



MOUNT CARMEL SCHOOL, CHANDIGARH

NOTICE

Date: 03-05-2024

Dear Parents / Guardian ,

**Reg.: Voluntary Blood Donation Camp in the School on Saturday the 18<sup>th</sup> May, 2024 from 9:00 a.m. to 11:00 a.m.**

Post Graduate Institute of Medical Science (PGIMER), Sector 12, Chandigarh is organizing a Voluntary Blood Donation Camp in the School premises **on Saturday the 18<sup>th</sup> May, 2024 from 9:00 a.m. to 11:00 a.m.** All healthy individuals between the age of 18 years and 60 years are welcome to participate. Doctors and Nurses from PGIMER will be available to assist donors with the blood donation process.

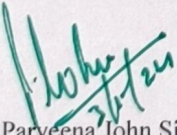
This is an excellent opportunity to do something good for the community and to help save many lives. "Blood donations are a lifeline for countless individuals in need, and their impact goes far beyond saving lives. There are profound benefits of donating blood. Not only does it provide essential support to patients undergoing surgeries, cancer treatments, and emergencies, but it also holds significant advantages for the donors themselves. Regular blood donation helps maintain healthy iron levels in the body, reducing the risk of conditions like hemochromatosis. Moreover, the act of donating blood fosters a sense of community and altruism, offering donors a fulfilling experience and the knowledge that they have made a positive impact on someone's life. Blood donations ensure that hospitals can meet the needs of patients during medical emergencies. It is through the selfless act of donating blood that we can collectively create a healthier and more compassionate world.". We urge you to participate voluntary in the camp and donate blood.

Interested voluntary donors are requested to follow the following:

1. Reach School by 8:45 a.m.
2. Have usual breakfast in the morning and consume 2 – 3 glasses of water since morning.
3. Avoid milk and milk containing food immediately before donation.

We are herewith posting the post donation instructions along with this Notice.

We look forward to your voluntary participation in the Blood Donation Camp.

  
Dr. Parveena John Singh  
Principal



## रक्तदान के बाद कुछ सावधानियाँ

1. बाजू पर ऊँगली से दबाव डालें जब तक बैंड एड न लग जाएं। 6 से 12 घण्टे के बाद बाजू से बैंड एड निकाल दें।
2. चक्कर आने या घबराहट होने पर तुरन्त बैठ जाएँ या लेट जाएँ एवं लेटने के पश्चात सिर को ना उठावें। ऐसे में सहायता के लिए किसी को आवाज़ लगावें।
3. तरल पदार्थों का सेवन अधिक करें।
4. आधे घण्टे तक धूम्रपान तथा उस दिन शराब का सेवन न करें।
5. रक्तदान के बाद आधे घण्टे तक गाड़ी मत चलायें।
6. रक्तदान के बाद आप अपना रोज़ का काम कर सकते हैं।
7. रक्तदान के बाद, अगर उस हिस्से से रक्तस्राव बन्द न हो तो ऊँगली से 5-10 मिनट तक दबाव डालें। अगर फिर भी न बन्द हो तो तुरन्त रक्त संग्रह केन्द्र में लौट आएँ या किसी डाक्टर को दिखाएँ।
8. खेलकूद व भाग-दौड़ का काम 24 घण्टे के लिए न करें।
9. तीन महीने (90 दिन) के बाद आप फिर रक्तदान कर सकते हैं।
10. आपके द्वारा किया गया रक्तदान किसी रोगी या जख्मी की जान बचा सकता है, हम उनकी सहायता करने के लिए आपका हार्दिक धन्यावाद करते हैं।

डिपार्टमेंट ऑफ ट्रांसफ्यूजन मेडिसिन  
(ब्लड बैंक), पी.जी.आई. चण्डीगढ़



## POST DONATION INSTRUCTIONS

1. Put pressure with your fingers on needle wound until application of band-aid. Remove the band-aid after 6-12 hours.
2. If you feel faint sit down immediately and lower your head. If necessary lie till the feeling disappears. Also inform the attendant in the room.
3. Take more liquids after donation.
4. Do not smoke for half an hour or drink alcohol on the day of blood donation.
5. Do not drive for at least half an hour after blood donation.
6. If bleeding takes place from needle wound apply firm pressure for 5-10 minutes, with finger over band-aid. If bleeding does not stop return to Blood bank to see a doctor.
7. Avoid sports and strenuous activities for 24 hours.
8. You can safely donate blood again after three months.
9. Your blood will greatly benefit sick or injured patients and on their behalf we thank you.

DEPARTMENT OF TRANSFUSION MEDICINE  
(BLOOD BANK), PGIMER, CHANDIGARH