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FOR  
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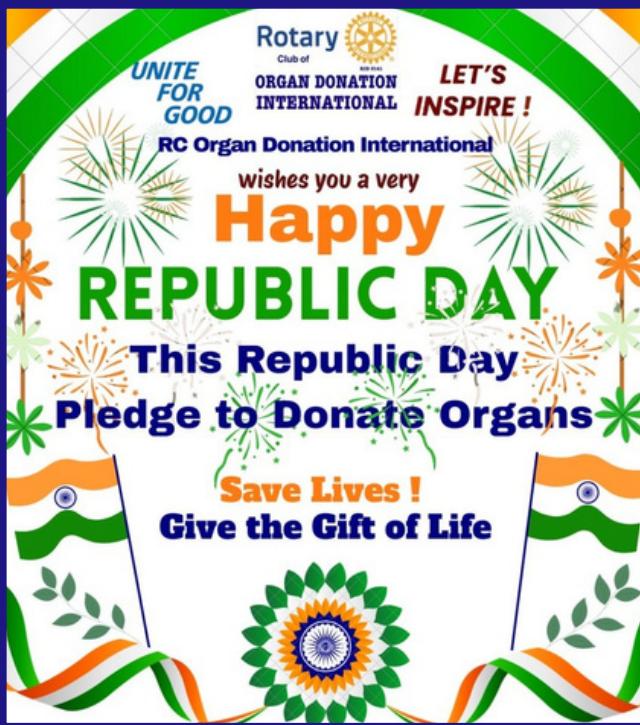
Rotary  
Club of  
**ORGAN DONATION  
INTERNATIONAL**

**LET'S  
INSPIRE !**

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# **NEW STEP**

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



**THIS REPUBLIC DAY,  
HONOUR THE CONSTITUTION  
GIVE LIFE THROUGH ORGAN DONATION**

**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,

I am very pleased to edit this Republic Day Special issue as India celebrates its 77th Republic Day. On 26th January 1950, our nation became a sovereign, democratic Republic with its own Constitution—a moment that continues to inspire our commitment to service and social transformation.

We are thrilled to announce that the Rotary Club of Organ Donation International has earned prestigious Platinum and Gold Honours at the glittering Rotary District 3141 award ceremony held at the National Sports Club of India (NSCI). This recognition is a salute to the donor families who have come forward to save countless lives, made possible through the tireless efforts of all our club members.

While we've received non-stop congratulatory messages, one particularly touching note from a renowned pediatrician in Mathura stands out as the truest reward for our work.

In our continuing endeavor to position India as a global leader in organ donation, this issue examines pathways for empowering NOTTO (National Organ and Tissue Transplant Organisation).

Rotarian Ramnath Pradeep, our CSR Chair, recently participated in the prestigious Tata Mumbai Marathon to amplify awareness about this life-saving cause.

Our Public Image Chair, Rotarian Sunil Gupta—himself a kidney recipient based in Sunnyvale, California—raises important questions about legal protections for living organ donors in the United States.

Our President-Elect, Rtn Hemalatha Bhandari, captures the spirit of this Republic Day perfectly: "Be the Pulse of Republic Day, Pledge Your Organs, Keep India's Heartbeat Alive."

In our popular "Healthy Food-Healthy Organs" segment, our dynamic Secretary Rtn Ruby Agarwal shares a nutritious recipe for oil-free and sugar-free dhokla.

This issue's "Interesting Facts About Our Members" spotlight celebrates a remarkable kidney donor whose generosity exemplifies the spirit that makes our Rotary family so special.

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

Yours in Rotary,

**IPP Rtn Lal Goel**  
Chief Managing Editor  
Founder & Charter President

## EMPOWERING NOTTO: A PATH TO MAKING INDIA A GLOBAL LEADER IN ORGAN DONATION



**Rtn Lal Goel**

Founder & Charter President,  
Rotary Club of Organ Donation International  
Chairman, Organ Donation India Foundation & GYAN

India continues to face a profound and preventable organ shortage crisis, despite notable progress in recent years. In 2024, the country achieved a record 18,900+ organ transplants, ranking third globally after the United States and China. Yet this achievement masks a grim truth: demand vastly exceeds supply.

Annually, nearly 2.5 lakh patients require kidneys, 80,000 need livers, 50,000 need hearts, and 1 lakh need corneas. Waiting lists remain fragmented and opaque, with kidney registries alone numbering over 1.75 lakh. Thousands die each year while waiting—not due to lack of medical capability, but due to systemic failures.

India's deceased organ donation rate stands at just ~0.8-0.81 per million population (pmp). While an improvement, it remains far below global benchmarks such as Spain (~52.6 pmp) and the United States (~48 pmp).

At the centre of India's transplant framework is the National Organ and Tissue Transplant Organisation (NOTTO), established under THOTA in 2014. NOTTO has improved coordination, registries, and awareness, including 3.3 lakh+ Aadhaar-linked pledges. However, it lacks statutory authority, enforcement powers, and financial autonomy—severely limiting its impact.

## Health Is a State Subject — But the Centre Must Drive Reform

While health is constitutionally a State subject, organ donation and transplantation demand strong central leadership. Only the Central Government can ensure uniformity, accountability, and enforceability across states.

Therefore, Parliament must amend THOTA to empower NOTTO with statutory authority, enabling it to:

- Issue binding national regulations
- Mandate compliance across states and institutions
- Enforce penalties for violations
- Ensure equity and transparency in allocation

Without such central legal reform, disparities between states will persist, and lives will continue to be lost due to administrative paralysis.

## Why NOTTO Must Be Strengthened as a National Regulator

### 1. Regulatory Authority with Enforcement Powers

Like the Securities and Exchange Board of India (SEBI) and the Election Commission of India (ECI), NOTTO must regulate:

- Hospitals and transplant centres
- Surgeons and transplant teams
- Organ retrieval and allocation networks

This includes licensing, inspections, accreditation, suspension, and de-recognition for non-compliance.

## 2. Mandatory Implementation of Financial Assistance Schemes

NOTTO must be legally empowered to ensure compulsory implementation of all government financial assistance schemes, including Ayushman Bharat - PMJAY, across all transplant hospitals—public and private.

**No transplant centre should be allowed to:**

- Refuse AB-PMJAY patients
- Cherry-pick only paying recipients
- Create financial barriers for the poor

**Organ transplantation is a public health service, not a luxury commodity.**

## Medical Colleges: The Missing Backbone of Deceased Donation

**No Approval Without Transplant Capability**

• No new medical college—government or private—should receive approval from regulatory authorities unless it is established as an organ transplant centre with:

- Brain death certification capability
- ICU donor management protocols
- Organ retrieval infrastructure

**Teaching hospitals must be leaders in donations, not passive observers.**

**One-Year Deadline for Existing Medical Colleges**

• All existing medical colleges, both government and private, must be mandated to initiate organ transplant programs within one year, beginning at least with:

- Kidney & Liver transplantation
- Brain death identification and donor referral

**Failure to comply should invite:**

- Withdrawal of recognition
- Reduction of postgraduate seats
- Financial penalties

**India cannot afford medical colleges that train doctors but fail to save lives through organ donation.**

## Expanded Powers and Functions of NOTTO

- Legal & Quasi-Judicial Authority: Investigate complaints, adjudicate allocation disputes, impose fines, and recommend prosecution.
- Direct Oversight: National registry of centres and surgeons; mandatory audits for poor donor conversion or utilisation rates.
- Public Awareness Mandate: Sustained, well-funded national campaigns—on the scale of voter awareness drives.
- Real-Time Transparency: Legally mandated live data on waiting lists, transplants, donor conversion, and organ utilisation.
- Interstate Authority: Power to override bureaucratic delays in organ sharing, prioritising medical urgency.
- Research & Innovation: Funding for organ preservation, immunology, logistics, and emerging technologies.

## A Realistic National Target

**With decisive reform:**

- 5 pmp within 5 years is achievable
- 10-15 pmp within a decade is realistic

This would mean tens of thousands of additional lives saved annually, reduced black-market risks, and global leadership in ethical transplantation.

## The Cost of Inaction

**Concerns about regulatory overreach can be addressed through parliamentary oversight, transparent reporting, and independent audits. The real danger lies in inertia.**

## Every year of delay means:

- Preventable deaths
- Families destroyed
- Public trust eroded

**Empowering NOTTO is not administrative reform—it is a moral, medical, and constitutional responsibility.**

**India has doctors.**

**India has hospitals.**

**India has science.**

**What we lack is decisive governance.**

**The question is no longer whether India can lead the world in organ donation—  
It is whether we choose to.**

**Empowering NOTTO:**  
A Path to Making India  
A Global Leader in Organ Donation.

**HEALTH IS A STATE SUBJECT, BUT CENTRAL REFORM IS KEY!**

**18,900+ TRANSPLANTS IN 2024**

**2.5 LAKH NEED KIDNEYS ANNUALLY**

**0.8 PMP DECEASEE DONATION RATE**

**THOUSANDS DIE WAITING EVERY YEAR**

**MANDATORY FINANCIAL ASSISTANCE**  
Enforce AB-PMJAY & Other Schemes in **ALL** Transplant Centres

**MEDICAL COLLEGES REFORMS**  
NO New College Approval Without Transplant Centre  
ALL Colleges Must Start Transplants in 1 Year

**REGULATORY AUTHORITY**  
NOTTO to Oversee, Enforce, & Standardize Organ Donation

**NO TIME TO LOSE~STRONG LAWS, UNIFIED ACTION!**

**SAVE LIVES, BRIDGE THE GAP**

## ROTARIAN RAMNATH PRADEEP CHAMPIONS ORGAN DONATION AT THE TATA MUMBAI MARATHON



Rotarian Ramnath Pradeep, CSR Chair of the Rotary Club of Organ Donation International, took part in the prestigious Tata Mumbai Marathon to amplify awareness about the life-saving cause of organ donation.

Held annually on the third Sunday of January, the Tata Mumbai Marathon is Asia's largest marathon and the continent's biggest mass-participation sporting event. Renowned as India's richest race, it features a prize pool of US\$405,000 and draws runners from across the globe.

Demonstrating his unwavering commitment, Rotarian Pradeep completed the 5 km run wearing a cap and T-shirt emblazoned with Organ Donation and Rotary logos, while proudly carrying the Indian National Flag—a stirring symbol of hope, service, and the collective resolve to save lives through organ donation advocacy.

## ROTARY CLUB OF ORGAN DONATION INTERNATIONAL EARNS PRESTIGIOUS PLATINUM & GOLD HONOURS



**Mumbai, January 18, 2026:**

The Rotary Club of Organ Donation International achieved a landmark milestone by winning two Platinum Awards and four Gold Awards from Rotary International District 3141 for the Rotary year 2024–25.

These accolades, presented under the visionary leadership of Founder & Charter President Rotarian Lal Goel, highlight the club's extraordinary contributions to promoting Organ Donation awareness and action in its very first year.

**Vibrant District Governor Rotarian Chetan Desai, accompanied by First Lady Jwala Desai, presented the honours in front of an enthusiastic gathering of Rotarians.**

**Selected through a rigorous, transparent process by the District Awards Evaluation Committee, the recognitions stood out among more than 820 applications from clubs across District 3141—affirming the exceptional quality, innovation, and impact of the club's initiatives.**

**Addressing the gathering, Vibrant District Governor Rotarian Chetan Desai praised the spirit of collective leadership and service:**

**"Leadership becomes meaningful when it is shared, when hearts walk together, and when trust flows both ways. You didn't just run your clubs—you lived Rotary, you lived the spirit of service, and you lived the magic of being Vibrant. Karmdeep was not a one-day event; it was the celebration of a year filled with passion, commitment, teamwork, sleepless nights, and big dreams."**

**Accepting the awards, Rotarian Lal Goel dedicated the honours to the thousands of organ donors whose selfless decisions have saved countless lives. He expressed heartfelt gratitude to all office-bearers and members of the Rotary Club of Organ Donation International for making this achievement possible in the club's inaugural year. He conveyed confidence that the journey ahead would be even more impactful.**

**The evening was further enriched by the presence of Vibrant Club First Lady Rajni Goel, Vibrant Treasurer Rotarian Ramnath Pradeep, and Inspire Secretary Rotarian Ruby Agarwal, adding warmth and camaraderie to the celebration.**

**This recognition reinforces the club's core conviction: While awards motivate and celebrate excellence, it is proactive citizen-led action, sustained community commitment, and widespread awareness—beyond government efforts alone—that will ultimately transform organ donation rates and save lives in India.**

# Congrats!

# NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

Heartiest Congratulations, Dear Rtn. Lal Goel ☀



*Congratulations on this truly historic and inspiring achievement of the Rotary Club of Organ Donation International in earning prestigious Platinum and Gold Awards in its very first year. This remarkable recognition is a shining testimony to your visionary leadership, tireless dedication, and Herculean efforts in spreading awareness about the noble cause of organ donation.*

*Your unwavering commitment has not only brought laurels to the club but to all of us here, more importantly, has ignited hope and saved lives by sensitising society to the power of selfless giving. Transforming awareness into action—especially in such a sensitive and vital domain—is no ordinary task, and you have accomplished it with grace, perseverance, and purpose.*

*These honours are richly deserved and reflect the collective spirit you have inspired among your team, guided by your exemplary leadership. May this milestone be just one of many as you continue to touch lives, inspire minds, and strengthen humanity through service.*

*Wishing you continued strength, good health, and ever-growing impact in this noble mission.*

*Rotary truly shines brighter because of leaders like you.*

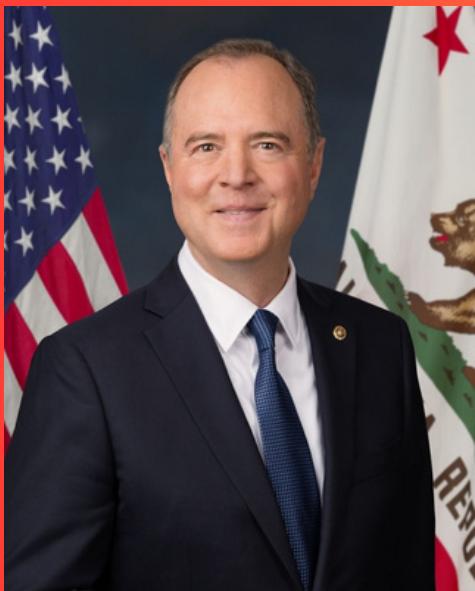
*With warm regards and deepest appreciation,*

**Dr. B. C. Goyal**



**Dr B C Goyal**  
Renowned Paediatrician  
Vatsalya Hospital  
Mathura

## ROTARIAN SUNIL GUPTA JOINS US NATIONAL KIDNEY FOUNDATION(NKF) ADVOCACY AND RAISES IMPORTANT QUESTION FOR LIVING DONOR PROTECTION ACT, USA



Rotarian Sunil Gupta, Public Image Chair of the Rotary Club of Organ Donation International, raised an important question on legal protections for living organ donors in California, USA.

California provides state-level safeguards such as SB 1304 (2010), which mandates paid leave for living donors. However, the Living Donor Protection Act (LDPA) is a federal U.S. bill, aimed at preventing insurance discrimination and ensuring job-protected medical leave for organ donors nationwide.

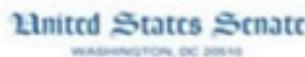
Responding to the query, Adam B. Schiff, U.S. Senator from California, emphasised the need to remove financial and legal barriers to organ donation and reaffirmed his support as a cosponsor of the LDPA. His detailed reply is enclosed herewith.

Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, appreciated Rotarian Sunil Gupta's initiative and stressed that India must urgently enact similar Living Donor Protection legislation to safeguard donors and strengthen ethical organ donation.

## Reply from Senator Adam Schiff

Senator Adam Schiff <correspondence@schiff.senate.gov>  
To: <sunilg94086@gmail.com>

Fri, Jan 16 at 1:44 PM



Dear Mr. Gupta:

Thank you for contacting me regarding the *Living Donor Protection Act*. I appreciate hearing from you and welcome the chance to respond.

It's essential to ensure that anyone who wishes to donate an organ can do so without worrying about the financial impact. We must remove barriers that prevent organ donors from saving lives, which is why I am a proud cosponsor of the *Living Donor Protection Act*.

As you may know, the *Living Donor Protection Act* would prohibit long-term care insurers from denying or limiting care for living donors, expand the Family and Medical Leave Act of 1993 to cover organ donation as a serious health condition for employee protections, and direct the U.S. Department of Health and Human Services (HHS) to update their material on live organ donation. Together, these policies protect the rights of organ donors and remove barriers to organ donation.

Living donor organ transplants are critical to saving lives and improving the quality of life for thousands of people. Living donor procedures work best for people who need a kidney or portion of a liver, lung, pancreas or intestine—but kidneys transplants are the most common nationwide. In California, 112,473 people face kidney failure and only 31,632 had a transplant to treat their fatal disease. That is why Congress must act to protect living donors by passing the *Living Donor Protection Act*.

I am committed to reducing the barriers living donors face. Please be assured that I will keep your views in mind when the Senate considers this legislation.

Transparency has been a goal of mine throughout my time in Congress. You can find detailed information on every bill introduced in the Senate on [Congress.gov](http://Congress.gov), including the summary and full text of the legislation, which Senators have co-sponsored it, and the most recent action taken by Congress.

An ongoing job of a Senator is to help constituents solve problems with federal agencies, access services, and get their questions answered promptly. On my website, I offer a [guide](#) to the services my office can provide, as well as a [contact form](#) where you can share your priorities with me. You

can also connect with me online via [Facebook](#) or [Twitter](#), and you can always reach my office by phone at (202) 224-3841.

Thank you again for your thoughts. I hope you will continue to share your views and ideas with me.

Sincerely,

Adam B. Schiff  
UNITED STATES SENATOR

**“Be the Pulse of Republic Day,  
Pledge Your Organs, Keep India’s Heartbeat Alive.”**

## **ORGAN & TISSUE DONATION**

**Restore a life, even after your own has passed.**

**Every donor is a hero who lives on through others faced,**

**Pledge your organs and bridge the gap between hope and healing.**

**Unite for humanity, your choice can save up to nine living.**

**Bequeath the gift of sight, breath, and a heart beat,**

**Leave behind a legacy that transcends your final breath.**

**Ignite a spark of hope for a transplant list those waiting,**

**Cherish the chance to turn an end into a new beginning.**

**Donation is the greatest act of patriotism towards mankind.**

**Awakening the nation to the power of life by giving lend,**

**Your signature today for someone tomorrow is a miracle.**

*Jai Hind*



**Rtn Hemalatha Bhandari  
President Elect**

## HEALTHY FOOD - HEALTHY ORGANS

### Healthy Oil-Free & Sugar-Free Dhokla

#### Ingredients

**Batter:** 1.5 cups besan, 1 tsp tartaric acid, 2 tbsp sugar-free sweetener, 1/2 tsp salt, 3/4 tsp baking soda, 3/4-1 cup water

**Tadka:** 1/2 tsp mustard seeds, 10-12 curry leaves, 3 green chillies, 1 tbsp sugar-free sweetener, 1/4 tsp salt, 1 tbsp lemon juice, 1/2 cup water, fresh coriander, grated coconut

#### Instructions

##### 1. Make Batter

Mix besan, salt, sugar-free sweetener, and tartaric acid.

Gradually add water, whisking in one direction until smooth and pourable. Whisk vigorously for 2-3 minutes to incorporate air for fluffiness.

##### 2. Steam

Boil water in steamer. Line dhokla tin with parchment paper or dust with rice flour. Add baking soda to batter, stir gently until frothy, and pour into tin immediately. Steam on medium-high for 15-20 minutes until a toothpick comes out clean.

##### 3. Water Tadka

Dry-roast mustard seeds in a pan until they pop. Add chillies and curry leaves, stirring for 30 seconds. Pour in 1/2 cup water, add sugar-free sweetener and salt, and heat until sweetener dissolves. Remove from heat and add lemon juice.

##### 4. Finish

Cut cooled dhokla into squares. Pour warm tadka over evenly. Garnish with coriander and coconut. Let sit 10-15 minutes before serving.



Rtn Ruby Agarwal  
Inspire Secretary





**Rtn Jaskaran Singh**  
Club Member

**Name:** Jaskaran Singh (Kidney Donor)  
**Mobile:** 9815830016  
**E-mail:** vet.jassi@gmail.com  
**Profession:** Government Employee (Senior Veterinary Inspector). In August 2025, represented Team India as Living Donor Athlete at the World Transplant Games 2025 in Dresden, with 4 Gold Medals, 1 Silver Medal and received the Outstanding Donor Athlete Award 2025  
**Family:** Mother-Balvinder Kaur, wife Nirmaljeet kaur (kidney recipient), son-Shabadpreet Singh  
**Favourite Food:** Stuffed paratha with white makhan  
**Favourite Holiday Destination:** Manikaran (HP)  
**Favourite Song:** Kal ho naa ho title song, Born to shine by Diljit dosanjh  
**Favourite Quote:** *"Enjoy life today because yesterday is gone and tomorrow never promised"*  
**Date of Birth:** 11.10  
**Wedding Anniversary:** 26th August  
**Social media:** Instagram Id jk\_multani, Facebook Id Jaskaran Singh Multani  
**Reason for become a member of RC Organ Donation International:** is to motivate everyone for Organ donation and life after Organ donation



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