

**UNITE  
FOR  
GOOD**

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



**LET'S  
INSPIRE !**

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# NEW STEP

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**2nd  
Nov. 2025  
SUNDAY  
8 PM IST**

**ROTARY CLUB OF ORGAN  
DONATION INTERNATIONAL**


**ROLE OF ROTARY CLUBS 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



**Rtn Mathew Abraham**  
Charter President  
Rotary Club of Indore Adarsh  
District Chair: Organ Donation 2024-25  
Indore



**Rtn Ruby Agarwal**  
Inspire Secretary



**Rtn Ramnath Pradeep**  
CSR Chair

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

**CHARITY BENEFITS,  
THE GIVER MORE THAN THE RECEIVER  
DONATE ORGANS**

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BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF  
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**FROM THE DESK OF CHIEF MANAGING EDITOR**



Dear Fellow Rotarians and Esteemed Members,

As we turn the pages of this edition of New Step, I am filled with immense pride at the transformative work our Club continues to accomplish in the realm of organ donation awareness and advocacy.

This issue presents a comprehensive exploration of *\*Living vs Brain-Death Organ Donation in India\**, addressing one of the most crucial aspects of organ transplantation in our country. Understanding these distinctions is vital as we work to dispel myths and encourage more families to make this life-saving decision.

We are honoured to feature Rotarian Dr Ramen Goel's enlightening interview with India's renowned journalist Faye D'Souza, where he shares expert insights on Diabetes and Obesity Management and their profound impact on organ health. This conversation bridges the gap between preventive healthcare and the ultimate gift of organ donation.

Our dynamic Vice-President, Rtn Hemalatha Bhandari, continues to elevate our Club's visibility, having served as Keynote Speaker at a Carrom Tournament in Chennai organised by the Chengalpattu District Carrom Association (CGDCA) in association with our Club. Such community partnerships amplify our message beyond traditional boundaries.

In a deeply moving personal account, Living Liver Donor and Honorary Member Rtn Roopa Arora shares her own story—a testament to unwavering determination not only in saving her husband's life but also in creating awareness so that countless other lives may be saved. Her courage embodies the very spirit of service above self.

Rtn Hemalatha Bhandari returns with *A Tapestry of Hope and Blessing*, an emotional narrative so beautifully crafted that it will touch the deepest corners of your heart and remind us why we do what we do.

Our popular "Healthy Food-Healthy Organs" segment features a delectable recipe for Healthy RasMalai by our inspiring Secretary Rtn Ruby Agarwal—proof that nourishing our organs can be both healthful and delightful.

Finally, our "Interesting Facts About Our Members" spotlight continues to celebrate the remarkable individuals who make our Club the beacon of hope it is today.

As we continue this noble mission, let us remember that every conversation, every article, and every act of awareness brings us closer to a future where no life is lost for want of an organ.

Yours in Rotary,

**IPP Rtn Lal Goel**

Chief Managing Editor

Founder & Charter President

# **NEW STEP**

## **LIVING VS BRAIN-DEATH ORGAN DONATION IN INDIA**



**Author**

**Rtn Lal Goel**

**Zonal District Chair of RID 3141**

**Advisor to the Organ & Blood Donation Committee of Rotary District 3110  
Founder & Charter President, Rotary Club of Organ Donation International  
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### **A Gift of Life That Never Ends**

Every minute, somewhere in India, a patient's hope for survival fades—not because of a lack of medical expertise, but because an organ was not available in time. Organ donation, a gift that continues life beyond one's own, remains one of the most profound acts of humanity.

Despite major advancements in medicine, India continues to face an acute shortage of donor organs. Yet, behind this challenge lies an extraordinary opportunity—to build awareness, compassion, and action through both living organ donation and donation from brain-dead individuals.

"Our body is temporary, but the life it can give to others can be eternal."

### **The Living Donor: Love That Heals**

In India, where family bonds are deeply rooted, living organ donation often arises from pure love and devotion. Parents, siblings, spouses, and even grandparents willingly give a part of themselves—quite literally—to save someone they love.

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Living organ donation usually involves donating a kidney or a portion of the liver, though parts of the pancreas, lungs, or intestine may also be given. For many Indian families, such an act is not merely medical—it's emotional, cultural, and spiritual.

Because living donation allows for planned surgeries, outcomes are generally better. Both the donor and recipient can be medically prepared, ensuring safety and success.

“When a family member gives the gift of life, it reflects India's timeless values of sacrifice, love, and duty.”

## Challenges Behind the Generosity

**Medical Risks:** Thanks to medical advancements, living organ donation today is remarkably safe. Complications are rare and manageable, though regular follow-ups are essential for the donor's long-term health.

**Financial Strain:** The cost of transplantation remains high. Government schemes like Ayushman Bharat – PMJAY now offer up to ₹15 lakhs for organ transplants and ₹10,000 per month for post-transplant medication. However, many still struggle with indirect expenses such as travel, accommodation, and loss of income.

**Ethical Balance:** Family love can sometimes blur the line between free will and emotional pressure. Protecting donors from coercion and ensuring informed, voluntary consent is a moral responsibility shared by doctors, families, and society.

**Legal Safeguards:** India's Transplantation of Human Organs Act (THOA) permits only close relatives—parents, children, siblings, spouse, grandparents, and grandchildren—to donate organs to one another. Unrelated donations are allowed only when no financial benefit is involved, maintaining the sanctity of the process.

## Donation from the Brain-Dead: Life After Life

When a person is declared brain-dead, their brain has irreversibly stopped functioning, even though the heart may still beat with ventilator support. In such cases, multiple organ

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—heart, liver, kidneys, lungs, pancreas, intestines—can be retrieved and transplanted, saving many lives. This form of donation carries an extraordinary power: turning personal tragedy into collective hope. A single brain-dead donor can give new life to as many as nine individuals.

*"A single act of donation can transform loss into legacy."*

## Barriers to Brain-Death Donation

**Cultural and Religious Sensitivity:** Many families struggle to accept the idea of organ retrieval when a loved one's heart is still beating. Deep-rooted beliefs about bodily integrity after death often lead to hesitation.

**Lack of Awareness:** Confusion between brain death and coma is widespread. Many people are unaware that brain death is legally recognised as death in India.

**Emotional Timing:** Families are asked to make life-changing decisions during their most vulnerable moments. Having trained counsellors and transplant coordinators available in hospitals can help guide them with empathy and understanding.

**Infrastructure Gaps:** Not all hospitals have the facilities, equipment, or trained professionals to manage brain-death certification and organ retrieval efficiently. Investment in hospital infrastructure is key to expanding deceased organ donation across India.

## The Legal Framework

The Transplantation of Human Organs Act (THOA) serves as the cornerstone of India's legal structure for organ donation and transplantation. While it has enabled significant progress, implementation remains inconsistent across states. Greater coordination, medical training, and awareness among both professionals and the public are essential to strengthen its impact.

**Living vs Brain-Death Donation: The Balance of Compassion**

Aspect	Living Organ Donation	Brain-Death Organ Donation
Cultural Acceptance	Deeply rooted in family relationships; widely accepted.	Faces emotional, religious, and traditional resistance.



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**Impact Saves one life at a time. Can save multiple lives from one donor.**

**Risk Involves physical and emotional risk for the donor. No physical risk to the donor; emotional strain for the family.**

**Preparation Planned and scheduled. Requires quick coordination and medical readiness.**

**System Needs Ethical oversight and donor support. Hospital infrastructure, awareness, and legal consistency.**

## **A Roadmap for Progress**

**India's journey toward stronger organ donation systems depends on multi-level collaboration—between government agencies, medical institutions, NGOs, and community leaders like Rotarians.**

**1. Educate and Inspire Promote awareness through community campaigns, Rotary meetings, and youth engagement. Personal stories can break myths and inspire pledges.**

**2. Strengthen Hospitals Equip hospitals with trained staff, organ retrieval units, and proper brain-death certification protocols.**

**3. Support Families and Donors Provide counselling for both living donors and families of brain-dead individuals to ease emotional decision-making.**

**4. Uphold Ethics Ensure transparency, free will, and zero tolerance for commercialisation in organ donation.**

**5. Offer Financial Support Expand government and NGO assistance to cover post-surgery recovery, travel, and living expenses.**

**"Rotary can be a bridge between awareness and action—turning compassion into countless new lives."**

## **Conclusion: The Rotary Spirit of Giving**

**Organ donation mirrors Rotary's timeless motto—"Service Above Self." Living organ donors embody love and sacrifice within families, while brain-death donors represent humanity at its most noble—offering life even in death.**

**India stands at a turning point. With greater awareness, robust infrastructure, and compassionate leadership, the nation can close its organ donation gap and give thousands a second chance at life.**

***"When you pledge to donate your organs, you give a gift that never ends—a legacy of love, compassion, and hope."***

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## ROTARIAN DR RAMEN GOEL SHARES EXPERT INSIGHTS ON DIABETES AND OBESITY MANAGEMENT AND THEIR IMPACT ON ORGANS



Rtn Dr Ramen Goel, Charter Member of the Rotary Club of Organ Donation International, was recently featured in an insightful interview with renowned journalist Faye D'Souza, where he discussed the growing challenges of diabetes and obesity management and their impact on organs.

Rtn Dr Ramen Goel emphasised the importance of a comprehensive approach to treatment, encompassing bariatric surgery and innovative medications such as Mounjaro and Ozempic. He highlighted how these conditions and their treatments affect vital organs, particularly the kidneys and heart, underscoring the need for early diagnosis, lifestyle modification, and holistic care.

His perspectives resonate with Rotary's mission to promote health, wellness, and organ preservation, inspiring greater awareness about preventive healthcare and responsible living.

Rtn Dr Ramen Goel aptly remarked, "Caring for our organs is caring for life itself — every small step toward better health today safeguards the gift of life for tomorrow."

Watch full interview 📺

<https://youtu.be/EyZQ5DPDCeY?si=QOk2w1qlp2foKrO3>

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## ROTARIAN HEMALATHA BHANDARI INSPIRES AT CARROM TOURNAMENT IN CHENNAI



**Chennai, 25–26 October 2025:** Rtn Hemalatha Bhandari, Vice President of the Rotary Club of Organ Donation International, graced the Carrom Tournament in Chennai as the Keynote Speaker.

In her heartfelt address, she spoke about the importance of organ donation, calling it “an act of supreme generosity — the power to offer hope and a second chance at life.” She reminded everyone that “Life is a gift. Pass it on.”

The tournament was organised by the Chengalpattu District Carrom Association (CGDCA) in association with the Rotary Club of Organ Donation International at the Nanganallur Carrom Academy, Chennai.

Rtn Hemalatha Bhandari and Mr J. Kingsly Kumar, Headmaster of St. George Higher Secondary School, presented trophies to the winning players.

A warm vote of thanks was delivered by Rtn J. H. Martin, Charter Member of the Rotary Club of Organ Donation International and Secretary of CGDCA, who appreciated all participants for their enthusiasm and spirit of sportsmanship.

The event successfully combined sportsmanship with social awareness, spreading the message of organ donation through meaningful community engagement.



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## **A GIFT OF LIFE: MY JOURNEY AS A LIVING LIVER DONOR**



**Rtn Roopa Arora, Living Liver Donor**

**Hon. Member, Rotary Club of Organ Donation International**

**Life often presents us with moments that test our courage and redefine our purpose. For me, that moment came when I chose to donate a part of my liver to save my husband's life. Becoming a living liver donor was not merely a medical decision—it was an act of unconditional love, faith, and hope.**

**This journey transformed me from within. I experienced firsthand how organ donation restores not only health but also faith and happiness in families. It inspired me to dedicate my life to spreading awareness and clearing misconceptions about organ donation, so that more lives could be saved through this noble act.**

**One of the proudest milestones of my journey was being recognised as a Guinness World Record holder—a moment that symbolised not just personal achievement, but the collective spirit of every donor who chooses compassion over fear. During my visit to Chicago, I had the honour of sharing my story and representing the message of organ donation on an international platform. Standing there, thousands of miles away from home, I realised how powerful and universal the message of life and giving truly is.**

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My path as a donor has also taken me to the World Transplant Games, where I stood alongside other living examples of hope and resilience. These experiences have shown me that organ donation is not the end of something—it is the beginning of many new stories. In my own life, that renewal took shape beautifully when I gave birth to my son after my surgery—a living testament to the miracle of second chances.

As part of the Rotary Club of Organ Donation International, I continue to work with passion to inspire others to come forward and register as donors. Together, we can build a world where organ donation is understood, accepted, and celebrated—a world where every heart beats for humanity.

My association with Rtn Lal Goel, a visionary advocate for organ donation, further strengthened my mission. His tireless efforts and leadership led to the formation of the Rotary Club of Organ Donation International, a platform devoted to encouraging people worldwide to pledge their organs and celebrate life. I am deeply grateful to him for his constant support and for nominating me as an Honorary Member of this remarkable Rotary Club.

Let us all join hands to give the most precious gift of all: the gift of life.



## A TAPESTRY OF HOPE AND BLESSING



**Story By Rtn Hemalatha Bhandari**  
**Vice-President,**  
**Rotary Club of Organ Donation International**

"Today the bike will be delivered," Sandeep told Sunita with a smile. Sunita's eyes sparkled with pride. Their son Aarav, born twelve years after marriage, was the centre of their world — intelligent, kind, and humble despite all their pampering. Little did they know that one fateful day would change their lives forever.

The bike was Aarav's reward for securing distinction in his first year of college. He adored it — kept it gleaming as if it were brand new even after a year.

One morning, his friends Akshay and Sadhvik called him. "Bro, there's this spot on ECR with a beautiful, untouched beach. Ananya and Maya will meet us there at 11:30. Let's do our photoshoot — we must win those extra credits!" said Sadhvik excitedly.

The trio, second-year Visual Communication students in a prestigious Chennai college, were racing to complete their assignment titled 700 Horizons. Their theme for the day's shoot was "Jealousy."

They stopped midway for tea, laughing as they debated who would play the "boyfriend" stabbed by Maya in their dramatic concept. After two cups, they continued, the sky drizzling. Aarav's phone rang again — it was his mother's fourth call. Worried, he removed his helmet, placed it on the tank, and answered through his AirPods.

After speaking to her, he switched on his favourite playlist. The drizzle, the wind, and the thought of spending time with Maya made him smile. Lost in the moment, he closed his eyes briefly to feel the breeze — and that was when everything went terribly wrong.

Minutes later, chaos erupted. Akshay and Sadhvik watched in horror as a bystander called an ambulance. Aarav lay motionless on the road, his helmet untouched beside the shattered bike.

At the hospital, Sandeep and Sunita prayed desperately for their only child to open his eyes. But destiny had other plans. The doctors gently broke the news — Aarav was brain dead. Sunita fainted on hearing it.

In another part of the city, Deva and Sena clung to hope as doctors prepared their son Rohan for a heart transplant. "The donor heart will arrive in forty-five minutes," said the surgeon. Their faces, once weary with fear, lit up with renewed hope.

Meanwhile, Sandeep and Sunita faced an agonising decision. After three days of futile waiting, the doctor said softly, "Aarav is gone... but his organs can give life to many." Sunita's heart froze, but her voice was steady: "Allow my son to live through others. We will donate his organs."

What followed was a blur — the race against time, the green corridor, the ambulances, the flights. Aarav's heart, liver, kidneys, eyes, and tissues reached those in desperate need.

A month later, Sandeep and Sunita performed a pooja in Aarav's memory. Amid the sorrow, they felt a strange sense of peace. The doctor had told them that Aarav's donation had benefited over sixty people. The thought that their son continued to live through others brought them comfort and pride.

"If only..." Sunita whispered to herself a hundred times — if only she hadn't called, if only he hadn't answered, if only the lorry hadn't sped. But grief slowly gave way to purpose.

At Aarav's college memorial, she took the stage, her voice trembling yet resolute: "No parent should endure what we did. Life is fragile — anything can happen anytime. I urge every young person to pledge to organ donation and spread awareness. Let your life be a blessing even after you are gone."

As she set down the mic, the hall echoed with applause and tears. Aarav's friends presented a framed collage — 699 photographs from their project, with the 700th space reading: "Aarav — You are our hero."



## HEALTHY FOOD - HEALTHY ORGANS

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# Healthy RasMalai



Rtn Ruby Agarwal

### Ingredients

#### For the chhena (paneer)

- 1 litre low-fat milk
- 2 tbsp lemon juice or white vinegar
- Ice cubes or cold water

#### For the ras (sweetened milk)

- 1 litre low-fat milk
- 10–12 saffron strands, soaked in 2 tbsp warm milk
- ½ tsp cardamom powder
- 2–3 tbsp sugar-free sweetener (stevia, monk fruit, or chopped dates)
- 2 tbsp sliced pistachios, cashews, and almonds
- 1 tbsp edible rose water



### Instructions

#### Step 1: Make the chhena

- Boil 1 litre of milk in a heavy-bottomed pan, stirring occasionally.
- Turn off the heat, cool for 5 minutes, then add lemon juice gradually while stirring gently.
- Once curdled, add ice cubes to stop cooking and keep chhena soft.
- Strain through muslin cloth in a colander. Rinse under cold water.
- Squeeze out excess water and hang for 30–40 minutes until soft but not sticky.

#### Step 2: Cook the discs

- Knead drained chhena on a flat surface for 5–7 minutes until smooth.
- Divide into 10–12 portions, roll into balls, and flatten into discs.
- Boil 4 cups of water with a sweetener in a wide pan.
- Add discs, cover, and cook on medium-high heat for 12–15 minutes until doubled in size.
- Cool completely in the water.

#### Step 3: Prepare the ras

- Boil 1 litre milk and simmer until reduced by one-third.
- Add saffron-milk, nuts, cardamom, and sweetener.
- Gently squeeze discs to remove water and add to milk. Simmer 5 to 10 minutes.
- Cool completely, then stir in rose water.

#### Step 4: Chill

Refrigerate for 2–3 hours before serving.



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**Rtn Chandrashekhar S Joshi**  
**Club Member**

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**Profession:** Valuation

**Family:** Wife Manjusha Joshi (Business), Daughter Purva Joshi (studying) and son Padmesh Joshi (Practicing Advocate)

**Favourite Food:** Rice, Lentil soup (Daal), dash of Lemon Juice and small amount of Ghee on it (it's Simple Marathi dish of वरण, भात, तूप आणि लिंबाचा थोडा रस)

**Favourite Holiday Destination:** My native place in North Maharashtra

**Favourite Book:** Any good Management book.

**Favourite Song:** Kawwali - Chadta Suraj dire dire dhal Jayega

**Favourite Quote:** Life is Precious so enjoy it

**Date of Birth:** 19-June

**Wedding Anniversary:** 12-May

**Your presence on social media:** [linkedin.com/in/csJoshie](https://www.linkedin.com/in/csJoshie)

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