

Women *in* MOTORSPORTS

Idea Workshop

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WOMEN IN MOTORSPORTS: A DYNAMIC DIMENSION IN NEPAL

Motorsports combine speed, skill, and strategy, requiring high levels of discipline, teamwork, and mental focus. Beyond competition, motorsports place strong emphasis on safety, supported by trained officials, marshals, and internationally recognized regulations.

They also play an important role in promoting road safety awareness and responsible driving in society. From rally to touring events, motorsports test precision, courage, and preparation while bringing together a global community driven by passion, innovation, and respect.

Women in motorsports are breaking barriers and reshaping the sport through skill, leadership, and determination. They contribute as drivers, officials, marshals, engineers, and administrators, proving that talent not gender defines success in motorsports.

Their growing presence strengthens safety culture, decision-making, and inclusivity while inspiring the next generation of girls to pursue careers in the sport. By supporting women's participation and leadership in motorsports, the industry moves closer to true equality, innovation, and sustainable growth worldwide.

Nepal, as a developing country rich in sports culture, is witnessing a growing craze among the younger generation, including women, to engage in sports as a platform for leadership, empowerment, and skill development.

Sports in Nepal are no longer limited to competition alone; they are becoming powerful tools to nurture talent, build confidence, and create opportunities for women to take on leadership roles. This rising participation reflects a positive shift toward inclusivity, empowerment, and the development of skills that contribute to both personal growth and national progress.

NASA Nepal is the national governing body for motorsports in Nepal, affiliated with the FIA and FIM and registered under the National Sports Council (NSC) Nepal. It is dedicated to the development of motorsports and motorcycling sports, while also promoting drive tourism, road safety, and watersports across the country.

NASA Nepal has always placed women in high priorities incorporating one third women in EXCO, NASA Nepal has a special Women's Commission that is led by women and actively conducts Women focused special campaigns and the activities led are Power to power steering, Race Naari, Specific categories of women in big events, F1 in schools female focused program, Girls on the track and so on.

Notably, NASA Nepal made history by launching its first-ever motorsports event featuring women's motorcycle racing. Since then, many women-specific events have been organized, significantly enhancing women's morale and confidence, and fostering empowerment and leadership skills within women's sports in Nepal.

The international federations FIM and FIA have admired NASA Nepal for its unwavering efforts in developing motorsports in Nepal and have honored it with prestigious awards in the 'Women in Motoring' campaign and the 'Girls on the Track' global participation initiative, respectively.

Recently, NASA Nepal celebrated women in motorsports by organizing its first-ever idea workshop, specially designed to incorporate women racers and riders.

The prime objective of workshop was to celebrate their motorsports journeys while providing a platform to share insights, views, and personal experiences. And also uniformity in understanding Motorsports and Idea sharing, to learn about our achievements, challenges and opportunities, preparation of calender outlining upcoming plans, and regulations and remembering the glorious past and significant events.

Many potential riders from across the country, along with special guests, attended the program, making it both remarkable and highly productive. Altogether, the workshop brought together a total of 36 participants, including NASA Nepal officials, reflecting a strong commitment to encouraging women's participation, empowerment, and leadership in motorsports.

Most of the participants, along with some potential guests, extended their best wishes and shared their insights on the importance of women's participation in motorsports.

They expressed strong support for female racers and riders, highlighting the

growing role of women in the sport and encouraging greater opportunities, recognition, and leadership for women in motorsports.

We heard some impactful words from the distinguished guest and the participants:



Mr. Deepak Lama, Member Secretary of the Bagmati Province Sports Development Council, while extending his best wishes and congratulating the organizers, emphasized the need for greater women's participation in motorsports to promote empowerment and leadership in society. He further added, "It is an exemplary program set by NASA NEPAL for other sports organization as well".

Ms. Sareeta Shri Gyawali, a media professional and an inspiring personality, congratulated all the dedicated motorsports racers and drivers. She expressed her excitement at seeing women courageously break societal stereotypes and actively participate in adventurous sports. She also assured, "Her support and availability will always be there for the growth and development of women in motorsports."



Ms. Pragya Adhikari, Member of NASA Nepal, conveyed her best wishes to all the participants during the program and shared valuable insights on women's involvement in motorsports. She emphasized, "The need to provide more opportunities and platforms to learn from and hear the voices of motorsports enthusiasts."

Ms. Nita Korhonen, FMN/CONU Liaison Director, in her video message expressed her gratitude to NASA Nepal for actively promoting women in motorsports and for providing platforms that encourage their participation. She highlighted that motorsports is an inclusive sport where anyone can pursue their passion and invest in the field. She further emphasized that, "team work and support for each other are essential for achieving success in motorsports."



Ms. Amanda Ying, Head of FIA Asia Pacific & Volunteers & Officials Working Group, in her video message expressed her pleasure in welcoming all participants to the Women in Motorsports workshop organized by NASA Nepal. She added that motorsports is a field of passion and beauty, offering endless opportunities. She further encouraged, "participants to be mindful when choosing any field of interest and to focus on building their potential."



Ms. Yanika Yu, FIM Women's Commission Director, in her video message encouraged all participants of the Women in Motorsports Idea Sharing Workshop to pursue their passion in motorsports and to take part in any role be it as a driver, racer, or technician. She also highlighted, "the comprehensive FIM Future Leadership Program 2025, launched by FIM, which aims to foster leadership, boost confidence, and shape the future of motorsports globally"t.





Ms. Rabita Basukala, a hospitality consultant and trainer, expressed her views on how women are taking risks and challenging societal norms to gain recognition and a prominent identity in a diverse and opinionated society. She further highlighted, “the urgent need for well-developed infrastructure and adequate facilities to foster growth and boost women’s confidence and engagement in motorsports”.

Ms. Rajya Laxmi Shah, winner of the Toyota Women’s Motor-Rally 2024, described herself as a dedicated and passionate female motorsports driver. A multi-dimensional personality, she shared her journey into motorsports and expressed her excitement about continuing to pursue her passion. Extending heartfelt wishes for the success of the program and congratulating all participants, she emphasized, “the need for more such opportunities to engage motorsports enthusiasts and help them develop their careers in the sector.”



Ms. Santoshi Shrestha, an Olympian and athletics gold medalist, a dynamic young sportsperson, expressed her joy at witnessing the growing involvement of women in Nepali motorsports. As a female athlete, she shared how challenging her journey was to establish herself in the sporting field. She stated, “I am a living example that nothing is impossible if we stay focused on our work and live our passion to achieve the goals we dream of.”

Dr. Renu Gurung, President of NASP, delivered a heartwarming speech encouraging and motivating women who struggle to pursue their dreams and achieve their goals. She also extended her best wishes to all the motorsports drivers for their courageous step forward. She further highlighted, "how such platforms help shape the future of promising motorsports drivers." Her incredible insights were truly commendable.



Ms. Bipashna Tamang, a motorsports driver who has represented Nepal in international motorsports events, shared her incredible experiences from her journey as a driver, highlighting both the challenges and advantages of the sport. She also pointed out some drawbacks of motorsports in Nepal and emphasized the areas that need improvement. She stressed, "the need for proper infrastructure and the availability of necessary gear, gadgets, and equipment". She further expressed her gratitude to NASA Nepal for providing her with the opportunity to participate in international events.



Ms. Sampanna Shrestha, Consultant at WICS, extended her best wishes and expressed gratitude to NASA Nepal for consistently prioritizing women in its initiatives. She highlighted the harsh realities faced by women in a male-dominated society, including manipulation, abuse, and exploitation, even through cyber-related crimes. She emphasized, "that initiatives like those led by NASA Nepal create a safe and empowering platform for women to come forward, demonstrate their capabilities, and establish their rightful place in society."





Ms. Heera Bohra, an entrepreneur from Sudurpaschim, extended her best wishes to all the workshop participants and congratulated the brave women for their courage in joining motorsports and proving their worth. She assured, “the organizers of her full support and expressed her willingness to provide any assistance necessary to support the growth and advancement of motorsports enthusiasts.”

Ms. Kamala Chettri, Coordinator Tourism & Outreach, delivered a comprehensive presentation introducing NASA Nepal, its affiliated federations, upcoming plans, and the formulation of calendars. She emphasized the importance of uniform understanding of motorsports, idea sharing, and the preparation of calendars outlining future activities and regulations. She further shared her experience as a country representative in the FIM Future Leaders Program 2025 and highlighted, “the scope and potential of motorsports in Nepal.”



Mr. Govinda Raj Nepal, a sport journalist online khabar.com whose presence graced the program, extended his best wishes to all the wonderful participants and congratulated NASA Nepal for organizing such an impactful initiative. He emphasized, “such exposure supports women in enhancing their self-esteem, self-empowerment, and leadership growth”. According to him Nepali motorsports are nurturing courageous, skilled, and sharp athletes and leaders in the country.



Mr. Govinda Prasad Bhattarai, Executive Director and moderator of the workshop, highlighted several significant topics related to motorsports, including women's participation in the field and the growing international interest and support for women's engagement in motorsports.

Similarly, motorsports participants Nitika Gajurel, Sunidhi Rai, and Teesa Joshi raised their voices by sharing their journeys, experiences, and challenges in the field. Meanwhile, **NASA Nepal officials Kiran Dhital and Ankit Bhandari** highlighted participant feedback and emphasized the significance of social media and branding in motorsports, respectively.

Samikshya Nepal, Asmita Bagale, Piyush Gajurel, Sunidhi Rai, Ojashwi Niraula, Kritika Sainju, Alisha Shah, Nangsa Lama, Sabina Kawan, Smita Shah, Regan Koirala, Digita Shrestha, Buddha J. Gurung, Sumitra Luitel, Menuka Sharma Adhikari, Sujata Shrestha, Smita Shah and Rita Acharya were among the participants from diverse backgrounds who actively participated throughout the program.

Mr. Dasarath Risal, President of NASA Nepal, chaired the program and spoke about policymaking, reforms, and improvements in motorsports, emphasizing their effective implementation for the growth and development of the sport in Nepal. Extending his best wishes to all participating motorsports enthusiasts, racers, and drivers, he assured that, "NASA Nepal will support and facilitate them whenever required".



To promote women in motorsports and enhance the growth and development of the sport in Nepal, a seven-member team has been formed, comprising

1. Bipashna Tamang
2. Kamana Magar
3. Rabita Baskula
4. Dr. Sumi Malla
5. Sampanna Shrestha
6. Sunidhi Shrestha
7. Sonsy Shrestha

This team will work to create more:

- Opportunities
- Encourage greater involvement
- Support the overall development of motorsports

This women-focused idea-sharing workshop is part of the monthly programs conducted by Motoring Academy in association with NASA Nepal. It provides a platform to share overall developments in the automobile sector, as well as knowledge, ideas, and skills.

Conclusion:

In today's world, sports have emerged as one of the most powerful platforms for women's empowerment, growth, and identity. Among them, adventure sports play an even more significant role in empowering women and girls worldwide. Such sports not only provide recognition but also help women build skills, enhance public visibility, develop leadership qualities, and become role models for their families, communities, and the nation. Women-focused programs and activities in sports therefore play a vital role in fostering confidence, capability, and long-term empowerment.



NASA Nepal, in association with the FIA and FIM, has been consistently working for a long time to promote the growth, sustainability, recognition, and leadership of women in motorsports. The workshop has laid a strong foundation by defining its direction, supporting the formation of a dedicated sports team, outlining an activity timeline, and delivering a clear message for women's development and identification in the field of motorsports.

Congratulations

We proudly welcome you to the grid.



Ms. Bipashna Tamang



Ms. Kamana Magar



Ms. Rabita Basukala



Ms. Sampanna Shrestha



Dr. Sumi Malla



Ms. Sunidhi Rai



Ms. Sonsy Shrestha

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