

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**

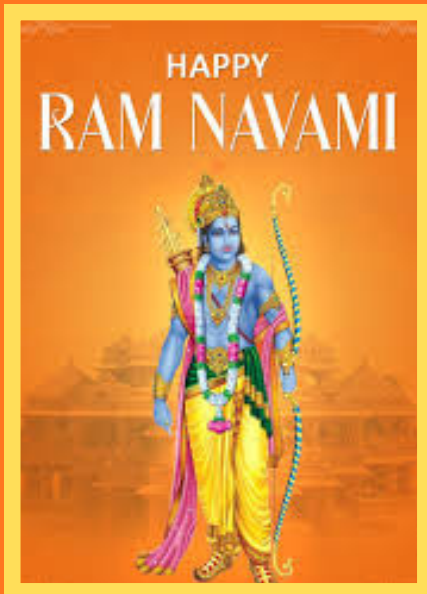


**LET'S
INSPIRE !**

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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

MEDITATE CORRECTLY FOR ORGAN HEALTH

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 Behzad Randeria
Founder, Director, and CHRO of
Helicare Rescue Ltd
Kenya & Finrock Holdings
UAE

Rtn Ruby Agarwal
Inspire Secretary

Rtn Rakhee Agarwal
Member

Time & Date: 8 PM on Sunday 29th March 2026

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



**There is no dharma greater
than serving others
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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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

On the auspicious occasion of Ram Navami, and with the Divine Blessings of Lord Ram, I sought to explore the timeless relevance of His values in the context of organ donation. I trust that as you read this reflection, you will feel the same sense of spiritual resonance and inspiration that guided its writing.

It was not easy, yet I feel deeply moved to express my profound admiration and heartfelt gratitude to the family of organ donor Mrs Indira Rani Kansal. Their selfless act of love, at a moment of immeasurable personal loss, stands as a beacon for all of us. I am certain that this noble donation will catalyse our organ donation awareness movement, inspiring countless others to follow in their compassionate footsteps.

Addressing the esteemed members of the Rotary Club of Pune Central on the topic “Role of Service Clubs in Organ Donation” was a privilege and a responsibility. Articulating how Rotary can play a key role in promoting organ donation in India is no small task — yet the warmth, attention, and swift resolve of the members made it profoundly rewarding. We are delighted to share that the club announced on the spot the formation of an Organ Donation Committee — a magnificent stride for the cause.

Our heartiest congratulations to our Club Medical Director, Rtn PHF Dr Rohan S. Monis, on receiving the prestigious Times Business Award 25-26. We are certain this marks only the beginning of many honours to come.

We also express our deep gratitude to our member, Rotarian Uma Jhavar, for her tireless grassroots efforts in spreading eye donation awareness far and wide.

This issue carries a beautiful Ram Navami poem, “The Ultimate Offering — Tracing Your Legacy”, penned by our President-Elect, Rtn Hemalatha Bhandari.

Our popular “Healthy Food – Healthy Organs” segment celebrates the spirit of the festival with a divine recipe for Healthy Kala Chana Prasad — nourishing the body as we uplift the soul which was shared by our inspiring Secretary Rtn Ruby Agarwal.

Finally, our “Interesting Facts About Our Members” spotlight reminds us of the extraordinary individuals who make our Rotary family so very special.

May this Ram Navmi special issue inspire, inform, and ignite within each of us the spirit of service — for in giving, we truly live.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

RELEVANCE OF LORD RAM IN ORGAN DONATION



Rtn Lal Goel

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

Drawing Eternal Lessons from the Ramayana for a Living Humanitarian Cause

Lord Ram, revered across India and the world as Maryada Purushottam — the ideal upholder of righteousness — is far more than a religious icon. He is the moral soul of a civilisation. His life, as chronicled in the Valmiki Ramayana and lovingly retold by Sant Tulsidas in the Ramcharitmanas, enshrines values that speak directly to the deepest needs of our time: sacrifice, compassion, selfless service, and the sanctity of every human life.

Among the most pressing humanitarian challenges India faces today is the severe shortage of organ donors. Thousands of citizens die each year — not from incurable illness, but simply because a compatible organ did not arrive in time. In a nation whose soul is shaped by the ideals of Ram, it is both fitting and urgent to ask: what does his life teach us about the duty to give, to serve, and to sustain life?

The answer, on reflection, is both clear and profound. Every essential virtue that underlies organ donation — tyag (sacrifice), seva (selfless service), parahit (living for others), and ahimsa (reverence for life) — is lived and demonstrated by Lord Ram. His story is not merely an ancient scripture; it is a living call to compassionate action.

Tyag — The Spirit of Sacrifice

The very first great act of the Ramayana is one of sacrifice. When the young prince Ram is asked to relinquish his throne and accept exile into the forest for fourteen years — to uphold his father's word — he does so without hesitation, without bitterness, and without seeking recognition. His response, recorded in the Valmiki Ramayana (Ayodhya Kand), is among the most moving utterances in all of Sanskrit literature:

“Pitur vachanam satyam kartum icchami”

(I desire to fulfil my father's word as truth.)

This single line carries within it the entire philosophy of tyag. Ram did not weigh the cost to himself. He gave up a kingdom — the greatest worldly possession — because someone he loved desired it, and because it was right.

This spirit is precisely what organ donation calls upon us to embody. Most organs are pledged in advance, when a person decides that after their death, their organs may give life to another. It is a decision made not in a moment of grief but in a moment of clarity — a conscious act of tyag, of releasing attachment to one's own body for the benefit of a stranger. Just as Lord Ram honoured the wishes of his father, we too are called to honour the wishes of our near & dear person who pledged to donate organs — the wish to gift life.

Organ donation, viewed through this lens, is not a medical transaction. It is an act of sacred sacrifice in the finest tradition of Lord Ram himself.

Universal Compassion — Sarva Bhuta Hite Ratah

Lord Ram's compassion knew no borders. He embraced Shabari, a tribal woman of humble station, with the warmth of a son. He honoured Nishadraj, the boatman, as a friend. He wept for Jatayu, an animal, as he would for a father.

His world-view was captured in one enduring ideal:
"Sarva bhuta hite ratah"
(One who is engaged in the welfare of all living beings.)

Ram made no distinction between whose life was worth saving. He served and protected all, regardless of caste, kind, or circumstance.

Organ donation carries forward exactly this principle. A transplanted kidney does not know the religion of its recipient. A donated cornea does not distinguish between rich and poor. The gift of an organ is, in the most literal sense, universal compassion made physical. It crosses every boundary that ordinarily divides human beings and asks only one question: Is there a life that can be saved?

To pledge one's organs is to embody the spirit of Sarva Bhuta Hite Ratah — to declare that one's final act will be in service of all beings, without exception.

Parahit — The Highest Dharma

Sant Tulsidas, in his beloved Ramcharitmanas, distils the moral teaching of the Ramayana into two immortal lines that every generation of Indians has grown up hearing:

"Parahit saris dharma nahi bhai, Par peeda sam nahi adhamai."

(There is no dharma equal to serving others; there is no sin equal to causing them suffering.)

These lines do not merely encourage generosity. They make service to others the highest possible expression of a virtuous life. Conversely, they identify indifference to the suffering of others as a form of wrongdoing.

Consider the reality of organ shortage in India today. Nearly two lakh patients await a kidney transplant. Thousands more wait for a liver, a heart, or corneas.

In most cases, their suffering could be relieved — not by any great act of wealth or power, but simply by a decision made by ordinary citizens to register as organ donors and to inform their families of that wish.

Parahit, in this context, requires no grand gesture. It asks only for a pledge and a conversation. Yet its impact — the life saved, the family spared from grief, the years restored — is immeasurable. Tulsidas's teaching leaves little room for hesitation: to donate is dharma; to withhold when one can give is its opposite.

Jatayu — The Symbolism of the Final Gift

Among the most luminous and emotionally resonant episodes of the Ramayana is the sacrifice of Jatayu in the Aranya Kand. The aged eagle-king, upon witnessing Ravana abducting Sita, does not hesitate. He launches himself into battle against a demon far more powerful than himself, fighting until his wings are severed and he falls, mortally wounded, to the earth below.

When Lord Ram discovers the dying Jatayu, he holds him with a tenderness that moves readers across centuries. With his last breath, Jatayu tells Ram the direction Sita was taken — his final act a gift to the one he loved. Ram weeps for him, and performs his last rites as a devoted son would for a father.

In Jatayu, we see the complete philosophy of organ donation: the willingness to give everything, including one's own body, for the welfare of another. The pledge of organ donation is, in a sense, each person's opportunity to be Jatayu — to ensure that even in death, one's final act is one of love and service, giving life and hope to those left behind.

Ram Rajya — A Society That Cares for Every Life

The vision of Ram Rajya — the ideal society that Lord Ram governed — was one in which no subject suffered needlessly,

where justice was universal, and where the happiness of the people was the highest duty of all. It was a society defined not by its monuments, but by its compassion. This ideal is captured in a principle that Lord Ram himself embodied:

“Prajā sukhe sukham rajnaha”

(The happiness of the ruler lies in the happiness of the people.)

In today's India, the responsibility for Ram Rajya does not rest with rulers alone. It rests with citizens. A society where thousands die each year awaiting organs that were never pledged is a society that has not yet fulfilled its duty of collective care

Building a culture of organ donation is, in this sense, nation-building in the spirit of Lord Ram. Every pledge made, every family conversation held, every myth dispelled about donation brings India one step closer to the compassionate society that Ram Rajya represents. This is not merely a medical goal — it is a civilisational one.

Honouring the Wishes of Our Loved Ones

The Ramayana teaches us something else that is quietly powerful: the importance of honouring the wishes of those we love.

Lord Ram's exile was not his own desire — it was his father's. Yet he fulfilled it with complete devotion, because he understood that true love sometimes means putting another's wishes above our own preferences.

This principle is deeply relevant to organ donation in India. Many people register as donors but never inform their families. When they die, families — consumed by grief and unfamiliar with the deceased's wishes — decline to permit donation. The organs are lost, and lives that could have been saved are not.

The teaching of Ram calls upon us to do both: to pledge our organs, and to speak about that pledge to our families. And it calls upon families, equally, to honour the wishes of a loved one who desired to give — just as Ram honoured his father's word as sacred.

In organ donation, honouring a loved one's wish to donate is one of the most profound acts of devotion a family can perform.

The teaching of Ram calls upon us to do both: to pledge our organs, and to speak about that pledge to our families. And it calls upon families, equally, to honour the wishes of a loved one who desired to give — just as Ram honoured his father's word as sacred.

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Conclusion

The life of Lord Ram is India's most enduring moral inheritance. Its teachings on sacrifice, compassion, duty, and the welfare of all living beings are not relics of an ancient age — they are answers to the questions our age most urgently asks.

Organ donation is not simply a medical act. In the light of the Ramayana, it is a sacred act of dharma. It is tyag — the willing release of what is most personal for the benefit of another. It is parahit — the fulfilment of the highest religious duty. It is the spirit of Jatayu — giving life, even in the final moment. And it is the foundation of Ram Rajya — a society where no life is lost for lack of a gift that was within our power to give.

India has the spiritual vocabulary, the cultural values, and the moral tradition to lead the world in the culture of organ donation. The life of Lord Ram shows us the way. It remains only for us to follow it.

Let us not only worship Lord Ram — let us walk his path.

Pledge your organs. Give the gift of life.



Relevance of Lord Ram in Organ Donation

Key Points

- **Spirit of Tyag:** Like Ram's sacrifice for dharma, organ donation is a selfless act of giving and fulfilling one's duty of Tyag (sacrifice).
- **Sarva Bhuta Hite Ratah:** Ram's universal compassion mirrors organ donation's value of saving any life, regardless of race, creed, or class.
- **Parahit - Serving Others:** Tulsidas teaches that there is no greater dharma than serving others. Organ donation is the highest form of service.
- **Jatayu's Example:** Jatayu's ultimate act in the Ramayana symbolizes sacrificing oneself to save others, akin to organ donors giving life to others.



Rotarian
Lal Goel

Founder & Charter President
Rotary Club of
Organ Donation International

RID 3141

Rotary

Club of

**ORGAN DONATION
INTERNATIONAL**



ROTARIAN LAL GOEL EXPRESSES DEEP ADMIRATION AND HEARTFELT GRATITUDE TO THE FAMILY OF ORGAN DONOR MRS. INDIRA RANI KANSAL



Pune: Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, conveyed his deepest admiration and heartfelt gratitude to Mr Santosh Kumar Kansal, husband of Mrs. Indira Rani Kansal, for honouring his wife's noble wish of organ donation.

Mrs. Indira Rani Kansal, aged 77, was declared brain-dead at Manipal Hospital, Pune. In an extraordinary act of humanity, her family consented to donate her organs — kidneys, liver, lungs, pancreas, heart, and eye corneas — thereby giving the gift of life to multiple recipients. As per hospital sources, her kidneys and liver have already been successfully transplanted through the government waitlist system, saving three lives.

According to family members, Mrs. Kansal had long expressed her desire that her organs should help those in need after her passing. Despite their immense grief, the family chose to honour her final wish, transforming their personal loss into hope for several others.

Rotarian Lal Goel, who was informed of this noble act by Rotarian Deepak Goel — a close associate of the family and Foundation Chair of the Rotary Club of Organ Donation International — immediately reached out to Mr Kansal to offer his condolences and appreciation.

In his letter, Rotarian Lal Goel wrote:

"I can say with conviction that your family's decision reflects the highest spirit of humanity and generosity. Through this gift of life, Mrs. Kansal will continue to bring hope to those struggling to survive. Her legacy will live on — not only in your cherished memories, but also in the lives she has saved and transformed. This selfless act stands as a powerful example for society and a truly noble tribute to her life."

He further expressed hope that such inspiring acts would encourage more families across the country to come forward for organ and tissue donation, helping bridge the critical gap between demand and availability.

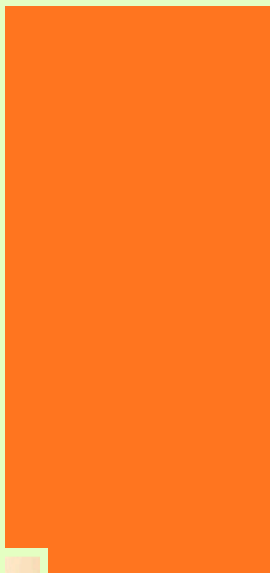
Concluding his message, Rotarian Lal Goel wrote:

"On behalf of our entire Rotary family, and on behalf of every life that her generosity will touch, I bow my head in reverence to you, your family, and to the sacred memory of Mrs. Kansal."

NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

ROTARY CAN PLAY A KEY ROLE IN PROMOTING ORGAN DONATION IN INDIA: ROTARIAN LAL GOEL



Pune, March 15, 2026: Renowned organ donation advocate 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 on Rotary Clubs across the country to take a proactive role in promoting organ donation in India.

Rotarian Lal Goel addressed a meeting of the Rotary Club of Pune Central at the Poona Club on March 15.

Rotarian Lt. Col. Julius Rocque, Secretary (2026–27) of the club, introduced Rotarian Lal Goel as the Chief Guest and Keynote Speaker and highlighted his decades-long contribution to organ donation advocacy.

During his speech, Rotarian Lal Goel suggested three key areas where Rotary Clubs can make a significant impact: raising awareness in educational institutions, helping transplant patients access financial support from government schemes and NGOs, and supporting hospitals to develop Non-Transplant Organ Retrieval Centres (NTORC) in underserved areas.

Rotarian Lekha Nair, President of the Rotary Club of Pune Central, assured support for organ donation initiatives and expressed interest in collaborating with the Rotary Club of Organ Donation International to promote NTORCs in Rotary District 3131. She thanked Rotarians Lal Goel & Dr Vijaysingh Jagannathsingh Pardeshi* for coming from Mumbai and Kalyan for the meeting.

Inspired by the speech, Past President Dr Anand Bhatia announced that the club would establish an Organ Donation Committee, while Rotary Ann Dr Madhu Rocque proposed organising several awareness programmes in schools and colleges in Pune.

Rotarian Lal Goel also provided detailed answers to several questions raised by members concerning organ donation, transplantation procedures, and society's role in advocating this life-saving cause.

On the occasion, following Rotary tradition, Rotarian Lal Goel and Rotarian Lekha Nair exchanged the flags of their respective clubs.

TIMES BUSINESS AWARDS

MANGALORE - MYSORE - HUBLI - 2025-26

Congratulations!!!

**Rotarian Dr PHF
Rohan Monis,
Medical Director
of Rotary Club
of Organ Donation
International,
for receiving the
Times Business
Award 25-26.**

Q: HOW CAN CPR TRAINING AND ORGAN DONATION AWARENESS HELP ADDRESS MAJOR PUBLIC HEALTH CHALLENGES IN INDIA?

Rtn PHF Rohan S. Monis, Chief Administrative Officer – Kanachur Institute of Medical Sciences; Medical Director – Rotary Club of Organ Donation International

Let me give each one of you a real life-saving challenge - Let's normalize conversations around CPR & organ donation. Let's get trained, create awareness and build a culture of giving. Let's create community Rescuers.

Rtn PHF Dr Rohan S. Monis,
Chief Administrative Officer – Kanachur Institute of Medical Sciences; Medical Director – Rotary Club of Organ Donation International



During the panel discussion, Rtn. Monis highlighted 'Out of Hospital Cardiac Arrest' as one of the leading causes of death and a significant public health challenge. He pointed out that the bystander CPR rate in India is reported to be less than 10%, according to research studies—far below the target goal of 62% set by the American Heart Association (AHA) Emergency Cardiovascular Care guidelines. He emphasized that introducing Cardio Pulmonary Resuscitation (CPR) training in non-healthcare graduate education can serve as an effective intervention to improve social well-being in communities.

Monis also stressed the urgent need to raise awareness about organ donation. With the increasing prevalence of non-communicable diseases and infections, the demand for organ

transplants has significantly risen. He explained that a brain-dead organ donor can save up to eight lives and enhance up to 75 lives through tissue donation. However, India's organ donation statistics remain extremely low, currently less than one donor per million population, highlighting the need for stronger public awareness initiatives.

He further emphasized that building strong health advocacy requires mass training initiatives, dispelling myths, superstitions and social barriers, leveraging personal stories, engaging underrepresented communities, and normalizing conversations around organ donation and life-saving interventions. According to him, these collective efforts can play a vital role in strengthening community awareness and improving overall public health outcomes.



**KANACHUR MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE
EXCELLENCE IN COMMUNITY HEALTH ADVOCACY AND
SOCIAL DEVELOPMENT**



NEED TO SPREAD AWARENESS ABOUT EYE DONATION IN SOCIETY: ROTARIAN UMA JHAVAR



Sujargarh-The Lions Club Sujargarh organised a program titled Shreshtha 2026 at the local Maheshwari Bhavan. The main objective of the program was to raise awareness among the general public about eye donation.

Rotarian Uma Jhavar, Member of Rotary Club of Organ Donation International and Director of M K International Eye Bank, Indore, attended as the chief guest.

Lion Kamal Tapadia, Zone Chairperson, chaired the program.

The event was coordinated by Sunita Khandelwal and Sunita Tapadiya. Club President Prashant Pareek and Administrator Savita Rathore were also present.

The program began with the ceremonial lighting of the lamp in front of the idol of Salasar Balaji Maharaj. In his welcome address, Prashant Pareek highlighted the importance of eye donation and the club's activities. Shradha Sen presented a graceful yoga performance depicting Shiva Tandava.

In her keynote address, Rotarian Uma Jhavar spoke on the theme of making eye donation a "living legacy." She emphasised the importance of taking a pledge for eye donation and explained when, where, and how eye donation can be done. She stated that if awareness campaigns are conducted with proper information, no one in society will remain deprived of sight.

She appreciated the efforts made by former President Dr A.P.J. Abdul Kalam in promoting this noble cause. She further explained that patients suffering from serious diseases like COVID cannot donate eyes, but individuals who die due to accidents, snake bites, or sudden death can donate their eyes. If the cornea is healthy, eye donation is possible.

She appealed to everyone to discuss this subject in social gatherings and help spread awareness.

After the speech, Rotarian Uma Jhavar was felicitated. On this occasion, women who have made remarkable contributions to social service were also honoured.

“The Ultimate Offering tracing your Legacy”

ORGAN & TISSUE DONATION

Sacred spark within the breath,

Healing lives beyond our death.

Radiant light that stays behind,

Endless grace for all mankind.

Evergreen, the love we sow,

Reaping hope where shadows grow.

Act of mercy, pure and grand,

Mending hearts across the land.

Noble path the righteous tread,

Aiding those where tears are shed.

Victory won o'er grief and strife,

Ancient truth: the gift of life.

Making a donor, don't take organs to heaven,

In giving Life , the second chance is spoken.



Rtn Hemalatha Bhandari
President Elect

HEALTHY FOOD - HEALTHY ORGANS



Rtn Ruby Agarwal
Inspire Secretary

Healthy Kala Chana Prasad

Ingredients

The Base :

- 1 cup Kala Chana (soaked overnight)
- 1-2 Tomatoes (finely chopped)

Aromatics

- 1 bay leaf · 1 tsp Cumin seeds · 1 pinch Hing
- 1-inch Ginger (shredded) · 2 Green chilies (slit)

Spices

- 1 tsp Coriander powder · ½ tsp Turmeric
- 1 tsp Red chili powder · Salt to taste

Finishing

- 1 tsp Amchur · ½ tsp Garam Masala
- Fresh Coriander leaves

Method

1. Boil the Chana

Pressure cook drained chickpeas with 2.5 cups water, salt, and bay leaf — 6-8 whistles, or 15-20 mins on low after the first. They should be soft, not mushy. Reserve the cooking water.

2. Build the Base

In a heavy pan, roast cumin and hing, then add ginger and green chilies. Add tomatoes and cook on medium for 4-5 minutes until mushy.

3. Add Spices

Lower heat. Stir in coriander powder, turmeric, and red chili powder for 30 seconds. Add the boiled chana with ½ cup cooking water.

4. Simmer

Mix well so the masala coats the chana. Cover and cook on low-medium for 7-10 minutes, then uncover until the masala thickens and turns sukha (dry).

5. Finish

On the lowest heat, add Amchur and Garam Masala. Toss for 1 minute.

6. Garnish

Off the heat, top generously with fresh coriander.





Rtn Dr Rajiv Gupta
Club Member

Name: Rajiv Gupta

Mobile: +91 99670 33110

Email: guptas5128@gmail.com

Profession: Consultant Otolaryngologist

Family: Mother, 2 brothers, Wife and 2 daughters

Favourite Food: Chhole Bhature

Favourite Holiday Destination: USA via UAE so as to meet all my family members

Favourite Book: The Godfather

Favourite Song: *Que Será, Será (Whatever Will Be, Will Be).*

Favourite Quote: "Love means never having to say you are Sorry."

Date of Birth: 05th June

Wedding Anniversary: 23rd June

Social media: On Facebook, Instagram and WhatsApp but not active.

Why I joined RC Organ Donation International: three members from my family are/were Organ recipients and two members from my extended family are/were Organ donors.



**SCAN
ME
FOR
QUICK
PLEDGE**

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