

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

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NEW STEP

UNITE FOR GOOD **NANAVATI MAX** **Rotary Club of ORGAN DONATION INTERNATIONAL** **LET'S INSPIRE !**

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

ROLE OF CORPORATE HOSPITALS 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



Dr Pushkar Mehta
MBBS MBA (IIM- Calcutta)
Medical Superintendent
Nanavati Max Hospital
Mumbai

Rtn Ruby Agarwal
Inspire Secretary

Rtn PHF Dr Rohan Monis
Club Medical Director

Time & Date: 8 PM on Sunday 21st Sept., 2025

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

**one kind word can change someone's entire day
one kind donor can change someone's entire 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
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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

As we witness transformative changes in India's healthcare landscape, I am deeply encouraged by the Government of India's groundbreaking initiative to provide financial assistance of up to ₹15 lakhs for organ transplants to Below Poverty Line patients. This landmark decision to support heart, liver, lung, and kidney transplants represents a monumental step toward making life-saving procedures accessible to those who need them most.

This week held special significance for me as I had the privilege of engaging in meaningful dialogue with former Director General of Police Mr D. Sivanandhan, IPS (Retd.), a distinguished leader whose dedication to social transformation continues to inspire. Our extensive discussion covered various dimensions of social work, during which he graciously shared insights about his remarkable Roti Bank initiative—a testament to how individual commitment can create ripples of positive change. When he inquired about the challenges we face in implementing organ donation awareness programs across India, it reminded me of the complex but crucial work that lies ahead of us. His generous gift of his latest publication, "THE BRAHMASTRA UNLEASHED," a compelling 2025 non-fiction chronicle of his strategic campaign against Mumbai's underworld, serves as a powerful reminder that persistent dedication can overcome even the most formidable challenges.

In celebration of National Engineers Day, our dynamic Club Vice-President Rtn. Hemalatha Bhandari has penned a beautiful tribute that captures the spirit of innovation and service that defines both engineering excellence and our Rotary values.

Our beloved "Healthy Food-Healthy Organs" segment continues to nourish both body and soul, and this issue features a delightful recipe for Healthy Dates Laddus, thoughtfully prepared by our inspiring Secretary Rtn. Ruby Agarwal. These nutritious treats embody our philosophy that caring for our organs begins with mindful choices in our daily lives.

This week's "Interesting Facts About Our Members" spotlight illuminates the remarkable journey of our esteemed Club Medical Director, whose expertise and compassion continue to guide our mission and inspire our community.

ONE OF THE BEST FEELINGS IN THE WORLD IS KNOWING THAT SOMEONE IS HAPPY BECAUSE OF YOU...DONATE ORGANS

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

ORGAN TRANSPLANTS NOW ACCESSIBLE TO INDIA'S POOR : GOVERNMENT INCREASES FINANCIAL AID TO ₹15 LAKH

• **Rtn Lal Goel**



Thanks to a significant increase in government funding, organ transplantation has become a viable medical option for economically disadvantaged patients across India. Under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), eligible beneficiaries can now receive up to ₹15 lakh for life-saving transplant procedures.

From Advocacy to Policy Reform

The path to this transformative policy began four years ago at a media conference with Lal Goel on organ donation, the daily program which I host during the pandemic, where I had the opportunity to speak with Mr. C.V. Anand Bose, IAS—then the One Man Expert Commission on Labour and now the Governor of West Bengal.

During the discussion, Mr. Bose noted that the government was offering ₹5 lakh to Below Poverty Line (BPL) patients for organ transplantation. Aware that this amount fell short of covering the actual costs of procedures like kidney and liver transplants, I proposed increasing the limit to ₹20–25 lakh. Mr. Bose expressed interest in the idea and requested a recording of the session, which he later forwarded to the Prime Minister's Office.

That moment of advocacy bore fruit. In response, Prime Minister Shri Narendra Modi approved an increase in financial assistance under PM-JAY from ₹5 lakh to ₹15 lakh for poor patients needing organ transplants—a milestone decision in India's healthcare journey.

Official Announcement and Scope

This policy change was officially confirmed by the then Union Minister of State for Health and Family Welfare, Prof. S.P. Singh Baghel, in a written statement to the Lok Sabha on December 8, 2025. He announced that organ transplant procedures, including kidney transplants, are now covered under the PM-JAY scheme.

Additionally, the Rashtriya Arogya Nidhi (RAN) continues to provide up to ₹15 lakh for BPL patients undergoing transplants of vital organs such as the heart, liver, lungs, and kidneys.

Holistic Support for Patients

Union Health Minister Mr Jagat Prakash Nadda further elaborated on the expanded support during the 15th Indian Organ Donation Day, held on August 2, 2025, at Dr. Ambedkar International Centre and organised by the National Organ and Tissue Transplant Organisation (NOTTO), under the aegis of the Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India.

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He announced that, in addition to the ₹15 lakh coverage for transplant surgery, the government will also provide post-operative support of up to ₹10,000 per month to cover ongoing medical expenses—an essential provision for long-term recovery and care.

Importantly, kidney transplant packages have now been fully integrated into PM-JAY, significantly easing access for patients who previously faced insurmountable financial barriers.

Bridging the Access Gap

This policy shift is expected to dramatically improve access to private healthcare facilities, where the majority of transplant surgeries take place. As of September 2024, 535 of the 612 registered kidney transplant centres in India were privately operated, accounting for over 75% of annual transplants.

By making private-sector services financially accessible, this initiative marks a major step toward healthcare equity—ensuring that a lack of money no longer stands between a patient and a life-saving transplant.

Conclusion

The increased financial assistance under Ayushman Bharat PM-JAY and the broader health ministry framework reflects a meaningful commitment to healthcare justice. With sustained advocacy and responsive governance, organ transplants are no longer a luxury for the few but a real possibility for the many.

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 Murti 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'.



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TWO SOCIAL CRUSADERS UNITE FOR NOBLE CAUSES



Mumbai, September 9, 2025 – A meeting of minds dedicated to social transformation took place today as Mr. D. Sivanandhan, IPS (Retd.), former Police Commissioner of Mumbai and Former Director General of Police, Maharashtra, welcomed Rotarian Lal Goel, Founder and Charter President of the Rotary Club of Organ Donation International, to DSK Legal office in Mumbai.

Book Launch Highlights Police Reform Legacy

During the meeting, Mr. Sivanandhan officially presented his latest publication, **"THE BRAHMASTRA UNLEASHED,"** a compelling 2025 non-fiction work that chronicles his strategic campaign to dismantle Mumbai's underworld. Released in early September, the book offers unprecedented insights into the real-life strategies and extraordinary courage required to restore peace to the city during the turbulent 1980s and 1990s. The narrative details both the reign of terror perpetuated by Mumbai's underworld and the methodical, strategic efforts that ultimately brought it to an end.

Roti Bank Foundation: Fighting Hunger Across India

Rotarian Lal Goel expressed deep appreciation for Mr. Sivanandhan's continued commitment to social service through the Roti Bank Foundation. Established in December 2017, Mumbai Roti Bank has emerged as a powerful force in the fight against hunger, providing nutritious meals to India's most vulnerable populations. The foundation's impact has been remarkable, distributed over 23 million meals across seven states. Currently, the organisation provides 16,000 nutritious meals daily to those who need them most.

Recognising the foundation's vital work, Rotarian Lal Goel pledged that several Rotary Clubs would explore partnerships with Roti Bank to expand meal distribution and reach even more people in need.

Organ Donation: Breaking Barriers Through Awareness

Mr. Sivanandhan praised Rotarian Lal Goel's unwavering dedication to organ donation advocacy, acknowledging it as one of society's most noble causes. During their discussion, Rotarian Goel outlined the significant challenges facing NGOs in this field, particularly the lack of adequate infrastructure and widespread public awareness.

"Due to prevailing myths in society, people harbour reservations about organ donation," explained Rotarian Goel. However, he expressed optimism about the future, noting that the new generation, armed with greater access to information through social media, has the potential to become a game-changer for organ donation initiatives.

Mr. Sivanandhan assured his complete support for Rotarian Goel's mission, recognising the critical importance of organ donation in saving lives.

Looking Forward: Collaboration for National Impact

The meeting concluded with mutual appreciation and commitment to future collaboration. Rotarian Lal Goel thanked Mr. Sivanandhan for the gracious invitation and the privilege of receiving his latest book. Both leaders expressed hope for continued dialogue and partnership, recognising that their combined efforts could create meaningful change for the benefit of the entire country.

This convergence of two distinguished social crusaders represents more than just a meeting of minds—it symbolises the power of unified action in addressing India's most pressing social challenges, from public safety and hunger to healthcare and life-saving organ donation.

Engineering Excellence with the Noble Act

*Nurturing life, a blueprint so grand,
An engineer's spirit, in a helping hand,
Transforming a future, with a single act,
Innovating hope, a powerful pact,
Opening doors where none were before,
New life created and so much more,
A legacy built on selfless design,
Loving intentions, forever to shine.
Enduring purpose, a Visvesvaraya trait,
New chances given, a beautiful fate,
Generating good, with wisdom and grace,
In another's life, finding its place,
Nobly a heart, a cornea, a soul,
Embracing a future, making it whole,
Excellence found in this ultimate gift,
Reaching out to offer a much- needed lift,
Structures of life, rebuilt and strong.
Devoted to others, where we all belong.
A vision of service and a kind heart,
Yielding a masterpiece, a brand new start.*



- Rtn Hemalatha Bhandari

HEALTHY FOOD - HEALTHY ORGANS

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Healthy Dates Laddus

A nutritious and naturally sweetened treat packed with nuts, seeds, and wholesome ingredients



- Rtn Ruby Agarwal

INGREDIENTS

- 1/4 cup cashews
- 1/4 cup almonds
- 1/4 cup walnuts
- 1 tablespoon pistachios
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- (you can add or remove any seeds / nuts of your choice)
- 3/4 cup soft dates (preferably Medjool or Deglet Noor)
- 1/4 teaspoon cardamom powder

INSTRUCTIONS

Step 1: Prepare the Nuts and Seeds

- Heat a dry pan over medium-low heat
- Add all nuts and seeds to the pan
- Roast for 3-4 minutes, stirring frequently to prevent burning
- Remove from heat and let cool for 2-3 minutes
- Coarsely crush the roasted mixture using a rolling pin or pulse briefly in a food processor

Step 2: Prepare the Dates

- If dates are hard, soak them in warm water for 10-15 minutes to soften,
- Remove pits and any tough stems,
- Lightly sauté the pitted dates in the same pan for 1-2 minutes to enhance sweetness

Step 3: Make the Mixture

- Transfer the dates to a food processor or blender
- Pulse until they form a smooth, sticky paste
- Add cardamom powder and pulse once more to combine
- Transfer the date paste to a mixing bowl
- Add the crushed nuts and seeds
- Mix thoroughly until well combined

Step 4: Shape the Laddus

- Take small portions of the mixture (about 1-2 tablespoons each)
- Roll between your palms to form smooth, round balls

Step 5: Set and Store

- Refrigerate the laddus for 30 minutes to firm up
- Store in an airtight container in the refrigerator for up to 1 week
- Bring to room temperature before serving for best texture

Chef's Tips

- ***Date Selection*:** Choose naturally soft dates like Medjool for easier blending. If using harder dates, soak them longer or add a tablespoon of warm water while blending
- ***Texture*:** For chunkier laddus, crush nuts more coarsely. For smoother texture, process nuts finer
- ***Flavor Variations*:** Try adding a pinch of cinnamon, vanilla extract, or orange zest
- ***Make-Ahead*:** These improve in flavor after a day as the spices meld together



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Dr Rohan Monis
Club Medical Director

Name: Rtn PHF Dr Rohan S. Monis

Mobile: +91990098782

E-mail: drmonis.inc@gmail.com

Profession: Doctor & Health, Wellness & Life Coach

Family: Smitha Cabral (wife), Kids: Rhys Monis & Rhianne Monis

Favourite Food: Neer Dosa with Chicken Ghee Roast, Fish Tandoori with Kichdi.

Favourite Holiday Destination: A place amidst nature with great food

Favourite Book: The Alchemist

Favourite Song: Purani Jeans aur guitar

Favourite Quote: Normal is Boring!

Date of Birth: 22nd - Nov

Wedding Anniversary: 24th August

Your presence on social media:

FB : <https://www.facebook.com/drmonis>

X : @rohan_monis

LinkedIn : <http://linkedin.com/in/dr-rohan-s-monis-5428616>

Why did you choose to become a member of RC Organ Donation International? I have been an advocate for CPR & Organ Donation. The value that 'Organ Donation' can bring into the society is second to none. The fact that there was a Rotary Club being founded & dedicated for Organ Donation was a bigger motivation for me - so I am on the charter member list at RCODI. Through this great club we have been creating awareness into various communities by partnering with organizations, associating with district & state level programs; imparting schematic informative sessions to college students, media and corporates - thereby creating a wave.



SCAN
ME
FOR
QUICK
PLEDGE

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