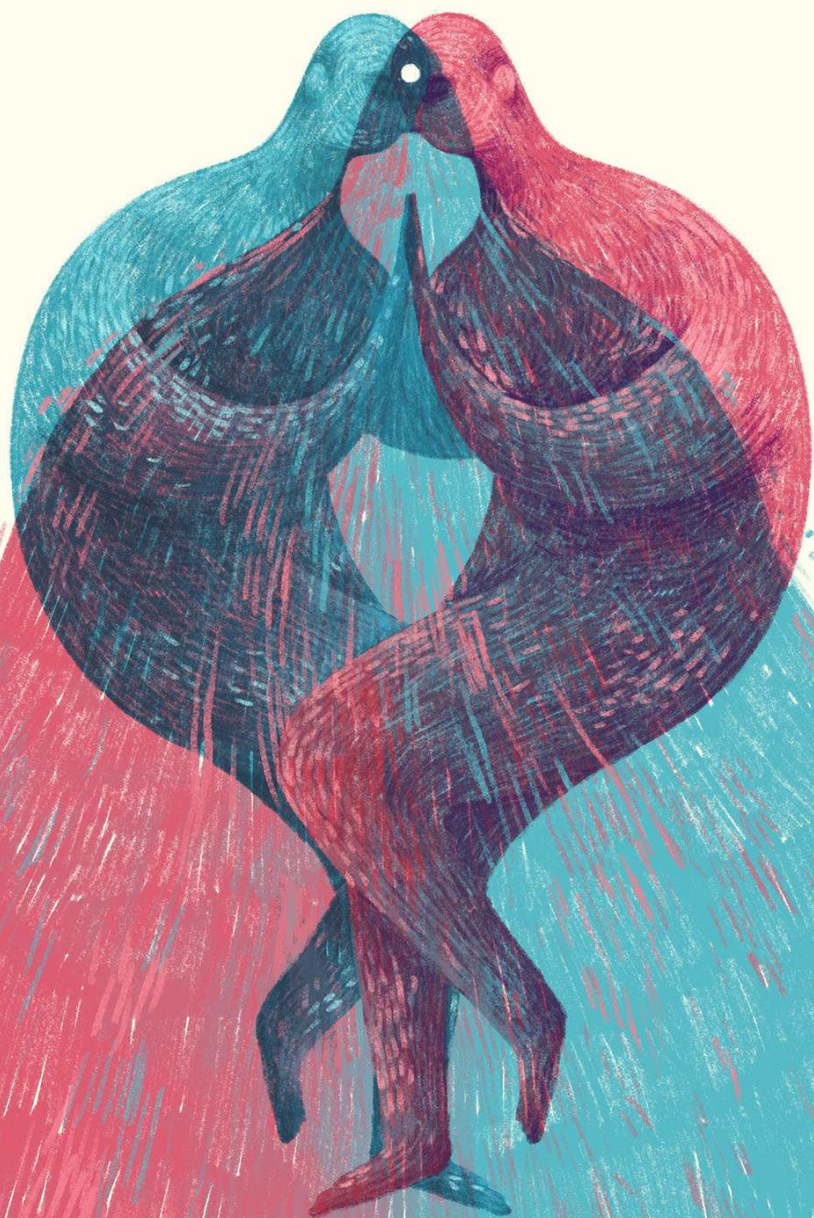


IN OUR OWN WORDS:

# QUEER



CONCEPT - ORGANISATION - PROCESS





# QUEER

IN OUR OWN WORDS:

‘QUEER: In Our Own Words’ was a three-month transdisciplinary mentorship project that brought together twelve Nepali queer storytellers --six writers and six artists allocated through an open call. The main objective of this project was to create a safe space for the Nepali queer community of artists and writers to learn and explore their writing and visual storytelling skills. By giving access to multiple resources of art, writing, and networking, each element of the mentorship was designed to support the participants to be empowered and in control of their narrative and tell stories that respond not only to their personal experiences but also to the whole community.

For three months, the participants attended several physical and online workshops facilitated by queer artists and writers from Nepal and the UK during the project. The sessions supported the participants in different aspects; the artists and writers explored several perspectives, practices and techniques to dive deeper into their crafts. Similarly, through sharing sessions, the participants also got exposed to queer activists who have been relentlessly fighting against queerphobia in Nepal. This engagement highlighted how they could use their art and writings to support the queer movement.

Besides receiving continuous guidance and feedback on their journey from our team and the facilitators, three mentors of queer community from diverse social backgrounds also guided the participants throughout the project. Their constant feedback and suggestions played a considerable role in supporting our participants in the creative process. Lastly, in December 2021, the participants participated in a physical exhibition that more than 1000 people attended. They showcased the progress of their creations to explore the context of public displays and prepare them for the Women of the World Festival in March.

# ABOUT THE PROJECT







Most of our mentorship project participants were young queer people. Neither had they produced substantial artworks and writings earlier nor had enough experience working and interacting in a queer space before. A few of them also carried a lot of emotional trauma; for years, they were bullied by friends and family for their queerness.

Since the main objective of our project was to allow to explore queerness and express it through art and words in a collaborative setup with fellow participants, we wanted to make sure that they received a safe and welcoming space. Therefore, it was essential for us to give them an environment where they could be vulnerable and express themselves freely without any inhibitions.

Thus, before delving into technical skill-building workshops, the team members of Kaalo.101 made a conscious decision to start the project with four workshops that focused on team-building and improving connection and collaborative skills among the twelve participants. The primary intention of giving these workshops in the project's initial phase was to build relationships within the group and support the participants gain enough self-confidence, which we thought would later help them craft their works with sincerity and authenticity.

# THE PROCESS

## INITIAL WORKSHOPS:

The first four workshops were held during the first two weeks of October 2021.

The team recruited additionally an evaluator, who interacted with our participants throughout the project. The evaluator made sure that all of our participants felt comfortable; they constantly asked about what our participants liked about the workshops and how we could improve.

The first workshop was given by Akanchha Karki, a well-known theatre actor, director, writer, and mental health professional. Her expertise in movement therapy and rapport building exercises was fruitful for the participants; it helped them connect, form mutual respect and affinity for each other.

After this session, another workshop was conducted by Sandeep Shrestha, who's a renowned theatre professional. His workshop—where he used playback theatrical technique—allowed participants to share vulnerable stories. It helped the participants open up and be comfortable with one's own past experiences. The following week, two other workshops were facilitated by Shreeti Pradhan and Arahath Sundar Tuladhar. While Shreeti supported our participants explore interpersonal connection through therapeutic music, Arahath, on the other hand, combined his knowledge in arts and dance to help them gain confidence and develop new skills of expressing one's emotions through various forms of creativity.

Along with these workshops, the participants actively engaged in discussions with our mentors and the team; we all supported them to find ways to create their works and solve any problems they were having during the workshops.

Meanwhile, to make the participants aware of the ongoing issues of the Nepali queer movement, we also organised two different sharing sessions with queer activists Rukshana Kapali and Eshan Regmi; Manisha Dhakal and Aaditya Rai. These sharing sessions were really fruitful: Through the interactions with the activists, the participants were able to identify the problems other queer people like them are facing. Moreover, the activists gave suggestions on how to use art and writings to solidify the queer movement in the country.

## CORE WORKSHOPS:

Once we built the communal feeling within our group in November, we started our skill-building workshops. Each participant received five workshops, which were provided by Nepali and British experts from the field of writing and visual media. As the workshops were technical in nature, we divided the group according to their professions as writers and visual artists.

For our queer writers, we were able to involve excellent facilitators who helped them explore new techniques that they could use to make their writing assertive.

Stuti Sharma, a writer, sustainability expert, and founder of Matangi Library, made our writers explore different writing genres and made aware of how they can be motivated, fearless, and compassionate when they write. Meanwhile, prolific writer and editor Anagha Neelakantan taught our participants how to reinvent themselves through the power of writing.

Shreya Thapa's lessons on exploring oneself through symbolism in writings and Sam McKay's workshop on exploring ways of crafting and growing worlds, characters, and stories also played a significant role in supporting our writers create their final works.

Our visual artists received five workshops from experienced artists from multiple backgrounds like photography, illustration and animation.

While Prajwal Bhattarai – a multi-disciplinary artist who goes by Nepzie – gave an overview of the importance of lighting in art and how to use lighting as an effective tool in their own mediums of expression, both illustrators Mrigaja Bajracharya's and Ubhang Nembang's workshops on 'Expressing thoughts through illustrations' and 'Developing Storyboards' enormously helped our visual artists in shaping their creations.

UK based artist Nayuma Rai facilitated an introductory workshop on animation and looping which motivated a few visual artists to incorporate animation in their projects. The last workshop of the mentorship was conducted by Amazumi on lyric writing.



## **STORIES & EXHIBITION:**

As all of our workshops ended in November before the participants started working on their projects, we paired each artist and writer in a group. The team members made the pairing based on the energy and dynamics we witnessed in the workshops.

After the pairing, the participants started working on their projects, finding commonality in each other's expressions and what they wanted to say through their works.

To further support them in their creation process, an individual session with each pair was conducted and the participants pitched and shared their ideas. The feedback they received during the sessions were helpful as through the feedback they were able to add new dimensions and values to their works.

After this session, our participants started working on their respective projects with a more nuanced approach to their craft. However, before they finalised their works, we wanted them to show the progress to other people.

As most of them had never participated in public exhibitions and events, we felt it was vital to prepare them for the Women of the World Festival and the book publication.

To openly share one's queer identity and expressions in a heteronormative world is never easy. So before they made the works public, we wanted them to get a prior experience of how it feels to take showcase one's work for public viewing.

Hence in December 2021, when Kaalo.101 organised its first exhibition after the Covid-19 pandemic, the participants showed the progress of their works in the physical exhibition. Our motive for participating in the exhibition was to be comfortable in this situation and see how an audience would appreciate their bravery and talents.

The exhibition that witnessed the participation of more than 1000 people was instrumental in boosting their confidence and making the final touches to their creations.



DOCUMENTATION: ADITI JOSHI

# WORKSHOPS





The three-hour workshop helped participants explore the concept of queerness and different shades of one's identity unfiltered through the medium of theatre and creative mediums.

The workshop began with the introduction, rapport building, warmups, games, and sociometry exercises. Then it shifted to exploring invisible identities and queerness through theatre mediums.

The participants also created visuals, images, sounds on the theme of self-identity and queerness using theatre and psychodrama methods and listening to each other while trying to express self in all nakedness and vulnerability.

In the end, there were final performances and reflections of the participants about the workshop.

# Theatre and Identity





**Facilitator: Akanchha Karki**

Akanchha Karki is a theatre director, actor, and facilitator. She runs a collective Katha Ghera. Her work is very much informed by conversations around mental health, gender, identity, and feminism

Instagram: @akanchhakarki



Using the playback technique where participants shared each other's stories, the workshop helped the participants empathise with each other, helping them improve their team-building skills and create a bond between the team.

The participants also did some physical and vocal exercises that helped them explore and discover the capacity of expression, empathy, and correlation.

# Improvisation





**Facilitator: Sandeep Shrestha**

Sandeep Shrestha is a theatre practitioner. He has acted in over 29 plays in the last eight years and has written and directed two plays called “Chiso Bhanjyang” and “Basudev”. He likes to work on LGBTIQ+ issues and has collaborated with the Blue Diamond Society in multiple magnitudes.

Instagram: @shrestha.sandeep



The workshop was split into three sections: introduction, reflection, and dancing. A quick introduction of the participants and facilitator preceded the workshop.

Art was used as a means of self-reflection in the first half of the session, as the participants were asked to draw and colour independently. The session's goal was to demonstrate how our actions may be conditioned and how we can rise above them. Through the workshop, the participants also learnt how our subconscious mind affects behaviour.

In the second half of the class, the participants were taught the basic salsa steps. Latin dance is one of the more significant means of socialisation. The goal of learning salsa was to gain confidence, express emotions, and, of course, have fun!

## Self-Reflection & Movement





**Facilitator: Arahat Sundar Tuladhar**

An educator and trainer, Arahat Sundar Tuladhar has been combining his skills of communication and arts, helping students at Kathmandu-based educational institutions for the past four years to find their voice through the approach of participatory education.



The workshop offered a safe emotional space for the participants to explore interpersonal connections creatively. The therapeutic musical tools that were used in the session were music, imagery, body movement, and chanting. Participants were invited to participate in grounding activities that allowed them to engage their thoughts and focus their minds further, exploring communications and connections with themselves and others.

## **Connections & Music Therapy**



**Facilitator: Shreeti Pradhan**

Shreeti Pradhan is an integrative therapist and a mental wellbeing counsellor based in Kathmandu, Nepal. She's a certified professional in Music Therapy and a Narrative Therapy practitioner in training. During her four years' study in Buddhist philosophy and practices, Shreeti learned first-hand the transformative potential of embodied contemplative practice. Whenever possible, she now tries to incorporate somatic and contemplative elements into my sessions.

Instagram: @shreeti\_pradhan





In the workshop, the participants learnt about the process of designing their own characters from the things around them. They also learnt how to use illustrations as a medium to express one's thoughts or opinions.

## Illustration & Identity





**Facilitator: Mrigaja Bajracharya**

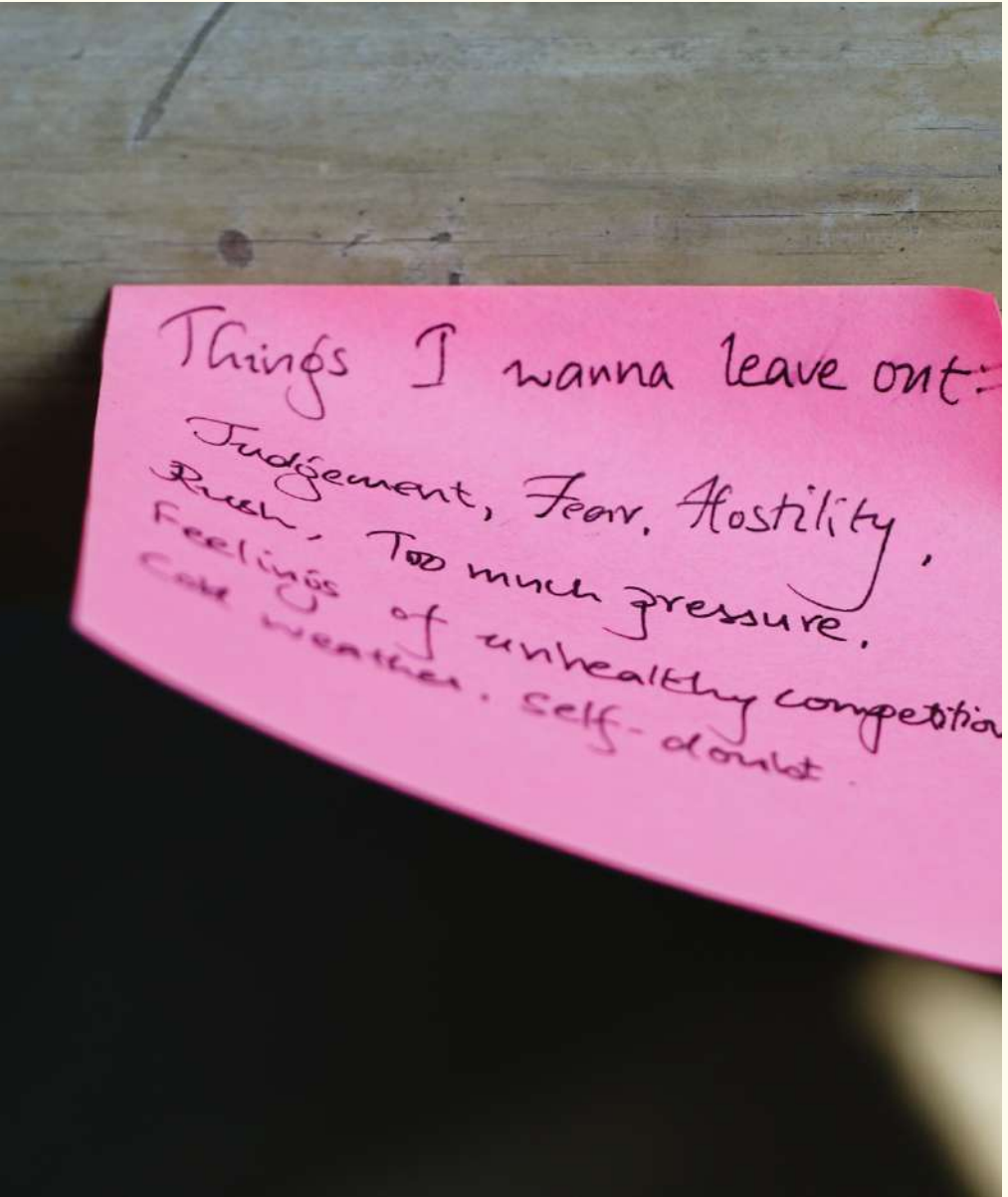
Mrigaja is an illustrator and designer from Patan. She primarily works on digital mediums and likes to create characters based on Nepali traditional elements mixed with humanoid or animal hybrids.

Instagram: @mrigajab



This three-hour writing workshop was intended to serve as a brave space for exploration and a deeper understanding of the self. By experimenting with symbolism, the aim of the workshop was to discover and create individualised means of interpreting experiences through storytelling via the written word.

## Exploration through Symbolism



Things I wanna leave out:-  
Judgement, Fear, Hostility,  
Push, Too much pressure,  
Feelings of unhealthy competition  
Cold weather. Self-doubt.

**Facilitator: Shreya Thapa**

Shreya Thapa identifies as a cross-cultural Nepali who is always thirsty for new experiences and explorations. Over the last 10+ years, she's worked in journalism/media, freelance writing/editing, and the development sector. In recent years Shreya has been focused on self-care and is now (finally!) pursuing her passions, creative self, and whatever brings her most peace. Instagram: @kaliama.ko.kalichori



In the workshop, the participants got an overview of the importance of lighting in art and how to use lighting as an effective tool in their own mediums of expression.

## Art & Light





**Facilitator: Prajwal Bhattarai**

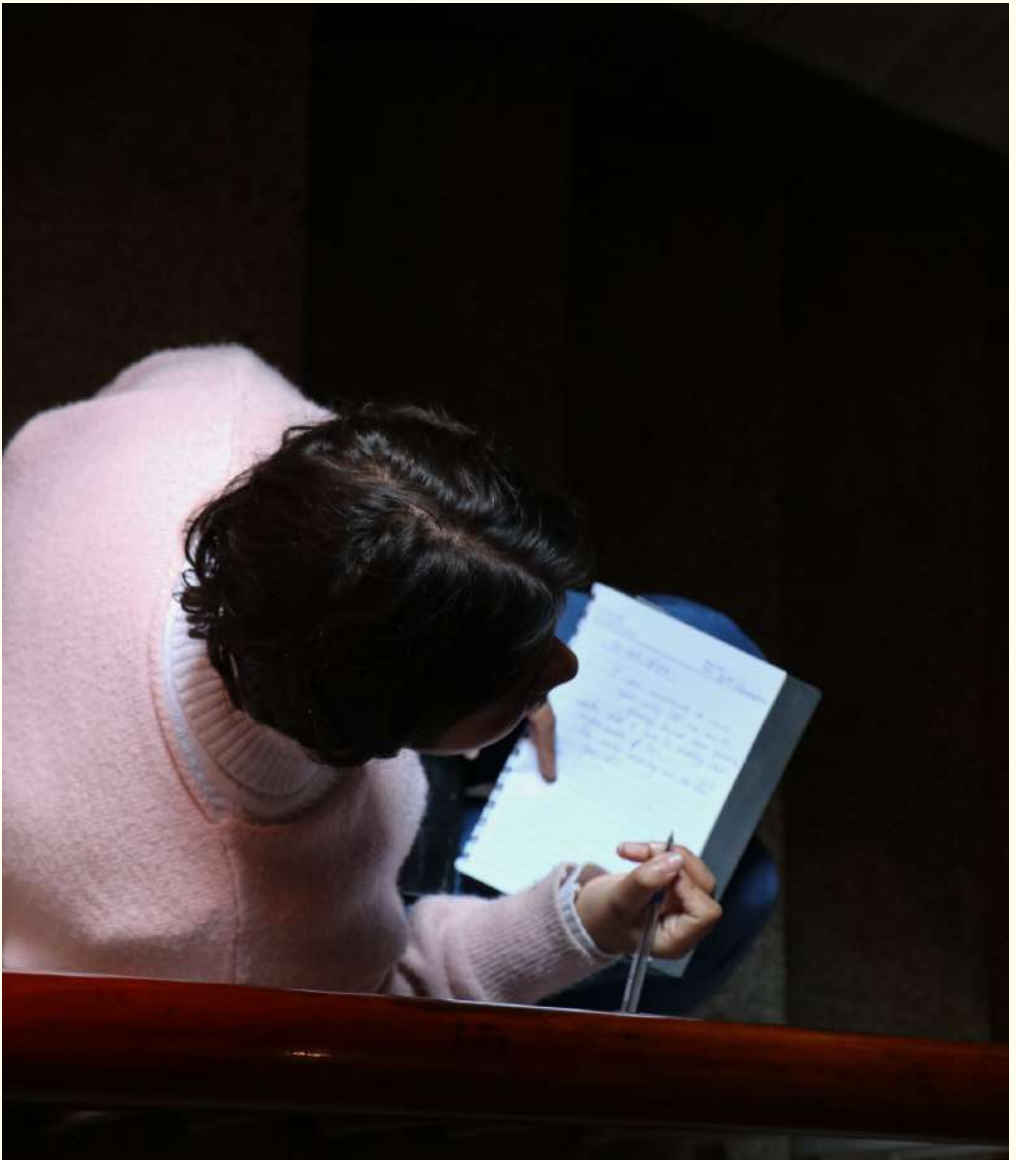
Prajwal Bhattarai is a multi-disciplinary artist from Kathmandu primarily practising photography and film. He enjoys exploring life and the streets and finds beauty in the mundane.

Instagram: @nepzie



The workshop featured a series of writing exercises to help participants understand themselves and the world around them better. The participants explored different genres of writing and shared stories with each other to explore how they can be motivated, fearless, and compassionate when they write. They also undertook a challenge and write off the beaten path but with the notion that the way will lead us back to themselves.

## Writing Off the Beaten Path



**Facilitator: Stuti Sharma**

Stuti has been writing ever since she can remember as a way to understand the world. These days, she is working in sustainability with Doko Recyclers having studied the environment. She is also building a library space here at Kaalo.101 to share her love of literature and reading with the community. She was shortlisted for Writing Nepal 2019 and her short story 'Barula' has been published in La. Lit magazine.

Instagram: @studleyjames24





Storyboarding is perhaps the most crucial step to laying down visual cues to a narrative; it is during this stage one can experiment, play and roughly sketch out concepts and ideas that will become the final work. In this session, Ubhang shared his personal journey working with picture books, taking a closer look at storyboards and how he navigates them.

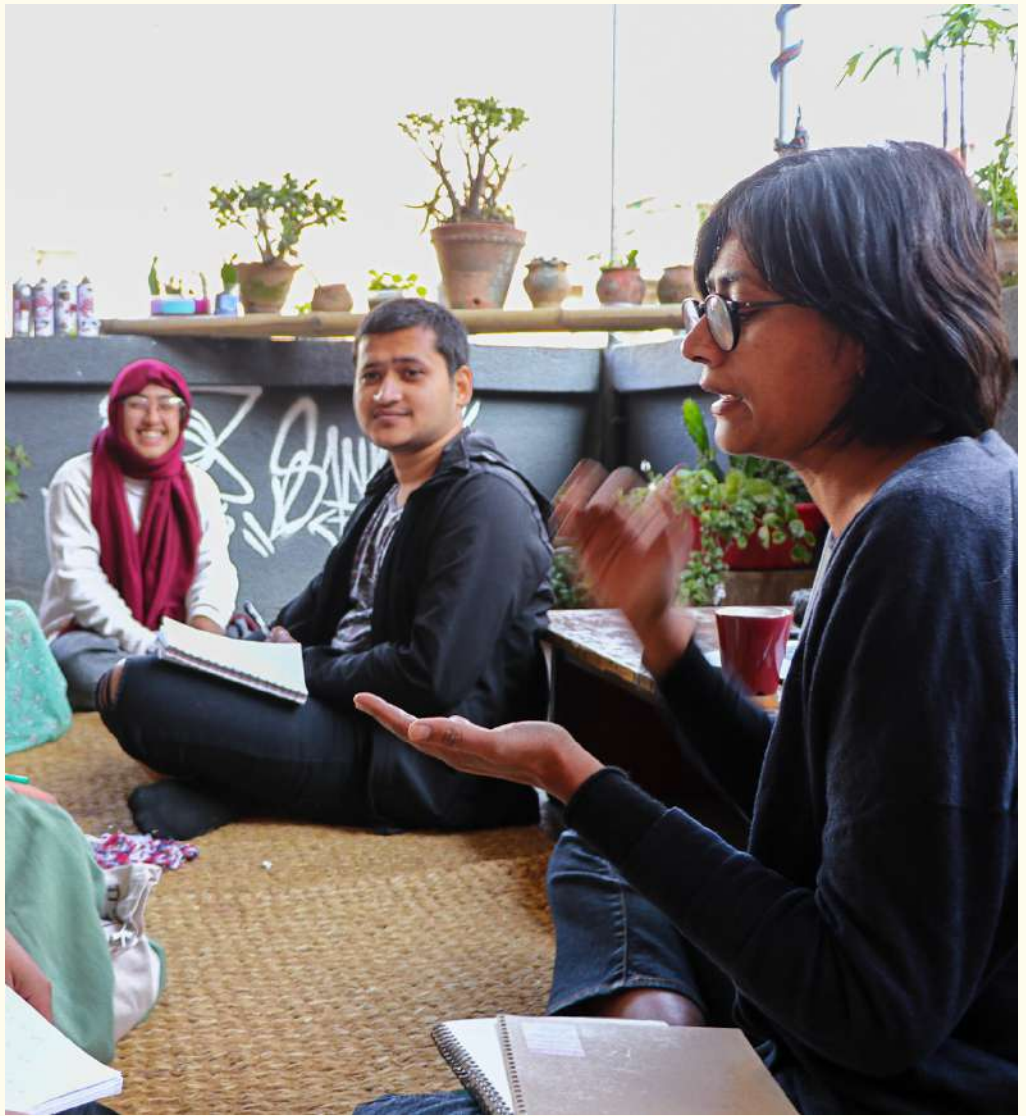
## Developing a Storyboard



**Facilitator: Ubahang Nembang**

Ubahang is an illustrator and sometimes a writer. He graduated from Falmouth University, Cornwall with an MA in Illustration Authorial Practice. He is currently living and working in Kathmandu, Nepal.

Innstagram: @ubahang



How do we renew our perspectives and creative output to keep them fresh and to keep evolving? One way is to consider expanding our reading audience. But should we write for an audience that does not seem natural to us? Can we do it on our own terms? How can we take our readers along this path? In the workshop, the participants went through a series of exercises that helped them to break down these abstract questions into practical tasks.

## **Reinventing, Refining, Expanding**





**Facilitator: Anagha Neelakantan**

Anagha Neelakantan has been a writer and editor for 20 years, among other places at Nepali Times, International Crisis Group, and The Record. Much of her work was about turning raw research, including about people's difficult experiences and turning into compelling narratives that could drive change.

Instagram: @anaghaneel

International Facilitators

# ONLINE WORKSHOPS



HE EASES THEIR PAIN

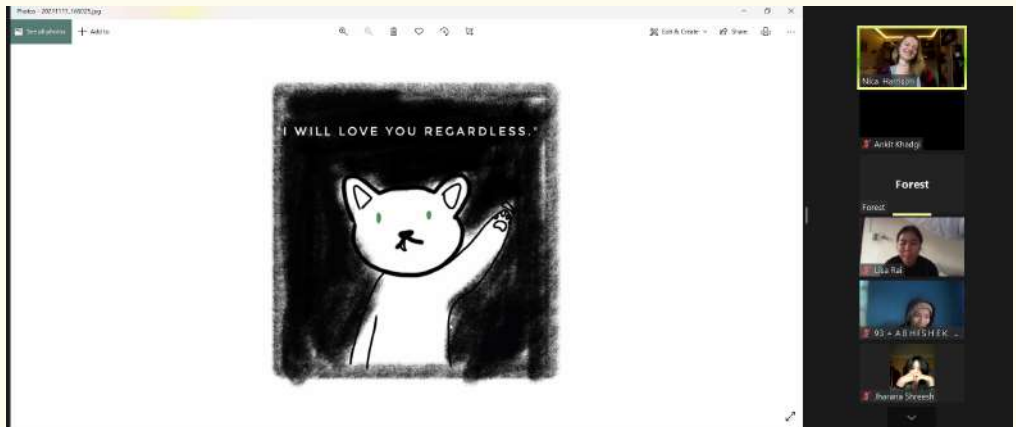
AND WILL CAUSE TWICE AS MUCH  
BUT NOT TODAY.



## Facilitator: Nica Harrison

Dominica is an award-winning artist from Moscow currently based in the UK. She specialises in animation direction and illustration, primarily focusing on printmaking. Dominica's work is focused on the themes of nostalgia, belonging and magic.

# Comics



## Facilitator: Sam McKay

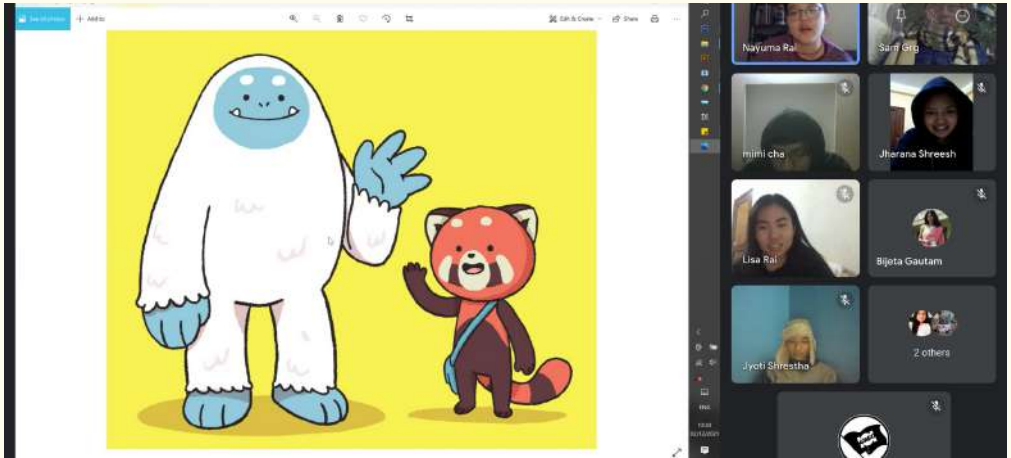
Sam is a theatre maker, community artist, and lecturer based in the north of England. He often works with people who haven't done any drama or theatre before, and makes theatre in places where it wouldn't usually happen – like a market, a pub, or a field.

# Creating Characters & Stories

### Facilitator: Nayu Rai

Nayuma Rai is UK based artist. She has created logos, event flyers, illustrations and attempted at educational kids magazines. Currently, she likes to get involved in animation and storytelling and loves character designing. Her works are deeply inspired by weird and wonderful Nepali folklores.

## Animation & Looping



### Facilitator: Amazumi

Amazumi is a multi-disciplinary artist from Belgium who hails from the indigenous Yakthung tribe of Nepal. While her works are based on the foundation of rap, she explores her hybridity through forms of music that can't be tamed.

## Lyrics



DOCUMENTATION: ADITI JOSHI

# Sharing Sessions



For centuries, art has always been used as a medium of dissent. Humans have expressed their dissatisfaction against the social system through various art forms, hoping that their creations can unite more voices of change.

While we encouraged our participants to tell a story that was closer to their hearts for the project, we also thought it was vital for their creations to resonate with a larger queer community. We wanted their artworks and writings to depict their personal stories and also show the resilience, struggles, and achievements of other queer folks.

To enlighten them on how their works could be personal as well as an asset to the Nepali queer movement, we organised two sharing sessions with four queer activists who talked about their journey as an activist and their views on how art and writings can be used for dismantling queerphobia.

The main objective of these sharing sessions was to make our participants aware of the queer movement of Nepal and also listen to the inspiring tales of queer activists who have been fighting against the system that has neglected the whole queer community.

Our first sharing session was with Manisha Dhakal, executive director and Aaditya Rai, programme co-ordinator of the Blue Diamond Society, the country's oldest queer organisation.

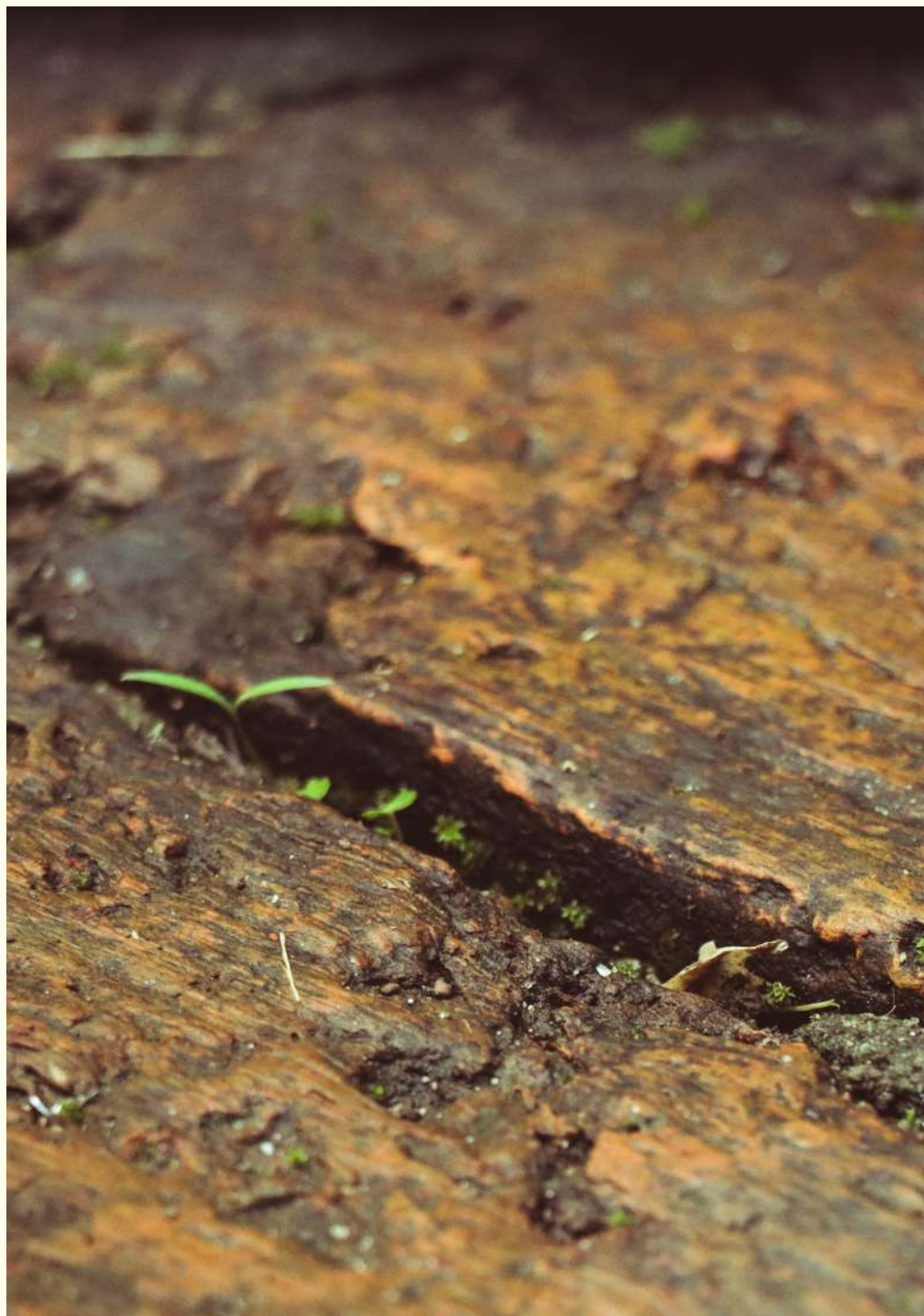
In the session, Manisha, a trans person highlighted the struggles the trans community faces, whereas Aaditya gave us an insight into the lives of queer disabled people like him who face discrimination within the queer spaces. The session was an eye-opening experience for our participants; they learned a lot about their own privileges and how they can use them for other marginalised communities of the queer spectrum.

Our second sharing session was with Rukshana Kapali, a trans activist and Esan Regmi, an intersex rights activist. Both of them are the leading young queer activists who are fighting to bring a structural change in the country's policies. The session was highly engaging as participants asked many questions with both Kapali and Regmi, who also shared their stories of embracing their identities.

In short, the sharing sessions became an excellent medium for learning for our participants, and we are glad that through these interactions, we were able to connect them with leading queer activists.

Mentors  
Team

# Organisation







Mentors  
Team

# Mentors

## **Dr Manita Newa Khadgi (she/her)**

Dr Manita Newa Khadgi is a medical doctor who's on her way to becoming a certified psychological counsellor. Dr Manita is the founder of the first official collective of asexuals in Nepal called the "Nepali Asexuals", comprising individuals of varied gender identities and romantic orientations but all within the asexual spectrum.

She is a queer feminist, an outspoken vegan, an anti-speciesist who believes in environmental justice and uprooting notions of ableism. An artist, a healer, a dreamer and a mental health advocate, Dr Manita constantly breaks stereotypes and lives an unapologetic life.

Instagram: @mnk\_withmeraki

"I am overwhelmed recalling this journey, "Queer in Our Own Words" that started way back in October. A group of strangers bound together by the queerness within us, we have grown into this family, mosaics that fit perfectly despite our variedness.

My journey mentoring these wonderful artists and writers has been immensely memorable as I have learned from them that there is no one way to experience queerness. I hope all of their personal stories will resonate with many people and make them see gender and sexuality from a broader perspective.

I respect Kaalo.101 for letting art be art in the real sense; unconstrained and untarnished by normativity. Sharing a space with such notable fellow mentors and facilitators was a marvellous experience. I am thankful to be a part of this project and make a small mark representing" all the aces and aros who feel and see the world through a different lens.

## **Safal Lama (they/them)**

Safal lama is a nonbinary queer disability rights activist. They recently completed their bachelor's degree in social work with a major in psychology. They also have completed a diploma in psychosocial counselling.

Along with running Queer Disabililies Nepal, an Instagram page dedicated to Nepali queer people with disabilities, they also are a co-member of Queer Youth Group, a Kathmandu-based queer organisation.

Instagram: @\_sa\_fa\_la\_ma

"QUEER: IN OUR OWN WORDS has been a great platform for me and my activism. Working as mentor on this project was a great opportunity for me. I meet different queer persons with different stories and lived realities. Due to this project, I was able to learn why inclusivity matters in arts as well.

From mentoring the participants to actually seeing the final output art is really overwhelming and I am grateful to be a part of the project. Having such an amazing platform where there's no judgement is a step towards the change and I hope I will see more opportunities like these for queer folks."

## **Gauri Nepali (she/her)**

Gauri Nepali is a feminist writer and activist. A Master degree holder in Nepali from Tribhuvan University, she is currently pursuing another postgraduate degree in Political Science.

She has been involved in Nepal's queer movement for eight years and served as a board member of various organisations related to LGBTIQ+ and Dalit. She is interested in writing on intersectional social issues of caste, class and gender and has published some critical articles on gender and inclusion issues in magazines and daily papers.

She believes that the silence of the oppressed should be broken, and she is more interested in breaking this silence by writing than through her words.

Instagram: @gaurinepali

"It was a pleasure to be a part of the Queer: In Our Own Words project of Kaalo.101. My experience as a mentor in this project was terrific; it has helped me to understand the mindset of the young queer people in a broader way than my previous understanding of my own community.

As a writer myself, I mostly observed the works of our writers. To be honest, I was highly impressed by their works; they touched my heart. Sometimes, I found myself in their words.

For many people, writing is a complex subject. They are not able to express their feelings beautifully. I'm glad our participants have that ability and talent. Writing is not only an expression, it is also the medium of healing pain. Our participants have also presented the writing in this sense."





**Team**

## **Ankit Khadgi (he/they)**

Ankit Khadgi is an aspiring storyteller. Currently, he's working as a journalist, but he wants to explore his interest in photography, curation, and filmmaking in the future.

Instagram: @ankit.khadgi

"It always bothered me to see how there was no dedicated space and programs for queer people in the arts community.

The heteronormative Nepali art and literature scene have miserably failed to welcome the voices of their queer people. The people in power make no conscious effort to be inclusive and promote the narrative of queer people; it's always them telling their stories.

So, to queer the art and writing scene and give the rightly driving space for queer creatives who are equally talented like their straight peers, we were driven to start this project. And with pride, I can say that our team has achieved remarkable success as every participant has given their best. Through their works, not only they have told their personal, intimate stories, but I see a potentiality in how many queer people like me can resonate and find a bit of us in their creations.

Personally, I have learnt a lot from them, and even our mentors, facilitators and everyone who were involved in this project. Because of this project, my perception of writing, art, queerness has expanded and I hope I will use this knowledge in furthering the queer movement of the country.

All I can say is I am proud of them, and I hope through this project we have laid a strong foundation for the growth of queer writers and artists who can unabashedly tell their stories."

## **Bijeta Gautam (she/her)**

Bijeta is a Microbiology student, hobbyist writer and photographer who loves to experiment with various art styles. Her passion lies deep within exploring raw and innate human emotions and translating them visually or through words.

Instagram- @biijeta

"QUEER: In our own words is one of the most special projects that I've been a part of. Working very closely with Queer artists for 3 months has not only helped me explore art and literature that transcends the heteronormative boundaries imposed upon us by society, but also understand the queer art scenario in the context of Nepal.

This project has successfully provided a safe space not only for the participants but also for every single person involved.

The participants of the project have left me in awe due to their remarkable skill and their ability to explore and embrace self-identity. The dedication that they have shown leaves me with immense hope for the future of art in Nepal."

## **Helena Aryal (they/them)**

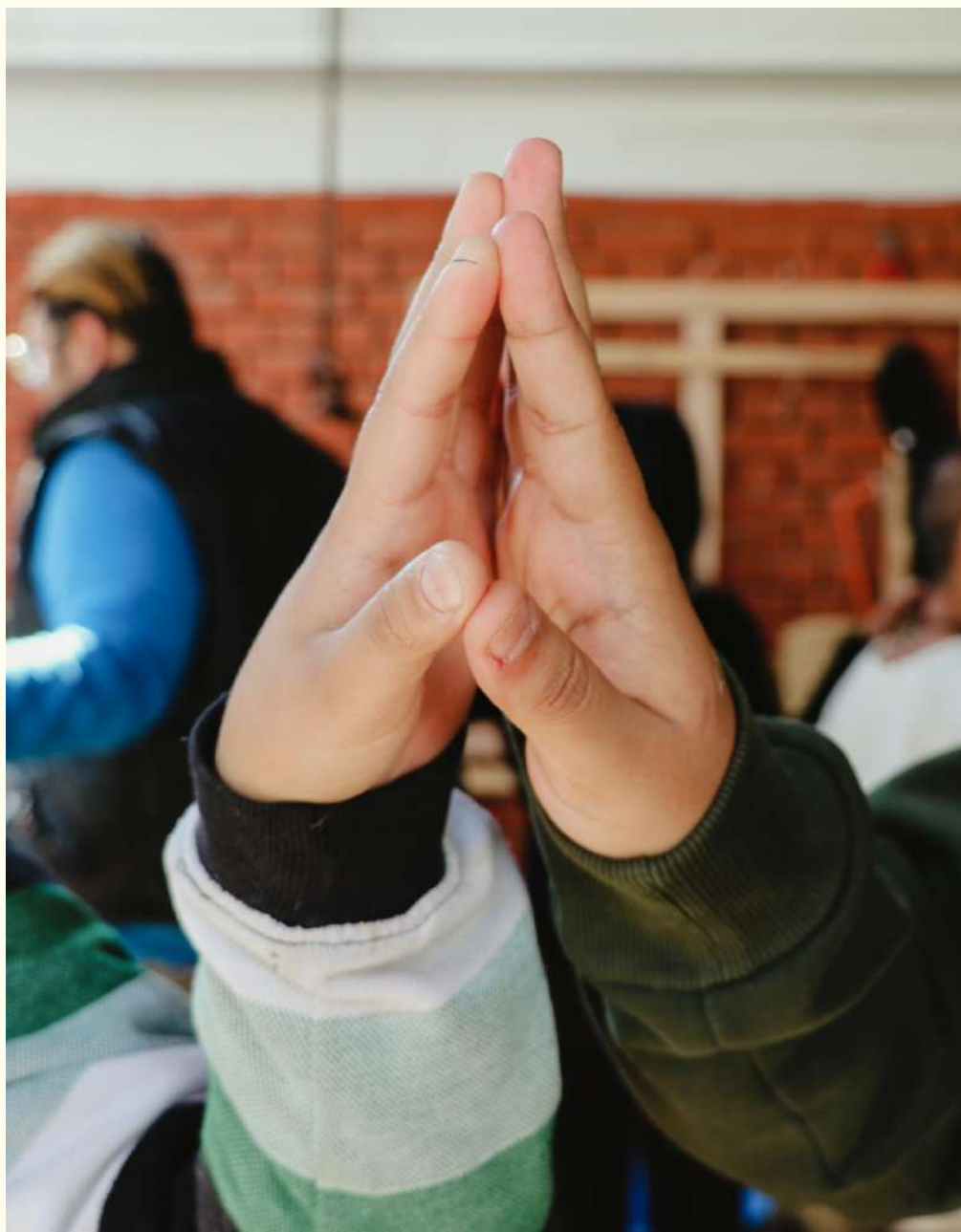
Helena Aryal is the co-founder of the independent art space KAALO.101 in Patan (Lalitpur, Nepal). Coming from an academic background in art theory and transcultural studies, Helena is dedicated to research and facilitation of emerging creative practices. Currently, they research the transcultural context of Nepali urban art, specifically attempting to counter existing theories, methodologies and assumptions by exploring potential collaborations between artists and researchers within the framework of knowledge production.

Instagram: @kaalo.101

"Every project in Kaalo.101 gives me energy and triggers new thoughts and lessons. QUEER: IN OUR OWN WORDS was very special and personal to me as it supported my own exploration of identity and input from the people I worked with and the participants as well. I feel safe and comfortable, accepted the way I am and motivated to always learn. It is remarkable, how people create this environment for each other but also for themselves.

I have big hopes for the participants and everybody involved in the project, I think this passionate, intelligent and caring bunch of people can do, change and create a lot in the future. I truly believe in these humans!"





Participants

# EXPERIENCES

## **Birat**

Queer: In Our Own Words project undeniably was a profound experience. Having had the opportunity to learn, unlearn, create and collaborate in a safe space is something I take great pride in to be a part of. I'm super grateful to Kaalo, 101 and the team. Cheers, Queers!

## **Forest**

Each workshop had its special charm with the diverse range of mentors with different personalities and styles of teaching. It was a fruitful learning experience overall.

## **Mimi**

This project meant more to me in terms of meeting people and exploring myself. The workshops were a major part of it.

The diverse array of topics that were focused on made the process adventurous and yet felt safe.

Apart from all the technical stuff, I feel like I had a chance to understand the importance of a community. This space made me look forward to weekends so that I could meet everyone and I usually don't look forward to meeting people. In that way, I think it was beautiful.

## **Sammy**

All the workshops were very energetic and active throughout. I learned through so many ways and got to know that there are more creative styles to learn.

## **Sam**

I would recommend every weekly meeting with the entire group of Queer: In our own words and discuss their ideas, work and thought process and the process of creating their entire body of work. And the inclusion of a mentor in every session.

## **Sezz**

I'm so glad that I got to be a part of the 'Queer: in our own words' project. The entire program was full of opportunities for me to learn, grow, and explore. Collaboration with artists and the creation of something strong with ones own story was genuinely transformative. I owe Kaalo.101 and the rest of the team a huge debt of gratitude for this fantastic project.

## **Lisa**

First off, it was great to be a part of this project. The workshops we had definitely took me out of my comfort zone and it was a great way to find out more about myself. It was a good challenge overall and I am glad to have met such amazing people on the way!

## **Jharana**

The project was and always will be special to me as it helped me become more confident in who I am and embrace my sexuality. To be able to work with such a beautiful team, mentors, in such a magical place was a lifetime experience. Although all the workshops were informative and fun, personally I preferred the first half; the bond we created, vulnerabilities we shared, the art we created, the salsa dance, the poems we wrote for each other, the powerful stories we got to hear and learn from. I am grateful to be a part of this project and will cherish these memories forever.

## **Suvi**

As a writer who had never shared any of my works, I was first hesitant to share my works but Kaalo was a safe space where I never felt judged. I loved being around people who loved what they did and enjoyed every bit of it. Being around these individuals inspired me so much to keep writing. I am so grateful for the opportunity I was provided and all the people I met.

<3

## **Prabigyan**

I believe it is important to learn and unlearn traits as we grow. The workshop provided me with insights regarding writing and in general, our cognition, in such a way that I feel like I can express my thoughts onto paper with the perspective of not just mine but also the world's view. I realized that words can make much more impact than we think.

## Jyoti

Overall the workshop was fun. I loved the young energy (I feel old), and it was a much needed reminder to improve my visual practice. I was definitely not in my mindset to meet and interact with new people, I did feel uncomfortable at times but glad some people were there to make me feel comfortable plus Kaalo.101, it's home.

## SJ

I really loved the holistic approach the workshops had. The facilitators created a beautiful space for the participants to explore different ways of experience, I'll always be grateful for that.





# QUEER

IN OUR OWN WORDS:









