

**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**

**NANAVATI  
MAX**  
Super Speciality  
Hospital

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

**LET'S  
INSPIRE !**

**ROTARY CLUB OF ORGAN DONATION INTERNATIONAL**

**INFECTION PREVENTION FOR HEALTHY ORGANS**

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Inspire President  
Rotary Club of  
Organ Donation  
International

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Charter President  
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Nanavati Max Super Speciality Hospital  
Mumbai

**Rtn Ruby Agarwal**  
Inspire Secretary

**Rtn PHF Dr Rohan Monis**  
Club Medical Director

**Time & Date: 8 PM on Sunday 4<sup>th</sup> Jan., 2026**  
Watch live on <https://www.youtube.com/@gyan8932>



**THIS NEW YEAR, RESOLVE TO BE A HERO  
BY PLEDGING YOUR ORGANS  
DONATE ORGANS**

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BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF  
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## FROM THE DESK OF CHIEF MANAGING EDITOR



Happy  
New Year!

Dear Fellow Rotarians and Esteemed Members,

As we step into 2026 with renewed hope and purpose, I am honoured to present this special edition of New Step, our magazine dedicated to the noble mission of organ donation and the transformative power of giving life.

This issue embodies the spirit of new beginnings. Our featured article, "A New Year, A New Beginning: The Gift of Life Through the Rotary Club of Organ Donation International," charts our ambitious vision for the year ahead—a roadmap for expanding awareness, fostering compassion, and saving more lives through the gift of organ donation.

We are privileged to share "Gift of Eyes, ORGAN & TISSUE DONATION," an inspiring poem by our newest member, Rtn Uma Jhavar, whose words beautifully capture the profound impact of this gift.

Equally moving is the heartfelt story on organ donation penned by our multi-talented President-Elect, Rtn Hemalatha Bhandari—a narrative that reminds us why our donation matters.

In our beloved "Healthy Food-Healthy Organs" segment, our dynamic Secretary Rtn Ruby Agarwal shares a nutritious recipe for Healthy Rice Kheer, proving that caring for our organs begins with what we put on our plates.

our "Interesting Facts About Our Members" spotlight celebrates the remarkable individuals who make our club extraordinary.

As we embark on this new year together, let us remember that every conversation about organ donation, every story shared, and every life touched brings us closer to a world where no one waits in vain for a second chance at life.

Yours in Rotary,

**IPP Rtn Lal Goel**

Chief Managing Editor  
Founder & Charter President

# *A New Year, A New Beginning: The Gift of Life Through the Rotary Club of Organ Donation International*

— Rotarian Lal Goel



As we stand at the threshold of a new year, we reflect on resolutions, renewal, and the promise of fresh beginnings. For one remarkable Rotary Club, “new beginnings” is not a metaphor—it is a mission. The Rotary Club of Organ Donation International is devoted to creating literal new beginnings for thousands of people awaiting the life-saving gift of an organ transplant.

When Paul Harris founded Rotary in 1905, he envisioned a fellowship anchored in Service Above Self. As we welcome 2026, that vision finds one of its most powerful expressions in organ donation advocacy—where the end of one life becomes the beginning of hope for many, and the spirit of the New Year is honoured in its truest and most humane form.



## The Crisis That Demands Our Attention

While the world celebrates renewal, over five lakh people in India die each year waiting for an organ transplant—denied the chance to see a new year, a new chapter, a new beginning. Yet within this tragedy lies an extraordinary possibility: one organ donor can save up to nine lives and enhance up to 75 more through organ and tissue donation.

These are not abstract numbers. They are birthdays celebrated, graduations attended, families reunited, and futures restored—made possible because someone, somewhere, chose to give the ultimate gift of life.

## A Year of Remarkable Impact

This cause-based eClub, uniting members across borders and time zones, has transformed commitment into measurable change. Free from geographic limitations, it has delivered sustained organ donation awareness across schools, colleges, universities, medical colleges, the Indian Navy, Indian Army, CISF units, corporate offices, Rotary and Inner Wheel clubs—reaching thousands with clarity, compassion, and credibility.

The club's work has earned it a place on the Advisory Board of the Karnataka State Organ & Tissue Transplant Organisation (SOTTO), enabling it to influence policy and strengthen systems at the state level. Its weekly online meetings, broadcast live and featuring leading medical, legal, and transplant experts, continue to educate, dispel myths, and inspire audiences across India and abroad.

Their journey proves a simple truth: when conviction meets consistency, lives are saved.

## History Created at Lok Bhavan, Kolkata

A defining highlight of this journey was etched into history at Lok Bhavan (formerly Raj Bhavan), Kolkata. In its 222-year history, this iconic institution witnessed its first-ever program dedicated exclusively to organ donation awareness.

Under the leadership of Rotarian Lal Goel, West Bengal's inaugural organ donation awareness campaign at Lok Bhavan set a powerful precedent for public health advocacy in the state. This landmark initiative transformed a symbol of governance into a platform of life-saving awareness—sending a clear message that organ donation is not merely a medical issue, but a moral, social, and humanitarian responsibility.

## A Bold Vision for 2026 and Beyond

As the new year dawns, the club offers a practical and forward-looking roadmap for Rotary International—one that can make 2026 a watershed year for organ donation advocacy:

### 1. A Dedicated Avenue Chair for Organ Donation

Make organ donation a permanent district priority through focused leadership that sustains momentum year after year.

### 2. A Global Rotary Commitment

Imagine a worldwide initiative—on the scale of End Polio Now—mobilising Rotary's millions to transform organ donation rates across continents.

### 3. Expanded Medical Infrastructure

-In India with 85% of revenue districts lacking transplant centres, partnerships with medical colleges can ensure geography never determines who receives a second chance at life.

### 4. Mobile Organ Retrieval Units

In transplantation, minutes matter. Rapid-response mobile units can save lives when time is the most precious resource.

### 5. Club-Level Expertise

Train at least one Organ Donation Ambassador in every Rotary Club—building a knowledgeable, compassionate network that multiplies impact at the grassroots.

## 6. Financial Aid Awareness

No one should miss another New Year because of cost. Promoting schemes like Ayushman Bharat in India, ensures eligible families know that financial support is available.

### Making Every Day Count

As we make personal resolutions—to be healthier, kinder, and more mindful—the Rotary Club of Organ Donation International invites a resolution with truly life-changing reach. What if 2026 is the year you register as an organ donor? What if your club makes organ donation awareness a priority? What if a single “yes” becomes someone else’s new beginning?

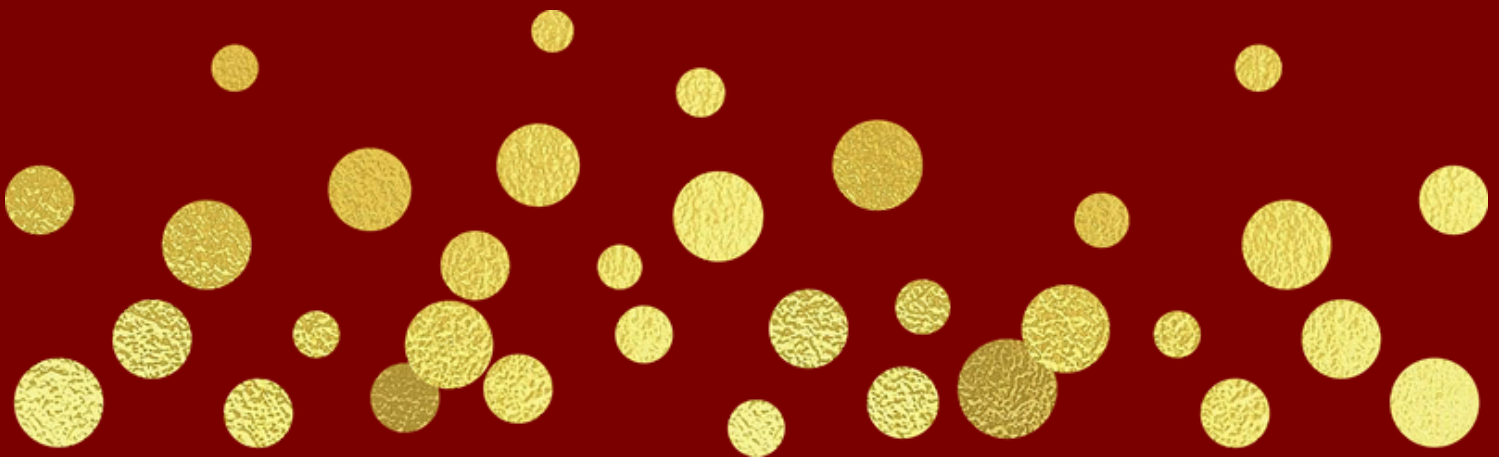
For those waiting, hope is not poetic—it is urgent. Organ donation offers the most profound gift imaginable: the gift of tomorrows—of watching children grow, pursuing dreams, and greeting another sunrise.

### A Toast to Life

As we raise a toast to the New Year, let us also raise our voices for those who may not see another without our help. Let us resolve to carry organ donation awareness into every community, every Rotary Club, and every heart willing to give the ultimate gift.

Service Above Self is not merely a motto—it is a promise we fulfil through action. As we celebrate new beginnings, let us create new beginnings for others.

Here’s to 2026—a year of hope, healing, and the transformative power of giving life. Happy New Year—may it truly be new for everyone who needs a second chance at life.



## **A WOMAN'S EXTRAORDINARY STRENGTH**



*by Rtn Hemalatha Bhandari*

*In a world that often confines women to labels like “tender” or “emotional,” Ankita demonstrated that these very qualities form the bedrock of remarkable strength. She was more than a devoted sister or loving daughter—she was a woman of conviction who transformed impossibilities into realities.*

*When her father’s health collapsed and doctors delivered a devastating prognosis, fear immobilised the family. But Ankita refused to surrender to despair. While others saw her primarily as a devoted mother, she recognised the warrior within herself. Without hesitation, she volunteered to donate part of her liver, dismissing concerns about the risks facing a young mother.*

*Breaking barriers doesn’t always require grand gestures or loud declarations. Sometimes it happens in the quiet courage of a hospital room, where a “tender” heart becomes the source of extraordinary bravery.*

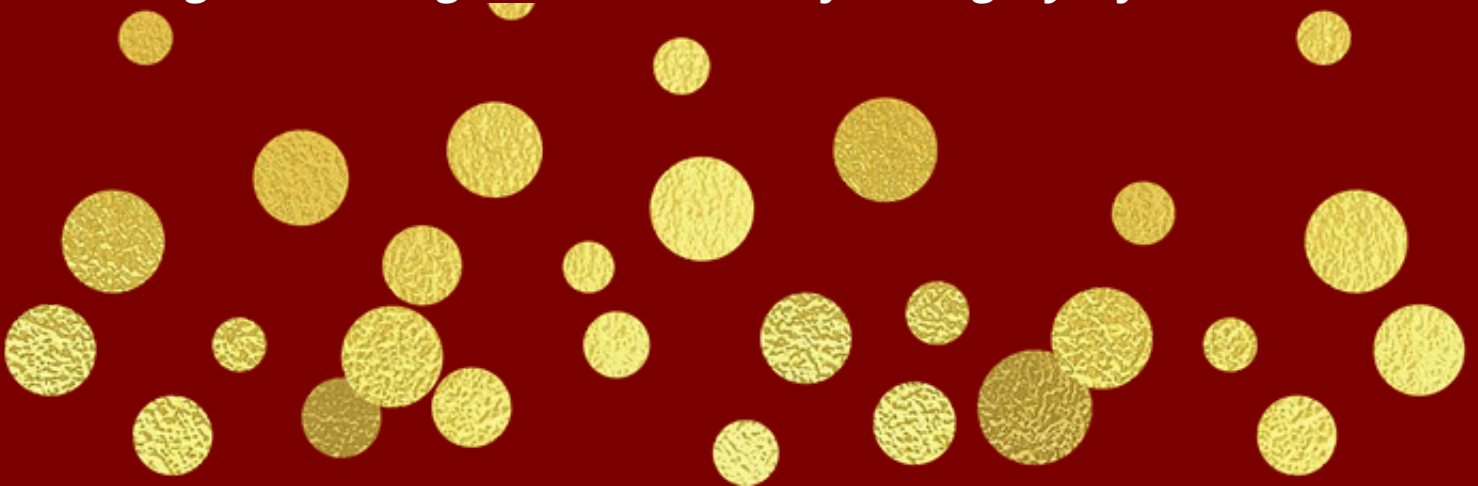
*The recovery tested her limits, but Ankita’s resolve never wavered. She didn’t merely survive—she transformed her ordeal into purpose, becoming an advocate for organ donation and teaching her daughters that compassion and courage are inseparable. Through her sacrifice, she proved that femininity encompasses both the grace to nurture and the fortitude to save lives.*

*In the months following surgery, Ankita's home became a haven of healing. Her sister Ananya witnessed how their father slowly regained his strength, bound together by Ankita's unwavering support. She approached rehabilitation with the same discipline she brought to every aspect of her life, refusing to let pain define her journey. What began as a medical procedure became a testament to human resilience, demonstrating that a woman's emotional intelligence is not weakness but strategic strength—the ability to lead with empathy while executing life-saving decisions with precision.*

*As her father took his first tentative steps in the garden, Ankita watched her daughters playing nearby and understood the legacy she was creating. She wasn't just raising them to be kind—she was showing them how to be forces of nature, how to turn "impossible" into "accomplished."*

*Today, she stands as living proof that when a woman decides to rise, she lifts everyone around her with a heart that is simultaneously unbreakable and tender.*

*Her courage flowed in a crimson tide,  
A daughter's love and life combined,  
Proving that strength lives in the selfless legacy left behind.*





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*Weekly Bulletin of the Rotary Club of Organ Donation International*

*Rotary Club of Organ Donation International*  
*wishes you*

**HAPPY  
NEW YEAR**

**2026**



**HAPPY**  
*Birthday!*

**NEW STEP**

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## Birthday of Members in January

- **Rtn Sanjay Pathak**  
2<sup>nd</sup> January (Mobile: 8191099701)
- **Rtn Jesudoss Harry Martin**  
2<sup>nd</sup> January (Mobile: 9841037432)
- **Rtn Abha Agarwal**  
5<sup>th</sup> January (Mobile: 9925016079)
- **Rtn Dr Uday Hiremani**  
15<sup>th</sup> January (Mobile: 9945911672)
- **Rtn Archana Sharma**  
16<sup>th</sup> January (Mobile: 9833258848)
- **Rtn Roopa Arora**  
17<sup>th</sup> January (Mobile: 9855250641)
- **Rtn Seema Manish Murarka**  
18<sup>th</sup> January (Mobile: 9004454425)
- **Rtn Supreya Swaroop Bhandari**  
19<sup>th</sup> January (Mobile: 9176323577)
- **Rtn Allan Soriano**  
23<sup>rd</sup> January (Mobile: +14084315544)
- **Rtn Kishore Kumar Mittal**  
24<sup>th</sup> January (Mobile: 9837079766)
- **Rtn Rajendra K. Agarwal**  
27<sup>th</sup> January (Mobile: 9137004753)





## Gift of Eyes

### **ORGAN & TISSUE DONATION**

*Give the gift of sight, a noble deed,  
Help those in darkness,  
a new path to proceed.  
In India, many suffer from  
corneal blindness too,  
Eye donation can restore their vision anew.*

*Donate your eyes, a precious gift,  
Helping others see, a lifelong lift.  
No change in face, no pain or fear,  
Just a noble act, that brings joy near.*

*Join hands together, let's make a change,  
Promote eye donation, and rearrange.  
Lives will transform, hope will shine bright,  
With every donation, a new light.*

*Give the gift of sight, a selfless act,  
Bringing joy and hope, to those in fact.  
Let's work together, hand in hand,  
And make a difference, in this land.*



**Rtn Uma Jhawar**  
**Club Member**

## HEALTHY FOOD - HEALTHY ORGANS

### Healthy Rice Kheer Recipe

This recipe uses dates for natural sweetness and omits the use of ghee for a lighter, healthier dessert.

#### Ingredients

¼ cup brown rice or unpolished rice,  
soaked for at least 1 hour  
1 liter low fat milk  
10-12 deseeded soaked dates  
then blended into a smooth paste  
½ tsp cardamom powder  
A few saffron strands  
2 tbsp chopped almonds, pistachios,  
cashews, and raisins for garnish  
(dry roasted if preferred, no ghee needed)

#### Instructions

**Prepare the Rice:** Rinse the soaked rice thoroughly and drain the water. Crush the soaked rice coarsely in a mortar and pestle or blender for a thicker consistency.

**Cook the Rice and Milk:** In a heavy-bottomed pan, bring the milk to a boil. Add the crushed rice, mix well, and cook on a low flame, stirring frequently to prevent the kheer from sticking to the bottom.

**Simmer:** Continue to cook until the rice is fully cooked and the milk has reduced and thickened (about 25-30 minutes).

**Add Sweetener and Flavor:** Once the rice is tender, switch off the flame and add the dates paste, cardamom powder, and saffron strands. Mix well.

**Garnish and Serve:** Let the kheer cool down. Garnish with chopped nuts and raisins. Serve warm or chilled.

#### Healthy Tips

**Use natural sweeteners:** Dates, raisins, or artificial sweeteners like stevia are excellent replacements for refined sugar.

**Skip the Ghee:** Nuts and raisins can be dry roasted or simply added raw without the need for ghee.

**Choose Whole Grains:** Opt for brown rice or millets for added fiber and a lower glycemic index.



**Rtn Ruby Agarwal**  
Inspire Secretary





# NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



**Rtn Rupal Bhandari**  
**Club Member**

**Name: Rupal Bhandari**

**Mobile: 9884715460**

**E-mail: rupal.ranjankar@gmail.com**

**Profession: Home Maker**

**Family: Sucheeth K Bhandari ( Husband), Mohit Bhandari (Son- 7 years), Devanshi (Daughter- 2 years)**

**Favourite Food: Chinese**

**Favourite Holiday Destination: Hill Station**

**Favourite Book: Devdutt Pattanaik's Krishna's Secret**

**Favourite Song: Tujhe dekha to jana sanam**

**Favourite Quote: 'All power is within you, You can do anything and everything'**

**Date of Birth: 25th March**

**Wedding Anniversary: 19th February**

**Your presence on social media: What's app, facebook, Instagram.**

**Why did you choose to become a member of RC Organ Donation International: Give Hope, Change Lives, Big impact, Leave behind a legacy yet untold**



**SCAN  
ME  
FOR  
QUICK  
PLEDGE**

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