



"Barriers to Change" session



kanthari Quarterly Newsletter 3-2026

Hope is not a feeling. It is a seed, a plan and someone willing to act.

A bucket of clay, one of humus, another of ash and chilli powder, a bowl of fruit seeds. These were the ingredients we needed to get started on a reforestation workshop. Divided into three groups, the participants began rolling marble-sized seed balls. We may remind participants that they are not competing with one another, but that didn't stop everyone from trying to produce the most seed balls in just ten minutes!

Rajesh, one of our participants and the day's workshop catalyst, explained the recipe as we rolled: clay holds the ball together, humus gives the seed nutrients, and ash mixed with chilli powder helps keep rodents away. Apparently, it also works on Golden Retrievers. Molly, who normally

considers every object a possible snack, bravely tasted one seed ball, and immediately decided it was not for her. The activity was simple, but its message was important: reforestation is not rocket-science. Still, a few details matter. We need native seeds, the right season, and enough space for a young tree to set roots and grow.

This was just one example of the experiential learning that filled the past three weeks. Through a mix of on-campus workshops and a multi-day Exposure Tour, participants learned by doing, observing and asking questions. For the tour we divided into three groups - Environment, Education, and Social Interventions - and travelled across



Above: Njoki from Kenya shares how the imprisonment of her husband shook her entire family, and her vision to support other families in similar situations



220 international school students visit the campus in August



Miraj (Afghanistan) presents his project idea



Environment group in Gurukala, Kerala



Session at Iretiola, Nigeria

South India to visit organisations, meet changemakers and reflect on practices that worked well, as well as those that offered useful lessons. Participants' own ventures are now taking clearer shape. In a few months, we look forward to hearing more about their ideas, learning journeys and plans for change during the [kanthari TALKS](#). (Note the dates: **11 & 12 DEC 2026**).

Thank you for your continued support and for making the Exposure Tour possible. We hope you enjoy reading these updates from the past three months.

UPDATES KANTHARI ALUMNI

Ifeoluwa Faniran (kanthari 2023) - Iretiola (Nigeria)

Iretiola promotes inclusion, confidence and equal opportunities for people with albinism, especially children and young people. This quarter, we continued creating spaces where children and young people with albinism can feel confident, included and supported. Through our Every Child Shines: Back-to-School Empowerment Programme in Ibadan, we supported 40 children with school essentials, sun-protection items and encouragement as they returned to school. Families also had a chance to meet, share experiences and learn from one another. We are continuing to speak up for better disability inclusion and healthcare access by engaging health workers. We are also developing a practical guide for parents and health workers. Our wish is simple: that every child feels seen, valued and included.

Mohamed Salia (kanthari 2009) - SEED (Sierra Leone)

SEED protects mangrove ecosystems while supporting women, young people and coastal communities to build sustainable livelihoods. We

combined mangrove conservation with practical livelihood opportunities in Bonthe District. We established and trained five Mangrove Forest Co-Management Committees, bringing together 30 community members. We are especially proud that Momaya became the first community to formally adopt and ratify its mangrove-protection by-laws.

Our ten radio dramas and jingles in Mende and Krio reached an estimated 246,000 people with messages about biodiversity and sustainable use of natural resources. We also supported around 50 women through vegetable-farming and oyster-harvesting groups. In addition, 40 women and young people joined training in solar-powered aquaponics, hydroponics and entrepreneurship.

Sijo Varghese (kanthari 2024) - Bahaal Foundation (India)

At Bahaal, we promote spinal cord injury prevention, disability inclusion, rehabilitation awareness and accessible communities. This quarter, we launched Mind the Spine: From Awareness to Action, alongside two further ongoing initiatives. The programme focuses on preventing spinal cord injuries, sharing first-aid knowledge and building more inclusive communities. On 5 September, World Spinal Cord Injury Day, we held an interactive session at St Aloysius University in Mangaluru, together with university partners, Manashanti Counselling Centre and Lions Club Mangaluru. KMC Hospital shared medical information, while Medicmode led first-aid and safe-handling training. Through personal stories, discussions and empathy-building activities, participants explored accessibility, rehabilitation and community support. So far, the initiative has reached more than 100 people in Mangaluru and nearby areas.



SEED Sierra Leone, Mohamed (right)



"Mind the Spine" workshop – Sijo - India

Johan Andres Serhalawan (kanthari 2022) — [YDML](#) (Indonesia)

YDML strengthens Indigenous Papuan livelihoods through sustainable farming, local-product development and environmental protection. This quarter, YDML worked with Indigenous Papuan communities in South Papua to strengthen food security and local livelihoods. In June, YDML held training on laying-hen management and integrated farming. In July, a session trained 29 participants in poultry keeping and gardening and provided start-up seeds and materials. In August, with support from EcoNusa, YDML provided citronella-oil producers in Soa village with equipment and technical training. YDML is also supporting women to turn local cashew nuts into higher-value products. In the coming months, YDML will continue mentoring groups, improving packaging and helping them connect with markets.

Gabriela Zambrana (kanthari 2024) - [Enla-C](#) (Bolivia)

Enla-C helps caregivers and schools build safer, more peaceful families through positive parenting and non-violent communication. Believing that peaceful communities begin at home, Enla-C has worked closely with school leaders, teachers and the Family Commission in Santa Cruz over the past three months. Through workshops on emotional healing, positive discipline and non-violent communication, the organisation reached eight primary caregivers and 18 teachers and school leaders.

The impact extends to many children, who benefit from safer and more caring relationships at home. One grandmother raising her grandson alone reflected on difficult patterns from her own childhood and, with new tools and support, is now choosing tenderness and positive guidance.

kanthari in the media

- Our media team has created several short videos that provide glimpses of the Curriculum and campus. You can watch them on [kanthariTV](#)
- Read our latest blog posts [here](#)

Recognition

On 6th August 2026 the work of kanthari was recognized with the [Scoonews Teacher Warriors Award](#).

Dear friends,

In a world facing so many challenges, the updates show that positive change is taking root: in schools, families, forests, farms and coastal communities.

Your support helps kanthari changemakers turn personal experience into practical action that impacts many others. If these stories inspire you, we would be grateful if you would consider making a donation.

We are very grateful for your ongoing support! THANK YOU for believing that change is not only necessary, but possible.

Sending warmest regards, sabriye and paul



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



A training session by YMDL in Indonesia



Gabriela in a session for women in Bolivia



Teacher Warriors Award 2026

Your support matters!
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 worldwide.
Donate [here](#) today.

Thank you!