

**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		