



AMAR
KARMA
HEALTH & WELLNESS AWARENESS NETWORK

FEBRUARY 2020



www.amarkarma.org

Welcome to AMAR KARMA'S milestone, **10**th Year of annual **GIVE A HEART** event!



History of Give a Heart

"Give a Heart" started in 2011, when the pioneers of the Karma Network decided to express a more meaningful take on celebrating Valentine's Day. The new Karma concept was about expressing love and care towards humanity, by highlighting some of the simplest ways to make a difference.


The first gala took place in 2011 at Shingar Banquet Hall in Brampton, where a group of young adults turning 16 proudly announced on stage that they had signed up to become registered organ & tissue donors. The legacy of the segment at annual 'Give a Heart' called Special 16 carries on, stepping into a new decade. Messages of expressing love towards others are portrayed in the most engaging ways in segments such as the '1-Minute Advocate Challenge' where young ambassadors choose a topic to depict in their medium of choice.

At the gala, besides dinner and dancing, couples mark this day by pledging to become umbilical cord donors. Ambassadors share their stories and commit to spreading love all year. They may choose to participate by growing out their hair, donating blood or advocating for any one of the simplest gestures of expressing love towards others. The gala sees more than 400 guests each year, mostly families. The event is entirely organized by volunteers - receiving recognition from all levels of government and notable community leaders throughout the years.

Beyond just fun and entertainment, Give A Heart is an event that offers youth an opportunity to delve deeper into causes that are important to humanity and consider their impact. The gala also offers its volunteers recognition and an outlet to perform their best talents and practice newer ones such as public speaking, organizing, management and strategic execution of plans that take a course of several months.

We are thankful to those of you who have supported us throughout all these years and have been a part of this legacy since its inception.

We look forward to continuing this journey alongside you!


KULWINDER SAINI
Outreach Director



MEET OUR FOUNDER LOVEEN GILL

As a founder of Amar Karma Health & Wellness Awareness Network, which initially started as Amar Karma Organ Donation Society in 2008, Loveen Gill aspires to normalize organ and tissue donation registration within a community that needs it most. She believes that health and wellness is synergistic - our wellness is connected to that of the entire society and vice versa. Loveen Gill is a Host and Reporter at OMNI Television, where she has been covering human interest and community-centered stories. Loveen has also been closely involved in the non-profit sector. For over a decade, she has volunteered tirelessly to eradicate taboos within the South Asian community such as backward views on organ donation. Additionally, Loveen is a published anthologist with published works and articles on women's issues contributed by over two hundred female writers from across the globe. Loveen has received provincial recognition for Leading Women Building Communities from the Minister of Status of Women. She was awarded the Ontario Medal for Good Citizenship (2018) for her tremendous efforts and contributions to her community. Her future goals include aspiring to continue her work with women and youth in bridging the gaps and bringing awareness to their untold stories through her journalism.



In this world of materialism and selfish behaviour, one is forced to think if humanity is fast disappearing. We do not have a moment of thought for anybody. There is pain and anguish, hatred, jealousy, illness and death. Death the harsh fact of life, from which no one has escaped, the most unpredictable. We all work hard so that we can achieve the financial stability to secure our future. Do we really know if we will ever be able to enjoy the luxurious we are dreaming of? What matters is a healthy lifestyle and we should all strive towards it. Health and wellness should be our top priority. With technology conquering new heights, humans are more susceptible to serious health issues.

I have always desired to work towards humanity. Having lost my husband to cancer at an early age and struggling with 2 young children, I could not imagine myself helping humanity in anyway. During this difficult time, in 2012, I came across Amar Karma, the first South Asian non-profit organization in Canada, creating awareness about important issues that aid in promoting health and wellness in the community. I was fascinated by the group, their passion and dedication

towards the cause. It was a small group at that time, with no funding or an office. But that was not a limitation for them. It wasn't a hindrance for them for they had their passion to keep them going. Each member was working tirelessly with complete zest and enthusiasm. Such was their passion that even personal losses did not hold them back. I remember the day when at one of the meetings, I received a call from one of the senior members expressing his inability to attend the meeting as he had lost his wife that morning. I was in tears and knew that his dedication would not be wasted. The flame of this passion had to spread far and wide.

During my journey with the Karma, I have seen us grow from a small group of 10 to more than a hundred now. Amar Karma has now spread its wings to Vancouver, BC, Canada and in India. Our group has conquered all hurdles and achieved various milestones and has been acclaimed by many well-known politicians and public figures.

This is just the beginning of the journey towards raising awareness amongst people, about the Karma we all talk about, about our responsibility towards giving back to life, about humanity, about selflessness, and there is nothing that can stop us from moving ahead.

This magazine is just a summarization of our journey, our activities, our Amar Karma family, our achievements and we look forward to more members joining us in our journey.

Life is too unpredictable to hold off till tomorrow...

Take a peek at our journey!

Mandeep
MANDY KAUR
DIRECTOR



In the world today where everyone is busy that sometimes finding time for oneself becomes a difficult task. For years I had wanted to do my part of the society and to give back, but the challenges of settling down kept me occupied until I was searching for a place where my son could get his volunteer hours for high school, not knowing that I was to discover my own Karma through his. It was the year 2013, when I first dropped my son at a reception event organized at Legislative Assembly of Ontario with the support of local provincial leaders.

After that, I have been a part of every event organized by our organization. This was to share how Karma became a part of my bloodstream. The more time I spend making a difference for others, the happier I feel.

Throughout our journey, we have learned that health and wellness is a collective effort. Ensuring the wellbeing of others is reciprocated many times over and its Karma is synergistic. Overall, it begins with an expression of love towards those in need - those who don't yet know us but

whose lives can change with the tiniest morsel of our kindness. To celebrate what we do, and all that we can do together, is to bring on board one heart at a time. For this reason we host the Give A Heart event - our way to celebrate Valentine's Day with our loved ones.

The beauty of our Karma family is that - together, we are beyond the causes that we have chosen. We are a family. We are tied to each other with an invisible thread. You are part of our family too, because you have supported us throughout this journey. With all our gratitude to you each of you who have contributed in making our mission a success and for fueling the engine this far!

We could not have done it without your support.

A handwritten signature in black ink, appearing to read 'Gurmukh'.

GURMUKH GURU PABLA
DIRECTOR

ABOUT US

Amar Karma is a non-profit network, well-connected within the South Asian Community to raise awareness about important subjects promoting health and wellness in GTA and beyond. As Canada's first South Asian Organization founded to create impactful buzz around organ and tissue donation over the past decade, we have successfully established a large network of volunteers within the region to take on more aspects of health and wellness so that the members of our community can take collective strides in contributing to a healthier society.

THE MEANING

AMAR stands for **ETERNAL**
KARMA means **OUR ACTIONS**

Actions that leave the imprint forever!

HEALTHY INDIVIDUAL



HEALTHY FAMILY
& HOME



HEALTHY COMMUNITY



We Raise Awareness Through Many Avenues

- ✦ Organizing Seminars
- ✦ Awareness Walks
- ✦ Lunch-and-Learn sessions at workplaces
- ✦ Social Media, print and broadcast media campaigns, word-of-mouth etc.
- ✦ Building a network of volunteers
- ✦ Holding special online campaigns such as #OrganDonationIsHeroic
- ✦ Reaching out at religious parades, places of worship, colleges, and public locations to raise awareness about important aspects of health and wellness
- ✦ Organizing special events such as Give a Heart, Holi, Rolling Wheel, Halloween Santa Parade etc
- ✦ Volunteer recognition and appreciation awards
- ✦ Poetry and speech competitions about subjects like organ donation

FACTS

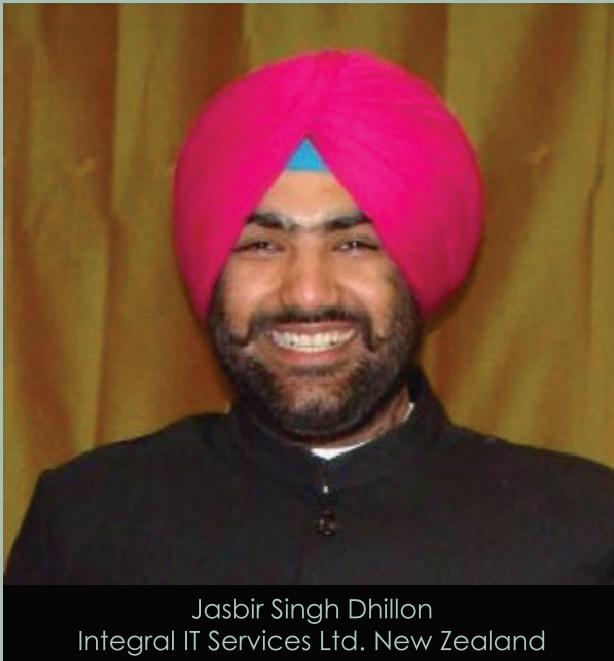
Initially started as
“Organ Donation Awareness Campaign”

Canada's First South Asian Organization
Formed to highlight organ donation



- ✦ Federally registered non-profit organization since June 2010
- ✦ Founded by Loveen Gill after years of intensive research starting in 2007-08
- ✦ The first meeting between Amar Karma, Gift of Life and William Osler Health Services was held on November 8, 2010 at Brampton Civic. The meeting was attended by Loveen Gill; Sandra Fawcett, Director, Communications and Public Affairs Trillium Gift of Life Network; Kiki Ferrari, Director of Emergency & Critical Care Services, William Osler Health System; Nicole Poos, Volunteer Services Advisor Trillium Gift of Life; and Linda Trentadue, Administrative Assistant to Lorrie Halliday, Director of Patient Access & Clinical Support Service
- ✦ Amar Karma launched its campaign at Soccer Center, Brampton on January 8, 2011 with the support of Baldev Rehpa, Navkiran, Charnjit Brar and the team from Rationalist Society of Ontario
- ✦ Amar Karma also comprises of a team of over hundreds of volunteers out of GTA, B.C and India as of 2017
- ✦ Amar Karma has held over 200 events since the start, with the help of a volunteer team of youth and seniors
- ✦ The campaign that started as Amar Karma Organ Donation Society has now incorporated as **Amar Karma Health & Wellness Awareness Network** after the group undertook other causes such as highlighting umbilical cord blood donation, eliminating stigmas around disability, mental health, cancer awareness, etc.

With Gratitude, For Jasbir



"I had never imagined Amar Karma to have grown to such an extent that it has. I started it as a campaign at first but then things led on their own. It certainly took a lot of my time, passion and persistence, however, surely universe had a role to play in it. Like-minded people brought their energy into Karma without even having me request for it. For example, in 2011 I built a simple 5 page website with WordPress template, because I wasn't in a position to hire IT. Then, Mr. Jasbir Singh Dhillon MD, from Integral IT Services Ltd. New Zealand approached me to offer a better solution and professional website for Amar Karma at no cost. The Incident overwhelms me to this day and always will for a fact that Mr. Dhillon was a complete stranger all the way in another country to take on the Web Services load for a few years until Zenica to took over. We'll forever be thankful to Mr. Dhillon for his generosity. These episodes have made my belief even firmer that there's universal energy that has pulled into Karma, and has chosen me to represent the mission."

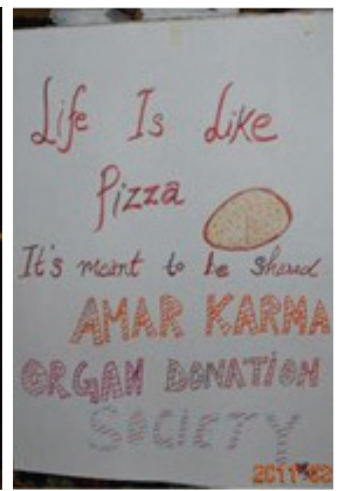
– Loveen Gill- Founder

The campaign was launched **on January 8, 2011 at Brampton Soccer Center**, where group of friends and like-minded people from the community were invited to join in. Upon a reference from Harjeet Singh in England, the prominent members from the Rationalist Society supported the launch of crusade.

Organ Donation was then and still continues to be a least talked about subject within the South Asian Community. On that day, over 21 young volunteer members joined hands at the mission to normalize the concept of organ donation. Nicole Poos, Volunteer Services Coordinator representing Trillium Gift of Life attended the event, and was thrilled with the enthusiasm of the team. This event was well received by the community as an initiative from youth, and was published by many local newspapers in various South Asian Languages.



The Launch Event : January 8, 2011
Brampton Soccer Center



Associations with Community Organizations:
Through the year in 2011, Amar Karma formed associations with many local community organizations such as The Ripple Effect Wellness

Organization to share their platform for educating people about organ donation. Several hundred people were reached through their health fairs.



Senior Registrations Forms Before Online Registry was Available:

Back in 2011, online registration wasn't available yet; the youngsters carried forms for people to get filled out. In many cases, the group received calls from seniors when they needed assistance with filling out the forms due to language barriers; The Karma team made visits to their homes to fulfil our goals. Several seminars were held at senior facilities to provide educational sessions to seniors in South Asian Languages and to assist them with filling out forms.

MEET OUR BOARD MEMBERS



MEENU SIKAND

Meenu Sikand joined Holland Bloorview Kids Rehabilitation Hospital (Holland Bloorview) as Executive Lead on equity, diversity and inclusion in January 2019. Meenu brings with her a true passion to create accessible, inclusive and welcoming communities that embrace everyone.



VIPAN MAROK

Barrister, solicitor and notary public, Marok has been contributing to various causes that are of immense value to society. Vipin Marok has served seniors by providing them free notary services at his law firm to express gratitude to golden agers. Because of his keen interest in supporting youngsters as being the foundation of a healthy society, Vipin initially got involved in Amar Karma Organ Donation Society. After meeting many recipients as well as donor families, he committed to dedicate himself to the cause of organ donation. He is also the founder of Punjabi Bhawan Toronto, an organization dedicated to connecting South Asian youth to Punjabi, Language, Art and Culture.



GARNETT MANNING

Garnett Manning is an energetic, self-motivated community leader with more than three decades of experience in local government affairs and community-based initiatives. He is a certified Peace Ambassador to The United Nation. A trail-blazing public servant, Garnett served as a City Councillor and acting mayor for the City of Brampton. Garnett is the recipient of several community recognition awards including: United Nation World Excellence Sustainable Development Achievement Award 2019 African Canadian Achievement Award 2006 for Excellence in Politics Camp Jumoke Appreciation Award 2011 Garnett Manning holds a Bachelor of Theology degree (B.Th).Carrom Canada.



NIRMALA ARMSTRONG

Nirmala is a highly regarded lawyer with a specialist degree in Political Science from the University of Toronto, an LLB Degree from Queen's University - Faculty of Law, and an LLM Degree from Osgoode Hall Law School. Having practiced law for 23 years, she is a frequent participant in drafting questions for the Ontario field of Family Law. Nirmala Armstrong was a recipient of the Queen's Golden Jubilee Medal in 2002 and ten years later received the Queen's Diamond Jubilee Medal in 2012. Recently, she has also been a recipient of the Inspiring Women Award from ANGEENA International Non-Profit Organization, the Award of Excellence from Council of Agencies Serving South Asians, the award for Leadership and Support from the South Asians Gift of Life Committee in Collaboration with the City of Markham, and an award of appreciation from Carrom Canada.



Dr. YAWAR SAEED
(Member Advisory Board)

Currently Chief of Surgery at Al-Dhaid Hospital, UAE, Dr. Yawar Saeed holds the unique distinction

of undertaking the first successful living-related liver transplant in South Asia in 2001, paving the way for transplant innovation and collaboration between India and Pakistan. Trained in the U.K. and Pakistan in general surgery with specialization in hepatobiliary and gastroenterology, he formerly served as Professor of Surgery at various institutions and Chief of Surgery for the Government of the Punjab, Pakistan. Dr. Saeed has also served as a fellow of the Royal College of Physicians and Surgeons, Glasgow.



Dr. AMAN TAGGAR

Dr. Aman Taggar is a radiation oncologist at the Odette Cancer Center, Sunnybrook Health Sciences Center. He treats gynecological and gastrointestinal cancer with a primary focus on MRI guided radiotherapy and brachytherapy. He obtained his BSc in Chemistry honors and MSc in advanced Therapeutics and Oncology at the Department of Oncology, University of British Columbia, and Vancouver, followed by his medical degree at UBC.



SURJIT KAUR

Surjit Kaur is a prominent writer, who lives in Brampton. She has authored several books of poetry, prose and stories that connect the South Asian diaspora to their origin. Born and raised in Delhi, Surjit Kaur has earned her B.A honours from Guru Nanak Khalsa College Jalandhar and her Masters from D.A.V College Jalandhar.



RAMAN DUA

Raman Dua is the CEO/Founder of an iconic brand in the real estate industry called Save Max. With his MBA degree from Maharishi Dayanand University in his suitcase, Raman Dua landed in Canada with a vision in his eyes to build a new home. In a trice, he discovered his path, and there was no turning back. While building a home for his own family, Dua envisioned to help others build theirs. Mr. Dua has received awards such as Philip Kotler Award, Pride of India Award, Top Choice Award 2020, and Brampton Guardian Best Real Estate Agent Award 2016-2019.

MEET THE PILLARS OF MISSION KARMA



Nachhater Badesha: Retired as Joint Director from Government of Punjab - Department of Social Security, Women and Children. Mr. Badesha has been a part of the team since the first day of operations at Amar Karma. He brings on board his extensive experience working with the community and understands the societal emotions over the causes undertaken by Karma network.



Ajit Singh: Ajit has been involved with the mission since its conception, and is the first team member who joined hands with the founder, Loveen Gill. As her life partner and one of the pioneering members at Amar Karma, Ajit holds a deep knowledge of history and formation of belief-systems prevalent in society. An Engineer by background, Ajit has assisted with every event held by the organization and works behind the stage to assist in executing strategies established by the team. Being a passionate photographer, Ajit documents photography for the team as well.



Mandy Kaur: Mandy is an educator who has taken the same task at large with the Karma mission. Along with raising her two children as a single mother, Mandy has been a committed member of the team for almost a decade. Not only that, she has ingrained the Karma concepts in the minds of her children too, who also actively participate in the activities of the organization.



Kulwinder Saini: Kulwinder Saini has been one of the key members of the team for over a decade. With a background in electrical engineering from Punjab, Saini is an established Insurance professional in Brampton. He donates blood regularly and advocates the same to youth at Amar Karma. Mr. Saini has been one of the most active core committee members of the team, and his passion for the mission is exemplary.



Winnie Pabla: Winnie Pabla is an entrepreneur. She initially came to Amar Karma to find a volunteer opportunity for her son, but committed herself to the causes embodied by the group. Winnie is a key organizer at Amar Karma, who tirelessly sets the stage for every successful campaign at every location. Her eye for minute details creates a perfect environment for the team.



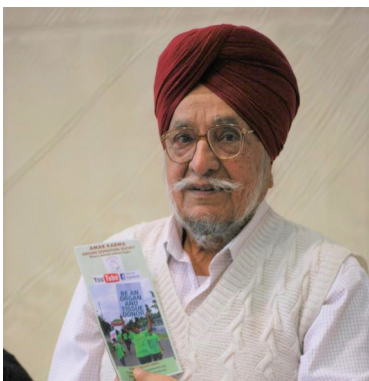
Guru Pabla: Guru Pabla is an entrepreneur, treasurer and one of the directors at Amar Karma. Guru is the personification of dedication and discipline. Among innumerable volunteers, it would be next to impossible to manage accounting details and to micro-manage events, had it not been for Gurmukh Pabla's exemplary organizational skills and leadership.



Harry Pabla: Harry has been a part of team Amar Karma since he was in Grade 7. Now a 23-year-old, he has been actively involved in organizing awareness campaigns at the organization for years. Gurwinder "Harry" Pabla is an Event Coordinator, and responsibly pulls through every task required to bring events to you.



Kiratpal Saini: Kiratpal is a former college professor and an established investment and insurance professional in GTA. He has been a committed member of the organization for several years. Being an educator himself, he holds a firm faith that change comes from awareness and aspires to use his expertise to make a difference. With everyone being a volunteer here, Amar Karma thrives with the dedication of team members like Mr. Saini.



Joginder Ankhila: Bachelor of Law from Ranchi University in 1968, and with a Diploma in Materials Management from Punjabi University Patiala, Mr. Ankhila brings extensive expertise to mentor the team at Amar Karma. He has been one of the pioneering members who has been responsible for managing materials and setting up awareness booths around the region. We are grateful for everything he brings on board.



Gurmeet Saroeey: Gurmeet Saroeey was a businessperson in India, and works as a technician presently. Saroeey believes that his awareness begins at home first, therefore, he makes it a point to involve his entire family into various events held by Amar Karma.



Surinder Sandhu: 82 years young, Surinder Sandhu holds a diploma in Radio Wireless, and worked in the same field for years in the capital city of New Delhi. In 1984, Surinder Sandhu's family suffered a great loss of life and property and had to start all over again. After moving to Canada, he was introduced to the Karma team by a local radio station. Since then, he has been a valuable family member of Amar Karma.



Mohinder Singh Walia: With widespread experience of holding prestigious positions in the education sector, and also working with various social welfare organizations in India such as Punjab Body Pledgers Group, Mohinder Singh Walia joined Amar Karma about 8 years ago. He has mentored and motivated the group members with his addressed and articles. Mr. Walia's leadership has played a key role in the success of Amar Karma's campaigns.



Harjot Dhindsa: Harjot joined Amar Karma to complete volunteer hours for her high school, and has been a committed and dedicated member of Amar Karma. Harjot works in GTA as By-Law Enforcement Officer, and plays a key role in Amar Karma's operations as a volunteer member.



Manjeet Rangi: Manjeet Rangi comes from a background in Software Application Management. He has been volunteering for Amar Karma as IT Director for several years, responsible for all digital needs, such as website and other tasks through his company Zenisca. ZeZenisca Inc.



Sheela Samy: You all know her as the loudest and proudest in the room. Sheela Samy is the voice of Amar Karma. One of the founding members who has been a part of the team since the first day of operations. Sheela Samy is an honest and dedicated team member who wholeheartedly believes in the ripple effect of Karma.



beadonor.ca

My Karmic Journey

Loveen Gill

“When we sow the seed of an idea, we bring many lives together; and obviously with a much stronger force.”

People often ask me why I did I start Amar Karma. The answer to that is- I didn't choose it, the mission Karma rather chose me. In my 20s, I went through a relationship break-up and was devastated. Through the agitation of self-discovery - everything looked dark, uncertain and hopeless. In that phase of emotional turbulence, I had started to believe that my problems were the biggest of all that ever existed in the world.

Incidentally, I met a woman at a bus stop who was agonizing for her son as he was on the waiting list for a liver. I had never heard of the word 'waiting list'. I was shocked to hear her story. What could the wait actually mean when it's about a second chance at life? I thought about it on my way home, and for the remainder of the day. A few days later the conversation came about organ donation at my workplace and ignited the thought in my mind over again for quite some time. A few months later I came in contact with my old friends from British Columbia and I learned that one of our schoolmates had died of unavailability of a life-saving organ for transplant. That conversation struck in my mind. I started to research stats and information about where we stood on the subject of organ and tissue donation. The results were disturbing. Every 3 days one person dies waiting for a life-saving organ, I found. How was it still not the talk-of-the-town then? Why wasn't that a critical issue for us? Why didn't the ones who were waiting for organs come forward to share their stories? I had never heard of anyone on the waiting list from the people I knew. Perhaps, there weren't any waitlisters in the South Asian community, if so, how could that be possible?. I had many questions but almost no answer. The online research gave me



statistics but I needed more than the numbers and figures. I had to find out why people had to wait? That is when the journey began.

Concurrently, I can't remember when exactly my emotional trauma got healed, my heart had resilience and was distracted for good!

I went into the community, talked to people at events, on streets talking about something which I realized, reminded them of death, taboos and endless fears. Then, I went and spent hours with people who were on the waiting list, witnessed processes like Dialysis- I surely had known by then that I had nothing called 'problems', I could only be grateful. Anyhow, something had to be done to help all these people who were suffering, and it was easy to sign up to become a donor. I had made up my mind to approach people in a more strategic manner to get the word across, for which, I had to have a plan. Apparently, there was no South Asian Organization in Canada that dealt with the subject either, hence we pioneered at it.



Granted, that I wanted to start a small campaign to raise awareness, perhaps just distribute flyers with information, but one thing led to another- I had never pictured for Amar Karma to have become a mass movement that it has become.

Looking back, I remember making a flyer with some basic information, then photocopying it at a small house turned into employment center- not knowing that these were the footsteps into a bigger Karma, my purpose. In between now and then, time has been all inclusive of- triumphs, defeats, falling and rising again.

Ever since Amar Karma became part of my life, everything changed. The way I perceive, the way I am perceived; and even my personal relationships have evolved. When we give birth, we bring an individual to life, whereas, when we sow the seed of an idea, we bring many lives together; and obviously with a much stronger force. During my initial footsteps into my journey, the people who I believed would support me mocked at me, some even said such initiatives were suitable to the riches, and that I had to settle down in life instead of wasting time going nowhere with that campaign. Moreover, I had no experience with running a public campaign neither did anyone in my family. The first group of people that signed up to be donors was my family, who also volunteered to assist the Karma mission every time we needed. Amar Karma has been a path of learning for me. It has taught me to focus, to envision- more than anything, my mission has taught me to dream. I have come to believe in myself more than anyone else. Mission Karma has made me hear the echo from the universe that tells me '*It's possible!*' Undoubtedly, the universe had already placed the right people to coincide my path and to join hands in the mission- without whom we couldn't have come this far. I have started to believe in miracles through my voyage with Karma- It could be but a miracle to have such team members that the Karma has.

To summarize, I am not sure when exactly did we emerge from organ & tissue donation to synergy in the wellness of all- the connectedness and oneness. Health & Wellness begins at reciprocity and is a ripple effect of kindness. Organ donation is a simple act to wave the ripple, however, there's more to it.

Throughout this journey, I have forgotten how I had lived before I had my mission, my purpose. It has been immersed into my soul and every cell of my physical being. I dream of reaching out to every 'corner' of the *round earth* to convey the message of eternal love, that lives on forever. Until that last person gets our message, I will continue the dream....

-Loveen Gill



MOHAN FOUNDATION TEAM



We are hoping to build wonderful synergies with Amar Karma and do some meaningful initiatives together.

You give but little when you give of your possessions, you truly give when you give of yourself - Khalil Gibran

Amar Karma's work resonates with the philosophy of Khalil Gibran, the famous Libyan-American poet. Selflessly contributing to the world during and after life' seems to be the USP of the organization. During life the opportunity to do selfless work is available to all of us but only few choose to tread this path. By promoting organ donation after death they make this Karma Amar. In fact after death, the noble act of organ donation makes our life itself a celebration. One act of donation can save 8 lives and enhance 50 others through tissue donation.

I met Loveen, the founder of Amar Karma on Twitter and was amazed with her energy to do good and spread this message in the state of Ontario and

beyond. NGO's are the often the driving force of any society and under the leadership of Loveen the donation program among the Asians will see a new dawn in Canada.

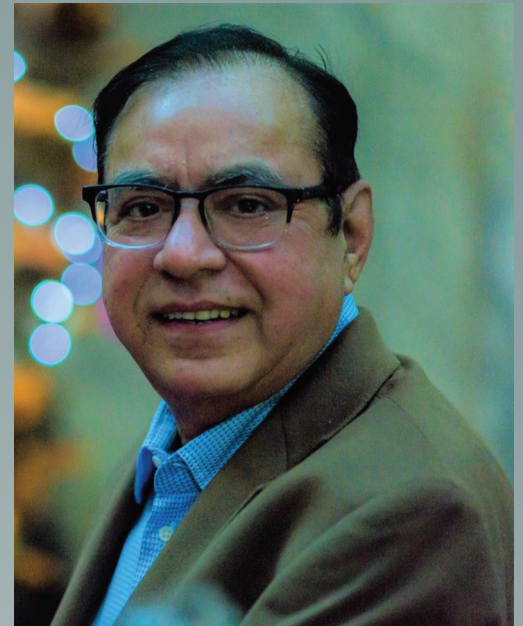
I am associated with a NGO in India called MOHAN for the last 20 years and we promote ethical transplantation through organ donation. We have worked towards capacity building in this program and this has resulted in the deceased donation rate going up almost four times in the last 5 years. This upsurge has resulted in over 2000 lives being saved in the year 2015. We are hoping to build wonderful synergies with Amar Karma and do some meaningful initiatives together. We are proud to be associated with Amar Karma as an affiliate supporting NGO.

- Dr. Sunil Shroff

Senior Consultant Urologist & Transplant Surgeon
Madras Medical Mission
www.sunilshroff.com

HOW TO BRING THAT AWARENESS
AMONG PEOPLE IS A BIG QUESTION.

THAT IS WHERE ORGANIZATIONS LIKE AMAR KARMA COME TO MIND.



"What a nice poem!"

I told the person sitting next to me. "What is her name?" I asked. "Loveen Gill" he said. It was the meeting of Kalma da Kafla - a Punjabi Writers Forum. I realized that beauty and brain can coexist. Then she came when my second book was released and made an impressive speech.

We met later in the meetings and I found that she was founder of an Organization which creates awareness for organ donation. I know the importance of Organ Donation as I lost a friend, an Engineer by profession, who took a lot of time to find a donor to transplant a kidney but a day before the operation he died. He would have survived had there been no delay. I am aware of the anxiety of another friend's son in India who is waiting for a donor of a kidney. The delay can be eliminated if there is a list of people willing to donate their organs after they leave this world. The Cornea of the eye can enable a person - whose world has become dark, to see the world again. I understand that a person can help as many as eight persons to live happily by donating different organs. How to bring that awareness among people is a big question. That is where Organizations like Amar Karma come to mind. That is where Loveen comes to mind. She is recognized for her pioneering work and selfless contribution in this field. Inspiring volunteers to join, organizing discussions and persuading people to be aware and agree to become donors is a great task. She has worked and toiled to bring the Amar Karma to the position where it stands today. I had the opportunity to attend the meeting where importance of umbilical cord donation was explained. Something which is useful for curing many things was going to dust bin; and now the

same can be donated at the time of birth. Organ donation, in most of the cases, comes after death. Between birth to death Health care issues are a recent introduction of the Amar Karma. There is thought about contribution from birth and after death. There is a thought about health care in between. That is Amar Karma for you. That is Loveen for you - a poet, a writer, a thinker, a person who reacts strongly but rightly when something wrong happens in the society. I think Napoleon said something to the effect that we have suffered more by silence of good people than violence/sins of bad people. So people like her, who speak out against wrongs in the society, rather than looking on the other side, become the torch bearers of bringing improvement. People like her who wish to bring happiness in the lives of others deserve to be admired for the qualities mentioned above and naturally not unexpectedly, are favorites of a large number of right thinking persons.

I am very sure and confident that many needy persons will benefit because of the efforts made by the karma team and make their life worth living and better in many ways.

-Harmohan Chhibber

Humourist, Advocate Bombay High Court, Ex-Assistant Gen. Manager Central Bank of India



ACCOMPLISHMENTS & STRENGTHS



- ✦ We have held more than 90 events in the past 12 years, where we were able to reach out to over 100,000 people through our seminars, walks, lunch-and-learns, along with social media, print and broadcast media campaigns, etc.
- ✦ We provide a platform to new leaders at the annual Give a Heart gala each year.
- ✦ We have successfully established relationships with media organizations worldwide without any need for paid advertising.
- ✦ Over the span of 12 years, we have built a network of volunteers nationwide in Canada, India, U.S.A and U.K.
- ✦ In online campaigns such as #OrganDonationIsHeroism, we were able to engage hundreds of participants globally
- ✦ We have raised awareness by reaching out to various places of worship, educational institutes and other community centres
- ✦ We have been joined and appreciated by representatives from all levels of government
- ✦ We have pioneered projects to highlight the importance of umbilical cord blood donation with the help of local organizations such as Victoria Angel
- ✦ We reach out to people in their language, connect with their cultural backgrounds, thus are well-versed with understanding cultural roots of their belief system, ingrained taboos and barriers that prevent them from registering as donors
- ✦ We assist people in registering regardless of their educational or technical experience
- ✦ We understand the family structures, diet, and lifestyles of South Asian families to assist them in making healthy choices
- ✦ With a powerful, persistent, and passionate team of volunteers, we carry the legacy of Karma to new families every year
- ✦ We have established strong community relations by working directly with the families



Inspiring Young Heroes of Team Karma

Radhika Goyal, grade 7 student at Morning Star Public School has been a torch bearer for the Karma since her 11th birthday. She has been leading a crocheting club at her school to raise funds and awareness for Amar Karma.

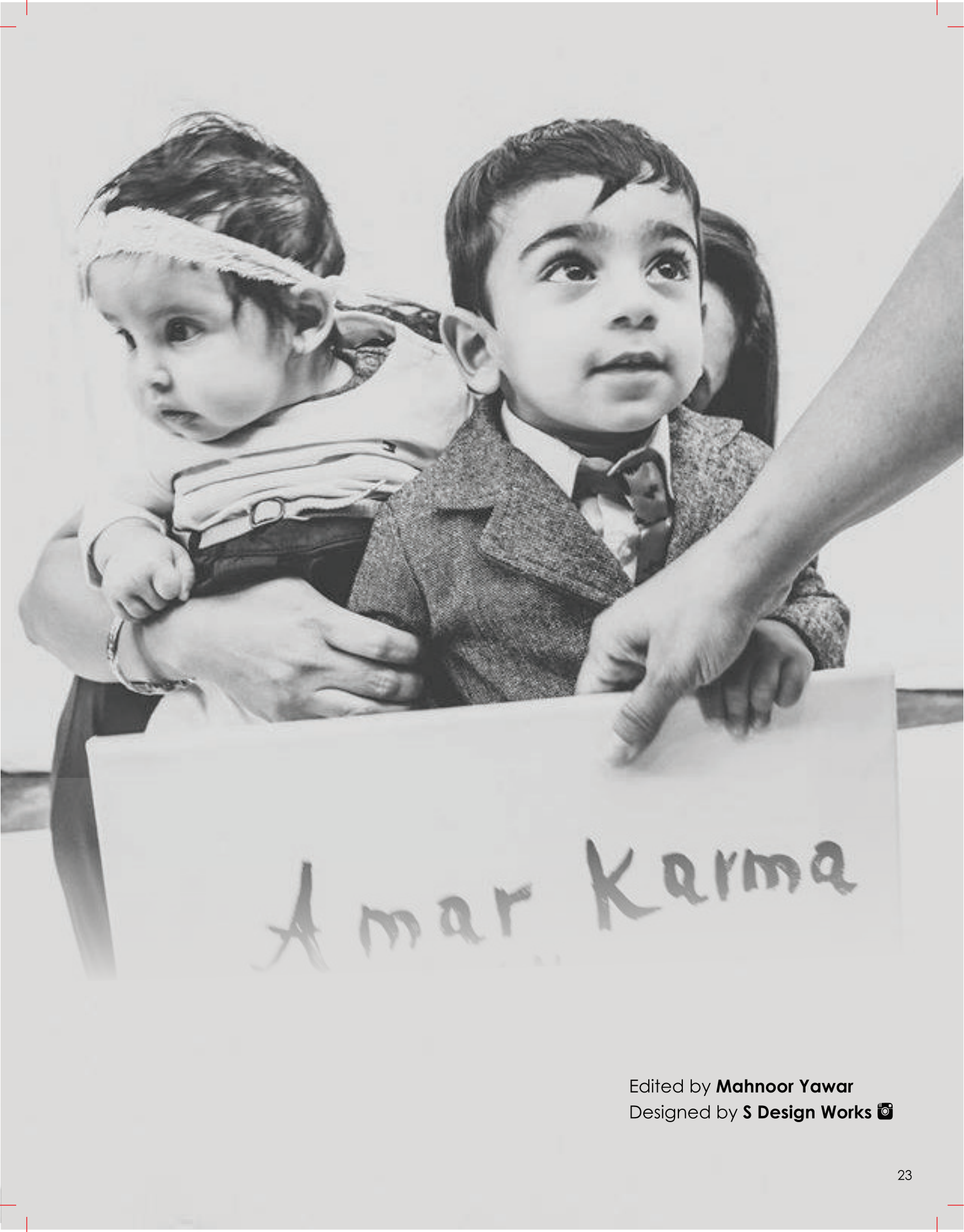
Incidentally, at one of the monthly meetings, members at Amar Karma were discussing about the dire need for an office space, for which economic sources were not sufficient. Radhika Goyal was part of the meeting, and decided that she would help out to create funds that were needed for the Karma Team to have a home.

The young volunteer Goyal has been busy crocheting baby booties and hats to donate to the campaign called The Cord of Love, which raises awareness about the importance of umbilical cord blood at the birth of a baby. Radhika had just finished her grade 5 at Marvin Heights School, Malton. Radhika has since been proving to be an inspiration for the members of Amar Karma and many others around her.

When asked about how she got the money to buy yarn, she responded, "My birthday was in July, and I got 50 dollars from my grand-parents, I bought the yarn with all of it because I want to make lots of booties and hats to raise funds for my karma team to get an office for us." Radhika Goyal spent many hours of her summer break crocheting for a cause that still needs tremendous attention from people.

Radhika Goyal has involved many students to the campaign and her efforts have been recognized by the Members of Provincial Parliament. Goyal has also won the Karma Volunteer of Year Award for the year 2017.

*Please note: Umbilical cord blood stems cells can be used in the treatment of nearly 80 diseases, including a wide range of cancers, genetic diseases, and blood disorders. In a cord blood transplant, stem cells are infused in to a patient's bloodstream where they go to work healing and repairing damaged cells and tissue.



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