



BLIND ROCKS!



Official Quarterly Newsletter of Blind Rocks!

Vol. 6 October - December 2025

News and Design By: Ayushma Budhathoki

THIS ISSUE:

Page 1

Lifesaving Camp 2025

Page 2

International Extrability Games



◆ Goodbye 2025, Thank you Welcome 2026!

As we turn the final page of 2025, we do so with deep gratitude in our hearts. This year challenged us, shaped us, and reminded us why Blind Rocks! exists, to believe in ability beyond sight, to create spaces where talent rises above barriers, and to keep hope alive through art, resilience, and community.

2025 was a year of courage and collective effort. Every workshop, performance, training, collaboration, and shared story reflected the strength of our community. From moments of quiet learning to milestones that made us proud, this year reaffirmed that when people come together with purpose, inclusion becomes more than an idea; it becomes action.

We say goodbye to 2025 with appreciation for the lessons it gave us, the partnerships it strengthened, and the voices it helped amplify. Each challenge became a stepping stone, and each success, a reminder that meaningful change is built through persistence and belief.

As we welcome 2026, we do so with renewed hope and open hearts. A new year brings new possibilities: to dream bigger, reach further, and create more inclusive opportunities for persons with visual impairments and disabilities. We look forward to expanding our impact, deepening our work in arts, culture, adventure and empowerment, and continuing to break stereotypes together.

To our participants, supporters, partners, and well-wishers: thank you for walking this journey with us. Your trust and solidarity make our mission possible.

Here's to 2026 - a year of growth, courage, collaboration, and countless new opportunities. May it bring strength to our vision and light to every path we walk together.

With gratitude and hope,
Team Blind Rocks!

Lifesaving Camp 2025



Participants doing warm-up exercises before swimming

Lifesaving Camp 2025, organized by Blind Rocks! in partnership with the UK-based organization Stretch More, marked an important milestone in promoting disability-led disaster preparedness in Nepal. Held from October 27 to November 6, 2025, in Kathmandu, the 10 days residential camp brought together 15 visually impaired participants for intensive, practical training in first aid, swimming, and outdoor survival skills.

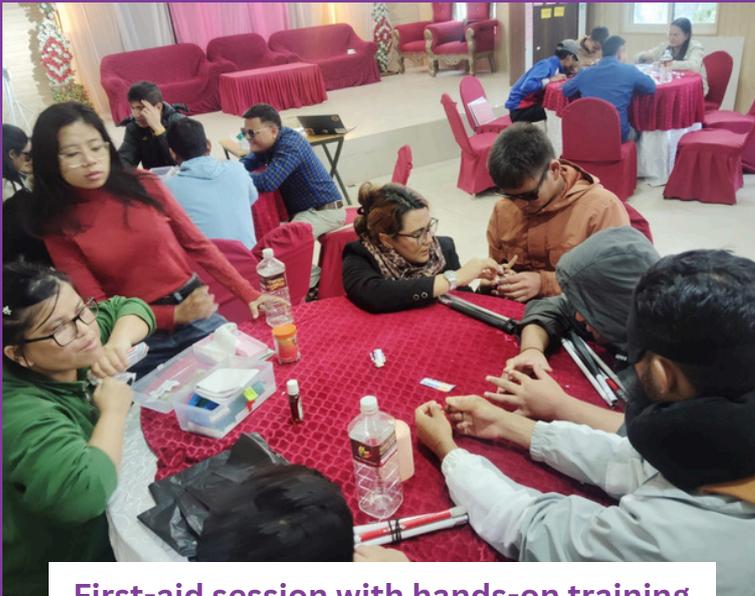
The core vision of the camp was simple yet powerful: to ensure that individuals with visual impairments are not passive recipients of help during emergencies, but confident individuals equipped to protect themselves and support others when disaster strikes.

The camp began with great enthusiasm under the guidance of swimming and survival skills trainer Nemat Ahangosh and first aid trainer Sabita Lamicchane. Participants engaged in hands-on sessions covering swimming, first-aid, fire-making, shelter-building and crisis based data collection, all delivered through adaptive and accessible teaching methods made for blind and low-vision learners.

One of the most transformative components was swimming training. Despite cold water and frequent rain, participants showed remarkable determination. They learned essential skills such as floating, breathing control, and safe movement in water.

What initially began with fear gradually turned into confidence and joy. As one participant shared, “I came here afraid of the water, but now I feel like a fish when I’m in it.”

The first aid sessions focused on practical, life-saving skills including treating cuts and wounds, managing bleeding and choking, performing CPR, using fire extinguishers safely, and collecting crisis-related information. These sessions emphasized preparedness, responding thoughtfully and effectively rather than reacting in panic during emergencies.



First-aid session with hands-on training

Unpredictable weather conditions became an unexpected but valuable part of the learning experience. Rain, cold nights, and slippery outdoor environments tested everyone’s endurance, yet they also strengthened adaptability, teamwork, patience, and mental resilience. Learning under real-life challenges helped participants understand how to apply survival skills when conditions are far from ideal.



Team work during shelter making session

Many participants arrived at the camp with uncertainty, especially around water-related activities and high-pressure emergency situations where they had previously depended on sighted assistance. Over the course of ten days, that uncertainty transformed into confidence. As another participant reflected, “This camp taught me how to take care of myself and support others during emergencies.” Such reflections capture the true impact.



Group photo before departure

Lifesaving Camp 2025, replacing fear with courage, dependence with capability, and self-doubt with self-belief.

The camp was hosted at Samara Garden Resort, whose safe and accessible environment made meaningful learning possible. Blind Rocks! extends its sincere gratitude to the Stretch More team, dedicated trainers, volunteers, and the resort staff for their invaluable support and collaboration.

Lifesaving Camp 2025 stands as a powerful reminder that when training is inclusive and thoughtfully designed; nothing, not even disaster, can limit human potential.

International Extrability Games

This December, Blind Rocks proudly represented Nepal at the Extrability Games 2025, an international online event connecting participants from Russia, Iran, Kyrgyzstan, Kenya, and Nepal. Joining the event alongside 11 participants from the Spinal Cord Injury Network Nepal (SCINN), our team engaged in an exciting platform for learning, collaboration, and friendly competition.

The Extrability Games are designed to celebrate the philosophy of extrability; the unique abilities and strengths that emerge when individuals face challenges, collaborate, and explore new opportunities. Participants took part in a variety of team-based activities that fostered problem-solving, communication, creativity, and cross-cultural interaction, all in a fully inclusive and accessible online environment.

Held on 24 December 2025, the event allowed participants from different countries and time zones to join remotely, ensuring equitable participation and removing barriers that often limit accessibility. The games were organized by ANO “White Cane” (Belaya Trost), Bishkek State University, and Ural Federal University, who provided a structured and supportive platform for this international collaboration.



Blind Rocks! participation highlighted our ongoing commitment to empowering individuals with disabilities. Through this experience, our team strengthened their teamwork and leadership skills while demonstrating that challenges can be transformed into opportunities for growth. By collaborating with international teams, we also reinforced the importance of inclusion, cross-cultural learning, and shared creativity.

This event reflects the broader vision of Blind Rocks! which is promoting accessibility, fostering confidence, and creating spaces where abilities flourish

International Extrability Games

beyond perceived limitations. We are grateful to our Nepal's partner SCINN for their invaluable collaboration, and we celebrate the spirit of extrability that unites participants across borders, inspiring meaningful connection and empowerment.



Online participation in Extrability Games 2025



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