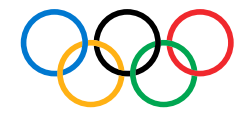


June 23, 2024



*May NOC award ceremony
be as brilliant as the stars and
as meaningful as the dreams it
represents.*

Deepak Harsha Bajrachaya
Secretary, Nepal Olympic Committee
President, Nepal Judo Association



International
Olympic
Committee
The President



Government of Nepal
Ministry of Youth & Sports

Ph: 01-4200539

Hon. Biraj Bhakta Shrestha
Minister



Personal Secretariat
Singhadarbar, Kathmandu

June 19, 2024



Message

On behalf of the Ministry of Youth and Sports, I extend my warmest congratulations to the Nepal Olympic Committee for successfully organizing yet another commendable award ceremony honoring our exceptional athletes and esteemed media personnel. This event is a testament to your dedication and hard work in promoting sports and recognizing the efforts of those who bring glory to our nation.

We are elated and immensely proud to witness the remarkable talents of our athletes, who have once again qualified for the Olympics. Their achievements are a reflection of their relentless dedication and the unwavering support provided by the Nepal Olympic Committee and National Sports Council. It is an honor to see our athletes represent Nepal on such a prestigious global platform.

Furthermore, as we gear up for the 10th National Games in the Karnali Province, the Ministry is committed to making this year's event the best it can be. We are leaving no stone unturned to ensure that the games are a grand success, showcasing the spirit of sportsmanship and unity that defines our nation.

The Ministry is also dedicated to enhancing the sports industry by fostering more investment through public-private partnerships and Corporate Social Responsibility (CSR) initiatives. We believe that such collaborations are crucial in providing the necessary resources and infrastructure for the growth of sports in Nepal. Additionally, we are working diligently to ensure that our athletes receive the privileges and support they rightfully deserve, recognizing their contributions and ensuring their well-being.

Once again, congratulations on a successful award ceremony. Your efforts continue to inspire and uplift the sporting community in Nepal.

Biraj Bhakta Shrestha
Minister
Ministry of Youth and Sports



Message

I am immensely pleased to know that Nepal Olympic Committee is organizing the 2nd NOC Award in 2024.

This is an amazing gesture by the Nepal Olympic Committee to recognize the excellence of sports fraternity who have put their mind and heart to it. The award will continue to encourage the recipient and it will be an inspiration to other athletes. With every success there is always someone behind him or her. They are beside family, the Coaches who play a pivotal role, for which NOC is honoring them and I deeply appreciate it.

Nepal Olympic Committee as always is very active under the dynamic leadership of its President Hon'ble Jeevan Ram Shrestha who is striving to develop the sports and sportsmen in Nepal.

Olympic Council of Asia applauds Nepal Olympic Committee family for their efforts for better future of sports in Nepal.

Lastly, I would like to thank President NOC Nepal and his team for this great initiative and I would like to take this opportunity to extend my heartfelt congratulations to all the winners and wish them a bright future.

Ever Onward.

Thank you

Raja Randhir Singh
Acting President, OCA



Message

It gives us immense pleasure to announce that NOC Nepal is organizing the NOC Award 2024 on June 23, 2024.

The NOC Award is prestigious and well-recognized sports award in Nepal. The Award has motivated Nepalese youth to be a part of sports and embrace the core values of the Olympics in their daily life.

On behalf of Nepal Olympic Committee and on my own behalf, I would like to congratulate all awardees selected by our eight respected Panel of Judges. I must stress that the Panel of Judges is composed of personalities of repute in their respective fields and have made significant contribution to the development of the Nepalese sports. Thank You, Judges for doing a wonderful job!

I must add that the awardees are exceptional in their respective disciplines and are all winners.

I would also like to extend my sincere gratitude to our Executive Member and the coordinator of the NOC Award, Mr. Gopal Sunder Lal Kakshapati, and his entire team for their hard work in making this mega event a grand success.

The Olympic Games, Paris 2024 are approaching. I would also like to take this opportunity to express my best wishes to all athletes for their successful participation in the Games. We are confident that our athletes will do their best and give their heart and soul to make our country proud.

Jeevan Ram Shrestha
President



च.नं./Ref. No.:

19th June, 2023

Message

Namaste!

On the occasion of Olympic Day 2024, I extend my warmest greetings to all athletes, coaches, and sports enthusiasts across Nepal. Today, we celebrate the Olympic values of excellence, friendship, and respect, which unite us through the power of sport.

This year, our athletes participate in Paris 2024, inspiring us with their dedication and achievements on the international stage. The National Sports Council is committed to supporting and nurturing these talents, ensuring opportunities for all to excel.

We need to take this year's Olympic Day to promote good governance within our sports organizations. By launching awareness campaigns and improving corporate governance, we aim to foster transparency and accountability. Additionally, the NSC aims to enhance corporate partnerships, similar to those seen with international federations, to support the growth and development of sports in Nepal. These partnerships are essential for providing the necessary resources and infrastructure to our athletes and sports programs.

It gives me immense pleasure to observe that the Nepal Olympic Committee (NOC) is organizing the Olympic Award Ceremony 2024 on the auspicious occasion of Olympic Day.

Tanka Lal Ghising
Member Secretary
National Sports Council





Message


It is indeed a matter of great pleasure for me to express a few words in relation to the NOC Award 2024. This is the second time in the history of the NOC that the NOC award has been established. This award will be annually offered to the Sports Personalities and Sports Organization who have gained great achievement & honor in various events of sports.

Through the NOC award this year we are honoring best athletes (Male & Female), best Coaches (Male & Female) , best Association and best Media for their outstanding contribution in Nepalese Sports.

We are sure that it will encourage all the sports fraternity to be best in their respective fields following the true spirit of sportsmanship. We are very excited that most of our member federations and Media organizations send their nominations for the award. It is a great inspiration to us to host these kinds of programs in the coming days. It is also continuation to attract the best athletes in sports which is one of the recommendations of Olympic Agenda 2020.

On behalf of the Nepal Olympic Committee, we would like to congratulate all the nominees and express sincere gratitude to the Panel of Judges & NOC Award Committee for their hard work.

Last but not least, we thank all the supporting partner for their kind assistance to make this event happen. We heartily welcome other business houses to be a part of the NOC Award in near future for the good cause.



Nilendra Raj Shrestha
Secretary General



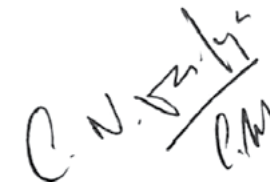
Message

June 23rd is a very special day for all the sports fraternity of the world. This day is celebrated worldwide with various programs for multiple days with different activities to spread Olympic Movements. In Nepal, we have been celebrating Olympic Day from a long time with different Olympic awareness programs.

This year also NOC Nepal has organized many events in all the provinces and from this year we have decided to celebrate June 23rd with a Grand Award Ceremony to acknowledge the hard work and achievements of sports persons.

The award will be provided to Best Athletes Male, Female and for the Best Coach Male and Female; we have also decided to appreciate the work of Journalist in highlighting the hard work of Athletes, Coaches and Association. The award will be provided to best Visual media, Best Sports Photo Journalist, Best Journalist in Print and Best Journalist in Multi-Media. We are also awarding the best National Federation affiliated with NOC, Nepal. The NOC Award is going to be a yearly event from now with more excellent additions. I am sure that this kind of honor will definitely motivate the concerned sports persons to be more involved in Olympic Activities. In my view the NOC Award 2024 will be one of the best Sports Award ceremonies in History of Nepali sports, as this is the best ever designed trophy and we are also providing great prize money to the winners.

I would like to extend my sincere gratitude and huge congratulations to all the nominees and award winners. I would also like to heartily thank the NOC Nepal Award Ceremony 2024 Team for their untiring efforts and contribution to make this event a grand success and a memorable one.



Chaturananda Raj Vaidya
Vice President and Executive Director, NOC





Nepal Olympic Committee



Message

In commemorating the Olympic Day 2024, it is my utmost pleasure to welcome to the third edition of NOC AWARD 2024 to be held on June 23. Two years of consecutive ceremonies - it has been quite an experience and have succeeded to establish an image as a pinnacle sports award in Nepal. The sports fraternity today look forward for this award with a keen interest which is very inspiring to Nepal Olympic Committee.



The purpose of this award is to recognize the best among the best whose ambition always begins with a dreams and they strive, excel and achieve leaving many behind. This award do not only acknowledge success, but to recognize many other qualities like ability, struggle, effort, above all excellence and uniqueness. And I always believe that awards help to encourage people to give further- their best, express empowerment and take thoughtful risks. That is where awards plays crucial role and endorse him or her as one of the best which inspire to continue what they aspire. To complement their aspiration Nepal Olympic Committee established these awards to recognize some truly remarkable athletes, coaches and media persons to win fame and encouragement to pursue their excellent work through different awards. That is why we value NOC Awards. That is also why it is important that they are chosen carefully, transparently and wisely.

To maintain such essential values we have a panel of judge with very experienced, ethical and sound background. The panel of judge is completely autonomous in selecting the awardees. The Panel of judge consist of nine eminent judges. The chief judge is Mrs. Geeta Rana Chhetri and other judges are Mr. Gajendra Lal Pradhan, Mr. Siddheswore Kumar Singh, Mr. Buddha Bir Lama, Mr. Ganga Thapa Magar, Ms. Komal Oli, Mr Ajaya Phuyal, and Mr. Prakash Mathema. They spent no of hours of hard work to explore to find the best of the best. I would like to profoundly express my deep gratitude to each one of them for their generous efforts and precious time.

I would like to take this opportunity to acknowledge and appreciate Mr.Prithivi Bahadur Pande chairman of Nepal Investment Mega Bank for his substantial help, to make this ceremony a grand success. I would also like to extend my heartfelt thanks and gratitude to Vice President Ms. Jyoti Rana, Secretary Mr. Deepak Harsha Bajracharya, Members Mr. Tashi Ghale, Mr. Hom Bahadur Dong, Mr. Prakash SJB Rana,

Mr. Ram Awale for their financial support. My deepest gratitude to President Mr. Jeevan Ram Shrestha, for entrusting in me for the third time, and providing his valuable guidance. Furthermore, I would like to extend my heartfelt thanks to Vice president and Executive Director Mr. Chaturananda Raj Vaidya for his invaluable time and support. And to Secretary General Mr. Nilendra Raj Shrestha, for his guidance. And the entire NOC team particularly Mr. Sujan Lal Shrestha, Mr. Neeraj Shrestha for their active involvement and last but not the least to thanks to Mr. Ayush Joshi for his effective role.

Thank you
Gopal Sunder Lal Kakshapati
Chair, NOC Award Committee,
Executive Member, NOC



History

The Nepal Olympic Committee

In accordance to the Olympic Charter, Five National Associations had to be registered in National Olympic Committee to be a member of International Olympic Committee (IOC). Out of the five, three must be Olympic disciplines. Nepal Amateur Athletics Association (NAAA), All Nepal Football Association (ANFA), Nepal Boxing Association, Nepal Badminton Association and All Nepal Table Tennis Association were registered in National Olympic Committee of Nepal.

1963

In 1963 Nepal Olympic Committee was affiliated with the International Olympic Committee (IOC) and joined in the Olympic Movement.

The first Ad hoc Committee of the Nepal Olympic Committee was chaired by Late Prince Basundhara Bir Bikram Shah.

1998

In 1998 the first time in the history of NOC Nepal, democratic election was held in the presence of International Observers (Raja Randhir Singh, Secretary General of OCA & Mr. Latif Butt, Secretary General of Pakistan Olympic Committee). Late Mr. Rukma Shamsher Rana and Mr. Dhruva Bahadur Pradhan were elected President and Secretary General of NOC Nepal respectively. Then afterwards in every four years the Elective General Assembly of Nepal Olympic Committee would be held in order to elect the new Executive Board of the Nepal Olympic Committee.

2019-2024

Current President and Secretary General of NOC are Mr. Jeevan Ram Shrestha & Mr. Nilendra Raj Shrestha respectively. They have been duly elected on Elective General Assembly of NOC Nepal held on September 6, 2019.

27 National Sports Associations are the members associations of Nepal Olympic Committee. In which 25 are the Olympic Sports Association and 2 are Non-Olympic sports association.

Member Associations of Nepal Olympic Committee



Nepal Athletics Association



Nepal Archery Association



Nepal Badminton Association



Nepal Basketball Association



Nepal Boxing Federation



Nepal Rafting & Canoeing Association



Nepal Cycling Association



All Nepal Football Association



Nepal Fencing Association



Nepal Handball Association



Nepal Gymnastics Association



Nepal Golf Association



Nepal Hockey Association



Nepal Judo Association



Nepal Karate Federation



All Nepal Kabaddi Association



Nepal Ski Association



Nepal Swimming Association



Nepal Shooting Association



Nepal Tennis Association



All Nepal Table Tennis Association



Nepal Triathlon Association



Nepal Volleyball Association



Nepal Taekwondo Association



Nepal Weightlifting Association



Nepal Wrestling Association



Nepal Wushu Federation





Nepal's only rooftop tennis court



GCS International



**MAN JAYAKAR
TENNIS ACADEMY**

Sundhara

Ms. Jyoti Rana
Vice President, Nepal Olympic Committee
President, Nepal Tennis Association

Nepal Olympic Committee Executive Board (2019-2024)



Mr. Dirga Bahadur K.C
Member

Mr. Hom Bahadur Dong
Member

Mr. Tashi Ghale
Member

Mr. Pitamber Timsina
Deputy Secretary General

Mr. Sunil Kumar Shrestha
Vice-President

Mr. Chaturananda Rajvaidya
Vice-President, Executive Director

Mr. Ramji Bahadur Hona Shrestha
Secretary

Mr. Gopal Sundar Lal Kaksapati
Member

Mr. Prakash Sjb Rana
Member

Mr. Ashok Ratna Bajracharya
Vice-President

Ms. Jyoti Rana
Vice-President

Mr. Jeevan Ram Shrestha
President

Mr. Deepak Harsa Bajracharya
Secretary

Mr. Ramesh Prasad Siwakoti
Member

Mr. Ram Awale
Member

Ms. Tulsi Thapa
Secretary

Mr. Nilendra Raj Shrestha
Secretary General

Mr. Tej Bahadur Gurung
Vice-President

Mr. Ratan Kumar Tandon
Treasurer

Top: Left to Right (Standing)

Bottom: Left to Right (Sitting)

Commissions



SPORTS PSYCHOLOGY COMMISSION

Chairperson

Mr. Indra Grurung

Members

Mr. Basanta Thakali
Dr. Ramkrishna Maharjan
Mr. Nirakarman Singh Regmi
Mr. Deepak Kunwar



INFORMATION AND STATISTICS COMMISSION

Chairperson

Mohan Nepal

Members

Chandananda Rajvaidya
Dipak Thapa
Rita Adhikari
Shanta Maya Pariyar
Himesh Ratna Bajracharya
Riju Silwal
Suraj Dangol
Gopal Basnet
Harihar Shrestha
Ujjwol Pradhananga



SPORTS AND ENVIRONMENT COMMISSION

Chairperson

Mr. Goverdhan Shrestha

Secretary

Ms. Dolma Lama Shaha

Member

Dr. Sanjay Bikram Shrestha
Mr. Sagun Rana
Mr. Chandesworananda Rajvaidya
Mr. Shanker Gautam
Mr. Pradeep Rajbhandari
Mr. Dharma Man Bajracharya
Mr. Pritesh Shrestha
Ms. Gita Shaha



PEACE THROUGH SPORTS COMMISSION

Chairperson

Ramesh Maharjan

Secretary

Anju Bhattarai

Members

Chandra Prakash Gharti
Krishala Ghising
Nayana Shakya
Yubraj Sunwar
Samir Bahadur Singha
Upendra Thapa
Ritu Gyamdan
Surya Bahadur Joshi
Gyanendra Maharjan
Sushma Rajbhandari



MEDICAL COMMISSION

Chairperson

Dr. Nabees Man Singh Pradhan

Members

Dr. Roji Shrestha
Dr. Suman Rawal
Dr. Shankar Pratap Singh
Dr. Padam Bahadur Khadka
Dr. Manoj Man Shrestha
Dr. Raju Dangol
Dr. Suprit Raj Shrestha
Dr. Bishwas Pradhan



WOMEN AND SPORT COMMISSION

Chairperson

Ms. Jyoti Rana

Secretary

Ms. Bimala Paudel

Member

Ms. Helga Rana Rayamaji
Ms. Nanda Bashyal
Ms. Pramila Singh Shrestha
Ms. Pratima Shaha
Ms. Renuka Sitaula
Ms. Suda Shakya
Ms. Sunkeshari Mali
Ms. Prema Dolma Lama Shrestha
Ms. Geeta Shrestha



SPORTS FOR ALL COMMISSION

Chairperson

Bishnu Gopal Shrestha

Members

Rajesh Khadka
Ramesh Kumar Shrestha
Mukunda Raj Sharma
Dhirendra Pradhan
Rajesh Shrestha
Pooja Shahi
Ranjana Pradhan
Bhojraj Sitaula
Bajranga Shahi
Rajan Shrestha



MARKETING AND SPONSOR COMMISSION

Chairperson

Gopal Sunder Lal Kakshapati

Members

Gajendra Bohra
Indira Gurung
Jitendra Shrestha
Prakash Samsher Rana
Pratiksha Giri
Sanjeeb Tuladhar
Silu Shrestha
Tashi Ghale
Tajendra Singh Mahara
Nabin Bikram Shah



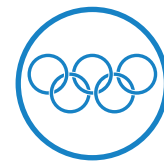
CULTURE COMMISSION

Chairperson

Ramji Bahadur Shrestha

Members

Anju Dawadi
Hema Manandhar
Naresh Vaidya
Nitu Dangol
Purna Kajee Jyapu
Rajendra Neupane
Sandhya Shakya
Sujita Manandhar
Surendra Shrestha
Binda Paudel



NATIONAL OLYMPIC ACADEMY

Chairperson

Mr. Dhruva Bahadur Pradhan

Members

Mr. Umesh Lal Shrestha
Mr. Ramesh Khanal
Mr. Chitiz Arun Shrestha
Ms. Prativa Joshi
Ms. Pramila Singh
Ms. Sneha Rajya Laxmi Rana
Mr. Sundar Khanal

Director

Mr. Sujan Lal Shrestha

Past Presidents of Nepal Olympic Committee

Late Rukma Samsher Rana
Honorary Dhruva Bahadur Pradhan

Nepal Olympic Committee Advisor

Mr. Lok Bhakta Rana
(Legal Advisor)
Mr. Sarat Singh Bhandari
Mr. Purshottam Paudel

Profile Of Panel Judges



GEETA RANA (CHHETRI)
CHIEF JUDGE

Very popularly known in Kathmandu's education circle as 'Geeta Miss', Ms. Chhetri is the Chair Person of one of Nepal's famous schools, Galaxy Public School. She has made significant contribution in the arena of sports development in Nepal and is currently the Vice President of Nepal Gymnastics Association and the Co-Chair of proposed Nepal Sports University. She has been bestowed with numerous awards, including the title of the Best Principal, the Gorkha Dakshin Bahu, the Woman of the Year, the Tri-Shakti Patta – to mention a few. She was Guest of Honor at the Special Olympics, USA (1995) and also attended the AFC General meeting in Singapore and conference on Olympic Movement in Malaysia. She also served as an honorable member of Nepal's historic Constituent Assembly which drafted Nepal's current constitution under which the over two centuries old monarchy into a federal republic (2008-2015). She is also an ex-president of All Nepal Football Association, a former member of Nepal Sports Council and ex-President of Nepal Women and Sports Committee – Nepal Olympic Committee. She's also interested in politics.



KOMAL OLI

Ms. Komal Oli, is a former Member of Parliament in the National Assembly, Vice-chairperson of the Athletic Association, and Chairman of the Komal Oli Foundation. As a professional athlete, she represented Nepal in national and international track and field events, including the SAF Games in Dhaka and Islamabad. Her professional journey includes roles as a senior news editor and caster at Radio Nepal, a news reader at Nepal Television, and a folk program presenter on Kantipur TV. She has recorded over 700 songs, released numerous audio cassettes and music videos, and received numerous accolades, such as the Janasewa Shree Medal and the Narayan Gopal Youth Music Award. Actively involved in promoting sports through the Nepal Athletics Association.



GAJENDRA LAL PRADHAN

Mr. Pradhan is a renowned football player once associated with Nepal's top-notch A-Division Club, RCT – the Ranipokhari Corner Team. As an athlete, he participated in the First South Asian Federation Games held in Kathmandu (1984). He was the chief jury of appeals (track and field) at the 8th South Asian Games (Kathmandu, 1999). He has been involved in the country's sports sector both as a player and promoter since nearly five decades. He served in different capacities as a civil servant until retiring as joint secretary from the Ministry of Education in 2006.



BUDDHA BIR LAMA

Mr Lama is one of Nepal's well-known and most respected lyricists, and a retired civil servant who has a number of titles and awards to his credit, including prestigious Mahendra Vidya Bhusan Gold Medal from Tribhuvan University in 1986. He has also been decorated with Gorkha Dakshin Bahu, Chautho, one of Nepal's most prestigious awards conferred by the Head of State. He was a long distance runner. He took part in several national level marathons and carries second prize in 5,000 m & 10,000 m under his belt. Also, he has won many prizes in local level competitions. He comes from eastern Nepal's Ilam district, famously known around the world for its tea. His hobby includes rendering social services to nationwide.



SIDDHESHWAR KUMAR SINGH

Mr. Singh, a well-known business and sports personality in Nepal, has been serving as President of CG Golf Club since 2017 and is also the current President of CG Golf Resort. He served as Executive Chairman/Promoter of Nepal's prominent insurance company, National Life and General Insurance Company (1987-2006) and as Chairman of National Life Insurance Company (2006-2008). He is actively involved in promoting Nepal's sporting sector and served as a member of Nepal Sports Council (1987-1990). He represented Nepal during 1978 and 1982 Asian Games as Nepal's No. 1 ranked Tennis player and has the experience of participating in international meetings, including the Asian Tennis Federation, the International Tennis Federation, the International Olympic Committee and the SAF Games – to mention a few. He is decorated with nationally prestigious medals like Suprasiddha Gorkha Dakshin Bahu. Also, a member of Nepal's umbrella organization of journalists, Federation of Nepalese Journalists, he has awards given by Nepal Press Council and photo journalists' associations.



GANGA BAHADUR MAGAR

A former national volleyball player, Mr. Magar was a member of the national team that participated in a competition held in the former USSR (1977) and the 8th Asian Games (Bangkok, 1978). He was a member of National Sports Council from 1999 to 2017. Mr. Magar has served as the Coach for Nepal's national volleyball team. He was the Vice-President of Nepal Olympic Committee (2007-2024) and the President of Nepal Volleyball Association (2010-2017). He has the experience of presiding over international volley tournament as a Fédération Internationale de Volleyball (FIVB) referee (Iran, 1989). He is a senior sports trainer serving the Tribhuvan University as its sports faculty.



PRAKASH MATHEMA

Mr Mathema is one of Nepal's most famous photo journalists, currently associated the French news agency, Agence France Presse, better known globally as AFP. He started his journalistic career in 2001, joining Nepal's largest media outlet, Kantipur Publications – the publishers of Kantipur daily and The Kathmandu. Mr. Mathema specializes in still, news photography and has taken hundreds of heart-touching shots for local and international media outlets. He has participated in numerous photo exhibitions and also organized crowd-puller solo exhibitions. He has also served as judge and panelist for many photo exhibitions, including UN/ILO supported competition. He was a member of the judges at the majority of Nepal's biggest annual photo contests between 2013 and 2020.

AJAYA PHUYAL

Mr. Ajaya Phuyal, who currently serves as the Managing Editor of Kehladi.com, is a seasoned sports journalist with 20 plus years of experience in Nepal's media outlets, including Nepal's leading vernacular dailies Nagarik and, Nepal Samachar Patra. Also, a former president of Nepal Sports Journalists' Federation, Mr. Phuyal has worked in senior capacity as sports bureau chief and editor for prominent digital platforms, including Baahrakhari.com, daineeki.com and nepalnews.com. In his long career as one of Nepal's top sports journalists, Mr. Phuyal has extensively covered both domestic and international sporting tournaments, including the London Olympics, the Asian Games, the South Asian Games, and the World Cup qualifiers (2022).



Winners
of NOC
Award 2024



NOC Best Journalist in Print Mr. Dhurba Kumar Tuladhar

Dhurba Kumar Tuladhar, the Senior Sub-Editor at Kantipur National Daily, brings a wealth of experience to sports journalism in Nepal. With past roles as Senior Correspondent for Nagarik National Daily and other publications, as well as reporting for Khelkud Manch and Chhalphal Weekly, he has covered numerous international events including South Asian Football Championship, South Asian Games, Asian Games, and Youth Asian Games, among others. His dedication and extensive coverage have made him a prominent figure in Nepalese sports journalism, contributing significantly to the industry's growth and development.



NOC Best Sports Video Journalist Mr. Pradeep Lekhi

Pradip Kumar Lekhi holds a Master's degree in Arts and has dedicated 16 years to his career in journalism. Currently, he serves as a Sub-Editor at Kantipur Television Network Ltd., where he specializes in sports issues. Pradip's extensive experience and deep knowledge in the field have made him a key contributor to his organization's sports coverage, ensuring insightful and comprehensive reporting.



NOC Best Online Media Mr. Nabin Luitel

Nabin Luitel has 18 years of journalism experience, specializing in sports for the past 15 years across radio, TV, print, and online platforms. He holds a Bachelor of Business Studies degree. Currently at Thaha Sanchar Network since Falgun 2077 (2021 AD), Nabin serves as a news reader, reporter, and program presenter. His previous roles include Radio Sagarmatha, Rajdhani Dainik, Gorkha FM, and Capital FM, where he covered news, sports, economics, and hosted programs like 'Footpath'. Nabin has also contributed extensively to thahakhabar.com and served as a Sports Coordinator at Nawa Udghos Magazine.



NOC Best Coach Male Mr. Kushal Shrestha (Karate)

Kushal Shrestha is a distinguished athlete and coach with an impressive track record in karate. He has earned numerous accolades, including a gold, double bronze, and silver medal in the 9th, 10th, and 11th South Asian Games (SAG). His historical achievements include securing one gold, three silver, and five bronze medals in the 10th World Shito-Ryu Karate Championship, as well as a silver medal in the 19th Asian Games. Additionally, Mr. Kushal has astounding 30 gold, 24 silver, and seven bronze medals in the 7th South Asian Karate Championship, along with one gold and one silver medal in the USA Open Karate Championship. As a coach Mr. Shrestha has coached the silver medalist of Hangzhou Asian Games 2023.



NOC Best Sports Photo Journalist Mr. Uzol Dangol

Mr. Uzol Dangol is an accomplished photojournalist with a wealth of experience spanning nearly two decades. Mr. Uzol has dedicated 19 years to the field of photography, including three years of studio photography and marketing photography for Vow Magazine. His career also includes a two-year stint as a sports photojournalist at Rajdhani National Daily. For nearly 16 years, Uzol worked as a photojournalist at Kantipur Publication. Currently, he serves as the Chief Photojournalist at Kamana News Publication PVT LTD, a position he has held for 15 years. His outstanding work has been recognized with the NFPJ Sports Awards 2077, underscoring his expertise and contribution to the field of photojournalism.



NOC Best Coach Female Ms. Parbati Rai (Kabaddi)

Parbati Rai is the Chief coach of All Nepal Kabaddi Association. She led the Nepal Kabaddi team to a bronze medal at the Hangzhou Asian Games, showcasing her exceptional coaching skills. Parbati has a rich history of coaching, including guiding the Nepal team in the 12th South Asian Games in Shillong, India (2016), and the 13th South Asian Games in Kathmandu, Nepal (2019). She also coached the team at the 2nd Junior World Kabaddi Championships in Urmia, Iran (2022), and the Bangabandu Cup International Kabaddi Championships in Dhaka, Bangladesh (2022). Her national coaching credentials are equally impressive, with roles in the 16th Men's and 10th Women's National Kabaddi Championship (2064 BS), the 6th National Games in Sudurpashchimanchal (2068 BS), the 13th Women's and 19th Men's National Kabaddi Championships in Kathmandu (2069 BS), and the Pritanapati Trophy Sports Championships in 2073 BS and 2074 BS in Itahari.





NOC Best Association Nepal Volleyball Association

The Nepal Volleyball Association (NVA) plays a vital role in promoting volleyball, the national game of Nepal, fostering its growth at provincial and club levels. Recognized as the Best Association of the Year 2079 by the National Sports Council, NVA has facilitated remarkable achievements in international competitions, including a Silver Medal in CAVA Men's & Women's Beach Volleyball in Bangladesh (2023) and a Bronze Medal in the CAVA Women's Challenge Cup 2023 in Kathmandu, Nepal. Notably, Nepal's women's volleyball team made history by securing the 11th position in the 19th Asian Games in China (2022). Additionally, NVA facilitates national players' participation in leagues abroad, exemplified by their ventures to Maldives and Bangladesh in 2023.



NOC Best Para Athlete Ms. Palesha Goverdhan (Para Taekwondo)

Palesha Goverdhan is a remarkable athlete with a distinguished career in Para Taekwondo. Her international journey includes notable achievements such as a 1st Place Gold Medal at the 2nd Kathmandu Kyorugi & Poomsae International Taekwondo Championship 2018 held in Kathmandu, Nepal, and a Bronze Medal at the 4th Asian Para Taekwondo Championships in Hochiminh, Vietnam. She also secured 5th Place finishes at prestigious events like the 2017 World Para Taekwondo Championships in London, United Kingdom, and the Tokyo 2020 Paralympic Games. Palesha's recent accomplishments include winning Gold at the Asian Youth Para Games 2021 in Manama, Bahrain, and qualifying for the Paris 2024 Paralympic Games by securing a Gold Medal at the Asian Qualification Tournament in Taian, China. Her dedication and success have made her a notable figure in the world of Para Taekwondo.



NOC Best Athlete Male Mr. Santoo Shrestha (Table Tennis)

Mr. Santoo Shrestha has made history in Nepal by becoming the third athlete to qualify for the Paris Olympics 2024. A celebrated figure in Nepalese sports, he has earned the title of National Champion four times. His victories include the 2016 (2073 BS) championship in Biratnagar, the 2018 (2074 BS) championship in Kathmandu, the 2019 (2075 BS) championship in Dang, and the 2022 (2079 BS) championship in Pokhara. In addition to his national titles, Santoo also won the State Championship in Western Australia (Perth) in 2022. His dedication and prowess have earned him a highest world ranking of 392, marking him as a prominent athlete in his field.



NOC Best Athlete Female Ms. Arika Gurung (Karate)

Arika Gurung is known for her remarkable achievements on the international stage. She made history by winning a Silver medal in the Hangzhou Asian Games 2024. She also won gold and a bronze medal in the 10th World Shito-Ryu Karate Championship. Additionally, Arika has demonstrated her prowess in the USA Open Karate Championship, earning both a gold and a silver medal. Her impressive medal tally and consistent performance have solidified her reputation as a top athlete in the world of karate.



NOC Presidential Recognition
Mr. Pasang Bhote

Candidates for NOC Award 2024

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JOURNALIST PRINT

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Kabirash Sharma

Dhurba Kumar Tuladhar

VIDEO JOURNALIST

Abhinav Joshi

Pradip Lekhi

BEST COACH MALE

NAME

Nim Bahadur Magar

Raj Kumar Lama

Kushal Shrestha

Bishnu Datt Bhatt

Rajendra Kapali

Prakash Thapa Magar

Dev Kumar Maharjan

Kabiraj Negi Lama

Brahamdev Prasad Yadav

Vincenzo Alberto Annese

Puspa Ratna Bajracharya

ASSOCIATION

Nepal Rafting and canoeing Association

Nepal Tennis Association

Nepal Karate Federation

Nepal Kabadi Association

Nepal Table Tennis Association

Nepal Boxing Association

Nepal Gymnastic Association

Nepal Taekwondo Association

Nepal Wrestling Association

All Nepal Football Association

Nepal Triathlon Association

BEST COACH FEMALE

NAME

Ganga Sharma

Chhori Dangol

Sajani Manandhar

Parbati Rai

Laxmi Tamang

Kanti Kumari Mahato

Laxmi Magar

ASSOCIATION

Nepal Tennis Association

Nepal Karate Federation

Nepal Gymnastic Association

All Nepal Kabbadi Association

Nepal Judo Association

Nepal Athletics Association

Nepal Triathlon Association

BEST MALE ATHLETE

NAME	ASSOCIATION
1 Rajendra Gajurel	Nepal Fencing Association
2 Ramesh Bhattachan	Nepal Archery Asspciation
3 Ganesh Gurung	Nepal Rafting and Canoeing Association
4 Abhishek Bastola	Nepal Tennis Association
5 Santosh Shrestha	Nepal Karate Federation
6 Ghanshyam Roka Magar	Nepal Kabadi Association
7 Santoo Shrestha	Nepal Table Tennis Association
8 Bijay Burja	Nepal Basketball Association
9 Chandra Bahadur Thapa	Nepal Boxing Association
10 Raju Rai	Nepal Gymnastic Association
11 Bijay Sinjali	Nepal Wushu Federation
12 Sumir Kumar Shah	Nepal Wrestling Association
13 Vikash BK	Nepal Judo Association
14 Rohit Chand	All Nepal Football Association
15 Deepak Adhikari	Nepal Athletics Association
16 Moulik Maharjan	Nepal Triathlon Association
17 Prince Dahal	Nepal Badminton Association
18 Gobinda Bahadur Ale	Nepal Taekwondo Association

BEST ASSOCIATION

NAME
1 Nepal Rafting and Canoeing Association
2 Nepal Tennis Association
3 Nepal Karate Federation
4 Nepal Archery Asspciation
5 Nepal Kabadi Association
6 Nepal Gymnastic Association
7 Nepal Hockey Association
8 Nepal Taekwondo Association
9 Nepal Volleyball Association
10 Nepal Wrestling Association
11 Nepal Cycyling Association
12 Nepal Triathlon Association

BEST FEMALE ATHELETE

NAME	ASSOCIATION
1 Goma Acharya	Nepal Fencing Association
2 Ms. Sita Thapa	Nepal Rafting and Canoeing Association
3 Abhilasha Bista	Nepal Tennis Association
4 Arika Gurung	Nepal Karate Federation
5 Gyanu Awale	Nepal Archery Asspciation
6 Manmati Bist	Nepal Kabadi Association
7 Nabita Shrestha	Nepal Table Tennis Association
8 Anusha Malla	Nepal Basketball Association
9 Anjani Teli	Nepal Boxing Association
10 Sunita Darnal	Nepal Gymnastic Association
11 Palesha Goverdhan	Nepal Taekwondo Association
12 Manisha Singh	Nepal Wrestling Association
13 Fema Yangji Sherpa	Nepal Judo Association
14 Sabitra Bhandari	All Nepal Football Association
15 Santoshi Shrestha	Nepal Athletics Association
16 Bipesh Khadka	Nepal Shooting Association
17 Shrebi Maharjan	Nepal Triathlon Association
18 Rashila Maharjan	Nepal Badminton Association

Golden Memories



NOC Award 2024

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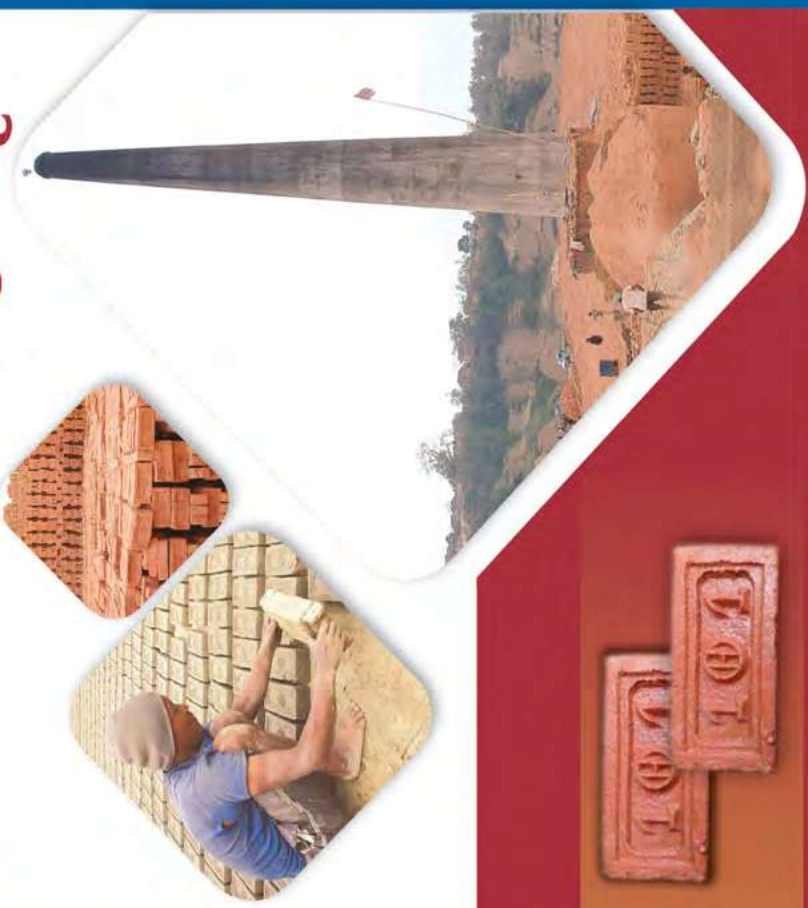
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क्र.सं.	सेवा विरसिम	सेवाशहिले पुन्याउत्पुर्न प्रक्रिया र प्रमाण	सेवा शुल्क
१	गुम्बा / विहार दर्ता गर्न चाहिने काराजात (नियम नं.२) सेवास्वीचिता)	<ul style="list-style-type: none"> गुम्बा दर्ताको लागि निवेदन र यस कार्यालयबाट उपलब्ध गराइने अनुपत्रकी २ बमोजिमको गुम्बा/विहार दर्ता फारम भरी सम्बन्धित न.पा. वा गा.पा. भए सम्बन्धित न.पा. वा गा.पा.को वडाको प्रमाणित गरेको हुनुपर्ने, गुम्बा दर्ता तथा प्रमुख लामा नियुक्ति गर्ने सम्बन्धमा गुम्बा व्यवस्थापन समितिको निर्णयको प्रमाणित प्रतिलिपि, प्रमुख लामा र समितिका सदस्यहरूको नेपाली नगरिकाताको प्रमाणित प्रतिलिपि, न.पा. वा गा.पा.को क्षेत्र भए सम्बन्धित न.पा. वा गा.पा.को वडाबाट गुम्बा दर्ता र गुम्बा/विहारको अवस्थिति खुल्ने गरी चार किल्ला खुलाइ गरेको सिफारिस-पत्र सक्कलै प्रति, गुम्बा/विहारको चारै विशावाट बैखिने र मौलिहरूको स्पष्ट वस्तुस्थिति भन्कने फोटोहरू, गुम्बा/विहार निर्माण भएको जग्गाको जग्गापट्टी दर्ता प्रमाण पूजाको प्रतिलिपि वा सांस्कृतिक जग्गामा गुम्बा निर्माण भएको भए सम्बन्धित न.पा. वा गा.पा.को सिफारिश-पत्र, गुम्बा/विहारसंग सम्बन्धित लालमोहर, सनदपत्र, इस्तीहार, गृष्टी आदि भए सो काराजातको प्रमाणित प्रतिलिपि, गुम्बाको विशाल (नमुना) विशाल यस कार्यालयबाट प्राप्त गर्न सकिनेछ ।) 	१००० रु
२	आर्थिक सहयोगका लागि चाहिने आवश्यक काराजात (नियम नं.२० (२) सेवा सम्बन्धित)	<ul style="list-style-type: none"> निवेदन र गुम्बा/विहार व्यवस्थापन समितिको निर्णयको प्रमाणित प्रतिलिपि, न.पा. भए सम्बन्धित वडाको र गा.पा. भए वडा कार्यालयको सिफारिशको सक्कलै प्रति, प्राप्त सहयोग रकम उपयोग गर्ने योजना तथा कार्यक्रमको विवरण, लगत झुट्टेभेट तथा नक्शाको प्रमाणित प्रतिलिपि, गुम्बा/विहार दर्ता प्रमाणपत्रको प्रमाणित प्रतिलिपि, गुम्बा/विहारको स्पष्ट वस्तुस्थिति भन्कने हालसालै खाचिएका फोटोहरू । 	१००० रु
३	पेशकी फछुवाँट सम्बन्धमा	<ul style="list-style-type: none"> पेशकी फछुवाँट गरी पाउँ भन्ने निवेदन र समितिको निर्णयको प्रतिलिपि, उपभोगका सम्बन्धी विल, नापी विहाव, कार्यसम्पन्न प्रतिवेदन, फोटो, सम्बन्धित जिल्ला स्वीकृत दरस्ट, दरस्ट विश्लेषण, खर्च रकमको सम्पूर्ण विल, भरपार्ई र प्रमाणित खेर हाजिर फाराम । 	१००० रु
४	दर्ता प्रमाण-पत्र प्रतिलिपी लिने बारे	<ul style="list-style-type: none"> प्रमाणपत्रको प्रतिलिपी पाउँ भन्ने निवेदन । गुम्बा/विहार दर्ता पत्रको प्रतिलिपी । व्यवस्थापन समितिको बैठकले प्रमाणपत्रको प्रतिलिपी निकालने बारे गरेको निर्णयको प्रमाणित प्रतिलिपी । 	१००० रु
५	गुम्बाको टाउँसरी सम्बन्धमा नियम १२ (२) सेवा सम्बन्धित	<ul style="list-style-type: none"> गुम्बा/विहार सार्नु पर्नाको कारण खुलाउने निवेदन, गुम्बा/विहारको टाउँसरी गर्ने सम्बन्धमा गुम्बा र विहारको निर्माण तथा व्यवस्थापन समितिको निर्णयको प्रमाणित प्रतिलिपि, नगरपालिका वा गा.पा.का भए वडाको सिफारिश-पत्रको सक्कलै प्रति, गुम्बा/विहार दर्ता प्रमाण-पत्रको प्रतिलिपि । 	१००० रु

क्र.सं.	सेवा विरसिम	सेवाशहिले पुन्याउत्पुर्न प्रक्रिया र प्रमाण	सेवा शुल्क
६	गुम्बाको प्रमुख लामा फेर्ने सम्बन्धमा नियम २७ सेवा सम्बन्धित	<ul style="list-style-type: none"> प्रमुख लामा फेरी पाउँ भन्ने निवेदन र समितिको निर्णयको प्रमाणित प्रतिलिपि, नयाँ नियुक्त हुने प्रमुख लामा, भिक्षुको नेपाली ना.प्र.प.को प्रमाणित प्रतिलिपि, न.पा. वा गा.पा. भए वडाको सिफारिश-पत्रको सक्कलै प्रति, नयाँ नियुक्त हुनु पूर्व कायदत प्रमुख लामा, भिक्षुको राजीनामा वा सहमति-पत्रको सक्कलैप्रति वा निजको मृत्यु भएको अवस्थामा मृत्यु दर्ताको प्रमाण-पत्रको प्रतिलिपि । 	१००० रु
७	गुम्बाको नाम परिवर्तन सम्बन्धमा नियम १३ सेवा सम्बन्धित	<ul style="list-style-type: none"> गुम्बा/विहारको नाम परिवर्तनको कारण सहितको निवेदन, गुम्बा/विहार व्यवस्थापन समितिको निर्णयको प्रमाणित प्रतिलिपी, न.पा. वा गा.पा. भए वडाको सिफारिश पत्रको सक्कलै प्रति । गुम्बा दर्ताको प्रमाणपत्रको सक्कलैप्रति । लामाको नागरिकताको र पासपोर्टको प्रमाणित प्रतिलिपी । कुनै देशले निमन्त्रणा गरेको भए निमन्त्रणा पत्रको प्रतिलिपि । 	१००० रु
८	गुम्बाको आर्ययक सिफारिस बारे (नियम ३१)	<ul style="list-style-type: none"> लामालाई आर्ययक सिफारिस बारे (नियम ३१) गुम्बा/विहार व्यवस्थापन समितिको निर्णयको प्रमाणित प्रतिलिपि । न.पा. वा गा.पा. भए वडाको सिफारिशको सक्कलै प्रति । लामात अनुमानको प्रमाणित प्रतिलिपि, गुम्बा/विहार दर्ता प्रमाण-पत्रको प्रतिलिपि । गुम्बा/विहार शिक्षा सञ्चालन गर्नको लागि सम्बन्धित जिल्ला शिक्षा कार्यालयबाट प्राप्त भएको स्वीकृति-पत्रको प्रमाणित प्रतिलिपि । गुम्बा/विहार शिक्षा अध्ययन भइरहेको बैखिने प्रमाणित फोटोहरू । 	१००० रु
९	दर्ता नविकरण नियम १७(२) सेवा सम्बन्धित	<ul style="list-style-type: none"> निवेदन, समितिमा दर्ता भएको प्रमाण-पत्रको सक्कलै प्रति र समितिको निर्णयको प्रमाणित प्रतिलिपि, गुम्बा/विहारको आय तथा व्यय लेखापरीक्षकबाट नविकरण नभएको वर्ष बैखिको लेखापरीक्षण गराएको आर्थिक प्रतिवेदनको प्रमाणित प्रतिलिपि । गुम्बा/विहारले वार्षिक रुपमा गरेको कार्यहरूको गतिविधिहरू सहितको प्रतिवेदनको प्रमाणित प्रतिलिपि । 	१००० रु
१०	दर्ता नविकरण नियम १७(२) सेवा सम्बन्धित	<ul style="list-style-type: none"> निवेदन, समितिमा दर्ता भएको प्रमाण-पत्रको सक्कलै प्रति र समितिको निर्णयको प्रमाणित प्रतिलिपि, नाराजिकताको प्रमाण-पत्र सक्कल, नक्कल र ३ प्रति फोटो, सञ्चालक समितिको निर्णय 	१००० रु
११	प्रमुख लामा परिवचय-पत्रको लागि चाहिने आवश्यक काराजातहरू	<ul style="list-style-type: none"> नाराजिकताको प्रमाण-पत्र सक्कल, नक्कल र ३ प्रति फोटो, सञ्चालक समितिको निर्णय 	१००० रु
१२	प्रमुख लामाको परिवचय पत्र चाहिने आवश्यक काराजातहरू	<ul style="list-style-type: none"> परिवचय पत्र नविकरण गरी पाउँ भन्ने निवेदन, सञ्चालक समितिको निर्णय, परिवचय पत्र सक्कलै, 	१००० रु
१३	समितिको सदस्य फेरार्तन भएमा चाहिने आवश्यक काराजात	<ul style="list-style-type: none"> न.पा. वा गा.पा. भए समितिको नाम र पत्र सहितको वडाको सिफारिशको सक्कलै प्रति । पुरानो समितिको उपस्थितिमा आम भेला गरी नयाँ समिति चयन गोरएको समितिको निर्णयको प्रमाणित प्रतिलिपि । नयाँ सदस्यको नेपाली ना.प्र.प.को प्रमाणित प्रतिलिपि । 	१००० रु

बलियो निर्माणको आधार

होसब्जा र कान्तिपुर ईट्टा



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यदि ईट्टा निर्माण कार्य गर्दै गर्दा भए भने उच्चस्तरीय आधुनिक प्रविधिद्वारा निर्मित चिमनी भट्टाको ईट्टा चाहिँनुमा हामीलाई सम्मन्जुहोस् ।



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