

OUR MANDATE

- 1. To improve the rate of organ and tissue donation by educating public about the importance of registering as an organ/tissue donor and sharing with family members and by distributing information in a variety of languages about how/why to become a donor.
- 2. To Educate public about health, Ontario health care systems, dealing with cultural taboos with respect to health and health care, common infectious diseases and the prevention thereof, importance of organ and tissue donation, blood donation, umbilical cord blood donation, hair donation, physical & mental disabilities and overcoming stigma associated therewith, nutrition, exercise and maintenance of good health by organizing seminars, workshops, by producing and exhibiting educational theatrical productions and by collecting and disseminating information on those subjects.
- 3. To assist individuals with disabilities by offering education and counseling and by directing them to recommended support groups operating in their language of choice



SUPPORTING ORGANIZATIONS



beadonor.ca



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ABOUT US

We're a non-profit network, well-connected within the South Asian Community to raise awareness about important subjects that aid in promoting health and wellness in the community. As Canada's first South Asian Organization in creating impactful buzz about organ/tissue donation in the past several years, we have now taken upon more aspects of health and wellness to spread the word about, on behalf of mainstream organizations, so that their message can reach the grassroots. That way, the members of our community can make collective efforts in contributing to a healthy society.



OUR ACCOMPLISHMENTS

In past several years, our volunteer team, which consists of hundreds of members across the globe, have been able to spread the word about our mission through social media, mainstream media, and community outreach. We have been recognised by all levels of Government along with Honourable Former Prime Minister of Canada Stephen Harper in the parliament of Canada. Esteemed media groups such as Toronto Star, CBC, Rogers, Omni and most ethnic media has covered our events.

Through our aggressive social media campaigns and ethnic media outreach, we've been able to penetrate into a large number of youth and families to spread awareness about our projects to masses.



ANNUAL 'GIVE A HEART' INITIATIVE

For years, Team Karma has set milestones by involving youth to give new dimension to days like Valentine's Day with celebrations of our annual gala "Give a Heart". Amar Karma's giving of heart stands for expression of love for humanity by being registered organ & tissue donors, Cord Blood Donors, Blood Donors, and Hair Donors, or in other words, by spreading a message of compassion. The legacy of "Give a Heart" initiated by the Karma team has spread its echo to the masses on social media, making it a movement that speaks to the families at large. On the evening of Give a heart event, couples and youngsters come out to register to be donors and to learn about other associate organizations that we work closely with. This event is held first Saturday of February each year.

ORGAN DONATION IN ONTARIO

Any Ontario resident who is at least 16 years of age can register their consent to donate their organs and tissues after their death. Individuals may indicate their decision to donate all organs and tissue or only specified organs and tissue. After registering it is important to share your decision with your family. To register to be a donor in Ontario: you go to **beadonor.ca**.

For other provinces in Canada please visit
amarkarma.org
Download form to donate in India :
amarkarma.org



UMBILICAL CORD BLOOD DONATION: CORD OF LOVE CAMPAIGN IN SUPPORT OF VICTORIA ANGEL REGISTRY OF HOPE

When a baby is born, the umbilical cord is cut. The blood left in the umbilical cord and placenta contains millions of stem cells. Long after birth, the umbilical cord can continue to sustain life and save lives. Its nutrient-rich blood contains stem cells. These have been used to successfully treat over 80 different diseases, including: Leukemia, Thalassemia, Sickle Cell Anemia, and Lymphoma.

To learn more about criteria to donate your umbilical cord blood and to register to donate umbilical cord of your baby after 30 weeks of pregnancy: <https://victoriaangel.org/donate-cord-blood/register-now>. More detail is available upon request: info@victoriaangel.org

"I had a liver transplant 13 years ago in BC and soon as I recovered, I started volunteering with BC transplant because I wanted to give something back from the life I've received through Organ Donation. There's still a lot of work we have to do by bringing awareness and educating our people about the importance of Organ Donation. "It truly is the most expensive gift you can give someone, that doesn't cost you anything".

Jazz Gill
Former Director, Amar Karma
British Columbia

Cord blood is currently used to treat lymphoma, leukemia. . .
Let's beat cancer with cord blood!



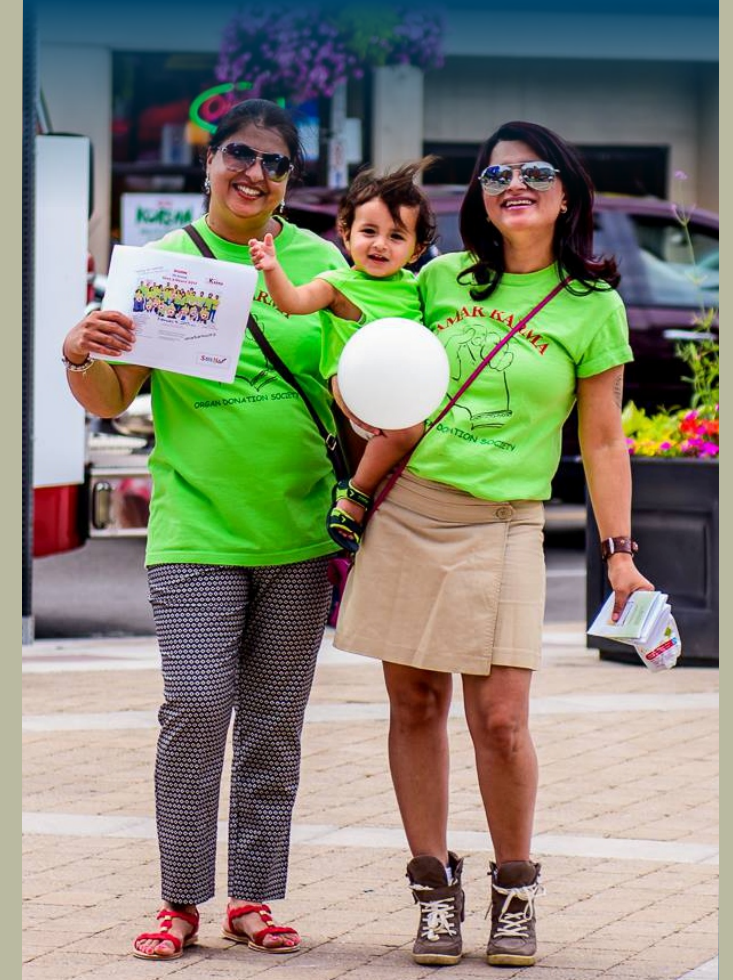
HOW CAN YOU INVOLVE

As a volunteer: Join our team: Apply at amarkarma.org

- To learn new things & build confidence
- To earn volunteer hours for school or work
- To spread happiness & restore hope & faith
- To make a difference in the human lives
- To fulfill your moral obligation
- To gain a platform to perform your talents
- To get nominated for annual award

As a sponsor: Sponsor our events- Seminars, Walks, Conferences, Booths, Luncheons & Information Sessions etc. We are a group of volunteers, and for our events, we depend on the funds that we raise with help of local businesses and community.

Request a session: Request an information session with us at your work place, school, community group etc. we will bring professionals to answer your questions about our undertakings.



FLYER FOLDING INSTRUCTION

Front



Back



Side 1



Side 2

