

Report of the Blood Donation Camp



Mysore City Police Commissioner Dr.A.Subramanyeswara Rao and DCPs are voluntarily donating blood at VVLC campus, Mysuru



Er.P.Vishwanth, Hon'ble Secretary, Vidyavardhaka Sangha ®, Mysuru and Prof.K.B. Vasudeva, Principal, VVLC are giving certificate to Dr.A.Subramanyeswara Rao, Commissioner, Mysore City Police after donating blood

The Youth Red Cross Committee, Vidyavardhaka Law College, Mysuru in association with Jeevadhara Blood Bank, Mysuru. IQAC of VVLC, National Service Scheme of VVLC, Lions Club, Mysuru and HDFC Bank, Mysuru organized Blood Donation camp at VVLC campus Mysuru on 31st October 2018.

Hundreds of students from Vidyavardhaka Law College and Police Officers of Mysuru City in large numbers participated in 'Blood Donation Camp' organized as part of National Unity Day (Rashtriya Ekta Diwas) in VVLC. The event was organized as part of the nationwide Unity call given by Union and State Governments to commemorate the 143rd birth anniversary of Iron Man of India, Sardar Vallabhbhai Patel.

Prof.K.B. Vasudeva, Principal, VVLC through his welcome address greeted all the dignitaries, participants, blood donors, police officials, students and general public.

Mysuru City Police Commissioner Dr. A. Subramanyeswara Rao flagged off the National Unity Day and Blood Donation Camp in VVLC Campus. Speaking after administering the oath for the students to protect the unity and integrity of the nation, the City Police Commissioner highlighted the significance of celebrating the National Unity Day and Blood Donation.

He exhorted the youths to contribute their mite for the progress, betterment of the country apart from upholding dignity, integrity, plural and secular ethos of the nation. The Union Government has been promoting 'National Unity Day' to strengthen the bonding among people. Further, Dr. A. Subramanyeswara Rao gave some health tips before and after donating the blood. The following are the key health tips given by him:

Free Health Checkup: Before you donate blood, your hemoglobin levels, blood pressure, temperature, and heart rate are all assessed at no cost to you. If there are any abnormalities, you will be made aware of them and can seek medical attention. Furthermore, once your blood has been sent to the lab, they will screen it for infections such as syphilis, HIV, and hepatitis B and C. You can opt to be informed if they find anything abnormal during this analysis.

Burns Calories: Donating one pint of blood can burn up to 650 calories. While this shouldn't be considered a weight-loss solution, it is a nice bonus for doing a good deed!

Decreases Risk of Cancer: By donating blood, you could be reducing your risk for cancer. Iron has been linked to free-radical damage in the body and is associated with an increased risk of cancer and accelerated aging. When you donate blood, you are removing some of the iron from your system and lowering your risk for liver, lung, colon, and throat cancers.

New Blood Cells: Your body will be stimulated to replenish the blood cells lost during the donation, which helps maintain good health.

Later, to motivate the students, blood donors and participants Dr. Subramanyeswara Rao, DCPs N. Vishnuvardhana and Dr. Vikram V. Amathe and City Armed Reserve DCP Basavaraj V. Kittur, voluntarily donated their blood to promote Blood Donation as part of National Unity Day.

National Unity Day across Mysuru District

National Unity Day was observed across the district to foster, reinforce dedication to preserve and strengthen unity, security and integrity of the nation.

Series of events like Run for Unity, voluntary blood donation, seminar, quiz competition, march-past by Police Department troupes were also held in town, taluk and district headquarters to pay tributes to India's first Home Minister and Deputy Prime Minister Sardar Vallabhbhai Patel.

A Voluntary Blood Donation Camp was held successfully at Vidyavardhaka Law College premises where hundreds of Students, Cops and Teaching & Non-teaching College staff donated blood.

Gundappa Gowda, Hon'ble President, Vidyavardhaka Sangha ®, Mysuru, Er.P.Vishwanth, Hon'ble Secretary, Vidyavardhaka Sangha ®, Mysuru and S.N. Lakshmi Narayana, Hon'ble Treasurer, Vidyavardhaka Sangha ®, Mysuru, Teaching and Non-Teaching Staffs of VVLC, VVFC, Mysuru were took part in the event.

Pof. H.S.Shivakumar delivered vote of thanks. The program was concluded followed by National Anthem.

H.S.Shivakumar and K.L.Chandrashekhara
Coordinators
Youth Red Cross Committee
Vidyavardhaka Law College
Mysuru
