

**UNITE  
FOR  
GOOD**

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



**LET'S  
INSPIRE !**

Volume: 1 | Issue: 16 | (For Private Circulation) | 17<sup>th</sup> October, 2025

# NEW STEP



**THIS DIWALI,  
LIGHT UP A LIFE  
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,

Last week marked a momentous chapter in our Club's journey as we conducted five Organ Donation Awareness Programs, one Brainstorming Session, and a unique Meditation for the Enlightenment of Organ Donation across the nation.

Four programs were hosted at India's most prestigious scientific institutions: Vikram Sarabhai Space Centre and LPSC, ISRO, Valiamala, Thiruvananthapuram, Kerala; ISRO Propulsion Complex (IPRC), Mahendragiri; and Kudankulam Nuclear Power Plant (KKNPP), Tirunelveli, Tamil Nadu. Additionally, one program was successfully held at the Rotary Club of Mangalore Hill-Side (RID 3181).

This week, as we celebrate Diwali festivities, we are reminded that this Festival of Lights symbolises the spiritual victory of Dharma over Adharma, light over darkness, good over evil, and knowledge over ignorance. What better time to illuminate lives through the gift of organ donation?

Our Club Vice-President, Rtn Hemalatha Bhandari, has penned a moving poem, "Pledge this Diwali," which beautifully depicts how organ donation represents the ultimate victory of life over fear.

In our popular "Healthy Food-Healthy Organs" segment, Inspire Secretary Rtn Ruby Agarwal shares a recipe for Diwali Special Healthy Gujhiya, allowing us to celebrate without compromising our health.

Our "Interesting Facts About Our Members" spotlight continues to showcase the remarkable individuals who make our Club extraordinary.

As we light diyas this Diwali, let us remember: *Diwali is a time for giving; donate an organ, become a lamp, light a life.*

Yours in Rotary,

**IPP Rtn Lal Goel**  
Chief Managing Editor  
Founder & Charter President





# NEW STEP

## ROTARIAN LAL GOEL DELIVERS KEYNOTE ADDRESS ON ORGAN DONATION AWARENESS AT VIKRAM SARABHAI SPACE CENTRE, ISRO



# **NEW STEP**

**Thiruvananthapuram, October 11, 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, Chairman of the Organ Donation India Foundation, and Chairman of GYAN, delivered an impactful Keynote Address on Organ Donation Awareness at the Vikram Sarabhai Space Centre, ISRO, Thumba, Thiruvananthapuram, Kerala.**

**The program, organised for officers and personnel of the Central Industrial Security Force (CISF) and their families, saw Rotarian Goel emphasise the critical importance of organ donation in India. He encouraged attendees to engage in family discussions before pledging to donate organs, highlighting the need for informed consent and family support in the donation process.**

**Commandant Ashutosh Gaur commended Rotarian Goel for his unwavering dedication to this noble cause and expressed hope that the session would inspire many attendees to register as organ donors. As a gesture of appreciation, Commandant Gaur presented a CISF memento to Rotarian Goel.**

**The event also featured Mr Mithun Ashok, a kidney recipient and Gold Medalist in the Dart competition at the 2025 World Transplant Games held in Germany. Mr Ashok shared his inspiring journey, crediting his sister's kidney donation for giving him a "new lease on life."**

**In his closing remarks, Rotarian Goel expressed gratitude to Commandant Gaur for hosting the program at this prestigious institution and thanked Mr Mithun Ashok and all attendees for their attentive participation and support for this vital cause.**



# NEW STEP

**RTN PHF DR ROHAN S. MONIS : MEDICAL DIRECTOR - RC ORGAN DONATION INTERNATIONAL (RID 3141) ADDRESSES RC OF MANGALORE HILL-SIDE (RID 3181) ON ORGAN DONATION**



# NEW STEP

**Mangaluru 8<sup>th</sup> October, 2025** - With organ donation as the theme of the evening, Rtn Dr Monis addressed a distinguished gathering of Rotarians—including neurosurgeons, chartered accountants, business leaders, and philanthropists—at Rotary Bal Bhavan, Mangaluru, on October 8, 2025. Rtn Shyamlal Yermal (IPP) called the meeting to order, followed by an invocation by Rtn PHF Dr C.K. Ballal. Rtn Vasudev made the announcements, and Rtn PHF Ashok Rao introduced the Chief Guest, Rtn PHF Dr Rohan S. Monis.

Rtn Dr Monis thanked the organisers and promised an engaging and educational session. He highlighted the alarming disparity between India's status as the world's most populous nation and its relatively low organ and tissue donation rates. He empowered attendees with strategies to counter superstitions and emphasised the critical need for community advocacy.

The presentation provided insights into the roles of apex bodies NOTTO & SOTTO and an overview of the Transplantation of Human Organs and Tissues Act (THOTA) in India. Dr Monis explained the three types of donation: living donation, brain-dead donation, and deceased donation (after cardiac death). A particularly eye-opening discussion compared India's opt-in policy framework with the opt-out systems in countries like Spain and France, sparking engaging dialogue with the audience.

The concept of a 'living will' was also explored, with Dr Monis emphasising the spiritual perspective that one's soul—not organs and tissues—transcends to the heavens. Inspired by the session, the Rotarians of Mangalore Hill-Side pledged to register for organ donation using the NOTTO QR Code and committed to spreading awareness in their communities. One member commended the cause-based initiative undertaken by RC Organ Donation International and extended best wishes for the mission.

The evening concluded with a customary flag exchange, a vote of thanks by Rtn PHF Dr Rahul T.G., and the National Anthem



# NEW STEP

## NO RELIGION OPPOSES ORGAN DONATION, SAYS ROTARIAN LAL GOEL AT THE LIQUID PROPULSION SYSTEMS CENTRE (LPSC), ISRO



**Thiruvananthapuram, 11th October 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, Chairman of the Organ Donation India Foundation, and Chairman of GYAN, delivered an inspiring talk on organ donation at the Liquid Propulsion Systems Centre (LPSC), ISRO, Valiamala, Thiruvananthapuram, Kerala.**

# NEW STEP

In his address, Rotarian Lal Goel emphasised that no major religion stands against organ donation. He provided detailed explanations with compelling examples from Hinduism, Islam, Christianity, and Sikhism—India's principal faiths—demonstrating that these religions not only accept but actively support the noble cause of organ donation.

Chief Guest Commandant Ashutosh Gaur praised Rotarian Goel's exceptional ability to present complex medical and ethical concepts in an accessible manner. "He uses simple language, real-life examples, and compelling data to make organ donation understandable to everyone," said Commandant Gaur. He also expressed admiration for Rotarian Goel's dedication, noting that despite his age, he addresses two to three audiences daily—a truly remarkable commitment.

Commandant Gaur presented Rotarian Goel with a book and memento, expressing hope that the motivational talk would inspire many attendees to pledge their organs.

The event began with a traditional lamp-lighting ceremony conducted by Rotarian Lal Goel, Commandant Ashutosh Gaur, Deputy Commandant Praveen Kumar Singh, and other distinguished guests.

In his closing remarks, Rotarian Lal Goel expressed gratitude to Commandant Gaur and Deputy Commandant Singh for providing the platform to reach and motivate a significant audience. He also thanked the attendees for their attentive participation throughout the session.



# NEW STEP

## BRAINSTORMING SESSION ON ORGAN DONATION IN THIRUVANANTHAPURAM, KERALA



**Thiruvananthapuram, 12th October 2025 – Leading experts in organ donation convened at the Taj Hotel, Thiruvananthapuram, to discuss strategies for advancing organ donation initiatives in India.**

**The brainstorming session brought together Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, Chairman of the Organ Donation India Foundation, and Chairman of GYAN, along with Prof Dr S. Vasudevan, Ex-Chairman of the National Indian Medical Association (IMA) Standing Committee for Organ Donation and Former Professor and Head of the Department of Urology, Government Medical College.**

**The discussion focused on the current state of Organ Donation in India, identifying key challenges and shortcomings in the system. Both leaders explored the pivotal role that Rotary Clubs can play in raising awareness, mobilising communities, and improving Organ Donation rates across the country.**

**The meeting marks a significant step toward collaborative efforts to address India's critical organ shortage and save lives through increased donor registration and public education.**

# NEW STEP

## ROTARIAN LAL GOEL MEDITATES AT SWAMI VIVEKANANDA ROCK MEMORIAL TO SEEK ENLIGHTENMENT FOR ORGAN DONATION AWARENESS IN INDIA



**Kanyakumari, October 12, 2025** – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, Chairman of the Organ Donation India Foundation, and Chairman of GYAN, meditated at the Swami Vivekananda Rock Memorial in Kanyakumari, seeking enlightenment and inspiration for his mission to promote organ donation awareness across India.

Rotarian Lal Goel was on a two-day tour of Kerala and Tamil Nadu, having completed two successful organ donation awareness programs in Thiruvananthapuram, Kerala, the previous day.

He was accompanied by his wife, Mrs Rajni Goel, who joined him in prayer at Sri Padhaparai, the sacred footprint believed to belong to Goddess Kanyakumari (Parvati), located on a rock near the Vivekananda Rock Memorial—the very site where Swami Vivekananda once meditated, for continued strength and dedication to Organ Donation.

Following his meditation, Rotarian Goel proceeded to address two important meetings: one at the ISRO Propulsion Complex (IPRC) in Mahendragiri and another at the Kudankulam Nuclear Power Plant (KKNPP) in Tirunelveli, both in Tamil Nadu.



# NEW STEP

## ROTARIAN LAL GOEL EMPHASISES CRITICAL NEED FOR ORGAN DONATION AT CISF, ISRO PROPULSION COMPLEX



**Mahendragiri, Tamil Nadu – October 12, 2025** - Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, Chairman of the Organ Donation India Foundation, and Chairman of GYAN, addressed personnel at the CISF, ISRO Propulsion Complex in Mahendragiri, Tamil Nadu, emphasising the critical importance of organ donation in India.

In his keynote address, Rotarian Lal Goel presented sobering statistics from the National Organ & Tissue Transplant Organisation (NOTTO), revealing that over 5 lakh people die annually in India due to the unavailability of organs. He explained that a single brain-dead donor can save up to nine lives and improve the quality of life for up to 75 individuals through organ and tissue donation.

“Last year alone, more than 5 lakh people in India lost their lives while waiting for organs,” Goel stated. “With a potential pool of 2-3 lakh brain-dead cases annually, if every brain-dead person donated their organs, no one in India would have to die waiting for a transplant.”

Deputy Commandant Deepak Jayakumar warmly welcomed Rotarian Lal Goel and Mrs Rajni Goel, acknowledging organ donation as a profoundly noble act. He encouraged all attendees to pledge their organs to help save countless lives.

Rotarian Major Donor B. Arumugapandian, Rotary Governor (2011-12) and Chicago Convention on Legislation (COL) Representative, commended Rotarian Lal Goel's unwavering dedication to advancing organ donation awareness and advocacy.

The program was expertly conducted by Mrs Deepak Jayakumar, President of Sanrakshika, and drew significant participation from CISF officers, personnel, and their families and Rotarian S. Ramalingam, Public Image Chairman of the Rotary Club of Nagercoil.

Rotarian Lal Goel expressed his heartfelt gratitude to Mrs. and Deputy Commandant Deepak Jayakumar for their meticulous organisation of the program and their warm hospitality. He specially acknowledged Rotarian B. Arumugapandian for travelling a considerable distance to grace the occasion with his presence. Rotarian Goel also extended his appreciation to all CISF personnel and their families for their enthusiastic attendance and patient engagement throughout the session, recognising their openness to understanding this life-saving cause.



# NEW STEP

## ROTARIAN LAL GOEL DELIVERS INSPIRING ADDRESS ON ORGAN DONATION AT KUDANKULAM NUCLEAR POWER PLANT



# NEW STEP

**Tirunelveli, Tamil Nadu – October 12, 2025 - Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, Chairman of the Organ Donation India Foundation, and Chairman of GYAN, delivered a powerful motivational address on organ donation at the Kudankulam Nuclear Power Plant (KKNPP) in Tirunelveli, Tamil Nadu.**

## **The Gift of Immortality Through Organ Donation**

**In a deeply moving segment of his address, Rotarian Lal Goel explored the profound legacy that organ donors leave behind. “Imagine a child’s life saved through an organ transplant,” Goel reflected. “That family will never forget this extraordinary act of humanity. They will seek to learn about the donor, and once they discover who gave their loved one a second chance at life, the donor’s kindness becomes etched in their hearts forever.”**

**He emphasised that this gratitude transcends generations, creating a ripple effect of remembrance and appreciation that continues through families for years to come. “In this way,” Goel concluded, “the donor achieves a form of immortality—living on through the lives they’ve saved and the families they’ve transformed.”**

## **Warm Reception and Institutional Support**

**Senior Commandant Shri Manga warmly welcomed Rotarian Lal Goel and Mrs Rajni Goel, introducing the distinguished speaker to the assembled audience. He commended Rotarian Lal Goel for his tireless dedication to spreading organ donation awareness even in remote locations, ensuring that this life-saving message reaches every corner of the country.**

**Senior Commandant Shri Manga urged all attendees to take the pledge to become organ donors after discussing this noble decision with their families, emphasising the transformative impact each person can have on society.**

## **Acknowledgments**

**Rotarian Lal Goel expressed his sincere appreciation to Senior Commandant Shri Manga and Assistant Commandant Aseem Bhardwaj for organising the organ donation awareness program on a Sunday evening, demonstrating their commitment to this humanitarian cause. He also thanked all attendees for their attentive participation and receptiveness to learning about organ donation.**



# NEW STEP

## Pledge this Diwali

*Diya's glow, a humble flame,  
Chases shadows, calls each name,  
The toran's grace, the Rangoli's art,  
A feast of light for every heart.  
In this bright moment, as we share the sweet,  
And watch the fireworks climb and meet.  
We celebrate the good, the victory won,  
The precious life beneath the sun.*

*But what if the light begins to dim,  
And hope grows distant, stark and grim?  
There is a gift, brighter than gold,  
A story of rebirth to be told.  
To choose to share, a selfless deed,  
To sow a vibrant, living seed,  
For when one journey finds its close,  
A new lamp lights, a spirit grows.*

*A gift of eyes to see the fairy light,  
A heart to beat, through day and night.  
A liver, lungs, a chance to mend,  
A life extended, from one to another,  
This act of love, a legacy so pure,  
A final, generous, healing cure,  
Like Lord Ram's return, it brings the cheer,  
A victory of life over fear.*

*So let's think it bright and true,  
The Gift of Life, it waits in you.  
A Diwali wish for kindness and love,  
Pledge to donate your organs and rise above.*



**Rtn Hemalatha Bhandari**

# HEALTHY FOOD - HEALTHY ORGANS

## NEW STEP



Rtn Ruby Agarwal

### Diwali Special Healthy Gujhiya

#### Ingredients

##### For the dough

- 1/2 cup flour (you can use whole wheat flour for a healthier option)
- 2 tbsp fresh thick malai (milk cream)
- 2 tbsp milk (for kneading), or as needed

##### For the filling

- 1 cup crumbled khoya (mawa)
- 1/4 cup grated dry coconut
- 1/4 cup chopped dates
- 2 tbsp jaggery powder (adjust to taste)
- 1 tbsp raisins
- 2 tbsp chopped cashews
- 2 tbsp chopped almonds
- 1 tbsp chopped pistachios
- 1 tsp chironji
- 1/2 tsp cardamom powder (optional)



#### Instructions

##### Prepare the stuffing

In a heavy-bottomed pan over low heat, gently heat the khoya until it softens slightly. Stir continuously to prevent it from sticking. Once softened, remove the pan from the heat. Add the grated dry coconut, chopped dates, jaggery powder, raisins, and chopped nuts (cashews, almonds, pistachios, chironji). Stir everything well until thoroughly combined. Allow the stuffing mixture to cool completely before using it. This is a crucial step; if the mixture is hot, it can make the dough soggy.

##### Make the dough

In a bowl, mix the flour with the malai or ghee using your fingertips until the mixture resembles breadcrumbs. Gradually add the milk, a tablespoon at a time, and knead until you have a firm, smooth, and pliable dough. Avoid over-kneading. Cover the dough with a moist cloth or bowl and let it rest for at least 30 minutes.

##### Assemble the gujiya

Preheat your oven to 180°C (350°F).

Divide the dough into equal, small balls. Roll each ball into a thin, 3-4 inch (8-10 cm) circle. Place a spoonful of the cooled filling onto one half of the rolled circle, leaving the edges clear. Moisten the edges with a little water using your finger or a brush.

Fold the other half of the circle over the filling to form a half-moon shape.

Press the edges firmly to seal. You can use a fork to crimp the edges for a classic pattern and a tight seal, or use a gujiya mold.

##### Bake the gujiya

Arrange the assembled gujias on a baking tray lined with parchment paper. Leave some space between them. Lightly brush the tops of the gujias with melted ghee or milk for a golden-brown finish.

Bake for 20-25 minutes, or until the gujias are golden brown and crispy. Keep a close eye on them, as oven temperatures can vary. Remove the gujias from the oven and let them cool on a wire rack. They will become crispier as they cool.

##### Healthy variations and tips

**For a richer flavor:** You can gently roast the chopped cashews and almonds in a little ghee before mixing them into the filling.

**Add natural sweetness:** Using dates and jaggery cuts down on refined sugar. You can adjust the quantity of jaggery according to your preferred sweetness level.

**For a glaze:** While optional, a light glaze can add extra shine. After baking, lightly brush the hot gujias with honey.

**Storage:** Store the cooled, baked gujias in an airtight container at room temperature for up to one week.



# NEW STEP



Rtn. Jesudoss Harry Martin  
Club Member

**Name:** Rtn. J.H. MARTIN

**Mobile:** +91 98410 37432

**E-mail:** jhmartin@rediffmail.com

**Profession:** Asst Manager Air India (Rtd). Vice President Tamilnadu Non Olympic Association. Secretary - Chengalpattu District Carrom Association.

**Family:** Mrs. Sheela Martin (Spouse) Two daughters Elder : H. Divya Son-in-law: M. Baskar Grand Children's : Neil Baskar & Nadia Baskar. Younger : H. Anita Son-in-law : Bharath Kumar. Grand Children's : Krish Yadhran & Kavin Madhav.

**Favourite Food:** Non Veg ( Fish & Prawns )

**Favourite Holiday Destination:** Maldives

**Favourite Book:** Arther Hailey's Hospital.

**Favourite Song:** "I just called to say I love you"

**Favourite Quote:** "Don't Say, Do it in action because action has more power than words "

**Date of Birth:** 02.01

**Wedding Anniversary:** 10.05

**Social media:** Facebook, Instagram & WhatsApp

**Why did you choose to become a member of RC Organ**

**Donation International : Noble Cause**

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