

**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

ROLE OF WOMEN IN ORGAN DONATION

Rtn Lal Goel
Founder & Charter President
Rotary Club of
Organ Donation International

Rtn PHF Ritika Gupta
Inspire President
Rotary Club of
Organ Donation International

Prof Dr Rashmi Kundapur
Additional Professor
Department of Community and
Family Medicine
All India Institute of Medical Sciences
Hyderabad

Rtn Ruby Agarwal
Inspire Secretary

Rtn Dr Brinda Shine
Member

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

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

**Happy
Women's
Day**



**Women donate more, yet receive less -
a disparity that demands justice**

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 8th March, the world celebrates International Women's Day. But we must ask ourselves a sincere question—are we truly celebrating women, or merely observing the day in name? In India, statistics reveal a troubling reality: the number of women living organ donors is far greater than the number of women recipients. This stark imbalance reflects a deep-rooted social mindset often driven by male chauvinism and unequal decision-making within families.

In all my speeches across the country, I consistently highlight this issue. If we genuinely wish to honour women, we must confront this uncomfortable truth. Every discussion on organ donation in India should include this perspective. Only then will our celebrations carry real meaning and dignity.

Last week, I had the opportunity to undertake a North India tour on organ donation awareness, and it proved to be extremely encouraging. History was created at Aligarh Muslim University, where, for the first time in its 150-year history, a dedicated organ donation awareness programme was organised. The response from students and faculty was phenomenal. I firmly believe that the day is not far when AMU will emerge as a leading institution in promoting organ donation in Uttar Pradesh.

It was equally fulfilling to conduct programmes at my alma mater, K. R. College, Mathura, at GLA University, one of Uttar Pradesh's most renowned universities, and at prestigious Gyan Mahavidyalaya, Aligarh. The preparation and enthusiasm displayed by the management, faculty, and students at all these institutions were truly remarkable and inspiring.

Our President-Elect, Rtn Hemalatha Bhandari, has contributed a beautiful and touching poem titled "Your Heart, Their Rhythm, Echoing Life Forever." I am confident that you will deeply appreciate her heartfelt words.

In our popular "Healthy Food - Healthy Organs" segment, our inspiring Secretary Rtn Ruby Agarwal presents a delightful recipe for Healthy Sweet Potato Chaat, reminding us that healthy lifestyles are essential for healthy organs. I am sure this will add flavour to your celebration of International Women's Day.

This issue's "Interesting Facts About Our Members" section highlights one of our esteemed club members, offering readers a glimpse into the inspiring individuals who make our Rotary family so special.

Women are often the silent pillars behind healthcare decisions within families. Their awareness, empowerment, and advocacy have the power to transform the landscape of organ donation in India. If women become champions of this cause, the organ donation movement will gain unstoppable momentum.

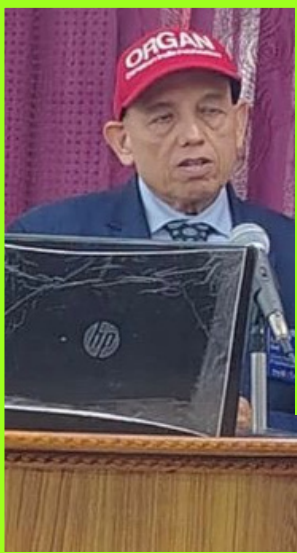
Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

ROTARIAN LAL GOEL CREATES HISTORY AT ALIGARH MUSLIM UNIVERSITY WITH LANDMARK ORGAN DONATION AWARENESS CAMPAIGN



Aligarh, February 28 — A historic milestone was achieved at Aligarh Muslim University (AMU), Aligarh, as Rotarian Lal Goel led the institution's first-ever dedicated Organ Donation Awareness Programme. In the University's illustrious 150-year history, this marked the first initiative exclusively focused on organ donation — setting a transformative precedent for public health advocacy in the region.

The landmark campaign was spearheaded by Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, reaffirming his unwavering commitment to strengthening India's organ donation movement through education, dialogue, and community leadership.

Guest of Honour Rotarian PHF Deepak Goel highlighted Rotary International's historic achievement in the global eradication of polio and shared insights into the mission and growing impact of the Rotary Club of Organ Donation International in promoting life-saving awareness across communities.

Guest of Honour Prof. Malik Shoeb Ahmad described the programme as a meaningful beginning and expressed hope that it would evolve into a sustained, impactful organ donation awareness movement within AMU and beyond.

Speaking as Chief Guest and Keynote Speaker, Rotarian Lal Goel delivered a deeply inspiring address that resonated profoundly with students and faculty alike. He firmly dispelled the misconception that Islam opposes organ donation, citing the Holy Quranic verse:

“Whoever saves one life, it is as if he has saved all mankind.”

He further strengthened his message by presenting global comparisons — noting that Saudi Arabia, an Islamic nation, has achieved an organ donation rate of 43 per million population (PMP). In contrast, India's rate remains critically low at 0.65 PMP.

He emphasised that religion is not the barrier — awareness, proactive commitment, and societal will are.

The most moving moment of the programme came with the heartfelt testimony of Rotarian Sunil Gupta, a kidney transplant recipient, and his wife, Rotarian Regina Gupta, who donated her kidney to save his life 15 years ago.

Rotarian Sunil Gupta shared that he now leads a completely normal and active life — swimming, scuba diving, exercising regularly, and working full 12-hour days — powerfully demonstrating that organ transplantation restores not just life, but quality of life.

Rotarian Regina Gupta emotionally recalled that she did not hesitate even for a moment in her decision. Her only thought was to ensure her husband would live to witness the milestones of their nine-year-old daughter. Her courage and conviction left many in the audience visibly moved.

In recognition of his exceptional service to humanity and relentless advocacy for organ donation, Dr Mohammad Mohsin Khan, Coordinator, NSS, Aligarh Muslim University, presented a memento to Rotarian Lal Goel.

Rotarian Lal Goel expressed heartfelt gratitude to the Hon'ble Vice-Chancellor, Pro-Vice-Chancellor, Deans, distinguished faculty members, NSS volunteers, and students for their attentive participation — made even more meaningful as the programme was conducted during the sacred month of Ramzan.

The historic event concluded with the University Tarana followed by the National Anthem. The programme was conducted with distinction by Dr Fauzia Faridi and witnessed the presence of a large and engaged gathering of students, faculty, and distinguished guests.

This landmark initiative at AMU is not merely an event — it is the beginning of a movement.

YOUTH MUST BECOME BRAND AMBASSADORS OF ORGAN DONATION, URGES ROTARIAN LAL GOEL



UNITE FOR GOOD

GLA UNIVERSITY
in association with
Rotary Club of **ORGAN DONATION INTERNATIONAL**

is organizing
A talk on
Role of **Youth In**
ORGAN DONATION

CHIEF GUEST & KEYNOTE SPEAKER
Rtn Lal Goel
Founder & Charter President,
Rotary Club of Organ Donation International;
Chairman,
Organ Donation India Foundation & OYAN

LET'S INSPIRE!

GUEST OF HONOUR
Rtn Priti Bhaskar Goel
President,
Foundation Chair (2018-21),
Rotary Club of Organ Donation International

GUEST SPEAKER
Rtn Priti Bhaskar Goel
President,
Rotary Club of Organ Donation International

GUEST SPEAKERS
Rtn Regina Gupta & Rtn Sandeep Kishorey
Rtn Rakesh Bhatnagar
Rtn Anand Kumar Gupta
Rtn Anand Kumar Gupta
Vice Chairperson
GLA University

27th February, 2026 | 11:00 AM Onwards
Venue: EC Conference Hall, AB-II, GLA University, Mathura Campus

Rtn Pratik Agrawal
Director, Youth

Rtn Anand Bhatnagar
Charter Member



Mathura, February 27 — Delivering a powerful and inspiring address at GLA University, 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 the youth of India to emerge as “Brand Ambassadors of Organ Donation.”

Speaking as Chief Guest and Keynote Speaker on the theme “Role of Youth in Organ Donation,” he emphasised that young people hold the key to transforming India’s organ donation landscape. “The youth of today are digitally empowered, socially connected, and intellectually aware. If they channel their influence towards spreading correct and positive information about organ donation, thousands of precious lives can be saved,” he said.

Rotarian Goel highlighted that while medical science in India has advanced significantly, societal hesitation, myths, lack of awareness, and lack of infrastructure continue to hinder organ donation rates. He urged students to challenge misconceptions, initiate conversations within families, and take proactive steps to pledge their organs.

The programme was graced by Guest of Honour Rotarian PHF Deepak Goel, Foundation Chair (2026–27), who presented an overview of Rotary International and its humanitarian mission. Rotarian PHF Ritika Gupta, Inspire President, elaborated on the vision and ongoing initiatives of the Rotary Club of Organ Donation International.

A deeply moving highlight of the event was the heartfelt testimony of Rotarian couple Sunil and Regina Gupta from Sunnyvale, California, USA, who shared their journey as a kidney recipient and donor respectively — offering living proof of the life-changing impact of organ donation.

Rotarian Sunil Gupta, a business leader at Intel, spoke candidly about his transplant journey and urged the audience to rise above myths and fears surrounding organ transplantation. “It has been 15 years since our surgery, and we are living healthy, fulfilling lives,” he shared.

Rotarian Regina Gupta recounted how her decision to donate a kidney to her husband received unwavering support from her late father, friends, and extended family. She was discharged just two days after surgery, resumed work within nine days, and continues to lead a completely normal life without any long-term medication — a reassuring message for those apprehensive about living donation.

Eminent social and political leader of Uttar Pradesh, Rotarian Pradeep Mathur, lauded Rotarian Lal Goel's unwavering dedication and encouraged students and faculty members to take the organ donation pledge and actively contribute to saving lives.

The interactive session saw Rotarian Lal Goel addressing numerous thoughtful questions from an engaged and attentive audience, highlighting the growing curiosity and awareness among youth regarding organ donation.

Prof. Dr Anup Kumar Gupta, Vice-Chancellor of GLA University, expressed deep appreciation for Rotarian Lal Goel's sustained commitment to this noble cause. He remarked that the session would not only inspire students but also significantly strengthen the organ donation movement at the grassroots level. Mementoes were presented to Rotarian Lal Goel and the other distinguished guests on the dais as a token of gratitude.

The programme was also attended by Rotarian Pratul Agrawal, Director of Youth; Rotarian Avinash Bhargava, Charter Member of the Rotary Club of Organ Donation International; along with the Directors, Deans, Heads of Departments, and Professors of GLA University, reflecting strong institutional support for the cause.

In his concluding remarks, Rotarian Lal Goel conveyed heartfelt thanks to the Vice-Chancellor, university management, faculty, and students for their overwhelming participation. The response was so enthusiastic that the programme had to be broadcast live across two halls simultaneously — a powerful testament to the growing resolve of India's youth to lead the organ donation movement.

When youth lead, society follows — and lives are saved

“EVERY MINUTE A LIFE IS LOST WITHOUT AN ORGAN DONOR,” SAYS ROTARIAN LAL GOEL AT GYAN MAHAVIDYALAYA ANNUAL DAY PROGRAM



Aligarh, February 28 – Organ donation awareness took center stage at the Annual Day celebrations of Gyan Mahavidyalaya, Aligarh. Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, attended as Chief Guest and Resource Person. He inspired students and faculty to become advocates for this life-saving cause.

The programme began with Rotarian PHF Ritika Gupta, Inspire President, who gave an insightful overview of the formation, vision, and global outreach of the Rotary Club of Organ Donation International. She highlighted its mission to promote organ donation awareness and encourage people to pledge their organs.

Delivering the keynote address, Rotarian Lal Goel stressed the urgent need to strengthen organ donation awareness in India. He pointed out that every minute a life is lost in the country due to the lack of available donor organs. He emphasised the critical gap between the demand and supply of organs.

He also shared a significant policy achievement through sustained advocacy. Rotarian Lal Goel explained that after his representations to Hon'ble Dr CV Anand Bose, IAS, then a One Man Expert Commission on Labour, Government of India, who is now the Governor of West Bengal, the issue was raised with Hon'ble Prime Minister Shri Narendra Modi. As a result, the financial coverage for organ transplantation under the Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) was increased from ₹5 lakh to ₹15 lakh for patients below the poverty line (BPL).

This enhancement has made life-saving organ transplants much more accessible to thousands of economically disadvantaged patients across India. He urged students to become “brand ambassadors of organ donation” and actively spread awareness in their communities.

A touching moment in the event was when Rotarian couple Sunil and Regina Gupta, visiting from Sunnyvale, California, USA, shared their personal experiences. Speaking as a kidney donor and recipient, they explained that even 15 years after the transplant, both continue to lead healthy and fulfilling lives.

Rotarian Regina Gupta also discussed advances in laparoscopic kidney donation. She explained that this minimally invasive procedure—performed through small incisions—significantly reduces post-operative pain and enables donors to recover much faster than with traditional open surgery.

Adding a creative touch, students from Gyan Mahavidyalaya presented a thought-provoking skit on organ donation. They also performed colourful cultural acts that captivated the audience.

During the event, the Chief Guest Rotarian Lal Goel and other dignitaries unveiled the college's research journal and annual magazine. They also presented awards to meritorious students for their academic excellence.

The programme ended with a vote of thanks by Rotarian PHF Deepak Goel, Foundation Chair (2026–27) and Chairman of the college.

Among the notable dignitaries present were Rotarian MPH Dr Gautam Goel, CEO Mr Narendra Gautam, Manager Mr Manoj Yadav, Principal Dr Sonali Gupta, Vice Principal Dr Hires Goel, Executive Officer Dr Lalit Upadhyay, and Dr S. K. Gaur, President of Dadhichi Dehdaan Samiti. Faculty members and a large enthusiastic crowd of students were also present.

Expressing appreciation for the initiative, Rotarian Lal Goel expressed confidence that programs like this among young students would strengthen the organ donation movement in India. He believes these efforts will inspire society to save countless lives through the noble act of organ donation.

INDIA NEEDS MORE ORGAN RETRIEVAL CENTRES TO SAVE MORE LIVES, SAYS ROTARIAN LAL GOEL AT KR (PG) COLLEGE, MATHURA



Mathura, February 26 — Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, delivered a powerful and thought-provoking address at KR (PG) College, Mathura, calling for the urgent establishment of more Organ Retrieval Centres across India to bridge the country's severe shortage of transplantable organs.

India's Stark Organ Donation Gap

Addressing students and faculty at his alma mater, Rotarian Lal Goel highlighted the alarming disparity between India and global leaders in organ donation.

Rotarian Lal Goel pointed out that India's organ donation rate stands at only about 0.65 per million population (PMP), while Spain leads the world with an extraordinary 52.6 PMP.

According to him, the gap is not due to a lack of compassion among Indians but rather to inadequate infrastructure and systemic limitations.

"Only around 15% of India's revenue districts currently have Organ Retrieval Centres. As a result, many organs that could save lives are lost simply because there is no system to retrieve them in time," he explained.

Rotarian Lal Goel stressed that expanding retrieval infrastructure is one of the most critical steps India must take to transform its organ donation landscape.

Programme Attended by Distinguished Guests

The programme commenced with a warm welcome by Prof. Dr Sanjiv Shrivastava, who introduced the distinguished guests.

Among those present were Rotarian PHF Deepak Goel, Foundation Chair (2026–27); Prof. Dr P. K. Agarwal, Principal of KR College; Rotarian PHF Ritika Gupta, President of the Rotary Club of Organ Donation International; and Rotarians Sunil Gupta, Regina Gupta, Pratul Agrawal, and Special Guest Kr Narendra Singh, a heavy weight political leader of Mathura District.

Rotarian PHF Deepak Goel spoke about Rotary International's vast global network of over 1.2 million members across more than 45,000 clubs, highlighting its immense contributions to humanitarian service in healthcare, education, and social causes.

Rotarian PHF Ritika Gupta elaborated on the mission and initiatives of the Rotary Club of Organ Donation International, which is dedicated to promoting awareness and encouraging society to embrace organ donation as a life-saving act of humanity.

Inspiring Testimony from a Kidney Donor and Recipient

One of the most emotional and inspiring moments of the programme came when Rotarian Lal Goel introduced Rotarians Sunil and Regina Gupta, a husband-and-wife team from Sunnyvale, California, USA.

Rotarian Sunil Gupta shared his journey as a kidney transplant recipient, while Rotarian Regina Gupta spoke about her courageous decision to become a living kidney donor.

Their heartfelt account of *life before and after transplantation deeply moved the audience. They urged students and faculty to reject myths and misconceptions surrounding organ donation and to recognise it as an act that gives others a second chance at life.

Appeal for an Organ Retrieval Centre in Mathura

During the interactive question-and-answer session, Rotarian Goel made a heartfelt appeal to Kr Narendra Singh, his childhood friend, to champion the establishment of at least one Organ Retrieval Centre in Mathura.

Rotarian Lal Goel emphasised that many potentially life-saving organs are lost each year due to the absence of such facilities in the district.

Kr Narendra Singh thanked Rotarian Lal Goel for the invitation and praised his unwavering commitment to the cause of organ donation. He assured the gathering that he would make sincere efforts to facilitate the establishment of an Organ Retrieval Centre in Mathura.

He also expressed hope that students of KR College would emerge as torchbearers of the organ donation movement.

Encouraging Youth to Lead the Movement

Rotarian Pratul Agrawal, Director of Youth, motivated students to take the pledge for organ donation and become ambassadors of this noble cause.

Principal Prof. Dr P. K. Agarwal, in his vote of thanks, expressed deep appreciation for the enlightening session. He noted that the programme had made a profound impact on the students and faculty and assured that more such initiatives on organ donation would be organised in the future.

The programme was also attended by Rotarian Prof. Dr Yaduraj Singh Yadav, President of Rotary Club Vrindavan Dham, along with a large number of faculty members and students who participated enthusiastically in the awareness programme.

HAPPY
Birthday!

NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

Birthday of Members in March

- **Rtn Dipmala B**
1st Mar. (Mobile: +919328110065)
- **Rtn Dr S K Verma**
3rd Mar. (Mobile: +919827594149)
- **Rtn Rakhee Agarwal**
17th Mar. (Mobile: +917017211088)
- **Rtn Rupal Bhandari**
25th Mar. (Mobile: +919884715460)
- **Rtn Mradul Saraswat**
30th Mar. (Mobile: +918273461274)
- **Rtn Deepa P S**
30th Mar. (Mobile: +919916929318)



“Your Heart, Their Rhythm, Echoing Life Forever.”

ORGAN & TISSUE DONATION

*Awakening minds to the gift of a breath,
Sowing the seeds that outlast even death.
Perceptions are shifting, the darkness takes flight,
Education is turning our shadows to light.
Communities gather, the message is clear:
To save a tomorrow, we act here in the near.
Silent intentions aren't enough for the soul,
Open your heart to play a life-giving role.
Families are cradled in comfort and grace,
Ending the silence that time can't erase.
Doctors and nurses, the bridge to the brave,
Unite in the mission of those they can save.
Conquering myths with the truth as our shield,
Attitudes soften, and miracles yield.
Targeted learning dissolves every fear,
Informing the many that hope is held dear.
Offering life where a heartbeat once stalled,
Newness of spirit when duty has called.
Awareness is blooming, but action must lead,
Nurturing hope for a better pathways in need.
Donors are heroes who write a new page,
Acting for life on a timeless, vast stage.
Willingness waits, but the pen gives it wing,
A legacy born from the comfort you bring.
Registering love in a database of light,
Easing the burden of the long, lonely night.
Noble the giver, and noble the plea,
Exchanging a "you" for a vibrant "we."
Saving a stranger, a child, or a friend,
Starting a story that never will end.*



**Rtn Hemalatha Bhandari
President Elect**

HEALTHY FOOD - HEALTHY ORGANS



Rtn Ruby Agarwal
Inspire Secretary

Healthy Sweet Potato Chaat

Ingredients

- **Base:** 2 medium sweet potatoes (peeled, ½" cubed), 1 cup boiled chickpeas
- **Veggies:** ½ cup each red bell pepper & onion, finely chopped
- **Protein & Crunch:** ¼ cup roasted peanuts, 2 oz microgreen sprouts
- **Sauces:** 3 tbsp green coriander - mint chutney, 2 tbsp tamarind chutney
- **Seasoning:** 1-2 tsp chaat masala, ½ tsp black salt, ½ tsp cumin powder, 1 tbsp lemon juice
- **Garnish:** Fresh coriander, green chilli, pomegranate seeds



Steps

1. **Roast:** Toss sweet potatoes with olive oil & 1 tsp chaat masala. Roast at 425°F for 25-30 min until tender and crisp.
2. **Assemble:** Combine warm sweet potatoes, chickpeas, bell pepper, onion, peanuts, and sprouts.
3. **Season:** Add both chutneys, lemon juice, remaining masala, black salt, and chilli. Toss well.
4. **Garnish** with coriander and pomegranate seeds.

Serve warm & Enjoy.



Rtn Jyoti Galada
Club Member

Name: Jyoti Galada

Mobile: 8334834449

E-mail: galadajyoti@gmail.com

Profession: writer/journalist

Family: Husband & 2 children

Favourite Food: anything veg. and safe for body

Favourite Holiday Destination: Anywhere with my favorite people

Favourite Book: My experiments with Life Autobiography of Mahatma Gandhi and the first book I read fully

Favourite Song: Depends on mood

Favourite Quote: *Your Normal Day is someone's Dream. So be thankful everyday.*

Date of Birth: 4/12

Wedding Anniversary: 30/1

Social media: Facebook and Instagram

Why did you choose to become a member of RC

Organ Donation International: *My 12 years old son Umang Galada is an Organ Donor. I am a living kidney donor. And I propogate and strongly support Organ Donation as the ultimate gift of life*



**SCAN
ME
FOR
QUICK
PLEDGE**

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