

**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

PRENATAL CARE FOR HEALTHY ORGANS OF MOTHER & BABY



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



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



Dr Surangana Agrawal
Senior Gynaecologist
Maa Saraswati Hospital
Mathura



Rtn Ruby Agarwal
Inspire Secretary



Rtn Regina Gupta
Club Member

Time & Date: 8 PM on Sunday 24th May, 2026
Watch live on <https://www.youtube.com/@gyan8932>

**HEALTHY MOTHERS & BABIES TODAY CAN
INSPIRE ORGAN DONATION TOMORROW
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,

I was thrilled when asked to address my own club, the Rotary Club of Organ Donation International, on the ORGAN DONATION WARRIOR movement — a powerful initiative launched by the Organ Donation India Foundation in association with our club and Global TV. To conceive a movement is one thing; to convince one's own community is quite another. Questions, reservations, and moments of doubt arose — yet I am happy to report that we did not merely convince them. We transformed many of them into Organ Donation Warriors.

It fills me with great pride to share that our Mentor and Honorary Member, Rtn PDG Dr Rajendra Agarwal, has been elected unopposed as Senior Vice-President of the Akhil Bhartiya Agarwal Sammellan — a recognition well deserved by a leader of his stature and vision.

On a personal note, I was deeply honoured to be felicitated by the Ladies Wing of the Punjabi Cultural Group (PCG) at the 4 Bungalow Gurdwara in Mumbai, in recognition of my sustained contribution to organ donation awareness across India. Such moments strengthen our resolve to carry this sacred mission forward.

This issue features a beautiful poem by our President-Elect, Rtn Hemalatha Bhandari, titled "Organ Donation Warriors — Pledge and Save Lives," a composition as moving as it is inspiring. I am certain it will resonate deeply with every reader.

In our popular "Healthy Food — Healthy Organs" segment, our Inspire Secretary Rtn Ruby Agarwal brings us a delightful Tender Coconut Chia Pudding — a cooling, no-oil, no-sugar summer dessert that is excellent for hydration, digestion, and organ health. With India's summer at its most intense, this recipe could not have come at a better time. Do try it!

Finally, our "Interesting Facts About Our Members" spotlight this issue celebrates one of our esteemed Medical Directors (2026-27) — a cherished pillar of our Rotary family whose dedication exemplifies the spirit of service above self.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

NEW STEP

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ONE ORGAN DONOR CAN SAVE MULTIPLE LIVES. ONE ORGAN DONATION WARRIOR CAN INSPIRE THOUSANDS, SAYS ROTARIAN LAL GOEL



Rtn Lal Goel



ORGAN
DONATION INDIA FOUNDATION

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

SCAN ME!



IN ASSOCIATION WITH



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Mumbai, 17th May 2026: Addressing a meeting of the Rotary Club of Organ Donation International, Rotarian Lal Goel, Chairman of the Organ Donation India Foundation and Founder & Charter President of the Rotary Club of Organ Donation International, said that India continues to face one of the world's most severe shortages of organ donors despite having advanced transplant facilities and highly skilled doctors.

He asserted:

"One Organ Donor Can Save Multiple Lives. One Organ Donation Warrior Can Inspire Thousands."

Rotarian Lal Goel was speaking on "Organ Donation Warriors – A Nationwide Mission to Build India's Largest Citizen-Led Organ Donation Awareness Network", led by the Organ Donation India Foundation in association with the Rotary Club of Organ Donation International and Global TV.

The initiative seeks to create a strong national force of trained volunteers dedicated to spreading awareness about organ donation, encouraging organ donor pledges, removing myths and misconceptions, and inspiring communities across India to embrace the life-saving mission of organ donation.

He observed that thousands of patients die every year while waiting for organ transplants — not because treatment is unavailable, but because organs are not donated in time.

Beginning his address with the famous words of former U.S. President John F. Kennedy:

"Ask not what your country can do for you – ask what you can do for your country."

Rotarian Lal Goel said that these words perfectly reflect the spirit of Organ Donation Warriors.

He stated that the country today requires citizens who are willing to step forward, spread awareness, inspire hope, and save lives through organ donation advocacy.

Describing the initiative as “a citizen-led revolution of compassion,” he emphasised that Organ Donation Warriors is not merely a campaign, but a national humanitarian movement aimed at transforming ordinary citizens into ambassadors of life and hope.

He said the movement welcomes all citizens above 18 years of age, including organ donors, transplant recipients, donor families, students, healthcare professionals, social workers, Rotary and Lions members, media professionals, and all individuals committed to humanitarian service.

Rotarian Lal Goel highlighted that one of the unique aspects of the movement is that it is a completely FREE programme with no registration fee or charges of any kind.

He informed that all registered Organ Donation Warriors will receive free online training covering:

Organ donation awareness, Brain death awareness, Legal and ethical aspects, Public speaking and communication, Social media advocacy, Community outreach, and Volunteer leadership

The movement plans to organise awareness drives, seminars, workshops, school and college programmes, social media campaigns, walkathons, candlelight tributes, and public outreach programmes across the country.

Quoting Mahatma Gandhi, Rotarian Lal Goel said:

“The best way to find yourself is to lose yourself in the service of others.”

He remarked that organ donation represents one of the purest forms of service to humanity, where even after death, a person continues to live through the lives they save.

He further stated that Rotary’s guiding principle of “Service Above Self” is deeply reflected in the philosophy of organ donation.

Speaking about the need for a citizen-led movement, he observed that government efforts, hospitals, NGOs, and media alone cannot solve India’s organ donation crisis unless ordinary citizens become active participants in spreading awareness.

He also quoted renowned anthropologist Margaret Mead:

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

Rotarian Lal Goel stated that Organ Donation Warriors aims to create trained volunteers in every city, district, school, college, workplace, and community across India.

He appealed to citizens to openly discuss organ donation with their families, remove fears and misconceptions, and take the organ donation pledge.

He added that the initiative aims to significantly strengthen India’s organ donation movement and ultimately help save thousands of lives.

Concluding his address, Rotarian Lal Goel quoted the immortal lines of poet Robert Frost:

“The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.”

He said that India’s journey towards creating a strong culture of organ donation has only just begun and that there are still millions of minds to change and countless lives to save.

The movement has invited citizens across India to join the Organ Donation Warriors initiative and become part of this national humanitarian mission.

At the end of the session, Rotarian Lal Goel answered several questions from the attendees.

The programme was presided over by Inspire President Rotarian PHF Ritika Gupta and was successfully conducted by Inspire Secretary Rotarian Ruby Agarwal. It was attended by a large number of members and invitees and was telecast live on YouTube.

ROTARIAN LAL GOEL CONGRATULATES ROTARIAN PDG DR RAJENDRA AGARWAL ON HIS ELECTION AS SENIOR VICE-PRESIDENT OF AKHIL BHARTIYA AGARWAL SAMMELLAN



New Delhi, 18th May 2026 — Rotarian Lal Goel — Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN — warmly congratulated Rotarian PDG Dr Rajendra Agarwal on his election as Senior Vice-President of Akhil Bhartiya Agarwal Sammellan.

Rotarian PDG Dr Rajendra Agarwal was elected unopposed to this prestigious position, reflecting the immense respect and admiration he commands across the Agarwal community. The oath-taking ceremony for the newly elected office-bearers was held at Hotel Le Méridien, New Delhi, in a glittering event presided over by the Chief Guest, Shri Om Birla, Hon'ble Speaker of the Lok Sabha, who administered the oath of office.

His Holiness Acharya Mahamandaleshwar Anant Shri Vibhushit Shri Shri 1008 Swami Balkananand Giri Ji Maharaj gave his blessing to the newly elected officials.

Rotarian PDG Dr Rajendra Agarwal is also the Mentor and Honorary Member of the Rotary Club of Organ Donation International.

In his congratulatory message, Rotarian Lal Goel paid rich tribute to Rotarian Dr Agarwal's distinguished and multifaceted service in the fields of organ donation advocacy, cancer care, cataract surgeries, and paediatric heart surgeries, describing him as a true Rotarian embodying the spirit of "Service Above Self."

Expressing his hopes for the five-year tenure ahead, Rotarian Lal Goel urged Rotarian Dr Agarwal to place organ donation among the foremost priorities of his leadership so that the vast reach and influence of the Agarwal community may inspire more people, especially the affluent sections of society, to embrace this noble and life-saving cause.

ROTARIAN LAL GOEL HONoured BY PUNJABI CULTURAL GROUP LADIES WING IN MUMBAI



Mumbai, 17th May 2026 — Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, was honoured by the Ladies Wing of the Punjabi Cultural Group (PCG) at the 4 Bungalow Gurdwara, Mumbai, in recognition of his outstanding and untiring contribution towards organ donation awareness in India.

The occasion was a Health Check-up and Medical Camp jointly organised by the PCG Ladies Wing in collaboration with Nanavati Max Super Speciality Hospital, where nearly 500 people benefited from free health screenings. The programme was graced by two distinguished Chief Guests — Mr Ameet Satam, President of Mumbai BJP and sitting MLA, and Ms Gurpreet Chadha, Vice-President of the Mumbai Mahila Congress Party, noted actress, and social worker.

Rotarian Lal Goel was warmly welcomed by Ms Manjeet Kahai, Founder & Convenor of PCG; Ms Savy Kaur, Chairperson; Ms Jeeti Bhatia; Ms Pummy Chatwal, representing the PCG Ladies Wing; and Mr Jitendra Thakur from Nanavati Max Super Speciality Hospital.

During the programme, Ms Manjeet Kahai personally introduced Rotarian Lal Goel to the gathering and made an important announcement: the PCG Ladies Wing would soon organise a large-scale organ donation awareness programme, during which Rotarian Lal Goel would deliver the Keynote Address.

Accepting the honour, Rotarian Lal Goel expressed his heartfelt gratitude to Ms Manjeet Kahai and her dedicated team for their warm invitation and thoughtful recognition. He also expressed confidence that PCG's growing commitment towards organ donation awareness would help save many precious lives in the years to come.

Organ Donation Warriors Pledge and Save Lives **ORGAN & TISSUE DONATION**

*Offering a breath where shadows once fell,
Rewriting the stories that silence would tell.
Giving the gift that no treasure can buy,
A legacy blooming beneath a new sky.
New life is the rhythm, the pulse, and the grace,*

*Declaring a hope for the whole human race.
Opening doors that were heavy and sealed,
Nurturing strength so the broken are healed.
Answering prayers in the depth of the night,
Turning the darkness to fountains of light.
In every heartbeat, a promise takes root,
Of seeds planted deeply and bearing their fruit.
Noble the spirit that chooses to give,*

*Willing a stranger to flourish and live.
A wakening kindness, a courage so deep,
Restoring the dreams that we all long to keep.
Ripples of mercy that flow like a stream,
Igniting the spark of a beautiful dream.
Over the mountains of sorrow and pain,
Rising like sunlight through soft, summer rain.
Saving a soul with a selfless decree,*

*Pledging the vision so others can see.
Love is the language, the bond, and the core,
Echoing life on a far distant shore.
Daring to act when the moment is near,
Gentle compassion that conquers all fear.
Eternity lives in the choices we make,*

*And hearts beat anew for a brother's sake.
Now is the hour to answer the call,
Delivering mercy to one and to all.*

*Soothing the grief with a gesture of peace,
Allowing the cycle of life to increase.
Victory shines in the breath that is shared,
Evidence truly that somebody cared.*

*Lifting the heavy, the weary, the weak,
In every action, it's hope that we speak.
Vibrant and rhythmic, the music of soul,
Every donation makes someone else whole.
Sign for the future, let destiny thrive,
'Organ Donation Warriors' keep the great flame of our spirit alive.*



**Rtn Hemalatha
Bhandari
President
Elect**

HEALTHY FOOD - HEALTHY ORGANS

Tender Coconut Chia Pudding



Rtn Ruby Agarwal
Inspire Secretary

A cooling, no-oil, no-sugar summer dessert that is excellent for hydration, digestion, and healthy organs.

Ingredients

- * 1 cup tender coconut water
- * ½ cup tender coconut malai (soft flesh)
- * 2 tbsp chia seeds
- * ½ cup chilled low-fat milk
- * 2–3 soft dates (for natural sweetness)
- * A pinch of cardamom powder
- * A few chopped almonds or pistachios
- * Fresh mango pieces

Method

1. Blend dates with coconut water until smooth.
2. Add low-fat milk and cardamom.
3. Stir in chia seeds and mix well.
4. Refrigerate for 2–3 hours until thick.
5. Top with tender coconut malai, nuts, and mango pieces.
6. Serve chilled.



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Name: **Dr Ramen Goel**

Mobile: **9820170763**

E-mail: **ramengoel@gmail.com**

Profession: **Bariatric & Diabetic Surgeon**

Family: **Dr Madhu (Wife), Siddarth (Son)**

& Dr Shreya (Daughter)

Favourite Food: **Italian**

Favourite Holiday Destination: **Vienna, Austria**

Favourite Book: **Rootless & Restless**

Favourite Song: **Any light music**

Date of Birth: **10/8**

Wedding Anniversary: **24/1**

Your presence on social media: **Facebook, Instagram, YouTube**

Why did you choose to become a member of RC Organ Donation International - **A club to create awareness and hopefully fill a vacuum in organ donation campaign.**

Rtn Dr Ramen Goel

Club Medical Director (26-27)



**SCAN
ME
FOR
QUICK
PLEDGE**

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