

**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

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FOR
GOOD**

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

**LET'S
INSPIRE !**

YOGA FOR HEALTHY ORGANS

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Organ Donation
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Rtn Ruby Agarwal
Inspire Secretary

Rtn Rakhee Agarwal
Club Member

Time & Date: 8 PM on Sunday 11th Jan., 2026

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

**Service Above Self finds its highest meaning
When a life gives life through organ donation
DONATE ORGANS**

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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

As we return from the warmth of Christmas celebrations and New Year festivities, we must now turn our collective attention to a cause that lies at the very heart of our club's mission. The gift of life through organ donation remains one of the most profound acts of service we can champion.

In this issue, we examine a critical question: ***Why India Lags Behind the UK in Organ Donation?*** Despite our nation's rich cultural heritage of compassion, charity, and daan, India continues to face significant challenges in organ donation rates compared to countries like the United Kingdom. This comprehensive analysis explores the ground realities, systemic barriers, and cultural factors that contribute to this gap, while also highlighting pathways forward.

Our President-Elect, Rtn Hemalatha Bhandari, brings her remarkable literary talent to these pages with an emotional and meaningful short story titled ****"Ray of Hope in the Shadow of Loss."**** Her narrative beautifully captures the human dimension of organ donation, reminding us that behind every statistic lies a story of courage, love, and hope.

In our popular ****"Healthy Food-Healthy Organs"**** segment, our dynamic Secretary, Rtn Ruby Agarwal, shares a nutritious recipe for Healthy Steamed Vegetable Moong Dal Chilla (Oil-Free). This delicious preparation exemplifies how we can nourish our bodies while supporting optimal organ health.

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

I extend a humble appeal to each of you: please contribute to New Step. Whether it's a write-up, poem, story, healthy recipe, or documentation of your recent programs connected to organ donation awareness, your contributions matter. This magazine is not merely a publication; it is a platform for service to humanity, a vehicle through which we can educate, inspire, and ultimately save lives.

Every article we publish, every story we share, and every recipe we feature 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.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor
Founder & Charter President

WHY INDIA LAGS BEHIND THE UK IN ORGAN DONATION?



Rtn Lal Goel

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

Understanding the Gap—and the Way Forward

Organ donation is among humanity's most profound acts of selflessness—where the end of one life becomes the beginning of hope for many others. Yet, despite India's rich cultural ethos of compassion, charity, and daan, the country continues to lag far behind the United Kingdom in organ donation rates.

This disparity does not reflect a lack of generosity among Indians. Instead, it highlights systemic gaps in awareness, preparedness, infrastructure, policy execution, and public trust.

The Awareness Divide

In India, awareness about organ donation—especially deceased and brain-death donation—remains fragmented and inconsistent. Large sections of the population are unfamiliar with the concept of brain death, the legal framework governing donation, and the immense life-saving potential of deceased donors.

In contrast, the UK has embedded organ donation into its social consciousness through sustained public education, school-based learning, and nationwide campaigns led by NHS Blood and Transplant. As a result, organ donation is not a crisis-time conversation but a normalised social responsibility.

When Families Say No

Even when individuals in India pledge their organs during life, donation often does not materialise because families are unprepared or emotionally overwhelmed at the critical moment. Family refusal rates remain high, largely due to a lack of prior discussion and counselling.

In the UK, trained transplant coordinators guide families with empathy and clarity during these difficult conversations. Because donation is openly discussed and socially accepted, families are more prepared—making refusal far less likely.

Infrastructure and Training Gaps

India faces an acute shortage of trained transplant coordinators, grief counsellors, and standardised ICU protocols—especially in government hospitals. Many potential donors are missed due to delayed identification of brain death, inadequate donor maintenance, and logistical inefficiencies in organ retrieval and transport.

The UK, by contrast, operates within a highly integrated national framework, where hospitals follow uniform clinical pathways. Transplant coordinators are available round-the-clock, ensuring every potential donor is managed with precision, dignity, and compassion.

Cultural Myths and Misconceptions

Deep-rooted myths continue to hinder progress in India—fears of body disfigurement, religious prohibitions, and beliefs related to rebirth or karma. These misconceptions often overshadow medical facts.

In the UK, major religious leaders and institutions across faiths have publicly endorsed organ donation as an act of charity, compassion, and service to humanity—helping normalise the practice across diverse communities.

The Policy Question

India follows a strict opt-in consent system, requiring explicit permission for donation. The UK has adopted a soft opt-out system, where consent is presumed unless individuals register an objection—while still respecting family views.

This policy shift, combined with public awareness and trust, has significantly contributed to increased donor numbers in the UK.

The Trust Factor

A crucial barrier in India is public mistrust—fear of organ misuse, commercial exploitation, or premature withdrawal of treatment. These concerns, whether real or perceived, deeply influence family decisions.

The UK addresses this through transparency, rigorous audits, and a centralised organ allocation system, ensuring fairness, accountability, and ethical integrity at every stage.

The Numbers Tell the Story

The cumulative impact of these factors is stark:

- * **India:** ~0.5 deceased donors per million population
- * **United Kingdom:** 24–25 donors per million population

That is nearly 50 times higher.

This gap is not about compassion—it is about systems, preparedness, coordination, and policy execution.

The Path Forward

India does not lack heart. India lacks systems.

Bridging this gap requires:

- * Sustained, grassroots public education
- * Normalising family conversations on organ donation
- * Strengthening hospital infrastructure and ICU protocols
- * Training dedicated transplant coordinators nationwide
- * Building public trust through transparency and accountability
- * Active engagement from civil society and service organisations like

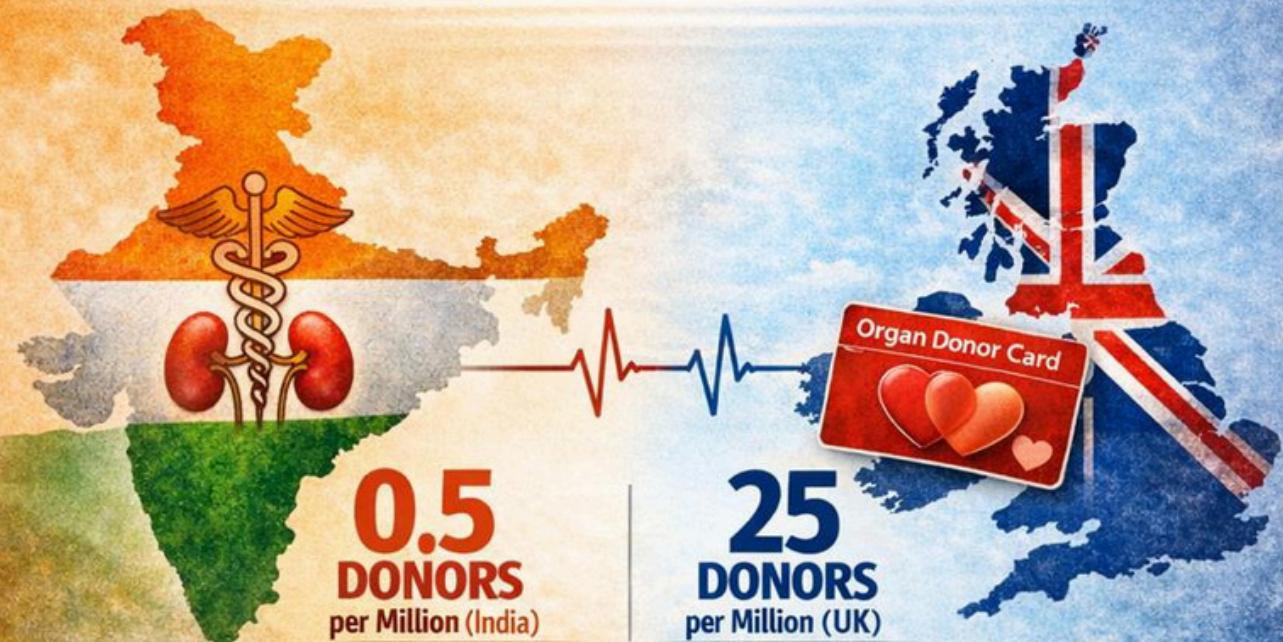
Rotary International

With collective action from government, healthcare institutions, NGOs, and community leaders, organ donation in India can evolve from an exception to an expectation.

When awareness meets preparedness, generosity transforms into saved lives.

The question is not whether India can close this gap—The question is how urgently we choose to act.

Why India Lags Behind the UK in Organ Donation



- Low Public Awareness VS. Strong Public Education
- High Family Refusals VS. Family Consent & Support
- Few Transplant Coordinators VS. 24/7 Trained Coordinators
- Opt-In System VS. Opt-Out System
- Myths & Cultural Beliefs VS. Accepted Social Norm
- Weak Hospital Infrastructure VS. Advanced Medical Facilities

Bridging the Gap Requires:
Awareness, Infrastructure & Policy Reform

RAY OF HOPE IN THE SHADOW OF LOSS

A Short Story



Rtn Hemalatha Bhandari
President Elect

In the quiet lanes of Silver Oaks lived sixteen-year-old Rahul—a boy known not for medals or milestones, but for the gentleness with which he moved through the world. To his parents, Shyam and Sunaina, Rahul embodied a simple yet profound truth: kindness is circular—it nourishes both the giver and the receiver.

Rahul did not help to be seen; he helped because it felt natural. Whether tutoring a struggling classmate, comforting a lonely neighbour, or offering a listening ear without judgment, he had an instinctive empathy that made people feel valued. He believed that small acts mattered—that even the simplest gesture could change the direction of someone's day, or even their life.

The Spark of Purpose

The turning point came during Legacy Week at Moon Shine High School. An organ donation awareness programme filled the school auditorium. While many students shifted restlessly in their seats, Rahul listened intently as the speaker explained how one individual, through organ donation, could save up to nine lives and enhance many more through tissue donation.

That evening, something lingered in Rahul's mind.

At dinner, in a voice calm yet resolute, he looked at his parents and said, "Mom, Dad, we help people while we're alive. But today I realised we can help even after we're gone. If anything ever happens to me, I want to donate my organs. I want my life to become a bridge for others."

The room fell silent.

It was a heavy conversation for a sixteen-year-old—but for Rahul, it felt like a natural extension of who he was. Shyam and Sunaina exchanged a glance, their hearts swelling with pride and ache all at once. They nodded, choosing to honour not just his words, but the values that shaped him.

The Unthinkable

Just a month later, the unthinkable happened.

Returning from a school excursion, the bus Rahul was travelling in met with a devastating accident. He was rushed to the hospital with severe head injuries. Doctors worked tirelessly, but the damage was irreversible.

The diagnosis was final: a massive brain haemorrhage leading to brain death.

In the sterile corridor of the ICU, Shyam and Sunaina stood shattered, suspended between disbelief and unbearable grief. Yet through the fog of anguish, Rahul's voice echoed clearly—the dinner conversation they would never forget.

"He wanted this," Sunaina whispered, tears streaming down her face. "This was his wish."

A Legacy of Life

With courage that humbled everyone around them, Rahul's parents chose to honour his decision. In their darkest moment, they chose light.

Protocols were followed with care and dignity. Brain death was certified by doctors. Consent forms transformed a private promise into a life-saving gift. The national registry matched Rahul's organs with recipients who were clinging to hope.

As surgical teams arrived, a Green Corridor was created to ensure swift transport. Hospital staff lined the hallways in solemn silence as Rahul was wheeled towards the operating theatre—a Walk of Honour for a boy whose compassion far exceeded his years.

It was not a goodbye.

It was a continuation.

The Ripple Effect

The surgeries were successful.

A father of two felt his chest rise with a new heartbeat, a heart that now carried Rahul's generosity.

A young girl, blind since birth, saw the world for the first time through his eyes.

Two patients were freed from the confines of dialysis, reclaiming lives once tethered to machines.

Rahul's life did not end—it multiplied.

His single decision became many beginnings.

Across Silver Oaks, his story spread—quietly at first, then powerfully—igniting conversations, pledges, and awareness. One life rooted in kindness had created ripples that would span generations.

For Shyam and Sunaina, grief never vanished—but it transformed. In strangers they would never meet, in laughter they would never hear, their son continued to live. Rahul had not left behind emptiness; he had left behind meaning.

He was still helping.

Still giving.

Still changing the world—one heartbeat at a time.

*Radiance lingers though the sun has set,
A hero's journey we will not forget,
Hearts beat anew because he chose to give,
Unfading hope allows the world to live,
Love is his legacy, written in every breath*

By donating his organs, Rahul saved multiple lives and enhanced many others through tissue donation. His name now stands for something greater than a single lifetime—a bridge between loss and renewal, grief and hope, endings and new beginnings.

A ray of hope, even in the deepest shadow.

HEALTHY FOOD - HEALTHY ORGANS

Steamed Vegetable Moong Dal Chilla (Oil-Free)



Rtn Ruby Agarwal
Inspire Secretary

_INGREDIENTS (Serves 2)

- 1 cup yellow moong dal (split), soaked
- ½ cup grated carrot
- ¼ cup finely chopped spinach
- 1 green chilli (optional)
- 1 tsp grated ginger
- ½ tsp cumin seeds
- ¼ tsp turmeric
- Salt as per taste
- Water (as required)
- Fresh coriander leaves (optional)

Method

1. Drain soaked moong dal and grind into a batter using minimal water.
2. Add vegetables, ginger, cumin, turmeric, salt, and mix well.
3. Heat a non-stick pan and sprinkle a few drops of water to check heat.
4. Pour a ladle of batter and spread gently.
5. Cover with a lid and steam-cook on low flame (no oil).
6. Flip once cooked and steam the other side.
7. Serve hot.

Serving Suggestion

- Mint-coriander chutney
- Low-fat curd
- Lemon squeeze for taste

Health Benefits

- Supports liver, kidney & heart health
- Improves digestion
- Ideal for weight management
- Excellent for diabetics & seniors

Why this recipe?

- High protein • Zero oil • Zero sugar • Diabetic-friendly • Heart & organ-friendly





Rtn Archana Sharma
Club Member

Name: Archana Sharma
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E-mail: womenpowerorg@gmail.com
Profession: Philanthropist, Anchor, Peace Ambassador, Motivational speaker, MD Hinstan Events
Family: One Son
Favourite Food: Indian
Favourite Holiday Destination: Kashmir – for its serenity, beauty, and peace.
Favourite Book: The Alchemist by Paulo Coelho – a reminder to follow purpose and destiny.
Favourite Song: Heal the World – Michael Jackson (A timeless message of love, care, and making the world a better place.)
Favourite Quote: *"Service to humanity is the highest form of prayer"*
Date of Birth: 16th Jan.
Wedding Anniversary: 14th Oct.
Your presence on social media: Facebook
Why did you choose to become a member of RC Organ Donation International: My last act will be humanity."



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