

'हाम्रो पहिचान, हाम्रो अभियान'
'Our Identity, Our Advocacy'



THE ULTIMATE QUEER DISABILITY HANDBOOK

This groundbreaking handbook serves as an essential resource at the intersection of disability and queerness. It introduces foundational terminology related to disability, queer identity, and queer disability, offering clarity and understanding for all.

For people living at the intersection of queerness and disability, a handbook like this isn't just a resource—it's a lifeline. It tells Queer Disability stories, validates existence, and gives the tools to navigate a world that often overlooks the Queer Disability population.

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BY RAINBOW DISABILITY NEPAL

Message from Founder/Executive Director

As the Executive Director of Rainbow Disability Nepal, I, Aaditya Rai, have witnessed firsthand the resilience and potential of Nepal's queer and disabled communities. These communities are often relegated to the margins, facing compounded layers of discrimination. Yet, within these struggles lies immense strength, creativity, and the potential to shape an inclusive Nepal.



Our mission at Rainbow Disability Nepal is rooted in the understanding that intersectionality is not just a concept—it is the lived reality of many individuals. For those of us who navigate multiple identities—whether as queer individuals, persons with disabilities, or both—our stories defy singular definitions. We stand at the confluence of marginalization and resistance, demanding visibility and equity.

Challenging the Norms

Growing up, I learned that societal norms often leave little room for those who do not conform. Being gender-fluid, disabled, and a burn survivor has taught me the power of defiance against stereotypes. These identities are not limitations but aspects of a multifaceted self that continues to evolve.

The same is true for the individuals and communities we serve. From rural villages to urban centers, queer and disabled persons confront barriers in education, healthcare, and employment. However, these barriers are not insurmountable; they are challenges we can address through advocacy, policy reforms, and community empowerment.

Policy Advocacy: We are working tirelessly to advocate for inclusive policies that acknowledge and address the intersectional realities of our community.

Community Empowerment: By organizing workshops, skill-building programs, and safe spaces, we aim to empower individuals to embrace their identities and pursue their dreams.

A Call to Action

This work, however, is far from complete. Real change demands collective effort. We need allies, advocates, and changemakers to join us in reshaping narratives and dismantling systemic inequities.

In 2024, being named an Emerging Leader by the United Nations Development Programme (UNDP) was a moment of immense pride, not just for me but for every individual who has contributed to the vision of an inclusive and equitable society. This award serves as a testament to the power of leadership rooted in empathy and action.



I am equally grateful to APCOM for presenting me with the Hero Award on Social Justice. This recognition amplifies the voices of queer and disabled individuals in Nepal and beyond, reminding the world that justice and equality are universal rights.

Receiving the Rehabilitation International Centennial Award for Significant Contribution has further strengthened my resolve to advocate for dignity, rights, and opportunities for all individuals, particularly those at the intersection of queerness and disability. This global acknowledgment inspires us to continue our journey of breaking barriers and fostering empowerment.



These awards are not just personal accolades; they are collective victories. They symbolize the resilience of marginalized communities and the power of collaboration. They are reminders

that our work is making a difference—one policy, one community, and one life at a time.

To the UNDP, APCOM, Rehabilitation International, French Embassy, Canadian Embassy, Canada Fund for Local Initiatives (CFLI), British Embassy, Foreign, Commonwealth and Development Office (FCDO), Global Green Grants Fund (GGF), Abilis Foundation and Kathmandu Metropolitan City, I extend my deepest gratitude for believing in our mission and recognizing the transformative potential of inclusion. These honors motivate us to work harder and dream bigger.

To those reading this, I urge you:

Support our initiatives, whether through donations, volunteering, or amplifying our voice. Challenge discriminatory practices in your own communities. Advocate for policies that uphold the rights and dignity of all individuals, regardless of their gender, sexual orientation, or physical abilities. Together, we can build a Nepal where everyone—regardless of their identity or circumstance—can thrive. This is not just a dream; it is a vision we are actively working toward.

Concept Creator:

The idea and content of the book *By* were conceptualized by Aaditya Rai, whose insightful vision laid the foundation for this powerful work. Aaditya's dedication to highlighting the intersection of disability, identity, and resilience has shaped the narratives within the book. His thoughtful curation of stories and themes ensures that each page inspires understanding, empathy, and a celebration of diversity.

**In solidarity,
Aaditya Rai
Executive Director
Rainbow Disability Nepal**

About Us:

Rainbow Disability Nepal (RDN) was first started as a loose network for disabled LGBTIQ+ community in 2019. Later, on 11th November 2022, it was registered as Indreni Apangata Nepal (Rainbow Disability Nepal), the first non-Governmental organization working for the disabled LGBTIQ+ population in Nepal. RDN works to ensure the basic human rights for the disabled LGBTI people across the country, and has plan to work in future internationally too. It's a first organization that works for people who identify themselves as Disable and LGBTI. On This Interactional Issue we have LGBTI people who identify themselves as disabled and Disable Person Living with HIV.

RDN aims to empower disabled LGBTI youths psychologically and economically by establishing Acceptance and Inclusion of Disabled LGBTI people in Nepal, RDN has been conducting series of awareness and advocacy programs since 2019.

Rainbow Disability Nepal is an organization dedicated to creating a society that celebrates diversity in both the queer and disability communities. Established with the aim of promoting inclusivity, visibility, and rights for queer individuals with disabilities, Rainbow Disability Nepal advocates for the intersection of both these identities in Nepal. Our mission is to provide a platform for individuals who experience the unique challenges of being both queer and disabled, empowering them to express themselves freely and receive the support they need.

Through awareness campaigns, advocacy, and community-building initiatives, Rainbow Disability Nepal seeks to bring attention to the specific barriers faced by queer individuals with disabilities. We work towards ensuring that they are included in both the queer and disability communities, and that they are given the resources, opportunities, and legal protections they deserve.



About the Author/President:

The life given to this book is by ***Kushal Nakarmi (Rick)***, an advocate for inclusion and empowerment as the president of Rainbow Disability Nepal. Through his work and this book, Kushal sheds light on the unique challenges and triumphs of individuals navigating life with queer disabilities, celebrating resilience, love, and identity. With heartfelt stories and evocative art, he inspires readers to embrace diversity and recognize the beauty in every life.

Who Are We?

At Rainbow Disability Nepal, we are a community of diverse individuals who identify as both queer and disabled. Our aim is to bridge the gap between these two intersecting identities and create a society where everyone, regardless of their sexual orientation, gender identity, or disability status, can live without discrimination.

What is Queer Disability (QD)?

Understanding Queer Disability(QD) : A Concept of Intersectionality and Identity

The term queer disability refers to the intersection of two marginalized identities: being queer (non-heteronormative in terms of gender, sexuality, or both) and living with a disability. It highlights the lived experiences of individuals who embody both a queer identity and a disability, acknowledging the unique challenges they face due to the overlapping forms of discrimination, stigma, and exclusion they encounter.

The concept of queer disability is rooted in the idea of intersectionality—a framework that considers how various aspects of a person's identity (such as race, gender, sexual orientation, and disability) overlap and contribute to different, often compounded, experiences of oppression. For queer disabled individuals, their identities are often seen as existing at the crossroads of ableism (discrimination against people with disabilities) and homophobia/transphobia (discrimination based on sexual orientation or gender identity). These individuals often face multiple layers of societal marginalization, resulting in a complex and nuanced experience of disability and queerness.

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What Does Queer Disability Mean?

To better understand queer disability, it is essential to first define what “queer” and “disability” each represent in this context.

Queer: Traditionally used as an umbrella term to describe non-normative sexual and gender identities, “queer” can encompass individuals who are gay, lesbian, bisexual, transgender, gender non-conforming, asexual, and other identities outside the heterosexual and cisgender norms. “Queer” also represents a political and cultural stance against rigid gender and sexual binaries, rejecting societal norms around gender and sexuality.

Disability: Disability refers to any physical, mental, or sensory condition that significantly impairs an individual’s ability to perform certain tasks or engage in daily activities. Disability can include mobility impairments, cognitive disabilities, sensory impairments (such as blindness or deafness), mental health conditions, chronic illnesses, and developmental disabilities, among others. Disability also has a social dimension, where individuals are marginalized because of societal barriers, such as lack of accessibility, discrimination, and exclusion from mainstream society.

When these two identities come together, queer disability emerges as a lived experience where an individual faces not only the social and physical barriers of disability but also the societal expectations and prejudices related to non-heteronormative gender and sexual identities. Queer disabled people may find themselves excluded from both the queer community and the disability community, as these spaces may not always be inclusive or fully aware of the unique needs of individuals at this intersection.

Terminologies

LGBTI+ Community: The LGBTI+ community represents a broad spectrum of sexual orientations and gender identities, including:

- **Lesbian** – Women who are romantically and sexually attracted to other women.
- **Gay** – Men who are romantically and sexually attracted to other men.
- **Bisexual** – Individuals who are romantically and sexually attracted to both men and women.
- **Transgender** – Individuals whose gender identity differs from the one assigned at birth.
- **Intersex** – Individuals born with physical sex characteristics that don't fit typical definitions of male or female.
- **Queer** – A term used to describe individuals who do not conform to traditional heterosexual or gender norms. It can be an umbrella term for the LGBTI+ community.
- **Asexual** – Individuals who experience little or no sexual attraction to others.

Classification of Disabilities

A person with a disability based on problems and difficulties in a physical organ or system.

- **Physical Disability:** A person who has difficulty in the operation, use, and movement of their limbs due to problems in the structure and functioning of nerves, muscles, joints, and bones (such as polio, amputee, leprosy, muscular dystrophy, permanent joint and spine problems, clubfoot, rickets, and disabilities caused by bone problems) and a person who is significantly below the average height for their age in a person who has reached the age of sixteen.
- **Visual Impairment:** A person who is unable to distinguish the shape, size, form and color of any object due to the following vision problems:
 - (a) **Blindness:** A person who is unable to distinguish the fingers of the hand from a distance of ten feet with both eyes even with the help of medicine, surgery, glasses or lenses or who is unable to read the letters on the first line of the Snellen chart (3/60).
 - (b) **Low Vision:** A person who is unable to distinguish the fingers of the hand from a distance of twenty feet even with the help of medicine, surgery, glasses or lenses or who is unable to read the letters on the fourth line of the Snellen chart (6/18).
 - (c) **Completely Blind:** A person who is completely unable to distinguish light from dark.
- **Hearing Impairment:** A person who is unable to distinguish the structure of the hearing organ and the identity, location, pitch, and quality of sound
 - (a) **Deaf:** A person who cannot hear sounds above eighty decibels or who must use sign language for communication.

(b) Hard of Hearing: A person who must wear a hearing aid to hear or who can hear sounds from sixty-five to eighty decibels.

- **Hearing-impaired:** A person with both hearing and vision impairments or a combined interaction of two sensory impairments.
- **Voice and Speech Related Disabilities:** A person who has difficulty in fluctuating the voice while speaking, has unclear speech, and repeats words or letters while speaking due to functional limitations arising in the voice and speech related organs.
- **Mental or Psychosocial Disability:** A person who has difficulty behaving according to age and circumstances due to problems in the brain and mental organs and problems in the performance of intellectual functions such as awareness, orientation, alertness, memory, language, and calculation.
- **Intellectual Disability:** A person who has difficulty performing age-appropriate or environment-appropriate activities due to lack of intellectual development due to lack of intellectual awareness with increasing age. (Such as Down syndrome)
- **Hemophilia-related Disability:** A person with a physical condition in which a genetic defect causes a deviation in the blood factor, resulting in problems with blood clotting.
- **Autism-related Disability:** A person with a congenital disorder of the nervous system or tissue development and function. (Such as: difficulty communicating, understanding and using normal social rules, and not showing normal behavior with age, showing abnormal reactions, repeating the same actions continuously, not socializing with others, or reacting quickly)
- **Multiple Disability:** A person with two or more of the above-mentioned types of disability in the same person. (For example, cerebral palsy, etc.)

Classification of Disability based on the severity of the Disability:

1. ***Complete Disability:*** A person who has difficulty performing their daily activities even with constant assistance from others.
2. ***Severely Disabled:*** A person who requires constant assistance from others to perform personal activities and participate in social activities.
3. ***Moderate Disability:*** A person who is able to participate in their daily routine and social activities regularly, with or without the assistance of others, with the provision of physical facilities, removal of environmental barriers, education or training.
4. ***General Disability:*** A person who is able to participate in their daily routine and social activities regularly, provided there are no social or environmental barriers.

Explanation:

“Structure and function of body parts” refers to the organs and functions of the body’s movement, vision, voice and hearing, mental, muscular and nervous systems, and other systems.

“Regular daily activities and participation in social life” refers to a person’s learning, daily tasks, communication, mobility, self-care, home life interactions, inclusive education, employment, and activities and participation in areas of community and civic life.

“Barriers created by the existing social and physical environment” refers to barriers created by psychosocial, technological, natural and man-made environments, perceptions, service systems, and policies.

For the purposes of participation, facilitation, and representation, in the case of persons with intellectual disabilities and total disability, the mother, father, or person directly involved in their care shall be considered a family member or stakeholder.

In Simple Language:

Disability Community: The disability community refers to individuals who have physical, mental, or sensory impairments that substantially limit one or more major life activities. This includes:

- ***Physical Disabilities*** – Impairments that affect mobility or physical functioning, such as paralysis or amputation.
- ***Sensory Disabilities*** – Impairments affecting the senses, including blindness, deafness, and hearing loss.
- ***Intellectual Disabilities*** – Cognitive limitations that affect learning, reasoning, and problem-solving abilities.
- ***Psychiatric Disabilities*** – Mental health conditions that significantly impact emotional, cognitive, and social functioning.
- ***Neurodiversity*** – The concept that neurological differences such as autism, ADHD, and dyslexia are natural variations of the human experience, rather than disorders to be cured.

Queer Individuals with Disabilities:

Queer individuals with disabilities are people who identify as part of the LGBTI+ community while also having one or more disabilities. These individuals experience the combined challenges of navigating societal discrimination and stigma both as queer individuals and as people with disabilities.

Intersectionality and How It Works:

Intersectionality is the interconnected nature of social categorizations such as race, class, gender, sexuality, and disability. It recognizes that individuals do not experience discrimination or privilege in isolation, but rather, their experiences are shaped by multiple, overlapping factors.

For queer individuals with disabilities, intersectionality means recognizing the unique challenges they face due to the overlapping stigmas of both queer and disabled identities. These individuals often face exclusion or marginalization not only within the disability community, where queer identities may be misunderstood or erased, but also within the queer community, where disabilities may be stigmatized or ignored.

Categories of LGBTI+ Community:

1. Lesbian
2. Gay
3. Bisexual
4. Transgender
5. Intersex
6. Queer
7. Asexual

Types of Disabilities Community:

1. Physical Disabilities

- Mobility impairments, amputations, paralysis

2. Sensory Disabilities

- Blindness, low vision, deafness, hearing impairments

3. Intellectual Disabilities

- Down syndrome, developmental delay, learning disabilities

4. Psychiatric Disabilities

- Depression, anxiety, schizophrenia, bipolar disorder

5. Neurodiversity

- Autism, ADHD, dyslexia

Types of Queer Individuals with Disabilities:

1. Queer Individuals with Mobility Impairments

- Members of the LGBTI+ community who also experience mobility challenges, such as using a wheelchair or prosthetics.

2. Queer Individuals with Sensory Disabilities

- Individuals who identify as queer and experience sensory disabilities such as blindness or deafness.

3. Queer Individuals with Intellectual Disabilities

- Individuals who may have learning or developmental disabilities and also identify as part of the queer community.

4. Queer Individuals with Psychiatric Disabilities

- Individuals who identify as queer and experience mental health conditions like anxiety, depression, or other psychiatric disorders.

5. Queer Neurodivergent Individuals

- Individuals who are neurodiversity, such as those on the autism spectrum, and also identify as queer.

Equal Opportunities and Legal Rights:

Queer individuals with disabilities face the compounded challenges of both societal discrimination and the lack of accessible support. It is essential that both the queer and disability communities recognize the importance of including and supporting queer individuals with disabilities. Equal opportunities must be provided in both spaces, ensuring that individuals with disabilities have access to education, employment, healthcare, and social participation without prejudice.

Legal Rights: Laws must be inclusive of queer individuals with disabilities, recognizing their unique needs and ensuring their rights to:

- Equal access to healthcare, including mental health services.
- Protection from discrimination in employment and education.

- Access to assistive technologies and accommodations.
- The right to live free from violence, exploitation, or neglect.

We advocate for the inclusion of specific rights for queer individuals with disabilities in national and international legislation. These rights are essential to achieving true equality, empowering them to thrive in both the queer and disability communities.

Rainbow Disability Nepal is committed to advancing this cause and fighting for the dignity and rights of all queer disabilities.

Recognizing and elevating queer disability is crucial for creating truly inclusive and intersectional social movements. The experiences of queer disabled individuals can contribute valuable perspectives that push both the disability rights and LGBTQ+ movements to be more inclusive, nuanced, and holistic. By centering the voices of those at the intersection of queerness and disability, we can better understand the barriers they face and work toward more inclusive spaces, policies, and communities.

Inclusion of queer disability also encourages the dismantling of rigid societal norms around gender, sexuality, and ability. It challenges the assumption that a person must fit neatly into one category—whether that be “queer” or “disabled”—and instead acknowledges that identity is complex and multifaceted. This vision promotes acceptance and celebration of diverse ways of being, where individuals can live authentically and fully, without being forced to choose between their identities.

The Silent Struggles of Queer Individuals with Disabilities: Fighting for Love, Belonging, and Visibility

Queer individuals with disabilities face a unique intersection of challenges that stem from both their sexual or gender identity and their disability status. These challenges can manifest in various aspects of their lives, such as healthcare, relationships, social interactions, and employment. Here are some key considerations:

1. Double Marginalization:

Queer disabled individuals often experience what is known as “double marginalization,” where they are discriminated against both because of their disability and because of their sexual or gender identity. This leaves them in a vulnerable position, with fewer spaces where they feel fully accepted and validated. For instance, queer spaces may lack accessibility (physical, social, or emotional) for disabled individuals, while disability-focused spaces may be predominantly heteronormative and lack consideration for the experiences of queer people.

2. Social Stigma and Discrimination:

- Queer people with disabilities experience dual stigma—being marginalized both for their sexual or gender identity and their disability. This can result in exclusion from mainstream queer spaces, as well as from disability communities, as both groups may struggle to be fully inclusive of one another.
- These individuals may face stereotypes, such as the assumption that disabled people are asexual or that queer people are “too normal” to have disabilities, which can lead to alienation and misunderstanding.

3. Healthcare Accessibility:

- For queer individuals with disabilities, healthcare settings can be especially challenging. They may encounter medical professionals who are either not adequately trained in LGBTQ+ health needs or unaware of how to provide accessible care for those with disabilities. This lack of understanding can discourage individuals from seeking care or lead to inadequate treatment.
- Mental health care is another area where discrimination can intersect. Queer individuals with disabilities may face the compounded trauma of both ableism and homophobia or transphobia in therapeutic or counseling settings.

4. Sexual and Reproductive Health:

- A significant challenge for queer people with disabilities is navigating sexual and reproductive health services. Disabled people may be treated as though they are not sexually active or not entitled to have fulfilling relationships. This misconception can lead to a lack of adequate sexual education or health services tailored to their needs.
- For transgender individuals with disabilities, there are additional hurdles in accessing gender-affirming care and surgeries, as some providers may not be equipped to meet the needs of both disabled and trans patients.

5. Community and Support Networks:

- Finding inclusive communities can be difficult. Queer disability organizations and groups may not always have the resources to be fully accessible, or they may

not prioritize the intersectional needs of disabled people. Likewise, mainstream queer spaces might not always be physically accessible or sensitive to the needs of those with disabilities.

- Some individuals may feel isolated due to a lack of representation or understanding from either the LGBTQ+ or disability community.

1. Employment and Economic Inequality:

- Disabled individuals are more likely to face higher rates of unemployment and economic disadvantage. For queer individuals with disabilities, this challenge can be amplified by discrimination in the workplace based on both sexual or gender identity and disability status.
- Employment opportunities might be limited, and many workplaces may not be fully inclusive or accessible to people with multiple marginalized identities.

2. Intersectionality and Activism:

- Queer people with disabilities are increasingly becoming part of broader movements for both LGBTQ+ rights and disability rights, often advocating for greater visibility and inclusion. Their activism highlights the need for an intersectional approach that considers the multiple facets of identity that affect their lives.
- The fight for equal rights, accessibility, and representation is crucial for improving the quality of life for queer individuals with disabilities.

Queer Disability in Nepal: A Double Marginalization

In Nepal, the term queer disability refers to individuals who identify both as part of the queer community and as disabled. This intersection of queerness and disability creates a unique experience of marginalization, as these individuals find themselves navigating two separate, often stigmatized, communities. The experience of a queer disabled individual in Nepal is one of double marginalization: they are excluded from both the queer community and the disability community, facing discrimination, stereotyping, and stigma from both sides.

While the queer community in Nepal has gained some visibility in recent years, with the legal recognition of same-sex marriage and increasing acceptance of LGBTQ+ individuals, there is still a deeply ingrained societal resistance to non-normative sexual and gender identities. For those who also live with disabilities, the discrimination becomes even more pronounced. Disability in Nepal is still largely seen through a medical or charitable lens, with limited understanding or acceptance of the diversity of disabled individuals' identities, needs, and rights. Disabled individuals are often seen as "other" or as needing pity, rather than as autonomous beings with their own desires and life experiences.

For queer individuals with disabilities, this dual identity is fraught with tension. The queer community in Nepal, while gradually embracing more gender and sexual diversity, often does not fully include disabled individuals in its activism or spaces. Disability can be seen as incompatible with sexual and gender fluidity in the eyes of some within the queer movement. As a result, many queer disabled individuals feel excluded from the very community that might offer them support, love, and acceptance.

Simultaneously, the disability community in Nepal often fails to accommodate queer identities, with most discussions about disability focusing primarily on physical accessibility or medical care. There is little room for the exploration of gender and sexual diversity within these spaces, making it difficult for

queer disabled people to find acceptance. This lack of intersectional understanding leaves queer disabled individuals feeling isolated, unable to fully engage with either community without facing rejection.

This dual marginalization leads many queer disabled individuals in Nepal to hide their identities. The societal norms and values in Nepal prioritize traditional gender roles, heteronormativity, and ableism, creating an environment where both being queer and being disabled are seen as unacceptable. Fear of rejection, violence, and discrimination keeps many people from publicly identifying as both disabled and queer. The internalized stigma is compounded by the lack of supportive spaces that acknowledge the unique challenges of being both queer and disabled, pushing these individuals into further isolation.

In this context, the term queer disability serves as a vital reminder of the need for a more inclusive understanding of both queerness and disability. It calls for a reimagining of the boundaries between these communities, encouraging more cross-community solidarity, mutual support, and recognition of the intersecting identities that many people hold. To move forward, society must address the harmful norms and values that perpetuate the marginalization of queer disabled individuals, and create spaces where their voices can be heard, their experiences validated, and their identities celebrated.

Queer disabled individuals in Nepal face a unique and often painful set of challenges, marked by double marginalization and discrimination from both the queer and disabled communities. The fear of societal rejection keeps many from openly embracing both aspects of their identity, but the rise of more inclusive, intersectional movements holds promise for a future where queer disability is not just acknowledged but celebrated.

A Vision for an Inclusive Nepal

Queer disability (QD) is an essential issue that should be recognized within the context of Nepal's ongoing social, cultural, and legal development. As Nepal works toward becoming a more inclusive society, it is crucial that the intersection of queerness and disability is acknowledged, both socially and legally. Queer disabled individuals should not have to hide their identities out of fear of stigma or discrimination, but should instead be able to fully participate in society, knowing that their rights and identities are protected.

Legal inclusion of queer disability would be a significant step forward in ensuring that all individuals, regardless of their gender, sexual identity, or disability, have the opportunity to live with dignity, respect, and equality. It would also help to shift societal norms and values, creating a culture of acceptance and celebration of diversity. Through inclusive laws, better healthcare access, and broader social awareness, Nepal can lead the way in advocating for the rights and recognition of queer disabled individuals, ensuring that no one is left behind.

In conclusion, queer individuals with disabilities navigate a world that often marginalizes them in multiple ways. The need for both LGBTQ+ and disability advocacy to be more inclusive of these intersectional identities is essential for creating more equitable and supportive environments. Addressing these challenges requires a commitment to intersectional approaches, better access to healthcare, inclusive spaces, and increased visibility and representation of queer people with disabilities.



***“Queer Crip Utopia: A Dream
Reimagined”***

***Envisioning an ideal world where queer
disabled people thrive without limitations***



***“Expressions of Inclusion:
The Journey of Inclusive Art and Storytelling
with RDN”***





***5 Winning
Inclusive Art
Photo Section***



Bishal Shrestha.

Through their eyes...

“I’m from Mulpani. I belong to the LGBTQI+ community. I identify me as a Gay boy. As to talk about my work I have four and half years of work experience, working as a head manager and assistant designer for the brand SSL. Also I have done volunteering for some of the NGOs too.”

About Art:

“My artwork centers on the theme of Queer Disability, reflecting the unique challenges and experiences of individuals at this intersection. Through this piece, I have sought to channel my creativity to highlight some of the issues they face, aiming to create awareness and provoke thought. The painting is not just a visual expression but a narrative that seeks to amplify the voices of those often marginalized, shedding light on their struggles and resilience.”



Sanwika Paudel

Brushing away barriers...

"I am from Kathmandu. I have lived here all my life. I identify myself as a gender fluid queer person. I recently graduated high school and am currently trying to engage myself in things that interest me. Specifically I've been trying to engage myself more in queer creative spaces. (Because of my keen interest in both queers and art) Which includes being a part of different workshops to participating in events.



Besides art I also have a huge interest in Sociology. The society and its ways fascinate me hugely. The complexities of today's society is what led me on this journey of self-exploration where I find myself wanting to engage with human beings, be it through different programs or in social settings. And this journey of self-exploration and growth has led me to where I am today. This collage represents my vision of queer disability as a vibrant, hopeful journey toward freedom and love.



The layers symbolize the ever-evolving nature of the queer community, highlighting its resilience and growth despite challenges. The colorful background reflects inclusivity and the queer flag. Over these, I've included articles and activists in queer disability history, celebrating their triumphs against societal judgment. The boats signify the ongoing journey of advocacy and self-discovery. At its heart, the artwork of two women in love reminds us that it's ultimately about love, understanding, and humanness."

Lasta Maharjan

The inclusive journey...



“I am deaf. I live in lalitpur. I want to share the theme of this artwork . This is a strong representation of pride and inclusivity. The LGBTQ+ rainbow flag in the background combined with image of a hand sends a powerful message of connection and advocacy. The wrist band also reflects and identity.”



Amuka B.K

Beyond The Boundaries...



“उक्त चित्रमा पारालिङ्गी महिला वा पुरुषलाई समाजमा हेर्ने र गरिने व्यवहारलाई देखाउन बनाइएको छ । सधैं LGBTIQ+ समुदायका व्यक्तिहरूलाई विभेद गरिएको तस्वीर पनि बनाइएको छ ।”



“म एक विद्यार्थी हो । म मा शारीरिक रूपमा अपाङ्गता भएको ट्रान्स म्यान हुँ ।”

Samir Deshemaru

Weaving Dreams Together...



“I am deaf disability.

The artwork combines LGBTQ+ pride with world landmarks like Big Ben, Paris and Canada showing their love and identity have no boundaries. It highlights inclusion of people’s with Disabilities in the queer community. The people envision a world where everyone is seen and valued.”



***Inclusive Art
Photo Section***



Saroj Khadka

Celebrating Difference

“I live in Bhaktapur. I studying for my SEE. I am deaf disability. Queer Disabled individuals often encounter stigma and discrimination in health care settings for example medical professionals may not have adequate training to address both queer identities and disabilities simultaneously.”

Niharika Tripathi

The invisible strings

“I depict a serene pink sky. The soft hues of pink evoke shyness and tenderness, while the earthy brown tones represent the fears that often ground us. The garden—filled with diverse flowers and trees—acts as a metaphor for the variety of people, perspectives, and experiences that make up our shared world.

Through these works, I aim to open conversations around love, identity, and acceptance, encouraging viewers to reflect on their own perceptions and stories.”





Raj Bhujel

The colors of inclusion

A diverse family painted their life on a canvas: a radiant rainbow arching over a home filled with love and acceptance. Each color symbolized a unique story—parents of different orientations, a child with a disability, and their shared strength. Together, they celebrated unity, proving love makes every family whole.

Khagendra Rana

From Shadows to Rainbows

Liam, newly out as gay and disabled, painted his fears—a shadowed figure in a wheelchair. As he finished, Ethan arrived, holding a single red rose. Kneeling, he proposed beside the canvas, saying, “You’re perfect as you are.” Liam’s brush fell, replaced by Ethan’s hand, his heart full of hope.





Bibek Ruchal

Talking Art

A vibrant art piece celebrates the resilience of an LGBTQ+ individual with a disability, blending bold colors and fluid forms. It symbolizes strength, self-expression, and diversity, breaking barriers of identity and ability. The artwork conveys pride, love, and inclusivity, reflecting a journey of overcoming challenges while embracing authenticity and intersectionality in a world striving for acceptance.

Manakaji B.K.

Breaking Stigma

“म हाल BBS पढ्दै गरेको एक विद्यार्थी हु । म शारीरिक रूपमा अपाङ्गता भएको व्यक्ति पनि हु । उक्त चित्रमा पृथ्वी देखाइएको छ, जहाँ हरेक प्राणीहरू बसोबास गर्ने स्थान हो । उक्त स्थानमा साधारण मानिसहरू लगायत LGBTQI+/Queer Disability समुदायका व्यक्तिहरू पनि बस्दछन् । वरिपरि देखाइएको चित्रमा Queer Disability भएका व्यक्तिहरूलाई संकेत गर्ने विभिन्न प्रकारका ससाना चित्रहरू निर्माण गरिएको हो ।”





Story Telling
Photo Section




Man Bahadur Rana Magar

मेरो जीवन कथा

मेरो नाम मान बहादुर रनामगर हो । मेरो घर ताजागुलक
 पाल्पाको सीमापारला हो । य नेपाल होचापुङ्का/बोचको सहर
 हो । मेरो कह ४.३ फिट हो/सा होचापुङ्का कबजोर पनि हो।
 मेरो धारमा ५ जना परिवार हो/म मेरो श्रीमति र एक
 छोरा पनि छ/मेरो श्रीमति पनि मा जस्तै होचापुङ्का हो।
 मेरो छोरा पनि मा जस्तै होचापुङ्का हो।
 म एक बचा र एक गर्छु छु । मेरो बुबा मा जस्तै
 हुन् । उहाँमा सामान्य कर्मको हुन्छ । मेरो माई पनि
 सामान्य बस्तीको छ । हाजी सबै जना मिलि जुलि
 मिनोर बन्छ । / हाजी हिन्दु धर्ममाथी हो ।
 मेरो बुबाको नाम तिल बहादुर रनामगर हो।
 मेरो माईको नाम सोनु रनामगराथीको एक हिन्दो
 एक बहिनी पनि छ/हाजी घर सामान्य कर्मघर
 रबर्ग परिवारको छ/मेरो बुबा कालको आयु हुनु हो।
 उहाँ पितृसीत बकाउनु कर्मको मेरो आजा रगो बब
 हुनु कर्मो/म सामान्य लेखपाठी छु/म नौ बच्चा मा
 अग्रजत सम्म छु। म बिशेशीको कारणले पढन पाईसत।
 मेरो बुजा हैन । मेरो सानो किराता पराल छु । यो
 पराल प्रेस बरेमा खोलको छु । मेरो माई रोजमर
 को लागो सिटीशपको छ । म आफुको कुराको हिंडुआ
 उन बसको कारणले एक आफुको बलापने चारपुङ्का
 लुम्बि (साथान) पनि छ । र गालीको छोरी होचापुङ्का
 कोठाले गर्दा अरु अरु पनि सम्झने । जस्तै
 ठाकाको सुकुल खोलन, र दुयाल खोलन सम्झनी
 यसैले हाजी आफुगनामा पनि परे दुब पौडा रा।

मा मेरो परिवार आफुगनाको हिंडुआ उन बसको
 मराले हाजी साधनको पूजाको जहाँ/हाजी
 होचापुङ्काको कोठाले बोरेमा हिंडु बलापने
 ले सिम्माने गर्छन् । हाजीलाई बुझाउने
 सरकारी कर्मना जानी पनि लहो अरु अरु
 लेबल राखेको हुन्छ । यसैले ती कर्मना अरु
 अरु लेबल कर्मना गर्दा हाजी लहो रीत गर्दा
 हुन्छ । यसैले मा मेरो सामान्य जीवन कथा यहीने
 सामान्य गर्छु । धन्यवाद ! होचापुङ्का जी
 आबा !



***Some of the Activities
performed by
Rainbow Disability Nepal***



RDN's First Interaction/Orientation Program with the members.



***Meeting with His Excellency Mr. Gilles Bourbao
The Ambassador of France to Nepal
(17/09/2021-11/06/2024)***



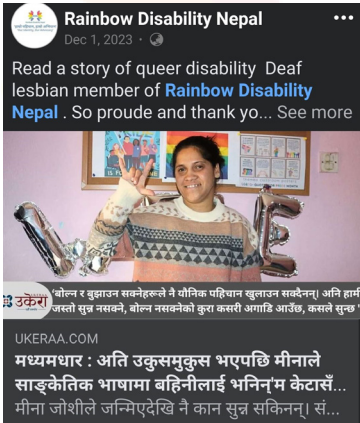
Disability Networking Event-2024



Deputy of Mission Leela
Devaradjalou & Mingma Sherpa of
French Embassy visit to RDN's Office



Project Orientation to
Kathmandu Metropolitan City
Social Development Department



1st Media Coverage of
Queer Disability Story in Nepal



1st Media Coverage of
Inclusive Art about
Queer Disability in Nepal



His Excellency Mr. Cameron Mackay
The Ambassador of Canada to Nepal
& Honorary Consul of Canada to Nepal
Mr. Buddha Basnyat
visit to RDN's Office



IDAHO Day Celebration-2024
(International Day Against Homophobia,
Transphobia & Biphobia)



अपाङ्गता भएका यौनिक तथा लैङ्गिक व्यक्तिहरुको क्षमता अभिवृद्धि कार्यक्रम



Dissemination Meeting

Queer Disability Pride Month Celebration by Rainbow Disability Nepal



Group Picture with the Country Coordinator Dr. Birendra Raj Pokharel & Program Coordinator Laxmi Deshar



Session By Aditya Rai



Group Picture



Group Sharing Session

Day Celebrations of 2024



International Human Rights Day



World AIDS Day



Anupam Yatra



International Day of Persons with Disabilities (IDPD)

About the Designer:

This book is beautifully designed by **Nikki Chettri**, whose creative vision brings the stories and themes to life. With a deep understanding of inclusivity and artistry, Nikki's design seamlessly weaves visuals and narratives, creating an immersive experience for readers. Her work reflects both passion and precision, ensuring the book's message of diversity and resilience resonates on every page.



"I would like to extend my heartfelt gratitude to the entire Print Plus team for their incredible support and expertise in bringing this book to reality. Your dedication and attention to detail as editors have been invaluable throughout this journey."

A special thanks to Alisha, Dinesh, Aditya and Bhisar for going above and beyond to make this project a reality. Your efforts and encouragement have played a vital role, and I am deeply grateful for your contributions.

Thank you all for being an integral part of this journey.