

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

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NEW STEP

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

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

PRANIC HEALING FOR HEALTHY 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 Pallavi Kashyap
Renowned Mindset Coach,
Mental Health Therapist
& Pranic Healer
Kota

Rtn Ruby Agarwal
Inspire Secretary

Rtn Nitin Gupta
Member

Time & Date: 8 PM on Sunday 24th Aug. 2025

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

DONATE ORGANS
ALL IT COSTS IS A LITTLE LOVE

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BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF
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NEW STEP

FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

As we read another enriching edition of New Step, I am delighted to share the remarkable initiatives that continue to define our club's unwavering commitment to humanitarian service and life-saving advocacy.

The collaborative efforts between the Rotary Club of Jaipur Royal and the Rotary Club of Organ Donation International recently culminated in an enlightening brainstorming session focused on the World Transplant Games and Organ Donation awareness. This powerful partnership exemplifies how Rotarian fellowship transcends geographical boundaries to create meaningful impact in the realm of organ donation advocacy.

Our nation's celebration of its 79th Independence Day on August 15th, followed by the auspicious festival of Janmashtami on August 16th, provides a perfect backdrop for reflection on freedom, life, and renewal. In this spirit, we present a compelling article that dispels common myths surrounding Independence Day, Janmashtami, and organ donation—bridging cultural traditions with life-saving medical realities.

The transformative power of media in shaping public perception takes centre stage in our featured article "Media: A Game Changer in Organ Donation." This piece serves as an eye-opener for society, highlighting how strategic communication can break down barriers and inspire life-saving decisions.

Our beloved "Healthy Food-Healthy Organs" segment continues to nourish both body and soul. This issue features a refreshing Detox Water recipe, thoughtfully prepared by our dynamic Inspire Secretary Rtn Ruby Agarwal, whose dedication to promoting wellness through nutrition remains truly inspiring.

In our popular "Interesting Facts About Our Members" spotlight, we proudly feature our esteemed Club Non-Medical Director, whose invaluable contributions continue to strengthen our mission and expand our reach in the medical community.

TRUE HUMILITY MEANS GIVING JOY TO OTHERS

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

NEW STEP

ROTARY LEADERS CHAMPION ORGAN DONATION AWARENESS THROUGH WORLD TRANSPLANT GAMES



JAIPUR, August 13, 2025 – In a significant step toward advancing organ donation awareness in India, Rotarian Lal Goel, Founder & Charter President of Rotary Club of Organ Donation International and Advisor to the Organ and Blood Donation Committee of Rotary District 3110 for the Rotary Year 2025-26, hosted a strategic brainstorming session focused on the World Transplant Games and organ donation advocacy on 13th August 2025 at Le Méridien Jaipur Resort & Spa, Jaipur.

The session brought together two remarkable athlete-advocates: Rtn Harsh Vardhan, a kidney recipient who serves as Captain of the Indian Archery Team and Avenue Chair of RID 3056 for Transplant Games 2025-26 & Rtn Dr Giriver Sharan Sharma is a kidney recipient, orthopedician, and National Gold Medalist in Shot Put. Both athletes represent India at the World Transplant Games 2025, scheduled for August 17-24 in Dresden, Germany.

Rotarian Lal Goel emphasised the critical need for official recognition of the Transplant Games by the Government of India, advocating for comprehensive support including financial backing similar to that provided for other international sporting events.

“The Transplant Games serve a dual purpose,” Rotarian Goel stated. “They not only create vital awareness about organ donation but also dispel myths surrounding the health and capabilities of both organ donors and recipients following transplant surgery.”

A major outcome of the session was the proposal to organise India’s National Transplant Games in Jaipur this year. Both Rtn Harsh Vardhan and Rtn Dr Giriver Sharan, who are members of the Rotary Club of Jaipur Royal, expressed strong commitment to spearheading this initiative.

Rotarian Lal Goel pledged full support for this endeavour and requested a formal proposal to enable joint organisation by the Rotary Club of Organ Donation International & the Rotary Club of Jaipur Royal with blessings from the Rotary International Districts 3141, 3056 & 3110.

Rotarian Lal Goel called for comprehensive stakeholder engagement, expressing hope that all the stakeholders viz. Central and State Governments, the Medical community, Organ donors and recipients, Media organisations, NGOs and civic societies would unite in support of this noble cause.

The session concluded with Rotarian Lal Goel extending best wishes to both athletes for their upcoming competition in Germany and commending ORGAN India, the Indian franchise of the World Transplant Games, for their outstanding work in promoting organ donation awareness across the country.

The event featured an exchange of Rotary Club flags among all three participants, symbolising their shared commitment to the cause.

NEW STEP

INDEPENDENCE DAY & JANMASHTAMI : A CALL FOR TRUE FREEDOM

• **Rtn Lal Goel**



We celebrated two momentous occasions: India's 79th Independence Day and the blessed festival of Janmashtami. As we honour our nation's freedom and Lord Krishna's divine birth, let us reflect on a profound question: Have we truly achieved the freedom our forefathers envisioned?

Our Unfinished Journey to Freedom

Seventy-eight years ago, our brave freedom fighters liberated us from British rule, dreaming of a nation where every citizen would enjoy basic rights and dignity. Yet today, as we wave our tricolor with pride, we must confront a sobering reality: over 500,000 of our fellow Indians remain enslaved—not by foreign powers, but by devastating organ waitlists that claim lives every day.

While we gained political independence, we have yet to achieve freedom from a healthcare crisis that could be solved with compassion and action. The statistics are heartbreaking: 85% of our revenue districts lack Brain Dead Declaration Committees and Organ Retrieval Centers. This infrastructure gap represents chains that bind us still—chains of preventable suffering and needless death.

NEW STEP

The Divine Wisdom of Lord Krishna

On the sacred day of Janmashtami, we remember that Lord Krishna was born in Mathura to eliminate the tyranny of Kansa, who tormented his people for selfish pleasure. In the Bhagavad Gita, Chapter 4, Verse 7, Lord Krishna declares his eternal promise: whenever righteousness declines and evil prevails, the divine manifests to restore balance and protect the virtuous.

Today, we face our own form of tyranny—the tyranny of inaction and indifference that allows preventable deaths to continue.

Lord Krishna also teaches us profound wisdom in Chapter 2, Verse 22: **“As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones.”**

This verse illuminates a beautiful truth. When we outgrow our clothes, we don't burn or bury them—we donate them to those in need. If we can show such compassion for mere fabric, why do we hesitate to donate our mortal bodies when they can transform lives? One brain-dead person can save up to nine lives and improve the quality of life for seventy-five others.

Our Call to Action

Let us celebrate this Independence Day and Janmashtami in their truest spirit by:

- Breaking the chains of ignorance through education about organ donation
- Building the infrastructure our nation desperately needs
- Transforming our mindset from fear to compassion
- Following Lord Krishna's teachings by giving life even in death

The freedom our ancestors fought for will only be complete when no Indian dies waiting for an organ that could have saved them. The righteousness Krishna championed will only prevail when we choose service over selfishness, hope over fear.

Conclusion

Today, let us pledge not just to remember our heroes, but to become heroes ourselves. Let us make organ donation a movement of love, ensuring that death becomes not an end, but a beginning of new life for others.

This is our dharma. This is our path to true independence.

Jai Hind! Jai Shri Krishna!

Poem written by Rtn Hemalatha Bhandari

*Oh, to give the Gift of life, a final act of grace,
Reborn in another, a new and Hopeful face,
Giving a second chance when all Hope seems to end,
A beating heart, a Vital lung, a gift to a stranger or a friend,
Nurturing a fragile life, a selfless, loving deed.
Donated Organs, a miracle sown from a generous seed,
On this day of freedom, a different kind of Independence we proclaim,
Now free from sickness, from a life of constant pain and blame,
A Hero's legacy lives on, a selfless spirit takes flight,
The ultimate act of patriotism, a Beacon of Hope, a shining light,
In a body renewed, a life of purpose takes hold,
On this day of freedom, a story of Hope is retold,
Now a life of health and happiness, a life of Independence unfolds.*

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

MEDIA: A GAME CHANGER IN ORGAN DONATION

• **Rtn Lal Goel**

The media serves as one of society's most powerful catalysts for change. In India's organ donation landscape, its potential to save lives by bridging the critical gap between the demand for and availability of organs is unprecedented.

The Critical Challenge

India faces a severe organ shortage crisis, compounded by insufficient transplant infrastructure. The statistics tell a sobering story: despite rising demand, the country lacks adequate organ retrieval and transplant centers. Uttar Pradesh exemplifies this crisis; with 80 revenue districts, only 7-8 cities have these facilities, which predominantly focus on kidney transplants. Paradoxically, the state has the highest rate of road accident fatalities in India, presenting a significant untapped reservoir of organs from brain-dead donors.

This disparity calls for immediate intervention, and the media is uniquely positioned to drive transformational change.

The Transformative Role of Media

1. Awareness Building

- **Infrastructure Advocacy:** Highlight the acute shortage of organ retrieval and transplant centers across the nation.
- **Equitable Access:** Support the establishment of centers in every revenue district to ensure geographic equity.

2. Public Education

Government Support Programs:

- **PM-JAY (Ayushman Bharat):** Provides financial coverage for transplants under the Ministry of Health and Family Welfare.
- **Rashtriya Arogya Nidhi (RAN):** Offers up to ₹15 lakh in financial assistance for life-saving transplants for patients below the poverty line.

3. Encouraging Donations

- **Success Stories:** Share compelling narratives of successful transplants and their life-changing impacts.
- **Family Support:** Emphasize the profound significance of donating organs from brain-dead loved ones.

4. System Optimization

- **Investigative Impact:** Expose bureaucratic inefficiencies that lead to delays in brain death declarations and organ wastage.
- **Process Reform:** Advocate for expedited approvals and transparent systems to ensure seamless organ retrieval and transplantation.

The Power of Media Campaigns

Myth Dispelling

Strategic public education campaigns can counter deep-rooted cultural and religious misconceptions about organ donation, fostering informed acceptance within communities.

Policy Advocacy

By shedding light on systemic healthcare gaps, the media can drive policy reforms and secure increased funding for critical infrastructure improvements.

Emotional Resonance

Authentic stories from donors and recipients create powerful emotional connections, inspiring families to pledge organs and make life-saving decisions during critical moments.

Social Justice

The media can amplify the voices of marginalized communities, ensuring equitable access to organ transplantation services across all socioeconomic strata.

The Path Forward

The media represents a crucial element in revolutionizing India's organ donation ecosystem. Through strategic awareness campaigns, comprehensive public education, and inspirational storytelling, it can transform both individual perspectives and systemic infrastructure.

The convergence of media's reach, influence, and advocacy can drive essential policy reforms while ensuring that life-saving organ transplants become universally accessible, rather than a privilege reserved for a few.

The moment for action is now. Let media become the amplifier of hope, reshaping the organ donation narrative and catalyzing a movement that will save countless lives across our nation.

ABOUT THE AUTHOR

Brj 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'.



HEALTHY FOOD - HEALTHY ORGANS

Detox Water Recipe




- Rtn Ruby Agarwal

Ingredients:

- 1 Orange
- 1 Lemon
- 1 Cucumber
- 1 inch ginger
- 2 sprigs of Mint




Method:

 Cut the ingredients into slices with their skins and place in a glass jug. Place the mint sprig whole.

 Gently pour water into the jug and fill up. That's it!

 Wait for about 15mins and allow the water to get infused.

 Drink 1-2 glasses, first thing in the morning. Consume the entire detox water over the day instead of water.

For even better results, make this recipe overnight and let the infusions seep into the water.

Note: Discard the left over fruits. Do Not Consume!

Detox / Infused water carries high nutrient value and valuable anti oxidants that flushes out all the toxins of the body. Secret to a flat belly, healthy glowing skin, and better digestion

NEW STEP



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Favourite Food: I like all food

Favourite Holiday Destination: Morocco

Favourite Book: Multiple

Favourite Song: Multiple

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Why did you choose to become a member of RC Organ Donation International: For the information and cause

Rtn Dr Lakshmi Goel
Club Non Medical Director



**SCAN
ME
FOR
QUICK
PLEDGE**

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