

THE SOUND OF INCLUSION

Listen, Look, Learn



VOL. 1 ISSUE 5 · (OCT-DEC - 2023)

BLIND ROCKS!

Official Newsletter of the Blind Rocks!

Talking Video Library

Listen, Look, and Learn - The Sound of Inclusion!

We are thrilled to announce our brand-new talking video library for blind and deaf individuals which will allow access to an inclusive experience, where everyone, regardless of their abilities, can enjoy audio-visual content together. Since we released our very first audio descriptive music video in Nepal back in August 2023, we have envisioned this project. Our brand-new project Listen, Look, and Learn - The Sound of Inclusion! will bring Visual Media Accessibility to the forefront for our inclusivity and accessibility step.

Madhusudan Ghimire has been appointed as the Department Head, for the Listen, Look, and Learn - The Sound of Inclusion! project who has been instrumental in making this vision come to life. We will be releasing accessible music video content from our official YouTube channel and creating a digital library for talking videos. Till now we have been successful in releasing four audio descriptive music videos. We kicked off with the 'Sustari Sustari' music video sung by Mr. Yash Kumar, similarly, 'Aama' by Sushant KC, & Basako Ghari' by Abhaya Subba Weise and & "Paani ko Foka' by Rajina Rimal.

With our heart and soul, we appreciate all of the sensationally talented singers for their support towards our organization's motives. We express our sincere gratitude to each one of you for coming along with us on this journey of Visual Media Accessibility. This has been our revolutionary attempt to make visual media accessible. Let's all join hands together to make our world more inclusive and accessible for all.

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Reinvent Yourself Like Autumn Leaves



Four people posing for the camera from far left Sristi Kc, left Anuradha Koirala, Icchya Thapa on the right and Sami Lawati left to Icchya Thapa.

Even though leaves were changing their color into dull brown and yellowish and only a few traces of leaves were left on the branch's, trees were still standing strong because it knew "tis the damn season." On the windy days of October, we were invited to Maiti Nepal to share the story of changing colors in our life and how we were able to bring back those lost colors adding more vibrant and blooming flowers in our life.

It wrenched our hearts when we first heard the stories of those young girls who were working as sex workers and deprived of their basic human rights. A plethora of emotions were intertwined within their stories; some of their parents compelled them to work, some of them were deceived by their relatives, and some thought this was the option. Our founder of Blind Rocks! Sristi Kc and board member Sami Lawati were grateful for the opportunity to share their journey to inspire the wonderful young girls at Maiti Nepal who had faced numerous challenges being underage and getting into the business of prostitution. However, in the end, it felt an immense joy to see those faces being proud of where they are now and ready to take a leap of faith in life albeit they were once believed to be autumn leaves, they can always be beautiful flowers blooming in the spring.

When your life leaves are changing colors and falling into pieces to the ground you shall stand strong like that tree because you can always choose to redefine and reinvent yourself like those autumn leaves. We were delighted to meet Anuradha Koirala maam founder of Maiti Nepal which was an absolute privilege.



Sristi KC being honored by cotton khata from one of the member from Maiti Nepal.



All of the girls including Anuradha koirala are keenly listening to Sristi Kc while share her story



Rejoicing Art: An Inclusive Musical Journey

An inclusive musical journey “Rock for Visibility” is a collaborative event formed by Abhaya & the Steam Injuns, Anabigya and Blind Rocks to transform lives through the power of art and music. On November 4, at Hard Rock Cafe, Kathmandu a musical concert Rock for Visibility was organized by Anabigya art collaborative to raise funds for the art school for people with disabilities especially visually impaired and intellectual disability. Our Blind Rocks band was once again honored to be a part of this musical celebration, a charity event for the visually impaired community. From our Blind Rocks band, singers Samjhana Rijal, Sagar Nepal, and Kishora Aryal performed alongside Abhaya Subba Weise a popular Nepalese singer and songwriter well known for her rock band Abhaya & the Steam engines, and Anabigya a rising musical band from Chitwan, Hetauda whereas our dancers Samjhana Shrestha and Reeya Shrestha showed their energetic hip hop dance. Their magical performance not only captivated the audience but compelled them to enjoy every beat of it, exuberantly jumping with both feet on the dance floor.

We extend our heartfelt gratitude for this opportunity to bring sheer joy and delight to people’s lives, allowing us to convey our emotions and expressions through this rich tapestry of art and music.



Samjhana Rijal on the right, Sagar Nepal at the center and Kishora Aryal on the left are holding a microphone, ready to rock and roll.



Anabigya band setting fire on the stage: Three people are on guitar and the lead singer is pointing his right index finger up in the air with the feels of the lyrics.

Inclusive Behaviors workshops in Russia



Sristi KC with the participants of Inclusive Behavior workshop which she conducted in Russia.

“If you have knowledge, let others light their candles at it” Reminiscing this beautiful quote by ‘Margaret Fuller.

our founder of Blind Rocks was heading towards Russia to share light to hundreds of candles with her unwavering spirit.

Sristi KC, Founder of Blind Rocks, was heartily invited by the White Cane Social Movement Organization in Serbia, Russia to conduct a Five-Day Inclusive Behavior Workshop Including a Conference and Dance workshop. On the first two days, KC successfully organized a workshop for medical professionals in Chita, Russia fostering knowledge on inclusive behavior towards visually impaired and blind individuals and any other persons with disability. KC shared her story through presentation and representing Blind Rocks to the event she led a dance workshop and captivated the audience with her soulful dance performance at the concert. She also conducted a one-day dance workshop for children of Chara, Russia embracing her stories through dance. She also attended and shared her insights at a conference held at Kuka Resorts which addresses medical professionals, social workers, and Utes on inclusion in healthcare and its utmost importance to exchange each other’s perspectives and change narratives to see the world towards people with disability. This event helped participants to gain an understanding of inclusive behavior towards people with disabilities at the workplace, home, and school also empowered and learned to embrace their own stories with positivity and confidence. In the support of Udokan Copper, the White Cane Social Movement Organization concluded this almost week-long impactful workshop in Russia.

Her session was covered by a local news channel in Chita which highlights the session’s outcomes and motives. You can watch short news videos covered by local channels in Russia through the link mentioned here:

https://youtu.be/i_8uwt8Qg5Y?si=HD0BPwAoDS8JfB3z



Two German guests standing and clapping from the left corner, right corner videographer holding camera and Blind Rocks team and two guests who are sharing the same table are clapping with smiles on every individual.

SIPPING COFFEE AND SHARING LAUGHTER WITH GERMAN GUEST

Sipping coffee, sharing laughter, singing songs, exchanging hugs, dancing with arms wide open, small interactions, and enjoying ourselves despite our cultural and physical differences would be a detail to reminisce from the fun meet-up session with German guests. On October 11, 2023, our Blind Rocks! team (Sristi Kc, Sami Lawati, Sagar Nepal, Kishora Aryal, Gagan Ale, Samjhana Rijal, and Icchya Thapa) was delighted to meet our wonderful guests from Germany who had come to visit Nepal through 'tour de sens' which is a German travel agency that organizes travels and trips not only for sights but also for blind and visually impaired people. Among seventeen people leaving a couple of them, the rest were people with a disability, some were visually impaired, low vision, deaf and a few had hearing problems. These people were some of the humblest people we have ever known who were full of life, entertaining, and eager to learn from one another. In those short moments with them, we were able to share our experiences, and culture through our music felt so surreal. All of us were jamming into each other's music as we knew it from the bottom of our hearts. We were so glad to hear that they also enjoyed it as much as we did. "Meeting you in Karma Café Kathmandu was definitely one of the highlights during our visit to Nepal! Thank you for giving us the opportunity to meet you!" tour de sens wrote in one of our Facebook posts. It was truly a remarkable moment that will remain with us forever.

This meet up session was organized by Raj Gyawali, we would like to extend our warmest thank you note to Raj Gyawali Dai for the invitation and also like to thank Karma Coffee Nepal, Boudha for their warm hospitality. We got to enjoy ourselves and had a lot of fun.



MEMBERS OF BLIND ROCKS ENJOYING THE SCENE DURING THE HIKE JOURNEY TO TARKESHWOR

INCLUSIVE HIKE TO TARKESHWOR

In the spirit of inclusivity and the pursuit of holistic well-being, the members of Blind Rocks embarked on a transformative journey to Tarkeshwor on October 17. During Covid-19 lockdown, our team was successfully completed a 21-day online Gita and Nitiye class led by the esteemed Yogi Bidur Fuyal. Fueled by a sense of spiritual curiosity, the team of ten, alongside Yogi Bidur Fuyal, ventured into the Tarkeshwor hike. The joy and privilege of meeting the Gurus at the Ashram added a profound layer to this expedition, turning it into more than a mere physical excursion. The lush landscapes became a canvas for sensory engagement, with rustling leaves, earthy scents, and varied terrains creating an immersive experience. The physical and mental benefits of hiking were evident, providing fuel for physical fitness and stress relief. However, the hike transcended the physical realm, delving into the spiritual as the participants encountered the Gurus and absorbed profound insights into spiritual knowledge and its impact on life.

The inclusive nature of the journey, with members from Blind Rocks participating, emphasized the importance of community and shared experiences. The trek became a platform for fostering team building, where individuals, regardless of abilities, navigated trails together, overcoming challenges and sharing the collective joy of discovery. In essence, the Tarkeshwor hike ceased to be a mere outdoor adventure; it metamorphosed into a holistic experience encompassing physical, mental, and spiritual dimensions. The journey, marked by inclusivity, community, and encounters with spiritual wisdom, left an indelible mark on the participants, enriching their lives with newfound insights, connections with nature, and a sense of unity that extended beyond the trails of Tarkeshwor.



YOU AND ME, WONDERFUL WE.



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