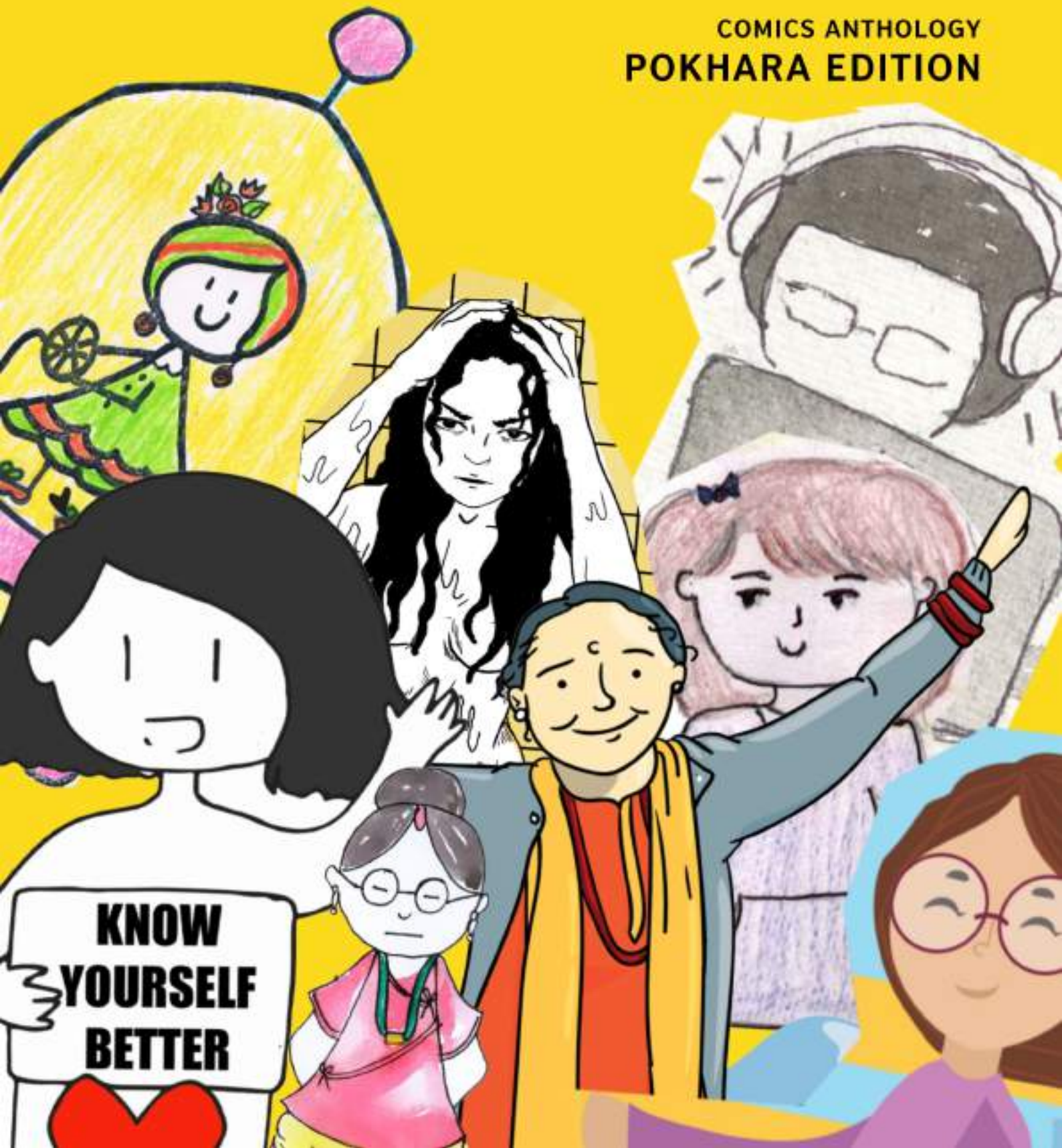


# CREATING HEROINES

COMICS ANTHOLOGY  
POKHARA EDITION





Creating Heroines - Comics Anthology: Pokhara Edition is published by the British Council as part of Creating Heroines.

This anthology has been created through the Creating Heroines: Graphic Novel Your Life workshop held in Pokhara between 20-24 December, 2018. The workshop was facilitated by Dr Nicola Streeten.

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Cover design and layout by Mrigaja Bajracharya



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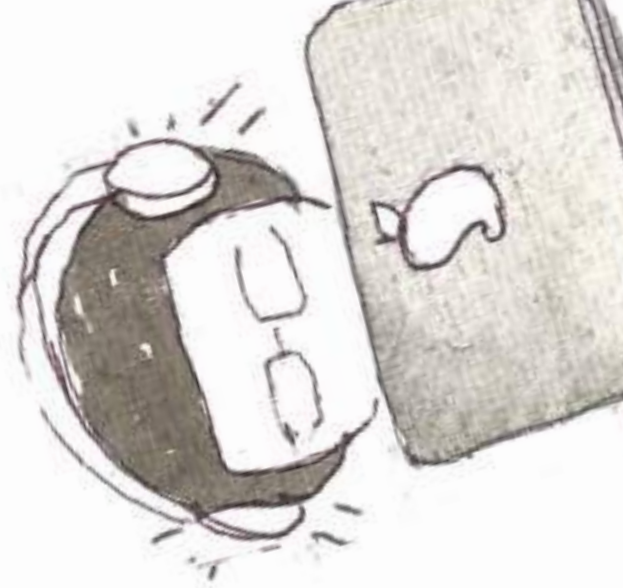
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In December 2018, the British Council organised a three-day comics making workshop in the lake city of Pokhara. The workshop was facilitated by award winning graphic novelist Dr Nicola Streeten. Post the workshop, eight participants worked on original stories to come up with comics shorts of their own. This book is a compilation of these stories.

### ABOUT CREATING HEROINES

Creating Heroines is a collaborative international project initiated by the British Council. Bringing together female artists, graphic novelists, writers, illustrators and animators, the project explores the themes of overlooked heroines from the past and imagines heroines for the future. It explores the stories behind the sidelined heroines of history and mythology, and uses them to inspire new creations including zines and cartoons. Creating Heroines aims to spark debate, challenge stereotypes & share women's stories.



The Creating Heroines Graphic Novel Your Life, Pokara, Nepal,

# DR NICOLA STREETEN

December 2018



One of the elements I love most about the comics form is its accessibility. I firmly believe it is unique in its potential to deliver a message quickly without the need for extensive drawing skills. There is also a growing variety of styles and applications of the form emerging, certainly in the UK, which is my area of knowledge and this seems to be increasingly the case globally. The Creating Heroines workshop was a way to nurture the group's story-telling and drawing styles in the creation of short comics.

But why, you may ask, do I think the comic form is more accessible than other art forms? A 2005 psychological study by cognitive neuroscientist Mark H. Joyce showed that two dots and simple lines inside a circle are recognised as a human face by young babies. The implication of this research is that the more complex or stylized drawings of figures are less widely recognisable. In other words, the more culturally specific details that are included, such as clothes, hairstyles and body-shapes, the less we may see ourselves. Consequently, we become less interested in looking and engaging in the narrative. This theory is one I support in my preference for the power of comics drawn in the *ligne claire* ("clear line") style, pioneered in the West by Belgian cartoonist Georges Remi who, using the pen name Herge, created the popular European Tintin comics in the 20th century.

The aim of the Creating Heroines workshop was to introduce participants to some of the tools of comics drawing and I based the classes on ideas from some of the leading comics artists and educators in the USA, including Lynda Barry, Ivan Brunetti, Jessica Abel and Matt Madden. At the same time, the purpose

was to have an enjoyable few days, and to give everyone confidence to pursue their comics stories. The following pages are testament to this. It is with pride and joy that I look through the variety of styles and tales that emerged. I congratulate and thank the contributors for this wonderful collection as well as the British Council Creative Heroines team for making this congenial and productive experience possible.

Dr Nicola Streeten is a speaker, teacher, writer and drawer of comics. The turning point in her life was in 1995 with the death of her child. She turned to drawing and the cartoon style she developed led to a career in illustration. Her graphic memoir *Billy, Me & You* (Myriad Editions, 2011) is about her process of bereavement. Nicola directs the international women-led forum *Laydeez do Comics*, that launched the first annual women's prize for graphic novels in progress in 2018. Nicola's immersion in comics reinforced her world view that gender equality and social acceptance of difference would improve the world. Her doctoral research on feminist cartoons and comics in Britain informed her co-editing of *The Inking Woman* (Myriad Editions, 2018) an illustrated history of women's cartooning in Britain. Her book *UK Feminist Cartoons and Comics: A Critical Survey* will be published by Palgrave Macmillan in 2020.

[www.streetenillustration.com](http://www.streetenillustration.com)

[www.laydeezdocomics.com](http://www.laydeezdocomics.com)

Insta: [nicolastreeten](https://www.instagram.com/nicolastreeten)

Twitter: [NicolaStreeten](https://twitter.com/NicolaStreeten)

Dr Streeten has been heading the Creating Heroines regional workshops in South Asia since 2018

# REGRET!

Mrigaja Bajracharya



# **REGRETS!**

**HOW DARE  
HE DO SUCH  
A THING!!**



**I CAN'T  
BELIEVE  
THIS IS  
HAPPENING!!!**

HE WON'T  
EVEN PICK UP  
MY CALLS!!!



DOES HE  
NOT LOVE  
ME NOW!!!

IT'S  
PROBABLLY  
JUST ME!



SHOULDN'T  
HAVE BEEN  
SOO NEEDY



I WAS TOO  
INSECURE  
!!!







THIS IS ALL MY FAULT!!!

I WAS PUSHING HIM AWAY!!!

IF ONLY I DID WHAT HE WANTED ME TOO

I AM THE REASON

HE WAS RIGHT

I WAS STUCK UP

I COULDN'T EVEN MAKE HIM HAPPY



I'M WORTHLESS

I AM UGLY

HE WAS ALWAYS RIGHT

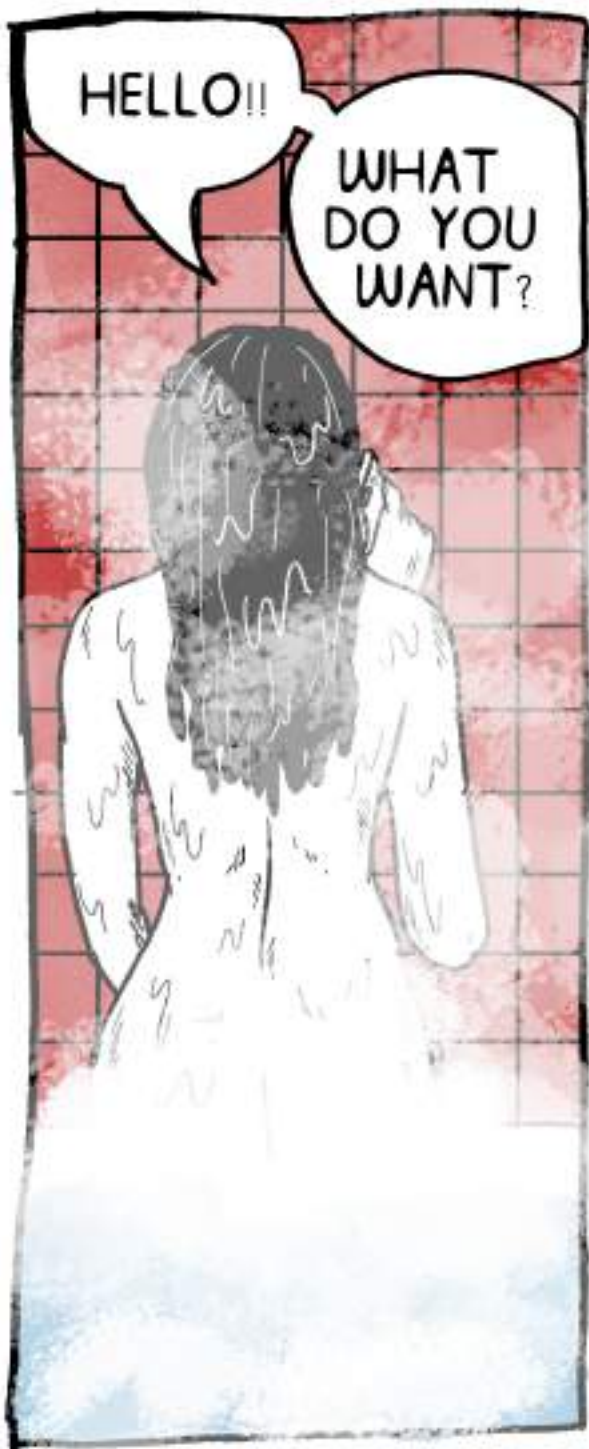
I AM DUMB

I WAS TOO SENSITIVE

I SHOULD JUST DROWN MYSELF!!!

AND DIE!!!





HELLO!!

WHAT DO YOU WANT?



I AM SORRY LOVE!!



I WAS DUNK AND ANGRY AFTER OUR FIGHT!!!



YOU WERE BEING SOO INSECURE THE LAST FEW DAYS AND SHE WAS...



SHE WAS JUST A FRIEND AND YOU WERE PUSHING ME AWAY AND SHE WAS THERE FOR ME...

AND I WAS DRUNK AND I DIDN'T KNOW WHAT CAME ON ME... I'M SORRY... I REALLY AM... FORGIVE ME...

SHE WAS JUST THERE AND SHE HAD MADE DRINKS FOR ME... I'M REALLY SORRY...

SHE WAS TEMPTING ME AND I WAS SOOO ANGRY...

OK

I AM SORRY LOVE !!!

AND SHE WAS THERE AND I WAS DRUNK AND YOU WEREN'T THERE FOR ME !!!

BUT YOU SHOULDN'T HAVE PUSHED ME AWAY YOU SHOULD BE LESS STUCK UP...



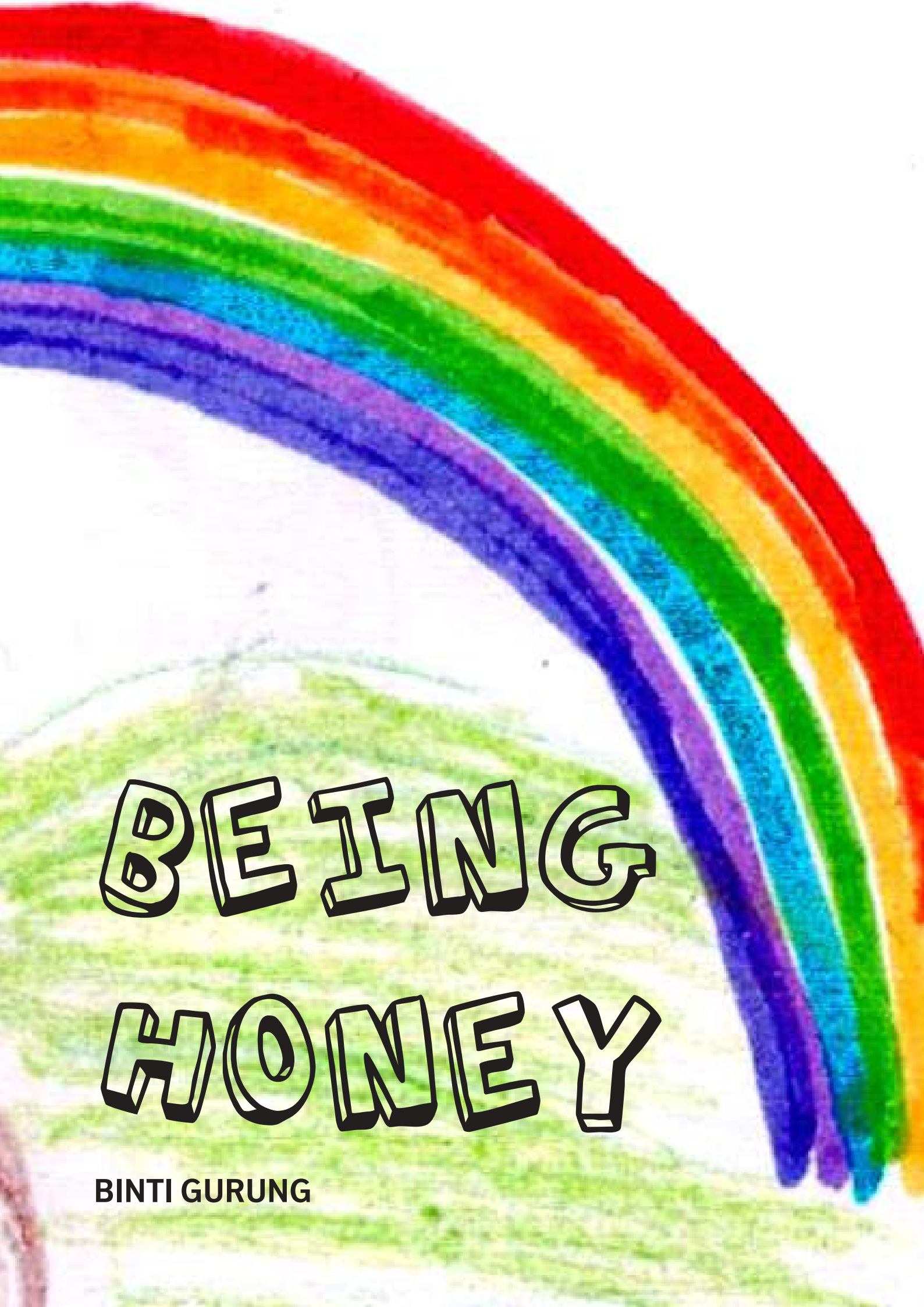
# MRIGAJA BAJRACHARYA

Mrigaja Bajracharya is a multidisciplinary designer and illustrator from Patan. Her arsenal of Pen and ink, watercolour and digital tools have led her to produce works for Unicef, UN Women, Micro Galleries, and Room to Read, among others. She has exhibited in exhibitions held in Nepal Fine Art Academy, Taragaon Museum and Patan Museum

Instagram: @mrigajab

Email: mrigajab@gmail.com





**BEING**

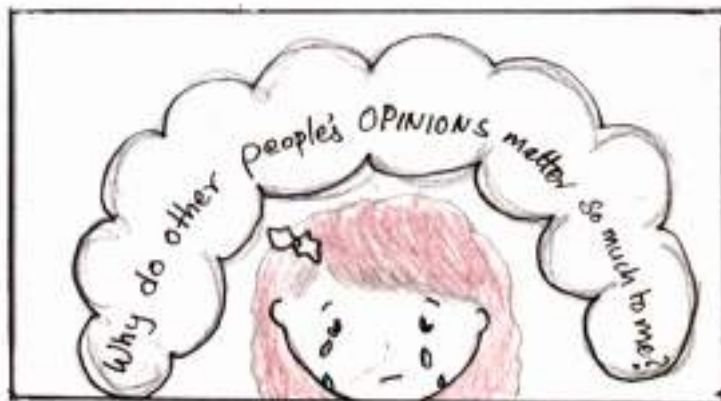
**HONEY**

**BINTI GURUNG**

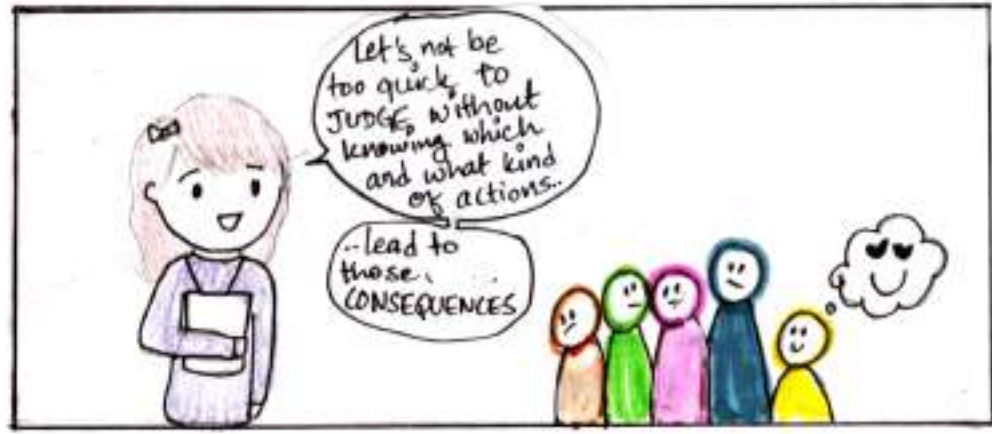


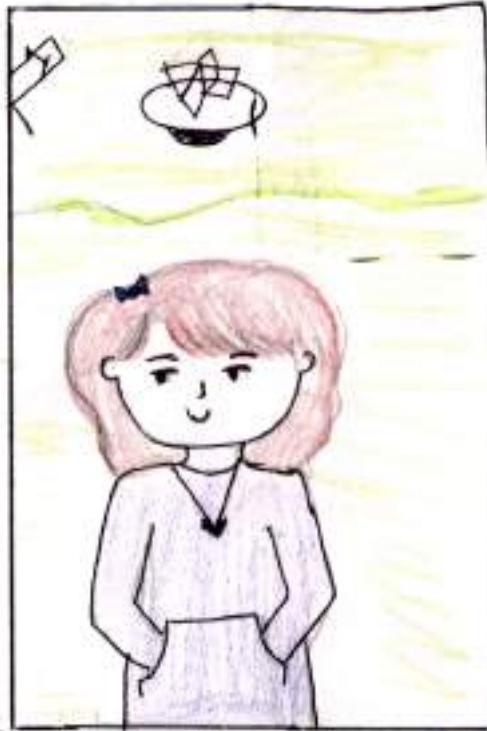












# BINTI GURUNG

Binti a.k.a. Furki is pursuing her MBA degree and working as a freelancer in Pokhara. She loves arts & craft, traveling and all things creative. She maintains a blog about her travels, bullet journaling, and her opinions and ideas. Art is her way of bringing ideas and imaginations to life.

Instagram: @\_bintigr  
Blog: [furkiwrites.wordpress.com](http://furkiwrites.wordpress.com)  
Email: [furkibinti05@gmail.com](mailto:furkibinti05@gmail.com)



# THE SURGERY

Rashmi Lamichhane



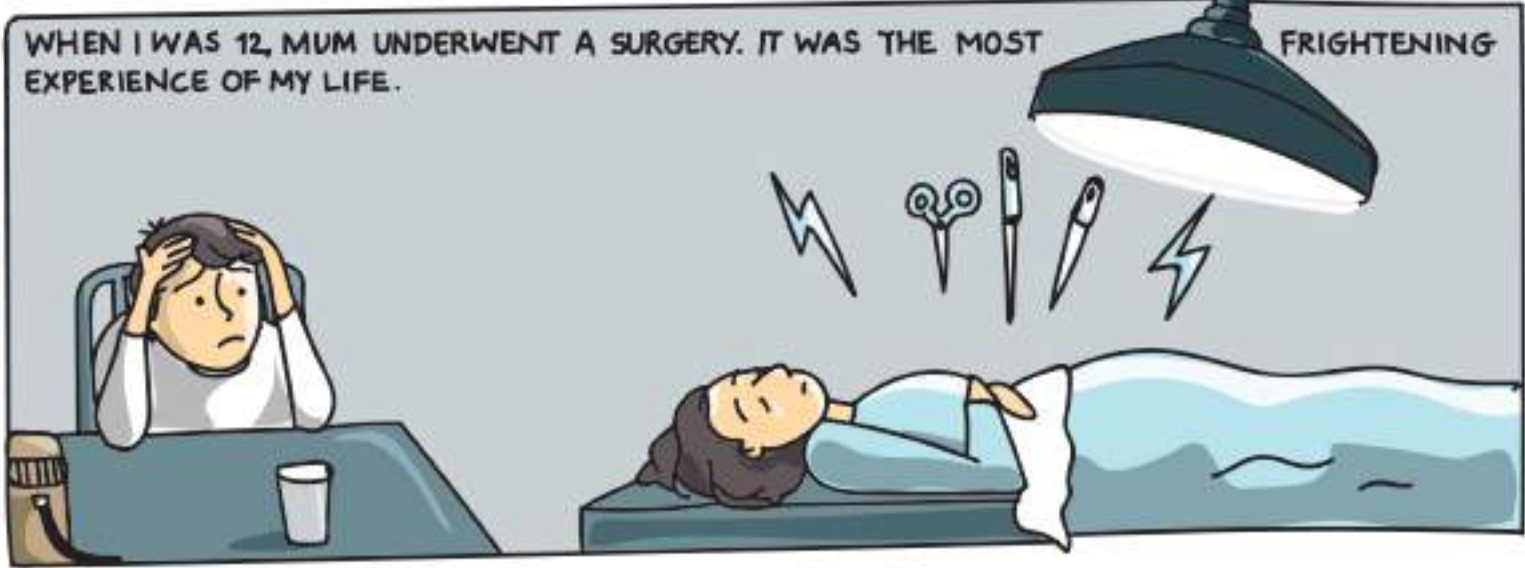
# THE SURGERY

RASHMI LAMICHHANE

@bubbles\_rlc

WHEN I WAS 12, MUM UNDERWENT A SURGERY. IT WAS THE MOST FRIGHTENING EXPERIENCE OF MY LIFE.

FRIGHTENING



OUR ROWS KEPT RECURRING TO ME.



YOUR MUM HAS ALWAYS BEEN SICK.

DON'T WORRY

PIR NAGARA

YESTAI HO

ILLNESSES

SHE IS STRONG

TARKARI LYAIDECHU

THIS IS HER 5<sup>TH</sup> OPERATION.

NA-ATTIYA HAI

IT IS WHAT IT IS.

CHABI LAGAYERA JAU.



I WAS MORTIFIED.



HOLDING MY BREATH

I DON'T LIKE IT WHEN PEOPLE SAY MUM HAS ALWAYS BEEN SICK.



TO ME SHE HAS  
ALWAYS BEEN A

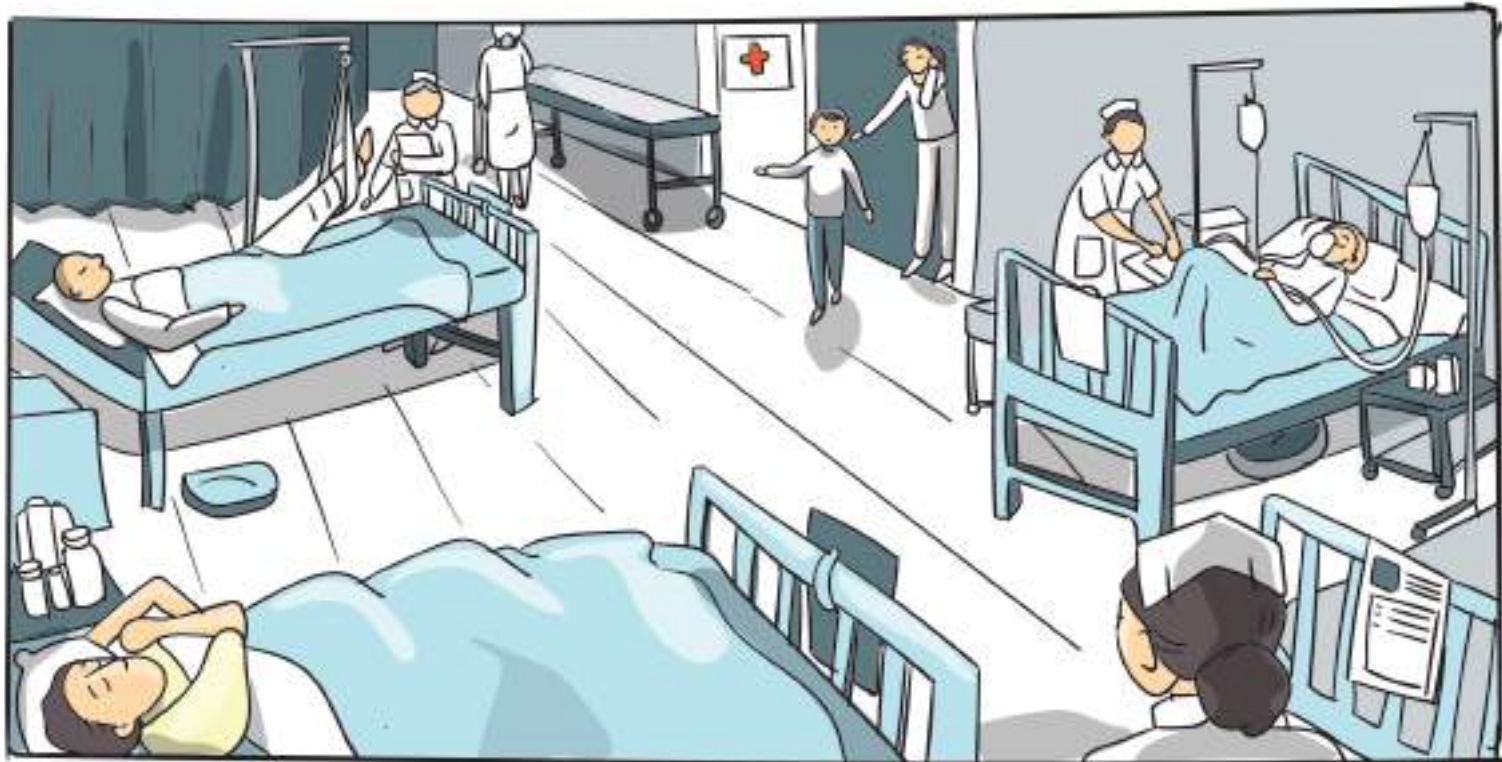
**MOUNTAIN**  
OF STRENGTH.



TO ME, SHE COULD NEVER FAIL OR BE WRONG. HER BOOMING VOICE HAD EVERYTHING IN CONTROL.



ALL I WANTED WAS TO BE LIKE HER.



BUT ON THE DAY OF HER SURGERY, I FAILED HER. TERRIBLY.



WILL YOU GET ME THAT BOTTLE?

WHICH ONE MAMU?



I SAW A FROWN.

SHE LOOKED AWAY.



AND THEN I BLACKED OUT.



WE JOKE ABOUT IT SOMETIMES. ABOUT HOW BAD A DOCTOR I'D MAKE.



DID YOU EVER WANT TO BECOME A DOCTOR  
KANCHU ?



NO, MAMU.



THERE IS SOMETHING ELSE I HAVE ALWAYS WANTED TO BE.

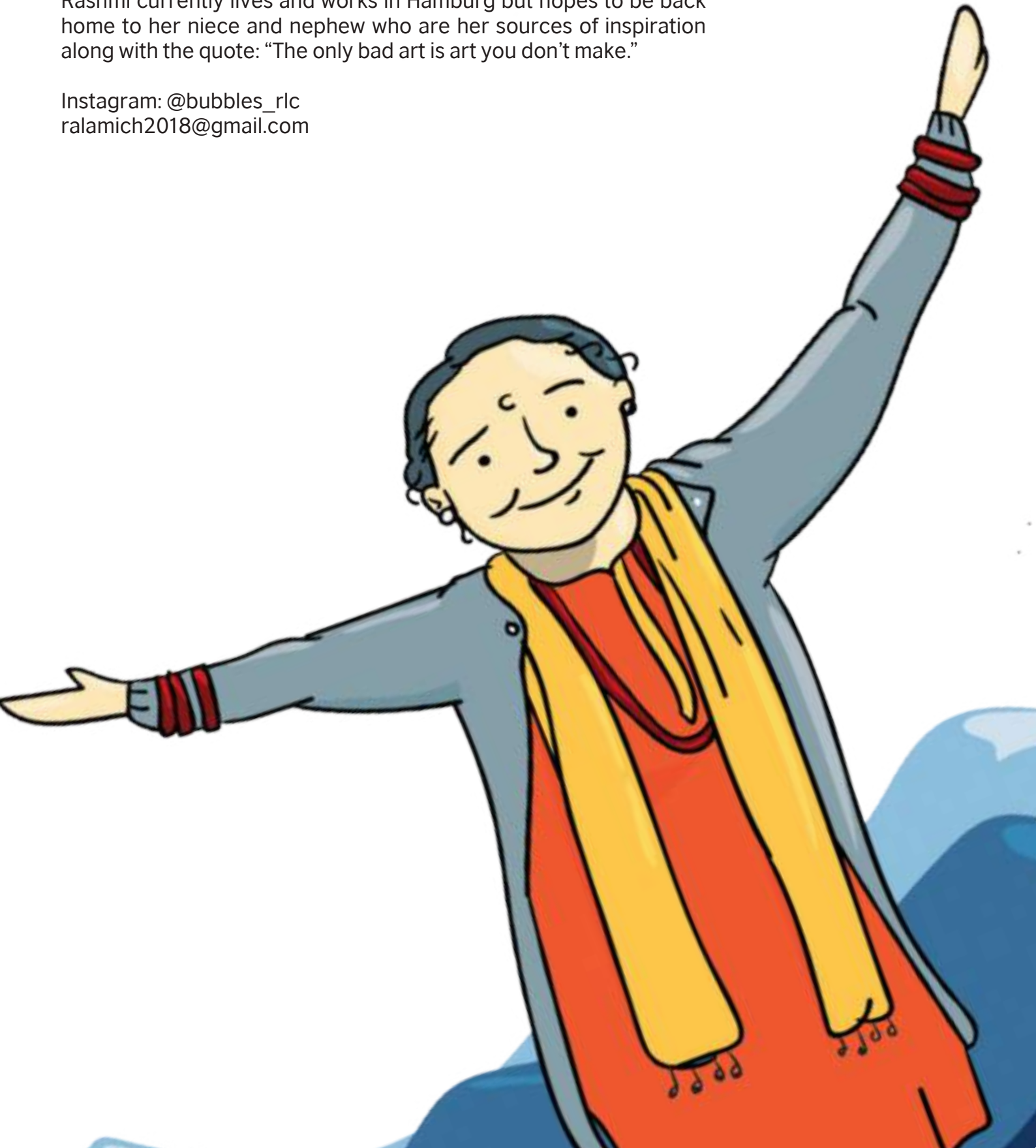
# RASHMI

# LAMICHHANE

Rashmi is a 25-year-old art enthusiast from Pokhara. She is inspired by artists who stir people's imaginations and address social issues through powerful art forms. Rashmi hopes to create works that are fun, educational and socially aware.

Rashmi currently lives and works in Hamburg but hopes to be back home to her niece and nephew who are her sources of inspiration along with the quote: "The only bad art is art you don't make."

Instagram: @bubbles\_rlc  
ralamich2018@gmail.com





# THE CHOICE

Nina Maskey



Who am I....?

a woman.

a woman?!!

I don't want  
to be

a woman!!!

a woman

is weak!

indecisive!

fardy!

disorganized!

her  
opinion  
doesn't  
carry  
weight!



Who said  
a woman  
are these  
things.....?

They said  
~~the~~  
a woman  
are those  
things.



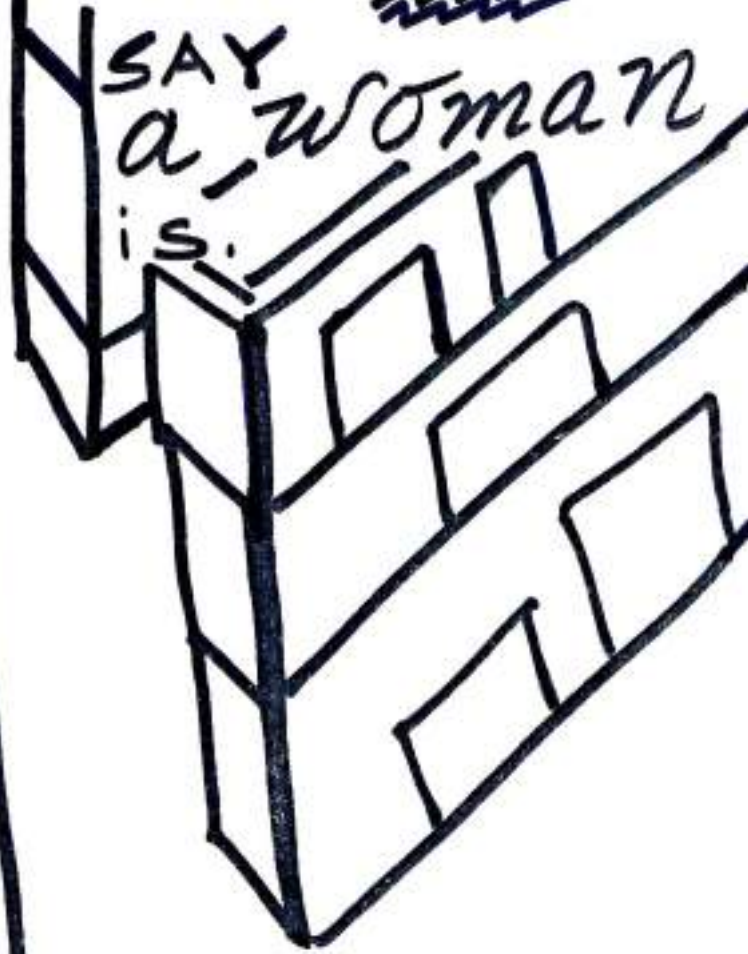


AISLE #3:  
CHOICE



YOU DON'T  
HAVE TO BUY  
WHAT THEY

~~ARE~~  
SAY  
a woman  
is.



What do YOU think  
a woman  
is...?



*a woman*

*a woman* IS A HEROINE!  
I AM A HEROINE!

*a woman* IS BRAVE!  
I AM BRAVE!



*Inspiring!*

*DIGNIFIED!*

*DYNAMIC!*

*SECURE!*

*Healthy!*

*ASSERTIVE!*



*a woman* IS POWERFUL!  
I AM POWERFUL!

*a woman* DESERVES HAPPINESS!  
I DESERVE HAPPINESS!

NO MATTER  
WHAT THEY  
SAY.....



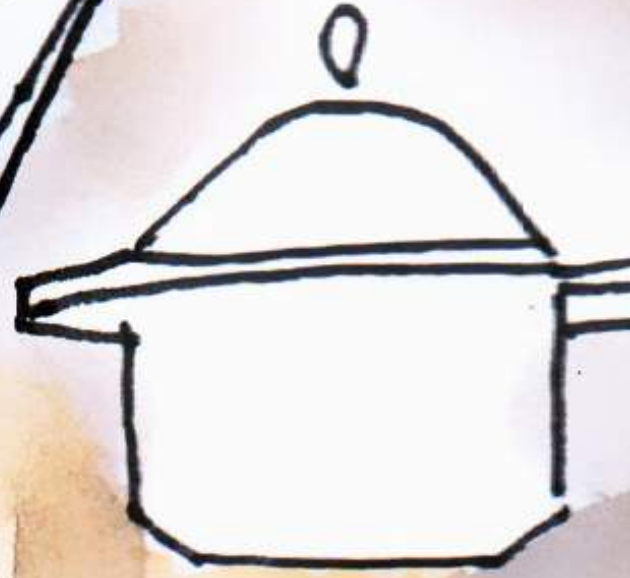
YOU DECIDE WHAT  
a woman  
is!



## NINA MASKEY

Nina Maskay has a Master of Education from Australia and was previously a school teacher for 15 years. Currently she teaches pranayama. It took time for Nina to accept her cartoon style of drawing. Every few years arose the hope that her simple drawing style would take on a more realistic form. Eventually she realised that her cartoon style was not a passing phase but in fact the form of self-expression she was most comfortable with. Now, cartooning has led Nina to the discovery of a new world that is creative, joyful and always a great learning experience. She has also come to appreciate that cartoons can express more serious concerns and help raise awareness in society.

Email: [ninaharmony8@gmail.com](mailto:ninaharmony8@gmail.com)

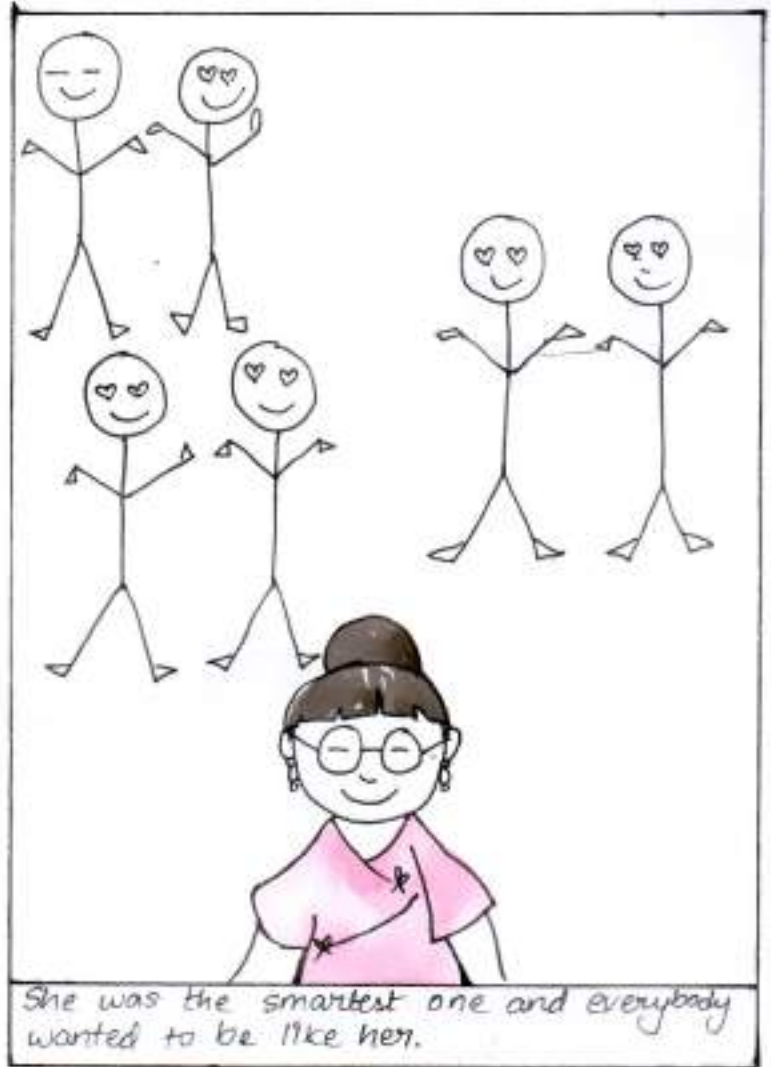
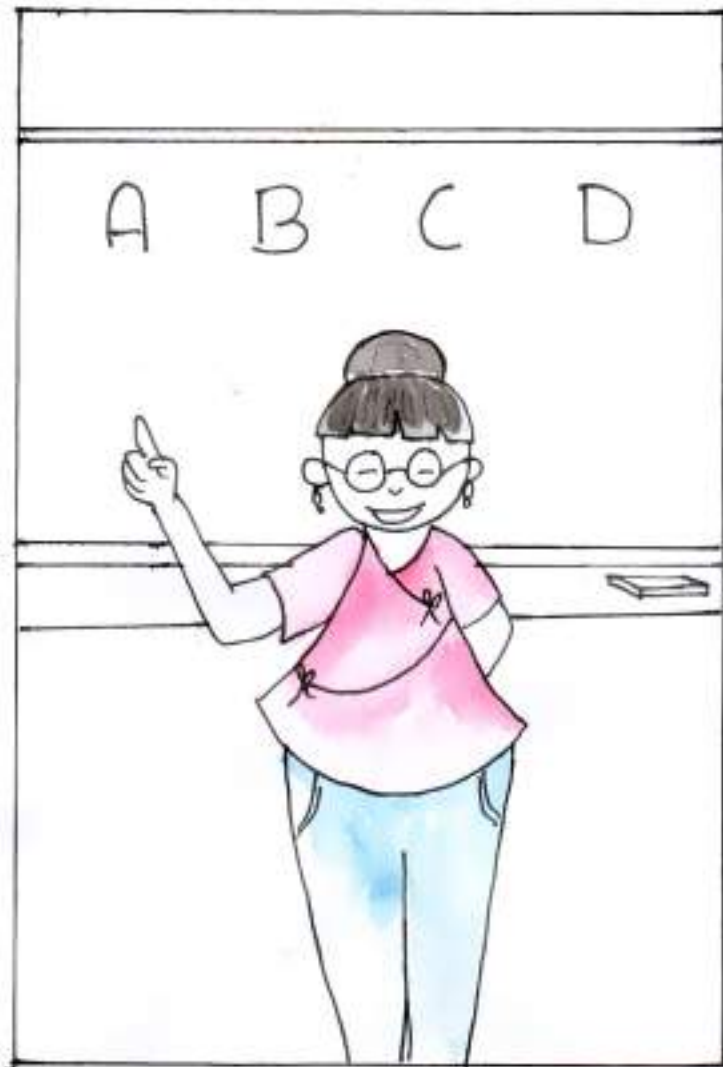


# PLUCKY HEROINES

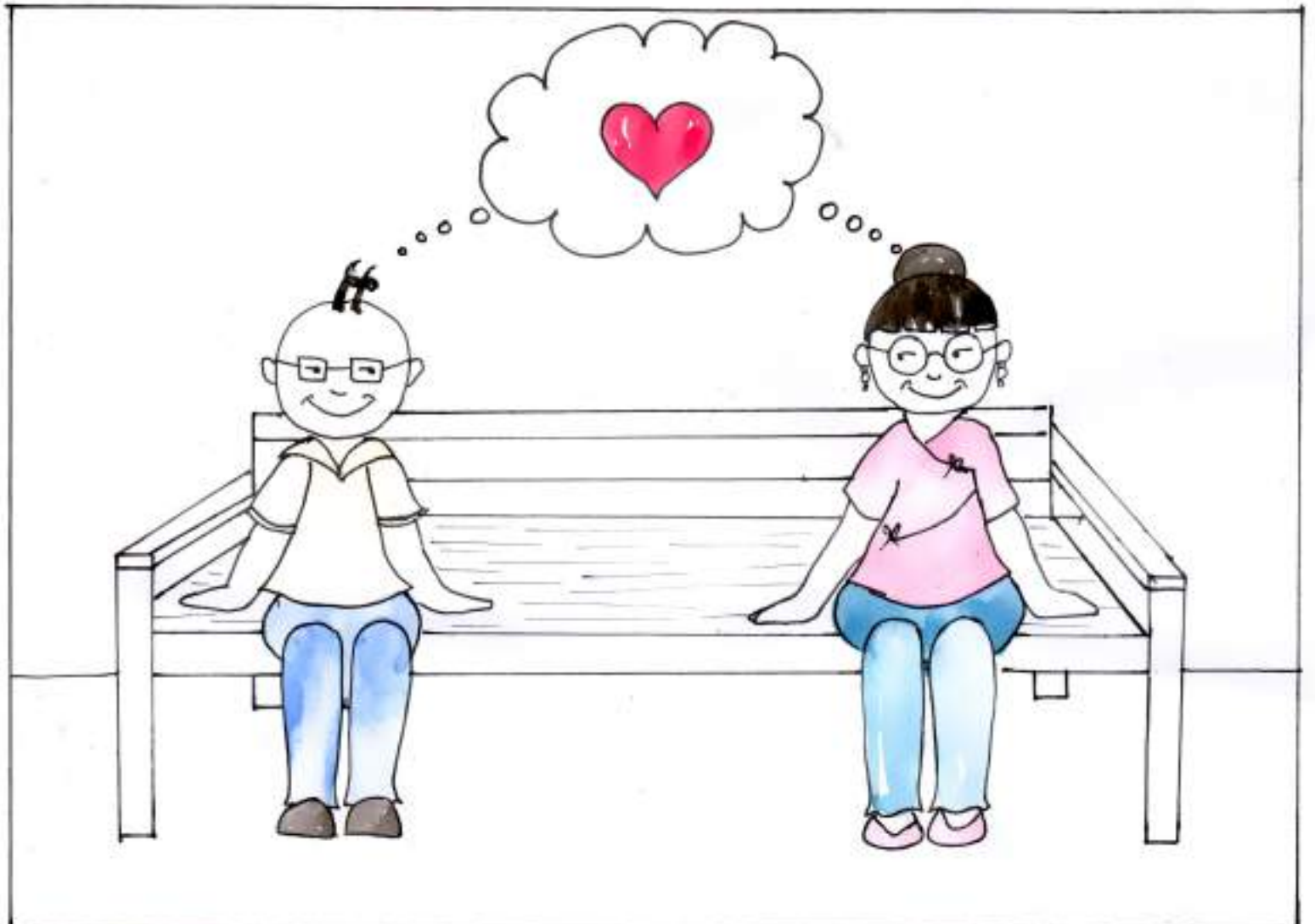
Sony Rai







She was the smartest one and everybody wanted to be like her.







शुभ विवाह

WEDDING



MARRIED





AND COMES THE  
STORM  
IN THEIR LIFE

© EPILEPSY



क रव



RETIREED



SINGLE  
MOTHER

EPILEPSY  
PATIENT



WE HAVE EACH OTHER!!



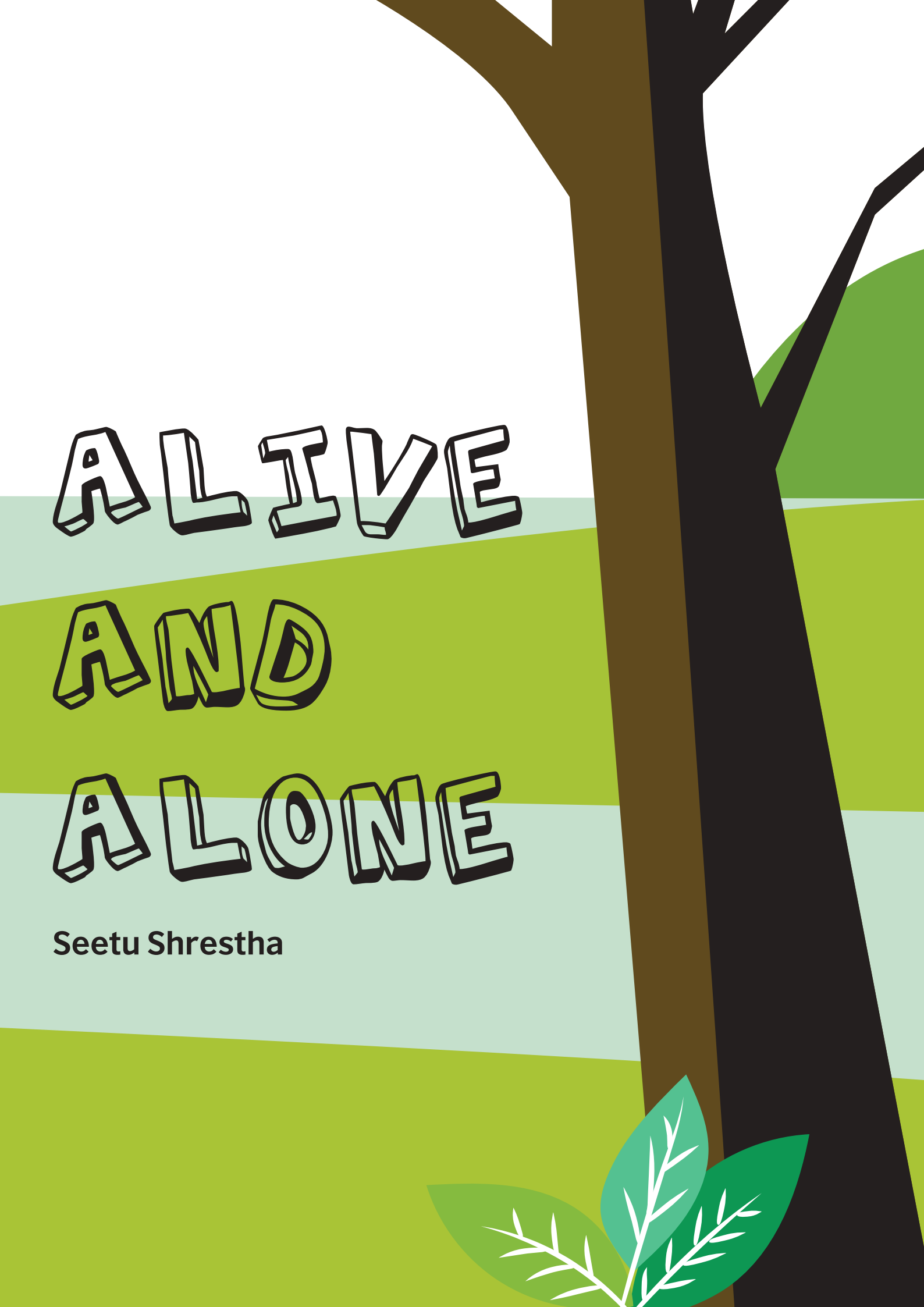
After Every Storm  
comes a rainbow.



## SONY RAI

When Sony Rai was introduced to printmaking, she fell in love with how final outputs through the media are uncertain, just as our lives. She finds joy in exploring varied media of art; to express and to tell stories. She believes that art makes our histories immortal.

Instagram: [bantawa\\_sony](#)  
EMAIL: [cbonkhalis@gmail.com](mailto:cbonkhalis@gmail.com)

The background features a stylized illustration of a tree with a dark brown trunk and a black branch extending towards the top right. The landscape is composed of horizontal bands of light green and lime green, suggesting rolling hills or a field. In the bottom right corner, there are three green leaves with white veins.

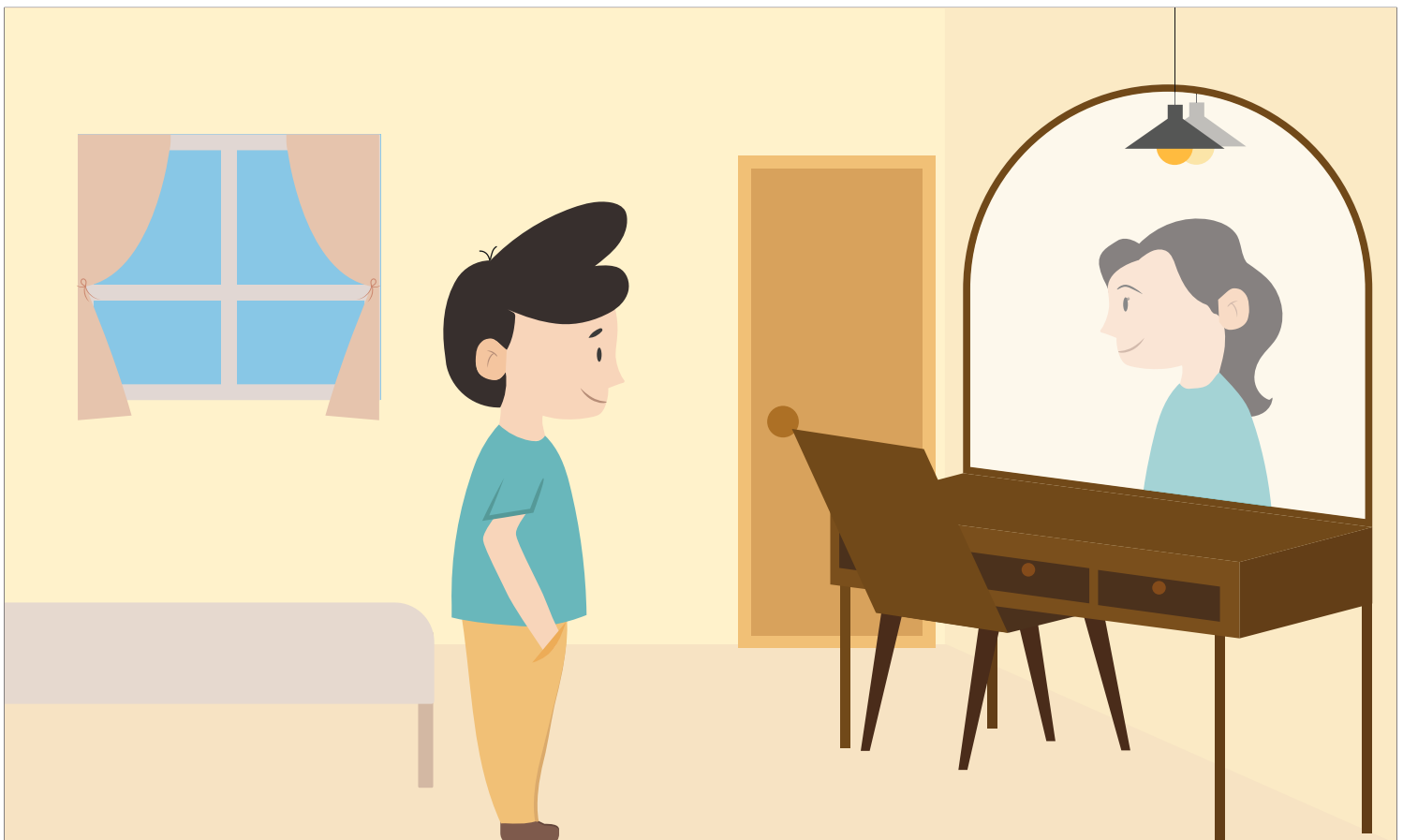
**ALIVE**

**AND**

**ALONE**

Seetu Shrestha

THIS IS ME AND MY PAPA EVERYDAY!



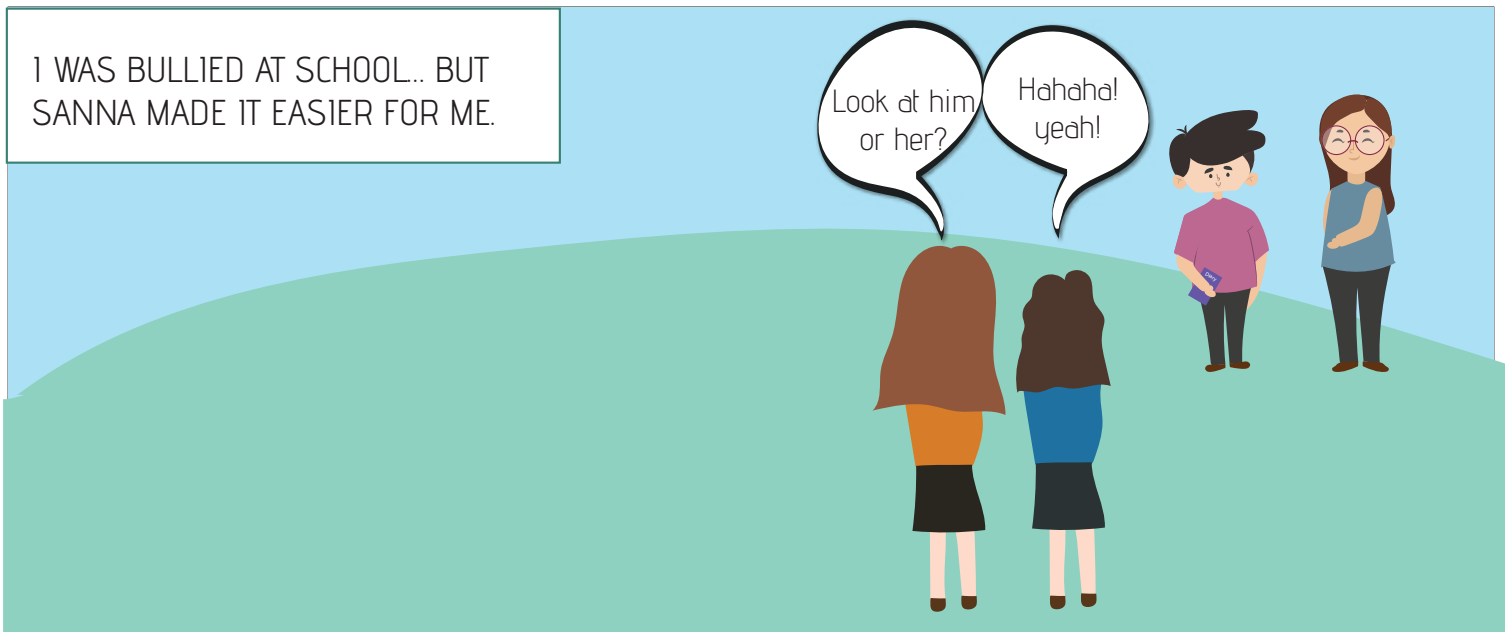
I REMEMBER MY CHILDHOOD, I ALWAYS LOVED PLAYING WITH BARBIES AND PLAYSETS WITH MY ONLY FRIEND "SANNA".



AS I GREW UP I DRESSED MYSELF IN SANNA'S DRESSES AND USED TO PUT ON HER MAKE UP



I WAS BULLIED AT SCHOOL... BUT SANNA MADE IT EASIER FOR ME.

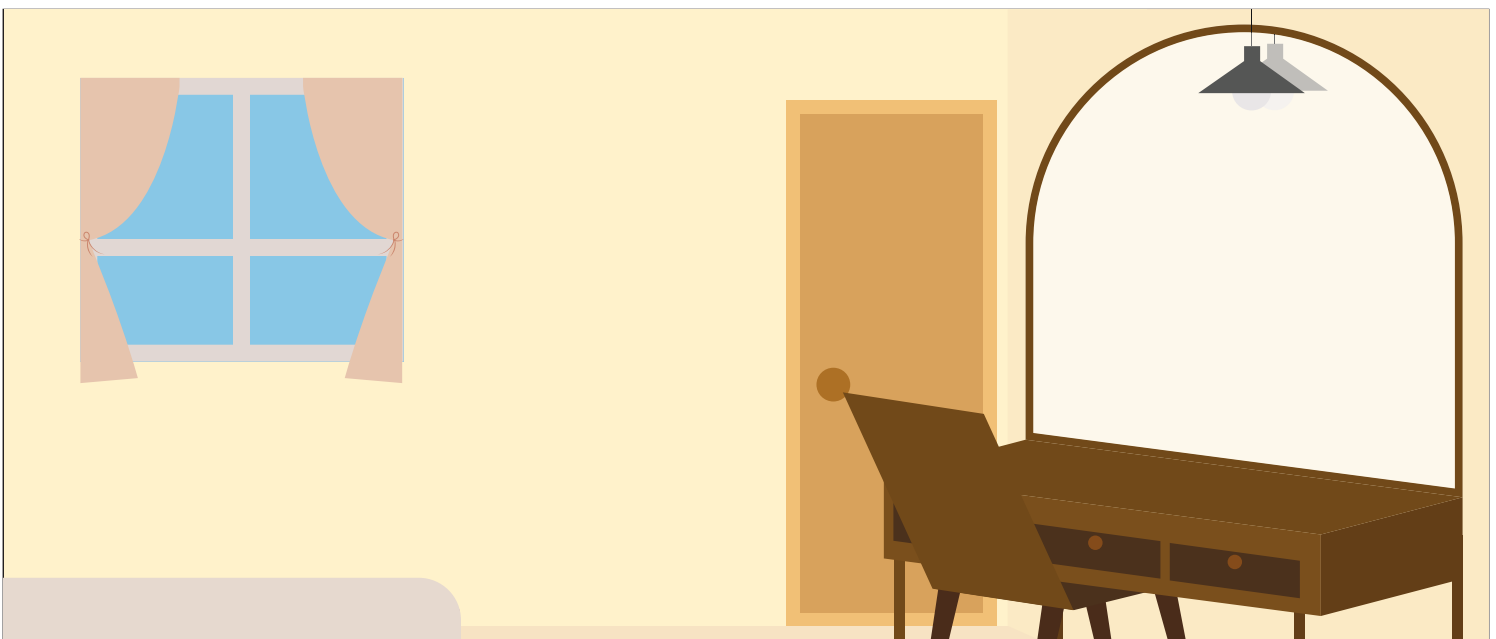
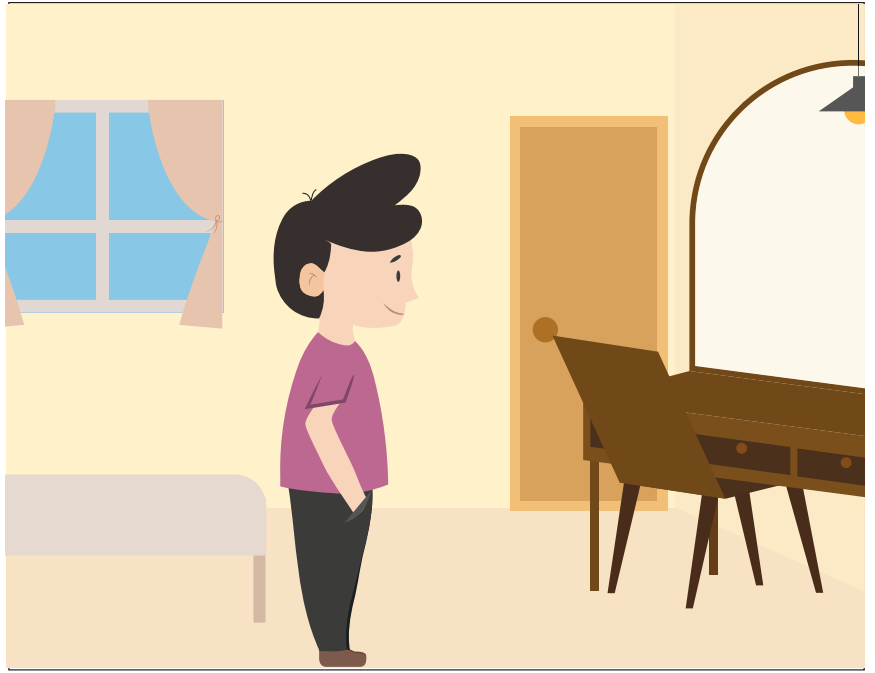
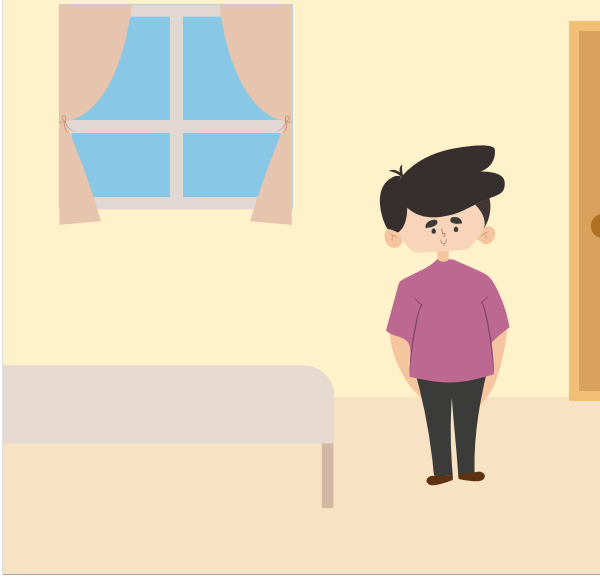


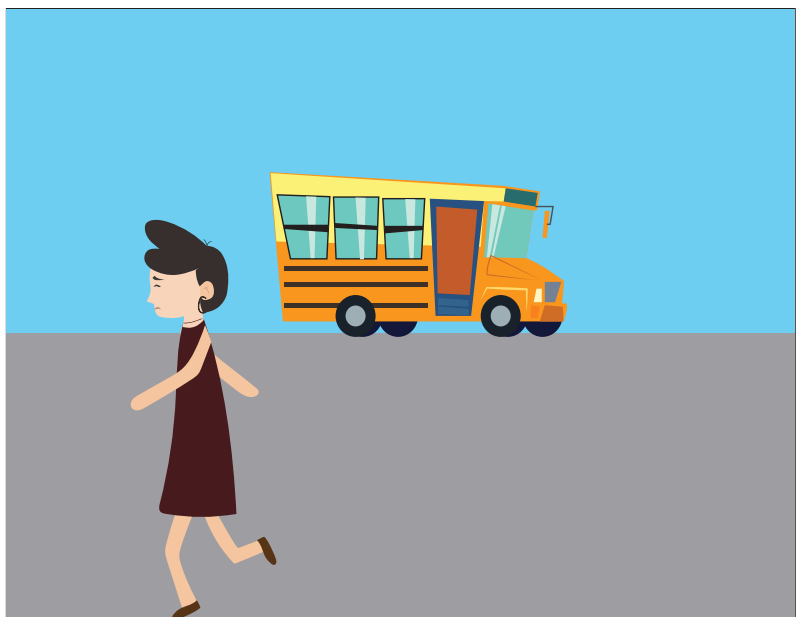
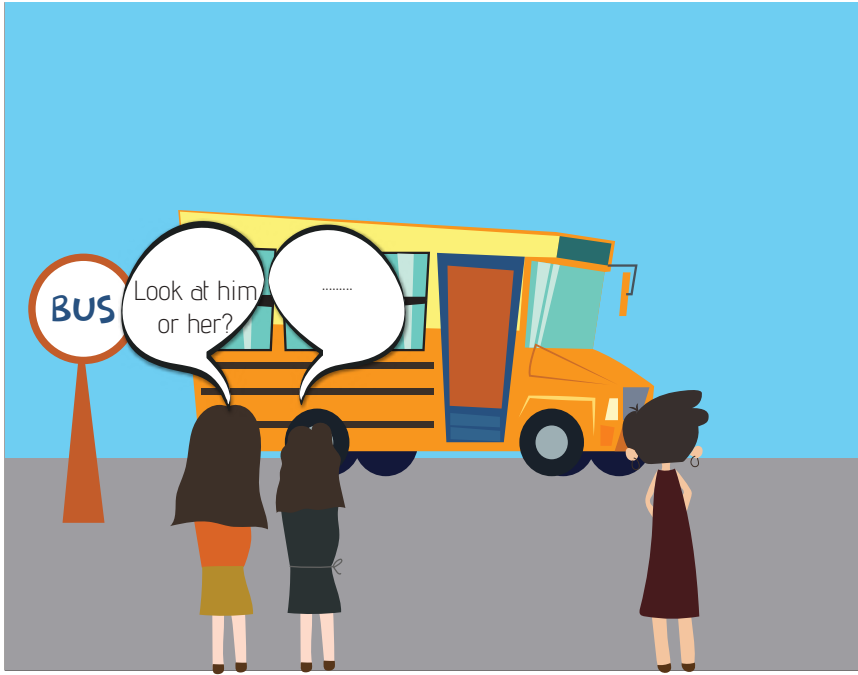
KEEPING A DIARY ALSO MADE MY LIFE BEARABLE

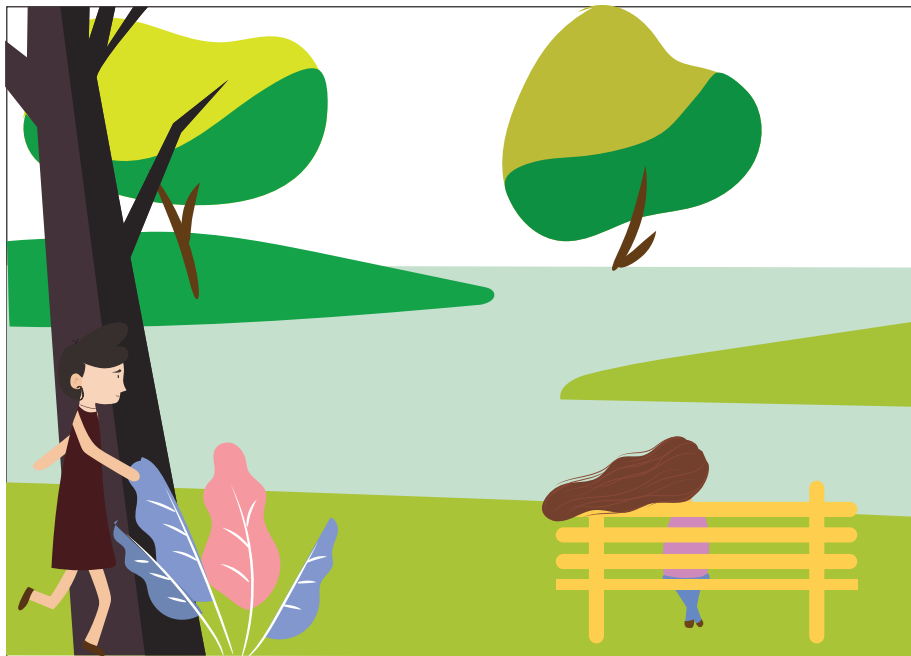
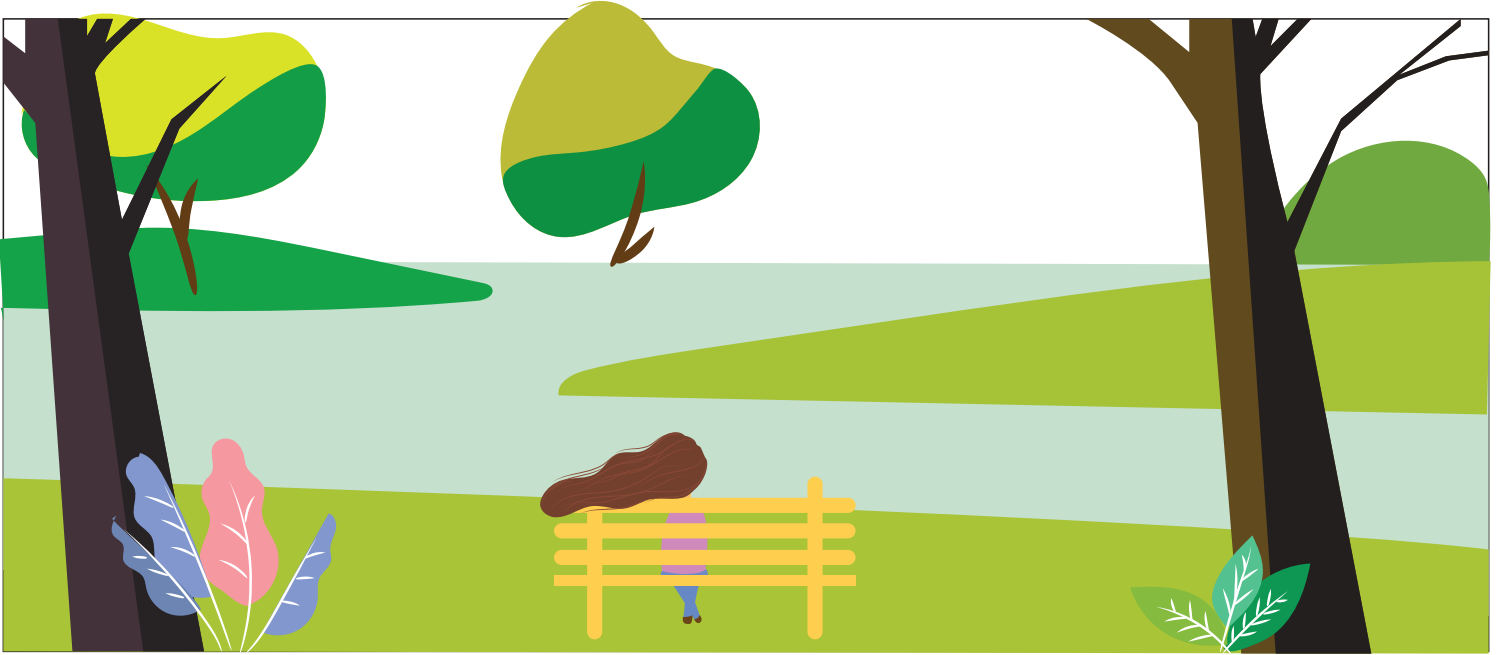




5- YEARS LATER I DECIDED..







# SEETU SHRESTHA

Seetu Shrestha is a designer by passion and a programme coordinator by profession. Currently, she works for Sattya Media Arts Collective and regularly takes up freelance design commissions. While her academic background is in Computer Engineering, her interests lie in creating doodles, sketches and DIY crafts.

Instagram: @seetudesigns

Email: seetu@gmail.com

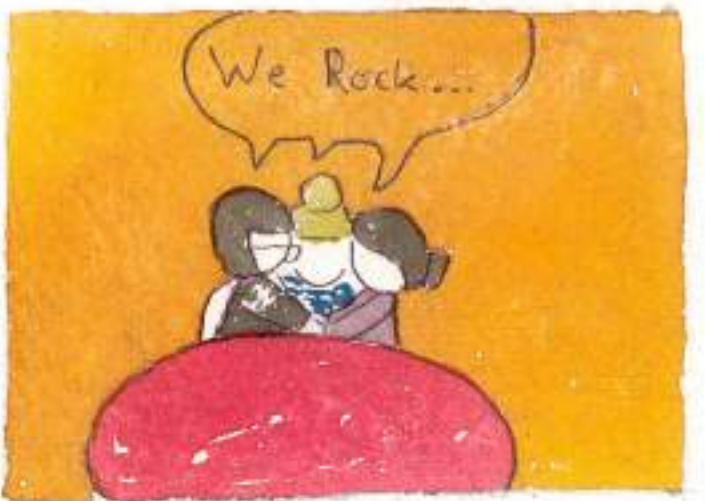
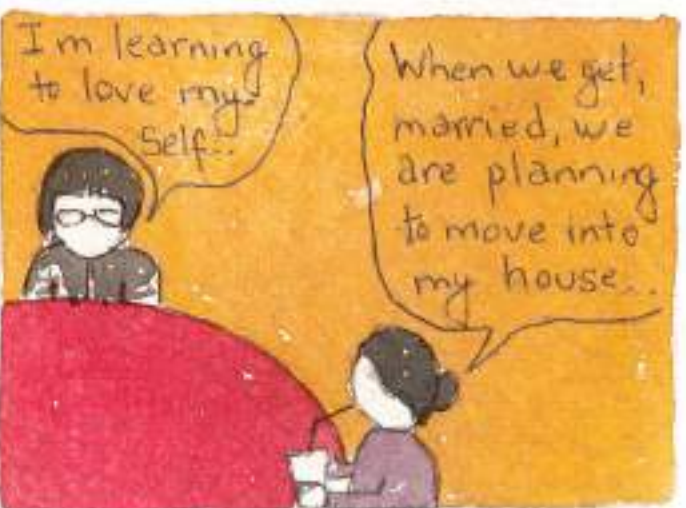


# THAT'S IT!

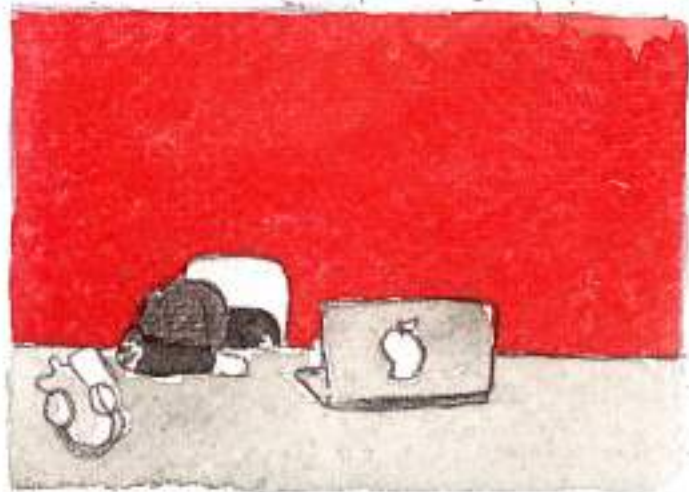
Manju Sunwar







BYE  
BYE



TONIGHT

HEADLINES

WORLD NEWS

BISHOP TD JAKES INTERVIEWING DR  
CINDY ABOUT WHAT IS IT TO BE A  
WOMAN.

Women are graduating from Collage at the rate beyond man today. They are primary breadwinners, going to work going to office, are mothers. They are on all those roles, how has your faith shaped your life, as women in leadership. What would you say to stress that man have yet they are woman?..

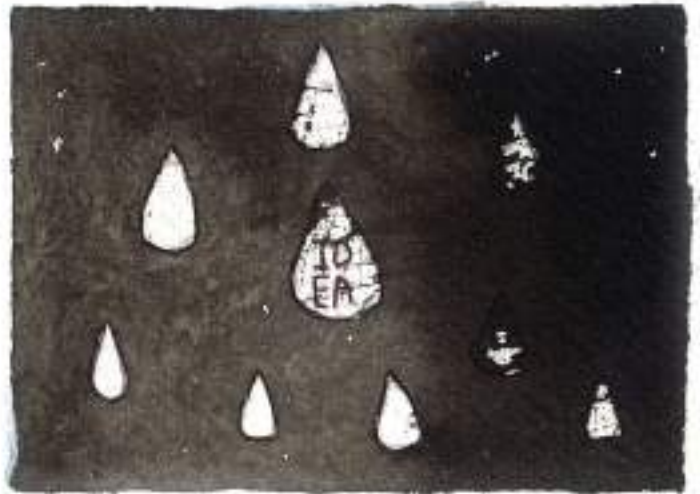
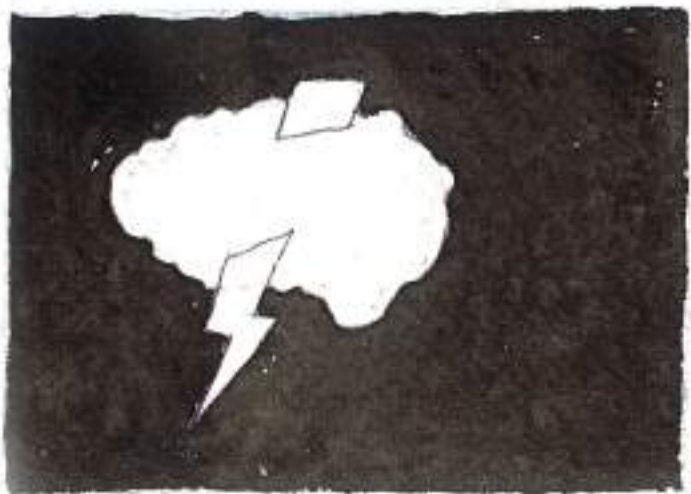
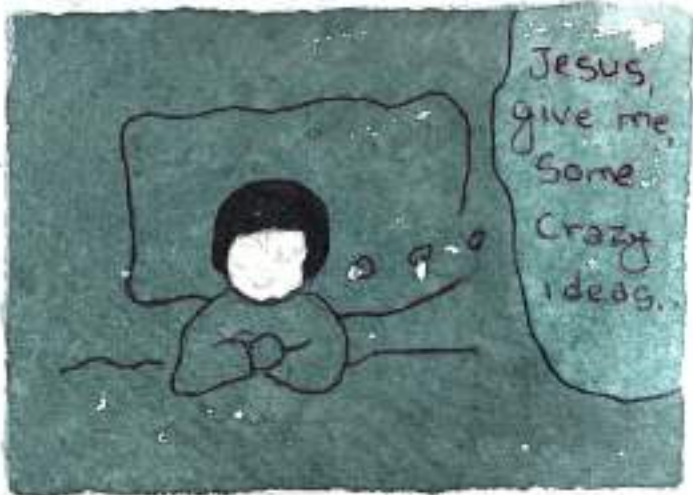
- TD Jakes

Women always been shaping the world. Women was created to be a problem solver. I don't have problem considered 2nd, because the 2nd edition is always better than 1st. It's not about roles but identity, who God said, that you are.



- Dr. Cindy









Women weren't created to do everything man can do, Women were created to do everything a man can't do.





## MANJU SUNWAR

Manju Sunuwar holds a BFA degree from Kathmandu University, School of Art and Design. She prefers using physical two-dimensional media as opposed to digital tools to create art, which she finds great joy in.

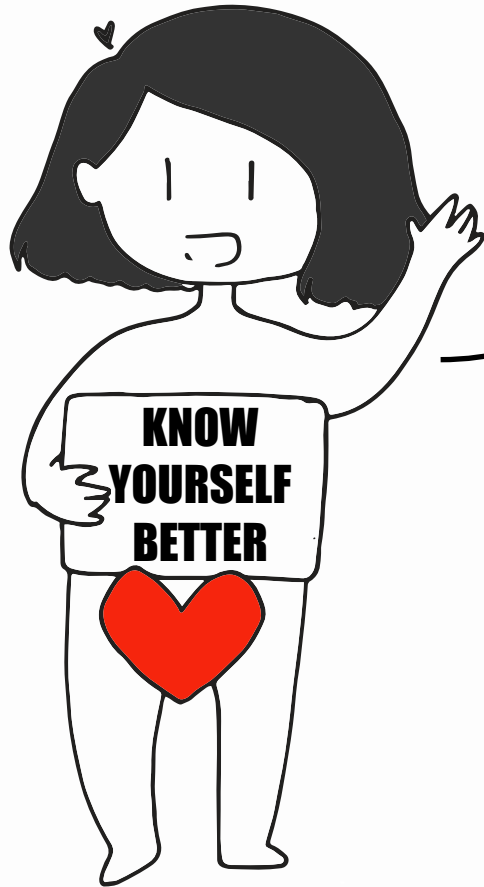
Instagram: @faith.art.love

Email: manjusunuwar92@gmail.com

# KNOW YOURSELF BETTER

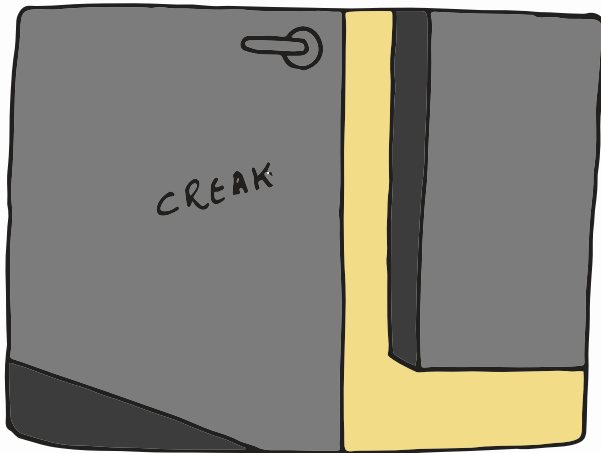
Anmari Tamang





HELLO! MY NAME IS MARI  
AND TODAY WE ARE GOING  
TO HAVE A LITTLE STORY TIME!

LET'S BEGIN ON ONE FINE  
DA- I MEAN NIGHT...  
OCTOBER 7, 2018 MIDNIGHT



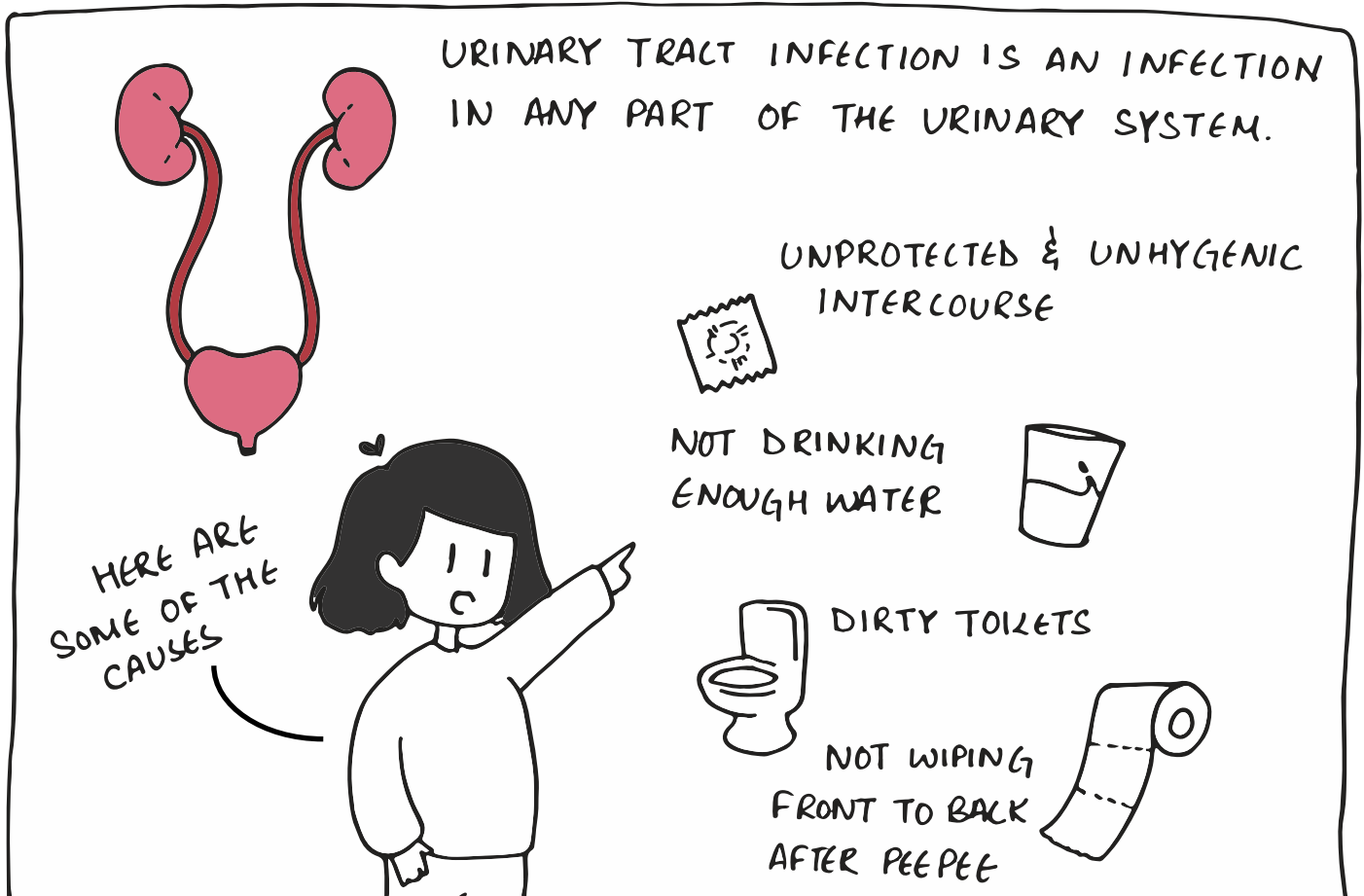
MUM I DON'T FEEL SO GOOD...  
WHAT'S WRONG? IT'S MIDNIGHT.  
MY LOWER ABDOMEN... IT HURTS. I HAVE  
BEEN PEEING EVERY 15 SECONDS AND  
EVERYTIME I PEE I FEEL AN EXCRUCIATING  
PAIN. HELP ME MUM...

THE PAIN WAS SO STRONG  
IT FELT LIKE MY WOMB  
WAS BEING PULLED  
INSIDE OUT!

I WAS RUSHED TO  
AN ER.



WHAT EVEN WAS UTI?



THIS EXPLAINS EVERYTHING.  
MY IRREGULAR CYCLES,  
GETTING PERIODS TWICE A  
MONTH, HEAVY BLEEDING  
EXCRUCIATING CRAMPS.  
I THOUGHT I WAS NORMAL  
I WASN'T!!



WHY IS THIS  
HAPPENING TO ME?  
WHY?? WHAT THE  
FUCK DID I DO?  
WHY???  
WHY?? WHY??  
WHY? WHY?



WHY ME!?!  
WHY ME!?!  
WHY ME!?!  
WHY ME!?!



WHILE ALL THIS WAS GOING ON IN MY  
HEAD... IT DIDN'T SHOW IN MY FACE.

MAYBE I WASN'T  
COMFORTABLE IN THE  
SILENT HOSPITAL WHICH  
DIDN'T FEEL SAFE.



I WAS HAPPY IT WAS INKTOBER.  
DAD BROUGHT ME MY SKETCH  
BOOK AND PENCILS FOR ME TO  
KILL MY BOREDOM...  
AND I DID...

I KEPT DRAWING TILL  
MY IV INSTALLED HAND  
SWELLED UP...

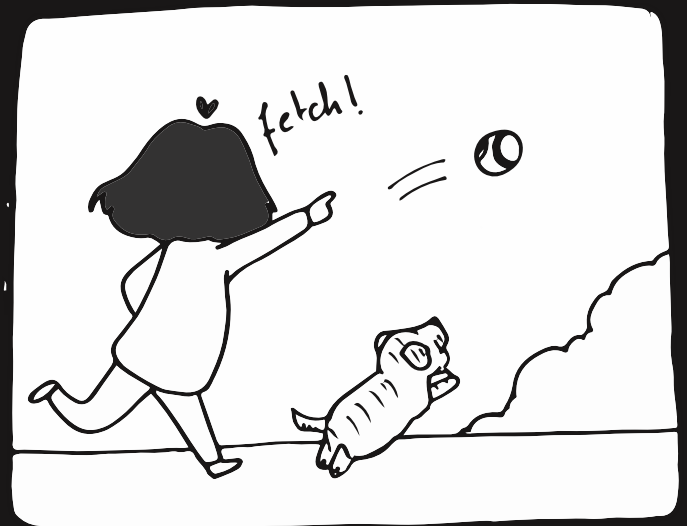


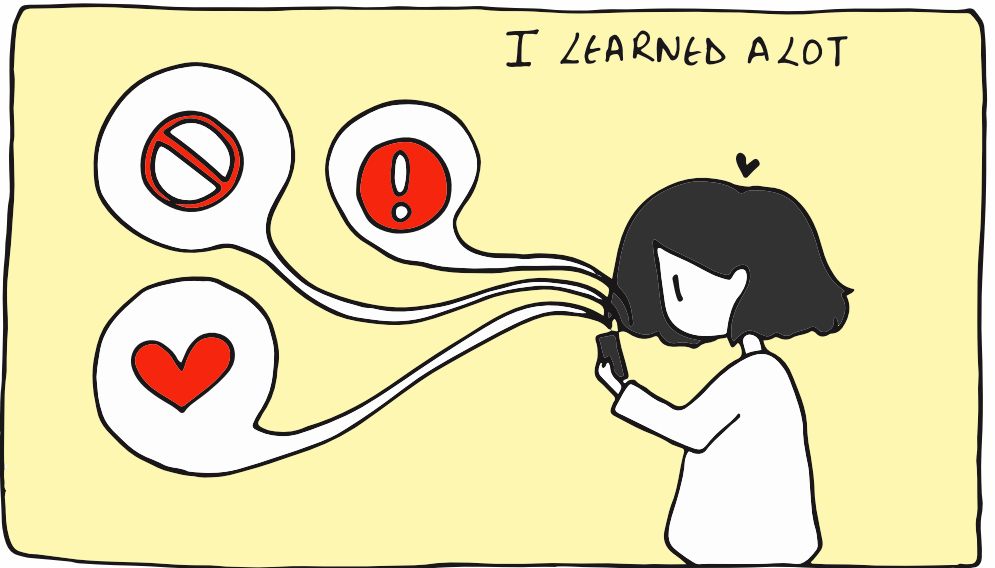
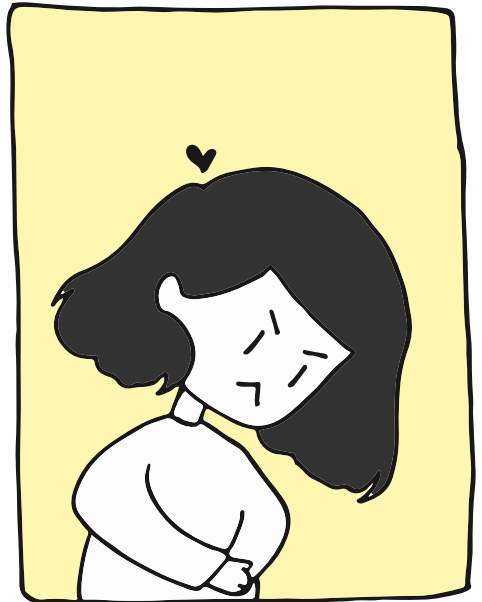
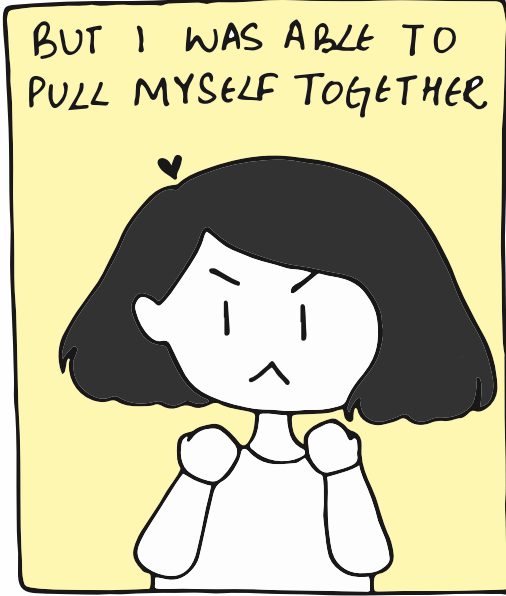


AFTER I WAS DISCHARGED. I PUT UP A HAPPY FRONT  
IN PUBLIC BUT BEHIND CLOSED DOORS CRIED ALL NIGHT.



I JUST DIDN'T KNOW WHAT I WAS SUPPOSED TO DO...

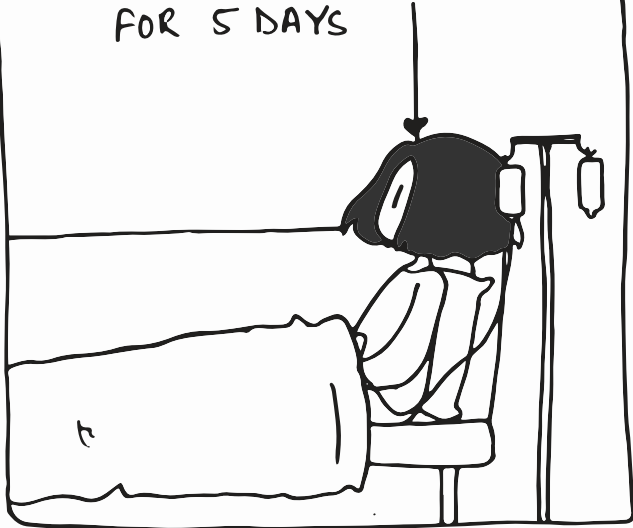




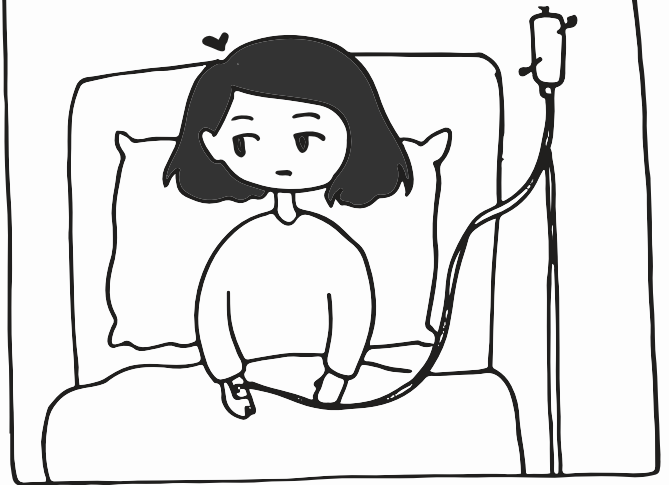
NOW, I'M SLOWLY  
BUILDING MYSELF UP  
MENTALLY & PHYSICALLY

ONE SPEED BUMP  
SHOULDN'T STOP  
YOU!!

I STAYED IN HOSPITAL  
FOR 5 DAYS



IT WASN'T THAT BAD.  
JUST BORING...



BUT THINGS CHANGED  
ON THE DAY OF MY  
USG RESULT.

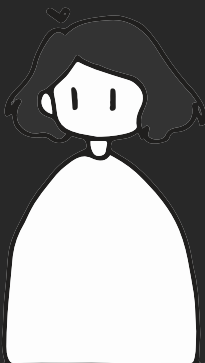


THEN I WAS TOLD...

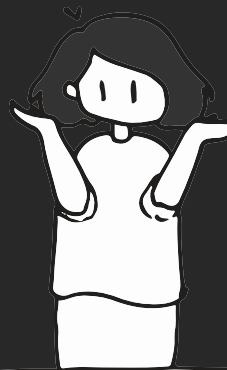
WE FOUND A TUMOR  
IN YOUR UTERUS.

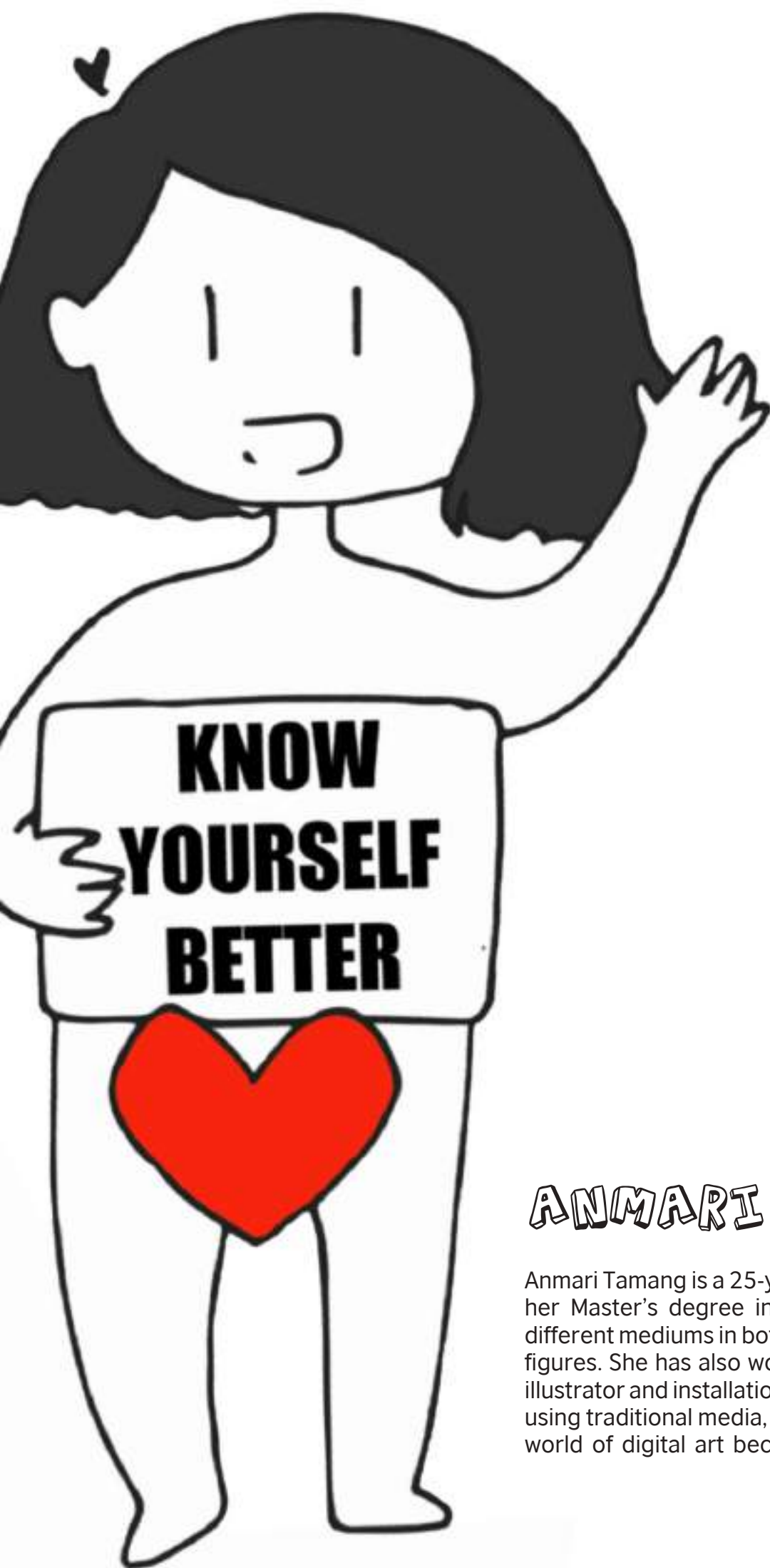


I AM A GIRL IN MY EARLY  
20s. HEARING THAT  
SENTENCE AND KNOWING  
WHAT IT MEANS BROKE ME...



A TUMOR? WHY ME?  
WHAT DID I DO WRONG??  
OH I KNOW... IT'S GENETIC.  
BOTH MY MOTHER AND GRANNY  
HAD TUMORS AND HAD TO...  
REMOVE ... THEIR... WOMBS...





## ANMARI TAMANG

Anmari Tamang is a 25-year-old art student pursuing her Master's degree in Sculpture. She works with different mediums in both round and relief forms and figures. She has also worked as a graphic designer, illustrator and installation artist. She loves illustrating using traditional media, but plans to venture into the world of digital art because of her love for anime, manga and comics.

Instagram: mlle\_mari

# CREATING HEROINES

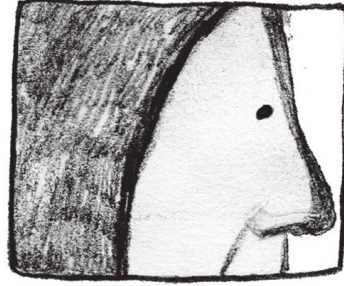
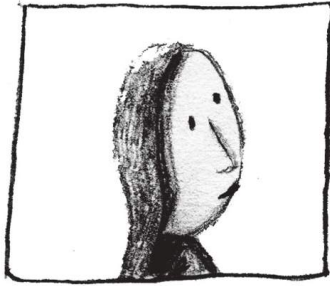
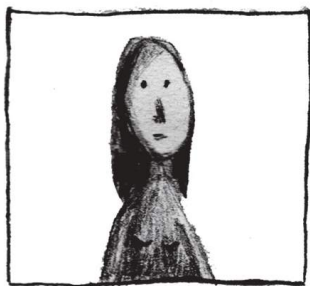


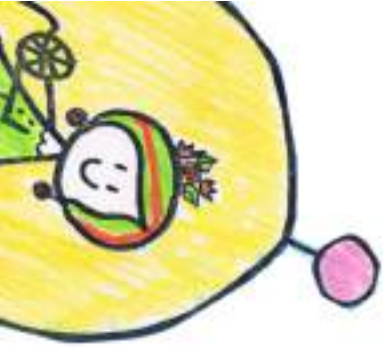
Illustration: Dr Nicola Streeten

[britishcouncil.org.np/creating-heroines](http://britishcouncil.org.np/creating-heroines)

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In December 2018, the British Council organised a three-day comics making workshop in the lake city of Pokhara. The workshop was facilitated by award winning graphic novelist Dr Nicola Streeten. Post the workshop, eight participants worked on original stories to come up with comics shorts of their own. This book is a compilation of these stories.

### **About Creating Heroines**

Creating Heroines is a collaborative international project initiated by the British Council. Bringing together female artists, graphic novelists, writers, illustrators and animators, the project explores the themes of overlooked heroines from the past and imagines heroines for the future. It explores the stories behind the sidelined heroines of history and mythology, and uses them to inspire new creations including zines and cartoons. Creating Heroines aims to spark debate, challenge stereotypes & share women's stories.

Cover design and layout:  
Mrigaja Bajracharya

