

**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



**THE BEST WAY TO FIND YOURSELF IS TO
LOSE YOURSELF IN THE SERVICE OF OTHERS
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**

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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

As I reflect on the remarkable journey of recent weeks, I am filled with immense pride and gratitude for the tireless dedication each of you brings to our noble cause of organ donation advocacy.

Our recent motivational program with the CISF 10th Reserve Battalion in Bengaluru marked a significant milestone in expanding our reach beyond traditional Rotary circles. The enthusiastic participation of CISF officers and personnel, coupled with the presence of office bearers from Rotary Club Sompura RID 3192, culminated in an enriching brainstorming session that has opened new avenues for collaboration in promoting organ donation awareness.

A momentous achievement came during our guest speaker meeting on November 16th, when Mr N V Paulose, Chairman of Global TV, announced that Global TV will live telecast our Club's meetings. This unprecedented media partnership, detailed in Mr Paulose's inspiring article in this edition, will amplify our message exponentially and bring organ donation awareness into countless homes.

Our leadership continues to strengthen with the selection of Rtn Hemalatha Bhandari as President-Elect. The heartfelt tribute from her children illuminates the character and compassion that make her exemplary for this role. Her moving poem on organ and tissue donation in this issue captures the sacred nature of this life-giving gift.

I invite you to savour the healthy sprout chaat recipe from our dedicated Secretary, Rtn Ruby Agarwal.

Please learn more about our featured member in our regular spotlight segment.

Together, we are not merely advocating for organ donation—we are transforming mindsets, saving lives, and creating a legacy of compassion that will endure for generations.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

ROTARIAN LAL GOEL ADDRESSES CISF 10TH RESERVE BATTALION IN BENGALURU ON ORGAN DONATION AWARENESS



Bengaluru, 19 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, delivered an inspiring address on organ donation at the CISF 10th Reserve Battalion in Bengaluru.

In his remarks, Rotarian Lal Goel applauded the CISF personnel for their steadfast commitment to national security and public service. He stated, "As guardians of the nation, you save lives through your duty every day. By promoting organ donation within your families and communities, you can save many more lives." He also acknowledged the critical support CISF provides during organ transport at airports, ensuring timely transfers that often make the difference between life and death.

Speaking on the current state of organ donation in India, he highlighted the robustness of Indian organ transplantation laws, reaffirming that they are designed to prevent misuse and ensure ethical, transparent practices. He also addressed common myths and misconceptions that deter people from donating organs.

Rotarian Lal Goel extended heartfelt thanks to Senior Commandant Shri Shivdatta Kumar for facilitating the session at short notice and for supporting this humanitarian mission.

The event saw active participation from the President and members of the Rotary Club Sonpura, Rotary International District 3192, as well as a large number of CISF officers and personnel.

BRAINSTORMING SESSION ON THE ROLE OF ROTARY IN ORGAN DONATION



Bengaluru, 19 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, led an insightful and productive brainstorming session with the office bearers of the Rotary Club of Sompura, Rotary International District 3192.

The Rotary team comprised:

- * Rtn Devara, President
- * Rtn Channathimmaiah T, Charter President
- * Rtn Mangalamma, Treasurer
- * Rtn Shekhar L. S., Past Secretary
- * Rtn Vishwanath Babu, Secretary (2026–27)
- * Rtn Nanda Kumar, Polio Chairman

The interaction followed Rotarian Lal Goel's motivational address on organ donation, delivered earlier at the CISF 10th Reserve Battalion in Bengaluru, during which the attending Rotarians praised him for his unwavering commitment to this noble and life-saving cause.

During the meeting, Rtn Devara shared an overview of the impactful service initiatives undertaken by their club. Rotarian Lal Goel, in turn, elaborated on the vision, objectives, and global advocacy efforts of the Rotary Club of Organ Donation International, highlighting Rotary's powerful platform for promoting organ donation awareness.

In a symbolic gesture of fellowship and mutual respect, Rotarian Lal Goel and Rtn Devara exchanged their Rotary Club flags, further strengthening the bond between the two clubs.

Impressed by the session, Rtn Devara extended an invitation to Rotarian Lal Goel to address a larger gathering of Rotarians in Bengaluru in the near future.

Rotarian Lal Goel expressed his heartfelt gratitude to President Rtn Devara and all members of the Rotary Club of Sompura for their enthusiastic participation in the organ donation awareness programme, especially on such short notice.



GLOBAL TV: A VISIONARY MEDIA MOVEMENT CHAMPIONING THE CAUSE OF ORGAN DONATION

FOREWORD

By **Rtn Lal Goel**

Founder & Charter President

Rotary Club of Organ Donation International

Last Sunday, during the meeting of our Rotary Club of Organ Donation International, we had the privilege of welcoming Mr. N. V. Paulose as our Guest Speaker. He spoke on a subject deeply connected to my life's mission — the Role of Media in Organ Donation. As he addressed the gathering, my thoughts travelled back to our first meeting in Mangaluru more than nine years ago.



Rtn Lal Goel, Mr Sasikanth Senthil IAS(R), Member of Parliament & Dr Sandeep Shastri, Vice President, Nitte Education Trust

It was a brief meeting at an event, yet it left a strong and lasting impression. The following morning, he visited my resort, and what began as a casual conversation evolved into a deep and meaningful discussion — once again centred on the same significant topic: the role of media in promoting organ donation.

The very next day, I found myself in the studios of News Karnataka, where Mr. Paulose served as Director. There, I hosted a programme featuring the then Deputy Commissioner of Mangaluru, the Vice-Chancellor of Mangalore University, and the Pro Vice-Chancellor of Jain University, Bengaluru — an enriching discussion on organ donation.

Today, it brings me immense honour, pride, and gratitude to present this special feature on Mr. N. V. Paulose and the remarkable journey of Global TV. This publication stands as a tribute to a visionary whose life and work illuminate the ideals of hope, positivity, and purposeful journalism.

My association with him has strengthened my belief in the transformative power of media — especially when driven by integrity, compassion, and an unwavering spirit of service. His commitment to constructive journalism and to nurturing emerging media leaders has touched countless lives and supported numerous social causes, including our mission to promote organ donation.

Under his leadership, Global TV has grown far beyond a media platform. It has become a movement — one that connects cities, celebrates human potential, and inspires communities to act with purpose. Guided by the ideals of Dr. A. P. J. Abdul Kalam, Global TV has created an environment where stories uplift, ideas unite, and actions inspire lasting social transformation.

As Rotarians, we uphold the motto “Service Above Self.” Global TV stands as a shining example of this principle within the media fraternity. It demonstrates how communication, when infused with sincerity and vision, can build bridges, heal divisions, and motivate society toward collective progress.

I am delighted to present this inspiring narrative to the readers of New Step. May the journey of Global TV and the exemplary leadership of Mr. N. V. Paulose motivate each of us to use our voices for positivity, our platforms for purpose, and our actions for the betterment of humanity.

With warm regards and Rotary greetings,

Rtn Lal Goel

GLOBAL TV : Championing Positive & Constructive Journalism Worldwide A Collaborative Network of Visionaries and Institutions Transforming Media Through Purpose and Positivity



N. V. Paulose
Chairman, Global TV
Bridging Cities
Through Progressive,
Positive & Purposeful Media

A Vision Rooted in Purpose

Global TV is India's pioneering Internet TV platform, with active content dating back to 2002 — nearly four years before the emergence of YouTube. From its earliest days, it has been a mission-driven initiative rooted in constructive, positive, and transformational journalism. Its foundation is built on optimism, service, and the belief that media must inspire action rather than division.

Guided by Dr. A. P. J. Abdul Kalam's Vision

A defining influence behind Global TV's editorial direction is the philosophy of Dr. A. P. J. Abdul Kalam. His principles of integrity, innovation, and nation-building continue to shape the platform's commitment to celebrating achievers, honouring everyday heroes, and amplifying transformative ideas.

The Appreciative Inquiry Approach

Central to Global TV's methodology is Appreciative Inquiry, which focuses on identifying strengths, exploring possibilities, and encouraging collaborative action. The platform believes that even small, consistent contributions can generate waves of meaningful social change.

City Editions & Community Integration

Global TV thrives through partnerships with individuals and institutions dedicated to inclusive development. Its operations span:

- * City Editions led by Resident Editors
- * Purpose Editions curated by Chief Editors

These editions integrate seamlessly with the main platform, keeping journalism grounded in real experiences and deeply connected to communities.

Flexible & Decentralized Media Ecosystem

Instead of rigid structures, Global TV operates through flexible activity units — dynamic teams that produce stories, community projects, leadership initiatives, and social impact programmes. This decentralized system promotes creativity, ownership, and collaborative leadership.

Endowment Studios & Legacy Initiatives

Among its unique contributions are the Endowment Studios — dedicated spaces created by families or individuals to honour legends, preserve memories, and inspire social entrepreneurship.

The platform also champions Campus Initiatives, blending legacy-building with social impact and empowering young people to honour visionary leaders through media-driven engagement.

Two Decades of Impact

Over the last 20+ years, Global TV has:

- * Produced thousands of episodes
- * Published books and documentaries
- * Led numerous community initiatives
- * Developed people-centric media models

Its growth strategy focuses on empowering local editors, nurturing creative partnerships, and developing sustainable, purpose-driven revenue models.

Shaping Future Media Leaders

Through mentorship, training, and leadership development, Global TV inspires individuals to become Resident Editors — evolving into storytellers, changemakers, and media entrepreneurs. The platform remains free from political and religious agendas, focusing instead on unity, positivity, and purposeful collaboration.

A Mission Rooted in Humanity

At its core, Global TV believes that media must uplift the vulnerable, foster unity, and transcend boundaries. This is possible only through constructive dialogue, purposeful storytelling, and genuine collaboration.

Its mission is clear and profound: to build a global culture where journalism becomes a force for inspiration, transformation, and meaningful social progress.

The Role of Media in Organ Donation

In the journey of organ donation, media plays a decisive and indispensable role. It holds the power to transform awareness into action, hesitation into hope, and silence into life-saving conversations. By dispelling myths, highlighting success stories, educating families, and promoting timely decision-making, responsible media becomes the vital link between donors, recipients, and the medical community. When platforms like Global TV embrace constructive and compassionate journalism, they do far more than inform — they save lives. Their efforts strengthen public trust, inspire social responsibility, and help build a society where organ donation is understood, accepted, and embraced as the ultimate gift of life.

TRIBUTE TO OUR MOTHER –
Rtn HEMALATHA BHANDARI
PRESIDENT-ELECT
ROTARY CLUB OF ORGAN DONATION INTERNATIONAL
A Legacy of Strength, Talent & Unwavering Love



From Sucheeth Bhandari

How does one truly define a mother? It is almost impossible. Mothers are God's finest creation, and my mother, Rtn Hemalatha Bhandari, is the hero of our family.

She served the Airports Authority of India with distinction, working long and demanding rotational shifts, yet carrying every responsibility with grace, dignity, and extraordinary strength. Even today, as a parent myself, I often wonder whether I possess even a fraction of her resilience.

My mother is a woman of many talents—a poet, an AIR newsreader and host, a sportsperson, a singer, and a highly respected Airport Manager. Despite her intense schedule, she ensured that her family never felt neglected. She guided us academically, supported our every step, and silently taught us that true commitment is not expressed in words but shown through actions.

In retirement, she shines even brighter—an affectionate and deeply involved grandmother who nurtures her grandchildren with immense love, patience, and insight. Her present is as inspiring as her past, and she continues to influence everyone around her with her strength and warmth.

From Supreeya

How can I even begin to define my mother? To me, she is my entire universe. She balanced motherhood and a demanding career as an Airport Manager with remarkable joy, discipline, and dedication.

She has always worn many hats effortlessly—Economics Professor, AIR and Doordarshan host, multilingual writer (Tamil, English, Hindi), State Tennikoit player, and singer. Her achievements were so vast that they sometimes felt intimidating, but she taught me to carve my own path and become the best version of myself.

She nurtured my love for dance, found me the best guru, and encouraged me to perform at every opportunity. With her support, I completed my Bharatanatyam Arangetram at the age of nine, and today I confidently choreograph performances for corporate and external events.

She recognised my passion for Sanskrit and supported me wholeheartedly until I secured State First in my 10th Standard examination. She encouraged me to dream big, and with her blessings, I pursued my master's degree in London.

Today, she plays a transformative role in shaping my daughter, Hiya, who reflects her values and spirit—a champion in gymnastics, carrom, and chess, a Bhagavad Gita chanter, singer, and dancer. She is the beautiful outcome of my mother's influence and my own aspirations.

My amma is my silent hero—a guiding light in every phase of my life.

OUR MOTHER – OUR PRIDE

Across every chapter of her life—professional, personal, and now as a grandmother—Rtn Hemalatha Bhandari stands as a symbol of strength, compassion, wisdom, and excellence.

We are who we are because of the values she lived every single day. Her legacy continues to shape us, inspire us, and lead us forward.

We are immensely proud and overjoyed that she has been selected as the President-Elect of the Rotary Club of Organ Donation International. We wish her all the very best as she continues her remarkable journey of service and leadership.

Sacred Donation, A life beyond Compare **ORGAN & TISSUE DONATION**

*Waves rushed to embrace the land,
Like a mother, rushing to see her lad.
Children laughed carefree with glee,
Collecting shells, roaming free.
From misty hills, the breeze blew,
Thought the tiny homes and streams below.
The pine-filled woods, where sunlight gleamed,
The rustic pine cones strewn around free envisioned.
The rainbow arcs through rain and sun,
The bridge quite colourful, and softly spun.
The deer nudged its Doe with care,
As it hopped ahead in thin forest air
A mother looked fondly at her lad,
With so much love and care.
The infant lay on her lap without sight.
The feel of her touch reassuring and light.
Viewing colours through our black and white frame,
We take for granted the vision with which we came.
It is time to think about donating Organs ,
To those who are denied of want of Organs
Radiant with hope, the season we embrace,
In the giving spirit, our dear wishes lie,
All the beautiful lights, a second chance they send,
Soul's deep donation, a life that has no end.
The donation doesn't stop with the pledge alone,
Request your loved ones not to get grief blown.
When your final breath is drawn,
Ask everyone not to forget to donate Organs,
A small heart waits, a fading light,
For kindness found within the night,
New life to bloom, a chance to grow,
A gift of health, a seed to sow.*



Rtn Hemalatha Bhandari
President Elect

HEALTHY FOOD - HEALTHY ORGANS

Healthy SPROUT CHAAT

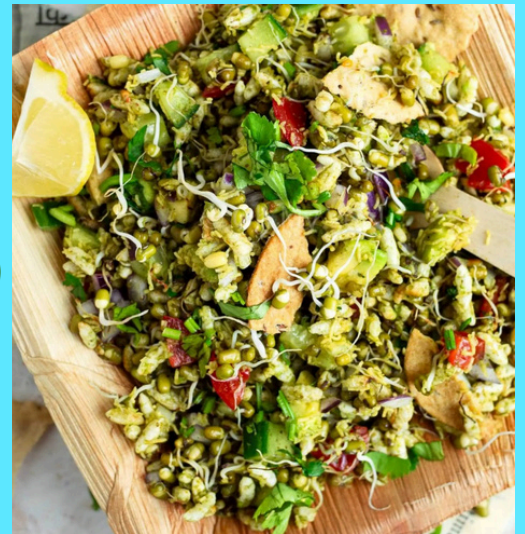
*A protein-packed, nutritious snack
perfect for weight management!*



Rtn Ruby Agarwal
Inspire Secretary

Ingredients

- 2 cups sprouted moong beans (200g)
- 1 small onion, finely chopped
- 1 medium tomato, finely chopped
- 1 small cucumber, finely chopped
- 1/4 cup grated carrot (optional)
- 1 green chili, finely chopped (adjust to taste)
- 1/4 cup fresh coriander leaves, chopped
- 1/4 cup pomegranate seeds (optional)
- 1 tsp chaat masala
- 1/2 tsp black salt (kala namak)
- 1 tsp roasted cumin powder (optional)
- 1.5 tbsp fresh lemon juice
- 2 tbsp green chutney and/or tamarind chutney



Instructions

- *Prepare sprouts : Lightly steam sprouts in a colander over boiling water for 3-4 minutes until tender but crunchy. Drain and cool.
- *Mix: Combine sprouts, onion, tomato, cucumber, carrot, green chili, and chutneys in a bowl.
- *Season: Add chaat masala, black salt, cumin powder, coriander leaves, and lemon juice. Toss well.
- *Serve: Garnish with pomegranate seeds and serve immediately.

Benefits

- ✓ High plant-based protein
- ✓ Rich in fiber for satiety
- ✓ Low calorie & low fat
- ✓ Packed with vitamins & minerals
- ✓ Low glycemic index

Perfect guilt-free snack any time of day! 🥗

NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International



Rtn Dr Urvashi Mittal
Club Member

Name: Dr Urvashi Mittal

Mobile: 9873574129

E-mail: iwurvashi@gmail.com

Profession: Social Activist/Worker

Family: Spouse-Sumit Mittal, 3 daughters, one married

Favourite Food: depends on mood & weather

Favourite Holiday Destination: London as my daughter is settled there

Favourite Book: Gita

Favourite Quote: 'Alone we can do so little, Together we can do so much'

Date of Birth: 13th October

Wedding Anniversary: 12th July

Your presence on social media: FB, Instagram, LinkedIn,

Why did you choose to become a member of RC Organ Donation International: Had been watching Lal sir, organising programmes to spread awareness about 'Organ Donation' & got highly motivated & convinced, so joined Club also



**SCAN
ME
FOR
QUICK
PLEDGE**

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