



ಕರ್ನಾಟಕ ರಾಜ್ಯ ಗ್ರಾಮೀಣಾಭಿವೃದ್ಧಿ ಮತ್ತು ಪಂಚಾಯತ್ ರಾಜ್ ವಿಭಾಗದ, ಗದಗ
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕೋಶ, ಯೂಥ್ ರೆಡ್ ಕ್ರಾಸ್ ಘಟಕ,
ಎಂ.ಪಿ.ಎಚ್ ಹಾಗೂ ಸಮಾಜಕಾರ್ಯ ವಿಭಾಗಗಳ ವತಿಯಿಂದ
ಶಾ ದಾಮಜಿ ಜಾದವಜಿ ಭೇಡಾ ಸ್ಮಾರಕ
ರಾಷ್ಟ್ರೀಯ ರಕ್ತ ಕೇಂದ್ರ ಇವರ ಸಹಯೋಗದಲ್ಲ
ನೇರಾಜು ಸುಭಾಷ್ ಚಂದ್ರ ಬೋಸ್ ರವರ 126ನೇ ಜನ್ಮದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ



'ರಕ್ತದಾನ ಶಿಬಿರ'



ದಿನಾಂಕ: 23ನೇ ಜನವರಿ 2023 ಮಂಜಾನೆ 10:00 ರಿಂದ ಮಧ್ಯಾಹ್ನ 2:30ರ ವರೆಗೆ
ಸ್ಥಳ: ಕೌಶಲ್ಯ ಬಿಕಾಸ ಭವನ, ಬಿಬಿಎಚ್‌ಸಿ ಆವರಣ, ನಾಗಾಪು, ಗದಗ



Brief Information - Blood and Blood Donation

About Blood

- Human blood is produced by human beings only. There is no substitute.
- Blood is a liquid that circulates throughout the body. Blood plays the central role in the body's defence & nutrition supply.
- It is pumped by the heart, through a network of miles of blood vessels to each part of the body.
- Blood keeps the body healthy & active.
- Blood carries oxygen and nutrients to all parts of the body and takes carbon dioxide and other waste products to the lungs, kidneys and liver for disposal.
- It fights infections and heals wound.
- It sustains the lives of people whose blood functions have impaired by injury or illness.

Indications for Blood Transfusion

- Anaemia
- Loss of blood from injury
- During certain surgeries
- If body cannot produce sufficient blood because of an illness
- Severe burns
- Severe infection that stops the body from properly making blood or some blood components.
- Severe liver malfunction may require transfusion of albumin, a blood protein
- Those undergoing radiation or Chemotherapy for cancer may require transfusion
- A bleeding disorder, such as hemophilia or thrombocytopenia (deficiency of platelets in the blood)
- Those undergoing stem cell transplants may require transfusion of red blood cells and platelets, Dengue
- Those suffering from chronic renal failure

Blood Donation Criteria

- The donor shall be in good health, mentally alert and physically fit
- Age about 18 to 60 years
- Weight > 45kg for 350ml, 55kg for 450ml
- BP: Systolic 100-160, Diastolic 60-90mm of mercury
- Pulse: 60 to 100 beats/min.
- Have normal body temperature (37.5 C) at the time of donation
- Haemoglobin count that is not less than > 12.5gm/dl
- Be free of any disease at the time of donation

Who should not donate blood?

- People with heart, kidney or liver diseases and blood disorders.
- Those on medication for diabetes (Insulin-dependant) or hypertension.
- Those who have undergone a major surgery recently.
- Those who had an attack of jaundice, rubella, typhoid or malaria.
- Persons suffering from infections such as AIDS, Hepatitis B & C, Syphilis and Malaria.
- Pregnant or breast-feeding women
- Those who recently had an abortion
- Those who are under the influence of alcohol
- Those who are on steroids, hormonal supplements or certain specified medication
- Those with multiple sexual partners
- Drug addicts

Facts About Blood Donation

- One unit of blood saves approximately three lives
- It takes less than one hour of your time
- Healthy donors are the only source of blood
- Only 5% of the eligible population donate blood every year
- Donating blood is a safe process. Sealed and disposable needle is used only once for each donor
- Blood donation is a simple process: Registration, Medical History, Donation and Refreshment
- Every blood donor is examined for temperature, blood pressure, pulse rate, Blood Grouping and Hemoglobin level to ensure that he/she is eligible to donate.
- The actual blood donation typically takes less than 8-10 minutes. The entire process from the time you arrive, it takes less than an hour
- The average adult has about 5 to 6 liters of blood in his body. Only 350/450ml blood is drawn during donation
- Donated volume of blood is replaced by new blood within 24 – 48 hours
- Donated blood is tested for HIV, Hepatitis B & C, Syphilis and Malaria
- Information given to the blood bank during the donation process is strictly confidential. It will not be revealed without donor permission except when directed by law
- Regulation in India allow people to donate blood once in every 90 days for Male donors and 120 days for Female donors.

Before Blood donation

- Get a good night's sleep
- Have a good breakfast or lunch
- Wear loose clothing with sleeves that can be raised above the elbow
- Relax

After Blood donation

- In rare cases when bleeding occurs after removing the Band-Aid, apply pressure over the area keep your thumb figure.
- Do not smoke for 1 hour.
- Remove bandage after 6 hours.
- Do not remain hungry...
- Take time to enjoy a snack and a drink in the refreshment area after donation.
- Plenty of fluids over the next 24-48 hours.
- Avoid strenuous physical activity or lifting of heavy weights for about five hours after donation.
- If you are dizzy, lie down our doctors will take care.

Important

- The life of blood cells in the human body is 120 days.
- If the blood is not donated, it would have got destroyed in the body.
- Instead of wasting the blood, one can donate and save one to three lives.
- Blood donation is a Divine Act.
- Satisfaction of doing a Noble Work.

Service to Society

- Unable to donate blood! there are other ways one can help
- Co-ordinate to organize a blood donation camp recruiting suitable donors.
- Work as volunteer at camps.

*Be a volunteer or patron to support
Blood Donation Camps*