

**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

FILMS ON ORGAN DONATION TO ALZHEIMER'S
(An inspiring life story of a young award winning film producer & director)

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

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

 **Ms Karen Kshiti Suvarna**
Award-winning Filmmaker
Director &
TEDx Speaker
Mangaluru

Rtn Ruby Agarwal
Inspire Secretary

Rtn Jigna D Shah
Club Culture & Events Director

Time & Date: 8 PM on Sunday 10th May 2026

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



**HONOURING MOTHERS
BY SAVING MOTHERS
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,

To write about Mother is the most difficult — not because you have nothing or little to write, but because you have so many of her memories to describe. That is why I have chosen something very close to my heart: to 'GIVE BACK TO MOTHER'. I am sure you will also wish to give back to your Mother.

ORGAN DONATION WARRIOR is a national movement started by the Organ Donation India Foundation in association with the Rotary Club of Organ Donation International and Global TV, with the motto of AWARE INDIA TO SAVE INDIA. All details are provided for each of you to take action and join this noble mission.

Our President-Elect, Rtn Hemalatha Bhandari, has written a beautiful poem on Mother's Day — "Tribute to Mothers on Mother's Day" — on the theme of Organ & Tissue Donation. I am certain it will move your heart and stir the spirit of giving.

In our popular "Healthy Food - Healthy Organs" segment, our Inspire Secretary Rtn Ruby Agarwal has crafted a mouth-watering Healthy Jhalmuri — keeping in mind the current season and the importance of nourishing our vital organs. I warmly encourage you to try this recipe and enjoy it as a wholesome snack.

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

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

GIVE BACK TO MOTHER

Honouring Mothers by Saving Mothers

This Mother's Day, don't just celebrate her — give the gift of life to another mother.

Is pledging enough?

No — FAMILY CONSENT is essential.

Your donor card is important, but your family has the final say.

Talk to them today.

A mother gives life, nurtures it, and sacrifices everything.

Today, thousands of mothers in India are waiting... waiting for an organ that may never come.

Your decision can change that.



Rotary

Club of

ORGAN DONATION INTERNATIONAL

RID 3141

Don't let a mother be the last priority. If she needs an organ — step forward. Act with gratitude.



ROTARIAN LAL GOEL

Founder & Charter President

Rotary Club of Organ Donation International
Chairman, Organ Donation India Foundation & GYAN

WHAT YOU CAN DO TODAY



PLEDGE TO DONATE

Register at notto.mohfw.gov.in and carry your donor card. Inform your family.



TALK TO YOUR FAMILY

Organ donation conversations save lives.



SUPPORT LIVING DONATION

If a mother needs an organ, eligible family members should come forward.



SPREAD AWARENESS

Share awareness in your family, workplace and community.



Save a Mother. Save a Family. Save Generations.

Because she gave you life first. ♥



Consult **NOTTO**

Register at: notto.mohfw.gov.in



GIVE BACK TO MOTHER

Honouring Mothers by Saving Mothers – A Call to Pledge Organ Donation

Mother's Day Special | May 2026



By Rotarian Lal Goel

Founder & Charter President

Rotary Club of Organ Donation International

Chairman, Organ Donation India Foundation & GYAN

"A mother gives us life and nurtures it with her very being. The greatest tribute we can offer is to pass that gift forward by pledging to donate our organs and saving mothers who are waiting for a second chance at life."

She Who Gave Life

A mother is the first giver of life, of strength, of unconditional love.

Before we could breathe, she sustained us. Before we could stand, she carried us.

This Mother's Day, let us not only celebrate her — let us honour her in the most meaningful way possible: by giving life to someone else.

Because today, across India, thousands of mothers are waiting.

Waiting for a kidney. Waiting for a liver. Waiting... for hope.

Many will not get that chance.

A Tribute Through Action

Flowers fade. Cards are forgotten.
But a life saved becomes a legacy.
This year, let your tribute go beyond words.
Pledge to donate your organs.
Every donor card signed is not just a form —
It is a promise to a mother you may never meet.

A Truth We Must Confront

In many families, when a mother needs an organ, she is placed last. Others are considered first. She is told to wait. This must change. A mother who gave everything should not be the last to receive care. If you are medically eligible as a child, sibling, or loved one, step forward.

Living donation is not just a medical act.
It is gratitude in its purest form.

The Mothers Waiting in Silence

They do not protest.
They do not demand.
They wait just as they once waited through sleepless nights for us. But waiting is costing them their lives.
India's organ donation rate remains critically low.
And behind every statistic is a mother, a family, a story that could have continued.

What You Can Do Today

* Pledge your organs after life

Register at the National Organ and Tissue Transplant Organisation (www.notto.mohfw.gov.in) after talking with your family.

* Consider living donation

If your mother or a mother in your family needs a transplant, explore your eligibility.

* Change the mindset

Do not let the mother be the last option. Let her be the priority.

* Start the conversation

Speak about organ donation at home. Make it a tradition, not a taboo.

* Spread awareness

One conversation can save multiple lives.

A Tribute Beyond a Day

Mother's Day is not just a celebration — it is a reflection.

When we choose organ donation, we carry forward her greatest lesson:

that life is meant to be given, not held back.

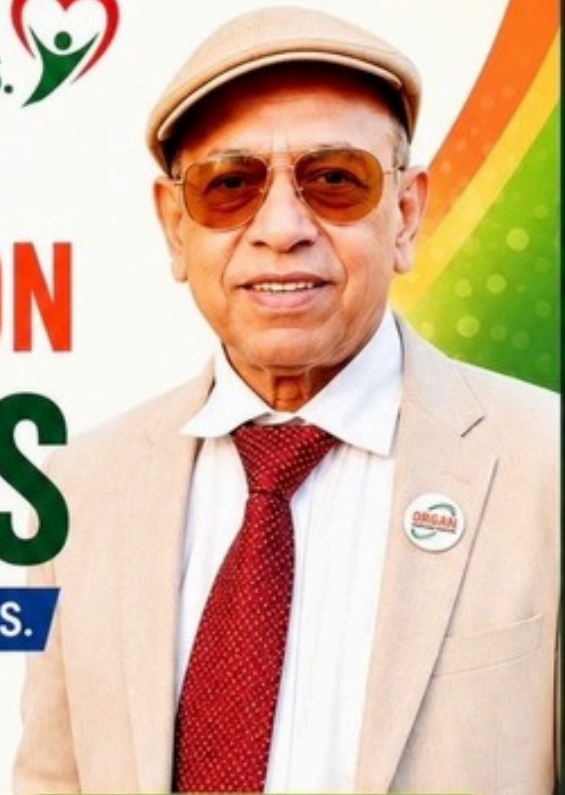
Come forward.

Pledge. Donate. Save a Mother.

Because she saved you first.



Be the reason
SOMEONE LIVES.



ORGAN DONATION WARRIORS

VOLUNTEER. ADVOCATE. SAVE LIVES.

*One Pledge
Can Save
Many Lives*



**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



GLOBALTV



JOIN US:
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VISIT US:
rcorgandonationinternational.rotaryindia.org

ORGAN DONATION WARRIORS

Gift Life. Spread Hope.

A nationwide volunteer movement for organ donation awareness and advocacy across India.

Initiated by Organ Donation India Foundation

In association with Rotary Club of Organ Donation International and Global TV

Key Highlights

- * A mission to create a nationwide network of Organ Donation Warriors to spread awareness and inspire organ donor pledges.
- * Open to anyone above 18 years of age including organ donors, recipients, donor families, social workers, students, healthcare professionals, Rotary & Lions members, and all citizens passionate about saving lives.
- * Completely FREE programme — No registration fee or charges of any kind for Organ Donation Warriors.
- * Free online training will be provided covering:

INTRODUCTION

India continues to face one of the most severe organ donor shortages in the world. Despite rapid advances in transplant medicine, thousands of patients lose their lives every year — not because treatment is unavailable, but because a donor could not be found in time. The roots of this crisis run deep: entrenched myths, social hesitation, inadequate awareness, and the absence of structured community support systems have long stood in the way of a culture of voluntary organ donation.

It is against this backdrop that the Organ Donation India Foundation, in association with the Rotary Club of Organ Donation International and Global TV, is proud to launch Organ Donation Warriors. This nationwide volunteer movement seeks to transform ordinary citizens into ambassadors of life, hope, and humanitarian change.

This is not simply a programme. It is a call to action — an invitation to every compassionate Indian citizen to become a messenger of life, hope, and humanity in their own community.

VISION & MISSION

The vision of Organ Donation Warriors is to build a compassionate and informed India where every citizen understands the profound importance of organ donation and actively supports the mission of saving lives through organ and tissue donation.

To realise this vision, the mission of the movement is to develop a nationwide network of trained volunteers who will spread awareness, encourage donor pledges, support grieving families through the donation process, and champion a lasting culture of giving across every corner of the country.

OUR ASSOCIATIONS

The Organ Donation Warriors movement draws its strength from the collaboration of three committed organisations, each bringing unique reach, credibility, and purpose to the initiative.

Organ Donation India Foundation is the founding body behind this movement, with years of dedicated advocacy, outreach, and policy engagement in the field of organ donation across India. The Foundation brings together medical expertise, legal knowledge, and grassroots networks to drive systemic change.

Rotary Club of Organ Donation International (RID 3141) is a distinguished Rotary club whose sole mission is the promotion of organ donation awareness across India and internationally. Its members bring the ethos of "Service Above Self" to every interaction, giving the movement a trusted, values-driven foundation and access to Rotary's vast volunteer network.

Global TV lends its media presence and broadcast capabilities to the movement, ensuring that the message of Organ Donation Warriors reaches millions of viewers across platforms. Through live sessions, awareness broadcasts, testimonials, and digital campaigns, Global TV amplifies the voice of every volunteer and donor family associated with the initiative.

Together, these three partners form a powerful alliance of civil society, community service, and media — united in their commitment to saving lives.

WHAT WE AIM TO ACHIEVE

The Organ Donation Warriors movement is guided by a set of clear, measurable objectives. At its core, the initiative seeks to dramatically increase public awareness about organ donation in both urban and rural India, while systematically dismantling the myths and misconceptions that continue to prevent families from consenting to donation.

Beyond awareness, the movement is committed to action. It will actively encourage citizens to pledge organ donation and will create a trained corps of community-level volunteers in every district of the country. By engaging youth, healthcare professionals, social workers, transplant recipients, and donor families alongside everyday citizens, the movement will build a broad and lasting coalition for change.

The movement also aims to help significantly improve India's deceased organ donation rate through sustained community engagement and public awareness.

In the long term, Organ Donation Warriors aspires to become the largest citizen-led organ donation advocacy network in India — a movement that outlasts any single campaign and becomes a permanent force for compassion in Indian public life.

WHO CAN JOIN

One of the defining principles of Organ Donation Warriors is its openness. The movement welcomes anyone above the age of eighteen who carries a genuine desire to contribute to the cause — no prior experience in advocacy or healthcare is required.

Organ donors and recipients, donor families who wish to share their experience and inspire others, social workers, teachers, university and college students above 18 years of age, healthcare professionals, NGO members, and Rotary and Lions Club members are all especially welcome. So too are media professionals, influencers, and any citizen who believes that a single act of awareness can save a life.

Registration is free of cost. Interested individuals may write to odindia4@gmail.com with their full name, city and state, mobile number, occupation, and a brief introduction. A registration form and onboarding details will be shared promptly in response.

TRAINING & PREPARATION

Every registered volunteer will receive free, structured online training designed to equip them with the knowledge, skills, and confidence needed to advocate effectively in their communities. The training is organised across five carefully designed modules.

Module 1 — Understanding Organ Donation

This module introduces volunteers to the fundamentals of organ donation — the distinction between living and deceased donation, the organs and tissues that can be donated, and why India's donor rate remains critically low.

Module 2 — Legal & Ethical Framework

This module covers the legal and ethical landscape, including an overview of the Transplantation of Human Organs Act (THOA), the meaning and significance of brain death, and the ethical principles that govern the donation process.

Module 3 — Communication & Awareness

This module focuses on communication — how to speak persuasively in public, how to run a social media awareness campaign, and how to address myths and misconceptions with sensitivity, evidence, and compassion.

Module 4 — Community Outreach

This module prepares volunteers for community outreach, covering the planning and execution of awareness drives, school and college engagement programmes, and the nuances of working with religious and community groups.

Module 5 — Volunteer Leadership

This module develops volunteer leadership skills, including event coordination, team building, mentorship, and the documentation and reporting practices that will allow the movement to monitor and demonstrate its impact.

ACTIVITIES & CAMPAIGNS

Organ Donation Warriors will be active across multiple fronts simultaneously. At the community level, volunteers will organise seminars, workshops, and public talks, complemented by street campaigns that take the message of donation directly to the people.

Schools and colleges will be priority targets, with dedicated ambassador programmes designed to make the next generation of Indians the most organ-donation-aware in history.

In the digital space, volunteers will drive coordinated social media campaigns, create and share video content, and record testimonials from donor families and transplant recipients whose stories have the power to change minds and move hearts.

Dedicated digital campaigns in multiple Indian languages will ensure outreach across diverse communities and regions.

The movement will also mark key occasions on the national and international calendar — National Organ Donation Day, World Organ Donation Day, Eye Donation Fortnight, and targeted campaigns around Mother's Day and Youth Awareness events — with walkathons, candlelight tributes, and human chain campaigns that build visible, public momentum for the cause.

Through Global TV's media platform, select sessions and awareness broadcasts will be streamed live, extending the reach of the movement far beyond what any single volunteer or local event could achieve.

ORGANISATIONAL STRUCTURE

Organ Donation Warriors operates through a four-tier structure designed to balance national vision with local action.

National Level

A National Advisory Board and a panel of Medical and Legal Experts, provide strategic direction and ensure the movement's integrity and coherence across the country.

State Level

State Coordinators oversee regional implementation, coordinate with district leaders, and represent the movement in state-level advocacy forums.

District Level

District Leaders manage local volunteer networks, plan district-level campaigns, and maintain activity records for their areas.

Community Level

At the foundation of the entire structure are the Community Volunteers — the Organ Donation Warriors themselves — who engage directly with citizens, conduct awareness sessions, and drive donor pledges at the grassroots level. They are the heartbeat of the movement.

RECOGNITION & CERTIFICATION

Every volunteer who completes the training programme and actively contributes to the movement will receive a Digital Certificate of Recognition and an official Identity Card.

Outstanding contributors may also receive Appreciation Letters, special Awards, and the opportunity to be elevated to District or State Coordinator roles.

The movement will honour exceptional volunteers annually — recognising those whose dedication, creativity, and impact have gone above and beyond in service of the cause of organ donation in India.

PARTNERSHIPS & COLLABORATION

Organ Donation Warriors actively invites collaboration from hospitals and transplant centres, NGOs, educational institutions, corporate CSR programmes, Rotary and Lions Clubs, media organisations, and government health departments.

Each partnership strengthens the movement's reach and reinforces the message that saving lives through organ donation is a cause that transcends institutional boundaries.

Together, civil society, healthcare, education, media, and government can create an environment in which organ donation is not merely permitted, but embraced — as an act of love, service, and profound human solidarity.

CONCLUSION

India stands at a historic crossroads in the journey toward a stronger culture of organ donation. The gap between the number of patients awaiting organ transplants and the number of donors willing to give is vast — but it is not unbridgeable.

What is needed is not new technology or new policy alone, but a shift in the consciousness of a nation.

Organ Donation Warriors exists to bring about that shift, one community, one conversation, and one pledge at a time. With the expertise of the Organ Donation India Foundation, the network of the Rotary Club of Organ Donation International, and the reach of Global TV, the movement has the foundation it needs to grow into something truly transformative.

Every Warrior who joins this movement becomes more than a volunteer. They become a messenger of hope, a guardian of life, and a living testament to the belief that ordinary people, acting together with extraordinary purpose, can change the world.

“One Organ Donor Can Save Multiple Lives. One Warrior Can Inspire Thousands.”

Conceptualised & Led By

Rotarian Lal Goel

Chairman — Organ Donation India Foundation

Founder & Charter President

Rotary Club of Organ Donation International

Registration:

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“Tribute to Mothers on Mother’s Day” ORGAN & TISSUE DONATION

*Underneath the quiet moments of the day,
Nurturing a flame that never fades away.
Willingly she carries every weight and care,
Always finding courage in the love she shares.
Vibrant is the spirit that she gives so free,
Echoing through time for all the world to see.
Radiant in her purpose, steady and so true,
Instilling hope in everything we do.
Noble in her silence, fierce in her protection,
Guiding every footstep with her deep affection.*

*She is the foundation where our lives begin,
Triumphing o'er trials from the soul within.
Resilient like a mountain, gentle like the rain,
Easing every sorrow, softening the pain.
Never asking credit for the seeds she sows,
Giving of her essence so the future grows.
Tending to the garden of the family tree,
Holding up the world with grace and dignity.*

*Beneath her gentle touch, a power resides,
Opening the doors where every dream abides.
Unending is the patience in her tired eyes,
No distance is too great beneath the summer skies.
Dedicated fully to the lives she's known,
Lifting up the spirits of the seeds she's grown.
Every beat she offers is a rhythmic song,
Sustaining those she loves and keeping them so strong.
Sacred is the bond that time can never break,*

*Living for the choices that a mother has to make.
Offering a kindness that is pure and deep,
Vows of protection that she'll always keep.
Everlasting light that guides us through the night,*

*Today we honor more than just a name,
Here we light a candle for a different flame.
Extending life beyond the limits of the breath,*

*Healing those in shadows, defying even death.
Every gift of organ, every spark of grace,
Acts of selfless giving that we now embrace.
Renewing hope for others through a legacy,
Telling stories written for eternity.*

*Of all the gifts a mother gives away,
Finding strength to save a life this Mother's Day.*

*Every breath regained is a tribute to her soul,
Vitality restored to make a broken person whole.
Endless is the ripple of a choice so grand,
Reaching out to strangers across the weary land.
Yielding to the calling of a love so wide,*

*Sowing seeds of life with nothing left to hide.
A legacy of healing, a miracle of part,
Cherishing the rhythm of a second-chance heart.
Restoring light to eyes that once were dim and gray,
In the name of mothers who have paved the way.
Forever in our memories, her spirit will remain,
In the gift of life that eases someone's pain.
Compassionate and mighty, the ultimate decree,
Embodying the love that sets another free.*



**Rtn Hemalatha
Bhandari
President
Elect**

HEALTHY FOOD - HEALTHY ORGANS



Healthy Jhalmuri



Rtn Ruby Agarwal
Inspire Secretary

Ingredients

- * 2 cups puffed rice (murmura)
- * 1 small onion, finely chopped
- * 1 tomato, finely chopped
- * ½ cucumber, finely chopped
- * 2 tbsp roasted peanuts
- * 3 tbsp boiled sprouts
- * 1 green chilli, finely chopped
- * 1 tbsp fresh coriander leaves
- * 1 tsp roasted cumin powder
- * ½ tsp chaat masala
- * ½ tsp black salt
- * Juice of 1 lemon



Method

1. Dry roast the puffed rice for 2–3 minutes to make it extra crisp. Let it cool.
2. In a bowl, mix onion, tomato, cucumber, peanuts, and sprouts.
3. Add spices—cumin powder, chaat masala, black salt.
4. Add puffed rice and toss gently.
5. Squeeze fresh lemon juice and mix quickly.
6. Garnish with coriander and serve immediately.

Smart Add-ons (Optional)

- * Grated carrot or beetroot for color & nutrients
- * Pomegranate seeds for a natural sweet burst
- * A pinch of red chilli powder or crushed black pepper for extra kick

NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



Rtn Uma Jhawar
Club Member

Name: Mrs. Uma Jhawar

Mobile: 78691919

E-mail: umajhawar3@gmail.com

Profession: Executive Director, M.K. International Eye Bank & Executive Chairperson, EBAI Eye Bank Association of India

Family: 2 In-laws, 2 Son, 2-Daughter-in-law, 1 Grand Son

Favourite Food : South Indian

Favourite Holiday Destination: Kerala & Jammu & Kashmir

Favourite Book: You Can Win

Favourite Song: Heart Touching Songs and old songs

Favourite Quote: Every day may not be good... but there's something good in every day

Date of Birth: 26.09

Wedding Anniversary: 07.12

Social media: Facebook, Twitter, Instagram, Whatsapp

Why did you choose to become a member of RC Organ Donation International: International level and More Knowledge on Organ Donation



**SCAN
ME
FOR
QUICK
PLEDGE**

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