

# **ICA NEPAL LITTLE PEOPLE (DWARF) SUPPORT PROGRAM**

**Changing Lives Changing Societies**



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# INSTITUTE OF CULTURAL AFFAIRS (ICA) NEPAL

Institute of Cultural Affairs (ICA) Nepal is an autonomous, non-governmental organization working since last 22 years in Nepal. We are dedicated to human capacity building. ICA Nepal believes in sustainable participatory development. ICA Nepal follows ideology of lifelong learning. It crosses sectors, cultures, and promotes learning beyond traditional format and structures.

We believe in developing creativity, initiative and responsiveness in people thereby enabling them to adapt uncertain changes, and sub-cultures and negotiate conflicts.

ICA Nepal is a part of global network of ICAs working in developed and developing countries across the world.



## Little People Support Program

ICA Nepal has regularly been supporting people living with dwarfism since the last 10 years. Under NGO Support Program of ICA Nepal, over the years, ICA Nepal has provided micro grants, organized capacity building and leadership programs, network building and linkages to support the people with dwarfism.

Little People Support Program is launched to specifically empower and work for the little people of Nepal. It is an integrative program that addresses the diverse challenges and needs of dwarf people of Nepal.



## What is Dwarfism?

As defined by the advocacy groups Little People of the World Organization (LPOTW) and Little People of America (LPA) dwarfism is when an adult's height is 4 feet 10 inches or under, as a result of a medical or genetic condition. Dwarfism is when a person is short in stature because of their genes or a medical reason. Other groups extend the criteria for certain forms of dwarfism to 5 feet, but the average height of an adult with dwarfism is 4 feet.



### Some facts about Dwarfism

- People with dwarfism have short stature. This means that their height is under 4' 10" as an adult.
- There is over 200 types of dwarfism.
- Achondroplasia is the most common type of dwarfism. Achondroplasia is a genetic condition that affects about 1 in 15,000 to 1 in 40,000 people.
- Other genetic conditions, kidney disease, and problems with metabolism or hormones can also cause dwarfism.
- People with dwarfism preferred to called "Little Person" .

## Challenges of Little Peole

- Life of a Little Person is hard physically and mentally. People with dwarfism live a problematic life as they have to face mockery and discrimination all days long. This results in decreasing their self-esteem and confidence to achieve good things in life.
- Numerous studies have demonstrated reduced employment opportunities and lower income of people just because of their height.
- Low income status and social exclusion of little people makes them one of the most marginalized groups in the society. The context of Nepal is no any different. The Little People Nepal are even more backward than other people in the world. Although there is no reliable data available it has been speculated that there are around 7000 to 9000 little people in Nepal.
- In an underdeveloped country like Nepal, little people have minimal access to health, education and employment. A little person is taken as a burden, many often outcasted from the society. Little people face difficulty to reach service counters, ATMs, use public toilets, and visit public offices. The health status deteriorates as the premature bones accelerated. Apart, they get stress due to unavailability of employment opportunities and skills, discriminatory attitudes, continuous prejudice and sometimes insult.



# Establishing a Community Centre for Little People

This project is a joint venture of ICA Nepal, BB Trust, Dakshinkali Municipality and Creative Dwarf Women Association. The cooperating partner of this project is Rotary Club of Rudramati Kathmandu.

## BB Trust

BB Trust is an autonomous organization working for capacity strengthening, education development, women empowerment and supporting people living with disabilities.

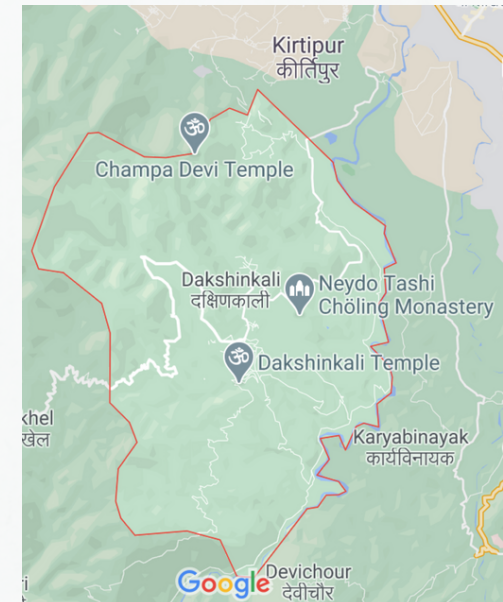
## Cooperating Partner

### Rotary Club of Rudramati Kathmandu,

Rotary District 3292 is the cooperating partner of this project.

## Dakshinkali Municipality

Dakshinkali Municipality lies south of the Kathmandu district. It is known for religious, cultural tourist site. The Dakshinkali Municipality office welcomed the request of establishing A Little People unique village at the Dakshinkali Municipality. The office provided a land for the construction and has been providing all the possible supports and facilitated the activities. The Dakshinkali Municipality has formed a committee to coordinate the activities.



## Creative Women Dwarf Association

Creative Dwarf Women Association is an organization run by little people for uplifting status of dwarf people in the society. The association is working for advocacy for the availability of dwarf friendly services, employment and equal conduct to them.

### Specific Objectives:

- To construct residential blocks that accommodate at least 100 little people of Nepal
- To establish a learning centre specifically for capacity building and skill development of little people of Nepal
- To build awareness among the people



## Objectives

The overall objectives of the project is to empower the little people with skills and opportunities and advocate for equal rights and opportunities to support the lives of little people of Nepal



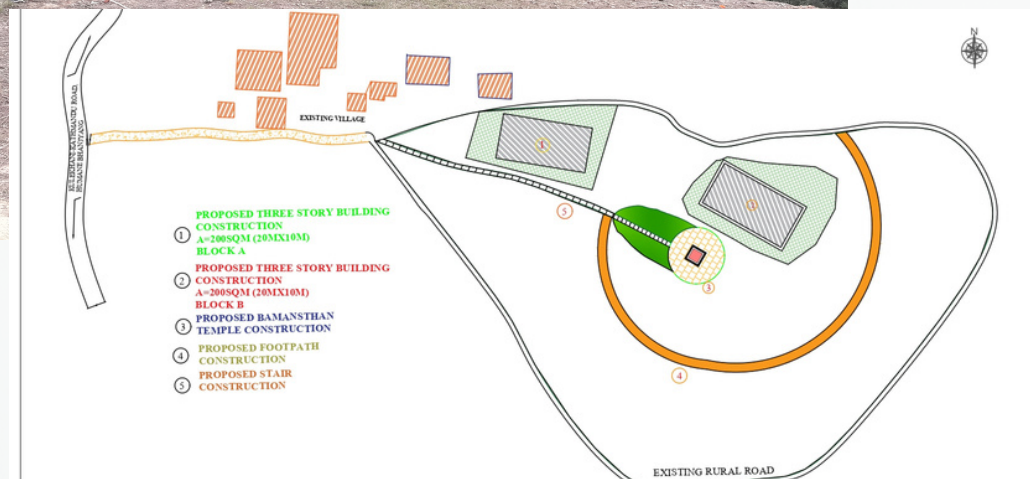
# Establishing a Community Centre for Little People



## 1st Phase: Land Acquisition and Layout Design

Dakshinkali Municipality provided 1.5 hectare land (22 Ropani land) in ward no. 10 for construction of residential blocks and other facilities.

ICA Nepal contributed in layout design and engineering consultation.



ICA Nepal acknowledges organizations like Jean Houston Foundation, Thervada Foundation, ICA Japan, Rotary Clubs, etc, and individuals who have come forward to join the initiation of ICA Nepal over the years to support the need of little people.

The need of little people is unique, they need love, respect and opportunities,





## 2nd Phase: Construction of Residential Blocks and other facilities

We are seeking supports and helping hands to build the residential blocks and other facilities. The other facilities includes: a training hall, a park cum garden. The program aims to accommodate at least 100 Nepali little people. Some Individual donors have come forward to support to build a temple "Babandham". According to Hindu mythology, Lord Bishu tool avatar of Baban. Baban means 52 inch person.



## Attractions of Little Pepole Community Centre

- Residential Blocks for 20 families (100 Nepali Little People)
- Training Centre for Little people
- A cafe/restaurant run by Little People
- An outlet showcase the products made by Little People
- Cultural and dance performance by Little People
- Community Centre connected to Dakshinkali and Dakshin Mankamana Temple which promotes religion tourism
- A guest house, a facility for overnight stay
- A Nursery ,Garden and Park
- Innovative agro religion tourism ventures implemented in ward no. 10 and neighbouring areas.

## 3rd Phase: Skill development

Second and 3rd phase activities will goes simultaneously. ICA Nepal has been providing skill development supports to little people over the years. The program will continue and effectively address this need of little people. In addition, ICA Nepal will introduce innovative technology that will directly benefit the local farmers and villagers. ICA Nepal will particularly work for cold storage, food processing machines, dyer which will contribute in agriculture sector of the area.





# Our Team

## TEAM LEADER

**Mohan Bahadur Karki, Secretary General, ICA Nepal**

## TEAM MEMBER

**Deepa Lama**

**Ishu Subba**

**Lok Nath Dhakal**

**Nirmal Magrati**

**Sharada Prasad Dhital**

## FIELD COORDINATION TEAM

**Sundari Mishra, Field Coordinator**

## FIELD COORDINATION MEMBER

**Bharat K.C**

**Kancha Pakhrin**

**Binod Magar**

A small but mighty team consists of competent, dedicated, resourceful and compassionate individuals that bring rich and diverse backgrounds in social impact, sustainability, leadership and community development to our collaborative efforts.

## ADVISOR

**Ashok Shrestha, Past President, Rotary Club of Dhulikhel**

**Evelyn Philbrook, ICA Taiwan**

**Janet Sanders, Jean Houston Foundation**

## PATRON

**Bhaban Bhatta, Chairman & Managing Director, TBI Group Pvt. Ltd**

**Mohan Basnet, Mayor, Dakshinkali Municipality**

**Prof. Dr. Tatwa P. Timsina, Founding Chairperson, ICA Nepal**



## Our facilities



ICA Nepal's training and facilitation manuals are designed to help facilitators, individuals, private organizations, NGOs, GOs and local organizations for effective implementation of their activities. Contact for more details.

## Publications



ICA Nepal has full fledged community centres in Changunarayan Municipality, Bhaktapur and Chautara Sangachowkgadi Municipality, Sindhupalchowk. We also have a training hall in Koteshwor office.



## Contact Us

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Club of Rudramati Kathmandu

