



Tokyo Marathon 2025 Impact Report from Dr. Tenzin Dorji, Bhutan's "Mountain Dentist"!

Foundation for Global Children (FGC) supported the challenge of Dr. Tenzin Dorji, who became the first Bhutanese to participate in and successfully complete the Tokyo Marathon 2025 in March 2025. Dr. Tenzin, a "Mountain Dentist" in Bhutan, provides dental care and oral hygiene education to areas without access services and to people with disabilities. This report details how he is applying his experience in Tokyo to Bhutan and expanding his activities (excerpted from his report).



Dr. Tenzin Dorji after completing the Tokyo Marathon

The support I received for the Tokyo Marathon 2025 was more than just a race experience. It became a source of learning, visibility and motivation, leading to youth engagement, community running athletics development and future social-impact fundraising in Bhutan. The experience gave me exposure to international marathon culture, public participation, event organization, and the way running can connect ordinary people, athletes, families, cities and causes.

Coverage in national newspapers led to increased social awareness

After returning to Bhutan, my journey to the Tokyo Marathon 2025 was featured prominently in Bhutan's national newspaper, Kuensel, and on its official social media accounts, gaining widespread social recognition. This contributed to widely disseminating the understanding that marathons are meaningful and achievable for



Published in Bhutan's national newspaper, "Kuensel"

Bhutanese runners, and led to the creation of a platform for deepening future discussions.

School activities and exercise programs

At school, I shared with students and children about the running culture I experienced in Japan, and the importance of discipline, health, enjoyment, and perseverance. Furthermore, instead of putting pressure on the children to compete, I implemented a program that incorporated relay games and exercises to improve coordination skills, in order to foster their interest in sports through enjoyable physical activity.



Exercise programs for children



Wearing a T-shirt with the FGC logo on it



Sharing his experiences in Japan with students

Participation in the Sports Ecosystem Upgrade Program

My experience in the Tokyo Marathon and my ongoing grassroots efforts to promote running have been highly praised by the leadership of the Bhutan Olympic Committee (BOC), and I have been entrusted with participating in the Bhutan Amateur Athletics Federation's (BAAF) "Sports Ecosystem Upgrade Program." Personal marathon experience is connected to broader, nationwide sports development work.

A sports ecosystem is a sustainable system in which fans, athletes, businesses, and local communities mutually provide value, achieving both the growth of the sports industry and the resolution of social issues.

Run4Bhutan: A community running initiative

In addition to institutional work, I initiated Run4Bhutan as a community-driven running platform. The purpose is to make running more accessible, safe, enjoyable, and socially meaningful for ordinary people, including beginners and recreational runners. I organize and support the practice of running with the right knowledge, from morning community runs and couch-to-5km (a 5km completion program for beginners) training, half marathon to full marathon preparation, warm-up guidance, running form improvement, injury-prevention awareness, and stretching and recovery routines, building a healthy community through running.

Way Forward: Sydney Marathon and Spinal Research Fundraising

The next step in my running journey is the Sydney Marathon on 30 August 2026. I am honored to have been invited to this marathon, and I plan to use the platform to raise funds for spinal research. This cause is personally meaningful because my mother is a person living with spinal complications.

The message behind this challenge is simple. "I run so they can walk" My journey of "contributing to society through running," which began with the Tokyo Marathon, will continue.

To everyone who has supported me

I remain deeply grateful to everyone who has warmly supported the FGC on a regular basis, and to FGC and the SEISA Group for making it possible for me to participate in the Tokyo Marathon 2025.

The support I received from everyone did not end at the finish line of the Tokyo Marathon. It continued in classrooms, school grounds, community runs, federation-development work, and future charitable running goals.

I remain deeply grateful to everyone who welcomed me, supported me, guided me, and made me feel truly special throughout my time in Japan.

Their generosity turned this marathon experience into a memory I will carry with pride and gratitude.

Dr. Tenzin has taken his experience from the Tokyo Marathon 2025 back to his home country of Bhutan, and continues to run, using it as a platform for awareness, service and social good. We will continue to support his activities, which are paving the way for the future through medicine and sports. We would like to express our deepest gratitude for your profound understanding and cooperation.



Collaboration with BOC



Community running members



Charity support for spinal cord research



Overseas
Activities

KOMOREBI Primary School in Uganda is expanding its classrooms!

We have received a report on the current state of infrastructure development from Ms. Ramunu Lucy Ruth, a staff of the Embassy of the Republic of Uganda in Japan, who spent two months on-site at KOMOREBI Primary School in Omoro, northern Uganda, which FGC has been supporting since 2023.

Infrastructure development tailored to the growth of children

Following the completion of the "SEISA Africa Asia Bridge," a bridge spanning the school route, in 2023, we have continued to support the expansion of classrooms and other facilities to accommodate the growth of the children at KOMOREBI Primary School.

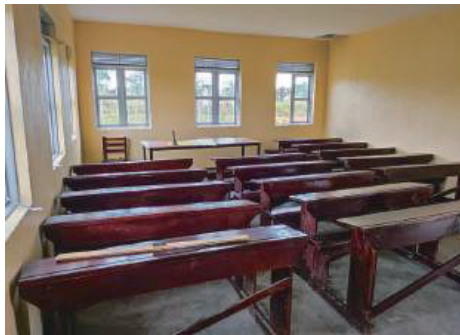
They initially started with just two classrooms for two grade levels, but we have been adding one classroom each year, and now they have five classrooms.

Currently, construction is underway on classrooms for sixth graders. Furthermore, construction has begun on a new kitchen for school lunches, which will support the nutrition and health of the children. In the future, there are plans underway to construct a dormitory to accommodate children from distant areas.

Support for KOMOREBI Primary School, which began with the construction of a bridge, is steadily progressing step by step. We would appreciate your continued warm support so that children can continue their education.



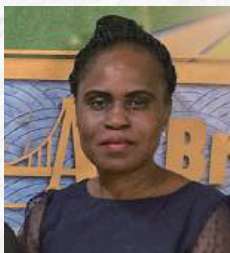
The completed 5th-grade classroom



All the necessary equipment, such as desks and chairs, has been provided.



Kitchen under construction



A message from Ms. Lamunu Lucy Ruth

On behalf of KOMOREBI Primary School and the Oilango village community, I would like to express my heartfelt gratitude for your generous and continued support in the construction of Komorebi Primary School.

Starting with just two classrooms, the school has grown into a primary school with five classrooms, where children actively seek out learning opportunities.

We will responsibly and appropriately manage the support we have received, and will continue to provide updates on our progress. Thank you so, so much.

About Omoro and KOMOREBI Primary School

Omoro, located in northern Uganda, is a region that once suffered from the ravages of rebel forces, and many residents still live in poverty and insecurity. However, the local people have not lost hope and continue to wish for peace and development for a brighter future for their children. To fulfill that wish, KOMOREBI Primary School was built through the collaboration of the Japanese certified NPO Gojo Club and the people of Uganda.



About "SEISA Africa Asia Bridge"

Omoro experiences drastic changes in climate between the rainy and dry seasons, and every time the rainy season came, the rivers would swell, flooding the roads and preventing children from going to school. Our support was launched to address this challenge. The "SEISA Africa Asia Bridge" was completed in 2024, made possible by the crowdfunding generous support from everyone. This bridge enables the children to go to school every day in any weather.





Domestic
Activities

"Hands-on anywhere in the world" Introducing Eritrean Culture to Children!



FGC has previously been commissioned by the Eritrean Embassy in Japan to conduct outreach classes on international understanding at an elementary school in Tokyo. The lecturer is Mr. Kesete Habtesion from Eritrea, who came to Japan as a sports scholarship student and became a staff member of our foundation after graduating from SEISA Dohto University.

On March 23, 2026, we had the opportunity to share Eritrean culture with elementary school children in the lower grades through a program called "Hands-on Anywhere in the World" at the Minato Ward Azabu Children and Teens Plaza.

Mr. Kesete presented on Eritrea's location, climate, food, and children's daily lives using a PowerPoint presentation filled with local photos. The event was a great success, with over 30 children participating.

The game that generated the most excitement was one using the alphabet of Tigrinya, the language of Eritrean. In cooperation with the Embassy of Eritrea, the Eritrean alphabet was printed on large panels.

Engaged and excited, the children enjoyed a game of rearranging the panels to spell "Eritrea," "Japan," and "Peace." It was a valuable and heartwarming opportunity for exchange, connecting Japan and Eritrea.

International Exchange and Running Clinic at a Preschool!



On June 19th, an exchange event was held at Nogawa Minamidai Nursery School in Kawasaki City, Kanagawa Prefecture, where Mr. Kesete and the children interacted. Children from the nearby Twinkle Uenogawa Nursery School also joined in, and together we were greeted by approximately 30 five- and six-year-olds.

In the first half of the program, he introduced Africa and Eritrea. Using photos, he talked about the animals everyone imagines when they think of Africa, and they practiced greetings in Tigrinya, the language of Eritrea. Since the preschool teachers had spoken with the children beforehand, many of them were eager to share their knowledge about Africa and Eritrea.

For the second half, they moved outdoors for a running clinic led by Mr. Kesete, a Japan Skyrunning Champion! Everyone had a fantastic time moving their bodies and running together. The grand finale was a game of tag where Mr. Kesete dressed up as an African lion and chased the children, which was a huge hit.

We hope that while children are having fun playing, it will spark their interest in foreign cultures and international exchange.



Enjoying a fun game of running and tag



Mr. Kesete dressed as a lion



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