



Ability Sports Africa - Sports Gala 2025 in Uganda

kanthari Quarterly Newsletter 3-2025

"The greatest threat to our planet is the belief that someone else will save it." — Robert Swan

Dear friends,

It is night, and pitch dark, the next town is kilometers away. We are well informed about our location, right at the edge of a tiger reserve, but we are told the tigers should not frighten us. The black bears and wild boars are said to be much more aggressive, or so say the reassuring words of the wildlife researchers who took us on a very special field study this night. We were searching for rare, nocturnal animals and we were successful: In the beam of a flashlight, two large round eyes looked back at us from the bushes. As we approached slowly, my companions could make out two small hands gripping a tree trunk.

Mountains, forests, streams, wild

and tamed elephants, snakes, lion-tailed macaques, and last but not least a small slender loris, who, intimidated by our curious stares, quickly hid in the branches of a tree. These were just a few impressions from an intense journey that we undertook with a small group of kanthari participants, mainly environmentalists. We travelled all over Kerala by train, bus, and boat and were amazed by the richness of landscapes and culture in such a small state. Another, larger group went on a similar tour but travelled through Tamil Nadu and mainly visited social change projects. This intensive ten-day journey is an important part of the kanthari curriculum. It is the highlight of the second act, which we call "the Wild World."



Top: Gilbert Rupere from Zimbabwe, founder of ecowise & 2025 participant



Left: Meet the 2025 kanthari change-makers: Cameroon (2), Democratic Republic of the Congo (1), Ghana (1), India (4), Indonesia (1), Kenya (2), Malawi (1), Nigeria (2), Tanzania (1), Uganda (2), Zambia (1), Zimbabwe (4)

2025 kanthari participants



Pranali Chikte - India



Memory Siyapiya - Zimbabwe



Samuel Arkorful - Ghana

The tour was organized not only to experience the rich landscapes and culture of South India, but mainly to collect best practices from various organizations, including several founded and run by kanthari graduates. It was a hands-on way to swap ideas, ask questions, and see real impact in action.

A big thank you goes to all who made the exposure visit possible, and to the kantharis who welcomed this year's participants to their organisations.

As in all quarterly newsletters, we like to share some updates about the work of kanthari graduates from previous years.

Faruk Musema - [Ability Sports Africa](#) – Uganda (2019)

Faruk's Ability Sports Africa hosted an amazing inclusive sports gala with 300 children, both with and without disabilities, enjoying adaptive sports like Goalball and blind football. On August 2, 2025, they made history in Gulu by organizing Uganda's first-ever Unified races of 5K, 400m, and 100m, attracting 659 participants, including 230 with disabilities. Partnering with AdaptX USA, Faruk's event promoted inclusion through sport, showing how children with different kind of abilities can compete and celebrate together. The day was inspiring, helping change attitudes around disability and showing the power of sport to unite communities.

Limbi Blessing - [Ecological Balance Cameroon](#) (2018)

Limbi's organisation is empowering over 300 youth in Nkambe with

green jobs; from nursery work to site supervision, through projects like the Nkambe River Revival Forest. This initiative turns care for the environment into real economic opportunities. Recently, women in Bundi learned to make compost to boost crop yields and protect forests. In another action in just 7 days, with only 51 people planted 30,000 trees along the River Magha, restoring biodiversity and water security with 12 native species. Even children took to action. Driven by youth leadership and community teamwork, this project is a powerful example of climate resilience in action building skills, livelihoods, and a greener future for all. it's a lasting investment in nature and people.

David Wayi, [Lidit](#) – Uganda (2024)

David's running his HEARD Project in Koboko, helping parents and guardians of deaf children pick up sign language, parenting tips, and how to speak up. They hold fun weekend workshops using the SI-GNO Curriculum that support single moms, helping them create inclusive homes and communities. The program boosts communication, emotional health, legal know-how, and getting connected socially. David is paving the path for a future where children with disabilities get the respect, help, and chances they deserve.

Gwen Mushonga - [ALIVE Albinism Initiative](#) – Zimbabwe (2014)

Gwen is a fierce advocate for people with albinism in Zimbabwe, a community often marginalized and misunderstood. She led the "Before Our Home Goes Down" art exhibi-



Baumen Planzen in Kamerun



Gwen at the Art Exhibition in Harare

tion, which was an uplifting celebration of creativity and diversity, shining a light on talented artists with disabilities. The event was attended by government officials and international diplomats. Gwen works hard to break down barriers and helping people with albinism stand tall, feel proud, and push back against the stigma they often face.

Krishna Hari Dulal - [Ashabumi – Nepal \(2023\)](#)

Krishna's vision is clear: bring pride back to farming, where farmers thrive and rural communities blossom. He wrote: "Over the past months, we've been spending a lot of time with farmers, youth, and folks in the community, learning, trying new skills, and getting back to the land that feeds us. From organic farming training to digging into composting and agro-forestry, it's been more than just lessons, it's been about growing together. Our nursery's booming with over 6,500 fruit saplings ready to turn empty land into green, fruitful spaces. And just for fun, we tried growing mushrooms using rice straw, something new around here that could bring families extra income."

SPREAD THE SPICE Festival 2025

The 2025 participants are currently working hard on the organisation of the annual SPREAD THE SPICE festival. This event will form the highlight of Act 3, the BASCH course; Business and Social Change. SPREAD THE SPICE is a public exhibition in central Trivandrum on October 11 and 12, 2025. The participants will share their solutions with the public for the first time. For

more details, visit www.kanthari.org/spreadthespice.

Recognition:

We are grateful to Bharat Sevak Samaj (BSS) to recognize Braille Without Borders, with kanthari as its flagship program, with the [Centre of Excellence award 2025](#).

kanthari blog posts:

more about this year's participants:

- [When staying becomes the Bravest Choice](#) - Gilbert Rupere, Zimbabwe
- [25,000 Kilometers, One Bike](#) - Pranali Chikte, India
- [Echoes of Courage](#): Teen Moms in Cameroon – Rita Bih Fon
- [Building Bridges in broken lands](#) – Elie Mastaki, DR Congo
- [Leadership Rooted in rural Ugandan Community](#) - Justus Muhwezi

And don't miss the [kanthari rap!](#)
- And you can read more [blog posts here](#).

*Dear friends,
Every day, the news reminds us why our commitment to a fairer, greener and more sustainable world matters more than ever.
The stories and successes in this newsletter would not be possible without your amazing support.
THANK you for standing with us.
Together, let's keep breaking barriers, turning challenges into opportunities, and shaping a brighter future for all.*

sabriye and paul
www.kanthari.org

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



Mushroom cultivation in Rural Nepal



Some of David Wayi's participants of the HEARD workshop



the environmental group visiting Khoj India

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.

You can donate [here](#)

Thank you!