

FULL RESULTS

10th Inter School Taekwondo (ITF) Championship

Chittapol Basketball Hall, Bhaktapur, Nepal

Date: 31st January 2026

Result Sheet: Individual Sparring

Girls Below 12 years Below 20kg

Position	School name	Player name	Remarks
First	Sunakhari	Deebhusha Tandukar	
Second	Jyoti	Binisha Pakhrin	

Girls below 12 years 21-25kg

Position	School name	Player name	Remarks
First	Bikateshwor	Prishkila Tamang	
Second	Bandana	Sneha Khadka	
Third	PUBOSS	Swostima Thapa Magar	
Third	Aarakshyan	Robisha Tamang	

Girls below 12 years 26-30kg

Position	School name	Player name	Remarks
First	Sunakhari	Afrita K.M	
Second	PUBOSS	Sofika Khapangi Magar	
Third	Chittapol	Nitya Karki	
Third	Chittapol	Sambhavi Basnet	

Girls Below 12 years (31-35kg)

Position	School name	Player name	Remarks
First	Bandana	Sajana Bomjan	
Second	Ashirbad	Anushka Thapa	

Third	Jyoti	Ajita Jimba	
Third	Bikateshwor	Sujita Chaudhary	

Girls below 12 years(36-40kg)

Position	School name	Player name	Remarks
First	Bikateshwor	Tumla Madhikarmi	
Second	Ashirbad	Rashika Basnet	
Third	Sunakhari	Oshin Rai	
Third	Janagal	Aashoi Dangal	

Girls below 12 years 46-50kg

Position	School name	Player name	Remarks
First	Bandana	Jiya Kafle	
Second	Janagal	Aaradhya Dangal	
Third	Sunakhari	Amrita Tamang	
Third	Panini	Swikriti Tolange	

Girls 13-17 years(33-38kg)

Position	School name	Player name	Remarks
First	Chakrajyoti	Mingma Damchoi Lama	
Second	Bhakteshwor	Aaisha Magar	
Third	Chakrajyoti	Kristina Satyal	
Third	Sunakhari	Grishma Dani	

Girls 13-17 years(43-47kg)

Position	School name	Player name	Remarks
First	Chakrajyoti	Sonu Tamang	
Second	Ashirbad	Jenisha Burlakoti	
Third	Janagal	Sophia Bista	
Third	Bandana	Anisha Bhandari	

Girls 13-17 years Above 50kg

Position	School name	Player name	Remarks
First	Sunakhari	Aakriti Gurung	
Second	Sunakhari	Mana Maya Tamang	
Third	Aarakshyan	Rohini Basnet	
Third	Chakrajyoti	Rajina Shrestha	

Boys below 7 years (20-25KG)

Position	School name	Player name	Remarks
First	Bandana	Krishal Shrestha	
Second	Sunakhari	Konchyok Tamang	
Third	Bandana	Sajan Bohara	
Third	Chittapol	Prasanna Budhathoki	

Boys 8-9 years (20-25KG)

Position	School name	Player name	Remarks
First	Bandana	Nima Tamang	
Second	Jyoti	Jishan Moktan	
Third	Srijansheel	Ajit Katwal	
Third	Bandana	Kishan Bohara	

Boys below 10 years (26-30KG)

Position	School name	Player name	Remarks
First	Sunakhari	Suman Ghale	
Second	Eden Garden	Prashant Karki	
Third	Sunakhari	Prafal Ghale	
Third	Bandana	Aarambha Dotel	

Boys below 10 years (31-34KG)

Position	School name	Player name	Remarks
First	Panini	Smith Tamang	

Second	AARAKSHYAN	Suman Khadka	
Third	Eden	Suprim Dhakal	
Third	Bandana	Mritunjay Acharya	

Boys below 10 years (36-40KG)

Position	School name	Player name	Remarks
First	Eden	SwornimGiri	
Second	Eden	Aaryan Thakur	
Third	Sunakhari	NatiZ Dhungel	
Third	eden	Riyaj Shrestha	

Boys below 10-12 years (20-25KG)

Position	School name	Player name	Remarks
First	Bikateshwor	Nishant Tamang	
Second	Eden Garden	Aarav Gautam	
Third	Srijansheel	Aayush Pandey	
Third	Sunakhari	Aayub Tamang	

Boys 11-12 years (26-30KG)

Position	School name	Player name	Remarks
First	Bikateshwor	Bibas Thapa	
Second	Aarakshyan	Swon Kakri	
Third	Shree Ganesh	Prince Tamang	
Third	Bikateshwor	Raise Tamang	

Boys 11-12 years (31-33KG)

Position	School name	Player name	Remarks
First	Sunakhari	Basanta Tamang	
Second	Panini	Ansuman Dahal	
Third	Sunakhari	Yaron Oli	
Third	Puboss	Biraj Bhandari	

Boys 11-12 years (33-35KG)

Position	School name	Player name	Remarks
First	Motherland	Suvam Lamsal	
Second	lyoti	Sohan Tamang	
Third	Charajyoti	Unik Tamang	
Third	Sunakhari	Subiyan Tamang	

Boys 11-12 years (36-40KG)

Position	School name	Player name	Remarks
First	Janagal	Bhubab Basnet	
Second	Bandana	Romak Rokaya	
Third	CHAKRAJOYTI	Rasik shrestha	
Third	Ashirbad	Anush Rai	

Boys 11-12 years Above 45 KG)

Position	School name	Player name	Remarks
First	Sunakhari	Jenish Ghale	
Second	ashirbad	Sobit Mahat	
Third	Panini	Bipal Giri	
Third	Sirjansheel	Chhewang Waiba	

Boys 13-17 years (25-30kg)

Position	School name	Player name	Remarks
First	Bimal	Subham Khatri	
Second	Eden Garden	Siddartha Bhujel	
Third	Eden Garden	Ronish Khatri	
Third	Chakrajyoti	Rijal Khatri	

Boys 13-17 years (30-35KG)

Position	School name	Player name	Remarks
First	Bikateshwor	Jimran Tamang	

Second	Srijansheel	Aayush Ghising	
Third	Aarakshyan	Samir Bhujel	
Third	Chittapol	Anurag Deuja	

Boys 13-17 years (36-40kg)

Position	School name	Player name	Remarks
First	Janagal	Dibas Kingring Magar	
Second	Bikateshwor	Anish Tamang	
Third	chakrajyoti	Arnij Basnet	
Third	Chittapol	Unik Pakur	

Boys 13-17 years (41-45kg)

Position	School name	Country	Remarks
First	Eden	Siddhartha Bhujel	
Second	Panini	Ridam Giri	
Third	Srijansheel	Narayan Prasad Chaulagai	
Third	Quality	Sunder Pandey	

Boys 13-17 years (46-48kg)

Position	School name	Player name	Remarks
First	Charajyoti	Rit Bahadur Thami	
Second	eden	Mukesh Magar	
Third	Sunakhari	Siddhartha Shah	
Third	Bikateshwor	Raj Tamang	

Boys 13-17 years (48-50kg)

Position	School name	Player name	Remarks
First	Chakrajyoti	Sbindra Bdr Thapa	
Second	Chakrajyoti	Aayush Kulung	
Third	Janagal	Aayush Tolange	
Third	Janagal	Nishan Majhi	

Boys 13-17 years (51-55kg)

Position	School name	Player name	Remarks
First	Chakrajyoti	Jibraj Thing	
Second	Janagal	Sanil Shrestha	
Third	Bandana	Sangam Phuyal	
Third	Bandana	pranesh Bhattarai	

Boys below 13-17 years (55-60KG)

Position	School name	Player name	Remarks
First	Motherland	Jay Ram B.k	
Second	Matherland	Rikesh Magar	
Third	Ashirbad	Bikesh Shrestha	
Third	Shree Ganesh	Aryan Bishokarma	

Boys below 13-17 years Above 60KG)

Position	School name	Player name	Remarks
First	Motherland	Akin Kasula	
Second	Eden	Binay Thapa	
Third	Shree Ganesh	Dhan Bdr Tamang	
Third	Eden	Aman Chaudhary	

10th Inter School Taekwondo (ITF) Championship

Chittapol Basketball Hall, Bhaktapur, Nepal

Date: 31st January 2026

Result Sheet: Individual Pattern

Girls white - white yellow Belt

Position	School name	Player name	Remarks
First	Bikateshwor	Priskila Tamang	
Second	Bikateshwor	Smriti Singh	
Third	Bikateshwor	Sujita Chaudhary	
Third	Jyoti	Binisha Pakhrin	

Girls Yellow -Yellow Green Belt

Position	School name	Player name	Remarks
First	Chakrajyoti	Kristina Satyal	
Second	Aarakshyan	Monalisa Thapa Magar	
Third	Sunakhari	Diyana Pudasaini	
Third	Bandana	Sajana Bomjon	

Girls Green- Green Blue Belt

Position	School name	Player name	Remarks
First	Chakrajyoti	Mingma Damchoi Lama	
Second	Sunakhari	Afrita K.M	
Third	Bikateshwor	Binisha Lama	
Third	Ashirbad	Rashika Basnet	

Girls Blue -Blue Red Belt

Position	School name	Player name	Remarks
First	Aarakshyan	Robisha Tamang	
Second	Ashirbad	Jenisha Burlakoti	
Third			
Third			

Girls Red -Red Black Belt

Position	School name	Player name	Remarks
First	Chakrajyoti	Sonu Tamang	
Second	Sunakhari	Grishma Dani	
Third	Sunakhari	Amrita Tamang	
Third	Bandana	Anisha Bhandari	

Boys White Belt

Position	School name	Player name	Remarks
First	PUBOSS	Aarosh Shrestha	
Second	PUBOSS	Bibash Bhandari	
Third	Motherland	Udip Magar	
Third	PUBOSS	Prashant Tamang	

Boys Yellow Belt

Position	School name	Player name	Remarks
First	Chakrajyoti	Kabiraj Thing	
Second	Eden Garden	Aayan Tamang	
Third	Sunakhari	Dhanraj Lama	
Third	Sunakhari	Pradeep Tamang	

Boys Yellow Green Belt

Position	School name	Player name	Remarks
First	PUBOSS	Biraj Bhandari	
Second	Bikateshwor	Anish Tamang	
Third	Eden Garden	Aaryan Thakur	
Third	Janagal	Nirmal Thapa	

Boys Green Belt

Position	School name	Player name	Remarks
First	Sunakhari	Subiyan Tamang	
Second	Bikateshwor	Nishant Tamang	
Third	Sunakhari	Aayan Tamang	
Third	Bandana	Prajesh Nagarkoti	

Boys Green Blue Belt

Position	School name	Player name	Remarks
First	Chakrajyoti	Unik Tamang	
Second	Ashirbad	Sobit Mahat	
Third	Bikateshwor	Raj Tamang	
Third	Bikateshwor	Pritam Tamang	

Boys Blue Belt

Position	School name	Player name	Remarks
First	Chakrajyoti	Bibas Thapa	
Second	Chakrajyoti	Subindra Bahadur Thapa	
Third	Chakrajyoti	Rashik Sheshta	
Third	Motherland	Nabin Chaudhary	

Boys Blue Red Belt

Position	School name	Player name	Remarks
First	Aarakshyan	Swon Karki	
Second	Eden Garden	Aman Chaudhary	
Third	Sunakhari	Jenish Ghale	
Third	Eden Garden	Babi Hang Rai	

Boys Red Belt

Position	School name	Player name	Remarks
First	Chakrajyoti	Jibraj Thing	
Second	Janagal	Bubhab Basnet	
Third	Sunakhari	Siddartha Shah	
Third	Sunakhari	Natiz Dhungel	

Boys Red Black Belt

Position	School name	Player name	Remarks
First	Eden Garden	Siddartha Bhujel	
Second	Eden Garden	Mukesh Magar	
Third	Motherland	Akin Kasula	
Third	Eden Garden	Binay Thapa	

Boys Black Belt

Position	School name	Player name	Remarks
First	Motherland	Suvam Lamsal	
Second	Janagal	Aayush Tolange	
Third	Motherland	Jay Ram BK	
Third	Janagal	Dibas Kingring Magar	