

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**

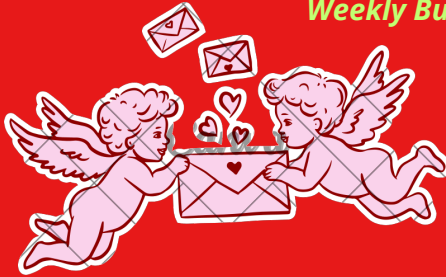


**LET'S
INSPIRE !**

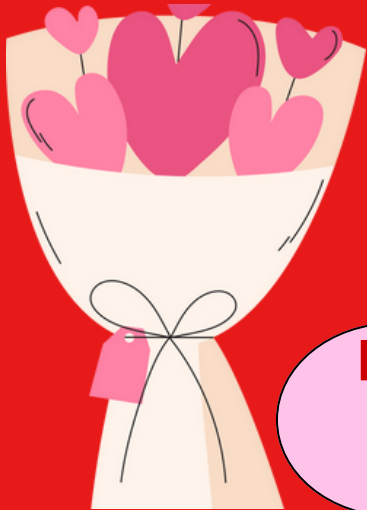
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NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



**HAPPY
Valentines
DAY**



UNITE FOR GOOD Rotary Club of **ORGAN DONATION INTERNATIONAL** **LET'S INSPIRE !**

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

ORGAN DONATION AWARENESS IN EDUCATIONAL INSTITUTION

Rtn Prof Dr Lakshmi Goel
Dean
School of Business Administration
Al Akhawayn University
Morocco

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

Rtn PHF Ritika Gupta
Inspire President
Director
Gyan Public School
Aligarh

Rtn Dr Brinda Shine
Academic Dean
Skillversity
Cochin

Rtn Sandeep Kulshrestha
Coordinator & PGT Biology
Gyandeep Shiksha Bharati
Mathura

Rtn Roopa Arora
Liver Donor
Teacher
Government Model
Senior Secondary School
Chandigarh

Rtn Ruby Agarwal
Inspire Secretary

Rtn Dr Nitin Agrawal
Club Member

Time & Date: 8 PM on Sunday 15th Feb., 2026

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



**PLEDGE YOUR HEART ON
THIS VALENTINE'S DAY
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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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

Valentine's Day is a celebration of love—but true love goes far beyond flowers, chocolates, and words. The purest expression of love is the gift of life itself. By pledging to donate your organs, you offer hope to someone anxiously waiting for a second chance. This Valentine's Day, let your love live on forever—let it beat in another heart, breathe through another's lungs, and shine through another's eyes.

The past week has been both hectic and deeply fulfilling. On 3rd February 2026, we conducted three impactful organ donation awareness programmes in Chennai—at Sriram Engineering College at 10 AM, Agni College of Technology at 1:30 PM, and concluded the day at Doordarshan Chennai at 4 PM. Each platform allowed us to reach young minds, educators, and media professionals, reinforcing that awareness is the first step toward action.

On 4th February, we addressed a vibrant corporate gathering at CISCO Chennai, highlighting the transformative role corporates can play in promoting organ donation within their ecosystems. After a four-hour journey to Puducherry, we were ready for two more programmes the following day—first at Puducherry Airport, acknowledging the crucial role airports play in facilitating life-saving organ transport, and then at Women's Engineering College, Puducherry, where we emphasised the powerful role women can play in strengthening India's organ donation movement.

Our Club Medical Director, Rtn PHF Rohan Monis, represented our mission at Kanachur Hospital & Research Centre, Mangaluru, for an organ donation awareness programme, and also strengthened Rotary bonds during the Flag Exchange with the Rotary Club of Panaji Riviera, Panaji.

This issue also carries heartfelt contributions from our leaders. President-Elect Rtn Hemalatha Bhandari's emotional and thought-provoking story, *A Spark of Radical Hope*, will surely inspire you. In our popular "Healthy Food-Healthy Organs" segment, our dynamic Secretary Rtn Ruby Agarwal shares a refreshing, sugar-free Healthy Strawberry Lemonade recipe—reminding us that caring for our organs begins with daily lifestyle choices. Our "Interesting Facts About Our Members" spotlight continues to celebrate the inspiring individuals who make our Rotary family extraordinary.

Friends, awareness must now translate into commitment. Government initiatives alone are not enough—we, as responsible citizens and Rotarians, must lead from the front. Let us pledge, motivate our families, and create a ripple effect of compassion and courage.

This Valentine's Day, let your love beat beyond a lifetime—pledge to donate your organs and give someone the ultimate gift of life.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

AIRPORT AUTHORITIES PLAY A VITAL ROLE IN ORGAN DONATION, SAYS ROTARIAN LAL GOEL



Puducherry, 5 February 2026 — Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, underscored the crucial role airport authorities play in saving lives through organ donation.

Addressing an organ donation awareness programme, the first of its kind in the Airport Terminal Building, Puducherry, Rotarian Lal Goel highlighted how airport authorities serve as silent yet indispensable partners in the organ donation ecosystem. He explained that swift coordination, priority clearances, and seamless air connectivity enable the rapid intercity transport of donated organs, ensuring they reach recipient hospitals within critical time limits.

The Chief Guest, Shri K Rajasekhar Reddy, Airport Director, lauded Rotarian Lal Goel's unwavering commitment to promoting organ donation and acknowledged the growing responsibility of airports in supporting green corridors and time-sensitive medical transfers.

The Guest of Honour Rotarian PHF Deepak Goel, Foundation Chair (2026–27) of the Rotary Club of Organ Donation International, shared insights into the rich legacy of Rotary International, founded in 1905. He highlighted Rotary's global service initiatives in healthcare, education, and community development, noting the organisation's historic role in the near-eradication of polio worldwide.

Rotarian Hemalatha Bhandari, President-Elect, formally introduced the keynote speaker, Rotarian Lal Goel, to the distinguished gathering.

The programme, was jointly organised by the Airports Authority of India and the Rotary Club of Organ Donation International at Puducherry Airport, Puducherry.

Concluding his address, Rotarian Lal Goel expressed heartfelt gratitude to Shri K Rajasekhar Reddy and all departments of Puducherry Airport for organising the programme. He voiced confidence that such initiatives would create a strong ripple effect, inspiring greater public awareness and participation in organ donation.

WOMEN ARE THE BACKBONE OF INDIA'S ORGAN DONATION MOVEMENT, SAYS RTN LAL GOEL



Puducherry, 5 February 2026 — Emphasising that the future of organ donation in India rests significantly in women's hands, Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, called upon young women to emerge as leaders, decision-makers, and advocates of this life-saving cause.

Addressing students and faculty as Chief Guest and Keynote Speaker at Women's Engineering College, Puducherry, Rotarian Lal Goel invoked the timeless words of Mahatma Gandhi: "If you educate a man, you educate an individual; but if you educate a woman, you educate an entire family."

Rotarian Lal Goel explained that when a woman understands the importance of organ donation, her awareness naturally spreads—from her family to the neighbourhood, the city, the state, and ultimately the nation. Emphasising the multiplier effect of women's awareness, he described women as the most powerful change agents in building a culture of consent and compassion.

In his address to the all-women student body, Rotarian Goel urged them to raise their children without gender discrimination, so that the disparity currently evident in organ donation in India can be eliminated in future generations.

Rotarian Ritika Gupta, Inspire President of the Rotary Club of Organ Donation International, elaborated on the humanitarian mission of Rotary International and the club's focused efforts to normalise discussions on organ donation. She appealed to students to become ambassadors of awareness, using education, empathy, and peer leadership to break myths and taboos surrounding donation.

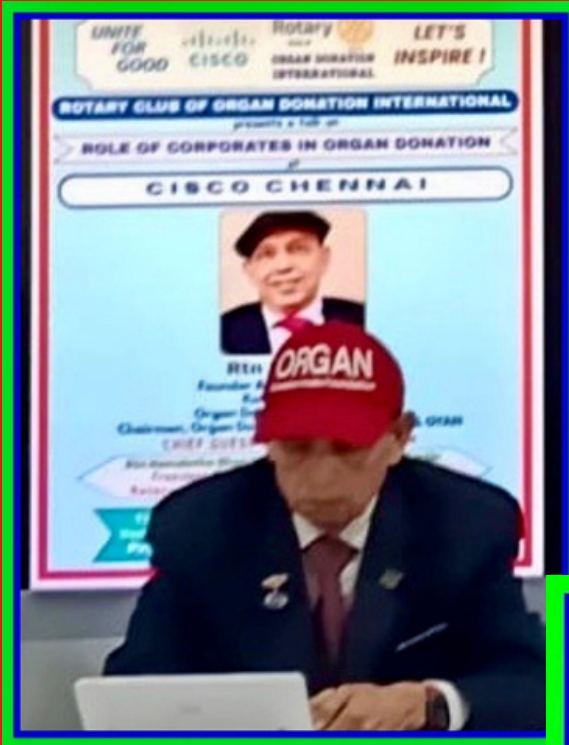
Rotarian Hemalatha Bhandari, President-Elect of the Rotary Club of Organ Donation International, introduced Rotarian Lal Goel as the Chief Guest & Keynote Speaker and highlighted his decades-long commitment to organ donation advocacy at national and international levels.

Dr M. Thanigasalam, Principal of Women's Engineering College, Puducherry, warmly welcomed Rotarian Goel and noted that such sensitisation programmes play a crucial role in shaping socially responsible engineers and leaders.

Mr V. Sendil Kumar, HOD In-Charge (ECE), expressed heartfelt gratitude to Rotarian Lal Goel and the Rotary team, stating that the session had inspired deep reflection among students and faculty alike.

Concluding the programme, Rotarian Lal Goel thanked the Principal, faculty members, and the large gathering of students for their keen attention and urged them to convert awareness into action—by discussing organ donation within their families and pledging their support to this humanitarian cause.

CORPORATES CAN BE GAME CHANGERS IN ORGAN DONATION, SAYS ROTARIAN LAL GOEL



Chennai, 4 February 2026 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, emphasised that corporate organisations have the power to become true game changers in India’s organ donation movement.

Speaking at a well-attended corporate engagement at Cisco’s Chennai office, Rotarian Lal Goel called upon industry leaders to proactively address the country’s severe shortage of organ donors. Highlighting the corporate sector’s immense reach, resources, and influence, he outlined three key areas where corporates can make a decisive impact:

- Creating awareness by organising structured educational programmes to dispel myths and misconceptions surrounding organ donation**
- Facilitating infrastructure by supporting the establishment of organ donation and retrieval centres in partnership with hospitals**
- Extending financial support by creating corpus funds to assist economically weaker transplant patients who are unable to afford life-saving procedures**

Rotarian Hemalatha Bhandari, President-Elect of the Rotary Club of Organ Donation International, formally introduced the Chief Guest and Resource Person, Rotarian Lal Goel, to the audience.

Mr Kanchan Kumar Dey, Director, Cisco, expressed appreciation for the insightful session and announced Cisco’s intent to organise a pan-India organ donation awareness programme for its employees across the country. He also felicitated Rotarian Lal Goel with a memento in recognition of his sustained contribution to the cause.

Mr Vijay Krishna welcomed Rotarians Lal Goel, Rajni Goel, Hemalatha Bhandari, and J. Harry Martin to Cisco’s office at TRIL Infopark, Chennai.

Expressing his gratitude, Rotarian Lal Goel thanked Mr Dey, Mr Krishna, and Rotarian P. Kalaimani for hosting the programme and reaffirmed the Rotary Club of Organ Donation International’s continued support in expanding organ donation awareness through meaningful corporate partnerships.

MEDIA CAN BE A POWERFUL FORCE IN TRANSFORMING ORGAN DONATION AWARENESS, SAYS ROTARIAN LAL GOEL



Chennai, 3 February 2026 — The media has the power to transform public attitudes and significantly increase organ donation awareness in India, said Rotarian Lal Goel while addressing senior officials at Doordarshan Kendra, Chennai, on 3rd February 2026.

Speaking as Chief Guest and Resource Person, Rotarian Lal Goel — Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN — emphasised that India continues to face a severe shortage of organ donors, leading to thousands of preventable deaths every year.

Drawing a powerful parallel with the COVID-19 pandemic, he stated, “Just as the media played a decisive role in educating the nation during COVID-19, it can now create a similar mass movement for organ donation. Awareness saves lives — and the media is the strongest bridge between knowledge and action.”

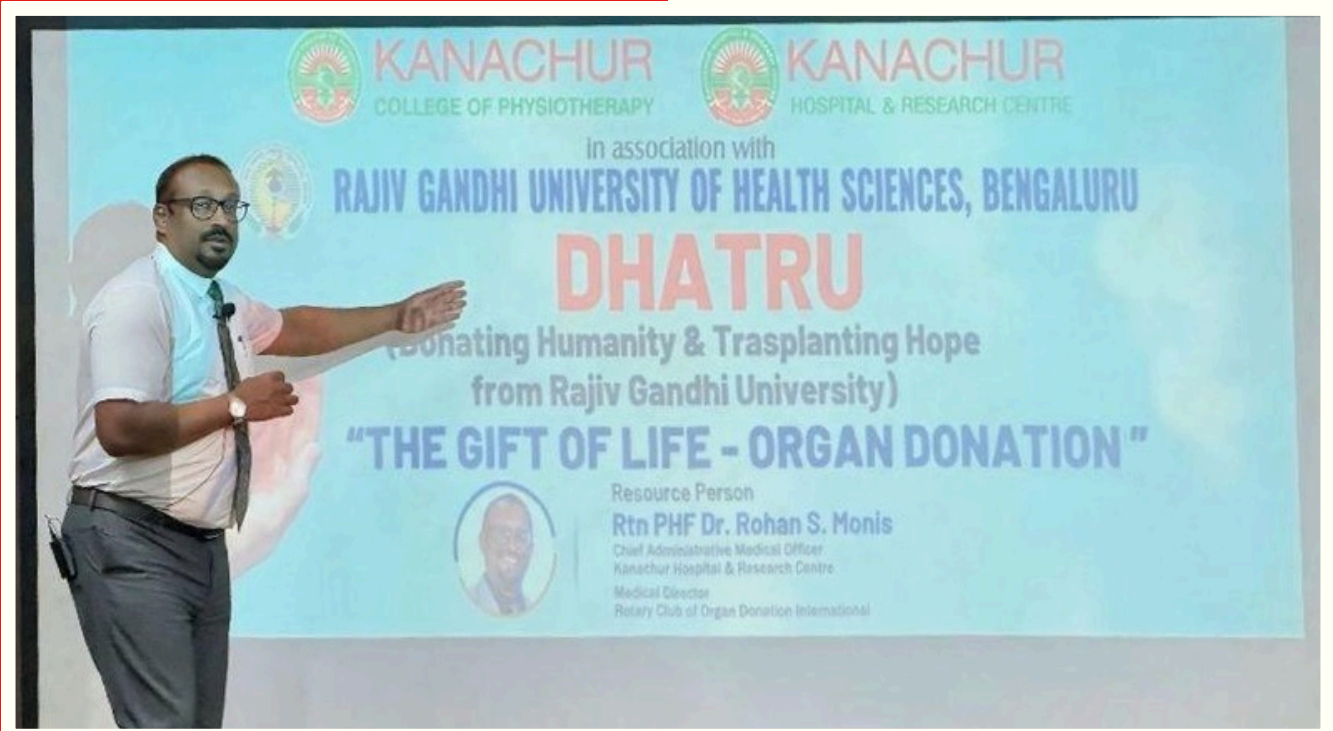
He urged media organisations to treat organ donation as a sustained social responsibility campaign rather than a one-time coverage event. He particularly appealed for regular pro bono public service announcements, survivor stories, expert discussions, and myth-busting programs to reach diverse audiences across urban and rural India.

Rotarian Hemalatha Bhandari, President-Elect of the Rotary Club of Organ Donation International, introduced Rotarian Lal Goel and highlighted his decades-long national and international advocacy for organ donation awareness.

The programme — the first of its kind at Doordarshan Chennai focused exclusively on organ donation — was attended by Shri Aligeti Narasaiah, Head of Office and Deputy Director General in Charge; Shri M. Jayasingh, Joint Director and Regional News Unit in Charge; Shri V. Navneeth, Head of Programmes; and senior officials including Shri Siva Balan and Shri A. Natarajan.

Concluding his address, Rotarian Lal Goel expressed gratitude to the Doordarshan team for their openness and commitment to this life-saving cause and presented them with the Rotary Club flag as a symbol of partnership in spreading awareness.

EMPOWERING FUTURE HEALTHCARE PROVIDERS TO ADVANCE THE ORGAN DONATION MOVEMENT, SAYS RTN PHF DR ROHAN S MONIS



Mangaluru, 2nd February 2026 – Under the leadership of the Rotary Club of Organ Donation International, in association with Rajiv Gandhi University of Health Sciences and its DHATRU initiative (Donating Humanity and Transplanting Hope from Rajiv Gandhi University), an Organ Donation Awareness session was held at Kanachur Hospital & Research Centre, Mangaluru. Kanachur College of Physiotherapy hosted the session.

Rtn PHF Dr Rohan Monis engaged and empowered 120 physiotherapy students from M.V. Shetty City College and Kanachur College. He opened by explaining the mission of the Rotary Club of Organ Donation International, which is committed to driving transformative change in organ donation across the Indian subcontinent. Emphasising their potential as future leaders in this critical initiative, Dr Monis encouraged the students to become advocates for this life-saving cause.

Dr Monis addressed the causes of organ failure and highlighted India's pressing organ crisis. He urged attendees to become voices for change in their future communities. The statistics are stark: annually, 250,000 people need kidneys, 80,000 require livers, and over 50,000 need hearts—numbers that continue to grow.

The students showed keen interest as Dr Monis explained living donation and deceased donation (following circulatory death and brain death). He outlined the roles of apex bodies like NOTTO and SOTTO, as well as the THOTA Act in India, and explained the opt-in procedure. Many students pledged to become organ donors. As future healthcare professionals and advocates for humanity, the attendees were inspired to serve as change agents with a strong voice for organ donation.

Dr Suhail, Principal of Kanachur College of Physiotherapy, felicitated Rtn PHF Dr Rohan S Monis with a plaque of gratitude, thanking him for the empowering and enlightening session

A CHERISHED FLAG EXCHANGE TRADITION IN ROTARY



Mangaluru, 9th February 2026: In a meaningful display of Rotary fellowship, Rtn PHF Dr Rohan S. Monis and Rtn PHF Sonia Shirsat exchanged their Rotary decorative club banners on Monday evening at Eden Club, Mangaluru.

Rtn PHF Sonia, a professional singer and the only certified Fadista (Fado singer) in the Indian Subcontinent, represents the Rotary Club of Panaji Riviera, Panaji, Goa—a 23-year-old club distinguished as 100% PHF.

During the exchange, Rtn PHF Dr Monis shared insights about the Rotary Club of Organ Donation International, a cause-based club founded by Rtn Lal Goel. This pioneering initiative has gained international recognition, with members spanning the globe—including organ donors and recipients whose stories inspire hope and action.

Discussing the critical organ shortage in India, Dr Monis proposed a joint online meeting between the Rotary Club of Organ Donation International and RC Panaji Riviera. Rtn Sonia responded enthusiastically to the proposal. Dr Monis also emphasised the vital importance of establishing Eye and Skin banks for the greater good of humanity—a cause that resonated deeply with Sonia, who noted that Goa needs such tissue banks as well.

Building on this momentum, Rtn Sonia, who chairs the InterCountry Committee at her club with partnerships in Portugal, proposed a collaborative multi-country meeting focused on organ donation awareness. InterCountry Committees (ICCs) in Rotary facilitate structured, long-term partnerships between Rotary districts or clubs across nations, fostering international understanding, peace, and goodwill through cross-border projects, cultural exchanges, and fellowship.

The evening concluded with a profound sense of shared purpose and humanitarian concern between Rotarians from the neighbouring states of Karnataka and Goa—perfectly embodying The Rotary International theme for 2025-2026, “Unite for Good,” and the timeless motto “Service Above Self.”

"A spark of Radical Hope"

A Story by Rtn Hemalatha Bhandari
President Elect



In the quiet halls of the city hospital, twenty-year-old Diya faced a moment that would change her family forever. Her father was critically ill, and fear hung heavy in the air. Yet in the middle of her second year of college, Diya did not step back. When she learned that her kidney was a perfect match, her mother's tears of worry slowly turned to relief.

Diya chose hope over fear.

The surgery was successful. The doctors were deeply moved by her courage. "This is a rare kind of strength," they said, admiring her calm and maturity. Diya stayed in the hospital for four days under careful watch. The pain was real, but she faced it quietly, trusting the process. Within six days, she was strong enough to return home to a clean and peaceful space where healing could truly begin.

Her recovery was not rushed—it was steady and careful. She followed every instruction: protecting herself from infection, drinking enough water, avoiding heavy work, and slowly bringing movement back into her days. Friends and family stood by her side, encouraging her at every step. With a healthy diet and regular checkups, Diya made sure her remaining kidney stayed strong.

As attention shifted to her father's recovery and his second chance at life, Diya felt many emotions: pride, worry, and quiet strength. She learned that life with one kidney can still be full and joyful. She could travel, exercise, work, and dream just like before.

Today, the sadness that once filled their home is gone. In its place is laughter, warmth, and the sound of a father alive because of his daughter's love.

Diya's choice was more than a medical procedure—it was an act of profound love. The small scar on her side may fade with time, but what it represents never will. It marks the moment she gave a part of herself so her father could continue living.

This was not just surgery. It was a gift of life. A moment where a daughter became the protector, and a family was made whole again. Diya showed us that true heroes are often quiet—they don't wear capes. Sometimes they wear hospital gowns and face fear with a gentle, steady smile.

Her story reminds us that love, courage, and kindness have the power to heal. By becoming a living donor, Diya didn't just save her father—she showed the world the transformative power of selfless love.

HEALTHY FOOD - HEALTHY ORGANS

Healthy Strawberry Lemonade (Sugar Free)



Rtn Ruby Agarwal
Inspire Secretary

Ingredients

- 2 tbsp fresh lemon juice
- 1/2 cups frozen strawberries
(no sugar or flavor added)
- 2 Tablespoons granulated
monk fruit sweetener
or granulated stevia
as per your taste
- 1 cup cold water or soda



Instructions

1. Place all of the ingredients in a high speed blender and blend until fairly smooth (no large chunks should remain).
2. Pour into glass (containing some ice if necessary).
3. Garnish with fresh strawberries and mint leaves, if desired.



Rtn Ashita Yadav
Club Member

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Profession: **student**

Family: **maa, brother, sister in law, nephew, sister, brother in law**

Favourite Food: **South Indian food**

Favourite Holiday Destination: **No where just home**

Favourite Book: **English and Science books**

Favourite Song: **Punjabi genera songs and English songs**

Favourite Quote: **Not any specific one just a thought "sabr karo bhole hai naa sab accha hoga"**

Date of Birth: **02-12**

Social media: **Only WhatsApp**

Why did you choose to become a member of RC Organ Donation International: **i want to do something for this world in this or that form**



**SCAN
ME
FOR
QUICK
PLEDGE**

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