

# BLIND ROCKS!



## Activities Carried Out

June 2020 to May 2021

# Blind Rocks Journey 2020/2021

The year 2020 has been challenging. The impact of COVID-19 was deeply felt by individuals, communities, businesses, development sectors and economies across the world. It has also impacted our planned activities for 2020 but thanks to your kind support, we have been able to accomplish some of our goals and positively impact the communities we serve.

This year, we proudly celebrate the 7th anniversary of Blind Rocks! From the time we came into being, our foundation has focused on creating awareness about populations with blindness and partial sight and worked to empower them. It continues to be our foremost priority.

This past year has been adventurous. We embarked on several new, exciting events and campaigns which is detailed in this report. We are extremely grateful for your unstinting support, encouragement and loyalty to our cause.

## Our Vision:

We envision a barrier free inclusive world where Blind people are living a dignified life enjoying equality and independence in all spheres of life. A world where blind people are living as productive members of society with the autonomy to make their decisions.

## Our Mission:

To empower blind and visually impaired people, to create awareness in the community and by influencing policy to integrate people with blindness and visual impairment into the main stream society.

# Acknowledgement

Since our founding in 2014, hundreds of donors, volunteers, grantees and scholars have come together to fuel our activities and help us achieve our primary goal of empowering blind and visually impaired community. As we celebrate our 7th year, we are filled with gratitude for every person and organization in the Blind Rocks family. Thank you from the bottom of our hearts to every individual and organization who directly or indirectly helped us, volunteered their valuable time and effort and who encourages and motivates us to constantly move towards our goal. We hope we can do more better with your love and support in the future.

**Our Major Highlight**  
**2020 June to 2021 May**

# Campaigns



## 1. 100 Days Video Marathon Campaign

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The Blind Rocks! 100 days video marathon campaign was conceived to challenge stereotyped perceptions and judgements about people with disabilities by showcasing the unique skills, talents and abilities of people with blindness and visual impairment to shine and to lead meaningful, independent lives

The campaign ran for a period of 100 days, during which time we received many videos of blind people doing different activities, like singing, dancing, doing yoga, playing musical instruments, reading, writing, playing games, storytelling, ramp walking, doing work on laptop and electronic, etc. The videos were published on the Blind Rocks! social handles as well as other platforms and were highly appreciated.

We believe this campaign has helped change perceptions about people with blindness and visual impairments, and has made a positive impact on amongst people in the mainstream society.

## 2. Blind Date with Blind Rocks

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To create awareness and to foster greater inclusion, we introduced the 'Blind Date with Blind Rocks' school campaign in collaboration with the Sydney city college of management for students who were isolated at home during the Covid lockdowns.

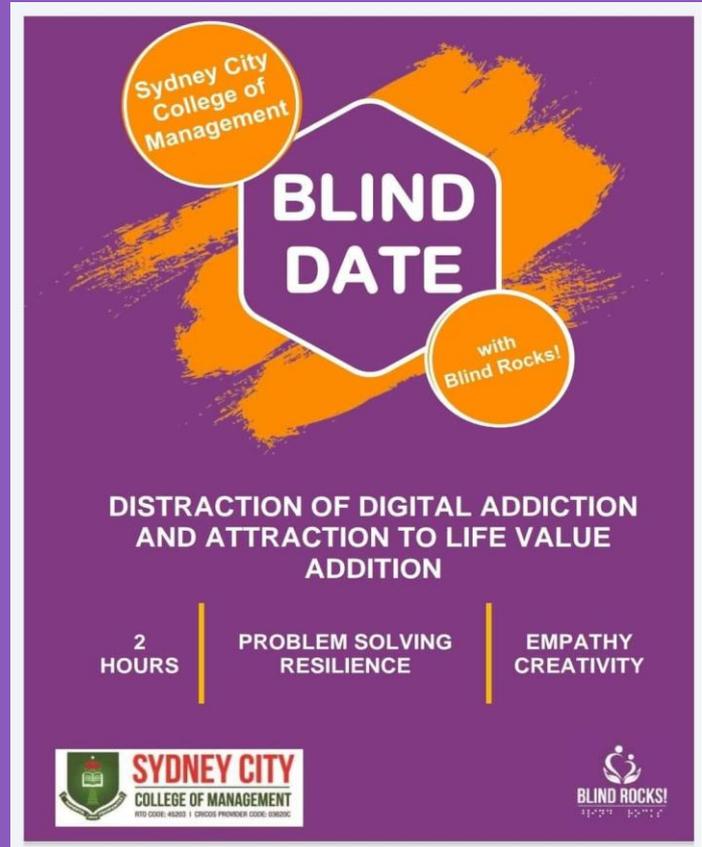
The program was designed to grant the students an experience of what it means to be blind and so as to foster greater empathy for people with blindness and to encourage them to be active allies for inclusion and integration. The 2-hour virtual sessions were facilitated by an expert with blindness and offered experiential opportunities

for the students to enhance their exposure to problem solving, empathy, resilience and creative learning through practical games, riddles and discussions.

The program was then extended to 10 other organizations, covering over 300 students while employing 10 people with blindness as expert facilitators. blind members as a blind expert. The feedback received indicated that the students who participated in our program felt their horizons were broadened and were motivated to be optimistic and confident.

An outcome of the program was to encourage independence among people with blindness by using them as expert facilitators for the program.

We are grateful to the Sydney City College of Management for the opportunity, trust and support offered for this campaign. This would not have been possible without the college's encouragement and financial support. We thank the management, staff and students for the opportunity and experience.





**BLIND ROCKS!**



### **3. Motivation Through Dance**

The challenges of 2020 has been extremely hard on people particularly with the isolations, lockdowns and loss of jobs. To support the emotional wellbeing of youth during these stressful times, Blind Rocks and MMSD Nepal together ran a 'Motivation Through Dance' campaign comprising of powerful motivational session, stress management training and many more positive action activities integrated with dance workshops.

The campaign was inclusive and witnessed participation from beneficiaries from different communities, including youth with and without disability, orphans, senior citizens, etc. The participants were taught pre-workup exercises and dance movements that would keep them physically, mentally and emotionally fit through different participatory approaches.

Inside the valley, we had successfully conducted this campaign in 11 different organization and overall, we took this campaign to about 21 organizations. 800+ beneficiaries from different communities joined us on this journey.

A highlight of the program was the messaging and awareness building about various critical social problems, about girls and woman who are victims of discrimination, violence and trafficking, to orphans and children, youths who are trapped in intoxication, wheel chair users, mental health, earthquake victims, blind and visually impaired, senior citizens, students etc.

We are planning to broaden the scope of this program by including police departments and other agencies like security forces, in rural areas etc. With the aim of taking this campaign nationwide we have already reached different districts of western Nepal like Nepalgunj, Surkhet, Dailekh as well as Sarlahi and Dolakha. We plan to go further to Gorkha, Kailali, Kavre and cover east to west Nepal.

We would like to thank the following supporters for their enthusiasm, active participation and unstinting support for our Motivation Through Dance campaign,

- Ms. Rupa Sharma Neha (President, MMSD Nepal)
- Mr. Shekhar Gharti Magar (Dance Choreographer)
- Mr. Saroj Rana Praja (Dance Choreographer)
- Mr. Keshab Thapa (Dance Choreographer)
- Mr. Suman Sagar Jung KC (Dance Choreographer)
- Ms. Dipa and Ms. Damanta (Twins Tiktok Star)

# **Virtual Dance & Fitness Class**



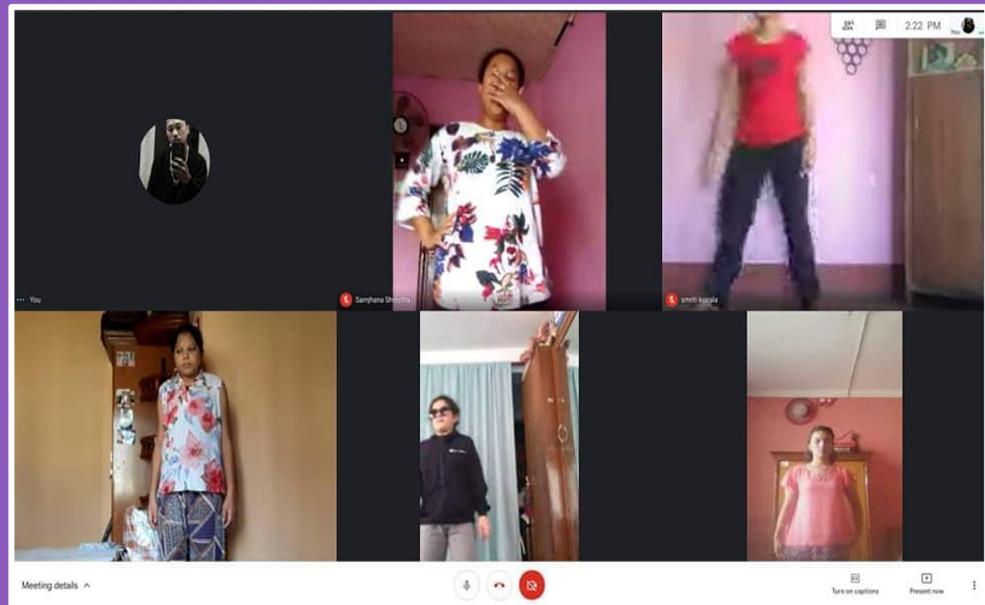
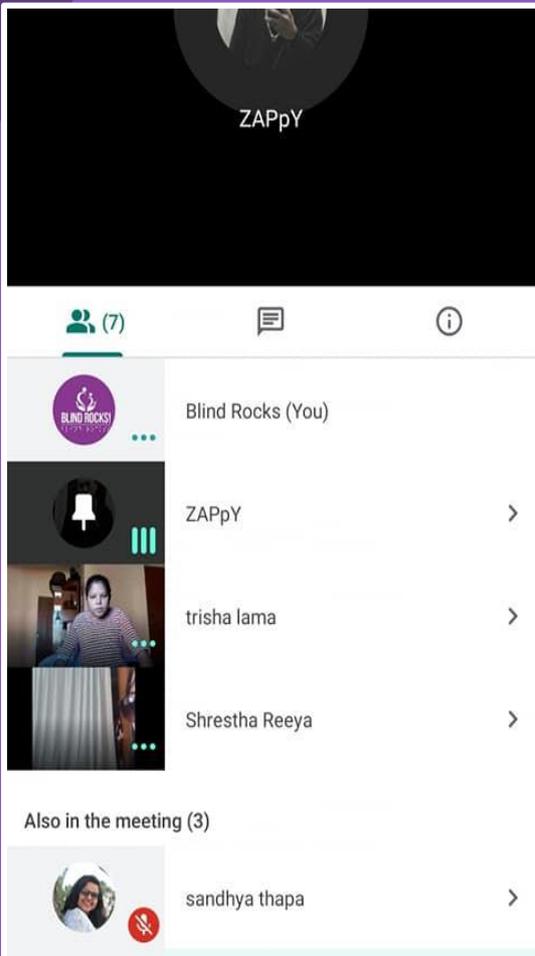
# BLIND ROCKS!



## 1. Virtual dance and fitness class

With the support of 'Mitrata Foundation', Blind Rocks! ran a 5 months long virtual dance and fitness sessions with around 13 blind and visually impaired dancers. The participants taught the dance form, Hip Hop, which helped them physically as well as emotionally and mentally as it is a full form exercise.

We are grateful to Zappy Magar and Mr. Dilip Basnet from Royal Breakerz Crew, for their time and efforts as trainers. Also, our thank you to our volunteer resource, Sunita, and all our dancers who courageously chose to dance, defying society's stereotypes.



Continue...

A highlight of this program was the Virtual Fitness and Dance Workshop on July 14, which was facilitated by Natasha Martin, a percussive dance artist and educator from Greece & USA. Natasha promotes intercultural dialogue and inclusivity through performing arts, using movement to approach music. She holds an MA in dance anthropology and ethnochoreology, specializes in tap dancing, body music and is an enthusiastic learner of Bharata Natyam and Flamenco. She believes that body music is an alternative way to "seeing" music as an embodied practice. Over the past 3 years, she has been teaching body music in inclusive dance festivals, projects and productions where she has explored the art form with numerous blind and deaf students.

The session was a fun, new experience for our participants, who learnt to produce sounds and rhythms from different body part like hitting the thighs and chest with their hands and stomping their feet, which at end produced beautiful rhythms and formed an amazing dance.

We would also like to thank Mitrata Foundation for supporting us in setting up our Blind Rocks! virtual fitness club.



# Rockers Show

# 1. Rocker Show

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**June 12, 2020 – 27th June**

Our Rocker Show was an online international series featuring rockers from across the globe who, despite the pandemic, were doing impactful work in various spheres.

Our first guest was Mehad Nasreldin from Sudan, the founder of SMAfrica Mental Wellness Platform, who is also the African Youth Personality 2019.

Our second guest Rajesh Khadka, the co-founder of the Byoma Kusuma center in UK, has been studying and practicing Buddhism under the guidance of the Vidyadhara Mahayogi Sridhar Rana Rinpoche. He teaches and guides students in their meditation practice in UK and across the world. meditation practice in the UK and around the world.

In the third episode, we discussed reverse inclusion with Musema Faruk, the founder of Ability Sports Africa in Uganda. Faruk is a passionate soccer player, who through his organization aims to challenge social stigmas around people with disabilities and promote social inclusion in schools and communities. His goal is to empower children and youth through reverse inclusion.

## Rockers Show!

- An online international interactive series...

“Loving-Kindness and Compassion meditation (Maitrī-Karunā)”



**SD Rajesh Khadka (Karuna Vajra)**  
Co-founder Byoma Kusuma centre, United Kingdom,  
Qualified EFT and Psych-K practitioner



Zoom with us on **13 June 2020, Saturday**  
17:00 hrs, Kathmandu, Nepal Time

<https://www.facebook.com/blindrocks> for the link



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# BLIND ROCKS!



Musician, dancer, teacher and researcher, Juan Felipe Miranda Medina from Arequipa, Peru, joined us for our 4th episode to for an experience of Danceability with Zapateo.

Juan is the first Peruvian to graduate with honors from the master's program Choreomundus - International Program in Dance Knowledge, Practice and Heritage. In addition, he holds a bachelor's degree in musicology and a Ph.D. in telecommunications.

Afro-Peruvian music and dance are at the core of Juan's research interests, and his approach is informed by anthropology, semiotics and philosophy. Juan has held several workshops internationally in Bolivia, Guatemala, Brazil and Norway; and performs as a pianist in the classical style in his home city of Arequipa.

## Rockers Show!

- An online international interactive series...

"Experience 'Danceability' with Zapateo"



Mr. Juan Felipe Miranda Medina,  
Engineer, Afro-Peruvian musician, dancer and researcher

Zoom with us on 27 June 2020, Saturday  
18:00 hrs, Kathmandu, Nepal Time to tap  
your feet with Zapateo



## Rockers Show!

- An online international interactive series...

"Experience & Perspective: The story of a COVID -19 fighter"



Dr. MehadNasreldin  
Founder SMAfrica Mental Wellness Platform,  
African youth personality 2019

Zoom with us on 12 June 2020, Friday  
15:45 hrs, Kathmandu, Nepal Time



Please send message to <https://www.facebook.com/blindrocks> for the link

## Rockers Show!

- An online international interactive series...

"Reverse Inclusion on Disabilities"



Mr. Musema Faruk,  
Founder Ability Sports Africa

Zoom with us on 20 June 2020, Saturday  
16:45 hrs, Kathmandu, Nepal Time



# **Virtual Workshop & Creative Contest**



**BLIND ROCKS!**



## 1. Happy life through Creative & Peaceful Mind

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**On August 4 2020,** Blind Rocks! in collaboration with OSHODHARA Sangha Nepal, had conducted an interactive webinar on handling the stress, attaining peace of mind and learning the art of blissful life from a motivational, managerial and psychospiritual perspective.

The program was facilitated by Acharya Shree Osho Jivan Shree (Jivan Suwal), Senior Acharya at Oshodhara Sangha Nepal with the assistance of Chaitanya Krishna, (Krishna Dahal), Acharya Youth Empowerment at Oshodhara Nepal.



**BLIND ROCKS!**



## **2. Energy exercise to enhance immunity, memory, and positivity**

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**On 6 September 2020**, we ran a session on “Energy exercise to enhance immunity, memory, and positivity”. It was a powerful one-hour experiential session which taught the participants techniques and exercises to boost immunity, to pump up energy for day-to-day activities, release toxic energy, support a positive mindset and increase memory power.

## **3. Inclusive Script Competition**

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### **On 20 September, 2020**

Blind Rocks! conducted a virtual inclusive script competition invited scripts about social causes, blind outlook, life, quarantine, taboos and adventure. 34 scripts were received from which we selected our top 10 winners.

We would like to thank Mr. Prabesh K.C, theatre artist and entrepreneur as well as Ms. Roop Kamal Chhetri K.C, theatre artist & vocalist for judging the competition.

## 4. Gajal Competition

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We ran a successful Gazal Competition which witnessed participation from creative talents from across Nepal. We would like to express our deepest gratitude to Mr. Pravhati Kiran for his teaching and effort as a judge on this program.

## 5. Two Days Makeup Virtual Training

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We successfully conducted 2 days make up training for 15 blind and visually impaired women, which offered them the opportunity to learn how to apply make-up and about natural alternatives to the popular chemical laden personal and skin care products.

We are truly grateful to the talented beautician, Ms. Sunita Basnet, for sharing her make-up hacks, natural beauty tricks and natural skin care tips. We also thank Ms. Divya Shah for her sharing of beauty hacks using household items, which was truly beneficial.





**BLIND ROCKS!**



## **6. My idea My voice**

Inclusive Speech Competition "My Idea My Voice" was an inclusive speech competition which was jointly organized by Blind Rocks! and Writers 'International on 11 June, 2020.

We are grateful to all our participants for breaking their personal boundaries while participating in this competition. We are also grateful to our judges, Mr. Deepak Rauniyar and Mr. Om Prakash Banjade who had generously invested their time and effort to make this event a successful one. A highlight of the event was an insightful speech from Mr. Kepi Khanal who shared his inspiring life experiences and work. We thank every individual who directly or indirectly helped us and supported us throughout the program.

## 7. Image Management for Visually Impaired

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Blind Rocks! conducted a session on 'Image Management' with fashion coach, actor & model, Mr. Prashant Tamrakar, on 15th December, 2020.

Mr. Tamrakar shared insights on influencing people in our social, personal and professional level with over 60 participants, while also sharing tips and techniques about etiquette, attitudes, communication techniques, importance of body language, power of positive attitude, way of maintaining personal identity and reputation, building confidence, identifying unique strength and other invaluable tips for visually impaired people. We are deeply grateful to Mr. Tamrakar and are excited about our collaborating further in the future.

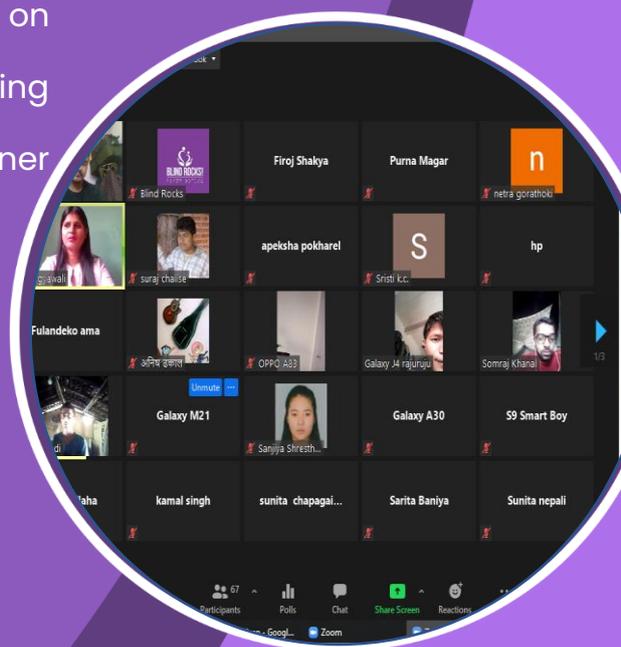


## 8. Blind Rocks Stand-up Comedy contest

To showcase the talents of blind people through entertainment and satire, we had successfully conducted a stand-up comedy contest for blind and visually impaired people on May 7, 2021 which witnessed participation from 20 contestants from across Nepal.

Renowned comedian and the host of Dancing with the Stars Nepal, Mr. Suman Karki, had joined us as a special guest and as a part of the judge's panel. We were also joined by the famous comedian Phulandeki Aama [Real Name: Umesh Rai].

The program which was conducted virtually with an audience of 100 viewers on zoom and many more on Facebook live, was a great success. The outstanding performances of the contestants was an eye opener for many sighted people.





## 9. Virtual Mack-up and Fashion Training

On 13-14 May, 2021 We successfully conducted 2 days of virtual makeup and fashion training program "Create your own style at the Fashion Hub, with Priyanka Rani Joshi" with around 25 blind and visually impaired girls. Where they learned about current fashion trends, fundamental knowledge of outfits and shopping, personal style identification, color combination, basics of makeup and skincare, and many more information about fashion inclusivity.

The session was indeed very informative, helpful, and practical. So, we would like to thank the facilitator Ms. Priyanka Rani Joshi (Wellness Enthusiast, Model) for her time, effort, and for sharing her incredible knowledge with us.

### Create your own style at the Fashion Hub

For blind & visually impaired girls

with



Ms Priyanka Rani Joshi  
Wellness Enthusiast (Model)

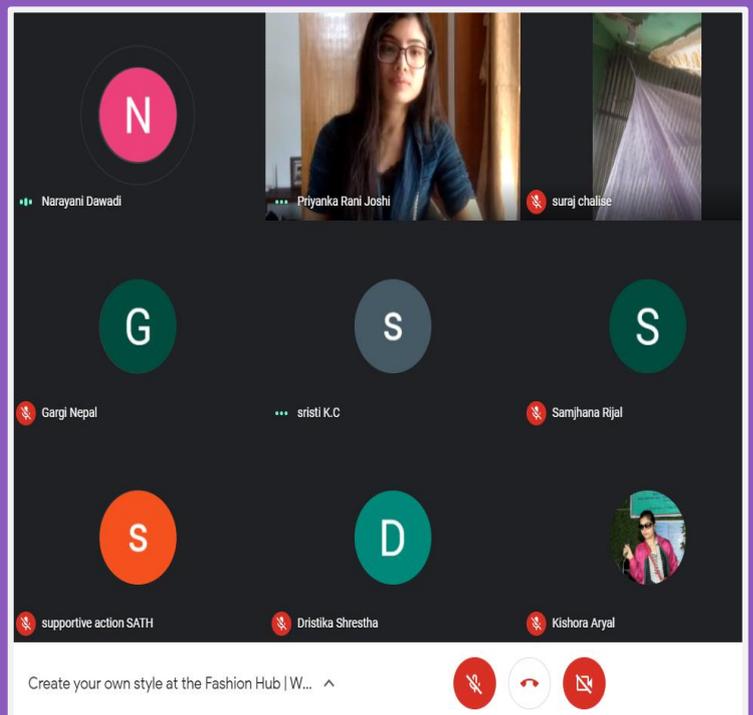


Organized by: Blind Rocks

Date: 2021-05-13/14

Time: 1pm to 5pm

Tap into your beauty essentials in Glamour, Beauty and Style.





## 10. Virtual Health & Fitness Class

On 19 May, 2021 we carried out "Virtual Dance and Fitness Class with Mr. Keshab Thapa", with around 40 blind and visually impaired from all over Nepal. Where they learned about the basic dance movement, physical and breathing exercise techniques, and essential diet plans for this epidemic. Hopefully, this one-day session has helped our participants to stay safe, healthy, fit, and happy.

We would like to thank the facilitator Mr. Keshab Thapa (Professional Dancer, Choreographer, and fitness expert) for his time, effort, and for sharing his incredible knowledge with us.

**Virtual Fitness Class**  
For blind & visually impaired

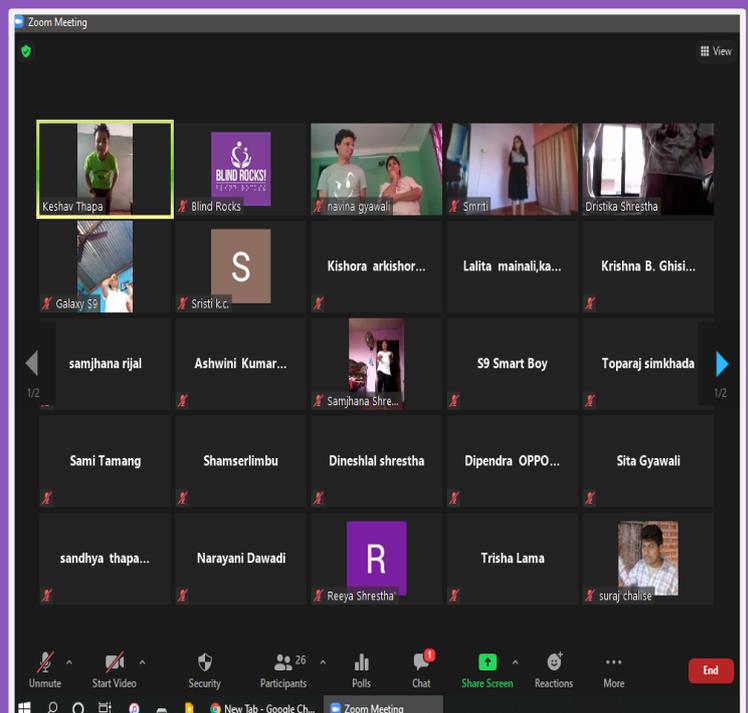
with

**Mr. Keshab Thapa**  
(Professional Dancer, Choreographer & Fitness Expert)

**BLIND ROCKS!**  
FOR THE BLIND

Organized by: Blind Rocks  
Date: 2021-05-19  
Time: 3:45PM to 5:30PM

WHO HAS HEALTH HAS HOPE



# **Distribution of Relief & Educational Material**



## 1. Education Material Distribution

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Education which plays a vital role in anyone's life is often a challenge for people with blindness and visual impairments as they often lack the resources to study. To support the learning journeys of some of our beneficiaries, we distributed 10 recorders on November 20 2020. We are deeply grateful to Ms. Bhadra Kumari Ghale social worker, painter, women's rights activist, and former minister for her generous support.

## 2. Relief Food Package Distribution campaign

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To alleviate suffering of people who have been pushed into poverty and hardship due to the pandemic, Blind Rocks! has been undertaking relief work particularly in the areas of hunger management.

**On July 13, 2020**, Blind Rocks! partnered Bright Star Society for the distribution of Relief Food Packages amongst marginalized communities who are struggling to meet their basic needs of 2 meals a day. We are deeply grateful for support received from Mr. Kiran Chandra Raymajhi of Himalayan Apitherapy Science and Academy, which enabled us to distribute relief food packages to 16 blind and disables families.

### **On 26 August 2020**

On 26 August, 2020, Blind Rocks! once partnered Brightstar Society and Janmabhoomi Lions Club to feed 100 persons with disabilities residing in Khagendra Nawa Jiwan through a hunger relief campaign in Jorpati Kathmandu.

**On October 28 2020**, Blind Rocks! and Bright Star society in collaboration with Nyanopan Organization and Ullens School distributed food packages to 32 families.



# **Rockers on Rocking Adventure**

# 1. Inclusive Wall Climbing

On March 31, 2021, Blind Rocks! for the very first time in the history of Nepal organized an Inclusive Wall Climb Adventure for people with blindness and visually impairments at Astrek Climbing Wall Pvt Ltd., Thamel.

The event offered the 15 young, enthusiastic participants a major confidence boost by instilling in them the belief that if they could scale a high wall, they could then do any activity that was considered as being adventurous and exciting by society.

We are extremely grateful to our event partners, Astrek Climbing Wall Pvt Ltd, for their generous support.

A highlight of the event was the announcement of Mr. Saman Shrestha, the winner of the Roadies Reality Show/National Rock Climber, as an adventure ambassador of Blind Rocks!.We welcome Mr. Saman Shrestha of Guffy Monkey into the Blind Rocks! family and would like to express our deep gratitude to him for his support and endorsement of our cause. We would also like to film maker, Ms. Shanta Nepali, and Ms. Krishna Shrestha from Sustainable Himalayan Foundation for their tremendous support.

We look forward to having many more of such empowering events for people with blindness and visual impairments because blind people can and should be able to live full lives like everyone else.





