

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

Volume: 1 | Issue: 6 | (For Private Circulation) | 8th August, 2025

NEW STEP



**YOU CAN LIVE EVEN
AFTER YOU ARE GONE
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

(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)

NEW STEP

FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

The installation ceremony of the Rotary Club of Organ Donation International is scheduled for 10th August. We are honoured to have Rotary District Governor 3141, Rtn Dr Manish Motwani as our Chief Guest for this prestigious occasion.

Rtn PHF Ritika Gupta will take the helm as our Inspire President, while Rtn Ruby Agarwal will serve as our Inspire Secretary, alongside our dedicated Board of Directors.

This past week has been extraordinarily eventful, 1st August witnessed a powerful collaboration as Service to Humanity, in partnership with the Rotary Club of Dahanu and our club, organised a comprehensive Organ Donation awareness program.

3rd August marked a historic celebration of Indian Organ Donation Day. Our club joined hands with the Rotary e-Club of Organ Donation UK in a program organised by Healingourearth, which was broadcast live from London. This international collaboration demonstrates that the mission of saving lives through organ donation transcends borders.

5th August brought us immense pride as our Honorary Member Rtn Roopa Arora, a liver donor, and her husband Mr P.K. Ratan, a liver recipient, organised two impactful programs in Chandigarh. Their first program focused on Organ Donation Awareness at the Government Model Senior Secondary School, Chandigarh. The second was a Strategic Brainstorming Session on Organ Donation Advancement at ROTTO PGIMER Chandigarh.

Our dedicated Club Service & Tissue Donation Chair, Jain Ratna Rtn Dipan R Shah, has contributed an exceptionally informative article on Skin Donation.

In our popular "Healthy Food-Healthy Organs" segment, this issue features a delectable recipe for Healthy Avocado Masala Toast by our Inspire President Rtn Ritika Gupta.

Our "Interesting Facts About Our Members" spotlight this week features our esteemed Club Vice-President.

BE SOMEONE'S SUNSHINE WHEN THEIR SKIES ARE GREY.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

ROTARIAN LAL GOEL TERMS ORGAN DONATION AS THE SUPREME ACT OF SERVICE



Dahanu, August 1, 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation and GYAN, in a compelling address to students and community members, described organ donation as the highest form of human service during an awareness program held at K.L. Ponda High School, Dahanu.

The educational initiative, jointly organised by the Rotary Club of Dahanu, Service to Humanity, and the Rotary Club of Organ Donation International, aimed to dispel myths and encourage youth participation in this life-saving cause.

Rotarian Lal Goel emphasised that organ donation transcends religious boundaries, stating that no major faith opposes this act of compassion. He called upon students to become ambassadors for organ donation, recognising their potential to influence broader family & society attitudes.

"Young people have the power to transform societal perspectives on organ donation,"

Rtn Goel noted during his address.

"They can become the torchbearers who light the path for others to follow."

The program brought together key figures from multiple organisations: Mr Rajinder Singh Kohli, President, Service to Humanity, Mr Rajesh Lade, Secretary, Service to Humanity, Rtn Ashish Patil, Joint Secretary, RC Dahanu, Mr. Satish Parekh and Rtn Rizwan Khan, Project Coordinators & Rtn Ruby Agarwal, Inspire Secretary, RC Organ Donation International.

The event was presided over by Rtn Dipesh Bari, President of the Rotary Club of Dahanu, with Rtn Pragnya Kajalia serving as the program conductor.

The interactive session drew significant participation from students, teachers, Rotarians, and community leaders. Rotarian Lal Goel fielded numerous questions from the audience, demonstrating the high level of engagement and curiosity about organ donation procedures and policies.

The families of Organ and Tissue Donors were honoured by Rotarian Lal Goel and other dignitaries.

The program concluded with Rotarian Lal Goel expressing gratitude to Service to Humanity and the Rotary Club of Dahanu for their commitment to advancing this vital humanitarian cause.

SKIN DONATION IN INDIA

- Jain Ratna Rtn Dipan S Shah

Approximately 1 million people get burnt every year in India, with most victims from lower and middle-income families. 80% of burn patients can be saved if adequate skin is available in skin banks. Donated skin serves as temporary biological coverage for severe burns, preventing infection and promoting healing.

Legal Framework

Skin donation in India is governed by the Transplantation of Human Organs Act, 1994. Registration of tissue banks and appointment of transplant coordinators in hospitals is now mandatory.

Eligibility: Ages 15-75 years. Cannot donate if suffering from HIV, skin infections, cancer, or hepatitis.

Procurement: Skin is harvested within 6-12 hours of death, processed in skin bank laboratories, and preserved in liquid glycerol for 2-5 years.

Storage: Maintained at 4-8°C for up to 5 years in specialised skin banks.

How to Donate

1. Register for the Donor Card at NOTTO.
1. Inform family members about your decision
 1. Ensure explicit consent through advance directives or family authorisation
 1. Retrieval can be done at home or a hospital depending on local facilities

Current Challenges

- Demand exceeds supply given high burn injury rates
- Most banks in major cities, limit rural access
- Many are unaware that skin can be donated separately from organs
- Critical for treating economically disadvantaged burn victims

Medical Applications

Donated skin treats deep burns, chemical burns, electrical burns, radiation burns, orthopaedic trauma, non-healing ulcers, and pressure sores. Used as temporary coverage while the patient's skin regenerates.

Impact

Skin donation addresses critical healthcare needs for India's large burn victim population. Donating skin after death instead of cremation/burial provides great service to millions suffering from burns.

ABOUT THE AUTHOR

Jain Ratna Rtn Dipan R Shah

Pharmacist | Microbiologist | Medical Technologist | CTBS-AATB Certified

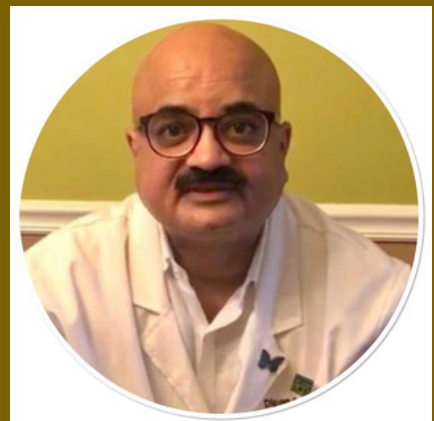
He is the Tissue Donation Chair of the Rotary Club of Organ Donation International. He is a Surgical Skin, Musculoskeletal & Tissue Bank Recovery Specialist at MTF Biologics (NJSN affiliated, New Jersey, USA).

Rtn Dipan Shah brings expertise in pharmaceutical sciences and microbiology to tissue banking and organ donation. He managed his grandfather's pharmacy chain (established 1947) in India, taught biology at high school and college levels, and served with the Indian Red Cross Society.

His Key Achievements are:

- First Asian-Indian Ambassador for Organ/Tissue Donation by NJSN
- Founder President of Points Plus Edu 1
- Founder and Formulator of AdiVeer Ayurveda (Herbal & Botanical)

Rtn Shah is very active in charitable work through Rotary Club of Petlad, with additional experience in agricultural work alongside his grandfather. His multifaceted career spans healthcare, education, business, and community service, with particular focus on bridging cultural barriers in organ and tissue donation awareness.



YOUTH WILL BE GAME CHANGERS IN ORGAN DONATION, SAYS ROTARIAN LAL GOEL



Chandigarh, August 5, 2025 – Youth hold the key to transforming organ donation awareness in India, according to Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation and GYAN.

Speaking to students at Government Model Senior Secondary School, Chandigarh, Rotarian Goel emphasised the unique potential of today's youth. "Due to social media, today's generation has unprecedented access to information," he said. *"If they can convert this information into actionable knowledge, they will be able to save countless lives by dispelling the myths surrounding organ donation in our society."*

The session featured powerful personal testimonies that brought the organ donation message to life. Rotarian Roopa Arora, a liver donor, welcomed Rotarian Lal Goel and shared her inspiring experience of giving the gift of life. Her husband, Mr P K Ratan, a liver recipient, made a heartfelt appeal to the students to become advocates for organ donation awareness in their communities.

Ms Gurbakash Kaur, Principal of Government Model Senior Secondary School, expressed her gratitude to Rotarian Lal Goel for accepting their invitation on short notice. *"We hope our students will be motivated by this inspirational talk and become ambassadors of this life-saving cause"* she said.

In recognition of their outstanding dedication to organ donation advocacy, Rotarian Lal Goel honoured both Rotarian Roopa Arora and Mr P K Ratan by presenting them with the flag of the Rotary Club of Organ Donation International.

The program drew a significant audience of students and teachers, demonstrating the growing interest in organ donation awareness among educational institutions. This initiative is part of a broader effort to engage young people as catalysts for social change in organ donation awareness.

NEW STEP

STRATEGIC BRAINSTORMING SESSION ON ORGAN DONATION ADVANCEMENT AT ROTTO PGIMER CHANDIGARH



Chandigarh, 5th August 2025, Rotarian Lal Goel Founder & Charter President of Rotary Club of Organ Donation International and Chairman of Organ Donation India Foundation & GYAN had a Brainstorming Session with Prof Dr Vipin Koushal, Nodal Officer, ROTTO and Medical Superintendent PGIMER & Rtn Dr Ruchit Uppal, Medical Director of Rotary Club of Chandigarh, Ms Saryu Madra, Media in charge ROTTO, Rtn Roopa Arora, Liver Donor and Mr P K Ratan, Liver recipient at PGIMER Chandigarh, bringing together key stakeholders from the medical and humanitarian sectors.

Rotarian Lal Goel outlined the critical role of the Rotary Club of Organ Donation International in advancing organ donation awareness nationwide. He emphasised the urgent need for Mobile Organ Retrieval Centres to effectively serve 85% of India's population, particularly in underserved regions.

Prof Dr Vipin Kaushal commended Rotarian Lal Goel's unwavering dedication to this life-saving cause and pledged comprehensive support from both ROTTO (Regional Organ and Tissue Transplant Organisation) and SOTTO (State Organ and Tissue Transplant Organisation) to establish additional Organ Retrieval and Transplant centres throughout North India.

Rtn Dr Ruchit Uppal proposed a strategic collaboration between the Rotary Club of Chandigarh and the Rotary Club of Organ Donation International to jointly advance organ donation initiatives within the Chandigarh region.

The session concluded with Rotarian Lal Goel expressing gratitude to all participants, with special recognition to Rtn Roopa Arora and Mr P K Ratan for their exceptional coordination in organising multiple events within a compressed timeframe.

The collaborative discussions are expected to significantly enhance organ donation awareness and infrastructure, ultimately contributing to saving more lives across the region.

BIRTHDAY OF MEMBERS IN AUGUST

- **Rtn Lal Goel** 08th August
(Mobile +919892724908)
- **Rtn Dr Ramen Goel** 10th August
(Mobile +919820170763)
- **Rtn P Deepasri** 12th August
(Mobile +918056050012)
- **Rtn Ruby Agarwal** 13th August
(Mobile +919148067175)
- **Rtn Hrishi Rangam Goel** 16th August
(Mobile +919004476344)
- **Rtn Deepak Goel** 21st August
(Mobile +919837022818)



HEALTHY FOOD - HEALTHY ORGANS



Avocado Masala Toast (Indian-Style)

- Rtn PHF Ritika Gupta



Ingredients:

- 1 ripe avocado
- 1 slice of whole grain/multigrain bread
- ¼ onion (finely chopped)
- ½ tomato (finely chopped)
- 1 small green chilli (optional, finely chopped)
- Few sprigs of coriander (chopped)
- Juice of ½ lemon
- Pinch of salt
- Pinch of black pepper
- Pinch of chaat masala (optional for zing)



Method:

1. Toast the bread till crisp and golden.
2. In a bowl, mash the avocado with a fork.
3. Mix in chopped onion, tomato, chilli, coriander, lemon juice, salt, pepper, and chaat masala.
4. Spread generously on your toast.
5. Garnish with more coriander or a sprinkle of flaxseeds or sesame seeds for extra heart boost.

NEW STEP



Rtn Hemalatha Bhandari
Club Vice President

Name: Rtn HemaLatha Bhandari

Mobile: +919884409811

Email: hemalathabhandari.aai@gmail.com

Profession: Airport Manager (Retd), AAI, Chennai

Family: Sucheeth (Son), Rupal (Daughter in law)

Supreeya (Daughter) Arvindhan (Son in law),

Grand children - Hiya, Mohit, Devanshi

Favourite Food: Vegetarian

Favourite Holiday Destination: Switzerland

Favourite Book: The Guide by R. K Narayan

Favourite Song: Ek Pyar ka Nagma hai

Favourite Quote: Arise, Awake, Stop not until the goal is reached.

Date of Birth: 1st February

Social media: Facebook, Whatsapp

Why did you choose to become a member of RC Organ Donation International :

I joined to give the ultimate gift, a second chance at life, to build a future where no one waits in vain for a life-saving transplant and it's my pledge to make a difference, one priceless gift at a time.



**SCAN
ME
FOR
QUICK
PLEDGE**

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