

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

Volume: 1 | Issue: 5 | (For Private Circulation) | 1st August, 2025

NEW STEP

INDIAN ORGAN DONATION DAY SPECIAL

The poster features logos for 'UNITE FOR GOOD', 'Rotary e-Club of Organ Donation UK', 'Rotary Club of ORGAN DONATION INTERNATIONAL', and 'LET'S INSPIRE !'. The main title is 'INDIAN ORGAN DONATION DAY' followed by 'MOU RENEWAL SIGNING CEREMONY'. It lists the participants as 'ROTARY CLUB OF ORGAN DONATION INTERNATIONAL RID 3141' and 'ROTARY e-CLUB OF ORGAN DONATION UK RID 1070'. Three portraits are shown: Rtn Lal Goel (Founder & Charter President of Rotary Club of Organ Donation International), Rtn PHF Ritika Gupta (Inspire President of Rotary Club of Organ Donation International), and Rtn Kirit Mistry (Charter President of Rotary e-Club of Organ Donation UK). Below the portraits are the names and titles of the secretaries: Rtn Ruby Agarwal (Secretary, RC Organ Donation International) and Rtn Pete Nyland (Secretary, RC Organ Donation UK). The event details at the bottom are 'Time & Date: 8 PM on Sunday 3rd August 2025'.

Indian Organ Donation Day 3rd August, 2025 theme
ANGDAAN-JEEVAN SANJEEVANI ABHIYAN
DONATE ORGANS

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PUBLISHED ON BEHALF OF INSPIRE PRESIDENT RTN PHF RITIKA GUPTA
BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF
ORGAN DONATION INTERNATIONAL.
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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

The 15th Indian Organ Donation Day on August 3rd marks a significant milestone, and New Step proudly presents this special commemorative issue. Two informative articles by me and Rtn Dr Kamal Jain will provide valuable insights into organ donation in India.

Hats off to Rtn Hemalatha Bhandari and Rtn J H Martin for creating organ donation awareness during the District Carrom Tournament in Chennai. Their innovative approach demonstrates how we can integrate our mission into community events. As organ donation awareness remains our cornerstone, I encourage you to organise similar initiatives in your cities and share photographs and reports for publication in New Step.

This week we had two brainstorming sessions to discuss the challenges of Organ Donation in India.

Our “Healthy Food-Healthy Organs” feature continues with a delicious Healthy Kalakand recipe by Inspire Secretary Rtn Ruby Agarwal. I invite all members to contribute organ-healthy recipes for future issues.

Rotractor Ashita Yadav has crafted an engaging Multiple-Choice Question segment to test your organ donation knowledge, while our member spotlight features our dedicated Club CSR Chair.

As we commemorate this day, remember that every conversation about organ donation, every myth we dispel, and every person we educate brings us closer to saving lives. Our collective efforts are making a tangible difference in bridging the gap between those waiting for organs and available donors.

Let this Indian Organ Donation Day serve as a renewed call to action. Every life saved through organ donation is a victory for humanity, and every Rotarian engaged in this cause is a beacon of hope.

The sole meaning of life is to serve humanity.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

Rotary Club of Organ Donation International

THE ORGAN DONATION CRISIS IN INDIA: CHALLENGES AND SOLUTIONS

-Rtn Lal Goel

India is currently grappling with a severe organ donation shortage, leading to over 500,000 preventable deaths annually. With a donation rate of just 0.8 per million people, India lags far behind countries like Spain, where the rate stands at 48.9 donors per million. This stark disparity highlights the urgent need for reforms in India's Organ Donation system.

Key Challenges in Organ Donation in India

- 1. Lack of Awareness:** A widespread lack of understanding about Organ Donation, its life-saving potential, and the transplantation process remains a significant barrier.
- 2. Opt-In System:** Under India's opt-in system, the family has the final say in Organ Donation decisions. Emotional and social pressures often lead families to refuse consent.
- 3. Financial Constraints:** There is insufficient funding for the necessary infrastructure, training programs, and public awareness campaigns.
- 4. Bureaucratic Red Tape:** Complex regulations, coupled with slow approvals, impede the efficiency of organ retrieval and transplantation processes.
- 5. Limited Research and Development:** India lacks adequate investment in advanced transplantation techniques and organ preservation methods.
- 6. Myths and Misconceptions:** Cultural and religious beliefs, along with societal misconceptions, discourage many from considering Organ Donation.
- 7. Inadequate Political Will:** A lack of prioritisation and insufficient policy support has stalled progress in expanding Organ Donation.

A Path Forward: Comprehensive Reforms

Short-Term Objectives

- 1. Centralised Governance:** The central government should directly control Organ Donation and transplantation oversight to ensure uniformity and efficiency.
- 2. Formation of an Expert Committee:** Establish a high-powered, non-political committee to evaluate the feasibility of moving from an opt-in to an opt-out system. The committee should submit its recommendations within three months.
- 3. Swift Implementation:** The central government should act on the committee's recommendations within one month of submission.

Infrastructure Development

- 1. Brain Death Declaration Committees:** Create mandatory committees in all government hospitals to standardise brain death declarations.
- 2. Organ Retrieval Centres:** Designate both government and private medical colleges as Organ Retrieval Centres to expand capacity.
- 3. Trained Coordinators:** Ensure that every hospital has trained Organ Donation Coordinators to guide families through the donation process.

Financial Support

- 1. Ayushman Bharat Coverage:** Extend Ayushman Bharat insurance coverage to include the medical costs for both Organ Donors and recipients from Below Poverty Line (BPL) and middle-income groups.
- 2. Organ Donation CSR Fund:** Create a fund similar to the PM CARES Fund, specifically aimed at supporting Organ Donation initiatives through Corporate Social Responsibility (CSR) contributions.

Awareness and Education

- 1. Incorporate Organ Donation into School Curricula:** Introduce Organ Donation education from the 6th standard to cultivate awareness from an early age.
- 2. Encourage Elected Representatives:** Urge politicians and public figures to pledge their organs and lead by example.
- 3. Leverage Media and Cinema:** Use popular media and cinema to increase public awareness about the importance and impact of Organ Donation.

Streamlining Processes

- 1. Expedite Non-Related Donation Approvals:** Reduce the bureaucratic approval process for non-related donors to within seven working days.
- 2. Facilitate Chain/Swap Donations:** Promote and streamline chain and swap donations to optimise available Organs for transplant.

Long-Term Objectives

- 1. Empower NOTTO:** Strengthen the role of the National Organ and Tissue Transplant Organisation (NOTTO) in regulating and monitoring Organ Donation and transplantation activities across the country.
- 2. Introduce Tissue Retrieval Degree Courses:** Develop specialised degree courses to train professionals in Tissue retrieval, enhancing overall capabilities in Tissue Donation.
- 3. Xenotransplantation Research:** Accelerate research into Xenotransplantation as a long-term solution for the Organ shortage crisis.

URGENT ACTION REQUIRED

India's Organ Donation crisis demands immediate attention and decisive action from the central government. By implementing these short- and long-term reforms, the country can significantly increase awareness, streamline processes, and ultimately save countless lives. Time is of the essence, and failure to act now will only exacerbate the growing health crisis.

ABOUT THE AUTHOR

Braj Vibhuti Rotarian Lal Goel is a visionary leader and a driving force in Organ Donation advocacy. As Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, he has been pivotal in raising awareness about Organ Donation across India. He serves on the National Committee for the National Campaign for Body-Organ Donation (NCBOD) and has been recognised globally for his efforts. He is the ex officio member of the Karnataka SOTTO advisory committee. He is the Advisor to the Organ and Blood Donation Committee (Rakt Veer) of Rotary District 3110.

His accolades include the Rajiv Gandhi Businessman of the Year Award, Tyag Murti Mata Ramai Ambedkar Samman, Icons of India Award, World Parliament International Award and the White Coat Ceremony honour by Donate Life, USA. In recognition of his outstanding contributions, Mangalore University awarded him the distinguished title of 'One in a Million'.



NEW STEP

RTN HEMALATHA & RTN J H MARTIN CREATED ORGAN DONATION AWARENESS AMONG SPORTSMEN



Chennai, 27th July - Organ Donation Awareness was promoted by Vice President Rtn Hemalatha Bhandari and Rtn J H Martin of the Rotary Club of Organ Donation International during a major carrom tournament held at Rising Stars School of Excellence in Puzhal, Chennai.

The tournament was inaugurated by Chief Guest Mr. S. John Sundar, Additional Superintendent of Police, Chennai.

During the event, Rtn Hemalatha Bhandari emphasised the importance of organ donation and encouraged participants and organisers to pledge to donate their organs after discussing it with their families.

The event was organised by the Tamil Nadu Carrom Association.

Rtn Hemalatha Bhandari and Rtn J H Martin distributed Rotary Club of Organ Donation International caps to all the referees of the tournament.

DIFFERENT WAYS TO ORGANISE PROJECTS TO RAISE AWARENESS ON ORGAN DONATION

- Rtn Dr Kamal Jain

- 1. Social Media Campaigns:** Utilise social media platforms to share stories, testimonials, and facts about organ donation. Create engaging content, hashtags, and tag relevant influencers or organisations.
- 2. Community Events:** Organise events like walks, runs, or marathons to raise awareness and funds for organ donation. Host seminars, workshops, or conferences to educate people about the importance of organ donation.
- 3. School and College Outreach:** Collaborate with educational institutions to educate students about organ donation. Develop curriculum-integrated programs, workshops, or guest lectures to reach a wider audience.
- 4. Influencer Partnerships:** Partner with social media influencers, celebrities, or thought leaders to amplify the message and reach a broader audience.
- 5. Storytelling:** Share personal stories of organ donors, recipients, and their families to highlight the impact of organ donation. Use videos, blogs, or podcasts to share these stories.
- 6. Registration Drives:** Organise organ donation registration drives in collaboration with local hospitals, clinics, or community centers. Make it easy for people to register as organ donors.
- 7. Public Art Installations:** Create public art installations, murals, or exhibitions to raise awareness about organ donation. Use visual arts to convey the message and spark conversations.
- 8. Corporate Partnerships:** Collaborate with companies to promote organ donation among their employees, customers, or stakeholders. Develop workplace wellness programs or employee engagement initiatives.
- 9. Online Webinars:** Host webinars, Q&A sessions, or panel discussions to educate people about organ donation. Invite experts, donors, and recipients to share their experiences.

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10. Government and NGO Collaborations: Partner with government agencies, NGOs, or healthcare organisations to amplify the message and leverage their resources. Collaborate on awareness campaigns, events, or policy initiatives.

11. Donor Recognition: Organise events or ceremonies to recognise and honour organ donors and their families. Show appreciation for their selfless acts.

12. Myth-Busting: Create content to debunk common myths and misconceptions about organ donation. Provide accurate information and facts to address concerns.

13. Interactive Exhibits: Develop interactive exhibits, games, or quizzes to engage people and educate them about organ donation. Make learning fun and accessible.

14. Media Outreach: Reach out to local media outlets, newspapers, or magazines to share stories and promote organ donation awareness.

15. Donation Pledge Campaigns: Organise pledge campaigns to encourage people to commit to organ donation. Make it easy for people to pledge and register as donors. It can now be done online by QR code.

ABOUT THE AUTHOR

Retn Dr. Kamal Jain is a distinguished physician and humanitarian leader with over three decades of medical practice since 1991. He serves as Club Learning Facilitator and Organ Donation Chair of the Rotary Club of Organ Donation International, and as Director of the Organ Donation Awareness Project at the Giants Welfare Foundation, where he coordinates 625 groups nationwide for organ donation awareness across India.

Based in Bhiwandi, Dr. Jain established the city's first Eye Donation Centre and has personally performed over 250 eye enucleations. He is a Life Member of the Eye Bank Association of India and Advisory Committee Member of the Sahiyara Eye Bank in Thane. His leadership roles include Honorary Secretary of the National Jain Doctors Federation and Past President of both the Giants Group of Bhiwandi and the Bhiwandi Medical Practitioners Association.

Dr. Jain holds a 2014 world record from the Golden Book of World Records for hosting the "Most Professional People in Matrimonial Meet." He has also served in disaster relief missions, providing medical care to earthquake victims in Latur (1993) and Bhuj (2001) as part of the Giants Medical team.



NEW STEP



Rotary District 3141 Medical 4 held a brainstorming session on organ, skin, and eye donation at the Rotary Centre, Juhu Mumbai, on July 26, 2025.

PP Rtn Harminder Singh, District Avenue Chair Medical 4, IPP Rtn Lal Goel, Zonal District Chair(NW), Rtn Sonal Somaiya Live Beyond Life, PP Rtn Satinderpal Ahluwalia of RC Mumbai Sher E Punjab & Mr Harshad Rathore, Secretary, L B L Foundation were present amongst others.



Mumbai, 30th July 2025 - A brainstorming session addressing the challenges of organ donation and transplantation was held at JW Marriott, Juhu, Mumbai.

Participants included Rtn Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International; Dr Hardik R Shah, Senior Consultant in Hepatology and Liver Transplantation, as well as a Gastroenterologist and Endoscopist at Nanavati Max Super Speciality Hospital, Mumbai; Mr Kaushal Shethia, Manager of Community Marketing and Business Development; and Inspire Secretary Rtn Ruby Agarwal.

MCQS ON ORGAN DONATION

-Rtr Ashita Yadav



Q1. When is Indian Organ Donation Day observed?

- a) August 13
- b) November 27
- c) August 3
- d) January 26

Q2. Indian Organ Donation Day was established in which year?

- a) 2008
- b) 2010
- c) 2012
- d) 2015

Q3. Which organisation primarily promotes organ donation awareness in India?

- a) Indian Medical Association
- b) National Organ and Tissue Transplant Organisation (NOTTO)
- c) Ministry of Health and Family Welfare
- d) All of the above

Q4. What is the legal framework governing organ donation in India?

- a) Transplantation of Human Organs Act, 1994
- b) Medical Treatment of Terminal Illness Act, 1994
- c) Organ Donation Act, 1992
- d) Healthcare Rights Act, 1996

Q5. Which organ has the longest waiting list for transplantation in India?

- a) Heart
- b) Liver
- c) Kidney
- d) Lung

Q6. What is brain death in the context of organ donation?

- a) Temporary loss of consciousness
- b) Irreversible cessation of all brain functions
- c) Partial brain damage
- d) Coma state

Q7. Which of the following organs can be donated by a living donor?

- a) Heart
- b) Kidney
- c) Lung (part of)
- d) Both b and c

Q8. What is the minimum age for organ donation consent in India?

- a) 16 years
- b) 18 years
- c) 21 years
- d) 25 years

Q9. What is the primary objective of Indian Organ Donation Day?

- a) To honour organ donors
- b) To increase awareness about organ donation
- c) To raise funds for transplant surgeries
- d) To train medical professionals

Answer Key: 1. c, 2. b), 3. d), 4. a), 5. c), 6. b), 7. d), 8b), 9. b)

HEALTHY FOOD - HEALTHY ORGANS

Kalakand Recipe

- Rtn Ruby Agarwal

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A delicious Indian milk sweet that melts in your mouth.

INGREDIENTS

- 1 litre low fat milk (for paneer) + 500 ml low fat milk (for cooking)
- 2 tbsp lemon juice + 2 tbsp water
- Cardamom powder to taste
- Sweetener of your choice
- Chopped pistachios for garnish

INSTRUCTIONS

Step 1: Make Fresh Paneer

Boil 1 litre low fat milk, switch off gas. Mix lemon juice with water. Add lemon mixture spoonful by spoonful to hot milk, stirring slowly in single direction until milk curdles completely and whey separates.

Step 2: Prepare Chenna

Strain through muslin cloth to separate chenna/paneer. Remove excess water gently (don't press too hard). Rinse with water to remove lemon flavor completely. Mash chenna for 1-2 minutes until smooth.

Step 3: Cook Kalakand

Boil 500ml milk in pan on high flame. Reduce milk to half while stirring continuously. Add mashed chenna and cook, stirring constantly until mixture stops sticking to pan and reaches thick consistency suitable for setting.

Step 4: Final Touch

Switch off flame and add cardamom powder and sweetner. Mix well and pour into plate. Set in thick barfi layer. Garnish with pistachios and press gently. Cool for 15-20 minutes before cutting into squares.

NUTRITIONAL INFO

Healthy Kalakand 100g 88 calories (no sugar)

Fat 2 grams

Traditional Kalakand 100g 480 calories

Fat 17.2 grams

Serve fresh for the best soft, melt-in-mouth texture. Best enjoyed within a few hours of preparation.

Tips: Stir in single direction throughout for best texture. Don't over-press the chenna to keep it soft.

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Rtn Ramnath Pradeep
Club CSR Chair

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Profession: Banker & lawyer

Family: wife, son & daughter

Favourite Food: Vegetarian

Favourite Holiday Destination: UK

Favourite Book: Physiology of Money

Favourite Song: Chalta ja

Favourite Quote: You have not lived today
unless done something for needy.

Date of Birth: 10/10

Wedding Anniversary: 23/5

**Why did you choose to become a member
of RC Organ Donation International:** Club is
meant for the cause of the needy



**SCAN
ME
FOR
QUICK
PLEDGE**

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