

**UNITE  
FOR  
GOOD**

**Rotary**  
Club of  
**ORGAN DONATION  
INTERNATIONAL**



**LET'S  
INSPIRE !**

Volume: 1 | Issue: 4 | (For Private Circulation) | 25th July, 2025

# NEW STEP

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

**ROTARY CLUB OF ORGAN DONATION INTERNATIONAL**

**IMPACT OF MEDITATION ON ORGANS**

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

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

**Ms Rakhee Agarwal**  
Law of Attraction Mentor  
Yoga Therapist  
Tarot Reader

**Rtn Ruby Agarwal**  
Inspire Secretary

**Rtn Supreeya S Bhandari**  
Member

**Time & Date: 8 PM on Sunday 27th July 2025**

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

**ONE KIND WORD CAN CHANGE SOMEONE'S ENTIRE DAY  
ONE KIND DONOR CAN CHANGE SOMEONE'S ENTIRE LIFE  
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

# NEW STEP

## FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

Welcome to the 4th issue of New Step for July 2025, a milestone month that has witnessed remarkable progress in our collective mission to spread organ donation awareness across the globe.

I am delighted to share the success of our recent organ donation awareness project held on July 20th in Mumbai, which exemplified the spirit of service that defines our Rotary movement. The overwhelming response and community engagement we witnessed reinforce our belief that every step we take brings us closer to saving precious lives. As the main focus of our club remains creating comprehensive organ donation awareness, I encourage each of you to organise similar impactful events in your respective cities. Please share your photographs and detailed reports with us for publication in upcoming issues of New Step

This issue features an insightful article titled “Organ Donation: A Beacon of Hope in the Face of Despair,” eloquently written by Rtn Hemlatha Bhandhari, our dedicated Vice-President. Her thoughtful perspective provides valuable insights into the transformative power of organ donation and its profound impact on both donors and recipients.

As we continue to evolve and expand our content, this issue introduces an exciting new feature: “Healthy Food for Healthy Organs.” We begin this series with a delightful recipe for tasty and healthy Dahi Vada, expertly crafted by our Inspire Secretary, Rtn Ruby Agarwal, who brings vast experience in preparing nutritious meals that support organ health. I encourage all members to contribute their own healthy recipes that promote organ wellness – together, we can build a comprehensive resource for healthy living.

To engage our members in active learning, this issue includes a thoughtfully prepared Multiple-Choice Question (MCQ) section on Organ Donation by Rotractor Ashita Yadav. This interactive element allows you to test and enhance your knowledge while staying informed about critical aspects of organ donation.

This week’s “Interesting Facts About Our Members” section highlights our dedicated Club Admin, who is behind-the-scenes efforts keep our organisation running smoothly and effectively.

**LEAVE A LEGACY OF LIFE – BE AN ORGAN DONOR**

Yours in Rotary,

**IPP Rtn Lal Goel**

Chief Managing Editor

Founder & Charter President

Rotary Club of Organ Donation International

## ROTARIAN LAL GOEL URGES A CHANGE IN MINDSET TOWARDS ORGAN DONATION IN INDIA



**Mumbai, 16th July 2025** - Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation and GYAN, delivered a compelling address highlighting the need for a fundamental change in public attitudes toward organ donation. As the Chief Guest and Keynote Speaker, Rtn Goel emphasised the importance of pledging to donate organs while ensuring that family members are informed and supportive of the decision.

The program, organised by the Rotary Club of Bombay Harbour View in association with the Rotary Club of Organ Donation International, took place at Anand Garden in Sewri, Mumbai. The event brought together Rotarians and residents to tackle one of India's most pressing healthcare challenges.

Rotarian Chhavi Garg, President of the Rotary Club of Bombay Harbour View, welcomed the distinguished speaker, while Rotarian Ruby Agarwal, Inspire Secretary, provided attendees with comprehensive information about the Rotary Club of Organ Donation International and its mission.

During his address, Rotarian Lal Goel presented sobering statistics comparing organ donation rates between India and the United Kingdom. His presentation underscored the significant gap in organ donation participation between Indian citizens and their counterparts in Western nations, particularly the UK.

"The disparity in organ donation rates reflects a critical need for cultural and mindset transformation in our country," Goel explained, expressing concern about the reluctance of Indians to engage in organ donation programs that have proven successful in other parts of the world.

Rotarian Lal Goel acknowledged the coordination efforts of Past President Rotarian Anupama Jalan from the Rotary Club of Bombay Queen City, whose support made the program possible. In a ceremonial gesture marking the collaboration between clubs, he presented the Rotary Club flag to President Chhavi Garg.

## ORGAN DONATION : A BEACON OF HOPE IN THE FACE OF DESPAIR

**-Rtn Hemlatha Bhandhari**

In a world where medical advancements constantly push boundaries, one act stands out for its profound Humanity and life-saving Potential. Organ Donation- It's a selfless decision that transforms tragedy into triumph, offering a second chance at life to individuals battling life-threatening illnesses. Yet, despite its undeniable impact, Awareness around Organ Donation remains a critical frontier we must collectively conquer. The statistics are sobering. Thousands worldwide languish on waiting lists, their lives hanging precariously by a thread, hoping for a compatible Organ. For many this wait is agonising, a daily struggle against deteriorating health and the ever-present shadow of mortality. Organ Donation, in its simplest form, shatters this despair, replacing it with a glimmer of Hope, a renewed promise of a future.

Imagine the joy, the relief, the sheer elation of a patient receiving a new heart, a liver, or a kidney, finally freed from the shackles of illness. This profound transformation is the direct result of someone's generosity, a testament to the incredible power of giving. \*It's a legacy of life extending far beyond the donor's existence.

Raising Awareness is Paramount. We need to dispel myths, address misconceptions, and foster open conversations about this vital act. Many believe their Organs might be misused, or that their faith prohibits donation. These concerns, while understandable, are often unfounded and can be easily clarified through accurate information. Every major religion supports Organ donation as an act of Charity and Compassion.

***"The flicker of hope, a life reborn anew,  
The incredible power of giving, shining through ".***

The process of Organ Donation is meticulously regulated, ensuring ethical practices and the utmost respect for both Donor and recipient. Medical professionals work tirelessly to match Organs, prioritising urgency and compatibility to maximise successful outcomes. Becoming an Organ Donor is a simple yet monumental decision. It's about registering your intent, informing your family, and becoming a living testament to compassion. It's about understanding that even in loss, there can be an enduring legacy of life.

Let's Champion this cause. Let's speak about Organ Donation with conviction and clarity.



# NEW STEP

Let's encourage our loved ones, our friends, and our communities to consider this selfless act. By increasing Awareness, we can bridge the gap between those who wait and those who can give. We can ensure that more lives are saved, more families are healed, and more individuals are given the precious gift of a second chance. Organ Donation is more than a medical procedure, it's a profound act of Humanity, A symbol of Hope that shines brightest in the darkest times. Let's make it a Universal Symbol of Life.

Organ Donation truly shines as a Beacon of Hope amidst despair. It offers a second chance at life, transforming the lives of recipients and their families. Each donated Organ represents an incredible act of generosity, a selfless gift that transcends loss and brings renewed purpose. It's a testament to the human spirit's capacity for profound impact, turning tragedy into triumph for countless individuals.

***In the darkest times, a Hope shines bright,  
Through a selfless gift, a guiding light,  
New life takes flight, dispelling night.***

## ABOUT THE AUTHOR

Rtn HemaLatha Bhandari's career exemplifies versatility and excellence across multiple domains - aviation management, academia, broadcasting, and journalism. Her contributions span infrastructure management, education, media, and literature, making her a well-rounded professional who has served the nation in various capacities.

HemaLatha Bhandari holds impressive academic credentials with a Master's degree in Economics (M.A. Economics), a Master's in Personnel Management (M.A. Personnel Management), and an MBA in Human Resources.

In addition to her aviation career, she served as a Professor of Economics, sharing her expertise in economic principles and theories with students.

Rtn Bhandari made significant contributions to Indian media through her work with prominent broadcasting organisations: All India Radio & Doordarshan. A multilingual writer, Ms. Bhandari has authored numerous articles published in leading magazines across three languages: Hindi, English & Tamil.



## MCQS ON ORGAN DONATION

-Rtr Ashita Yadav



### Question 1

What is the primary legislation related to organ donation and transplantation in India?

- A) The Transplantation of Human Organs & Tissues Act, 2014
- B) The Transplantation of Human Organs & Tissues Act, 1994
- C) The Organ Donation Act, 2008
- D) The Human Organ Transplantation Act, 2011

### Question 2

Who is the authority to grant permission for organ donation from a deceased donor in India?

- A) Next of kin
- B) Medical officer
- C) District magistrate
- D) Police officer

### Question 3

What is the main objective of the National Organ Transplant Programme (NOTP) in India?

- A) To promote organ donation awareness
- B) To develop a national registry of organ donors
- C) To establish a network of organ transplant hospitals
- D) All of the above

### Question 4

Who can donate organs after brain death in India?

- A) Only Indian citizens
- B) Only residents of India
- C) Anyone who declared brain death in India
- D) Only those who have registered as organ donors

**Answers:** Q1. B, Q2. A, Q3. D, Q4. C

## DID YOU KNOW?



The Rotary Wheel was initially used by the first Rotary Club in Chicago and symbolized civilization and movement. In 1912, it was validated by the Association of Rotary Clubs and "Rotary International" was added to the wheel. A new wheel was adopted in 1929, which is still used today.

The wheel includes:

- 6 spokes
- 24 teeth symbolizing the spirit of service at any hour of the day
- A keying groove to lock the wheel on its axis and make it functional

## HEALTHY FOOD - HEALTHY ORGANS

### Non-Fried Dahi Vada Recipe

- Rtn Ruby Agarwal

## NEW STEP



A healthy, guilt-free version of the classic Indian street food - soft, fluffy lentil dumplings in spiced yogurt. Benefits digestive system, bones, and heart while aiding weight management.

Nutritional Info: 100 calories per 100g (vs 400 calories for fried version)

Ingredients :

For Vadas: 1 cup moong dal (soaked 2-6 hrs) • 2 tbsp thick low-fat curd • 1 tbsp fresh ginger, chopped • 1 tbsp green chillies, chopped • 2 tbsp raisins • 2 tbsp cashews (optional) • ½ tsp black pepper, crushed • ¼ tsp asafoetida • Salt to taste • 1 sachet stevia • 1 tsp fruit salt

For Yogurt Base: 2 cups chilled low-fat curd • 1 sachet stevia • Pinch of salt

Toppings & Garnish: 1 tsp cumin powder • ½ tsp black salt • ¼ tsp red chilli powder • Sweet & green chutneys • 4 tbsp pomegranate seeds • 2 tbsp coriander leaves

Prepare Vadas:

1. Drain soaked dal and grind to a thick, coarse paste (no water)
1. Add 2 tbsp curd to dal, whisk until fluffy. Mix in salt, raisins, chillies, ginger, cashews, black pepper
1. Prepare soaking water: warm water + pinch hing + ¼ tsp salt
1. Heat non-stick appa pan on low flame
1. Add Fruit salt to batter just before cooking, mix gently
1. Fill pan cavities with batter, cover, and cook 2-5 minutes until done
1. Flip and cook until golden brown
1. Immediately drop in hot water, soak 20-30 minutes (turn once)

Prepare Yogurt: Whisk chilled curd until smooth, add stevia and salt. Refrigerate.

Assembly: Drain Vadas, squeeze gently. Dip in yogurt, arrange on plates. Drizzle chutneys, sprinkle cumin powder, chilli powder, and black salt. Garnish with pomegranate seeds and coriander.

## Key Tips

- Keep dal paste slightly coarse for better texture
- Add Fruit salt only when ready to cook for maximum fluffiness
- Hing water soak creates signature soft, spongy texture
- Cook on low flame for even cooking
- Serve immediately for best taste



**Perfect as an appetiser, light meal, festival snack, or evening treat!**

# NEW STEP



**Rtn MPFH Gautam Goel**  
**Club Executive Secretary,**  
**Director & Club Admin**

Name: Gautam Goel

Mobile: 8445811894

E-mail: gautamgoel123@hotmail.com

Profession: Business

Family: Ritika Gupta (wife) Nevaan Goel (son)

Favourite Food: Lebanese

Favourite Holiday Destination: Oman

Favourite Book: Tintin

Favourite Song: Intehaan ho Gayi

Favourite Quote: Just do it

Date of Birth: 12/11

Wedding Anniversary: 09/03

Social media: Facebook

Why did you choose to become a member of

RC Organ Donation International :

To create awareness against the mismatch.



**SCAN  
ME  
FOR  
QUICK  
PLEDGE**

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