

**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

PHYSIOTHERAPY FOR HEALTHY ORGANS

 <p>Rtn PHF Ritika Gupta Inspire President Rotary Club of Organ Donation International</p>	 <p>Rtn Lal Goel Founder & Charter President Rotary Club of Organ Donation International</p>	 <p>Dr Rashi S Doshi BPTh, MOTPT, MIAP Consultant Physiotherapist Praxis Healthcare and Polyclinic Vile Parle (W) Mumbai</p>
 <p>Rtn Ruby Agarwal Inspire Secretary</p>	 <p>Rtn Rajesh Gurhani Member</p>	

Time & Date: 8 PM on Sunday 28th Sep. 2025

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

**YOUR GREATNESS IS NOT WHAT YOU HAVE,
IT'S WHAT YOU GIVE**

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.
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NEW STEP

FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

It is with a heavy heart that I address you today, as we mourn the loss of our beloved Rtn Ashok Kumar Gaur, affectionately known as Ashok Mama. After a courageous battle with liver cancer, he has left an irreplaceable void in our Rotary family. His infectious joy and unwavering commitment to service, shared through our journeys across London, Dubai, Mangaluru, and Mathura, will forever inspire our mission. May his soul rest in eternal peace.

This month brought significant achievements in our organ donation awareness efforts. On Hindi Diwas, we partnered with the Rotary Club of Mumbai North End for a comprehensive program at D S Institute of Management Studies, Mumbai.

My speaking engagements included addressing viewers on Doordarshan Mathura about 'Angdaan-Mahadaan' on August 18th, followed by a session with students at SDTT Khajani Institute, Mathura. On August 20th, I was honoured with a Lifetime Achievement Award, presented by emissaries of Honourable Rekha Sharma, Chief Minister of Delhi.

Club Vice-President Rtn Hemalatha Bhandari has contributed a beautiful poem connecting Navratri with organ donation.

Our "Healthy Food-Healthy Organs" section features Inspire Secretary Rtn Ruby Agarwal's recipe for Healthy Fresh Coconut Barfi.

We also spotlight our esteemed Club Foundation Chair in "Interesting Facts About Our Members."

**PASS ON LIFE. FROM GRIEF, THERE COMES HOPE.
DO SOMETHING AMAZING, BE AN ORGAN DONOR.**

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

NEW STEP

ROTARY LEADERS GATHER AT AN EDUCATIONAL INSTITUTE TO PROMOTE ORGAN DONATION AWARENESS IN MUMBAI



Mumbai, September 14, 2025 – The Rotary Club of Mumbai North End, in partnership with the Rotary Club of Organ Donation International, hosted a comprehensive organ donation awareness program at the Durgadevi Saraf Institute of Management Studies in Malad West. The event featured Rotarian Lal Goel as the Chief Guest and Keynote Speaker.

Rotarian Lal Goel, who serves as Founder and Charter President of the Rotary Club of Organ Donation International, Chairman of the Organ Donation India Foundation, and Chairman of GYAN, brought extensive expertise to the program. He was welcomed by Rotarian Shivshankar Agarwal, President of the Rotary Club of Mumbai North End.

##Keynote Address Focuses on Critical Procedures

During his presentation, Rotarian Goel provided detailed insights into brain death declaration procedures, emphasising the medical and legal frameworks that govern organ donation. He encouraged attendees to consider organ donation pledges after thoughtful family consultations, highlighting how informed decisions can save multiple lives.

“The decision to donate organs is deeply personal and requires family support. Understanding the procedures and having open conversations with loved ones is essential for making this life-saving commitment,” Rotarian Goel emphasised during his address.

##Strong Community Participation

The program drew significant participation from Rotary leadership and the broader community. Notable attendees included:

Rotarian Vijay Bankda, Secretary of Rotary Club of Mumbai North End, Rotarian Ruby Agarwal, Secretary, Rotarian Dinesh Gupta, Charter Member, Rotarian Rajesh Gurhani, Member of Rotary Club of Organ Donation International, and Multiple Rotarians from Mumbai North End as well as numerous residents.

Impact on Community Health Awareness

This program represents part of Rotary International’s broader commitment to healthcare initiatives and community education. By addressing organ donation awareness at the grassroots level, the participating clubs aim to increase public understanding of donation procedures and encourage more families to consider this life-saving option.

The collaboration between local and specialised Rotary clubs demonstrates how targeted expertise can enhance community outreach efforts on critical healthcare topics.

The event concluded with a traditional exchange of Rotary Club flags between Rotarian Lal Goel and Rotarian Shivshankar Agarwal, symbolising the collaborative spirit between the two organisations in advancing organ donation awareness.

NEW STEP WOMEN CAN EMPOWER THE NATION IN ORGAN DONATION, SAYS RTN LAL GOEL



Mathura, September 19, 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, delivered an enlightening Keynote address on organ donation at SDTT Khajani Institute, Mathura.

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Speaking as the Chief Guest at the awareness session, Rotarian Goel urged students to champion organ donation awareness within their families and communities. Drawing inspiration from Mahatma Gandhi's famous words, "If you educate a man you educate an individual, but if you educate a woman you educate an entire family," he emphasised the transformative role women can play in advancing organ donation initiatives across the nation.

"Women possess the unique power to influence entire families and communities," Rotarian Goel stated. "When they understand the life-saving importance of organ donation, they become catalysts for nationwide change in this critical healthcare area."

Ms Shipra Rathi, popularly known as "Rozgaar Didi," expressed her gratitude to Rotarian Goel for his impactful presentation and pledged her full support for this noble cause. As Chairperson of SDTT Khajani Institute, she has been instrumental in providing skills training to underprivileged girls and women in the region.

Inspire President Rotarian Ritika Gupta commended Ms Rathi's dedicated work in empowering disadvantaged women through skill development programs, highlighting the synergy between education and social service.

The session was also attended by Charter Member Rotarian Avinash Bhargava, along with numerous students and faculty members from the institute.

The event underscored the vital role of educational institutions and women's empowerment organisations in creating awareness about organ donation, which remains a critical need in India's healthcare landscape.

NEW STEP



Doordarshan Mathura

6d • 🌐



बातचीत अंगदान महादान
रोटेरियन लाल गोयल,
फाउंडर और प्रेजिडेंट,रोटरी क्लब फॉर ओरगन डोनेशन इंटरनेशनल ।
एक मस्तिष्क मृत (ब्रेन डेड) व्यक्ति के अंगदान से 9 व्यक्ति लाभान्वित
हो सकते हैं।

@highlight

Rotary International

NHS Organ Donation

Rotarybloodbank Mathura

Doordarshan UttarPradesh

Organ Donation India Foundation

Prasar Bharati Parivar

Uttar Pradesh Braj Teerth Vikas Parishad - Mathura



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LIFETIME ACHIEVEMENT AWARD

CONFERRED UPON ROTARIAN LAL GOEL



New Delhi, 20th September 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, was conferred with the 'Lifetime Achievement Award' at a prestigious ceremony held at Hotel Hyatt Regency, New Delhi.

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The award plaque reads:

“Lifetime Achievement Award presented with deep respect and gratitude to Rtn LAL GOEL. In recognition of your extraordinary lifetime of service, dedication, and leadership that has transformed lives and strengthened communities. Your pioneering vision and unwavering commitment stand as a beacon of inspiration, shaping the path toward a healthier, equitable, and resilient Bharat. This honour reflects not only your professional excellence but also your enduring legacy of compassion, impact, and change.”

20th September 2025 – Hyatt Regency, New Delhi

The ceremony was graced by esteemed dignitaries, including:

*** His Excellency Mr Abdul Rahman bin Mohammed AlGaoud, Ambassador of the Kingdom of Bahrain**

*** His Excellency Prof Victor M Mukonka, High Commissioner of the Republic of Zambia**

*** Her Excellency Ms Zozo Binti Josephine, Chargé d’Affaires, Embassy of the Democratic Republic of Congo**

In his acceptance, Rtn Lal Goel expressed heartfelt gratitude and specially thanked Rtn Dr Urvashi Mittal, Co-Chairperson of Healthcare Horizon 2025, for this distinguished honour.

NEW STEP

In Loving Memory of Rtn Ashok Kumar Gaur



With heavy hearts, we mourn the loss of our beloved Rtn Ashok Kumar Gaur, who courageously battled liver cancer before leaving us on September 19th. His passing creates an immeasurable void in our Rotary family and in the hearts of all who knew him.

As a Charter Member of the Rotary Club of Organ Donation International, Rtn Ashok Kumar Gaur embodied “Service Above Self” from our club’s inception. He was a cornerstone whose unwavering commitment to organ donation awareness shaped our organisation’s foundation and touched countless lives.

His genuine warmth, infectious laughter, and cheerful spirit brought joy to every gathering. Rtn Ashok exemplified the highest Rotary ideals—fellowship, service, and making a positive difference in the world.

As we bid farewell to our cherished friend, we find comfort knowing that his spirit of service and the joy he brought will live on through the countless lives he touched and causes he championed. His legacy of kindness and fellowship will continue to inspire generations of Rotarians.

Our thoughts and prayers are with his family during this difficult time. May they find strength in knowing that Ashok’s dedication to humanity created an indelible mark on this world.

Rest in peace, dear Rtn Ashok Kumar Gaur. Your service to humanity and friendship will never be forgotten.



The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

NAVRATRI & ORGAN DONATION

*Nurturing Hope, a selfless act of grace,
Another chance, a smile on the new face.
Vital gifts, a legacy of light,
Reaching out to banish endless night.
A legacy of Kindness, a life renewed,
This precious gift, forever embed,
Reaching beyond, a spirit set free,
In every beat, a new heartbeat for thee.*



- Rtn Hemalatha Bhandari

HEALTHY FOOD - HEALTHY ORGANS

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Healthy Fresh Coconut Barfi

A nutritious, guilt-free version of the classic Indian sweet - naturally sweetened, high in protein, and low in refined sugars



- Rtn Ruby Agarwal

INGREDIENTS

- *Fresh grated coconut* - ½ cup (finely processed)
- *Skim milk powder* - ½ cup
- *Almond milk* - ¼ cup (unsweetened) (or low fat milk)
- *Natural sweetener* - 2-3 tbsp (stevia, erythritol, monk fruit or dates paste)
- *Cardamom powder* - from 5-7 pods
- *Mixed nuts* - 3 tbsp chopped (almonds, walnuts, cashew, pistachio, raisins etc. of your choice)

Instructions

1. *Cook the base*: In a non-stick pan over medium-low heat, combine coconut, milk powder, and almond milk. Stir continuously for 8-10 minutes until thick and moldable.
1. *Season*: Remove from heat. Add cardamom powder and natural sweetener. Mix well.
1. *Add crunch*: Fold in most nuts/seeds, saving some for topping.
1. *Set*: Line a 6-inch pan with parchment paper. Spread mixture evenly, top with remaining nuts. Refrigerate 2-3 hours.
1. *Serve*: Cut into squares once firm.

Health Benefits

- High protein from milk powder
- Healthy fats from coconut and nuts
- No refined sugar or oil
- Rich in minerals and fiber



Serves: 8-10 pieces | *Prep:* 5 min | *Cook:* 10 min | *Calories per piece:* ~75

NEW STEP



Rtn Prof Dr Sudhir Sharan
Club Foundation Chair

Name: Dr Sudhir Sharan

Mobile: 9730887067

E-mail: sharanji@gmail.com

Profession: Managing Multinational Business

Family: Wife +Son+ Daughter +DIL + SIL + 3

Grandchildren + Cousins/ Nephews/ Nieces

Favourite Food: Arrah & Mathura cuisines

Favourite Holiday Destination: National Parks in USA

Favourite Book: Atlas Shrugged

Favourite Song: Man re! Tu kahe na dheer dhare.

Favourite Quote: "Man's rights are inalienable"-- by
Ayn Rand + " Contradictions don't exist." -- by
Aristotle

Date of Birth: February 5

Wedding Anniversary: June 7

Your presence on social media: Moderate/ FB, IG, YT,
Signal, Telegram, WA

Why did you choose to become a member of RC Organ

Donation International: A special day July 24 @
Sunnyvale, CA. Rest is history!



SCAN
ME
FOR
QUICK
PLEDGE

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