

## **The Karma Kurry Series Concept**

*"The purpose of life is not to just create wealth for oneself and one's family, but that life is to be lived for a greater purpose. This purpose is to create and leave behind a legacy of a better world for future generations, a humane world where there is social equity, and a nurturing environment for one and all" - Founders & "Just Volunteers" of iCONGO, the joy of giving & the right every wrong social movements, Karmayuga and the Karmaveer Puraskaar- global awards for social justice & citizen action.*

***Karma Kurry for the Mind, Body, Heart & Soul*** shall be a compilation of soul stirring & heartwarming tales celebrating the triumph of the Human Spirit that go beyond the ordinary. These narratives shall showcase the power of ONE to right every wrong no matter what obstacles one may face in the path of trying to 'be the change'. *Karma Kurry* shall celebrate the Indian ethos and the common thread that runs through all religions which is to do good for society and humanity through noble and selfless deeds. These are stories that will provoke the mind to think, stir the soul to internalize, warm the heart to feel and encourage the body to act and do something to be & lead the change.

**Why Karma Kurry?** Karma is such a complete word, a word that takes us back millions of years, a word so irretrievably tied with everything Indian. **Karma** in Indian philosophy is the concept of 'action' or 'deed', understood as that which causes the entire cycle of cause and effect i.e., the cycle called *Samsara*. Samsara the "continuous flow", is the cycle of birth, life, death, rebirth or reincarnation in most Indian religions.

In the same way, the word curry is so Indian and brings to mind an aromatic, wholesome combination of a variety of things. The word '**curry**' is an anglicised version of the Tamil word 'kari' meaning 'sauce', which is usually understood to mean vegetables/meat cooked with spices with or without a gravy. Another school of thought indicates that the word 'curry' originated from the Bengali word '*torkari*', a general term often used in Bengal in the same way 'curry' is used in English. The word first meant uncooked garden vegetables and later referred to cooked vegetables or even fish and vegetables cooked together.

Together the two words would describe perfectly the concept behind the series—a wonderful mix of heartwarming stories from all over the globe, stirred and cooked together to inspire and motivate people to recognize the **power of one and thus help others be the change and lead the change**.

*'When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.'* - Patanjali

*Karma Kurry*, would, therefore, have strong philosophical leanings and narrate stories of people who have done things with their heart, mind, body, soul and their whole being to lead change between their birth and death.

*Karma Kurry* is inspired by the tales of 'Karmaveer' awardees and each book shall have 60 stories of Karmaveer Noble Laureates, Karmaveer Citizen Heroes & Champions of Change. These are bravehearts who have gone beyond life and business to do something that would leave behind an indelible legacy of a better world for generations to come.

Besides the 60 stories of Karmaveer awardees, *Karma Kurry* shall also have 41 short tales, essays and narratives for change that the authors shall compile from their personal network and various Internet sources. Some of these stories shall also be written by eminent people including authors such as Gregory

Roberts, Anita Pratap, Pritish Nandy and others. *Karma Kurry* shall be styled on the lines of Chicken Soup for the Soul but with its own charm, format and originality. The idea is to bring out a series of books that shall be published every year with the core objective of inspiring people to find the leaders within themselves and lead self not only in their lives & careers but also for the greater purpose of becoming and leading the change.

Karmaveers to be profiled shall be divided into different themes as given below.

**"Don't curse the darkness - light a candle." - Chinese proverb**

### **The Legends of Change**

*Legend remains victorious in spite of history.* Sarah Bernhart

**Dr. Verghese Kurien, Dr. M. S. Swaminthan, Maj Gen. R. S. Pannu Pannu, Ms. Nirmala Narula, Ms. Anina Joseph Mathew.**

### **Business People 4 Change**

*A business that makes nothing but money is a poor business. While a business absolutely devoted to service will have only one worry about profits. They will be embarrassingly large.* Henry Ford

Anu Aga; Villoo Patell, Lynn Desouza, P Sridhar Reddy, Ajay Bijli, Arun Maira

### **Artistes 4 Change**

*As a rock star, I have two instincts, I want to have fun, and I want to change the world. I have a chance to do both.*  
**Bono**

Gul Panag, Kajol, Geeta Chandran, Rahul Bose, Remo, Bobby Cash

### **Media 4 Change**

*All of us who professionally use the mass media are the shapers of society. We can vulgarize that society. We can brutalize it. Or we can help lift it onto a higher level.* William Bernbach

Onir, Bhavna Talwar, Tarun Tejpal, Syed Nazakat

### **Sports people 4 Change**

*If children have the ability to ignore all odds and percentages, then maybe we can all learn from them. When you think about it, what other choice is there but to hope? We have two options, medically and emotionally: give up, or Fight Like Hell.* Lance Armstrong

Mary Kom, Gopichand Pullela, Mahesh Bhupati

### **Kidpower 4 Change**

*We worry about what a child will become tomorrow, yet we forget that he is someone today.* Stacia Tauscher

Diwakar, Baby Benzy, Aradhana, Akhil Akkineni, Prannay, Venchi

### **People 4 Change**

*A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.* Margaret Mead

Subhashini Mistry, Vinayak Lohani, Mamoon Akthar, Dr. Lal, M C Raj, Jyothi, Chewang Norphel, Nileema Mishra, Crispino Lobo, Marcella D'souza, Tulasi Munda, Abhishek, Manju Bharat Ram, Madhu Bhatnagar.

**Uth 4 Change** - "The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently

*Karma Kurry* shall be launched with book reading in all the 6 metros and the mini metros in the month of August 2012 starting from 16<sup>th</sup> August in Delhi. The authors shall go on a book reading tour and shall be joined by the bravehearts who feature in the book.