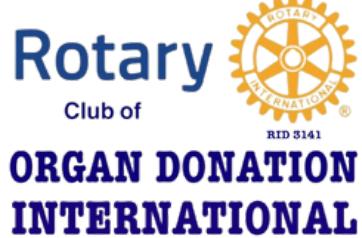


**UNITE
FOR
GOOD**



**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

HAND TRANSPLANTATION

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 Ruby Agarwal
Inspire Secretary

Dr Nilesh G Satbhai
Director
Plastic, Reconstructive Microsurgery & Hand Transplantation
Nanavati Max Super Speciality Hospital Mumbai

Rtn Dr Rajiv Gupta
Club Member

Time & Date: 8 PM on Sunday 1st Feb., 2026

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

**As Rotarians, our final act of
service can be saving lives
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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contributor-generated content)

FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

As we turn the pages of another edition of New Step, I am filled with renewed purpose about our collective mission to transform India into a global leader in organ donation and transplantation.

This issue takes a bold stride forward with our feature article exploring how Uttar Pradesh can spearhead India's organ donation revolution. When one state leads with vision and commitment, the entire nation follows.

January 21st, 2026, marked a milestone in our awareness campaign as I had the privilege of addressing three consecutive gatherings at prestigious institutions in Indore: IPS Academy, the College of Dental Science & Hospital, and Shri Govindram Seksaria Institute of Technology & Science. These marathon sessions, masterfully organised by the Rotary Club of Indore Grande in partnership with our club, reached hundreds of young minds who represent the future of this life-saving movement.

Our President-Elect, Rtn Hemalatha Bhandari, has contributed a deeply moving poem titled "An Everlasting Impact - Live Life, Give Life" that captures the profound beauty of organ and tissue donation. Her words remind us that the greatest legacy we can leave is the gift of life itself.

In our beloved "Healthy Food-Healthy Organs" feature, our inspiring Secretary, Rtn Ruby Agarwal, presents a delicious recipe for Healthy No-Oil Tikkis that proves nutritious eating can be both satisfying and simple.

This month's "Interesting Facts About Our Members" spotlight celebrates one of our distinguished Rotarians, offering a window into the remarkable individuals who make our club family extraordinary.

Every page of this magazine, every conversation we initiate, and every life we touch brings us closer to our vision: an India where organ donation becomes second nature, where no patient dies waiting, and where the gift of life flows freely from one generous heart to another.

Together, we are not just raising awareness; we are saving lives.

Yours in Rotary,

IPP Rtn Lal Goel
Chief Managing Editor
Founder & Charter President

HOW UTTAR PRADESH CAN BECOME INDIA'S LEADER IN ORGAN DONATION & TRANSPLANTATION



Rtn Lal Goel

Founder & Charter President,
Rotary Club of Organ Donation International

A Strategic, Systems-Driven Roadmap

Uttar Pradesh (UP)—India's most populous state with nearly 240 million people—holds unparalleled potential to transform India's organ donation and transplantation landscape. At a time when over 5 lakh Indians await life-saving organ transplants, UP's deceased organ donation rate remains below 0.1 donors per million population (PMP), among the lowest in the country.

As of 2024–25, India's transplant ecosystem continues to rely overwhelmingly on living donors (approximately 17,000 living donor transplants versus ~1,100 deceased donor transplants annually), raising ethical, gender, and access concerns. In contrast, Indian states such as Tamil Nadu (≈3.7 PMP) and Telangana (≈4.9 PMP) demonstrate that organ donation outcomes are driven by governance, systems, and leadership—not by culture or religion.

This roadmap—aligned with 2025 NOTTO best practices and Indian public-health realities—lays out a phased, executable pathway for Uttar Pradesh:

- 1–2 PMP within 3 years
- 5–10 PMP within 5–7 years

with a strong focus on equity, transparency, affordability, and public trust.

1. Elevate Deceased Organ Donation into a Public Health Mission

Organ donation must be treated as a core public-health responsibility, not an optional awareness activity.

Action Steps

- Launch a Chief Minister-led Uttar Pradesh Organ Donation Mission with clearly defined annual targets.
- Establish Key Performance Indicators (KPIs) such as:
- Brain-death declarations per 1,000 ICU deaths
- Consent conversion rates
- Organs retrieved and transplants performed (district-wise)
 - Publish monthly public dashboards integrated with NOTTO/SOTTO platforms.
 - Link district health reviews, incentives, and performance appraisals to organ donation outcomes.
 - Institute state recognition and awards aligned with Indian Organ Donation Day.

Why it matters

States that institutionalised organ donation as a government mission today accounts for over 70% of India's deceased organ donations.

2. Build a Statewide Brain-Death Identification & Retrieval Network

An estimated 70–80% of potential deceased donors are missed due to delayed brain-death identification and lack of retrieval infrastructure.

Action Steps

- Enforce mandatory brain-death declaration protocols across:
- All government medical colleges
- District hospitals
- Major private ICUs
- Conduct six-monthly audits aligned with NOTTO guidelines.
- Establish permanent Organ Retrieval Centres (ORCs) at all 18 divisional headquarters, ensuring <200 km coverage.
 - Fund 24x7 trained retrieval teams, including neurosurgeons, anaesthetists, perfusionists, and coordinators.
 - Standardise green corridors, air-ambulance tie-ups, and tele-ICU certification support for underserved districts.

2A. Deploy Mobile Organ Retrieval Vehicles (Interim Capacity Bridging)

Until each district has a permanent Organ Retrieval Centre, Uttar Pradesh must deploy mobile retrieval capacity to prevent organ loss due to distance and time constraints.

Action Steps

- The UP Government shall deploy Mobile Organ Retrieval Vehicles (MORVs) across all 18 Administrative Divisions (Total: 18 Mobile Units) to cover all 75 districts.
 - These mobile units shall function as temporary retrieval centres, equipped with:
 - Sterile surgical retrieval infrastructure
 - Organ preservation and cold storage facilities
 - Rapid transport and communication systems
 - Each MORV shall be formally attached to a licensed transplant hospital authorised to carry out organ retrieval and/or transplantation.
 - MORVs shall operate 24x7, coordinated through SOTTO, until every district has at least one functional ORC.

Rationale

Mobile retrieval units are essential for large states like UP and ensure rural and semi-urban equity during infrastructure scale-up.

3. Professionalise Transplant Coordination – Building the Backbone

Transplant coordinators are the single most important determinant of consent, yet remain under-resourced.

Action Steps

- Appoint full-time, salaried transplant coordinators in all licensed hospitals
(Benchmark: 1 coordinator per 50 ICU beds).
- Establish a State Organ Donation Training Academy, aligned with NOTTO certification.
- Provide legal protection and operational authority to coordinators to initiate donation protocols without delay.
- Mandate refresher training every two years.

Evidence

Professionally trained coordinators consistently double consent rates –from ~30% to 60% or more.

4. Transform Public Mindset: From Myths to Moral Leadership

Reluctance to donate is driven more by misinformation and family uncertainty than religion. Surveys suggest ~28% of people in UP are unwilling, despite high latent support.

Action Steps

- Secure multi-faith endorsements through joint declarations by Hindu, Muslim, Sikh, Christian, Jain, and other leaders.
- Institutionalise Annual Donor Family Honour Ceremonies at district and state levels.
- Integrate organ donation education into:
- School curricula
- NSS/NCC
- Panchayats and SHGs
- Deploy targeted Behaviour Change Communication (BCC) campaigns in low-consent districts.
 - Promote women-led and youth-led advocacy, recognising higher willingness among women for posthumous donation.

5. Scale Transplant Capacity with Equity at the Core

Currently, less than 10% of UP's transplant demand is met, with services concentrated in a few urban centres.

Action Steps

- Upgrade 6-8 government medical colleges into multi-organ transplant hubs (kidney, liver, heart, lung).
- Prioritise Eastern and North-Eastern UP to reduce regional imbalance.
- Develop PPP models with strict cost caps and quality audits.
- Ring-fence ICUs, OTs, diagnostics, and immunosuppressants under Ayushman Bharat (AB-PMJAY).

5A. Mandatory Acceptance of Government Financial Schemes

To ensure fairness and public trust:

Action Steps

- All licensed transplant hospitals in Uttar Pradesh must mandatorily accept AB-PMJAY in full for organ transplantation.

- Hospitals must also accept any new financial schemes introduced by:
 - Government of India
 - Government of Uttar Pradesh
 - Non-compliance shall attract:
 - Financial penalties
 - Audit action
 - Suspension or non-renewal of transplant licences

Principle

Organs from deceased donors are a public resource and must never be restricted by the ability to pay.

6. Ensure Ethics, Transparency, and Trust

Action Steps

- Mandate digital organ allocation and traceability through NOTTO/SOTTO.
- Conduct bi-annual independent audits of all transplant centres.
- Explore ethically designed consent optimisation models, with strong legal safeguards and family-centric approaches.

7. Leverage Technology, Data, and Rapid Response

Action Steps

- Implement ICU-to-SOTTO real-time alerts through secure mobile platforms.
- Use AI-enabled logistics to reduce transport times by 30%.
- Deploy tele-ICU services for district hospitals.
- Create a statewide digital donor pledge registry.

8. Empower Citizens and Civil Society

Action Steps

- Promote family discussions and donor pledges through apps and community platforms.
- Engage Rotary, youth organisations, survivor networks, and NGOs for outreach and social audits.
- Establish district-level citizen monitoring committees.

9. Constitute a High-Level Expert Committee

Action Steps

- Establish an Expert Committee under the leadership of the Chief Minister or Health Minister.
- Members to include:
 - Transplant surgeons
 - ICU specialists
 - Public-health experts
 - Legal and ethics experts
 - Civil society representatives
- The committee shall:
 - Study best practices within India and internationally
 - Recommend annual policy, legal, and operational reforms
 - Submit time-bound reports to the State Government

Leadership Benchmarks for Uttar Pradesh

With committed execution:

- 5 PMP deceased donors within 5 years, scaling beyond 10 PMP
- 5,000+ additional transplants annually
- A nationally replicable model, as Tamil Nadu once demonstrated

Estimated investment: ₹500–1,000 crore over 5 years

Return: One of the highest public-health ROIs in India

Conclusion:

From Potential to Proven Leadership

Uttar Pradesh can redefine India's organ donation future by treating it as a moral, medical, and administrative imperative. Through bold political leadership, system-ready hospitals, informed communities, and empowered citizens, every ICU tragedy can become a life-saving legacy.

Start with pilots in 2–3 districts. Scale statewide by 2028. Let Uttar Pradesh lead India.

How Uttar Pradesh Can Become India's Leader in Organ Donation & Transplantation

A Strategic, Systems-Driven Roadmap

1 CM-led Organ Donation Mission

1-2 PPMP in 3 Years

5-10 PMP in 5-7 Years

3 Brain-Death ID & ORCs

- 9 Divisional Centres



5 Professional Transplant Coordinators

- Trained & Certified Staff



8 Expert Committee Reviews



4 Full Financial Coverage

- AB-PMJAY Required in All Transplant Hospitals



2 18 Mobile Retrieval Units

- Covering 75 Districts

7 Advanced Multi-Organ Hubs

- Equity & Access



6 Public Awareness & Faith Campaigns

- Multi-Faith Support



TARGET: 5 pmp Deceased Donors in 5 Years • 5,000+ Transplants Annually

₹ 500-1,000 Cr. Health Investment



Give the Gift of Life

A HEALTHY LIFESTYLE IS KEY TO PREVENTING ORGAN FAILURE: RTN LAL GOEL



Indore, 21 January 2026: Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of Organ Donation India Foundation & GYAN, urged students to adopt a healthy lifestyle to protect their vital organs and prevent organ failure.

Addressing students at IPS Academy, Indore, while speaking on the importance of organ donation, Rotarian Lal Goel highlighted a stark reality: over five lakh people die every year in India due to the non-availability of organs. He pointed out that this figure represents only 15-20% of the population, as 80-85% of district headquarters in the country still lack organ retrieval and transplant centres.

Emphasising prevention alongside donation, he stressed that unhealthy lifestyles—poor diet, lack of exercise, substance abuse, and unmanaged stress—are major contributors to organ failure, especially among youth.

Rtn Ajay Vijaywargia, President of the Rotary Club of Indore Grande, formally welcomed Rotarian Lal Goel and honoured him with a memento.

Dr Manish Pundlik, Principal, School of Computers, IPS Academy, expressed hope that the programme would positively influence students' attitudes towards health, organ donation, and social responsibility.

Rtn Uma Jhawar of the Rotary Club of Organ Donation International delivered an informative and impactful PowerPoint presentation on eye donation, addressing myths and encouraging pledging.

The vote of thanks was delivered by Rtn Arvind Gour, Honorary Secretary, Rotary Club of Indore Grande.

Rotarians Dr S K Verma, Dr Rajiv Gupta, Ms Poonam Gupta, Rotary Members, faculty members, and a large number of students attended the inspiring programme.

The awareness programme was jointly organised by the Rotary Club of Indore Grande in association with the Rotary Club of Organ Donation International.

YOUTH MUST LEAD INDIA'S ORGAN DONATION MOVEMENT: RTN LAL GOEL



Indore, 21 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, called upon India's youth to assume leadership in transforming the country's organ donation ecosystem.

Addressing students at the College of Dental Science & Hospital, Rotarian Lal Goel emphasised that awareness without action is ineffective. He urged students to become informed ambassadors of organ donation, actively dispel social myths, initiate conversations within families, and advocate ethical organ donation practices. He highlighted that lakhs of lives are lost annually in India due to the severe shortage of organs, a crisis worsened by inadequate infrastructure and limited public understanding.

He also spoke in detail about xenotransplantation and encouraged young professionals to pursue research and innovation in this emerging field, which has the potential to redefine the future of transplantation and save innumerable lives.

Renowned blood donation activist Mr Girish Lulla, the Guest of Honour, drew a powerful parallel between blood donation and organ donation. He remarked that blood donation too was once considered difficult and unacceptable, but sustained awareness and community efforts transformed it into a social norm. He expressed confidence that, with the committed efforts of Rotary Clubs, organ donation would also overcome existing barriers and gain widespread acceptance.

Rtn Ajay Vijaywargia, President of the Rotary Club of Indore Grande, formally welcomed Rotarian Lal Goel and the dignitaries, acknowledging his relentless national and international advocacy for organ donation.

Prof Dr Amit Nirwan, Dean of the College of Dental Science & Hospital, thanked Rotarian Lal Goel and Rotarian Uma Jhawar for inspiring students with a strong sense of social responsibility and purpose.

Rtn Uma Jhawar of the Rotary Club of Organ Donation International highlighted that a single eye donation can restore vision to up to six individuals, underscoring how one informed decision can transform multiple lives.

The vote of thanks was delivered by Rtn Arvind Gour, Honorary Secretary, Rotary Club of Indore Grande.

The programme was attended by Rotarians Dr S. K. Verma, Dr Rajiv Gupta, Ms Poonam Gupta, other Rotary members, faculty members, and a large number of enthusiastic students.

The impactful awareness programme was jointly organised by the Rotary Club of Indore Grande in association with the Rotary Club of Organ Donation International.

ALL RELIGIONS SUPPORT ORGAN DONATION: ROTARIAN LAL GOEL



Indore, 21 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, emphasised that all major religions support organ donation, calling it a humanitarian act that transcends faith and belief.

Rotarian Lal Goel was addressing Rotarians, faculty members, and students of Shri Govindram Seksaria Institute of Technology & Science (SGSITS), Indore. In his address, he highlighted that Hinduism, Islam, Christianity, Sikhism, Jainism, and Buddhism—the major religions followed across the world—unanimously uphold the values of compassion, service, and saving lives, all of which strongly support organ donation.

The Chief Guest, Rtn Sushil Malhotra, District Governor, Rotary International District 3040, lauded Rotarian Lal Goel's unwavering commitment to the cause of organ donation. He appreciated his extraordinary dedication in conducting three awareness programmes in a single day, despite travelling by a morning flight and returning the same evening.

Prof. Sandeep Narulkar, Dean, Shri Govindram Seksaria Institute of Technology & Science, warmly welcomed all the dignitaries and expressed hope that such awareness programmes would immensely benefit both faculty and students by instilling social responsibility and humanitarian values.

Rtn Aalok Singhi, Founder and Chairman of Mithasha Foundation, outlined his ambitious initiative to collect one lakh organ donation pledge forms in Indore within a month, which he said would significantly boost organ donation in India.

Rtn Uma Jhawar explained in detail the functioning of an eye bank and earnestly appealed to everyone present to fill pledge forms for eye donation.

Rtn Ajay Vijaywargia, President, Rotary Club of Indore Grande, welcomed all the guests, while Rtn Arvind Gour, Honorary Secretary, Rotary Club of Indore Grande, delivered the vote of thanks, expressing gratitude to all dignitaries for their participation in the noble cause of organ donation.

The programme witnessed active participation from Rtn Dr S. K. Verma, Mr Deepak Sharma (Registrar), Rotary Club members, faculty members, and a large number of students, making the event a grand success.

The awareness programme was jointly organised by the Rotary Club of Indore Grande in association with the Rotary Club of Organ Donation International.

“An Everlasting Impact - Live Life, Give Life”

ORGAN & TISSUE DONATION

*A silent promise etched in ink and grace,
No flowing capes or masks upon the face.*

*Every signature is a spark of light,
Victory over the deepest, darkest night.
Endings are transformed by a selfless choice,
Restoring hope and giving life a voice.
Let not the closing chapter be the end,
A legacy of love is what you send.
Sorrow dissolves into a brand new start,
Transplant rhythm in a beating heart.
In every gift, a destiny is signed,
New paths for those the world had left behind.
Give them the strength to flourish and to grow,
Imagine seeds of life that you can sow.
Make a world where every soul can thrive,
Prove that through you, another stays alive.
Architect of fate, you hold the key,
Changing a life for all eternity,
To turn their grief to lasting ecstasy.*



Rtn Hemalatha Bhandari
President Elect

**HEALTHY FOOD -
HEALTHY ORGANS****Healthy No-Oil Tikkis****## Ingredients**

- Oats: $\frac{1}{2}$ cup (dry-roasted and coarsely ground)
- Besan: 2 tbsp (dry-roasted)
- Vegetables: $\frac{1}{4}$ cup each grated carrot, chopped cabbage, mashed boiled peas; 2 tbsp each chopped capsicum and onion
- Aromatics: 1 tsp ginger-garlic paste, 1 chopped green chili, $\frac{1}{4}$ cup coriander leaves
- Spices: $\frac{1}{2}$ tsp turmeric, $\frac{1}{2}$ tsp cumin powder, 1 tsp chaat masala, salt to taste, 1 tbsp lemon juice

**Rtn Ruby Agarwal
Inspire Secretary****## Instructions**

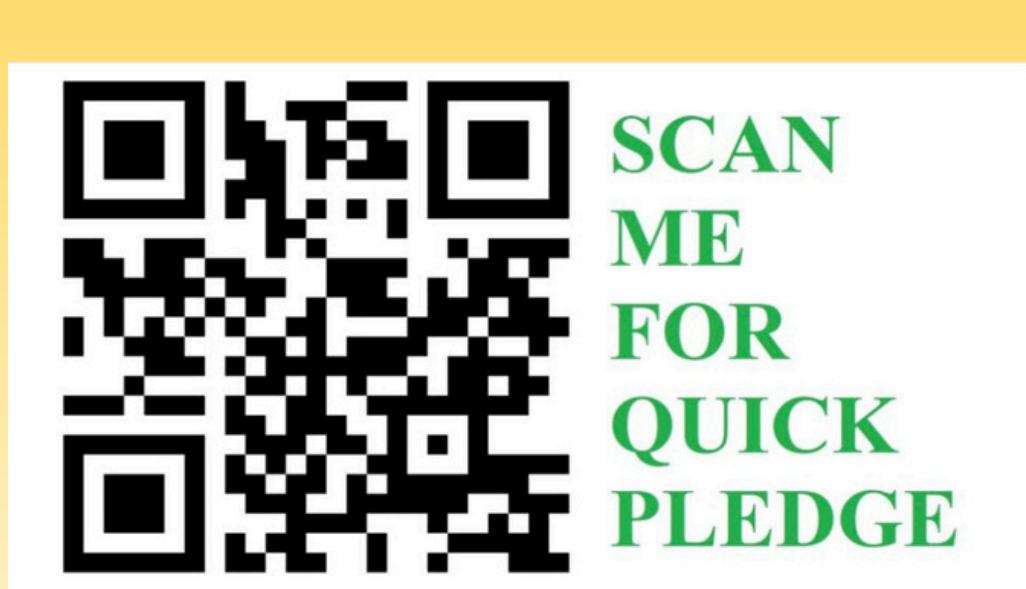
- Prep: Dry-roast oats 2–3 minutes, cool, and grind coarsely. Roast besan 3–4 minutes until fragrant.
- Mix: Combine all ingredients in a bowl. Knead into a firm dough (the vegetable moisture should bind it—add 1–2 tsp water only if needed). Rest 5–10 minutes.
- Shape: Divide into 6–8 portions and flatten into $\frac{1}{2}$ -inch patties.
- Cook (choose one):
 - Pan: Cook covered on non-stick pan, 3–4 min per side on medium-low heat
 - Bake: 200°C for 18–22 min, flip halfway
 - Air Fry: 180°C for 12–15 min, flip once
- Serve: Hot with chutney or yogurt dip.

Tips: Refrigerate shaped tikkis 30 min before cooking for better binding. Store cooked tikkis 3 days in fridge.



Rtn Seema M Murarka
Club Member

Name: Seema Manish Murarka
Mobile: 9004454425
E-mail: seema.murarka@reddimail.com
Profession: Principal
Family: Husband
Favourite Food: Pav bhaji
Favourite Holiday Destination: Bangalore
Favourite Song: "hum rahe ya na rahe kal.."
Favourite Quote: believe in karma
Date of Birth: 18/01
Wedding Anniversary: 13/05
Your presence on social media: instagram and facebook
Why did you choose to become a member of RC Organ Donation International : because of some medical issues in family basically when I lost my 15 years old son due to cancer



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