



# BLIND ROCKS! OFFICIAL NEWSLETTER OF THE BLIND ROCKS!

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# POETRY EVENT WITH LIVE MUSIC

## IN COLLAB WITH THOPLA ARTS

Blind Rocks, together with Thoplo Arts, a small poetry group, organized the third edition of the live poetry event, 'Jhilmil-e-sajah', on Feb 17, 2024.



With the theme 'सम्बोधन गुमाएको सुन्दर प्रेम' the poetry event with live music was held at Gyan Sanskar International School, Samakhushi, Kathmandu. Both disabled and non-disabled poets had come together to celebrate the beauty of love, challenging conventional norms that typically overlook the unique beauty of disability in romantic poems. We were glad to have Subin Bhattarai as our chief guest at the event and his commitment to the right portrayal of disabled characters in his upcoming works.

### GROUP PHOTO SESSION WITH ALL THE PERFORMERS, GUESTS AND TEAM

This poetry event was done in two different phases. On Feb 10, 2024, we had कBee's Roundtable which was an initiative to bring Kavis and Kavitas together. It's a poetry gathering where individuals, both disabled and non-disabled, unite to express the power of words on a theme 'सम्बोधन गुमाएको सुन्दर प्रेम'. In this roundtable discussion, we had 24 registered participants, where only 17 individuals performed which was done at St. Xavier's College, Maitighar. All the participants recite their poems and discuss poetry, literature, and their impact, why disability character portrayal in literature is crucial? and many more. All poets were selected to perform live with music.

Sristi KC, the founder/president of Blind Rocks! highlighted the absence of people with disabilities in romantic literature. She pointed out that even when they are represented, it's typically in roles where they receive a lot of pity, empathy, or charitable attitudes. "We organized this event to bring attention to the unspoken, untitled, and unaddressed love experienced by people with disabilities."

This event delightfully examines the portrayal and understanding of individuals towards disability characters through their poetry. Their beautifully crafted words conveyed the message and captured the unaddressed love through nuances of experiences and imagination. Our Chief guest Subin Bhattarai, writer of romance novels like Summer Love, Saaya, Priye Sufi et cetera made strong commitments to incorporate stories of people with disability.



### ONE OF THE POET PERFORMING ON THE STAGE



Small Souvenir gifted to all performing artist by Subin Bhattarai Sir, Sristi KC and Neelam Baniya Ma'am

# JUMP TO BOUNCE BACK



BLIND ROCKERS ARE POSING FOR THE CAMERA RIGHT INFRONT OF JUMPKTM ENTRANCE

Entertainment is one of the key elements in restoring quality of life, with this thought in mind we blind rockers went to JumpKTM on Feb 20, 2024. BlindRocks in collaboration with Jump KTM organized an inclusive initiation “Jump to Bounce Back” at Jump KTM. The event was held at Dhumbarahi JumpKTM, Trampoline and Amusement Park, to provide a fun and accessible experience for 11 blind and visually impaired people.

Individuals with disabilities often encounter challenges in accessing recreational activities and entertainment venues. While these experiences may be considered luxuries and secondary needs by some, they are essential for fostering joy, confidence, and a sense of belonging among individuals with disabilities.

Blind Rocks! was thrilled to collaborate with JumpKTM, which offered exciting experiences for blind and visually impaired individuals. Our participants were fearlessly jumping, supporting each other, having unlimited fun, and were encouraging during their time at Jump. Staff were very supportive and welcoming to everyone, they set an example for other adventures to become more inclusive.

Kumari Rai, a Receptionist at JumpKTM, sharing her experience said, “Seeing each one of them enjoying the games was exciting. Collaborating with Blind Rocks made a thrilling experience on Jumpktm as they are more talented and independent to enjoy life and hope to have more collaboration in the future as well.”



Every individual, regardless of their abilities, deserves equal opportunities for fun, enjoyment, and adventure with this ethos in mind, this inclusive initiative hopes to open more adventurous doors for the blind and visually impaired.

This whole collaboration was possible due to Bipina Shrestha, who is an Operation Manager at JumpKTM and shared her experience during our collaboration. This collaboration fosters mutual understanding, raises awareness about the obstacles faced by blind people, and supports initiatives that promote inclusivity and accessibility.”

It not only creates a real difference in the lives of visually impaired individuals with a day of fun and excitement but also demonstrates dedication to creating a more inclusive space for people with disabilities in society.



Everyone showing off their wristbands with clenched fists



BLIND ROCKERS JUMPING ON THE TRAMPOLINE ALONGSIDE THREE MALE STAFF STAND BY TO GUIDE THEM

# Motivational Picnic: Nourishing Mind, Body, and Spirit



Special guests, Chief of Brahma Kumari Ashram, Sristi Kc are seated in their designated seat at white sofa whilst Mr. Raman Bhattarai holding Microphone is standing behind them

On February 6, 2024, Blind Rocks organized a motivational picnic in collaboration with Brahma Kumari Rajyog Upasewa Kendra situated at Kupondole. The event themed “Food for Thought and Food for Stomach,” aimed to inspire and uplift blind or visually impaired individuals. The program proved to be highly beneficial, providing a blend of nourishment for both the mind and body through engaging activities.

Mr. BK Raman Bhattarai, a Global Inspirational Educator welcomed the program on a positive note and relaxing exercise. On the occasion of the 114th International Women’s Day, we invited two special guests Sarita Lamichhane, Founder/President of Prayatna Nepal, and Jyoti KC, a social worker who has made significant contributions to empower the lives of the blind and visually impaired, who were warmly welcomed and honored to felicitate these two inspiring women.

Our President Sristi KC shared inspiring words while Mr. BK Raman Bhattarai led a motivational session on Rajyoga, incorporating the message of the 88th Shivaratri by Sister Ganga.

Sister Ganga who is Chief at Brahma Kumari Rajyog Upasewa Kendra Kupondole warmly welcomed all guests and speakers, initiating a meditation session with the mantra “OM SANTI OM” She highlighted the privilege of being in such a divine place and enjoying fresh food, emphasizing the singularity of both blessings. Quoting the saying “जस्तो अन्न, त्यस्तो मान्; जस्तो पानी, त्यस्तो बानी। (“As is the food, so is the respect; as is the water, so is the speech.”) It emphasizes the importance of valuing both food and water, as they reflect and influence our behavior and speech. She underscored the value of appreciating simple yet profound joys.



➤➤➤ SISTER GAGAN SPEAKING IN THE MICROPHONE



➤➤➤ SRISTI KC ALONGSIDE RIYA IS FACILITATING GAMES

# GENDER GRANT PROJECT: An Inclusive and Accessible Music Video

On the chilliest weather of November, we got chills when we found out among 9 other grantees, we were also selected as one of the grantees for Gender Grant Project which was supported by British Council Nepal. Our organization with the sheer motive to create impact on the lives of blind and visually impaired community had submitted our proposal for the Visual Media Accessibility which was not only limited to blind and visually impaired people but was also lurching for deaf accessibility.

What set our project apart is the commitment to involve disabled artists at every stage, from product to production it is led by all disabled artists and artists from marginalized community. This inclusive approach showcases their diverse talents, the power of inclusion, and offers multiple perspectives on the vital issue of gender equality within the disability community. Blind Rocks! envisions a future where disabled individual are not only included in the arts but are leading voices for change, breaking barriers and reshaping societal attitudes towards disability and gender equality.

On March 15, British Council Nepal organized “Equal Together: Creative Gender Actions” where all the grantees presented their unique project. Every project carried the essence of empowering women from embracing motherhood to combating gender violence through drama to raising voices through music to create an egalitarian society for all

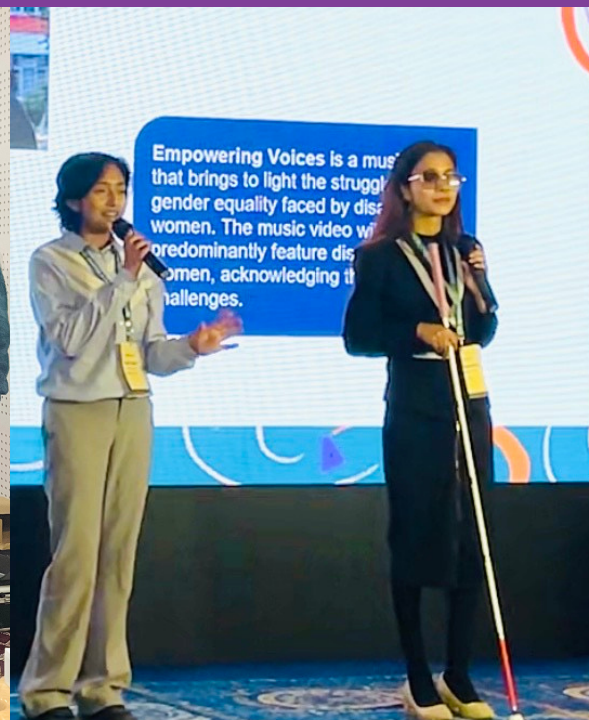


**BLIND ROCKS TEAM ATTENTIVELY LISTENING WITH FELLOW PARTICIPANTS IN THE CONFERENCE HALL**



**BLIND ROCKS TEAM STRIKES A POSE WITH ABHAYA SUBBA**

We presented a blank screen to speak about the objectives of our project, how blind and visually impaired people face challenges in this visual media world but there is always a possibility of having a solution. Someone rightly quoted, *“There is always a way but only if there is willpower.”*



- **FIRST PHOTO: "BLIND ROCKS AND MUSICAL TEAM STRIKES A POSE IN THE RECORDING STUDIO"**
- SECOND PHOTO: "SRISTI KC AND ICCHYA THAPA PRESENTING OUR PROJECT "**
- THIRD PHOTO: "SRISTI KC AND ICCHYA THAPA ENGAGE IN ACTIVE LISTENING DURING PROJECT GRANT DISCUSSIONS"**
- FOURTH PHOTO: "BLIND ROCKS TEAM STRIKES A POSE WITH BRITISH COUNCIL COUNTRY DIRECTOR SHAHIDA MACDOUGAL"**

Therefore, we are coming up with accessible music video which will have audio descriptive music video and sign language interpreter alongside we will release our documentary video of our making of this music video which will showcase how this product was produced and involvement of all disabled artist to show their potential and abilities.





# CELEBRATING AND EMPOWERING WOMEN WITH 5K FUN RUN

An event to inspire and empower women including all genders and ages in celebration of International Women’s Day on March 16, Higher Ground Nepal organized 5K Fun Run/Walk 2024 with this year theme “Inspire inclusion”. This event was held at St. Xavier’s Jawalakhel ground with more than 1500 people running and walking to support and empower the lives of women and girls. This event was not usual run but it was run with a purpose, for girls and women education which was hosted by Sami Lawati, a Miss Blind Rocker 2021, and a board member of Blind Rocks.

The event was executed with a clear purpose, with all proceeds dedicated to promoting women’s empowerment and combating gender-based violence. Blind Rocks! was grateful and honored to be a part of this inclusive and inspiring event, was glad to support in any way possible.



BLIND ROCKS BAND WITH MICROPHONE READY TO ROCK THE STAGE

Blind Rocks! was one of the community partners for this beautiful event, we came up with our full entertainment package i.e. musical concert, stall filled with AI games and quiz alongside our own product Braille bookmarks. Our band members showed up with their crowd cheering musical and dance performance while Madhusudan Ghimire, a member of blind rocks had this audience pleasing poetry performance.



MADHUSUDAN GHIMIRE PERFORMING HIS POETRY



YOU AND ME, WONDERFUL WE.



FOR DONATION AND MORE INFO VISIT:  
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