

**UNITE  
FOR  
GOOD**

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



**LET'S  
INSPIRE !**

Volume: 1 | Issue: 42 | (For Private Circulation) | 17th April, 2026

# 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**

**STATE ORGAN & TISSUE TRANSPLANT ORGANISATION**  
**SOTTO: CHALLENGES & PATH FORWARD**



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



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



**Prof Dr Dharmesh K Sharma**  
Professor, Community Medicine  
SMS Medical College & Hospital  
Consultant, Information, Education  
& Communication IEC, State Organ  
and Tissue Transplant Organisation  
(SOTTO Rajasthan) Jaipur

**Rtn Ruby Agarwal** Inspire Secretary    **Rtn Prof Dr Nitin Agrawal** Member

**Time & Date: 8 PM on Sunday 19th April, 2026**  
Watch live on <https://www.youtube.com/@gyan8932>

**ONE BRAIN DEAD DONOR CAN SAVE  
UPTO 9 LIVES & IMPROVE UP TO 75 LIVES  
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](mailto:rcorgandonation@gmail.com)

(Contributors are solely responsible for the accuracy, completeness, and validity of their submitted content. The Managing Editor, Publisher, and Owner assume no liability for any errors, omissions, or inaccuracies in contributor-generated content)

## FROM THE DESK OF CHIEF MANAGING EDITOR



**Dear Fellow Rotarians and Esteemed Members,**

There are moments in one's Rotary journey that stay with you forever. Being chosen — alongside a select group of Rotarians from across the world — to be honoured by the Rotary International President at the Rotary International Convention, in just the third year of our club's existence, was one such moment. It filled my heart with immense pride and gratitude. This recognition belongs not to me alone, but to every organ donor and every dedicated member who has made the Rotary Club of Organ Donation International what it is today.

This issue brings you another inspiring milestone. Our Rotarian PHF Dr Rohan S. Monis delivered a truly powerful address — 'Organ Donation: Turning Tragedy into Triumph' — before an audience of over 6,000 physiotherapists gathered from around the world. To carry our message of hope and humanity onto such a global stage is a testament to the growing reach of our mission.

Closer to the heart, our President-Elect, Rtn. Hemalatha Bhandari, has gifted us a deeply moving poem — "The Art of Renewal, The Eternal Relay" — a meditation on the beauty and meaning of organ and tissue donation. I trust it will touch you as profoundly as it touched me.

In our beloved "Healthy Food, Healthy Organs" segment, our Inspire Secretary has brought us a timely seasonal delight in the spirit of Baisakhi — a wholesome, oil-free and ghee-free Sarson da Saag, best savoured with Makki di Roti. A celebration of both culture and wellness, it is a reminder that nourishing our organs can be a joyful act.

Finally, our "Interesting Facts About Our Members" spotlight this issue shines on one of our most cherished club members — do turn the page to discover what makes our Rotary family so wonderfully unique.

Yours in Rotary,

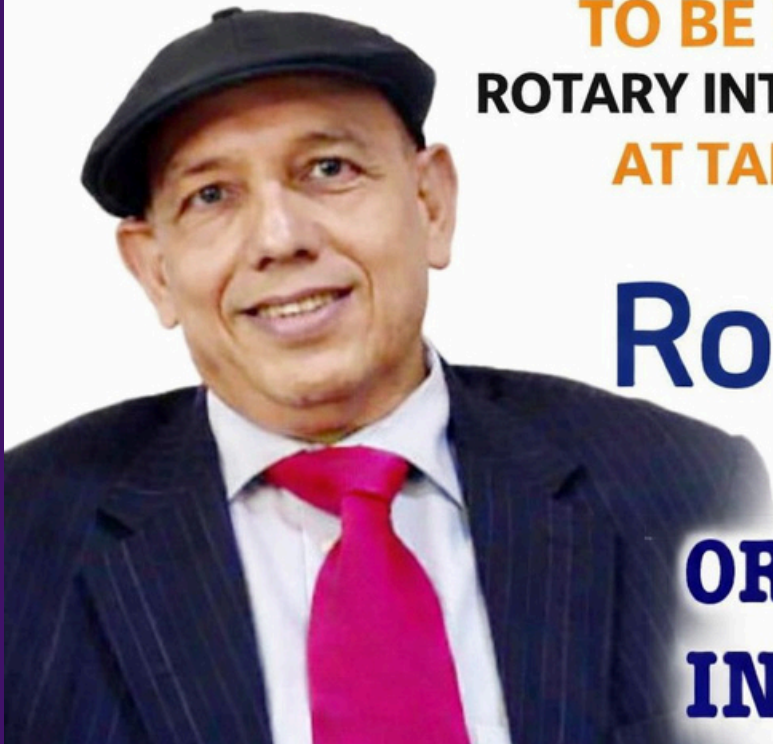
**IPP Rtn Lal Goel**

Chief Managing Editor

Founder & Charter President

# ROTARIAN LAL GOEL

**TO BE HONoured BY  
ROTARY INTERNATIONAL PRESIDENT  
AT TAIPEI CONVENTION**



# Rotary

Club of



RID 3141

# ORGAN DONATION INTERNATIONAL

Rotary



You are cordially invited to attend a private

## Service Above Self Reception

with Rotary International President Francesco Arezzo

Join us as we recognize the 2022-2026 Service Above Self Award recipients and Membership Society platinum and gold members

**Saturday, 13 June**

**17:00 – 18:30**

**Sheraton Grand Taipei Hotel**

**Joyful Ballroom**

B2 Level

No. 12, Section 1, Zhongxiao East Road,  
Zhongzheng District, Taipei, Taiwan 100

*Please reply by Thursday, 16 April 2026*

By invitation only. We welcome up to two guests per invitation.  
Please note that this invitation does not include convention  
registration fees or travel accommodations.



*Lal Goel  
and Guests*

# **ROTARIAN LAL GOEL TO BE HONOURED BY ROTARY INTERNATIONAL PRESIDENT AT TAIPEI CONVENTION**

**Taipei, 11 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, is set to be honoured by Rotary International President Francesco Arezzo at a special reception during the Rotary International Convention in Taipei, Taiwan.

The invitation, received directly from the Rotary International Awards team, reads: *"Dear Lal, Thank you for your dedication to service through Rotary, and congratulations on receiving the Service Above Self Award or reaching the platinum or gold level in the Membership Society for New Member Sponsors. To honour your achievements, we invite you to gather with other 2022-26 Service Above Self Award recipients and Membership Society platinum and gold members at a special reception at the Rotary International Convention in Taipei."*

Deeply moved, Rotarian Lal Goel dedicated the honour to organ donor families across India:

*"This recognition belongs to the donor families—whose courage and compassion have turned loss into life and saved thousands."*

## **A Life Transformed — And a Mission Born**

The story of the Rotary Club of Organ Donation International begins with a near-fatal moment. Ten years ago, Rotarian Lal Goel suffered a massive heart attack and was rushed to King's College Hospital in London. The swift medical response saved his life — and ignited a profound calling to dedicate his remaining years to the service of humanity.

During his recovery, he began researching organ donation and uncovered a sobering reality: despite its vast population and advanced medical capabilities, India holds the tragic distinction of having one of the world's highest mortality rates due to organ shortage. This was not merely a statistic for him — it represented thousands of preventable deaths, families torn apart, and futures cut short.

## **From Vision to Global Movement**

Driven by this discovery, Rotarian Lal Goel founded the Organ Donation India Foundation, an NGO committed to saving lives through advocacy and awareness. Within five years, the foundation had earned widespread recognition across the medical and philanthropic communities.

His vision soon extended beyond India's borders. He travelled extensively to the United Kingdom, the United States, and other nations, studying their organ donation frameworks to understand how their significantly lower mortality rates could be achieved — and how those models could be adapted for India.

During one pivotal visit to the United States, he encountered like-minded Indian and OCI (Overseas Citizens of India) professionals who shared his commitment. This meeting of hearts and minds became the catalyst for something far greater: a global movement.

## **A Historic Milestone in Rotary's 118-Year History**

In November 2023, that collective vision became reality with the official chartering of the Rotary Club of Organ Donation International — the world's first cause-based Rotary e-club dedicated exclusively to organ and tissue donation, a landmark in Rotary's 118-year history.

## The Urgency of Now

Every day that passes without adequate organ donation systems represents lives hanging in the balance. The statistics are stark and the need is urgent, but within this crisis lies an unprecedented opportunity for transformation and healing. The Rotary Club of Organ Donation International stands at the forefront of this transformation, proving that collective action can turn despair into hope.

## A Legacy of Life

The journey from one man's brush with mortality to a global movement of life-givers demonstrates the extraordinary power of purpose-driven service.

Rtn Lal Goel's near-death experience in London became the catalyst for a worldwide initiative that continues to save lives across continents.

Today, the members of the Rotary Club of Organ Donation International don't simply belong to a club—they are part of a movement that transforms tragedy into triumph, despair into hope, and death into life. Through their collective efforts, they embody Rotary's highest ideals while addressing one of humanity's most pressing challenges.

The club began with 30 members and has since grown to 80 members spanning multiple continents. In its very first full year of operation, the club earned the Platinum Award — the highest Rotary District recognition for club excellence.

Every Friday, the club publishes New Step, its flagship magazine featuring articles, news, poetry, stories, healthy recipes, and the NOTTO Organ Donation QR Code for easy pledge registration. The club meets every Sunday at 8:00 PM online, with all sessions live-streamed on YouTube.

## The Future of Hope

As the club continues to grow and expand its reach, its impact multiplies exponentially. Each new member brings fresh perspectives, additional resources, and expanded networks that strengthen the global fight against organ shortage. The club's innovative e-club model allows for unprecedented collaboration across time zones and borders, creating a truly global response to a global crisis.

Rotarian Lal Goel expressed his heartfelt gratitude to President Francesco Arezzo and the selection committee for this honour. He also thanked the District Governor, his dedicated team, and all members of the Rotary Club of Organ Donation International for their unwavering support and cooperation.

In a world where technology connects us instantly but meaningful action often feels distant, the Rotary Club of Organ Donation International stands as a beacon of what's possible when purpose meets passion, when individual calling meets collective action, and when the desire to serve transcends all boundaries.


The journey continues, and with each passing day, more lives are saved, more families are reunited with hope, and more evidence emerges that together, we can indeed transform crisis into healing and despair into enduring hope.



**KANACHUR**  
HOSPITAL & RESEARCH CENTRE



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



## ORGAN DONATION


TURNING TRAGEDY INTO TRIUMPH

RTN PHF DR. ROHAN S. MONIS  
CHIEF ADMINISTRATIVE OFFICER - KANACHUR HOSPITAL & RESEARCH CENTRE  
MEDICAL DIRECTOR - ROTARY CLUB OF ORGAN DONATION INTERNATIONAL




## YOUR SPHERES OF Influence


**PATIENT SPHERE**  
Normalize conversations about end-of-life decisions, including organ donation intent, during appropriate moments in rehabilitation.




**FAMILY SPHERE**  
Educate caregivers and family members — who are legally required to give consent — with empathy and accurate information.




**COMMUNITY SPHERE**  
Schools, workplaces, religious groups, and local events — physios are trusted community members who can run awareness drives.



**MEDICAL ECOSYSTEM**  
Coordinate with intensivists, neurologists, and transplant coordinators to build institutional organ donation culture.




**TRANSPLANT STORIES**




**Dr. Rohan S. Monis**  
Chief Administrative Medical Officer  
Kanachur Hospital & Research Centre, Mangalore, Karnataka

**Topic**  
**Organ Donation:  
Turning Tragedy into Triumph**



**MANGALORE PHYSIOCON 2026**  
INTERNATIONAL PHYSIOTHERAPY CONFERENCE



## **Rtn PHF Dr Rohan S. Monis Shares Mindful Insights on 'ORGAN DONATION – TURNING TRAGEDY INTO TRIUMPH' at India's Biggest Ever Physiotherapy Conference, held at Mangaluru**

Mangalore Physiocon 2026, an International Physiotherapy Conference, was held at Mangaluru on the 11th and 12th of April 2026, at TMA Pai International Convention Centre. This landmark conference featured 30+ eminent speakers from across Asia, with more than 6,000 physiotherapists in attendance — making it the largest physiotherapy gathering ever held in India. Dr U.T. Ifthikar Fared spearheaded this initiative, supported by the South Kanara Physiotherapy Teacher's Association®, powered by Kanachur College of Physiotherapy and other esteemed institutions across Karnataka. Dr Suhail and his team of dedicated physio leaders ensured that the entire 'Physio Week' was executed with seamless precision.

Rtn Dr Rohan S. Monis — Chief Administrative Officer, Kanachur Hospital & Research Centre, and Medical Director, Rotary Club of Organ Donation International — was invited as an eminent speaker at this colossal conference on the theme 'Organ Donation – Turning Tragedy into Triumph'. Platforms such as these offer a unique opportunity to create awareness and inspire learned communities to champion the humane movement that society urgently needs.

### **Opening – A Quote to Remember**

Dr Monis opened his session with a powerful quote from John Bunyan: "You have not lived today until you have done something for someone who can never repay you." He brought into sharp focus the current donor crisis in India, drawing a stark statistical comparison between India and Spain — a reality that demands our immediate attention. India, with a population exceeding 1.4 billion, records fewer than 1 donor per million population, while Spain stands tall at over 50 donors per million population.

## Types of Donation & Organs – As per the THOTA Act

Dr Monis provided clear, structured clarity on what can be donated and by whom:

### Living Donor:

- One Kidney
- A part of the Liver
- A lobe of a Lung
- A segment of the Pancreas
- A portion of the Intestine

### Deceased Donor – Circulatory Death:

Tissues: Cornea, Tendons, Heart Valves, Veins, Ligaments, Bones, Skin

### Deceased Donor – Brain Dead:

Organs: Lungs, Heart, Liver, Kidneys, Pancreas & Intestines

Tissues: Cornea, Tendons, Heart Valves, Veins, Ligaments, Bones, Skin

## Statistical Update from NOTTO, MOHFW – Government of India

- The number of transplants in India has seen a fourfold increase — from under 5,000 in 2013 to nearly 20,000 in 2025.
- Approximately 18% of transplants are currently performed using organs donated by deceased donors.
- More than 4.8 lakh citizens have registered to donate organs and tissues after death through an Aadhaar-based verification system, since 17 September 2023.
- India leads the world in hand transplants, performing more such procedures than any other country.

## Why Physiotherapists Must Champion Organ Donation

**AS PHYSICAL THERAPISTS, 'ORGAN DONATION' IS AN ADVOCACY THEY SHOULD EMBRACE AND CHAMPION WITHIN THEIR COMMUNITIES.**

Dr Monis eloquently explained why physiotherapy experts are ideally positioned to become Organ Donation Health Advocates. Their spheres of influence span patients, families, communities, and the broader medical ecosystem. With a deep understanding of organ failure prevention and the imperative to support those in need, physiotherapists can be true change-makers. Specifically:

- They are trusted touch-points in the community and serve as credible information banks.
- They build long-term therapeutic relationships with their patients.
- During rehabilitation, they develop a close proximity with the patient's family.
- Their clinical expertise lends them natural credibility — without fear or hesitation.

## Medical Update: Xenotransplantation

A compelling medical highlight was shared on Xenotransplantation, where animal organs are used in clinical and compassionate-use scenarios. The pig's organs bear a close genetic resemblance to human organs, and a series of transplants using pig Kidneys, Hearts, and Livers have yielded promising results. Ongoing scientific advances and research in the USA, active since 2024, continue to push these frontiers.

## A Call to Action – Building a Movement

Dr Monis urged the large delegation of physiotherapists to transform awareness into action by:

- Partnering With Key Institutions — to drive clear progression from unawareness, to understanding, to positive attitude, to registration, and finally to active advocacy.
- Building Knowledge & Dispelling Myths — through targeted outreach programs that provide accurate information and dismantle deep-rooted superstitions.
- Reaching People Where They Are — community-based programs bring the conversation to trusted spaces: schools, religious institutions, community centres, and local events.
- Leveraging Personal Stories — featuring donor families and transplant recipients brings a profoundly human face to these life-saving issues.
- Engaging Underrepresented Communities — certain ethnic and racial groups are disproportionately represented on transplant waiting lists, yet historically have lower donor registration rates, often due to cultural concerns.

# NEW STEP

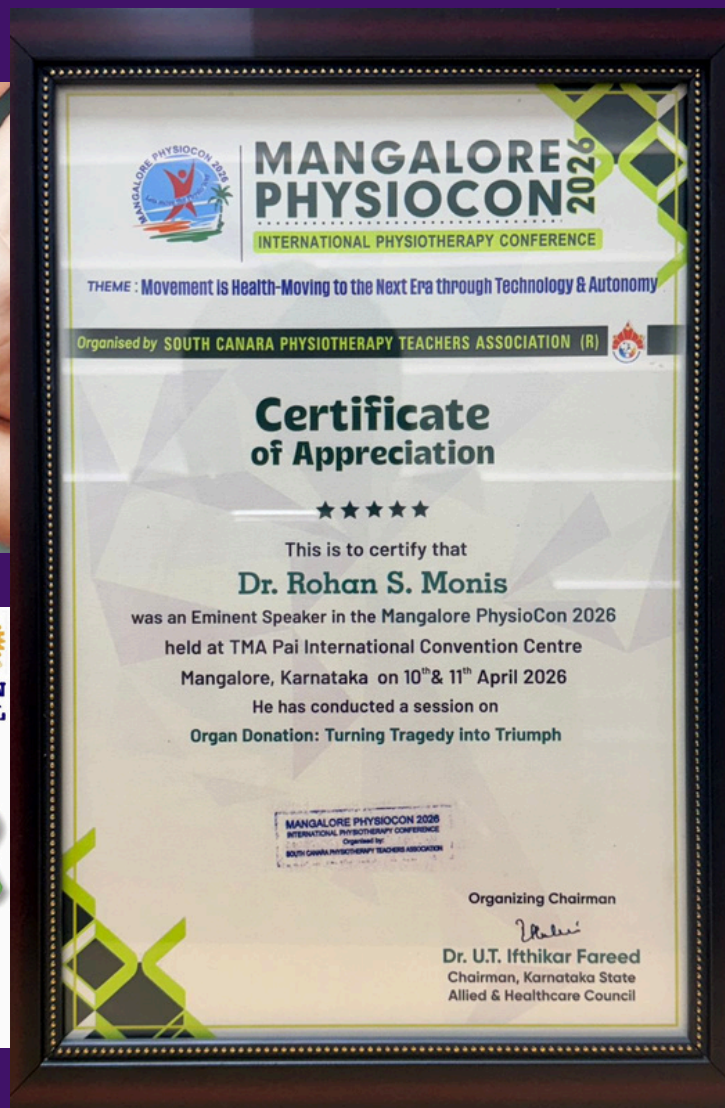
Weekly Bulletin of the Rotary Club of Organ Donation International

**Normalising the Conversation** — organ donation is closely tied to discussions of death and dying. Regular outreach helps normalise these conversations, making it easier for individuals to share their wishes with loved ones. Family consent remains a critical factor in whether donation actually proceeds, even when a person is a registered donor.

**Creating a Multiplier Effect** — when community members are educated and engaged, they become informal ambassadors for the cause.

Dr Monis encouraged all the Physio Experts to take the NOTTO pledge (via the QR code displayed on screen: <https://notto.abdm.gov.in/>) and to be a miracle in someone's life. This powerful session inspired the physiotherapy community to think beyond their clinical roles and ensure that life carries on, even after we depart for our heavenly abode.

**LET'S NOT TAKE DEATH LYING DOWN — DONATE LIFE — BE AN ORGAN DONOR**



## **"The Art of Renewal, The Eternal Relay"**

### **ORGAN & TISSUE DONATION**

*Offering hope where shadows once grew,  
Unite the spirit of giving in all that we do.  
Restoring a future, for the earth and the soul,*

*Pledging our kindness to make a life whole.  
Open your heart to a legacy that stays,  
Writing a story of brighter, new days.  
Every breath shared is a seed that we sow,  
Radiant life in a continuous flow.*

*Our hands hold the strength to heal and repair,  
Understanding the weight of the burdens we share.  
Renewing the cycle, a promise we keep,*

*Protecting the soil while the world is asleep.  
Leaving a footprint of mercy and grace,  
Acting for nature and the whole human race.  
Nurturing life in every possible way,*

*Echoing love on this green Earth Day.  
Awakening purpose in the choices we make,  
Rescuing beauty for humanity's sake.  
Tending the garden, the heart, and the breath,  
Honoring life that transcends even death.*

*Dedicate power to a cause that is true,  
A legacy blooming, starting with you.  
Yes to the planet; yes to life's brand new view.*



**Rtn Hemalatha Bhandari**  
**President Elect**

## HEALTHY FOOD - HEALTHY ORGANS

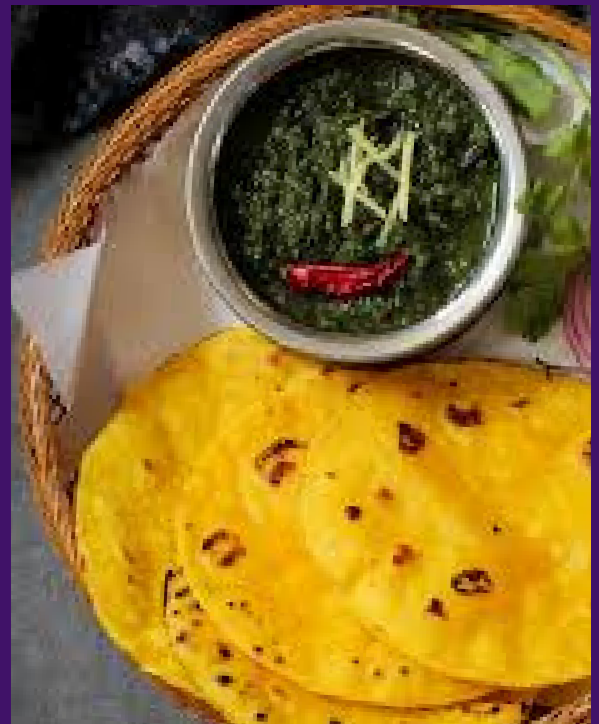
# Sarson da Saag (No Oil, No Ghee)



Rtn Ruby Agarwal  
Inspire Secretary

### Ingredients:

- 2 cups sarson (mustard leaves)
- 1 cup palak (spinach)
- ½ cup bathua (optional)
- 1 onion (finely chopped)
- 2 tomatoes (chopped)
- 4–5 garlic cloves
- 1 inch ginger
- 2 green chilies
- 1–2 tbsp makki atta
- Salt, haldi, red chili (to taste)
- Water as needed



### Method:

1. Boil/steam sarson, palak, and bathua with a little water until soft (wash thoroughly before using)
2. Mash or blend coarsely.
3. In a pan, cook onions with a little water.
4. Add ginger, garlic, green chilies and cook.
5. Add tomatoes, salt, and spices; cook till soft using water as needed.
6. Add mashed greens and mix well.
7. Add makki atta mixed in water.
8. Simmer on low flame for minimum 20–25 minutes.

Enjoy with  
(optional)

Makki di Roti and home made white butter

# NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



Name: Sandeep Kulshrestha

Mobile: 7088253323

E-mail: sandeep.kulshrestha75@gmail.com

Profession: Teaching

Family: Mother, wife, daughter & son

Favourite Food: Indian snacks

Favourite Song: "jihal masti"

(movie - Gulami)

Favourite Quote: "Teaching is the one profession that creates all other professions."

Date of Birth: 8th Sept.

Wedding Anniversary: 1st Dec.

Your presence on social media: limited, mostly used whatsapp, occasionally facebook and instagram

Why did you choose to become a member of RC Organ Donation International: to create awareness about it and also to be a little socially active !

Rtn Sandeep Kulshrestha  
Club Member



SCAN  
ME  
FOR  
QUICK  
PLEDGE

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