

**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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**Rotary**  
Club of  
**ORGAN DONATION  
INTERNATIONAL**

**LET'S  
INSPIRE !**

**ROTARY CLUB OF ORGAN DONATION INTERNATIONAL**

**EYE BANK**

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

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

**Rtn Uma Jhawar**  
Executive Director  
MK International Eye Bank  
Executive Chairperson (C.R.)  
Eye Bank Association of India  
Chairperson, Vision Conservation Lions  
International 3233G-1, INDORE

**Rtn Ruby Agarwal**  
Inspire Secretary

**Rtn Dr Kamal Jain**  
Organ Donation Chair

**Time & Date: 8 PM on Sunday 21<sup>st</sup> Dec., 2025**

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

**KINDNESS**  
never goes out of fashion  
**DONATE ORGANS**

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## FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

What a remarkable journey this week has been! Our organ donation awareness mission continues to touch hearts and transform lives across the nation.

The Chennai Press Meet at the prestigious Press Club marked a significant milestone in amplifying our message. Even more impactful was our engagement with the Indian Army at the Dakshin Bharat Area Headquarters, where our awareness program reached units across five states and two union territories through live streaming—a powerful demonstration of how technology can multiply our service impact.

Though the 2 AM wake-up call and back-to-back meetings tested my stamina, divine reward came in the simple words of a 10-year-old student at Kola Saraswathi Vaishnav Senior Secondary School: *"You are too good."* In that innocent observation is the very essence of why we serve—to inspire the next generation. The day concluded meaningfully as I addressed the guardians of our skies, the Air Traffic Controllers at the Airports Authority of India, Southern Region.

I hope my appeal to the talented students of Sathyabama Institute of Science & Technology, urging them to pursue research on Xenotransplantation, will yield results in the future. Educating the educator is an experience of my life at Mohamed Sathak AJ College of Engineering, Chennai.

This issue is brimming with inspiring content. Rtn Rakhee Agarwal contributes a scientifically grounded exploration of meditation's impact on human organs—essential reading for all health enthusiasts.

Our multi-talented President-Elect Rtn Hemalatha Bhandari offers a moving poem celebrating the incredible power of organ and tissue donation to help humanity.

In our popular "Healthy Food-Healthy Organs" segment, Secretary Rtn Ruby Agarwal shares a festive yet healthy recipe for Christmas—Healthy Plum Cake proving that celebration and wellness go hand in hand.

Our "Interesting Facts About Our Members" spotlight this week features our esteemed Club Member.

**Together, we continue saving lives through service above self.**

Yours in Rotary,

**IPP Rtn Lal Goel**

Chief Managing Editor

Founder & Charter President

## ROTARIAN LAL GOEL CALLS ON MEDIA TO STRENGTHEN ORGAN DONATION AWARENESS AT CHENNAI PRESS CLUB





**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, addressed a press conference at the Chennai Press Club today, underscoring the urgent need to accelerate organ donation awareness across India.

In his address, Rotarian Goel appealed to the media fraternity to play a more proactive and sustained role in educating the public about organ donation. He emphasised that while several central and state government schemes provide financial support for economically disadvantaged patients requiring organ transplants, these life-saving benefits remain grossly underutilised due to lack of awareness.

“Tamil Nadu has emerged as a consistent national leader in organ donation for several years. Yet, this extraordinary achievement has not received the level of media attention it truly deserves,” said Rotarian Goel. He urged journalists and media organisations to highlight such success stories, noting that positive and informed reporting can inspire other states and motivate citizens to pledge their organs.

The press conference highlighted the critical importance of collaboration among civil society, government institutions, and the media to bridge the gap between policy and public awareness. Such collective efforts, Rotarian Goel stressed, are essential to saving thousands of lives through timely organ transplantation.

Rotarian Goel was accompanied by Rotarian Hemalatha Bhandari, President-Elect, and Rotarian J. H. Martin of the Rotary Club of Organ Donation International.

## MEDITATION AND ITS IMPACT ON HUMAN ORGANS



**Rtn Rakhee Agarwal**

Member

Rotary Club of Organ Donation International

Meditation is a structured mental practice that trains attention and awareness to cultivate clarity, calmness, and emotional balance. Practitioners typically focus on the breath, bodily sensations, a word or phrase (mantra), or observe thoughts and emotions without judgment. Though rooted in ancient spiritual traditions, meditation is now practised worldwide and extensively studied through modern scientific research.

A growing body of evidence demonstrates that regular meditation reduces stress and anxiety, sharpens focus, and enhances emotional well-being. Neuroimaging studies reveal that meditation strengthens brain regions responsible for attention, decision-making, and emotional regulation, while simultaneously reducing activation of stress-related neural pathways. Importantly, meditation's influence extends beyond the brain, affecting multiple organ systems throughout the body—including the heart, immune system, digestive tract, endocrine system, and lungs.

Meditation is not about suppressing thoughts or escaping reality. Rather, it trains the mind to respond with greater awareness and composure, producing measurable changes in both mental processes and physiological functioning.



## **Meditation and Science: What Research Has Proven**

Once practised primarily by sages and monks, meditation is now rigorously examined by neuroscientists, psychologists, and medical researchers. Over the past three decades, advances in brain imaging, molecular biology, and clinical research have firmly established meditation as a scientifically observable and measurable practice.

### **Pioneering Clinical Research: University of Massachusetts**

In the late 1970s, Dr Jon Kabat-Zinn at the University of Massachusetts Medical School introduced Mindfulness-Based Stress Reduction (MBSR). His clinical studies involving patients with chronic pain, anxiety, and stress-related disorders demonstrated significant reductions in psychological distress, improved coping ability, and enhanced emotional regulation.

This landmark work established that meditation could be systematically studied and applied within evidence-based medical settings, bridging ancient practice and modern healthcare.

### **Brain Structure and Neuroplasticity: Harvard Medical School**

Neuroscientist Dr Sara Lazar at Harvard Medical School and Massachusetts General Hospital used MRI scans to study mindfulness practitioners. Her research revealed increased thickness in the prefrontal cortex—responsible for attention, planning, and emotional control—and changes in the insula, which governs self-awareness and empathy.

Remarkably, measurable structural brain changes were observed after just eight weeks of meditation training, providing strong evidence of neuroplasticity—the brain's capacity to reorganise itself in response to mental training.

### **Emotional Regulation and Resilience: University of Wisconsin–Madison**

Dr Richard Davidson's research at the University of Wisconsin–Madison examined experienced Tibetan Buddhist monks using EEG and functional MRI. His studies demonstrated exceptionally high gamma brain-wave activity, reduced amygdala reactivity (the brain's fear and stress centre), and faster recovery from emotional stress.

These findings explain the enhanced emotional stability, resilience, and compassion consistently observed in long-term meditators.

## **Attention and Performance Under Stress: University of Miami**

Cognitive neuroscientist Dr Amishi Jha studied meditation's impact on attention and working memory among students, professionals, and military personnel. Her research showed that meditation reduces mind-wandering, strengthens working memory, and preserves focus under high stress.

These results confirmed meditation's practical value in modern, high-pressure environments far beyond spiritual contexts.

## **European Neuroscience Evidence: Germany**

Dr Britta Hölzel, working at Justus Liebig University Giessen and the Technical University of Munich, conducted brain-imaging studies that revealed structural changes in regions associated with learning, memory, and emotional regulation. Her work further confirmed reduced stress-related brain activity and improved self-regulation across diverse populations.

## **Meditation's Impact on Organs Beyond the Brain**

While early research focused primarily on the brain, recent studies clearly demonstrate that meditation produces systemic physiological effects through the mind-body connection.

### **Heart and Cardiovascular System**

Regular meditation practice has been shown to lower blood pressure, reduce stress-related heart rate variability, and decrease overall cardiovascular risk. The American Heart Association has acknowledged meditation as a potentially beneficial practice for heart health.

Meditation activates the parasympathetic nervous system, calming the heart and reducing vascular strain—an effect linked to lower rates of hypertension among long-term practitioners.

### **Immune System**

Meditation positively influences immune function by reducing chronic inflammation and enhancing immune response. Research shows increased antibody production following vaccination, improved natural killer cell activity, and reduced expression of pro-inflammatory genes.

Studies from institutions such as UCLA suggest that meditation may help protect against inflammation-related diseases by preventing prolonged stress-induced immune activation.

## **Digestive System**

The gut-brain axis makes the digestive system particularly responsive to mental states. Meditation has been shown to alleviate symptoms of irritable bowel syndrome, regulate digestive function, and improve stress-related gastrointestinal disorders.

By reducing psychological stress, meditation supports healthier digestive activity and may positively influence the gut microbiome.

## **Endocrine System and Hormonal Balance**

Meditation significantly affects hormonal regulation. Numerous studies show consistent reductions in cortisol, the body's primary stress hormone. Meditation also influences melatonin production, improving sleep quality, and may help regulate reproductive and metabolic hormones.

Because hormones affect nearly every organ system, these changes contribute to widespread physiological balance.

## **Respiratory System**

Breath-focused meditation directly engages the respiratory system. Research indicates improvements in lung efficiency, increased respiratory muscle strength, and better oxygen utilisation. Meditation has also shown benefits for individuals with asthma and other stress-related respiratory conditions.

Improved breathing supports deeper meditation, creating a beneficial feedback loop between respiratory health and mental calm.

## **What Research Consistently Confirms**

Across independent studies worldwide, scientific evidence consistently shows that meditation:

- \* Alters brain structure and function
- \* Reduces stress and emotional reactivity
- \* Improves focus, memory, and mental clarity
- \* Enhances emotional regulation and compassion
- \* Produces measurable physiological benefits across multiple organ systems



These benefits are observed in ordinary individuals—not only monks or long-term practitioners—when meditation is practised regularly, even for relatively short durations.

## What Science Does Not Claim

Meditation is not a cure-all and does not replace medical treatment. Researchers emphasise that it should be used as a complementary practice alongside conventional healthcare. While it does not eliminate all illness or psychological distress, meditation is now recognised as a validated, supportive tool for overall well-being.

## Conclusion

The scientific study of meditation has moved well beyond speculation. Decades of rigorous research from leading universities and medical institutions confirm that meditation produces real, measurable changes in both the brain and the body.

What was once viewed as purely spiritual is now firmly established as an evidence-based method for enhancing mental clarity, emotional stability, and physical health. From cardiovascular function and immune regulation to hormonal balance and digestive health, meditation's influence spans the entire human organism.

This represents a powerful convergence of ancient wisdom and modern science—demonstrating that practices developed thousands of years ago continue to reveal their value under the most advanced tools of contemporary research.



## LEARN MEDITATION

- Rewire Your Beliefs
- Heal Deeply
- Activate Inner Power
- Manifest with Ease



**RTN RAKHEE AGARWAL**  
Law of Attraction Coach  
Meditation Coach



**7017211088**



**Meraki Thoughts**

**Your Subconscious = Your Superpower**

## ROTARIAN LAL GOEL DELIVERS INSPIRING MOTIVATIONAL ADDRESS TO INDIAN ARMY OFFICERS AND PERSONNEL 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, delivered a powerful and motivating address on organ donation to officers and personnel of the Indian Army at the Headquarters of Dakshin Bharat Area, Chennai.

In his inspiring presentation, Rotarian Goel highlighted the extraordinary role that members of the Armed Forces can play in saving lives beyond their service on the nation's borders. He urged them to become ambassadors of organ donation within their families, among relatives, and across their communities, emphasising that the discipline, leadership, and moral authority of the Armed Forces can significantly influence public attitudes toward this vital, life-saving cause.

Rotarian Hemalatha Bhandari, President-Elect of the Rotary Club of Organ Donation International, formally introduced Rotarian Lal Goel to the assembled officers and personnel.

Major General Sukriti Bhavaja lauded Rotarian Lal Goel's unwavering commitment to advancing organ donation awareness across the country. He shared that under the visionary leadership of Lieutenant General V. Sreehari, AVSM, SM, General Officer Commanding (GOC)—who himself pledged to donate his organs in 2011—the Dakshin Bharat Area has made notable strides in promoting organ donation awareness. The Dakshin Bharat Area encompasses Tamil Nadu, Karnataka, Kerala, Andhra Pradesh, Telangana, and the Union Territories of Puducherry and Lakshadweep.

In recognition of his outstanding contribution to the cause, Rotarian Lal Goel was presented with an Indian Army memento by Major General Sukriti Bhavaja. In return, Rotarian Lal Goel, along with Rotarian Hemalatha Bhandari and Rotarian J. H. Martin, presented the Rotary Club flag to Major General Bhavaja as a gesture of mutual respect and collaboration.

Expressing his sincere gratitude, Rotarian Lal Goel thanked Lieutenant General V. Sreehari, AVSM, SM, GOC, and Major General Sukriti Bhavaja for the opportunity to address the Indian Army community.

The session was live-streamed to Army units across the Dakshin Bharat Area, significantly extending its reach and reinforcing the message of organ donation as a supreme act of service and sacrifice.



## ROTARIAN LAL GOEL DELIVERS INSPIRATIONAL TALK ON ORGAN DONATION AT KOLA SARASWATHI VAISHNAV SENIOR SECONDARY SCHOOL





**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, delivered an inspiring and thought-provoking keynote address on organ donation at Kola Saraswathi Vaishnav Senior Secondary School.

Addressing students, parents, and teachers, Rotarian Goel explained the fundamentals of organ donation and its profound life-saving impact. His engaging and interactive presentation encouraged open dialogue, with students posing insightful questions that reflected both curiosity and a growing sense of social responsibility. He explained the powerful life-saving awareness initiative to students, parents, and educators.

The programme commenced with a warm welcome by Principal Ms R. Meena Mehta, followed by an introduction of the keynote speaker by Rotarian Hemalatha Bhandari, President-Elect of the Rotary Club of Organ Donation International.

Emphasising the role of young minds as agents of change, Rotarian Goel urged students to take the message of organ donation beyond the classroom by discussing it with their families and inspiring them to pledge to this noble cause.

Vice-Principal Ms Seema Madan expressed heartfelt appreciation to Rotarian Goel for enlightening the school community through his articulate, impactful, and motivational address.

As a token of goodwill, Rotarian Lal Goel, Rotarian Hemalatha Bhandari, and Rotarian J. H. Martin presented the Rotary Club flag to Principal Mehta and Vice-Principal Madan.

Concluding the session, Rotarian Goel thanked the school management, administration, and faculty for their commitment to value-based education and for actively supporting initiatives that nurture social awareness and humanitarian responsibility among students.

# NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

## NO RELIGION OPPOSES ORGAN DONATION, AFFIRMS ROTARIAN LAL GOEL IN ADDRESS TO AIRPORTS AUTHORITY OF INDIA



**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, unequivocally stated that no religion opposes organ donation. On the contrary, he emphasised that all major faiths actively uphold and encourage this life-saving humanitarian act.

Addressing a distinguished gathering of officers and personnel of the Airports Authority of India (AAI), Southern Region, Chennai, Rotarian Goel elaborated on the clear and supportive positions of India's major religions—Hinduism, Islam, Christianity, Sikhism, Jainism, and Buddhism—towards organ donation. He urged participants to dispel long-standing myths and misconceptions that falsely link religious beliefs with opposition to organ donation.

Highlighting the indispensable role of the Airports Authority of India, Rotarian Goel lauded AAI's critical contribution in facilitating the swift airlifting of organs across the country—a service that often determines the difference between life and death for transplant recipients.

The session was hosted by Dr Durga Sharan Mishra, Deputy General Manager, Airports Authority of India, Southern Region, Chennai, who warmly welcomed the keynote speaker.

President-Elect Rotarian Hemalatha Bhandari, a former Airports Authority employee, formally introduced Rotarian Lal Goel to the gathering.

In his concluding remarks, Rotarian Goel expressed his sincere gratitude to Dr Durga Sharan Mishra and the officers and personnel of the Airports Authority of India for their invitation, wholehearted participation, and continued support for the cause of organ donation.



## ROTARIAN LAL GOEL CALLS UPON STUDENTS TO LEAD XENOTRANSPLANTATION RESEARCH IN INDIA





**Chennai, December 11, 2024** — Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, delivered an inspiring and thought-provoking address to students at Sathyabama Institute of Science & Technology, urging them to take the lead in xenotransplantation research and place India at the forefront of next-generation transplant science.

Challenging young minds to think beyond conventional boundaries, Rotarian Goel posed a powerful question to the audience:

“When countries like the United States and China are already conducting trials involving genetically modified pig organs transplanted into humans, why should India remain behind?”

He emphasised that with India’s vast scientific talent and advanced academic infrastructure, the country is well-positioned to make significant breakthroughs in this emerging field.

Rotarian Goel commended the management of Sathyabama Institute of Science & Technology for providing world-class facilities and an enabling academic environment capable of nurturing such pioneering research.

Ms Maria Catherine Jayapriya, Vice-President of Sathyabama Institute of Science & Technology, warmly welcomed and honoured Rotarian Lal Goel. She expressed confidence that the session would offer students a rare and enriching perspective on organ donation, medical innovation, and future research possibilities.

President-Elect Rotarian Hemalatha Bhandari introduced Rotarian Lal Goel to the gathering, highlighting his distinguished national and international contributions to organ donation awareness and advocacy.

Dr John Bruce, Director & Dean of Sathyabama Institute of Science & Technology, lauded Rotarian Lal Goel’s unwavering commitment to this life-saving mission and his visionary approach to addressing organ shortages through science and innovation.

As a mark of appreciation, Rotarians Lal Goel, Hemalatha Bhandari, and J.H. Martin presented a Rotary Flag to Dr Bruce.

In his concluding remarks, Rotarian Lal Goel expressed heartfelt gratitude to Ms Maria Catherine Jayapriya, Dr John Bruce, the faculty members, teachers, and students for their enthusiastic participation and for successfully organising the organ donation awareness programme.

## EDUCATORS CAN PLAY A CRUCIAL ROLE IN ORGAN DONATION AWARENESS, SAYS ROTARIAN LAL GOEL



**Chennai, December 11, 2024** — Educators can play a transformative role in building awareness about organ donation, particularly among young people who are increasingly affected by organ failure, said Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN.

Addressing the faculty as Chief Guest and Keynote Speaker at Mohamed Sathak AJ College of Engineering (MSAJCE) in Chennai, Rotarian Goel highlighted that changing lifestyles, work-related stress, and unhealthy habits are contributing to a growing incidence of organ failure among the youth. Emphasising the influence of teachers, he stated, "Educators at the college level are uniquely positioned to guide young minds, correct misconceptions, and inspire informed decisions that can ultimately save many lives."

President-Elect Rotarian Hemalatha Bhandari gave an introduction of the Chief Guest.

Dr A. Balakrishnan, Vice Principal of MSJCE, welcomed Rotarian Lal Goel and expressed gratitude for his insightful and informative address. He assured that the institution would soon organise a large-scale organ donation awareness programme involving students, faculty, and staff, and thanked Rotarian Lal Goel for addressing several doubts.

During the programme, Rotarians Lal Goel, Hemalatha Bhandari, and J.H. Martin presented a Rotary Club flag to Dr Balakrishnan as a symbol of collaboration and shared commitment to the cause.

Rotarian Lal Goel appreciated Dr Balakrishnan and the college administration for organising the programme at short notice and confirmed his willingness to return in the near future to address the wider student community and further strengthen organ donation awareness initiatives.

*Help Humanity with Incredible power*

## **ORGAN & TISSUE DONATION**

*Hearts can beat again in another's chest,  
Upon the choice give, putting love to the test,  
Making a decision that truly saves a life,  
As you ease the suffering and end the needless strife.  
New hope you deliver to those who silently pray.  
Receivers cherish the gift of a brighter day,  
Incredible power you hold to help humanity.  
Generous acts that define your innate urbanity.  
Helping a stranger, family or friend,  
To learn is to empower, to know the good, yet profound,  
Seeking out the truth to make the choice that's rightly found  
Defining selflessness, with new lives for ever more,  
Awake the world giving this final gift, and pure,  
Yielded each life is saved, adds to humanity's score.*



**Rtn Hemalatha Bhandari**  
**President Elect**



## HEALTHY FOOD - HEALTHY ORGANS

### Healthy Plum Cake

- # No refined sugar or oil
- # High in fibre & antioxidants



**Rtn Ruby Agarwal**  
Inspire Secretary

#### ## Fruit & Nut Soaking (2-4 hours or overnight)

Combine with 1 cup fresh orange juice:

- ½ cup chopped dates
- ¼ cup each: cashews, walnuts, raisins, black currants
- 2 tbsp each: almonds, pistachios, dried berries, tutti frutti
- 2 tbsp dried apricots, 1 tbsp candied ginger, 8-10 glazed cherries

#### ## Dry Ingredients

- 1½ cups whole wheat flour
- 1 tsp baking powder, ½ tsp baking soda
- 1 tsp cinnamon, ½ tsp ginger powder, ¼ tsp nutmeg, pinch cloves & salt

#### ## Wet Ingredients :

- ½ cup unsweetened applesauce or mashed banana
- ½ cup thick yogurt
- ½ cup jaggery powder or coconut sugar
- 1 tsp vanilla, 1 tsp orange zest,
- 1 tbsp apple cider vinegar

#### ## Instructions

- . Preheat oven to 160°C (320°F). Grease and line 8-inch pan.
- . Sift dry ingredients twice.
- . Whisk wet ingredients until smooth.
- . Fold dry into wet until just combined.
- . Fold in soaked fruits with liquid.
- . Pour into pan, bake 50-60 minutes until toothpick comes out clean.
- . Cool completely. Tastes best after 24 hours.



# NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



**Rtn Abha Agarwal**  
**Club Member**

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Family: **Mr. Rajiv Agarwal (Spouse), Priyanshi and Madhav (Children)**  
Favourite Food: **Veg Pulav**  
Favourite Holiday Destination: **All Natural places**  
Favourite Book: **"You can Heal Your Life"**  
Favourite Song: **"Ashayen hanse dil ki ..."**  
Favourite Quote: **"There Are No Shortcuts to any Place Worth Going"**  
Date of Birth: **5th January**  
Wedding Anniversary: **22 June**  
Your presence on social media: **Youtube - :<https://youtube.com/@abhaagrawalwellnesscoach6752?si=uPBwDCM-VEhxlC8c>**  
**Facebook:**<https://www.facebook.com/share/1ALcNXtbGX/>  
**Instagram:**[https://www.instagram.com/mindsprings.with.abhha?utm\\_source=qr&igsh=Zjj2ejZmdWM0dHE0](https://www.instagram.com/mindsprings.with.abhha?utm_source=qr&igsh=Zjj2ejZmdWM0dHE0)  
Why did you choose to become a member of RC Organ Donation International: **As I relate with the soul purpose for transforming people's life.**



**SCAN  
ME  
FOR  
QUICK  
PLEDGE**

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