



imPACt

Inclusive Movement for Physical Activities

ACTIVITY REPORT

OVERVIEW

IMPACT (Inclusive Movement for Physical Activities) project, was initiated by Friends of Paraplegics in coordination with ICRC, **in Qayyum Stadium Peshawar, on 26 Sep 2018**, in which different sports and recreational activities were included. The activities started initially in 03 districts (Peshawar, Dir and Abbottabad) with the aim to; identify the talented players with disabilities, promote their abilities and create opportunity of being included in the society.

Second activity of the project, **on 11th October in Upper Dir Stadium**, was the first ever of its kind in the history of Upper Dir where a huge crowd joined the sportsmen, in addition to, the government officials from District Administration and Sports Department. The participation of masses was a good sign towards the promotion of the right of persons with disabilities, which encouraged the sportsmen to exhibit their potential.

Third activity, **in Abbottabad on 10th November**, was one of the most inclusive in which participation was proportionally balanced with Children and Women with disabilities.

OBJECTIVES

1. Create opportunity for the PWDs to participate in sports activities, requiring physical performance.
2. Hunt out talented PWDs for the national level games on international day of persons with disabilities.
3. Make connections among PWDs of the participating districts and establish links among them and the Disabled People Organizations working on health, disability and rehabilitation.
4. Involve social, political influential and other administrative government authorities for promotion of the cause.
5. Raise awareness of the physical and social presence of persons with disabilities in front of the decision making authorities.

ACTIVITIES

- **Wheelchair Live Ludo**

Live Ludo (wheelchair Ludo) was introduced for the first time in Pakistan and we think it's for the first time in the world for wheelchair users to play Wheelchair Live Ludo with defined rules. Wheelchair Live Ludo was one of the creative idea, which was appreciated by everyone in each district and one of the easy game for all kind of disabilities as well as for able bodied persons.



- **Badminton**

It was one of the activity which were played in Peshawar only because in other districts there was no facility for the badminton. It was played by Standing and Wheelchair users in male and female categories.



- **Cricket**

One of the most popular game which attracted the participants and spectators mostly. Both standing and wheelchair games were included in Upper Dir event because there were players who were intrusted in it. Standing and wheelchair cricket were played in upper Dir.



- **Race**

In Abbottabad we find out different kind of disabilities for races that's why we include it in the games and it was played with full energy.



- **Table Tennis**

Table tennis is one of the game which can be played by both wheelchair users and in standing. In Pakistan a table tennis has very good record and already some of the players participated internationally and they were also in our team to guide players and techniques. Table tennis was played in which different players participated and few new members also took interest to start it in future. Both standing and wheelchair games were included for male and female.



- Basketball

In outdoor games, wheelchair basketball was one of the energetic activity, as well as introduced in the Abbottabad, Upper Dir and Peshawar for the first time. The passion and zeal of the players and audience towards Basketball were most eye catching and amazing. Players and audience both enjoyed it a lot and were best amongst all, the way people were involved in this game was unbelievable.



In standing basketball game, one of the Player (Rizwan) has also participated at international level in Dubai and Osama (a Gold medallist in Skiing) played basketball with other different kind of disabilities.



- Closing ceremony
 - Prize distribution
 - Awards to guest of honours
 - Lunch for all the participants, volunteers, guests and media person



PARTICIPATION

- 58 persons with disabilities participated in Abbottabad District games, 54 in Upper Dir and 75 in Peshawar, in different categories and persons without disabilities participated in the event (as audience) from different walks of life which included:
 - ✓ Wheelchair users, children with disabilities & Student with disabilities.
 - ✓ Family members of the players
 - ✓ Local Community in huge number
 - ✓ Official from Local Government
 - ✓ Sports and Social Welfare departments
 - ✓ Reporters from print and electronic media.
 - ✓ Special education, ARPD and Disabled People Organizations





EXPECTED OUTCOMES

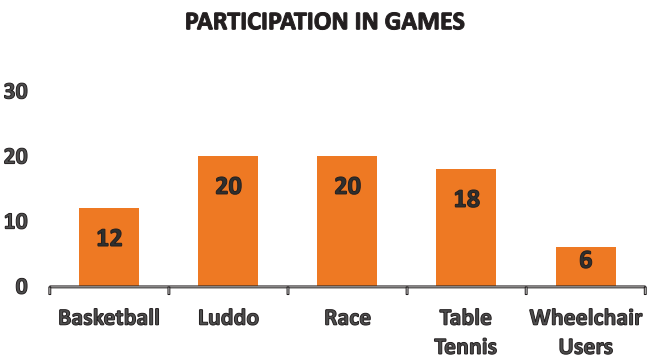
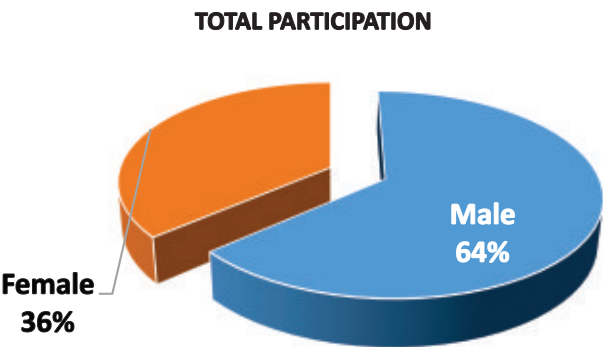
- Concept of District games has been successfully introduced.
- Strong liaison has been developed with different organization and institutes on awareness, advocacy and promotion of disability support services
- Accessibility needs have been acknowledged and will be implemented by government authorities in the form of Ramps and washroom at Sports Complex and Upper Dir Stadium.
- The good liaison is developed with the people with disabilities and DPOs and especially with the Kingston Education System which is contributing a lot and they still need help in sports for giving more support to the players.
- A strong liaison is developed with Kingston school and we would love to develop there teams and equipped them with our efforts.
- Sports Officer confirmed that he will continue these games every year and will try to arrange games at the start of the next year after peak winter season.
- District Officer Social Welfare also commits that they will continue the good liaison with the people with disabilities of Upper dir for consultation in wheelchair related queries.
- Chief Guest will help to make a special registered platform for players with disabilities and will move KP Disability act of Persons with disabilities.
- Persons with disabilities understood the importance of use of appropriate assistive device that enables their mobility and participation in activities beyond mobility.
- Persons with disabilities are keen to participate in sports and recreational activities at national and/or international level to show their physical and intellectual strength in performing activities.

ACCOMPLISHMENTS

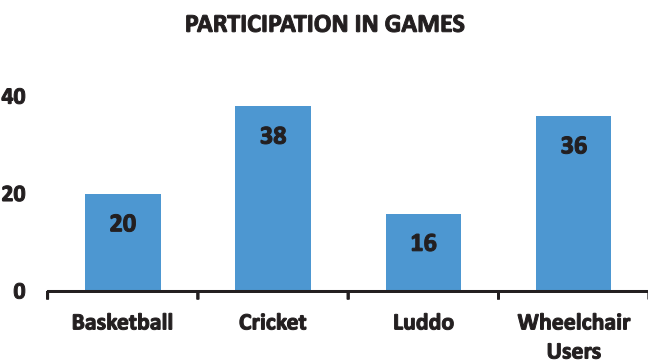
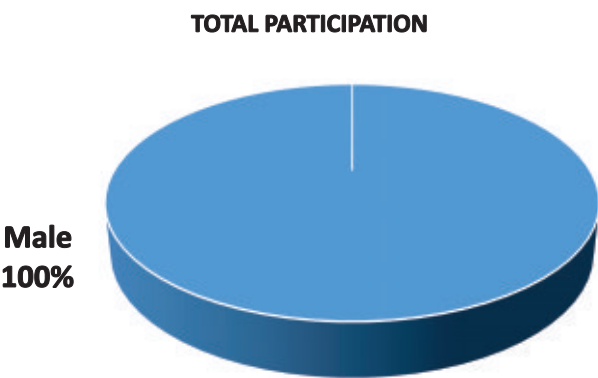
- Winners of games in IMPACT project participated in the National Ability Sports Festival 2018
- Zainab Barkat (female wheelchair user) along with Ihsan Danish (a male wheelchair user) have been hired by Paraplegic Center Peshawar as a Sports and Recreation Consultant for training of People with Spinal Cord Injuries.
- District Sports Officer observed IDPD 2018 in result of the commitments made in the closing ceremony of IMPACT project activity in Upper Dir and the wheelchair cricket team participated in the match organized in Bajaur.
- DG Sports showed interest in the development of sports activities for persons with disabilities and to further discuss the inclusion of PWDs with ICRC.
- Thirty (30) Sports wheelchairs provided for IMPACT project, multiplied the usefulness in IDPD 2018 when Balochistan team came without having appropriate wheelchairs.

INFOGRAPHICS

ABBOTTABAD



UPPER DIR



PESHAWAR

