



MOUNT CARMEL SCHOOL, CHANDIGARH

NOTICE

Date: 03-05-2024

Dear Parents / Guardian ,

**Reg.: Voluntary Blood Donation Camp in the School on Saturday the 18th May, 2024
from 8:30 a.m. to 10:30 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 18th May, 2024 from 8:30 a.m. to 10:30 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 voluntarily 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