

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

Volume: 1 | Issue: 7 | (For Private Circulation) | 15th August, 2025

NEW STEP

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

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

SWAP KIDNEY TRANSPLANT

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

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

Dr Jatin Kothari
MD, DM, FRCP (UK), FISOT, FISCN,
FICN (Canada), FASN (USA)
Director-Nephrology &
Chief Consultant,
Renal Transplant Medicine
Nanavati Max Super
Speciality Hospital, Mumbai

Rtn Ruby Agarwal
Inspire Secretary

Rtn Dinesh Gupta
Member

Time & Date: 8 PM on Sunday 17th August 2025

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

**WHO ARE WE AS HUMAN BEINGS IF WE
IGNORE THE SUFFERING OF OTHERS ?**

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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**LET'S
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**CELEBRATE INDEPENDENCE DAY
BECOME AN ORGAN DONOR**



HAPPY INDEPENDENCE DAY

NEW STEP

FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

As India celebrates its 79th Independence Day on August 15th, 2025, we reflect on a sobering reality: while we gained freedom from British rule, we remain bound by the devastating waitlists that plague organ transplantation patients across our nation.

This week has been remarkable, with developments spanning Mumbai to Chennai, Agra to Mathura. On August 7th, I was honoured to serve as keynote speaker at Dainik Jagran's Agra office, facing thoughtful questions from their seasoned editorial board and receiving felicitation from the GM and editorial team.

A milestone was achieved on August 8th with the chartering of our first Interact Club at Gyan Deep Shiksha Bharati Senior Secondary School, Mathura, under the name "Gyan Deep Organ Donation International." By engaging young minds in organ donation awareness, we are planting seeds of compassion for future generations.

On August 9th-10th, Club Vice-President Rtn Hemalatha Bhandari and Rtn J H Martin created organ donation awareness among youth during a Carrom tournament, exemplifying our innovative approach to education.

August 10th marked our much-awaited virtual Installation Ceremony. Chief Guest District Governor Dr Manish Motwani and his office bearers were genuinely impressed by our time-bound, well-attended ceremony, recognising our dedication to professional service.

This issue features an enlightening article on organ donation by our Medical Director, Rtn PHF Dr Rohan S Monis, and a healthy Makhani Dal recipe by Inspire Secretary Rtn Ruby Agarwal.

ONE NATION, ONE HEART - SHARE THE GIFT OF LIFE

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

NEW STEP

MEDIA CAN PLAY CRUCIAL ROLE IN ORGAN DONATION SAYS ROTARIAN LAL GOEL



Agra, August 7, 2025 – Rotarian Lal Goel, Founder and Charter President of Rotary Club of Organ Donation International and Chairman of Organ Donation India Foundation & GYAN, emphasised the vital role media can play in promoting organ donation awareness during a keynote address at Dainik Jagran's Organ Donation Awareness Program.

The program was held at the offices of Dainik Jagran, India's leading newspaper, in Agra, where Rotarian Lal Goel addressed questions from the publication's editorial team.

Critical Infrastructure Gap

Rotarian Lal Goel highlighted the urgent need to establish more Organ Retrieval Centres across India, noting that only approximately 15% of revenue districts currently have such facilities. This shortage contributes to a devastating statistic: more than 500,000 people die annually in India due to organ shortages.

Religious Perspectives Support Donation

Addressing common misconceptions, Rotarian Lal Goel firmly stated that no religion opposes organ donation. He referenced the Bhagavad Gita (Chapter 2:22), where Lord Krishna explains: *"As a person puts on new garments, giving up old ones, similarly, the soul accepts new material bodies, giving up the old and useless ones."*

"We never burn or bury our old garments—we donate them to those in need" he explained, drawing a parallel to organ donation as an act of compassion.

Stark International Comparisons

Rotarian Lal Goel presented sobering statistics comparing mortality rates between India and the United States, both of which follow opt-in organ donation systems. While 13 people die daily in the U.S. due to organ shortages, India loses more than 1,500 lives daily—despite the U.S. having approximately one-fourth of India's population.

Call to Action for Media

In his conclusion, Rotarian Lal Goel stressed three key areas where the media can make a significant impact:

- Changing public mindset through consistent, factual reporting on organ donation
- Promoting government accountability in healthcare infrastructure development
- Creating widespread awareness through effective communication strategies

The event underscored the critical need for collaborative efforts between media, healthcare institutions, and civil society organisations to address India's organ shortage crisis and save more lives through increased donation awareness.

Rotarian Lal Goel was received and felicitated by the General Manager and the editorial team at the Media office.

NEW STEP

RTN HEMALATHA BHANDARI & RTN J H MARTIN CREATED ORGAN DONATION AWARENESS IN CHENGALPATTU, TAMIL NADU



Chengalpattu 10th August 2025, Rtn Hemalatha Bhandari Vice-President & Rtn J H Martin of the Rotary Club of Organ Donation International created Organ Donation Awareness in the District Ranking Carrom Association held at SV Party Hall, Chennai on 9th & 10th August 2025.

The program was organised by the District Carrom Association (Affiliated to Tamil Nadu Carrom Association) in association with the Rotary Club of Organ Donation International.

This prestigious ranking tournament attracted more than 150 players including school children.

Rtn Hemalatha Bhandari appealed to the youth to come forward and create organ donation awareness among their family and friends.

Rtn J H Martin gave a Vote of thanks to all for their cooperation in making this tournament a great success.

JAAGO BHARAT JAAGO – ANGDAAN SE MAHAAN BANO!

• **Rtn PHF Dr Rohan S Monis**

What's the Current Situation ?

According to the Global Observatory on Donation and Transplantation, only 10% of global transplant demand is being met. India faces significant challenges in organ donation despite achieving a record 18,900 transplants in 2024 with just 1,128 deceased donors. The country's organ donation rate remains below 1 percent, with over 63,000 people awaiting kidney transplants and 22,000 needing liver transplants. India has one of the lowest organ donation rates globally, at ~0.86 donors per million population (2023 data), compared to Spain's ~48.9 donors per million.

Key Augmentation Strategies:

1. Improve Public Awareness and Education

Targeted Campaigns: Develop region-specific awareness programs, as deceased donors come mostly from southern states & living donors from northern states - indicating significant regional disparities.

School and College Programs: Integrate organ donation education into curricula to create awareness from a young age.

Media Partnerships: Use mainstream media, social media, and community channels to share success stories while maintaining donor-recipient confidentiality. Launch nationwide campaigns to educate people about the importance of organ donation, dispel myths (e.g., religious objections), and highlight success stories – making it a Nation wide campaign.

2. Consent & Registration Process Improvements

Simplified Registration: Make it easier for people to register – both urban & rural - as organ donors through online platforms, mobile apps, and integration with other government services.

Opt-out vs Opt-in Systems: Consider policy changes (opt out / presumed consent) that make organ donation the default choice unless explicitly declined.

Family Counseling Programs: Provide better support and counseling for families during difficult decisions, as family consent often overrides individual donor wishes. Mandate organ donation counseling in healthcare and social work education.

3. Strengthen Regional Healthcare Infrastructure, Learning & Training

Infrastructure: Equip more hospitals with advanced transplant facilities, especially in rural and semi-urban areas, to reduce geographical disparities. Establish regional organ retrieval and transplant centers to coordinate and expedite the process.

Learn from Success Stories: Study what makes southern states more successful and replicate those strategies in other regions.

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Healthcare Professional Training: Healthcare providers need better education about organ donation - especially organ retrieval, preservation, and transplantation techniques to improve efficiency and success rates, as they serve as crucial advocates and information sources for families.

Transplant Coordinator Support: Address the challenges faced by transplant coordinators who are on the frontlines of the donation process, providing them with better resources and training.

State-Level Initiatives: Tamil Nadu was named Best State in organ donation, providing a model for other states to follow.

4. Strengthen Legal and Policy Frameworks:

Policy Update: Enforce and update the Transplantation of Human Organs and Tissues Act (THOTA), 1994, to address loopholes, ensure transparency, and prevent illegal organ trade.

Brain Dead Certification: Establish clear guidelines for deceased organ donation, including brain death certification, to reduce delays and confusion.

Organ Donor is Prime: Incentivize organ donation through policies like covering donor medical costs or providing support to donor families.

5. Address Socio – Cultural – Religious Barriers

Community Engagement: Work proactively with religious leaders from Hinduism, Islam, and Christianity to clarify that most faiths actually support and endorse organ donation as an act of charity and compassion. Many misconceptions / hesitations exist about religious prohibitions that aren't actually present in the core teachings.

Cultural Sensitivity: Develop culturally appropriate messaging that respects traditional beliefs about the body after death while explaining how organ donation aligns with values of helping others and saving lives. Adopting counseling and support to families of deceased donors to navigate emotional and ethical concerns.

Compassionate Non-Related Donor's: Promote altruistic living donations by sharing positive stories and ensuring donor safety and follow-up care.

6. Leveraging Technology and Innovation

Digital Platforms: Develop user-friendly apps and websites for donor registration and family education thus encouraging pledges. Create a national organ donor registry with real-time data to track donors, recipients, and waiting lists

Use of AI: Use Artificial Intelligence, Machine Learning Models, Deep Learning Data Science techniques with predictive analytics to optimize organ allocation and improve transplant outcomes. But more so to help prevent organ failures in the communities we live in.

Hospital Integration: Improve systems in hospitals to better identify potential donors and facilitate the donation process.

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7. Community-Based Approaches

Peer Education: Train community volunteers and local influencers to spread awareness about organ donation.

Support Groups: Create networks of donor families and transplant recipients to share their experiences and encourage others.

The key to success lies in a multi-faceted approach that combines policy changes, cultural sensitivity, healthcare system improvements, and sustained public education efforts. Given that India already has the legal framework through the Transplantation of Human Organs and Tissues Act, 1994, the focus should be on implementation, awareness, and addressing the cultural and logistical barriers that prevent people from making this life-saving choice.

8. Address Ethical and Trust Issues:

Policy mandates: Healthcare facilities and their teams should provide clear communication about brain death and organ donation processes to families to avoid mistrust. Ensure clarity and lucidity in organ allocation to build public trust and counter fears of illicit activities. Implement strict oversight to prevent manipulation / exploitation, especially of vulnerable & sensitive populations.

9. Incentivize and Recognize Donors:

Motivation: Introducing non-monetary incentives, such as priority on transplant waiting lists for registered donors or their families, as practiced in some countries. Overtly honor donors and their families through awards or memorial events to build a culture of appreciation.

Rotary Club of Organ Donation International is working with the apex bodies and encouraging the communities at large to help improve Organ Donation and its awareness. By implementing these measures, India can bridge the gap between organ demand and supply, saving thousands of lives annually.

I kindly insist that you:

- **EDUCATE YOURSELF ON THE NEED**
- **TAKE THE PLEDGE**
- **SHARE THE GOOD NEWS AND BE CHAMPION..**

ABOUT THE AUTHOR

Rtn PHF Dr. Rohan S. Monis is the Chief Administrative Officer of Kanachur Hospital & Research Centre, Mangaluru. A critical care physician, healthcare management expert and a health & wellness coach too. He's the Patron of Indian Red Cross Society. He is an advocate for Organ Donation and CPR.



NEW STEP

INTERACT CLUB OF GYAN DEEP ORGAN DONATION INTERNATIONAL CHARTERED AND INSTALLED



Mathura, August 8, 2025 – The Interact Club of Gyan Deep Organ Donation International was officially chartered and installed at Gyan Deep Shiksha Bharati Senior Secondary School, Mathura, marking a significant milestone in youth engagement for humanitarian causes.

The installation ceremony was conducted by Rtn Lal Goel, Advisor to the Organ & Blood Donation Committee of Rotary District 3110, alongside Rtn PHF Ritika Gupta, President of Rotary Club of Organ Donation International.

Leadership Installation

During the ceremony, Rtn PHF Ritika Gupta presented the official charter and president's collar to newly appointed Interact President Khushal Gautam. She also presented lapel pins to the executive board members, including Secretary Khushi, Treasurer Anaya, Vice-President Ivaan Kulshrestha, and other directors.

Vision for Youth Leadership

Rtn Lal Goel emphasised the significance of youth participation in Interact clubs, expressing his confidence that these young leaders will develop into responsible citizens who contribute meaningfully to society.

Rtn Ritika Gupta welcomed all Interact members and pledged her continued support and guidance as they embark on their service journey.

Commitment to Organ Donation Awareness

Principal Ms Rajni Nautiyal expressed gratitude to both Rotarians and committed that the Interact Club of Gyan Deep Organ Donation International will actively work to raise organ donation awareness among families and friends in the community.

The well-attended program, which drew participation from numerous students and faculty members, was expertly coordinated by Mr Sandeep Kulshrestha, the club's designated coordinator.

This new Interact club represents a promising partnership between Rotary International's youth development initiatives and critical healthcare advocacy, positioning young people as ambassadors for organ donation awareness in their community.

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RTN PHF RITIKA GUPTA & RTN RUBY AGARWAL WAS INSTALLED AS INSPIRE PRESIDENT & INSPIRE SECRETARY OF THE ROTARY CLUB OF ORGAN DONATION INTERNATIONAL BY DISTRICT GOVERNOR RTN DR MANISH MOTWANI



Mumbai, August 10, 2025- The Rotary Club of Organ Donation International held its virtual Installation Ceremony on August 10, 2025, formally installing Rtn PHF Ritika Gupta as Inspire President and Rtn Ruby Agarwal as Inspire Secretary for the 2025-26 Rotary year.

Distinguished Installation Ceremony

District Governor Rtn Dr Manish Motwani of Rotary District 3141 served as the Chief Guest and officiated the installation of the President, Secretary, and Board of Directors. The virtual ceremony brought together Rotarians and dignitaries from across the region to witness this significant transition in leadership.

Key Ceremony Highlights

Opening and Welcome

Inspire Secretary Rtn Ruby Agarwal welcomed the distinguished guests and attendees to the ceremony.

Year in Review

Founder and Charter President Rtn Lal Goel presented the vibrant year report, highlighting the club's achievements including earning the prestigious Top Category Platinum Club Award. He expressed gratitude to the Board of Directors and all members for their dedicated cooperation and assured continued support for the incoming leadership team.

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Leadership Installation

Vice-President Rtn Hemalatha Bhandari introduced the new Inspire President before the formal installation ceremony. District Governor Rtn Dr Manish Motwani, alongside outgoing President Rtn Lal Goel, installed Rtn PHF Ritika Gupta as the new Inspire President.



Presidential Vision and Roadmap

In her acceptance speech, newly installed President Rtn PHF Ritika Gupta expressed deep appreciation to Rtn Lal Goel for establishing this noble cause-based club. She outlined her commitment to continuing the momentum with enhanced dedication from all members.

President Ritika Gupta presented her roadmap for 2025-26 and shared impressive accomplishments already achieved from July 1 through August 9, 2025:

- Publication of six weekly issues of "New Step"
- Organization of Organ Donation Awareness Programs across various regions of India

Distinguished Addresses

Assistant Governor's Remarks

Assistant Governor Rtn Shashank Thakare, introduced by Medical Director Rtn PHF Dr Rohan S Monis, offered his blessings and introduced the District Governor.

District Governor's Challenge

District Governor Rtn Dr Manish Motwani praised the club's exceptional spirit and commended the visionary leadership of outgoing President Rtn Lal Goel. He challenged the new leadership to expand membership significantly, setting an ambitious goal of reaching 100+ members by the end of the Rotary year on June 26.

Special Presentations and Announcements

Inspire Chief Coordinator Rtn Bhagwan Patil extended invitations to Drishtikon Discon-26 and presented an audio-visual presentation highlighting the upcoming event.

Executive Secretary, Director, and Club Admin Rtn MPH Dr Gautam Goel formally introduced the new Board of Directors to the assembly.

Inspire DS Rtn Amit Patil made important announcements regarding District Projects, events, and appeals for the upcoming year.

Distinguished Attendees

The ceremony was honored by the presence of several prominent Rotarians including:

- Principal Chief Coordinator Rtn K K Chaudhary
- PA Rtn Dr Indumati Gopinath
- DS Rtn Girish Waingankar
- President Rtn Pooja
- President Rtn Sanjay B Mahajan
- President Rtn Ujwala R Babar
- President Rtn Ajay Bhartav

Ceremony Conclusion

Public Image Chair Rtn Sunil Gupta delivered the vote of thanks, expressing gratitude to all participants and guests. The entire program was skillfully conducted by Non-Medical Director Rtn Prof Dr Lakshmi Goel, ensuring a smooth and memorable installation ceremony.

HEALTHY FOOD - HEALTHY ORGANS



- Rtn Ruby Agarwal

Healthy Dal Makhani Recipe

Ingredients:

- ¾ cup whole urad dal (black gram)
- ¼ cup rajma (kidney beans)
- 10 cups of water
- 1 medium onion, finely chopped (50g)
- 2 large tomatoes, pureed (200g)
- 1-2 green chillies, chopped
- 2 tsp ginger-garlic paste
- 3-4 cloves | 2-3 green cardamom | 1-2 black cardamom
- 1" cinnamon stick | 1 bay leaf | 1 star anise
- ½ tsp red chilli/black pepper powder
- 2-3 pinches of nutmeg powder
- ¼ tsp crushed kasuri methi
- Salt to taste



Preparation (Night Before) Soak urad dal and rajma overnight (12+ hours) in plenty of water

Method:

Pressure Cook: Rinse and drain the soaked dal/rajma. Add whole spices and 10 cups of water. Cook on high until 2 whistles, then low flame 30-45 minutes until completely soft and mashable.

Make Base:

- Blend tomatoes to a smooth puree
- In a non-stick pan, sauté ginger-garlic paste until fragrant
- Add onions, cook until golden
- Add tomato puree, pepper powder, and nutmeg
- Cook 8-10 minutes until colour darkens

Combine: Add cooked dal with stock to the tomato base. Simmer uncovered on low flame 30-45 minutes, stirring frequently to prevent sticking.

Finish: Add salt, kasuri methi. Stir well.

*Dhungar (Smoking) Method (Optional)

Smoke: Heat charcoal until red-hot. Place in a small bowl, add ½ tsp oil. Immediately place the bowl on the dal, cover tightly for 1 minute.

Garnish with chopped coriander. Serve hot with naan, roti, or rice.

Chef's Tips: *The longer you simmer, the creamier it becomes. Stir frequently to prevent burning. Consistency should be medium-thick, not too thin or thick.*

NEW STEP



Rtn Deepak P Agarwal
Charter Member

Name: Deepak P Agarwal

Mobile: 9870326500

E-mail: deepak9_6@yahoo.co.in

Profession: Business – Dairy & Real Estate

Family: wife, daughter & son

Favourite Food: North Indian Veg

Favourite Holiday Destination: India

Favourite Book: The Power of Positive Thinking

Favourite Song: Pal Pal Dil Ke Pass

Favourite Quote: "Mere Mann Ko Bhaya"

Date of Birth: 30/10

Wedding Anniversary: 29/11

Your presence on social media: Facebook
Instagram LinkedIn Twitter YouTube
website

**Why did you choose to become a member of
RC Organ Donation International?
TO SERVE THE SOCIETY**



**SCAN
ME
FOR
QUICK
PLEDGE**

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