

LET NO ONE SIT ON THE SIDELINES

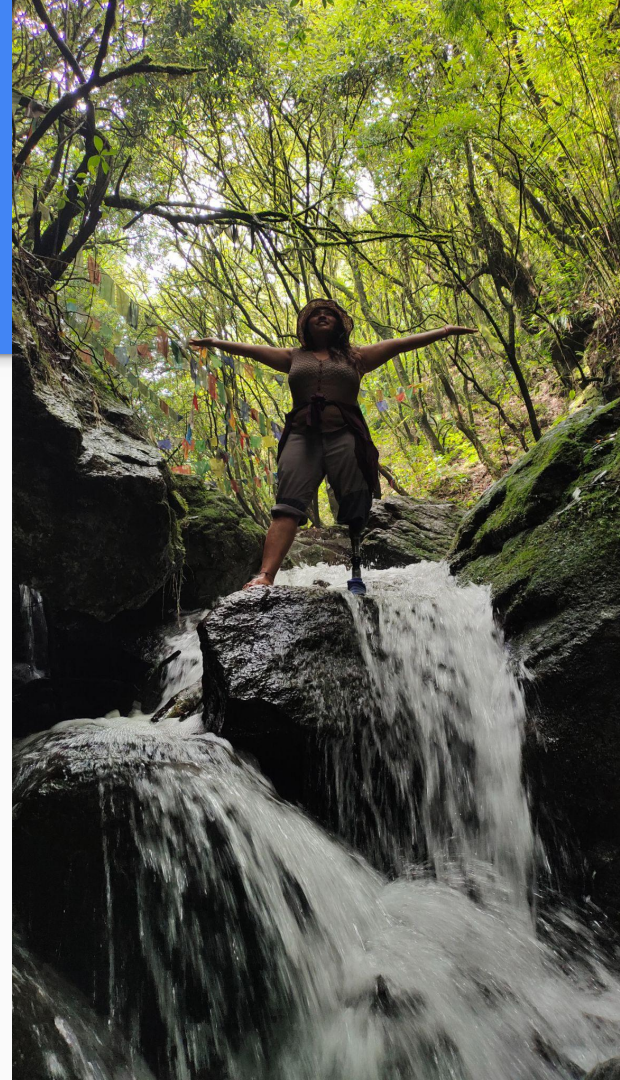


Introduction

- ❖ About me
- ❖ My journey as an amputee.
- ❖ My mission to challenge discrimination in Nepal.

Nirmala Bhandari

An adventure-loving human, passionate about living life to the fullest, converting dreams to reality, fixing “nuts and bolts” to break barriers.



Nirmala Bhandari

An athlete

Travel enthusiast

Former television host on Ap1HD

Health professional



Travel Enthusiast



Solo Rider (East-West)



Refreshing the Soul Beyond the Border

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TODAY'S NEWS-HERALD

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EVENTS | ADAPTIVE WATERSPORTS HIT THE LAKE AT CRAZY HORSE

A chance to shine on the water

SPECIALIZED EQUIPMENT ALLOWS RARE OPPORTUNITIES FOR THOSE WITH PHYSICAL AND MENTAL DISABILITIES

By MICHAEL ZOGG
 TODAY'S NEWS-HERALD

Everyone gets a chance to play on Lake Havasu when Arizona Adaptive Watersports comes to town.

The nonprofit organization returned for its third annual trip to Havasu on Friday with its specialized "adaptive" watersports equipment that allow people with physical and mental disabilities the opportunity to take their pick of waterskiing, kayaking, tubing, or to try any combination of the three. Arizona Adaptive Watersports will be back on the beach at Crazy Horse Campground throughout the day on Saturday.

"What we do is break the barrier," said event organizer Jo Crawford. "We bring in the adaptive equipment so that everybody can play. If you are disabled, you usually have to watch everybody else play and sit on the



Michael Zogg/Today's News-Herald

The challenge of hitting Lake Havasu on specialized watersports equipment was met and enjoyed by many Friday.

Former nonprofit leader could plead guilty at hearing

CHANGE OF PLEA HEARING TO BE SCHEDULED

By BRANDON MESSICK
 TODAY'S NEWS-HERALD

The former president of what was once among Lake Havasu City's largest nonprofit organizations could plead guilty to federal charges this year in U.S. District Court, at an upcoming hearing.

Glenn M. Eigenbrodt, 67, was expected to stand trial June 6 on charges including 18 counts of theft from an employee benefit plan. A final deadline for pre-trial motions in the case arrived on Friday, and the case has now been referred to a new federal judge. According to court records, U.S. Magistrate Judge Eileen S. Willett is expected to schedule a change of plea hearing in the case.



EIGENBRODT

Eigenbrodt served as president of Havasu's Interagency Council from 2014 until he resigned from the organization in 2018. Eigenbrodt is accused of stealing more than \$35,000 from Interagency Council employees' medical and retirement accounts.

According to federal prosecutors, Eigenbrodt used

See EIGENBRODT, Page 4

TODAY'S NEWS-HERALD

WATERSPORTS

CONTINUED FROM PAGE 1
 sideline. But not when we come."

Crawford said the first of two days on Lake Havasu was a success, with dozens of participants from local organizations including Milemarkers, New Horizons, and RISE Services spending much of the day on the beach and on the lake.

"Things are going super great," Crawford said. "We had a lot of wonderful participants and volunteers. It is just really cool to be in Mohave County. It is so beautiful, and the community is amazing. They all talk to each other and they all know we are coming. We just want to get more people with disabilities to come out because we help people with disabilities like Parkinson's and ALS too. We would like to get more kids too."

"I'm keeping sitting, I get bored," she said. She said she wants to try everything that she can on the water, but hadn't had the opportunity to try water skiing until Friday. Bhandari started her day on the lake on an adaptive water ski that allowed her to sit down on a middle ski, with two smaller skis attached to either side — acting as outriggers for a stable ride. After a lap around the event area, Bhandari decided to increase the difficulty by trying out the mono-ski without the extra stability. "It was hard to balance, because it is the first time I've ever been skiing on water," she said. "I love doing adventurous kinds of things. It really refreshed my soul. This is definitely a day worth living."

"DEFINITELY A DAY WORTH LIVING"

Perhaps the farthest participant from home at the event on Friday was Nirmala Bhandari, from Nepal, who had her left leg amputated just below the hip when she was young.

Bhandari is currently in the United States for a five-week program through the U.S. State Department called the Global Sports Mentoring Program, which brings in delegates from all over the world for immersive mentorship and experiences that are meant to empower them to serve their local communities by increasing access and opportunities to participate in sports.

Bhandari's goal when she returns to Nepal is to get disabled children in the mountains included in

the program, said there are currently 19 delegates from 16 countries in the program right now. Bhandari and a man from Turkey are spending their time in the U.S. with Peacock thanks to a sponsorship from Arizona Disabled Sports. Peacock said Bhandari has been traveling around the state meeting with different people and visiting schools in Arizona with modified physical education classes for students with disabilities, to learn more about that process.

But Friday's trip to Havasu for the Arizona Adaptive Watersports day was more of a day off to have some fun. Bhandari said she enjoys traveling in her home country of Nepal, and had gone rafting and recently completed a 32 day trip around Nepal on a scooter.

"If I keep sitting, I get bored," she said.

"I love doing adventurous things," Bhandari said. "I always explore new things, and this was on my bucket list. I love doing lots of adventure and try to do different things, in spite of my disability. I do have to

with an extra rider ready to jump in to help within seconds.

"When I fell for the first time, I was so scared. I was thinking, 'What am I not doing to make this happen,'" Bhandari said. "Then I talked to the volunteers and they told me that people who are learning fall several times. I kept going with it, and it was fun."

Bhandari ended up falling a few more times throughout her lap of the event space on the mono-ski. But she never considered giving up. After her second fall, one of the volunteers asked if she wanted to keep going. Bhandari quickly gave an emphatic "yes," without a moment's hesitation.

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HAVASU



Michael Zogg/Today's News-Herald

A group of participants in Friday's Arizona Adaptive Watersports smile for the camera.

care, but the soul is wild."

ANOTHER DAY ON THE LAKE

Arizona Adaptive Watersports will be back on the lake at Crazy Horse again today. Crawford said there will likely be fewer participants on Saturday without any local organizations scheduled to come down. But she said they are

expecting more individuals and families, coming in from out of the area like Phoenix and Las Vegas.

"A lot of these guys work all week, so they will get to head up here for the weekend for some fun," Crawford said.

Crawford also encourages any locals who are interested in adaptive watersports like kayaking, tubing

or water skiing to visit Crazy Horse to see what it's all about — because they won't be back in Havasu for about 12 months.

"Just come out and see it. Get on the boat, see what we do, look at the equipment and talk to the staff," Crawford said. "Educate yourself while we are here, because we are only here for two days a year."

AWARD-WINNING BOARD-CERTIFIED FELLOWSHIP-TRAINED

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 No obituary listings in today's edition. See past obituary listings at legacy.com/obituaries/havasunews/today



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River City Newspapers

EP
05

AP



Nepal's first psychiatrist 26-17



WHEN IN HOSPITAL



First win in
international match





Memories of Hope Centre

“Hope Centre is a real Hope”

Life was not easy, but good time came and we slowly begin to recover from all the hardship when New Futures Nepal became part of the family in 2002.

PC: Hazel Ann Roy





Journey as an Amputee



Future project and expect to do:

1. Adaptive sports , outdoor recreation and social opportunities for impactful learning
2. Exchange program to the children among different child care home
3. School project

Why Am I doing this?

TO BE VISIBLE

- ★ To enjoy the sports.
- ★ Inclusive environments
- ★ Disability awareness
- ★ Share /Create opportunities

“ I want to let no one sit on the sidelines”

Condition of 'Para Sports in Nepal'

- ★ Nepal total population - 2,91,64,578
- ★ By physical disability - 1,41,434
- ★ No recorded data at all, people with physical disability Participating Para Sports.

This is due to lack of:

- ★ Attention, acknowledgment, infrastructure and development
- ★ Acceptance , opportunities and supporting group

Why should I care:

- I was let to sit in the sidelines
- I know how it feels like
- Not surprisingly the situation is almost the same



Vision

Inclusive world nurturing dream through sports.



MISSION

- ★ To eliminate discrimination of people with disabilities; to enhance self-esteem; and to create an inclusive society. No more stigmas!

Goal

To create possible opportunities be able to lead a productive and impactful life of acceptance and inclusion.



Action plan for School Project:

- ★ Educate the importance of sports
- ★ Providing the PE teachers training
- ★ Awareness about disability to all the teachers
- ★ Making parents and students see and feel the importance of sports



Road map

2 months - research to find school for children with disability

End of academic year Sports Festival

End of 1st year of implementation prepare full report of data

4 months teachers orientation about disability issues .

Full implementation at start of next academic year into 2 schools in Kathmandu

Long-term goal is spread to several schools in each province

Assessment can be done at three phases

Before the implementation



Half way through implementation to 2 schools



After the sports festival followed by one year of complete implementation

Challenges I may face

Sports are not taken into consideration, marked as luxury

Sponsorship

Networking

Stigma

Interest may lack in participants

Suspicion may occur for New organization

Challenges I am facing currently

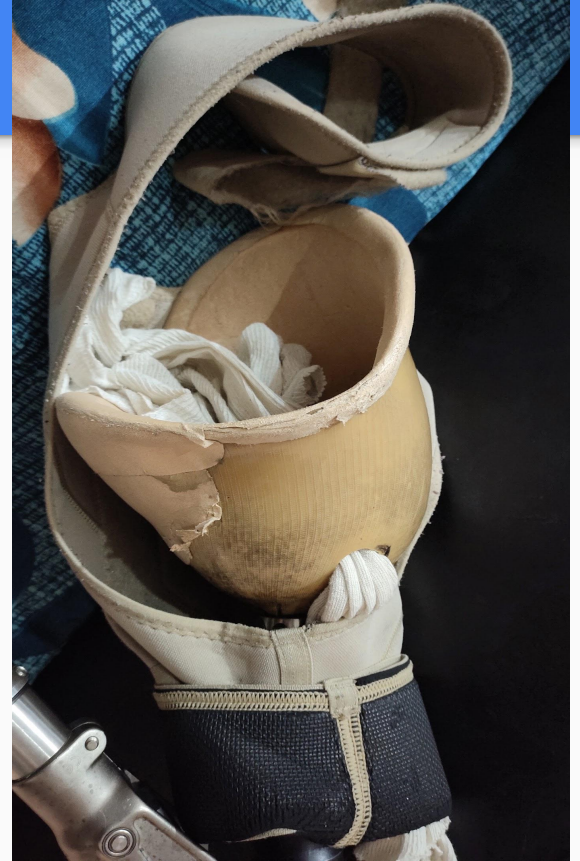
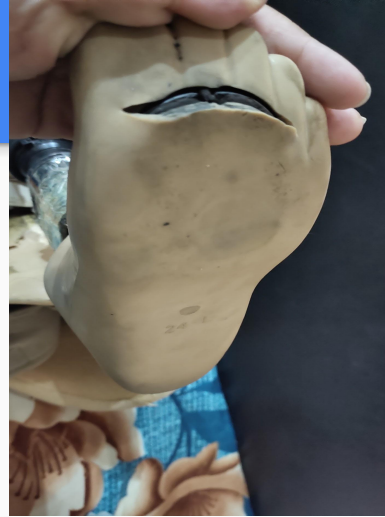
Proper networking

Assistive devices

To play /work

To walk with Prosthetic A poor-fitting prosthesis can lead to a myriad of problems, including pain and discomfort. It can also cause damage to other parts of the body and frustration many times

Moving with broken legs



Dream world

This plan strives to “ensure that children with disabilities have equal access with other children to participate in play, recreation and leisure, and sporting activities, including those activities in the school system.”

Convention On The Rights Of Persons With Disabilities (CRPD) - Article 30 – Participation in cultural life, recreation, leisure and sport



THANK YOU

Let's fight forward to
let no one sit
on the sidelines

