

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