

## CURRICULAM VITAE

### PERSONAL DETAILS

Name: **Sulochana Sijakhwa,**  
 Designation Sport Expert and Researcher, NSC, Nepal  
 Assistant Professor (Visiting), Tribhuvan University, Nepal  
 Lecturer, Spanish Language, International Language College, Nepal  
 County Nepal  
 Nationality: Nepali  
 Sports: Modern Pentathlon, Karate  
 Address: Bhaktapur- 6, Nepal  
 Master's in Sports Science, Tribhuvan University.  
 Mater's in Busyness Study  
 Email: sijakhwasulo@gmail.com Tel.: +97798437529

### Academic Qualification

S. N.	Level	Institute	Specialization/Major Subject	Pass year & Division
1.	High Performance Leadership Course	INDIA	High Performance Leadership	2024
2.	Certification Course on Sports Psychology	SAI, NSNIS, Patiala	Sports Psychology	2023
3.	Master's in Sports Science, M. S. S	Tribhuvan University, T.U.	Sports Medicine and Exercise Physiology	2020 A With Gold Medal
4.	Master's in Business Study, <b>Management</b> , M. B. S	Khwopa College, Bhaktapur, Nepal Tribhuvan University	Financial Investment	2016
5.	Bachelor's Degree in Physical Education and Sports Science	International School of Physical Education and Sports Science, Cuba	Karate	2013 A.D. First in Distinction with Gold Medal
6.	Bachelor's Degree in Business Study	Khwopa College, Bhaktapur, Nepal Tribhuvan University	Account	2005 A.D.
7.	+12	Khwopa College, HSEB Bhaktapur, Nepal	Management	2002 A.D.
8.	S. L. C.	Basu Secondary School, Bhaktapur, Nepal	Optional Math	1999 A.D. 1 <sup>nd</sup> Division

### **Research/ Project Accomplished**

- Prospectus and Challenges faced by athletes of School level in Nepal, 2025.
- Role of school Sports teacher for the wellbeing of student, 2024 (Running)
- Sports Injury of elite athletes, 2024 (Running)
- "Project on Talent Selection Model." 2023
- "Physical- Recreational Activities for Senior Citizen." 2023
- "Anxiety during Sports Competition among Martial Arts Athletes", 2023
- "Menstruation cycle and sports performance of female elite athletes" 2022.
- "Relation of Menstruation Cycle and Sports Performance of female athletes of national team of Nepal." 2021.
- "System of Capacitation for the general teacher who give classes of Physical Education in the primary school of Bhaktapur Municipality, Nepal". 2013.
- "Risk and Return analysis on Commercial Bank of Nepal" 2016.
- "Analysis of Biomechanical indicators in the Jodan Maegeri kick of Karate Do". 2017
- "The Specific Exercise to increase for Mix- resistance capacity in Kata of Karate.
- "Physical Activities Plan to Modify Life Style of Old age Group (Adults) 60 to 70 years"
- "Systematic Activities for the capacity development to the primary level physical Education teachers"
- "A Group of Games to motivate on teaching Physical Education for Primary level Students" Cuba.
- "Recreational Physical Activities Plan to Modify Life Style of Adult Women [60 to 70 years]"
- "The Example of Cuban Revolution for Nationality and Humanity"
- "The Comparative Study between Cuba and Nepal in Primary Level Physical Education"
- "The Comparative Study on participation of female and male on sports."
- "The Comparative Study among Guatemala, Colombia and Nepal on Pre- School Physical Education"
- "The Exercise to develop Explosive force in Karate."
- "Systematic community activities for involvement of gender equality in Sports"
- Linguistic effect on Karate,

### **Experiences**

- Coach Level - II UIPM Development Coach, 2024.
- Coach Level - I UIPM Development Coach 2018.
- Instructor of Exercise Physiology, General Training Methodology and Sports Nutrition on "Basic Coaches Coaching Course, 2082". Ghorahi Dang, Lumbini Province 2025.
- Instructor of sports Biomechanics in *School Sports Teacher Course*, 2023. Kathmandu.
- Invited speaker in "Sports in Schools", 2023. Ktm.

- Instructor of Exercise physiology, General training and methodology of sports in "School Karate Teachers Training Course" 2023. Chitwan Nepal.
- Instructor of Exercise physiology, Sports injury and General training and methodology of sports in "School Sports Teacher Course", 2023. Rupandehi, Nepal.
- Speaker in "Gender Violence in Sport". Youth and Sports Ministry of Nepal, 2022.
- Speaker in "Interaction programme with national and international athletes", Youth and Sports Ministry, Nepal, 2022.
- Spanish Language Lecturer, Since 2022.
- Teaching profession. Humanities and Social Science Faculties, Master's in Sports Science programme, Tribhuvan University, since 2021.
- As a teacher of 'Exercise Physiology', 'Sports psychology', 'Menstruation cycle and sports performance' in "Sports Science Training Programme" for the junior athletes and coaches of football. 2021. National Sports Council.
- "Sports Psychology" in "Abhimukhikaran programme", National Sports Council. 2020.
- Coordinator of "Leisure Sports Program", National Sports Council, SAN.
- Spanish Language Translator. Rescue Medical Team from Cuba to Nepal, Kritipur 2019.
- Leaser Run Training, Coach, 2018.
- Leaser run instructor.
- Instructor of Women self-defence program.
- Event Manager- "SAN INDO T-20 Youth Cricket Championship, 2017".
- Instructor of Karate in Coaches Certification Course, National Sports Council, 2017.
- As a teacher of Sports Psychology, Sports Training methodology in Coaches Certification Course, National Sports Council, 2017.
- Coordinator of "Talent Identification and Development Program, 2016", National Sports Council.
- As a teacher of Sports Massage in "Elite Coaches Courses", 2015.
- General Secretary of "Student Council", 2012. EIEFD, CUBA.
- Sports Science classes (Sports Psychology, Sports Nutrition) for the athletes of "Youth Sports Education Program" ,National Sports Council of Nepal.
- Refresher Courses about "Sports Science" for the Elite coaches of National Team of Nepal
- Graduated 3<sup>rd</sup> DAN in Shotokan Karate, 2011.
- Graduated 3<sup>rd</sup> DAN in Shito-Ryu Karate, 2021.
- Graduated Black belt in Karate, 2003.
- Beginning as a athlete of Karate : 2052 BS
- Coaching experience in Karate: For karate athletes
- Participating as Referee and Judge in national and international tournament of Karate.

### **National and International Participation**

*Curriculum Vitae, Sulochana Sijakhwa*

- Study Visit on Sports Science, Japan Sports Council. **Japan** 2024.
- International Conference on Physical Education and Sports Science, Manipal. **As Invited Speaker**, 2023
- World Conference on Exercise Medicine, Hyderabad. **As Invited Speaker**, 2023.
- Singapore Youth Sports Pathway Conference. **Virtual participation**, 2023.
- Importance of Sports and Physical Activity in the schools, Kathmandu. Training Programme, **Invited Trainer**, 2023
- Japan High Performance Sports Symposium, 2023. **Participation**.
- Three day International Conference on "Emerging Trends of Physical Education and Sports Science", Manipur, India. **As an Invited Speaker**, "Challenges of women athletes in sports training during menstruation", 2022.
- International Conference on Sports Science. 13<sup>th</sup> International Congress in Sports Science" **As a speaker** on "Menstruation cycle and Sports Performance of female athletes". 2022. Iran.
- 'V International Conference', "Sustainability and Legacy in Sport: Challenges and perspectives". **As a Plenary Session Speaker** on "Health and recreational physical activity". November, 2021, Ukraine.
- International Conference 2021, Sport Reimagine: Thriving Amidst Challenges, October 2021. Sports Singapore. **As a plenary Speaker on Sports Biomechanics**.
- "Motivational Speech and Sport Management" in Women Junior Table Tennis Programme. October 2021 (**As an invited speaker**).
- "International Event on Yoga and Quality of life", 2020 (**As an invited speaker**), India.
- International Virtual Conference on Inclusion, Disability, and Sports, 2020 (Participation), India.
- Scientific International Conference on Physical Education and Allied Science 2020, Goa (**As an invited speaker**), India.
- 7<sup>th</sup> International Folklore Congress, 2019. **As a speaker** on Research paper on Cultural sports in Rai community, Nepal, Katmandu.
- National Folklore Congress, 2019. (Research paper on cultural sports in Nepal), (**As a speaker**), Katmandu.
- World Modern Pentathlon Coaches Conference, (Participation as coach) Manchester, England, 2018.
- Workshop program on "Role of youth, sports and cultural interventions" (Participation), 2018.
- 6<sup>th</sup> International Folklore Congress. **As a speaker** on Research paper on "Traditional Games in Nepal", 2018.
- National Folklore Congress. (**As a speaker**), 2018.
- International Conference of Sports Science and Sports Medicine (**As a Speaker on "Sports Biomechanics"**), 2017. Delhi, India.
- Annual Conference on Linguistics (**As a speaker**), Nepalese Linguistics Society, Kirtipur 2015.

- National Folklore Congress (**As a speaker on** Traditional games in Newar community) 2015.
- African International Forum of Sports for All, (**As a Speaker**) Cuba, 2012.
- AFIDE (**As a Speaker**), Habana, Cuba 2011.
- Scientific Forum of Physical Education and Sports, EIEFD, (**As a speaker**) Cuba, 2009.
- Forum of Bolivia, (**As a speaker**) Cuba, 2009.

### Published Articles

- "Barriers to delivery classes of Physical Education and Physical Activities in schools." 2024.
- "Important of Sports for Inmate". Annual report Publication. Central Jeal, Kathmandu 2024.
- "Challenges of women athletes in sports training during menstruation", 2022. Three day International Conference on "Emerging Trends of Physical Education and Sports Science", Manipur, India.
- "Sports: Home to International level", 2022. Smarika, Youth and sports Ministry, Nepal.
- "Sports Science and the Study of Finger of athletes", 2019. Sports Quarterly, National Sports Council (NSC).
- "Plan, Preparation and Progress for Athletes", 2018. Smarika (Magazine), National Sports Council.
- "Sports and Health", 2016. INDEPTH Magazine.

### **Current Research Area**

- Gender Violence in Sports
- Sports Psychology
- Barriers to conduct the Classes of Physical Education in School, Nepal.
- Physical Fitness
- Sport Injury
- Sports activities for community

### **Awards**

- INSO AWARDS, "**Best Project Award 2022**". International Scientist Awards 2022 on Engeneering, Science and Medicine.
- "**Nepal Bidhya Bhusan Award**" 2017, President: Bidhya Devi Bhandari.
- "**The Best Integral Student of the 9<sup>th</sup> Graduation Award 2013**". International School of Physical Education & Sports, Cuba 12<sup>th</sup> July 2013

### **Honor**

*Curriculum Vitae, Sulochana Sijakhwa*

- "Pasa Puchah Guthi UK, London." 2018
- "Nepal Bidhya Bhusan Award" 2017, President: Bidhya Devi Bhandari.
- The Best Integral Student of the 9<sup>th</sup> Graduation Award 2013, International School of Physical Education & Sports, Cuba 12<sup>th</sup> July 2013
- First in Distinction with Gold medal, 9<sup>th</sup> Graduation Award 2013, International School of Physical Education & Sports, Cuba 12<sup>th</sup> July 2013
- Farewell Speech in 9<sup>th</sup> Graduation as a best integral student of International School of Physical Education & Sports, Cuba 12<sup>th</sup> July 2013
- The Best Qualified Student Teacher for Bachelor's Degree in physical education and sports [2<sup>nd</sup> year – Rhythmic Education, Cuba], 2010.
- Gold Medal, 10<sup>th</sup> SAG Game, Colombo 2006.
- LG award, 2006.

#### Main Achievements in sports

S.N.	Medals	Level	Games	Events	Year
1.	Judge	International	Global Laser Run (Modern Pentathlon)	Laser Run (Shoot and Run)	2024
2.	<b>Silver</b>	National	National Pentathlon Championship	<b>Leaser Run</b> (Shoot and Run)	2023
3.	Judge	National	Laser Run on the occasion of Olympic day	Laser Run (Shoot and Run)	2022
4.	Participation	National	12 <sup>th</sup> Kathmandu Marathon	5 km.	2018
5.	Participation	National	10 <sup>th</sup> Kathmandu Marathon	5 km.	2016
6.	Silver	National	6 <sup>th</sup> National Karate Championship	Individual Kata	2014
7.	<b>Gold</b>	Cuban National Game	11 <sup>th</sup> University Karate Championship, CUBA	Individual Kata	2013
8.	Bronze	Cuban National	3 <sup>rd</sup> National Shito Ryu-Karate Championship	Individual Kata	2013
	Silver	International	1 <sup>st</sup> International Championship Union Mundial Shotokan Ryu Karate –Do	Individual Kata	2011
	Participation	International	MARHABANA, Cuba	21 km.	2008
9.	<b>Bronze</b>	International	<b>4<sup>th</sup> Cuban Olympic</b>	Individual Kata	2008
10	Participation	International	<b>4<sup>th</sup> Cuban Cup Competition</b>	Individual Kata	2007

11	Participation	International	Malaysia Nepal Karate Friendly Competition	Individual Kata	2006
12	Participation	International	Asian Karate Championship	Individual Kata	2006
13	<u>Participation, (semi-finalist)</u>	International	<b>15<sup>th</sup> Asian Games, Doha</b>	Individual Kata	2006
14	<b>Gold</b>	International	<b>10<sup>th</sup> SAG Game, Colombo</b>	Individual Kata	2006
15	Gold	National	6 <sup>th</sup> National Karate Championship	Individual Kata	2006
16	Gold	International	1 <sup>st</sup> All Karate Open International Championship	Team Kata	2005
17	Gold	National	2 <sup>nd</sup> Hiro Masa Tanaka Shito Ryu- Karate Senior Kata Championship	Individual Kata	2005
18	Gold	International	4 <sup>th</sup> "Okazaki Cup" South Asian Karate Championship	Team Kumite	2001
19	Silver	International	4 <sup>th</sup> "Okazaki Cup" South Asain Karate Championship	Individual Kumite	2001

### Professional Certification

- Level II Coach. UIPM 2024
- Karate Instructor
- Level II Coach. UIPM 2018
- Sport Psychology ( Certification course, SAI, NSNIS Patiala , India 2022)
- High Performance Leadership course, ELMS India, 2023.

### Involvement in International Organizations

- National Association of Physical Education and Sports Science (NAPESS), Overseas Life Member.
- International Federation of Physical Education and Sports Science Associations (IFPESSA), Professional member.
- Khel Uthan Parisad, Advisor.

### Involvement in National Organizations

- Sports Training, Fitness and Research Centre Nepal, **Founder.**
- International Association of Physical Education and Sports, Nepal Chapter, **General Secretary.**

- Sports Science Academy of Nepal, National Sports Council, senior **Sports Expert Officer**
- Tourism Infrastructure Development Council, **Member**.
- Nepal Seishin-Kai Karate-Do Federation, **Member**
- Nepal Modern Pentathlon Association, **Technical member**.

**Special Achievement Skill**

Year	Sports	Grade
2024 AD	Modern Pentathlon- Coaches Course, UIPM	Level- II Coach
2020 AD	Shito- Ryu Karate -DO	Third Dan
2019 AD	Athletics- National Referee and Judge Course	Level -I
2018 AD	Modern Pentathlon- Coaches Course, UIPM	Level- I Coach,
2016 AD	Karate Referee and Judge- Kata and Kumite	National
2010 AD	Shotokan Karate- Do	Third Dan

**Skills**

Languages: Fluency in speaking and written **English**,  
**Spanish**,  
**Nepali** and  
**Newari (Nepal Bhasa)**

Master in Ceremony (M.C): Formal and Informal Program

Dance: Cultural Dance

To the best of my knowledge, this CURRICULUM VITAE correctly describes me, my qualifications and experience.

Sulochana Sijakhwa  
**Signature**

Date  
20/02/2025



TRIBHUVAN UNIVERSITY  
**BISHWA BHASHA CAMPUS**  
(Campus of International Languages)  
Exhibition Road, Kathmandu, Nepal

CIL/TUF2/R.No: 841652  
Tel. 4226713, 4228916  
<http://www.bishwobhasa.edu.np>

Ref. 1029/075

Date:

09-10-2018

Translation  
Copied Copy Invalid Unless It Is  
Signed by the Original Owner

Certificate No.: 25/1188

(Logo)

### NEPAL BIDDHYABHUSHAN "C"

This Nepal Biddhyabhusan Medal of Grade "C" has been rewarded to you Ms. Sulochana Sijakhwa, Bhaktapur, for your scoring First position obtaining Grade point of the level of Distinctive grade at the Bachelor level from "The International School of Physical Education and Sports, Cuba in 2013 A. D.

We would like to impart our hearty congratulation to you, for your being awarded with Nepal Biddhyabhusan Medal of "C" grade. We would like to offer our best wishes that the Knowledge and Skill you have received be utilized in the activities for the welfare of the country, maintaining the dignity of this Medal desiring the best for the motherhood.

(Sd.)

Viddhyadevi Bhandari

The President

Nepal

Friday, September 08, 2017

Translated by:

Sushil Bhattarai  
Department of English Language  
October 09, 2018

Campus Chief  
**CAMPUS CHIEF**  
Campus of International Languages



✓

त्रिभुवन विश्वविद्यालय  
Tribhuvan University  
मानविकी तथा सामाजिकशास्त्र संकाय  
Faculty of Humanities and Social Sciences  
**खेलकुद विज्ञान स्नातकोत्तर कार्यक्रम**  
**Master's Programme in Sports Science**

Ref. No./ पत्र संख्या:

Date/ मिति: 2025 July 18

**Certification of experience of Ms. Sulochana Sijakhwa**

This is to certify that Ms. Sulochana Sijakhwa joined this programme as a teaching faculty in Course Contract since 17th November 2021 AD (1 Mangsir 2078 VS). She has been teaching Sports Sociology, Sports Bio-mechanics, Leisure and Recreational Sports and Research Methodology in Sports in different semesters of Master's level in Sports Science until the date.

I wish her a bright future.

Prof. Pashupati Adhikari  
Programme Coordinator



TRIBHUVAN UNIVERSITY

# BISHWA BHASHA CAMPUS

(Campus of International Languages)  
Exhibition Road, Kathmandu, Nepal

Tel.: 4226713, 4228916

<http://www.bishwobhasa.edu.np>

Ref.

Date: July, 18, 2025



## To Whom It May Concern

This is to certify that Ms. **Sulochana Sijakhwa** joined this programme as a part-time teaching faculty since 1<sup>st</sup> February 2024 AD ( 18 Magh 2080 VS ). She has been teaching Spanish Language and has been contributing in translation too in till date.

I wish her bright future.

Dr. Mahendra Kumar Budhathoki  
Campus Chief  
Campus of International Languages





“स्वास्थ्यका लागि खेलकुद, राष्ट्रका लागि खेलकुद”

# राष्ट्रिय खेलकुद परिषद्

प्रधान कार्यालय: त्रिपुरेश्वर, काठमाडौं, नेपाल

National Sports Council

Head Office: Tripureshwar, Kathmandu, Nepal

च.नं./Ref. No.: ९०/०८२

विभाग/शाखा  
Dept./ Sec.  
मिति/ Date:

17th July 2025

## Certification of Experience

This is to certify that Ms. Sulochana Sijakhwa has been working in National Sports Council (NSC) as a Sports Expert in Officer Level. She had joined the Council on 27th November 2006 AD (11th Mangsir 2063 VS) as a Coach in Karate. She was appointed as Sports Expert on 12th January 2014 AD (28th Poush 2070 VS). In the meantime, she was provided a government scholarship for attending an academic course at Bachelor's level on Physical Education and Sports Science in International School of Physical Education and Sports in Havana, Cuba, and she had stood as a Gold Medalist.

During the tenure of her work Ms. Sijakhwa has proved herself as a dedicated staff. She is one of the experienced personnel in administrative and managerial functioning of this council. She has also been serving as a trainer and coach generally in various aspects of sports and particularly Karate and Pentathlon in both theoretical and practical aspects. She has been designing the curricula for training, conducting the training in sports science, leading research in related areas incorporating athletes of national teams as well as grassroots in individual capacity and as a team member. She has also significantly supported to alleviate internal and external dynamics of this council in order to enhance international relations. Ms. Sijakhwa has been playing an active role in the development of modern-day Nepalese sports.

She has the strong academic background in Sports Science and Physical Education and Management as well. As she is a Gold Medalist in 10th SAG games in Karate in 2006 and she had participated also in the 15th Asian Games. She holds a Master's degree from Tribhuvan University.

She is a sincere, reliable, trustworthy, sociable, and a pleasant personality. She is always open to challenges of different dimensions. She has a genial temperament and can efficiently work in a team. I have found her very active in whatever task she is assigned. She is a confident, professionally sound, hard-working and a devoted staff. She has the motivation to take initiative as a pro-active human resource and intended to accomplish the tasks. As a direct supervisor to her work I am gratified that she has been helpful in the advancement of the National Sports Council of Nepal until the date.

I wish Ms. Sijakhwa a bright future!

Tanka Lal Ghising  
Member Secretary  
National Sports Council, Nepal



Tribhuvan  
University  
Office of the Controller, Of Examinations  
Baikhu, Kathmandu

## .Migrations Certificate

Serial No.: 174543

SULOCHANA SIJAKHWA

Student of the Khwopa College, Dekocha-5, Bhaktapur

T.U. Registered No. 7-2-408-67-2002 is informed  
that this university has no objection of his/her pursuing studies at any other  
university.

Date of birth: 2041-12-30 B.S.  
1985-04-12 A.D.

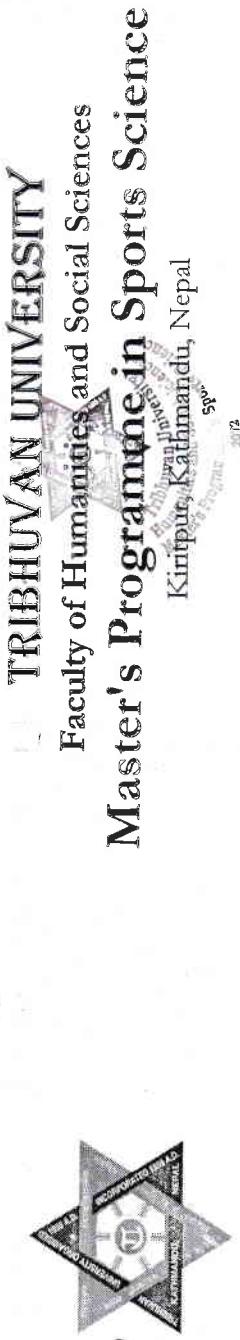
Kathmandu, Nepal

Date of issue: 2025-03-26

*J. Jhimire*  
Prepared by

*[Signature]*  
Controller

N.B.: The student had registered his/her name from above mentioned Campus



TRIBHUVAN UNIVERSITY

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal  
B.T.U. Building, Sector 1  
S.P.W.  
2072

## Character Certificate

This is to certify that Mr./Ms. Sulochana Sijalkhwa son/daughter of Mr./Mrs. Bishnu Bhakta Sijalkhwa has successfully completed Master of Arts (MA) in Sports Science from Tribhuvan University. She secured A Grade with 4.00 CGPA. She bears a good moral character. His/Her date of birth, according to the record of this Programme is BS 2041 / 12 / 30 AD 12 / 04 / 1985.

I wish him/her a bright future!

T.U. Regd. NO. : 7-2-408-67-2002  
Course Duration : 2 yrs (4 Semesters)  
Specialization : Sports Medicine  
Year of Completion : 2020  
Symbol No. : 284125  
Campus Roll No. : 10

Written by

Date of Issue: 2078-11-09 (02-21-2022)

Head of Department

# त्रिभुवन विश्वविद्यालय

## Tribhuvan University



कलाचार्य

सुलोचना सिजख्वा

विक्रम सम्वत् २०७८ को खेलकुद विज्ञान विषयको कलाचार्य परीक्षा अति  
उत्तम श्रेणीमा उत्तीर्ण भई स्नातकोत्तरोपाधिका निमित्त योग्य ठहरिएकाले  
निजलाई यस उपाधिद्वारा विभूषित गरिएको छ।

*Master of Arts*

*This is to certify that*  
**Sulochana Sijakhwa**

*having passed Master's Degree in Humanities and Social  
Sciences examinations in Sports Science in Very Good Division  
of the year 2021 A.D., this degree has been awarded on him/her.*

Kathmandu, Nepal

Date

09 December 2022



*Archer I. Ranal.*

Vice-Chancellor

S.N.

2620

An Undertaking of Bhaktapur Municipality

# KHWOPA COLLEGE



(Affiliated to Tribhuvan University)  
Dekocha, Bhaktapur-6, Nepal  
Estd. : 2001 (2058 B.S.)



## Character Certificate

TU Regd. No. : 7-2-408-67-2002

Name of Student : Sulochana Sijakhwa

Address : Bhaktapur Municipality-06, Bhaktapur

Date of Birth : 2041 . 12 . 30

Certified that the above named student, son/daughter of Bishnu Bhakta Sijakhwa, was a bonafide student of this college. He/She has successfully completed Master's/Bachelor's Degree Examination in Science/Management/Humanities held by Tribhuvan University in the Second division in the year 2073 B.S. (2016 A.D.) majoring in Finance.

To the best of my Knowledge he/she bears ..... Good moral character. I wish him/her success in every walk of life and his/her academic achievement may benefit the country and its people.

Symbol No. : 4080041

Issued Date : 2076-11-04

.....  
Prepared by

.....  
Checked by

.....  
Roopak Joshi  
Principal

Issue number

6HS302051

HS 0001449



# Tribhuvan University

Office of the Controller of Examinations

Kathmandu, Nepal



## Academic Transcript

Student's Name: **Sulochana Sijakhwa**T.U. Reg. No.: **7-2-408-67-2002**

Campus: University Campus, Kirtipur

Institute/Faculty: Humanities and Social Sciences

Examination: Master of Arts in Sports Science

Course Duration: 2 Years (Four Semesters)

Enrollment Year: **2018** Completion Year: **2020**

### FIRST SEMESTER ( Regular Roll No. & Year: 284125 / 2018 )

Code No.	Subject	Cr Hrs	GPA	Grade	Passed Year
SPS. 551	Introduction to Sports Science	3	3.30	B+	
SPS. 552	Sport Psychology	3	3.30	B+	
SPS. 553	Sports Sociology	3	3.30	B+	
SPS. 554	Sports Injuries and Physiotherapy	3	3.70	A-	
SPS. 555	Track and Field	3	3.70	A-	
SPS. 556	Volleyball	3	3.70	A-	

### SECOND SEMESTER ( Regular Roll No. & Year: 284125 / 2019 )

Code No.	Subject	Cr Hrs	GPA	Grade	Passed Year
SPS. 561	Biomechanics and Scientific Principles of Games and Sports	3	3.70	A-	
SPS. 562	Sports Training, Coaching Science and Officiating	3	3.70	A-	
SPS. 563A	Sport Medicine and Exercise Physiology I	3	3.70	A-	
SPS. 565	Health and Physical Fitness	3	3.70	A-	
SPS. 566	Ball Games (Foot ball or Basket ball)	3	4.00	A	

### THIRD SEMESTER ( Regular Roll No. & Year: 284125 / 2019 )

Code No.	Subject	Cr Hrs	GPA	Grade	Passed Year
SPS. 571	Research Methodology	3	3.70	A-	
SPS. 572A	Sport Medicine and Exercise Physiology II	3	3.70	A-	
SPS. 573	Field Games (Cricket or Taekwondo or Karate)	3	4.00	A	
SPS. 574	Test, Measurement and Kinanthropometry in Games and Sports	3	4.00	A	
SPS. 576	Racket Games (Table tennis or Badminton)	3	4.00	A	

### FOURTH SEMESTER ( Regular Roll No. & Year: 284125 / 2020 )

Code No.	Subject	Cr Hrs	GPA	Grade	Passed Year
SPS. 581	Thesis	6	4.00	A	
SPS. 582	Organization of Coaching Camps and Sport meet, Management in respective game	3	4.00	A	
SPS. 583	a. Leisure Sports	3	3.70	A-	
SPS. 584	National and International Organization of Sport	3	3.70	A-	

CGPA	<b>3.74</b>			
Final Grade	<b>A-</b>			
Remarks				
Passed Year	<b>2021</b>			
Semester	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>
SGPA	3.50	3.76	3.88	3.88
Grade	B+	A-	A-	A-

Total Credit Hours Earned: **63** S.D.: 16/07/2021 V.D.: 16/08/2021

First Semester		Second Semester		Third Semester		Fourth Semester	
Roll No	Year	Roll No	Year	Roll No	Year	Roll No	Year
284125	2018	284125	2019	284125	2019	284125	2020

24/12/2021

Date of Issue

Prepared by

Checked by

Checked by

Chief of Records Div.

Controller of Examinations



# Tribhuvan University

Office of the Controller of Examinations  
Kathmandu, Nepal



## Academic Transcript

Student's Name : SULIKA SIJAKHWA

Regd. # : 7-2-408-67-2002

Campus : Bhawpa College, Dekocha-5, Bhaktapur

Institute/Faculty : Management

Examination : Master's Degree In Business Studies

**Course Duration : 2 Academic Years**

Subjects appeared in the <i>First Year Examination</i>	Full Marks	Pass Marks	Marks Obtained	Remarks
Mac501 Res.Metho.& Stat.Methods(Asst)	20	08	20	
Mac501 Res.Metho.& Stat.Methods(Final)	80	32	46	
Eco503 Business Economics (Asst)	20	08	20	
Eco503 Business Economics (Final)	80	32	32	
Mgt504 Org.Beha.&Human Res.Mgmt(Asst)	20	08	20	
Mgt504 Org.Beha.&HumanRes.Mgmt(Final)	80	32	37	
Acc507 Mgmt Accounting (Asst)	10	04	10	
Acc507 Mgmt Accounting (Final)	40	16	21	
Fin508 Corp. Financial Mgmt(Asst)	10	04	10	
Fin508 Corp. Financial Mgmt(Final)	40	16	19	
Mkt509 Marketing Mgmt (Asst)	10	04	10	
Mkt509 Marketing Mgmt (Final)	40	16	19	
Total	450	180	264	
<b>GRAND TOTAL</b>	<b>1000</b>	<b>400</b>	<b>549</b>	

Subjects appeared in the <i>Second Year Examination</i>	Full Marks	Pass Marks	Marks Obtained	Remarks
MSC502 Prod.& Operations Mgmt(Asst)	20	08	8	SS
MSC502 Prod.& Operations Mgmt(Final)	80	32	38	SS
MGT505 Bus.Policy & Env.(Asst)	20	08	8	SS
MGT505 Bus.Policy & Env.(Final)	80	32	33	SS
MGT506 Entrepreneurship Dev.(Asst)	10	04	8	SS
MGT506 Entrepreneurship Dev.(Final)	40	16	18	SS
FIN632 Capital Structure Mgmt(Asst)	20	08	8	SS
FIN632 Capital Structure Mgmt(Final)	80	32	35	SS
FIN633 Investments (Asst)	20	08	8	SS
FIN633 Investments (Final)	80	32	36	SS
Thesis	100	40	85	
(S.D.28-08-2014) (V.D.29-08-2014)				
Total	550	220	285	
Programme starting year :	2005	Ending year :	2007	

<b>First Year</b>		<b>Second Year</b>	
Year	Roll Number	Year	Roll Number
2006	10267	2007	6669
		2012	4080023
		2014	4080041
		2016	4080041

Percentage :	54.90
Passed Division :	Second
Passed Year :	2016

Date of Issue 03/02/2020

Prepared by

Checked by

Chief of Records Div.

Controller of Examinations

NOTE : \* means the student has passed in the second attempt.

\*\* means the student has passed in more than two attempts.

# त्रिभुवन विश्वविद्यालय

## Tribhuvan University



### व्यवसाय अध्ययन शास्त्राचार्य

सुलोचना सिजख्वा विक्रम सम्वत् २०७३ को  
 व्यवसाय अध्ययन शास्त्राचार्य परीक्षा द्वितीय श्रेणीमा उत्तीर्ण भई  
 स्नातकोत्तरोपाधि का निमित्त योग्य ठहराएकाले निजलाई यस उपाधिद्वारा विभूषित गरिएको छ।

### Master of Business Studies

*This is to certify that Sulochana Sjakhwa having  
 passed Master's Degree in Business Studies  
 examination in Second Division of the year 2016 A.D.,  
 this degree has been awarded on him/her.*

Kathmandu, Nepal

Date

31 December 2018



A handwritten signature in black ink, which appears to read 'Aslal I. Raas.'.

Vice-Chancellor

Carretera Liberación Km. 1 ½  
y Calzada de Managua  
San José de Las Lajas  
Mayabeque, Cuba  
TEL.: 047-861212 Fax: 866079  
e-mail: mariarr@eiefd.co.cu



ESCUELA  
INTERNACIONAL  
DE EDUCACIÓN  
FÍSICA Y DEPORTE

SECRETARIA GENERAL

**Certifico:**

Que el estudiante: **Sulochana Sijakhwa**  
ha cursado y aprobado las asignaturas correspondientes al **Curso Preparatorio de Idioma Español**, con un total de 480 horas lectivas, durante el curso escolar 2007-2008,  
para cursar la carrera de **Licenciatura en Educación Física y Deporte**.

Y para que así conste, se expide la presente, a los 15 días del mes de junio de 2013,  
Año 55 de la Revolución.

MsC. María del Carmen Ruisánchez Regalado  
Secretaria General  
Escuela Internacional de Educación Física y Deporte  
Cuba

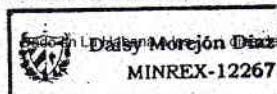


4-7-2013



República de Cuba  
Ministerio de Relaciones Exteriores  
DACCER

**CERTIFICO:** Que al parecer la firma que antecede del funcionario autorizante de este documento, es auténtica por la semejanza que guarda con la que obra en el registro y con la que él acostumbra a usar en sus actos oficiales.  
En fe de lo cual autorizo la presente con mi firma y el sello de este ministerio.  
Funcionario autorizado para certificar autenticaciones de firmas de documentos para surtir efectos legales en el exterior.



Clave: (5) Excelente, (4) Bien, (3) Regular y (2) Mala o de

Asentado en el Tomo 1 del Registro de Títulos de la  
Folio: VII Número: 0140

DADO, en Cuba, a los 15 días del mes de junio de 201

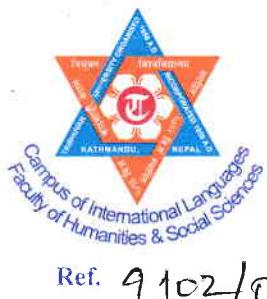
SOMOS EL

NO. DE ORDEN:	CUB1069213	DERECHOS EN MONEDA LOCAL:	36.00	DERECHOS EN DÓLARES:	36.00
SERVICIO EXTERIOR MEXICANO					
U					
<p>EL(LA) SUSCRITO(VA) CARLOS OMAR HERRERA MATÍAS, CÓNSUL DE LA SECCIÓN CONSULAR DE LA EMBAJADA DE MÉXICO EN CUBA CERTIFICA QUE EL(LA) FIRMA Y SELLO DE DAISY MOREJÓN DÍAZ PUESTO(A) EN EL(LA) CERTIFICACION DE ESTUDIOS TERMINADOS ADJUNTO(VA) EXPEDIDO(VA) POR EL(LA) MINISTERIO DE RELACIONES EXTERIORES DE LA REPÚBLICA DE CUBA A FAVOR DE SULOCHANNA SUAKHWA, COINCIDE CON EL QUE SE TIENE REGISTRADO(VA) EN ESTA OFICINA. --</p>					
LUGAR			A HARANA CUBA		
			FECHA		COPIA
				2	2004

**NOTA:** ESTA LEGALIZACIÓN NO PREJUZGA DE LA VALIDEZ DEL CONTENIDO DEL DOCUMENTO ANEXO.

EIGHT DIGITS

Censo Censal de la Sección Consular de la Embajada | ESTADÍSTICAS SOCIALES 2010



TRIBHUVAN UNIVERSITY

# BISHWA BHASHA CAMPUS

(Campus of International Languages)  
Exhibition Road, Kathmandu, Nepal

Tel.: 5326713, 5328916, 5358132  
<http://www.bishwobhasa.edu.np>

Ref. 9102/082

16 JUL 2025

Date:

Translation

Road Liberacion Km. 1 1/2

(Logo)

and Calzada of Managua

International School

GENERAL SECRETARY

San Jose of Las Lajas

of Physical Education

Mayabeque, Cuba

and Sports

TEL: 047-861212 Fax: 866079

e-mail: [mariarr@eiefd.co.cu](mailto:mariarr@eiefd.co.cu)

**Certify:**

That the student: **Sulochana Sijakhwa**

has completed and passed the **Spanish Language preparatory Course**, with a total of 480 hours of classes, during the academic year 2007-2008, to pursue a **Bachelor's degree in Physical Education and Sports**.

And for the record, issued this certification on June 15th, 2013, 55 Years of the Revolution.

MsC, Maria de Carmen Ruisanchez Regalado

(signed)

General Secretary

International School of Physical Education and Sports

Cuba

(Stamp)

Translated by:

Ramesh Shrestha

Spanish Language Teacher

Department of Spanish Studies

Campus Chief

Assistant Campus Chief



TRIBHUVAN UNIVERSITY  
**BISHWA BHASHA CAMPUS**  
(Campus of International Languages)

Exhibition Road, Kathmandu, Nepal

Tel: 4226713, 4228916  
<http://www.bishwobhasa.edu.np>

Ref. 3/6/074

Date: Aug. 9, 2017

Translation

(Logo)

Republic of Cuba

The International School of Physical Education and Sports

grant this

# DIPLOMA

to: *Sulochana Sijakhwa*

For having become

## MORE COMPREHENSIVE TOP STUDENT

In the Ninth Graduation Ceremony.

"You, no matter how many in your countries,  
become apostles of Physical Education and Sports;  
Struggle!"

Fidel

23-2-01

(Signed)

Julio Christian Jimenez Molina  
President of National Institute of Sports  
Physical Education and Recreation (INDER)

(Signed)

Barbara Tandron Negrin  
Rector of International School of  
Physical Education and Sports (EIEFD)

Mayabeque, July 12, 2013

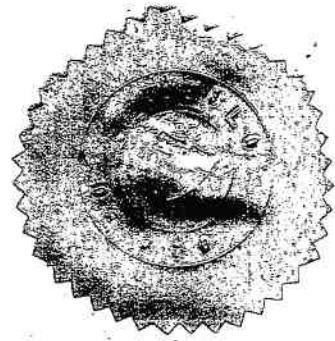
55 Year of Revolution

(Logo).

Translated by:

Ramesh Shrestha  
Spanish Language Teacher  
Department of Spanish Studies  
August 09, 2017

Asti Campus Chief  
**CAMPUS CHIEF**  
Campus of International Languages



El Rector  
de la Escuela Internacional  
de Educación Física y Deporte

*en uso de las facultades que le están conferidas  
expide el presente Título de:*

**Licenciado en Educación Física y Deporte**

*a favor de:*

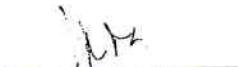
*Sulochana Dijakhwa*

*por haber cumplido los requisitos establecidos en el plan de estudios  
y realizado los ejercicios correspondientes para la conclusión de la  
carrera, el dia 4 , del mes de julio del año 2013.*

*En testimonio de lo cual, se suscribe en La Habana  
a los 4 días, del mes de julio del año 2013.*

  
\_\_\_\_\_  
Vicerrector Docente

  
\_\_\_\_\_  
Rector

Reprobado: 

Secretaría General



REPUBLIC OF CUBA

The Rector  
of the International School  
of Physical Education and Sports

by the authority vested in him awards this Degree of:

Bachelor of Physical Education and Sports

to

Sulochana Sijakhwa

in consideration of the fact that she/he has met the requirements established in the curriculum of the specialty and has fulfilled the relevant exercises for the completion of the degree course, on the 4<sup>th</sup> day of the month of July, 2013.

In witness whereof, this document is signed in the City of Havana, this 4<sup>th</sup> day of the month of July, 2013.

(Stamp: International School of Physical Education and Sports, Rector's Office)

(Signed)  
Academic Deputy Rector

(Signed)  
Rector

Countersigned:

(Signed)  
Registrar

Recorded in volume, 1 folio VII, number 0140 of the Registry of the International School of Physical Education and Sports.



Carretera Liberación Km. 1 ½  
y Calzada de Managua  
San José de Las Lajas  
Mayabeque, Cuba.  
TEL.:047-861212 Fax: 866079  
e-mail:marisir@eefd.co.cu



ESCUELA  
INTERNACIONAL  
DE EDUCACIÓN  
FÍSICA Y DEPORTE



SECRETARIA GENERAL

### Certificación de Notas

M.Sc. María del Carmen Ruizánchez Regalado, Secretaria de la Escuela Internacional de Educación Física y Deporte de la República de Cuba.

Certifico, que: **Sulochana Sijakhwa**

Cursó y aprobó las asignaturas que relaciono a continuación, para alcanzar el Título de Licenciado en Educación Física y Deporte:

Curso	Año	Asignatura	Evaluación
2008-2009	1ro	Español como Lengua Extranjera I	5
		Panorama Histórico de la Educación Física y el Deporte	5
		Informática Básica	4
		Morfología Funcional	5
		Gimnasia Básica	5
		Preparación Física	5
		Introducción a la Profesión I	4
		Español Lengua Extranjera II	5
		Fundamentos Filosóficos de la Educación Física y el Deporte	5
		Ánalisis de Datos	5
		Bioquímica del Ejercicio Físico	4
		Teoría y Práctica de los Juegos	5
		Atletismo	4
		Introducción a la Profesión II (Trabajo de Curso)	5
2009-2010	2do	Inglés I	5
		Sociología del Deporte	5
		Biomecánica	5
		Didáctica General	5
		Educación Rítmica	5
		Baloncesto	5
		Práctica de Introducción a la Educación Física	5
		Inglés II	5
		Fisiología	4
		Psicología	5
		Voleibol	5
		Fútbol	5
		Natación	5
		Práctica de Introducción al Deporte (Con Trabajo de Curso)	5
2010-2011	3ro	Metodología de la Investigación	5
		Primeros Auxilios	5
		Teoría y Metodología de la Educación Física	5
		Pesas Aplicadas	5
		Béisbol	5
		Curso Optativo de Combate: Judo	5
		Práctica Laboral Investigativa de la Educación Física I	5
		Control Físico Funcional	5
		Teoría y Metodología del Entrenamiento Deportivo	5
		Actos Masivos	5
		Balonmano	5
		Deporte Optativo I: Kárate Do	5
		Práctica Laboral Investigativa de la Educación Física II (Con Trabajo de Curso)	5



Curso	Año	Asignatura	Evaluación
2011-2012	4to	Dirección de la Educación Física y el Deporte	
		Masaje	5
		Actividad Física Adaptada	5
		Psicología Aplicada al Deporte	5
		Educación Física Preescolar	5
		Deporte Optativo II	5
		Práctica Laboral Investigativa de Deporte I	5
		Ajedrez	5
		Kinesioterapia	5
		Recreación	5
		Educación Física Comunitaria	5
		Ejercicio de Culminación de Estudios I	5
		Deporte Optativo III	5
		Práctica Laboral Investigativa de Deporte II (Con Trabajo de Curso)	5
Curso	Año	Asignatura	Evaluación
2012-2013	5to	Práctica Preprofesional I	5
		Ejercicio de Culminación de Estudios II (TTD)	5
		Práctica Preprofesional II	5
		Ejercicio de Culminación de Estudios III (TTD)	5
<b>Índice de aprovechamiento:</b>			4,92
<b>Deporte I, II y III: Kárate Do</b>			
<b>Bonificaciones al índice académico</b>			
Curso	Año	Actividad	Evaluación
2008-2009	1ro	Español como Lengua Extranjera	0,02
2008-2009	1ro	Preparación Física	0,04
2009-2010	2do	Inglés II	0,04
2009-2010	2do	Psicología	0,06
2009-2010	2do	Biomecánica	0,02
2009-2010	2do	Inglés I	0,02
2010-2011	3ro	IV Forum de África	0,08
2010-2011	3ro	VIII Coloquio Sociedad Cultural José Martí	0,01
2010-2011	3ro	Actividad Física y Salud	0,01
2010-2011	3ro	I Encuentro de la Unión Mundial Shokotán Kárate Do	0,01
2010-2011	3ro	Teoría y Metodología de la Educación Física	0,04
2010-2011	3ro	Primeros Auxilios	0,04
2010-2011	3ro	Deporte Optativo Judo	0,06
2010-2011	3ro	Actos Masivos	0,04
2011-2012	4to	CULFIS 2011	0,02
2011-2012	4to	Convención Mundial de Psicomotricidad	0,03
2011-2012	4to	V Forum de África	0,03
2011-2012	4to	Recreación	0,06
2011-2012	4to	Educación Física Comunitaria	0,06
2011-2012	4to	Kinesioterapia	0,02
2011-2012	4to	V Forum de África	0,02
2012-2013	5to	AFYS 2012	0,15
<b>Índice general de la carrera:</b>			5,80
<b>Asignaturas o Cursos Electivos:</b>			
Curso	Año	Actividad	Evaluación
2010-2011	3ro	Didáctica de la Educación Superior	5
2011-2012	4to	Turismo Deportivo de Naturaleza	5
<b>Defensa de Trabajo de Diploma: 5</b>			
Clave: (5) Excelente, (4) Bien, (3) Regular y (2) Mal o desaprobado			
<b>Asentado en el Tomo 1 del Registro de Títulos de la EIEFD en el</b>			
Folio: VII	Número: 0140		
<b>DADO, en Cuba, a los 15 días del mes de junio de 2013</b>			



SOMOS EL FUTURO DEL DEPORTE MUNDIAL



Carretera Liberación Km. 1 ½  
y Calzada de Managua  
San José de Las Lajas  
Mayabeque, Cuba  
TEL: 047-861212 Fax: 866079  
e-mail: mariarr@eiefd.co.cu



ESCUELA  
INTERNACIONAL  
DE EDUCACIÓN  
FÍSICA Y DEPORTE

SECRETARIA GENERAL

Certifico:

Que el estudiante: **Sulochana Sijakhwa**  
ha cursado y aprobado las asignaturas correspondientes al **Curso Preparatorio de Idioma Español**, con un total de 480 horas lectivas, durante el curso escolar 2007-2008,  
para cursar la carrera de **Licenciatura en Educación Física y Deporte**.

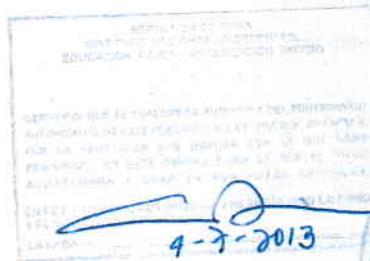
Y para que así conste, se expide la presente, a los 15 días del mes de junio de 2013,  
Año 55 de la Revolución.

MsC. María del Carmen Ruisánchez Regalado  
Secretaria General  
Escuela Internacional de Educación Física y Deporte  
Cuba



2011-2012	4"	Management of Physical Education and Sports Massage Adapted Physical Education Sports-applied Psychology Preschool Physical Education Optional Sports II





**EXENTO**  
Impuesto sobre Documentos  
Ley 113, Título VI, Artículo 220  
Ministerio Finanzas y Precios.



AA 561910

República de Cuba  
Ministerio de Relaciones Exteriores  
DACCER

CERTIFICO: Que al parecer la firma que antecede del funcionario autorizante de este documento, es auténtica por la semejanza que guarda con la que obra en el registro y con la que él acostumbra a usar en sus actos oficiales.  
En fe de lo cual autorizo la presente con mi firma y el sello de este ministerio.  
Funcionario autorizado para certificar autenticaciones de firmas de documentos para surtir efectos legales en el exterior.

Daisy Morejón Diaz  
MINREX-12267

04 JUL. 2013

DM

Clave: (5) Excelente, (4) Bien, (3) Regular y (2) Mala o desaprobado

Asentado en el Tomo 1 del Registro de Títulos de la EIEFD en el  
Folio: VII Número: 0140

DADO, en Cuba, a los 15 días del mes de junio de 2013



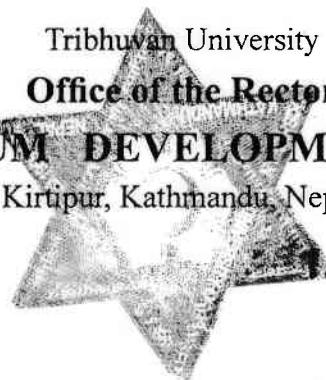
SOMOS EL FUTURO DEL DEPORTE MUNDIAL



Tribhuvan University  
Office of the Rector

## CURRICULUM DEVELOPMENT CENTRE

Kirtipur, Kathmandu, Nepal



Ref. No.: 1014

Date: 2074.04.32

Sulochana Sijakhwa  
Bhaktapur, Bagmati.  
Nepal.

Subject: Regarding Equivalence.

Dear Mr./Miss/Mrs.

In response to your application seeking equivalence certification on the degree you earned abroad, Tribhuvan University in consideration of its norms and criteria has awarded the equivalence recognition as mentioned below.

Follows: Particulars

Name of the Educational Institution	Qualification Obtained	Recognized Equivalence
The Rector of the International School of Physical Education and Sports, Republic of Cuba.	Bachelor of Physical Education and Sports.	Bachelor's Degree in Relevant Subject.

*8/1/2024  
80281832*

Matrika Prasad Koirala  
Chief  
Equivalence Section

Note:

1. The authenticity of the Mark sheets and Certificate of the respective student can be obtained from the respective Board. The academic equivalence is given only to the above mentioned Institution.
2. Relevant Subject refers to the subject mentioned on the degree certificate. Except Institute of Science & Technology and Institute of Engineering's Degree for open and distance education only.

Issue No 0095



# KHWOPA COLLEGE



Bhaktapur, Nepal

Estd. 2001 (2058 BS)

Affiliated to Tribhuvan University

## CHARACTER CERTIFICATE

TU Regd. No. : 7-2-408-67-2002

Name of Student : SULOCHANA SIJAKHWA

Address : Bhaktapur Municipality, Ward No.-05, Bhaktapur

Date of Birth : 2041.12.30

*Certified that the above named student, son / daughter of Bishnu Bhakta Sijakhwa was a bonafide student of this College. He / She has successfully completed Master's / Bachelor's Degree Examination in Science / Management / Humanities held by Tribhuvan University in the Second division in the year 2005 (2062 BS) majoring in Accounting.*

*To the best of my knowledge he / she bears a good moral character. I wish him / her success in every walk of life and may his / her academic achievement benefit the nation and its people.*

Prin...Bhak...

Date of Issue: 2062.08.12

Principal

S. No. 11422/44

Registered No.

7-2-408-67-2002

# त्रिभुवन विश्वविद्यालय

Tribhuvan University



## व्यवसाय अध्ययन शास्त्री

सुलोचना सिजख्वा

विक्रम सम्बत्

२०८२ को

व्यवसाय अध्ययन शास्त्री परीक्षा

द्वितीय श्रेणीमा उतीर्ण भई स्नातकोपाधिको निमित्त

योग्य ठहरिएकोले निजलाई यस उपाधिद्वारा विभूषित गरिएको छ।

## Bachelor's Degree In Business Studies

*This is to certify that*

*Sulochana Sijakhwa*

*having passed Bachelor's Degree examination in Business Studies  
in Second division of the year 2005 this degree has been awarded on  
him/her this day.*

Kathmandu, Nepal

Date

17 JAN 2014

  
Vice-Chancellor



# Tribhuvan University

Office of the Controller of Examinations

Kathmandu, Nepal

## Academic Transcript



Student's Name : SULOKANA SIJAKHWA

Regd. # : 7-2-406-67-2002

Campus : Khwopa College, Chaymashinga, Bhaktapur

Institute/Faculty : Management

Examination : Bachelor's Degree in Business Studies

Course Duration : 3 Academic Years

Subjects appeared in the <i>First Year Examination</i>	Full Marks	Pass Marks	Marks Obtained	Remarks
MGT.201: English	100	35	43	*
MGT.203: Economic Analysis	100	35	47	
MGT.202: Business Math. & Stat.	100	35	73	
MGT.213: Organizational Mgmt.	100	35	46	*
MGT.212: Cost & Mgmt. Accountancy	100	35	55	
<b>Total</b>	500	175.0	264	

Subjects appeared in the <i>Second Year Examination</i>	Full Marks	Pass Marks	Marks Obtained	Remarks
MGT.211: Acc.for Fin.Analyse & Plan.	100	35	45	
MGT.214: Fundamentals of Marketing	100	35	37	
MGT.215: Business Finance	100	35	40	
MGT.216: Found. of Human Res. Mgmt	100	35	42	
MGT.204: Legal Environ.of Business	100	35	40	
<b>Total</b>	500	175.0	204	

Subjects appeared in the <i>Third Year Examination</i>	Full Marks	Pass Marks	Marks Obtained	Remarks
MGT.311: Accounting for Business	100	35	54	
MGT.312: Taxation in Nepal	100	35	43	
MGT.407: Banking and Insurance Th. 75	75	25	36	
MGT.407: Banking and Insurance FW. 25	25	08	18	
MGT.321: Fin. Management	100	35	40	
<b>Total</b>	400	140.0	191	

<b>GRAND TOTAL</b>	1400	490.0	659
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Programme starting year : 2002		Ending year : 2005			
<b>First Year</b>		<b>Second Year</b>		<b>Third Year</b>	
Year	Roll Number	Year	Roll Number	Year	Roll Number
2003	15134	2004	10930	2005	8274
	15666				

Percentage : 47.07

Passed Division: Second

Passed Year : 2005

*Musho Jaisi* *Barma*  
Chief of Records Div. Controller of Examinations



S.N.- 240

# KHWOPA HIGHER SECONDARY SCHOOL

The logo is circular with a double-lined border. The outer ring contains the text "KHWOPA HIGHER SECONDARY SCHOOL" at the top and "BHAKTAPUR" at the bottom. The inner circle features a stylized mountain range at the base, a five-pointed star in the center, and a smaller mountain range above it. The date "ESTD. 1966" is positioned to the right of the inner circle.

An undertaking of Bhaktapur Municipality  
Chyamhasingha -1, Bhaktapur  
ESTD. 1999



## Character Certificate

This is to certify that Mr./Ms. Sujata K. Khwā ... son/daughter of Mr. Bishnu Bhakta Sujata ... a resident of Yachhen - S. Bkt. ..., was a bona fide student of this school. Hé/She has successfully passed the Higher Secondary Education Board (HSEB) Examination, Stream: Science/Management/Humanities held in 2017-18 (academic year 2017-18) with Second division. Hé/She bears a good moral character.

His/Her date of birth as per the school record is 20.04.1990. We wish his/her success in every walk of life and may his/her academic achievement benefit the nation and its people.

HSEB Registration No.: 582604244

Date 2021.08.12

Dinesh Pai Bhujji B  
.....  
Dinesh Pai Bhujji B

Dinesh Raj Bhuju, PhD  
Principal



## HIGHER SECONDARY EDUCATION BOARD

(NEPAL)

A030333

(Estd. under the Higher Secondary Education Act, 1989)

## Academic Transcript

Name of the Student: SULOCHANA SIJAKHWA

School:

KHINOPA H. S. SCHOOL CHYAMHASINGA, BHAKTAPUR

Date of Birth: 2041/12/30

Subjects	Full Marks	Pass Marks	Exam. Year 2058			Exam Year 20 59			Exam. Year 20			Exam. Year 20		
			Symbol No.			Symbol No.			Symbol No.			Symbol No.		
			XI 119592			XI			XI			XI		
			Marks Obtained		Total	Marks Obtained		Total	Marks Obtained		Total	Marks Obtained		Total
Grade XI														
CORE	English	100	35		40	40								
	Nepali	100	35		49	49								
ELECTIVES	800M	100	35		40	40								
	ACCOUNTANCY	100	35		68	68								
	ECONOMICS	100	35		52	52								
	Total	500				249								
Grade XII														
CORE	English	100	35				37		37					
	Nepali	100	35											
ELECTIVES	800M	100	35				45		45					
	ACCOUNTANCY	100	35				46		46					
	ECONOMICS	100	35				53		53					
	BUSINESS MATHEMATICS	100	35				47		47					
	Total	500							228					
	Grand Total	1000							477					

Written by :

Checked by :

Year of completion : 20 59 ( 2002 )

Date of Issue : 20 59/05/26

Percentage of aggregate marks secured in  
Grade XI and XII :

Division : 47.70

Second

Controller of Examinations

## Grading system:

75% and above - Distinction

60% and above - First division

45% and above - Second division

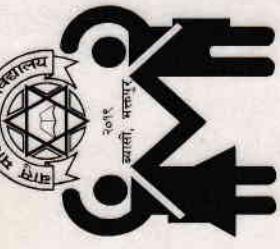
35% and above - Pass division

To pass the examination candidates must secure  
35% marks in theory and 40% marks in practical  
papers, separately.

SN: 046

Date:-2057/03/25

# Basu Secondary School



Yalachhen, Byasi

2019

## CHARACTER CERTIFICATE

To Whom it may Concern

*B Basu*

This is to certify that Miss. Sulochana Sijakhuwa daughter of Mr. Bishnu Bhakta Sijakhuwa a resident of Yachhen Bhaktapur was a student of this school and passed the S.L.C. Examination of 2056 B.S. in **First** division. Her moral character and activity while at school were satisfactory.

According to the register of this school, her date of birth is **2041/12/30**.

**Symbol No.: 0282726 "B"**

**Reg. No. : 5628028187**

*B Basu*

**Principal**



HIS MAJESTY'S GOVERNMENT OF NEPAL  
 MINISTRY OF EDUCATION & SPORTS  
 OFFICE OF THE CONTROLLER OF EXAMINATIONS

# School Leaving Certificate Examination

## MARK - SHEET

SULOCHANA SIJAKHWA

THE MARKS SECURED BY .....

DATE OF BIRTH ..... 2041/12/30

ROLL ..... BHAKTAPUR SYMBOL NO ..... 0282726 B

OF ..... BASU MA VI BYASI

IN THE ANNUAL S.L.C. EXAMINATION OF SAMBAT ..... 2056 ARE GIVEN BELOW

SERIAL NUMBER	SUBJECTS	FULL MARKS	PASS MARKS	MARKS OBTAINED IN		TOTAL	GRACE MARKS	REMARKS	
				General Subjects	Other Subjects				
01	COMP. ENGLISH	100	32	50		50			
02	COMP. NEPALI	100	32	62		62			
03	COMP. MATHEMATICS	100	32	87		87			
04	COMP. SCIENCE	100	32	54		54			
05	VOC. OFF.MGT & ACCOUNT	100	32	42	23	65			
06	OPT.I HEALTH EDUCATION	100	32	51		51			
07	OPT.II MATH & STATISTICS	100	32	70		70			
FULL MARKS	1ST DIV	2ND DIV	3RD DIV	GRAND TOTAL		439			
700	420	315	224	RESULT		FIRST			

1. F and an asterisk (\*) - Fail

2. A - Absent

3. W - Result withheld

4. C - Subject Cancelled

CHECKED BY -

SANOTHIMI, BHAKTAPUR, NEPAL  
 1 July 2000

Date -

CONTROLLER

10th  
SOUTH ASIAN  
GAMES  
COLOMBO 2006



Lanka

Awarded to

Sunita Shrestha

of

Nepal

for excellence in sport

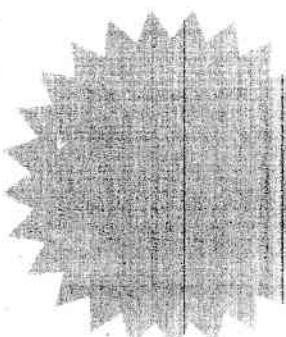
Karate

Event Female Individual Kata

Place First

Achievement

August 18 to 28, 2006



Hemasri Fernando  
President of the South Asian Games &  
National Olympic Committee of Sri Lanka  
#6, Colombo Organizing Committee

Prabhathmalie  
Secretary  
National Olympic Committee of Sri Lanka

Hemasri Fernando  
President of the South Asian Games &  
National Olympic Committee of Sri Lanka  
#6, Colombo Organizing Committee

Uda H.L. Silva  
Secretary General of the South Asian Games &  
National Olympic Committee of Sri Lanka



# UIPM

## 2018 COACHING CERTIFICATION



ON BEHALF OF THE UNION INTERNATIONALE DE PENTATHLON MODERNE  
(UIPM), WE HAVE THE HONOR AND PLEASURE TO PRESENT THIS

### LEVEL 1 COACH CERTIFICATE

TO Sulochana Bijakhwao

FULL NAME

Nepal

COUNTRY

Kathmandu - Nepal

LEVEL 1

**UIPM  
DEVELOPMENT  
COACH**

/ /

DATE OF BIRTH

DURING THE UIPM SEMINAR ORGANIZED IN

FROM 08 / 06 / 2018 TO 12 / 06 / 2018  
DATE

Kathmandu - Nepal

JANUSZ PECIAK  
UIPM SPORT DIRECTOR

CHRISTIAN ROUDAUT  
UIPM DEVELOPMENT INSTRUCTOR  
GROUP CHAIRMAN

THIS UIPM COACH CERTIFICATE  
WILL BE VALID UNTIL

**2021**

YEAR



## NEPAL KARATEDO FEDERATION

### Kumite Referee / Judge Examination

# Pass

The NKF Referee Commission wish to inform you that you have gained a qualification or a new qualification. This report was compiled from the examiner's recommendations.

Candidate's Name& Number

Sulochana Sijakhura 166

Country

Nepal - Bhaktapur

Present Qualification

J-A - Kumite

Theory Score

94

Your Score

77

For NKF - RC

Praveen



Date 25/08/2016



NEPAL KARATEDO FEDERATION  
Kata Judge Examination

# Pass

The NKF Referee Commission wish to inform you that you have gained a qualification or a new qualification. This report was compiled from the examiner's recommendations.

Candidate's Name& Number

Sulochana Sijakhwa - 20

Country

Nepal

Present Qualification

J. 'B' - Kata

Theory Score

96

Your Score

75

For NKF – RC

Praveen



Date

25/08/2016