



# BLIND ROCKS!



## Official Quarterly Newsletter of Blind Rocks!

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# Message from the Blind Rocks! Team

Our country has gone through a vast transformation in just a few days, and in this process, many innocent lives were lost. We extend our heartfelt condolences to all the families and loved ones who are grieving during this difficult time.

We have all been affected directly or indirectly by the protests and their consequences. Yet, amidst the pain and uncertainty, we hold on to hope. We believe that the sacrifices made will not go in vain, but instead pave the way toward a brighter and more inclusive future.

Together, let us continue to move forward with strength in our hearts, kindness in our actions, and faith in a better tomorrow.

-The Blind Rocks! Team





# Stress Management and Spirituality



Blind Rocks! successfully completed a two-day online session on Stress Management and Spirituality on September 18 and 19, 2025, with inspiring facilitation from Mr. Bidur Phuyal, a well-known motivator and trainer.

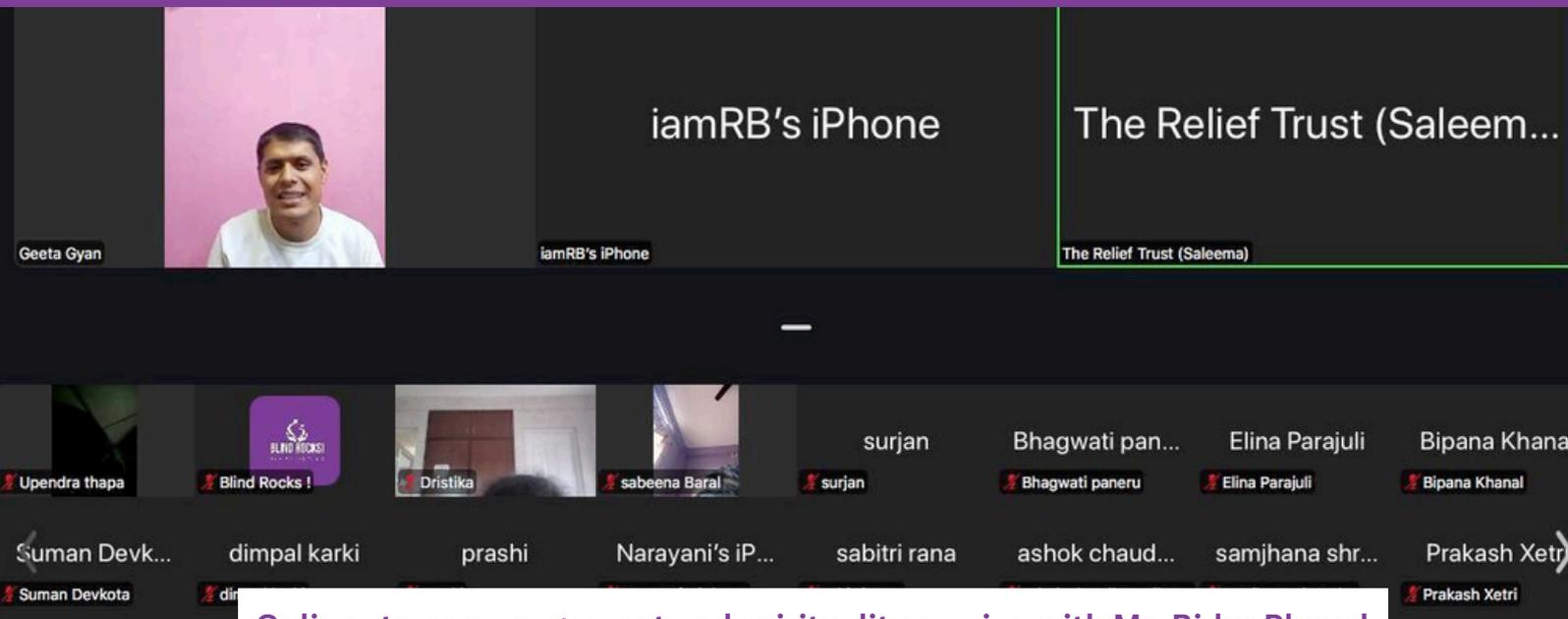
In today's world, where stress and uncertainty often weigh heavily on our minds, creating a safe space to pause and reconnect has become more important. This online session offered exactly that opportunity. Around 45 participants, with and without disabilities, came together to explore practical ways to bring calmness and balance into their lives.

Over the course of two days, the participants were guided with interactive discussion and reflective practices that encouraged them to see stress not only as a challenge but also as an opportunity for growth. They explored how everyday practices such as mindful breathing, gratitude, and simple reframing of own

thoughts can make a powerful difference in handling life's uncertainties. The sessions also highlighted the role of spirituality, not as something distant or abstract, but as a way of cultivating awareness and kindness within oneself. One of the participant shared, "These two days reminded me that stress will always be there, but so will my power to manage it."

We are grateful to Mr. Bidur Phuyal for guiding participants through this meaningful journey, and to every individual who joined with openness and energy. Your active participation turned these two days into a space of connection, healing, and growth.

As we move forward, we hope the learnings from this session will continue to inspire daily practices of mindfulness and inner peace.



# Advocacy Training

On July 7 and 8, 2025, Blind Rocks! organized a two-day Advocacy Training for its board members, with the support of Tewa. The training was supported by Tewa and led by Dr. Birendra Raj Sharma Pokharel, a well-known disability rights leader and policy expert.

The goal of this training was to help our board members understand advocacy better, connect our work with rights-based approaches, and grow as inclusive leaders. Through group discussions and planning activities, participants learned new ideas, identified important issues for Blind Rocks!, and promised to make advocacy a key part of all our future work.

One of the participants said, “This session marks the beginning of a new chapter: we are now committed to embedding advocacy at the core of our future initiatives.” Another participant shared, “I realized how powerful advocacy can be when we speak together with one strong voice.”

The participants also discussed new ideas for future activities. These sessions not only gave us new skills, but also built our confidence, teamwork, and commitment to push for policies that support people with visual impairments in Nepal.

We sincerely thank Dr. Pokharel for his guidance, our board and team members for their active participation, and Tewa for their strong support in helping us move toward lasting change.



Interactive session with facilitator Dr. Birendra Raj Pokharel

# Blind Rocks! Podcast Recording



Lights. Camera. Action. One step forward to releasing Blind Rocks! Podcast

In July-August 2025, Blind Rocks! marked another important milestone with the recording phase of the Blind Rocks! Podcast. After weeks of preparation, participants finally stepped into the studio to record their episodes with passion and purpose.

Each participant hosted an episode with guests who are experts in their fields; from disability rights and social change to leadership, media, and beyond. These meaningful conversations not only deepened participants' knowledge but also made their episodes rich, insightful, and impactful. By engaging with experts, participants learned to ask thoughtful questions, guide discussions, and connect personal stories with broader issues. It became a platform for growth, confidence, and self-expression.

Participants showed how far they had come in their podcast journey by turning their research and preparation into engaging conversations. To make sure the podcast is accessible to everyone, Blind Rocks! also included the sign

language interpretation in each of the recordings. This step reflects our commitment to inclusion and ensures that the podcast reaches a wider audience.

One participant reflected, "Recording with an expert guest was such a big learning moment. It pushed me out of my comfort zone and made me realize how powerful it feels to give space to voices that matter."

With the recording phase now complete, Blind Rocks! is preparing to bring these informative episodes to the public. The podcast episodes will soon be released via the Blind Rocks! YouTube channel, where listeners will experience the voices, stories, and ideas that emerged from this journey.

This is just the beginning; the voices are recorded, the stories are real, and soon the world will hear them.



**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!**

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