

Comprehensive Research Report on Inclusion of Sports of Persons with Disabilities in the Existing Policies

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Mr. Niroj Giri

Disability Sports Expert (Researcher)

Comprehensive Policy Review on Disability Inclusion in Sports, Nepal

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1. Executive Summary

This Comprehensive Policy Research report offers an in-depth review of Nepal's legal frameworks - at national, provincial, and local levels - with a focus on disability inclusion in sports and the development of adaptive sports. This report shows the current picture to which current laws, policies, and institutional mechanisms support the participation of persons with disabilities (PWDs) in sports, both at grassroots, national and international levels. Despite Nepal's international commitment such as the United Nations Convention on the Rights of Persons with Disabilities (CRPD) and the Sustainable Development Goals (SDGs), the study finds disability inclusion in sports is limited and near to neglected in policy as well as practice level which clearly show that Sports for person with disabilities are still in very struggling phase and fragmented.

1.1. Objective and Scope of the Review

The main goal of this review is to assess how well disability inclusion is integrated into the national, provincial, and local level sports policy and its implementation status in Nepal. It specifically focuses on evaluating the legal recognition of inclusive sports and para sports (disability sports) the institutional support for athletes with disabilities, Program & budget allocations, and the alignment of domestic policies with international commitments like the CRPD and SDGs. The review covers national laws ,all provincial acts and some local level acts.

1.2. Key Findings on Disability Inclusion in Sports Laws

- A key finding of this review is that Nepal's national laws and policies mention disability inclusion, but only in a symbolic way. For example, the National Sports Development Act (2077) and the National Sports Policy (2067) mention inclusive sports but fail to provide operational details, institutional mandates, or enforcement mechanisms. This limits their practical impact on the ground. Furthermore, the Disability Rights Act (2017) recognizes the cultural rights of persons with disabilities, but it does not establish specific legal or budgetary responsibilities to ensure their participation in sports.
- At the provincial and local level, the review reveals that most provinces lack specific legal provisions addressing disability inclusion in sports. Provincial Policies include a provision that mandates the representation of person with disabilities. However, there are no dedicated strategies, governing body, specific programs, or clear accessibility standards to operationalize inclusion in sports.
- The budgetary support for disability sports remains insufficient across all levels of governance. Historical data shows allocation of tokenistic budget only which is not systematic and sustainable, and this pattern of underfunding continues. Additionally, the registration and funding processes for disability sports organizations are fragmented, lacking centralized support and consistent government backing.

1.3. Major Gaps Identified

Several gaps are seen during this comprehensive review.

- There is no comprehensive inclusion strategy or legal definition of “inclusive” or “adaptive” sports in Nepal’s legal framework. Without a clear definition, the operationalization of inclusive sports remains unrecognized, ambiguous, and as a result enforcement is weak.
- Institutional mandates for supporting disability sports are either missing or unclear. Neither the National Sports Council (NSC) nor most provincial sports authorities have dedicated units or personnel responsible for promoting inclusive sports. This results in fragmented responsibilities, least prioritization and a lack of accountability.
- Budget allocations for disability sports are consistently low and declining, shows that disability inclusion is not prioritized or tokenized in national or provincial sports planning. Additionally, the representation of persons with disabilities in sports governance structures is limited.
- Para-athletes and OPDs are rarely formally included in sports decision-making bodies at the national , provincial and local level related to sports.
- There is a lack of coordination between federal, provincial, and Local governments regarding disability sports. Policies are not harmonized, and there are no clear mechanisms to ensure that local and provincial laws align with national commitments and international standards such as the CRPD and SDGs.

1.4. Summary of Policy Recommendations

To address these systemic gaps, the report proposes a range of policy recommendations that aim to foster meaningful and participatory inclusion of persons with disabilities in sports. These recommendations include the following:

- Revise and strengthen national, provincial, and local level sports legislation to explicitly mandate disability inclusion, define inclusive sports, and assign clear institutional responsibilities.
- Establish dedicated Disability Sports Units within the National Sports Council (NSC) and at the provincial as well as local level to ensure responsible specialized teams or advancing inclusive sports.
- Allocate dedicated budgets for disability sports at national, provincial, and local levels, accessible infrastructure development, training programs, and inclusive competitions.
- Institutionalize the representation of persons with disabilities and OPDs in all sports governance bodies, all at national, provincial, and local levels, to ensure that the voices of para-athletes are included in decision-making processes.
- Develop a national roadmap for disability sports that aligns with the CRPD Article 30.5 and SDG targets, creating measurable goals and establishing a monitoring framework.

2. Introduction

Sports are universally recognized as a powerful tool for promoting health, social inclusion, rehabilitation, recognition, social change, and community engagement. For persons with disabilities (PWDs), participation in sports holds even greater significance. It not only enhances physical health but also fosters self-esteem, leadership, and societal acceptance. Through sports, PWDs can challenge stereotypes, break social barriers, and demonstrate their capabilities on an equal platform.

The importance of inclusive sports is firmly embedded in international human rights instruments. Article 30.5 of the United Nations Convention on the Rights of Persons with Disabilities (CRPD), which Nepal ratified in 2010, explicitly obliges State Parties to ensure that PWDs have equal access to participate in recreational, leisure, and sporting activities. This international commitment is also supported by the Sustainable Development Goals (SDGs), particularly Goal 3 (Good Health and Well-Being), Goal 4 (Quality Education), Goal 5 (Gender Equality), Goal 10 (Reduced Inequalities), Goal 11 (Sustainable Cities and Communities), and Goal 17 (Partnership for the Goals), which collectively emphasize the need for inclusive and equitable access to all areas of public life, including sports.

Despite these commitments, persons with disabilities in Nepal continue to face numerous barriers that limit their participation in sports. These barriers include physical inaccessibility of sports facilities, lack of inclusive programs, societal stigma, and the absence of targeted policies and budgetary support. As a result, the transformative potential of sports as a tool for inclusion remains unrealized in the Nepalese context.

2.1. Purpose of the Review

The main purpose of this desk review is to provide a systematic assessment of Nepal's legal and policy frameworks related to disability-inclusive sports. By mapping existing laws and regulations at national, provincial, and local level levels, the review aims to identify how these frameworks facilitate or hinder the inclusion of PWDs in sports. The study seeks to answer important questions about whether disability inclusion is explicitly recognized in sports governance, whether institutional responsibilities are clearly defined, and whether there are effective enforcement and funding mechanisms to ensure holistic development of disability sports. This study also gives recommendation and solution ideas for development of disability sports formally, systematically and sustainably in all three levels.

The review also aims to assess the alignment of Nepal's legal structures with its international obligations, particularly under the CRPD and the SDGs. It evaluates whether the national, provincial, and local level policies are progressing toward creating an inclusive sports ecosystem or whether they are offering symbolic recognition without practical impact.

2.2. Scope of the Review

This study covers a broad legal and policy landscape, multiple governance levels in Nepal. The scope of the review includes:

- National Level Laws and Policies: Key instruments such as the Constitution of Nepal (2015), the Disability Rights Act (2017), the National Sports Policy (2067), the Sports Development Act (2048, amended 2077), and the National Policy and Plan of Action on Disability (NPPAD) 2006.

- All Provincial Level Laws and Policies.
- International Commitments: Core international frameworks including the CRPD (Article 30.5), the Sustainable Development Goals (Goals 3, 4, and 10), and relevant regional strategies like the Incheon Strategy and guidelines from the Asia-Pacific Center on Disability (APCD).
- The review also integrates stakeholder perspectives and fiscal data where available, drawing on inputs from para-athletes, Disabled Persons' Organizations (OPDs), government officials, and civil society actors.

2.3. Research Questions or Guiding Review Themes

The review is guided by a set of key questions designed to cover both the strengths and weaknesses of the current sports legal and policy environment regarding disability inclusion. These guiding questions include:

1. Do Nepal's national, provincial, and local level sports laws specifically mention disability inclusion and adaptive sports?
2. This question explores whether disability inclusion is legally recognized and operationalized in the sports sector.
3. Are institutional responsibilities, roles, and accountability mechanisms clearly assigned?
4. It examines whether specific bodies or units are mandated to lead disability-inclusive sports efforts at national, provincial, and local level levels.
5. Are there sufficient budget allocations and programs to support disability sports?
6. The review assesses whether there is concrete financial support and programming to support inclusive sports initiatives.
7. Is there alignment with Nepal's international obligations, particularly the CRPD and SDG targets? and whether monitoring systems are in place to ensure compliance.
8. Do the existing policies provide measurable goals and enforcement mechanisms?

3. Methodology

3.1. Approach

This study is conducted with mixed-methods approach that combined desk review, interviews, and focus group discussions to comprehensively assess disability inclusion in sports in Nepal. The desk review involved an in-depth analysis of existing laws, policies, regulations, international frameworks, and secondary literature related to disability sports. This allowed for the systematic identification of policy gaps, overlaps, and areas of non-compliance with international standards such as the Convention on the Rights of Persons with Disabilities (CRPD) and the Sustainable Development Goals (SDGs). In addition to the desk review, semi-structured interviews were conducted with key stakeholders, including policymakers, sports officials, disability rights advocates, OPDs related to disability sports and athletes with disabilities, to capture practical insights and field-level challenges. Focus group discussions (FGDs) were also organized with athletes and officials, sports person to explore collective experiences, barriers, and opportunities for inclusion in sports. The

combination of these methods provided both a high-level policy analysis and a grassroots level understanding of issues affecting disability inclusion for sports in Nepal.

3.2. Limitations

- Some provincial acts and regulations were not publicly available or updated online, limiting the completeness of the provincial-level legal review.
- All laws were available only in Nepali, and the absence of high-quality English translations may have resulted in minor interpretation gaps.
- Disaggregated fiscal data specifically related to disability sports, particularly at the provincial and local levels, was difficult to access, limiting the depth of financial analysis.
- Time and resource constraints restricted the number of interviews and focus group participants, which may have affected geographic and demographic representation.
- Some participants in interviews and focus groups have provided socially desirable responses .

Despite these limitations, the use of a mixed methods approaches significantly strengthened the reliability and richness of the study by integrating both policy analysis and lived experiences from the field.

3.3. Sources Used

A wide range of sources was consulted during the desk review. These include primary legal and policy documents, as well as supplementary reports and international conventions. The key sources reviewed are categorized as follows:

3.3.1. National Laws and Policies

- Constitution of Nepal (2015): Provides the constitutional foundation for equality and cultural participation rights for persons with disabilities.
- Disability Rights Act (2017): Establishes rights but lacks sports-specific enforcement provisions.
- National Sports Policy (2067): Contains symbolic references to inclusive sports without clear implementation strategies.
- National Sports Development Act (2077): Outlines national sports governance with minimal disability-specific content.
- National Policy and Plan of Action on Disability (NPPAD) 2006: Early policy framework with inclusive intentions but limited enforcement.

3.3.2. Provincial Laws and Policies

Sports-related acts, regulations, and procedural guidelines from Koshi, Madhesh, Bagmati Gandaki, Lumbini, Karnali and Sudurpaschim Provinces were reviewed.

3.3.3. Local Levels Sports policies

Out of the selected some local level only the sports related policy is found of Bharatpur Metropolitan City and Pokhara Metropolitan City.

3.3.4. International Commitments

- United Nations Convention on the Rights of Persons with Disabilities (CRPD), particularly Article 30.5: Mandates inclusion of persons with disabilities in sports and recreation.
- Sustainable Development Goals (SDGs): Especially Goal 3 (Good Health and Well-Being), Goal 4 (Quality Education), Goal 5 (Gender Equality), Goal 10 (Reduced Inequalities), Goal 11 (Sustainable Cities and Communities), and Goal 17 (Partnership for the Goals) which reinforce the importance of inclusion.
- Incheon Strategy and Asia-Pacific Center on Disability (APCD) Guidelines: Regional frameworks providing practical recommendations for disability inclusion in development, including sports.

3.3.5. Criteria for Inclusion Analysis

To systematically evaluate each legal and policy document, the following criteria were applied consistently across national, provincial, and local level levels:

- **Mention of Disability or Inclusive/Adaptive Sports:** Whether the document explicitly refers to persons with disabilities, inclusive sports, or adaptive sports.
- **Accessibility Standards:** Whether the document provides technical guidelines or commitments regarding accessible infrastructure, sports facilities, or adapted equipment.
- **Institutional Responsibility:** Whether the document assigns clear roles and responsibilities to national or provincial bodies for the promotion and management of disability sports.
- **Budgetary and Programmatic Commitments:** Whether financial resources or programs are specifically allocated to disability sports i.e., training, competition, infrastructures, encouragement and other as required.
- **Representation and Governance:** Whether persons with disabilities or their representative organizations (OPDs) are formally included in sports governance structures.
- **Alignment with CRPD Article 30.5 and SDG Targets:** Whether the document aligns with Nepal's international obligations and contributes to measurable progress toward inclusion.

4. History of Para Sports and its development in Nepal

4.1. *Early Beginnings*

The initiation of parasports in Nepal can be traced back to 2025 B.S. (1968 A.D.), when the Nepal Association of the Disabled (NAD) began organizing and conducting informal sporting activities. These early initiatives were aimed at engaging and entertaining persons with disabilities, especially those living in institutions and shelter. The idea was not only to offer recreation but also to foster a sense of dignity, inclusion, and community among individuals with disabilities. A key milestone during this period was the participation of Surya Laxmi Gurung, an eight-year-old girl with physical disabilities, who won a gold medal in the 1st FESPIC Games held in Tokyo, Japan in 1975. This remarkable achievement marked Nepal's

presence in the international disability sports arena and inspired future generations of athletes with disabilities.

Institutional Formation

The formalization of parasports in Nepal began to take shape in the 1980s and 1990s, as disability-focused organizations and government started organizing structured sports events although it was not done in the scale of professionalism . A significant early institutional effort was the organization of Para National Games in 2038, 2040, and 2042 B.S. (1981, 1983, and 1985 A.D.), aimed at creating a national platform for athletes with disabilities. In 2048 B.S. (1992 A.D.), the Department of Special Education organized its own national-level sports competitions for children with disabilities, reflecting increased government involvement.

A key milestone in institutional development came in 2000, with the imagination and establishment of the National Para Sports Association (NPSA). This organization laid the foundation for the structured promotion of parasports across Nepal. It was later renamed as National Paralympic Committee (NPC) Nepal in 2004 and received official recognition from the International Paralympic Committee (IPC). This international recognition enabled Nepal to debut in the 2004 Athens Paralympic Games, marking the country's formal entry into global parasports competition. The NPC Nepal became the central authority responsible for managing national disability sports federations, coordinating participation in international games, and advocating for athletes with disabilities within Nepal's broader sports governance system.

4.2. Government Support and Diversification

Government involvement in parasports development gained traction in the late 2000s and into the 2010s. While early efforts were largely driven by civil society and disability organizations, government institutions gradually began to support parasports more formally. The Government of Nepal demonstrated this commitment by organizing the National Para games in 2075, 2076, and 2079 B.S., expanding the visibility of disability sports at a national level. These games brought together para-athletes from across the country and helped foster a competitive sports culture among persons with disabilities.

Alongside this, several sport-specific disability associations emerged and diversified the field. The Cricket Association of the Blind was established in 2006, promoting blind cricket throughout the country. In 2007, Boccia Nepal was founded to enable individuals with severe physical impairments to participate in competitive sports. Similarly, the Nepal Spinal Cord Injury Sports Association (NSCISA), formed in 2009, began promoting wheelchair sports such as basketball and table tennis. The Para Athletics Association Nepal (PAAN), founded in 2012, expanded access to athletics for persons with various disabilities and supported their preparation for international events.

Government recognition further improved with policy advancements. The National Sports Council (NSC) now officially recognizes 21 disability sports disciplines, a testament to growing institutional acceptance. Additionally, recent legislation—such as the National Sports Act 2077 B.S.—guides inclusive representation, helping ensure that persons with disabilities are not only participants but also decision-makers in the national sports level .

4.3. International Engagement and Landmark Achievements

Nepalese para-athletes have gradually made a name for themselves in international arenas. The country's first participation in the Paralympic Games was in 2004, and since then, representation has continued in events like the Asian Para Games, Youth Para Games, and various global championships. Athletes like Ranjana Dharmi won a bronze medal at the 2017 World Para-Taekwondo Championship, while Manakeshi Chaudhary became the world's number one blind cricket player as Nepal is the first country in the world to have female blind cricket team. On the other side Nepalese Blind criekt mens team journey towards semifinals in Blind Cricket world cup 2024 was also remarkable achievement. Another historic achievement came in Paris 2024, when Palesha Goverdhan won Nepal's first official Paralympic medal, a bronze in para-taekwondo. Her coach, Kabiraj Negi Lama, was recognized internationally for his role in training para-athletes. Other notable athletes include Laxmi Kunwar, Nepal's first Paralympic swimmer who represented the country in Rio 2016, and Nirmala Bhandari, a wheelchair basketball and para-powerlifting champion who has self-funded her international participation due to lack of support. These successes not only represent personal triumphs but also showcase Nepal's emerging strength in adaptive sports.

4.4. Supportive Policy and Legal Framework

Nepal's legal and policy framework has gradually evolved to support inclusive sports. The Disability Rights Act 2074 B.S. guarantees equal access to sports and recreation for persons with disabilities, aligned with the principles of the UN Convention on the Rights of Persons with Disabilities (UNCRPD),. The National Sports Act 2077 B.S has some of the inclusive policies although its not fully implemented. Additionally, provincial sports councils must include at least one representative from disability sector , ensuring that persons with disabilities have a voice in sports policy and governance. These legislative measures are crucial for embedding parasports into national development frameworks.

5. Legal and Policy Framework Overview

5.1. Nepal's National Commitments to Disability Rights and Inclusive Sports

5.1.1. Constitution of Nepal (2015)

The Constitution of Nepal is the supreme law of the country and forms the foundation for all subordinate legislation. It guarantees equality and non-discrimination for all citizens, including persons with disabilities (PWDs). Article 42 guarantees the right to social justice, and Article 51 mandates the State to ensure the participation of marginalized groups, including PWDs, in national life.

However, while the Constitution broadly includes the right to cultural and recreational participation, it does not reference disability-inclusive sports or accessibility standards for sports facilities. The absence of detailed sports-specific mandates means that these constitutional rights must be operationalized through supporting legislation and policies, which, as the review finds, are often lacking in precision and enforcement.

5.1.2. Act on rights of person with Disability (2017)

The act on rights of person with Disability is Nepal's principal legislation on disability rights. It recognizes the right of PWDs to participate in cultural, recreational, and social life. However, the Act does not include detailed provisions for sports-specific rights, infrastructure, funding, or institutional responsibilities. There is no dedicated section mandating the creation of accessible sports programs, infrastructures or facilities. The Act establishes anti-discrimination and general cultural participation rights but leaves sports inclusion unaddressed in its implementation.

5.1.3. National Sports Policy (2067/2010)

The National Sports Policy is one of the few national documents that explicitly mentions disability and para-sports. It outlines the need to increase participation, provide scholarships to athletes with disabilities, and adapt sports infrastructure to be accessible. However, the policy suffers from a lack of institutional mandates, clear responsibilities, and budgetary commitments. The National Sports Council (NSC) is named as the primary agency responsible for sports development, but the policy does not establish a separate unit or specify inter-agency coordination with OPDs or the Ministry of Women, Children, and Senior Citizens, which oversees disability affairs. Furthermore, there are no measurable indicators or enforcement timelines.

5.1.4. Sports Development Act (2048, Amended 2077)

The Sports Development Act provides the legal framework for the governance of sports in Nepal. In the amended version, a single clause briefly mentions inclusive sports, referring to the importance of creating opportunities for all, including persons with disabilities.

However, this mention is tokenistic and not backed by any operational detail, such as:

- Specific budget lines for disability sports
- Institutional structures like dedicated units or focal points
- Enforcement or accountability mechanisms
- Coordination with disability-specific organizations
- Development of facilities and infrastructures focusing on accessibility and Universal Design.
- The Act grants the NSC broad powers to oversee sports but does not provide a clear directive or resource allocation for promoting disability sports.

5.1.5. National Policy and Plan of Action on Disability (NPPAD) 2006

The NPPAD was a progressive step toward mainstreaming disability inclusion in various sectors, including sports. It emphasized accessible infrastructure, assistive devices for athletes with disabilities, and the need for their inclusion in national competitions.

Unfortunately, the NPPAD remains non-binding and unimplemented. It does not have the force of law, and its provisions have not been fully integrated into national or provincial sports governance. Additionally, it is outdated and has not been revised to reflect Nepal's commitments under the CRPD or the federal governance structure.

5.1.6. National Sports Honor Procedure 2080

This is one of the few operational procedures that recognizes para-athletes annually with a cash award. While this is a positive symbolic gesture, it is not part of a comprehensive support system. It does not establish pathways for athlete development, accessible training facilities, or systematic inclusion at various levels of competition.

5.1.7. Federal Governance Structure: National vs. Provincial Roles

Nepal's federal system divides powers and responsibilities among three tiers of government: federal, provincial, and local. Under this system:

- The federal government is responsible for national sports policies, international representation, and overarching governance.
- Provincial governments have authority to enact their own sports laws and regulations to suit local needs and priorities.
- The local governments (municipalities and rural municipalities) have limited sports governance roles, primarily in community-based sports promotion.

5.1.8. Challenges in Federal Coordination

The federal governance structure offers the opportunity for decentralized and context-specific sports development, but in practice, there is:

- Poor coordination between federal, provincial and local authorities.
- Inconsistent adoption of inclusive sports policies across provinces.
- Lack of harmonized national-provincial frameworks for disability sports.
- No clear mechanisms for monitoring or supporting inclusive sports development at the provincial level.

6. National Law and Policy Analysis

This section provides a comprehensive analysis of Nepal's national, provincial, and local level sports laws and policies, assessing their recognition of disability inclusion, institutional responsibilities, budget allocations, and practical enforcement mechanisms. The analysis reveals a pattern of symbolic inclusion with limited operationalization, budgetary neglect, and insufficient institutional accountability.

6.1. *National Law and Policy Analysis*

6.1.1. National Sports Policy (2080-draft)

Strengths:

- Explicitly mentions inclusive sports and para-sports.
- Encourages participation of persons with disabilities (PWDs).
- Manage scholarships for students of para and special sports in school and university level.
- Organizing local, provincial, and national competition of para and special sports in regular basis .
- Training program for producing skilled technical man power related to para and special sports.

- Construction of infrastructure as per the nature of disability.
- Provision of sign language , braille , large print in playing field, sports related authorities and making playing rules in accessible formats.

Gaps:

- Policy does not include the historical context of para sports in Nepal as it only includes that of other sports.
- No designated institutional responsibility for implementation level of disability sports.
- Provision about school level sports , trainings and competition in regular basis which does not focus in para sports / disability sports.
- No dedicated budget or financial planning for disability sports.
- No measurable targets, timelines, or monitoring frameworks.
- Lack of coordination with disability-specific organizations.
- Issues of disabilities are not integrated in all the clause of the policy wherever relevant like – School and university level sports, Elderly people sports, talent hunt, infrastructure development, E sports, sports tourism, sports material development, sports honorary,

6.1.2. Sports Development Act (2048, Amended 2077)

Strengths:

- Establishes the National Sports Council (NSC) as the central body for sports governance.
- provision of representation as member of National Sports council from Para Olympic committee but it is not mandatory as the members can also be nominated from Olympic committee . Section 3 2(३)
- Provision of training to encourage the participation of persons with disabilities in sports and organize various sports competitions.
- Provision to provide suggestions to the Government of Nepal regarding the policies, strategies, sports management, development, and sports infrastructure that need to be adopted for the development of sports.
- Provision of establishment of Training centers and foundation.
- Provision of Para Olympic committee in act.
- Brief mention of inclusiveness in sports for marginalized groups.

Gaps:

- Representation of Person with disabilities is not ensured mandatorily in the governance structure of NPC.
- Does not define inclusive or adaptive sports.
- Fails to assign institutional responsibilities or budgetary commitments.
- Provision to provide suggestions to the Government of Nepal regarding the policies, strategies, sports management, development, and sports infrastructure that need to be adopted for the development of sports but does not include disability sports in strategic level intervention.

- No provision for accessible infrastructure or disability sports development while developing training centers and foundations.
- Registration of Sports organization related to disability sports are not allowed directly to National Sports council and should be registered under National Para Olympic Committee.
- No provision study about Para sports and their development.
- Absence of coordination mechanisms with OPDs or disability ministries.

6.1.3. National Policy and Plan of Action on Disability (NPPAD) 2006

Strengths:

- Recognizes the importance of accessible sports facilities and the participation of persons with disabilities (PWDs) in national competitions.
- Advocates for the provision of assistive devices and adaptive equipment.
- Promotes the integration of sports and recreational activities for children with disabilities within educational institutions.
- Includes a provision to develop human resources (trainers and facilitators) specifically for disability sports.
- Aims to provide access to entertainment spots and recreational areas for PWDs.

Gaps:

- Policy lacks enforcement mechanisms, leading to poor implementation.
- No clear budget allocation or institutional framework has been established to support the implementation of disability sports activities.
- There is no policy-level provision for the mandatory representation of persons with disabilities within the National Sports Council.
- The policy does not provide a concrete implementation plan with detailed accountability mechanisms.
- The proposed activities lack specific monitoring, evaluation, and reporting systems to ensure sustained progress.
- The linkage between education and sports is mentioned but lacks a clear operational mechanism for execution at the school level.

6.1.4. Disability Rights Act (2017)

Strengths:

- Guarantees non-discrimination and cultural participation rights for persons with disabilities (PWDs).
- Legally mandates the right of PWDs to participate in sports and recreational activities.
- Encourages inclusion of children with disabilities in school-level sports and extracurricular activities.
- Promotes the development of accessible sports infrastructure.
- Ensures representation of PWDs in sports mechanisms at national, regional, and local levels.

Gaps:

- No detailed sports-specific operational guidance for inclusive/ disability sport sports.
- No dedicated institutional responsibility for the promotion and development of disability sports.
- No concrete mechanisms to develop para-sports, adaptive sports training programs, or ensure sustained access to accessible sports infrastructure.

6.1.5. National Sports Honor Procedure 2080

Strengths:

- Recognizes a wide range of sports contributors, including coaches, sports scientists, and physiotherapists, which could support disability sports if inclusively interpreted.
- Includes provisions for recognizing national and international achievements, which may potentially benefit para-athletes if properly applied as all the annex has the topic included as disability

Gaps

- No explicit mention of disability sports, para-athletes, or related inclusion measures in the selection process.
- Disability sports representatives are not included in the selection, evaluation, or recommendation committees.
- Evaluation and scoring criteria do not account for the unique challenges or contexts faced by para-athletes.
- Disability sports lack targeted visibility or promotional efforts in the recognition process.
- Risk of superficial or tokenistic inclusion without dedicated categories or disability-specific guidelines.

The detailed analysis confirms that Nepal's national sports laws provide limited and often symbolic references to disability inclusion without concrete implementation mechanisms. National policies like the National Sports Policy 2067 and the Sports Development Act make passing references to inclusion but lack the necessary institutional support, budgeting, and enforcement structures to operationalize these commitments.

While documents such as the National Policy and Plan of Action on Disability (NPPAD) and the Disability Rights Act (2017) show recognition of the rights of persons with disabilities, they do not establish enforceable mandates or detailed programmatic structures for disability-inclusive sports. Similarly, the National Sports Honor Procedure 2080, although offering symbolic recognition to para-athletes, does not address the systemic requirements necessary for meaningful inclusion.

This persistent gap between policy intention and tangible action at the national level highlights the urgent need for comprehensive reforms. Nepal must develop and enforce a robust disability sports strategy that ensures institutional accountability, dedicated funding, and practical pathways for the full participation of persons with disabilities in sports nationwide.

7. Provincial Law and Policy Analysis

7.1. *Koshi Province – Sports Regulation 2076*

Legal Provisions

- The Province Sports Act 2076 mandates inclusion of a representative from an organization working in the disability sector as a member of the Provincial Sports Development Board (Section 3(2)(अ)).
- The Board is legally responsible for promoting and developing sports for persons with disabilities, including organizing specific training and competitions for them. (Section 8(ज))
- The Board can recommend financial support measures such as scholarships, insurance, and health benefits for athletes. (Section 8(क))
- District-level Sports Development Committees are also required to contribute to the development of disability sports within their respective districts. (Section 21)

Policy Orientation

- The Act reflects a clear policy commitment to inclusive sports, recognizing disability sports as an integral part of the provincial sports ecosystem.
- It supports decentralized implementation by giving responsibilities to both the provincial and district committees.
- The Act aligns with national and international norms (like the UNCRPD) by ensuring legal representation and development of disability-inclusive sports systems.
- Emphasis is also placed on coordination with local governments and private sectors to foster equitable access to sporting opportunities.

Implementation Status

- The legal and institutional frameworks for disability sports are in place, including designated roles within the Sports Board and Committees.
- However, actual implementation on the ground remains limited due to low funding, lack of inclusive infrastructure (such as accessible play field), and insufficient technical training.
- There is also a need for increased awareness and capacity building among officials and sports planners to ensure that the legal provisions are effectively translated into inclusive sports programs.
- Participation of athletes with disabilities is still minimal in mainstream events, pointing to a gap between policy intent and practice.
- There are no recorded efforts to develop inclusive facilities, competitions, or athlete support programs.

7.2. Madhesh Province

Legal Provisions

- Provision of representation in board of province sports council from Disability sports player nominated by ministry (Section 3(2)(ट)
- Management for disability sports development through trainings and implementations. (Section 6(उ))

Policy Orientation

- The policy makes sure that a disabled sports player is included in the Provincial Sports Council, nominated by the Ministry.
- People with disabilities to take part in making sports plans and decisions.
- Requires special training and development programs to be run for disabled athletes.
- Helps disabled athletes grow by improving their skills, giving better facilities, and creating more chances for them.

Implementation Status

- Training programs for disability Sports are very few and happen only sometimes.
- There is not enough budget and accessible infrastructure and sports materials, or trained staff for disability sports.
- People still do not know or talk enough about disability sports in local planning.
- Things can get better with stronger rules, more support, and working together with others.

7.3. Bagmati Province – Sports Act.

Legal Provision

- Ensures representation of persons with disabilities in the Provincial Sports Council (Section 3(2)(क)).
- Promote development of disability sports through training and competitions (Section 11(उ)).
- Provision for financial assistance and sports insurance for athletes with disabilities is included (Sections 11(ट), 11(ठ)).
- Government may establish sports training institutions that accommodate disability sports (Section 29).

Policy Orientation

- Emphasizes inclusion of persons with disabilities as a priority in sports development.
- Aims for equitable access to sports opportunities regardless of physical ability.
- Disability sports are considered part of mainstream sports planning, not a separate agenda.
- Encourages recognition, encouragement, and rewards for outstanding athletes with disabilities.

Implementation Status

- Legal foundation is strong and inclusive on paper but implementation regarding training, competition, and participation lacks.
- Actual execution is limited by low funding, inaccessible infrastructure, and lack of trained staff.
- Awareness and training programs specifically for disability sports remain insufficient.
- Participation of disabled athletes in events is low, suggesting a gap between policy and practice.

7.4. Gandaki Province – Sports Act 2077

Legal Provisions

- Include at least one representative from a provincial level disability association as member of province sports council board member to ensure inclusive decision-making (Section 3(2)(झ)).
- The Council is tasked with organizing training, encouragement programs, and competitions specifically for people with disabilities (Section 15(पा)).
- There are provisions for providing foreign or domestic coaches and training opportunities to disabled athletes based on necessity (Section 15(त्र)).
- The Council may also arrange recognition and awards for athletes with disabilities (Section 15(ट)).
- Legal authority exists to create inclusive infrastructure, manage resources, and promote the social protection of disabled athletes (Section 9(प)).

Policy Orientation

- The Act reflects a rights-based and inclusive policy direction, aligning with national and international commitments.
- It views disability sports as part of mainstream sports development, not a separate or charity-based agenda.
- Focuses on ensuring representation, equal opportunity, and participation of persons with disabilities in all levels of sports governance.
- Supports community-level promotion, including traditional, recreational, and adaptive sports relevant for athletes with disabilities.
- Encourages partnerships between provincial and local governments, private sectors, and NGOs to advance disability sports.

Implementation Status

- The Act establishes a strong legal foundation for disability inclusion in the provincial sports structure.
- Despite legal provisions, implementation remains limited due to:
- Low budget allocation specifically for disability sports programs.
- Inadequate accessible infrastructure like ramps, seating, and restrooms in sports facilities.

- Lack of trained coaches, assistants, and adaptive equipment to meet specific needs.
- Participation of persons with disabilities in competitive sports remains low, and they are often underrepresented in major events.
- Awareness among officials and community stakeholders is still insufficient to drive full implementation.
- Regular monitoring and impact assessment of disability-focused initiatives is mostly missing.

7.5. Lumbini Province – Sports Act 2079

Legal Provisions

- The Act provides for organizing training and competitions for individuals with physical and mental disabilities. (Clause 11(ढ)).
- It mandates the promotion and awareness of disability-related sports through campaigns and media. (Clause 11(ढ)).
- It includes provisions for financial assistance and scholarships for athletes with disabilities. (Clause 11(ढ)).
- It allows the recommendation of disability pensions for athletes who become disabled through sports participation. (Clause 11(ण)).
- It provides health insurance support for athletes, which may apply to athletes with disabilities. (Clause 11(ड)).
- The Council is authorized to support sports institutions, potentially including those related to disability sports. (Clause 11(घ)).
- The Act allows for the formation of committees and issuing of directives to coordinate sports development, which can include disability sports. (Clauses 12, 13, 19).

Policy Orientation

- The Act promotes sports to enhance physical and mental wellbeing and develop disciplined citizens.
- It supports formation of district and local-level sports development committees, creating potential for inclusive programming.
- The Act encourages participation in national and international competitions but does not specify inclusion of para-sports or athletes with disabilities.
- Disability-inclusive sports are not presented as a mainstream policy focus or strategic development goal.
- It lacks recognition of gender and disability intersectionality in sports access and participation.
- There are no inclusive policy targets, quotas, or indicators set for participation of persons with disabilities in sports initiatives.

Implementation Status

- Disability-related provisions lack clear implementation guidelines, tools, and measurable action plans.

- There is no requirement to train or recruit coaches or technical staff with expertise in adaptive or inclusive sports.
- Monitoring and evaluation systems do not capture disability-specific data or indicators.
- The Act does not mandate outreach, communication, or active engagement of persons with disabilities in sports programming.
- No specific institution or official is designated to ensure disability sports inclusion and accountability.
- There is no mechanism to report, track, or evaluate progress on inclusive sports outcomes.
- The Act lacks legal provisions for accessible infrastructure, adaptive equipment, or reasonable accommodation in sports facilities.
- The Act does not guarantee representation or reservation of persons with disabilities in sports committees or councils.
- There is no dedicated budget allocation or financial commitment for disability sports.
- The Act does not reference the Disability Rights Act 2074 or international conventions such as the UNCRPD.
- The Act does not promote collaboration with disability rights organizations or national para-sports federations.

7.6. *Karnali Province*

Legal Provisions

- The law ensures representation of a disability sports player in the Provincial Sports Council through ministry nomination. This provision promotes inclusive decision-making in provincial sports governance. (Section 3(2)(ज))
- The act mandates management and implementation of training programs aimed at disability sports development. It ensures institutional responsibility for the promotion of sports among persons with disabilities. (Section 8(ट))
- Disability sports must be incorporated into the overall planning and implementation of sports programs, promoting equal development across all sectors. (Section 11)

Policy Orientation

- The policy promotes inclusion by integrating disabled athletes into the mainstream sports governance structure. It encourages their meaningful participation in policymaking and leadership roles.
- It emphasizes development of disability sports through targeted training, capacity building, and athlete support. The aim is to strengthen performance and widen participation at all levels.
- The policy envisions accessible infrastructure and adapted resources to support persons with disabilities in sports. It reflects a broader commitment to rights-based and equitable sports development.

- It seeks to reduce systemic barriers and social discrimination through formal inclusion of disability perspectives. Orientation aligns sports with dignity, equality, and empowerment values.

Implementation Status

- Representation of disabled athletes in provincial sports councils remains inconsistent across provinces. Some regions have not yet operationalized the nomination process.
- Where representatives exist, their engagement in actual decision-making processes is often limited. There is minimal influence on planning or budget allocation.
- Training programs for disabled athletes are rarely systematic or long-term in nature. They are often conducted as one-off events lacking strategic continuity.
- Lack of accessible sports infrastructure restricts participation of athletes with disabilities. Most venues remain unfit for adaptive or inclusive sports activities.
- Coordination among stakeholders involved in disability sports remains weak and fragmented. This results in overlapping responsibilities and inefficient implementation.
- Disability sports are still low on the priority list in provincial sports programming. Budget allocation, visibility, and planning attention remain severely inadequate.

7.7. Sudurpaschim Province

Legal Provisions

- Provision of representation in board of province sports council from Disability sports player nominated by ministry (Section 3(2)(ज)
- Management for disability sports development through trainings and implementations. (Section 8(ट)

Policy Orientation

- Ensures representation of disability sports players in the Provincial Sports Council board through nomination by the Ministry.
- Aims to promote inclusive governance and participation of persons with disabilities in sports policymaking.
- Mandates the management and implementation of training and development programs specifically for disability sports.
- Supports the holistic development of disabled athletes through skill-building, infrastructure, and access to opportunities.

Implementation Status

- Inconsistent implementation due to lack of standardized procedures.
- Limited training programs conducted; mostly event-based and not regular.
- Inadequate resources (funding, facilities, trained personnel) for disability sports development.
- Low awareness and advocacy for disability inclusion in provincial sports planning.

- Opportunities exist for improvement through partnerships, policy enforcement, and community engagement.

8. Local level Law and Policy Analysis

Out of 753 Local level very few local levels have only formulated the sports-related policies. Out of selected municipal levels Lalitpur, Bharatpur, Kathmandu, Biratnagar, Dhangadi Pokhara and Birjung , only Bharatpur and Pokhara have Act related to sports. Other municipal levels have not prioritized in policy level works in sports so the development in municipal level is very negligible.

8.1. *Bharatpur Metropolitan City*

Strengths:

- Encourages diverse community participation in sports activities.
- The procedure supports grassroots-level sports programs, which can help develop disability sports if prioritized.
- There are provisions for awards, recognition, and financial support for athletes, which could potentially be extended to para-athletes.
- The procedure includes youth and school-level sports promotion, providing a potential platform for early inclusion of children with disabilities.
- There is a structured grant system for sports clubs and organizations, which can be used to support disability sports initiatives if inclusivity is prioritized.

Gaps:

- The procedure does not explicitly mention disability sports, para-sports, or persons with disabilities.
- There is no specific budget allocation for disability sports or para-athlete development.
- Accessibility standards for sports infrastructure are not addressed.
- The procedure lacks representation of persons with disabilities or disability sports experts in decision-making committees.
- There are no targeted programs or training pathways for para-athletes.
- The procedure does not include any monitoring or reporting system to track the inclusion of persons with disabilities in sports activities.
- The procedure misses the opportunity to promote disability awareness and includes training for coaches and officials.

8.2. *Pokhara Metropolitan City*

Strengths

- It encourages community participation, which can be an entry point for inclusive sports programs.

- There is a focus on sports opportunities for underrepresented and disadvantaged groups, which can include persons with disabilities if actively interpreted.
- The Act recognizes athletes at local, national, and international levels, potentially allowing para-athletes to be recognized and supported.
- It highlights gender inclusion and participation from all age groups, which promotes social inclusion in sports.
- It supports diverse types of sports activities (formal, informal, and community-based), providing space to introduce para-sports.

Gaps

- The Act does not explicitly mention disability sports, para-sports, or persons with disabilities.
- There are no specific budget allocations or financial provisions for disability sports.
- There is a lack of accessibility standards for sports infrastructure to ensure participation by persons with disabilities.
- There is no mandatory representation of persons with disabilities or disability sports experts in decision-making or management bodies.
- No training, competition, or talent development pathways for para-athletes are specified.
- There are no data collection, monitoring, or reporting systems to track disability inclusion in sports.

9. Alignment with International Instruments (Detailed)

This section assesses Nepal’s compliance with key international instruments and global commitments related to the inclusion of persons with disabilities (PWDs) in sports. Specifically, it focuses on Nepal’s obligations under the United Nations Convention on the Rights of Persons with Disabilities (CRPD), the Sustainable Development Goals (SDGs), and regional frameworks such as the Incheon Strategy. The review finds that despite Nepal’s formal commitments to these global standards; national, provincial, and local level sports laws are misaligned with international expectations.

9.1. United Nations Convention on the Rights of Persons with Disabilities (CRPD)

Nepal ratified the CRPD in 2010, committing to uphold the rights of persons with disabilities in all aspects of public life, including cultural and sports participation. Article 30.5 of the CRPD specifically focuses on the rights of PWDs to engage in recreational, leisure, and sporting activities on an equal basis with others.

9.1.1. CRPD Article 30.5 Obligations:

- **Participation in Mainstream Sports:** States must promote the participation of PWDs in mainstream sports activities.
- **Access to Adaptive Sports:** States must ensure the availability of disability-specific sports and support relevant organizations.

- Training and Facilities: States are required to provide access to training, appropriate sports equipment, and accessible facilities.

9.1.2. Nepal's Compliance Status:

- Nepal's national sports laws and policies do not fully integrate CRPD Article 30.5.
- There is no mandatory inclusion of para-sports in national competitions or mainstream sports events it is still tokenistic in implementation level.
- No national or provincial legislation requires the provision of accessible sports infrastructure.
- The National Sports Council (NSC) does not have a specific strategy unit, or monitoring framework dedicated to disability sports.
- All the disability sports related association are affiliated under Nepal Paralympic committee, but all the other sports related other organizations are directly affiliated to National Sports Council.
- The CRPD is not referenced in Nepal's core sports legislation or national budget guidelines, which limits its practical influence.

Analysis

Nepal's legal framework currently fails to meet the specific inclusion, access, and participation requirements outlined in Article 30.5 of the CRPD. There is an urgent need for legal revisions and policy reforms and its mandatory implementation to ensure CRPD-compliant inclusive sports governance.

9.2. Sustainable Development Goals (SDGs)

The Sustainable Development Goals (SDGs) were adopted globally in 2015 as part of the United Nations 2030 Agenda for Sustainable Development. Several SDGs are directly relevant to disability inclusion in sports.

9.2.1. Relevant SDG Targets:

SDG 3: Good Health and Well-Being

- Promotes inclusive health and wellness, which can be significantly advanced through sports participation for PWDs.

SDG 4: Quality Education

- Calls for inclusive education, including the right of children with disabilities to participate in physical education and school sports.

SDG 5: Gender Equality

- Advocates for the elimination of gender-based discrimination, ensuring that women and girls with disabilities have equal access to sports and leadership roles in sports organizations including national , regional and international sports events.

SDG 10: Reduced Inequalities

- Aims to empower and promote the social, economic, and political inclusion of all, irrespective of disability status.

SDG 11: Sustainable Cities and Communities

- Supports the development of inclusive, accessible public spaces and infrastructure, including sports facilities that accommodate the needs of persons with disabilities.

SDG 16: Peace, Justice and Strong Institutions

- Promotes inclusive and accountable institutions, ensuring justice by eliminating abuse and exploitation through sports and participation in decision-making for persons with disabilities, including sports governance and policy development.

SDG 17: Partnerships for the Goals

- Encourages multi-stakeholder collaboration, including government, civil society, and the private sector, to promote inclusive sports and disability rights through shared resources and knowledge.

9.2.2. Nepal's Compliance Status:

- Nepal's national, provincial, and local level sports laws do not explicitly link to SDG targets or indicators related to disability inclusion.
- The national SDG implementation plans, and progress reports lack disaggregated indicators that track the participation of persons with disabilities in sports.
- Sports programs funded under the national budget do not refer to inclusive sports as a priority area.
- There are no integrated policies to advance inclusive sports in schools, despite SDG 4's focus on equitable educational opportunities.

Analysis :

Nepal's current sports governance system does not adequately support its commitments under the SDGs. Inclusive sports are not embedded in national SDG strategies, and there is no coordinated effort to leverage sports as a tool for advancing SDG 3, 4, and 10 for persons with disabilities.

9.3. *Incheon Strategy to "Make the Right Real" for Persons with Disabilities in Asia and the Pacific*

The Incheon Strategy (2013–2022) is a regional action plan adopted by Asia-Pacific countries, including Nepal, to advance disability-inclusive development. The strategy emphasizes:

- The promotion of inclusive sports and recreational activities.
- The development of accessible public spaces and facilities.
- The creation of statistical monitoring systems to track disability inclusion progress.

9.3.1. Nepal's Compliance Status:

- Nepal's national, provincial, and local level sports policies do not reference the Incheon Strategy.
- There are no standardized accessibility guidelines for sports facilities aligned with Incheon Strategy recommendations.

- Statistical tracking of disability sports participation is non-existent in national reporting systems.

Analysis

Nepal has not integrated the Incheon Strategy into its sports development policies, missing an opportunity to align with regional best practices and collaborative frameworks for disability inclusion.

Nepal's sports legal and policy framework remains significantly misaligned with its international commitments. Despite being a signatory to the CRPD and an active participant in the SDGs and the Incheon Strategy, Nepal has not translated these global obligations into national or provincial sports laws. There is no evidence of systematic efforts to maintain disability inclusion in sports through legal mandates, policy directives, or budgetary allocations.

To fulfill its international commitments, Nepal must undertake comprehensive legal reforms, develop inclusive sports indicators in national SDG reporting, and actively integrate regional frameworks like the Incheon Strategy into its sports development agenda. Without these steps, Nepal risks falling short of its global obligations to promote equality, accessibility, and full participation of persons with disabilities in the realm of sports.

10. Budget Analysis

10.1. Federal Level (2078/79-2082/83)

In the review of fiscal allocations by the Government of Nepal under the Ministry of Youth and Sports from fiscal year 2078/79 to 2082/83, a fluctuating and inconsistent trend is seen in budgeting for disability and para-sports. Although the overall Youth and Sports budget has gradually increased over the years, the specific budget allocated for disability sports reflects limited prioritization until recently.

In the fiscal year 2078/79, out of a total Youth and Sports budget of NPR 2.75 billion, only NPR 4.233 million (approximately 42 lakhs 33 thousand) was allocated for disability sports. This amount was largely symbolic, especially considering the number of para-sports and the growing need of inclusion in sports and its development. The subsequent year, 2079/80, saw a decline in para-sports allocation to NPR 4 million (40 lakhs), despite the total budget only marginally decreasing to NPR 2.46 billion. This reduction raised concerns about the government's commitment to inclusive sports promotion.

A positive shift appeared in 2080/81, where the total Youth and Sports budget rose to NPR 2.87 billion, with a slight increase in the para-sports allocation to NPR 5 million (50 lakhs). Notably, this allocation was important for para and disability sports competitions. The following year, 2081/82, further reinforced this commitment, with a substantial increase in both the overall budget (NPR 3.43 billion) and the para-sports allocation, which rose to NPR 50 million (5 crores). This was a landmark improvement, demonstrating enhanced government recognition of the sector.

However, in the most recent fiscal year 2082/83, while the Youth and Sports budget increased to NPR 6.08 billion -more than double in size - no specific allocation for para-sports was identified. This indicates a concerning regression in policy focus, suggesting that increased resources did not translate into continued support for disability and para-sports.

The inconsistency in funding patterns raises questions about the sustainability of inclusive sports policies and the institutional commitment to disability rights in Nepal's sports sector.

10.2. Provincial Level

In analyzing the provincial budget allocations for para-sports, a varied picture is seen, highlighting both progress and gaps across different provinces. It shows that still a lot of work is to be done from mainstreaming disability sports. Among the provinces reviewed, Bagmati Province is seen as the most supportive province in promoting para-sports.

In the fiscal year 2081/82, Bagmati allocated NPR 2 million for para-sports activities, including training, competition and participation in national and international competitions. In addition to this, a separate allocation of NPR 1 million was made for a wheelchair basketball competition to be organized by the Spinal Cord Injury Sports Association. Demonstrating further commitment, the budget in 2082/83 was increased to NPR 3 million for para-sports activities, with another NPR 1 million set aside for a wheelchair basketball competition in Kathmandu. This consistent and growing financial support, along with targeted allocations for specific disability sports, reflects Bagmati's structured and inclusive policy approach.

Gandaki Province, while consistent in its allocations, has maintained the same budget across two consecutive fiscal years without any growth. Both in 2081/82 and 2082/83, the province allocated NPR 1.5 million to organize provincial-level para and special sports events and to support athletes with disabilities in national and international competitions. Although this shows a basic level of commitment, the lack of increase in budget or diversification in sports activities suggests limited policy innovation or expansion in the disability sports.

In contrast, Koshi Province has not made any separate or specific budget allocations for para-sports in either of the two fiscal years reviewed. Instead, funding for disability sports is drawn from a bulk amount that is shared with other sports programs and divided at the implementation stage. This lack of earmarked funding signals a low policy priority for inclusive sports and poses challenges for systematic development in promoting sports opportunities for persons with disabilities.

Meanwhile, in the remaining provinces - Madhesh, Lumbini, Karnali, and Sudurpaschim - no specific budget allocations are seen for para-sports. This absence proves either a lack of focus on disability-inclusive sports or the inclusion of such activities under general budget headings. Regardless, the lack of sustainable budget lines makes it difficult to assess progress or ensure accountability. These provinces currently demonstrate limited to no visible financial commitment to supporting athletes with disabilities.

11. Key Findings

This section consolidates the core insights derived from the national, provincial, and local level analysis, policy review, budget evaluation, and international alignment assessment. It presents the overarching patterns, systemic barriers, and emerging opportunities concerning disability inclusion in sports across Nepal.

The findings indicate that while there is some symbolic recognition of the rights of persons with disabilities (PWDs) in sports laws, the actual implementation mechanisms are weak.

The participation of PWDs in sports remains limited due to legal, institutional, financial, and attitudinal barriers that have not been adequately addressed by the current governance structure.

11.1. Symbolic Recognition Without Enforcement

Nepal's national laws, such as the National Sports Policy (2067) and the Sports Development Act (2048/2077), reference inclusive sports but only in principle. These references are:

- Broad and non-specific.
- Not supported by institutional mandates, action plans, or legal obligations.
- Not serious on implementation because of absence of accountability mechanism, penalties, or incentives provision.
- Provincial sports law has symbolic representation of person with disabilities, but active participation and decision level is still in less access of person with disabilities.
- Local level does not have provision of representation in decision making level related to sports.
- This shows a legal environment where inclusion is acknowledged theoretically but not in the level of implementation level.

11.2. Absence of Institutional Structures and Responsibilities

One of the major gaps is the lack of institutional responsibility for disability sports at both national, provincial, and local level levels:

- The National Sports Council (NSC) have a unit named Nepal Paralympic committee but that have full authority and resources to dedicatedly work on development of disability sports.
- There is no national, provincial, or local department mandated to monitor, promote, or fund disability-inclusive sports.
- This lack of ownership creates systemic neglect, as there are no champions, dedicated offices, or government officials tasked with advancing inclusive sports.

11.3. Budgetary Neglect of Disability Sports

- Across all governance levels, disability sports receive negligible financial support.
- Historical analysis shows that near to none / negligible amount of budget is being allocated to disability sports from past.
- Recent national, provincial, and local level budgets continue to exclude dedicated funding for disability sports infrastructure, competitions, training, or equipment.
- No dedicated funds or conditional grants are provided to support the development of accessible sports facilities or para-sports programs (trainings, competitions, encouragements, and recreational activities).
- The underfunding significantly constrains the growth of disability sports in Nepal and limits access to appropriate training, coaching, and participation opportunities as a result the international success also remains constraints.

11.4. Inadequate Coordination Between National, provincial, and local level Levels

- Nepal's federal governance structure is not effectively utilized to promote disability inclusion in sports.
- There is no alignment with national strategy that links federal, provincial, and local levels in advancing disability sports.
- Provinces operate independently without consistent guidelines, resulting in fragmented and inconsistent policies.
- There are no clear mechanisms for the National Sports Council to support, guide, or monitor provincial efforts on disability sports and its inclusion.
- The lack of coordination undermines the potential for success, scalability, impactful, and sustainable inclusive sports development throughout the country.

11.5. Reliance on Civil Society and Non-Governmental Actors

- In the absence of government leadership, civil society organizations (CSOs), organizations of Persons with Disabilities Organizations (OPDs), and NGOs have become the primary drivers of disability sports in Nepal.
- Organizations such as Cricket Association of the Blind Nepal (CAB Nepal), National Spinal cord Injury Sports Association (NSCISA), National Blind Sports Association (NBSA), Deaf Cricket Association, Deaf football Association, Nepal, Nepal Boccia Association for the disabled and some other organizations are leading organization working in the field of disability sports and are responsible for organizing competitions, training coaches, and advocating for inclusive sports.
- Individual para-athletes and their families often bear the burden of finding resources, training facilities, participation and competitive opportunities.
- While CSOs and OPDs play a vital role, relying solely on non-governmental actors is unsustainable and inequitable. It continues to present disability sports as acts of charity or voluntary efforts, instead of acknowledging them as a basic right that should be fully supported by all level of governments.

11.6. Disconnection from International Commitments

Despite ratifying the CRPD and endorsing the SDGs and the Incheon Strategy, Nepal's sports governance system does not:

- Reference these international instruments in national or provincial sports policies.
- Monitor disability sports indicators in SDG reporting.
- Establish accessible infrastructure standards aligned with international obligations.
- This disconnection between commitments and domestic policies indicates that Nepal is not much reinforcing in its global responsibilities to promote the rights of persons with disabilities in sports.

11.7. Missed Opportunities Despite Recent Progress

- Recent achievements, such as Ms. Palesa Govardhan’s Paralympic medal in 2024, Nepal’s Men’s Blind cricket team towards semifinal, demonstrate the potential for Nepal’s para-athletes on international stages and keep the international records.
- These successes have not triggered policy reforms, increased investments, or expanded programs for disability sports.
- Political commitments made in response to public achievements have not yet materialized into legal or budgetary changes.
- Nepal is missing an opportunity to capitalize on the visibility and momentum created by its successful para-athletes to institutionalize systemic support.

The key findings reveal a sports governance system that symbolically recognizes but practically excludes persons with disabilities from full participation in sports. There are:

- Legal references without operational frameworks.
- Institutional mandates without ownership.
- International commitments without domestic alignment.
- Budget announcements without dedicated allocations and sustainable system.
- Athlete successes without systemic follow-through.

The existing gaps replicate the urgent need for comprehensive, rights-based reforms that institutionalize disability inclusion in sports as a mainstream government responsibility rather than a voluntary or charity-driven initiative.

12. Policy Recommendations

Based on the comprehensive analysis of Nepal’s national, provincial, and local level sports laws, budgetary trends, and international obligations, the following policy recommendations are proposed to address the systemic gaps in disability inclusion in sports. These recommendations aim to promote institutional accountability, legal reform, and sustainable investment in inclusive sports governance.

12.1. National Level Recommendations

12.1.1. Amending the Sports Development Act and National Sports Policy

- **Mandate Disability Inclusion:** Clearly define inclusive and adaptive sports within the Sports Development Act and National Sports Policy. Mandate explicit institutional responsibilities for disability sports.
- **Legal Enforcement Mechanisms:** Introduce enforceable obligations for accessibility, inclusive sports programming, and athlete representation with penalties for non-compliance.
- **Integration of disability Sports :** Integrate disability sports in all the aspects like training, competition, talent hunt, grading, facilities, participation, encouragement and so on.

12.1.2. Establish a Dedicated Disability Sports Unit

- Create a Disability Sports Unit within the National Sports Council (NSC) with clear roles, a dedicated budget, and specialized staff to oversee the development of inclusive sports.
- Integrate disability sports in the NSC's strategic plans, annual performance evaluations, and national sports events.

12.1.3. Strengthening the Paralympic Committee

- Nepal already has a Paralympic Committee under the NSC, but it is not functioning effectively. The Committee must be revitalized with sufficient budget, authority, and human resources to lead disability sports development.
- Ensure the Committee's direct involvement in national sports planning, decision-making, and international representation.
- Allocate Dedicated Budgets for Disability Sports
- Introduce dedicated budget allocations for disability sports at the national level.
- Include disability sports in annual sports funding cycles and capital investment plans, with transparency in disbursement and monitoring.

12.1.4. Develop Accessible Sports Infrastructure

- Create and implement national standards for accessible sports facilities and equipment.
- Require all new sports infrastructure projects to include accessibility features by law.
- Development of all the infrastructure based on Universal Design and International Practices so that no dedicated infrastructure is required for disability sports is required conditional and temporary modification will work.

12.1.5. Institutionalized Representation of PWDs and OPDs

- Mandate the inclusion of Disabled Persons' Organizations (OPDs), para-athletes, and disability advocates in the governance structures of the NSC, the Ministry of Youth and Sports, and relevant sports federations.

12.1.6. Developing National Disability Sports Strategy

- Launch a comprehensive national disability sports strategy aligned with CRPD Article 30.5, the Sustainable Development Goals (SDGs), and the Incheon Strategy.
- Include measurable targets, clear institutional roles, a multi-year budget, and monitoring indicators.

12.2. Provincial Level Recommendations

12.2.1. Amend Provincial Sports Acts and Regulations

- Provinces should amend their sports laws and regulations to include disability-specific provisions, accessible infrastructure mandates, and inclusive trainings and competition guidelines.

12.2.2. Create Provincial Disability Sports Committees

- Establish dedicated Disability Sports Committees within provincial sports councils with adequate authority and budgets.
- Require provinces to coordinate with the NSC's Disability Sports Unit and the Paralympic Committee.

12.2.3. Allocate Provincial Budgets for Disability Sports

- Develop dedicated provincial funding streams for para-sports, accessible infrastructure, and inclusive events.

12.2.4. Institutionalize Provincial Representation

- Mandate representation of OPDs, para-athletes, and disability federations in provincial sports governance structures.

12.3. Local Level Recommendations

12.3.1. Support Community-Based Inclusive Sports

- Local governments should prioritize community-based inclusive sports programs and accessible public sports facilities.
- Community level integration in youth clubs for disability sports and peer mentoring/coaching in inclusive environment.
- Organize inclusive community sports competitions that actively involve para-athletes.

12.3.2. Integrate Disability Sports in Schools

- Introduce inclusive physical education and adaptive sports programs in school curricula and local sports competitions.
- School levels trainings should be conducted regularly.
- Encourage Interschool competitions.
- Peer supports and inclusive child clubs for interactive and inclusive coaching and mentoring.

12.3.3. Amending Local Sports Laws and Procedures

- Revise local level sports and formulate new law(for those municipality who don't have) laws to explicitly include disability sports and para-sports.
- Mandate accessibility requirements in local sports policies and infrastructure guidelines.
- Ensure representation of para-athletes, officials , OPDs (Organizations of Persons with Disabilities), and disability experts in local sports committees.

12.3.4. Allocate Dedicated Budgets

- Allocate budgets for disability sports in municipal sports funding.
- Provide consistent funding for para-sports events and inclusive competitions.
- Include accessible infrastructure development in annual municipal capital budgets.

12.3.5. Develop Accessible and Inclusive Sports Infrastructure

- Apply universal design standards to all new sports infrastructure.
- Upgrade existing sports facilities to make them accessible for persons with disabilities.
- Allow temporary and cost-effective modifications to enable disability sports without needing separate facilities.

12.3.6. Institutionalizing Disability Sports Representation

- Establish local disability sports clubs and inclusive clubs .
- Strengthen coordination with the National Paralympic Committee and local OPDs.
- Include OPDs and para-athlete representatives in local planning and decision-making processes.

12.3.7. Build Capacity and Raise Awareness

- Provide disability sports training for coaches, referees, and sports officials at the municipal level.
- Conduct public awareness campaigns to promote disability sports and positive perceptions of para-athletes.

12.4. Cross-Cutting Recommendations

12.4.1. Capacity Building and Training

- Provide specialized training for coaches, referees, and sports administrators in adaptive sports and disability inclusion.

12.4.2. Data Collection and Monitoring

- Establish a national para-athlete registration system and disability-inclusive sports data collection for planning and monitoring.
- Track disability sports participation in International, national, provincial, and local level sports reports.

12.4.3. Public Awareness and Media Campaigns

- Launch awareness campaigns promote positive perceptions of para-athletes and inclusive sports.

12.4.4. Coordination with Sports related organization.

- Strengthen the capacity of sports related organization of person with disabilities.
- Encourage and assign the production of players, officials , technical workforce.

13. Conclusion

Nepal's current sports legal and policy framework falls significantly short in advancing the rights of persons with disabilities in sports. While national policies symbolically reference inclusion, the absence of enforceable laws, institutional leadership, and sustainable budgets leaves disability sports severely underdeveloped.

The Paralympic Committee, despite existing under the National Sports Council, is not functioning effectively and has limited influence in national sports governance. Provincial

sports laws ignore disability inclusion, and no consistent mechanisms are in place to ensure accessibility, athlete development, or institutional accountability.

At the local level, municipal sports policies and procedures, such as those in Pokhara and Bharatpur, similarly lack provisions for disability sports. Local governments have yet to prioritize dedicated budgets, accessible infrastructure, inclusive sports programming, and meaningful participation of persons with disabilities in decision-making processes. Without disability-specific mandates at the local level, the opportunity to build truly inclusive, community-based sports systems remains unfulfilled.

This systemic exclusion contradicts Nepal's commitments under the United Nations Convention on the Rights of Persons with Disabilities (CRPD), the Sustainable Development Goals (SDGs), and the Incheon Strategy. It also fails to leverage the potential demonstrated by Nepal's para-athletes on the international stage.

To work and make change in these structural gaps, comprehensive reforms have no other options. Inclusive sports must be mainstreamed not only in national and provincial policies but also in local-level sports planning and governance, with strong enforcement, dedicated budgets, accessible infrastructure, and the active participation of persons with disabilities at every governance tier so that the foundation of disability sports will be stronger and more sustainable.

Without these foundational changes, the inclusion of persons with disabilities in Nepal's sports system will remain aspirational rather than a guaranteed right. Immediate action is required to transform commitments into meaningful and measurable progress from the community to the national level.

14. List of References

- a. Constitution of Nepal (2015)
- b. Act Relating to Rights of Persons with Disabilities, 2017
- c. National Sports Policy, 2067 (2010)
- d. Sports Development Act, 2048 (Amended 2077)
- e. National Policy and Plan of Action on Disability, 2006
- f. National Sports Honor Procedure, 2080
- g. Gandaki Province Sports Act, 2077
- h. Bagmati Province Sports Regulation, 2076 and Sports Competition Procedure, 2078
- i. Lumbini Province Sports Act, 2079 and Sports Regulation, 2078
- j. Koshi Province Sports Regulation, 2076
- k. Karnali Province Sports Regulation, 2076
- l. Budget of Ministry of Youth and Sports (2078- 2082)
- m. Sudurpaschim Province Sports Regulation, 2076
- n. Madhesh Province Sports Regulation, 2076
- o. United Nations Convention on the Rights of Persons with Disabilities (CRPD)
- p. Sustainable Development Goals (SDGs)
- q. Incheon Strategy to "Make the Right Real" for Persons with Disabilities in Asia and the Pacific
- r. Nepal National Budget Documents (Relevant Years)
- s. Provincial Programs and Budgets of different provinces.

15. Annexes

15.1. Annex 1: CRPD Compliance Checklist (Article 30.5)

CRPD Requirement	Nepal's Status	Gaps Identified
Participation in mainstream sports	Not implemented	No legal mandates, no operational or enforced programs
Promotion of disability-specific sports	Symbolic recognition	Lacks systematic national and provincial programs; insufficient budgets
Accessibility of sports facilities	Not enforced	No national accessibility standards or enforcement mechanisms
Training and development support	Very limited	Absence of athlete development pathways and adaptive coach training
Data collection on disability sports	Absent	No national registry, tracking, or reporting system for disability sports

15.2. Annex 2: National Law and Policy Comparative Matrix

National Law/Policy	Mentions Disability	Inclusive Sports	Accessibility	Institutional Responsibility	Enforcement
Constitution of Nepal (2015)	Yes	No	No	No	No
Disability Rights Act (2017)	Yes	Yes (general)	Yes (general)	No	No
National Sports Policy (2067)	Yes	Yes	Mentioned but not detailed	Weak (NSC, not disability-specific)	No
Sports Development Act (2048, Amended 2077)	Yes (briefly)	Yes (briefly)	No	Weak (NSC, unclear for disability sports)	No
National Policy and Plan of Action on Disability (2006)	Yes	Yes	Yes (general)	No	No

National Sports Honor Procedure (2080)	Yes	Yes	No	No	No
National Sports Policy (2080 - Draft)	Yes	Yes	Yes	Weak, no dedicated unit	No

15.3. Annex 3: Provincial Law and Policy Comparative Matrix

Province	Mentions Disability	Inclusive Sports	Accessibility	Representation
Gandaki	Yes	Yes	Mentioned, but not detailed	Yes
Bagmati	Yes	Yes	Mentioned, but not detailed	Yes
Lumbini	Yes	Yes	No	No
Koshi	Yes	Yes	No	Yes
Karnali	Yes	Yes	Mentioned, but not detailed	Yes
Sudurpaschim	Yes	Yes	No	Yes
Madhesh	Yes	Yes	No	Yes

15.4. Annex 4: Sports Budget Allocation Trends (2078/79 – 2082/83)

Fiscal Year	Youth & Sports Budget	Disability/Para-Sports Allocation	Key Observations
2078/79	NPR 2.75 billion	4 million 233 thousand (NPR 42 lakhs 33 thousand)	Allocation but symbolic only and very low budget as per the number of para sports.
2079/80	NPR 2.46 billion	4 million (NPR 40 lakhs)	Decreased than previous Year
2080/81	NPR 2.87 billion	5 million (NPR 50 lakh)	Allocated specifically for para and special sports competitions.
2081/82	NPR 3.43 billion	50 million (NPR 5 crore)	Substantially increased allocation for para and special sports competitions.
2082/83	NPR 6.08 billion	No specific allocation identified	Despite budget doubling, para-sports were not separately funded.

15.5. Annex 5: Visual Summary – Inclusive Sports Gaps and Opportunities

Category	Current Status	Opportunity
Legal Mandates	Weak, mostly symbolic	Amend laws to enforce disability inclusion
Institutional Structure	Absent or unclear	Establish dedicated disability sports units
Budget	Inadequate, fragmented	Allocate dedicated, sustainable funding
Representation	Limited and inconsistent	Mandate inclusion of OPDs and para-athletes
Awareness and Advocacy	Low	Launch national and provincial media campaigns
Accessibility	Not prioritized	Enforce national accessibility standards
Data and Monitoring	Non-existent	Develop disability sports tracking systems and data management mechanism