



NEPAL SCHOOL SPORTS FEDERATION (NSSF)

Sole governing body for school sport in Nepal

Empowering Students Through Sport, Education, Friendship & Excellence

“The Foundation of Nepal’s Sporting Success Begins at School.”

ABOUT NSSF

The **Nepal School Sports Federation (NSSF)** is a sole national school-sport federation registered under the National Sports Council (NSC), the supreme sports authority of Nepal, and is internationally connected through its membership of the International School Sport Federation (ISF). The ISF’s official member directory lists Nepal School Sports Federation as Nepal’s member organization and identifies its current leadership committed to the development, promotion, management, coordination, and advancement of school sports throughout Nepal.

NSSF also maintains cooperation and engagement with international and regional organizations including the Asian School Sports Federation (ASSF), International Sport and Culture Association (ISCA), and International Council of Sport Science and Physical Education (ICSSPE).

NSSF operates at the intersection of **education and sport**, creating structured opportunities for children and young people to participate in physical activity, develop physical literacy, compete in organized sport, discover their potential, build character, develop leadership skills, and progress toward national and international sporting opportunities.

Its development philosophy extends from **early childhood movement and preschool physical activity to national school championships and international school sport**.

NSSF believes that sport is not merely an extracurricular activity. It is a powerful educational and social instrument capable of developing:

**Healthy Bodies • Strong Minds • Character • Discipline • Leadership • Friendship •
Inclusion • Excellence**

Through cooperation with government institutions, the National Sports Council, schools, educational organizations, national sports federations, universities, local authorities, teachers, coaches, parents, communities, and international organizations, NSSF is working toward a sustainable national school-sport ecosystem.

Its international engagement, athlete achievements, technical leadership, committee representation, teacher education initiatives, national competitions, and partnerships have contributed to strengthening Nepal's presence within the global school-sport movement.

WHO WE ARE

Nepal School Sports Federation (NSSF) is dedicated to building a structured and sustainable school-sport system in Nepal in which every child has the opportunity to Participate, Learn, Play, Compete, Develop skills, Demonstrate talent, Experience friendship, Develop leadership, Represent Nepal, and Pursue sporting excellence. NSSF promotes school sport across approximately the **3½–18-year age range**, encompassing preschool, primary, secondary, and higher-secondary education.

Its approach connects **physical education, sport participation, competition, talent development, sports science, wellbeing, safeguarding, leadership, and international exposure.**

OUR CORE BELIEF

THE FOUNDATION OF NEPAL'S SPORTING SUCCESS BEGINS AT SCHOOL

Every champion begins somewhere.

Before an athlete reaches a national team, an international championship, or the highest level of sport, there is usually a first experience **a school field, a playground, a teacher, a coach, a team, and a dream.**

NSSF exists to strengthen that foundation. We believe that a strong school-sport system can help Nepal develop not only better athletes, but also:

Healthier citizens, stronger communities, responsible leaders, confident young people, and a more active nation.

OUR VISION

To build a healthy, active, inclusive, sustainable, and internationally respected school-sport culture in Nepal where every student has the opportunity to participate, develop, compete, and achieve.

NSSF envisions school sport becoming an integral part of Nepal's education system, public health agenda, youth development strategy, national sports-development pathway, talent-identification system, leadership-development framework, and international sporting engagement.

OUR MISSION

NSSF is committed to developing a comprehensive school-sport ecosystem through the following missions:

- **SPORT FOR EVERY STUDENT**

Promote regular physical activity and meaningful sporting opportunities for children and young people.

- **GRASSROOTS DEVELOPMENT**

Establish sustainable school-based programs beginning with fundamental movement and physical literacy.

- **QUALITY COMPETITION**

Develop structured competitions from school and local levels through district, provincial, national, regional, and international levels.

- **TALENT IDENTIFICATION**

Identify promising student-athletes and provide appropriate development pathways.

- **SPORTS TEACHER AND COACH DEVELOPMENT**

Strengthen the knowledge, skills, professionalism, and qualifications of teachers, coaches, officials, and administrators.

- **SPORT AND EDUCATION INTEGRATION**

Strengthen the relationship between educational institutions and the national sports-development system.

- **SAFE AND ETHICAL SPORT**

Promote safeguarding, integrity, equality, respect, fair play, inclusion, and child-friendly sporting environments.

- **INTERNATIONAL ENGAGEMENT**

Create opportunities for Nepalese students, teachers, coaches, officials, and leaders to participate in and contribute to the international school-sport movement.

OUR VALUES

- **PARTICIPATION**

Every child deserves an opportunity to participate.

- **EXCELLENCE**

We encourage students and institutions to pursue their highest potential.

- **INTEGRITY**

We promote honesty, fairness, transparency, and ethical conduct.

- **RESPECT**

We respect opponents, teammates, teachers, coaches, officials, institutions, cultures, and communities.

- **INCLUSION**

Sport must be accessible and welcoming to students from diverse backgrounds.

- **FRIENDSHIP**

Sport creates relationships that cross school, community, provincial, national, and international boundaries.

- **EDUCATION**

Every sporting experience should contribute to learning and personal development.

- **LEADERSHIP**

- Young people should have opportunities to become responsible leaders through sport.

NATIONAL ROLE

NSSF seeks to serve as a connecting platform between:

Government



National Sports Council



Nepal School Sports Federation



Provincial and Local Structures



Schools & Educational Institutions



Sports Teachers & Coaches



Student-Athletes



National & International Sporting Pathways

This model is intended to connect grassroots participation with organized competition, talent identification, athlete development, and international exposure.

INTERNATIONAL IDENTITY

NSSF is internationally connected with the **International School Sport Federation (ISF)** as Nepal's member organization and engages with regional and international organizations and networks including:

- **International School Sport Federation (ISF)**
- **Asian School Sports Federation (ASSF)**
- **International Sport and Culture Association (ISCA)**
- **International Council of Sport Science and Physical Education (ICSSPE)**
- **The Association For International Sport for All (TAFISA)**
- **Other relevant international and regional partners**

These relationships provide opportunities for Nepalese students and officials to participate in international competitions, technical programs, educational initiatives, leadership structures, and global school-sport cooperation.

LEADERSHIP & GOVERNANCE

Executive Leadership

<u>Position</u>	<u>Leadership</u>
President	Mr. Binod Shrestha
Senior Vice President	Hon. Madhav Sapkota
Vice President	Hon. Gopi Bahadur Achhami
Vice President	Mr. Mohan Kumar Karki
Vice President	Ms. Sita Lama
Secretary General / CEO	Mr. Raj Kumar Karki
Executive Board Member	Mr. DK Dhungana, Mr. RB Katwal, Mr. Subas Neupane, Mr. Bijay Gautam, Mr. Sobin Raj Regmee, Mr. Padam Rana, Mr. Khadka Bahadur Thapa, Ms. Ranjana Pradhan, Mr. Suman Shrestha, Mr. Nabin Maharjan, Mr. Mohanraj Bhatt, Prof. Pashupati Adhikari, Mr. Laxmi Kishor Subedi, Mr. Santosh Mani Neupane, Mr. Bishnu Prasad Parajuli

NSSF's governance structure is designed to support professional management, institutional accountability, technical development, stakeholder coordination, and international engagement.

The Federation is further supported by specialized committees and technical leadership covering areas such as:

- Youth and Athletes;
- Medical and Sports Science;
- Safeguarding;
- Sports Integrity;
- Technical development;
- Physical education; and many more

A JOURNEY OF INSTITUTIONAL DEVELOPMENT

2017–2024 | FOUNDATION & EXPANSION

The Federation's early development was led by:

Founder President — Mr. Pradeep Joshi

Founder Secretary General — Mr. Raj Kumar Karki

This period established the organizational foundation and contributed to NSSF's national and international development.

2024–PRESENT | INSTITUTIONAL CONSOLIDATION

Since 2024, the Federation's leadership has been headed by:

President — Mr. Binod Shrestha

Secretary General — Mr. Raj Kumar Karki

The period has been characterized by strengthened international engagement, expanded competitions, institutional partnerships, athlete development, technical education, and greater representation of Nepalese leadership in international school sport.

NEPAL'S INTERNATIONAL LEADERSHIP

NSSF's international contribution extends beyond sending athletes to competitions.

Nepalese representatives have participated in international governance, technical commissions, scientific committees, physical education structures, youth and athlete initiatives, and global sporting events.

INTERNATIONAL LEADERSHIP OF MR. RAJ KUMAR KARKI

A Historic Nepalese Contribution to International School Sport

Mr. Raj Kumar Karki, Secretary General of NSSF, has played a significant role in the international school sports movement and has represented Nepal in important technical and executive positions within the **International School Sport Federation (ISF)**.

ISF Technical Commission President – Taekwondo

Mr. Karki was nominated as **ISF Technical Commission President – Taekwondo for the 2018–2022 term** and was subsequently **reappointed for the 2022–2026 term**.

His role has included technical leadership, competition management, coordination with international federations and organizing committees, and the promotion of quality and standards in school Taekwondo.

ISF competition documentation confirms Mr. Karki serving as **ISF Technical Commission President – Taekwondo**, including during the ISF U15 World School Sport Games.

ISF's Gymnasiade documentation also identifies **Raj Kumar Karki of Nepal as Taekwondo Technical Commission President**.

ISF Executive Committee Member – 2022–2026

For the **first time in the history of Nepalese sport**, Mr. Raj Kumar Karki was elected as an **Executive Committee Member of the International School Sport Federation (ISF) for 2022–2026** at the ISF General Assembly in **Normandy, France**.

This achievement represented a significant milestone for Nepal's international sports leadership and elevated Nepal's voice within the global school sports movement.

Mr. Karki's ISF profile also identifies him as an **ISF Executive Committee Member since 2022**.

Re-Elected ISF Executive Committee Member – 2026–2030

Mr. Raj Kumar Karki was subsequently **re-elected as an ISF Executive Committee Member for the 2026–2030 term in Belgrade, Serbia**, securing the **second-highest number of votes**.

His re-election reflects the confidence placed in his experience, technical expertise, leadership, and contribution to international school sport.

This achievement further strengthens Nepal's representation and influence in the international school sports community.

Paris Olympic 2024 Torch Relay

In another historic milestone, **Mr. Raj Kumar Karki became the first Nepalese to participate in the Paris Olympic 2024 Torch Relay with ISF President Mr. Laurent Petrynka.**

The participation represented an exceptional international recognition of Nepal's contribution to school sport and connected Nepal's school sports movement with the broader Olympic values of **excellence, friendship, respect, unity, and peace.**

INTERNATIONAL COMMITTEE REPRESENTATION

DR. PRAKASH PRADHAN

ISF Scientific Committee (Nominated for the 2022–2026 term)

His involvement represents Nepal's contribution to the scientific and educational dimensions of international school sport, including areas related to sports science, health, performance, education, and athlete development.

MR. SOBIN RAJ REGMEE- NSSF BOARD MEMBER

ISF Physical Education Committee (Nominated for the 2022–2026 term)

ISF Youth and Athletes Committee (Nominated for the 2022–2026 term)

His committee representation contributes to international dialogue surrounding physical education, youth participation, athlete engagement, physical literacy, and student development.

MR. RAKESH KUMAR RAI

ISF Accreditation Committee (Nominated for the 2022–2026 term)

His nomination demonstrates the confidence placed in Nepalese school-sport leadership and highlights NSSF's commitment to participating not only in international competitions but also in **governance, administration, accreditation and professional development at the global level.**

RECOGNITION OF NSSF LEADERSHIP

HON. MADHAV SAPKOTA- NSSF SENIOR VICE PRESIDENT

During the **ISF Gymnasiade Bahrain 2024**, NSSF Senior Vice President **Hon. Madhav Sapkota** was honored by ISF Acting President **Mr. Youssef Belqasmi.**

The recognition reflected the contribution and commitment of Nepalese leadership toward the promotion and development of school sport and international cooperation.

EXECUTIVE MESSAGE FROM THE MINISTER OF YOUTH & SPORTS

Hon. Jagat Bahadur Sunar Bishwokarma

The Ministry of Youth & Sports recognizes the importance of school sports in establishing a healthy and active society.

During the challenging period of the **COVID-19 pandemic**, the Nepal School Sports Federation demonstrated innovation by organizing virtual sports activities that encouraged children and young people to remain physically active while staying at home.

The principles of **“Sports for Health” and “Sports for All”** must begin at the **school level**.

Schools are the place where children develop lifelong habits of physical activity, discipline, teamwork, responsibility, and healthy living.

The Ministry recognizes the contribution of NSSF to school sports development and supports initiatives designed to expand opportunities for young people throughout Nepal.

MESSAGE FROM THE PRESIDENT OF ISF

Mr. Laurent Petrynka

The International School Sport Federation recognizes sport as a powerful educational tool capable of developing both the physical and mental capacities of young people.

School sport contributes to Physical development, Mental resilience, Education, Character development, Friendship, Cultural understanding, International cooperation, Peace and mutual respect.

The international cooperation between ISF and NSSF has created valuable opportunities for Nepalese students to compete, learn, travel, interact with young people from different countries, and represent Nepal internationally.

The contribution of **Mr. Raj Kumar Karki**, through his technical and executive responsibilities within ISF, has further strengthened Nepal's participation in the international school sports movement.

HISTORIC HONOR FOR NEPAL

At the inaugural **ISF World School Championship Volleyball U15**, held in Poreč, Croatia, in 2019, a young athlete representing Nepal was accorded the prestigious honor of taking the Athletes' Oath on behalf of the participating athletes. This distinguished moment symbolized Nepal's growing presence and recognition in international school sport and reflected the values

of fair play, friendship, respect, integrity and sportsmanship promoted by the International School Sport Federation (ISF).

Nepal's participation was itself historic, as the School Sport Federation of Nepal made its first-ever participation in the ISF Volleyball U15 Championship. The Nepal delegation further earned international recognition by receiving the **Kinder+Sport Trophy for Fair Play** for its wholehearted performance and sporting spirit.

DEMONSTRATING TECHNOLOGY IN SPORTS

ISF World Schools Taekwondo Poomsae Virtual Championship 2020

The ISF World Schools Taekwondo Poomsae Virtual Championship 2020 was a landmark international school-sport initiative organized by the Nepal School Sports Federation (NSSF) with the support and approval of the International School Sport Federation (ISF). It was held virtually from 13–15 August 2020, during the COVID-19 pandemic, enabling school athletes from around the world to remain active and connected through sport.

Historic Significance

The championship represented an important milestone for Nepal's international school-sport diplomacy. It was described as the first online competition of its kind organized by Nepal School Sports Federation (NSSF) and sanctioned by International School Sports Federation (ISF), demonstrating how technology could overcome the restrictions imposed on traditional sporting events during the pandemic.

The event was also part of the **#ISFStayActive** movement, using digital competition to promote physical activity, motivation and international connection among young people at a time when schools and sporting activities were severely disrupted.

The championship subsequently became an important milestone in NSSF's record of international school-sport initiatives and helped establish Nepal as a contributor not merely a participant in global school sports.

A milestone for NSSF. A breakthrough for virtual school sport. A proud chapter in Nepal's international sports diplomacy.

ISF PRESIDENTIAL COMMENDATION

Following Team Nepal's successful participation in the ISF Gymnasiade Bahrain 2024, **ISF Acting President Mr. Youssef Belqasmi** issued an official letter of congratulations to Mr. **Tanka Lal Ghising**, Member Secretary of the National Sports Council.

The commendation recognized the Dedication of Team Nepal, Preparation of the athletes, Commitment of coaches and officials, Sporting performance, Growing international presence of Nepalese school sport.

This recognition contributed to strengthening Nepal's reputation within the international school sports community.

INTERNATIONAL ACHIEVEMENTS

NSSF's international journey has produced significant competitive and cultural achievements.

ISF U15 WORLD SCHOOL SPORT GAMES 2021 - Belgrade, Serbia

Nepal achieved **three Bronze Medals in Taekwondo Poomsae**:

- **Lawang Lama** — Boys' Individual Poomsae — Bronze
- **Simani Lama** — Girls' Individual Poomsae — Bronze
- **Lawang Lama & Simani Lama** — Mixed Pair Poomsae — Bronze

These results marked an important milestone in Nepal's international school-sport participation.

ISF WORLD SCHOOL BASKETBALL CHAMPIONSHIP 2022 - Belgrade, Serbia

Nepal received the prestigious **FAIR PLAY TEAM AWARD**.

Award Recipients

- Samraj Shrestha
- Pratham Shrestha
- Aaship Maharjan
- Shivam Shrestha
- Connor Gurung
- Benav Shrestha Duwal
- Ujjwal Dhaugoda
- Pranaya Bassi
- Sujal Balay Shrestha
- Sujar Rajkarnikar
- Avighna Shrestha
- Sadhish Pradhan – Coach

Representing **Premier International School – IB Continuum School, NSSF Full Member School**

The fair play award represents values that NSSF considers fundamental to school sport:

Respect • Discipline • Friendship • Teamwork • Integrity • Fair Play

For NSSF, international success is measured not only through medals, but also through behavior, sportsmanship, friendship, and character.

ISF WORLD SCHOOL FUTSAL CHAMPIONSHIP 2023 - Belgrade, Serbia

Nepal received the prestigious **FAIR PLAY TEAM AWARD**.

Award Recipients

- Rajat Shrestha
- Saransh Puri
- Sugat Shrestha
- Shyaum Shrestha
- Shyaum Shrestha
- Ankit Shrestha – Coach

Representing **Premier International School – IB Continuum School, NSSF Full Member School**

The fair play award represents values that NSSF considers fundamental to school sport:

Respect • Discipline • Friendship • Teamwork • Integrity • Fair Play

For NSSF, international success is measured not only through medals, but also through behavior, sportsmanship, friendship, and character.

ISF U15 GYMNASIADE 2023 – Rio de Janeiro, Brazil

BOXING

Prakriti Thapa - Bronze Medal

Sherap Gelchen Sherpa - Bronze Medal

TAEKWONDO

Nischit Karki - Gold Medal

The achievement demonstrated the potential of Nepalese school-age athletes and highlighted the importance of systematic grassroots identification, training, competition, and international exposure.

ISF GYMNASIADE BAHRAIN 2024, Manama, Bahrain

A LANDMARK ACHIEVEMENT FOR NEPALESE SCHOOL SPORT

The ISF Gymnasiade Bahrain 2024 became one of the most significant international achievements in the history of Nepalese school sport.

TOTAL MEDALS = 6 MEDALS (3 GOLD + 3 BRONZE)

BOXING

Swostika Tiruwa - Gold Medal

Nurbu Thendup Sherpa - Gold Medal

Rohit Janala - Bronze Medal

Suryan Baidhya - Bronze Medal

TAEKWONDO

Ujjwol Wagle - Gold Medal

Nibita K.C. - Bronze Medal

The achievement demonstrated the potential of Nepalese school-age athletes and highlighted the importance of systematic grassroots identification, training, competition, and international exposure.

The medal-winning athletes were subsequently recognized by the **Government of Nepal** with cash prizes of **Rs. 7,34,375.00, Rs. 3,25,000.00 Gold & Bronze Medalist respectively and Rs. 162,500.00 for Coach**, in accordance with the decision of the **Council of Ministers**.

ISF U15 GYMNASIADE 2025 - Zlatibor, Serbia

Nepal continued its international competitive journey with:

Rijon Rumba Lama - Bronze Medal — Boxing

3x3 Basketball – Nepal Finish Top 16

The participation provided valuable international experience and contributed to the continuing development of Nepalese student-athletes.

RECOGNITION BY THE NATIONAL SPORTS COUNCIL

The achievements of Nepalese school athletes at the **ISF Gymnasiade Bahrain 2024** were highlighted in the **National Sports Council Annual Darpan 2081/82**. Such recognition demonstrates the growing national importance of school sports and the contribution of NSSF to Nepal's international sporting achievements.

NATIONAL IMPACT

NATIONAL U15 SCHOOL GAMES 2024

The **National U15 School Games 2024** represented a major domestic school-sport initiative jointly organized by the **National Sports Council** and Gandaki Province Sports Council & coordinated by Nepal School Sports Federation (NSSF).

SPORTS INCLUDED

- Athletics
- Rugby
- Table Tennis
- Basketball
- Badminton
- Chess

The competition followed district and provincial selection pathways and brought approximately **532finalists from seven provinces** to the national level. The broader selection pathway was reported to have reached approximately:

500,000+ STUDENT-ATHLETES

This demonstrates the potential of school sport as a national platform for **mass participation, talent identification, youth development, and sporting opportunity**.

NATIONAL U14 SCHOOL GAMES 2025

The **National U14 School Games 2025** represented a major domestic school-sport initiative organized by the **National Sports Council** and coordinated by NSSF in cooperation with:

- PABSON
- N-PABSON
- Nepal Teachers Federation
- Participating schools and educational institutions

SPORTS INCLUDED

- Athletics
- Rugby
- Table Tennis
- 3x3 Basketball
- Badminton
- Cricket

The competition followed district and provincial selection pathways and brought approximately **530 finalists from seven provinces** to the national level. The broader selection pathway was reported to have reached approximately:

700,000+ STUDENT-ATHLETES

This demonstrates the potential of school sport as a national platform for **mass participation, talent identification, youth development, and sporting opportunity**.

REGIONAL SCHOOL SPORT COOPERATION

SOUTH ASIAN YOUTH SCHOOL FUTSAL CUP 2024

NSSF organized the **South Asian Youth School Futsal Cup 2024** at Premier International IB Continuum School, Khumaltar, Lalitpur.

The championship further strengthened Nepal's role as a host and organizer of regional school sporting events. The teams from Nepal and India won Team First Boys and Team First Girls, respectively, in this tournament.

The event promoted **Regional Friendship, Youth Participation, International Sporting Exchange, Cultural Understanding, Competitive Development, and School-to-School Cooperation**.

THE NSSF ATHLETE DEVELOPMENT PATHWAY

NSSF's long-term development model connects participation with performance.

STAGE 1 — EARLY CHILDHOOD & GRASSROOTS

Fundamental movement, physical literacy, enjoyment, and active lifestyles.



STAGE 2 — SCHOOL PARTICIPATION

School-based physical education, clubs, activities, and competitions.



STAGE 3 — LOCAL & DISTRICT COMPETITION

Identification of emerging sporting potential.



STAGE 4 — PROVINCIAL DEVELOPMENT

Higher-level competition, coaching, and performance development.



STAGE 5 — NATIONAL SCHOOL CHAMPIONSHIPS

National-level competition and systematic talent identification.



STAGE 6 — ADVANCED ATHLETE DEVELOPMENT

Connection with national sports federations, specialized coaching, sports science, and performance support.



STAGE 7 — INTERNATIONAL SCHOOL SPORT

Participation in ISF and other international competitions and programs.



STAGE 8 — NATIONAL & INTERNATIONAL EXCELLENCE

The ultimate objective is to provide talented students with a sustainable pathway from the school playground to the national and international sporting arena.

SPORTS TEACHER & COACH DEVELOPMENT

A successful school-sport system depends upon qualified teachers and coaches.

NSSF therefore places strong emphasis on human-resource development in:

- Coaching methodology
- Technical knowledge
- Physical conditioning
- Sports safety
- Child safeguarding
- Sports psychology
- Talent identification
- Injury prevention
- Sports science
- Competition management
- Sports administration

NSSF has also conducted and supported sports-teacher development initiatives and promotes **ISF Academy Nepal** as a platform for sports education, coaching, and athlete development.

SPORT, EDUCATION & UNIVERSITIES

NSSF believes that the future of school sport requires strong cooperation between:

Schools + Universities + Sports Institutions + Government + Sports Federations

Academic and institutional partnerships provide opportunities to strengthen:

- Sports Science;
- Physical Education;
- Coaching Education;
- Research;
- Curriculum Development;
- Sports Management;
- Athlete Wellbeing; And

- Professional Development.

NSSF's collaboration with educational institutions and universities supports the broader objective of professionalizing school sport in Nepal.

GRASSROOTS SPORTS DEVELOPMENT

BUILDING FROM THE COMMUNITY UP

NSSF's grassroots philosophy is based on the belief that national sporting success must begin locally.

A sustainable model connects:

National Government

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National Sports Council

↓

NSSF

↓

Provincial & Local Governments

↓

Schools & Educational Institutions

↓

Teachers & Coaches

↓

Students & Communities

The long-term objective is to develop a structured school-sport network extending throughout Nepal's districts and local communities.

Early Years & Early Grade Sports

PRESCHOOL GAMES & KINDER OLYMPIC

NSSF believes that the foundation of a healthy and active life begins in the earliest years of childhood.

Start early. Move often. Play together. Build a healthier, more active generation.

Through dedicated initiatives such as Preschool Games and the Kinder Olympic, NSSF introduces young children to sport through fun, age-appropriate, safe, and play-based activities.

These programs are designed not simply to identify future athletes, but to help every child discover the joy of movement, friendship, teamwork, confidence, and active living.

PRESCHOOL GAMES

The Preschool Games provide an engaging introduction to physical activity through developmentally appropriate games and movement experiences.

The emphasis is on participation rather than performance, allowing children to experience sport in a positive, supportive, and non-pressurized environment.

KINDER OLYMPIC

The Kinder Olympic provides a larger celebration of children's movement, play, friendship, and physical development.

It brings together preschool children in an environment where they can:

PLAY • MOVE • EXPLORE • PARTICIPATE • MAKE FRIENDS • LEARN • CELEBRATE

The program focuses on:

- Fundamental Movement Skills
- Running, Jumping, Balancing & Coordination
- Motor Skill Development
- Agility & Body Awareness
- Fun-Based Physical Activity
- Teamwork & Cooperation
- Confidence & Self-Expression
- Listening & Following Instructions
- Social Interaction
- Fair Play & Respect
- Creativity & Problem Solving
- Joyful Participation

NSSF'S EARLY CHILDHOOD PHILOSOPHY

"Before creating champions, we must first create children who love to move",

"Building Active Foundations for Life"

NSSF therefore promotes early childhood sport as a foundation for:

Healthy Growth + Physical Literacy + Confidence + Social Development + Lifelong Physical Activity

The objective is to ensure that every child receives a positive first experience of sport and develops a lifelong relationship with movement, play, physical activity, and positive sporting habits from the earliest stages of education.

FROM PRESCHOOL TO THE WORLD

Preschool Games



Kinder Olympic



School Sport



Inter-School Competition



District & Provincial Development



National School Championships



International School Sport



Excellence & Leadership

NSSF believes the journey toward sporting excellence begins not with competition, but with the simple joy of play.

The purpose is not early specialization. The purpose is to create a positive lifelong relationship with physical activity and sport.

SPORT FOR EVERY CHILD

NSSF's school-sport philosophy is fundamentally inclusive.

Opportunities should not depend upon Gender, School Type, Geographic Location, Economic Background, Sporting Discipline, Skill Level, or Social Circumstances.

NSSF seeks to ensure that school sport serves both **the child who simply wants to play** and **the student-athlete who dreams of representing Nepal**.

MORE THAN MEDALS

The greatest achievement of school sport is not always found on a medal table.

Sport develops:

- **HEALTH**
Active bodies and healthier lifestyles.
 - **CONFIDENCE**
The courage to participate, perform, and overcome challenges.
 - **DISCIPLINE**
Commitment, responsibility, time management, and self-control.
 - **TEAMWORK**
Communication, cooperation, trust, and mutual respect.
 - **RESILIENCE**
The ability to handle setbacks and return stronger.
 - **LEADERSHIP**
Decision-making, responsibility, initiative, and service.
 - **FRIENDSHIP**
Relationships across schools, communities, provinces, and countries.
 - **GLOBAL CITIZENSHIP**
Cultural understanding, international friendship, peace, and respect.
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SAFE SPORT, SAFEGUARDING & INTEGRITY

NSSF is committed to developing a sporting environment in which students can participate safely and confidently. The Federation promotes:

- Child safeguarding;
- Athlete welfare;
- Safe participation;
- Ethical coaching;
- Fair play;
- Integrity;
- Equality;
- Respect;
- Responsible competition;
- Anti-doping awareness; and
- Appropriate protection mechanisms.

The principle is simple: **EVERY CHILD HAS THE RIGHT TO A SAFE SPORTING ENVIRONMENT.**

SPORTS SCIENCE & ATHLETE WELL-BEING

Modern school sport requires more than traditional coaching.

NSSF seeks to integrate **Sports Science, Physical Conditioning, Nutrition, Recovery, Injury Prevention, Performance Analysis, Sports Psychology, Mental Health & Well-being, Physical Education** into the student-athlete development system. This approach supports both **performance and healthy development**.

PARTNERSHIP ECOSYSTEM

NSSF believes that sustainable school sport requires cooperation across sectors. Its institutional and strategic partners include, among others:

- National Sports Council
- PABSON
- N-PABSON
- HISSAN
- APEN
- Nepal Montessori Association
- Tribhuvan University
- Kathmandu University
- Local Governments
- National Sports Federations
- Schools and educational institutions
- International School Sport Federation
- Asian School Sports Federation
- ISCA
- ICSSPE
- TAFISA
- Other national and international organizations

These partnerships create a broader ecosystem for:

Education + Sport + Health + Youth Development + Research + Competition + International Cooperation

INSTITUTIONAL STRENGTHS

NSSF's principal institutional strengths include:

1. National school-sport development focus
 2. International school-sport engagement
 3. Structured competition opportunities
 4. Grassroots development orientation
 5. Educational-sector partnerships
 6. Cooperation with national sports institutions
 7. Sports teacher and coach development
 8. Talent identification
 9. Youth-centered competition
 10. International technical representation
 11. Sports diplomacy
 12. Sport-and-education integration
 13. Student-athlete development pathways
 14. Safeguarding and integrity focus
 15. Growing international recognition
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STRATEGIC DIRECTION — NSSF 2030

NSSF's long-term strategic direction is built around a national transformation of school sport.

01 — NATIONWIDE SCHOOL SPORT

Expand structured school-sport opportunities across all **753 Local level** and **77 districts**.

02 — STRONGER LOCAL & PROVINCIAL STRUCTURES

Develop effective coordination and competition systems at local, district, and provincial levels.

03 — NATIONAL CHAMPIONSHIPS

Establish sustainable, professional, and regular national school championships.

04 — PROFESSIONAL SPORTS TEACHERS & COACHES

Expand certified education, training, and continuous professional development.

05 — INTERNATIONAL PARTICIPATION

Increase Nepal's participation and representation in ISF and other international school-sport programs.

06 — SPORTS INFRASTRUCTURE

Promote development, accessibility, and effective utilization of school and community sporting facilities.

07 — SPORTS SCIENCE

Integrate scientific approaches to performance, nutrition, recovery, injury prevention, and athlete development.

08 — MENTAL HEALTH & WELLBEING

Make mental wellbeing an essential component of student-athlete development.

09 — SAFEGUARDING & INTEGRITY

Strengthen safe-sport systems, child protection, ethical conduct, and integrity.

10 — GIRLS' PARTICIPATION

Expand opportunities for girls as athletes, coaches, officials, administrators, and leaders.

11 — INCLUSIVE SCHOOL SPORT

Create opportunities for students of different backgrounds, abilities, locations, and circumstances.

12 — DIGITAL TRANSFORMATION

Develop integrated systems for:

- School registration;
- Athlete registration;
- Competition management;
- Digital accreditation;
- Results;
- Databases;
- Communication; and
- Institutional reporting.

13 — INTERNATIONAL PARTNERSHIPS

Expand regional and global cooperation in sport, education, culture, research, and youth development.

14 — HIGH-PERFORMANCE PATHWAYS

Create stronger links between school sport and national sports federations to help talented student-athletes progress toward elite competition.

NSSF 2030: THE TRANSFORMATION WE SEEK

By 2030, NSSF aims to contribute to a Nepal where:

- **Every Child Can Play**
 - **Every School Can Participate**
 - **Every Talented Student Can Be Identified**
 - **Every Teacher Can Access Quality Training**
 - **Every Athlete Can Access Safe Development**
 - **Every Province Can Compete**
 - **Every District Can Participate**
 - **Every Girl Can Lead**
 - **Every Student Can Dream**
 - **Nepal Can Compete With Confidence on the International Stage**
-

NSSF IMPACT FRAMEWORK

<u>Pillar</u>	<u>Intended Impact</u>
Participation	More children regularly active
Physical Literacy	Better fundamental movement skills
Competition	More structured school competitions
Talent Identification	Stronger athlete-development pathways
Education	Better integration of sport and learning
Human Resources	More qualified teachers and coaches
Wellbeing	Healthier physical and mental development
Safeguarding	Safer environments for children
Inclusion	Greater access for diverse student populations
Internationalization	Increased global participation and representation
Leadership	More confident and responsible young leaders
Excellence	Stronger national and international sporting performance

NSSF AT A GLANCE

<u>Indicator</u>	<u>NSSF Profile</u>
Organization	Nepal School Sports Federation
Abbreviation	NSSF
Primary Focus	School Sports
Approximate Age Range	3½–18 years
Development Philosophy	Grassroots to International Excellence
International Member Organization	International School Sport Federation
Major International Result	3 Gold + 3 Bronze — ISF Gymnasiade Bahrain 2024
International Recognition	Fair Play Team Award — ISF World School Futsal Championship 2023
International Medal Milestones	Taekwondo and Boxing
National Initiative	National U14 School Games 2025
National U14 Selection Reach	700,000+ student-athletes reported
International Leadership	ISF Executive and Technical/Committee Representation
Teacher/Coach Development	Training and professional development
Core Principle	Sport and Education Together
Long-Term Direction	Nationwide Sustainable School-Sport Ecosystem
Strategic Horizon	NSSF 2030

OUR PROMISE TO STUDENTS

NSSF is committed to developing young people who are:

- **HEALTHY**
- **ACTIVE**
- **CONFIDENT**
- **DISCIPLINED**
- **SKILLED**
- **RESPONSIBLE**
- **RESILIENT**
- **INCLUSIVE**
- **ETHICAL**
- **GLOBAL-MINDED**

The objective is not simply to produce champions.

It is to develop **young people who can become champions in sport, education, leadership, citizenship, and life.**

OUR COMMITMENT

The future of Nepalese sport begins long before an athlete enters a national stadium.

It begins when a child first learns to **run, jump, move, play, cooperate, compete, lose, recover, try again, and believe.**

It begins at school.

NSSF is committed to strengthening that beginning.

We seek to build a system where:

- **Every Child Has the Opportunity to Play.**
- **Every Student Has the Opportunity to Grow.**
- **Every Young Athlete Has the Opportunity to Dream.**
- **Every School Has the Opportunity to Participate.**
- **Every Talent Has the Opportunity to Develop.**

FROM THE SCHOOL PLAYGROUND TO THE WORLD

The journey of NSSF can be summarized in one pathway:

PLAY

↓

PARTICIPATE

↓
LEARN
↓
DEVELOP
↓
COMPETE
↓
REPRESENT
↓
EXCEL
↓
INSPIRE

THE NSSF LEGACY

NSSF's legacy will not be defined only by medals. It will be defined by the children who became active, the students who discovered their talent, the athletes who represented Nepal, the teachers who became better coaches, the schools that embraced sport, the young leaders who found their voice, the friendships created across borders and the generation that learned that excellence is built through discipline, opportunity, teamwork, and perseverance.

NEPAL SCHOOL SPORTS FEDERATION (NSSF)

Empowering Students Through Sport, Education, Friendship & Excellence

BUILDING NEPAL'S SPORTING FUTURE FROM THE SCHOOL LEVEL

“The Foundation of Nepal's Sporting Success Begins at School.”

From Participation to Excellence.

From the School Playground to the International Stage.

From Today's Students to Tomorrow's Champions and Leaders.

THE FUTURE STARTS AT SCHOOL

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