

**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**

**ROTARY YOUTH EXCHANGE PROGRAM**

**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 Anand Ramnani**  
District RYE Chair  
Rotary International District 3141  
Mumbai

**Rtn Ruby Agarwal**  
Inspire Secretary

**Rtn Jesudoss Harry Martin**  
Member

**Time & Date: 8 PM on Sunday 14th Sep. 2025**

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

**YOU DON'T NEED A REASON  
TO HELP PEOPLE  
DONATE ORGANS**

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PUBLISHED ON BEHALF OF INSPIRE PRESIDENT RTN PHF RITIKA GUPTA  
BY INSPIRE SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF  
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# NEW STEP

## FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

As we once again gather through the pages of 'New Step', I feel compelled to share a profound experience that reaffirmed my belief in the power of Rotary and the significance of organ donation. On September 5th, 2025, I witnessed firsthand the remarkable influence of something as simple as our Rotary lapel pin. This seemingly small emblem opened doors, sparked conversations, and fostered connections, reminding me why we must proudly wear our pins—not just during official Rotary events, but in all our daily activities.

This issue features several thought-provoking pieces that exemplify our club's commitment to the noble cause of organ donation. Our lead article, "Kidney Transplant Chain: An Innovative Solution for India," presents groundbreaking approaches that could revolutionise organ transplantation in our country.

I am particularly pleased to acknowledge the appreciation letter we received from a distinguished Rotary District officer. Such recognition reflects the dedication and excellence of our entire club membership.

Our talented Vice-President, Rtn Hemalatha Bhandari, has once again graced our pages with her literary contributions. Her latest poem skillfully utilises wordplay while conveying meaningful messages about our mission.

In our popular segment "Healthy Food - Healthy Organs," we are delighted to feature a nutritious recipe from our Inspire Secretary, Rtn Ruby Agarwal. Her 'Healthy No-Oil Oats Protein Cake' demonstrates that maintaining organ health can be both delicious and accessible.

This month's spotlight in "Interesting Facts About our Members" highlights the remarkable background of our 'Club Legal Director', whose expertise and dedication continue to strengthen our organisation's foundation.

As we move forward in our mission, I am filled with optimism about the growing awareness of organ donation in our communities. Each article we publish, each conversation we initiate, and each life we touch brings us closer to our ultimate goal.

**I hope more people choose to become organ donors.**

Yours in Rotary,

**IPP Rtn Lal Goel**

Chief Managing Editor

Founder & Charter President

# NEW STEP

## **THE POWER OF A ROTARY LAPEL PIN: HOW FLIGHT DELAYS CAN CREATE OPPORTUNITIES FOR ORGAN DONATION AWARENESS**



**Jaipur, September 5, 2025** – Sometimes the most meaningful conversations begin with the smallest gestures. What started as a simple question about a lapel pin at Jaipur Airport transformed into an impromptu educational session about organ donation, proving that Rotary's mission of service extends far beyond scheduled meetings.

### **An Unexpected Opportunity**

Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International and Chairman of Organ Donation India Foundation and GYAN, was among the passengers affected when Air India flight AI 622, scheduled to fly to Mumbai at 7:55 PM, was cancelled due to technical issues. What could have been a frustrating evening became an opportunity for meaningful engagement when a fellow passenger noticed his distinctive Rotary lapel pin.

The curious passenger, Ms Mansi Patil a Chartered Accountant and Vice-President of Cumulative Capital—a Category 1 SEBI-approved merchant banker based in Mumbai—inquired about the pin's significance. This simple question opened the door to a rich conversation about Rotary's mission and the critical importance of organ donation awareness.

## Turning Delay into Education

As Air India worked to arrange accommodation at Clarks Aamer Hotel for the stranded passengers, Rotarian Goel seized the opportunity to share his knowledge and passion. The initial conversation soon attracted other travellers, creating an informal gathering around this vital cause.

Among those who joined the discussion were Mr Pankaj Dhanesha, Director of Cumulative Capital, Mr Rajesh Gurhani, promoter of a pharmaceutical startup, Ms Purva from Ernst & Young, Mr Pinak Shah, Chief Executive Officer of Capital India Finance Ltd, Mr Suphal from M/S Winch and others.

Each passenger gained valuable insights into both Rotary International's humanitarian work and the life-saving potential of organ donation.

## From Frustration to Understanding

What began as passenger frustration over flight cancellations evolved into something far more valuable. The conversation not only helped pass the time while Air India's capable representative, Mr Shekhawat, efficiently arranged hotel accommodations and next-day flight rebookings, but it also transformed the experience into something meaningful and educational.

## The Ripple Effect of Service

This spontaneous gathering at Jaipur Airport demonstrates the far-reaching impact of Rotary's visibility and mission. A simple lapel pin became a conversation starter that spread awareness about organ donation to business professionals who might now carry this knowledge forward in their own networks and communities.

The evening served as a powerful reminder that opportunities for service and education can arise anywhere, at any time—even during unexpected travel delays. Sometimes the most impactful moments happen not in boardrooms or at planned events, but in the ordinary circumstances where genuine human connections are made.



# **NEW STEP**

## **KIDNEY TRANSPLANT CHAIN : AN INNOVATIVE SOLUTION FOR INDIA**

### **Introduction**

• **Rtn Lal Goel**

Last year, as President of the Rotary Club of Organ Donation International, I encouraged our members to introduce exceptional candidates for membership. Rtn Sunil Gupta, a kidney recipient through a living donation from his wife, Rtn Regina Panikar Gupta, responded by introducing Mr. Allan Soriano and Ms. Josephine Soriano. Rtn Allan Soriano, the first kidney transplant recipient from the Bay Area, USA, to participate in a Kidney Transplant Chain, and Rtn Josephine Soriano, also a donor within this chain, exemplify the power of this innovative system. Their remarkable journey inspired me to explore the Kidney Transplant Chain and its potential impact in India.

### **Background**

Kidney disease is a growing public health crisis in India, with over 200,000 individuals needing a kidney transplant annually. However, the gap between demand and available kidneys remains daunting. The Kidney Transplant Chain offers a promising solution by maximising transplant opportunities through coordinated exchanges between donors and recipients, particularly benefiting those with willing but incompatible donors.

### **The Challenge of Compatibility and Organ Shortage in India**

Successful kidney transplants hinge on compatibility between donor and recipient, especially regarding blood type and tissue matching. In India, although many patients with kidney failure have willing family donors, incompatibility often prevents these transplants. As a result, patients are placed on waiting lists, hoping for a kidney from a brain-dead donor—a process that can take years. Unfortunately, India's organ donation rate remains low, with approximately 0.8 donors per million people, compared to countries like Spain or the USA.

The reliance on dialysis as a stopgap solution exacerbates the situation. Dialysis is expensive and inaccessible in many rural areas, forcing patients with end-stage kidney disease to endure long waiting periods or rely on family members for donations. The Kidney Transplant Chain can transform this scenario by linking incompatible donor-recipient pairs into a larger exchange pool, thereby increasing transplant opportunities.

## How the Kidney Transplant Chain Works in India

The Kidney Transplant Chain is initiated by an altruistic donor who donates a kidney without a specific recipient in mind. This selfless act triggers a chain where incompatible donor-recipient pairs can participate. For example, if a donor is incompatible with their intended recipient, they can donate to another recipient in the chain. In return, the original recipient's incompatible donor contributes to another patient, creating a series of exchanges that benefit multiple individuals.

A typical case in India might involve the following scenario: Donor A wants to donate to Recipient A but they are incompatible. However, Donor A is compatible with Recipient B, and Donor B is compatible with Recipient C. Through the chain system, Donor A's kidney is transplanted into Recipient B, Donor B's kidney is given to Recipient C, and Donor C's kidney is transplanted into Recipient A. This interconnected system allows multiple transplants to occur, significantly expanding the number of patients who can receive life-saving kidneys.

## Benefits of Kidney Transplant Chains in India

1. Addressing the Shortage of Deceased Donors: India's low rate of brain-dead organ donations can be offset by kidney transplant chains, which maximise living donor transplants, reducing the pressure on brain-dead donor waiting lists.

2. Expanding the Donor Pool: Families with willing but incompatible donors now have an opportunity to participate in a larger exchange system, increasing the chances of finding a suitable match within the transplant chain.

**3. Reducing Dialysis Dependency:** Given the disparities in healthcare infrastructure, particularly in rural India, kidney transplant chains can help patients receive a transplant sooner, thus reducing reliance on dialysis and significantly improving quality of life.

**4. Boosting National Organ Donation Campaigns:** Rotary Clubs, NGOs, and healthcare institutions can promote kidney transplant chains as part of broader campaigns, such as National Organ Donation Day. With greater visibility, the kidney transplant chain model could become a standard option for patients across India.

## Challenges in Implementation

Implementing kidney transplant chains on a large scale in India comes with logistical and ethical hurdles. Transplant centres must be equipped to handle complex, multi-hospital coordination, as these chains often involve multiple surgeries across different locations. Regulatory bodies like the National Organ and Tissue Transplant Organisation (NOTTO) must also streamline policies to support cross-state exchanges and address legal and ethical concerns.

Trust is another critical issue. In India's socio-cultural context, trust is paramount, particularly in organ donation. If a donor backs out, it could disrupt the entire chain, leading to delays or cancellations. Introducing "bridge donors"—donors who agree to initiate a future chain—can help mitigate this risk, ensuring the continuity of the exchange process.

## The Role of Technology and Partnerships

To make kidney transplant chains viable in India, technology and partnerships are essential. Advanced matching algorithms and real-time coordination tools can facilitate seamless exchanges between donors and recipients across states. Partnerships between public healthcare bodies, private hospitals, and international organisations can accelerate the adoption of this model.

**Educational campaigns leveraging digital platforms can also raise awareness about organ donation and the benefits of kidney transplant chains. Involving stakeholders like healthcare professionals, policymakers, NGOs, and religious leaders will help address cultural and religious concerns, fostering greater acceptance of organ donation.**

## **Details of the record-holding chain:**

- \* Organiser: National Kidney Registry (NKR) USA**
- \* Year: 2015**
- \* Number of surgeries: 70**
- \* Number of transplants: 35**
- \* Number of centres: 25**
- \* Starting point: A non-directed donor, Kathy Hart, started the chain by donating to a stranger at the University of Minnesota Medical Centre.**
- \* Ending point: The chain concluded at UW Health in Madison, Wisconsin.**
- \* The chain ran from January 6, 2015, to March 26, 2015**
- \* It was officially designated as “Chain 357” National Kidney Registry**
- \* This record was officially recognised by Guinness World Records**



## Conclusion

**In a country where kidney disease is a major health challenge and organ donation rates are critically low, the Kidney Transplant Chain offers a transformative solution. By enabling incompatible donor-recipient pairs to participate incoordinated exchanges, this model can dramatically increase transplant opportunities, reduce waiting times, and improve patient outcomes. While challenges remain, including logistical complexities and the need for increased public awareness, the benefits of kidney transplant chains are immense. By fostering public understanding and strengthening healthcare infrastructure, India can make significant progress in addressing its organ transplant crisis and saving countless lives through this innovative approach.**

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## ABOUT THE AUTHOR

Brj Vibhuti Rotarian Lal Goel is a visionary leader and a driving force in Organ Donation advocacy. As Founder & Charter President of the Rotary Club of Organ Donation International and Chairman of the Organ Donation India Foundation & GYAN, he has been pivotal in raising awareness about Organ Donation across India. He serves on the National Committee for the National Campaign for Body-Organ Donation (NCBOD) and has been recognised globally for his efforts. He is the ex officio member of the Karnataka SOTTO advisory committee. He is the Advisor to the Organ and Blood Donation Committee (Rakt Veer) of Rotary District 3110.

His accolades include the Rajiv Gandhi Businessman of the Year Award, Tyag Murt Mata Ramai Ambedkar Samman, Icons of India Award, World Parliament International Award and the White Coat Ceremony honour by Donate Life, USA. In recognition of his outstanding contributions, Mangalore University awarded him the distinguished title of 'One in a Million'.



## APPRECIATION LETTER FROM ROTARY INTERNATIONAL DISTRICT 3141 DISTRICT SECRETARY

*I heartily congratulate you, President Ritika Gupta, for your unwavering dedication and inspiring leadership at the Rotary Club of Organ Donation International.*

*This latest bulletin introduced me for the first time to the revolutionary field of xenotransplantation—the transplantation of organs from animals to humans—which holds immense promise in addressing the critical shortage of human organs in India and across the globe. These innovative advancements truly highlight the club's commitment to saving lives through cutting-edge medical progress.*

*Under your visionary guidance, President Ritika Gupta, the club not only raises awareness about organ donation but also promotes holistic health through thoughtful initiatives like the "Healthy Food-Healthy Organs" section. I deeply appreciate this approach. Your compassionate and forward-thinking leadership is inspiring countless individuals to join this noble cause and make meaningful contributions to society.*

*With your effective leadership, the Rotary Club of Organ Donation International is poised to achieve even greater heights in transforming lives and advancing organ donation advocacy on both national and global levels. I wish you continued success and excellence in all your endeavors.*

*Warmest regards,*

**Amit R. Patil**

*Inspire District Secretary*

*Dist. 3141 - 2025-26*

## International Literacy Day And A Selfless Act Of Empathy

*Inside our words, a story takes its flight,  
New life is born from darkness into light.  
Teaching us to see beyond our sight,  
Embracing hope with all our might.  
Reading the truth in a donor's plea,  
Nurturing a future for you and me.  
Allowing a spirit to be set free,  
Through a selfless act of empathy.  
In this written pledge, a heart can beat,  
Opening doors, making a life complete.  
Not just for one, but for a whole street,  
A legacy of love, bitter and sweet,  
Lifting the veil on what is to be,  
Learning to give, a new decree.  
In every sentence, a new key,  
Turning the lock for a family.  
Every letter a chance to see,  
Reaching out to save humanity.  
Another chapter begins, you see,  
Counting on Kindness, for all to be.  
Yearning to live, a gift from thee.  
Donating a future for all to see,  
Allowing a life to be,  
Yes, it starts with you and me.*



- Rtn Hemalatha Bhandari

# HEALTHY FOOD - HEALTHY ORGANS

## NEW STEP



- Rtn Ruby Agarwal

### Healthy No-Oil Oats Protein Cake

A nutritious, oil-free cake packed with protein and natural sweetness

#### INGREDIENTS

##### Wet Ingredients

- 2 overripe bananas (or bake ripe bananas in oven for 5-10 minutes to soften)
- 15 cashews (soaked for 30 minutes if using a regular blender)
- ¼ cup plain Greek yogurt (or regular curd)
- 6 pitted soft dates or 2 tbsp jaggery or sweetener of your choice to taste
- 1 tbsp ground flaxseed
- ¼ tsp vanilla extract
- Skim milk as needed\* (for consistency if required)

##### Dry Ingredients

- 1 scoop chocolate protein powder (about 30g)
- 1 cup oats flour (or blend rolled oats until fine)
- 1 tbsp unsweetened cocoa powder
- 1 tsp baking powder
- ¼ tsp baking soda
- Pinch of salt

##### Optional Add-ins

- ¼ cup chopped walnuts, raisins, cashews, dark chocolate chips (you can add nuts & seeds of your choice)

#### INSTRUCTIONS

##### Preparation

1. Preheat oven to 350°F (175°C)
1. Line an 8-inch round cake pan with parchment paper or lightly grease with cooking spray
1. If using regular cashews, soak in warm water for 30 minutes to soften

##### Make the Batter

1. Prepare wet mixture: In a blender or food processor, combine bananas, drained cashews, yogurt, dates/sweetener, ground flaxseed, and vanilla extract. Blend until smooth and creamy.
1. Mix dry ingredients: In a large bowl, sift together oats flour, protein powder, cocoa powder, baking powder, baking soda, and salt. Whisk to combine evenly.

**Combine:** Pour the wet mixture into the dry ingredients. Gently fold together using a spatula until just combined. Add milk gradually (1-2 tbsp at a time) until you reach a thick, pourable cake batter consistency. Add extras: If using nuts / chocolate chips, fold them in gently.

##### Bake:

1. Transfer batter to the prepared pan and smooth the top (you can sprinkle some nuts / seeds on top too)
1. Bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean or with just a few moist crumbs
1. Cool in pan for 10 minutes, then turn out onto a wire rack to cool completely

**Serve:** \*Slice\* once completely cooled and enjoy!

##### ## Tips for Success

- \*Don't overmix\* the batter to keep the cake tender
- \*Test doneness\* with a toothpick - it should come out clean or with minimal crumbs
- \*Store covered\* at room temperature for 2 days or refrigerate for up to 5 days
- \*Customize sweetness\* by adjusting dates/sweetener to your preference

##### ## Nutritional Benefits

- \*High in protein\* from protein powder and Greek yogurt, - \*Rich in fiber\* from oats and flaxseed,
- \*Natural sweetness\* from bananas and dates, - \*Healthy fats\* from nuts and flaxseed and
- \*Oil-free\* for lighter texture



# NEW STEP



Name: **Adv. Ramesh Kumar Sharma**

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Profession: **Advocate**

Family: **myself, wife Smt Veena Sharma, 2 sons, 1 daughter, 4 grand children**

Favourite Food: **every thing tasty in Jain food**

Favourite Holiday Destination: **Gangtok Sikkim**

Favourite Book: **Bharat Bharti by Maithilisharan Gupt**

Favourite Song: **O duniya ke rakhwale by Mohd. Rafi**

Favourite Quote: **"Only the toad under the harrow knows where it pinches" By MK Gandhi**

Date of Birth: **13/04**

Wedding Anniversary: **28/11**

Why did you choose to become a member of RC Organ Donation International? **Creating awareness of organ donation is the need of the hour, An end of life could save another life.**

**Rtn Ramesh K Sharma**  
**Club Legal Director**



**SCAN  
ME  
FOR  
QUICK  
PLEDGE**

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