

FIT AND HEALTHY, NO MATTER WHAT

Online Adaptive Sports, Awareness Making, Psychosocial Support for People with Disability

ACTIVITIES:

1. WORKOUT: PHYSICAL CONDITIONING
2. YOGA
3. SIGN LANGUAGE
4. SPEAKER'S CORNER
5. READER'S CORNER
6. ZUMBA
7. PSYCHOSOCIAL HEALTH AWARENESS & COUNSELLING SESSIONS



July 11
(Asadh 27)
to

September 30
(Aswin 14)
2020

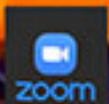


SPEAKERS:

1. Jessica Hiller
2. Rodney Holt
3. Pete Hughes
4. Michael Rosenkrantz
5. Dipak Shrestha
6. Paul Bowes
7. Nirmala Bhandari
8. Mira Rai



ONLINE PLATFORMS:



LAUNCHING OF “FIT AND HEALTHY NO MATTER WHAT”

The ICRC and ENGAGE are launching ***“Fit and Healthy No Matter What: Online Adaptive Sports, Awareness Making & Psycho Social Support for People with Disability”***, a series of online trainings, learning opportunities, psychosocial support and awareness making to promote the wellbeing of adaptive sports athletes, Coaches and at the same time, creating more awareness on the rights of People with Disability during the COVID-19 pandemic

The Needs

The ongoing global Covid-19 pandemic is affecting the most vulnerable segments of the population including persons living with disabilities. Amid this ongoing crisis, people living with physical disabilities, who have limited mobility due to spinal injury, polio, amputation, among other conditions, will enhance their physical and psychosocial wellbeing thanks to a series of online training sessions

Activities

- 1) Workout: Physical Conditioning: Weekly sessions conducted by ENGAGE Sport Coaches
- 2) Speakers’ Corner: Renowned personalities within the adaptive sports world from Nepal, Australia, Canada and the USA will share their inspirational stories.
- 3) Psychosocial Support: Sunita Shrestha, PSS Counsellor will share how to cope with the uncertainties and stress caused by the pandemic and the lockdown.
- 4) Yoga class: Sarah Hudson, will teach the foundations of yoga.
- 5) Zumba class: Alisha Thapa, Zumba instructor will lead with some fun and dynamic sessions.
- 6) Readers’ Corner: ENGAGE Sport Coaches will read and share some inspirational stories about the impact of sports in the society.
- 7) Sign Language Class: Fantastic deaf football female players will teach us the basics of Nepalese sign language with an aim to foster disability acceptance and inter societal engagements
- 8) This is aimed to foster disability acceptance and societal engagement



The International Committee of the Red Cross (ICRC) in Nepal and ENGAGE in partnership brings you three months online sessions, titled



ICRC

FIT AND HEALTHY, NO MATTER WHAT:

Online Adaptive Sports, Awareness Making & Psycho Social Support for People with Disability.

When:

Starting Saturday, 11 July till 30 September 2020

शनिबार, (२७ आषाढ - १४ आश्विन २०७७)

Who can participate:

Everyone from Nepal and beyond

Where:

ZOOM and ENGAGE Facebook Live

Mode of language:

Nepali (dominantly) and English

We have rapidly developed these online sessions to adapt to the COVID19 pandemic situation people with disability are facing, thus aiming immediate social engagement of people with disability and enable coping with resilience.

**FIT AND HEALTHY, NO MATTER WHAT***Online Adaptive Sports, Awareness Making & Psycho Social Support for People with Disability*

२७ आषाढ - १४ आश्विन २०७७

11 July - 30 September 2020

**ICRC**

Weeks	Activities						
	1	2	3	4	5	6	7
	WORKOUT: physical conditioning	SPEAKER CORNER	YOGA	Sign language	Reader's corner	ZUMBA	Psychosocial session
1	Saturday, 11 Jul, 8am - 9am, Bijay Lama	Sunday, 12 July, 8pm- 9pm, Jessica Hillier, Wheelchair Tennis	Thursday, 16 July, 8am-9am, Sarah Hudson		Wednesday, 15 July, 11am-12pm, Bijay Lama/Birat Dahal		PSS Counselor Sunita Shrestha July 17
2	Saturday, 18 Jul, 8am - 9am, Prem Hona/Kiran Sherpa	Sunday, 19 July, 8pm- 9pm, Rodney Holt, Wheelchair Rugby		Monday, 20 Jul, Laxmi, 11am-12pm	Wednesday, 22 July, 11am-12pm, Bijay Lama/Birat Dahal		PSS Counselor Sunita Shrestha July 24
3	Saturday, 25 Jul, 8am - 9am, Prem Hona/Raju Bhujel	Sunday, 26 July, Pete Hughes, 8pm-9pm, A life Coaching Wheelchair Basketball		Monday, 27 Jul, Rajani, 11am-12pm	Wednesday, 29 July, 11am-12pm, Name: to be announced closer to the date	Friday, 31 July, 8am-9am, Alisha Thapa	
4	Saturday, 1 August, 8am - 9am, Prem Hona/Raju Bhujel			Monday, 3 Aug, Laxmi, 11am-12pm	Wednesday, 5 August, 11am- 12pm, Name: to be announced closer to the date		PSS Counselor Sunita Shrestha August 7
5	Saturday, 8 August, 8am - 9am, Prem Hona/Sanjok Thapa		Tuesday, 11 August, 8am-9am, Sarah Hudson	Monday, 10 Aug, Rajani, 11am-12pm	Wednesday, 12 August, 11am- 12pm, Name: to be announced closer to the date		

6	Saturday, 15 August, 8am - 9am, Prem Hona/Bijay Lama	Sunday, 16 August, Michael Rosenkrantz, 8pm-9pm, Coaching Philosophy	Tuesday, 8 September, 8am-9am, Sarah Hudson	Monday, 17 Aug, Laxmi, 11am-12pm	Wednesday, 19 August, 11am-12pm, Name: to be announced closer to the date		
7	Saturday, 22 August, 8am - 9am, Bijay Lama/Kiran Sherpa	Sunday, 23 August, Dipak Shrestha, 8pm-9pm, A life journey on Wheelchair Basketball		Monday, 24 Aug, Rajani, 11am-12pm	Wednesday, 26 August, 11am-12pm, Name: to be announced closer to the date	Friday, 28 August, 8am-9am, Alisha Thapa	
8	Saturday, 29 August, 8am - 9am, Prem Hona/Kiran Sherpa			Monday, 30 Aug, Laxmi, 11am-12pm	Wednesday, 2 September, 11am-12pm, Name: to be announced closer to the date		PSS Counselor Sunita Shrestha September 4
9	Saturday, 5 September, 8am - 9am, Bijay Lama/Prem Hona	Sunday, 6 September, Paul Bowes, 8pm-9pm, Strategy of the Game (Part 1)		Monday, 7 Sep, Laxmi, 11am-12pm	Wednesday, 9 September, 11am-12pm, Name: to be announced closer to the date		
10	Saturday, 12 September, 8am - 9am, Bijay Lama/Raju Bhujel	Sunday, 13 September, Paul Bowes, 8pm-9pm, Strategy of the Game (Part 2)		Monday, 14 Sep, Laxmi, 11am-12pm	Wednesday, 16 September, 11am-12pm, Name: to be announced closer to the date		PSS Counselor Sunita Shrestha September 18
11	Saturday, 19 September, 8am - 9am, Prem Hona/Sanjok Thapa	20 September, 11am - 12pm, Nirmala Bhandari, A personal journey of resilience & courage		Monday, 21 Sep, Laxmi, 11am-12pm	Wednesday, 23 September, 11am-12pm, Name: to be announced closer to the date	Friday, 25 September, 8am-9am, Alisha Thapa	
12	Saturday, 26 September, 8am - 9am, Bijay Lama	27 September, 11am - 12pm, Mira Rai, A life running		Monday, 28 Sep, Laxmi, 11am-12pm	Wednesday, 30 September, 11am-12pm, Name: to be announced closer to the date		