

**UNITE  
FOR  
GOOD**

**Rotary**  
Club of  
**ORGAN DONATION  
INTERNATIONAL**



**LET'S  
INSPIRE !**

**Volume: 1 | Issue: 46 | (For Private Circulation) | 15th May, 2026**

# NEW STEP

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

**UNITE FOR GOOD** **ORGAN DONATION INDIA FOUNDATION** **Rotary Club of ORGAN DONATION INTERNATIONAL** **LET'S INSPIRE !**

**ROTARY CLUB OF ORGAN DONATION INTERNATIONAL**

**ORGAN DONATION WARRIORS**



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



**Rtn Lal Goel**  
Chairman  
Organ Donation India Foundation  
& GYAN  
Founder & Charter President  
Rotary Club of  
Organ Donation International

**Rtn Ruby Agarwal**  
Inspire Secretary

**Rtn CS Joshi**  
Club Member

**Time & Date: 8 PM on Sunday 17th May, 2026**  
Watch live on <https://www.youtube.com/@gyan8932>

**ONE PLEDGE | MANY LIVES  
BECOME AN ORGAN DONATION WARRIOR  
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,

We are proud to announce the ORGAN DONATION WARRIOR — a national movement launched by the Organ Donation India Foundation in association with the Rotary Club of Organ Donation International and Global TV, united under the rallying motto: “AWARE INDIA TO SAVE INDIA.” In this very special issue, we are proud to include the official Registration Form for this movement — we warmly invite every member to enrol, spread the word, and join us in building a life-saving brigade across the nation.

It gives me immense pride to share that our Legal Director and Vice-President, Rtn Advocate Ramesh Sharma, has been honoured by the Civil Lawyers’ Forum, Mathura. This recognition speaks to the tireless dedication he brings to legal and social work. We congratulate him wholeheartedly and trust that this honour will inspire every member to serve our mission with equal vigour.

Our gifted President-Elect, Rtn Hemalatha Bhandari, has penned a deeply moving poem on the Organ Donation Warrior theme — “Sun Sets Brings Peace, When Rises Brings Hope.” In just a few luminous lines, she captures the very essence of what it means to donate life: that even in the twilight of one soul, a new dawn can rise for another. I am certain you will treasure these words as deeply as I do.

Our beloved “Healthy Food - Healthy Organs” segment continues to delight and inspire. This issue’s contribution comes from our ever-enthusiastic Inspire Secretary, Rtn Ruby Agarwal, who presents a mouth-watering Healthy Raj Kachori — No Oil • No Sugar. A light, nutritious reimaging of the classic Rajasthani street favourite, this recipe is packed with flavour, crunch, protein, and freshness — without a drop of deep-frying oil or a grain of added sugar. Healthy organs begin with healthy choices, and Rtn Ruby Agarwal shows us that nourishing food need not sacrifice any of its joy. I am sure you will enjoy making and savouring this dish.

Finally, do look forward to our “Interesting Facts About Our Members” spotlight, which this issue turns its warm light upon one of our esteemed club members. These pages remind us that behind every Rotarian is a fascinating human story — and it is those stories that make our Rotary family so wonderfully special.

Yours in Rotary,

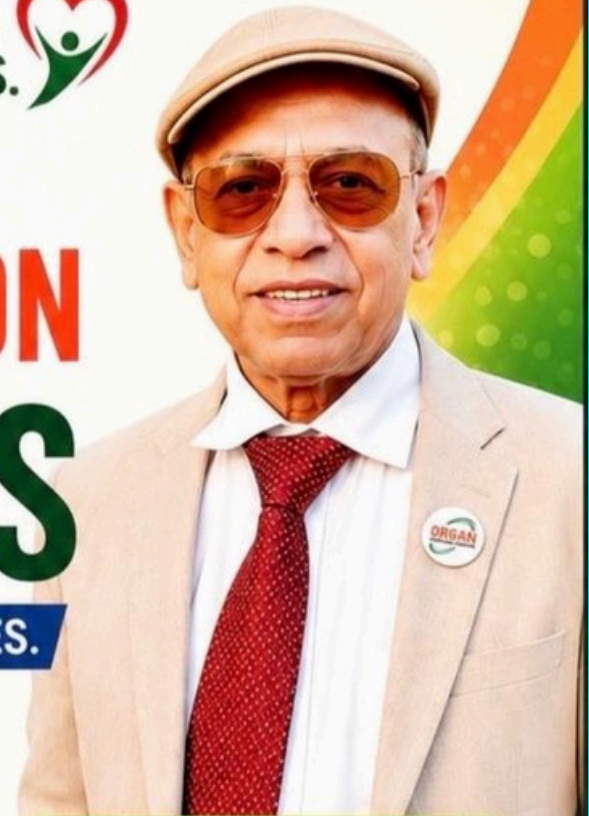
**IPP Rtn Lal Goel**

Chief Managing Editor

Founder & Charter President



Be the reason  
**SOMEONE LIVES.**



# ORGAN DONATION WARRIORS

**VOLUNTEER. ADVOCATE. SAVE LIVES.**

*One Pledge  
Can Save  
Many Lives*



**Free of charge**  
**JOIN THE MOVEMENT.**  
**BE AN ORGAN DONATION WARRIOR!**



Rotarian  
**LAL GOEL**  
CHAIRMAN

ORGAN DONATION INDIA FOUNDATION  
FOUNDER & CHARTER PRESIDENT  
ROTARY CLUB OF ORGAN  
DONATION INTERNATIONAL

IN ASSOCIATION WITH

**Rotary**  
Club of  
Organ Donation  
International



RID 3141



JOIN US:  
[odindia4@gmail.com](mailto:odindia4@gmail.com)



VISIT US:  
[rcorgandonationinternational.rotaryindia.org](http://rcorgandonationinternational.rotaryindia.org)



# ORGAN DONATION WARRIORS



★ REGISTRATION FORM ★

SAVE LIVES • PLEDGE ORGAN DONATION

— Initiated by —  
**Organ Donation India Foundation**

— in association with —  
**Rotary Club of Organ Donation International and Global TV**



## PERSONAL DETAILS

- 1 Full Name : \_\_\_\_\_
- 2 Age : \_\_\_\_\_
- 3 Mobile / WhatsApp Number : \_\_\_\_\_
- 4 Email Address : \_\_\_\_\_
- 5 City & State : \_\_\_\_\_
- 6 Occupation / Profession : \_\_\_\_\_



## DECLARATION

I voluntarily wish to join the **Organ Donation Warriors** movement and support organ donation awareness. I understand that this is a completely **FREE** volunteer programme and that no registration fee or charges are payable.



PLEASE SEND THE DULY FILLED FORM TO:



WhatsApp  
**9892724908**



Email:  
**odindia4@gmail.com**

♥ ONE DECISION CAN SAVE MANY LIVES ♥

## ROTARIAN LAL GOEL CONGRATULATES ROTARIAN ADVOCATE RAMESH SHARMA ON HONOUR BY CIVIL LAWYERS' FORUM, MATHURA



**Rotary**  
Club of  
**ORGAN DONATION INTERNATIONAL**  
RID 3141

**ROTARIAN ADVOCATE  
RAMESH SHARMA**  
Vice-President (26-27)

Rotary Club of  
**ORGAN DONATION  
INTERNATIONAL**

**ROTARIAN LAL GOEL**  
Founder & Charter President  
*Congratulates*

**ROTARIAN ADVOCATE  
RAMESH SHARMA**  
ON HONOUR BY  
**CIVIL LAWYERS' FORUM, MATHURA**



### सिविल लॉयर्स फोरम, मथुरा (रजि.)

सम्मान पत्र 2025-2026



यह कि श्री रमेश कुमार शर्मा, एडवोकेट को सिविल लॉयर्स फोरम द्वारा उनके उत्कृष्ट विधिक ज्ञान, न्याय के प्रति समर्पण तथा समाज के प्रति उनके अमूल्य योगदान के लिए सिविल के वरिष्ठ अधिवक्ता का हार्दिक सम्मान प्रदान किया जाता है। आपके द्वारा विधि क्षेत्र में किए गए सराहनीय कार्य एवं न्याय के प्रति आपकी निष्ठा अन्य अधिवक्ताओं के लिए प्रेरणास्रोत है। सिविल लॉयर्स फोरम आपके उत्तम स्वास्थ्य की कामना करता है।

दिनांक: 8/05/2026

स्थान: मथुरा

(हस्ताक्षर)

(हस्ताक्षर)

(हस्ताक्षर)

अध्यक्ष: राजेन्द्र केशोरिया एड.

उपाध्यक्ष: जुगल किशोर सक्सेना एड.

सचिव: विक्रम सिंह एड.

**Mathura, May 2026 — Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of Organ Donation India Foundation & GYAN, congratulated Rotarian Adv. Ramesh Sharma on being honoured by the Civil Lawyers Forum, Mathura, in recognition of his outstanding contributions to the legal profession and social service.**

**In his congratulatory message, Rotarian Lal Goel praised the distinguished services rendered by Rotarian Adv. Ramesh Sharma in the fields of law, healthcare awareness, and education, describing him as a committed pillar of both the Rotary movement and civil society.**

**Rotarian Adv. Ramesh Sharma serves as Vice-President (2026–27) of the Rotary Club of Organ Donation International and also holds the position of Legal Director of the Club.**

**Addressing the gathering at the felicitation ceremony, Rotarian Sharma made a passionate appeal to the legal fraternity to work collectively towards cleansing the system so that public trust in lawyers and the judiciary continues to remain strong and respected. Speaking candidly from years of experience, he observed that the prevailing atmosphere in the courts at times leaves him deeply disturbed — a sentiment that resonated strongly with many present.**

**The ceremony was attended by senior members of the judiciary, including the District Judge, Additional District Judges (ADJs), Civil Judges (CJs), and the President and Secretary of the Bar Association, along with a large gathering of advocates.**

*"Sun Sets brings Peace, When Rises brings Hope"*

## **ORGAN & TISSUE DONATION**

*Sacred is the breath we share, a spark that never dies,  
Underneath the velvet dark, where silent wisdom lies.  
Nobly giving, heart to heart, a legacy of grace,*

*Sowing seeds of life renewed, across time's shifting space.  
Every heartbeat is a promise, a vow we've come to keep,  
Tending to the flame of life while weary shadows sleep.  
Saving thousands through the bond of our collective might,*

*Building India's network, a beacon in the night.  
Rallying the warriors, with courage in their souls,  
Inspiring every citizen to reach the highest goals.  
Nurturing the broken, making wounded spirits whole,  
Gifting strength to others is the mission of the soul.  
Silent pledges spoken now will echo evermore,*

*Peace descends like evening dew upon a distant shore.  
Empathy is power, the greatest gift we give,  
Awakening the kindness that helps a brother live.  
Calling every warrior to join the noble quest,  
Ensuring that the gift of life survives the final test.*

*When we stand together, the darkness fades away,  
Holding onto brotherhood to lead us through the day.  
Every donor is a hero, a lifesaver, a friend,  
New beginnings blossom where we thought the road would end.*

*Rising like a golden dawn, the truth begins to shine,  
India's heartbeat pulses with a spirit so divine.  
Spreading the awareness, let the message travel far,  
Every soul a warrior, every life a guiding star.  
Sacrifice is beauty, when we answer to the call,*

*Bringing light to every home and hope to one and all.  
Radiant is the future that we fashion with our hands,  
Intertwined as lifesavers across these ancient lands.  
Now the vision grows so bright, a network fueled by love,  
Guided by the silent grace that watches from above.  
Sealing every promise with a pledge that's deep and true,*

*Hope is born in every heart, and starts with me and you.  
Offering the greatest gift that humanity can know,  
Paving paths of healing everywhere our footsteps go.  
Eternal is the flame we light, the sun that's born to glow!*



**Rtn Hemalatha  
Bhandari  
President  
Elect**

## HEALTHY FOOD - HEALTHY ORGANS

# Healthy Raj Kachori

### Ingredients

#### For the Kachori Shell

- \* 1 cup whole wheat flour
- \* 2 tbsp semolina (suji)
- \* ½ tsp baking powder
- \* Pinch of salt
- \* Warm water as needed

#### Healthy Filling

- \* 1 cup boiled moong sprouts
- \* 1 boiled potato (optional, small)
- \* ½ cup boiled chickpeas
- \* ½ cup chopped cucumber
- \* ½ cup chopped tomato
- \* 2 tbsp grated carrot
- \* Fresh coriander leaves
- \* Pomegranate seeds (optional)

#### Healthy Curd Mix

- \* 1 cup low-fat curd / hung curd, \* Roasted cumin powder, \* Black salt, \* Pepper

#### Green Chutney

- \* Mint \* Coriander \* Green chilli \* Lemon juice \* Salt

#### Sweet Chutney (No Sugar)

- \* Dates \* Tamarind \* Black salt \* Roasted cumin

### Method

#### Step 1: Make the Shells

1. Mix wheat flour, suji, baking powder, and salt.
2. Knead into a firm dough using warm water.
3. Rest for 20 minutes.
4. Roll into small puris.
5. Bake at 200°C until crisp and puffed (about 12–15 mins).  
You can also air-fry them.

#### Step 2: Prepare the Filling

- \* Mix sprouts, chickpeas, vegetables, coriander, and spices lightly.

#### Step 3: Assemble

1. Crack the top of the baked kachori.
2. Fill with sprouts mixture.
3. Add curd.
4. Drizzle green chutney and date-tamarind chutney.
5. Sprinkle cumin powder, chaat masala, coriander, and pomegranate.

### Healthy Tips

- \* Use sprouts for extra protein. \* Add boiled sweet potato instead of potato for more fiber.
- \* Use homemade curd. \* Avoid sev or use roasted chana crumbs for crunch.



**Rtn Ruby Agarwal**  
**Inspire Secretary**





**Name:** Shreya Goel

**Mobile:** +447575066466

**Email:** shreyagoel1995@gmail.com

**Profession:** Doctor

**Favorite Food:** Samosas

**Favourite holiday destination:** Mumbai

**Favorite book:** Sapiens: A brief history of humankind

**DOB:** 01/02

**Presence on social media:** Facebook

**Why did you choose to become a member**

**Rtn Dr Shreya Goel**  
**Club Member**

**of RC organ donation: important cause**



**SCAN  
ME  
FOR  
QUICK  
PLEDGE**

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