



Official Quarterly Newsletter of Blind Rocks!

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12 Years of Impact

(Celebrating the Journey, Inspiring the Future)



Blind Rocks! Team posing for a group photo

Twelve years ago, Blind Rocks! began with a simple yet powerful belief: blindness should never limit a person's dreams, opportunities, or place in society. Today, as we mark our 12th anniversary, we pause not for celebration alone, but for reflection on the lives transformed, barriers challenged, and the inclusive future we continue to build together.

This year, Blind Rocks! marked its 12th anniversary in a quiet yet meaningful way. On this day, our team members came together to reflect on a journey that has touched countless lives and reshaped perceptions about blindness and disability in Nepal.

Over the past twelve years, Blind Rocks! has remained committed to empowering blind and visually impaired individuals to live independently, pursue their passions, and become active contributors to society. What began as a vision shared

by a small group of dedicated individuals has evolved into a movement for inclusion, accessibility, and equal opportunity.

As we reflected on our achievements, one message stood out clearly: our greatest success is not measured in numbers alone, but in people. Every beneficiary who gained confidence, secured employment, pursued higher education, or simply discovered their own potential represents the true impact of our work.

The inspiring transformation stories featured throughout this newsletter are powerful reminders of Blind Rocks!' unwavering commitment to its mission. They demonstrate what becomes possible when individuals are provided with opportunities, encouragement, skills, and an inclusive environment that enables them to thrive.

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12 Years of Impact

(Celebrating the Journey , Inspiring the Future)



Blind Rocks! Team during a meeting at its 12th Anniversary

In this edition, we have chosen to reflect these voices in their own words. Their journeys from overcoming barriers and self-doubt to achieving independence, confidence, and success—serve as living evidence of the impact Blind Rocks! has made over the past twelve years. These stories not only highlight personal transformation but also challenge long-held misconceptions about visual impairment, proving that disability does not define potential.

More importantly, they inspire others facing similar challenges to pursue their aspirations with confidence and determination. Each story is a testament to resilience, inclusion, and the power of believing in one's abilities. Together, they remind us that when society becomes more accessible and inclusive, everyone benefits.

We have come a long way, yet our journey is far from complete. There still exist significant barriers to accessibility, inclusion, and equal

participation in our society. As we mark our 12th milestone, we renew our commitment to advocating for inclusive communities, and ensuring that every individual with disability has the opportunity to live with dignity, independence, and purpose.

To our beneficiaries, partners, volunteers, supporters, and friends—thank you for believing in this vision. Your trust and support have enabled us to create meaningful change and inspire hope where it is needed most.

Together, we celebrate twelve years of impact and look forward to many more years of building a world where no one is left behind. Every success story we witness reminds us why Blind Rocks! exists. For twelve years, we have been proving that blindness is not the actual barrier, the actual barriers are barriers themselves. As we enter our 13th year, we continue to thrive and our vision remains unchanged: “A society where blindness never limits opportunity.”

From Where I Was To Where I Am

(Voices of Transformation: In Their Own Words)

Choreographing Her Own Destiny: Samjhana Shrestha

"Blind Rocks! didn't just give me skills; they gave me my life back. I used to sit alone crying, afraid to even walk across my own room. Today, I perform professionally on stage and earn my own living."



Samjhana (right), in cultural attire, dancing on stage

When Samjhana lost her sight completely at the age of 19, her world shattered. She was so hopeless that she was terrified of navigating even her own bedroom. The active girl who loved dancing slipped into a deep hopelessness, believing this was simply how her life would be. The society whispered that blind people could do nothing more than sing on street corners for money and she almost believed them.

The turning point came in her life when she got connected with Blind Rocks! . Since then, Samjhana has completely rewritten her future. She unlocked opportunities she never thought possible. She returned to her first love—dancing—performing professionally on major stages and generating her own income. Samjhana has regained the lost rhythm of her life and is now creating impacts in the society through her dance.

✉ A Note from Samjhana

"Do not lose hope. There are so many of us excelling in every field imaginable. But to get there, we must accept our reality, stop regretting the past, and boldly step forward into a better future with positive mindset."

From Where I Was To Where I Am

(Voices of Transformation: In Their Own Words)

♪ ♪ Gagan Ale's Melody of Self-Reliance ♪ ♪

"Blind Rocks! showed me that when the world doesn't give you a stage, you build your own. My talent used to be viewed only with sympathy not appreciation. Today, I am a professional music composer, and a paid stage performer."



Gagan (right) playing guitar during his musical performance

Gagan was blind by birth. Since his childhood, he has been strongly passionate about music. Though people loved his musical abilities, his talent was viewed with the eye of sympathy rather than appreciation. He was eager for a real breakthrough and continuously searching for opportunities to showcase his talent.

The defining moment arrived when, he got associated professionally with Blind Rocks! as a vocalist in Blind Rocks! band. He achieved a massive milestone by composing the official organizational song for Blind Rocks! as a professional artist. He even collaborated with live bands to headline paid commercial concerts. This motivated him to make his own song and is now actively contributing to the music field. Gagan has tuned out societal limitations and is now inspiring the community through his music.

✉ A Note From Gagan

"Our community must unite to solve our own problems. Let's stop waiting for charity and start demanding our worth."

From Where I Was To Where I Am

(Voices of Transformation: In Their Own Words)



The Power of Voice: Dimple Karki's Journey



"Blind Rocks! helped me find my voice. It took me four long years of anxiety and depression to figure out life after blindness. Today, I am a 4th-year Mass Communication student, a podcaster, and a confident public speaker. "



Dimpal poses for photograph with smile

Dimpal's world completely shifted when she lost her sight in the 6th grade. Transitioning to a new reality was a slow, painful climb. It took her four years just to begin making sense of her new reality. Once independent, she found herself completely relying on others for everything, feeling as though her future had disappeared .

The paradigm shift began when she got connected with Blind Rocks! . Dimple has built an entirely new identity. She hosted her own podcast through Blind Rocks! and led public speaking engagements at her college. Dimple has found her long lost voice which now has become the voice of inspiration for all of us.

✉ A Note from Dimpal

"Accept your reality. Stop looking back at the past and start looking forward to what you can build next. My journey was tough, but true motivation comes from within when you find the right, inclusive community."



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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