

Sudikshya Dongol : 'Journey From My Struggles to Voice for Many'

Article Series: **SUFFERED**

SUDIKSHYA DONGOL :

"JOURNEY FROM MY STRUGGLES TO VOICE FOR MANY"

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*Sudikshya Dongol : 'Journey From My Struggles to Voice for Many' ~
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The article is based upon author's personal belief and experiences

Article Author:-Sudikshya Dongol

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"Your past does not define you—what you choose to do with it does."

"She is Sudikshya Dongol, an artist based in Lalitpur who conducts numerous workshops with children and diverse communities across Nepal. The founder of Kalashala, the extroverted, well-spoken, and smart girl."

That's how people see me now.

But little do they know that this same girl was once a shy, introverted kid—bullied by her friends for being overweight, constantly fighting the battle of whether she even deserved to be alive.

How is it possible? The contrast seems unimaginable, but it is real.

My biggest struggle was not the world around me—it was me. I had to adapt to a completely new reality, a world I created for myself. I no longer wanted to be that shy kid, the fat student others laughed at, the one who shrank into the background. I wanted things to change. And for

that, I had to change myself first.



Growing up, I wasn't the confident, outspoken person people see today. My school years were marked by self-doubt, loneliness, and a constant internal battle. The world wasn't always kind, and for the longest time, I believed that I wasn't enough—just another invisible figure in the crowd. Bullying isn't just about words or actions; it's about how it makes you feel. It leaves invisible scars, shaping the way you see yourself even, long after the bullies are gone. The worst part? I started believing them. I let their words define me.

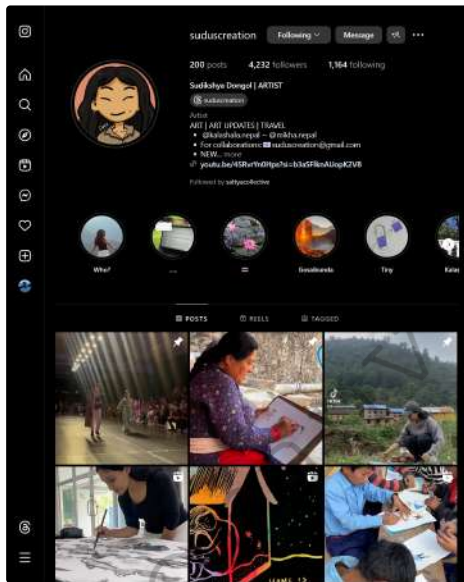
But at some point, I realized that if I wanted to step out of the shadows, I had to stop waiting for someone else to save me.

I made a decision—to reshape my life, to break free from the version of myself that the world had written for me. Art became my escape, my voice. I always used to scribble my thoughts and drawings in my journal, pouring out the emotions I couldn't express out loud. But I knew that if I wanted to change, I had to step beyond my sketchbooks.



So, I took a leap and created an online presence — [“suduscreation”](#). At first, it was just a quiet

corner of the internet where I shared my work, without revealing the person behind it. For almost two years, no one knew it was me. I wasn't ready. Transformation is never easy; it takes constant effort to unlearn the fear of judgment, to stop replaying old voices in your head, and to adapt to a new environment where you choose your own narrative.



But as time passed and I constantly put myself out there, something unexpected happened—I started receiving a lot of love and support from people. The encouragement from my followers, the way they resonated with my contents, gave me a

confidence I never thought I would have. Slowly, I found the courage to step forward, to reveal the face behind “suduscreation,” and to actively contribute to the world around me.

This journey of transformation wasn't just about emotional growth—it was also physical. During this time, I lost 28 kgs. But more than the weight, I shed the self-doubt and insecurities that had held me back for years. With every step forward, I embraced a new life—the life I had created for myself, on my own terms.



And now? The same people who once bullied me

for my weight, who made me feel small, now acknowledge what I do. They see the person I have become, and they appreciate how I've put myself together for the better. But the most important thing is—not for them, but for me—I finally became the person I always wanted to be.

During my time of Transformation, I discovered something incredible—I wasn't alone. So many people, especially children and marginalized communities, felt unseen, unheard. I realized that the struggles I once faced could become the foundation for something meaningful. That realization led me to start [Kalashala—a space to create](#) where art is not just about technique but about connection, expression, and belonging. It's where individuals, especially those who feel like they don't fit in, can find a place to be themselves. Through workshops with children, individuals with Down syndrome, and elderly women, I channel my journey into helping others find their voices, just as I found mine. Because I know what it feels like to be silenced. I know

what it feels like to be almost invisible.



People often assume confidence is something you're born with, but the truth is, it's built. It's the result of countless battles fought in silence, of

choosing to rise despite everything.

I may have been a bullied kid once, but today, I stand as an artist, a mentor, and a voice for those who feel unheard. And if there's one thing I've learned, it's this: **your past does not define you—what you choose to do with it does.**



And so, I continue to create, to teach, to share, and to remind others that transformation is possible. **You just have to be willing to take the first step.**

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Sudikshya Dongol, an artist from Lalitpur, is a recent graduate from Kathmandu University school of arts. She founded [Kalashala - A Space to Create](#). She has organized and participated in numerous workshops and exhibitions. Sudikshya's art is a celebration of experimentation with various mediums, breaking traditional boundaries, and pushing the limits of what is possible. She often collaborates with community groups, bringing collaborative art projects to life that delve into the rich tapestry of human experiences. One of her most remarkable qualities as an artist is her strong connection with children. For nearly three to four years, she has devoted her time and talent to working with young minds, nurturing their creativity, and helping them discover the wonders of art.

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