

2013



**[STRATEGIC PLAN OF NEPAL
SPINAL CORD INJURY SPORTS
ASSOCIATION
2013-2015]**

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Introduction and Context:

NSCISA has been working in the disability and social development sector for 4 years. It was founded by 9 persons, everyone with Spinal Cord Injury (SCI) and initially was focused on the welfare of persons with SCI through sports. NSCISA introduced wheelchair sports in Nepal. Since then, NSCISA has organized many National level tournaments in Wheelchair Basketball, Wheelchair Table tennis, Chess and Swimming for persons with disability. Now, there are around 100 wheelchair athletes in Nepal.

Along with Sports for persons with disability, NSCISA is now focusing on the advocacy, awareness, capacity development and livelihood of persons with disability.

About this plan..

NSCISA is a new organization with plenty of zeal to improve the quality of life of the persons with disability by helping them become active in life and assisting them enjoying their rights enshrined in the UNCRPD. However, due to lack of clear Vision, Mission, Goals & Objectives and to-the-point strategy and action plan, we are facing problems with sustainability, human resource mobilization, activities and targeted groups.

This 3 year plan sets our ambitions for the future with clear Vision, Mission, Goals and Objectives with clear sets of activities which will help NSCISA to work in a more structured manner.

TIME LINE of NSCISA

YEAR	PROGRAMS	DETAILS
2009	NSCISA was founded.	9 persons (5 male and 4 female) with Spinal Cord Injury founded the organization and registered in Social Welfare Council (SWC) and Kathmandu District.
2010	Inauguration of Wheelchair Basketball in Nepal	First ever wheelchair basketball game between two teams comprising of both male and female participants.
	1 st National Swimming Competition for Wheelchair Users	5 females and 8 males (wheelchair users) participated in the tournament. The winners of the tournament, Sonika Dhakal and Digam Chemjong represented Nepal in Para Asian Games in China in 2010.
	Road Cleaning Program, Jorpati	More than 15 wheelchair users took the initiative to clean the filthy roads of Narayantar, Jorpati. This event spread awareness among the local people about the need of clean locality.
	1 st National Wheelchair Tournament, Pokhara	Altogether of 7 teams took part in the tournament that was held in the basketball court of Prithvi Narayan Campus, Pokhara. Pokhara 'A' team won the tournament.
2011	Road Cleaning Program, Jorpati	
2012	UNCRPD Workshop-From Ratification to implementation	More than 50 people participated in the 3 day long workshop that provided a forum for discussion, representation, shared learning and collaborative participation in planning process. It was held on 2 nd -4 th April, 2012 at Spinal Injury Rehabilitation Centre
	2nd National Wheelchair Basketball Tournament	This tournament was organized jointly by NSCISA and Wheelchair Basketball Association and was held at the covered hall of Tripureswor. Altogether of 6 teams (4 male and 2 female) were involved in the tournament.
	2 nd National Swimming Competition	6 female and 5 male wheelchair users participated in this tournament held at Nepal Police Health Club, Kathmandu. Another team event named Waterpolo was also played in the event. Haribansha Acharya was the chairperson of the event.
	1 st National Wheelchair Table Tennis Tournament	It was organized at the hall of Nepal Disabled Association, Jorpati with the technical help of National Physical Disabled Table Tennis Association. 4 male and 4 female wheelchair users participated in the tournament.

	Chess Tournament for all the People with disability	More than 20 people with different disability participated in this tournament. It was held at the hall of Nepal Disabled Association, Jorpati.
	Awareness Campaign and Home Visits	NSCISA with the help of SIRC organized 4 Awareness camps in 4 different places on the way from Kathmandu to pokhara. More than 500 people were made aware about Spinal Cord Injury and the need of Sports after suffering from SCI. At the same time, we visited 19 SCI patients at their home.
	Management Training	20 people, including 12 wheelchair users were provided Management training of 3 days at SIRC. The training included proposal writing, report writing and project management lessons.
	Built Ramps at School	NSCISA took the initiative to make schools accessible by building ramps in 2 local schools.
2013	National Wheelchair Basketball Tournament- DHARAN	NSCISA in association with “Apanga Punasthapana tatha asahaya sewa Kendra-Nepal” organized a National Wheelchair Basketball tournament for the first time in Dharan that brought together 8 teams (6 male and 2 female), i.e. more than 70 wheelchair athletes from different parts of the country.

Problems of persons with disability (PWDs) and working area

1) Financial

- Negative attitude of society towards PWDs
- Inadequate Social protection commission
- Unavailability of employment opportunity; employment through pity
- Unavailability of Wheelchair for Wheelchair users.
- High mortality rate
- Insufficient effective trainings for PWDs.

2) Social/Inclusive

- Social attitude
- Insufficient public awareness

- Poor organizational structure
- Exclusiveness in society
- Insufficient data on W/C users
- Inadequate physically challenged supportive infrastructure
- Insufficient funds and program for physically challenged people

3) Rights

- No implementation of UNCRPD
- Lack of interest of Media
- Inaccessible infrastructures and facilities
- Insufficient data about W/C users
- Ineffective monitoring of use of support infrastructures
- Lack of entertainment rights
- Lack of counseling facilities
- Lack of knowledge to W/C users about sports
- Lack of interest of media regarding W/C sports
- No mention about W/C sports in national level policy
- Lack of interest of ministry of sports towards W/C sports

4) Health:-

- Inaccessible and lack of W/C friendly infrastructure in hospitals
- Insufficient facilities and treatment for spinal cord injured people
- Inadequate awareness about spinal cord injury
- Lack of W/C friendly toilet facilities
- Lack of effective policy regarding health and reproduction

5) Education:-

- Minimum literacy level among W/C users and overall persons with disability
- Insufficient and inappropriate data about literacy rate of W/C users
- Lack of public awareness
- Lack of inclusion of spinal cord injury problem in Nepalese syllabus
- Lack of awareness about physically challenged friendly sports in educational institutions

Vision, Mission and Objectives

Our Vision

INCLUSIVE, INDEPENDENT AND DISABLE FRIENDLY SOCIETY

Our Mission

The organization will play an important role in empowerment of persons with disability; especially, persons with spinal cord injury through sports, self-awareness, advocacy, networking, counseling and income generating skills development.

Indicator of Vision

- National level counting of SCI people; database of persons with SCI and the stakeholders.
- To build capacity of persons with disability economically, socially and intellectually by motivating them
- Coordination with different organizations for implementation of UNCRPD
- To develop sports related skills in W/C users
- To conduct training, awareness program related to disability and inclusion
- To conduct competitive sports, increase the number of players
- To increase the network of SCI, bring them out of their homes, motivate them and include them in health, education and employment opportunities
- To lobby and advocate for Disability friendly infrastructure, sports material
- To conduct workshop related to disability
- To adopt national level policy

Objectives of the organization

- To develop and promote sports for persons with disability in national and international level.
- To raise awareness and advocate for positive change primarily through sports and actively participate in implementation of the UN Convention on the rights of persons with disabilities.
- To strengthen our organizational capacity by networking, collaborating, cooperating and coordinating with other stakeholders and donors.
- To build network for the persons with Spinal Cord Injury (SCI) and provide support.
- To provide and facilitate various trainings and opportunities for persons with disabilities and thus support socio-economic inclusion.

SWOT Analysis

Strengths

- Unification among wheel chair users
- Inclusive working committee
- Good relationship with stakeholders and funding partners
- Physical infrastructure (Office, Meeting room, Computers, etc)
- Staffs
- Transparency
- Strong image of committee members and their involvement in other institutions

Weakness

- Negligible number of staffs
- Lack of stable budget/ sustainability problems
- Lack of own building
- Lack of clear work process/division
- Insufficient information and data
- Less documentation
- Limited knowledge

Threats

- Insufficient budget for sports for persons with disability
- No public policy/implementation
- Lack of accessible and disable friendly sports facilities
- Weak financial condition of persons with disability
- Negative attitude

Stakeholder analysis

All the persons with disability and any organization, community or association of/for the persons with disability, or linked with persons with disability in any way are stakeholders for our organization. We have listed below the stakeholders we have been working with and hope to work in coming years for achieving our objectives.

- 1) Ministry of Youth and Sports
- 2) Ministry of Women, Children and Social Welfare
- 3) Ministry of Health and Education
- 4) Ministry of Local development
- 5) National Federation of the Disabled- Nepal (NFDN)
- 6) Nepal Paralympic Committee (NPC)
- 7) Spinal Injury Rehabilitation Center (SIRC)
- 8) Disabled Human Rights Centre (DHRC)
- 9) Nepal Sports Council
- 10) Schools, Colleges
- 11) District development committee
- 12) Village development committee
- 13) Nepal Disabled Association
- 14) Commercial banks and Financial institutions
- 15) Buddha Airlines
- 16) Bottlers Nepal
- 17) Funding Partners/ INGOs and NGOs
- 18) Livability Ireland (LI)
- 19) Danish Sports Organization for the Disabled (DSOD)
- 20) Embassies

- 21)Orthopedic hospitals
- 22)Women development office
- 23)Law experts
- 24)Hospitals
- 25)Organization of Sports for Able Bodied Persons
- 26)Other Sports organizations of/for PWDs
- 27)Individuals

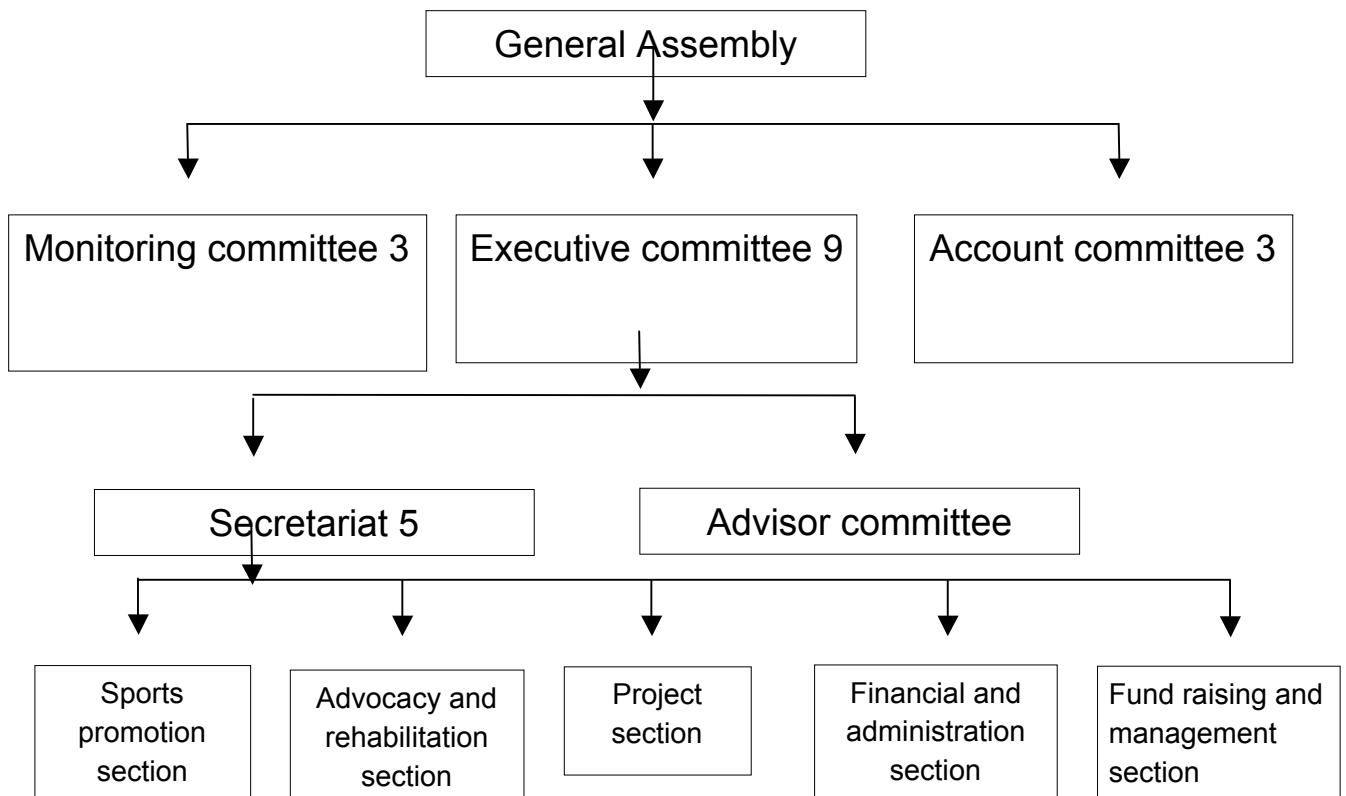
Target group

- Persons with Physical disability
- Persons with spinal cord injury (SCI)
- Wheelchair users

Target area

- Kathmandu valley
- Chitwan
- Kavre
- Dharan

Organizational structure of NSCISA



3 years development intervention (ACTIVITY STRATEGY)

1. Development and promotion of sports for persons with disability.
2. Advocacy and Awareness program for positive change.
3. Organizational capacity development program
4. Network for persons with SCI
5. Socioeconomic Inclusion

1. Development and promotion of sports for persons with disability.

NSCISA has basically been an organization that uses sports as a tool for advocacy, awareness and inspiring persons with disability to be active in life and enjoy the rights as enshrined in the UNCRPD. We are the pioneer to introduce wheelchair basketball, wheelchair table tennis and swimming for wheelchair users in Nepal. In order to involve more persons with physical disability into sports, we will develop the ongoing sports and also introduce new sports in Nepal so that there is choice and variety for persons with disability. We intend to achieve our objective with the following activities:

- 1.1 Wheelchair basketball trainings and competitions
- 1.2 Swimming training and competitions
- 1.3 W/C table tennis training and competitions
- 1.4 Athletics and other sports
- 1.5 Interaction program related to disability sports in colleges/schools
- 1.6 Sports workshop/training
- 1.7 Promotional program on sports in district and regional level
- 1.8 Sports video show
- 1.9 Facilitate in construction of basketball court

2. Advocacy and Awareness program for positive change

Disability is the least prioritized sector and persons with disability are the most marginalized group of people. Nepal has ratified UNCRPD and few laws for persons with disability have been passed. For the effective implementation of UNCRPD and the dissemination of awareness about disability and the need of sports for persons with disability we will carry out following activities:

- 2.1 Interaction with national level stakeholders about rights of persons with disability
- 2.2 Awareness camps about SCI and need of sports for persons with disability
- 2.3 Interaction on F.M, Radio program on disability rights
- 2.4 Interaction with lawyers

- 2.5 Orientation on UNCRPD to stakeholders, PWDs and their families
- 2.6 Interaction on Media for advocacy process
- 2.7 Data collection of wheel chair users
- 2.8 Advocacy for including SCI related information on education syllabus
- 2.9 Street Dramas**

3. Organizational capacity development program

We have managed to have a four-room office on rent and have added other required infrastructures. For the effective planning and implementation of the activities to achieve our goals, capacity of the organization, board members and staffs needs to be regularly updated and upgraded. Thus, for this purpose we will carry out following activities:

- 3.1 Networking with national, regional and international stakeholders.
- 3.2 Orientation on UNCRPD
- 3.3 English language training for board members and staffs
- 3.4 Attitude behavior training
- 3.5 Advocacy training
- 3.6 Account training
- 3.7 Learning, documentation and communication training
- 3.8 Team building, Fundraising and gender inclusion training
- 3.9 NGO Management training**

4. Network for persons with SCI

Since all the founder and current board members of NSCISA are persons sustaining SCI, we would like to emphasize our activities for persons with SCI. We have already started building a database of persons with SCI. For upgrading the database and providing more peer support and counseling, we will carry out following activities:

- 4.1 Memberships and support to members
- 4.2 Counseling
- 4.3 Data collection
- 4.4 Record the status of the members quarterly

5. Socioeconomic Inclusion

NSCISA has been actively involved in inspiring and including persons with disability in active sports to lead an active life. However, the economic burden also seems to be a huge problem to lead an active life. Thus, NSCISA will support for various livelihood support programs and act as facilitator for providing various trainings and employment opportunities for persons with disability.

- 5.1 Computer training
- 5.2 English language training
- 5.3 Mobile repair training
- 5.4 Leadership/ entrepreneur/management training
- 5.5 Weaving and handicraft training
- 5.6 Anchoring training
- 5.7 Language translation training
- 5.8 Wheel chair repair training
- 5.9 Awareness program on inclusion
- 5.10 Identify stakeholders who provide employment of disable people
- 5.11 Capacity building for accessibility

Building disable friendly public places and structures (minor)