

## Vidyavardhaka Law College

Sheshadri Iyer Road, Mysuru-570001

### Report of the Awareness Programme on Blood Donation

Youth Red Cross Committee of Vidyavardhaka Law College, Mysuru organized an awareness programme relating to ***Blood Donation, Indian Red Cross Society and Youth Red Cross*** on 24<sup>th</sup> September 2019.

Prof. P.Deepu, Principal, VVLC delivered welcome and Keynote address on ***Blood Donation, Indian Red Cross Society and Youth Red Cross***.

Prof. M.Mahadevappa, Vice Chairman, Indian Red Cross Society, Mysuru District Branch, Mysuru delivered a special lecture on ***Blood Donation, Indian Red Cross Society and Youth Red Cross***. The key points from his lecture are mentioned below:

- ⦿ The Youth Red Cross is a most important constituent of its mother organization IRCS. YRC aims at inculcating the 7 fundamental principles of the Red Cross movements i.e.,
  - ❖ Humanity
  - ❖ Impartially
  - ❖ Neutrality
  - ❖ Independence
  - ❖ Voluntary Services
  - ❖ Unity and
  - ❖ Universality

- ⦿ The YRC is organized with a view to develop and deploy students youth resources for working towards these principles.

### **Information on Blood Donation:**

- ⦿ There is no substitute to blood.
- ⦿ It is not possible to produce blood artificially.
- ⦿ Blood can only be obtained through human donation.
- ⦿ Only when every healthy person donates blood thinking that it is his/her duty, it is possible to treat people with fetal diseases and accident victims.
- ⦿ Within few hours after blood donation, body recoups and within 24 hours, donor will get back the volume of blood he/she has donated.
- ⦿ It doesn't even pain more than a prick during blood donation.
- ⦿ It doesn't take more than 20 minutes to donate blood and recover completely.

### **Who Can Donate Blood?**

- ⦿ Without any discrimination between man and women or any person within the age group of 18 to 60 years can donate blood.
- ⦿ Male can donate blood once in three months, female can donate blood once in four months.
- ⦿ Wait of the male donor for female donor should be more than 50 Kgs.
- ⦿ The donors' systolic blood pressure should not be more than 140 and diastolic blood pressure should be 70 to 100.
- ⦿ Hemoglobin in blood should be more than 12.5gm
- ⦿ Thereof other criteria which are mentioned in detailed in the donor consent form.

### **Who Cannot Donate Blood?**

- ⦿ If the donor is suffering from some contagious diseases.
- ⦿ Persons who have consumed alcohol and antibiotics within 72 hours cannot donate blood.
- ⦿ If vaccinated against any disease, such persons should not donate blood till four weeks from the date of vaccination
- ⦿ If treated for malaria, than should not donate blood till three months from the date of treatment.
- ⦿ If the person has taken Aspirin tablet or any medico fins then should not donate blood.
- ⦿ Person who has received any blood within previous three months should not donate blood.
- ⦿ Any person who has undergone any major surgery cannot donate blood for 6 months, and minor surgery cannot donate blood for 3 months.
- ⦿ Persons suffering from Jaundice, Cancer, Heart ailment, unnatural bleeding, reduction in weight without any reason, diabetes, hepatitis B&C, any problems of kidney and Lever, bronchitis, epilepsy, mental sickness should not donate blood.

### **Benefits of Blood Donation to the Donor:**

- ⦿ Blood donation influences urge in donors body to produce new blood.
- ⦿ With the production and circulation of new blood, attention and memory power of the donor improves.
- ⦿ Helps in reduction of fat in blood.
- ⦿ Produce 80% of risk of heart attack for the donors.
- ⦿ Blood is issue free of cost to the patient.

- ⦿ After collection of blood from the donor as per the guidelines of drugs and cosmetics Act 1945. The following test are mandatory for blood bank i.e., HIV, I & II, hepatitis B virus, HCV, Supplies, Malaria parasite.

Dr. K.L.Chandrashekhara, Asst. Professor of Law and Coordinator of Youth Red Cross Committee, VVLC, Mysuru delivered vote of thanks.



