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# BLIND ROCKS!



Official Newsletter of the Blind Rocks!

## Interpersonal Skills Training

BALJYOTI SECONDARY SCHOOL, HETAUDA

The growth of each individual lies in the knowledge they receive and implement to make changes or adjustment to their behaviors. What we receive is what we know and chose to either engrave or leave for ourselves.

With the notion of providing that firsthand information, Blind Rocks team reached Hetauda, where 17 visually impaired students were trained successfully in the duration of 4 days. The training focused on verbal and nonverbal communication skills that included gestures, body language, speaking skills and emotions. Most of the participants affirmed that they were able to boost their confidence and enhance their true potential. They chose whether to implement what the team provided or not, eventually we realized most of them indeed chose to utilize on realizing their potential.

The training was supported by Mr.Dhiraj Karki from Karki Foundation and coordination as such impacted both community and Blind Rocks as an organization.



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## First Ever Inclusive Rock Climbing

IN COLLABORATION WITH GUFFY MONKEY

With push or pull, you are bound to move towards certain direction. However, the power to either hold unto yourself or let go with the force depends on you. And sometimes we need that to experience more, leaving our comfort zone. In order to provide that push or pull leaving ones' comfort zone, Blind Rocks was able to include



40 blind and visually impaired individuals along with sighted individuals to make a history of conducting "The First Ever Inclusive Rock Climbing event" in collaboration with Guffy Monkey, supported by Abilis Foundation.

The team articulated in such a way, neither the safety nor the wellbeing was compromised as medical teams of Ms. Junu Shrestha, Ms. Soni Shah and Ms. Jayashree Yadav were onboard along with experts team to ensure full experience, which included MTV Roadies Real Heroes: Finalist Mr. Bidhan Shrestha and Himalaya Roadies Season 1 winner/Extreme Athlete Mr. Saman Shrestha too.

Conquering the path to reach the venue with patience, resilience and team efforts, 4 team member were able to reach the top whilst half of the members reached halfway through with the spirit of never giving up. The courage gained with that slight push deemed to be a power just applicable to real life situation for many. To share the shift the perception of "I can't" to "I can", various news portals broadcasted the news where Ms. Neha Sharma was also present as media representative.

"Inclusion is not a privilege; it is a right."

-ANONYMOUS





**8 DAYS INTERPERSONAL SKILLS TRAINING**

## AADARSHA SECONDARY SCHOOL

“Me, you, us, that is what takes to bring about change, the kind of change that is needed creating ripples of impact to our life being better and brighter”

This statement is not excerpted from anywhere but realized and spelled out loud by 12 blind and visually impaired students of Aadarsha Secondary School, Layaku, Bhaktapur along with trainers and volunteers when they chanted “We shall overcome, someday”.

Ms. Sristi KC along with trainers Ms. Amita Khadka and Mr. Prabesh KC, catered the training session for students at Adarsha Secondary School, where they learnt about body language, gestures, eye contact, emotions and voice modulations. With each passing day, the passion each one of them had, the zest they held to learn something new was motivating enough for even the team.

The enthusiasm of the students with the whole team till the excursion day (last day) where the students faced real world turned into captivating energy, witnessed by Judge, Mr. Washim Ansari along with Volunteers Mr. Aarush Thapa and Mr. Mohammad Samir.



## Artistic Performances by Blind Artist

IN COLLABORATION WITH IFES  
(INTERNATIONAL FOUNDATION FOR ELECTORAL SYSTEMS)

The crowd up in their feet, dancing the night out, enjoying the moments and creating memories when 9 visually impaired and blind artists were spilling magic with their performances one after another.

With authentic Nepalese cultural songs and dance performances along with few blend of western songs, it captivated the audience while our artists enjoyed the platform they were provided with.

In an event arranged by IFES, the musical performance included artists like Gagan Ale Magar, Kishora Aryal, Dillilal Dulal, Sagar Nepal, Samjhana Rijal and Dinesh Kumal while the dance performances were done by artist like Riya Shrestha, Dimple Karki, Samjhana Rijal and Samjhana Shrestha. The platform ensured that with better opportunities come talents that are bound to make an impact.

*Art is not what you see, but what you make others see.*

*-Edgar Degas*

# DISCOVER YOUR POSSIBILITIES

2 weeks Interpersonal Training  
Cambodia



“I had such an impactful and productive time” mentioned Sristi KC, Founder of Blind Rocks as well as trainer for participants at Discover Your Possibilities in Cambodia. Despite the language and cultural diversities, this training proves that we share same aspects of life, where we are aiming for something better, learning to grow oneself to be a better person.

This 2 weeks long workshop concluded with training on skills set of communication, interpersonal communication skills, dance and fitness.

Being able to witness the growth of confidence in each individual along with positive impact created a sense of motivation for everybody either directly or indirectly involved with the project.

# Upcoming Events



MR AND MS BLIND  
ROCKERS SEASON 4



DANCE AND THEATRE  
WORKSHOP



ACCESSIBLE AND  
INCLUSIVE MUSIC  
VIDEO



AWARD AND ANNUAL  
PROGRAM OF BLIND  
ROCKS

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YOU AND ME, WONDERFUL WE.



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