



UOC PEDIA

—Monthly Insights—

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Mental Health Awareness

The Uganda Olympic Committee hosted a Mental health Awareness Webinar on the 28 May 2025. This brought together mental health specialists and athletes with key issues discussed as; Factors that influence mental Health, Benefits of mental health, the effects of Mental Health, the causes and lastly why it is important to advocate for mental health awareness. The Key main speakers were Ms. Lydia Murungi, Dr. Rosco Kasujja, Ms. Gloria Linda Muzigo, Mr. Micheal Wokorach and moderated by Mr. Edgar Kazibwe.



A message Dr. Donald Rukare,
President UOC.

As we observe Mental Health Awareness Month, I want to emphasize the importance of mental well-being in our sports community. At the Uganda Olympic Committee, we recognize that mental health is just as crucial as physical health for our athletes, staff, and stakeholders. A supportive environment can make all the difference in promoting positive mental health practices. As President of the Uganda Olympic Committee, I'm committed to fostering a culture of care and understanding within our organization and the broader sports community. We can promote mental health by encouraging open conversations, providing resources for stress management, and recognizing the strengths and contributions of all individuals. By working together, we can create a more inclusive and compassionate environment that supports the well-being of everyone involved in sports. Let's prioritize mental health and break the stigma surrounding it.



A message from Miss. Beatrice
Ayikoru, Secretary General, UOC.

As we mark Mental Health Awareness Month, I would like to highlight the critical role mental health plays in well-being of an individual, the performance and success of our athletes and teams. At the Uganda Olympic Committee, we understand that mental health is a key component of overall athlete development and performance. By prioritizing mental health support and resources, we can help our athletes build resilience, manage pressure, and perform at their best. Let's work together to create a supportive environment that allows our athletes to thrive both on and off the field.



A message from Mr. Moses
Mwase 1st Vice President, UOC.

Mental health is the foundation of our overall well-being—impacting how we think, feel, work, and relate to others. In sports and professional settings alike, it's vital that we normalize conversations about mental health and create environments where individuals feel seen, heard, and supported. In our workplaces and sports federations/associations, we can promote good mental health by encouraging open dialogue, fostering mutual respect, and ensuring that support systems are accessible and stigma-free. Simple actions—like checking in on colleagues, offering flexible schedules, and promoting work-life balance—can make a significant difference. This is equally true for athletes, who often experience mental health issues due to pressures associated with competitive readiness, injuries, qualification for events, failure to meet performance expectations, managing success and transitioning into non-elite performance or retirement.

Athlete Representative Elections

The Uganda Olympic Committee (UOC) successfully conducted the Athlete Representative Elections, which took place on 3 May 2025. The election marked a significant milestone in ensuring that the voices of our athletes were heard and represented at the highest levels of the organization. The successful candidates were;

Mr. Ganzi Semu MUGULA, Mr. Shadiri BWOGLI, Mr. Hamza NDIWALANA, Mr. Michael OKORACH, Ms. Leticia NAMUTEBI, Ms. Desire MUKISA, Ms. Shida LENI and Ms. Jamila LUNKUSE.



Successful Candidates after the elections

ASMC and SAC Capacity Building

The UOC through the Capacity Building Commission headed by Mr. George WAGOOGO (ASMC & SAC Programme Director) successfully conducted Advanced Sport Management Course (ASMC) sessions. The General Class, held on 3rd, 4th, 24th and 25th May 2025. The Women's Class conducted on 17th and 18th May 2025.

The course delivered in-depth knowledge on Human resource with the aim of empowering participants with the skills to effectively lead and manage sport programs aligned with Olympic principles.

The Commission also successfully conducted a three-day Sport Administrators Course (SAC) in Jinja for the teachers and Sports Administrators in the whole region from 29th – 31st May 2025. Some of the topics discussed, included Leadership of the Olympic Movement, Games, Olympic Values, and Management Skills. and skills to the participants



Participants in an women ASMC class



Participants during the SAC Course in Jinja

The 18th IOA Session

The 18th International Session for NOAs and NOCs delegates was held from 9th to 15th May 2025 at the International Olympic Academy (IOA) in Ancient Olympia, Greece.

The Session was organized under the main topic “**The Future of Sport: Olympic Education and AI – A Transformation Process**” and was attended by delegates constituting Lecturers, representatives from the various IOC Commissions, IOA Staff, IOA Technical Department and various Representatives from NOCs, IOA Masters Students and Coordinators.

The Uganda Olympic Committee (UOC) was represented by two (2) delegates, **Ms. Harriet OCHENG** Branding / Communications and **Mr. Brandon KATURA** Project Coordinator under Game Connect Project.

The Session offered a great opportunity for the delegates to share and learn about different initiatives on how to Promote the Olympic Movement and Olympism in the digital Era.



Mr. Brandon Katura receiving a certificate after the Session

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Ms. Harriet Ocheng receiving a certificate after the session