

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

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NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

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INSPIRE !**

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

Ho'oponopono Technique 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 Almas Thomas
Educator, Indian Council-
Certified Counsellor,
4.0 Life Coach &
Parenting Certified Coach
Agra

Rtn Ruby Agarwal
Inspire Secretary

Rtn Abha Agarwal
Member

Time & Date: 8 PM on Sunday 14th Dec. 2025

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

**WHEN ROTARIANS DECIDE TO DONATE ORGANS, HOPE IS
RENEWED AND SERVICE DISCOVERS ITS GREATEST PURPOSE**

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.
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contributor-generated content)

FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

It is a matter of immense pride for all of us as history prepares to unfold on December 17th, 2025, when our ***ORGAN DONATION AWARENESS PROGRAM*** takes place at the prestigious ***LOK BHAVAN, KOLKATA*** (Former Raj Bhavan, Kolkata). This landmark event represents not just a gathering, but a momentous step forward in our mission to save lives through organ donation awareness.

What joy it brought to meet fellow Rotarians from the USA and exchange insights on organ donation! It was equally an honour to engage with one of our nation's most decorated army officers in discussions about this noble cause. The ***STRATEGIC ORGAN DONATION BRAINSTORMING SESSION AT NANAVATI MAX HOSPITAL'S NEW WING*** offered valuable learning lessons for all participants.

This issue features our article "Rotary Initiative Toward Saving Lives Through System Integration," providing helpful insights for all Rotarians.

In our new series spotlighting club members, we present "My Dad, My Inspiration: The Ever-Young Spirit of Rtn J.H. Martin"—a heartfelt tribute by his daughter.

Our President-Elect, Rtn Hemalatha Bhandari, contributes an inspiring poem, "Renew Life Like Spring, Live And Give: ORGAN & TISSUE DONATION."

In our popular "Healthy Food-Healthy Organs" segment, our multi-tasking and inspiring Secretary, Rtn Ruby Agarwal, shares a nutritious recipe for Healthy Oats Veggie Pancake—because maintaining healthy organs begins with mindful living.

Our "Interesting Facts About Our Members" spotlight continues with another esteemed club member.

As we move forward, let us remember that every effort brings us closer to saving lives through organ donation.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

ROTARIAN LAL GOEL IS SET TO CREATE HISTORY AS THE KEYNOTE SPEAKER ON ORGAN DONATION AT LOK BHAVAN (FORMERLY RAJ BHAVAN) KOLKATA



LOK BHAVAN, KOLKATA
(Former Raj Bhavan, Kolkata)

in association with

Indian Red Cross Society, West Bengal

Hindustan Scouts & Guides, West Bengal

and

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

presents

ORGAN DONATION AWARENESS PROGRAM



His Excellency
Dr CV Anand Bose
Governor of West Bengal
CHIEF GUEST



Rtn Lal Goel
Founder & Charter President
Rotary Club of
Organ Donation International
Chairman, Organ Donation India
Foundation & GYAN
KEYNOTE SPEAKER

Dr S K Pattanayak, IAS (Retd.)
Chairman & Patron

Dr A K Gupta
Patron Member & Chief Commissioner

Mr S K Singh
Secretary General & President

Time & Date: 5 PM ON 17th DECEMBER 2025
Venue: LOK BHAVAN, KOLKATA
(Former Raj Bhavan, Kolkata)

Rotarian Lal Goel is set to create history as the Keynote Speaker on Organ Donation at Lok Bhavan (formerly Raj Bhavan), Kolkata, on December 17, 2025 — marking the first-ever Organ Donation Awareness Program in the Lok Bhavan (formerly Raj Bhavan), Kolkata's illustrious 222-year history.

The event will be graced by His Excellency, the Governor of West Bengal, Hon'ble Dr C.V. Anand Bose, whose presence underscores the significance of this landmark initiative.

This invitation-only gathering will bring together distinguished Doctors, leading Philanthropists, eminent Social Workers, senior Rotarians, noted Intellectuals and Special Invitees for a focused discussion on advancing the cause of Organ Donation and saving countless lives.

ROTARIAN LAL GOEL HOSTS BRAINSTORMING SESSION WITH USA ROTARIANS TO ADVANCE ORGAN DONATION INITIATIVES IN INDIA



Mumbai, December 6, 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, convened a strategic brainstorming session with Rotarians Sunil and Regina Gupta from the United States to explore collaborative initiatives aimed at strengthening organ donation efforts in India.

Rotarians Sunil and Regina Gupta, dedicated members of the Rotary Club of Organ Donation International, travelled to India with a mission to better understand the country's organ donation landscape. Their commitment to the cause is deeply personal—Sunil Gupta is a kidney transplant recipient, and his wife, Rotarian Regina Gupta, was his living kidney donor.

During the session, Rotarian Lal Goel shared key insights into the challenges and opportunities within India's organ donation system. He also discussed the potential establishment of Mobile Organ Retrieval Centres, a visionary project designed to expand access to life-saving organs across the nation. The visiting Rotarians expressed keen interest in contributing to this initiative and supporting its implementation.

The Guptas have pledged to return to India in February 2026 to work closely with Rotarian Lal Goel in conducting organ donation awareness campaigns across colleges, hospitals, and community platforms.

Expressing heartfelt appreciation for their commitment, Rotarian Lal Goel presented the couple with Rotary Club flags and acknowledged their unwavering dedication to saving lives. He emphasised that such international collaborations strengthen India's mission to reduce the number of patients waiting for critical organ transplants and bring hope to thousands of families.



A ROTARY INITIATIVE TOWARD SAVING LIVES THROUGH SYSTEM INTEGRATION



Rtn Lal Goel

Founder & Charter President,
Rotary Club of Organ Donation International

Rotary Vision | National Mission | Human Impact

India faces one of the world's most acute organ shortages. Every day, thousands of patients wait for kidneys, livers, hearts, and other vital organs, yet only a fraction receive them. With a deceased donor rate of 0.5–0.8 per million, India lags far behind global leaders like Spain and the United States, which achieve 30–40 donors per million.

But change is emerging—powered by integration, coordination, and compassion. This is the promise of Integrated Health, a model that aligns perfectly with Rotary's belief in Service Above Self.

"Integrated Health is not just a strategy—it is a promise that no Indian should die waiting for an organ."

BUILDING A CONNECTED SYSTEM: THE ROLE OF NOTTO

India's transformation accelerated with the establishment of NOTTO (National Organ and Tissue Transplant Organisation) in 2014, under the Ministry of Health and Family Welfare.

This national network now connects:

- * NOTTO – National coordination
- * SOTTOs – State-level management
- * ROTTOs – Regional transport & allocation systems

Together, these bodies maintain registries, train medical teams, support hospitals, and ensure transparent and equitable organ allocation. The shift from a fragmented system to an integrated national mechanism reflects Rotary's core principle: "Together, we accomplish more."

"When systems integrate, lives are saved."

STATE MODELS THAT SHOW THE WAY

Several states demonstrate the power of coordinated action:

- * Tamil Nadu – India's most robust deceased donation program through trained coordinators and public-private partnerships.
- * Telangana (Jeevandan) – Transparent centralised allocation, rapid organ transport, and high public awareness.
- * Kerala, Karnataka & Gujarat – Effective integration of ICUs, hospitals, and transplant centres.

These states prove that integration is the key to increasing donation rates.

TECHNOLOGY: THE GAME-CHANGER

India's integrated health movement now uses technology to bridge distance, speed, and accessibility:

- ◆ National Transplant Registry
- ◆ Online donor pledging portals
- ◆ Real-time matching algorithms
- ◆ GPS-enabled organ transport
- ◆ Telemedicine support for rural hospitals

“India’s Organ Donation Gap”

- * India: 0.8 donors per million
- * USA: 36 donors per million
- * Spain: 40+ donors per million
- * India’s annual deaths due to organ shortage: 5 lakh+

CULTURE, COMPASSION, AND COMMUNITY TRUST

Organ donation touches faith, emotion, and family values. Today, leaders from major religions—Hindu, Muslim, Sikh, Christian, Jain, and Buddhist—recognise organ donation as an act of compassion and selfless service.

Rotary clubs nationwide are helping bridge cultural barriers through:

- * Community awareness drives
- * Youth engagement
- * Myth-busting workshops
- * Donor pledge campaigns

Rotary’s trusted grassroots presence makes it an essential partner in building public confidence.

“Organ donation is the greatest gift of compassion one human can offer another.”

PUBLIC + PRIVATE = A STRONGER INDIA

A successful organ donation ecosystem requires collaboration:

- * Donors often come from public hospitals
- * Many transplants occur in private centres
- * Government insurance schemes expand access

Integrated systems ensure organs move according to medical necessity, not financial strength.

WHEN EVERY SECOND COUNTS

India has developed remarkable logistical systems:

- * Green corridors
- * Priority aviation transport
- * Dedicated medical vehicles
- * Drone trials for remote regions

A well-known success: A heart transported across Chennai in 11 minutes, demonstrating what coordination makes possible.

“Life-Saving Impact of One Donor”

- * 1 brain-dead donor = Up to 9 lives saved**
- * Tissues donated = Up to 75 lives improved**

THE ROAD AHEAD

Despite progress, India still faces:

- * Limited ICU facilities**
- * Rural awareness gaps**
- * Need for more transplant coordinators**
- * Variations in state-level readiness**

But the direction is clear: Strengthen networks, expand training, deepen public engagement—save more lives.

THE ROTARY MESSAGE OF HOPE

Integrated Health is more than a healthcare model—it's a humanitarian mission. It shows how technology, community leadership, and coordinated systems can unite to deliver the gift of life.

Rotary stands committed to:

- * Increasing awareness**
- * Promoting donor pledging**
- * Supporting capacity development**
- * Advocating for ethical, transparent systems**

“Through integration, coordination, and Rotary’s compassion—India is moving toward a future where every organ reaches the patient who needs it most.”

ROTARIAN LAL GOEL HOLDS PRODUCTIVE MEETING ON ORGAN DONATION WITH LT GENERAL V SREEHARI, AVSM, SM, GOC, DAKSHIN BHARAT AREA, IN CHENNAI



Chennai, December 10, 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, held a highly productive meeting with Lieutenant General V Sreehari, AVSM, SM, General Officer Commanding (GOC), to discuss strengthening organ donation initiatives within the Indian Army at the Headquarters of Dakshin Bharat Area.

Lt General Sreehari, who commands the vast Dakshin Bharat Area covering Tamil Nadu, Karnataka, Kerala, Andhra Pradesh, Telangana, and the Union Territories of Puducherry and Lakshadweep, emphasised that organ donation is a cause deeply close to his heart. He shared that he had pledged to donate his organs many years ago and has recently launched a campaign encouraging retired army personnel to understand the significance of organ donation and make their own pledges.

Rotarian Lal Goel warmly appreciated the Lt General's visionary and compassionate initiative, expressing hope that other government departments and uniformed services would draw inspiration from this exemplary leadership.

Rotarian Lal Goel was accompanied by Rtn Hemalatha Bhandari, President-Elect, and Rtn J H Martin, Principal Aide to the President (2026–27). As a mark of respect and gratitude, they presented the Club flag to Lt General Sreehari.

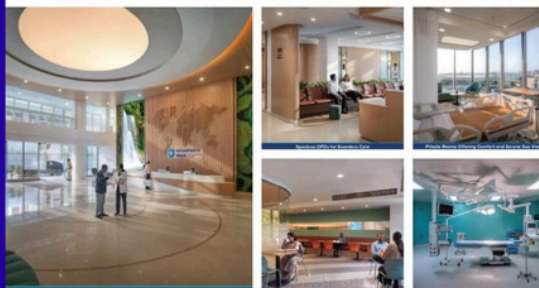
Rotarian Lal Goel also conveyed his heartfelt thanks to Col Prasanna, Staff Officer to the GOC, Headquarters Dakshin Bharat Area, for his valuable support and cooperation in advancing this noble humanitarian mission.

ROTARIAN LAL GOEL LEADS STRATEGIC ORGAN DONATION BRAINSTORMING SESSION AT NANAVATI MAX HOSPITAL'S NEW WING



Introducing the New State-of-the-art Tower at Nanavati Max Hospital, Mumbai.

A Legacy of 75 Years. A Landmark for the Future.



Mumbai, December 9, 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, conducted a high-level brainstorming session on organ donation at the newly inaugurated wing of Nanavati Max Hospital, Vile Parle, Mumbai.

The session brought together prominent stakeholders, including Mr Haresh Mehta, Trustee of Kapurlal Tribhuvandas Mehta Charitable Trust and President of Kapol Social Group, along with his team, and Mr Kaushal Sethia from Nanavati Max Hospital. Rotarian Ruby Agarwal, Inspire Secretary of the Rotary Club of Organ Donation International accompanied Rotarian Lal Goel for this strategic engagement.

Exploring Collaborative Opportunities

The hospital administration welcomed the delegation with a guided tour of the state-of-the-art facility, showcasing its advanced infrastructure and comprehensive transplant services. The new wing houses cutting-edge medical technology, highly skilled specialists, and trained nursing staff, making it a holistic centre for transplant care.

During the session, Rotarian Lal Goel shared valuable insights on government-supported healthcare schemes such as the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) and the Mahatma Jyotirao Phule Jan Arogya Yojana, emphasising their significant benefits for organ transplant patients.

Rotarian Ruby Agarwal presented an overview of the various organ donation awareness programs conducted by the Rotary Club of Organ Donation International, highlighting ongoing and upcoming initiatives.

Looking Ahead

Expressing his gratitude, Rotarian Goel thanked Mr Sethia for the insightful tour and the opportunity to discuss future collaborations in organ donation awareness. He also acknowledged the participation of Mr Haresh Mehta, Mr Nilesh Doshi, Mr Naren Mehta, Mr Mukesh Shah, and Mr Atul Modi (USA), appreciating their interest and support.

Rotarian Lal Goel expressed confidence that the Kapol Social Group would soon organise impactful organ donation awareness programs, helping to spread this life-saving message within their community.

NEW STEP

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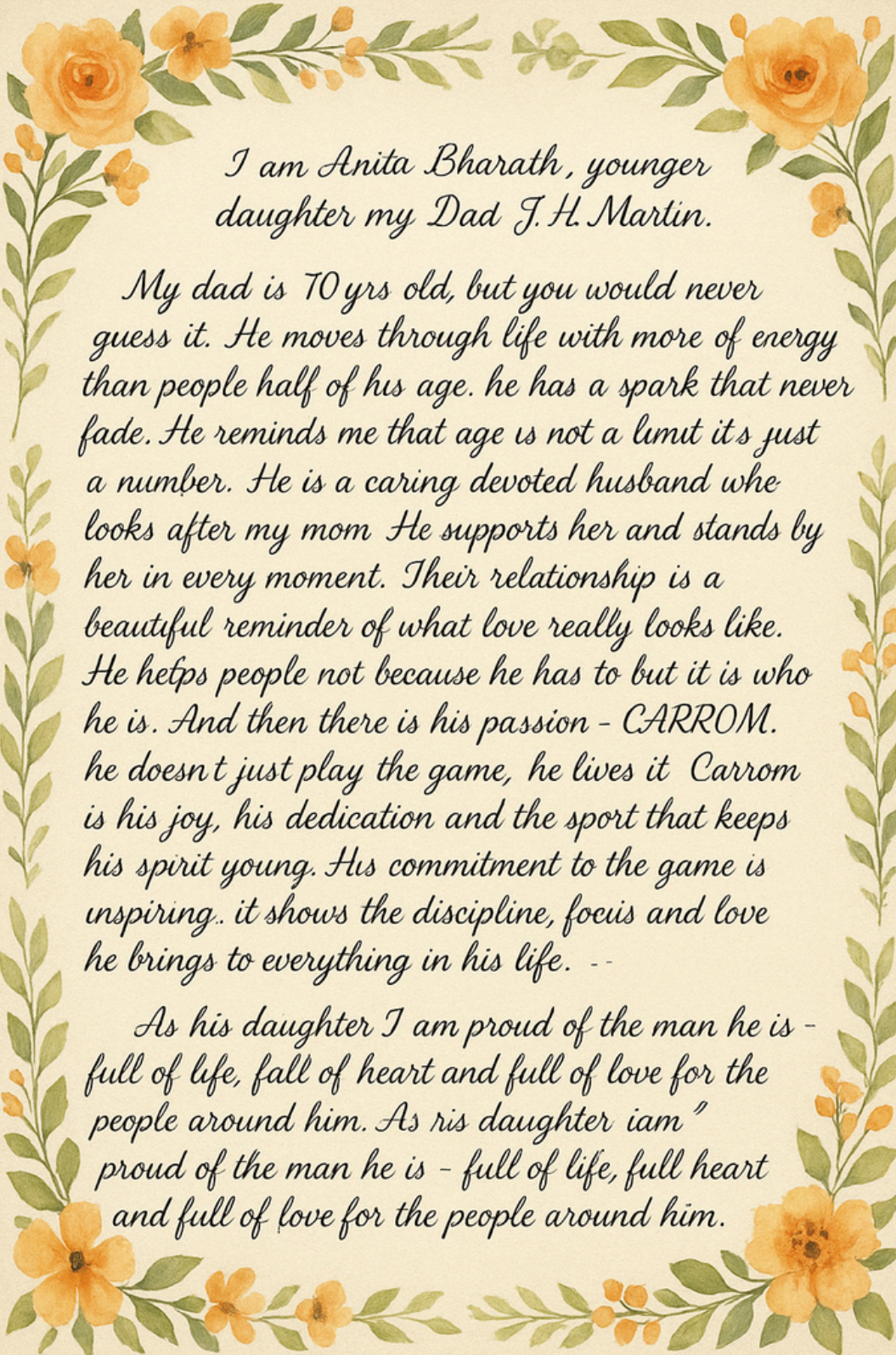
Rtn J Harry Martin
Member

Rotary Club of Organ Donation International



Rtn J Harry Martin & his family

My Dad, My Inspiration: The Ever-Young Spirit of Rtn J Harry Martin



I am Anita Bharath, younger daughter my Dad J. H. Martin.

My dad is 70 yrs old, but you would never guess it. He moves through life with more of energy than people half of his age. he has a spark that never fade. He reminds me that age is not a limit it's just a number. He is a caring devoted husband who looks after my mom. He supports her and stands by her in every moment. Their relationship is a beautiful reminder of what love really looks like. He helps people not because he has to but it is who he is. And then there is his passion - CARROM. he doesn't just play the game, he lives it. Carrom is his joy, his dedication and the sport that keeps his spirit young. His commitment to the game is inspiring.. it shows the discipline, focus and love he brings to everything in his life. - -

As his daughter I am proud of the man he is - full of life, full of heart and full of love for the people around him. As his daughter i am " proud of the man he is - full of life, full heart and full of love for the people around him.

Renew Life Like Spring, Live And Give **ORGAN & TISSUE DONATION**

*Renew Life like Spring, Live and Give,
Echoes of hope in every breath we live,
Nurturing seeds of selfless grace,
Embracing the chance to mend another's space,
Wonderful gift, held within your hand.
Lifting the spirits across the land,
In the quiet decision, a future is found,
For those whose time on borrowed clock is bound.
Every single 'Yes' begins a brighter sound.
Listening hearts, who yearn to stay near,
Inscribe your wish, make your intentions clear,
Knowing your Kindness will conquer fear,
Ending the wait for a Miracle so dear,
Save a parent, a child, a friend in need,
Planting a seed of restorative deed,
Register today, let your Compassion gloom,
Igniting the darkness, dispelling the bloom,
New organs offered, a second chance untold,
Giving a story more precious than gold.
Love's ultimate act, the final generous plea,
Immortality granted, for all the world to see,
Vitality flows from the spirit we share fair,
Easing the burden of loss and despair.
Awareness is the key that unlocks in store,
Never underestimate the life you restore,
Donor's promise, a covenant kept true.
Grace extending far beyond the view dealt,
In this one choice, your legacy takes flight,
Victory over darkness, bathing all in light,
Eternal impact from the generous act.*



Rtn Hemalatha Bhandari
President Elect

HEALTHY FOOD - HEALTHY ORGANS

Healthy Oats Veggie Pancake

🌿 High-Protein, High-Fiber



Rtn Ruby Agarwal
Inspire Secretary

#Ingredients

Rolled oats – ½ cup (soaked & ground to batter consistency)
Besan (gram flour) – 2 tbsp
Suji (semolina) – 2 tbsp
Finely chopped vegetables (onion, capsicum, bell peppers, carrot, French beans) – 1.25 cup
Green chillies – 2, finely chopped
Ginger – 1 tbsp, finely chopped
Coriander leaves – ¼ cup, finely chopped
Low-fat paneer – ¼ cup, finely cubed
Salt, cumin, black pepper, red chilli powder – to taste
Curd – ½ cup
Fruit salt (Eno) – 1 tbsp
Water – as needed



#Method

Combine the ground oats batter, besan, suji, curd, all chopped vegetables, spices, ginger, green chillies, coriander, and paneer.
Mix well.

Rest the batter

Cover and let it rest for 30 minutes.

Add water slowly until you reach a smooth pancake-like consistency.

Just before cooking, add 1 tbsp fruit salt, mix gently once (do not overmix).

Cook the pancakes

Heat a non-stick tawa or a paniyaram/paniyarappam pan.

Pour the batter and spread gently (for pancake) or fill each cavity (for paniyarappam).

Cover with a lid and cook until the bottom turns golden.

Flip and cook the other side until fully cooked and crisp.

#Serve

Enjoy hot with your favourite chutneys, sauces, or healthy dips

NEW STEP

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Rtn P. Deepasri
Club Member

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Mobile: 8056050012

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Profession: Senior Engineer (IT)

Family: K. Balaji (husband), Akshaya k. Balaji (daughter), Korkai Vendhan (SIL)

Favourite Food: IDLY

Favourite Holiday Destination: NIAGARA, USA

Favourite Book: Sujatha Srirangam Devathaigal

Favourite Song: *Kurai ondrum illai maraimurthi kanna* by M.S. Subbulakshmi

Favourite Quote: *You must be the change, You wish to see in the world*

Date of Birth: 12.08

Wedding anniversary: 19.01

Why did you choose to become a member of RC Organ Donation International: Inspired by my Sister Mrs Hemalatha Bhandari, as this is a "Generous and Noble act"



**SCAN
ME
FOR
QUICK
PLEDGE**

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