



# *Karma Kurry*

*- for the mind , body , heart & soul -*

## **The Karma Kurry Series Concept note**

“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.”

### **Context**

*Karma Kurry* **for the Mind, Body, Heart & Soul** will be a compilation of soul stirring & heartwarming tales celebrating the triumph of the Human Spirit that go beyond the ordinary. These narratives will 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* will 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.

If there is righteousness in the heart,  
there will be beauty in the character.  
If there is beauty in the character,  
there will be harmony in the home.  
If there is harmony in the home,  
there will be order in the nation.  
If there is order in the nation,  
there will be peace in the world.  
So let it be! - Celtic Prayer

## Why the name Karma Kurry?

'Karma' is such a complete word, a word that takes us back millions of years, a word 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 „Kurry“ 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 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

## The spirit behind the series

*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 entire being to lead change between their birth and death for the betterment of humanity.

## Contents

*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.

*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.

### **Tentative schedule**

*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.

### **Ingredients for a wholesome *Karma Kurry* story**

A *Karma Kurry* story is a very short account of an individual who has gone beyond life and business to do something that would leave an imprint on the sands of time. It is a story that celebrates the triumph of the human spirit over all odds. It is a short narrative that provides a different lens through which to view the achievements of an individual-- what was it that made that individual rise above the rest of us, where did it all begin and how did it take shape, what triggered the „aha“ moment and what is it that he/she is doing which makes him/her „be the change“. It is a story told by someone who is close to the individual and allows us a peek into the hitherto unknown or lesser known facts of her/his journey.

### **Objective**

The story must touch the soul of the readers and inspire them to lead self and lead change and be the change. The narrative should be simple allowing the readers to savour each sentence and at the end of it realize that they can also do something similar. The objective is to help people realize and recognize the power of ONE and in the process create more „people heroes“ who will come forward and make a difference.

## **Brief for the Biographer**

The main responsibility of the biographer is twofold --unfolding the „Aha“ moment when the laureate decided that he/she needs to do something and concluding with the takeaway in terms of personal fulfillment and self progress.

## **Guidelines**

- The story is neither a eulogy nor a biography. It should not read like a life history and should be written like a light and interesting story so that people, especially the youth, read it and get inspired and motivated to 'act'.
- The text should be very simple- small paragraphs, easy but grammatically correct language.
- The word limit is between 2500-3000 words
- Should have an introduction/background and must conclude with the current status of the program/activity/future prospects/impact .
- Should include a few situations/circumstances that brought out the crusader in him/her or made them lead the change. Focussing on the person's attitude/behaviour and how he/she acted rather than the events in his/her life will help to inspire and motivate
- The story should include quotes from the person being featured. It will connect you with the reader.
- Please add some examples of real life situations and how the featured person dealt with them.
- Avoid the use of too many dates and years.
- The text should be written so that it connects emotionally with the reader and leaves an Impact
- The basic idea and focus is to inspire and motivate others to tread the unbeaten path.
- While we want to touch the readers' heart and soul, please avoid too much pathos and emphasis on trials and tribulations and suffering. The feel good factor is of prime importance.
- Please give an appropriate and interesting title to the story.
- The story should celebrate the Indian ethos and have a heart and a soul

## **Some questions that could help**

- What makes this person special? How best can he/she be introduced in as brief a manner?
- How would you introduce yourself as the biographer?
- What events shaped or changed this person's life?
- What was the turning point in his/her life?
- What were the trigger points?
- What are the adjectives you would most use to describe the person?
- Were there any personality traits that compelled him/her to take the road less travelled?

- What kind of effect/impact has he or she had on the people/environment/society/world/economy, etc.?
- What is his/her contribution?
- What is his/her takeaway?
- What is the future?
  - Anything else that you may want to add that is important for spicing up the story of the Karmaveer.

