



2021 kanthari participants (on the picture Frank from Ghana and Ojok from Ghana are missing)

## Quarterly Newsletter 2 - 2021

*“You never know how strong you are until being strong is the only choice you have.” – Bob Marley*

the past one and a half year have been challenging for everyone, everywhere. And the pandemic seems far from over. Here in India, especially the last three months were extreme. Bob Marley’s quote surely hits a point for many people who have been affected by the crisis and only had one choice left and that was to be strong. Our thoughts are with all those who have lost a beloved one, or who are currently battling a covid infection and/or many other related challenges.

When the news these days is mainly negative in tone, we wish to share some uplifting updates. Despite a multitude of issues and bureaucratic hurdles, we managed to get the 12<sup>th</sup> kanthari course started. As the pandemic has forced everyone to adapt, we did the same. In April we started weekly online sessions with small groups. And then, amidst a strict lockdown, participants arrived on campus where they were quarantined, and it was only after being tested that on the 31<sup>st</sup> of May, the on-campus training could start with 17 participants from 7 countries.

**We herewith say THANK YOU to everyone who has made this possible!**

### **knock – kanthari network of change and knowledge**

“If you want to go fast, go alone. If you want to go far, go together.” —African Proverb

A network of likeminded people who want to make a difference possesses a huge amount of potential. Sharing information, challenges, resources, solutions as well as feelings/frustrations, successes is highly valuable, and it can lead to a more effective impact. At the helm of the kanthari network of change and knowledge is Meghana Raveendra, a 2019 kanthari and the founder of moringa. Currently, the knock network is taking shape.

### **inani**

The Covid-19 pandemic and lockdowns caused a global crisis. It has forced us to think differently and act accordingly. We witnessed first-hand how the distribution of food, medicine and other essential items were disturbed. To be well prepared for similar situations in the future, we must rethink and reconsider our current daily practices: How can we consume in a more sustainable manner? How can we develop environmentally friendly alternatives for the products we use on a



Shivani Kumari (India)

Precious Kiwiti (Zimbabwe)

Nematullah (Afghanistan)

daily base? How can we treat the environment, our domestic animals, and our finite resources with utmost respect? How can we reduce waste? The answer: creating products using simple methods that involve natural and biodegradable raw materials. And by finding practical solutions to living healthy lives with the smallest possible carbon footprint. To make this philosophy a reality we started the INANI program. INANI means "Value" in the Zulu language, and it contains 5 elements: pro-waste, pro-body, pro-food, pro-fauna, and pro-flora. More about this in the next quarterly newsletter.

## kanthari participants 2021

### Precious Hearts Haven – Zimbabwe – Precious Kiwiti

“Almost 60% women and girls in Zimbabwe are falling victims to domestic violence. They are afraid to speak out, suffer psycho-traumatic diseases or even commit suicide. Being a survivor of domestic violence, I lacked access to much needed services and a support system. Because of this I founded the organisation Precious Hearts Haven, a non-profit organisation that offers services, psychological and practical support to women who feel hopeless. Our main objectives are to, rescue and shelter victims and survivors of domestic violence, a 24-hour crisis helpline, psychosocial support, training in self-help income generating projects as well as advocacy activities against domestic violence. I envision a community free from violence and abuse in any form. I want to restore hope that turns victims to becoming survivors who are resilient, who rise with a new sense of dignity and self-worth and so, move beyond violence and abuse.” – Precious Kiwiti.

**Shivani Kumari – India – Soil4Soul** “I grew up in a village with a factory that manufactures explosives, lots of mining activity, deforestation, and industrial farming. Many newborn babies as well as adults suffer(ed) from different chronic diseases and vision problems. In my case I was affected by visual impairment and chronic stomach issues. Gradually I came to know all these are the consequences of pollution. To act, I quit my job and by visiting and practicing different organizations across India I learned natural farming. Meanwhile, the Covid-19 pandemic brought additional issues to my attention. After years of the green revolution, farmers started facing huge losses and migrated towards cities for labor work. To stop this migration, I started Soil4Soul introducing regenerative agroforestry on barren and wasteland. Agroforestry will ensure whole year employment, food security, nutrition, Low input cost, minimum tillage, and by restoring the ecosystem it will also help in the fight against climate change.” – Shivani Kumari

### Nematullah Ahangosh – Afghanistan

“Decades of war and bomb blasts in Afghanistan have caused poverty, child labour and disabilities. Personally, I was affected by all three: I experienced poverty, as a child I had to sell cigarettes on the streets of Kabul to fend for my family and at the age of 13, I became disabled. Although I am not a war victim, I can empathize with those who have lost limbs. Back then, I asked myself what I really wanted in life. My biggest desire was to be independent. I always believed I have had what it takes to build a better future for myself. My dream is to start the first Self-Empowerment Centre for persons with physical disabilities. I will focus on persons who have Muscular Distrophy, like me, on people who have polio and those who lost limbs due to the war.” - Nematullah Ahangosh



Manzi Norman (Rwanda)



Odunayo Aliu (Nigeria)

## Updates kanthari alumni

### Manzi Norman – 2015 kanthari - Dream Village – Rwanda

Manzi hails from Rwanda. During the 1994 genocide, he was left with no other choice than to flee to Uganda. There, he lived in a refugee camp before returning home many years later.

The genocide was a turning point for his entire family. His sister was gang-raped in his presence and later she found to be HIV positive. There are high rates of depression, anxiety, suicidal thoughts among young adults living with HIV as they suffer with issues of stigmatization, lack of self-confidence, or trying to look for acceptance.

Having for long supported his sister on HIV positive living, who, fortunately is doing well today, inspired Manzi to start his organisation 'Dream Village'. Dream Village builds capacity and confidence, so they can take their future in their own hands. <https://dreamvillagerw.org/>

### Odunayo Aliu – - 2018 kanthari - Bramble - Nigeria

Odunayo opened a training center where fashion design skills to teenage girls who are out of school are provided. The training center is within our open learning space. 5 youth who just completed 11 months of Digital training under of Bramble Accelerated Learning Program have graduated. And in June, the full-time learners went on a very exciting four days exposure trip to 11 different locations across two states in Nigeria. <https://www.bramblenetwork.org/>

### kanthari in the media:

Also in the 2<sup>nd</sup> quarter, several kantharis were interviewed by Yampier Aguiar Durañona of the Giraffe Heroes foundation Stick Your Neck out podcasts. Click on the links to listen to each episode: - Njeke Joshua Egbe - [Peace Crops for Cameroon](#) - Carolina Ortiz - [The hummingbird, \(Bolivia\)](#) - Sherin Noordheen - [The strength to live \(india\)](#) - Sanoj NT - [Dangerous life by the tracks, India](#) - KR Raja - [A shared sentence, breaking the circle of crime \(India\)](#) - Meghana Raveendra - [kanthari network of change and knowledge \(world\)](#) - Pynhoi Tang's [Sapphire Early Intervention Center \(India\)](#) - Gumisai Bonzo's [Transgender realities \(Zimbabwe\)](#) - Robert Malunda's [Gateway to Elation \(Zimbabwe\)](#) and we still write the [kanthari corona blog](#)

*We are grateful that it has been possible to get the 12<sup>th</sup> kanthari course started. Also, we want to **THANK YOU for your ongoing support** so we can continue to help more kantharis and their beneficiaries who are in existential need.*

*Please do share this newsletter with family, friends, colleagues, and anyone else who is interested. We wish you a wonderful summer, please stay safe and stay healthy!*

*with warm regards from Kerala, India,  
sabriye and paul*

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