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EMPOWERING FOR SOCIAL INCLUSION

WHEN SPORTS BRING SOCIAL CHANGE

ENGAGE

Graphics By Walter Morselli

We work with youths with disabilities, supporting their empowerment process through a flexible, tailored made approach.





Second Edition August, 2017
Author, Simone Galimberti, Co-Founder,
ENGAGE

Disclaimer on the sources of information

This Booklet uses information collected from different websites and other primary and secondary sources. While we acknowledge the importance of these sources, we are aware of some of the limitations attached to them. We tried, in the best of our capacity to verify and ensure their accuracy too. We regret for any mistake if any. If you find any, we would appreciate if you can notify us at engagenepal@gmail.com

The Booklet will be a "living document" that will be improved and a longer edition will be published on www.engage.org.np

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Disclosure: a longer and more detailed version of the booklet with a special focus on Section 3 is available on ENGAGE's website at www.engage.org.np

FOREWORD

It is with great pleasure that the Embassy of Switzerland in Nepal has supported the publication of this booklet that follows the first edition, *Leading Through Sports, A more Inclusive Nepal Through the Power of Sports* published in 2016 on the occasion of the first edition of the Turkish Airlines ENGAGE Empowering League. Persons living with disabilities are certainly among the most disadvantaged and vulnerable groups in Nepal and their rights are persistently violated.

Positively the recent promulgation of the new Disability Rights Act could, if implemented in its entirety and in its true spirit, transform their living conditions. While enforcing the new provisions will be imperative, it will be equally important to continue to raise awareness not only about the rights of persons living with disabilities but also

about their potential and their role and contributions. In this specific content, youths living with disabilities not only deserve special attention and support but also they can play a very important role in turning Nepal in a more just and equitable nation. Sport playing offers a better platform for them to involve and engage in societal change process. With the Constitution in place and the country is in the federalization, we have an opportunity to harness sports to contribute for a more just, equitable and sustainable change.

We believe that sport for development is a powerful and innovative tool to raise awareness about the rights of all persons who, perpetually are discriminated and experience, on daily basis, vulnerabilities, exclusion and insecurities.

Yet sport playing is more than just creating awareness. Initiatives like the

Wheelchair Basketball League, with its games and programs at school and college levels, can really be instrumental in developing the talents of youths with disabilities while at the same time stimulate change in people's attitudes and behaviors towards disability and social inclusion.

This booklet will provide useful insights and knowledge not only about social inclusion and disability rights but also about a path for personal and professional development for youths with disabilities that sport playing can help initiate.

I sincerely hope that not only youths with disabilities will enjoy its reading and put their learning into practice but also their peers without disabilities.

After all the ENGAGE Sport Coaches, all local youth volunteers passionate about sports who coach the teams participating in the League who are the pillars of the

League, are a clear example of the bonding embedded in sport playing. It is not only about coaching but also about developing new relationships and mutual learning.

As a bridge, sport playing is connector that can bring people from different background together.

With no doubt, the League is contributing to achieve this goal.

Enjoy the reading !

Dr. Jörg G. Frieden
Ambassador
Embassy of Switzerland in Nepal



PREFACE

The second edition of the Turkish Airlines ENGAGE EMPOWERING League offered an opportunity, thanks to the Embassy of Switzerland to Nepal, to develop a second booklet, following “Leading through Sports, a more inclusive Nepal through the power of sports” that was published in 2016.

“*With Leading through Sports*” we had already touched all the basic elements around disability and now we felt that it was important to contextualize disability within the wider conversation on social inclusion.

We took this opportunity to challenge ourselves and “dig deeper” in such a complex matter, a direct cause of but also an effect of discrimination. From here we tried to develop a framework to support a process of self-empowerment of youths living with disabilities that is also applicable to other

vulnerable youths. It is a process that first nourishes personal and professional development of disadvantaged youths while at the same time prods the wider society for a system change that will make it more inclusive and just.

On this end, we wanted to offer some practical tools that can be used by youths with disabilities to get some inspiration to move forward and be the “change” needed to make society more inclusive.

This certainly requires time. It is a long journey that, starting at personal level and then progressively, step by step, attempts to change people’s behaviors and attitudes towards disability and other areas of discrimination and exclusion faced by many disadvantaged youths.

Obviously, we could not neglect the power of sport playing not only because it is one of our pillars at ENGAGE. Wheelchair

basketball, a sport that receives a lot of attention in this booklet, is gaining more and more popularity around the world and is well positioned to be even more followed. It is a discipline that has a huge potential for being leverage to create more social inclusion. Moreover, sport playing remains one of the important elements of active citizenship that can be used to spur social change at the individual and societal levels.

The same Turkish Airlines ENGAGE Empowering League would not be possible without our amazing ENGAGE Sport Coaches, local youths who, after undergoing a 30 hour capacity building training, serve the teams participating in the League as wheelchair basketball coaches. Nor the League would be possible without all the volunteers taking care of logistics.

With this note, I hope you will enjoy the reading and you will make the best use

of this booklet to contributing in making Nepal a more inclusive a just society.

Kalpna Gurung,
Founding Director, ENGAGE

STRUCTURE OF THE BOOKLET

Therefore, we designed this booklet with three main sections. The first one deals with general concepts related to social inclusion and disability rights, including the legal provisions related to disability in Nepal.

The second is focused on sport for development with an emphasis on the current status of disability sports in Nepal and then you will find interviews and testimonies from key actors involved in wheelchair basketball worldwide.

The final section is a hybrid section at the disposal of the youths, something between a toolkit and a personal/professional development pathway. The booklet ends with a Manifesto, a document with some ideas to

make society more inclusive by involving and engaging vulnerable youths. We are well aware that this last section will require further work and fine-tuning but by including it here offers an opportunity to do some testing and get some feedback.

Due to space limitations, the full description of the approach will be available only in the ENGAGE's web site at www.engage.org.np

ACKNOWLEDGEMENTS

A special thanks goes to the Embassy of Switzerland to Nepal, especially Sabine Piccard and Manohara Khadka who have been actively supporting the work of ENGAGE.

The Embassy of Switzerland has been supporting the League and the publication of this booklet and all the awareness related activities being carried. Thank you for betting on us and on sports playing to bring change in the society.

The Embassy has been one of the most active Internatio-

nal Development Partners supporting the agenda of social inclusion and justice. Special thanks go to all of our partners, foremost Turkish Airlines who since day one believed in the idea of the League.

A special recognition goes to Michael Rosenkrantz, a dear friend and advisor at ENGAGE who has been working hard to make this booklet as readable as possible and played a very important role in enhancing the quality of wheelchair basketball in Nepal.

Another person well deserving of acknowledgement is Bharat BC, a young promising professional that works at ENGAGE.

You will know more about Bharat in Section 3 where we offer a pathway for self-empowerment, an approach based on the personal story directly experienced by Bharat. Bharat's strength, maturity and

self-reliance and high level of personal accountability is a source of daily inspiration. Last but not the least an important acknowledgement to Walter Morselli and Marcela Torres from Parkmandu, an incredible couple who have been supporting and believing in ENGAGE since first day. Walter has been also working very hard on the graphic design of this booklet, thank you Walter.

On behalf of Kalpana, my wife, co-founder and colleague at ENGAGE, who boldly decided to go for this life adventure called ENGAGE and to whom I owe my infinite gratitude and who came up with the idea of writing this series of booklets, we would like to thank all of the friends of ENGAGE who have been supporting us since the beginning.

Last but not least, my personal gratitude goes to those youths who have been partnering and working with



Turkish Airlines Empowering League's Volunteers after a training session

ENGAGE. Thanks for your trust in us.

I just wish more people, would meet and learn from them. Your positive attitudes and determination to deal with daily struggles are

a true source of inspiration for all of us.

Simone Galimberti, ENGAGE Co-Founder and Author of the booklet

SECTION 1

DYNAMICS OF SOCIAL INCLUSION



Volunteers with members of JWSC team at International Volunteering Day Program



ENGAGE Sport Coaches with Bharat BC at the International Day of Persons with Disabilities' rally

CHAPTER 1

Social change & Social Inclusion

“Social change is the significant alteration of social structure and cultural patterns through time.”

Kevin T. Leicht, University of Illinois at Urbana - Champaign

The road outside your house might be broken and when it rains, it is always flooded.

The college where you study might lack adequate study facilities: e.g. there is a small room designated as a library but there are few books and most of the time, the entrance door is shut and you are unable to prepare your homework.

In your everyday life, you can literally count many instances where you would like to see a change for better happening.

Does always complaining help? Does it make things better or easier? Here we

would like to ask a question, a BIG question actually:

What are you ready to do to help achieving a change?

Can you take a chance and try to improve something you strongly feel that should change?

Getting involved in trying to fix something has a cost, it is time consuming and you might have to deal with some frustrations but probably it is worth taking it.

After all this is your community, your country and why not try changing the current situation?

PURSUING CHANGE AND BEING A VULNERABLE YOUTH

Now think what it means to achieve change if you are vulnerable or living in a disadvantaged state.

Let's first define vulnerability. I like this simple, straightforward definition of Brene' Brown that is taken from her book *Daring Greatly*:

“I define vulnerability as uncertainty, risk, and emotional exposure”.

For example, if you are a youth living with disability or you belong to a family from a poor and disadvantaged economic situation or you are member of a minority group, you have the envi-

ronment in your surroundings and in the overall structure of society set against you. You do not only have to deal with the same problems faced by many of your peers like the ones mentioned above but you face many more challenges, barriers, walls, in front of you on daily basis.

Foremost you would like changes in your life. You would like to have an easier and most importantly a better life. You strive for recognition. You want to be noticed and acknowledged by the society surrounding you. More than anyone else, you hope to have a fair chance at succeeding at life but do you still have hope? Maybe hope has never been there or what is left of it is very



Dadu Shin, published on the New York Times, July 26

thin and is fading away. Because of the challenges you face on daily basis, you feel excluded and your level of self-confidence is down to zero.

How do you change this situation?

How hard can this possibly be?

We believe that for this to happen, there is a need to work at two levels.

On the one hand, you need to push yourself hard so that you will rightly claim a due place in society.

The assumption is that you cannot get recognized and gain a role in society by compassion or by having others feeling pity. Of course, they can and should empathize with you but not treat you as “a charitable object”. First of all, you have to work at a personal level: your personal transformation will start at your inner level, with the “right” life principles, right values and

attitudes and then, later on, you can focus on your soft and professional skills and competencies that will upgrade through a lifelong learning process.

And yet this won't be enough for society to welcome you as citizen with full rights. On the other hand, we also need a “system change” where individual members of society develop different, more inclusive attitudes and as a consequence, their behavior will progressively turn society into a more just place for all.

Therefore, we need to work to change society through awareness making but also through community organizing activities where a youth living will directly stand up and make a difference.

Throughout our work at ENGAGE we've met quite a number of youths in vulnerable states already acting as “change makers” but there are many more out there that must be reached out to.

Theory of Change to support the process of self-empowerment of youths in vulnerable status and make society more inclusive



CHAPTER 2

Understanding Social Inclusion

Inclusion is community.

No one becomes included by receiving handouts, even if these handouts are given by public bodies and with public resources. No one becomes included by being treated by a program in which they are no more than a number or a statistic.

Inclusion is connection to the network of community development, it is to become more than a speck of dust, to have a forename and surname, with one's own distinctive features, skills and abilities, able to receive and give stimulus, to imitate and be imitated, to participate in a process of changing one's own life and collective life...

Cesar Busatto, Economist and Politician from Brasil



Dadu Shin, published on the New York Times, July 26

There are many ways to feel excluded. Not necessarily have to be a person with disabilities or be in disadvantaged socio economic conditions to experience it. Yet if you are living in such a situation, your probability to face social exclusion is much higher.

Imagine yourself moving to a new town where the roads are not accessible, the public transportation system does not recognize your unique needs as youths with disability.

Being included implies bringing a change in your life but also in the society that you live in.

If you are a youth living in a vulnerable state...maybe, you would visualize this change in terms of:

- Getting a scholarship at school or college;

- Find a job;
- Studying in a school that has ramps and is accessible;
- Having study books in braille or audio books;
- Having a support teacher to help you with your studies because of your special educational needs.

When you will stop feeling excluded, you will understand what social inclusion means. At the end of the day inclusion is when you will stop feeling excluded and feel part of "something".

1 - Busatto, C. (2007) Solidary Governance for Creating Inclusive Societies, A contribution to the Expert Group Meeting on "Creating Inclusive Society: Practical Strategies to Promote Social Integration", Paris

LACKS OF RIGHTS AND OPPORTUNITIES LEAD TO INEQUALITIES

“A major chunk of the population of persons with disabilities is still invisible and segregated in society due to stigma, discrimination and inaccessibility. Most of the people from rural areas and economically poor backgrounds are extremely in need of having their fundamental rights fulfilled” .²

Sudarson Subedi, President, National Federation of the Disable Nepal, NFDN

Learn

Move freely and
be able to
access
community spaces

Secure
livelihoods

Being deprived of basic human rights brings on deprivation and poverty. In the case of a person living with disabilities, deprivation brings further isolation.

There are broadly speaking three main areas of deprivation faced by youths living in

vulnerable states:

Naïla Kabeer .², a renowned social economist, refers to “intersecting inequalities”, to explain and understand multiple and overlapping fronts of discriminations and exclusions faced by vulnerable persons.

2 - Living conditions among people with disability in Nepal Arne H. Eide, Shailas Neupane, Karl Gerhard Hem, SINTEF Technology and Society Department of Health Research
3 - Kabeer, N. (2010) Can the MDGs provide a pathway to social justice? The challenge of intersecting inequalities, IDS/UN MDG Achievement Fund

Definitions

SOCIAL EXCLUSION

“A dynamic process of progressive multidimensional rupturing of the social bond” .⁴

Hilary Silver

“Social exclusion encompasses the condition of poverty, deprivation, marginalization, and powerlessness”.⁵

Mukta S. Tamang

“Social Inclusion is the process of improving the ability, opportunity, and dignity of people-disadvantaged on the basis of their identity - to take part in society” .⁶ World Bank

“An inclusive society is a society for all in which every individual, each with rights and responsibilities, has an active role to play” The World Summit for Social Development (Copenhagen 1995)

“An inclusive society is a society that over-rides differences of race, gender, class, generation, and geography, and ensures inclusion, equality of opportunity as well as capability of all members of the society to determine an agreed set of social institutions that govern social interaction”

Expert Group Meeting on Promoting Social Integration, Helsinki, July 2008

4 - Hilary Silver, 2007. “The Process of Social Exclusion: The Dynamics of an Evolving Concept.” Chronic Poverty Research Center Working Paper 95: 45. University of Manchester
5 - Perspectives on Social Inclusion and Social Exclusion in Nepal, Editors, Om Gurung, Mukta S. Tamang, Mark Turin, Central Department of Sociology/Anthropology, Tribhuvan University

6 - World Bank, 2017, Inclusion Matters: The Foundation for Shared Prosperity, http://siteresources.worldbank.org/EXTSOCIALDEVELOPMENT/Resource/244362-1265299949041/6766328-1329943729735/8460924-138127244276/InclusionMatters_AdvanceEdition.pdf

DISABILITY

“The condition of difficulty in carrying out daily activities normally and in taking part in social life due to problems in parts of the body and the physical system as well as obstacles created by physical, social and cultural environments, and by communication”.⁷

The scope of this booklet is to offer a simplified understanding of these social phenomena while offering pathways for self-empowerment for disadvantaged youths.

Let's start with social exclusion. Here we borrow some concepts well captured by the Nepali Anthropologist Mukta S. Tamang.⁸

• Social exclusion “encompasses poverty”, fueling multiple dimensions or forms of marginalization

according to the different layers of identity within each person.

For example, a young girl from a marginalized indigenous group living with disabilities might face more marginalization and stigma than a male peer from a similar social economic background (for more see below the part on Multiple Discrimination).

• Social exclusion is also about relationships: social exclusion grows when there is no cooperation or other forms of mutual support among members of a society

IN A SNAPSHOT:

In short social exclusion is about power relations: someone in a stronger position taking advantages of others who are more vulnerable.

7 - National Policy and Plan of Action on Disability 2006, Government of Nepal
8 - Perspectives on Social Inclusion and Social Exclusion in Nepal, Editors, Om Gurung, Mukta S. Tamang, Mark Turin, Central Department of Sociology/Anthropology, Tribhuvan University



KNOWLEDGE BOX: PREREQUISITES FOR AN INCLUSIVE SOCIETY

Respect: respect for all human rights, freedoms, and the rule of law.

Participation: all members of society must be involved in civic, social, economic and political activities.

Strong Civil Society: the existence of a strong civil society is fundamental for active participation and making public policies and institutions accountable.

Universal Access: in order to encourage all-inclusive participation, there must be universal access to public infrastructure and facilities (such as community centers, recreational facilities, public libraries, resource centers with internet facilities, well maintained public schools, clinics, water supplies and sanitation).

Access to Public Information: similarly, equal access to public information plays an important role in creating an inclusive society, as it will make popular participation possible with well-informed members of society.

Equity: equity in the distribution of wealth and resources is another critical element of inclusive society.

Tolerance for diversity: another dimension of inclusive society is tolerance for and appreciation of cultural diversity.

Education: plays a critical role in this area, as it will provide opportunities to learn the history and culture of one's own and other societies, which will cultivate the un-



derstanding and appreciation of other societies, cultures and religions.

Effective leadership: is crucial to the development of an inclusive society. Where leadership is not representative of the society, a disconnection between the people and their leaders may eventually result.

Positive Narratives: there is a need to create positive narratives of an inclusive society of the future.

MULTIPLE DISCRIMINATION

Very important is the concept of "Multiple discrimination" defined as "a situation in which persons experiences discrimination based on two or more grounds, which compounds or aggravates it" (*Convention on the Rights of Persons with Disabilities*). The concept of Multiple Discrimination is similar to what we have already discussed earlier when we talked of "intersecting inequalities". For example, grounds for discrimination include but are not limited to: age; disability; sex; ethnic, indigenous, national or social origin; po-

litical or other opinion; race; religion; refugee, migrant or asylum status; or any other status.

Lack of reliable data

One of the key factors hindering the efforts to create a more inclusive society, especially for persons living with disabilities, is the lack of reliable data.

Without proper information on the total number of persons living with disabilities, it will be impossible to adequately address the barriers faced, especially in the allocation of the resources needed to design proper strategies and interventions on the ground.

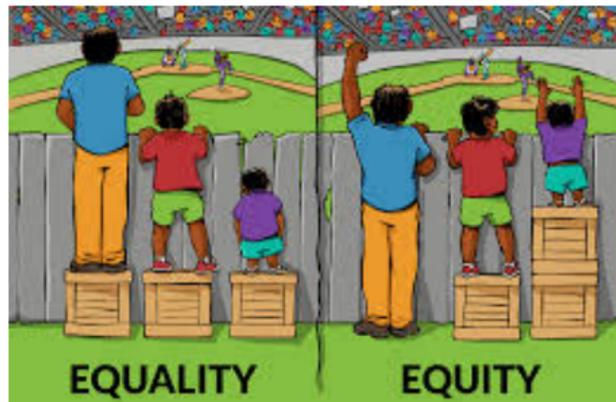
ACHIEVING SOCIAL INCLUSION: FIRST EQUITY AND THEN EQUALITY

"Inequality is the mother of all crises. Whether it's conflict, climate change, economic stagnation or migration flows: inequality is always a major underlying cause" -⁹

Lillianne Ploumen, Minister for Development Cooperation, the Netherlands

There is a lot of confusion about the differences between two similar words, equity and equality. Both of them define concepts based on the ideals of social justice and shared prosperity.

Equity: Persons living in a vulnerable status are supported to do well at life.



Interaction Institute for Social Change, IISC, Equality vs Equity Cartoon

9 - Adaptation from a speech delivered at the Overseas Development Institute on February 8, 2017, <http://deliver2030.org/?p=6749>

- Equity is about moving everybody towards the same level of success.
- In short: “more” for those in need.

Talking about equity means that a person living in a vulnerable status has to receive some sort of special attention from authorities and society in general.

Equality: everyone is treated in the same way.

- All the individuals get equal treatment in society.
- No one is discriminated against on the basis of race, sex, caste, creed, nationality, disability, age, religion and so forth.
- Every individual is granted the same rights and responsibilities, irrespective of their individual differences.

Knowledge box The Five steps towards social Inclusion



This approach developed by Cambridge University sociologist Goran Therborn, offers an incremental framework to achieve full social inclusion.

1st Step: Visibility: People need to be noticed, recognized, and have their own voices. There is no possibility of having a voice if an individual or group is not accounted for and represented in the processes that make up formal society. One of the greatest difficulties even at a local level is the actual census of population. People remain uncounted and therefore invisible.

2nd Step: Consideration: The concerns and needs of individuals and groups are taken into account by policy-makers. Often policy-makers do not consider

the poor and other marginalized groups as important stakeholders, and therefore, do not incorporate their needs and concerns.

3rd Step: Access to Social Interactions: People must be able to engage in society’s activities and social networks in their daily life, including economic, social, cultural, religious, and political activities.

4th Step: Rights: People must enjoy full rights like anyone else.

5th Step: Resources to fully participate: Those who do not have access to rights are not able to participate fully in society. However, even if people have rights to access, they cannot participate fully without adequate resources.



Source: <http://www.un.org/esa/socdev/egms/docs/2009/Ghana/inclusive-society.pdf>



Resource Box: Legal Provisions for Persons with Disabilities in Nepal ¹⁰

1981: Nepal enacted the Disabled Protection and Welfare Act, 1982 (the “DPW Act”) followed by Disabled Protection and Welfare Regulation (the “DPW Regulation”)

2006: The National Policy and Plan of Action on Disability focuses on national programs related to raising people’s awareness about disability

2007: The Government of Nepal revised the definition of disability as a condition where a person feels difficulty to perform day-to-day activities and participate fully in social life due to problems in body organs and system, including physical, socio-cultural and communication barriers.

2013: Guidelines on Physical and Information Accessibility of Persons with Disabilities

6th of August, 2017: A new Disability Rights Bill is passed by the Parliament for ordinary/mild disability



The new Disability Rights Bill approved by the Parliament

The Bill aligns the national legislation with the Convention on the Rights of Persons with Disabilities, a very important achievement for Nepal. Note that at the moment of printing, the Bill passed by the Legislature on 6th of August, 2017 will enter in force only when certified by the Honorable President of Nepal.

According to the new legislation, Persons with disabilities are defined as:

“persons having restriction in full and effective participation on an equal basis with others due to long term physical, mental, intellectual or sensory impairment or functional impairment and existing barriers”.

A press release issued by the National Federation of the Disabled-Nepal states that the *“access of persons with disabilities to basic services, human rights, opportunities including health, education and employment are expected to increase in an equal basis significantly with the effective implementation of this act”*. (<http://www.nfdn.org.np/press/parliament-passes-disability-rights-act.html>)

Very importantly the new legal framework, guided by

¹⁰ - Living conditions among people with disability in Nepal, Arne H. Eide, Shailen Neupane, Karl Gerhard Hem, 2016. Nepal Disability Policy review, Mahesh Banskota Disability Research Center, School of Arts, Kathmandu University.



a right based approach, expands the classification of disabilities to include, for example, also autism and hemophilia. Below the revised classification:

- 1) Physical disabilities
- 2) Visual impairment: blind and low vision
- 3) Deaf
- 4) Deaf and Blind
- 5) Developmental/Intellectual
- 6) Hemophilia
- 7) Autism
- 8) Multi disability
- 9) Speech and Stuttering

The rights envisioned

The approved bill also envisions several important rights including right against discrimination, *right to social community life, right to security, right to participation in politics, right to participate in making policy and law, right to establish organization, right to participate in cultural life, right to services, facilities and access to justice, right to social security, right to information and expression, right to mobility.*

There are also specific rights for women and children with disabilities disable women and a right to participate in sport that recognizes the right of persons with disabilities to organize, develop and participate in sports. ensuring that sports venues shall be also made accessible.

I think now there is more space because we delate the upper part, the you can add the right to sport



Right to participate in Sports

- (1) Persons with disability shall have the right to participate in sports activities on an equal basis with others.
- (2) Persons with disability shall have the right to organize, develop and then participate in specific sports developed being based on the type of disability.
- (3) Sports venue shall be made accessible and full of facilities to persons with disability.
- (4) Persons with disability shall have full and effective participation in national, regional and local level mechanism related to sports.
- (5) Children with disability, on an equal basis with other children, shall have the right to access sports and extracurricular activities organized at school levels and to these children, appropriate training, competition and resources on the basis of type of disability shall be arranged to allow for participation in sports.

Provisions

Below some of the key provisions:

- Free Education
- Scholarship and economic help
- Employment and business training
- Free Health facilities
- Rehabilitation Centers and facilities for persons with psycho-social disabilities

CHAPTER 3

Disabilities and the Global Agenda

The 2030 Agenda for Sustainable Development and “NO ONE LEFT BEHIND”

The United General Assembly on 25 September 2015 adopted **“Transforming our world: the 2030 Agenda for Sustainable Development”**, the global strategy to combat poverty and social exclusion.

“The Agenda is a plan of action for people, planet and prosperity. It also seeks to strengthen universal peace in larger freedom... recognizing that eradicating poverty in all its forms and dimensions, including extreme poverty, is the greatest global challenge and an indispensable requirement for sustainable development.

(Transforming our world the 2030 Agenda for Sustainable Development)

Central to the 2030 Agenda is the concept of “No one left behind”. Almost a billion people remain in extreme poverty, earning less than \$1.25 a day.

These are the citizens of the world that are neglected, forgotten and left behind and among them are persons living with disabilities and persons discriminated against because of the social structure of society.

To truly overcome poverty and inequalities, we need to ensure that any kind of interventions involve and benefit those are vulnerable and neglected.

In order to achieve its overarching mission of a world without poverty, the Agenda includes 17 global Sustainable Development Goals,

(SDGs) that are aimed at not only improving the living conditions of millions of people but also the environment and the planet.

THE SDGs AND DISABILITY

Among the 17 Sustainable Development Goals, there are several explicitly focusing on persons with disabilities.

Goal 4

“Quality Education”: guaranteeing equal and accessible education by building inclusive learning environments and providing the needed assistance for persons with disabilities.

Goal 5

“Gender Equality”: achieving gender equality and empower all women and girls”.

Goal 8

“Decent Work and Economic Growth”: promoting inclusive economic growth, full and

productive employment allowing persons with disabilities to fully access the job market.

Goal 10:

“Reduce inequalities”: reducing inequality within and among countries results in less inequality for all people, including persons with disabilities.

Goal 11

“Sustainable Cities and Communities”: creating accessible cities and water resources, affordable and sustainable transport systems, providing universal access to safe, inclusive and green public spaces. Very importantly, sports playing can play an important role in achieving the SDGs. You will find in Section 2 more information about SDGs and Sport.

SECTION 2

SPORT FOR CHANGE



Gulio Maria Papi of Briantea84 entering in the "arena"

CHAPTER 4

Why Sports playing?

Inclusion and Disability: Inclusive Development through Sports.

By Manohara Khadka, The Embassy of Switzerland in Nepal, June 2017

“Sports are a fantastic means to showcase what persons with disabilities can do. Sports are unique bridges to create bonds between persons with disabilities and persons without disabilities” expressed by a group of wheelchair basketball players, London

(Leading through sports, ENGAGE Nepal 2016, page 8).

Nonetheless, persons with disabilities are yet to be included in development frameworks and practices in Nepal. About 15 per cent of the world’s population are Persons with Disabilities .

(Disability in the South East Asia Region, World Health Organization, 2013)

In Nepal, PwDs consist of 1.94 per cent of the total population (Census 2011). This figure based on world population stats is extremely low and most likely not accurate.

Around 68 percent of PwDs in Nepal have no educa-



tion. About 78 per cent of disabled women have no education compared to their disabled male counterparts (59.6%). [ibid, page 5]
Persons with disabilities face multiple challenges and barriers that limit them to participate in and benefit from development and a social change process. They are also excluded from many opportunities. Women and young girls with disability face particularly high levels of discrimination and neglect. -11

A study report on disability, disaster and difference explained the situation of women with disability in Nepal as: -12

“Persons with disabilities are among those who have been historically excluded from the mainstream socio-politics and economic development. If they are women and/or belong to marginalized castes, class or ethnic groups, then they often face multiple

discriminations”

(NORAD 2012: 7 cited in Lord, et al 2016, page 9).

Compared to PwDs from other caste and ethnic groups, it is found that Dalit PwDs and Janajati PwDs experience inadequate access to opportunities and public services be it at a local or national level. Therefore, there is a need for practicing development from a Disability Inclusive Development (DID) lens. DID is one of the important approaches of inclusive development. It ensures that PwDs are recognized as equal members of society with rights, who must be meaningfully and effectively engaged in development process and policies, irrespective of their impairment. The Government of Nepal ratified the UN Convention on the Rights of Persons with Disabilities (CRPD) on 7 May 2010. However, development frameworks, plans, policies and service delivery systems in the

country are yet to be developed and implemented taking DID perspective into account.

There is a need for awareness raising about the DID approach within a broader Gender Equality and Social Inclusion (GESI) framework in order to ensure inclusion of persons with disabilities in development. Sports can play an important role in raising awareness about DID and empowering persons with disabilities as champions for change.

The Embassy of Switzerland/Swiss Agency for Development and Cooperation, Nepal recognizes that the Basketball League for wheelchair-users in Nepal provides supports for empowering PwDs. The sport creates an opportunity for

young people with disabilities to engage in sport and play on teams.

It also raises awareness of the rights of people with disabilities throughout society and provides a platform for dialogue and exchange between players, volunteers and a broader public. In addition, the sport provides participants with the opportunity to develop new skills and have fun.

The Embassy has been implementing the principles of inclusion and gender equality in its strategic orientation for more than a decade in order to ensure that Swiss interventions in Nepal reach and benefit women, discriminated groups and the poor. The Embassy is strongly committed to continue tackling the issues of

11 - A Policy Research on Social Determinants of Health and Health Equity in Nepal, 2017: Ministry of Health, Institute of Medicine and World Health Organization, Kathmandu.
12 - Lord, A., Sijapati, B., Baniya, J., Chang, O., and Ghale, T (2016) Disaster, Disability and Difference. A Study of the Challenges Faced by Persons with Disabilities in Post-Earthquake Nepal (May 5th 2016 - DRAFT), Commissioned by the United Nations Development Programme in Nepal Prepared by Social Science Baha with the support of National Federation of Disabled, Nepal

exclusion and inequality in its upcoming strategy, 2018-2021. In the frame of this new strategy, the Embassy recognizes the importance of a development approach that takes disability into account.

ENGAGE has done a lot to make this Wheelchair Basketball tournament possible. The Swiss Embassy is also very pleased to see the 4 women and 6 men team players this year in the competition. I do hope that the players have opportunities to network, share their

experience and learning with different stakeholders.

Note: Views in this article are of the author and do not represent the views of Embassy of Switzerland/ Swiss Agency for Development and Cooperation, Nepal.



Players in action during one of the League's games

CHAPTER 5

Sport and the SDGs



SUSTAINABLE DEVELOPMENT GOALS
17 GOALS TO TRANSFORM OUR WORLD

“Sport is also an important enabler of sustainable development. We recognize the growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives.”

Paragraph 37 in the United Nations 2030 Agenda for Sustainable Development

The Sustainable Development Goals, SDGs that we have already discussed in section 1 are the new global development goals that have been agreed by the UN member nations to eradicate poverty and social injustice.

Being that sports a universal and holistic tool, it can be linked to any of the following SDGs: You will notice below an important link between sports and each of the SDG.



Knowledge Box: SPORT FOR DEVELOPMENT

Sport can develop transferable skills and toolkits which play a key role in a self-reliant and sustainable life and lead to income-generating activities and economic participation. It can advocate for ending poverty as well as generate funds and facilitate partnerships for this goal.

Through sport, individuals can adopt active lifestyles that enhance well-being, health and prevent diseases, particularly non communicable diseases. Sport can be a successful tool for health education and awareness raising towards healthy lives, especially among hard-to-reach or vulnerable individuals.

Sport and physical education can motivate children and youth to attend and engage in formal and informal education, as well as improve academic performance and learning outcomes. Sport can teach transferable life skills and key values such as tolerance, inclusion and can lead towards learning opportunities beyond school.

Sport can contribute to the elimination of discrimination against women and girls, persons with disabilities and members of other vulnerable groups by empowering individuals, particularly women, and equipping them with knowledge and skills needed to progress in society.

Sport can promote inclusive and sustainable economic growth by aligning production and employment with la-



bour standards, in particular being free from child or forced labour and discriminations of all forms. It can create job opportunities for all and develop employability.

Sport can advocate for equality, diversity and inclusion of all irrespective of age, sex, race, ethnicity, origin, sexual orientation, gender identity, religion, economic or other status. It can be a successful tool for tackling inequality in hard-to-reach areas and for empowering individuals and communities.

Source: <https://www.un.org/sport/content/why-sport/sport-and-sustainable-development-goals>

CHAPTER 6

The current status of Adaptive sports in Nepal

INTERVIEW WITH MAJOR PAWAN GHIMIRE, CRICKET ASSOCIATION OF THE BLINDS



Major Pawan Ghimire, center, surrounded by CAB officials

Pawan Ghimire who lost his sight during the civil war that plagued Nepal, is the founder of the Cricket Association of Nepal, Vice-Presi-

dent of The World Blind Cricket Limited And Founding Member of National Disability Sports Network Nepal.

How is the current status of adaptive sports in Nepal?

Well! It's going in a sluggish pace but at the same I can't say that nothing happened. People have slowly started understanding the importance of sports for persons with disabilities. Different sports Organizations have sprout out.

However adaptive sports in Nepal have been victimized by a tussle between two Paralympic Committees and a Government that could do more and show greater interest. Overall, there is a lack of understanding in accepting adaptive sports as one of the best ways to bring about social change and keep up the pride of the country in national and international arenas. Anyhow, it's moving on and I can see a brighter future if this field could get little attention and investment from Government and private sectors as well.

What should be done to improve the current status of adaptive sports in Nepal?

Firstly, there should be an enthusiasm among the youths with disability to play. Concerned organizations should work to motivate youths with disabilities to get involved. Secondly, these sports should be developed from grassroots levels so that the sense of sportsmanship can be developed from the very beginning and this is how sustainability can be given.

I think all of us who are working to promote sports for persons with disability should join hands to convince the policy makers to form an autonomous disability sports policy, without which disability sports can't grow bigger from existing charity based approach. I always pray for a healthy "patch up" of the prolonged tussle between two Paralympics. Leaders of the-

se two Paralympics should transcend above their vested interest and should think in the best interests of disability sports for all of us. The current deadlock does not help anyone.

How did you start CAB?

I think CAB is the gift by the God to me. The irony is that I had always watched cricket when I could see, but I had never played it before. After my blindness in 2003, I was searching some ways to engage and rehabilitate myself.

Finding no way, I joined computer training at Nepal Association of the Blind, there I heard that two Pakistani nationals were visiting to Nepal to promote blind cricket.

Later on I joined their training camps. There then, I realized that this cricket can be the best tool to rehabilitate and engage war victims like me and also for those blind who do not have anything to do to improve

their health. With the help of few visually impaired friends, in 2006 CAB was registered in Nepal.

What are the major challenges in running CAB?

Despite of getting national and international recognition and proving ourselves as one of the pioneer disability sports Organizations in Nepal, we have not been able to get good funding. Even in our international victories, we were expecting more recognition and support from the Government and National Sport Council.

Beside this, each time we think of conducting trainings and tournaments, unavailability of cricket ground is always a big problem.

The only two available cricket grounds at Kathmandu are always used by the sighted players. Our needs in terms of ground are always a second priority to the ground owners.

We do have over one hundred blind women cricketers and we are finding very difficult to offer them a cricket ground.

What are CAB's achievements so far and future plans?

Well! Expansion of this great game of cricket for the visually impaired people in more than twenty Districts and serving over five hundred youths and children is our greatest achievements. Most of the disability sports are based only in Kathmandu valley.

In such a situation, our work has really been successful in involving visually impaired persons from Kanchanpur in the West to Jhapa in the East.

During the eleven years of existence, we have been able to form a world's ever first blind women cricket team, which has also been recognized by international communities.

Finally in 2013 we were awarded in Nepal and we were also been nominated as one of the top three organizations under adaptive sports categories in Beyond Sports Awards and Peace and Sports Awards 2013. We have been able to participate in the World Cup twice and beat strong countries of the world like South Africa, New Zealand and Bangladesh.

We are planning to invite the Bangladesh Team to Nepal for bilateral series and visit U.A.E in January to play the fifth one day World Cup. Let's see how much we can do.

THE NATIONAL DISABILITY SPORTS NETWORK NEPAL

The Nepal Spinal Cord Injury Sport Association, NSCISA is a pioneer adaptive sport not for profit organization in Nepal, active since many years in creating sports opportunities for persons with disabilities.

NSCISA, together with other likeminded not for profits, set up in October 2016 the National Disability Sports Network Nepal, NDSNN, as an advocacy group to promote awareness on the important role played by sports in the disability sector offering also a platform for sharing best practices in the sector.

The Network, whose Secretariat is currently hosted by NSCISA, has been working actively to lobby the government to create a conducive environment for disability sports in Nepal. As of June 2017, the Network counts nine member organizations

representing different disciplines and disabilities.

Objectives of the Network

- To cooperate with the Ministry of Youth and Sports and the Ministry of Women, Children and Social Welfare and National Sport Council to promote disability sports in Nepal
- To promote sharing of best practices and learning experiences among the Network's members and enhance the dissemination of information related to Para sports and Special Sports among them.
- To enhance members' leadership and skills development, while promoting among them good governance practices

TURKISH AIRLINES



THE 1ST EDITION OF THE TURKISH AIRLINES ENGAGE EMPOWERING LEAGUE (2016)

The 1st Edition of the Turkish Airlines ENGAGE Empowering League was a total success thanks to our partners and an incredible group of volunteers that made the League possible. There were three female and six male teams

who played on seven days between the 28th of May and July 9th 2016. The League Commissioners were Michael Rosenkrantz and Raj Kumar Maharjan.

The League was possible thanks to an incredible network of partnering organizations and private companies.

With the Ministry of Youth and Sports as Co-Convener, with Turkish Airlines as Title Sponsor and key support from the Embassy of Switzerland and corporate partners like Civil Bank, Century Bank, D-Lifestyles Group, Navyo Travel & Tours, Hero, the League has been a pioneer initiative.

The Winners

Male Category: National Tribhuvan Army Club (T.A.C.)

Female Category: W.S.A

Other Awards

Fair Play Team

Male Category: N.S.C.I.S.A

Female Category: B.I.A.

Top Scorer

Male Category: Raju Kattawal, T.A.C.

Female Category: Jyoti Aryal, W.S.A.

Most Valuable Player

Male Category: Raju Kattawal, Army and Prem B.K, J.W.S.C.

Female Category: Jyoti Aryal, W.S.A



The Army Team with the male trophy



Bimala Tamang from W.S.A team with the winner's cup

MESSAGE FROM MR. ABDULLAH TUKER KECECI, GENERAL MANAGER, TURKISH AIRLINES NEPAL OFFICE

More than motto it is a way of living: 'Widen Your Heart'. This means understanding others, having good relationships, humanity, cultural relationship, friendship... and much more than this. The wheelchair basketball league is a chance for all of us to widen our hearts.

Kathmandu, it is not an easy place to walk on the roads because of ongoing construction. These guys, both men and women with

their wheelchairs are having big difficulties to gather the basic life needs. But even in these conditions they are trying to make active sports which will also be good for their treatment.

They show us the reality of the life. There is no disability. Only disability is in the minds. Everything is possible.

By being title sponsor of this wonderful league and competition, we are trying to create awareness and more responsibility in the community. We aim to create awareness for the difficulties persons with disabilities face every day.

We all have to widen our hearts.



Mr. Kececi speaking at the Closing Ceremony of the 1st Edition of the Turkish Airlines ENGAGE Empowering League

AWARENESS PROGRAMS

The 1st edition of the Turkish Airlines ENGAGE Empowering League was not only about games, but also about awareness creation at school level.

Players actively took part in these presentations, sharing with students about their life stories and explaining how sport playing changed their lives. Each presentation but one ended with one exhibition game where the players showcased their talents. Overall the presentations were a great success though not easy, from a logistical point of view. Players involved (from all the teams with the exception of SIRC) involved were very happy to have the chance to meet and talk with the students and then showcase their talents with a game.

List of Schools/Colleges where we carried out the presentations:

1)Rupak Memorial College

- 2)Mega College
- 3)Campion Academy
- 4)Ideal Model
- 5)D.A.V
- 6)Rato Bangala School
- 7)Campion School
- 8)Madan Smarak Higher Secondary School
- 9)Nesfield College
- 10) Caribbean School

Over 700 students attended the programs.



Dan and Bishnu vying for the ball

CHAPTER 7

The Magic of Wheelchair Basketball around the world

In this chapter you will find some incredible personal stories of persons who love wheelchair basketball.



Nicolai Zeltinger, Head Coach, RSV Lahn-Dill and Head Coach of German wheelchair basketball male team in action

**INTERVIEW WITH
NICOLAI ZELTINGER, HEAD COACH,
RSV LAHN-DILL AND
HEAD COACH OF THE
GERMAN NATIONAL
MALE TEAM**

Nicolai is one of the pillars of wheelchair basketball in Germany and Europe. He has been playing and coaching at the highest levels since 1994.

Since 2010 Nicolai has been the Head Coach of the German National Man Team in addition of being the Head Coach of RSV Lahn-Dill, one of the strongest teams in Europe and the current German champion. Till now Nicolai won numerous national and continental level championships, making him one of the most successful coaches in Europe.

How did you first get involved with wheelchair basketball, what was the reasoning behind your

decision to get into the sport, both as a coach and player?

I started playing standup basketball at the age of 8 and have been playing ever since. In 1994 the German Bundesliga was opened up for able bodies.

Through that, every wheelchair basketball team was looking for basketball players, that they could teach how to move the wheelchair and tried to convince them to play wheelchair basketball. I loved it right from the beginning. It's so dynamic and the wheelchairs are incredible. Plus, it's more a team sport than the standup game.

Less one on one. Which is fun. On top of that, there were incredible great characters on the team.

And for whatever reason it seems like the whole wheelchair basketball world is a family.

I love "that" game. As I was a

coach in standup basketball before my wheelchair basketball career, it was kind of given, that I would also coach in wheelchair basketball. I played for 12 years in the highest league. Have been a players/coach for four years and after I retired and started coaching. That is now 11 years ago. I'm just in the sport as I like it so much. The product is great to sell on top of all that, especially in an environment where Paralympic sports gets more and more recognized.

What would you consider to be your greatest achievement within the sport of wheelchair basketball, both personally and with RSV Lahn-Dill? Is there anything else that you or your team would like to achieve within the game?

The aspect that I'm really proud of is that I was able to get more and more people

involved and fascinated into our program and that we built up a long-lasting program, meanwhile running in its 25th year and still being successful.

Also, we were able to promote "the product" to the government bodies of our region, the media and our sponsors. Lahn-Dill right now has more than 120 sponsors and is recognized as a professional sports team. As we won the World Cup, six times the Champions League and multiple national championships, I'm really looking forward to be very successful with our national team program.

Now that you have achieved almost everything within the sport, and after over 20 years of experience, what incentivizes you to keep doing it every day? And is this the same now as it was when you first started within the sport?

The longer I'm in the program the more I know about my deficits. Meaning I have to keep working harder and harder and learn more than ever.

I still really like to work on the details with my players. I'm watching our junior team playing in Toronto at the World Championships for U23 every day.

Even though we all like to think big, we have to take care of the details. We just need that to build big. But I can promise I enjoy the sport more than ever. We are about to establish a coaching association in Europe. That is exciting, too. Also, I was fascinated by the work happening in Nepal, it is really exciting.

Over your time in the game, in your opinion how has wheelchair basketball developed over the years? Regarding both the game

itself and how people perceive it?

The game has become so much faster and there is so much more Basketball IQ out there.

Especially in Europe, most popular in countries like Spain, Italy, Turkey, France and Germany professional leagues have been established. It is amazing to see and just great to see Paralympic athletes competing with Olympic athletes for the recognition of the sport. People get fascinated by the most famous Paralympic sport.

On top of that disabled athlete function as role models and heroes for able body people and kids. Why not!

INTERVIEW WITH COACH HUGHES, HEAD COACH FOR UNIVERSITY OF ARIZONA WOMEN'S WHEELCHAIR BASKETBALL TEAM

Since 2005 Coach Hughes been the Head Coach for University of Arizona Women's Wheelchair Basketball team and JAWS (Juniors Active in Wheelchair Sports) Program Coordinator. The Wildcats were the NWBA women's division champions in 2012 & 2014. Coach Hughes is also a founding member of Wheelchair Athletes Worldwide, a non-profit dedicated to the promotion of wheelchair sports in countries where there is little to no access to wheelchair sports. From April 2015, Coach Hughes has been in charge of running support groups, fundraising and general care for individuals in Southern Arizona who have ALS.

How was the last season for the Arizona Wildcats?

Last season was difficult for the Women's team at the University of Arizona. We are trying to adopt a full-time student only team and last year we were able to do that but only with five players which is really too few to run a program with.

With injuries, we were forced to borrow players or let my assistant coach Jen Poist play for us. This is tough on the team but we still accomplished our goals of Individual improvement, competed with nearly all



the teams (winning several games) and showed strong mental strength overcoming our obstacles.

Two of our players were extended invitations to try out for team USA and one player made the squad so from that perspective we were very successful. Three athletes graduated with degrees which is fantastic.

What is the secret of being a good wheelchair basketball coach?

There is no secret of being a good coach (doesn't matter what sport). All good coaching starts with communication open and frank between players and the coach. Establishing clear guidelines and expectations from the start is essential. Working together to accomplish individual and team goals and making sure that these goals complement each other. Good coaching comes from everyone understanding that each individual is different and must be

treated differently for each person to reach their full potential, to help the team reach its full potential.

One athlete might not respond well to a direct challenge, while another does... Coaches need to figure out what makes each player tick and be flexible enough to work each angle to get the most out of each player.

What can be done to develop the sport at higher levels in the USA and around the world?

Better sharing of information...more outreach, making sure people know where they can play and when they can play. A lot of people just don't know it's an option to play wheelchair sports. I was not introduced until I was 28 years old and living in Australia (1/2 way around the world). We cannot be quite about the sport and those who received benefits from this sport need to give back. They need to teach or advocate.

A TESTIMONY FROM JESS MARKT, THE GLOBETROTTER WHEELCHAIR BASKETBALL COACH

Jess Markt, originally from Oregon, USA, is a wheelchair basketball Coach working with the International Committee of the Red Cross, ICRC as Sport and Inclusion Advisor. Jess was injured following a spinal cord accident at age 19, and then he joined the ICRC in 2011 to bring one of America's best loved-sports, basketball, to wheelchair-bound men and women around the world, including Afghanistan, Cambodia, India, South Sudan and soon in Ethiopia. Find below a personal story written directly by Mark.

In the summer of 1996, when I was 19 years old, I was in a car accident that resulted in my becoming a paraplegic. I had been a

competitive athlete for most of my life to that point – I was about to return for my second season as a high jumper on my university's athletics team when the accident happened – so adjusting to life in a wheelchair at such a young age meant a major shift in my perspective. I spent the three years following my injury recovering and going back to school to finish my degree, while finding ways to rein-



tegrate myself into the life I knew before the accident. Once I graduated, however, I realized that there was still something missing in my life. That's when I was approached by the local National Wheelchair Basketball Association (NWBA) team in Portland, Oregon, where I was living at the time, and asked to join one of their practices.

Wheelchair basketball proved to be the final piece I'd been looking for to fully complete my recovery. Getting involved with a team and playing a sport – basketball had always been my favorite growing up – rekindled all the joy and pride that I remembered feeling from sport participation before my accident.

Nine years later, in 2009, I was playing for the New York Rollin' Knicks of the NWBA when I received an email with a strange request. A brand-new team of wheelchair basketball players that had just been

formed in a little town in the north of Afghanistan was requesting a coach to come and teach them how to play the game to which they had just been introduced.

I felt this was my chance to pass along the wonderful gift that I'd been given with wheelchair basketball to a group of people who might never otherwise get to experience it.

I agreed to undertake the mission even though I had never coached before and had never traveled to a developing country (much less a country in the midst of a war).

The week I spent coaching that team of brand new players ended up having a huge impact on both them and me. They discovered a love for this new sport and I found my own love for coaching it.

While on that trip I was introduced to the International Committee of the Red Cross (ICRC), a humanitarian organization that provides

physical rehabilitation services in Afghanistan, as well as many other countries dealing with war and other situations of conflict.

The ICRC was interested in using sport for people with physical disabilities as a tool to assist in physical rehabilitation as well as a vehicle for their integration into society. The ICRC asked if I would be willing to help them institute a broader wheelchair basketball program in Afghanistan to enable more people with physical disabilities the opportunity to play. We have been working together ever since.

The wheelchair basketball program in Afghanistan has grown from about 30 male players in 2009 to over 500 total players in 2017, over 120 of which are women. We have established a league with men's teams in 10 provinces and women's teams in 4, each of which participate in national championship tournaments twice

each year.

We also have national teams for men and women that travel to represent their country abroad. A large number of the players involved in the program have used wheelchair basketball as a stepping stone to furthering their educations, getting jobs, or even starting their own businesses. As a result, we are starting to see a small shift in the societal perception of what people with physical disabilities are capable of, opening more and more opportunities for these athletes.

I have continued working with the ICRC over the past several years, and we have supported the formation and evolution of wheelchair basketball programs in countries including Palestine, Cambodia, South Sudan, and India (where I had the opportunity to work with a group of Nepalese coaches in 2015!). The ICRC has also begun supporting additional sports, including

disabled athletics, disabled cricket, table tennis, and others. I am now working as the ICRC's Disability Sport and Integration Advisor, coordinating sport and other societal integration projects for people with physical disabilities all over the world. It is so exciting for me to see

organizations like ENGAGE providing opportunities for people with disabilities in places where there may not otherwise be a chance for these people to discover the beauty and power of sport. Follow Jess at <https://jess-smarkt.wordpress.com/>



Jess in Action with the Afghanistan national wheelchair basketball team in Cantu, the home of Briantea84

INTERNATIONAL CAMP FOR FEMALE PLAYERS IN THAILAND

The International Wheelchair Basketball Federation, IWBF Asia Oceania Region organized an international camp in Thailand during the month of April 2016.

It was a great opportunity for the players from the region including a selected group of players from Nepal who travelled outside the country. ENGAGE was asked by IWBF Asia Oceania Region to identify some players who could participate in the camp and therefore a selection was organized that brought three players to the Camp under the leadership of ENGAGE Head Coach Raj Kumar Maharjan. IWBF Asia Oceania Secretary General, Don Perriman, said: "If we can evaluate a programme on the smile factor alone this camp has been a

raging success.

I don't think I have seen so many happy women in one place since my daughter's school days. Having said that, they are so very focused on their training and have really put in a fantastic effort. Even in such a short amount of time we have seen a noticeable change in most of the participants, with more intensity and a discernible lift in their skill level – even though it is over 30 degrees and 90% humidity." (<https://www.paralympic.org/news/women-gain-valuable-experience-wheelchair-basketball-camp>)



The Nepal delegation with Don Perriman, Secretary General, IWBF, ASIA OCEANIA and Chairman, Classification within the Executive Council of IWBF

CASE STUDY BRIANTEA84, HOW FAR WHEELCHAIR BASKETBALL CAN GO

By **Silvia Galimberti**,
General Manager,
UnipoSai Briantea84

Briantea84 brings in its name the roots of its origin: the club, set up in 1984 in Cantu' in the heart of Brianza, an area twenty kilometers north of Milan.

The philosophy of the Club is well reflected in its Values Chart that, right in its first line, states that "Briantea84 loves sports without limits", highlighting the core mission of the Club while charting the pathway to reach its overarching goals in the near future.

The club was set up thanks to the passion of Alfredo Marson that since 1985 has been the President and "Chief Motivator". Since its beginnings, the Club evolved and expanded to other sport disciplines, in-

creasing the number of its members, now hundred and seventy who, beyond wheelchair basketball, practice and compete in swimming, football, athletics and basketball.

This incredible growth has been only possible thanks to the active participation of a small but dedicated staff and fifty volunteers who, with great passion, fully embraced the cause and mission of the Briantea84, working very hard to ensure a high degree of professionalism in all its core activities. Yet despite such expansion and ambition, wheelchair basketball has always been a pillar of the Club.

The Wheelchair Basketball Team, an invincible passion

Back in 1978, it was love at first sight between Alfredo Marson, the Founder and President of Briantea84 and wheelchair basketball in Nova Milanese, in the out-

skirts of Milan.

In the season 84/85, Briantea84 won the national second division, the A2 championship, ensuring a historical promotion to the main A1 division. Then, the first national championship came in 1991, a success

repeated the following year. Thanks to a roster of international players, Briantea84 became one of the strongest teams in Europe and yet the best was yet to come. In 2011 a new era for the Club had started.

With the French national



Ian Sagar, Briantea84, trying a basket

Malik Abes at the helm as Head Coach, the roster of Briantea84 got stronger and stronger with some of the world's best players like Brian Bell, Ian Sagar, Andre Bienek, Jordi Ruiz, joining the team.

At the same time enrolling, international stars did not stop the management from investing in young promising players, both national and international.

In the seasons 2012/2013-2013/2014 Briantea84 counted as main sponsor the national insurer company Unipolsai, won the national championship against the most winning club in Italy, Santa Lucia Roma.

In the 2015 final they lost to Santa Lucia Roma but this final broke the European record in terms of spectators with 3900 people coming to watch the final at the Palasport Pianella near Cantu'. Since then the team is led by Marco Bergna, an experienced and talented Head

Coach who, in the season 2016-2017, brought back the national championship in addition to winning the Super Cup and Italian Cup!

Moreover with Marco at the helm, the team reached the second position in the Champions League, losing an extraordinary game against the Spanish club of Cd Ilunion.

Till now Briantea84 counts six national championships (1990-91, 1991-92, 2012-13, 2013-14, 2015-16 and 2016-17), four Italia Cup (2004, 2013, 2016, 2017), two Super Cup (2013, 2016) and in Europe, three Vergauwen Cup (2000, 2005, 2013) e one Brinkmann Cup (1999).

The Junior Team

At the same time, the junior wheelchair basketball team flourished thanks to the establishment of a dedicated wheelchair basketball academy that just in a short

span of time was turned into a best practice at the international level.

In the season 2004/2005 the junior wheelchair basketball club won its first national championship, a success again replicated in the following 2005-2006 season.

The junior team kept growing with four more national titles (2007-08, 2008-09 and then in 2012 and the last in 2013), making the team led by Coach Marco Tomba the most successful junior team in Italy.

Along these years, more than fifty players between 6 and 20 years have been enrolled, with some of them not only reaching the professional level but even the National team.

Awareness and Inclusion

Briantea84 is not only a strong club on court but also a firm believer in the values and ideals associated with sports playing.

The Club attaches the utmost importance to the creation of awareness among the youngest generations not only on Paralympic sports but also on disability related issues in general.

The commitment of the Club towards social inclusion takes different forms, including awareness programs with schools and sensitization programs with other sport clubs as well.

The outreach activities approximately involve around two thousand people in a year.

BEING IN RIO: THE EXPERIENCE OF LAXMI KUNWAR

If you are familiar with the “Leading through Sport”, the booklet published on the occasion of the 1st edition of the Turkish Airlines ENGAGE Empowering League, you already know Laxmi Kunwar, a top Para-athlete of Nepal, a wheelchair basketball player with NSCISA Team and also a top swimmer.

Originally from Gulmi District and since several years is living in Kathmandu, Laxmi participated in the swimming competition at Rio de Janeiro and prior to that she had participated in Asian games in 2014 in Korea.

Laxmi together with Bikram Bahadur Rana who participated in the track and field competition, were the only two national athletes in Rio. For Laxmi competing at Rio was extremely difficult and

really competitive, not as easy as participating in the national games. Laxmi says “We do need a great hard work and determination to reach in world Paralympic games.

It is basically impossible for athletes coming from a developing country to even imagine a medal.” Yet this could change with the right support. Laxmi believes that Nepal Government should do more to support athletes like her.

She says that if the Nepal Government could be a little more proactive in adaptive sports, even Nepalese can reach top levels as other countries like China and Korea are doing.

Laxmi got a chance to participate in the Paralympics as a wild card but unfortunately she could not compete at the same levels as the best swimmers in the world.

Yet Laxmi is very proud of having participated in the Paralympic games by stan-

ding on her own feet and giving her best. With only three months training, she did what she could and improved a lot, proving that with adequate training and support, also athletes from Nepal can improve.

Laxmi is determined to change the situation and convince the Government national Para athletes could even start dreaming of winning a medal one day.



SECTION 3

A PATHWAY FOR SELF DEVELOPMENT



Jawalajhel Wheelchair Sport Club leading a cleaning campaign

CHAPTER 8

Build your character, find what you love and achieve your purpose

The framework proposed is based on the assumption that, in order to make society more inclusive, it is fundamental to work at two levels:

- At the personal level of the youth living in a vulnerable state so that she can develop the level of self-confidence, capacity to first discover her talents

and then build the skills to change society and make it more inclusive. This happens through a process of self-empowerment.

- At the societal level to change people's mindsets so that, as a consequence, they will gain positive attitudes and behaviors towards youths living in a vulnerable state.



Dan Theeng, Chair of the Jawalajhel Wheelchair Sport Club at Social Work Day Celebration



Thanks to a personal journey of self-improvement and learning and through equity based measures (active support and help from the government, from the society) focusing on creating the conditions for a future level playing field, disadvantaged and vulnerable youths will become recognized leaders of the nation.

Personal Level:

The focus here is to support the process of self-development of youths living in vulnerable states. The end goal of this process is to make them recognized for their skills and personal contributions to the development of the country. In short, they need to become successful at life for society to notice them.

Societal Level:

We need to bring change at community levels and within the broader society.

We can achieve this through the following:

- awareness raising
- community organizing

The Journey toward self-empowerment:

I might, I can, I am doing

We came up with a three steps model of self-empowerment that is based on a process of self-discovery and gaining of self-confidence, a process that starts at a personal level but is also based on interactions and connection with others.

As mentioned in the Preface and Acknowledgements, this process was inspired by Bharat BC, a great wheelchair basketball player and staff of ENGAGE.

1st Phase of change:

I might:

By interacting with other persons, especially peers, the self-realization process of one person begins. Still fragile and vulnerable, the person starts trusting others willing to help and step in. Slowly this person starts thinking that a different life is possible.

2nd Phase of change:

I can

It is when the person gains full confidence of herself and she realizes her full, still untapped potential. Here it is when the person can start working on pre-conditions for a meaningful and purposeful life. It is the time when she starts planning for action.

3rd Phase of change:

I am doing

It is when change, till now at a personal, more intimate level, becomes visible and tangible to outsiders. The person, now fully aware of her potential, gets into action in a “learning by doing” mode that progressively shapes up her skills and positively impacts on her performance. This is when a person starts flourishing.

PERSON WITH DISABILITIES' SELF EMPOWERMENT THEORY OF CHANGE



Summary of the Approach

1st Phase: I might:

When you start realizing the tunnel has an end

The importance of external support:

- Peer counseling
- Self Help Group

2nd Phase: I can:

When you start seeing there is not only an end to the tunnel but also a green light to move forward

Goal 1: Setting the Foundation

Step 1.1: The Character Enhancement Plan

Step 1.2: Find your 2 Ps (Passion and Purpose)

Step 1.2.1 Your Personal Dream Plan

Step 1.2.2: Narrow down on what you really like

Step 1.2.3: Find your passion

Step 1.2.4: Now what is your purpose?

Goal 2: Extend your network

Step 2.1: Get noticed at school

Step 2.2: Find a mentor

3rd Phase: I am doing:

When, out of the tunnel, passing the first green light, you keep moving on the road (do not forget to always drive by the rules)

Goal 3.1: Develop yourself comprehensively, 1st Dimension-“Self” for Personal and Professional Development (**Act as A Performer**)

Step 3.1.1: Work on the 3rd P (Performance) and elevate yourself

Goal 3.2: Contribute to your communities, 2nd Dimension, “Outer” for Community Development (**Act as Volunteer**)

Step 3.2.1 Identify the areas what you are ready to do to contribute to society.

Goal 3.3: Contribute to your communities, 3rd Dimension: Make society more responsive (**Act as “Activist”**)

Step 3.3.1: Show positive attitudes to challenge stereotypes

Step 3.3.2: Create awareness at society level (Awareness Making)

Step 3.3.3 Organize your community

Step 3.3.3.1 Define what you want to change

Step 3.3.3.2 Find ways to engage and connect people

Step 3.3.3.3 Build common ground, create partnerships

Step 3.3.3.4 Get in action

Disclosure: a longer and more detailed version of the booklet with a special focus on Section 3 is available on ENGAGE's web site at www.engage.org.np

CHAPTER 9

An example of process of self-empowerment

This is the story of Bharat BC



Ratna, on the left, with Bharat

Bharat is a young brilliant youth who contracted polio when he was a child. Despite love and care of his family, Bharat had to struggle a lot in his childhood and adolescence.

Despite coming to Kathmandu for better education, Bharat was still not harnessing his full potential, he did not have many friends and he was not confident about his future.

Then one day, just two three years ago, he met Ratna Rai, a 52 year old person who was also affected by polio, wanted to set up a wheelchair basketball team and was looking for youths interested to join.

That was the beginning of what later would become the Jawalakhel Wheelchair Sports Club. That meeting with Ratna was a turning point for Bharat. Basketball at the beginning was just an excuse for Bharat to come out of his room.

Then what was very crucial

was the support he received from Ratna and some other older peers living with disabilities. Bharat slowly acquired more confidence and thanks to sport playing and the new friendship connections created, Bharat blossomed.

Step 1:

Bharat is approached by a peer, Ratna and invited to come and watch some practices

Step 2:

Bharat develops new friends who offer guidance, encouragement and support

Step 3:

Bharat starts getting interested in wheelchair basketball

Step 4:

Bharat starts imagining a new life, a different one. He starts discovering that there is a life out there

Step 5:

Bharat embraces wheelchair basketball

Step 6:

From wheelchair basketball, Bharat finds further purpose and scope in life. Bharat considers himself one of the founding members of the Jawalakhel Wheelchair Sport Club, JWSC and also a top wheelchair basketball player and a very promising professional at ENGAGE where he started working in March 2017.

The example of Bharat and Ratna proves the effectiveness of peer counseling that can offer a first step towards more structured forms of cooperation, e.g. self-help groups.

Knowledge box: Peer Counseling

Peer counseling is very important because it is one of the best ways to establish supporting relationships between people who went through similar experiences: on the one hand, you have those who experienced a similar experience and therefore they can share what they went through.

On the other hand, peers who have not been able to overcome a situation of personal crisis and they are looking for opportunities to interact with others.



Case study: JWSC

The Jawalakhel Wheelchair Sport Club is a local association based in Patan, the twin city of Kathmandu. The name stems from the Jawalakhel roundabout where the members of the team meet regularly.

JWSC is the brainchild of Ratna Rai normally referred as Ratna Dai, the senior most member of the Club that you have already met. In 2013 he wanted to do something for persons living with disabilities like him as he was affected by polio at a young age. In a few years' time Ratna Dai not only managed to bring together more than twenty active and dynamic youths with disabilities but he put together an incredible group of persons who are very active at the societal level. JWSC was officially registered as a Club and soon will be registered as a Sport Association, a very important





milestone for them. The Club counts one male wheelchair basketball team that in a brief span of time became one of the strongest in Nepal and since mid 2016 also set up a women's wheelchair basketball team. Yet the real mission of JWSC is to go beyond sport playing to change society's attitudes towards persons with disabilities. For this reason JWSC has been very active as an inspiring Self-help Group always ready to support and counsel youths with disabilities who are looking for new connections and are eager to build new social relationships.

CHAPTER 10

Conclusion

Ultimately it is very hard to achieve system change to make society more inclusive and just.

It is a very complex task that will take generations to be achieved. Yet, a step by step approach based on small actions that can be replicated and then scaled up thanks to innovative cross sectors partnerships and alliances.

This process must not only have vulnerable youths at its fronts but having them as its engine, allowing them to gain self-confidence while building their skills and implementing actions on the ground, for their personal enhancement but also to make the society a better place.

Self-empowerment will lead

to a society that is fairer and more inclusive.

We close this booklet with some ideas for collective actions enlisted in a so called Manifesto for Social Inclusion through Self-Empowerment.

A Manifesto for Social Inclusion through Self- Empowerment

This is a call for supporting the process of self-empowerment of youths living in a vulnerable status because of their disabilities, gender orientation, ethnic

and social economic belongings.

We advocate for a society where every single disadvantaged youth, including those living in vulnerable states, can enjoy equal rights and opportunities.

Empowerment is an individual driven process and cannot be imposed but only nourished and supported along the way with specific, personalized actions and a supportive environment within the broader society.

A youth living in a vulnerable state deserves special opportunities to be able to express her potential and contribute to society.

We believe in the power of active citizenship, (generally referred to as a multitude of ways of direct participation in society), that can transform and uplift the lives of youths living in vulnerable states.

We believe that there are

multiple ways of being and acting as an active citizen, including community based sport playing, volunteering/ serving, arts performing and many others.

Each youth living in a vulnerable state should be provided with the opportunity to get engaged and express herself in any chosen form of active citizenship that on the one hand, acting as a personalized platform for self-development, will directly impact on her potential and skills while on the other hand, promoting social development at the grassroots level.

By promoting opportunities of self-development through different forms of active citizenship, society will make a long term investment on untapped resources, youths living in vulnerabilities that, instead of being passive recipients of help, will contribute to the development of their respective communities.

We believe that only through cross sector partnerships and collaborations, youths in vulnerable states can have more and better chances at expressing themselves and contributing through active citizenship oriented endeavors.

To uplift youths living with disabilities, it is imperative to ensure a stronger, consistent and passionate support from across all stakeholders, including governments, learning institutions,

private sector and civil society and single citizens.

Real empowerment leading to a more inclusive and just society will be only possible through partnerships and collaborations.

These, if effectively implemented, will be a leading springboard for more opportunities. With more opportunities, change will happen and society will become more diverse and “richer” and as consequence, inclusive and fair.



HOW TO REACH OUT ENGAGE

Website: www.engage.org.np
Facebook: www.facebook.com/engagenepal
E-mail: engagenepal@gmail.com

ENGAGE
Regd.No.2067/068/746
Social Welfare Council (SWC) Affiliation: 23 April
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Group Picture after awareness program at D.A.V. School