

**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

A Mother's Gift: When Love Becomes Life
(Story of a Kidney Donor)


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


Rtn Lal Goel
Founder &
Charter President
Rotary Club of
Organ Donation
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Editor
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Rtn Ruby Agarwal
Inspire Secretary

Rtn Regina Gupta
Kidney Donor - Hon. Member

Time & Date: 8 PM on Sunday 12th April 2026
Watch live on <https://www.youtube.com/@gyan8932>

**ONE DONOR
MANY LIVES
DONATE ORGANS**

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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

This week has truly been a journey of reflection, inspiration, and meaningful surprises.

While penning my article on “A Baisakhi Message on Organ Donation – The Ultimate Seva,” a profound realisation struck me: “Where there is God, there is no self; where there is self, there is no God.” This timeless thought beautifully reflects the life and teachings of Guru Gobind Singh Ji, and resonates deeply with the spirit of organ donation—an act where selflessness becomes the highest form of service.

One of the most memorable experiences of the week was an invitation from the Rotary Club Jaipur Royal to speak on organ donation at 7 AM in a park. Initially, I assumed it must have been 7 PM—but to my surprise, the early morning gathering was filled with enthusiastic Rotarians and morning walkers, all eager to engage with this noble cause. Their energy and commitment were truly heartening.

Another enriching moment was the warm interaction with officials of SOTTO Rajasthan. What began as a meeting turned into an engaging two-hour brainstorming session, reflecting a shared vision and strong commitment towards strengthening the organ donation movement.

I also had the opportunity to address members of the Rotary Club of Panaji Riviera (RID 3170) and our own Rotary Club of Organ Donation International (RID 3141) through an online session. The appreciation and encouraging feedback from participants were both humbling and motivating.

This issue of New Step is equally inspiring. Our Inspire President, Rtn Ritika Gupta, shares a brief yet powerful biography that encourages us to pursue social service while maintaining balance in life.

President-Elect Rtn Hemalatha Bhandari’s heartfelt poem, “Fuel Your Body, Fix Your Future,” beautifully connects wellness with the message of organ donation.

Adding to this, our “Healthy Food – Healthy Organs” segment features a delicious and nutritious oil-free, low-fat paneer whole wheat wrap, thoughtfully curated by Inspire Secretary Rtn Ruby Agarwal, for healthier living.

We also bring to you another engaging feature—“Interesting Facts About Our Members,” celebrating the individuals who make our Rotary family vibrant and impactful.

As we move forward, let us continue to embody the spirit of selfless service—because in giving, we truly receive, and in saving lives, we fulfil a higher purpose.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

A BAISAKHI MESSAGE

— ON —

ORGAN DONATION

The Ultimate Seva

Guru Gobind Singh Ji's Teachings
and the Organ Donation

“

*Sava lakh se ek ladaon,
tabhi Gobind Singh naam kahaon.”*

“Let one of mine face a hundred and
twenty-five thousand — only then shall
I be called Gobind Singh.

— Guru Gobind Singh Ji”

His Message. Our Action.



SEVA

Give selflessly. Give life.



SARBAT DA BHALA

Welfare of all humanity.



NISHKAM KARAM

Give without expectation.

Register Today. Discuss with Family.

Intent Saves. Action Transforms.

ROTARIAN LAL GOEL

Founder & Charter President
Rotary Club of Organ Donation International
Chairman, Organ Donation India Foundation & GYAN

Rotary

Club of



ORGAN DONATION INTERNATIONAL

RID 3141

A BAISSAKHI MESSAGE ON ORGAN DONATION

The Ultimate Seva : Guru Gobind Singh Ji's Teachings and the Organ Donation



By Rotarian Lal Goel

Founder & Charter President

Rotary Club of Organ Donation International
Chairman, Organ Donation India Foundation & GYAN

"Sava lakh se ek ladaon, tabhi Gobind Singh naam kahaon."

"Let one of mine face a hundred and twenty-five thousand — only then shall I be called Gobind Singh."

— Guru Gobind Singh Ji

A Sacred Reflection on Sacrifice and Service

There are moments in history when one life, freely given, changes the destiny of millions. Guru Gobind Singh Ji—warrior, poet, philosopher, and the tenth Guru of the Sikh faith—lived entirely in such moments. His father, Guru Tegh Bahadur Ji, gave his life for the religious freedom of others. His four sons, the Chaar Sahibzaade, embraced martyrdom rather than compromise their truth.

And the Guru himself showed humanity what it means to live—and give—with total courage and unconditional love.

We may no longer stand on the battlefields of Anandpur Sahib or Chamkaur, but the crisis before us is no less urgent.

In India, over 5 lakh people are waiting for organ transplants, yet only around 4% transplants took place last year. This massive gap continues to grow—silently costing thousands of lives annually.

Despite a culture rooted in sacrifice and compassion, India continues to lag far behind many nations in deceased organ donation. The gap is not of values—but of awareness, infrastructure, timely consent, and decisive action.

Guru Gobind Singh Ji's teachings speak directly to this moment.

I. Seva — The Highest Form of Giving

At the heart of the Guru's philosophy lies Seva—selfless service without expectation.

“Deh Shiva bar mohe ihe, shubh karman te kabhun na tarun.”

“O God, grant me this boon — that I may never shy away from righteous deeds.”

— Guru Gobind Singh Ji

The Guru did not define Seva as convenience. He defined it as the courage to place another's need above one's own comfort—even above one's own life.

When a grieving family consents to donate the organs of their loved one, they perform Seva in its most transcendent form. Through pain and loss, they choose to give life to others.

The langar does not stop in sorrow. True Seva does not pause in grief. This is the spirit of the Khalsa.

II. Sarbat da Bhala — Welfare of All Humanity

Every Sikh prayer ends with:

“Sarbat da Bhala” — may all humanity prosper.

Organ donation is its most powerful modern expression.

* A donated heart does not ask for religion.

* A transplanted cornea does not ask caste.

“Manas ki jaat sabhe eke pehchaanbo.”

“Recognise the whole human race as one.”

— Guru Gobind Singh Ji — Akal Ustat

When we pledge our organs, we declare: Humanity is one—and life must be shared.

III. Nishkam Karam — Giving Without Expectation

“Jo toh prem khelan ka chao, sir dhar tali gali meri aao.”

“If you wish to play the game of love, come to me with your head on the palm of your hand.”

— Guru Gobind Singh Ji

The Guru lived Nishkam Karam—action without desire for reward.

An organ donor:

- * Will never meet the recipient
- * Will never hear their gratitude
- * Will never see the life they saved

And yet, they give.

This is the highest form of giving—pure, silent, and eternal.

IV. The Body as a Sacred Trust

Guru Gobind Singh Ji taught that the body is a divine trust, meant to be used in service—not preserved in attachment.

When its purpose is complete, what remains is not what we kept—but what we gave.

If, in leaving this world, our body can:

- * Restore sight
- * Restart a heart
- * Give breath to another

Then it has fulfilled its highest purpose. It becomes a Langar of Life.

V. The Sacrifice of the Chaar Sahibzaade — A Living Legacy

The martyrdom of the Guru's four sons teaches us:

"Chaar muye to kya hua, jeevat kayi hazaar."

"What if four have died? Thousands yet live on."

— Guru Gobind Singh Ji

Loss can give birth to life.

When families choose organ donation, they:

- * Transform grief into hope
- * Turn tragedy into continuity

Even in death, they choose love.

VI. India Needs More Than Awareness — It Needs Action

India does not lack spirituality. India does not lack compassion.

What India lacks is timely decision-making and collective action.

- * Conversations don't happen within families
- * Myths override medical facts
- * Opportunities for donation are lost in critical moments

This is not just a medical gap—it is a societal failure to act.

“Teg bahadur simriai, ghar nau nidh aavai dhaai. Sab thain hoe sahaae.”

“Meditate on the righteous; abundance flows into your home. Help comes from all directions.”

— Guru Gobind Singh Ji

If Guru Gobind Singh Ji were among us today, his call would be clear:
Do not wait. Act. Serve. Give.

VII. A Benti(Prayer) — A Humble but Urgent Appeal

If you have ever been inspired by:

- * The Guru’s sacrifice
- * The courage of the Chaar Sahibzaade
- * The spirit of Seva

Then honour that legacy.

- Register as an organ donor today
- Discuss your decision with your family
- Act now — because intent alone does not save lives

You may register through national platforms like NOTTO or connect with your nearest hospital or transplant coordinator.

A Final Reflection

Guru Gobind Singh Ji gave everything—for humanity.

He asks of us something far simpler:

To give what we will no longer need...

To those who need it most.

In giving organs, we do not lose life—we multiply it.

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh.

The Khalsa belongs to God. Victory belongs to God.

LACK OF AWARENESS, POOR INFRASTRUCTURE, HIGH COST OF TREATMENT & MYTHS ARE KEY REASONS FOR LOW ORGAN DONATION IN INDIA: ROTARIAN LAL GOEL



Jaipur, 5 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, highlighted that lack of awareness, inadequate infrastructure, high cost of treatment, and deep-rooted cultural and religious myths remain the four primary reasons for the low rate of organ donation in India.

He was addressing Rotarians, members of the Morning Yoga Club, and the Morning Walkers' Association at Nursery Circle Park, Jaipur, during a unique "Rotary Walk & Talk for Organ Donation" initiative. The program was jointly organised by the Rotary Club Jaipur Royal and the Rotary Club of Organ Donation International.

Welcoming the gathering, Rotarian Poonam Bagadia, President of Rotary Club Jaipur Royal, expressed gratitude to Rotarian Lal Goel for his continued leadership in this life-saving cause. The event was effectively conducted by Rotarian Ravi Kamra, Patron & Founder Member of Rotary Club Jaipur Royal, and seamlessly coordinated by Rotarian Harsh Vardhan, a kidney recipient and Chairman, Organ Donation, Rotary International District 3056 (2026-27).

Elaborating on the challenges, Rotarian Lal Goel stated that nearly 84% of India's population remains unaware of organ donation, reflecting a critical gap in public education. He further pointed out that, as per NOTTO, only about 15-16% of India's revenue districts have organ transplant or organ retrieval facilities, highlighting severe infrastructure limitations.

Citing Rajasthan as an example, he noted that despite strong public willingness, organ transplant facilities remain limited to cities like Jaipur, Jodhpur, and Udaipur.

On the financial front, he emphasised that while the Government of India's AB-PMJAY scheme provides coverage of up to ₹15 lakh for economically weaker sections, its implementation across states remains inconsistent and inadequate.

Addressing societal barriers, Rotarian Lal Goel also dispelled common myths and misconceptions surrounding organ donation, urging citizens to move beyond fear and misinformation and embrace organ donation as a noble act that can save up to nine lives.

Among those present were Rotarian Amar Jeet, Founder President of Rotary Club Jaipur Organ Donation; Rotarian Dr Giriver Sharma, kidney recipient and Chairman, Rotary District 3056 (Transplant Games); and Rotarians P. Mittal and B. M. Vijayvergia, along with several other distinguished members.

ROTARIAN LAL GOEL HOLDS HIGH-LEVEL BRAINSTORMING SESSION WITH SOTTO OFFICIALS ON ORGAN DONATION IN JAIPUR



Jaipur, 6 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, held a productive and wide-ranging brainstorming session with senior officials of the State Organ and Tissue Transplant Organisation, Rajasthan (SOTTO Rajasthan), to deliberate on the pressing challenges and future roadmap for organ donation in the state.

The meeting brought together Rotarian Lal Goel and senior SOTTO officials — Prof. Dr Monica Jain, Additional Principal, SMS Medical College & Convener (IEC); Prof. Dr Chitra Singh, Joint Director; Prof. Dr Dharmesh Sharma, Consultant (IEC); and Prof. Dr Ajeet Singh, Consultant (Transplant) — for an in-depth and solution-oriented discussion on the current status of organ donation in Rajasthan and across India.

A key concern unanimously highlighted was the challenge of securing family consent, widely regarded as the most critical and sensitive step in the organ donation process. It was observed that even when families initially consent, decisions are often reversed at the last moment due to external influences or societal pressures—significantly reducing the number of successful organ donations.

Addressing this critical issue, Rotarian Lal Goel emphasised the urgent need for structured and continuous awareness and training programmes for the entire medical fraternity — including doctors, nursing staff, paramedics, and transplant coordinators. He stressed that equipping healthcare professionals with effective communication skills and emotional sensitivity is essential to counselling grieving families with empathy and confidence.

He further underscored the importance of establishing Non-Transplant Organ Retrieval Centres (NTORCs) in every revenue district of Rajasthan, stating that this would be a transformative step in decentralising and strengthening the organ retrieval ecosystem beyond major urban hospitals.

Rotarian Lal Goel also reaffirmed that the Rotary Club of Organ Donation International, in collaboration with Rotary Clubs across Rajasthan, would extend full support to SOTTO in advancing awareness initiatives and facilitating the development of NTORCs across the state.

The SOTTO officials appreciated Rotarian Lal Goel's unwavering commitment to the cause of organ donation and assured their full cooperation in jointly working towards increasing organ donation rates in Rajasthan.

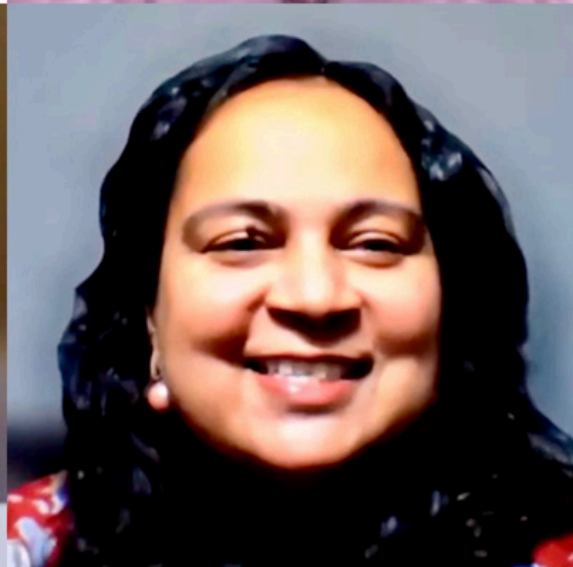
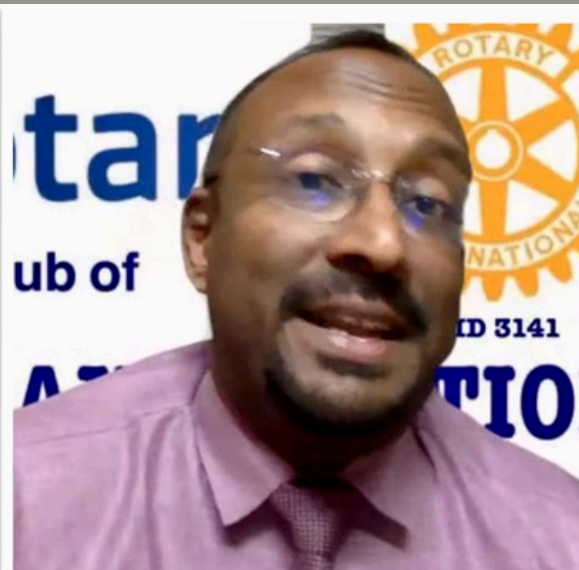
Expressing his gratitude, Rotarian Lal Goel thanked the SOTTO team for their openness and constructive engagement. He also extended special thanks to Rotarian Harsh Vardhan, Chairman – Organ Donation, Rotary International District 3056 (2026–27), for coordinating the meeting at short notice.

The meeting concluded on a cordial note, with Rotarian Lal Goel presenting the Rotary Club flag to the SOTTO officials as a symbol of partnership and shared commitment towards saving lives through organ donation.

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ROTARIAN LAL GOEL SERVES AS CHIEF GUEST AND KEYNOTE SPEAKER AT WORLD HEALTH DAY ORGAN DONATION PROGRAM



Goa, 7 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, served as Chief Guest and Keynote Speaker at an online organ donation awareness program held in observance of World Health Day.

The program was jointly organised by the Rotary Club of Panaji Riviera (RID 3170) and the Rotary Club of Organ Donation International (RID 3141).

Rotarian Jeet Tolani, President of the Rotary Club of Panaji Riviera, welcomed participants with a warm opening address, commending the sustained and impactful efforts of Rotarian Lal Goel in advancing organ donation across India.

Rotarian Tanmay Modi formally introduced the Chief Guest, Rotarian Lal Goel, and the Guest of Honour, Rotarian Dr Rohan Monis, to the audience.

Rotarian PHF Dr Rohan Monis, Medical Director, provided an insightful overview of the Rotary Club of Organ Donation International, highlighting its mission, outreach, and ongoing initiatives.

In his keynote address, Rotarian Lal Goel delivered a compelling and thought-provoking perspective on the critical state of organ donation in India. Emphasising the urgent need for greater public participation and awareness, he stated:

“We are not God, but He has given us the power to save up to nine lives and improve up to seventy-five lives.”

He further highlighted Rotary’s immense potential to drive meaningful change through awareness initiatives in educational institutions, the establishment of Non-Transplant Organ Retrieval Centres (NTORCs), facilitation of access to government grants for underprivileged patients, and proactive efforts to dispel myths and misconceptions surrounding organ donation.

Rotarian Lal Goel expressed his sincere gratitude to the Rotary Club of Panaji Riviera and Rotary International District 3170 for the opportunity to address this vital cause.

The session was conducted with great poise by Rotarian Sonia Shirsat, noted singer and International Service Director of the Rotary Club of Panaji Riviera, who also delivered a gracious vote of thanks.

The program was graced by the presence of distinguished attendees, including Assistant Governor Rtn Nester Sequeira, Assistant Governor Rtn Nasir Ali, Dr Gervasio Mendes (Principal, Government College Sanquelim), Rtn Rosevelt Valadares, Rtn Hemalatha Bhandari (President-Elect), Rtn PHF Deepak Goel (Foundation Chair 2026–27), Rtn Dipen Shah (Club Project Service Chair), and Rtn Uma Jhavar (Executive Director, MK Eye Bank, Indore), along with members of both participating Rotary clubs.

“

My pleasure.. wonderful topic. I'm sure it will gain relevance with such awareness sessions.

— AG Rtn Nester Sequeira

“

Interesting programme, thanks for the invitation...

— AG Rtn Nasir Ali

“

Good session. Rtn. Lal Goel has a lively personal style of delivering his message. great job 🙌

— Ms. Yvonne Rebello

“

The speakers were genuinely connected to their purpose. Their authenticity and service made me stay the entire duration.

— Rtn. Tanmay Modi

“

It was very informative and great session 👍

— Rtn Rosevelt Valadares

“

Thank you for the Invite. Lovely programme.

— Dr. Gervasio Mendes,
Principal Govt. College Sanquelim



पति और परिवार के सहयोग से आसान हुआ शिक्षा और समाजसेवा का कार्य



मुझे प्रसन्नता है कि...

जासं, मथुरा: मेरा जन्म और लालन पालन देहरादून में हुआ, जहां मैंने अपनी प्रारंभिक शिक्षा प्राप्त की। उच्च शिक्षा के लिए पुणे विश्वविद्यालय से सूचना प्रौद्योगिकी में स्नातक (बीई) तथा आइसीएफएआइ विश्वविद्यालय, हैदराबाद से वित्त में एमबीए की डिग्री हासिल की।

अपने करियर की शुरुआत मैंने कारपोरेट क्षेत्र से की और लगभग चार वर्षों तक कार्य करते हुए बेंगलुरु और चंडीगढ़ में एचडीएफसी बैंक के क्रेडिट विभाग में महत्वपूर्ण भूमिकाएं निभाईं। इसके पश्चात अपने पारिवारिक व्यवसायों की जिम्मेदारी संभाली और शिक्षा एवं कौशल विकास के क्षेत्र में सक्रिय योगदान देना शुरू किया। 2015 में मथुरा के गौतम गोयल के साथ विवाह हुआ, जो आइटीआइ संस्थान संचालक हैं। फिलहाल मैं ज्ञान पब्लिक स्कूल तथा ज्ञान आइटीआइ, अलीगढ़ की निदेशक के रूप में कार्यरत हूं। इसके साथ ही मैं औद्योगिक प्रशिक्षण संस्थानों श्रंखला में भी महत्वपूर्ण भूमिका निभा रही हूं। मेरा विश्वास है कि शिक्षा समाज के विभिन्न वर्गों को सशक्त बनाने का सबसे प्रभावी

उच्च शिक्षा ग्रहण करने के बाद पारिवारिक मूल्यों को पहचाना समाज में फैला रहीं अंगदान के प्रति जागरुकता



पति गौतम गोयल के साथ रितिका गुप्ता
● स्वयं द्वारा

माध्यम है, जो न केवल ज्ञान प्रदान करती है बल्कि जीवन को सही दिशा भी देती है। सामाजिक सेवा के क्षेत्र में भी मैं रोटरी क्लब आफ आर्गन डोनेशन इंटरनेशनल में इंस्पायर प्रेसिडेंट (2025-26) के रूप में कार्यरत हूं। इस संगठन के माध्यम से मैं अंगदान के प्रति जागरुकता फैलाने का महत्वपूर्ण कार्य कर रही हूं। मेरा जीवन शिक्षा, सेवा और समाज के उत्थान के प्रति समर्पित है। मेरा निरंतर प्रयास शिक्षा और सामाजिक कार्यों के माध्यम से सकारात्मक एवं स्थायी परिवर्तन लाना है। इन सब में मेरे पति और परिवार का पूरा सहयोग रहता है।

- रितिका गुप्ता, जसयिंहपुरा, मथुरा

“Fuel your body, Fix your Future”

ORGAN & TISSUE DONATION

*Harvesting hope within every breath we take,
Every choice for wellness is a promise we make.*

*A legacy starts with the strength of the heart,
Living with purpose, doing our part.*

*Tending the flame of a life meant to last,
Healing the future by honoring the past.
Yielding to kindness, let compassion be shown.*

*Filling the void that the weary have known,
Offering light where the shadows are deep,
Opening doors that the suffering keep.
Dedicated to giving, even when we are gone.*

*And through our devotion, a new life finds dawn,
Nobly we offer the strength of our frame,
Delivering hope in a stranger's own name.*

*Hands that once worked can help others to build,
Eyes that saw beauty leave dreams unfulfilled.
Answering calls when the heartbeat grows thin,
Lifting a spirit so they might begin.
Transforming a sorrow to a story of grace,
Holding a mirror to humanity's face.
Yes to the journey, yes to the soul.*

*One simple "yes" makes a broken world whole,
Renewing the rhythm, the pulse, and the spark,
Gifting a candle to drive out the dark.
Acting in love for the neighbors we meet,
Nurturing life to make it complete.
Sowing the seeds so that others may live*



Rtn Hemalatha Bhandari
President Elect

HEALTHY FOOD - HEALTHY ORGANS

Healthy Oil-Free Low-Fat Paneer Whole Wheat Wrap



Rtn Ruby Agarwal
Inspire Secretary

Ingredients

- 1 whole wheat roti
- 80–100 g low-fat paneer (crumbled)
- 2 tbsp chopped onion
- 2 tbsp capsicum
- 2 tbsp grated carrot
- 1 tbsp curd (optional)
- ¼ tsp roasted cumin powder
- Black pepper & salt to taste
- Fresh coriander



Method

1. Heat a non-stick pan and sauté onion and capsicum with 1–2 tbsp water.
2. Add carrot and crumbled low-fat paneer.
3. Sprinkle cumin, pepper, and salt; cook for 2–3 minutes.
4. Spread a little curd on the roti, add the paneer mixture, garnish with coriander, and roll.

Enjoy with your favourite chutney or dips

Healthy Tip:

This wrap is high in protein, rich in fiber, and completely oil-free, making it a light and nutritious meal.

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Weekly Bulletin of the Rotary Club of Organ Donation International



Rtn Sucheeth Bhandari
Club Member

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Profession: Release Train Manager - Vice President.
Family: Rupal Bhandari -Wife, Mohit Bhandari - Son, Devanshi - Daughter
Favourite Food: Varieties of Dosa
Favourite Holiday Destination: Switzerland
Favourite Book: A Suitable Boy by Vikram Seth
Favourite Song: Kya Yahi Pyar Hai
Favourite Quote: "Don't decrease the goal; increase the effort. Work until your idols become your rivals."
Date of Birth: 03.04
Wedding Anniversary: 19.02
Social media: Facebook, What's app
Why did you choose to become a member of RC Organ Donation International: It is the ultimate selfless legacy—where one person's compassion becomes another's miracle. Turning the final sunset into a morning for humankind



**SCAN
ME
FOR
QUICK
PLEDGE**

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