

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

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NEW STEP

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

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

LIVER TRANSPLANT: A MEDICAL MIRACLE



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 Hardik R Shah
MBBS, DNB (Internal Medicine)
DNB (Gastroenterology)
Fellowship in Transplant Hepatology
Senior Consultant - Hepatology &
Liver Transplant Physician,
Gastroenterologist & Endoscopist
Nanavati MAX Super
Speciality Hospital, Mumbai

Rtn Ruby Agarwal
Inspire Secretary

Rtn Roopa Arora
Member

Time & Date: 8 PM on Sunday 31st Aug. 2025

**HELP PEOPLE EVEN WHEN YOU KNOW
THEY CAN'T HELP YOU BACK
DONATE ORGANS**

CHIEF MANAGING EDITOR IPP RTN LAL GOEL
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BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF
ORGAN DONATION INTERNATIONAL.
CONTACT: rcorgandonation@gmail.com

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NEW STEP

FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

It is with immense pride and joy that I share the successful Charter Presentation & Installation of the Interact Club of Arcadian Organ Donation International, which took place on 22nd August 2025. This momentous occasion was graced by the presence of our Inspire President Rtn PHF Ritika Gupta, Charter Member Rtn Avinash Bhargava, and myself, alongside distinguished dignitaries from the school. The event was widely covered by Print & Social media.

The world of medical science continues to evolve at an unprecedented pace, particularly in the field of transplantation. Recent developments in xenotransplantation in China, specifically regarding lung transplantation, have captured global attention. In this issue, I have penned an article exploring these groundbreaking advancements, hoping to provide our readers with comprehensive insights into this emerging frontier that could potentially address the critical organ shortage crisis we face worldwide.

The celebration of Ganesh Chaturthi on 27th August filled our hearts with spiritual joy and cultural richness. Our Vice-President Rtn Hemalatha Bhandari has beautifully captured the essence of this auspicious occasion through her heartfelt poetry, which I am certain will resonate with all our readers and bring a smile to your faces.

Our beloved "Healthy Food-Healthy Organs" segment continues to be a reader favorite, and this issue presents another culinary delight. Our Inspire President Rtn PHF Ritika Gupta shares her recipe for a Yummy Quinoa Salad that not only tantalises the taste buds but also nourishes our organs.

In our popular "Interesting Facts About Our Members" spotlight, we turn our attention to our Club's Culture & Event Director, whose dedication behind the scenes makes our gatherings memorable and meaningful.

YOUR KINDNESS TODAY COULD SAVE A LIFE TOMORROW.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

NEW STEP

INTERACT CLUB OF ARCADIAN ORGAN DONATION INTERNATIONAL OFFICIALLY CHARTERED



Historic Installation Ceremony Marks New Chapter in Youth Community Service

Mathura, August 22, 2025 – The Interact Club of Arcadian Organ Donation International was officially chartered and installed today at Arcadian Public School, Bajna, Mathura, marking a significant milestone in youth-driven community service initiatives.

Ceremony Highlights

The installation ceremony began with the traditional lamp lighting ceremony, led by Chief Guest Rotarian Lal Goel, Advisor to the Organ & Blood Donation Committee of Rotary District 3110. Joining him were distinguished guests including Rtn PHF Ritika Gupta, President of the Rotary Club of Organ Donation International; Charter Member Rtn Avinash Bhargava; School Academic Director Mr F R Khan; Principal Mr D S Nanda; and Club Advisor Dr Rajendra Singh Sisodia.

Key Addresses and Presentations

Rotarian Lal Goel delivered an inspiring address emphasising the critical importance of organ donation awareness in India. He particularly praised the younger generation's potential to drive meaningful change in this vital cause. The Chief Guest commended the students' existing awareness levels and expressed appreciation for school owner Rtn Sanjay Pathak's commitment to the initiative. He also acknowledged Vibrant Secretary Rtn Pratul Agrawal* for coordinating the program from London on short notice.

Rtn PHF Ritika Gupta formally presented the charter to the newly elected Interact Club President Ms Samayara Khan. During the ceremony, she distributed bands to the executive team, including Secretary Ms Shiya and Treasurer Ms Disha. President Ritika Gupta expressed gratitude to the school management for their unwavering support and assured continued collaboration from the parent club.

Vision for Impact

Charter Member Rtn Avinash Bhargava offered his blessings to the student members, expressing confidence that this Interact Club would achieve significant international recognition through their dedicated social service activities.

Dr Rajendra Singh Sisodia, serving as both Program Coordinator and Club Advisor, commended the Rotary Club of Organ Donation International for establishing this cause-focused Interact Club, highlighting its potential to create meaningful community impact.

About the Club

The Interact Club of Arcadian Organ Donation International represents a unique initiative combining youth leadership with critical organ donation advocacy. As part of the global Rotary family, the club will focus on raising awareness about organ donation.

The ceremony concluded with a vote of thanks delivered by Ms. Balwant Chawla.

XENOTRANSPLANTATION IN INDIA: A REVOLUTIONARY APPROACH TO ORGAN TRANSPLANTATION

• **Rtn Lal Goel**

What is Xenotransplantation

Xenotransplantation (Xenos means "foreign"), is the transplantation of living cells, tissues, or organs from one species to another, typically from animals to humans.

This medical procedure aims to address the shortage of human organs available for transplantation and provide an alternative solution for patients in need of organ replacement.

With thousands of patients worldwide on waiting lists for organs such as hearts, kidneys, and livers, the demand far exceeds the supply, leading to a pressing need for alternative sources.

History of Xenotransplantation

Early Experiments (1900s):

In the early 20th century, scientists attempted to transplant animal tissues into humans. These efforts were largely experimental, driven by the need to address organ shortages. However, they met with limited success primarily due to immune rejection, where the human body recognised animal tissues as foreign and attacked them, and concerns about disease transmission from animals to humans.

1960s-1980s:

Researchers made more targeted efforts by transplanting organs from primates, such as chimpanzees and baboons, into humans. Chimpanzee kidneys and baboon livers were among the organs tested. While there were instances of short-term success, these procedures were fraught with complications. The genetic similarities between primates and humans reduced but did not eliminate the risk of immune rejection. Additionally, the potential for transmitting diseases from animals to humans remained a significant concern, limiting the widespread adoption of these practices.

1990s-Present:

The field of xenotransplantation saw renewed interest and progress with advances in genetic engineering, immunosuppression (drugs that suppress the immune response), and tissue engineering. These developments have made it possible to envision xenotransplantation as a viable solution to organ shortages. The ability to genetically modify donor animals, particularly pigs, to reduce the likelihood of rejection and the risks of disease transmission has been a game-changer.

Present State of Research

Pig Organs as Potential Donors:

Pigs are now the primary focus of xenotransplantation research. Their organs are similar in size and function to human organs, making them suitable candidates. Pigs also have a shorter gestation period and larger litter sizes, making them more practical for organ harvesting than primates. Researchers have found that with genetic modifications, pig organs can be made less immunogenic—meaning they are less likely to trigger a strong immune response in human recipients.

Genetic Modifications:

CRISPR-Cas9, a powerful gene-editing tool, has allowed scientists to modify specific genes in pigs to reduce the risk of organ rejection. For example, they can knock out genes responsible for producing antigens that trigger the human immune system or insert human genes that help the human body accept the pig organs more readily. These genetic modifications also focus on reducing the risk of transmitting porcine endogenous retroviruses (PERVs) to human recipients.

Tissue Engineering:

Tissue engineering is another frontier in xenotransplantation. Researchers are working on bioengineering tissues and organs using pig cells combined with biomaterials to create organs that are even more compatible with human biology. This approach could potentially allow for the customisation of organs to suit individual patient needs.

Benefits of Xenotransplantation

Addressing Organ Shortage:

One of the most significant potential benefits of xenotransplantation is alleviating the chronic shortage of human organs available for transplantation. With thousands of patients on waiting lists worldwide, xenotransplantation could provide an alternative and plentiful source of organs, reducing wait times and saving lives.

Improved Graft Survival:

Genetic modifications aimed at reducing immune rejection can lead to longer-lasting grafts. This improvement would not only enhance patient outcomes but also reduce the need for repeated transplant surgeries and the associated healthcare costs.

Reduced Disease Transmission:

Advances in genetic engineering and rigorous screening methods have minimised the risks of zoonotic disease transmission (diseases that can be passed from animals to humans), making xenotransplantation a safer option than in the past.

Future of Xenotransplantation in India

Establishing a Xenotransplantation Program:

Developing a xenotransplantation program in India could be transformative. Given the country's large population and significant organ shortage, xenotransplantation could offer a critical solution. It would reduce wait times for transplants, potentially saving countless lives.

Medical Tourism and Global Collaboration:

India's growing medical expertise and infrastructure make it a potential hub for xenotransplantation, attracting international patients and boosting medical tourism. By collaborating with global researchers, India could position itself at the forefront of this innovative field, driving advancements and setting new standards.

Challenges and Considerations

Regulatory Frameworks:

For xenotransplantation to become a reality in India, the country needs to develop clear and comprehensive regulatory guidelines. These would cover the ethical use of animals, clinical trials, and long-term monitoring of patients who receive xenotransplants.

Public Awareness and Acceptance:

Educating the public about the benefits and risks of xenotransplantation is crucial for its acceptance. Public perception can significantly influence the success of such a program, making it essential to address concerns and provide accurate information.

Infrastructure and Training:

India would need to invest in specialised facilities and training for healthcare professionals to handle the unique challenges of xenotransplantation. This includes not just surgical expertise but also long-term patient care and monitoring.

Ethical Considerations:

Ethical concerns around animal welfare, informed consent, and equitable access to xenotransplantation must be addressed. The use of animals for organ harvesting raises significant ethical questions that need to be carefully considered and regulated.

Conclusion:

Xenotransplantation holds the promise of revolutionising organ transplantation in India by addressing the organ shortage and improving patient outcomes. While there are significant challenges to overcome—such as establishing regulatory frameworks, building public awareness, and developing necessary infrastructure—the potential benefits make it a field worth pursuing. With continued research, innovation, and global collaboration, xenotransplantation could become a viable and transformative option in India's healthcare landscape.

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 Murt 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.'



GANESH CHATURTHI & GIFT OF LIFE

*Great God Ganesh, with tusks so grand,
An idol revered, across the land,
New life he brings, a fresh start's gleam,
Echoing a noble, selfless dream.
So give the gift, your Organs share,
Honouring life, beyond all compare.
Celebrate life, a sacred vow,
Hope for the ailing, given now.
A Gift from the heart, a priceless deed,
Tending to another's direst need,
Honouring the body, in it's final rest,
Understanding this selfless, loving quest.
Restoring faith, in humanity's might,
Turning darkness to a Hopeful light.
Hearts beat on, a legacy they sow,
In this final, compassionate glow.*



- Rtn Hemalatha Bhandari

HEALTHY FOOD - HEALTHY ORGANS

Yummy Quinoa Salad



- Rtn PHF Ritika Gupta

Ingredients:

- 🌿 Quinoa – ½ cup
- 💧 Water – ½ cup
- 🧂 Salt – to taste

Method:

Add quinoa, water, and a pinch of salt to a pressure cooker.
Cook for 1 whistle.

Let the steam release naturally, then fluff up the quinoa and transfer to a bowl.

Raw Veggies (choose your favorites):

- 🥕 Carrots
- 💜 Beetroot
- 🌿 Spinach
- 🍅 Tomato
- 🥒 Cucumber
- 🥦 Broccoli stems



👉 All of these can be eaten raw for a fresh crunch. If you prefer, lightly blanch options like broccoli, corn, or mushrooms—the texture is equally delightful!

Dressing (the star of the show):

- Olive oil – 3 tbsp
- Honey – 4 tbsp
- Vinegar – 4 tbsp
- Mustard powder – a pinch (the secret ingredient 🤫)
- Salt – to taste
- Black pepper – a pinch

Shake everything together in a glass bottle until perfectly blended. Adjust tanginess or sweetness as per your taste—I personally love mine on the tangier side!

💡 **Tip:** Mix the dressing with the salad just before serving to keep it crunchy.

This versatile dressing isn't just for salads—it's amazing in sandwiches and makes a zesty dip for nachos at your next party!

NEW STEP



Name: Jigna Shah

Mobile: 1-908-922-5036

E-mail: shah_jigna@hotmail.com

Date of Birth: 09/04

Anniversary date: 07/19

Favourite Food: Indian Food

Favourite Holiday Destination: love to travel

Favourite Song: Indian song

Favourite Quote: live life to the fullest or be yourself

Why did you choose to become a member of RC Organ Donation International? Saving life, educate people

Rtn Jigna Shah

Club Culture & Event Director



**SCAN
ME
FOR
QUICK
PLEDGE**

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