

# UOC PEDIA

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#### MEETING WITH DR. MANOJ

The UOC/CGU team, including President Dr. Rukare, Vice President Mr. Moses Mwase, Chair of the UOC Marketing Commission Mr. Collins Semanda, and Administrator Mr. Elijah Njawuzi, met with Dr. Manoj, Chair of Ugandans in the Diaspora (UK & Europe). They discussed potential areas for cooperation and collaboration.



*Mr. Elijah Njawuzi, President Donald Rukare, Dr. Manoj, Mr. Joseph Collins Ssemmanda and Mr. Moses Mwase*

## ATHLETES' COMMISSION WORKSHOP

Over 700 athletes took part in the Uganda Olympic Committee (UOC)'s athlete's workshop under the theme "YOUR VOICE, YOUR POWER".

The workshop, organized by the athletes commission led by Shadir Musa Bwogi and Leticia Namutebi, was held at Nob View Hotel in Ntinda and aimed at empowering athletes with advocacy skills, mental strength and media literacy among others.

The major topics covered included mental health facilitated by sports psychologist and therapist Patricia Nanteza Mbowa, sports nutrition by Irene Blick, competition manipulation by lawyer Kevin Aijuka, media and communication skills by Usher Komugisha, role of the UOC athletes' commission by Desire Mukisa, and safeguarding by Cissy Musiime Byabaraire.

Madam Mbowa discussed mental health at a large spectrum including its role in developing a winning mindset and how it affects individuals during teamwork activities. She encouraged athletes to prepare well and communicate any issues properly with their leaders.

Madam Irene Blick a sports nutritionist plus a motorsport driver and hockey player, described nutrition as the gateway to a healthy body needed for peak performance. She emphasized the role of the various nutrients like proteins, vitamins, minerals, and fiber in achieving optimal athlete performance.

Madam Usher Komugisha, an international sports media personnel, spoke about the power of an athlete's brand, both locally and internationally and how it shapes people's perception and takes control of the narrative of one's reputation.

Aijuka presentation on sports competition manipulation discussed international acts that affect competition outcomes and classified them between sports motivated and betting motivated manipulation.

Madam Byabaraire delivered a strong presentation on safeguarding in sports, highlighting the essential need to create safe, ethical, and inclusive spaces for Ugandan athletes.

The National Athletes Workshop was opened by 2nd deputy president (technical) Moses Moses and was closed by UOC president Dr. Donald Rukare, who re-echoed Byabaraire's message on safeguarding with real life examples.



*President Donald RUKARE addressing the athletes*

## UGANDA JUDO ASSOCIATION ANTI-DOPING SEMINAR

The National Anti-Doping Organization (NADO) strengthened the fight against doping by holding an engaging seminar for athletes and officials of the Uganda Judo Association on 27<sup>th</sup> September 2025 at the Uganda Olympic Committee(UOC) headquarter.

The session focused on equipping participants with the knowledge and tools needed to uphold integrity and fairness in sport. Topics covered included an understanding of prohibited substances, athletes' rights and responsibilities under anti-doping rules, the vital role of education and prevention in safeguarding clean sport.

The Uganda Judo Association extended its gratitude to NADO for empowering the judo community with knowledge that strengthens both performance and values. Together, they stand united in promoting clean, fair, and honorable competition.



*Athletes and facilitators at the Judo Anti-doping seminar*

## GAME CONNECT ANNUAL SPORTS GALA

In August 2025, the 4th edition of the Game Connect Annual Sports Gala was organized by AVSI Uganda in collaboration with the Uganda Olympic Committee, Youth Sport Uganda, Right To Play and UNHCR, took place at Kyangwali Secondary School in Kikuube. It brought together over 120 refugees from various canoes like (Kampala, Rwamwanja Refugee Settlement (Kamwenge), Kyangwali Refugee Settlement (Kikuube), and Pagirinya Refugee Settlement (Adjumani)) competing in football, netball, and Volleyball to support mental health, life skills, and social cohesion especially among young people and persons with special needs. Through these activities, Game Connect continues to form supportive networks and empower youth across its four regions of implementation: Kikuube, Kamwenge, Adjumani, and Kampala.

The event demonstrates the power of sport to uplift communities and enhance psychosocial well-being.



*Game connect volleyball players*

## 41<sup>st</sup> ANOCA SECRETARY GENERAL SEMINAR

The National Olympic Committee (NOC) of Uganda was well represented by Miss Lydia Gloria Dhamuzungu, Assistant Secretary General, at the 41<sup>st</sup> Secretary General Seminar of the Association of National Olympic Committees of Africa (ANOCA), held in Maputo, Mozambique.

The annual gathering brings together leaders from across the continent to reflect, learn, and plan for the future of sport in Africa. This year's discussions centered on reviewing the 2021-2024 quadrennial plan, assessing its achievements, challenges, and lessons learned, while also shaping the strategic objectives for the upcoming 2025-2028 plan. Through this engagement, Uganda joined fellow African NOCs in reinforcing their commitment to stronger governance, athlete development, and advancing the Olympic Movement across the region.



*Miss Lydia Gloria Dhamuzungu at 41<sup>st</sup> ANOCA secretary general seminar*

## ANTI-DOPING EDUCATION SEMINAR

The Uganda Olympic Committee/NADO Uganda hosted a successful Anti-doping Education Seminar for females in cricket (Victoria Pearls) at the office in Lugogo. The session focused on education, awareness and compliance with international anti-doping standards reinforcing our commitment to clean sport and athlete integrity.



*Female cricket athletes and the facilitators*

## COURTESY CALL ON STATE MINISTER FOR SPORTS

The President of the Uganda Olympic Committee/Commonwealth Games Association (UOC/CGA), Dr. Donald Rukare, paid a courtesy visit to the state minister for Sports, Hon. Peter Ogwang, at his offices. During the meeting, Dr. Rukare briefed the Minister on ongoing Commonwealth Sport activities and provided updates on preparations for the Glasgow 2026 Games.



*Dr. Rukare and Hon. Peter Ogwang*

## Badminton

## Athletics



*Ugandan female badminton Medalist*

Uganda collected seven bronze medals at the recently concluded Kampala International Future Series badminton tournament. The tournament, which attracted 86 participants from 13 countries, took place from September 25th to 28th at Lugogo Indoor Stadium.

Uganda's bronze medals were won by Muzafaru Lubaga and Husina Kobugabe in the mixed doubles, Gladys Mbabazi and Husina Kobugabe in the women's doubles, Fred Kirabu and Ivan Mayega in the men's doubles, and Harshita Singh also secured a bronze. India and Malaysia stood out at the tournament, which featured participants from countries including Malaysia, Myanmar, Switzerland, and Kenya.



*Ugandan Athletes during the world mountain and trail running*

Uganda Athletics Federation national team put on a wonderful show at the world mountain and trail running championship in Canfranc Pirineos Spain.

The team returns from the championship with nine medals including a gold, four silvers and a bronze from the individual categories while team gold from both the junior boys and girls category plus a silver from the team senior men classic 14-kilometer race confirm Uganda's strength in this genre of athletics.

Among those that excelled were Martin Kiprotich, Titus Musau, Enos Chebet, Abraham Cherotich, Nancy Chepkwuri and Felister Chekwemoi.