



BHUTAN BODYBUILDING ASSOCIATION

Under the umbrella of
SOUTH ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

Sanction by
WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION



16th SOUTH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

30TH JUNE - 4TH JULY 2026

CLOCK TOWER, THIMPHU, KINGDOM OF BHUTAN

The 16th South Asian Bodybuilding and Physique Sports Championships, held in the Land of Happiness - Thimphu, Kingdom of Bhutan - was a great success with over 100 athletes participating.

Altogether, 7 countries took part: Afghanistan, Bhutan, India, Maldives, Nepal, Pakistan, and Sri Lanka.

India's Rahul Singh Chauhan won the overall title of Mr. South Asia 2026 and received USD 5,000 in prize money.

The event took place at the Clock Tower over 2 days, 2nd and 3rd July, with an audience of over 2,000 people. The championship was telecast live, and WBPF TV reported that over 20 million viewers enjoyed watching the event.

Credit goes to the Bhutan Bodybuilding Association, under the leadership of Mr. Sonam Maekay Penjor, and the Bhutan Olympic Committee for their hard work in promoting the sport.

For the first time in the history of bodybuilding and physique sports, the host country Bhutan fielded 36 participants.



TEAM MANAGERS & JUDGES MEETING

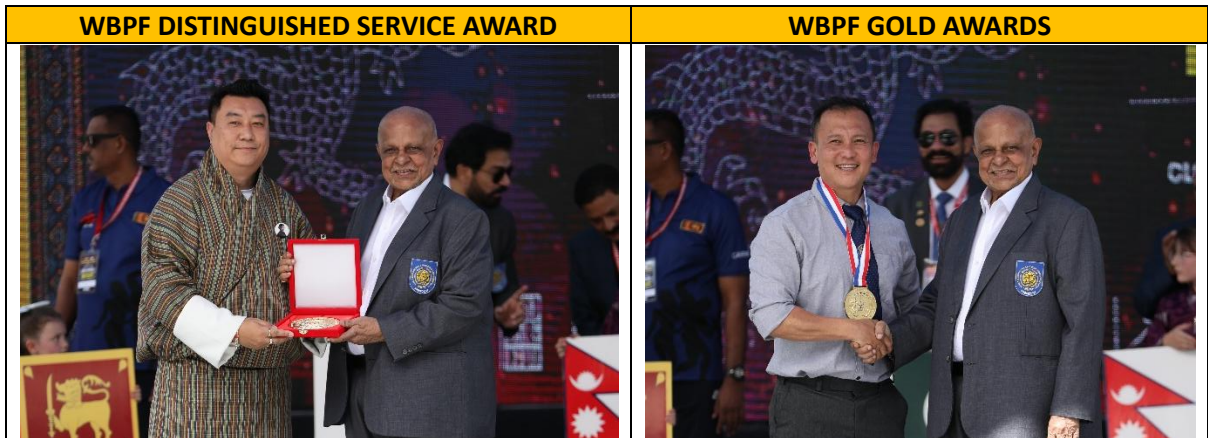


SABBF EXECUTIVE COUNCIL MEETING



OPENING CEREMONY





MEN'S JUNIOR BODYBUILDING OPEN



2	MAIWAND BABAKAR KHIL	AFGHANISTAN	1st
3	RIAZ RAHMAN EHSAN	AFGHANISTAN	2nd
6	DORJI GYELTSHEN	BHUTAN	3rd
7	AHMED RIZAN NIZAR	MALDIVES	4th
5	M.N. MOHOMMED FAZRIN	SRI LANKA	5th

SENIOR MEN'S BODYBUILDING UP TO 55 KG



10	RAMAMURTHY MURUGESAN	INDIA	1st
8	MILAN PRADHAN	BHUTAN	2nd
9	HARKA BDR. FEWALI MONGER	BHUTAN	3rd
7	AHMED RIZAN NIZAR	MALDIVES	4th
11	SONAM TOBGAY	BHUTAN	5th
18	PEMA DORJI	BHUTAN	6th

SENIOR MEN'S BODYBUILDING UP TO 60 KG



16	DAWA TASHI	BHUTAN	1st
12	DINESH BHIMRAO KAMBLE	INDIA	2nd
65	RINCHEN TASHI	BHUTAN	3rd
71	DORJI NORBU	BHUTAN	4th
23	ANIL KUMAR SUNAR	BHUTAN	5th
13	TANDIN WANGCHUK	BHUTAN	6th

SENIOR MEN'S BODYBUILDING UP TO 65 KG



17	RITESH SHARMA	INDIA	1st
15	RISHAB VASISTHA	INDIA	2nd
5	M.N. MOHOMMED FAZRIN	SRI LANKA	3rd

SENIOR MEN'S BODYBUILDING UP TO 70 KG



19	PRATAP KALKUNDRIKAR	INDIA	1st
22	AHMAD HABIBI	AFGHANISTAN	2nd
20	RAKESH KUMAR	INDIA	3rd
32	JIGME DUKPA	BHUTAN	4th

MEN'S ATHLETIC PHYSIQUE UP TO 160 CM + 2 KG



64	SANGAY DRAKPA	BHUTAN	1st
83	SONAM WANGCHUK	BHUTAN	2nd

MEN'S ATHLETIC PHYSIQUE UP TO 167CM + 4 KG



50	AZNEEN RASHAD	MALDIVES	1st
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52	ARUNACHALAM KANNAN	INDIA	2nd
49	BILAL JALILI	AFGHANISTAN	3rd
48	D.R.T. MADHUSHAN WIJEWARDHANA	SRI LANKA	4th
70	ROSHAN GURUNG	BHUTAN	5th

MEN'S ATHLETIC PHYSIQUE OVER 167 CM + 6 KG			
			
66	THINLEY DORJI	BHUTAN	1st
54	KHWAJA RAFI SEDIQI	AFGHANISTAN	2nd
53	WAJAHAT AHMAD	PAKISTAN	3rd
60	PRAKASH MANOHARAN	INDIA	4th
57	SHAILENDER YADAV	INDIA	5th
62	KENEILELIE SORU	INDIA	6th
51	MAWLADAD AHMADZAI	AFGHANISTAN	7th

WOMEN'S ATHLETIC PHYSIQUE (OPEN)			
			
87	CHRISTINE NITASHA LABROOY	SRI LANKA	1st
92	SITA KHATRI	NEPAL	2nd
86	KETAKI MANOHAR PATIL	INDIA	3rd
98	YESHI LHAM	BHUTAN	4th
101	BIBA MAYA GURUNG	BHUTAN	5th
108	TASHI PEMO	BHUTAN	6th

MEN'S SPORTS PHYSIQUE Up to 170 cm - 2 kg.



68	AKASH SHRESTHA	NEPAL	1st
61	AHMED NAEEM	MALDIVES	2nd
69	NEELESH KUMAR	INDIA	3rd
80	PHUB DORJI	BHUTAN	4th
58	INAZ YOOSUF	MALDIVES	5th
77	TANDIN GYELTSHEN	BHUTAN	6th
79	TANDIN WANGYEL	BHUTAN	7th
73	GENDUP LEPCHA	BHUTAN	8th

MEN'S SPORTS PHYSIQUE UP TO 175 CM - 0 KG



74	NASIBULLAH AZIMI	AFGHANISTAN	1st
72	ALI MABROOK LATHEEF	MALDIVES	2nd
94	SUMIT RAI	BHUTAN	3rd
78	IBRAHIM SHIVA AH	MALDIVES	4th
76	NORBU TSHERING BHUTIA	INDIA	5th
75	ABHIK DAS	INDIA	6th
88	SONAM THINLEY	BHUTAN	7th

MEN'S SPORTS PHYSIQUE OVER 175 CM + 2 KG



89	BILAL AHMED	PAKISTAN	1st
90	UGYEN TASHI	BHUTAN	2nd
81	PUKAR SHAKYA	NEPAL	3rd
82	AMHAD SHUJA MOHAMMADI	AFGHANISTAN	4th
100	YESHEY DORJI	BHUTAN	5th
85	ESMATULLAH OMARI	AFGHANISTAN	6th
91	SANAULLAH BURHANI	AFGHANISTAN	7th
93	MANI KUMAR GURUNG	BHUTAN	8th
102	SUBHAM CHHETRI	BHUTAN	9th

SENIOR MEN'S BODYBUILDING UP TO 75 KG



35	MAHALAL RAJ	BHUTAN	1st
27	ABHISHEK GUPTA	INDIA	2nd
24	ADITYA RAJ	INDIA	3rd
25	FARAMOZ AKRAM ZADA	AFGHANISTAN	4th
26	DEEP JUNG ROKA MAGAR	NEPAL	5th
33	SONAM PHUNTSHO	BHUTAN	6th
34	JOHNNY JOAQUIM D'SOUZA	INDIA	7th
42	YESHI PHUNTSHO	BHUTAN	8th
28	AMIT MARUTI MENSE	INDIA	9th

SENIOR MEN'S BODYBUILDING UP TO 80 KG



30	SAGENDRA SINGH	NEPAL	1st
38	PRASHANT KHANNUKAR	INDIA	2nd
29	HIKMATULLAH ULOMI	AFGHANISTAN	3rd
56	CHETEN ZANGPO	BHUTAN	4th

SENIOR MEN'S BODYBUILDING UP TO 85 KG



46	RAHUL SINGH CHAUHAN	INDIA	1st
120	SARVANAN MANI	INDIA	2nd
40	JAWAD MIRZAEI	AFGHANISTAN	3rd
47	SUJAN BHIKAJI PILANKAR	INDIA	4th
44	SAGAR SHRESTHA	NEPAL	5th
43	JAWAD AHMAD	PAKISTAN	6th

SENIOR MEN'S BODYBUILDING OVER 85 KG



36	MAHMOOD MATEEN	AFGHANISTAN	1st
41	KARTHIKESWAR RAVIKUMAR	INDIA	2nd
37	MOHAMMAD ALI HASSANI	AFGHANISTAN	3rd
39	BITTU SAHA	INDIA	4th

WOMEN'S MODEL PHYSIQUE UP TO 155 CM



104	LILY HASHNU	INDIA	1st
106	RITA NAG	INDIA	2nd
109	CHOKI WANGMO	BHUTAN	3rd
107	SANGAY LHAM	BHUTAN	4th
112	MEERAMATHI VEPALOODAI CHELLADURAI	INDIA	5th

WOMEN'S MODEL PHYSIQUE OVER 155 CM



96	ARPANA GURUNG	INDIA	1st
99	BINU GT	NEPAL	2nd
113	UGYEN PEMA	BHUTAN	3rd
103	KINLEY WANGMO	BHUTAN	4th

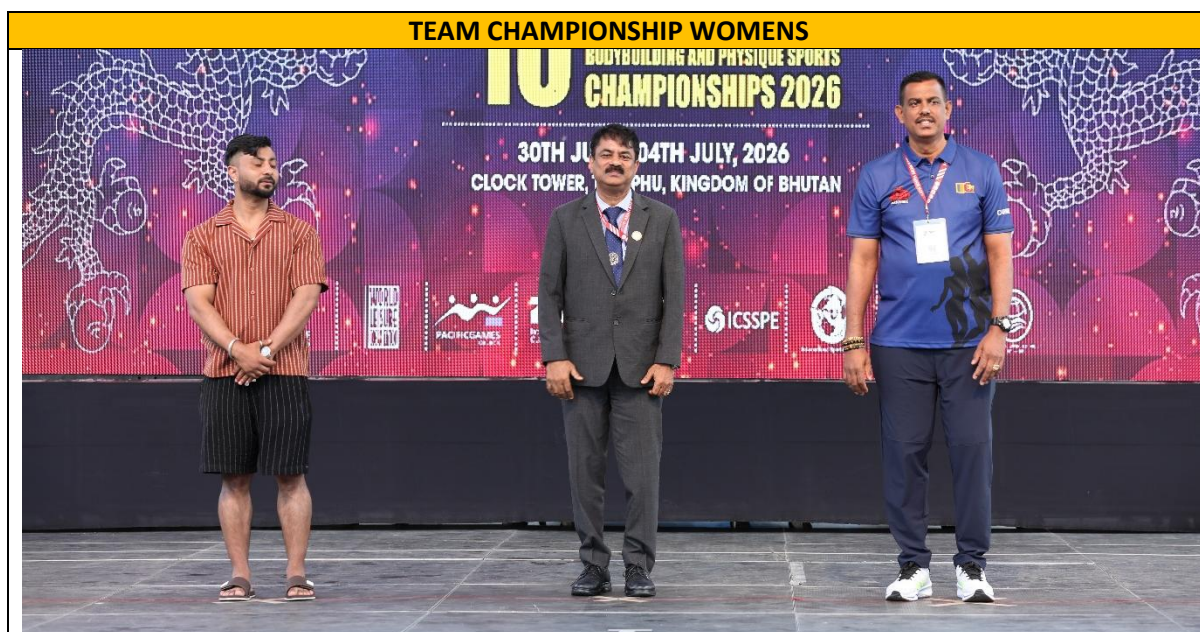
WOMEN'S SWIMSUIT PHYSIQUE (OPEN)



99	BINU GT	NEPAL	1st
96	ARPANA GURUNG	INDIA	2nd
113	UGYEN PEMA	BHUTAN	3rd
109	CHOKI WANGMO	BHUTAN	4th
104	LILY HASHNU	INDIA	5th
106	RITA NAG	INDIA	6th
103	KINZANG CHODEN	BHUTAN	7th
107	SANGAY LHAM	BHUTAN	8th
112	MEERAMATHI VEPALOODAI CHELLADURAI	INDIA	9th

MIXED PAIRS			
			
114	CHRISTINE NITASHA LABROOY	SRI LANKA	1st
	M.N. MOHOMMED FAZRIN		
97	RITA NAG	INDIA	2nd
	ABHISHEK GUPTA		
110	CHOKI WANGMO	BHUTAN	3rd
	JIGME DUKPA		
111	ARPANA GURUNG	INDIA	4th
	NORBU TSHERING BHUTIA		
115	KETAKI MANOHAR PATIL	INDIA	5th
	PRAKASH MANOHARAN		
105	BIBA MAYA GURUNG	BHUTAN	6th
	SONAM PHUNTSHO		

TEAM CHAMPIONSHIP MENS		
		
INDIA	475 POINTS	1st
BHUTAN	375 POINTS	2nd
AFGHANISTAN	300 POINTS	3rd



INDIA	186 POINTS	1st
NEPAL	110 POINTS	2nd
SRI LANKA	60 POINTS	3rd

