"स्वास्थ्यका लागि खेलकुद, राष्ट्रका लागि खेलकुद"

राष्ट्रिय खेलकुद परिषद्

प्रधान कार्यालय: त्रिपुरेश्वर, काठमाडौं, नेपाल

National Sports Council

Head Office: Tripureshwor, Kathmandu, Nepal

च.नं./Ref. No.: ०६ | ०८३/०८४

विभाग/शाखा
Dept./ Sec.

मिति/ Date:
२०८३/०६/०२
नेपाल सम्वत: ११४६

श्री गण्डकी प्रदेश खेलकुद परिषद्,
गण्डकी प्रदेश
पोखरा, कास्की ।

विषय : जानकारी सम्बन्धमा ।

प्रस्तुत विषयमा नेपाल सरकारको मिति २०८३/५/२२ को निर्णयानुसार मिति २०८३ साल मंसीर १६-२७ गतेसम्म कर्णाली प्रदेशको सुर्खेत लगायतका जिल्लाहरुमा सञ्चालन हुने दशौं राष्ट्रिय खेलकुद प्रतियोगितामा राष्ट्रिय खेलकुद प्रतियोगिता सञ्चालन निर्देशिका-२०८३ को दफा १० उपदफा १(ख) वमोजिम गठित प्राविधिक उपसमितिबाट पेश भएको प्रतिवेदनका आधारमा दशौं राष्ट्रिय खेलकुदमा समावेश ३२ खेलका खेल इभेन्ट र खेलाडी, प्रशिक्षक, व्यवस्थापक, टोलिनेता, उपनेता र मेडिकल टिममा समावेश गर्न सकिने कोटा विवरण मिति २०८३/५/३१ को कार्यसम्पादन समितिको निर्णयानुसार यसैसाथ सम्लग्न गरी पठाईएको व्यहोरा अनुरोध छ ।

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(फणिन्द्र पौड्याल)
सचिव
कार्यसम्पादन समिति
दशौं राष्ट्रिय खेलकुद-२०८३

दशौं राष्ट्रिय खेलकुद २०८३

प्रतियोगितामा सहभागी हुने प्रदेश/विभागीय टिमको प्रस्तावित कोटा

क्र.स	खेल	पुरुष खे	महिला खे	प्रशिक्षक	अफि	टोली नेता	टोली उपनेता	मेडिकल टिम	
१	आर्चरी	१२	१२	२	१				
२	एथलेटिक्स	१८	१७	२	१				
३	ब्याडमिन्टन	७	५	२	१				
४	बास्केटबल	१६	१६	४	२				
५	शारीरिक सुगठन	१३	५	२	१				
६	बक्सिङ	१०	१०	२	१				
७	बुद्धिचाल	५	५	२	१				
८	क्रिकेट	१४	१४	४	२				
९	साइकिलङ	४	४	२	१				
१०	फटबल	२०	२०	४	२				
११	फु.क.राते	७	५	२	१				
१२	जिमन्यास्टिक	६	६	२	१				
१३	हयाण्डबल	१४	१४	४	२				
१४	हक्की	१८	१८	४	१				
१५	आई.टि.एफ टे	१३	११	२	१				
१६	जुडो	९	९	२	१				
१७	कवड्डी	१४	१४	४	२				
१८	कराते	११	१०	२	१				
१९	खो खो	१२	१२	४	२				
२०	रग्बी 7A side	१२	१२	४	२				
२१	तुटिङ	६	६	२	१				
२२	स्क्वास	४	४	२	१				
२३	पौडी	१२	८	२	१				
२४	टेबल टेनिस	५	५	२	१				
२५	तेक्वान्दो	१२	१२	२	१				
२६	टेनिस	५	५	२	१				
२७	भलिबल	१४	१४	४	२				
२८	भारतोलन	१०	१०	२	१				
२९	कुश्ती	१०	१०	२	१				
३०	उसु	१३	१०	२	१				
३१	इ स्पोर्टस	९		१	१				
३२	सेपाकताक्रो	९	९	२	१				
कुल संख्या		३४४	३१२	८१	४०	१	१	३	७८२

तीन जनाको मेडिकल टिममा १ जना फिजियो अनिवार्य हुनुपर्ने छ ।

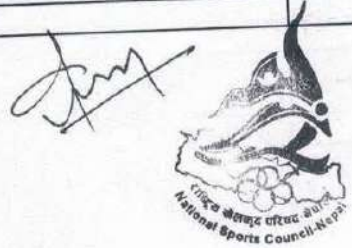
नोट उल्लेखित कोटामा प्राविधिक कारण आएको खण्डमा कोटाहरु परिमार्जन हुन सक्नेछ ।

राष्ट्रिय खेलकुद परिषद् नेपाल
National Sports Council-Nepal

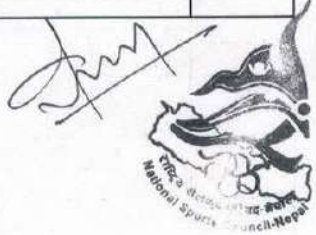
10th National Games			
SN	Game	Event	Remarks
1	Archery	Men's Compound	
2	Archery	Men's Compound Team	
3	Archery	Men's Recurve	
4	Archery	Men's Recurve Team	
5	Archery	Men's Standard	
6	Archery	Men's Standard Team	
7	Archery	Mixed Team (Compound)	
8	Archery	Mixed Team (Rcurve)	
9	Archery	Mixed Team (Standard)	
10	Archery	Women's Compound	
11	Archery	Women's Compound Team	
12	Archery	Women's Recurve	
13	Archery	Women's Recurve Team	
14	Archery	Women's Standard	
15	Archery	Women's Standard Team	
16	Athletics	Men's 10,000meter	
17	Athletics	Men's 100meter	
18	Athletics	Men's 110meter Hurdles	
19	Athletics	Men's 1500meter	
20	Athletics	Men's 200meter	
21	Athletics	Men's St. Chase 3000M	
22	Athletics	Men's 4 X 100meter Relay	
23	Athletics	Men's 4 X 400 meter Relay	
24	Athletics	Men's 400meter	
25	Athletics	Men's 400meter hurdles	
26	Athletics	Men's 5000meter	
27	Athletics	Men's 800meter	
28	Athletics	Men's Discus Throw	
29	Athletics	Men's High Jump	
30	Athletics	Men's Javelin throw	
31	Athletics	Men's Long Jump	
32	Athletics	Men's Marathon	
33	Athletics	Men's Shot Put	
34	Athletics	Men's Triple Jump	
35	Athletics	Women's 10,000meter	
36	Athletics	Women's 100meter	
37	Athletics	Women's 100meter Hurdle	
38	Athletics	Women's 1500meter	
39	Athletics	Women's 200meter	
40	Athletics	Women's 4 X 100meter Relay	
41	Athletics	Women's 4 X 400meter Relay	
42	Athletics	Women's 400meter	
43	Athletics	Women's 400meter Hurdle	
44	Athletics	Women's 5000meter	
45	Athletics	Women's 800meter	
46	Athletics	Women's Discus Throw	
47	Athletics	Women's High Jump	
48	Athletics	Women's Javelin Throw	
49	Athletics	Women's Long Jump	
50	Athletics	Women's Marathon	
51	Athletics	Women's Shot Put	
52	Athletics	Women's Triple Jump	
53	Badminton	Men's Double	
54	Badminton	Men's Single	
55	Badminton	Men's Team event	
56	Badminton	Mix Doubles	
57	Badminton	Women's Double	
58	Badminton	Women's Single	
59	Badminton	Women's Team Event	

राष्ट्रिय खेलकुद परिषद-नेपाल
National Sports Council-Nepal

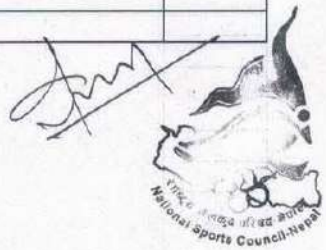
60	Basketball	Men's Team 3x3 (U-23)	
61	Basketball	Men's Team 5x5	
62	Basketball	Women's Team 3x3 (U-23)	
63	Basketball	Women's Team 5x5	
64	Body Building	Men's 55kg	
65	Body Building	Men's 60kg	
66	Body Building	Men's 65kg	
67	Body Building	Men's 70kg	
68	Body Building	Men's 75kg	
69	Body Building	Men's 80kg	
70	Body Building	Men's +80kg	
71	Body Building	Men's Fitness Physic (Open)	
72	Body Building	Men's Athletes Physique 170cm	
73	Body Building	Men's Athletes Physique +170cm	
74	Body Building	Men's Classical Open	
75	Body Building	Couple Fitness Challenge	
76	Body Building	Men's Sports Physics 170+ cm	
77	Body Building	Men's Sports Physics 170cm	
78	Body Building	Women's Model Physics- Open	
79	Body Building	Women's Athlete Physique (Open)	
80	Body Building	Women's Welness Physique 170 Cm	
81	Body Building	Women's Welness Physique +170 Cm	
82	Body Building	Women's Open	
83	Boxing	Men's 47-50 Kg.	
84	Boxing	Men's 50-55 Kg.	
85	Boxing	Men's 55-60 Kg.	
86	Boxing	Men's 60-65kg	
87	Boxing	Men's 65-70 Kg.	
88	Boxing	Men's 70-75 Kg.	
89	Boxing	Men's 75-80 Kg.	
90	Boxing	Men's 80-85 Kg.	
91	Boxing	Men's 85-90Kg.	
92	Boxing	Men's 90Kg+	
93	Boxing	Women's 48kg	
94	Boxing	Women's 51kg	
95	Boxing	Women's 54kg	
96	Boxing	Women's 57kg	
97	Boxing	Women's 60kg	
98	Boxing	Women's 65kg	
99	Boxing	Women's 70kg	
100	Boxing	Women's 75kg	
101	Boxing	Women's 80kg	
102	Boxing	Women's 80kg+	
103	Chess	Men's Blitz	
104	Chess	Men's Classical Open	
105	Chess	Men's Rapid	
106	Chess	Women's Blitz	
107	Chess	Women's Classical Open	
108	Chess	Women's Rapid	
109	Cricket	Men's Cricket	
110	Cricket	Women's Cricket	
111	Cycling	Men's Cross Country	
112	Cycling	Men's Down Hill	
113	Cycling	Men's Road Race Mass	
114	Cycling	Men's Road Race Time Trial	
115	Cycling	Women's Cross Country	
116	Cycling	Women's Down Hill	
117	Cycling	Women's Road Race Mass	
118	Cycling	Women's Road Race Mass Time Trial	
119	Football	Men's Football	



180	Judo	Men's 100kg	
181	Judo	Men's 60kg	
182	Judo	Men's 66kg	
183	Judo	Men's 73kg	
184	Judo	Men's 81kg	
185	Judo	Men's 90kg	
186	Judo	Mix Team Event	
187	Judo	Women's +78kg	
188	Judo	Women's 48kg	
189	Judo	Women's 52kg	
190	Judo	Women's 57kg	
191	Judo	Women's 63kg	
192	Judo	Women's 70kg	
193	Judo	Women's 78kg	
194	Kabaddi	Men's Team Event (85kg below)	
195	Kabaddi	Women's Team Event (75kg below)	
196	Karate	Men's (-50kg)	
197	Karate	Men's (-55kg)	
198	Karate	Men's (-60kg)	
199	Karate	Men's (-67kg)	
200	Karate	Men's (-75kg)	
201	Karate	Men's (-84kg)	
202	Karate	Men's (+84kg)	
203	Karate	Men's Individual Kata	
204	Karate	Men's Team kata	
205	Karate	Men's Team Kumute	
206	Karate	Women's (-45kg)	
207	Karate	Women's (-50kg)	
208	Karate	Women's (-55kg)	
209	Karate	Women's (-61kg)	
210	Karate	Women's (-68kg)	
211	Karate	Women's (+68kg)	
212	Karate	Women's Individual Kata	
213	Karate	Women's Team Kata	
214	Karate	Women's Team Kumute	
215	Kho Kho	Men's Team	
216	Kho Kho	Women's Team	
217	Lawn Tennis	Men's Double	
218	Lawn Tennis	Men's Single	
219	Lawn Tennis	Men's Team Event	
220	Lawn Tennis	Mix Double	
221	Lawn Tennis	Women's doubles	
222	Lawn Tennis	Women's Single	
223	Lawn Tennis	Women's Team Event	
224	Rugby	Rugby 7 A Side, Women's Team	
225	Rugby	Rugby 7A Side, Men's Team	
226	Shooting	10m Air Pistol Mixed Team	
227	Shooting	10m Air Rifle Mixed Team	
228	Shooting	Men's 10m Air Pistol	
229	Shooting	Men's 10m Air Pistol Team	
230	Shooting	Men's 10m Air Rifle	
231	Shooting	Men's 10m Air Rifle Team	
232	Shooting	Women's 10m Air Pistol	
233	Shooting	Women's 10m Air Pistol Team	
234	Shooting	Women's 10m Air Rifle	
235	Shooting	Women's 10m Air Rifle Team	
236	Squash	Men's Single	
237	Squash	Men's Team	
238	Squash	Women's Single	
239	Squash	Women's Team	



240	Swimming	50M FREESTYLE MEN	
241	Swimming	100M FREESTYLE MEN	
242	Swimming	200M FREESTYLE MEN	
243	Swimming	400M FREESTYLE MEN	
244	Swimming	800M FREESTYLE MEN	
245	Swimming	1500M FREESTYLE MEN	
246	Swimming	50M BACKSTROKE MEN	
247	Swimming	100M BACKSTROKE MEN	
248	Swimming	200M BACKSTROKE MEN	
249	Swimming	50M BREASTSTROKE MEN	
250	Swimming	100M BREASTSTROKE MEN	
251	Swimming	200M BREASTSTROKE MEN	
252	Swimming	50M BUTTERFLY MEN	
253	Swimming	100M BUTTERFLY MEN	
254	Swimming	200M BUTTERFLY MEN	
255	Swimming	100M INDIVIDUAL MEDLEY MEN	
256	Swimming	200M INDIVIDUAL MEDLEY MEN	
257	Swimming	400M INDIVIDUAL MEDLEY MEN	
258	Swimming	4×50M FREESTYLE RELAY MEN	
259	Swimming	4×100M FREESTYLE RELAY MEN	
260	Swimming	4×200M FREESTYLE RELAY MEN	
261	Swimming	4×50M MEDLEY RELAY MEN	
262	Swimming	4×100M MEDLEY RELAY MEN	
263	Swimming	50M FREESTYLE WOMEN	
264	Swimming	100M FREESTYLE WOMEN	
265	Swimming	200M FREESTYLE WOMEN	
266	Swimming	400M FREESTYLE WOMEN	
267	Swimming	800M FREESTYLE WOMEN	
268	Swimming	1500M FREESTYLE WOMEN	
269	Swimming	50M BACKSTROKE WOMEN	
270	Swimming	100M BACKSTROKE WOMEN	
271	Swimming	200M BACKSTROKE WOMEN	
272	Swimming	50M BREASTSTROKE WOMEN	
273	Swimming	100M BREASTSTROKE WOMEN	
274	Swimming	200M BREASTSTROKE WOMEN	
275	Swimming	50M BUTTERFLY WOMEN	
276	Swimming	100M BUTTERFLY WOMEN	
277	Swimming	200M BUTTERFLY WOMEN	
278	Swimming	100M INDIVIDUAL MEDLEY WOMEN	
279	Swimming	200M INDIVIDUAL MEDLEY WOMEN	
280	Swimming	400M INDIVIDUAL MEDLEY WOMEN	
281	Swimming	4×50M FREESTYLE RELAY WOMEN	
282	Swimming	4×100M FREESTYLE RELAY WOMEN	
283	Swimming	4×200M FREESTYLE RELAY WOMEN	
284	Swimming	4×50M MEDLEY RELAY WOMEN	
285	Swimming	4×100M MEDLEY RELAY WOMEN	
286	Swimming	4×50M FREESTYLE RELAY MIXED	
287	Swimming	4×50M MEDLEY RELAY MIXED	
288	Table Tennis	Men's Double	
289	Table Tennis	Men's Single	
290	Table Tennis	Men's Team event	
291	Table Tennis	Mix Double	
292	Table Tennis	Women's Double	
293	Table Tennis	Women's Single	
294	Table Tennis	Women's Team Event	
295	Taekwondo	Men's (-54kg)	
296	Taekwondo	Men's (-58kg)	
297	Taekwondo	Men's (-63kg)	
298	Taekwondo	Men's (-68kg)	
299	Taekwondo	Men's (-74kg)	



300	Taekwondo	Men's (-80kg)	
301	Taekwondo	Men's (-87kg)	
302	Taekwondo	Men's (+87kg)	
303	Taekwondo	Men's Individual Poomsae	
304	Taekwondo	Men's Team Poomsae	
305	Taekwondo	Pair Poomsae	
306	Taekwondo	Women's (-46kg)	
307	Taekwondo	Women's (-49kg)	
308	Taekwondo	Women's (-53kg)	
309	Taekwondo	Women's (-57kg)	
310	Taekwondo	Women's (-62kg)	
311	Taekwondo	Women's (-67kg)	
312	Taekwondo	Women's (-73kg)	
313	Taekwondo	Women's (+73kg)	
314	Taekwondo	Women's Individual Poomsae	
315	Taekwondo	Women's Team Poomsae	
316	Volleyball	Men's Team Event	
317	Volleyball	Women's Team Event	
318	Weightlifting	Men's 60 Kg	
319	Weightlifting	Men's 65 Kg	
320	Weightlifting	Men's 70 Kg	
321	Weightlifting	Men's 75 Kg	
322	Weightlifting	Men's 85 Kg	
323	Weightlifting	Men's 95 Kg	
324	Weightlifting	Men's 110 Kg	
325	Weightlifting	Men's +110 Kg	
326	Weightlifting	Women's (49kg)	
327	Weightlifting	Women's (53kg)	
328	Weightlifting	Women's (57kg)	
329	Weightlifting	Women's (61kg)	
330	Weightlifting	Women's (69kg)	
331	Weightlifting	Women's (77kg)	
332	Weightlifting	Women's (86kg)	
333	Weightlifting	Women's (+86kg)	
334	Wrestling	Men's 125kg	
335	Wrestling	Men's 57kg	
336	Wrestling	Men's 61kg	
337	Wrestling	Men's 65kg	
338	Wrestling	Men's 70kg	
339	Wrestling	Men's 74kg	
340	Wrestling	Men's 79kg	
341	Wrestling	Men's 86kg	
342	Wrestling	Men's 92kg	
343	Wrestling	Men's 97kg	
344	Wrestling	Women's 50kg	
345	Wrestling	Women's 53kg	
346	Wrestling	Women's 55kg	
347	Wrestling	Women's 57kg	
348	Wrestling	Women's 59kg	
349	Wrestling	Women's 62kg	
350	Wrestling	Women's 65kg	
351	Wrestling	Women's 68kg	
352	Wrestling	Women's 72kg	
353	Wrestling	Women's 76kg	
354	Wushu	Men's +85kg	
355	Wushu	Men's 48kg	
356	Wushu	Men's 52kg	
357	Wushu	Men's 56kg	
358	Wushu	Men's 60kg	
359	Wushu	Men's 65kg	

360	Wushu	Men's 70kg	
361	Wushu	Men's 75kg	
362	Wushu	Men's 80kg	
363	Wushu	Men's Chang Quan	
364	Wushu	Men's Gun Shu+Dao Shu	
365	Wushu	Men's Nan Quan+ Nan Gun	
366	Wushu	Men's Taiji Quan+ Taiji Jian	
367	Wushu	Women's 48kg	
368	Wushu	Women's 52kg	
369	Wushu	Women's 56kg	
370	Wushu	Women's 60kg	
371	Wushu	Women's 65kg	
372	Wushu	Women's 70kg	
373	Wushu	Women's Chang Quan	
374	Wushu	Women's Nan Quan+ Nan Dao	
375	Wushu	Women's Quan Shu+ Jain Shu	
376	Wushu	Women's Taiji Quan+ Taiji Jian	
377	E-sports	Football	
378	E-sports	Pubgy	
379	Sepaktakro	Double	
380	Sepaktakro	Regu	
381	Sepaktakro	Quard	

