

## **Report of the workshop on “Aspect of Racism seldom discussed- Internalized Racism”**

The half-day workshop on “An Aspect of Racism Seldom discussed- Internalized Racism for Nepalese Women” was held on Saturday 21 of February at the Centre for New Comers. Ten women, who were professionals working in their chosen field and others employed in areas not related to their qualification work, attended the workshop. The facilitator for the session was Rita Dhungel, a member of the Nepalese Community Society of Calgary.

The following objectives were attempted to meet during the session:

To assist us to challenge and resist racism and stop the process of internalizing it, we need to ....

- Name and identify accurately racism
- Understand and identify powerful unexamined ideas, systems and power behind the individual acts of racism
- Understand and examine the differential impacts of racism
- Understand internalized racism

The parameters for working together as a group during the session were also established:

- We have the right to our own belief and opinions;
- Our comments will be respected and kept confidential/stayed only in the room;
- We can disagree with another point of view non-judgmentally

The various contents were tried to cover and review during the session: racism and sexism; impact of racism on racialized women and aboriginal women; analytical tools to unpack racism based on the example given by the group; as well as exercises and audio-visual materials.



have similar workshops in different areas in the near future.



“Group discussion” was applied as a key method for the process of understanding how we all participants were connected the content to the experience of women in the group. All women were actively engaged in group discussions and also shared their own personal experiences of racism and internalized racism. The session was wrapped up with the verbal comments/thoughts from all participants. In closing, given the evaluation form, the group was asked to write their reflection. The finding was all were echoed to

## Reflection from participants:

*“Rita’s individual endeavor to share the knowledge within community women deserves a big hand! Sure the program provided valuable ideas regarding Racism and Internalized Racism.*

*Organized in a friendly atmosphere, it encouraged women in our community to speak their mind, and in most profound way. This certainly is a start of something I strongly believe “share whom we care” or learning from sharing individual skills. Great Job Rita!!Thanks for letting me participate”- Shilu Ghimire, one of the participants*



*“As being an immigrant it is good to know about racism and sexism because we are living in multicultural country so it is our responsibility to understand ourselves and others feeling and culture”- One of the participants*

*“It was great session having small group discussion but time was limited so it would be good to have longer session in future”-One of the participants*

*“I learnt about racism and different ideas of people. I would like the community organize the program again and again”- One of the participants*

*“I learnt -understanding what is racism and who is victim and how should we go about resisting/accepting it”- One of the participants*

*“Since racism is a big issue the time is not good enough to understand all contents of racism”-One of the participants*