

**CREATE  
LASTING  
IMPACT**



**Rotary**

Club of



RD 3141

**ORGAN DONATION  
INTERNATIONAL**



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# NEW STEP

*Weekly Bulletin of the Rotary Club of Organ Donation International*

The poster features logos for 'CREATE LASTING IMPACT', 'NANAVATI MAX Super Speciality Hospital', 'Rotary Club of ORGAN DONATION INTERNATIONAL', and 'REGAL 3141'. The main title is 'ROTARY CLUB OF ORGAN DONATION INTERNATIONAL' followed by 'ADVANCEMENTS IN LIVER TRANSPLANTATION — WHY AWARENESS STILL MATTERS'. It lists four individuals: Rtn Hemalatha Bhandari (Regal President), Rtn Lal Goel (Founder & Charter President), Dr Hunaid Hatimi (Principal Consultant), and Rtn Ruby Agarwal (Regal Secretary). It also mentions Rtn Roopa Arora as a Liver Donor - Member. The event is scheduled for 8 PM on Sunday 12th July, 2026, with a live stream link provided.

*Every successful liver transplant is a reminder that  
organ donation transforms tragedy into triumph*

**DONATE ORGANS**

CHIEF MANAGING EDITOR RTN LAL GOEL  
PUBLISHED ON BEHALF OF REGAL PRESIDENT RTN HEMALATHA BHANDARI BY  
REGAL SECRETARY RTN RUBY AGARWAL FOR ROTARY CLUB OF ORGAN  
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## FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

It was raining cats and dogs in Mumbai when I had the privilege of addressing hundreds of home-based women entrepreneurs and women social workers as Chief Guest at "पंखों को उड़ने दो 4.0", held at Lodha Park, Mumbai. The passion in that room was remarkable — proof, once again, that when women lead, communities rise.

On the medical front, our Club's Tissue Donation Chair Dr Kamal Jain shares a compelling fact about brain-death certification — essential reading for every Organ Donation Warrior seeking to deepen their understanding of the science behind our mission.

In Indore, Rotarian Uma Jhavar carried our message of hope to the prayer meeting of Shri Prakash Chand, creating eye donation awareness among those gathered — a gentle reminder that even moments of grief can become moments of giving.

The Organ Donation Warriors Programme, inaugurated by RID 3141 District Governor Rtn Rajan Dua, continues its march across the nation. With Rtn Lalit Sharma now appointed Honorary PRO, the programme's visibility and reach are set to grow pan-India.

Our Regal President Rtn Hemalatha Bhandari has penned a moving poem, *"LEAVE A LEGACY THAT BREATHES,"* on organ and tissue donation. I have no doubt it will stir your heart as it did mine.

In our much-loved "Healthy Food-Healthy Organs" segment, Regal Secretary Rtn Ruby Agarwal brings us a delicious Healthy Protein Bar recipe — nutritious, tasty, and kind to your organs. A treat worth trying in your own kitchen.

And do turn to our "Interesting Facts About Our Members" spotlight, where this issue shines its warm light on one more member of our extraordinary Rotary family.

These pages remind us, issue after issue, that behind every Rotarian is a fascinating human story — and it is those stories that make our Rotary family so wonderfully special.

One donor. Nine lives. Infinite gratitude.

Yours in Rotary,

**Rtn Lal Goel**

Chief Managing Editor

Founder & Charter President

Rotary Club of Organ Donation International

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## ROTARIAN LAL GOEL CALLS FOR GENDER EQUALITY AND GREATER ORGAN DONATION AWARENESS WHILE ADDRESSING HOME-BASED WOMEN ENTREPRENEURS & WOMEN SOCIAL WORKERS IN MUMBAI



**CREATE LASTING IMPACT**

**INSPIRING INDIAN WOMEN & LIFE SUPPORT FUND**

**Rotary Club of ORGAN DONATION INTERNATIONAL**

**पंखों को उड़ने दो 4.0**  
(Acknowledgment & Awards for Small Scale Home based Women Entrepreneurs & Women Social Workers)  
A grand initiative by IIW Inspiring Indian Women Charitable Foundation  
Supported by Smt Manju Mangalprabhat Lodha

**Ms Rashmi Mishra**  
Founder / CEO / Director  
IIW Inspiring Indian Women  
UK & India  
Educationist  
President  
Anti domestic abuse  
Maharashtra Council ( WICCI )

**Rtn Lal Goel**  
Founder & Charter President  
Rotary Club of  
Organ Donation International  
Director  
Maternal & Child Malnutrition  
Rotary International District 3141  
CHIEF GUEST



**Mumbai, 4 July:** Rotarian Lal Goel, Founder & Charter President of the Rotary Club of Organ Donation International (RCODI) and Chairman of Organ Donation India Foundation & GYAN, addressed and inspired hundreds of home-based women entrepreneurs and women social workers as the Chief Guest at “पंखों को उड़ने दो 4.0”, held at Lodha Park Clubhouse, Mumbai.

In his keynote address, Rotarian Lal Goel said that women today have demonstrated their capabilities across every field and are playing a pivotal role in shaping a stronger and more inclusive society. He observed that although today's generation has access to an unprecedented amount of information, true progress depends on transforming information into knowledge, wisdom, and responsible action.

Speaking on organ donation, he highlighted the disparity between the number of women who become living organ donors and the comparatively smaller number of women who receive organ transplants. He said this imbalance deserves serious attention from society and stressed that the journey towards equality begins within every family. He urged parents to raise their children with equal respect and opportunities for both boys and girls, adding that lasting social transformation starts at home.

The programme celebrated the courage, resilience, and achievements of home-based women entrepreneurs and women social workers whose dedication continues to strengthen families, communities, and the nation.

The event was organised by Ms Rashmi Mishra, Founder, CEO & Director of IIW – Inspiring Indian Women (UK & India), with the generous support of Smt Manju Mangalprabhat Lodha, renowned philanthropist.

The programme was graced by several eminent personalities, including Padma Shri Kalpana Saroj, Ms Preety G. Sharma, Smt Deepa Udit Narayan, Ms Neeta Lulla, Rotarian Ruby Agarwal, Mr Vibhuti Jain, and many other distinguished guests.

Rotarian Lal Goel congratulated Ms Rashmi Mishra and her team for organising such a meaningful initiative despite the heavy monsoon rains in Mumbai. He described the programme as an inspiring platform that recognises and celebrates the invaluable contribution of women entrepreneurs and women social workers, while encouraging greater social responsibility and community participation.

## UNDERSTANDING BRAIN DEATH CERTIFICATION (FOR ORGAN DONATION AWARENESS)



**Rtn Dr Kamal Jain**

**Tissue Donation Chair , Rotary Club of Organ Donation International**

Brain death is the irreversible and complete loss of all functions of the brain, including the brainstem. Once brain death is certified, the person is legally dead, even though a ventilator may temporarily keep the heart beating and the lungs functioning. This legal certification makes deceased organ donation possible, giving hope to patients waiting for a transplant.

### **How is Brain Death Certified in India?**

As per the Transplantation of Human Organs and Tissues Act (THOTA), 1994, brain death is certified by a Board of Medical Experts comprising four qualified doctors.

**The certification process includes:**

**1. Clinical Examination** – Performed twice, with the required observation interval as prescribed under THOTA and its Rules. The doctors confirm the absence of:

- \* Response to painful stimuli
- \* Pupillary, corneal, gag, cough and other brainstem reflexes
- \* Eye movements (including oculoccephalic and caloric testing, where appropriate)
- \* Spontaneous breathing through the apnoea test

**2. Ancillary (Confirmatory) Tests** – Such as EEG, CT cerebral angiography, Transcranial Doppler (TCD), or radionuclide brain scan may be used when clinically indicated or in situations where the clinical examination cannot be completed reliably. They are mandatory in specific situations, particularly in children, as prescribed by the applicable guidelines.

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The findings are documented in the prescribed Form 10. Only after brain death has been legally certified can the family be approached regarding the option of organ donation.

## Why does it matter?

One deceased organ donor can save up to 9 lives through organ donation and enhance many more lives through tissue donation.

Let us spread awareness. Understanding brain death is the first step towards saving lives.

**“Be an Organ Donor. Be a Life Saver.”**



स्व श्री प्रकाशचंद नारोलिया की सद्भभावना सभा में दादावाड़ी रामबाग इंदौर में, दिवंगत आत्मा को श्रद्धांजली अर्पित की व नेत्रदान की विस्तृत जानकारी देकर समाज को लाभान्वित किया।

लाभान्वित - 200

**रोटेरियन उमा झंवर**

रोटरी क्लब ऑफ़

ऑर्गन डोनेशन इंटरनेशनल



## **ROTARIAN LAL GOEL APPOINTED ROTARIAN LALIT SHARMA AS PUBLIC RELATIONS OFFICER OF ORGAN DONATION WARRIORS**



**Jaipur / Mumbai, 6 July 2026:** Rotarian Lalit Sharma of Surya Nagar, Jaipur, has been appointed as the Public Relations Officer (PRO) of Organ Donation Warriors, a national movement dedicated to promoting awareness about organ, tissue, and body donation across India.

The appointment was announced by Rotarian Lal Goel, Chairman of Organ Donation Warriors, Founder & Charter President of the Rotary Club of Organ Donation International, and Chairman of Organ Donation India Foundation & GYAN.

Organ Donation Warriors is a National Initiative of Organ Donation India Foundation & GYAN, in association with the Rotary Club of Organ Donation International and Global TV. The initiative aims to build a nationwide network of trained volunteers who will educate, inspire, and motivate people to support the life-saving cause of organ donation.

The initiative was formally inaugurated on 2nd July 2026 by Rotary International District 3141 District Governor Rtn Rajan Dua in the esteemed presence of PDG Rtn Dr Rajendra Agarwal, marking the beginning of a nationwide mission to create thousands of Organ Donation Warriors across the country.

Announcing the appointment, Rotarian Lal Goel said:

*“Every successful social movement is built on effective communication. Organ Donation Warriors has been established to create a people’s movement for organ donation across India. We are delighted to appoint Rtn Lalit Sharma as our Public Relations Officer. His experience, dedication, and communication skills will significantly strengthen our outreach and help inspire thousands of people to pledge for organ donation.”*

Organ Donation Warriors is bringing together organ transplant recipients, living organ donors, donor families, healthcare professionals, students, social workers, Rotarians, Lions, and other volunteers on a common platform to spread scientifically accurate information about organ donation. Through structured online training, awareness programmes, educational institutions, community outreach, and digital campaigns, the initiative seeks to create informed ambassadors who can help save lives through awareness.

As Public Relations Officer, Rotarian Lalit Sharma will be responsible for strengthening the public image of Organ Donation Warriors by coordinating with print, electronic, digital, and social media; promoting the organisation’s awareness campaigns and success stories; publicising events and initiatives; and fostering productive relationships with media houses, institutions, and community organisations. He will also support state and district coordinators in expanding the reach of the movement throughout India.

Accepting the appointment, Rotarian Lalit Sharma said:

*“I am deeply honoured to be entrusted with this responsibility. Organ donation is one of humanity’s greatest gifts, offering hope and a second chance at life to patients waiting for life-saving transplants. I look forward to working with the dedicated team of Organ Donation Warriors to spread awareness, dispel myths, and encourage more people to pledge their organs. Together, we can build a stronger national movement that saves countless lives.”*

Although India has made significant progress in organ transplantation, thousands of patients continue to wait for life-saving organs due to the shortage of donors. Organ Donation Warriors believes that awareness, education, and community participation are the keys to transforming this situation. By empowering volunteers with knowledge about organ donation, brain death, legal provisions, communication skills, and community engagement, the initiative aims to create a sustainable grassroots movement across the nation.

The appointment of Rotarian Lalit Sharma marks another important milestone in strengthening the communication network of Organ Donation Warriors and accelerating its mission to make organ donation a household conversation throughout India.

**“One Organ Donor Can Save Multiple Lives. One Organ Donation Warrior Can Inspire Thousands.”**

## LEAVE A LEGACY THAT BREATHES ORGAN & TISSUE DONATION

*Leaving the shores where the shadows take flight,  
Endings can begin again, entering the light.  
As the physical fades like the setting of suns,  
Visions awaken where destiny runs.  
Every heartbeat we gave becomes a new dawn,*

*A luminous spirit that carries right on.*

*Linking the mortal to realms yet unseen,  
Existing in grace where the quiet winds lean.  
Greatness is born when we offer the choice,  
Answering silence with hope's vibrant voice.  
Close the final chapter, let beauty ignite—  
Your ultimate gift makes the darkness look bright.*

*There is a soft power in letting love grow,  
Healing the world through the blessings we sow.  
After the twilight, a true spark remains,  
Transforming our losses and breaking the chains.*

*Breathe through another, be the light after life,  
Rescuing souls from the depths of the strife.  
Earthly departures turn sacred and grand,  
An awakening touch from a generous hand.  
Time cannot wither the love that we give,  
Here in the stillness, the promise will live.  
Endless and beautiful, death is undone—  
Starting a legacy second to none.*



**Rtn Hemalatha  
Bhandari  
Regal  
President**

## HEALTHY FOOD - HEALTHY ORGANS

# Healthy Protein Bar



**Rtn Ruby Agarwal**  
**Regal Secretary**

### INGREDIENTS:

**Sattu (Roasted Gram Flour): 1 cup**  
(packed with plant protein and fiber)  
**Soft Dates (Pitted): 1 cup**  
(Medjool dates work best)  
**Mixed Nuts: ½ cup roasted**  
(almonds, cashews, or walnuts), chopped  
**Unsweetened Cocoa Powder: 3 tablespoons**  
**Peanut Butter: 2 tablespoons**  
(for binding and healthy fats)  
**Warm Water or Milk: 1-2 tablespoons**  
(only if needed for moisture)  
**Sea Salt: A tiny pinch**

### METHOD:

**Make the Date Paste:** Place the softened dates into a food processor or mixer jar. Blend until they form a thick, sticky paste.

**Combine Dry Ingredients:** In a large mixing bowl, toss together the sattu flour, cocoa powder, chopped nuts, and a pinch of sea salt.

**Mix the Dough:** Add the date paste and peanut butter to the dry mixture. Use your hands to knead everything together until it forms a solid, non-sticky dough.

**Note:** If it feels too crumbly, add a teaspoon of warm water or milk.

**Press and Shape:** Line a small baking pan or tiffin box with parchment paper.

Dump the dough inside and press it down firmly with the flat bottom of a glass to make it compact.

**Chill and Slice:** Place the pan in the refrigerator for 30 minutes to set. Once firm, lift the parchment paper out, place it on a chopping board, and slice into bars.

### Pro Tips for the Best Bars

**Storage:** Wrap bars individually and keep them in an airtight container in the fridge for up to 2 weeks.

**Texture Contrast:** Toast the nuts lightly in a pan before chopping to give your soft, fudgy bars a crunchy bite.

**Optional Topping:** If you want an extra layer of indulgence, melt a few squares of 85% dark chocolate and spread it over the top before chilling.



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**Rtn Manikandan  
Venkateswaran  
Club Member**

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Profession: **IT**

Family: **Wife - Suja & Daughter - Sashini**

Favourite Food: **RASAM rice**

Favourite Holiday Destination: **Himalayas**

Favourite Book: **Jungle book**

Favourite Song: **Neen Unnai Arindhal - MGR  
song**

Favourite Quote: **Service to mankind is Service  
to God**

Date of Birth: **13th January**

Wedding Anniversary: **Nov. 7th**

Your presence on social media: **FB and Insta**

Why did you choose to become a member of  
RC Organ Donation International: **To live  
through others even after death**

**Scan to pledge**



**or visit**

**notto.abdm.gov.in**

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