

**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

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

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

MY JOURNEY AS A LIVING DONOR



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



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



Mr Preyas S Mehta
BPT, MS (Exercise Physiology)
Liver Donor
Senior Physical Therapist &
Clinical Director of Operations
Innovative Physical Therapy & Fitness Center
Edison and Kendall Park
New Jersey, USA



Rtn Ruby Agarwal
Inspire Secretary



Rtn Roopa Arora
Honorary Member

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

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

**LOG IN BEFORE
YOU LOG OUT
DONATE ORGANS**

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PUBLISHED ON BEHALF OF INSPIRE PRESIDENT RTN PHF RITIKA GUPTA
BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF
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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

For the first time in history, a social worker has been honoured with the Padma Shri award in the field of organ donation. Hats off to Mr Nilesh Mandlewala for his selfless service to mankind, and special gratitude to Prime Minister Narendra Modi for recognising his extraordinary contributions.

Recently, one of our members who owns a school asked me to create an accessible explanation of organ donation for young students. I'm confident that the student-friendly write-up we've developed will serve this important educational purpose well.

I was thrilled when our Club Skin Donation Chair, Rtn Dipan Shah—himself a tissue retrieval expert—invited me to address the Indian diaspora in the USA on organ donation. Rtn Shah will be addressing Indian audiences this December, continuing our mission to spread awareness across borders.

Our President-Elect, Rtn Hemalatha Bhandari, has contributed a deeply moving poem, "A Spark of Hope Beneath the Dark," on organ and tissue donation that is truly worth reading.

In our popular "Healthy Food-Healthy Organs" segment, our inspiring Secretary, Rtn Ruby Agarwal, shares a nutritious and mouth-watering recipe for Healthy Strawberry Cheesecake. We are sure you all will enjoy preparing and eating it.

This issue's "Interesting Facts About Our Members" spotlight celebrates one of our esteemed young club members, offering you a glimpse into the remarkable individuals who make our Rotary family so special.

Every article we publish, every story we share, every poem we feature, and every recipe we include contribute to our larger mission of promoting organ donation awareness. Together, we can bridge the gap and create a culture where the gift of life becomes a natural expression of our shared humanity.

Together we can. Together we will.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

ROTARIAN LAL GOEL COMMENDS PRIME MINISTER MODI FOR HISTORIC PADMA HONOUR IN ORGAN DONATION



Mumbai, 26 January 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, has expressed deep appreciation to Hon'ble Prime Minister Narendra Modi for the historic decision to confer the first-ever Padma Shri in the field of organ donation on Nilesh Mandalewala.

This unprecedented recognition marks a defining milestone for India's organ donation movement, formally recognising organ donation and transplantation as a national life-saving priority and bringing long-overdue visibility to a cause that saves thousands of lives every year.

Rotarian Lal Goel lauded the Prime Minister's consistent, sensitive, and visionary leadership in strengthening India's organ donation ecosystem. He highlighted several transformative initiatives undertaken under the Prime Minister's guidance, including:

- The landmark enhancement of Ayushman Bharat coverage under the AB-PMJAY Scheme for organ transplantation from ₹5 lakh to ₹15 lakh in 2023, significantly improving access to life-saving procedures for economically vulnerable families.
- Reiterated emphasis on organ donation through Mann Ki Baat, which has played a crucial role in sensitising, motivating, and inspiring millions of citizens across the country.

“This Padma Shri is not merely an individual honour; it is a tribute to the entire organ donation fraternity—volunteers, doctors, transplant coordinators, counsellors, and donor families—who work quietly and tirelessly to save lives,” said Rotarian Lal Goel. “We are deeply grateful to the Hon'ble Prime Minister for giving national recognition to this noble, humanitarian, and urgent cause.”

Rotarian Goel warmly congratulated Mr Nilesh Mandlewala for his selfless and sustained service to society and recalled his association with him through several online interactions. He expressed confidence that this historic honour will inspire many more individuals, institutions, corporates, and youth to actively support organ donation and help bridge the critical gap between demand and availability of organs in India.

“This historic Padma honour must now translate into mass action. Organ donation must move beyond recognition and become a nationwide people's movement—because every donation is a life-saver, and every donor has the power to save many lives,” Rotarian Lal Goel concluded.

A WRITE-UP TO EXPLAIN ORGAN DONATION IN SCHOOLS



Rtn Lal Goel

**Founder & Charter President,
Rotary Club of Organ Donation International**

What Is Organ Donation?

Organ donation means giving one's organs to save the lives of others—sometimes while a person is alive, and sometimes after death.

One organ donor can save up to nine lives and improve the lives of many more through tissue donation.

Organ donation is one of the greatest acts of kindness, courage, and humanity. It turns loss into hope and gives others a second chance at life.

Understanding Our Organs

Organs are vital parts of our body that perform essential functions and keep us alive and healthy.

Major Organs That Can Be Donated

- Heart – pumps blood throughout the body
- Lungs – help us breathe and supply oxygen
- Liver – filters toxins and helps digestion
- Kidneys – remove waste and extra water from the body
- Pancreas – helps control blood sugar levels
- Intestines – digest food and absorb nutrients

Tissues That Can Be Donated

- Corneas (the clear front part of the eye)
- Skin
- Bones
- Heart valves
- Blood vessels

Tissue donation can restore sight, heal severe injuries, and greatly improve quality of life.

Who Can Donate Organs?

Living Donation

Healthy adults can donate certain organs while they are alive, under strict medical supervision:

- One kidney (the body can function well with one)
- Part of the liver (the liver can regenerate)
- In special cases, part of the lungs, pancreas, or intestines

Living donors undergo detailed medical checks, counselling, and give fully informed and voluntary consent.

Donation After Death

Brain Death Donation

Brain death occurs when the brain permanently and irreversibly stops working. It is a medically and legally recognised form of death.

When brain death occurs:

- The person is declared legally dead
- Machines may temporarily keep the heart beating and organs functioning
- Doctors carry out careful and repeated tests to confirm brain death
- Only after this confirmation can organ donation take place

This rare moment provides a powerful opportunity to save many lives.

What Is a Green Corridor?

A Green Corridor is a specially planned traffic route created to transport donated organs quickly from the donor hospital to the transplant hospital.

How It Works

- Traffic signals are coordinated to stay green
- Police and traffic authorities clear the route
- Ambulances move without interruption

Why it matters:

Organs must reach recipients within a limited time to remain healthy and usable. Every minute saved can mean a life saved.

How Long Do Organs Remain Viable?

After retrieval, organs must be transplanted within specific time limits:

Organ Viable Time

Heart 4-6 hours

Lungs 4-6 hours

Liver 8-12 hours

Kidneys 24-36 hours

Pancreas 12-18 hours

Intestines 8-16 hours

How One Donor Can Save Nine Lives

Modern medical science allows one donor to help multiple people:

- Heart → 1 person
- Lungs → 2 people
- Liver → 2 people (it can be split between an adult and a child)
- Kidneys → 2 people
- Pancreas → 1 person
- Intestines → 1 person

👉 Total: Up to 9 lives saved by one donor

In addition, tissue donation can improve or heal the lives of up to 75 more people through eye, skin, bone, and valve transplants.

What Can Students Do?

Although students cannot donate organs until adulthood, they can play an important role today:

- ✓ Learn the correct facts about organ donation
- ✓ Talk with parents and family members about donation
- ✓ Challenge myths and misunderstandings
- ✓ Support awareness activities in school and the community
- ✓ Pledge to register as an organ donor when you turn 18

Your awareness today can save lives tomorrow.

Addressing Common Concerns

Does organ donation cause pain?

No. Deceased donors feel no pain. Living donors receive excellent medical care and pain management.

Does donation affect funeral or religious practices?

No. The body is treated with complete dignity and respect, and funeral rites are not delayed or altered.

Is organ donation safe and ethical?

Yes. Organ donation follows strict medical, legal, and ethical guidelines and is carried out by trained professionals.

A Pledge for Young Hearts (Optional)

"I will respect and value life.
I will learn and share the truth about organ donation.
And when I become an adult,
I will consider becoming a donor to help save lives."

Final Thought

"You don't need to be a doctor to save lives.
You only need the courage to give a gift that costs you nothing,
but means everything to someone waiting for a second chance."

Every person who chooses organ donation becomes a hero to the lives and families they touch.

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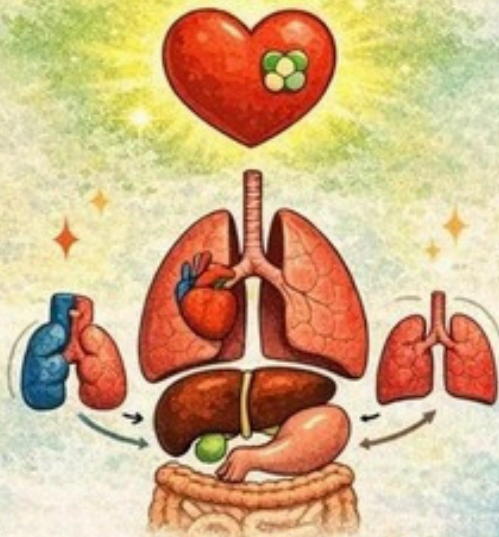
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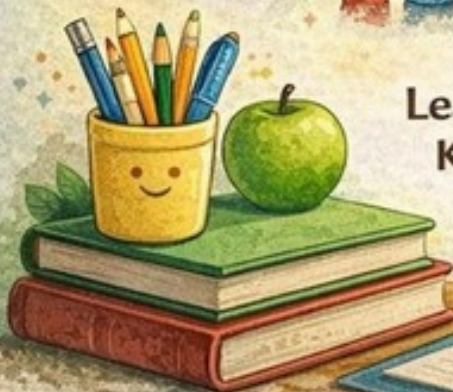
**LET'S
INSPIRE !**

A Student-Friendly Write-Up
Explaining Organ Donation

Organ Donation For Schools



1 DONOR → 9 LIVES



**Learn the Facts • Inspire
Kindness • Save Lives**



ROTARIAN LAL GOEL TO ADDRESS INDIAN DIASPORA IN THE USA ON ORGAN DONATION



Mumbai, February 1, 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, will address members of the Indian diaspora across the United States this summer to promote awareness and advocacy for Organ Donation.

The initiative follows a high-level strategic planning meeting between Lal Goel and Dipan Shah at the Hotel Hilton Garden Inn, Mumbai. The discussion culminated in a collaborative, bilateral education and outreach program aimed at strengthening Organ Donation awareness and best practices in both India and the United States.

During his US engagements, Rotarian Lal Goel will focus on the legal, ethical, and regulatory framework governing Organ Donation in India, while also highlighting the country's world-class transplant infrastructure and medical expertise. His addresses are designed to empower the Indian diaspora to actively engage their families and communities in India, encouraging informed decisions that can save countless lives.

As part of this reciprocal collaboration, Rotarian Dipan Shah will visit India in December, where he will share insights into the latest advancements, protocols, and innovations in organ and tissue donation from the United States, fostering cross-border learning and capacity building.

Rotarian Dipan Shah currently serves as the Tissue Donation Chair of the Rotary Club of Organ Donation International and is a Surgical Skin and Musculoskeletal Tissue Bank Recovery Specialist at MTF Biologics, working in association with NJ Sharing Network, USA.

The planning meeting concluded on a warm note of Rotary fellowship, with Rotarian Lal Goel presenting the Rotary Club flag to Rotarian Dipan Shah, who reciprocated by presenting an NJ Sharing Network poster—symbolizing a shared commitment to advancing the global mission of Organ Donation.

HAPPY
Birthday!

NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

Birthday of Members in February

- **Rtn Dr Shreya Goel**
1st Feb. (Mobile: +447575066466)
- **Rtn Hemalatha Bhandari** ★
1st Feb. (Mobile: +919916480369)
- **Rtn Digvijay Singh Gujral**
1st Feb. (Mobile: +919425152777)
- **Rtn Prof Dr Sudhir Saran**
5th Feb. (Mobile: +919730887067)
- **Rtn Shilpa Lourdu**
11th Feb. (Mobile: +919742375845)
- **Rtn Prashant Kapadia**
12th Feb. (Mobile: +919886755579)



“A spark of hope beneath the dark”

ORGAN & TISSUE DONATION

*A life cut short, a story left untold,
In the shadows of a tragedy so cold.
A sudden silence where a heartbeat played,
In grief, The hardest choices must be made.*

*But through the tears, a flicker starts to rise,
A spark of hope beneath the darkened skies.
To live life fully is a gift we own,
To give life back is seeds of mercy sown.*

*A stranger breathes because of one brave soul,
A broken circle suddenly made whole.
From final breath, a legacy is spun,
The miracle of life has just begun*



**Rtn Hemalatha Bhandari
President Elect**

HEALTHY FOOD - HEALTHY ORGANS

Healthy Strawberry Cheesecake



Rtn Ruby Agarwal
Inspire Secretary

Ingredients

Oat Crust: 1/2 cup rolled oats (dry roasted),
8–10 seedless dates (soft or soaked),
and 1/2 cup toasted almonds, cashews, walnuts

Cheesecake Filling: 200g fresh paneer (crumbled),
½ cup hung curd (thick, drained for 3–4 hours)
2 tbsp monk fruit sweetener,
and a dash of vanilla essence.

Strawberry Topping:

1 cup chopped strawberries,
1–3 tbsp jaggery (powdered),
and a few drops of lemon juice.



Instructions

Prepare the Crust: Blend the roasted oats, nuts, and dates in a food processor until they form a sticky, crumbly dough. Firmly press this mixture into the bottom of a container or individual glasses and refrigerate for 10–15 minutes.

Blend the Filling: In a mixer, blend the paneer, hung curd, dates, and vanilla until the mixture is silky smooth and resembles cream cheese.

Cook the Compote: In a pan, cook chopped strawberries with jaggery and a little water on low heat for 5–10 minutes until they become mushy and thick. Let this cool completely.

Assemble: Spread the cheesecake filling over the chilled oat crust. Pour the cooled strawberry compote on top and garnish with fresh strawberry slices.

Set and Chill: Refrigerate for at least 2–3 hours (or overnight) to allow the layers to set firmly before serving.

Healthy Tip: For extra fiber and a thicker topping, you can stir soaked chia seeds into the strawberry compote after it finishes cooking.

NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



Rtn Mradul Saraswat
Club Member

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Profession: student

Family: maa, 2 brother, 1 sister in law and 1 niece

Favourite Food: Aloo paratha, pav bhaji and momo

Favourite Holiday Destination: Home

Favourite Book: science books related to pharma and pharmacology

Favourite Song: So many

Favourite Quote: *if you can change your mind, you can change your life and world*

Date of Birth: 30-03-2002

Your presence on social media: WhatsApp and LinkedIn

Why did you choose to become a member of RC Organ Donation International: I love to serve others



**SCAN
ME
FOR
QUICK
PLEDGE**

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