

**UNITE  
FOR  
GOOD**

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



**LET'S  
INSPIRE !**

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# NEW STEP

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

**ROTARY CLUB OF ORGAN DONATION INTERNATIONAL**

**ROLE OF MEDIA IN ORGAN DONATION**



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



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



**Mr NV Paulose**  
Chairman  
Global TV  
Mangalore

**Rtn Ruby Agarwal** Inspire Secretary     **Rtn Hemalatha Bhandari** Vice-President

**Time & Date: 8 PM on Sunday 16<sup>th</sup> Nov., 2025**

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

**WORLD IS FULL OF KIND PEOPLE,  
IF YOU CAN'T FIND ONE, BE ONE  
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.  
CONTACT: [rcorgandonation@gmail.com](mailto:rcorgandonation@gmail.com)

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# NEW STEP

## FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

What an extraordinary week it has been for our beloved Rotary Club of Organ Donation International! I am delighted to share that our tireless pursuit to increase financial assistance for organ transplant recipients has borne fruit. The opportunity to personally discuss the state of organ donation in India with the Rotary International President was both humbling and inspiring. His gracious appreciation of our club's efforts reaffirmed that we are on the right path—transforming lives.

The recognition didn't stop there. IPDG Chetan Desai spoke highly of our club's work in Delhi before the DGE and DGN, a testament to the ripples our mission is creating across districts. We are also immensely proud to be associated with the Grand Walkathon 2025 in Indore next month, where three of our dedicated members and their partners will champion the cause of organ donation to a broader audience.

In this issue, Rtn Dr Kamal Jain, our Learning Facilitator & Organ Donation Chair, demystifies brain death—a crucial yet often misunderstood aspect of organ donation in India. As we celebrate Children's Day in memory of Pandit Jawaharlal Nehru, our multi-talented Vice President Rtn Hemalatha Bhandari graces us with a touching poem for the occasion.

Our "Healthy Food-Healthy Organs" segment features a revitalising Healthy Green Detox Juice recipe from our inspiring President, Rtn Ritika Gupta—proof that taking care of our organs can be both delicious and nutritious. Finally, our "Interesting Facts About Our Members" spotlight shines on our esteemed Club Service Projects Chair.

Thank you for your unwavering commitment to this life-saving mission. Together, we are not just saving lives—we are giving hope, dignity, and second chances

Yours in Rotary,

**IPP Rtn Lal Goel**

Chief Managing Editor  
Founder & Charter President

# **NEW STEP**

## **ROTARIAN LAL GOEL COMMENDS & THANKS MAHARASHTRA CHIEF MINISTER FOR ENHANCED FINANCIAL SUPPORT FOR ORGAN TRANSPLANTS**



**Hon'ble Shri Devendra Fadnavis**  
**Chief Minister of Maharashtra**



**Hon'ble Shri Narendra Modi**  
**Prime Minister of India**



**His Excellency Dr C V Anand Bose**  
**Governor of West Bengal**



**Mumbai, November 12, 2024** — Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, has expressed his deep appreciation to Hon'ble Maharashtra Chief Minister Shri Devendra Fadnavis for substantially increasing financial assistance for organ transplant surgeries under the state's health insurance schemes.

Through the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) and the Mahatma Jyotiba Phule Jan Arogya Yojana (MJPJAY), Maharashtra residents will now benefit from enhanced medical coverage for critical transplant procedures.

The revised financial assistance includes:

- \* ₹15 lakh for heart transplants
- \* ₹17 lakh for bone marrow transplants
- \* ₹20 lakh for lung transplants and TAVI/TAVR procedures
- \* ₹20 lakh for combined heart-lung transplants
- \* ₹22 lakh for liver transplants

Rotarian Lal Goel acknowledged the dedicated efforts of PDG Rtn Dr Rajendra Agrawal, who collaborated closely with him for over a year in advocating for these enhancements before Dr Omprakash Shete, Chairman, Ayushman Bharat – Mission Maharashtra Committee.

“This policy milestone will make life-saving organ transplants more accessible and affordable for patients in urgent need,” said Rotarian Lal Goel.

This marks the second major policy achievement driven by Rotarian Lal Goel's advocacy under the AB-PMJAY framework. Earlier, with the support of the present Governor of West Bengal, Hon'ble Dr C. V. Anand Bose, IAS—then One-Man Expert Commission on Labour—the Honourable Prime Minister Shri Narendra Modi approved an increase in the transplant coverage limit from ₹5 lakh to ₹15 lakh. The latest enhancement—from ₹15 lakh to ₹22 lakh—has now been realised through the consistent efforts of Dr Omprakash Shete, PDG Rtn Dr Rajendra Agrawal, and Rotarian Lal Goel, endorsed and approved by Hon'ble Maharashtra Chief Minister Shri Devendra Fadnavis.

Following the Government Order issued on 4th November, Dr Omprakash Shete felicitated Rotarian Lal Goel and PDG Dr Rajendra Agrawal in recognition of their selfless service to society.

“With this enhanced financial support, countless lives can be saved, and families across Maharashtra can find renewed hope in their battle against organ failure,” concluded Rotarian Lal Goel.

# NEW STEP

## ROTARIAN LAL GOEL DISCUSSES ORGAN DONATION WITH ROTARY INTERNATIONAL PRESIDENT



# NEW STEP

**Mumbai, November 9, 2025** – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, had an insightful interaction with Rotary International President Dr Francesco Arezzo and First Lady Anna Maria Criscione during the inauguration of the Rotary District Heart Hospital at Deonar, Mumbai.

During the ceremony, Rotary International District 3141 Governor Dr Manish Motwani introduced Rotarian Lal Goel to RI President Dr Arezzo. Rtn Goel highlighted the urgent need to strengthen awareness of organ donation and the infrastructure supporting it in India. Dr Arezzo, an eminent orthodontist from Italy, recognised the seriousness of the issue and lauded Rtn Goel for his steadfast commitment and leadership in advancing the cause of organ donation across the nation.

The inauguration of the Spandan Rotary District Heart Hospital also marked the culmination of Rotary Service Week. In his address, DG Dr Motwani emphasised that the hospital will serve as a permanent beacon of Rotary's mission to provide accessible healthcare every day, expressing gratitude to all Rotarians and partners who contributed to this milestone achievement.

RI President Dr Arezzo extended his appreciation to DG Dr Manish Motwani, President Rtn Noopur Desai (Rotary Club of Bombay Pier), Dr Praful Barvalia, Rtn Nikunj Jhaveri, Rtn Dilip Parmar, Rtn Yogesh Zaveri and Rtn Dr Rajeev Palvia for their dedication in bringing this impactful project to life—upholding Rotary's vision of "Service Above Self."

Among the distinguished Rotarians present were Vice Governor PDG Shashi Sharma, PDG Sunnil Mehra, Principal Chief Coordinator Krishna Kumar Choudhary, Chief Coordinator Bhagwan Patil, District Treasurer Kishor Parekh, District Coordinator Dilip Shah, Assistant Governor Prakash Ruia, and Inspire Secretary Rtn Ruby Agarwal from the Rotary Club of Organ Donation International.

# NEW STEP

**ROTARIAN LAL GOEL FOUNDER & CHARTER PRESIDENT OF THE ROTARY CLUB OF ORGAN DONATION INTERNATIONAL EXPRESSED HIS GRATITUDE TO IMMEDIATE PAST DISTRICT GOVERNOR OF DISTRICT 3141, RTN CHETAN DESAI FOR COMMENDING THE ROTARY CLUB OF ORGAN DONATION INTERNATIONAL, DURING THE LEARNING SEMINAR FOR DISTRICT GOVERNORS-ELECT (DGE) AND DISTRICT GOVERNORS-NOMINEE DESIGNATE (DGND) HELD ON 11TH NOVEMBER 2025, IN NEW DELHI**



**NEW STEP**

# ROTARIAN LAL GOEL CONGRATULATED RTN ALOK SINGHI & MITASHA FOUNDATION FOR ORGANISING GRAND WALKATHON IN INDORE TO PROMOTE ORGAN DONATION



The poster features a light orange background with a subtle pattern of small white dots. At the top left is the Mitasha Foundation logo, which includes a green leaf and the letters 'MF' with the tagline 'Enriching Lives'. At the top right is the Rotary Club of Organ Donation International logo, featuring a yellow gear-like wheel and the text 'Rotary Club of ORGAN DONATION INTERNATIONAL'. The main title 'ORGAN DONATION & ANAEMIA AWARENESS' is centered in a bold, black, sans-serif font. Below it, 'THE GRAND WALKATHON' is written in a large, bold, black, serif font, followed by '2025' in a slightly smaller, bold, black, serif font. A quote 'Living Beyond Life...' is written in a cursive font, followed by 'Register NOW for free!' in a bold, black, sans-serif font. The date '14 DEC, 2025' and time '7 AM' are listed. The route 'NEHRU STADIUM → PALASIA SQUARE → NEHRU STADIUM' is written in a bold, black, sans-serif font. A QR code is located at the bottom left. An illustration of three people walking is at the bottom right. The website 'WWW.MITASHAFoundation.COM' is at the bottom center.

 

**ORGAN DONATION & ANAEMIA  
AWARENESS**

**THE GRAND WALKATHON  
2025**

*Living Beyond Life...*  
**Register NOW for free!**

**14 DEC, 2025**  
**7 AM**  
**NEHRU STADIUM → PALASIA  
SQUARE → NEHRU STADIUM**

 

[WWW.MITASHAFoundation.COM](http://WWW.MITASHAFoundation.COM)

**Mumbai 8th November 2025**, Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, has extended his heartfelt congratulations to Rotarian Aalok Singhi, Treasurer of the Rotary Club of Indore United for organising a grand walkathon scheduled for December 14, 2025, in Indore, aimed at creating widespread awareness about organ donation.

# NEW STEP

The event is expected to bring together Rotarians, students, healthcare professionals, and community members to walk in solidarity in support of the life-saving cause of organ donation. With the inspiring theme “Donate Organs, Save Lives,” the walkathon seeks to motivate individuals to pledge their organs and help address the critical organ shortage for transplantation in India.

Commending Rtn Aalok Singhi for his leadership and initiative, Rtn Lal Goel said:

“Awareness is the foundation of change. Every step taken in this walkathon symbolises hope and compassion. I truly appreciate Rtn. Aalok Singhi and his team for spearheading this impactful initiative that reflects Rotary’s spirit of ‘Service Above Self.’”

Rtn Aalok Singhi shared his optimism about the event’s potential, stating:

“The response to the walkathon has been very encouraging. We are confident that with the full collaboration of the Centre, State, and District Administration, along with the support of government and private hospitals and Rotary Clubs, this event will be a grand success. I sincerely thank Rotarian Lal Goel for joining hands in this noble cause and for his constant guidance and inspiration in promoting organ donation.”

Rotarian Lal Goel emphasised that community-based awareness activities such as this walkathon play a vital role in encouraging families to view organ donation as a noble and life-affirming act. He added that the Rotary Club of Organ Donation International continues to collaborate with Rotary Clubs across India and globally to promote education, advocacy, and action in the field of organ donation.

The Indore walkathon promises to be a vibrant and inspiring event that will engage the local community while strengthening Rotary’s mission to make organ donation a true people’s movement.

# **NEW STEP**

## **AN IMPORTANT STEP IN ORGAN DONATION**



**Rtn Dr Kamal Jain**

Learning Facilitator & Organ Donation Chair  
Rotary Club of Organ Donation International

### **BRAIN DEATH**

Brain death is clinically defined as follows:

- \* No pupillary, corneal, gag, or oculoccephalic reflexes
- \* No response to stimuli
- \* Absence of drug intoxication, hypothermia, hypotension

Brain death is confirmed with apnea testing, not a scan or a neurologist's consult. To test for apnea:

1. Oxygenate the patient for 20 minutes.
2. Disconnect the patient from the ventilator.
3. Measure pCO<sub>2</sub>.

A pCO<sub>2</sub> level increase of  $\geq 20$  indicates apnea and confirms brain death.

# NEW STEP

## Let your legacy beat on with Miracle "Children's Day"



**CHACHA NEHRU**

**C**hoose to be a hero, make the choice today,  
**H**earts and hands and hope you can bestow everyday,  
**I**nscribe your wish to give on life's scroll,  
**L**eaving behind a beautiful, lasting legacy roll,  
**D**on't let a chance to save a life go by,  
**R**enewing the breath of a person in need thereby,  
**E**very single donor is a light from above,  
**N**obly extending the gift of time and love,  
**S**o spread the word, let the awareness bloom,  
**D**efying the darkness and banishing the gloom,  
**A**fter your time, your generous spirit remains,  
**Y**our 'Yes' will ease another's life- long pains.



**Rtn Hemalatha Bhandari**  
**Vice President**

## HEALTHY FOOD - HEALTHY ORGANS

### Healthy Green Detox Juice Recipe



**Rtn PHF Ritika Gupta**  
**Inspire President**

#### Ingredients

- Spinach — 15–20 leaves
- Bottle gourd (lauki) — 1 small bowl, chopped
- Amla — 1
- Curry leaves — 1 handful
- Ginger — 1 inch piece
- Lemon — ½
- Pink rock salt — to taste

#### Instructions

##### 1. Prepare Ingredients

Wash spinach, bottle gourd, amla, curry leaves, and ginger thoroughly.

##### 2. Blend

Add the spinach, bottle gourd, amla, curry leaves, and ginger to a mixer/blender. Blend until smooth.

##### 3. Strain (optional)

If you prefer a smoother drink, strain the mixture. You may skip this step to retain maximum fibre.

##### 4. Season

Squeeze in the juice of half a lemon and add pink rock salt to taste. Mix well.

##### 5. Serve

Pour into a glass and enjoy immediately for maximum freshness and nutrition.



#### Benefits of Consuming Daily on an Empty Stomach

##### • Boosts Digestion:

Ingredients like ginger and curry leaves stimulate digestion and help soothe the stomach.

##### • Detoxifies the Body:

Bottle gourd and spinach naturally help flush out toxins and support liver function.

##### • Strengthens Immunity:

Amla is rich in Vitamin C, which enhances immunity and protects against infections.

##### • Improves Gut Health:

High fibre content supports regular bowel movements and promotes a healthy gut microbiome.

##### • Aids Weight Management:

Low in calories yet nutrient dense, this juice keeps you full and supports metabolism.

##### • Enhances Skin & Hair Health:

Antioxidants from spinach and amla help improve skin texture, reduce dullness, and support hair growth.

##### • Provides Natural Energy:

The powerful combination of greens offers essential vitamins and minerals for sustained energy.

# NEW STEP



**Rtn Dipan R Shah**

**Club Service Projects Chair**

**Name:** Dipan R Shah

**Mobile No.:** +19083422559

**Email:** Dipanshah19@yahoo.com

**Profession:** Surgical Skin, Musculoskeletal & Tissue Bank Recovery Specialist, New Jersey, USA)

**Family:** - Wife -Jigna, Daughter-Henika, Son- Aman

**Favourite Food:** Vagareli Multigrain Khichdi, Cucumber and Chana Shak, Dalia na Parotha with Suva bhaji

**Favourite Holiday Destination:** Catskills, NY and Sea side heights, NJ

**Favourite Book:** It's business adventure, by John Brooks

**Favourite Song:** Meri Bhavna

**Favourite Quote:** *"Whereever a man turns, he can find someone who need him"*

**Date of Birth:** September 13th

**Wedding Anniversary:** July 19th

**Social Media Presence:** Facebook, instagram, TikTok

**Why did you choose to become a member of RC Organ Donation International :** To Save and Heal Lives. It's great platform & opportunity to Give my skills back to Society and spread awareness of Organ/Tissue donation through Rotary



**SCAN  
ME  
FOR  
QUICK  
PLEDGE**

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