

Nepal Spinal Cord Injury Sports team



Wheelchair
Basketball

Wheelchair
Cricket

Swimming

Athletics

Table Tennis

Chess



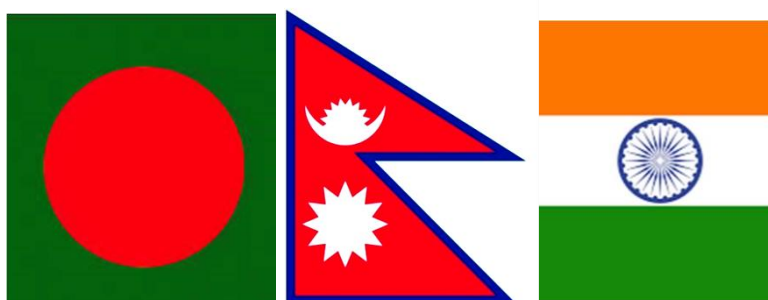
Winter Cup International
Wheelchair Cricket Series 2019
Nepal Vs Pakistan

International Spinal Cord Injury Wheelchair

“Basketball Tournament”

Nepal, Bangladesh & India

Nov 15-18, 2017



1. Introduction

Disability is still not accepted as the social and human rights issues in many parts of the world. In the underdeveloped country like Nepal, every individual with physical, sensory and mental impairment have been facing numerous barriers such as physical, legal, attitudinal, social and communication which force them to stay in the condition of disability.

The persons having impairment in organs such as limbs, joints, bone, and spinal cord etc. that limits physical function of body basically in limbs or fine or gross motor ability are normally called persons with physical disability. Some people may be born with physical disability, while some may acquire it in their life later due to various causes. The causes may be health issues, accidents or even wars.

In our society, persons with disabilities are treated as the weak, inefficient and dependent people. People tend to think that they cannot do anything for their life by themselves and has to rely upon others forever to even conduct their activities of daily living. In this context, sports can play very crucial role in the life of persons with disabilities and to break the negative social attitudes and beliefs in terms of their dependence upon others. Sports in fact is a very good therapy for individuals with disabilities as they tend to engage themselves in it which will help improve their muscular and physical strength. There are evidences that shows that people tend to be less stressed if they are involved in sports activities.

Persons with disabilities can play different types of games as other do. But our society is still unaware about it. So, there is a need to raise this awareness among people and prove them that disability sports are also possible. Sports is a very effective tool to raise awareness in the community.

This can be also supportive to the player themselves to come out from their comfort zone and increase their level of confidence. Similarly, through sports they can have an opportunity to prove their capacity and confidence in the society. It will assist them to lead a dignified and respectful life in the society.

funding for training, event arrangement and travel to the Games, NSCISA is seeking the funds to do this.

Explain what challenge the community is facing and who is affected. Give enough detail so that donors understand exactly what the problem is and who will benefit from a solution.

About Nepal Spinal Cord Injury Sports Association (NSCISA)

With the aim of providing proper peer support and motivation through the means of sports for the people with disabilities (specifically people with spinal cord injury), Nepal Spinal Cord Injury Sport Association (NSCISA) was founded in 2009 by nine young and energetic people with spinal cord injury (SCI). Since its inception, NSCISA has successfully organized various sport events in Nepal. NSCISA is the first of its kind organization to initiate sports activities like wheelchair basketball, wheelchair table tennis and swimming for people with SCI in Nepal. The main objectives of NSCISA are:

1. To improve the social, psychological and physical wellbeing of the people with SCI through games and sports.
2. To provide avenues for the people with SCI to participate and compete in sports and recreational activities on both national and international level.
3. To utilize the people with SCI in education, research and awareness related criteria for the development of sports.
4. Lobbying the government, related stakeholders and different related organization for the development of sports and accessibility.
5. To inform and sensitize the general public about SCI and the capabilities of wheelchair users; in doing so eradicate misconceptions about disabled individuals.

2. Need Analysis

People with disability are forced to live in hardship and limitations. Because of this deep-rooted stigma and barriers, they rather prefer to stay isolated which adds more sufferings to their lives. Some might go into depression while others tend to commit suicide. People with disability are equally capable of performing things as people without disability. If they could be able to realize their potential then it could be a good stimulus for them to live an independent and successful life. So, one alternative to do this is to involve them in various activities and raising awareness among them through the medium of sports. Sports

help a person to keep physically as well as mentally fit and on the other hand it gives a very strong and positive impression to the society regarding their ability and capability which in turn help to change their mindsets towards people with disability. Therefore involving people with disability in sports will enable them to stay active, healthy and motivate them to live and explore their potential.

Realizing the power of sports in changing the lives of people with disabilities towards positivity, NSCISA has been organizing various sport events for people with disability inside the valley and the impact is overwhelming not just to the participants (people with disabilities) but also to the local people. The organization also have experience of organizing different international events. In 2014, NSCISA organized international Wheelchair Cricket in Kathmandu which was between Nepal and Pakistan. This program was a complete hit with major participations from both countries. Following the greater success of this event, NSCISA seeks to initiate and organize international wheelchair basketball tournament among Nepal, Bangladesh and India. This is the first attempt to involve people with disabilities from Nepal, Bangladesh and India.

3. Description of the event

This event is happening first time of its kind of in Nepal It will be organized by Nepal Spinal Cord Injury Sports Association (NSCISA) with the slogan “FRIENDLY TO DISABILITY”. Wheelchair basket- ball teams of Nepal, Bangladesh and India will take part in this tournament. The event will start with performing an awareness rally in the Kathmandu valley and the tournament will start officially at the basketball court of Army cover-hall, Lagankhel, Lalitpur on **November 15 to 18, 2017**

The “International Wheelchair Basketball Tournament- 2017” will incorporate girls and boys team from each country. The tournament will be held for 4 days and 1 day for site scene and all the travelling, food and accommodation cost will have to be provided by the organizer to the players for 5 days.

4. Objectives of the event

The major objective of this event is to directly involve the wheelchair users into sports and facilitate social inclusion in order to make them realize the wider possibility of living a happier life and contribute for changing attitudes of society towards persons with disabilities.

The Immediate Objectives are:

- Cooperate and collaborate with stakeholders in seven provinces of Nepal and involve the persons with disabilities in sports
- Increase the involvement of wheelchair users including women in Wheelchair Basketball.
- Enhance the scope of wheelchair sports by bringing players from different places together.

- Inform and sensitize the other persons with disabilities and the general public about SCI and special sports to enhance the positive attitude towards the capabilities of wheelchair users.
- An effort for the implementation of the UN Convention on the Rights of People with Disability (UNCRPD)

Article 19: Living independently and being included in the community.

Article 30: Participation in cultural life, recreation, leisure and sport.

5. Output of the project

The output of the project will be:

- There will be 72 players including 36 girl's players and altogether 120 persons who will be directly involved in this game. This will lead to synergetic effect for the benefit of the people with disability (PWDs).
- The physical, social, mental well-being of the participant will be improved.
- Exploration and formation of a group of energetic PWDs and its enhanced networking & coordination.
- Advocacy and awareness of disability sports among general public.
- Encouragement to the less active PWDs.
- Enhance the feeling of “*WE CAN DO*” among the PWDs.
- The participants will be motivated to become a better player.
- Increased networking in national and international level.
- The participants will have an opportunity to experience the international tournament.
- The event is expected to be watched/observed by 2500 to 3000 people directly. Beside this, the media will also cover and disseminate the report throughout the country. So, there will be greater mass reach of this event.

6. Reporting

A descriptive narrative report will be submitted after completion of the event including the achievement of the event on the targeted people. The report will include all the necessary supporting documents and annexes. Similarly, the financial report will be submitted in the standard format with all evidence of expenditure and supporting documents.

7. Benefits for the Partners/ Supporters & Donors

Giving back to the society is the responsibility of every individual for the mankind of one another. This project aims to bring a smile and confidence on the face of persons with disabilities and to make them realize that they can live an independent and purposeful life. It further aims to boost the confidence and self-esteem of the participants by making them feel that they are equally able and can do something through the medium of sports. Similarly the event will give a strong message to the society about the capacity, capability

and ability of persons with disabilities by bringing social reforms in terms of the mindsets of society towards people with disabilities. It is strongly believed that with this project, NSCISA will be able to bring a social change by assisting people with disabilities in living a respectful and dignified life.

Besides, the supporters will receive the following different benefits:

- Increased brand awareness through advertisements in the venue, use of logo in the banners.
- An opportunity to contribute for the implementation of UNCRPD.
- A complete assurance that the support is for the genuine group of people.
- Joy of bringing a smile in the faces of people with disabilities.
- Promotion through website.

8. Budget

S.N.	Budget Head	Amount in NRS	Remarks
1.	Transportation	360,000	6 bus for 6 team*5 days hotel to court to hotel= $6*5*6000*2$ way
2.	Food and Accommodation	1800,000	120 person for 6 days= $120*6*2500$
3.	Lunch Pack	1,80,000	120 person for 6days = $250*120*6$
4.	Expenses for Practice for Nepalese Players	610,000	30 person with volunteer as well as coach 40days practice. <ul style="list-style-type: none"> • Transportation= 4000 a day*40=160,000 • Breakfast= $30*150*40= 180,000$ • Jersey= $30*1000= 30,000$ • Coaches= $2*40*1000= 80,000$ • Volunteer= $4*1000*40=160,000$
5.	Water/Juice /Snacks	300,000	Per day 50,000 for 6 days
6.	Tents, light, sound systems, generator and stage decoration	50,000	
7.	Prizes for Each team	200,000	Winner- $70,000*2$ / Runner up- $30,000*2$
8	Printing & Stationeries	100,000	Banner, letter, certificate, pen, copy, pamphlets, flags, Batch , khada , token of love etc.
9.	Sports Equipment	95,000	Ball, net,, trophy, medal,
10.	Dress Set	450,000	$120*3750$
11.	Court charges	30,000	$10,000*3$ days
12.	Press Meet and other meetings	150,000	9 meetings and one press meet= $15000*10$

13.	First Aid	55,000	Medicine, Therapist, Nurse
14	Media and advertising	100,000	
15	Miscellaneous	35,000	
Grand Total		4,335,000	

Grand Total=NPR 4,335,000(In words forty-three lakh thirty-five thousand rupees only.)
Exchange Rate of NPR & Dollars NPR 102 = \$1.00

9. Past Achievements of Organization

- Friendly Wheelchair Basketball Match between Nepal, India and Bangladesh- 2014 at Bangladesh
- 1st ever Wheelchair Cricket winter cup series- 2015 at Nepal
- 1st Historical Wheelchair Basketball, Cricket and Awareness program- 2016 at Remote part of Nepal Khalanga, Jumla
- 2nd Historical Awareness and Para-sports competition- 2017 at Remote part of Nepal Rumjatar, Okhaldunga
- Annual National Para Swimming Competition
- Support PWDs by providing wheelchairs, health kits, cushion in coordination with different organization.
- Disabled friendly 100 meters model road at Jorpati
- Cleanliness program at Jorpati local area
- Advocacy on disability sports, health, awareness training, education, accessible building, to government line agency
- Re-construction of disabled friendly and model house at Sindhupalchowk after earthquake.
- Develop sports for persons with disability at the national and international levels(*Bangladesh, India, Korea, Brazil, Japan, Chaina*)
- Increase awareness about disability sports and bring positive changes among society
- 2016, IMPACT Nepal – “Dr. Laxmi Narayan Prasad Disability Service Award” presented to Nepal Spinal Cord Injury Sports Association (NSCISA) along with the support of Rs. One lakh for providing valuable service to the people with disability through community awareness, rehabilitation, empowerment and advocacy.