



# BLIND ROCKS!



## Official Quarterly Newsletter of Blind Rocks!

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# Myth vs Fact - Digital Campaign

Blind Rocks! started an initiative in order to change how the world sees blindness and visual impairment with our digital campaign, "Myth vs Fact." Through short, accessible videos along with background narration, we aim to challenge common misconceptions and share real stories of independence, skill, and resilience.

From the idea that blind people shouldn't take risks, to myths about talent, literacy, fashion, happiness, and parenting, our videos explain how blind and visually impaired individuals actually lead full, empowered lives. At Blind Rocks!, our participants embrace adventures like rock climbing and paragliding, pursue careers in arts and leadership, and also promote literacy and independence using Braille and other adaptive tools.

We also celebrate confidence and self-expression. Our campaign shows that joy and fulfillment come from community, skill, and determination; not sight. By making our content visually accessible and engaging, we aim to encourage each and every one to question stereotypes, recognize abilities beyond perception.

Aligned with our mission of creativity and empowerment, this campaign raises awareness and invites every one to support initiatives that build inclusion, skills, and confidence for blind and visually impaired individuals.



# Blind Rocks! on Track and Stage



Blind Rocks! and Higher Ground team posing for group photo

On 21st March 2026, Blind Rocks! proudly joined the Higher Ground 5K Fun Run 2026 as the community partner for an event dedicated to women's empowerment, inclusion, and collective strength.

Blind Rocks! stood alongside Higher Ground in promoting a message that empowerment must include everyone, including women and persons with disabilities. Altogether, seven Blind Rocks! members participated, who demonstrated teamwork, energy, and resilience alongside all other runners. Their presence emphasized our commitment to inclusion and active engagement in community life.

The excitement continued on stage, where Gagan Ale captivated the audience with an original song and Samjhana Rijal delivered solo performance. Their music highlighted

the creativity, talent, and confidence of artists with visual impairments, leaving a lasting impression on all attendees.

Blind Rocks!' participation in the fun run and stage performance shows the importance of inclusive spaces where everyone can contribute, shine, and thrive. The day was filled with movement, music, along with meaningful connections, sending a powerful message of empowerment and possibility.

We extend our heartfelt thanks to Higher Ground for inviting us and providing this wonderful opportunity. Through events like these, Blind Rocks! continues to stride forward; on the track, on the stage, and in the journey toward a more inclusive society.

# Blind Rocks! at *Prima Facie*

Blind Rocks had the privilege of attending *Prima Facie*, written by Suzie Miller and staged at Kausi Theater in Kathmandu on March 22, 2026. The courtroom drama, featuring a remarkable performance by Pashupati Rai and directed by Akanchha Karki, explores the experiences of sexual assault survivors and highlights systemic barriers within the patriarchal legal system.

What made the performance particularly impactful for visually impaired audiences was the thoughtful delivery of the monologue. Pashupati Rai combined her solo performance with clear verbal explanations of the setting, character movements, as well as crucial situational context, making the story fully accessible and immersive for everyone. The play was raw, courageous, and deeply human; prompting reflection, empathy, and important conversations about justice and equality.

We extend our heartfelt appreciation to Tewa and Sangat Nepal for inviting us, and to director Akanchha Karki and actor Pashupati Rai for the fearless storytelling and commitment to accessibility.

Blind Rocks! is proud to participate in spaces that elevate voices, challenge perspectives, and make art accessible to all.



Blind Rocks! vice secretary posing alongside Prima Facie poster

# Looking Ahead: Blind Rocks! in 2026

As we step into 2026, Blind Rocks! continues its journey with a stronger vision and deeper commitment to inclusion, creativity, and empowerment. The year ahead is filled with opportunities to expand impact, strengthen voices, and create spaces where persons with visual impairments can thrive with confidence and dignity.

In 2026, we aim to scale our core programs in art, culture and adventure, reaching more individuals across communities. We will continue to push boundaries through accessible digital content and awareness campaigns, challenging stereotypes and reshaping how society understands blindness and disability. We also plan to strengthen our work in emotional well-being and psychosocial support, ensuring that individuals not only gain skills but also feel supported, heard, and empowered in their personal journeys.

Collaboration will remain central in 2026. By partnering with organizations, artists, educators, and communities, Blind Rocks! seeks to build a more inclusive ecosystem where accessibility is not an afterthought, but a standard.

2026 is not about waiting for change, it's about creating it.

-The Blind Rocks! Team



**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,  
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