**21st November, 2021**

**Press Release**

Healthy citizens are backbone of a prosperous nation. Availability and access to balanced food is important for this. Unfortunately, a large proportion of population from developing countries including Nepal do not have access to balanced food.

Specifically, low proportion of protein rich foods such as milk, meat, eggs and legumes in the daily diet has resulted in malnutrition of millions of Nepalese including problem of stunting in nearly 40% of kids below 5 years of age.

Apart from the economic reason, lack of awareness regarding the balanced feed and importance of protein are primary reasons for low consumption of protein in Nepal.

Given these circumstances, Nepal Veterinary Association is organizing a "Run for Protein" half marathon and several other categories of race with an objective to increase awareness on the importance of protein in the daily diet and to advocate the concept of "Right to Protein".

The program has been scheduled for 3rd Paush (18 December 2021) at 7.00 am and will start and end at the Dasharath Stadium, Tripureshwor. It is expected that around 2000 people will participate in the race.

In this competition, there are different race categories including open half marathon (separately for Male and Female), 10 km (Male), 5 km (Female), 5 km (Male) and 3 km (Female) for school students up to grade 12. Besides, there is an open wheel chair race for differently abled citizens.

The total amount of the cash prize is worth NRs 10.5 lakhs. The winner of the half marathon will be awarded with a cash prize of NRs. 1 lakh while top 5 winners will also be awarded with cash prizes. Certificate and medals will be provided to all who completes race in their respective categories.

Various organizations including Nepal Feed Industries Association (NFIA), Nepal Veterinary Chemist and Druggist Association (NVCDA) and Nepal Egg Producer's Association are supporting partners. Nepal Athletics Association has certified the event and will also provide technical support. The event is being promoted by the USSEC.

Registration for the event can be done online paying a nominal fee of NRs 200 through e-sewa portal or fonepay services. Participants will receive free t-shirt and refreshment. Registration can also be done through the official page of the event [www.runforprotein.com.np](http://www.runforprotein.com.np)



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