

*Life Begets Life***Jayalakshmi Krishnan**

Organ Donation Ambassador, Mumbai, India



In 2016, I attended an awareness session on organ donation conducted by MOHAN Foundation at Siddhachal Phase 6, Thane. The session left a lasting impact on me and my family. The idea of organ donation profoundly resonated with us. So, that day, my husband, Appa (my father-in-law), and I registered ourselves as organ donors through MOHAN Foundation. We had a desire to make a difference, however small, in the lives of others.

Five years later, when Appa passed away, we fulfilled his wish of organ donation: We decided to donate his skin. Knowing that his gift would give burn-victims a lease of life was a moment of solace for us - a tribute to his generosity and humanity.

Determined to do more, I underwent a volunteer training program 'Organ Donation Ambassador' with the MOHAN Foundation. Since then, I have been committed to spreading awareness about this vital cause. Whether addressing runners at marathons or conducting sessions in my office (Income Tax Office, Mumbai), every conversation has been an opportunity to share the life-changing idea of organ donation and encourage others to become part of this mission.

Here are some of my contributions to the noble cause of organ donation:

- Since September 2019 - Conducted awareness talks for diverse groups in Thane.
- January 2020 - Completed Tata Mumbai Half Marathon; raised funds of Rs. 81,100.
- November 2022 - Addressed a women's gathering at a saree run organised by Pinkathon Thane Ambassadors.
- January 2023 - Volunteered at the Tata Mumbai Marathon and raised funds of Rs. 51,000.
- January 2024 - Participated in a virtual run to raise awareness and funds.
- November 2024 - Joined the core team of Pedal for Life, a Cyclothon in Thane with over 150 participants.
- December 2024 - Organised a Cyclothon for children in my residential society, with 80 young participants enthusiastically supporting the cause.
- Jan 2025 - Participated and raised funds at the Tata Mumbai Marathon

Every step of this journey has been one of hope, purpose, connection. Organ donation is not just an act of giving - it is an act of faith, a belief that even in the end, we can bring life, light, and love to others. This mission has enriched my life, and I am humbled to play a small role in spreading its message.



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