


INTER-COLLEGIATE BLOOD DONATION CHALLENGE



YOUNG BLOOD

SHED YOUR BLOOD FOR A BETTER CAUSE.

ORGANIZED BY



UNDER THE AUSPICES OF



SUPPORTED BY



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DEAR PRINCIPAL



University of Mumbai



24 June 2005

The Principal,

Dear Sir/Madam,

Sub.: Inter-Collegiate Blood Donation Challenge

Ensuring the availability of blood in the Blood Banks is the responsibility of every individual and organization. Colleges have played a major role in meeting this commitment. Your colleges and other colleges in Mumbai have been doing a commendable job by organizing Blood Donation Drives in the college.

We take this opportunity to announce an Inter Collegiate Blood Donation Competition. This will hopefully lead to more initiative by the student community, and active participation by the staff, both teaching and non-teaching. Details of the competition are given in this Manual.

We hope that every college organizes two Blood Donation Drives during the academic year. We also hope that a plan is drawn with the involvement of all staff members and the NSS unit, to motivate blood donors to turn up in large numbers. We have submitted an Action Plan of what we expect your student volunteers to do for a successful Blood Donation Drive. This could be adopted by you or modified to suit the requirements of your college.

We have attached a Response Sheet in which we would like you to give us your schedule of the Blood Donation Drive. Looking forward to your reply on the Response Sheet, and more importantly to a successful campaign for Blood Donation in your college, we remain.

Yours sincerely,

Dr. P. N. Pabrekar
N.S.S. Programme Coordinator
Mumbai University

PLEASE FILL & SEND

Date : _____

Dr. P. N. Pabrekar
N.S.S. Programme Coordinator
Mumbai University
University Club House
Churchgate, Mumbai.

Dear Sir,

Our tentative programme for Blood Donation Drives in our college during the academic year 2005-06 is as follows :

	Which week	Month
Drive No. 1	First / Second / Third / Fourth	
Drive No. 2	First / Second / Third / Fourth	

Details of our Blood Donation Drive/s held during the last academic year 2004-05 are as follows :

	Date	Units collected	Name of Blood Bank
Drive No. 1 :			
Drive No.2			

Thanking you,

Yours sincerely,

(_____)
Programme Officer

(College Seal / Stamp)

Name of College : _____

Telephone No : _____

ACTIVITIES THAT MAY BE UNDERTAKEN

1. BLOOD DONATION DRIVE IN COLLEGE

Every college should consider the possibility of organizing two Drives during the Academic year. The Drives could be spaced 5 months apart. The NSS Unit will take the lead in this activity, as is the case every year. But, we would like the teaching and non-teaching staff to actively participate in motivating all potential donors.

2. BLOOD DONATION DRIVE IN AN OFFICE OR RESIDENTIAL AREA NEAR COLLEGE.

The NSS Unit of the College should consider the possibility of organizing a Blood Donation Drive in a nearby office or residential area. Here the main task of the NSS unit will be to initiate, motivate, guide and supervise the Drive. This activity will help the students in acquiring skills of interaction with the outside world.

3. POSTER EXHIBITION

Poster Exhibition or Display to be organized. This should display the creations of the students. Ideally the Poster Exhibition should be timed a couple of weeks before the first Blood Donation Drive. This will help in providing information about Voluntary Blood Donation. This will also help in creating the right atmosphere before the Blood Donation Drive.

BLOOD FACTS

WHY IS BLOOD REQUIRED ?

Modern medical science is based on the availability of human blood.

Blood is required by:

- 1 Patients of genetic disorders like Thalassaemia, Haemophilia and Sickle Cell Anaemia.
- 2 Patients undergoing major surgeries.
- 3 Cancer patients.
- 4 Victims of major accidents or injuries.
- 5 Burn victims.
- 6 Women in child birth.

In the city of Mumbai alone, daily there are more than 600 people who are in need of life-saving blood. The total requirement of blood per annum in the city of Mumbai is 2,40,000 units.

Thalassaemia Major is a serious genetic, blood disorder, which affects more than 1 lakh children in India. These children need blood transfusions regularly throughout their lives for their survival.

WHERE WILL THIS BLOOD COME FROM ?

Blood is not manufactured in any factory.

Artificial / synthetic blood is still in the research stage.

Animal blood cannot be transfused to human beings.

Blood, is made in only one factory the human body. Therefore, the only source of human blood is through voluntary blood donation by another human being.

WHO CAN DONATE BLOOD ?

You can donate blood if you :

- Are between the age of 18 and 60.
- Weigh more than 45 kgs.
- Have a haemoglobin count of more than 12.5 gms per decilitre.
- Have normal blood pressure, pulse rate, heart and liver condition.
- Have not suffered from any major ailment in the recent past.
- Have completed 3 months since your last donation.

Before donation you are required to fill up a Questionnaire. Also, on the spot check is done of your weight, haemoglobin and blood pressure. You are found to be eligible to donate blood only on fulfilling the conditions of the questionnaire and the tests.

WILL ONE BECOME WEAK ON DONATING BLOOD ?

The human body has around 4 - 5 litres of blood. At least 15 to 20 ml of blood per kg of body weight is a buffer stock in the human body. This blood is more than what is required for normal circulation in the body.

The total blood collected during blood donations is 350 / 450 ml. - a very small fraction of the excess blood in the body. And, even this donated blood is regenerated by the body on its own in a short time. The donor is fit to resume normal duties after an hour of donation.

The blood that is donated is of very little consequence to the donor, but is a matter of life and death for a suffering fellow human being.

IS IT PAINFUL TO DONATE BLOOD ?

After the initial prick of the needle, all you feel is a gentle pressure, but no pain. The entire process of donation takes less than 10 minutes. Any discomfort or problem during or after donation, is very uncommon.

IS IT SAFE TO DONATE BLOOD ?

Yes. You will be eligible to donate blood only if you are fit and well. The needle and blood bag used to collect blood come in a sterile pack that cannot be reused. The process is therefore absolutely safe.

WHAT SHOULD ONE DO AFTER DONATING BLOOD ?

- Lie down for five minutes on the same cot after blood donation.
- Keep your hand limp and folded so that the flow of blood is stopped
- Wait for plaster to be fixed on the blood donation spot.
- Consume the biscuit and coffee served to you.
- Do not indulge in any rigorous physical activity for an hour after donation.
- Consume lot of fluids after donation on the day you have donated blood.

WHAT TESTS ARE DONE WITH THE BLOOD WHICH IS COLLECTED ?

The blood which is collected is carried to the Blood Bank and tested for :

- Blood Grouping
- HIV
- Hepatitis B
- Hepatitis C
- Venereal diseases (STDs)
- Jaundice
- Malaria

WHAT IS COMPONENT SEPARATION ?

Blood is made up of the following components :

Red Blood Cells

White Blood Cells

Platelets

Plasma

Blood collected from a Donor is called Whole Blood. Ideally after collection and being found suitable, blood should be immediately split up into its components.

In most cases, those in need of blood, do not need whole blood but need one or more components. Thus in most cases, one unit of blood donated by a person can help several persons.

BANNER

BANNER NO. 1

DONATE BLOOD
On 24 July 2005



BANNER NO. 2

**BLOOD
DONATION
DRIVE**
24 July 2005
KEEP OUR COLLEGE FLAG FLYING



BANNER NO. 3



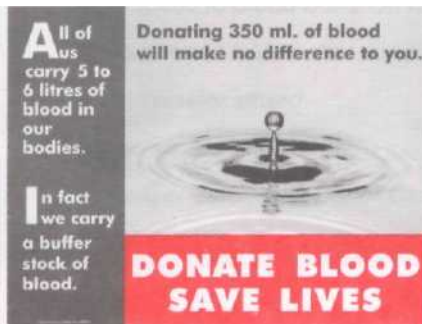
College NSS Banner

POSTER

POSTER NO.1 - YOUNG BLOOD COMPETITION

POSTER NO. 2 - MESSAGE

English & Marathi posters conveying the importance of Blood Donation. These are normally provided by the Blood Bank



POSTER NO. 3 - DO'S & DON'TS



DO'S & DON'TS

- *Do not donate blood on an empty stomach. You should have eaten something in the last 4 hours.*
- *Do not Donate Blood immediately after a full meal. Wait for 45 minutes after the meal*
- *Do not donate blood if you have had alcohol the previous 48 hours. In other words, if you wish to donate blood avoid alcohol the previous 48 hours.*
- *Drink a glass of water before proceeding to the Blood Donation cot.*
- *Drink lot of fluids after donation.*

POSTER NO. 4 - PROCEDURE TO BE FOLLOWED



Procedure to be followed

- *Fill up Blood Donor Form*
- *Check your weight*
- *Check your haemoglobin*
- *Check your BP*
- *Proceed to Blood Donation Cot*
- *Keep hand folded after donation*
- *Get plaster affixed*
- *Have biscuit and coffee*
- *Collect Certificate/ Donor Card*

CONTENT OF LECTURE (FULL) BY NSS VOLUNTEERS

DEAR FRIENDS

Have you ever had a relative or friend in need of blood ? If you have, you would realise how much one has to run for organizing blood. The fact of the matter is that every day there are more than 600 persons in the city of Mumbai who need blood.

Apart from accident cases, surgeries, anaemia cases, cancer cases, women in childbirth, there are small children suffering from Thalassaemia who need blood every 15 days.

A huge quantity of blood is required in our city. Where will this blood come from? Blood cannot come from a factory or laboratory or another animal. There is only one factory that manufactures blood - the human body, your body and my body.

And, God has blessed all of us with more than sufficient blood. He has ensured that our bodies carry a buffer stock of blood - more than what is required for normal circulation. How much of the blood is the buffer stock ? Almost 20 ml per kg of body weight. Therefore even if you weigh just 50 kilos you carry almost 1 litre of blood as buffer. If you donate just 350 ml of this buffer stock of blood to a child in need, will it make any difference to you ? Absolutely not. There are blood donors who donate blood every three months.

Is it very difficult to donate blood ? Do you need to do anything complicated to donate blood ? It is very easy to donate blood. The Blood Bank will ask you to lie down on a cot. The entire act will be over in 10 minutes. And this blood that you donate will be regenerated in your body in a very short time.

So you can see that it is a complete win-win situation. You have a buffer stock of blood in your body. There is no difference to you if you donate a small portion of this blood.

It takes only 10 minutes of your time. You need to just lie down on a cot. And even this blood is regenerated in your body. But look at what it does to the receiver. It gives life.

In fact it can help save several lives. Because once the blood is taken to the blood bank it is split into its components. RBCs from your blood may go to a Thalassaemic child, platelets may go to a cancer patient, and plasma may go to a third person. Thus your simple act of lying flat on a cot for 10 minutes can help save three lives.

Who can donate blood ? Anybody who is more than 18 years of age, who weighs more than 45 kgs, who has haemoglobin count of more than 12.5 gms, and who is not on medication. The Blood Bank will ask you to fill a Questionnaire, which will ask you a whole lot of questions. But there is one simple question you should ask yourself. Do I care for people who are in desperate need of blood ? If you answer this question, you will come forward to donate blood. After that if you are found ineligible for some reason or the other, it doesn't matter. What is more important is for you to offer to donate blood.

You will get a donor card from the Blood Bank, when you donate blood. Carry this card as a badge of honour.

Remember, you should not donate blood on an empty stomach. If you have not had breakfast have a light snack. Drink a glass of water before donating blood. It always helps.

There is an inter-collegiate blood donation competition. We need to bring the trophy to our college. For that every student must come forward and donate blood.

Thank you

CONTENT OF LECTURE(SHORT) BY NSS VOLUNTEERS

DEAR FRIENDS

We are organizing a Blood Donation Drive in our college on xxxxxx from x:xx m to xx:xx pm. The drive is being organized at xxxxxxxxxxxx. We would like all of you to participate in this drive.

You must have seen posters of an Inter Collegiate Blood Donation Competition, which has been instituted this year. Trophies will be awarded to the best colleges. We can bring this Trophy to our college if we have active participation from everyone in college boys and girls. It is important that we not only donate blood but also convince and motivate everyone we know.

Remember that God has blessed all of us with enough and more blood. In fact we carry a buffer stock of blood, which is almost 20 ml per kg. of body weight. In other words, even if we weigh 50 kgs. we carry almost 1 litre of blood as buffer stock. When we donate blood we donate a small part of this buffer stock.

It takes hardly 10 minutes to donate blood. It is easy, safe and without any discomfort. And this donated blood is regenerated in the body within a short time. So, we really lose nothing. But we actually end up saving lives an act which we can be proud of.

Anybody, boy or girl, who is more than 18 years of age can donate blood. You need to weigh more than 45 kgs and should be free from medicines. The Blood Bank will do a test for haemoglobin and will ask you to fill a Questionnaire. Only if the Blood Bank doctors think you are eligible to donate blood, you will be allowed to donate blood. It is important for you to offer to donate blood.

You will receive a Donor Card for having donated blood. This is a card that you can carry very proudly. It really is a badge of honour. Not everybody can join the armed forces and defend the country. Do the next best thing Donate Blood. You can donate blood four times a year.

Come to the Drive and keep our college flag flying.

Thank you

ACTION PLAN

7 DAYS BEFORE CAMP

Arrange Poster Exhibition - if possible

Put up Banner No.1

Put up Poster No.1 and Poster No.2

2 DAYS BEFORE CAMP

Put up Poster No.3

Classroom to classroom lectures by NSS volunteers

1 DAY BEFORE CAMP

Classroom to classroom lectures by NSS volunteers

ON THE DAY OF THE CAMP

Put up Banner No.2

Put up Banner No.3

Put up Poster No.4

Make arrangements at the venue

Make classroom to classroom announcements

ARRANGEMENTS FOR THE CAMP

CHECK LIST

1. Cleaning of venue
2. Fans
3. Tables - for pre-donation and post-donation procedures
4. Chairs
5. Cots - normally brought by the Blood Bank
6. Pens
7. Register
8. Drinking water
9. NSS Banner
10. Lunch for Blood Bank staff

VOLUNTEERS REQUIRED FOR

1. Arranging tables, chairs etc at the venue
2. Explaining procedure to potential donors and assisting in filling of forms
3. Maintaining register before donation
4. Regulating waiting donors
5. Escorting donor to Refreshment Area
6. Serving refreshments and keeping an eye on Donors
7. Ensuring fixing of plaster by Blood Bank staff
8. Writing certificates
9. Handing over donor card (if any) and thanking donor
10. Arranging for food for Blood Bank staff

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