh participated in swimming for the category 100 meters in backstroke. Also Sirish Gurung, swimming player participated in category of 100 meters in freestyle. Athletes Saraswati Bhattarai participated in Athletics 1500 meters and Hari Kumar Rimal in 5000 meters in Rio Olympics.

A felicitation program was organized at Shital Niwas, the President residency where our honorable President Bidhya Devi Bhandari also felicitated the youngest participant of Rio Olympics,

Ms. Gaurika Singh with a bouquet of flower. Ms. Gaurika Singh first came to fame at Guwahati, India for 12th South Asian Games.

Different programs were organized for the participants of Rio Olympics 2016 where Chief Officer of Nepal Army, Rajendra Chettri invited the participants to meet and greet at Nepal Army Headquarter, Bhadrakali on July 22, 2016. TNT International Company, Tombola Brand from China gifted track suits to all the participants of Nepal.



Mr. Ashok Bajracharya (Member of NOC), Mr. Jeevan Ram Shrestha (President of NOC), Rt Honorable Bidhya Devi Bhandari (President of Nepal), Ms. Gaurika Singh (Swimming Athlete)

Interesting Facts of RIO Olympic 2016

- It was the 1st ever Olympic Games held in South America.
- The first Olympic Games were held in 776 in Olympia (Greek) and the first Olympic Games of the modern era in 1896 in Athens (Greek).
- 11544 athletes from 207 different countries took part in RIO Olympics 2016.
- 306 competitions in 42 different sports were held in 17 days.
- The slogan of the Olympic Games in Rio de Janeiro is Viva sua paixão (Live your passion).
- 130 thousand people have worked directly on RIO 2016 to make it successful.
- 27 world records and 91 Olympic records were broken in Rio Olympics 2016
- Mr. Sirish Gurung (Swimming) and Ms.Saraswati Bhatrai (Athletics) broke their own National Records from 100m freestyle with time of 57.76 sec and from 1500m with time of 4:33.94 min respectively.
- USA won the most medals in this Olympic with total of 121 medals with China being second with 70 medals.
- Rio 2016 was the first time in Olympic history that a South American country has hosted the Games. The city won its bid in 2009, beating out Chicago, Madrid and Tokyo.
- The competition took place in four different areas: Copacabana, whose world-famous beach will host beach volleyball; Barra, home to the Olympic Park; Deodoro, for aquatics, BMX, and equestrian centers; and Maracanã, which features two large stadiums.
- Rugby Sevens made its debut at the Rio Games, with both the U.S. women's and men's teams considered to be medal contenders. The seven-a-side variant of rugby lasts only 15 minutes per game. The U.S. is a defending rugby champion, of sorts, having won the gold medal in the 15-person version of the game the last time it featured at the Olympics — in 1924.
- Golf returned to the Olympics after a 112-year absence. The International Olympic Committee (IOC) decided to reinstate the sport, which previously was played in the 1900 and 1904 Games. The 18 holes in Rio were designed by American golf-course architect Gil Hanse, who is based in Malvern, Pennsylvania.
- The Rio games was the first to feature Olympians born in the year 2000. Rules state that all competitors must have been born before Jan. 1, 2003, but many sports have other age requirements for health and safety reasons. The youngest competitors are likely to be from diving and gymnastics.
- A team of athletes who have been forced to flee their countries were allowed to compete for the first time.
- The mascot for 2016 was “Vinicius,” a yellow and blue creature representing Brazilian wildlife. It resembles a cat or monkey that can fly and has the power to stretch its limbs and body. It was named after Bossa Nova musician Vinicius de Moraes, one of the writers of “The Girl From Ipanema.” Rio 2016 organizers say they hope Vinicius will help them raise 1 billion reais (\$398 million) in merchandising.
- Around 85,000 soldiers and policemen were deployed — the largest security force assembled at any event in Brazil's history and twice as large as the security presence for London 2012.
- Team USA took 556 athletes to the London 2012 Olympics, second only to the hosts, and is again expected to bring more athletes than all the other visiting nations in Rio. Qualifications are ongoing so the exact number of places is still up for grabs. The U.S. topped the medal table in 2012 with 46 golds and 104 overall — though one was later taken away — and is hoping to better the tally in the summer.

source: nbcnews

Youngest athlete in RIO Olympic



Gaurika Singh (13 years & 235 Days)

Archery

Athlete	Event	Ranking round		Round of 64	Round of 32	Round of 16	Quarter-finals	Semifinals	Final / BM	
		Score	Seed	Opposition Score	Opposition Score	Opposition Score	Opposition Score	Opposition Score	Opposition Score	Rank
Jit Bahadur Mokran	Men's individual	607	60	Das (IND) L 0-6	Did not advance					

Athletics

Athlete	Event	Heat		Semifinal		Final	
		Result	Rank	Result	Rank	Result	Rank
Hari Rimal	Men's 5000 m	14:54.42	23	N/A		Did not advance	
Saraswati Bhattacharai	Women's 1500 m	4:33.94	13	Did not advance			

Judo

Athlete	Event	Round of 32	Round of 16	Quarter-finals	Semifinals	Repechage	Final / BM	
		Opposition Result	Opposition Result	Opposition Result	Opposition Result	Opposition Result	Opposition Result	Rank
Phupu Lhamu Khatri	Women's -63 kg	Espinosa (CUB) L 000-011	Did not advance					

Swimming

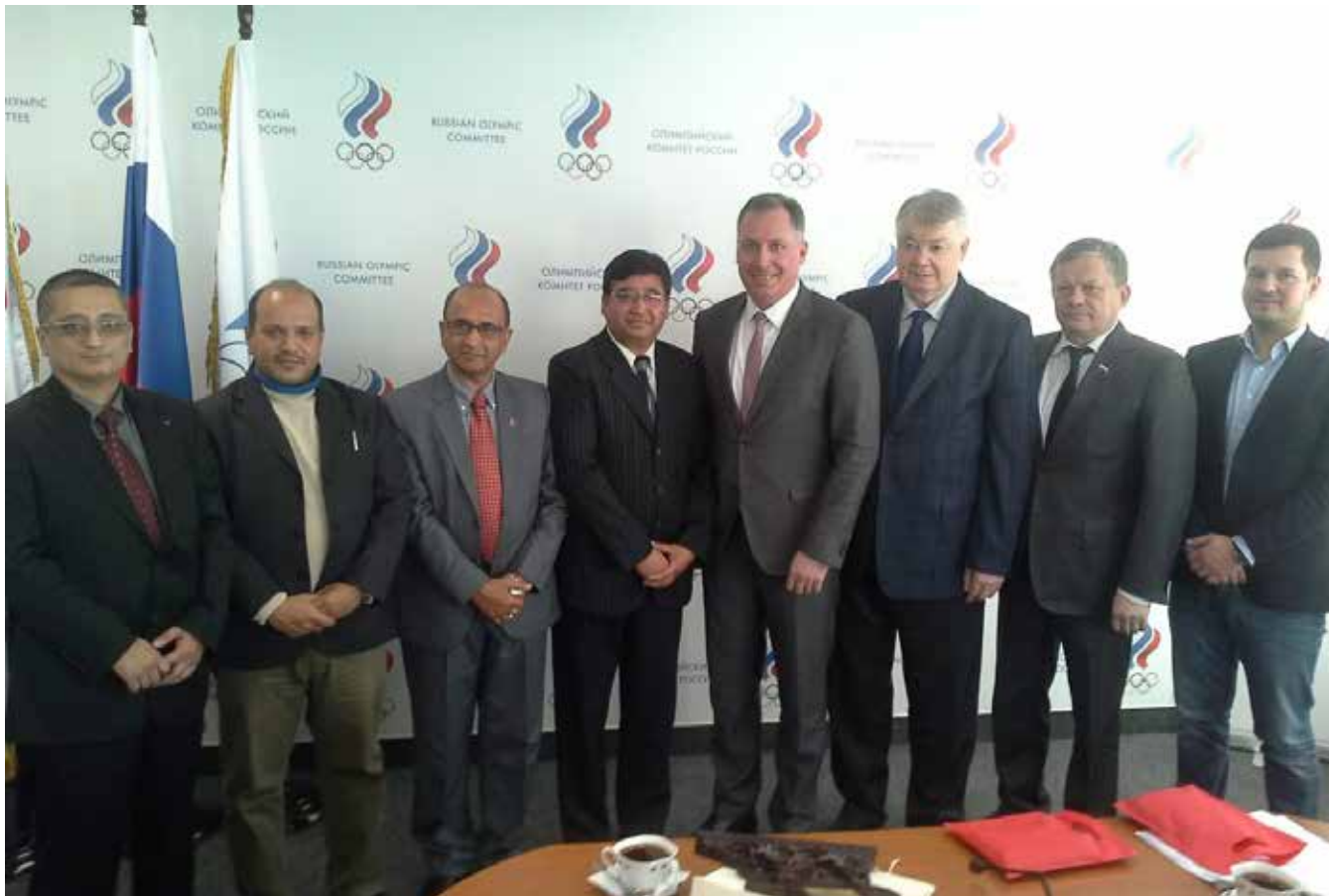
Athlete	Event	Heat		Semifinal		Final	
		Time	Rank	Time	Rank	Time	Rank
Sirish Gurung	Men's 100 m freestyle	57.76 NR	58	Did not advance			
Gaurika Singh	Women's 100 m backstroke	1:08.45	31	Did not advance			

Taekwondo

Athlete	Event	Round of 16	Quarterfinals	Semifinals	Repechage	Final / BM	
		Opposition Result	Opposition Result	Opposition Result	Opposition Result	Opposition Result	Rank
Nisha Rawal	Women's +67 kg	Zheng Sy (CHN) L 0-2	Did not advance		Épangue (FRA) L 3-4	Did not advance	7

Visit to Russia,

Jan 28 - Feb 3



NOC President Mr. Jeevan Ram Shrestha with his team visited Russia from Jan 28 – Feb 3, 2017 for the 13th South Asian Games slated to be held in Nepal.

In Kazan, a meeting was held on Jan 31st where NOC team met with Russia's First Assistant Minister of Youth, Republic of Tatarstan Hon. Khalil Shaykhutdinov and former minister and Russian Olympic Committee General Secretary and a member of Parliament Honorable Maharatha and President of 'Children of Asia' Games organizing committee Mr. Dmitry Glushko. Discussions were made regarding training of Nepalese athletes, scholarship provision and support for the development of infrastructure in Nepal. President Shrestha and his team also inspected some of the infrastructures there.

On Feb 1:

NOC President Shrestha along with President of Nepal SAMBO Federation Mr. Dhananjaya Shrestha met with the President of International SAMBO Federation Mr. Vasily Shestakov in the SAMBO Office in Moscow, for the development of SAMBO in Nepal.

On the same day, NOC President Shrestha met with Alexey Ovchinnikov from the Russian Mountaineering Federation where they talked about Mountaineering Sports Development in Nepal and about the development of training centers in Nepal.

On Feb 3:

President Shrestha had a meeting in Moscow, Russian Olympic Building with the 1st Vice President of Russian Olympic Committee Mr. Stanislav

Pozdnyakov, The State Duma Committee for Physical Culture, Sport, Tourism and Youth Affairs Marat M. Baariev, Chief of Section, Relations With International Sports Organizations of Russian Olympic Committee Mr. Alexey Slautin representing Russia. In the meeting, conversations regarding improvement of athletes, exchanges of athletes and scholarships/training programs for Nepalese athletes were discussed. ROC also presented an MOU proposal draft to NOC. Secretary of Youth and Sport Ministry Mr. Mahesh Dahal, Joint Secretary Mr. Chudamani Paudel and President of Nepal SAMBO Federation Mr. Dhananjaya Shrestha represented Nepal.

OLYMPIC DAY 2016



Mr. Sunil Kumar Shrestha (Member of NOC), Mr. Nilendra Raj Shrestha (Member of NOC), Mr. Lama Tendi Sherpa (Secretary General of NOC), Mr. Purenra Bikram Lakhe (Vice President of NOC), Mr. Jeevan Ram Shrestha (President of NOC), Mr. Dharendra Pradhan (Vice President of NOC), Mr. Ratan Tandon (Treasurer of NOC)

Nepal Olympic Committee marked the Olympic Day in the capital on June 23 where the Chief Guest Youth and Sports Minister Honorable Satya Narayan Mandal wished his best for the week long celebration. The message that 'sport is for everyone, regardless of age or athletic ability' was showcased in the program.

As the week-long celebration that saw a conspicuous presence of scouts and students came to an end, ministers, chiefs of various sports bodies, Olympians and dignitaries descended from the VIP box and, in a display of unity, joined the dance party along with school children at the Army Physical Fitness and Sports Center, Lagankhel.

Different programs were held throughout the country for a week by the Sports for All Commission under the aegis of Nepal Olympic Committee to celebrate the values of Olympic Movement, which champions the idea of 'Excellence, Friendship and Respect.'

Chairman of the organizing committee Bishnu Gopal Shrestha informed that the Olympic Day was being celebrated

in 207 nations across the world to mark the establishment of Modern Olympics on June 23, 1894. "Olympics started in the ancient Greece in 776 BC to end the quarrels between warring nations of that time. It was revived again in 1894 with the establishment of the International Olympic Committee on June 23 that year. The Modern Olympics began two years later from 1896," he briefed.

During the closing ceremony, Shrestha read out the message of IOC President Thomas Bach: "Thank you for joining this celebration of the Olympic Day. You are a part of a growing global event. Olympic Day is for everyone regardless of age or athletic ability. The important thing is to get the couch potato off the couch." The statement further said that the Olympic Day is an opportunity to remind people that sports is not just for watching. "We want to inspire all people to get active and have fun."

According to NOC President Jeevan Ram Shrestha, the Olympic Day was successful in spreading the core values of Olympic Movement and to establish peace and friendship through sports. Nepal, which got the membership of

the International Olympic Committee in 1963, has been organizing various programs every year to mark the Olympic Day. "Altogether 59 programs were held in the week-long celebrations. National sports associations, various schools along with the army and police were actively involved in this program. This is the first time we celebrated this event on such a grand scale and we look forward to making it even bigger in the next edition," he said.

Programs under the Olympic Day included national and open championships as well as friendship matches and demonstrations. "Basically, we want to spread the message that sports is not just for athletes but for all. Everyone should benefit from sports. It is essential for establishing peace and friendship in the society," NOC President added.

About 500 students, representatives from different schools, Olympians, United Nations officials, film artists, national players, army, police, APF, sports journalists, NOC officials and locals were present during the inauguration of the rally at Basantapur a week ago and the closing ceremony witnessed a total of 2200 people present at Lagankhel.

OLYMPIC DAY 2017

The series of celebration of the Olympic Day finally concluded on 23 June. Nepal celebrated the Olympic Day 2017 from 17 to 23 June. In this week long celebration, there were a total of 33 events including the Opening and Closing program. Mr. Jeevan Ram Shrestha, President of Nepal Olympic Committee was the chief guest on the final day of the Olympic Day celebration which was conducted at the Satdobato Swimming Complex.

Day 1 was marked by the Opening Program organized by Sports for All Commission under the aegis of Nepal Olympic Committee. Tennis competition was organized by All Nepal Lawn Tennis Association. 3*3 Basketball Competition was organized by Nepal Basketball Association.

Day 2 was marked by Junior Open Golf Tournament which was organized by Nepal Golf Association.

Kabaddi Competition was hosted on day 3 by All Nepal Kabaddi Association. Also Koteswor Taekwondo Dojang organized 2nd Koteswor Kids Taekwondo Championship and 2nd Koteswor Poomsae Taekwondo Championship. On the same day, Traffic Awareness Program was organized by Nepal Judo Association.

On day 4, Nepal Ski Association organized Roller Ski Demo and Skateboard Championship. As well as Blitz Chess Championship was organized by Nepal Chess Association.

Day 5 saw Boxing Championship organized by Nepal Boxing Association. Along with it, Kurash Championship was organized by Nepal Kurash Association. Nepal Sepaktakraw Association organized Sepaktakraw Championship.



On day 6, Nepal Sambo Federation organized Sambo Championship. Also, orientation on Olympic Movement and Anti-Doping was organized by Nepal Fencing Association. The day also saw Squash Championship organized by Nepal Squash Association. Oratory competition organized by Everest English School, Inter School Football Tournament organized by Triyog Higher Secondary School and Inter High School Karate Championship organized by Nepal Karate Federation also took place on the same day. The day was eventful as All Nepal Table Tennis Association organized Veterans Table Tennis Championship, Nepal Modern Pentathlon Federation organized Trathle & Laser Run Competition, Nepal Badminton Association organized Badminton Championship, Nepal Archery Association Organized Indoor Archery Open Championship, Nepal Athletics Association Organized 1 Mile Men & Women Open Athletics Competition, Nepal Shooting Association Organized Indoor Shooting Competition, Nepal Cycling Association Organized Blood Donation Program, All Nepal Football Association (NSJF) Organized Friendly Football Match (All Nepal Football Association VS Nepal Sports Journalist Forum) and Nepal Wrestling Association Organized Greeting Exchange Program.

Day 7 witnessed Inter School Handball Tournament, 5Km Media Run organized by Nepal Handball Association, and Baseball Friendly Match Organized by Nepal Baseball Association. Whereas, Nepal Basketball Association organized a 3 on 3 Friendly Match. Also, Nepal Triathlon Association Organized Building Handover Program. Swimming Competition was organized by Nepal Swimming Association.

All the fanfare came to a close with the closing ceremony of the weeklong celebration which was organized by Sports for All Association under the aegis of Nepal Olympic Committee. On the occasion, Shyam Chitrakar, one of the oldest sports photographers, was felicitated by NOC President with Rs.25000 cash prize. Also, individuals and associations who played a major role in making this week long event a success were also felicitated by the NOC President. "We would like to thank all the Associations, people who helped make this Olympic Day 2017 a success. Olympic Day is not just for the sports persons but for everyone and it can be celebrated by any means. Nepal celebrated this day by doing different programs from blood donations to tournaments," he said as his closing remark.

OLYMPIC DAY 2018



To commemorate the birth of Modern Olympic Movement, Sports for All Commission (SFAC) of Nepal Olympic Committee (NOC) marked the opening of the 8-day long celebrations today on the occasion of the Olympic Day. NOC President/Member of Parliament Honorable Jeevan Ram Shrestha hoisted Nepal's flag and Chairperson of SFAC Mr. Bishnu Gopal Shrestha hoisted the flag of International Olympic Committee at the beginning of the program. With a ribbon cutting ceremony, NOC President Honorable Shrestha inaugurated the cycle rally from NOC building to St. Xavier's Godavari organized by Xaverian Alumni of Godavari (XAG) with more than 400 participants. Shortly after the cycle rally had begun, there was a motorcycle rally from NOC building to Sports Hive Jhamsikhel where there were 80 participants with bullet bikes.

A total of 65 programs were scheduled for the 8 day-long celebration in which 10 programs were picked for June 16, the opening day. Vice President of NOC Mrs. Jyoti Rana, Secretary General Mr. Lama Tendi Sherpa, Members

Mr. Ashok Bajracharya, Mr. Nilendra Shrestha and Mr. Ramesh Shrestha, Chairperson of Medical Commission Dr. Saroj Krishna Shrestha were also present during the opening program.

Under the aegis of Nepal Olympic Committee, Sports for All Commission organized the closing ceremony of the 8-day long celebration (16 June- 23 June 2018) with 74 sports in different areas. President of Nepal Olympic Committee/Member of Parliament Honorable Jeevan Ram Shrestha was the Chief Guest of the Closing Ceremony. 207 countries across the world celebrate the Olympic Day on June 23.

NOC President Shrestha hoisted the Nepalese flag and National Sports Council Member-Secretary Keshab Kumar Bista hoisted the flag of the International Olympic Committee.

The Olympians of Nepal ran with the Olympic torch remembering the previous theme of Olympic Day Run. All the events in this 8 day-long celebration were

done keeping in mind the core value of Olympic which are excellence, respect and friendship.

The Closing Ceremony was held at Nepal Army Sports and Physical Training Center, Rajdal, Lagankhel where there were more than 2000 participants. All the NOC executive board members, Association members, representatives from the army, police, and different schools were also present.

Chief Guest NOC President Shrestha distributed token of love to all the associations, schools, different organizations who took the initiative to celebrate this 8 day-long program and thanked them as well. He added that the Olympic Day is for everyone and we all must celebrate this wonderful day with joy as it represents the Modern Olympic Movement. In the program, the National Army Band performed many national songs, different renowned artists performed songs and dances from schools and organizations were also performed. National athletes from fencing games showcased a demo match to everyone present.

OLYMPIC DAY 2019

To commemorate the birth of Modern Olympic Movement Sports for All Commission (SFAC) of Nepal Olympic Committee (NOC) marked the opening of the 9 day-long celebrations today on the occasion of the Olympic Day. NOC President/ Member of Parliament Honorable Jeevan Ram Shrestha was the Chief Guest of the program as he hoisted Nepal's flag and Chairperson of SFAC Mr. Bishnu Gopal Shrestha hoisted the flag of the International Olympic Committee at the beginning of the program.

There was a Zumba performance from Nango Khutta. NOC President Honorable Shrestha encouraged these different types of programs on the Olympic Day and said that the Olympic Day should be celebrated by everyone. Moreover, he inaugurated the cycle rally from NOC building to St. Xavier's Godavari organized by Laxmi Cycle Center with more than 250 participants by cutting the ribbon.

There were a total of 116 programs during the 9-day long celebration in which 14 programs found space on the opening day June 15. In the opening program, Vice President of NOC Mrs. Jyoti Rana, Members Mr. Ashok Bajracharya, Mr. Nilendra Shrestha and Mr. Deepak Harsha Bajracharya were also present.

Under the aegis of Nepal Olympic Committee, Sports for All Commission organized the closing ceremony of the 9-day long celebration (15 June- 23 June 2019) with 116 different programs across the country. Every year Olympic Day is celebrated around the world on 23rd June. Olympic Day is celebrated in 207 countries, with the motto of 'Sports is for everyone regardless of age, sex or color.'



Youth and Sports Minister Honorable Jagat Bahadur Sunar (Bishwokarma) was the Chief Guest of the Closing Ceremony. Olympic Day 2019 is celebrated by 207 countries worldwide on this day June 23. Honorable Minister Sunar hoisted the Nepalese flag and Honorary President of NOC Mr. Dhurba Bahadur Pradhan hoisted the flag of the International Olympic Committee. Honorable Minister Sunar said that there will be an increment in monthly allowance of Olympians from Rs.3000 to Rs.4000.

The Olympians of Nepal ran with the Olympic torch remembering the previous theme of Olympic Day Run. All the events in this 9-day long celebration were done keeping in mind the core values of Olympic which are excellence, respect and friendship.

The Closing Ceremony was held at Nepal Army Sports and Physical Training Center, Rajdal, Lagankhel where there were more than 2000 participants. All the NOC executive board members, Association members, representatives from the army, police, and different schools were also present.

Chief Guest Honorable Minister Sunar distributed token of love to a total of 65 organizations which includes associations, schools, and different organizations who took the initiative to celebrate this 9-day long program and thanked them as well.

Chairperson of Sports for All Commission added that the Olympic Day is for everyone and we all must celebrate this wonderful day with joy as it represents the Modern Olympic Movement. Vice President of NOC Mr. Dharendra Kumar Pradhan said that 2020 Tokyo Olympic has a great significance as Nepal's 1st participation in the Olympic Games was in 1964AD in Tokyo as well.

In the program, the National Army Band performed many national songs, different renowned artists performed songs and dances from schools, organizations were also performed. National Amateur Athletics, Nepal Archery Association showed demonstration of their game and Judo Association showcased self-protection techniques.









106th International Women's Day

Mrs. Kamal Rana however showed the most generous of gestures by returning the sum expecting it to be invested for the women involved in sports.



March 8 was the day marked this year's International Women's Day, a day honoring and remembering the wonderful impacts women have made in any great or little things in the world. The day was no different in the Nation Olympic Committee of Nepal too as former table tennis champion Mrs. Kamal Rana and National Sports Council member Mrs. Shanti Singh were felicitated. NOC's President Mr. Jeevan Ram Shrestha awarded both the honorary guests with Rs. 25000 cash.

Mrs. Kamal Rana however showed the most generous of gestures by returning the sum expecting it to be invested for the women involved in sports. The 3 time national champion and the first lady to represent Nepal internationally in Table Tennis expressed her gratitude and also encouraged younger women to lead a career in sports. Former Kabaddi coach and present board member of National Sports Council, Mrs. Shanti also added that programs like these will inspire the younger generation.

President Shrestha spoke his bit praising women athletes and stating pride in how more medals were won by the women in South Asian games than the men. He also sprinkled motivation in his words for the women involved or wanting to involve in sports. The Chairperson of women and sports commission, Mrs. Jyoti Rana, added to this and expressed her happiness that out of the 3 gold medals, 23 silver medals and 34 bronze medals, 2 gold medals, 15 silver and 20 bronze medals were brought home by the women. General Secretary Mr. Lama Tendi Sherpa, Deputy Secretary Mr. Rajiv Shrestha and the board members, were also present in this program. ■

Felicitation and Panel Discussion program by Women and Sport Commission

March 8, 2019

The Women and Sports Commission of NOC organized a Felicitation and Panel Discussion Program in the NOC building to celebrate the 109th International Women's Day.

In the program, the Chief Guest President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha felicitated Ms. Lalita Paneru and Ms. Rajdevi Manandhar with a Plaque and Rs. 25,000 cash each for their contribution towards sports.

Ms. Paneru is the oldest working employee of the National Sport Council and Ms. Rajdevi Manandhar is a legendary female badminton player who joined badminton from 2028 BS.

Chief Guest Honorable Shrestha said that even in the 21st century there are still some disregards towards women but this is changing as women empowerment is also a part of the UN Millennium Development Goal till 2030. He also thanked the President of the Women and Sport Commission Ms. Jyoti Rana and all the members.



Ms. Jyoti Rana (Vice President of NOC/Chairperson of Women and Sports Commission), Ms. Lalita Paneru, Ms. Rajdevi Manandhar, Mr. Jeevan Ram Shrestha (President of NOC)



In the second session, there was a panel discussion about practice of Menstrual Hut in Far Western Region of Nepal. Mr. Raju Ghising, Ms. Binita Adhikari, Ms. Yesodhara Panta and Ms. Raj Kumari Ojha were the speakers in the program where athletes of Far Western Region participated.



Advancing Women in Leadership Forum for Africa and Asia

Kigali Rwanda on the 8th to the 12th August 2017

organized by International Olympic Committee.



Ms. Jyoti Rana (Vice President of NOC/Chairperson of Women and Sports Commission), Ms. Bimala Poudel (Member of Women and Sports Commission), Mr. Jeevan Ram Shrestha (President of NOC), Ms. Helga Rana Rayamaji (Member of Women and Sports Commission), Ms. Pramila Singh (Member of Women and Sports Commission)

A farewell program to four representatives from Women and Sports Commission(WSC), Nepal Olympic Committee(NOC) was given by NOC President Mr. Jeevan Ram Shrestha on 6 Aug, 2017.

Ms. Jyoti Rana (President of WSC), Ms. Bimala Paudel (Secretary General of WSC), Ms. Helga Rana (Treasurer of WSC) and Ms. Pramila Singh Shrestha (Member of WSC) are going to participate in the Advancing Women in Leadership Forum for Africa and Asia in Kigali Rwanda from 8th to 12th August 2017 organized by International Olympic Committee. This forum will focus on encouraging women to take responsibilities and get involved in sports leadership.





World Taekwondo Federation President's visit at Noc

NOC President Jeevan Ram Shrestha shared the gratitude to President Dr. Chungwon Choue of World Taekwondo Federation for his presence in Olympic Building on 25th October 2016.



Mr. Prakash Samsher Rana (President of Nepal Taekwondo Association), President Dr. Chungwon Choue of World Taekwondo Federation, Mr. Jeevan Ram Shrestha (President of NOC), Mr. Nilendra Raj Shrestha (Member of NOC)

Nepal Olympic Committee (NOC), President Jeevan Ram Shrestha shared the gratitude to President Dr. Chungwon Choue of World Taekwondo Federation for his presence in Olympic Building on 25th October 2016. President Choue made a formal visit to NOC along with President of Nepal Taekwondo Association Prakash Samsher Rana, Secretary General Deep Raj Gurung and Olympian Deepak Bista. NOC member Nilendra Raj Shrestha and Ramesh Kumar Shrestha were also present. NOC President Jeevan Ram Shrestha and Dr. Chungwon Choue exchanged memorandums opted for a better relationship.



IOC's Letter To the Presidents of NOCs

The common objective of IOC and all NOCs is protecting the practice of clean athletics.



A letter was sent to the NOCs all around the world on 21st March, 2016 by the IOC (International Olympics Committee). In Nepal, this letter was received by the President of NOC Nepal, Mr. Jeevan Ram Shrestha. This letter emphasized the practice of clean athletes and the NOC's role on ensuring the support of the integrity of sports, the competition and the fellow competitors by the athletes.

The common objective of IOC and all NOCs is protecting the practice of clean athletics. According to the letter, the IOC insisted NOC and NADO must take appropriate measures to ensure no sportsman is involved in doping or unethical behavior. For this all the athletes must take part in appropriate and intelligent testing before the Olympic Games in Rio 2016. The

IOC asked the NOCs' support for IOC/WADA anti-doping taskforce, whose main purpose is to identify potential testing gaps and recommend the necessary action. It was also stated that this taskforce will rather enhance and improve the pre-games testing than replacing it.



INTERNATIONAL
OLYMPIC
COMMITTEE
The President

TO: Presidents of the National
Olympic Committees

Lausanne, 21 March 2016
Ref. No. THB/16
By e-mail only

Dear President,

You are certainly aware of the recent developments with respect to the protection of clean athletes.

It is our global responsibility as members of the Olympic Movement to ensure that all athletes and support personnel at the Olympic Games respect the integrity of sport, the competition and in particular their fellow competitors.

In this context, your NOC plays an essential role and has a specific duty in relation to the participants in the Olympic Games Rio 2016.

Your NOC, in cooperation with the NADO, must therefore take all appropriate measures to ensure that no member of your delegation is involved in doping or in other unethical behaviour. This means, in particular, that the athletes must be subject to appropriate and intelligent testing prior to the Olympic Games Rio 2016.

The IOC is confident that it can count on the support of all the NOCs towards our common objective to protect all clean athletes competing at the Olympic Games Rio 2016. May I therefore ask for your support of the IOC/WADA anti-doping taskforce, whose primary objective is to identify potential testing gaps and recommend the necessary action.

Château de Vidy, 1007 Lausanne, Switzerland | Tel: +41 21 621 6111 | Fax: +41 21 621 6218 | www.olympic.org

Major Events

Elective General Assembly of Nepal Olympic Committee



The Elective General Assembly of Nepal Olympic Committee was held on September 03, 2015 at the Nepal Olympic Committee Premise, Satdobato, Lalitpur, in the presence of Mr. Vahid Kardany, representative of IOC and OCA. Media and national sports association representatives affiliated to NOC were also present during the event. The election was conducted in a transparent and impartial manner. 26 national sports associations participating in the election cast their votes.

Mr. Kardany also distributed certificates to all the newly elected executive members of NOC.

The newly elected members are as follows:

1	President	Mr. Jeevan Ram Shrestha
2	Vice President	Mr. Purendra Bikram Lakhe Ms. Jyoti Rana Mr. Dharendra Kumar Pradhan Mr. Rajendra Bantawa
3	Secretary General	Mr. Lama Tendi Sherpa
4	Treasurer	Mr. Ratan Kumar Tandan
5	Deputy Secretary General	Mr. Rajiv Shrestha
6	Executive Members	Mr. Sunil Kumar Shrestha Mr. Tej Bahadur Gurung Mr. Ang Dendi Sherpa Mr. Sanjib Tuladhar Mr. Ramesh Kumar Shrestha Mr. Ashok Ratna Bajracharya Mr. Samim Miya Ansari Mr. Nilendra Raj Shrestha Mr. Deepak H. Bajracharya

XX ANOC Meeting Washington DC, USA



NOC President Jeevan Ram Shrestha and Secretary General Lama Tendi Sherpa from Nepal Olympic Committee attending the XX ANOC Meeting, 29-30 October 2015, Washington DC, USA.

During this Assembly, President Jeevan Ram Shrestha participated in bilateral talks with different national Olympic committees for the development of sports in Nepal.

Taiwan Olympic Committee invited Nepal to make an agreement between the two countries; they assured to help Nepal with scholarship, equipment and training programmes for individual sports. He also talked to National Olympic Committees of Iran, China, S. Korea, Thailand, Vietnam and USA respectively.

Asian Youth Development Project 2015



In the initiation of Nepal Olympic Committee, Olympic Council of Asia provided two scholarships to Nepal Olympic Committee under the Asian Youth Development Project 2015 to Diksha Tamang, Athlete (Table Tennis), Sunil Kumar Yonjan, Coach (Table Tennis), Gayatri Kumari Chaudhari, Athlete (Athletic) and Usha Kumari Karna Chaudhari, Coach (Athletic).

On the participation of office bearers of NSC and NOC, President of NOC Mr. Jeevan Ram Shrestha and Secretary General as well as Vice President of National Sports Council Mr. Lama Tendi Sherpa jointly bade them farewell during a function on 14 November 2015.

MoU signed between Nepal Olympic Committee (NOC, Nepal) And Non Resident Nepali Association (NRNA)



In order to promote Nepali Sports on Sunday NOC/Nepal organized the MOU Signing Ceremony between Nepal Olympic Committee and Non-Residential Nepali Association (NRNA) at NOC premise in the presence of NOC EB Members, and sports journalists. President Jeevan Ram Shrestha and President Shesh Ghale on behalf of Nepal Olympic Committee and NRNA respectively signed the MOU on 29 Nov 2015.

The objective of the MOU is to express the willingness of both parties to extend the Olympic Movement and its Olympic Values (Excellence, Respect and Friendship) in Nepal through the promotion and development of sports in Nepal. As per the MOU, NOC Nepal will coordinate the sports activities in Nepal on the auspicious occasion of NRN Day on 10

October of every year. NOC Nepal will mention NRNA as an official partner of the Olympic Movement of Nepal in all of its activities. The President of NRNA will be honored by the honorary Member of Nepal Olympic Committee. NOC Nepal will assure the participation of NRN athletes (holding Nepalese passport) in the selection of the International Games. In any sports activities organized by the NRNA within the country, NOC Nepal will technically support to conduct the activities successfully.

NRNA agrees to work with and coordinate with NOC Nepal for the development of sports in Nepal and strengthen the Olympic Movement. In order to develop & promote Nepalese sports, they have agreed to support in the following acts:

- a. Logistics support for the potential athletes during the aboard training & international championships.
- b. Scholarship for the selected athletes who will take part in the Asian Games and Olympic Games.
- c. Coordination with Multi-National companies in order to build the sports infrastructures in the country.
- d. Sponsorship of the sports kits to the whole delegates of the Asian Games and South Asian Games.
- e. Identifying the high performance training centers for the elite athletes at their respective countries.
- f. Coordinating exchange program between Nepalese sports team & various countries.

1st National Sports Forum



The 1st National Sports Forum was conducted on 09 Jan in order to inform about the upcoming international sports in 2016 and various ways to make disciplinary improvements as well as enhancements in various fields in Nepalese sports.

Nepal Olympic Committee organized a one-day national sports forum which was inaugurated by Ananda Prasad Pokharel, Minister for Culture, Tourism and Civil Aviation. Minister Pokharel said that sports is one of the main areas for bringing the nation together. Minister Paudel added that all the sport authorities are ready to work hand in hand with NOC to enhance the economic condition of the country by the means of Sports Tourism. During the inauguration ceremony, acting member secretary of National Sports Council, Mr. Ganga Bahadur Thapa Magar requested all the sport organizations to follow the rules

and regulations strictly. Similarly, CEO of Nepal Tourism Board, Mr. Deepak Raj Joshi stressed that Nepal Tourism Board is willing to partner with the sports sector.

President of NOC, Mr. Jeevan Ram Shrestha focused on the better management of the sports sector. He stated that he is driven to promote professionalism and good governance in Nepalese sports. He also pointed out that some current rules and regulations need to be changed.

According to Ramhari Subedi, member of the Women, Children and Elderly Citizen Committee of the parliament, the committee is working on to formulate required rules and laws to develop the sports scenario of the country. He also asked for suggestions regarding the matter in the program.

26 associations affiliated with NOC participated in the sports forum. A number of presentations were made: management expert Dr. Bhola Dahal presented on Organizational Management; Chartered Accountant Umesh Dhakal presented on Financial management of Sports Associations; Dr. Nabish Singh Man Pradhan from Patan Hospital presented on Anti-Doping. Besides, NOC Executive Secretary Sujana Lal Shrestha briefed about the international games scenario and the upcoming 12th South Asian Games.

President, Secretary Generals, Executive Chief from 26 sports associations praised the First Sports Forum and commented that it will motivate the affiliated sports associations. The program was conducted by the member of the Olympic Committee, Samim Miya Ansari while the Secretary General Lama Tendi Sherpa gave the welcome speech

12th Baisakh, Earthquake memorial Day



Nepal Olympic Committee organized Earthquake Memorial Day on 24 April, 2016 to pay tribute to the sports persons and people from other walks of life who died in the devastating earthquake of April 25, 2015.

During the occasion, NOC President Jeevan Ram Shrestha handed over cheques worth Rs 40,000 to 23 people related to the sports sector who either lost their lives or were affected by the quake. “Today we are recalling an unforgettable day. We hope that such devastation never befalls on people of any country,” said NOC President Shrestha while addressing the sportspersons gathered on the NOC premise. “We need to learn lessons from the devastation; we organized this program to give the same message. We will give continuity to this program every year to mark the anniversary of the quake that killed over 9000 people across the country,” added President Shrestha. He further said that the country is yet to rebuild the sports infrastructure damaged by the quake and this program was a reminder for that as well.

“Players are still training in risky conditions. We hope that such a situation ends soon,” he said. NOC member Nilendra Shrestha said that altogether 10 athletes lost their lives during the quake. According to him, NOC had already distributed relief to 57 athletes and this was the second time NOC was providing help to those who missed out on the first time.

Those who received the support are Dilip Kumar Karki (athletics), Ang Babu Lama (wushu), Sulachana Sujakkhwa (karate), Hira Thapa (squash), Tej Bahadur Shrestha (boxing), Gyanendra Shakya (boxing), Sewak Thapa (karate), Birendra Ranjit (judo), Gyan Bahadur Bohara (athletics), Phatta Bahadur Lama (wushu), Sanjay Ranjit (karate), Ishwor Karki (swimming), Mohan Das Basukaral (table tennis), Surya Narayan Shrestha (judo), Mohan Karmacharya (athletics), Milan Bhakta Hada (football), Mohan Sunuwar (judo), Kamal Bhandari (tennis), Krishna Basnet (athletics), Laxmi Magar (cycling), Binod Prajapati (athletics), Keshab Shrestha (volleyball) and Suman Bhomjan (journalist).

NOC also organized a painting and pottery workshop to mark the first anniversary of the quake. Likewise, the participants lit candles forming the map of Nepal in memory of the departed souls.

Former NOC President Dhurba Bahadur Pradhan, Vice Presidents Purendra Bikram Lakhe and Jyoti Rana and Secretary General Lama Tendi Sherpa were present during the program. Executive members of NOC Ashok Bajracharya, Ramesh Kumar Shrestha, Nilendra Shrestha, Sanjeev Tuladhar, President of Nepal Wrestling Association Raj Mohamod Ansari, Vice President of Nepal Judo Association Ramesh Maharjan, Secretary General of Badminton Association Ramji Bahadur Shrestha, Secretary General of All Nepal Lawn Tennis Association Manohar Das Moll, President of NNIPA Dipak Bista, Secretary General of NNIPA Dipak Shrestha, Olympians Jit Bahadur KC, Bimla Rana, Krishna Bahadur Basnet, Pushpa Raj Ojha, administration chief of NSC Madhu Sudan Basnet were also present during the event.

Farewell for 56th International Session for young participants



Nepal Olympic Committee gave farewell to Ms. Nabita Shrestha aged 23 (Table Tennis) and Mr. Suprasiddha Tamrakar aged 24 (Judo) on June 10, 2016. They will represent the National Olympic Academy at the 56th International Session for Young Participants at Athens, Greece. The participants have to present a brief report on the activities NOA and NOC have undertaken in the previous year as well as targets, priorities and progress for the future with regard to Olympic Education and the promotion of the Olympic Movement.

The main objective of this event is to spread awareness about the core value and history of the Olympics. Former President Mr. Dhurba Bahadur Pradhan, Vice President of NOC Mrs. Jyoti Rana, Director of NOA Mr. Sujana Lal Shrestha and NOC Board members Nilendra Shrestha and Deepak Harsha Bajracharya were present in the program.



6th Children of Asia International Sport Games



NOCC held a farewell program on July 1, 2016 for the 6th Children Asian International Sports Games slated to be held on Yakutsk, Russia from 5th July to 17th July.

Nepal is participating in 4 games namely Judo, Table Tennis, Boxing and Taekwondo. The age group for the participants is under 15 years. The Chef De Mission representing Nepal for the event is Member Secretary of NSC Mr. Keshab Kumar Bista. Two players from their respective games and one coach each with their Team Manger are leaving for Russia this Monday, 4th July 2016.

The Chief Guest of the program Honorable Youth and Sports Minister Satya Narayan Mandal wished all the participants with good luck. President of NOC Mr. Jeevan Ram Shrestha thanked the National Sports council for their help and advised the young participants to be disciplined. He added "this event

is the new journey of the way ahead so give your best."

In the program General Secretary of NOC Lama Tendi Sherpa, members

Nilendra Raj Shrestha, Ramesh Kumar Shrestha and Deepak Harsha Bajryacharya, President of All Nepal Table Tennis Association Chaturananda Baidhya were present.

The list of Athletes and Coaches:

S No.	Names	Function
1.	Mr. Keshab Kumar Bista	Chef de Mission
2.	Mr. Vishal Shrestha	Athlete
3.	Ms. Kusum Tamang	Athlete
4.	Ms. Shanti Singh	Team Manager
5.	Mr. Nima Tamang	Coach
6.	Ms. Dakshina Thakuri	Athlete
7.	Mr. Gobinda Bahadur Ale	Athlete
8.	Mr. Govinda Prasad Sharma	Coach
9.	Mr. Upendra Kumar Poudel	Team Manager
10.	Mr. Santoo Shrestha	Athlete
11.	Mr. Deekshya Tamang	Athlete
12.	Mr. Roshan Bahadur Dong	Athlete
13.	Mr. Sarda Kumari Khatri	Athlete
14.	Mr Mohan Sunuwar	Coach

MoU between NOC Nepal and Children of Asia International Committee (CAGIC)



Nepal Olympic Committee signed a MOU with Children of Asia Games International Committee on September 25, 2016 in Da-Nang, Vietnam. The MOU was signed by President of NOC Mr. Jeevan Ram Shrestha and President of CAGIC Mr. Dmitry E. Glushko in English as well as in Russian Language.

The MOU was signed to further develop their cooperation in the field of sport and enhance harmonious relationships

between the NOC and CAGIC in order to promote sportsmen and sportswomen of Nepal and Russia, in order to assist with mutual understanding, respect and benefit.

These were the points they agreed upon:

- Both parties will commit to development of an increased cooperation in the field of Sport.
- Both parties will enhance their cooperation and encourage meaningful sport exchanges in cooperation with sports organizations of Nepal and Russia.
- CAGIC agrees to support the trainings of Nepalese athletes and coaches in Russia and provide the technical assistance and sports equipment upon request by the NOC Nepal.
- Children of Asia Games International Committee will support NOC Nepal to pursue the academic skill of Coaches and Sports Managers in Russia.
- Taking the advantage of High Altitude in Nepal, NOC Nepal will assist the athletes of Russia for the training and sports competitions in Nepal.
- NOC organizes participation of Nepalese athletes in competitions, organized by CAGIC

Asian Rowing Junior Training Camp, Asian Rowing Junior Championship 2016

Farewell by NOC President Mr. Jeevan Ram Shrestha on Oct 10, 2016 to the participants of Asian Rowing Junior Training Camp and Asian Rowing Junior Championships- 2016 and Asian Rowing Indoor Championships 2016 slated to be held in Thailand. Mr. Shrestha wished the participants and coaches best wishes and said he will support the Rowing in Nepal. The athletes are Sneha Shrestha, Aashish Thapaliya, Ronish Bakhati, Sagar Pakharin Tamang and Puja Malami. They are accompanied by their coach Som Raj Panera.

In the program Vice-President of Nepal Rowing Association was also present.



Solidarity Course of Handball



Pokhara hosted the opening ceremony of a weeklong solidarity course for the coaches of Handball on 18 Oct, 2016. To help the coaches of Nepal, Dr. Fentishek from Czech Republic was sent by the International Handball Federation. President of NOC Mr. Jeevan Ram Shrestha was the Chief Guest in the program. He encouraged programs like these and stressed that the coaches and staff play a vital role in the growth of players.

In the program, President of Handball Association as well as Member of NOC Mr. Tej Bahadur Gurung and Chairman of Western Regional Sports Dev Committee Mr. Khagaraj Poudel were also present.

Olympic Solidarity Technical Course for Coaches in Gymnastics



NO C hosted the opening ceremony of the Olympic Solidarity Technical Course for coaches in gymnastics. The solidarity course is going to be held in the NOC Press Meet Hall from 6-9 December, 2016.

To help the coaches of gymnastics, Ms. Yumika Itoh arrived from Japan. Vice President of NOC Mr. Purendra Bikram Lakhe said that gymnastics is the base for all the sports and commented that even he had trained for gymnastics before getting involved in karate. Vice-President Lakhe added that gymnastics supports other physical games as well.

President of Gymnastic for All Mr. Dhurba Bahadur Pradhan asked the coaches to teach the other coaches who cannot make it to the course, the knowledge they will learn from this Solidarity Course.

Vice President of NOC Ms. Jyoti Rana, Members of NOC Mr. Ramesh Kumar Shrestha, Mr. Samim Miya Anshari and Mr. Nilendra Raj Shrestha, Secretary General of Gymnastic for All Mr. Sushil Prakash Pradhan were also present in the program.

MoU signing between President of NOC and President of Qatar Olympic Committee



Mr. Jeevan Ram Shrestha (President of NOC), H.E. Sheikh Joaan Bin Hamad Al-Thani (President of Qatar Olympic Committee)

President of Nepal Olympic Committee Mr. Jeevan Ram Shrestha signed a MOU with President of Qatar Olympic Committee H.E. Sheikh Joaan Bin Hamad Al-Thani on Nov 16, 2016 in Doha, Qatar for the further development of their cooperation in the field of sport and enhance harmonious relationships between the two NOCs and to promote sportsmen and women of Nepal and Qatar, in order to assist with mutual understanding, respect and benefit. In the ceremony, Government sports authorities from Qatar and from Nepal Secretary General Lama Tendi Sherpa and Vice President Jyoti Rana of Nepal Olympic committee were present.

The MOU stated:

Art 1.

NOC Nepal & QOC both will commit to development of an increased cooperation in the field of Sport, by promoting fundamental principles and values of Olympism on the territory of both countries in the spirit of the Olympic Movement.

Art 2.

NOC Nepal & QOC will enhance their cooperation and encourage meaningful

sport exchanges and coordinate with their member national federations.

Art 3.

QOC agrees to support for the training of Nepalese athletes and coaches in Qatar and provide the technical assistance and sports equipments to sports upon request by the NOC Nepal.

Art 4.

QOC will support NOC Nepal to pursue the academic skill of Coaches & Sports Managers in Qatar.

Art 5.

Both NOC Nepal and QOC will encourage the planned development of athlete exchange between their respective member national federations for participation in competitions and training activities.

Art 6.

Encouraging QOC in taking the advantage of High Altitude in Nepal, NOC Nepal will assist the athletes of QOC for the training and sports competition in Nepal.

Art 7.

In the field of Olympic Academy, exchange program will be organized by both NOC Nepal and QOC, in order to accomplish

the mission of the Olympic Academies by encouraging their participation in courses, seminars, conferences, forums, meetings and other workshops on topics dealing with sports and physical culture and on subjects of mutual interest.

Art 8.

The exchanges and other projects and activities under this MOU will be carried out in accordance with the invitations submitted and subjects to the laws and administrative and financial regulations in both countries.

Financial and other terms of cooperation listed above are to be determined by the parties separately, in collaboration with respective national sports federations and other related authorities.

Art 9.

This MOU can be amended by agreement of both Parties.

Art 10.

Any dispute that may arise from enforcing this memorandum, both parties must agree in good faith and come to mutual agreement to settle any issue that may rise.

Art 11.

This MOU shall come into force on the day it is signed by both Parties and will be valid for 4 years and renewed automatically for a similar period/s, unless either Party gives the other a six-month written notice of its intention to terminate the same.

Such termination should neither affect nor cancel any of the activities, programs or contracts that had been signed, approved or scheduled before the date of the notice of termination.

Art 12.

This MOU has been concluded and signed in two copies in Arabic and English languages, each copy have the same validity. In case of any difference in interpretation, the English version shall prevail.

Closing of 2nd National Sport Congress and Budhanilkantha Declarations



The 2nd Sports Congress was organized on 16 and 17 December 2016. The event which was organized after 6 years was an outcome of a combined effort of various stakeholders including Nepal government and non-government Nepalese stakeholders. The program was conceived and developed by Nepal Olympic Committee. The objective of the congress was to develop a synergy of sports development along with the International Olympic Movement and solidarity with Nepal government participation and support. There were over 150 participants who actively participated for two consecutive days. The congress was graced by NOC President Mr. Jeevan Ram Shrestha.

There were various speakers on various fields related to sports development.

The papers presented by the resource persons were compiled and distributed to all the participants. The congress was financially and technically supported by the Olympic Council of Asia and International Olympic Committee. The congress unanimously realized that the fundamental principles of the Olympic Movement in accordance with the IOC Charter shall be strictly complied by all the stakeholders of the Nepalese Olympic Movement with full respect and responsibility on a fully reliable basis.

- Increase the Govt Investment in Sports sector
- Development of existing infrastructure and new infrastructure.
- National Championship should be in time, every two years
- 13th SAG Preparation to be accelerated

- Athletes training should be focused on their games.

There can be only one National Olympic Committee in Nepal. Only a National Olympic Committee recognized by the International Olympic Committee can represent the country as National Olympic Committee. Nepal Olympic Committee is the only National Olympic Committee recognized by the International Olympic Committee.

- Sports act should be made according to Global Sports norms
- Private Sectors should be encouraged to be a part of Sports.
- Sponsors should be taken as long term partners.
- Media should be taken as an important part in the development of sports

8th Asian winter games in Japan



This 8th Winter Asian Games 2017, 32 Nation has participated and other 2 nations Australia and New Zealand are invited. The opening of the program was held in Sapporo Dome where Crown Prince of Japan H.E Naruhito, OCA President Sheikh Ahmed and IOC dignitaries were present.

Japanese royalty performed this key part of the opening ceremony protocol, Japan's winter sports royalty stepped up to light the Games cauldron – ski jump hero Masahiko Harada, a member of the gold medal-winning team at the 1998 Nagano Winter Olympics. Another golden boy from Nagano 1998, speed skater Hiroyasu Shimizu, had started the short, four-leg relay inside the stadium.

The Mayor of Sapporo and President of the Sapporo Asian Winter Games Organising Committee, Mr Katsuhiro Akimoto, welcomed the athletes, officials and guests to Sapporo. He told the audience that this 8th AWG was the biggest in OCA history, with 2,000 participants from 32 NOCs. This figure includes around 1,200 athletes.

Shiekh Ahmad delighted the crowd with a few Japanese words and phrases, including his opening greeting of “konbanwa” (good evening), “ganbare” (give it your best) and the closing “domo arigato gozaimasu” (thank you very much).

He described Sapporo as the home of the Asian Winter Games as this will be the third time in eight editions that the city has hosted the event, and thanked the citizens for making the athletes and officials feel so welcome in Hokkaido.

Ski Athlete Mr. Saphal Ram Shrestha who has participated in the 2nd youth Olympic Games in 2016, Lillehammer Norway was the flag bearer representing Nepal.

The opening ceremony, which began at 4pm, included performances by the Sapporo Symphony Orchestra, the Japan Ground Self-Defence Force Northern Army Band, the Ainu Association of Hokkaido representing the indigenous population of northern Japan, the Yosakoi drum and dance group and

300 members of the Japan Broadcasting Corporation (NHK) Sapporo Station dance team.

The third and final part of the ceremony was a special live performance by the Japanese duo Dreams Come True, who sing the Games anthem “Winter Song – Dancing Snowflakes Version”.

Nepal's Game Schedule in the 8th Winter Asian Games 2017:

21st Cross Country 10 km
(Manikala Rai)

22nd Men's Giant Slalom
(Saphal Ram Shrestha)

23rd Women's Giant Slalom
(Sangeeta Lama)

24th Men Slalom
(Saphal Ram Shrestha)

25th Women's Slalom
(Sangeeta Lama)

26th Cross Country 15 km
(Manikala Rai)

President and Secretary General attending the Solemn Ceremony of the 5th Asian Indoor Martial Art Games

President of Nepal Olympic Committee Mr. Jeevan Ram Shrestha and Secretary General Mr. Lama Tendi Sherpa are going to participate in the Solemn Ceremony of the 5th Asian Indoor Martial Art Games to be held in Ashkhabad, Turkmenistan on 17th August 2017.

In the program, the Presidents and Secretary Generals of all the NOCs from Asian Nations are participating. The main event is going to be held after a month so in this ceremony the representatives of all the NOCs will also observe the Athlete Village and the preparations.



5th Asian Indoor and Martial Arts Games



A farewell program was held where President of Nepal Olympic Committee Mr. Jeevan Ram Shrestha and Member Secretary of Nepal Sports Council Mr. Keshab Kumar Bista bade farewell to all the participants of the 5th Asian Indoor and Martial Art Games going to be held between 17th -27th September in Ashkhabad, Turkmenistan.

Executive Board members and Vice Presidents of NOC were also present in the program. NOC President Shrestha stated that Nepal has been participating in these games since 2005 therefore he is confident about Nepal doing well.

President Shrestha also informed about the SAOC (South Asian Olympic Council) meeting which will be held in Ashkhabad on 19th September. This meeting will approve 25 games among the 28 games proposed at the meeting in Bhutan for the 13th SAG. In the meeting, a presentation on the preparation of South Asian Games will be made.

In the 5th Asian Indoor and Martial Arts Games, Nepal will participate in the following sports and the participants are:

S.n.	Name	Sex	Function	Discipline	Event
1	Monalisa Khamboo	F	Athlete	Chess	Individual Classical
2	Dharam Bahadur Lama	M	Team Official	Chess	
3	Madan Krishna Kayastha	M	Athlete	Chess	Individual Classical
4	Ashim Shrestha	M	Athlete	Basketball	
5	Bikram Joshi	M	Athlete	Basketball	
6	Bijay Burja	M	Athlete	Basketball	
7	Saurav Shrestha	M	Athlete	Basketball	
8	Diensh Chandra Nakarmi	M	Coach	Basketball	
9	Dibash Shrestha	M	Athlete	Kickboxing	Kick Light-69 kg & Point Fighting -71 kg
10	Nikesh Shrestha	M	Athlete	Kickboxing	Kick Light -74 kg & Point Fighting -79 kg
11	Rajan Kumar Bhujel	M	Coach	Kickboxing	
12	Asmila Chhantyal	F	Athlete	Kurash	-87 kg
13	Dipak Chhantyal	M	Athlete	Kurash	-90 kg
14	Jatanti Shrestha	F	Athlete	Kurash	-78 kg
15	Pratiksha Kharel	F	Team Official	Kurash	
16	Nawa Raj Gurung	M	Athlete	Muay Thai	-67 kg
17	Sirish Gurung	M	Athlete	Swimming	50 M Freestyle & 100 M Breaststroke
18	Niharika Tuladhar	F	Athlete	Swimming	50 M & 100 M Breaststroke
19	Mukunda Raj Sharma	M	Team Official	Swimming	
20	Harihar Prasad Pandey	M	Coach	Teakwondo	
21	Neema Gurung	F	Athlete	Teakwondo	-53 kg
22	Bir Bahadur Mahara	M	Athlete	Teakwondo	-63 kg
23	Kamala Shrestha	F	Athlete	Weightlifting	58 kg
24	Prakash K.C.	M	Athlete	Weightlifting	69 kg
25	Jagdish Prasad Pradhan	M	Coach	Weightlifting	
26	Basu Dev Acharya	M	Admin Official		
27	Keshab Kumar Bista	M	Chef De Mission		

MOU Signing between NOC Nepal and The Korean South East Power Company LTD.

On November 06, 2017, the President of Nepal Olympic Committee Mr. Jeevan Ram Shrestha and the Vice President of Korean SouthEast Power Company Ltd Mr. Euijoong Youn signed an MOU for the training and development of the athletes of the participants of the Pyeongchang Winter Olympic. The Korean South East Power Company Ltd donated 10,000 USD to NOC. This company has

also been investing in the Hydropower projects in Nepal.

For the Pyeongchang Winter Olympic, Nepal has registered in two sports. For Alpine Ski competition, our male athlete Mr. Saphal Ram Shrestha is going to participate in Japan for the FIS race and for the Cross Country, our female athlete Ms. Manikala Rai is currently



participating in the FIS race in Finland. The appropriate result of this FIS race will make these athletes eligible for the Pyeongchang Winter Olympic Games.



Noc President Won Legislative Election

NOC President has committed to play a vital role in the resolution for the betterment and development of sports



Legislative election was held in Nepal in two phases on 26 November and 7 December 2017 to elect 275 members for the fourth House of Representatives, the lower house of the Federal Parliament of Nepal. The election was held alongside the first provisional election of seven provisional assemblies.

A tough competition was held among former industry minister Nabindra Raj Joshi and Nepal Olympic Committee

President Jeevan Ram Shrestha at Kathmandu Ward No:8. NOC President won the election by thirteen thousand three hundred and ninety-seven votes while Mr. Joshi had twelve thousand nine hundred and fifty-three votes on December 7, 2017.

After the victory, NOC President has committed to play a vital role in the resolution for the betterment and development of sports, assist in broadening the

Olympic Movement in Nepal. Mr. Shrestha has assured to fulfill all the agendas. As per the party manifesto, he would work for the post-quake reconstruction of heritage sites to develop cities to attract tourists. He has promised to make strong vestibule for the development of infrastructure for overall enhancement of sports. A proper sport policy will be applied in order to end controversy of sports which leads to a proud and secured life of sportsmen in Nepal.

Asian Games Fun Run 2018



Nepal Olympic Committee organized the 13th edition of Asian Games Fun Run, 2018 on 12 April in coordination with Olympic Committee of Asia (OCA) and Indonesia Asia Games 2018 Organizing Committee (INASGOC). This is the first time that Nepal organized this program. The Fun Run is aimed to spread awareness about the Asian Games 2018 and the health benefits of sports. The 12th edition of Asian Games Fun Run was organized in Bhutan and the 14th will be organized in Oman.

The program was inaugurated by the Chief Guest President of NOC/ Member of Parliament Honorable Jeevan Ram Shrestha by handing over the Olympic Torch to Olympian Mr. Deepak Bista who is also two times Asian Games medalist. Special Guest Mr. Keshab Kumar Bista, Member Secretary of National Sports Council wished the best to the athletes who are going to participate in the Indonesian Asian Games 2018 and the Chief Guest Honorable Shrestha thanked Guests Mr. Jeans Zhou Jian, Media Manager (OCA), Mr. Wissam Trkmani, Secretary to the OCA President and Ms. Ratna Irsana, Vice Director of media & public Relations

*Nepal Olympic Committee
Organized the 13th edition of
Asian Games Fun Run, 2018
on 12 April in coordination
with Olympic Committee of
Asia (OCA) and Indonesia
Asia Games 2018 Organizing
Committee (INASGOC).
This is the first time that Nepal
organized this program.*

at INASGOC and wished the success of Asian Games 2018 slated at Palembang and Jakarta.

The total route for the run was 7 km and there was a remarkable number of participants from 27 National Federation, Nepal Army, Armed Police, Nepal Police Force and General Public. There were approximately 1300 participants.

At the end of the program, Secretary General of NOC Mr. Lama Tendi Sherpa congratulated the entire participants for completing the event successfully. Four Asian Games medalists were honored with the Fun Run medals:

1. Taekwondo athlete Mr. Deepak Bista a Bronze medalist in 2002 Busan, South Korea and 2006 Doha
2. Boxing athlete Mr. Deepak Maharjan a Bronze medalist in 2010, Guyanzhou, China
3. Taekwondo Athlete Ms. Ayusha Shakya a Bronze medalist in 2006, Doha
4. Taekwondo Athlete Ms. Manita Shahi a Bronze medalist in 2006, Doha

There was a lucky draw program where 13 males and 13 females were also provided with Fun Run medals and 6 mascots were distributed to other lucky winners.



Olympic Solidarity Triathlon Coaches Course

President of NOC/ Member of Parliament Honorable Jeevan Ram Shrestha was the chief guest of the opening of 2018 Kathmandu OS-ITU Coaches Course which was held in the Olympic Building, Satdobato on 18 April 2018. The event was organized by Nepal Triathlon Association.



The Olympic Solidarity Course is a 5 day long program where 25 coaches will participate. Two ITU Course facilitators, Mr. Vicent Beltin from Spain and Mr.

Eugene Lee from Singapore, are helping the coaches. In the program, special guest Executive Board member of NOC

Sunil Kumar Shrestha and Executive Board member and President of Nepal Triathlon Association were also present.

Training day for Doping Control Officers



NeNepal Olympic Committee organized a training day for doping control officers in Kathmandu in preparation for the 2019 South Asian Games. The main objective of the training day, supported by the government of the Maldives and the South Asian Regional Anti-Doping Organisation (SA RADO), was to establish a strong anti-doping presence in the region.

Eight participants from Nepal, two each from Bhutan, Bangladesh and Sri Lanka and three from the Maldives took part in the course run by Bhutan national Nima Gylatsen. The course was created as part of preparations for the 2019 South Asian Games. Most of the participants were medical doctors in their respective countries.

Chief guest Vice President of Nepal Olympic Committee Ms. Jyoti Rana

opened the session and alongside the chairman of the Medical Commission of Nepal Olympic Committee Saroj Krishna, presented the participants with certificates upon its conclusion.

Ms. Rana went on to thank SA RADO and the government of the Maldives for helping establish the first training course of this kind in Nepal.

Olympic Solidarity Technical Course for coaches in Fencing



SeSecretary General of Nepal Olympic Committee Mr. Lama Tendi Sherpa was the Chief Guest at the opening of Olympic Solidarity Technical Course for Coaches in Fencing held at the Olympic Building Satdobato, Lalitpur which was held on 17 May, 2018. This is the 1st Olympic Solidarity Course for Fencing in Nepal. The 6 day long technical course will be held in the Squash Hall, Satdobato from 17 to

22 May. Expert from France Mr. Cyril Tahon will train 16 participating coaches for the Sabre event.

Chief Guest Mr. Sherpa said that NOC and NSC will always support fencing sport and this event will help in the progress of fencing in the upcoming South Asian Games slated in Nepal in 2019. President of Nepal Fencing

Association/NOC member Mr. Sunil Shrestha thanked the NOC and said that this course will help in the enhancement of technical manpower for the future generation of athletes.

In the program, Vice President of NOC Mr. Purendra Bikram Lakhe, Deputy Secretary General Mr. Rajiv Shrestha, Members Sanjeev Shrestha and Nilendra Shrestha were also present.

MOU signing between NOC, Tamura City Mayor and AS of Tamura City



Standing: Mr. Nilendra Raj Shrestha (Member of NOC), HE. Mr. Massamichi Saigo (Ambassador of Japan to Nepal), Ms. Yurika Nakamura (Japanese Olympian)
Sitting: Secretary General of Athletes Society (AS) Dr. Soko Aoki, Vice Mayor of Tamura City Mr. Naoyuki Kawagoishi, Mr. Jeevan Ram Shrestha (President of NOC)

A Memorandum of Understanding (MOU) was signed between three parties namely Nepal Olympic Committee, Athlete's Society of Tamura City and the Mayor of Tamura City on 3 August, 2018 for the preparation of 2020 Olympic slated in Japan where the ambassador of Japan to Nepal HE. Mr. Massamichi Saigo was the witness.

President of NOC/ Member of Parliament Honorable Jeevan Ram Shrestha

thanked the Vice Mayor of Tamura City Mr. Naoyuki Kawagoishi and Secretary General of Athletes Society (AS) Dr. Soko Aoki for taking the initiative to help the Nepalese Athletes on the road of 2020 Olympics. He also wished them for hosting the 2020 Olympics successfully.

There were exchanges of token of love between NOC and Japanese delegates. Representing the Japanese delegate in the program, Cultural Secretary of Jap-

anese Embassy Ms. Chisaco Nishitani, officer of Tamura City Mr. Nobuhiro Ishii, Ms. Marathon Coach Yurika Nakamura and Mr. Toshimichi Kokhama were also present.

From NOC Vice Presidents Mr. Puren-dra Bikram Lakhe & Mrs. Jyoti Rana, Executive Members Mr. Nilendra Raj Shrestha, Mr. Ashok Bajracharya, Mr. Deepak Harsha Bajracharya & Mr. Ramesh Shrestha and Chairman of Medical Commission Dr. Saroj Shrestha were present.

2nd International Summit of Young Professionals in Sports



On September 14, 2018, President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha bade farewell to the participants of the 2nd International Summit of Young Professionals in Sports in Yuzhno-Sakhalinsk, Russia. NOC Staff Mr. Niraj Shrestha and table tennis athlete Ms. Elina Maharjan are the two representatives from Nepal. The program is about development of international sports cooperation as a contribution to sustainable development of the world.

NOC President gave his best wishes to the participants and suggested them to make optimum use of the platform and learn the administrative traits well. He also advised to keep coordination among each other and represent Nepal in a positive manner.

In the program, Vice President of NOC Mr. Purendra Bikram Lakhe, Ms Jyoti Rana; Deputy General Secretary Mr. Rajiv Shrestha and President of All Nepal Table Tennis Association Mr. Chaturananda Baidhya were present.

Athletes for sports exchange and training program in Tamura City, Japan



President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha bade farewell to the participants of athletics and representatives from Nepal Olympic Committee for the sports exchange and training program in Tamura City, Japan to be conducted from 15 to 24 October, 2018.

This project is planned and will be executed according to the memorandum of understanding (MOU) among NOC, Tamura City and Athlete Society. The participants are:

In the program, President Shrestha congratulated the athletes and gave his best wishes to the participants. He said that this will not be the final team to participate in the 2020 Olympics as we will keep updating the fastest timing.

S.N.	Name	Designation
1.	Mr. Nilendra Raj Shrestha	Member, NOC Nepal
2.	Mr. Raghu Raj Onta	Coach, Athletics
3.	Mr. Santosh Bikram Bista	Athlete
4.	Mr. Gopi Chandra Parki	Athlete
5.	Ms. Santoshi Shrestha	Athlete
6.	Mr. Sujan Koirala	Coordinator

Condolences to the recently deceased Mr. Sita Ram Maskey (Former Vice President of NOC, 2007 to 2015)

On October 29, 2018, representatives from NOC gave their condolences to the family of the recently deceased Mr. Sita Ram Maskey who was the Vice President of Nepal Olympic Committee from 2007 – 2015, Vice President of Weightlifting Association, Founder President of Nepal Sepaktakraw Association, Former Vice President of Asian Sepaktakraw Federation and



President of South Asian Sepaktakraw Association.

Late Mr. Maskey was very active in sharing the Olympic movement and played an integral part in the development of sports in Nepal. Nepalese sports sector will feel a big loss after his untimely demise.

At Pashupatinath Aryaghat, President of NOC / Member of Parliament Honorable Jeevan Ram Shrestha, Hon-

orary President Mr. Dhurba Bahadur Pradhan, Vice Presidents Mr. Dharendra Bahadur Pradhan, Ms. Jyoti Rana, Deputy Secretary General Mr. Rajib Shrestha and Members Deepak Harsha Bajracharya, Mr. Nilendra Shrestha, Mr. Ramesh Shrestha and Mr. Samim Miya Ansari expressed their solace to the late Mr. Sita Ram Maskey. NOC President draped the Nepal Olympic flag on the deceased body.

9th Annual General Assembly of NOC



Nepal Olympic Committee

9th Annual General Assembly

January 19, 2019
Satdobato, Lalitpur

Nepal Olympic Committee held its 9th General Assembly in the Olympic Building on 19 Jan, 2019. President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha was the Chief Guest of the program where Vice President Mrs. Jyoti Rana chaired the AGM. Honorary President Mr. Dhruva Bahadur Pradhan, Member of Parliaments Honorable Suresh Rai, Honorable Tulsha Thapa, Honorable Gajendra Bahadur Mahat, AIG Mr. Dhuru Basnet and member of NSC Mrs. Indira Niraula were special guests.

The General Assembly was divided into two sessions. Mr. Tej Bahadur Gurung was the Master of Ceremony for the opening session. Vice President of NOC Mr. Purendra Bikram Lakhe gave the welcome speech. President of Nepal's national sport (Volleyball) Mr. Manoranjan Sharma representing all the associations shared his few words. Representing the National Sports Council, member of NSC Mrs. Indira Niraula, Honorable Suresh Rai gave their best wishes and expressed full support to Nepal Olympic Committee. Honorary President Mr. Dhruva Bahadur Pradhan explained about the Olympic movement and shared some history of NOC.

Medalists of the 12th South Asian Games were rewarded by the Honorable President with a token of Appreciation Letter. Representatives of Nepal Paragliding Association, the silver medalist of the 18th Asian Games were also presented with a token of Appreciation Letter and the winning athletes also received 20 thousand cash each. Nepal Sports Journalist Forum and Press Journalist Club were also rewarded with 50 thousand each for their contribution towards sports.



Honorable Gajendra Bahadur Mahat , Member of Parliaments Honorable Suresh Rai, Honorable Jeevan Ram Shrestha (President of NOC), Vice president Mrs. Jyoti Rana, Honorary President Mr. Dhruva Bahadur Pradhan , AIG Mr. Dhuru Basnet, member of NSC Mrs. Indira Niraula

In the second session of the General Assembly, only GA members and one representative of respective associations were present. Ms. Jyoti Rana from Women and Sports Commission, Mr. Ramesh Shrestha from Sports for All Commission, Dr. Saroj Shrestha from Medical Commission and Mr. Dhruba Bahadur Pradhan from National Olympic Academy of Nepal presented their achievements and activities from the year 2015 to 2018. Deputy Secretary General Mr. Rajiv Shrestha gave a presentation on the activities of Nepal Olympic Committee from 2015 to 2018. Treasurer Mr. Ratan Tondon presented the provisional budget of 2019 of Rs.42,416,459.40 and also presented the audit report of 2016 and 2017 which the GA passed. GA also appointed Dev Associates to Audit the Accounts of the fiscal year 2018 and 2019.



Athlete for training in Japan from Olympic 2020 project



President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha bade farewell to Mr. Ashish Chaudhary for the training program from Asian Athletic Academy to be held in Tokyo, Japan from February 18 to March 3, 2019.

According to the MOU signing between NOC, Tamura City Mayor and Athlete's Society of Tamura City for the preparation of 2020 Olympic slated in Japan, Mr. Chaudhary(22 years), a sprinter, is going to participate in the training program from Asian Athletic Academy.

This is a part of the NOC's Olympic 2020 project. President Shrestha gave his best wishes and demanded commitment towards the sports and suggested the athlete to make the most of this golden opportunity.

Mr. Chaudhary will stay in Japan (mainly in Tokyo) during the program where he will be trained by :

Mr. Dai Tamesue : The first Japanese sprinter to win a medal in a track event at a World Competition. Japanese record holder for the Men's 400 meter hurdle (as of January 2019). Bronze medalist

of the 2001 World Championships in Edmonton and 2005 World Championships in Athletics in Helsinki.

Mr. Msahiro Ohnishi : Learned coaching in University and graduate school. Works as a coach for TRAC (running school) from 2015 and supports Para-athlete and athletes in Asian countries.

In the farewell program, Vice President of NOC Ms. Jyoti Rana, Executive Members Mr. Nilendra Raj Shrestha and Mr. Sujan Koirala were also present.

Training for Long Distance Runners



On February 21, 2019, ambassador of Japan His Excellency Masamichi Saigo inaugurated the training program for Long Distance Runners in Olympic Building, Satdobato Lalitpur. In the program, Vice President of NOC Mr. Purenra Bikram Lakhe welcomed the Ambassador, Mayor of Tamura City Mr. Jinichi Honda and Mr. Soko Aoki (representative from Athlete Society) where Executive Board Member of NOC Mr. Nilendra Shrestha was the master of ceremony.

Olympian from Japan Ms. Yurika Nakamura will coach the long distance runners from Nepal along with assistant coach Mr. Shoko Suzuki from 21st to 26th February, 2019 in order to help the Nepalese athletes for the preparation of Olympic 2020, Japan according to the MOU agreement between Athlete Society, Tamura City and Nepal Olympic Committee.

His Excellency Mr. Saigo expressed his delight towards programs like these

as this helps better the relationship between Nepal and Japan. Mayor of Tamura City Mr. Honda expressed his pleasure that even after Olympic 2020 Tamura City will keep supporting the Nepalese sports sector. Vice President of NOC Mr. Lakhey thanked the parties involved and said that these programs will help the athletes learn new things and enhance their skills.

There were approximately 35 participants in the program including athletes, coaches and NSC representatives.

Olympian from Japan Ms. Yurika Nakamura will coach the long distance runners from Nepal along with assistant coach Mr. Shoko Suzuki from 21st to 26th February, 2019



The Olympic Solidarity Technical Course for Coaches in Judo



President of Nepal Olympic Committee Mr. Jeevan Ram Shrestha who is also the newly elected Member of Parliament was the chief guest in the Olympic Solidarity Technical Course for Coaches in Judo which is being held at Satdobato Sports Complex from February 21 to 25. Nepal Judo Association (NJA) inaugurated the five-day technical course for its coaches with the objective of improving the standard of judo in the country.

NOC President Shrestha asserted that Nepal will not participate in international tournaments just for the sake of participation from now onward. President Shrestha said that the sport's governing bodies of Nepal have given priority to long-term and result-oriented training.

He further said that NOC will provide intensive training to the players having

high potential of winning medals at the international level. "We will send one judo player to Japan for training and education till the 2020 Tokyo Olympics," said Shrestha. "In the past, South Asian Games used to be held on a short notice of 3-4 months and we lacked time for preparation. For the upcoming edition, we still have a considerable amount of time for intensive training for the March 9-18 event in 2019. We should be able to win the maximum number of medals in our home ground," said Shrestha.

Altogether 60 judo players and coaches from across the country are participating in the course. "We believe that this course will help in developing and expanding judo across the country," said Dharma Kumar Shrestha, general secretary of NJA, adding, "The International Judo Federation (IJF) has sent a judo expert for training our coaches

and we hope that this course will help in improving the standard of judo in Nepal.

NJA President Deepak Harsha Bajracharya informed that the judo governing body of Nepal is organizing such an event after a gap of nine years.

"IJF has sent a coach who has won the African Championships for 11 times and has also won many medals in the World Championships. It is a good opportunity for all of us to learn from an expert instructor. We should take maximum benefit from this course," said the NJA president. Unlike in the past when Nepal used to participate in Asian Games just for the sake of participation, NJA said it has set goals of winning medals this time. "We will show our performance in the upcoming Asian Games. We have set our eyes on medals this time," said Bajracharya.

Olympians for the 9th International Athletes Forum slated in Switzerland



Dr. Saroj Krishna Shrestha (Chairperson of Medical Commission), Mr. Deepak Bista (Olympian), Ms. SnehaRajyaLaxmi Rana (Olympian), Mr. Jeevan Ram Shrestha(President of NOC), Mr. UmeshMaskey (Olympian), Mr. Deepak Shrestha

April 9, 2019

President of Nepal Olympic Committee / Member of Parliament Honorable Jeevan Ram Shrestha bade farewell to the two Olympians for the 9th International Athletes Forum taking place from 13 to 17th April 2019 at IOC Headquarters in Lausanne, Switzerland.

Ms. Sneha Rajya Laxmi Rana will attend the program from 13th to 15th April, 2019 and Mr. Deepak Bista will attend the program from 15th to 17th April, 2019.

In the program, the NOC President wished the Olympians his best and advised them to spread positive messages to the international colleagues and learn

new techniques for the development of sports which will be beneficial for Nepal. He added that Olympians are the spokespersons for the Olympic Movement in Nepal.

In the program, Chairman of the Medical Commission of NOC Dr. Saroj K. Shrestha, Olympian Mr. Umesh Maskey and Mr. Deepak Shrestha were also present.



SA RADO Board meeting and SA RADO Technical Workshop held in Nepal



Manager of SA RADO Mr. Hussain Mohamed, Member of SA RADO from Bhutan Mr. Sonam Tshewang, Member of SA RADO Dr. Saroj Krishna Shrestha from Nepal, Member of SA RADO from Bangladesh Mr. Mohammed Shfiqur Rahman, Director General of SA RADO Mr. Mahid Shareef, Chairman of SA RADO Prof. Arjuna De Silva, Director of NADA/ RADO Relations, WADA Mr. Tom May, Representative of Asia/OCEANIA Region Mr. Kyu Hwan Lee, Mr. Nabees Man Singh Pradhan (Member of Medical Commission of NOC)

April 26, 2019

MeMedical Commission of Nepal Olympic Committee held the South Asia Regional Anti-Doping Organization (SA RADO) board meeting on 25th April 2019 and SA RADO Technical Workshop in preparation of TDP and RA, CCQ & Corrective Action Reports on 26th April, 2019 at Annapurna Hotel, Kathmandu.

In both programs Director of NADA/ RADO Relations, WADA Mr. Tom

May, Representative of Asia/OCEANIA Region Mr. Kyu Hwan Lee, Manager of SA RADO Mr. Hussain Mohamed, Director General of SA RADO Mr. Mahid Shareef, Chairman of SA RADO Prof. Arjuna De Silva, Member of SA RADO from Bangladesh Mr. Mohammed Shfiqur Rahman, Member of SA RADO from Bhutan Mr. Sonam Tshewang, Member of SA RADO from Nepal Dr. Saroj Krishna Shrestha and Representative from Nepal Mr. Nabees Man Singh Pradhan participated.

President of NOC/ Member of Parliament Honorable Jeevan Ram Shrestha was the Chief Guest in the opening of the SA RADO Technical Workshop. In the event, President Shrestha said that a fair sport is the right of all athletes and Anti-Doping prohibits illegal advantages in any sports. In this event, Secretary of Youth and Sports Ministry Mr. Krishna Prasad Devkota and Vice Chairman of National Sports Council Mr. Pitamber Timsina were present.



2nd National Sports Forum



NeNepal Olympic Committee organized the 2nd National Sports Forum in the Olympic Building on May 25, 2019. In the program, two representatives of all the National Associations affiliated to NOC, all the NOC Board Members and NOC Commission Members were invited.

The program was divided in two sessions. In the first session, Deputy Secretary General Mr. Rajiv Shrestha welcomed all the guests and participants in the program. Chief Guest Member of Parliament, Education & Health Committee's President Honorable Jaypuri Gharti. Hon. Gharti thanked the organizing committee for organizing a very useful program and shared that she was

an athletic person during her childhood. Honorary President of NOC Mr. Dhurba Bahadur Pradhan spoke about the importance of better relationship between NOC and the Nepal Sports Council for the benefit of the athletes. President of NOC/ Member of Parliament Honorable Jeevan Ram Shrestha also said that this National Sports Forum will give useful knowledge to the representatives of different associations.



In the first session Deputy Secretary General Mr. Rajiv Shrestha welcomed all the guest and participats in the program.

Chief Guest Member of Parliament, Education & Health Committee's President Honorable Jaypuri Gharti.

In the Second Session different Experts spoke about different topics in different themes. Each Speaker got limited time to talk about their theme and an interaction(Question/ Answer) time was also allotted.

Theme 1: Mr. Krishna Peasad Devkota, Secretary of Youth & Sports Ministry presented a presentation on Sports Act in Nepal.



Theme 2: Mr Rabi Rajkarnikar, National Olympic Academy of Nepal spoke about Strategic Planning of Sports Organization



Theme 3: Mr.Devendra Subedi, President, National Sports Journalist Forum gave a presentation in Sports & Media .



Theme 4: Mr.Keshab Kumar Bista, Member Secretary, National Sports Council talked about the preparation for Upcoming Games [13th SAG and Tokyo 2020 Olympic].



Theme 5: Ms. Binita Adhikari talked about Sexual Harassment in Sports.



Theme 6: Dr. Saroj Krishna Shrestha Chairman of Medical Commission (NOC) gave a presentation on Doping in Sports.



Theme 7: Honorable Jeevan Ram Shrestha gave a presentation on Sports Act.
Theme 8: Mr. Dharendra Kumar Pradhan Vice President of NOC gave a vote of thanks and read out the Declaration of the Program.



President of NOC Hon. Shrestha presented a small token of love to all the presenters.



125th anniversary of the International Olympic Committee and 25th anniversary of the Nepal Olympic Museum

July 3, 2019

President of NOC/SAOC and Honorable Member of the Parliament, Jeevan Ram Shrestha was the chief guest in the Felicitation Program on the 125th anniversary of the International Olympic committee and 25th anniversary of the Nepal Olympic Museum. Honorable President Shrestha felicitated all the contributors to the Olympic Museum and said that it is everyone's responsibility to preserve sports antiques. He also congratulated the President of Nepal Olympic Museum Mr. Chitiz Arun Shrestha and provided him with a certificate of Honorary Member of Nepal Olympic Committee.



Training workshop for Athletics and Taekwondo Athletes and Coaches



The Road to Tokyo Olympic 2020 training program was organized at Satdobato, Lalitpur on July 11,

2019. This was a training workshop organized by Colorbath(Japan) and

supported by Jikei Gakuen. The trainers and representatives from Japan were:

No	Name	Title
1	Mr. Toshiyuki MORIKAWA	Trainer
2	Mr. Takayuki ONOTSUKA	Dental Hygienist
3	Mr. Natsuki KONDO	Action Pro, Coordinator
4	Mr. Yusuke YOSHIKAWA	Colorbath, CEO, Chief Coordinator
5	Ms. Momoko KAWAKITA	Colorbath, Translator

There were a total of 45 participants in this workshop where 35 Athletes/ Coaches were from Taekwondo and 10 Athletes/ Coaches were from Athletics.

This training will help in the physical fitness of the participants and help prepare them well for the Tokyo Olympics 2020.



Extra Ordinary General Assembly of Nepal Olympic Committee



August 5, 2019

Nepal Olympic Committee held an Extraordinary General Assembly on August 5, 2019 in the Nepal Olympic building Satdobato, Lalitpur. The meeting was chaired by President of NOC/Member of Parliament Honorable Jeevan Ram Shrestha where 19 GA Members and one observer were present.

The amendment of the constitution of Nepal Olympic Committee which was decided by the previous board meeting on July 10, 2019 was sanctioned by this General Assembly.

In the meeting, GA members Mr. Dhurba Bahadur Pradhan, Honorable Samim Miya Anshari, Mr. Ratan Kumar Tondon, Mr. Dharendra Kumar Pradhan, Mr. Binod Prajapati, Mr. Chaturananda Raj Vaidya, Mr. Sanjib Tuladhar, Mr.

Rajiv Shrestha, Mr. Chhimi Urkyen Gurung, Mr. Sunil Kumar Shrestha, Mr. Tej Bahadur Gurung, Mr. Umesh Lal Shrestha, Mr. Purendra Bikram Lakhe, Mr. Pushpa Das Shrestha, Mr. Ashok Ratna Bajracharya, Mr. Nilendra Raj Shrestha, Mr. Dan Bahadur Tamang and Mr. Ang Dendi Sherpa were present.

Mr. Ramesh Shiwakoti was also present as an observer as he represented the Archery Association.

One Day workshop for Sprinters and Coaches

July 20, 2019

At Athlete Society Track & Field in Cooperation with Nepal Olympic Committee organized “Speed” One Day Workshop for Sprinters and Coaches in Olympic Building on July 20, 2019. The Program was chaired by Member of NOC Mr. Nilendra Raj Shrestha who remarked that this program is an imitative to update the new running techniques to the sprinters and coaches.

50 participants took part in the program where three experts gave lectures in different topics.

a) Speed Introduction by Sunil Rajbanshi, Former Secretary General, NAA; Ex. Athletics Champion.

b) Speed Parameters and Tests by Diwakar Lal Amatya, Sports Research Expert.

c) Speed Training Procedure: What to do and When to do by Sushil N. Rana, former Chief Coach and Distance Running Expert.



Hokkaido Marathon



Monday Aug 19, 2019

President of Nepal Olympic Committee/ Member of Parliament Honorable Jeevan Ram Shrestha bade farewell to two athletes, one coach and one official to participate in Hokkaido Marathon to be held in Hokkaido, Japan from August 21-26, 2019. Their participation was as per the sports exchange program signed between NOC Nepal, Tamura City Fukushima, Japan and Athlete Society of Japan.

President Shrestha gave his best wishes to the participants and reminded them to be responsible and disciplined as everything they do represents Nepal. In the program, Former Minister of Youth and Sports Daljit Shripali, Member of NOC Nilendra Raj Shrestha, Executive Secretary Mr. Sujan Lal Shrestha and Coordinator of Athlete Society for Nepal Mr. Sujan Koirala were also present.

S.N.	Name	Designation
1.	Mr. Ayush Joshi	NOC Staff
2.	Mr. Dhani Ram Chaudhary	Coach
3.	Mr. Hom Lal Shrestha	Athlete
4.	Mr. Rajpura Pachhai	Athlete



Farewell to 2 teams going for the preparation of 2020 on Japan by Treasurer of NOC



September 13, 2019

Treasurer of Nepal Olympic Committee Mr. Ratan Tandon bade farewell to two teams that are going to Japan. One team is leaving for Tamura and another team for Komagane. Two athletes and one coach will participate in the Sports Exchange & Training Program at Tamura, Japan from 14 to 21 September, 2019.

S.N.	Name	Designation
1.	Mr. Chandra Bahadur Gurung	Chief Coach
2.	Mr. Krishna Bahadur Gurung	Athlete
3.	Ms. Puspa Bhandari	Athlete
4.	Mr. Sujan Koirala	Coordinator

Next team comprises four athletes and one coach who will participate in the training with the members of the track & field club of a High School. The team will also be engaged in an interaction session with High School students in Komagane, Japan from 16 to 23 September, 2019.

S.N.	Name	Designation
1.	Mr. Rakesh Bajracharya	Coach
2.	Ms. Jayarani Tharu	Athlete
3.	Ms. Kalpana Shrestha	Athlete
4.	Mr. Madhab Kumar Chaudhari	Athlete
5.	Mr. Khil Kumar Karki	Athlete

Treasurer Tandan gave his best wishes to the participants and provided track suit & t-shirt to all the participants.

Elective General Assembly of NOC

The 10th Elective General Assembly was held today at Olympic Building, Satdobato Lalitpur. Youth and Sports Minister Honorable Jagat Bahadur Bishwakarma was the chief guest of the first session. Honorable Bishwakarma lit the panas and wished his best to all the participants.

The election was performed peacefully where all the 27 participants were present with observers from OCA Mr. Vinod Kumar Tiwari, IOC and NOC Relation Director General.

Election Commissioners were:

1. Mr. Lok Bhakta Rana: Senior Advocate
2. Mr. Surendra Bahadur Thapa: Advocate
3. Ms. Radhika Khatiwoda: Advocate

The winners of the election and new executive board of NOC 2019 are:

1. President:

- Honorable Jeevan Ram Shrestha

2. Vice- President:

- Ms. Jyoti Rana
- Mr. Chaturananda Raj Baidhya
- Mr. Tej Bahadur Gurung
- Mr. Sunil Kumar Shrestha
- Mr. Ashok Ratna Bajracharya

3. Secretary General:

- Mr. Nilendra Raj Shrestha

4. Treasurer:

- Mr. Ratan Kumar Tandon

5. Deputy General Secretary:

- Mr. Pitamber Timsina

6. Secretary:

- Mr. Deepak Harsha Bajracharya
- Honorable Tulsha Thapa
- Mr. Ramji Bahadur Shrestha

7. Member:

- Mr. Gopal Sundar Lal Kakshapati
- Mr. Ramesh Prasad Siwakoti
- Mr. Prakash Samsher Rana
- Mr. Dirga Bahadur KC
- Mr. Hom Bahadur Dong
- Mr. Tashi Ghale
- Mr. Ram Awale



Editorial Desk



Nepal Sport activities have been documented and compiled as NOC Olympic Nepal magazine. We have retrieved the tradition and publish the magazine quarterly in future. In this first review Issue 2015-2019, we have included all the happening between the years 2015-2019. A new team has been setup for the continuity of the Olympic Nepal Magazine. Your valuable suggestions and support is expected for the better quality of our magazine. We hope this magazine will play as an documentation of sports happening under the Nepal Olympic Committee for all sports fatarnity.

Thanking you,

A handwritten signature in black ink, appearing to read 'Nilendra Raj Shrestha', written in a cursive style.

Nilendra Raj Shrestha



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