

**UNITE
FOR
GOOD**

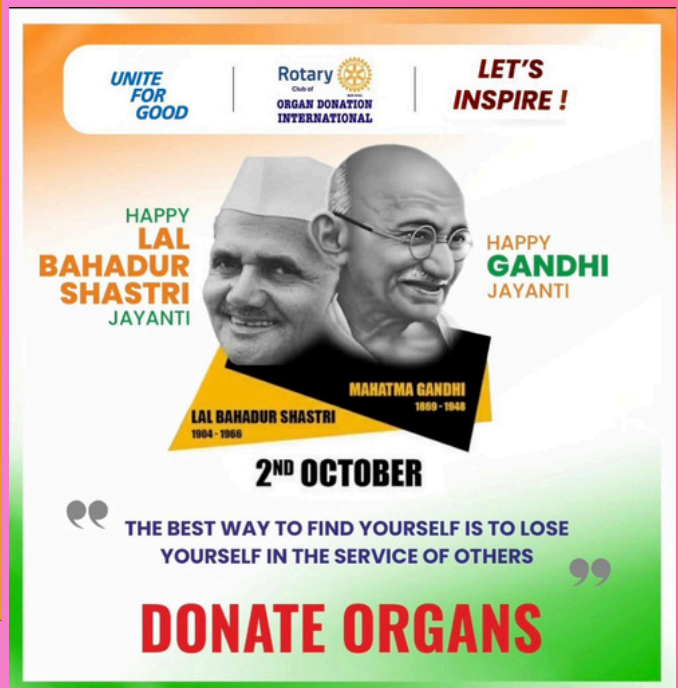
Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

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NEW STEP



**GOOD PEOPLE ARE LIKE CANDLES:
THEY BURN THEMSELVES UP TO GIVE OTHERS LIGHT
DONATE ORGANS**

CHIEF MANAGING EDITOR IPP RTN LAL GOEL
PUBLISHED ON BEHALF OF INSPIRE PRESIDENT RTN PHF RITIKA GUPTA
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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

It fills my heart with immense pride to share how our club has exemplified the very essence of Rotary International President Rtn Francesco Arezzo's inspiring motto "Unite for Good" and Rotary District 3141 District Governor Rtn Dr Manish Motwani's rallying call "Let's Inspire" through our recent endeavours in Chennai.

Last week, on my visit to Chennai, witnessed a remarkable convergence of purpose as six prestigious organisations—Madras Institute of Hotel Management & Catering Technology, SRM University, Indian Navy, All India Radio, Sri Sivasubramaniya Nadar College of Engineering, and Central Industrial Security Force (CISF)—united with the Rotary Club of Organ Donation International for the sacred cause of organ donation awareness. These six programs, held on September 22nd and 23rd, 2025, represent more than mere events; they symbolise a movement of compassion rippling across diverse sections of society.

I extend my heartfelt appreciation to Rotarian Hemalatha Bhandari, our dedicated Vice President, and Rotarian J H Martin, whose tireless efforts and unwavering commitment brought this vision to life. Their work embodies the true spirit of service above self.

This issue carries special treasures for our readers. Rtn Hemalatha Bhandari has penned a touching poem commemorating Gandhi Jayanti and its connection to organ donation—a beautiful fusion of patriotism and humanitarian service.

In our beloved "Healthy Food-Healthy Organs" segment, our Inspire Secretary Rtn Ruby Agarwal shares a delightful recipe for Healthy Instant Pickle, reminding us that wellness begins on our plates.

We also shine a spotlight on one of our esteemed new members in "Interesting Facts About Our Members."

As we continue our journey of service, let us remember: every awareness program conducted, every pledge card signed, and every conversation sparked brings us closer to saving precious lives.

TRY TO BE A RAINBOW IN SOMEONE'S CLOUD.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

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ROTARIAN LAL GOEL RAISES AWARENESS ON ORGAN DONATION AT MADRAS INSTITUTE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY, CHENNAI



Chennai, September 22, 2025 –

Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, highlighted the importance of organ donation to students and faculty at the Madras Institute of Hotel Management & Catering Technology in Kattupakkam, Chennai.

As Chairman of both the Organ Donation India Foundation and GYAN, Rotarian Goel was warmly welcomed by faculty and students with a traditional ceremony at the esteemed hospitality institute.

Welcoming Remarks and Introductions

Rtn Dr P Navamani, President of the Rotary Club of Golden Galaxy and Chairman & Managing Director of the Madras Institute of Hotel Management & Catering Technology, delivered the presidential address, warmly welcoming the delegation and providing a brief overview of the institution.

The delegation included Rtn Lal Goel, Rtn Hemalatha Bhandari (Vice-President), and Rtn J H Martin (Member) from the Rotary Club of Organ Donation International.

Rtn Hemlatha Bhandari introduced Rtn Lal Goel's notable work, while Rtn J H Martin explained the mission and activities of the Rotary Club of Organ Donation International.

Key Insights on Organ Donation

In his keynote speech, Rotarian Lal Goel underscored the vital role of organ donation in India and explained the key differences between "opt-in" and "opt-out" systems. He shared compelling comparative data from the UK and Europe, which use opt-out systems and have lower mortality rates compared to India's current opt-in approach.

Acknowledgments

Rotarian Lal Goel expressed his thanks to Rtn Dr P Navamani for the invitation and the chance to share his insights with students at this respected institution, supporting the cause of organ donation awareness among future hospitality leaders.

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ROTARIAN LAL GOEL LAUDS TAMIL NADU FOR LEADING INDIA IN ORGAN DONATIONS AT SRM UNIVERSITY, CHENNAI



Chennai, September 22, 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of both the Organ Donation India Foundation and GYAN, praised Tamil Nadu for achieving the highest organ donation in India during 2024.

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The recognition came during Goel's keynote address at SRM University's Tamil Perayam event, where he served as Chief Guest and Keynote speaker.

Event Highlights

Dr. Karu. Nagarajan, President of Tamil Perayam, welcomed the distinguished guests in his opening remarks, expressing gratitude to Rotarian Lal Goel and his colleagues—Rtn Hemalatha Bhandari (Vice-President) and Rtn J.H. Martin (Member) of the Rotary Club of Organ Donation International—for making time during their busy Chennai visit to address the university community.

Rtn Hemalatha Bhandari provided the introduction for Rotarian Lal Goel, while also acknowledging Dr Karu. Nagarajan and Mr R Arunachalam from SRMIST for creating this educational opportunity for students.

Youth's Crucial Role in Organ Donation

In his keynote presentation titled "The Role of Youth in Organ Donation," Rotarian Lal Goel emphasised the significant impact young people can have on India's organ donation landscape. He highlighted how today's youth, armed with comprehensive information about organ donation benefits through social media, are uniquely positioned to drive positive change when they apply this knowledge responsibly.

Rotarian Goel also noted Tamil Nadu's pioneering role in India's organ transplantation history, stating that the country's first organ transplant procedure took place in the state.

Interactive Session

Following his presentation, Rotarian Lal Goel engaged with attendees by responding to questions from both students and faculty members, fostering meaningful dialogue about organ donation awareness and implementation.

The event concluded with a vote of thanks delivered by Dr B Jaiganesh, Secretary of Tamil Perayam, SRMIST.

NEW STEP ROTARIAN LAL GOEL DELIVERS MOTIVATIONAL KEYNOTE ADDRESS ON ORGAN DONATION TO INDIAN NAVY, CHENNAI



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Chennai, September 23, 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, and Chairman of Organ Donation India Foundation and GYAN, addressed naval officers and personnel as the motivational keynote speaker at the Flag Officer Commanding Tamil Nadu & Puducherry Naval Area, INS Adyar, Chennai.

Rotarian Hemlatha Bhandari, Vice-President of the Rotary Club of Organ Donation International, introduced the speaker to the assembled audience.

In his keynote address, Rotarian Lal Goel emphasised the life-saving potential of organ donation. “We are not God, but God has given us the power to save up to nine lives and improve 75 lives,” he said. He highlighted that more than 500,000 people in India are dying for want of organs, a tragedy that could be drastically reduced through organ donation pledges.

Rear Admiral Satish Shenai, NM, Flag Officer Commanding, Tamil Nadu and Puducherry Naval Area, applauded Rotarian Lal Goel’s dedication to this noble cause. “His motivational speech will definitely bring change and inspire many to pledge their organs,” the Rear Admiral remarked.

Surgeon Commander (Dr) Telkatwar Mohan Ramrao, VSM, Head Medical Services, HQTNP Area, and Principal Medical Officer, INS Adyar, conducted the program.

The event was attended by Mrs Shenai, Rotarian J H Martin, naval officers, and a large contingent of Navy personnel.

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ROTARIAN LAL GOEL INTERVIEWED ON ALL INDIA RADIO ABOUT ORGAN DONATION



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Chennai, September 23, 2025 – Rotarian Lal Goel participated in a special radio interview on All India Radio Chennai, focusing on “Heartbeat of Hope: Organ Donation,” a crucial public health initiative.

The interview was conducted by Rotarian Hemalatha Bhandari at the All India Radio studios in Chennai, with Rotarian J H Martin also in attendance.

Rotarian Goel expressed his gratitude to Mr V Ramesh Babu, IB(P)S, and Mr Sudharshan, Head of Programs at All India Radio Chennai, for the opportunity to discuss this vital cause and raise awareness about organ donation.

Broadcast Schedule:

The interview will air in three parts on consecutive Saturdays at 8:45 PM:

- Part 1: October 11, 2025
- Part 2: October 18, 2025
- Part 3: October 25, 2025

Listeners are encouraged to tune in to learn more about the importance of organ donation and how they can contribute to saving lives.

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YOUTH CAN BE GAME-CHANGERS IN ORGAN DONATION, SAYS ROTARIAN LAL GOEL AT SSN COLLEGE CHENNAI



Chennai, 23 September 2025 – Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of both Organ Donation India Foundation and GYAN, delivered a compelling Keynote address emphasising the transformative role young people can play in organ donation awareness.

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Speaking as Chief Guest at Sri Sivasubramaniya Nadar College of Engineering, Kalavakkam, Chennai, Rotarian Goel highlighted the unique position of today's youth. "Young people today are full of information. If they channel that into knowledge about organ donation, it will become invaluable in saving countless lives," he said.

The event brought together key stakeholders committed to advancing organ donation awareness among the student community.

Program Highlights

Vice-President Rotarian Hemalatha Bhandari introduced Rotarian Lal Goel to the audience, setting the stage for an engaging and informative session.

Mr Ananda Raman, Associate Director of SSN College of Engineering, welcomed Rotarian Goel and expressed gratitude for his presence despite his demanding schedule. "We are honoured that Rotarian Goel took time from his busy schedule to address our students on this life-saving cause," he said.

Dr K Satish Kumar, Professor and Head of the Department of Chemical Engineering, expressed optimism about the program's impact. "This highly informative program on organ donation will definitely transform the mindset of our students. We believe they will be empowered to convince their families to pledge to donate organs," he stated.

The enlightening program was attended by Rotarian J.H. Martin, numerous faculty members, and a large student audience, all of whom engaged actively with the critical message about organ donation.

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ROTARIAN LAL GOEL ADDRESSES CISF AIRPORT UNIT ON ORGAN DONATION IN CHENNAI



Chennai, September 23, 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 Motivational Keynote address on Organ Donation to Officers and Personnel of the Central Industrial Security Force (CISF) Unit Airport Security Group in Chennai.

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During his address, Rotarian Goel provided comprehensive guidance on the organ donation pledge process. He directed attendees to the National Organ & Tissue Transplant Organisation (NOTTO) website, where they can register as organ donors by scanning a QR code and completing the donation form. Upon registration, donors receive an immediate digital donor pledge certificate.

Rotarian Lal Goel emphasised a critical aspect of organ donation under Indian law: while individuals can pledge to donate, the final decision rests with their next of kin after death. "It is crucial to have an open conversation with your family about your wishes," he stressed, urging all potential donors to discuss their intentions with family members before completing their pledge.

Commandant B P Singh expressed gratitude to Rotarian Lal Goel for his detailed presentation, noting that the information would prove invaluable to all attendees. He commended Rotarian Goel's unwavering dedication to this noble cause.

The event was attended by Dy Commandant Saurabh Dondiyal, Dy Commandant Amit, Assistant Commandant S P Yadav, Rotarian Hemlatha Bhandari (Vice-President), Rotarian J H Martin (Member) of Rotary Club of Organ Donation International, and numerous CISF personnel.

About Rotary Club of Organ Donation International

The Rotary Club of Organ Donation International works to raise awareness about organ donation and increase the number of registered organ donors across India through education and community outreach programs.

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Birthday of Members in October

- **Rtn Ramnath Pradeep**
1st October
(Mobile +919820314615)
- **Rtn Sunil Gupta**
8th October
(Mobile +14088938289)
- **Rtn Bankey Bihari Agrawal**
10th October
(Mobile +919897466800)
- **Rtn Urvashi Mittal**
13th October
(Mobile +919873674129)
- **Rtn Deepak P Agarwal**
30th October
(Mobile +919870326500)



Organ Donation: Gandhi Jayanti

- Rtn Hemalatha Bhandari



**Give the gift of life, a selfless, gentle deed,
An act of love that plants a Vital seed,
Non -Violence echoed in this final grace,
Dispelling darkness from a grieving face.
Hearts can beat anew when yours has ceased its flight,
Inheriting the future, shining bright.
Journeys end, but legacies endure,
Allowing healing that the body will procure,
Yielding organs, a decision kind and true,
Awakening hope for me, for them, for you.
Nurturing peace through sharing what remains,
Together conquering suffering and its pains.
In silence, your compassion saves a soul.**

HEALTHY FOOD - HEALTHY ORGANS



Healthy Instant Pickle Recipe

- Rtn Ruby Agarwal

Fresh Ingredients:

- 2 tablespoons freshly grated ginger
- 2 tablespoons freshly grated mango ginger (amba haldi)
- 2 tablespoons freshly grated turmeric root
- 4 tablespoons freshly squeezed lemon juice (adjust to taste)

Spices:

- 1 teaspoon methi (fenugreek) seeds, lightly crushed
- 6-8 black peppercorns, coarsely crushed
- 4-5 whole cloves
- 1/4 teaspoon hing (asafoetida)
- 1/4 teaspoon cinnamon powder
- 1/4 teaspoon nutmeg powder
- Salt to taste (adjust for preservation)



Instructions

1. **Prepare the ginger mixture:** In a clean, dry glass bowl, combine the freshly grated ginger, mango ginger, and turmeric root.
2. **Add spices:** Mix in the crushed methi seeds, black peppercorns, cloves, hing, cinnamon, nutmeg, and mace. Stir well to distribute evenly.
3. **Season:** Add salt to taste, keeping in mind that adequate salt helps preserve the pickle.
4. **Add lemon juice:** Pour in the freshly squeezed lemon juice and mix thoroughly until all ingredients are well combined.
5. **Rest:** Let the mixture sit for at least 24 hours in the refrigerator to allow flavours to meld.

Storage & Serving

- **Storage:** Transfer to a clean, sterilised glass jar with an airtight lid. Store in the refrigerator for up to 2-3 weeks.
- **Serving:** Enjoy 1-2 teaspoons daily with meals as a digestive aid and flavour enhancer.
- **Optional sun-drying:** After the 24-hour soaking period, spread on a clean cloth in direct sunlight for 2-3 days to intensify flavours and extend shelf life.

Health Benefits: This pickle is rich in antioxidants, aids digestion, and has anti-inflammatory properties from the fresh turmeric and ginger.

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Rtn Rajesh Gurhani
Club Member

Name: Rajesh Gurhani

Mobile: 9324490190

E-mail: rajesh.gurhani@gmail.com

Profession: Founder & CEO Argenix Healthcare Pvt Ltd

Family: Wife - Bhawana Gurhani; Daughter - Abhilasha married in Jaipur; SIL - Entrepreneur; Grand Son & Son - Ankush Gurhani : Citi Bank US

Favourite Food: Indian Veg / Italian cuisines

Favourite Holiday Destination: Europe, Shimla

Favourite Book: Seven Habits of Highly Effective People by "Stephen Covey"

Favourite Song: "Hothon se choo lo tum mera Geet Amar kar do"

Favourite Quote: "Log Har mod pe ruk-ruk ke sambhalte kyun hain, itna darte hain to Ghar se nikalte kyun hain"

Date of Birth: 7th Nov

Wedding Anniversary: 22nd May

Social media: Facebook, Insta, LinkedIn

Why did you choose to become a member of RC Organ Donation International : My passion to help people and pay back to the society coupled with my four decades of Pharmaceutical experience. Added to it, seems it was destined that my flight gets cancelled and I got an opportunity to meet Rtn Lal Goel at Jaipur Airport & got inspired for this noble cause.



SCAN
ME
FOR
QUICK
PLEDGE

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