

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

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NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

UNITE FOR GOOD **Rotary Club of ORGAN DONATION INTERNATIONAL** **LET'S INSPIRE !**

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

LIFE BEFORE AND AFTER KIDNEY TRANSPLANT
(Real Facts from a Recipient)



Rtn PHF Ritika Gupta
Inspire President
Rotary Club of
Organ Donation
International



Rtn Lal Goel
Founder &
Charter President
Rotary Club of
Organ Donation
International



Rtn Krishna Kumawat
Kidney Recipient
Gold Medalist
National Transplant Games
Rotary Club Jaipur North
Jaipur



Rtn Ruby Agarwal
Inspire Secretary



Rtn Mithun Ashok
Member

Time & Date: 8 PM on Sunday 3rd May, 2026

Watch live on <https://www.youtube.com/@gyan8932>

**ONE DONOR
MANY LIVES SAVED
DONATE ORGANS**

**CHIEF MANAGING EDITOR IPP RTN LAL GOEL
PUBLISHED ON BEHALF OF INSPIRE PRESIDENT RTN PHF RITIKA GUPTA
BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF
ORGAN DONATION INTERNATIONAL.
CONTACT: rcorgandonation@gmail.com**

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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

It was a privilege to address the senior citizens of our community at a beautifully organised programme in my native place — a gentle yet powerful reminder of the quiet influence our elders carry in guiding their entire families toward the noble decision of organ donation.

During my visit to Mathura, I had the honour of attending the All India Kavi Sammelan organised by Braj Kala Kendra, Hathras. In a moment of deep gratitude, I was recognised there as Braj Vibhuti— a distinction conferred last year by Braj Kala Kendra, Delhi, for outstanding work in the field of organ donation. It is an honour I accept on behalf of every member of our Rotary family who has championed this cause.

In a delightful convergence of sport and service, the Chengalpattu District Carrom Championship 2025–26: Where Sport Meets a Life-Saving Cause was organised by Rtn J. H. Martin in association with the Rotary Club of Organ Donation International. President-Elect Rtn Hemalatha Bhandari and Rtn P. Kalaimani participated actively, weaving organ donation awareness into the very spirit of the event.

This issue also carries a story that stirs equal measures of grief and gratitude. Ms. Leesha and Ms. Mukisha, students of Women's Engineering College, Puducherry, chose to donate the organs of their brain-dead father, Shri Vardhan, offering life to others even in their moment of deepest loss. What makes this story especially poignant is that an organ donation awareness programme was held at this very college just two months prior, where I had the privilege of speaking as Keynote Speaker.

Our President-Elect, Rtn Hemalatha Bhandari, has penned a moving poem, "*Live Give Save Nine Lives*" on Organ & Tissue Donation. It is a piece that speaks from the heart, and I am certain it will resonate deeply with every reader.

In our ever-popular "Healthy Food-Healthy Organs" segment, our Inspire Secretary Rtn Ruby Agarwal welcomes the mango season with a delectable Healthy Mango Coconut Barfi — a recipe that is as wholesome as it is indulgent. Do try it this summer!

Finally, this issue's "Interesting Facts About Our Members" segment offers a warm glimpse into the life of one of our esteemed club members — a reminder of what makes our Rotary family truly special.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

SENIOR CITIZENS CAN TRANSFORM FAMILY CONVERSATIONS ON ORGAN DONATION: ROTARIAN LAL GOEL



Mathura, 25 April 2026 — Delivering a powerful and heartfelt message, Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, urged senior citizens to become catalysts of change within their families by championing the cause of organ donation.

Addressing a gathering at the Senior Citizen Welfare Society Mathura as Chief Guest and Keynote Speaker, he emphasised that the influence of elders within Indian families is profound — and when they speak, generations listen.

The programme commenced with the traditional lighting of the lamp and the recitation of the Gayatri Mantra, setting a reflective and purposeful tone. Er S. S. Johri, Secretary of the Society, warmly welcomed the gathering and introduced the keynote speaker.

In his address, Rotarian Lal Goel clearly distinguished between organ donation, body donation, and tissue donation — dispelling common myths and encouraging informed decision-making. He urged senior citizens not to underestimate their moral authority, but to actively initiate conversations within their families — during daily interactions, walks, and moments of togetherness.

With particular emphasis, he highlighted the unique emotional bond between grandparents and grandchildren, noting that this connection can become a powerful force in shaping family decisions.

Grounding his message in real stories of courage and compassion, he acknowledged individuals who had led by example. Shri S. K. Kansal was appreciated for donating his wife's organs in Pune, while Rotarian Shreyansh Prasad Jain was commended for his timely efforts in facilitating the eye donation of Late Shri Suresh Chand Jain in Ghaziabad. "When elders lead with conviction," he said, "families follow with trust."

Rotarian PHF Deepak Goel, President of the Society and Foundation Chair of the Rotary Club of Organ Donation International, expressed gratitude for the inspiring session. He highlighted the urgent need to strengthen awareness and infrastructure in Mathura, noting that even body and tissue donations often face challenges due to systemic gaps. He expressed confidence that such initiatives would spark meaningful change within families and the wider community.

The interactive session that followed saw enthusiastic participation, with attendees raising thoughtful questions that were addressed in detail.

Shri Gopal Sharan, Shri Raman Lal Gupta, Shri Suresh Chand Gaur, Sushri Usha Bhargava, Sushri Uma Sharma, and Dr Madhubala Garg, were present amongst others.

The programme concluded with a felicitation ceremony, where Rotarian Dr D. P. Goyal, Er Radhey Shyam Bansal, and Shri Suresh Sharma honoured Rotarian Lal Goel for his unwavering commitment to the cause.

In his closing remarks, Rotarian Lal Goel expressed sincere appreciation to the Society for organising the awareness programme at short notice — reaffirming that the spirit to save lives must always rise above circumstances, even the intense summer heat.

BRAJ VIBHUTI RTN LAL GOEL & RTN PHF DEEPAK GOEL WERE HONOURED BY BRAJ KALA KENDRA, HATHRAS



Hathras (Uttar Pradesh), 24 April 2026 — In a celebration of service, culture, and commitment to humanity, Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, was honoured along with Rotarian PHF Deepak Goel by Braj Kala Kendra during a grand All India Kavi Sammelan organised at Ramoji Resort, Hathras.

The evening brought together eminent personalities from administration, arts, and social service. Rotarian PHF Deepak Goel, Foundation Chair, Rotary Club of Organ Donation International & Vice-President All India Braj Kala Kendra, Guest of Honour, and Mr Gajendra Sharma, Vice President, All India Braj Kala Kendra, Guest of Honour, ceremonially lit the lamp alongside senior dignitaries including the Commandant, Home Guard, Assistant Commissioner (GST), Assistant Commissioner (Excise), and other distinguished guests.

The Kavi Sammelan was organised in fond memory of Late Dr Jagdish Lavania, reflecting a tribute that blended poetry with purpose. The program was led by Mr Pragalbh Lavania (IRS), Mr Lalit Lavania, Dr Priti Lavania, Secretary of Gyan Kala Sanjeevani Samiti, and Mr Chandragupt Vikramaditya, President of Braj Kala Kendra, Hathras. The programme was presided over by renowned Ashu Kavi Mr Anil Bohre, adding literary brilliance to the occasion.

Notably, Rotarian Lal Goel had earlier been conferred the prestigious Braj Vibhuti honour by Braj Kala Kendra, Delhi, during a grand Holi celebration, in recognition of his extraordinary and tireless contributions to advancing the cause of organ donation across India.

This recognition stands as a powerful testament to a life dedicated not just to service, but to saving lives—igniting awareness, inspiring action, and building a compassionate movement for organ donation.

CHENGALPATTU DISTRICT CARROM CHAMPIONSHIP 2025-26: WHERE SPORT MEETS A LIFE-SAVING CAUSE



Chennai April 25th & 26th — The Chengalpattu District Carrom Association (CGDCA) successfully hosted the District Carrom Championship for the 2025–26 season — a prestigious tournament jointly organised by the Nanganallur Carrom Academy and the Gowrivakkam Carrom Training Centre, in proud association with the Rotary Club of Organ Donation International.

More than a competition, the championship stood as a powerful confluence of sporting excellence and social responsibility, marking a significant milestone for carrom in the region.

The tournament witnessed an enthusiastic participation of over 150 players across multiple categories, reflecting the growing popularity and competitive spirit of the sport in the district.

The inaugural ceremony featured an inspiring address by President-Elect Rtn Hemalatha Bhandari, who drew a compelling parallel between the precision required on the carrom board and the life-saving impact of organ donation. Her message left a lasting impression on players and spectators alike, reinforcing the deeper purpose behind the event.

The success of this championship was driven by the dedication and leadership of:

- * Rtn Hemalatha Bhandari — President-Elect, Rotary Club of Organ Donation International
- * Shri P. S. Varadarajan — President, CGDCA
- * Rtn J. H. Martin — Secretary, District Carrom Association
- * Rtn P. Kalaimani — Technical Director, whose meticulous oversight of board preparation and tournament execution ensured a professionally conducted and memorable event

Addressing the gathering, Rtn Hemalatha Bhandari congratulated all participants and organisers for celebrating the spirit of sport alongside a noble social cause. She emphasised that such initiatives demonstrate how sport, at its finest, can transcend boundaries and inspire life-saving awareness.

ROTARIAN LAL GOEL EXPRESSES HEARTFELT CONDOLENCES AND DEEP GRATITUDE FOR THE ORGAN DONATION BY THE FAMILY OF LATE SHRI VARDHAN



Puducherry, 29 April 2026 — Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, expressed profound sorrow at the untimely demise of Shri Vardhan (46) and deep admiration for the extraordinary courage shown by his family in choosing organ donation during a moment of immense personal loss.

Shri Vardhan, father of Ms Leesha and Ms Mukisha, students of Women's Engineering College, Puducherry, met with a tragic road accident on 24th April 2026 and was admitted to Indira Gandhi Government General Hospital, Puducherry. Despite all medical efforts, he was declared brain dead on 26th-27th April 2026.

In an act of remarkable humanity, his wife and daughters consented to donate his organs and tissues. Both kidneys were successfully donated, and his eyes were also pledged, bringing renewed hope, life, and light to multiple recipients.

Puducherry District Collector A. Kulothungan visited the hospital and paid floral tributes to the deceased, accompanied by Secretary (Health)

Chowdry Mohammed Yasin, Director (Health) Dr Sevel, and Superintendent Dr J. Ramesh, RMO Dr Admanathan, among others, reflecting the deep respect and solidarity of the administration during this moment of grief. Expressing his deep respect, Rotarian Lal Goel stated,

"This noble decision transforms grief into a powerful legacy of life. It is the highest form of compassion — where one family's loss becomes a lifeline for others."

Recalling a recent engagement, Rotarian Lal Goel highlighted that an Organ Donation Awareness Programme was conducted by the Rotary Club of Organ Donation International at Women's Engineering College, Puducherry on 5th February 2026, in which he was the Chief Guest & Keynote Speaker along with Rotarian PHF Ritika Gupta (Inspire President) and Rotarian Hemalatha Bhandari (President-Elect). He noted that the awareness created through such initiatives continues to inspire meaningful action at the most critical moments.

Rotarian Lal Goel also expressed heartfelt gratitude to Dr M. Thanigasalam, Principal, for her visionary leadership and support; Mr. V. Sendil Kumar, HOD In-Charge, ECE Department, for his coordination; Dr. C. Sairam Sundaram, Training & Placement Officer, for his wholehearted cooperation; Rotarian Hemalatha Bhandari for her dedicated efforts; and Mr. Christopher, Social Activist, for strengthening community engagement.

Paying tribute, Rotarian Lal Goel added,
"Shri Vardhan lives on through the lives he has saved and the light he has restored. His family's courage will inspire generations to embrace organ donation as the ultimate gift of life."

In his concluding remarks, Rotarian Lal Goel once again expressed his deepest respect and gratitude to the donor family for their noble and selfless decision in a moment of profound grief. He highlighted that such acts of generosity not only save lives but also inspire society to embrace compassion and humanity.

Rotarian Lal Goel reaffirmed that every organ donation awareness initiative is a step towards saving lives, urging society to come together and transform awareness into action for a healthier, more compassionate nation.

HAPPY
Birthday!

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Birthday of Members in May

- **Rtn Dakshayani Shetty**
4th May
Mobile: +919886755579
- **Rtn Regina Gupta**
12th May
Mobile: +14088886650
- **Rtn Adv Gayathri S Mohan**
25th May
Mobile: +919633688840



"LIVE GIVE SAVE NINE LIVES"

ORGAN & TISSUE DONATION

*Leaving a legacy that transcends the grave,
Igniting hope in the hearts of the brave.
Vision and breath, a pulse renewed,
Eternity gained through a debt of gratitude.*

*Generosity flows when the journey ends,
Infinite mercy that healing extends.
Vitality sparked from a selfless choice,
Echoing love without a single voice.*

*Sorrow transformed into a brand new start,
Aching lungs and a failing heart,
Victory won over the shadow of death,
Every donor giving a stranger their breath.*

*No greater act can a human perform,
In the midst of the grief, through the quiet storm.
New eyes to see, new hands to hold,
Every organ has a story yet to be told.*

*Life is a circle that doesn't have to break,
In the final silence, for another's sake.
Value the chance to let others survive,
Ensure that through them, you stay alive.
Save nine lives—let humanity thrive.*



Rtn Hemalatha Bhandari
President Elect

HEALTHY FOOD - HEALTHY ORGANS

Healthy Mango Coconut Barfi



Rtn Ruby Agarwal
Inspire Secretary

Ingredients

- * 1 cup mango purée
- * ½ cup fresh grated coconut (lightly churned for a finer texture)
- * ½ cup skim milk powder
- * ¼ cup skim milk
- * 5–7 green cardamoms (elaichi), powdered
- * Stevia or monk fruit sweetener (to taste)
- * Chopped nuts for garnish

Method

1. Heat the mango purée in a pan on medium flame until it thickens slightly and deepens in colour.
2. Add the grated coconut and cook for a few minutes, stirring continuously.
3. Mix in the skim milk powder and skim milk, and continue cooking until the mixture thickens to a soft, fudge-like (barfi) consistency.
4. Add the cardamom powder and blend well.
5. Switch off the flame, then stir in stevia or monk fruit sweetener as per taste.
6. Transfer the mixture onto a greased plate or tray and spread evenly.
7. Garnish with chopped nuts and allow it to cool completely.
8. Once set, cut into neat pieces and serve.

✦ **Tip:** For best flavour, use naturally sweet, ripe mangoes—this reduces the need for added sweetener while enhancing the richness of the barfi.



NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



Name: Roopa Arora
Mobile: 9855250641
E-mail: roopa75@yahoo.com
Profession: Teaching
Family: Husband, Daughter & son
Favourite Food: Simple & nutritious home-cooked meals
Favourite Holiday Destination: Serene natural locations and places of cultural or spiritual significance
Favourite Song: जीना उसका जीना है जो औरों को जीवन देता है
Favourite Quote: "Saving one life is equivalent to saving all of humanity."
Date of Birth: 17 January
Wedding Anniversary: 14 October
Your presence on social media: WhatsApp, Instagram and Facebook to promote awareness about organ donation and social causes.
Why did you choose to become a member of RC Organ Donation International: As a living liver donor, I donated a major portion of my liver to my husband, an experience that profoundly strengthened my commitment to the cause of organ donation. This journey has given me a deeper understanding of its life-saving impact and the importance of awareness in society. Through my association with RC Organ Donation International, I aspire to actively promote organ donation, dispel misconceptions, and encourage more individuals to come forward for this noble cause, thereby contributing meaningfully to society.

Rtn Roopa Arora
Hon. Member



**SCAN
ME
FOR
QUICK
PLEDGE**

(Pledge your Organs to donate only after talking to your family members)