

**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

**IMPACT OF NEURO-LINGUISTIC
PROGRAMMING (NLP) ON ORGANS**



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 Abha Agrawal
NLP Mind Trainer,
Wellness Coach
& Counsellor
Ahmedabad

Rtn Ruby Agarwal
Inspire Secretary

Rtn Rupal Bhandari
Club Member

Time & Date: 8 PM on Sunday 7th Dec. 2025

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

**HEROES DON'T ALWAYS WEAR CAPES —
SOMETIMES THEY CARRY DONOR CARDS
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

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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

It is with immense pride and joy that I share the remarkable growth our club continues to experience. Our mission of organ donation awareness is resonating far beyond what we imagined when we first began this journey.

Recent weeks have brought encouraging signs of our expanding impact. When the Inspire Secretary and I met with transplant games athletes, their genuine curiosity about our activities confirmed that our message is reaching those who understand its significance most deeply. The overwhelming turnout at our program at CISF Tarapur Atomic Power Station demonstrated the hunger for knowledge about this life-saving cause. Perhaps most touching was the thoughtful question posed by a young student at Aryan High School, Palghar—a reminder that young minds are ready and eager to learn about organ donation. The Vadodara Airport Deputy Commandant's observation that such awareness programs are essential for all stakeholders reinforces our conviction that we are on the right path. My recent media interview revealed that journalists are keen to amplify our message, recognising their crucial role in spreading awareness.

This edition introduces an innovative series profiling our dedicated office bearers and members—uniquely told through the eyes of their loved ones, offering intimate perspectives on the hearts behind our mission.

Our multi-talented President-Elect, Rtn Hemalatha Bhandari, graces these pages with her inspiring poem "The Gift of Tomorrow" celebrating organ and tissue donation.

In our beloved "Healthy Food-Healthy Organs" section, our dynamic Secretary, Rtn Ruby Agarwal, shares her recipe for Healthy Paneer Paratha.

We also spotlight one of our esteemed members in "Interesting Facts About Our Members."

Together, we are not merely raising awareness—we are saving lives and building a legacy of hope.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

ROTARIAN LAL GOEL INSPIRES TRANSPLANT GAMES ATHLETES IN MUMBAI



Mumbai, November 28, 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 uplifting address to athletes from Rajasthan and Telangana participating in the Narmada National Transplant Games.

The inspiring event, held at Ocean Suites, Mumbai, was thoughtfully organised by Rotarian Harsh Vardhan, a kidney recipient and Captain of the Indian Archery Team for the World Transplant Games 2025 in Dresden, Germany.

During his address, Rotarian Lal Goel highlighted the rapidly evolving landscape of organ transplantation in India. He noted that, through sustained advocacy efforts, significant progress has been made in reducing financial barriers. The Government of India has increased financial coverage under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) from ₹5 lakh to ₹15 lakh for organ transplants. He also shared that the Maharashtra Government has enhanced support for liver transplants to ₹22 lakh under the combined AB-PMJAY and Mahatma Jyotiba Phule Jan Arogya Yojana (MJPJAY) schemes. Further, the Government of India will now provide ₹10,000 per month to economically weaker transplant recipients to support post-operative care — a crucial step in improving long-term outcomes.

Ms. Vasundhara Raghavan, COO of Kidney Warriors Foundation, emphasised the vital need for stronger collaboration among NGOs working in the organ donation ecosystem to create more meaningful and widespread impact.

The gathering was also graced by Ms. Poulomi Kundu, Sports Journalist; Rotarian Ruby Agarwal, Secretary of the Rotary Club of Organ Donation International; and several organ donors, recipients, and supporters from the transplant community, whose presence added warmth and inspiration to the occasion.

Rotarian Lal Goel expressed heartfelt appreciation to Rotarian Harsh Vardhan for organising this well-planned and motivational session, which brought renewed confidence, unity, and encouragement to the transplant athletes as they prepare for upcoming national and international competitions.

ROTARIAN LAL GOEL ADDRESSES CISF TARAPUR ATOMIC POWER STATION ON THE LIFE-SAVING IMPACT OF ORGAN DONATION



Tarapur, Maharashtra – November 29, 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 insightful and inspiring presentation on organ donation to CISF officers and personnel at the Tarapur Atomic Power Station, Boisar, Maharashtra.

In his address, Rotarian Goel emphasised the transformative power of organ donation, explaining that one brain-dead donor can save up to 9 lives and enhance the quality of life for up to 75 individuals. He also outlined the two major global systems of organ donation—Opt-In and Opt-Out—and provided a clear understanding of India's position within this international framework.

Highlighting India's structured and integrated organ donation network, Rotarian Lal Goel elaborated on the roles of the National Organ and Tissue Transplant Organisation (NOTTO), Regional Organ and Tissue Transplant Organisations (ROTTO), and State Organ and Tissue Transplant Organisations (SOTTO). He further explained the crucial Green Corridor system, which ensures the rapid and safe transportation of organs for transplantation.

In a heartfelt appeal, Rotarian Goel encouraged CISF personnel to become ambassadors of this life-saving cause by initiating meaningful conversations with their families and communities about organ donation.

Mr Ashu Singhal, Senior Commandant, CISF, praised Rotarian Goel for his unwavering dedication to organ donation advocacy. He expressed confidence that the session would inspire many officers and personnel to consider pledging their organs after discussing the decision with their families.

Mr Martyunjay, Deputy Commandant, delivered the vote of thanks, warmly recalling his earlier association with Rotarian Goel during his tenure at MRPL, Mangalore, and acknowledging Goel's enduring passion for this noble mission.

The session was also attended by Rtn. Ruby Agarwal, Inspire Secretary of the Rotary Club of Organ Donation International, along with several CISF officers and a large gathering of personnel.

ROTARIAN LAL GOEL LEADS IMPACTFUL ORGAN DONATION AWARENESS PROGRAM AT ARYAN HIGH SCHOOL, PALGHAR



Palghar, Maharashtra – November 29, 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, served as the Chief Guest and Keynote Speaker at a special Organ Donation Awareness Program held at Aryan High School, Palghar. The event was organised by the Rotary Club of Palghar.

Principal Ms Vibhuti Chaudhari warmly welcomed Rotarian Goel, expressing confidence that the session would provide students with valuable insights and motivate them to understand the life-saving significance of organ donation.

Addressing Rotarians, teachers, and students, Rotarian Lal Goel highlighted India's pressing need for greater awareness and participation in organ donation. He inspired students to act as ambassadors by sharing accurate information with their families and helping build a compassionate, informed society.

Responding to questions from students, Rotarian Goel clarified that only close blood relatives are eligible for living organ donation under current laws in India. He also emphasised the vital role of road safety, urging students to always wear helmets while riding two-wheelers and seatbelts in four-wheelers, noting that many cases of brain death—which can lead to organ donation—are caused by preventable road accidents.

Rtn Bhagwan Patil, Chief Coordinator for Rotary International District 3141, praised Rotarian Goel's unwavering commitment to promoting organ donation and assured him that the Rotary Club of Palghar would conduct more awareness programs across local schools.

Rtn Sanjay Mahajan, President of the Rotary Club of Palghar, presided over the event and expressed gratitude for Rotarian Goel's participation.

Rotarian Lal Goel extended heartfelt thanks to Rtn Bhagwan Patil and Rtn Sanjay Mahajan for organising the program at short notice and for their dedication to the cause.

The event was also graced by Rtn Ruby Agarwal, Inspire Secretary of the Rotary Club of Organ Donation International, Rtn Prof. Rajesh Kasat of Rotary Club Virar along with school faculty members and a large gathering of enthusiastic students.

ROTARIAN LAL GOEL APPLAUDS CENTRAL INDUSTRIAL SECURITY FORCE (CISF) FOR THEIR VITAL ROLE IN ORGAN DONATION



Vadodara, Gujarat – November 24, 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 CISF officers and personnel at Vadodara Airport, highlighting the pivotal contribution of India's security forces in enabling life-saving organ transplants.

In his impactful address, Rotarian Lal Goel underscored the critical importance of Green Corridors—the high-priority, traffic-free routes created to transport organs swiftly and safely. He explained that harvested hearts have a shelf life of merely 4 to 4.5 hours, often requiring rapid transport across long distances, including major routes such as Mumbai to Delhi.

“The window for retrieval and transplantation is extremely narrow,” he emphasised. “Green Corridors, made possible through the coordination of agencies like CISF, have ensured timely transplants and saved countless lives.”

Shri Krishna Prakash, Deputy Commandant, warmly welcomed Rotarian Lal Goel and his wife, Rtn Rajni Goel, to the awareness session. He praised Rotarian Goel's unwavering efforts to promote organ donation and assured that CISF personnel would now approach organ transport with even greater clarity and purpose.

“We will follow all standard operating procedures for screening organ boxes not just as protocol, but with the understanding that we are contributing directly to saving lives,” he said.

As a gesture of appreciation, Shri Krishna Prakash presented a CISF memento to Rotarian Lal Goel, in recognition of his dedicated service to this noble cause. He added that he hoped many personnel would consider pledging their organs after discussing the importance of donation with their families.

Rotarian Lal Goel expressed heartfelt gratitude to Shri Krishna Prakash and the assembled CISF officers and personnel for their enthusiastic participation, commitment, and readiness to support this humanitarian mission.

ROTARIAN LAL GOEL DISCUSSES INDORE GRAND WALKATHON FOR ORGAN DONATION WITH LEADING DIGITAL PLATFORM SPORTSAVOUR



Mumbai – December 3, 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, was recently interviewed by Ms Poulomi Kundu, renowned journalist and founder of the influential digital sports platform SPORTSAVOUR, regarding the upcoming Grand Walkathon for Organ Donation scheduled to take place on December 14, 2025, in Indore.

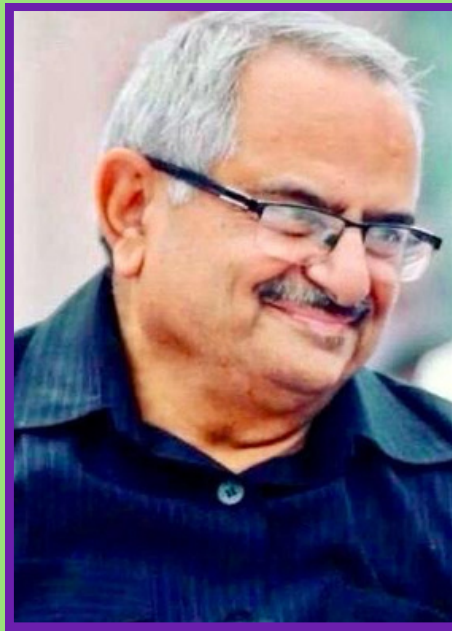
Ms Kundu, an accomplished media professional with a distinguished career spanning Hindustan Times, DNA, Doordarshan, Zee News, and Zee Business, founded SPORTSAVOUR to spotlight the unconventional, inspirational, and human stories in the world of sports. She also serves as Visiting Faculty at the International Institute of Sports Management (IISM), Mumbai, where she teaches Sports Media to both undergraduate and postgraduate students.

In the interview, Rotarian Lal Goel expressed his deep appreciation to Ms Kundu for delving not only into the details of the Indore Grand Walkathon but also into the wider mission of building organ donation awareness across India. Their insightful conversation aims to inspire SPORTSAVOUR readers and the broader public to understand the urgent need for organ donors and support life-saving initiatives.

The one-hour feature interview is scheduled to be published on SPORTSAVOUR next week.

NEW STEP

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Rtn Adv Ramesh Kumar Sharma
Club Vice President (26-27)



Rtn Adv Ramesh Sharma & his family

***"Our Grandfather,
Our Pride:
Celebrating His
Election as Vice
President of Rotary
Club of Organ
Donation
International
(2026-27)"***

MY GRANDFATHER: A GUIDING LIGHT

Dear Dadu

Every family has someone who quietly holds everything together. For me, that person is my grandfather. His presence brings calm, his words carry experience, and his actions reflect values that never fade with time.

He grew up in a world very different from ours, where opportunities were limited and life demanded hard work. Listening to him speak about his childhood feels like stepping into another era. His stories remind me of the strength that comes from patience, honesty, and discipline.

What I admire most is his outlook on life. He believes in doing the right thing, even when it is difficult. He never rushes through conversations and always listens with genuine interest. In a world full of noise, he teaches me the quiet power of understanding and kindness.

He also has a gentle sense of humor. Even the smallest joke from him can brighten the entire room. His laughter carries the warmth of someone who has seen both struggle and happiness and learned from both.

To me, he is not just an elder, but a mentor and a steady source of strength. His guidance helps me stay grounded, and his values: respect, hard work, and gratitude, are lessons I hope to carry with me as I grow.

He may not realize it, but he has shaped me in many ways. My grandfather is the quiet hero of our family, and I feel fortunate to have him in my life.

FROM YOUR ARNAV

LOVE YOU ALWAYS
DADU ❤️ ❤️

Dear Nanu,

Thank you so much for making my holidays so special! I had the best time with you during my summer and winter vacations. I loved our family trip to Bhutan, The mountamis were so big and beautiful, and I had so much fun exploring new places with you. Your sense of adventure and love for exploring new places. Your stories make me dream about magical places and happy adventures.

I 'always feel safe and loved when you are with, Thank you for always making mi aich, teaching me new things, and giving me the best hugs.

I am so lucky to have a wonderful Nanu like you.

Granddaughter
Aarambhika
(Aru) 6 years

**Grandpa's are the great father
who got promoted to grandfathers
So as mine**

Hey, I am Advika Bhardwaj, and my dadu's name is advocate Ramesh Kumar Sharma. A very special person in my life. He is one of the brilliant advocate, who is very wise and justice-loving person. Though he's getting old, but he is still very strong and active.

Every morning he goes for a walk and at night, we spend hours hearing stories about his life and experience which motivates me a lot, I love playing and spending time with my dadu.

He is the best Dadu and I love him a lot.

Granddaughter
Advika
7 years

The Gift of Tomorrow

ORGAN & TISSUE DONATION

*Six feet under is not the end,
In Life's final hour, a soul to lend,
Greatest Kindness, a selfless, loving deed.
New lease on life, fulfilling a desperate need.
Understand the power your choice can hold,
Promise of hope, more precious than gold.
See the difference a single gift can make,
Pain and waiting for a loved one's sake,
Everyday, a chance to ease the plight,
Another dawn, another soul's long night,
Know the statistics, the waiting list is long.
Open your heart, where you truly belong,
Unity in giving, a community's embrace,
Transform a tragedy into lasting grace.
Share your decision,, let your family know,
All of your wishes, help your good seeds grow.
Validate your choice, a talk that must be had,
Ensure your purpose, never feeling sad.
Love's legacy, forever taking flight,
In other's hearts, you'll shine ever so bright.
Voice your stance, a message clear and true,
Each precious moment, starting fresh and new,
Sign up, speak out, let your light shine through.*



Rtn Hemalatha Bhandari
President Elect

HEALTHY FOOD - HEALTHY ORGANS

Healthy Paneer Paratha

Made with slim milk & slim curd paneer –
high-protein, low-fat, perfect for weight management



Rtn Ruby Agarwal
Inspire Secretary

Low-Fat Paneer (1 litre slim milk + 3–4 tbsp slim curd)

Heat milk to boil, add diluted curd, stir until curdled. Strain through muslin, rinse, hang 15–20 min. Crumble when cooled.

Paneer Filling

Mix: 1 cup crumbled paneer,
1 Onion chopped (optional),
2 tbsp fresh chopped coriander,
1 green chilli finely chopped,
¼ tsp jeera powder,
¼ tsp black pepper, salt.



Dough

Knead 1 cup whole wheat flour with warm water, ¼ tsp ajwain and salt. Rest 10 min.

Assembly

Roll dough ball, add 2–3 tbsp filling, seal and roll into paratha. Cook on non-stick tawa (medium heat) until brown spots appear—no oil needed. Press gently while cooking.

Serve hot with Slim curd, mint-coriander chutney, or salad.

Benefits: High protein, zero oil, low-fat, fiber-rich, filling

NEW STEP

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Rtn PHF Deepak Goel
Club Member

Name: Deepak Goel

Mobile: 9359508690

E-mail: deepgas@hotmail.com

Profession: philanthropist

Family: Asha Goel(Wife), Dr Gautam Goel (Son), Ritika (Daughter in-law) & Neevan (Grandson)

Favourite Food: Indian Food

Favourite Holiday Destination: San Diego

Favourite Book: Reader's Digest

Favourite Song: Zindagi EK Safar Hai Suhana

Favourite Quote: Keep it up

Date of Birth: 21.8

Wedding Anniversary: 3.12

Your presence on social media: Facebook

Why did you choose to become a member of RC Organ Donation International: This is a noble cause based Club



**SCAN
ME
FOR
QUICK
PLEDGE**

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