



Official Quarterly Newsletter of Blind Rocks!

Vol. 4 April - June 2025

News and Design By: Ayushma Budhathoki

THIS ISSUE:

Page 1

Basic Financial Management Training

Page 2

Final - Podcast Demo Session

Page 3

Blind Rocks! Marks 11th Anniversary

Page 4

Naturopathy Training and Sound Healing Therapy

Page 5

Blind Rocks! Podcast Coming Soon

Basic Financial Management Training

Blind Rocks! conducted a two-day Basic Financial Management Training for its board members on April 5 and 6, 2025, with the support of TEWA. The main goal of the training was to improve the board's understanding of important financial topics. By gaining these skills, board members are now better prepared to help the organization grow in a transparent, organized, and sustainable way.



Hands-on training for a transparent and accountable future

By the end of the training, board members had a clearer understanding of financial systems, their roles in managing funds, and the importance of accurate documentation. These improvements are expected to enhance internal decision-making, ensure better tracking of expenses, and support more strategic planning for future programs. One of the participants, Sudan Tandukar stated, “With the right tools and knowledge, financial work is not as difficult as I thought. I’m excited to help make Blind Rocks! stronger and more transparent.”

The training served as a valuable step toward building a more responsible and accountable leadership team at Blind Rocks! It not only gave the board members practical knowledge, but also helped them feel ready to support the organization’s mission in a more organized and confident way.



Group photo after successful completion of the workshop

Final - Podcast Demo Session

On May 24, 2025, Blind Rocks! Podcast participants took a bold step forward as they presented their demo episodes, marking a key milestone in their podcast journey. After weeks of intensive training, research, and content development, 13 participants delivered their content with clarity, confidence, and powerful storytelling. The demo session showcased remarkable growth, as individuals transformed their ideas into well-structured, engaging podcast content.



Participants presenting their demo in front of the panels

The session was guided by experienced media professional Mr. Achyut Ghimire, who provided constructive feedback and encouragement. He said, “The voice becomes powerful when it carries a purpose. These participants have that purpose and now, they also have the skills.” His words reflected the dedication and transformation seen in every demo. Sarita Lamichhane, representing Prayatna Nepal, also offered valuable feedback and support, helping the participants polish their episodes further.

Organized by Blind Rocks! and supported by the European Union – Global Youth Mobilization, the demo presentation turned into a celebration of progress, courage, and self-expression. With the demo stage completed successfully, the team is now set to move into the final recording phase. The voices are ready, the stories are real, and the impact is just beginning.

Blind Rocks! Marks 11th Anniversary

On June 3 (Jestha 20), Blind Rocks! celebrated its 11th anniversary, marking over a decade of work in empowering blind and visually impaired individuals through art, adventure, and personal development. The event brought together members, well-wishers, and supporters to reflect on the organization's journey and continued efforts toward inclusion and growth.

At the heart of the celebration was the annual Sristi Upama Award, given to recognize silent changemakers whose strength lies in dedication and resilience. This year, we proudly honored Nabina Gyawali, a talented cook at Tiktik Bites, Clubhouse, Sifal. Her commitment and quiet determination are a powerful reminder of the impact of passion and perseverance.



Nabina Gyawali receiving Sristi Upama Award

The event was attended by Mr. Achyut Ghimire as the chief guest. We were also joined by special guests Mr. Dhiraj Karki, Mr. Raunak Thapa, Mrs. Upama Acharya, and Ms. Sarita Lamichhane, whose presence added value to the occasion and highlighted the importance of continued support and collaboration.

Blind Rocks! expresses its sincere thanks to all board members, team members, participants, partners, and well-wishers who have been part of this journey. As the organization moves forward, the 11th anniversary serves as a reminder of both the achievements made and the work that still lies ahead.



Group photo capturing the smiles of Blind Rocks! family

Naturopathy Training and Sound Healing Therapy

On June 14, Blind Rocks! organized a Naturopathy Training and Sound Healing Therapy session at Kunja Theater, Thapagaun, New Baneshwor, bringing together 23 participants for a day focused on natural wellness and emotional balance. The session was facilitated by Dr. Raunak Thapa, an international yoga trainer, naturopathy doctor, and founder of Enlight Yoga Naturopathy. The event was further enriched by the calming presence of Shree Ram Sudharma, whose energy added depth and stillness to the overall experience.



Dr. Raunak Thapa teaching Jalneti to participants

The session included practical and healing exercises such as Jalneti cleansing and sound therapy using singing bowls. Participants shared that the session helped them feel physically refreshed, emotionally lighter, and more spiritually centered. The soothing sound vibrations and breathing practices offered a rare opportunity to pause, reflect, and reconnect with the self. Many participants shared that the session was not only physically refreshing but also mentally calming. They noted that the sound vibrations and breathing exercises helped them feel more centered and at peace offering a much-needed break from the pressures of daily life. For some, it was a new experience that opened doors to self-care through non-medical, holistic approaches.



Participants getting positioned for sound healing therapy

More than just a training, the session created space for inner healing, emotional release, and spiritual connection. It emphasized the importance of slowing down, listening to one's body, and embracing nature's rhythms for overall well-being. Blind Rocks! extends heartfelt gratitude to Kunja Natak Ghar for offering such a welcoming and inclusive space, and to all those who joined this journey of natural wellness. Events like these serve as meaningful steps in supporting the mental health and emotional resilience of the blind and visually impaired community through alternative healing practices.

Blind Rocks! Podcast Coming Soon

Following the successful demo session held on May 24, 2025, Blind Rocks! is proud to announce the completion of the recording phase for its upcoming podcast series. This marks another major step in the journey of creating a platform where real stories, lived experiences, and informed perspectives come together in a meaningful way.



Lights. Camera. Action. Participants hosting the podcast

This soon-to-be-released podcast series is inclusive and accessible, created and hosted by individuals with disabilities, and featuring guests with professional and lived experience in the disability sector. With each episode exploring a different type of disability, the podcast aims to promote understanding, break stereotypes, and spark informed conversations. The series combines personal storytelling with expert insights, making it both engaging and educational.

Organized by Blind Rocks! and supported by the European Union – Global Youth Mobilization, this project is a first-of-its-kind initiative in Nepal, built on the values of accessibility, representation, and inclusion. The entire process from training to recording has been driven by the active participation of people with disability, supported by experts in media and disability rights. The series will be accessible to a wide audience ensuring that the content is inclusive in both message and format.

We thank everyone who has supported this initiative, especially the 13 dedicated participants who worked hard to bring their voices to the forefront. The episodes are currently being finalized and will be released soon.

Stay tuned for the launch of a podcast that not only speaks but truly represents.



YOU AND ME, WONDERFUL WE!

Blind Rocks is a non-profit organization that advocates for the rights of disabled people using art and adventure as tools. We focus on interpersonal development, mental health and confidence building, especially of people with visual disabilities.



To support our cause!

**For donations and more info,
Visit: blindrocks.org**

Contact: blindrocks.ngo@gmail.com