

**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



*Merry
Christmas*

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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

What a transformative week for our organ donation mission. History was made when Lok Bhavan (formerly Raj Bhavan), Kolkata, opened its doors for an organ donation awareness program—a testament to the vision and compassion of His Excellency the Governor of West Bengal, Hon'ble Dr C V Anand Bose.

Participating in the world-record-breaking organ donation walkathon in Indore filled us with pride and purpose. The opportunity to create organ donation awareness among thousands of CISF officers and personnel at the Regional Training Centre reminded us that every conversation plants seeds of hope. Delivering a motivational talk to faculty and students at Government College of Dentistry, Indore brought the profound satisfaction of reaching young minds who will shape tomorrow's healthcare landscape.

Witnessing the selfless service at M K International Eye Bank, Indore, and meeting the inspiring Dr Avinash Gupta at Lok Bhavan reinforced our belief in the power of collective dedication to this noble cause across the country.

This issue brings you closer to our Rotary family. Our multi-talented President-Elect Rtn Hemalatha Bhandari shares a beautiful Christmas poem celebrating organ and tissue donation.

In our beloved "Healthy Food-Healthy Organs" segment, our multi-tasking Secretary Rtn Ruby Agarwal presents a delightful recipe for Healthy Caramelised Makhana.

Our "Interesting Facts About Our Members" spotlight honours our esteemed Honorary Club Member.

Each step we take together brings us closer to a world where no life is lost for want of an organ. Thank you for walking this path with unwavering commitment.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor
Founder & Charter President

ROTARIAN LAL GOEL CREATES HISTORY AT LOK BHAVAN, KOLKATA WITH LANDMARK ORGAN DONATION AWARENESS CAMPAIGN



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Kolkata, December 17 — A historic milestone was achieved at Lok Bhavan (formerly Raj Bhavan), Kolkata, as Rotarian Lal Goel spearheaded West Bengal's first-ever organ donation awareness campaign at this iconic venue. In the institution's 222-year history, this marked the first program dedicated exclusively to organ donation awareness, setting a powerful precedent for public health advocacy in the state.

The landmark initiative was led by 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, reaffirming his unwavering commitment to advancing the cause of organ donation across India.

Program Highlights

The program commenced with a warm welcome address by Dr Avinash Gupta, Chief Commissioner, Hindustan Scouts & Guides, West Bengal.

Governor's Inspiring Message

His Excellency Dr C. V. Ananda Bose, Hon'ble Governor of West Bengal, delivered a compelling and heartfelt message underscoring the importance of organ donation. He remarked:

"When my good friend Lal Goel told me about Rotary International's organ donation awareness program, I invited him to hold it at Lok Bhavan. This subject is close to my heart, and I know that great strides have been made by organ donation organisations under the leadership of Lal Goel. When you donate an organ, you are saving a life. This is a mission that must be encouraged wholeheartedly. I am delighted that this organ donation campaign has been launched by Rotary International. I wish the program every success—it will encourage many people to come forward and save lives."

This was followed by a deeply moving thematic dance presentation on eye donation by Sree Dance Productions, led by accomplished Rotarian Sree Nandy. Her troupe travelled specially from Mumbai to perform, and their evocative presentation powerfully conveyed the life-transforming impact of organ and eye donation.

Key Addresses

As the Chief Guest and Keynote Speaker, Rotarian Lal Goel highlighted the proactive role of the government in strengthening organ transplantation support systems. He specifically acknowledged the instrumental efforts of His Excellency Dr C. V. Anand Bose in advocating for enhanced financial assistance under Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana, increasing coverage for organ transplantation for BPL beneficiaries from ₹5 lakh to ₹15 lakh.

Addressing the gathering, Rotarian Goel outlined the pressing challenges facing organ donation in India—chief among them being a lack of awareness and prevailing myths. He expressed strong optimism that launching this campaign from Lok Bhavan would inspire a ripple effect, positioning West Bengal as a national leader in organ donation awareness and pledging.

Dr S. K. Pattanayak, IAS (Retd.), Chairman, Indian Red Cross Society, West Bengal, lauded Rotarian Lal Goel's tireless dedication to this life-saving mission. He expressed confidence that the initiative would catalyse a large-scale, statewide movement encouraging citizens to embrace organ donation.

Gratitude and Acknowledgements

Rotarian Lal Goel expressed his deep gratitude to His Excellency Governor Dr C. V. Ananda Bose for granting him the honour of addressing this historic gathering at Lok Bhavan. He also extended heartfelt thanks to Rotarian Sree Nandy and her troupe for their inspiring performance, and to Dr S. K. Pattanayak, Dr Avinash Gupta, Mr Sandeep, Mr Suresh Vaidhyar, the Indian Red Cross Society, Hindustan Scouts & Guides, and all dignitaries, scouts, and guides who participated in large numbers and contributed to the program's success.

The event concluded with a formal vote of thanks by Mr Suman Paul, Deputy Secretary, on behalf of Lok Bhavan, Kolkata, bringing the historic and impactful program to a meaningful close.

ROTARIAN LAL GOEL PARTICIPATES IN WORLD RECORD-BREAKING ORGAN DONATION WALKATHON IN INDORE



Indore, December 14, 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, participated in a historic organ donation walkathon in Indore that created a new world record for public awareness.

The landmark event, held at Nehru Stadium, brought together an inspiring 6,128 participants, officially recognised by the World Book of Records UK as the world's largest organ donation awareness event.

The Grand Walkathon was organised by Rotarian Aalok Singhi, Founder and Creator of the Mithasha Foundation.

The event was graced by several distinguished dignitaries, including Mr Shankar Lalwani MP of Indore, Dr Rajesh Mishra MP of Sidhi, Dr Sudam Khade Divisional Commissioner of Indore, Rotarian Sushil Malhotra District Governor RID 3040, Rotarian Anish Malik IPDG RID 3040, Rotarian Ramnath Pradeep CSR Chair Rotary Club of Organ Donation International RID 3141, Rotarian Harsh Vardhan Avenue Chair Transplant Game RID 3056, Rotarian Dr Giriver Sharan Sharma Rotary Club of Jaipur Royal RID 3056 and Rotarian Uma Jhavar Rotary Club of Organ Donation International RID 3141 among others.

A total of 108 institutions along with many Rotarians participated in the walkathon, including nine courageous organ transplant recipients—heart, liver, and kidney—whose presence powerfully illustrated the life-saving impact of organ donation and inspired thousands in attendance.

Rotarian Aalok Singhi commended Rotarian Lal Goel for his unwavering commitment to the cause and for travelling from Mumbai to be part of this historic initiative. In recognition of their tireless efforts, both Rotarian Lal Goel and Rotarian Ramnath Pradeep were formally honoured during the event.

Rotarian Lal Goel was accorded the honour of announcing the top three lucky winners by drawing their names in the lucky draw.

Expressing his appreciation, Rotarian Lal Goel lauded Rotarian Aalok Singhi and the Mithasha Foundation team for creating a large-scale, high-impact platform for organ donation awareness. He also thanked the transplant recipients for their participation, noting that their stories sent a profound message of hope, gratitude, and renewed life to the community.

The record-breaking walkathon stood as a powerful testament to collective action, compassion, and the growing public commitment to saving lives through organ donation.

ROTARIAN LAL GOEL DELIVERS KEYNOTE ADDRESS AT CISF REGIONAL TRAINING CENTRE, BARWAHA



Barwaha, Madhya Pradesh – December 14, 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 impactful keynote address at the Central Industrial Security Force Regional Training Centre (RTC) in Barwaha, Madhya Pradesh.

Rotarian Lal Goel was accompanied by Rotarian Ramnath Pradeep, CSR Chair, and Rotarian Dr S. K. Verma, both from the Rotary Club of Organ Donation International.

The delegation received a warm welcome from Mr Jacob Kispotta, Deputy Inspector General (DIG), CISF RTC, Barwaha.

Comprehensive Overview of Organ Donation

In his address, Rotarian Lal Goel provided a clear and comprehensive explanation of living organ donation and deceased (brain-death) organ donation, highlighting the ethical, medical, and legal distinctions between the two. He also explained the differences between opt-in and opt-out donation systems practised globally, placing India's framework in an international context.

Rotarian Lal Goel informed the audience about financial assistance available for organ transplantation through government schemes. Under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), the Central Government provides financial support of up to ₹15 lakh for organ transplant procedures, along with a monthly assistance of ₹10,000 for organ recipients. He further addressed and dispelled prevalent cultural and religious myths, emphasising that all major religions support organ donation as a humanitarian act.

Recognition and Appreciation

Mr Jacob Kispotta, DIG, commended Rotarian Lal Goel for his lifelong dedication to promoting organ donation and expressed deep appreciation for the visiting Rotarians, noting their commitment to travelling to a remote training centre despite being in their seventies and eighties.

Responding to a query from Mr S. K. Saraswat, Senior Commandant, Rotarian Goel underscored the urgent need for greater participation by celebrities, political leaders, and medical professionals to amplify organ donation awareness and inspire wider public engagement across India.

Closing Remarks

In his concluding remarks, Rotarian Lal Goel thanked Mr Jacob Kispotta, DIG, along with the officers and CISF personnel, for their gracious hospitality and attentive participation. As a symbol of goodwill and collaboration, the Rotary delegation presented a Rotary flag to Mr Jacob Kispotta, reinforcing their shared commitment to saving lives through organ donation awareness.

ROTARIAN LAL GOEL DELIVERS INSPIRING MOTIVATIONAL TALK ON ORGAN DONATION AT GOVERNMENT COLLEGE OF DENTISTRY, INDORE



Indore, December 13, 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 inspiring motivational talk on organ donation to undergraduate and postgraduate students, along with faculty members, at the Government College of Dentistry, Indore.

Rotarian Lal Goel was warmly welcomed and felicitated by Dr Alka Gupta, Principal & CEO of the institution.

Dr Manish Verma introduced the distinguished guests to the audience, including Rotarian Lal Goel, Rotarian Ramnath Pradeep (CSR Chair), and Rotarian Dr S. K. Verma, all representing the Rotary Club of Organ Donation International.

Providing context to the initiative, Rotarian Ramnath Pradeep outlined the mission and ongoing initiatives of the Rotary Club of Organ Donation International, underscoring its commitment to saving lives through sustained awareness and advocacy.

During his address, Rotarian Lal Goel highlighted the stark reality that organ donation often becomes the only solution when even medical professionals are rendered helpless due to the non-availability of organs. Sharing a compelling thought, he remarked:

“We are not God, but God has given us the power to save up to nine lives and improve up to seventy-five lives.”

Addressing questions from students, Rotarian Goel firmly dispelled common misconceptions surrounding organ donation, particularly the myth of rampant organ trading in India. He acknowledged that, as in any field, isolated incidents may occur, but emphasised that such exceptions should not overshadow the immense, life-saving impact of ethical and lawful organ donation.

As a symbol of partnership and goodwill, the visiting Rotarians presented the Rotary Club flag to the Principal, Acting Principal, and Dr Manish Verma.

In his concluding remarks, Rotarian Lal Goel expressed heartfelt gratitude to Dr Alka Gupta, Principal, Dr Manish Verma (Program Coordinator), Dr Pallav Mundra (Haematologist), the faculty, and the students for providing a platform to share this vital message. He voiced strong confidence that the younger generation of healthcare professionals would emerge as passionate ambassadors for this noble, life-saving cause.

ROTARIAN LAL GOEL LEADS STRATEGIC SESSION ON ORGAN & EYE DONATION AT MK INTERNATIONAL EYE BANK, INDORE



Indore, December 15, 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 strategic brainstorming session at MK International Eye Bank, Indore's pioneering eye bank.

The session focused on identifying critical challenges in organ and eye donation in India and outlining practical, scalable solutions to enhance donor conversion, strengthen hospital coordination, and dispel persistent myths.

Rotarian Uma Jhawar, Executive Director of MK International Eye Bank, shared data-driven insights on the current status of eye donation in Indore and adjoining regions, highlighting opportunities for outreach and system strengthening.

The deliberations witnessed active participation from Rotarian Ajay Vijayawargiy, President, and Rotarian Arvind Gour, Honorary Secretary of the Rotary Club of Indore Grande. Both leaders proposed initiating a city-wide organ and eye donation awareness campaign in Indore, to be executed under the guidance of Rotarians Lal Goel and Uma Jhawar, leveraging Rotary's network and MK Eye Bank's clinical expertise.

Established in 2010 under the aegis of MK Paramarthik Trust, MK International Eye Bank was founded in memory of Murlidharji Jhawar and inaugurated by A. P. J. Abdul Kalam. The Trust is chaired by Shri Jainarayanji Jhawar, with Rotarian Uma Jhawar serving as Executive Director.

Commending Rotarian Lal Goel for his sustained leadership and national impact in organ donation advocacy, Rotarian Uma Jhawar reaffirmed MK Eye Bank's commitment to continued collaboration for large-scale awareness initiatives across Indore and neighbouring districts.

The session concluded with Rotarian Lal Goel expressing gratitude to Rotarian Uma Jhawar for hosting the productive meeting and presenting commemorative Rotary Club flags as a symbol of partnership and shared purpose.

ROTARIAN LAL GOEL MEETS DR AVINASH GUPTA TO STRENGTHEN ORGAN DONATION AWARENESS IN KOLKATA



Strategic dialogue at Lok Bhavan sets the stage for statewide life-saving initiatives

Kolkata, December 15, 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, met Dr Avinash Gupta, Chief Commissioner of the Hindustan Scouts & Guides, West Bengal, at Lok Bhavan (formerly Raj Bhavan), Kolkata, to advance collaborative efforts in organ donation awareness.

During the meeting, Rotarian Lal Goel underlined the urgent need to scale up sustained organ donation education across West Bengal, emphasising community engagement, myth-busting, and family consent as critical enablers for successful donation. He invited Dr Gupta—renowned yoga expert, educationist, and philanthropist—to partner in expanding this life-saving mission through grassroots outreach.

Dr Avinash Gupta, who is coordinating the December 17 organ donation awareness programme at Lok Bhavan, welcomed the collaboration with enthusiasm. Speaking on behalf of Hindustan Scouts & Guides and the Indian Red Cross, he expressed firm commitment to organising large-scale, multi-district awareness campaigns across West Bengal in the months ahead, leveraging volunteer networks and youth leadership.

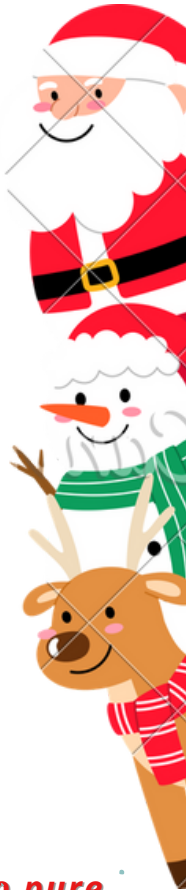
The meeting concluded with Rotarian Lal Goel presenting Dr Avinash Gupta with the Rotary Club flag, symbolising a shared commitment to service and partnership. He conveyed sincere appreciation for Dr Gupta's leadership and support in advancing the cause of organ donation—a mission that transforms compassion into lives saved.

MERRY CHRISTMAS ORGAN & TISSUE DONATION

*Multicolored twinkling lights remind us life's path is clear,
Elegant vintage ornament collections hang with festive cheer,
Radiant star of Bethlehem guides a spiritual celebration dear,
Rails wrapped in festive Garland show a life beautifully entwined,
Yearning to help, as Saanta-Kloz inspires an altruistic mind.
Cherished dishes for loved ones, bringing people together near,
Heart's true purpose echoed in the solemn midnight mass we hear,
Reaching out to save a life, like the grace of the gentle doves,
In every Christmas tree we see, a promise of eternal loves,
Shimmering Sparkling lights reflect the hope a donor gives,
Tiny bells ring out the joy for every life the donation lives,
Memory kept alive by angels and wreaths on every door,
As candles dedicating prayer light the path to healing more,
Sweet candy canes symbolize a life extended, a true decorative accent so pure*



Rtn Hemalatha Bhandari
President Elect





HEALTHY FOOD - HEALTHY ORGANS

Healthy Caramelized Makhana



Rtn Ruby Agarwal
Inspire Secretary

Ingredients:

- 1 cup makhana (fox nuts/lotus seeds)
- 1/2 cup jaggery, grated or crushed
- 1/4 cup sesame seeds (white or mixed)
- Pinch of salt
- 3 tablespoons water



Instructions:

Dry roast the makhana: Heat a heavy-bottomed pan over medium heat. Add makhana and dry roast for 7-9 minutes, stirring frequently, until they become crispy and turn golden brown with a light crackling sound. Transfer to a plate and set aside.

Toast the sesame seeds: In the same pan, dry roast sesame seeds for 1-2 minutes over low heat until they become fragrant and lightly golden. Set aside with the makhana.

Prepare the caramel: Add grated jaggery and 3 tablespoons of water to the pan. Cook over medium-low heat, stirring continuously, until the jaggery melts completely and begins to bubble (about 3-4 minutes). To test if it's ready, drop a small amount in cold water—it should form a soft ball.

Combine everything: Quickly add the roasted makhana and sesame seeds to the bubbling jaggery. Stir vigorously to coat each piece evenly. Add a pinch of salt and mix well.

Set and break: Immediately transfer the mixture onto parchment paper or a plate lined with parchment. Let it cool completely (about 10-15 minutes), then break into bite-sized clusters.

Tips:

- Dry roasting takes slightly longer but makes makhana extra crispy
- Work quickly once the jaggery caramelizes, as it sets fast
- Use parchment paper instead of greasing the plate
- Store in an airtight container for up to a week
- Optional: add a pinch of cardamom powder or cinnamon for warmth

Enjoy your completely oil-free, nutritious snack!

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Rtn Regina Gupta
Club Member

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Profession: HR Consultant Leader

Family: Husband Sunil Gupta and 1 daughter, Simren.

Favourite Food: Fijian Fish Curry

Favourite Holiday Destination: Fiji

Favourite Book: To kill a Mockingbird

Favourite Song: Give me some sunshine, Give me some rain

Favourite Quote: "It doesn't matter where you come from or where you're going. It's who you help along the way that changes your life."
~author unknown

Date of Birth: May 12

Wedding Anniversary: December 24

Your presence on social media: Facebook

Why did you choose to become a member of RC Organ Donation International: To Educate and be an advocate for potential future donors about the gift of giving with zero risks to their own self.



**SCAN
ME
FOR
QUICK
PLEDGE**

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