

**6<sup>TH</sup> MR. HIMALAYA BODYBUILDING CHAMPIONSHIP**  
**&**  
**FIRST MEN'S FITNESS & WOMEN'S ATHLETIC PHYSICS**

*Kathmandu, April 7-8, 2017*

*-Organized by : Nepal BodyBuilding & Fitness Association*

Ashok Maharjan of River Field Fitness of Naya Bazar won the title of the sixth Mr. Himalaya National Open Bodybuilding Championship here at the National Sports Council, Kathmandu today.

Maharjan, who won the 75kg weight category to make it to the finals, finished ahead of five others to win the overall championship and earned a purse of Rs 275,000.

Kamal Bhandari (55kg) of Pokhara's Ratnashree Gym, Sujan Tamang (60kg) of Nepal Byayam Mandir, Rojin Bajracharya (65kg) of Fitness First, Ram Bahadur Dahal (70kg) of Nepal Byayam Mandir and Grish Maharjan (>75kg) of Nepal Byayam Mandir fought for the championship after winning their respective weight categories.

Likewise, Bishu Ram KC of City Health won the title of the men's fitness category for below-170cm, while Sukden Karki of Royal Gym and Ramesh Karki of Nepal Byayam Mandir were second and third. Ratish Bajracharya of Divine Physical Fitness Center, Sajjan Aryal of Oyaster Spa and Fitness, and Anuj Maskey of Complete Fitness bagged top three positions in above-170cm category.

Also, Junu Shrestha of Divine Physical Fitness Center, Arati Kafle of Complete Health and Rajani Thapa Magar of Thamel Physical Fitness claimed gold, silver and bronze medals in the women's athletic physiques category. The top three athletes in all the categories received Rs 25,000, Rs 15,000 and Rs 10,000 respectively. A total of 93 players took part in 9 categories [55,60,65,70,75 & +75 kgs and Men's Fitness (<170 cm & >170cm) & Women Athletic Physique] in the two-day event organized by Nepal Bodybuilding and Fitness Association.

The program was chaired by President Rajesh Babu Shrestha and the chief guest of this championship was Inspector General of Police (Armed Police Force) of Nepal Mr. Singha Bahadur Shrestha.