



kanthari Quarterly Newsletter 2-2024

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” - Socrates -

From a bird's-eye view, the following scene must look somewhat peculiar: Several boats bobbing on small waves of a lake. Around each boat, a swimmer occasionally bursts out of the water on cue to splash the boat's crew with a refreshing shower.

This is one of our many workshops on public speaking. Many people are not aware that we all have a voice that we can vary and is one of our most powerful tools. In several sessions, the participants learn about breathing techniques and how to use their whole body when speaking and singing. And what does the water fight have

to do with voice training? It's simple: all participants are given a topic on which they must spontaneously deliver a short speech. While doing so, they must maintain their balance standing in a rocking boat, try not to speak nonsense, and ensure that their voice reaches the other boats that are about 60 meters away. If not, the distant listeners shout "Splash!" and the swimmers act upon this request with visible pleasure.

*Dear friends,
With combined efforts, we managed to select 24 dedicated participants from 12 different countries out of hundreds of applicants*



Above: Gabriela from Bolivia: Full Trust into the 2024 kanthari impact leadership course during a team building session.

Left: the kanthari team and the 2024 participants after the annual fire safety drill at the campus.



Enoque from Angola advocates for the rights of people with disabilities



Maria Opolot from Uganda works on child welfare and protection.

and bring them to Kerala, to the kanthari campus. They come from Angola, Bolivia, Cameroon, The Democratic Republic of Congo, India, Indonesia, Kenya, Malawi, Nepal, Nigeria, Uganda and Zimbabwe. Several participants already have started organisations, others only have an idea so far. But all of them come with interesting life experiences.

For the first time, this year we have practicing lawyers, social workers and psychologists who deal with juvenile delinquency, we have two participants from countries that are completely new to us, from the Democratic Republic of Congo and from Angola. They provide us with new information about regions that are unfamiliar to us, and for the first time we have two participants with severe hearing impairments, for whom we have had to adapt our learning methods. One of the many adaptations is the need to speak loudly and clearly, otherwise it's "Splash!"

Online Graduation Ceremony
In May, we celebrated the successful launch of 21 organizations from the last kanthari generation. In short speeches, they talked about challenges but also about successes already achieved. Here are some insights that were shared by some of the fresh kanthari graduates of the 2023 batch:

Nelson Kamoyo - [Thanzi265](#) - Malawi (2023)

Thanzi265 is a Malawian organisation which works on the well-

being of children and women to break the cycle of malnutrition and poverty through food literacy and promoting sustainable farming practices. One tool is a mobile kitchen

On the 12th of April we organized a village cleanup drive with our Nourishing Minds Pilot project beneficiaries. 18 children participated (of which 12 are school dropouts). Our focus was to collect discarded plastic bottles around Kuchata Village in Lilongwe rural. The result was a cleaner village, and it provided a valuable learning opportunity for the children. The collected plastic bottles were repurposed for a lesson on drip irrigation, offering a sustainable water source for the seeds of newly planted trees around the building that was donated to us.

Mary Mutua - [Twajali](#) - Kenya (2023)

At Twajali we equip marginalized youth from the slums with tools and skills, so they get opportunities in the hospitality industry. During the past three months, we closed our center in Nairobi, as we focused on relocation before we start the September intake. Despite the closure, we remained active in various ways: Our apprenticeship program, which took place on April 8, 2024, was successful with 100% internship placement for the 13 trainees of the outgoing batch. Recently, we participated in a meeting organized by the Caritas group in Machakos town. The focus was on combating drug use among youth, and our course re-



Nelson's water drip irrigation session in Malawi



Trainees of Twajali in Kenya

ceived significant interest. And, in May we were able to acquire a piece of land where we will build our new center.

Anubha Singhal - [EnableMe Access \(EMA\)](#) - India (2023)

Building capacities for an Inclusive society: EMA is a non-profit organization geared towards sensitizing, informing, and facilitating change for accessibility in the built environment and Universal Design principles. In the past three months, we have been working on the development of a software tool that will transform accessibility education and assessments in India. Additionally, we conducted training programs with diverse groups, from NGOs to real estate companies. The enthusiastic response from participants is a testament to the power of education. Many were surprised by the importance of universal design features and look forward to identifying gaps and finding solutions to their existing infrastructure."

Mutongi Kawara - [Mukundi](#) - Zimbabwe (2023)

Mukundi offers Holistic support for orphans affected by HIV/AIDS in Zimbabwe. Over the past couple of months we worked on our plant germination camp pilot project. The participants gained knowledge about plants and engaged in different hands-on activities such as planting and managing their own small vegetable garden. We received clearance to operate in

Murewa district. We have successfully implemented our winter drive project where we were making donations of crocheted socks to our beneficiaries in their households. This interaction enabled us to begin the selection of participants for health themed camp that scheduled for this coming August.

kanthari in the media:

- An article about the work of kanthari was published in [The Better India](#)
- In June paul spoke at the Mangalam College of Engineering about ethical and green living.
- Siddhesh Sakore, a 2019 kanthari graduate was awarded as a [Land Hero 2024](#) by the UNCCD in Germany
- We also published several blog-posts which you can [find here](#)

*Dear friends and supporters,
We are excited to be working with another batch of change makers from around the world. Without your support we would not be, where we are today! Therefore, on behalf of all kantharis and our team, we say thank you for your ongoing support.*

*Thank you also for sharing this newsletter with family members, friends, and anyone who is interested.
With very best regards from the kanthari campus,
sabriye and paul
www.kanthari.org*

To make a donation, please scan the QR code, or [click here](#). Thank you



Learners during a Mukundi workshop in Zimbabwe



Siddhesh Sakore - Land Hero 2024



The 2024 batch (missing are Fransisca (Indonesia) And Eric (DRC))

Your donation makes a Difference!

With your donation, you support the training of marginalized persons that enables them to run their own impact making organisations. Your donation has an impact over many years and reaches countless people in need around the world.

Thank you!