

# **Dignity Without Danger x Kaalo.101**

**Participating Artists: focus on FEMALE\* and LGBTIQA + spectrum, cis males as identified allies**

**Duration: January 2020 – March 2020 (3 months)**

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## **Overview**

### **The Role of visualizing menstruation in changing attitudes:**

The responsibility of a creative art scene to intervene socially to encourage and facilitate local and global change. Art has a reputation of being elitist and luxury, sitting in a white cube for art's sake only. However, the opportunity is to promote creative expression to be accessed by many rather than a few, via different platforms and whether as a participant or a viewer.

### **Proposed Program for the duration:**

4 workshops, 3 zines and Documentation

Foundation team from Kaalo.101 including a conceptual lead and a creative lead was fully dedicated to the content and framework and all the creative outcome from January to March for Dignity without Danger. The lead participated in all levels of the project – meeting artists, planning workshops and zines, conducting workshops themselves and also coordinated the entire team.

The following is the detailed report for the workshops, zines and documentation

### **Workshop 1: Zine making and Social Media skills to the partners**

Location: GAN Research and Learning Resource Centre, Chunnikhel

Date: January 7, 2020

Participants: Partner organizations for Dignity without Danger which included Global Action Nepal, Aasaman Nepal, Radha Paudel Foundation, Young Star Club and CODEF

Facilitors: Kaalo.101

On January 7, 2020, Kaalo.101 from the foundation team conducted a whole day workshop for the partner organizations for Dignity without Danger which included participation from Global Action Nepal, Aasaman Nepal, Radha Paudel Foundation, Young Star Club and CODEF. The objective of this workshop was to give a detailed presentation and explain the partners how Kaalo.101 works and what the collaboration with Dignity without Danger is being offered. In the workshop, the

foundation team gave a presentation to the partners about the plans for collaboration between Dignity without Danger and Kaalo.101. They focused on the importance of visualizing research, facts and practices with art and graphics to help to connect with a wider global audience and make theory more accessible and inclusive. There are a great number of people with a huge interest in this work and the shift of female empowerment globally. Though not everybody has the capacity to read academic texts – time and or access wise. A creative expression that provides an instant overview and visual representation creates intrigue and a desire to understand or find out more.

Then they gave a workshop on zine making. What a zine is how it can be used, how to make them and how to cheaply produce them. The facilitators talked about how zines would be a valuable medium of communication for this collaboration. The result of this workshop was the participants from the partner organizations all made a zine about their organizations.

Then Kaalo.101 also gave a workshop on social media strategies. They shared knowledge on building strategies on how to create posts and while sharing them, things to keep in mind. Along with the partners, they also came up with hashtags that all the partners can use for the project.

## **Workshop 2: Generating Menstrual Vocabulary**

Location: GAN Research and Learning Resource Centre, Chunnikhel

Date: March 7, 2020

Participants: Partner organizations for Dignity without Danger which included Global Action Nepal, Aasaman Nepal, Radha Paudel Foundation, Young Star Club and CODEF

Facilitator: Ayushma Regmi

On March 7, 2020, Ayushma Regmi conducted a 4-hour workshop with the participants chosen from the partner organizations. The objective of the workshop was to break the ice and help participants to get to know one another better and to generate words that participants associate with menstruation. The process that the facilitator used was story telling with a focus on body movement, vocal expressions and written words. The facilitator worked closely with participants to help them work with their own bodies, what gets silenced or how are conversations around menstruation is silenced. Through movement-based exercises, the participants were introduced to the idea what emotions can be expressed and are often expressed nonverbally through bodies. Similarly, by introducing the participants vocal modulation exercises, the idea that emotions can and are often expressed through sounds nonverbally through bodies, especially in circumstances where speaking about certain issues is taboo.

Then the facilitator took the workshop forward with building stories by using creative ways to express the silence around menstruation. In groups of 3-4, the participants were asked to think of ways to represent something about a woman having

menstruation. They were guided to focus on the outer behavior, actions or you can represent the emotions, inner experience of women in a more symbolic fashion. Focus was put on using body movements and sounds for expression. Then again in groups of 3-4, the participants were asked to share stories of the first time they heard/witnessed or experienced menstruation in order for the participants to reflect on one's own experience as that is an important source of understanding and responding to the issue. Finally, the facilitator took the workshop further to generate words that are categorized according to emotions, physicality and materiality to help participants understand the diversity and scope of this issue and how it affects different areas of life. Through lots of questions the participants were guided to look at communication hurdles that the taboo around menstruations.

Through this workshop, the participants came up with over 100 words regarding and relating to topics in and around menstruation.

### **Workshop 3: Expressive Typography Workshop**

Location: GAN Research and Learning Resource Centre, Chunnikhel

Date: March 7, 2020

Participants: Partner organizations for Dignity without Danger which included Global Action Nepal, Aasaman Nepal, Radha Paudel Foundation, Young Star Club and CODEF

Facilitator: Ujala Shrestha

On March 7, 2020 after the Generating Menstrual Vocabulary Workshop, Ujala conducted an expressive typography workshop. The objective of the workshop was to guide the participants to use the words generated in the previous workshop to create typography pieces that not only looked appealing but also the words get represented without losing their meaning. Also, another objective of this workshop was to promote a means to upcycle. Nowadays, the use-and-throw culture is taking over. It's built in to our products for whatever reasons—planned obsolescence. It also means a lot of leftovers that become “trash” even though they might be completely salvageable. For this, this workshop promotes a means to upcycle some items such as wood planks, tin plates and so on to hand-drawn typography pieces that would be otherwise thrown away rather than having to buy paper, canvases or other materials which could be costly.

The facilitator gave a lot of examples while explaining the basics to help the participants understand typography and its application. The facilitator started the workshop by introducing typography to the participants with a familiar subject: their name. The participants were asked to write a few words about their values, their characteristics and words they often are complimented on. Then they were asked to rewrite their name again in a style that visualized these words into their name. Typography was introduced in the simplest way. After this, the participants were taught a few techniques and methods to create interesting typography which were calligraphy, block lettering and freestyle lettering. By using the words from the previous workshop, the participants then were given time to practice the different

forms and methods to create expressive typography. They were given tips on how to translate these words into decorative typography without it losing its meaning. They were given the freedom to pick words they liked from the previous workshop. Like how they explored their own names, they were taught to explore the words and their meanings in relation to menstruation. Then finally each participant was asked to choose one word they illustrated and paint it in the upcycled wood plank.

#### **Workshop 4: Sew and Tear Away the Taboos**

Location: Kaalo.101, Nagbahal

Date: March 8, 2020

Participants: Partner organizations for Dignity without Danger which included Global Action Nepal, Aasaman Nepal, Radha Paudel Foundation, Young Star Club and CODEF

Facilitator: Namita Kandel

On March 8, after the Generating Menstrual Vocabulary workshop and Expressive Typography workshop, Namita conducted Sew and Tear Away the Taboos workshop. The facilitator started the workshop by a meditation session to stressing and releasing various parts of the body. The participants were guided to help them learn where the stress is the most and consciously trying to release. As for this workshop, the purpose is to know the physical stress and mental pressure our lives, especially people who menstruate go through each time.

Then the facilitator talked and discussed with the participants about how our traditional manner of living has put a lot of significance on cloth, depending on the culture and community that is built around how and when it is used for. Each kind of cloth or way it is used is already a set thing in our lives, we can't fathom that it can be used for anything else. The idea that cloth that absorbs our sweat is the same as the one absorbs our menstrual blood is too far and too much of a stigmatized issue. The cloth and its hygiene, the way it affects our health. How our cultures have different menstrual absorption methodologies, and techniques, and how are they being adapted into the modern lives of people in urban and rural areas.

While that is happening, the participants used old cloths and rags to show case the actual material used during menstruation period. And use that to start a collaborative individual piece, on how we perceive menstruation and the cloth taboo. Re-learn the importance of sun, hygienic ways of dealing with menstruation. While sharing and creating a piece of work/art that can convey the stories in their own manners, conversations kept going on about participants' history and experience with the menstrual cloth and measures for absorption used in their homes and communities and how can we talk to those who adhere to the taboo about why is it a taboo and the long history of it.

At the end of the workshop, thoughts and questions about themselves on where they stand and where they can go with it were gathered. The participants reflected on their

own stories and stories of the fellow participants and created a narrative that is easy for your other workshops and participants.

### **Zine: Zine from words created from the Generating Menstrual Vocabulary workshop**

For the first zine, Ratan Karna has worked with the words that were generated in the menstrual vocabulary workshop and created a zine based on expressive typography. Ratan works as a graphic designer and works with various mediums of calligraphy and design. Kaalo.101 will be providing 100 copies of this zine.

However, for the rest of two zines, as Kaalo.101 has not received any content from the organization and the partners, they cannot be produced. Kaalo.101 hopes to receive the content soon to be able to work on it.

### **Documentation**

Stella Grasso and Eric Chandra are working with us to document all the works. Stella Grasso works as a freelance photographer and Eric as a freelance videographer. They were present and were documenting the workshops and the creation of the zine. Photos and videos are attached along in this report.

### **Photos from the workshop**









