



BHUTAN BODYBUILDING ASSOCIATION

"Happiness Through Health & Fitness"



BBA/2026/71

29th November 2025

To,
The Members
South Asian Bodybuilding and Physique Sports Federation

Subject: Invitation to the 16th South Asian Bodybuilding and Physique Sports Championships 2026

Dear Members,

On behalf of the Bhutan Bodybuilding Association, it is with great pleasure that I extend an official invitation to your esteemed National Federation to participate in full strength in the 16th South Asian Bodybuilding & Physique Sports Championship, scheduled to be held from 30th June to 4th July 2026 in Thimphu, Bhutan.

This prestigious event has received the full support of the South Asian Bodybuilding and Physique Sports Federation and is officially sanctioned by the World Bodybuilding and Physique Sports Federation (WBPF). We are also deeply honored to have the blessings and support of the Bhutan Olympic Committee, ensuring that this will be a world-class sporting experience in the heart of the Himalayas.

We would like to take this opportunity to express our heartfelt gratitude to Datuk Paul Chua, President of WBPF, for his tireless efforts in confirming this championship and for his unwavering commitment to the growth and success of bodybuilding and physique sports across the South Asian region. His dedication continues to inspire and strengthen our community.

In honor of His Majesty the Fourth King, Jigme Singye Wangchuck's 70th birthday, I am proud to announce that, as the President of the Bhutan Bodybuilding Association, I will award a USD 5,000 cash prize and a specially designed trophy to the Overall Winner of the 16th South Asian Championship. This prestigious award will serve as a tribute to His Majesty's exceptional leadership and remarkable contributions to both Bhutan and the region.

This championship will be an extraordinary opportunity to showcase the exceptional talent and dedication of our athletes on an international stage. We are confident that the warm hospitality of Bhutan, along with the spirit of sportsmanship, will make this event an unforgettable experience for all.

We eagerly look forward to welcoming all member nations and witnessing outstanding performances in Thimphu, the Kingdom of Bhutan.

Thank you and best regards,

Dr. Sonam Maekay Penjor
President, Bhutan Bodybuilding Association

**PRESIDENT
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Registered under Bhutan Olympic Committee, Thimphu: Bhutan