



kanthari participants during visit to fireflies

# kanthari Quarterly Newsletter 3-2023

Has there been a time in your life when you felt like you were being whirled around in a washing machine? If not, come to the kanthari Institute sometime around the 6th week into the course and you won't be disappointed.

Well, it starts slow at first: Door open, insert the ideas, close the door, push start... water flows in for the pre-wash...

The main goal of this exercise: 'If you really want a change, you need to have the courage to part with your old, cherished ideas, break them down into their component, improve them, reassemble them anew to form a solid foundation on which the future organisation can be built.

For most participants, the sixth week of the kanthari course resulted in the birth of their new,

own(ed) idea of how problems can be addressed/solved. And this birth is usually quite painful, emotional and accompanied by tears and anger. But then, one day, after exhausting weeks with sleepless nights, in which the old conventional concepts are questioned and shaken, there is that magic moment, when the realisation sets in that unconventional ideas are needed to solve old problems.

And it is precisely these ideas that the participants will be presenting to the public in the upcoming [SPREAD THE SPICE](#) festival.

*Dear Friends and supporters,  
The 14th course is running in full speed. Just a few weeks ago, the 2023 kanthari participants returned from an eventful exposure visit journey through India. It was in late August, when the always lively campus suddenly*



Karan from Nepal speaks to volunteers for the SPREAD THE SPICE Festival



Some of the 2023 participants



Exposure visit—Traveling through India by train



Our catalysts and participants received a warm welcome at AGRO-RANGERS in Maharashtra

*quieted down. Unlike previous years, Paul, Ajith and I decided not to join the trip, and this felt good for the first 2 days. No long nights in dusty trains, no hours of waiting for buses surrounded by mosquito swarms, none of the usual quarrels that occur after nights with little sleep.*

*But when we listened to the recorded daily reflections, we became a little nostalgic and wished to be with them on their journey visiting social and environmental organisations in Mumbai and Pune.*

*The visits to numerous initiatives restarted most of their washing machines again and many came back with improved ideas, and with important take-aways of **what and what not to do.***

### SPREAD THE SPICE festival 2023

And since their return, act 3 including the BASCH course (business for social change) has been running in full swing. Every act has a final highlight. For act 3 it's the "[SPREAD THE SPICE](#)" Festival, an event that provides an insight into social and environmental projects from 12 different countries.

The major learning point for our participants is the organisation of an event with at least 25 stalls, 100+ volunteers, 3 days of exhibition with (hopefully) thousands of visitors, with entertainment and catering. And it offers a chance to gain experience in raising funds too.

Mary from Kenya and Emmanuel from Cameroon are the master planners, and all understand and experience what it means to work with/in teams to realize a bigger goal.

Three kanthari graduates shared the following updates:

### [WILD](#) – Shivani – Bihar, India - 2021 kanthari graduate

“At WILD we support the Environment and marginalized community through conserving indigenous knowledge of food and farming. Through TV shows, live cooking, workshops on millets, millet seeds and recipe book distribution, we have reached/worked with 2000 farmers across 59+ villages.

Just recently we had a special opportunity, we were invited to showcase our millet based products in front of first lady's from around the world at the G20 summit in New Delhi.

Besides our training activities, to reach more farmers and consumers, we presented our products in 16 exhibitions. We continue our work for better health, environment and dignified livelihood for members who are situated on the margins of society.”

### [Fireflies](#) – Gautham NC – Kerala – India – 2022 kanthari graduate

“Fireflies vision is a community free from crime, addiction, and mental health challenges.

In the past three months, we've turned an empty space into ‘Chimminikood’, a vibrant hub for youth empowerment. With minimal funds, we engaged over 40 young beneficiaries from Kasaragod, revitalizing the space and securing essential kitchen and office equipment through material drives. The hub launched with a musical night and hosted weekly events, including a cooking work-



WILD—Shivani Kumari with trainees in Bihar



Fireflies - Gautham NC in Kasaragod

shop and volunteer meetups. In August, we welcomed the 2023 kanthari participants, enjoying an Onam Sadya together. It was a once-in-a-lifetime experience for all our beneficiaries to spend time with social changemakers from across the globe.

Now, we're gearing up for the second edition of our seven-day youth empowerment workshop, Saptha, a transformative journey of self-discovery and growth."

**Centro Colibri – [Carolina Ortiz](#) – Bolivia – 2019 kanthari graduate**

"In Centro Colibrí we provide holistic services to victims of sexual violence, and we run a training program to empower women and families to prevent all types of violence.

During the past quarter, we have focused on Empowering Women and the Family. We organized training courses in making Chocolate, Jams and Sweets, Event Decoration, Journals from Junk, Tubular bead necklaces, as well as a course on professional Makeup. A total of 600 women, children and also several men participated. Additionally, we collected toys and materials for our space to support girls and adolescents in Colibrí."

#### kanthari in the media

- Paul spoke at [changemaker10](#), part of the G20 summit
- paul was a guest in the Move & Meet [Podcast](#)
- Watch an inspirational documentary about Horiuchi Yoshimi, Founder of Bookworm Foundation on "[Promote the Joy of Reading](#)"

- on 13th of AUGUST, we spoke at the Freedom Fest 2023 in Trivandrum about the theme: [Inclusive and innovative learning environment](#) (talk starts at min 30:00)

*Dear Friends and supporters!*

*As we finish this third newsletter, the sun slowly announces the break of a new day... At 5:30 in the morning, many of the participants are already active, working on their project ideas, formulating posts to promote the upcoming SPREAD THE SPICE event, working out in the gym or jog around the neighbourhood.*

*It is truly a vibrant group, with participants sharing one goal, and that is to make a positive difference in their communities.*

*Keep an eye out for the kanthari blog, where you will learn more about each of them soon. And, of course you will have the opportunity to see them live at kanthari TALKS on 15 and 16 Dec. To bring kanthari TALKS available to a wider audience, we would appreciate it if you can share this newsletter to those who are interested.*

*We thank you for your support and also for your financial contribution that helps us to train more change makers.*

*With warmest regards from Kerala,*

*sabriye and paul*  
[www.kanthari.org](http://www.kanthari.org)



Scan to donate



Myat from Myanmar during the Taste Branding session



Centro Colibri - 2 month professional make up training

#### YOUR DONATION MAKES A DIFFERENCE !

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

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Thank you!