

MAN OF THE MONTH FOR APRIL 2014

RAJESH B. SHRESTHA, PRESIDENT OF THE NEPAL BODYBUILDING AND FITNESS ASSOCIATION



Rajesh Babu Shrestha was born in Kathmandu, Nepal on 13th November 1963 and holds the Bachelor of Commerce degree.

He is a business man, Director of Chitawon Co-E Group. The group started by the late Laxman Babu Shrestha from construction business almost 50 years back and diverted to Hydropower, Cable Car and Tourism, Construction, Dairy, Real Estate etc.

Q. Are you are bodybuilder, if not, since when you were involved in the sport of Bodybuilding?

A. I was never a bodybuilder. I was involved in this game through our federation for more than 10 years at the request of the then Member, Secretary of National Sports Council and was then elected as the President of adhoc committee.

Q. When was the Nepal Bodybuilding Association formed and when you were elected as its President?

A. The federation was established long back and was always operating on ad hoc basis due to various reasons. Although the history was long the association was functioning on ad hoc basis and to strengthen it I was offered the Chairmanship of the Association by the then Member Secretary. This offer came as a shock to me as I had no knowledge about the sports at all. I took the challenge and found the team of my colleagues was very supportive and had lots of knowledge on the discipline of bodybuilding. This was strength for me seeing my team and with their support I took up the responsibility and have created history in Nepal for Bodybuilding.

The Nepal Sports Council has been very generous and supportive in assisting the Nepal Bodybuilding and Fitness Association.



Although, not what they expected, but there has been partial support always from the Council. In almost all cases, it is the federation who generates funds through various sponsors and well wishers.

There are several gyms in Nepal, mostly in urban areas in sizeable numbers. The Federation has started giving these gyms the affiliation to organize and get the records and statistics. Efforts are being made to promote the sport in other parts of the country apart from Kathmandu.

Q. You organize championships annually and are held in Kathmandu or it is being rotated to other cities as well?

A. In order to promote these games and to activate the district level federation we organize Mr. Nepal, National Championships in other parts of the country. So far in last three years we have held this competition in 3 regions of the country. The Mr. Himalayan which holds the cash prize is held mostly in Kathmandu for sponsors mileage and requirement. There are various competitions organized by the affiliated units on district/zonal level with due approval from our National Federation.

Bodybuilding is growing and admired by many people in the country, though very minimal growth as compared to other sports; we have achieved great success and attracting more youngsters in the game.



Q. What are your future plans for the sport in your country?

A. Organize and attract more athletes to the sports. For this we are concentrating more on organizing more championships in various parts of the country on annual basis. We have put up a request with the National Sports Council to hand over the existing gym under the control of our federation wherein we can assist athletes and monitor progress for preparing various national and international championships. We

have offered to take care of fitness of other sports' athletes as well through our coaches and trainers. We have started judge's course in order to have judges in major parts of the country to officiate at the competitions to ease pressure on limited number of judges accredited by our federation and ABBF. We are trying to promote fitness physique which is quite new to our athletes.

Q. Currently you are holding the position of Vice-President in the ABBF, and your frank opinion of the ABBF, please?

A. ABBF is the nucleus of the sports of bodybuilding in Asia recognized by many National Olympic Committees and Sports Ministries. It has done a tremendous job in making the



sport a great success with dedicated service from Datuk Paul Chua, the Secretary-General. Datuk Chua has in fact served this organization as a charity dedicated official, contributing his time, money and energy for the development of the Bodybuilding and Physique Sports in Asia and the World. I, as the Vice-President would always be ready to contribute to achieve the objectives of the ABBF.

Favorite food: President Rajesh Babu Shrestha of the NBFA love to try all the cuisine. Apart from the ethnic Nepali food, he love the oriental food mainly Chinese, Japanese and Thai.

Hobby: Cooking and Travelling

Music: He love the music of the 70's and late 90's pop and rock music by Beatles, Rolling Stones, Zed Zeppelin, Deep Purple, Queen, Dire Straits and so on....

Future competition: Nepal may organize the Asian Championships in the near future and also promote Model and Athletic Physique for women in their country. This is in their program.