

# THE Blood Bank Times

An official magazine of Siliguri Terai Lions Blood Bank  
(A Project of Lions Club of Siliguri Terai, Dist. - 322F)

**INAUGURAL ISSUE**

Vol. : I • Issue : I • L. Y. - 2014-15



## STORIES INSIDE :

Visit of  
2nd International  
Vice President  
Lion Bob Corlew

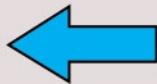
Know your  
Blood Bank

Incoming Project  
Thalassemia  
& Apheresis

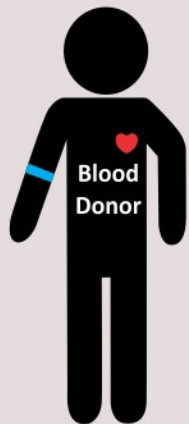
Highlights of  
Blood Donation  
Camps of 2014-15

Blood Facts,  
Blood Donor Manual,

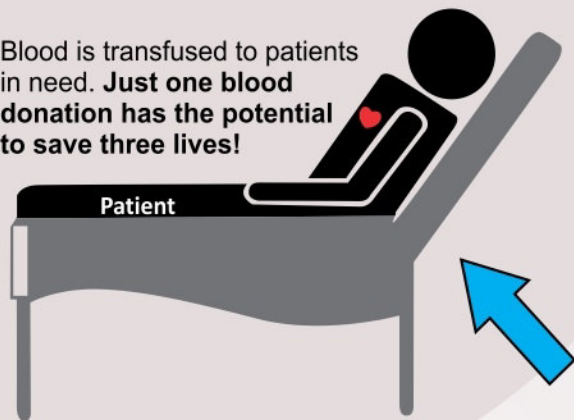




A pint of blood is drawn from a volunteer donor



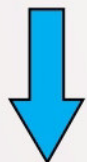
Blood is transfused to patients in need. **Just one blood donation has the potential to save three lives!**



Blood is collected into a sterile bag and marked to identify its type



Units are transported to the Siliguri Terai Lions Blood Bank for testing and processing



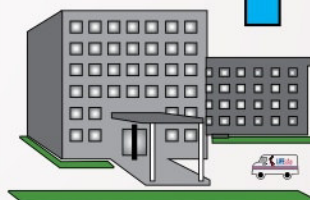
Blood is processed in a spinning centrifuge, which separates it into different components



# What happens to your Blood donation

Blood products are stored for transfusion. The shelf life of blood is limited.

- Platelets expire in 5 days.
- Red blood cells expire in 42 days.
- Plasma can last up to one year.



## Red Blood Cells

- Contain hemoglobin, a protein that carries oxygen throughout the body.
- Used to treat patients with anemia or blood loss due to trauma or surgery



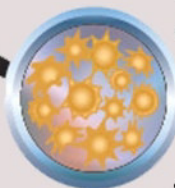
## Plasma

- Contains a protein used to treat shock and burn patients.
- Used to treat patients whose blood does not clot properly.



## Platelets

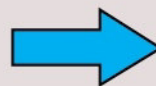
- Crucial in helping blood clot. Patients with low platelet levels often suffer from bruising and bleeding



Local hospitals place orders for blood products based on their needs, which are filled and delivered by LifeSouth.



Blood is tested to ensure that it is safe for transfusion





# Editorial



Welcome to the Inaugural Issue of THE BLOOD BANK TIMES, an official magazine of our Blood Bank in which I hope you will find an interesting mixture of articles related to Blood and Blood Banking. In this first issue, I have tried to cover in brief about our organization & blood bank, about blood & its facts, data of last few years and our incoming projects in Blood Bank etc. I am thankful to Chairperson Lion Ramesh Jhawar for inspiring me for an innovative concept – publishing a Blood Bank Magazine. I have tried to put my best Endeavour to present a correct data based information but some errors of omissions & commissions are bound to have crept in and I hope that you will forgive any lapses on my part realizing the magnitude of the task.

Being associated with Blood Bank in its any department has always been a proud moment of my life. I love this project and it gives me tremendous mental satisfaction working for the agenda Blood & Blood Banking. Our club with this project has shown a great commitment to people. I pray that God may bless all the members and their family for extending a continuous dedicated service to the society.

Blood is a vital resource and an essential part of the modern healthcare. Blood supplies are limited and rely on the availability of volunteer donors to maintain adequate bloodstocks. Voluntary blood donation program has been recognized as a major activity to improve the quality of blood and blood products. Voluntary blood donation is perhaps one of the perfect example of altruism in action. It can bind the

society together regardless of class, race, colour or religion. Recruitment of safe donors is a challenging task. It is necessary that individuals in the community realize that blood donation is their responsibility. I personally don't miss any opportunity to donate every three months since 1991. The gift of Blood is priceless; it is the highest expression of altruism. Human Blood is produced only by human body and can not be manufactured. By giving a little of one's own blood, we can save 3 lives of our fellow beings.

It is a universal fact that the current donor base is not adequate. Blood supply is expected to become a real challenge due to the progressive drop in the number of young people giving blood and the rising demand for blood components. Particularly, the demand for platelets has shown a significant increase over previous years and we have an experience of demand of platelets in Dengue last three years.

Our Blood Bank has taken a major initiative to conduct voluntary blood donation camps in North Bengal since its inception. We are committed to support this program every year thereafter. In recent years we have been able to conduct approx 150 camps per annum. We have highlighted all the major and various strategies required for promoting voluntary blood donation here and are fighting unanimously against the onslaught of HIV/AIDS and other infectious diseases through safe blood transfusion campaign. I hope, in coming years this magazine will guide us like a torch in the Blood donation campaign, new technologies and ideas for fulfillment of demand of Blood and making our Blood Bank as the most advanced in the country.

**Atul Jhawar**

*Editor : Inaugural Issue  
The Blood Bank Times*

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**Lions Club of Siliguri Terai, Dist. 322F**



# Blood Bank Committee 2014-15

**CHAIRPERSON**  
**Lion Ramesh Jhwar**



## CO-CHAIRPERSONS



**LION JAGDISH AGARWAL**  
Indent & Purchase



**LION PAWAN BANSAL**  
In-house Administration  
Management & Ambulance



**LION ARUN PERI WAL**  
Finance & Accounts



**LION ATUL JHWAR**  
Blood Donation Camp &  
Legal and Technical matters



**LION DINESH MARODIA**  
Blood Bank Const. & Development

## ADVISORS



**LION NIRMAL GIDRA**  
Past Chairman



**LION MAHESH AGARWAL**  
Past Chairman



**LION NARENDRA MITRUKA**  
Past Chairman

### EX-OFFICIO MEMBERS

Trust President : Lion Sanjay Agarwal  
Club President : Lion Anil Goyal  
Club Secretary : Lion Surendra Jain  
Club Treasurer : Lion Mukesh Sinhal

#### SUB-COMMITTEE Publicity & Awareness

Chairperson : Lion Sanjay Agarwal  
Members : Lion R. S. Hora  
Lion Kamal Agarwal

#### SUB-COMMITTEE AMBULANCE & DONOR VAN MAINTENENCE

Chairperson : Lion Bijay Goyal  
Members : Lion Niranjan Dhirasaria  
Lion Sushil Bajla  
Lion Vinod Minda

#### SUB-COMMITTEE CONSTRUCTION & DEVELOPMENT

Chairperson : Lion Pawan Agarwal  
Members : Lion Ratan Goel  
Lion Kamal Agarwal

### SUB-COMMITTEE BLOOD COLLECTION & DONATION CAMPS

Chairperson : Lion Niranjan Dhirasaria  
Members : Lion Sushil Bajla  
Lion Naresh Periwal  
Lion Rajiv Jain  
Lion Sujit Bihani  
Lion Ashok Agarwal  
Lion Ajay Agarwal  
Lion Dr. Sanjay Agarwal  
Lion Kamlesh Gilra  
Lion Kamal Singh Kundalia

### SUB-COMMITTEE FOUND RAISING & LIFE SAVER SCHEMES

Chairperson : Lion Sravan Chowdhury  
Members : Lion Navratan Parakh  
Lion Niranjan Mittal  
Lion Uttam Saha  
Lion Basant Berlia  
Lion Ajay Sinhal

**Donate Blood**  **Save Three Lives**



## CHAIRMAN SPEAKS



My dear fellow members in Lionism,

It's a pleasure and truly a great honor for me to serve as the Chairman of one of the Noble project of Lions Club of Siliguri Terai "Terai Lions Blood Bank" and to follow in the footsteps of so many great chairs who have served before me.

I would like to begin with Lion Narendra and thanks for all his work over the past year and for getting the new model of Blood Bank before my transition into this important role.

I'd also like to acknowledge the fine work of our other officers – Lion Pawan Bansal, Lion Jagdish Agarwal, Lion Arun Periwal, Lion Dinesh Marodia and above all immediate past president Anil. As our good friend, the former chairman of Blood Bank Lion Nirmal, Lion Mahesh and Lion Narendra are the creator of our new model has been like raising a child in many ways, and have been key players in the formation of the present Blood Bank.

It's been my pleasure to work with one outstanding Lion over the years and he is none but Lion Atul. A whole time devotee in organizing and planning the Blood donation Camps. During last few years, Lion Atul have become the instrumental in elevating the activities of the Blood Bank. He have played a crucial part, together with other office bearers, members, staffs of blood bank in planning the significant changes now before us. I am not going in detail but want to share that during the tenure 2014-15, our blood bank had issued 20416 units of blood and organised 153 blood donation camps.

I am thrilled to have here with us energetic Terai Lions Team with whose support and co operation I have been able to discharge all my assignment happily and easily..

As mentioned earlier, the changes that Blood Bank is undergoing are the result of many months and years of hard work by the officers, the entire Terai Membership,

If there are three words you leave with today, let them be these: advocacy; communications; and education. These ideals incorporate all that we look to accomplish with our new model, and they are the incentives that will draw interest of members into the Blood Bank

I've been lucky to have some of the finest men and women working at our Blood Bank as administrator, technician, doctor and helper I would not be here today or be able to take on this role without a great team behind me, led by Dr P. Barua Choudhury, Dr Omprakash, Bhaskar Bhardwaj, Sonia, Vikram and all.

I was lucky enough to have gotten involved in the Blood Bank since its inception, and so it is important to me and assuring Lion Jagdish the present chairman of Blood Bank with all my accomplishments as is where is.

Success can't be stopped and it is connected with action. Our new Blood Bank model gives us great momentum. Let's keep moving and create more success in the months and years ahead.

TO SERVE is the motto of Lionism and we have somewhat achieved this at our signature project "TERAI LIONS BLOOD BANK".

Wish every one of you all the best and God bless you.

**Lion Ramesh Jhawar**  
Chairman (LY 2014-15)

## PRESIDENT SPEAKS



Dear Lion Friends,

It's been a great honour for me to be the President of this prestigious Club in its momentous Silver Jubilee year. This year has indeed made a

difference in my life.

First of all, I would like to congratulate & Salute Lion Atul Jhawar for his commendable job by publishing the most awaited inaugural issue of our "The Blood Bank Times" Magazine along with "Image" our Silver Jubilee edition magazine during our club Silver Jubilee celebration.

Siliguri Terai Lions Blood Bank is a "Temple of Service", and on this Silver Jubilee year our club had renovated & upgraded our Blood Bank giving it a complete new look. For this, I would like to thank Lion Dinesh Marodia & Lion Pawan Agarwal who completed the entire renovation works of our Blood Bank on time.

The dream of our permanent and continuing project "Blood Bank" would have not come true without the full support and tireless effort of the entire team under the able guidance of Chairperson Lion Ramesh Jhawar and all the Past Chairpersons Lion Nirmal Gidra, Lion Mahesh Agarwal and Lion Narendra Mitruka.

I sincerely believe the new Chairperson Lion Jagdish Agarwal and his team with their full enthusiasm make us reach new heights in terms of excellence and service to the humanity.

Friends, what we are today are the result of the hard work and dedication of our members who have been continuously contributing physically, mentally, financially and in every possible way.

My special full hearted gratitude to our donors who have always supported us in our needed times to make our effort a great success.

Last but not the least my sincere appreciation to our Doctors, Administrators, Officers, Technicians and other supporting staffs, who have served willingly round the clock.

Friends, this 25th year is just a milestone, one of the many that will come our way and should be seen as a stepping stone for even better things to come.

With Lionistic Regards,

**Lion Anil Goyal**  
President (LY 2014-15)

Thanks to Lions Clubs International Foundation (LCIF) for supporting Siliguri Terai Lions Blood Bank

We received following grants on

**4th December, 2000 = \$ 46000**  
**12th October, 2010 = \$ 50000**  
**1st September 2013 = \$ 75000**



Lions Clubs International Foundation support the compassionate humanitarian service of 1.35 million Lions in more than 200 countries and geographic areas by providing grant funding and developing programs that improve lives around the world. Please join us in bringing hope and change to communities everyday, everywhere.

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# KNOW YOUR BLOOD BANK

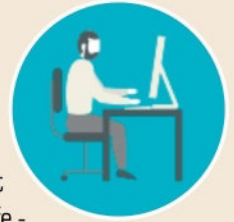
## ORGANISATION

### Background

23 years ago Lions Club of Siliguri Terai accepted the challenging task of organizing and successfully administering a Blood Bank at Siliguri. This prestigious project was commissioned on 30th April 2005. Siliguri Terai Lions Blood Bank, West Bengal's one of the largest and the most Modern Blood Bank is striving to bring a change in Indian Blood Banking. About 15,000 volunteers donate blood to us every year and this is on the rise phenomenally. We serve approx 21,000 patients with blood or its components per annum. We are transforming our activities and reaching out to people across the North Bengal. Donors are needed throughout the year but are mostly in short supply in the summer and around the festive seasons. During these times the demand for blood is very high but the supply is alarmingly low. Only blood banks with donors who regularly donate blood through camps can be of real help to the community in emergencies and disasters. To combat this demand-supply requirements, the community needs to donate blood throughout the year. We urge all eligible donors to donate blood every three months regularly. The Blood Bank aims to sustain the efforts for structured progress towards fulfilling the gap between demand and supply through organizing various Blood Donation Camps. Blood is a resource entrusted to us by the community. We act as stewards, ensuring that the precious Gift of Life donated by healthy volunteers becomes a Life Saving Medicine for the patient who needs it. To do this, we reach out to the community, creating awareness about the need for blood, encouraging eligible donors to donate, even going to the doorsteps of persons residing in remote locations who cannot come to Siliguri Terai Lions Blood Bank to donate.

### Our Work Culture

Our work culture revolves around the growth of the organization and training them to become future leaders. Siliguri Terai Lions Blood Bank has professionals from different arenas with a common objective of "Sharing Life - Saving lives". People who work for Siliguri Terai Lions Blood Bank have an unmatched capacity for caring and commitment to saving lives. Siliguri Terai Lions Blood Bank's transparent and flexible work culture makes it a great work experience by itself. We believe that the people should enjoy their work to give it their best. We have a Transparent work culture. Just an easy approach to work. We serve with true humanitarian Spirit. Our members and employees are at their best. They brush up their skills with full of their capabilities and sincerity.



### Flat Hierarchy

Blood banking is not an individual task. It is team work. We believe in human dignity and respect. We promote rather a flat hierarchy where every one works together and helps each others without any bias or boundaries. This helps us to serve the society better.

### Latest Technology

Siliguri Terai Lions Blood Bank is the most modern and advanced blood centre in West Bengal that engages high quality equipment and operating systems. Highly qualified professionals are involved in making the organization as one of the best place to work. You can hands on any of the following areas if you desire to engage yourself as intern or looking for opportunities.

### Challenging Assignments

Siliguri Terai Lions Blood Bank is constantly engaged in serving the community whenever there is need. This involves good blood banking, transfusion transmitted infections and many more. We try to provide availability of sufficient stock of blood and promotion of blood donation.

## OUR CORE VALUES

We are passionate about blood banking. Passionate about blood availability to every needy patient. Our compassion towards the human sufferings is the major factor that drives us for excellence in prompt and quality services to the society.





## Professionalism

We believe in professionalism i.e., high standards of personal conduct, character and approach to the cause. We sincerely strive to bring in needed professionalism in blood banking in the society so that the society gets the best it deserves. Our Blood Bank is ISO 9001:2008 certified.

## Creativity

We embrace creativity in what we do and take pride in the outcome. To this, we ensure most conducive work environment where new ideas and innovations are constantly nurtured, encouraged and accepted.

## Sensitivity To Changes

Change is the one thing that is constant in society. Lions Blood Bank remains as dynamic organization where change is integral part of its culture. For us, change is a pre-requisite for growth.

## Courage

We carry and display moral and mental strength to face any kind of adversity. We believe that every one of us should have the ability to take challenges and difficult tasks as it is the way of life.

## Integrity

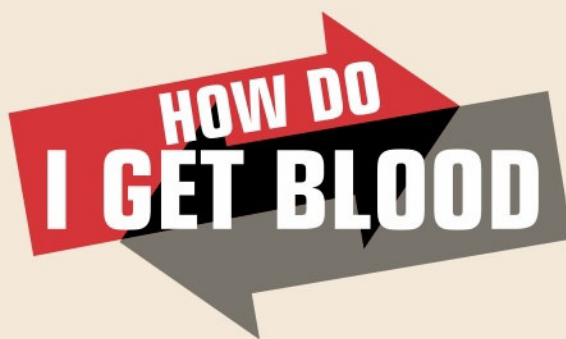
We commit for complete honesty and fairness in all dealings with people, institutions and society. Complete transparency in resource use and high level of integrity are valued.

## Growth Oriented ness

We set challenging yet achievable goals to ourselves so that we constantly strive to achieve them. The constant drive to grow keeps us competitive and relevant to the social needs.

## How Costs Are Met?

Siliguri Terai Lions Blood Bank is run on a "Not for Profit" but self sustaining basis. There is a service charge levied on blood that is distributed. This service charge is essential for meeting cost of raw material, testing, processing, and providing for depreciation and administration expenses. This will also give Lions Blood Bank an opportunity to undertake fundamental research in the field of transfusion medicine. Meanwhile to take care of people from poor economic status, 100 % of blood components which go to government hospitals are free of service charges. Lions Blood Bank is committed to up lift the standards of blood banking and in turn the quality of Life of the common man in our society.



## Procedure To Procure Blood

When you need blood, your doctor/Nursing Home/Hospitals will advise you to get a specific component in specific quantity. If it is planned surgery you could have some time at your disposal to intimate or book the needed component with blood centre. You should visit the blood centre with Doctor's prescription or requisition and blood sample of patient for cross match purpose.



## How Do I Get Blood?

When you present doctor's prescription or requisition and blood sample of the patient, depending on the availability of stock, the Issue Desk takes your sample and forward it to Cross match Desk. If you are a regular blood donor, or you have donated in any of our Blood Donation Camp, you should present your 'Donor Credit Card' to avail applicable benefits. Otherwise Replacement Donor is required. (patient brings a donor to donate blood at our blood bank)

## How Much Time It Will Take To Get Blood?

It takes about 45 Minutes to 1 hour for necessary technical & medical formalities including cross match the blood sample and provide you with needed component. When you need more than 1 unit it may take little more time.

## Why Blood Testing Charge?

Siliguri Terai Lions Blood Bank administers only approved testing charges uniformly from all the patients/hospitals/nursing homes. The blood testing charges are controlled by the Government norms and no blood centre could charge beyond the approved cost norms. It could only recover the costs that it incurred during the blood banking process within these limits. Lions Blood Bank follows quality standards as per Government guidelines in blood collection, processing and distribution. For these activities reasonable cost is involves as most of the equipment and testing materials are imported. Within this cost Siliguri Terai Lions Blood Bank manages to provide possible discounts to poor and needy patients.





# 'A NEW LOOK'

## PROUD MOMENTS INAUGURATION OF RENOVATED BLOOD BANK

Visit of 2nd International Vice President

BY LION SRAWAN CHOWDHURY



It was a proud moment and all the Lions & Lionades were eager to receive 2nd International Vice President, Bob Corlew. All were line up in front of Newly renovated Blood Bank Bldg and gave him a warm welcome. Lion Bob Corlew inaugurated the newly renovated Building by cutting the ribbon with Purohit chanting the mantras. Thereafter he entered the Blood Bank Building and visited each and every corner and made observation on the machineries and instruments installed. He inaugurated the Blood Banking Software by pressing the button on computer.

He visited the Blood Donation Camp where the Lionades were donating the Blood. He also gave his comments on Blood Bank activities by putting remarks in scrap book. Lastly we shown him the Blood Donation Van and Ambulance and he was overwhelmed by the service rendering by us Terai Lions in the field of humanitarian services.









# Functioning of Siliguri Terai Lions Blood Bank

Our Blood Bank is ISO 9001 : 2008 Certified & is the most modern and advanced Blood Centre of West Bengal that engages high quality equipment & operating systems. Highly qualified professionals and dedicated staffs are in the service round the clock. We maintain neat & Clean and most hygienic environment 24 x 365. We meet all the parameters setup by the Central & State Government.









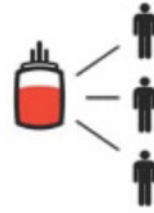
# Blood Facts

What is Blood? What are its components? What are facts about its demand & supply? What are its types? What are its uses? This article will enlighten all about blood...

## Blood Facts

- Blood is the life-maintaining fluid that circulates through the body's heart, arteries, veins and capillaries.
- Blood carries to the body nourishment, electrolytes, hormones, vitamins, antibodies, heat, and oxygen.
- Blood carries away from the body waste matter and carbon dioxide.
- Blood fights against infection and helps heal wounds, keeping you healthy.
- Blood makes up about 7% of your body's weight.
- There are mainly 4 types of human blood. They are AB, A, B and O
- A newborn baby has about one cup of blood in his or her body.
- White blood cells are the body's primary defence against infection.
- Granulocytes, a type of white blood cell, roll along blood vessel walls to search and destroy bacteria.
- Red blood cells carry oxygen to the body's organs and tissues.
- There are about one billion red blood cells in two to three drops of blood.
- Two million red blood cells die every second in our body
- Red blood cells live about 120 days in the circulatory system.
- Blood platelets help clotting and give those with leukemia and other cancers a chance to live.

- It takes about 20 seconds to one minute for a drop of blood to travel from your heart to all of body and back to heart.
- The cornea of our eye does not have any blood supply from our body.
- Dr. Bernard Fantus at Cook and County Hospital coined the word "Blood Bank" on April 25, 1937 at USA
- The first blood bank in the real sense of the term, was established by the Canadian doctor Norman Bethune during the Civil War on December 10, 1936 at Madrid in Spain. Most of the countries of the world had their blood banks during the Second World War.
- India had its first blood bank at Calcutta on March 6, 1942 to meet the war need.



**1 pint of blood can save up to 3 lives**

## Facts About Blood Needs

- Every year our nation requires about 100 lakhs units of blood, out of which only a meager 60 Lakh units of blood are available.
- There is more than 40% shortage of blood in India
- The gift of blood is the gift of life. There is no substitute for human blood.
- Every three seconds someone needs blood.
- More than 20,000 blood donations are needed every day.
- There are 2545 Licensed Blood Banks in India (up to 31st March 2012)
- The blood type most often requested by hospitals is Type O.
- More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- Only 4% of the eligible population in India donates blood.

## Facts about the blood supply

- Blood cannot be manufactured – it can only come from generous donors.
- Type O-negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.
- Type AB-positive plasma can be transfused to patients of all other blood types. AB plasma is also usually in short supply.
- On average, blood accounts for 7% of an adult's total body weight. (approx 5-6 ltrs of Blood in a human body)
- 350/450 ml of blood is collected from a blood donor
- You can give blood donation every 3 months. It takes 3 months to donate your blood medically, because the RBC's get replaced in 3 months.
- In India, the blood is preserved in blood bank for 35 days.



**Blood Cannot be manufactured; it can only come from the body of Voluntary Donors**

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## Facts about the blood donation process

- Donating blood does not make you weak.
- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.
- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.



**Donors can give blood every 56 days. Platelet donors can give every 7 days**

**Adults have around 10 pints of blood in their body. 1 pint is given during a donation.**



- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 min.
- The average adult has about 10 – 15 units of blood in his body. Roughly 1 unit is given during a donation.
- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be transfused to patients.

## Facts about blood and its components

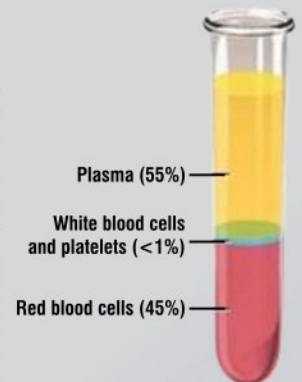
- There are four types of transfusable products that can be derived from blood: Red cells, platelets, plasma and cryoprecipitate. Typically, two or three of these are produced from a unit of donated whole blood – hence each donation can help save up to three lives.
- Donors can give either whole blood or specific blood components only. The process of donating specific blood components – red cells, plasma or platelets – is called apheresis.
- One transfusion dose of platelets can be obtained through one apheresis donation of platelets or by combining the platelets derived from five whole blood donations.
- Donated platelets must be used within five days of collection.
- Healthy bone marrow makes a constant supply of red cells, plasma and platelets. The body will replenish the elements given during a blood donation – some in a matter of hours and others in a matter of weeks.

### Effective life of Blood Components :

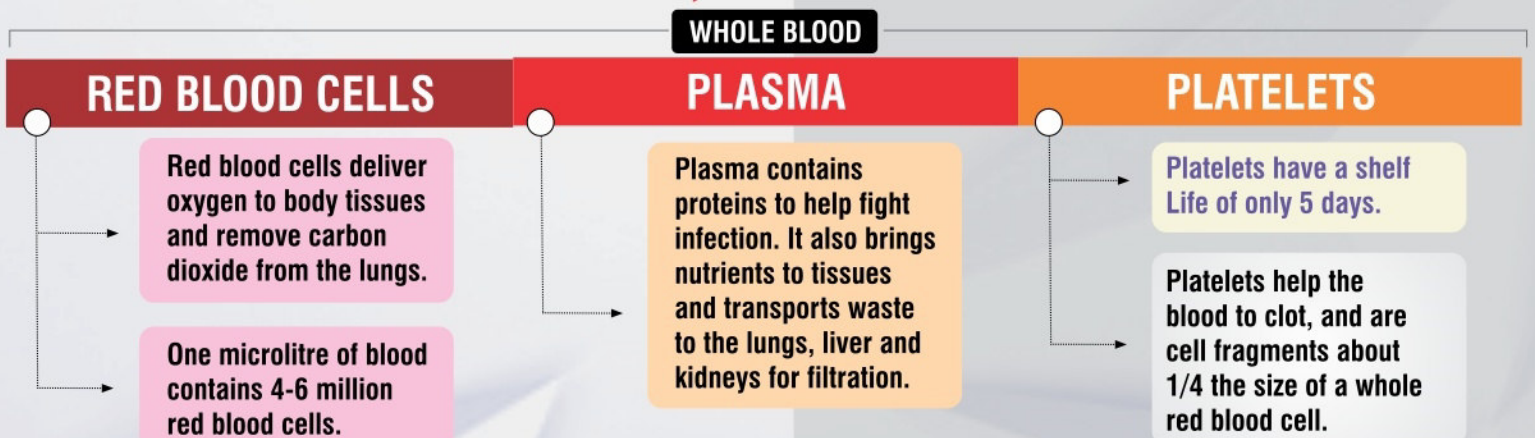
- Life of P.C is very short, of only 5 Days at 20-22°C with continue Aggitation.
- Life of R.B.C is 35 Days at 2-60°C
- Life of F.F.P is 01 years at -400°C

### Blood components

55% plasma: 7 to 8% dissolved substances (sugars, amino acids, lipids & vitamins), ions, dissolved gases, hormones most of the proteins are plasma proteins: provide a role in balancing osmotic pressure and water flow between the blood and extracellular fluid/tissues loss of plasma proteins from blood – decreases osmotic pressure in blood and results in water flow out of blood into tissues – swelling most common plasma proteins: albumin, globulins, clotting proteins (fibrin)



## AFTER THE BLOOD IS DONATED, IT GETS SEPARATED INTO THREE PARTS





## Facts about donors

- The number one reason donors say they give blood is because they "want to help others."
- Two most common reasons cited by people who don't give blood are: "Never thought about it" and "I don't like needles."
- One donation can help save the lives of up to three people.
- If you began donating blood at age 18 and donated every 90 days until you reached 65, you would have donated 30 gallons of blood, potentially helping save more than 500 lives!
- Only 7 percent of people in India have O-negative blood type. O-negative blood type donors are universal donors as their blood can be given to people of all blood types.
- Type O-negative blood is needed in emergencies before the patient's blood type is known and with newborns who need blood.
- Thirty-five percent of people have Type O (positive or negative) blood.
- 0.4 percent of people have AB-blood type. AB-type blood donors are universal donors of plasma, which is often used in emergencies, for newborns and for patients requiring massive transfusions.



**30 million blood components are transfused each year**

## Facts About Blood Type

- There are four main blood types: A, B, AB and O.
- In 1901, Karl Landsteiner, an Austrian physician, discovers the first three human blood groups. On his birthday i.e June 14th "World Blood Donors Day" celebrates.

### FREQUENCY OF BLOOD TYPES

O+ 1 person in 3	O- 1 person in 15
B+ 1 person in 4	A- 1 person in 16
A+ 1 person in 12	B- 1 person in 67
AB+ 1 person in 29	AB- 1 person in 167

आधुनिक ब्लड ट्रांसफ्यूजन के पितामह कार्ल लैंडस्टेनर का जन्म साल 1868 में आज ही हुआ था. इसी वजह से आज वर्ल्ड ब्लड डोनर डे मनाया जाता है

# हमारी जिंदगी बचाने के लिए आपका शुक्रिया!

साल 1901 में A, B, O जैसे ब्लड ग्रुप का पता लगाया

ब्लड ग्रुप को अलग-अलग करने से जुड़े सिस्टम का पता लगाया और एलेग्जेंडर वेनर के साथ मिलकर 1937 में रेसस फैक्टर का पता लगाया, जिसकी वजह से खून चढ़ाना मुमकिन हो पाया

उनकी खोज की वजह से आज

**10.8 करोड़**

रक्तदान हर रोज होते हैं और लाखों जिंदगियां बच जाती हैं

उन्होंने साल 1909 में पोलियो वायरस का भी पता लगाया

साल 1930 में उन्हें मेडिसिन के नोबेल पुरस्कार से नवाजा गया

## Facts of Blood Use

### Red Cells :

- For treatment of symptomatic anemia in normovolemic patients that cannot be treated with drugs.
- Various hypoplastic anemia's.
- Anemia with congestive heart failure.
- Hemolytic anemia e.g. sickle cell anemia in sequestration crisis and ?-thalassaemia major.
- Routine blood loss during surgery.

### Platelets :

- Bleeding due to thrombocytopenia.
- Bleeding due to abnormal platelet function.
- Chemotherapy induced thrombocytopenia.
- Thrombocytopenia in leukemia and hypoplastic anemia.
- Disseminated intra-vascular coagulation.
- Dilutional thrombocytopenia e.g massive transfusion with stored blood.

### Fresh Frozen Plasma :

- Patient on coumarin drug therapy
- Anti thrombin deficiency.
- Liver diseases
- Vit. K deficiency
- Dilutional coagulopathy Disseminated intravascular coagulation

### EXAMPLES OF BLOOD USE

1. Automobile Accident	50 units of blood
2. Heart Surgery	6 units of blood / 6 units of platelets
3. Organ Transplant	40 units of blood / 30 units of platelets
4. 20 bags of cryoprecipitate	25 units of fresh frozen plasma
5. Bone Marrow Transplant	120 units of platelets/ 20 units of blood
6. Burn Victims	20 units of platelets

- Platelets – cancer patients, hemophiliacs, etc.
- Red cells – anemia patients, cancer patients, trauma patients etc.
- Plasma – serious burns, shock, cancer, bone marrow therapy, etc.
- Fractured hip/Joint replacement – 2 to 5 units
- Auto accident/Gunshot wound – up to 50 units
- Cancer treatment – up to 8 units per week
- Bleeding ulcer – 3 to 30 units
- Brain surgery – 4 to 10 units
- Cardiovascular surgery – 2 to 25 units
- Liver transplant – up to 100 units





# Who Can/Can't donate blood

## Can...

Let others benefit from your good health. Do donate blood if ...

- you are between age group of 18-65 years.
- your weight is 45 kgs or more.
- your haemoglobin is 12.5 gm% minimum.
- your last blood donation was 3 months earlier.
- Your body temperature is normal (oral temperature not exceeding 37.5°C/98.4°F)
- Your pulse should be between 60 to 100 beats per minutes, regular.
- You have not taken alcohol last night.
- Your Blood Pressure is normal and not taking medicine for BP (Your blood pressure is The systolic blood pressure should be between 100 and 160 mm of mercury and the diastolic pressure should be between 60 to 90 mm of mercury. Individuals on drug treatment for hypertension may be deferred.
- you are healthy and have not suffered from malaria, typhoid or other transmissible disease in the recent past. (Jaundice shall be deferred up to 1 year.)
- Your skin at the venepuncture site should be free from any skin lesion or scar indicative of addiction to narcotics or infection.

There are many, many people who meet these parameters of health and fitness!

### Do abide by our rules - be truthful about your health status!

We ensure the health of blood, before we take it, as well as after it is collected. Firstly, the donor is expected to be honest about his or her health history and current condition. Secondly, collected blood is tested for venereal diseases, Hepatitis B & C, Malaria and AIDS.

You have to be healthy to give 'safe blood'



**UNITED**  
**WE COMMIT TO**  
**DONATE 100 LTRS**  
**OF BLOOD**

NO BETTER WAY TO BLEED FOR YOUR TEAM.

## Can't...

Do not donate blood if you have any of these conditions

- cold / fever in the past 1 week.
- Any one who appears to be under the influence of alcohol or any drug abuse in the 24 hours prior to donation.
- under treatment with antibiotics or steroids, hormonal supplements or certain specified medication.
- cardiac problems, hypertension, epilepsy, diabetes (on insulin therapy), asthma, history of cancer, chronic kidney or liver disease, bleeding tendencies, venereal disease etc.
- major surgery in the last 6 months.
- vaccination in the last 24 hours. (The period in which donation should be avoided : Hepatitis B - 6 months, Live vaccines - 2 weeks, Killed vaccines - 48 Hours, Rabies - 1 year)
- had a miscarriage in the last 6 months or have been pregnant / lactating in the last one year.
- had fainting attacks during last donation.
- have regularly received treatment with blood products.
- shared a needle to inject drugs/ have history of drug addiction.
- had sexual relations with different partners or with a high risk individual.
- been tested positive for antibodies to HIV.
- swollen glands, persistent cough, unexplained weight loss, night sweats/ fever, skin rashes/infection and Prolonged diarrhea.

### Pregnancy And Menstrual Period

- Females should not donate blood during pregnancy.
- They can donate after 6 weeks following a normal delivery and when they are not breast feeding.
- Females should not donate blood if they are having heavy menstrual flow or menstrual cramps.





# 7 TOP EXCUSES

*for not donating blood*

*Are you a blood donor?  
If not, why not?  
Here are the top seven excuses  
people give for not doing this.*

**DONATE**

**YOU HAVE MORE BLOOD  
THAN YOU NEED. AND,  
SOMETIMES,  
CHARACTERS TOO.**

Read the excuses here people give for not going down to their nearest blood bank on call or in a blood donation camp.

Are you a blood donor? If not, why not? Here are the top ten excuses people give for not doing this.

**1. "Other people are giving enough blood."**

Unfortunately, less than one percent of the population give blood, which means that the majority of Indians do not donate and there is always a need to recruit donors.

**2. "My blood isn't the right type."**

Regular donations of all blood types are needed.

**3. "I am not well today or had an illness."**

Discuss this with the trained clinic staff who will give you the right advice.

**4. "I don't have enough blood to spare."**

The average adult body contains approximately five litres of blood and a donation is only 350 ml to 450 ml.

**5. "It will hurt and I will faint."**

A slight pinch on the inside of your arm is all that you will feel and if you have had something substantial to eat in the four hours prior to donating, you should be fine

“Being **single** doesn't mean you're **weak**  
**It means**  
you're **strong** enough  
to wait for **what**  
**You deserve.**”

**6. "Let me ask my mom/wife/husband."**

A general excuse people give. It is your blood and you don't require any permission from anybody except your medical officer.

**7. "I am busy today."**

Oh no! When someone's life is in question, please do not say that. Your only one hour time to give blood can effect on someone's life LAST FOREVER.

100,000 units of blood  
is needed yearly and we  
are constantly low.  
come help save  
lives be a donor  
you'll wonder  
why you ever  
hesitated.

**A LITTLE COURAGE  
GOES A LONG WAY**

Get tested and become a donor today



# 8 Strong Reasons Why You Should Donate BLOOD.

1

## **Free Mini Physical Check-up**

You can donate blood only if you are fit enough to do so. Before donating blood, donors get the opportunity to have a brief health scan and tested for basic physical health which may include blood pressure, pulse, body weight, hemoglobin levels and screening of Hepatitis B (HBsAg), Hepatitis C (anti HCV), HIV, Malaria and other infectious diseases.



2

## **Reduces the risks of Heart Disease**

Donating Blood removes some of the iron from the Blood, which helps in reducing the risks of heart disease. Iron has been shown to speed the oxidation of Cholesterol, a process which damages the arteries that ultimately leads to cardiovascular disease. Iron has a significant impact on atherosclerosis, or hardening of the arteries. When you give blood you are removing 225 to 250 milligrams of iron from your system, thus cutting your risk of heart disease. High body iron stores have been suggested as a risk factor for acute myocardial infarction, donation of blood could theoretically reduce the risk by lowering body iron stores. The Florida Blood Services reports that Regular blood donors have an 88% lower risk of heart attacks and a 33% lower risk of severe cardiovascular events such as a stroke. Blood that remains in your body goes through a process called as HEMODILUTION, making your blood diluted or thinner. Hence you can prevent blood from thickening too much.



3

## **Reduces the risks of Cancer**

According to Miller-Keystone Blood Center, donating blood regularly is associated with lowered risks of Cancer including liver, lungs, colon, stomach and throat cancer. Blood Donation removes as well as reduces the production of free radicals which are responsible for causing damage to body cells and tissues leading to cancer.



4

## **Replenish Blood Supply**

Get rid of the old red blood cells. When you donate blood, your body replaces blood volume within 48 hours. All red blood cells are completely replaced within 4-8 weeks that are better carriers of Oxygen



5

## **Help to know Blood Pressure abnormalities**

Preliminary studies from Germany shows people who regularly donate blood experienced a reduction in blood pressure.



6

## **Burn calories**

One time blood donation helps you shed approx 650 Calories. This can aid you in your body weight control measures. However, blood can be donated safely once in three or four months and not more frequently. This will depend on your health status and your blood hemoglobin and iron levels.



7

## **Be a Hero**

There are no perfect substitutes for human blood. The blood you donate is divided into various components according to the needs of patients. Each component can be used by different recipients for various purposes. Every time you donate blood, you can help up to 3 or 4 individual recipients. Be a hero by donating blood. Being a hero is not in reach for most of us, but you can really be of great help for someone in need by simply giving blood



8

## **Joy of Saving Human Lives**

It is such a wonderful feeling being able to help doctors save human lives. Nothing means more than knowing you have done something good and right. To remember how it feels to give a unit, blood drives have memorabilia given out to each donor and volunteer hero. When you donate blood, you impact not only the patient whose life may depend on your donation, but also all those who depend on that patient. The entire community gets benefit from the spirit of generosity. It makes one psychologically rejuvenated.





# Siliguri Terai Lions Blood Donor Manual

## Your Handbook to Saving Life

Are you going to donate blood at our **Blood Bank** or **Blood Donation Camp**? This article will help you understanding the **blood donation** process...

- Drink a lot of water and eat something substantial and healthy.
- Do not smoke within 4 hours of donating.
- Do not consume alcoholic drinks within 12 hours of donation
- Relax

### Screening for fitness

- Age: 18-65 years
- Weight: At least 45 kgs for men as well as women
- Well-Being: Must feel healthy that particular day (must not have a cold or cough or must not be on any medication)
- Haemoglobin: Minimum 12.5 mg/dl

### Blood Donation Process

Giving blood is a very simple and straight forward process.

### Welcome

Thank you for coming to donate blood today. Your donation will save the life of someone or help him or her through an operation. We are committed to the provision of safe blood and blood products to those who need them. It is very important for you to understand the procedure of blood donation and the associated factors. This guide will help you understand the blood donation process better. It will also help in ensuring that you have a wonderful blood donation experience. Please go through it carefully.

### Importance Of Voluntary Blood Donation

As you know, blood is a life saving medicine, which works wonders in certain medical treatments, and life threatening situations. It is an emergency medicine. Our society is today threatened by scarcity of voluntary blood donors. The only source of blood right now is human beings. The issue has got further complexed by the professional donors, who donate blood for money. These donors have contributed towards rapid spread of killer diseases like AIDS, Hepatitis B and Hepatitis C in the society. WHO strongly recommends voluntary blood donation. Your regular donation will go a long way in salvaging the situation.

### Before Donating Blood

- Ensure that you have sleepy well



- Before donation, you will be asked to fill a few details on a donor form. Safe blood does not only depend on application of science and technology but also on you. It is impossible to screen blood for all the possible diseases and infections. Therefore a donor registration form has been provided to you. If you have any reason to suspect that you may not be an eligible blood donor, please feel absolutely free to clarify the same with us. It is us who can ensure a regular and safe supply of blood.
- After you pass this simple medical screening process, you will be escorted to a blood donation area. The actual blood donation takes about 10 minutes
- While the blood is being taken you must keep pressing the sponge provided. That ensures good blood circulation.
- Please do not get up immediately after donating blood. You must allow the blood flow in the body to normalize by lying down for 5 more minutes. This also prevents dizziness.
- This is followed by a little refreshment.
- Please do not forget to collect your

certificate of appreciation.

- You can resume with your daily work immediately after donation.
- The blood you donate is tested and separated into components before being made available to the patients.
- Any abnormality found is reported to you if you have chosen



- to receive the same.

## Post Donation Care

Care that a donor should take after donating blood.

- Eat and Drink something before leaving
- Drink more liquids than usual in next 4 hours
- Avoid consuming alcohol until you have eating something
- Don't smoke for next 30 minutes
- If there is bleeding from the phlebotomy site, raise the arm and apply pressure
- If fainting or dizziness occurs, either lie down or sit with the head between the knees
- Resume all normal activities if no symptoms occur
- Remove bandage next day



## Why Blood Components?

In modern medicine there is no room for whole blood. Developed countries have switched over to blood components for more than 20 years. Unfortunately in India still 95% of the blood is used as whole blood. By making blood components, all the useful parts of blood can be used. In whole blood, platelets die and clotting factors become ineffective and the patient receives unwanted and ineffective components.

## Why should we donate blood?

Blood donation gives, a proud feeling of touching someone's life in such a beautiful way. It's an experience that no words can define. You have to donate blood yourself to find out. By keeping the blood line flowing, you will greatly contribute towards a healthier, happier society. Do remember, any one may require blood any time. Including ourselves and our dear ones.

## Any side effects of Blood donations?

No ! Not really. Do ask any regular blood donor about it. A small percentage of first time donors may psychologically feel a little dizzy but only for a few minutes. Our team at the blood drive will ensure that your first blood donation is a happy experience. We are sure this will make you a regular blood donor. In fact there are many people who have donated more than 100 times in their life time.

## How does blood donation help in keeping me fit?

It reduces the chances of ischemic heart diseases (beginning of heart problems) as frequent donations reduce the accumulated and unwanted iron load from the body.

## What should one eat before blood-donation?

Anything, but preferably something. Eating light snacks and a drink (nonalcoholic) before blood donation makes you psychologically more comfortable.

## If I was told that I cannot donate blood today, does that mean I can never donate blood ?

No!. Most of the reasons for asking a donor not to donate are based on temporary medical conditions. There are some medical problems which have a defer period in which you will not be allowed to donate blood. It is best to ask the staff and find out when next will you be in a position to donate.

## How much Blood can I donate?

Eligible donors (any body between 18 to 65 years of age and leading a healthy life) with weight above 45 kgs. can donate 350 to 450 ml of blood. Your body can replenish this volume within 24 hours.

**A**ll of us have 4 to 5 litres of blood in our bodies.

**I**n fact, we have a buffer stock of blood.

**Donating 350 ml. of blood will make no difference to you.**

**DONATE BLOOD  
SAVE LIVES**



# APHERESIS

## Know our newly introduced Machine which will bring revolution in field of Blood Donation

Apheresis is a blood donation a technique where the blood is passed through an apparatus that separates out one particular constituent and returns the remainder to the donor. The entire process is done through an advanced equipment in a comfortable environment. Apheresis units can reduce multiple donor exposure to the patient who is in regular need of blood components. Usually the component returned is the red blood cells, the portion of the blood that takes the longest to replace. Using this method an individual can donate plasma or platelets much more frequently than they can safely donate whole blood. These can be combined, with a donor giving both plasma and platelets in the

same donation.

### Become a Platelet Donor...

By donating your platelets through platelet apheresis (ayfer-ee-sis), you give a very special gift of life. Most patients undergoing a bone marrow transplant, surgery, chemotherapy, radiation treatment or organ transplant need platelets in order to survive. In fact, doctors are finding that platelets play a vital role in more and more new therapies. With just a five-day storage life, platelet donations are delivered quickly to the patients who need them. Platelet donors have the satisfaction of knowing that their donation will be saving a life within just a few days.

### What is Platelet Apheresis?

Until recently, the only way to collect enough platelets for a single transfusion was to take blood donations from 5 to 10 donors, separate the platelets from the other blood cells, and combine the platelets to obtain a large enough quantity for transfusion. Today, sophisticated medical equipment -blood cell separators - can collect enough platelets for transfusion from a single donor. Using a technique called apheresis, blood is drawn from the donor's vein into an apheresis instrument, which separates the blood into separate portions by centrifugation. By appropriately adjusting the instrument, a selected portion of the blood, such as the platelets, can be recovered, while the rest of the blood is returned to the donor either into the same vein or into a vein in the other arm. This process takes more time than whole blood donation, but the

percentage of platelets is much greater. It is a simple, safe process - very much like regular blood donation. In fact, your body starts replenishing platelets immediately after your donation. Within 48 hours, your body's platelets should be completely replenished.

### Why Are Platelets Needed?

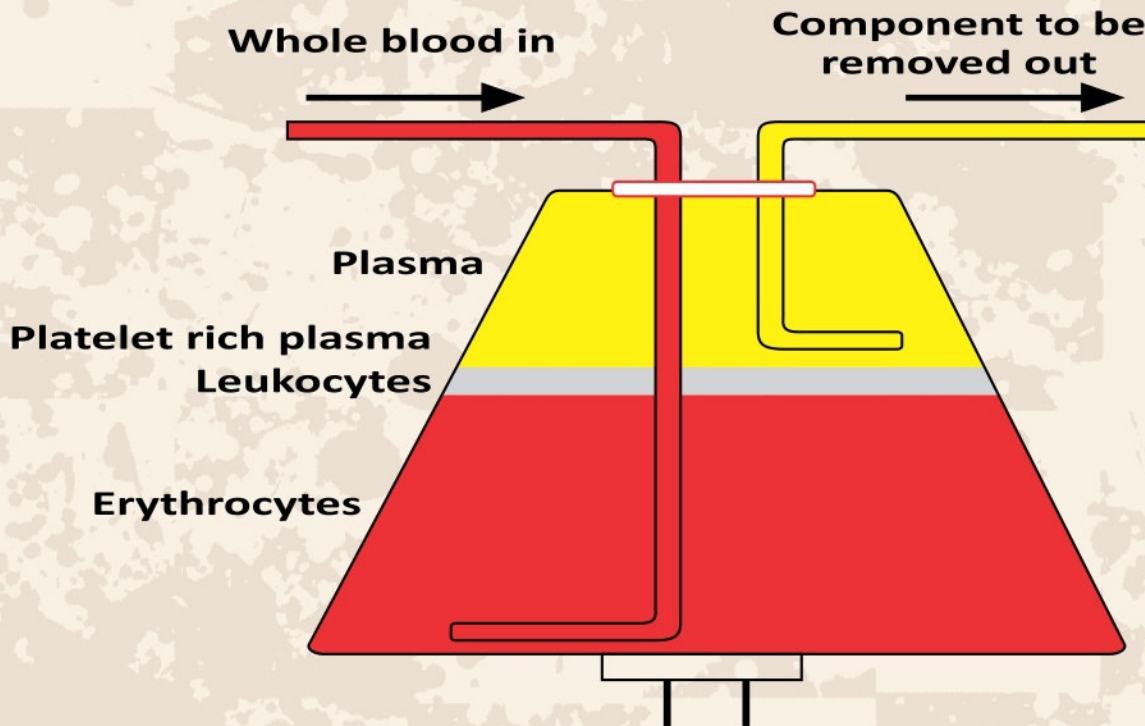
Blood is made of four components: platelets, plasma, red blood cells and white blood cells. The platelet component is necessary to control bleeding. Patients undergoing chemotherapy and radiation treatments, for example, are unable to produce enough platelets. Without platelet transfusion, life-threatening hemorrhages could result.

### What's Involved?

By using a special method called apheresis, whole blood is separated into components, and the platelets are removed. Specially trained Red Cross staff conduct the procedure while you relax, watch TV or read. The entire process takes about two hours.







weeks!). During the procedure, any white cells that remain in your platelet donation are also removed as these could cause problems in a patient despite being harmless to you. All the tubing that blood comes into contact with is sterile and disposable. There is, therefore, no risk of 'catching' any infection. Also, during the return of your blood, air detectors ensure that none of the sterile air present in the collection gets passed into your vein. If a detector identifies air, the machine will automatically shut down and can only be restarted when the air has been removed. While you are donating you will be monitored and cared for by qualified staff supervised by

nurses. You can read, chat to the staff or relax and you will be offered refreshments. When the procedure is completed the needle(s) will be removed and a dressing applied to the venepuncture site(s). Following the donation, which should take approximately 90 minutes, you will be able to take a well earned break in our rest area and enjoy some more refreshment if you wish.

### Who Can Donate?

Unfortunately not every one who is a blood donor can give platelets.

- \* You need to have given blood without any problems such as fainting or bruising.
- \* There is a lower age limit of 18 as donors need to give whole blood without problems first. There is an upper limit of 65 for new platelet donors, and existing donors may continue to age 65 (the procedure puts more of a strain on the circulation than whole blood donation).
- \* In order to donate 2 or 3 doses of platelets, you need to have a higher than average platelet count.
- \* You should not be on aspirin or any of the anti-inflammatory painkillers such as ibuprofen. These drugs stop the platelets working properly.

### The Platelet Donation Process

A cuff is placed around your arm, the skin cleaned, local anesthetic may be injected and the donation needle inserted. Depending on the type of machine used a needle may be put in both arms. Blood samples are taken at this stage for testing in the same way as whole blood donations. Additional tests carried out for platelet donors are to check your general state of health, in particular, to check your platelet count and to determine your tissue type (so that your platelets can be matched to those of a particular patient if needed). During the procedure, blood is withdrawn, mixed with anticoagulant to prevent clotting and processed by spinning to separate the platelets. The rest of the blood is returned to you, which is why it is safe for you to donate at a much higher frequency than whole blood (as often as every 2

### How safe is Apheresis?

And, just like whole blood donation, donating platelets is safe. In accordance with our commitment to insure the highest level of safety, all needles and containers are sterile, used only once, and then carefully discarded. The kit used is sterile and disposable so there is no risk of infection. In addition, in order to prevent the blood clotting inside the machine, a substance called citrate is added to it during the process. Citrate may sometimes cause tingling around the lips and fingers. This soon goes away if the process is slowed or stopped.

### How Often Can I Donate Platelets?

Because platelets are quickly replenished by your body, you can donate platelets as frequently as every 48 hours, but no more than 24 times a year. Additional restrictions vary, however, depending on the donation center, type of procedure used, and your donation history

### How Do I Get Started Donating Platelets?

Simply call Siliguri Terai Lions Blood Bank to schedule a platelet Apheresis donation. Our Volunteer will enroll you for Apheresis donation. On behalf of the patients whose lives you will save, we thank you.

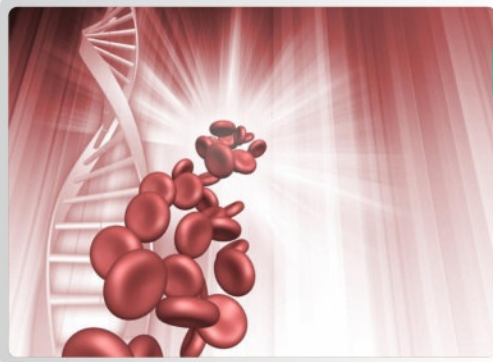


# SILIGURI TERA LIONS BLOOD BANK IS GOING TO OPEN A DAY CARE CENTRE FOR THALASSEMIA PATIENTS VERY SOON.

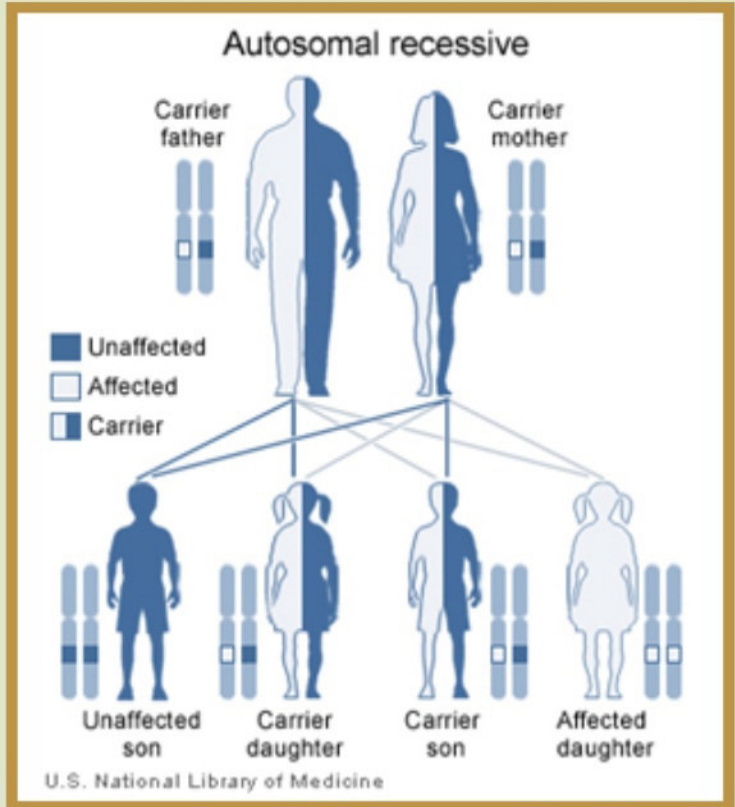


## What is Thalassaemia?

Thalassaemia is a blood disorder passed down through families (inherited) in which the body makes an abnormal form of hemoglobin, the protein in red blood cells that carries oxygen. The disorder results in excessive destruction of red blood cells, which leads to anemia. Anemia is a disorder in which your body doesn't have enough normal, healthy red blood cells (RBC). This disease is inherited, meaning that at least one of your parents must be a carrier of the disease. It is caused by either a genetic mutation, or a deletion of certain key genes.



The two main forms of thalassaemia are **alpha thalassaemia** and **beta thalassaemia**. In alpha thalassaemia, at least one of the alpha globin genes has a mutation or abnormality. In beta thalassaemia, the beta globin genes are the ones affected. Each of these two forms of thalassaemia has several distinct types. The exact form you have will affect the severity of your symptoms and your prognosis.



## Causes and Risk Factors for Thalassaemia

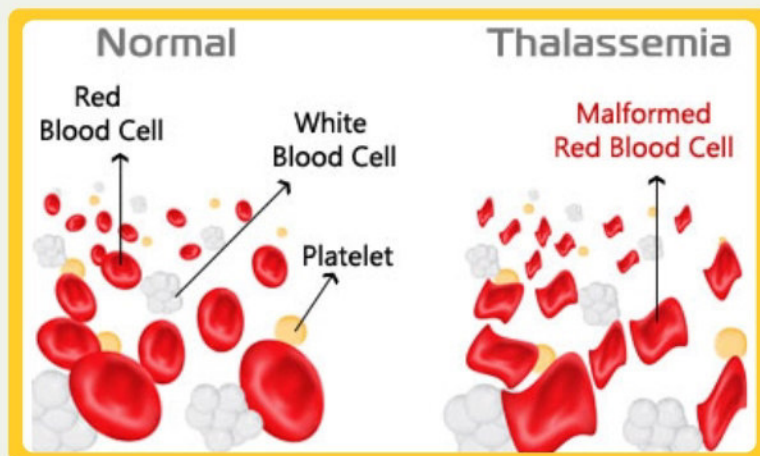
Thalassaemia occurs when there is an abnormality or mutation in one of the genes involved in hemoglobin production. This genetic defect is inherited from your parents. If only one of your parents is a carrier for thalassaemia, you may develop a form of the disease called "thalassaemia minor." If this occurs, you will probably not have symptoms, but you will be a carrier of the disease. Some people with thalassaemia minor do develop minor symptoms. If both of your parents are carriers of thalassaemia, you have a 25 percent chance of inheriting a more serious form of the disease that is Thalassaemia Major. Thalassaemia is most common in people from Southeast and Central Asia, the Mediterranean, the Middle East, India, and North Africa.

## What Are the Symptoms of Thalassaemia?

The symptoms of thalassaemia depend on which type you have.

- **Thalassaemia minor**  
Thalassaemia minor usually does not cause any symptoms. If it does, it causes only minor anemia.
- **Beta thalassaemia**  
Beta thalassaemia comes in two serious types: thalassaemia major (also called Cooley's anemia) and thalassaemia intermedia. The symptoms of thalassaemia major (Cooley's anemia) generally appear before a child's second birthday. The severe anemia related to this condition can be life-threatening. Other symptoms include:

- ★ **fussiness**
- ★ **paleness**





- ★ frequent infections
- ★ poor appetite
- ★ failure to thrive
- ★ jaundice (yellowing of the skin and whites of the eyes)
- ★ enlarged organs

This form of thalassemia is usually so severe that it requires regular blood transfusions. **Thalassemia intermedia** is a less severe form of beta thalassemia. While people with this condition still have anemia, they do not need blood transfusions.

#### • Alpha thalassemia

Alpha thalassemia also has two serious types: hemoglobin H disease and hydrops fetalis. **Hemoglobin H disease** can cause bone issues. The cheeks, forehead, and jaw may all overgrow. In addition to the bone issues and the anemia associated with any kind of thalassemia, hemoglobin H disease can cause these other symptoms:

- ★ Jaundice
- ★ extremely enlarged spleen
- ★ malnourishment

**Hydrops fetalis** is an extremely severe form of thalassemia. It occurs before birth, and most individuals with this condition are either stillborn or die shortly after being born.

## How Is Thalassemia Diagnosed?

A doctor who is trying to diagnose thalassemia will typically take a blood sample. It will be tested for anemia and for abnormal hemoglobin. A lab technician will also look at the blood under a microscope to see if the red blood cells appear misshapen. Abnormally shaped red blood cells are a symptom of thalassemia. Another test may be performed called hemoglobin electrophoresis. This test separates out the different molecules in the red blood cells, allowing the abnormal type to be identified. Depending on the type and severity of the thalassemia, a physical examination might also help in the diagnosis. For example, a severely enlarged spleen might suggest to your doctor that you have hemoglobin H disease.



## How is Thalassemia Treated?

People with severe form of thalassemia need medical treatment such as regular blood transfusions, which is the first effective measure in prolonging life while mild thalassemia patients may not require treatment. The treatment for thalassemia depends on the type and severity of disease involved. The doctor will give a course of treatment that is customized to particular case. In general, treatments one may receive include:

- ★ blood transfusions
- ★ bone marrow transplant
- ★ medications and supplements
- ★ possible surgery to remove the spleen and/or gallbladder

Patient may be instructed not to take vitamins or supplements containing iron. This is especially true if one require blood transfusions. People who receive blood transfusions receive extra iron that the body can't easily get rid of and iron can accumulate in tissues, which can be potentially fatal.

If someone is receiving a blood transfusion, he/she may also need chelation therapy, which generally involves receiving an injection of a chemical that binds with iron (and other heavy metals). This helps remove extra iron from patient's body.

## The Long-Term Outlook for Thalassemia?

The prognosis for thalassemia depends on the type of the disease involved. Hydrops fetalis, for example, is usually fatal either before or shortly after birth. On the other hand, people who have mild or minor forms of thalassemia can typically lead normal lives. Other forms of thalassemia can fall anywhere in between. In severe cases, heart failure may occur in the 20s. Doctor can give more information about patients's personal prognosis, as well as how treatments can help improve life or increase expected lifespan of an effected person.



WE ARE THANKFUL TO P C MITTAL FAMILY FOR SPONSORING THE ENTIRE THALASSEMIA DAY CARE CENTRE IN THE MEMORY OF LATE DULARI DEVI MITTAL

## Do you know?



You don't have to be a doctor to save lives...

Thalassemia is an inherited genetic blood disorder  
 -Patients need regular blood transfusions to keep them alive  
 -Please **Donate Blood** and keep them alive

ThalassemiaAwareness.org

Awareness can save life...



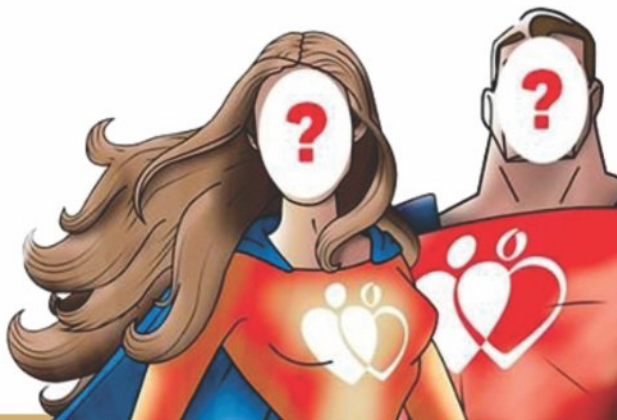


# आखिर रक्तदान इतना जरूरी है या ऐसे ही?

रक्तदान महादान....रक्तदान पूजा समान... वगैरह. आमतौर पर इस तरह के नारे और स्लोगन सुनने को मिल ही जाते हैं पर आखिर रक्तदान इतना जरूरी है या ऐसे ही? इस विषय पर गहन विचार की जरूरत है। इसमें कोई दो राय नहीं कि रक्त का कोई दूसरा विकल्प नहीं है यानी यह किसी फैक्ट्री में नहीं बनता और ना ही इंसान को जानवर का खून दिया जा सकता है। यानी रक्त बहुत ज्यादा कीमती है। रक्त की मांग दिनों-दिन बढ़ती जा रही है, परंतु जागरूकता ना होने की वजह से लोग देने से हिचकिचाते हैं।

## इतने लोग रक्त दान कर रहे हैं तो मुझे क्या जरूरत पड़ी है...

ज्यादातर लोग सोचते हैं-इतने लोग दान कर रहे हैं तो मुझे क्या जरूरत पड़ी है... या भई, मेरा ब्लड ग्रुप तो बहुत आम है, ये तो किसी का भी होगा, तो मैं ही क्यों दान करूं। अब उनकी यह सोच सही इसलिए नहीं क्योंकि कि आम ब्लड होने के कारण उस समूह के रोगी भी तो ज्यादा आते होंगे। यानि उस ग्रुप की मांग भी उतनी ही ज्यादा होगी। या फिर कई लोग यह सोचते हैं कि भाई, मेरा ग्रुप तो रेयर है, यानी खास है तो मैं तब ही रक्त दूंगा जब जरूरत होगी। ऐसे में तो यही बात सामने आती है कि आपका रक्त चाहे आम हो या खास, हर तीन महीने यानी ९० दिन बाद दान देना ही चाहिए। हमारा शरीर २४ घंटे के भीतर रक्त की पूर्ति कर लेता है जबकि सभी तरह की कोशिकाओं के परिपक्व होने में ५ से ६ सप्ताह तक लग जाते हैं।



## जब जरूरत होगी तभी देंगे,

अब बात आती है कि जब जरूरत होगी तभी देंगे, सही नहीं है। मरीज कब तक आपका इंतजार करेगा। हो सकता है कि आप तक खबर ही ना पहुँच पाए या आप ही समय पर ना पहुँच पाए तो आप दोषी किसे मानोगे। दूसरी बात यह भी है कि बेशक आप लगातार रक्त देते हो पर जब भी आपने रक्त दान करना होता है आपका सारा चैकअप दोबारा होता है उसमें कई बार समय भी लग जाता है। इस इंतजार में तो ना ही रहें कि जब जरूरत होगी तभी देने जाएँगे।

वैसे स्वैच्छिक रक्त दान यानी जो रक्तदान अपनी मर्जी से किया जाए उसी को सुरक्षित माना जाता है क्योंकि इसमें रक्त संचरण जनित संक्रमण ना के बराबर होता है। यह भी बात आती है कि रक्तदान किसलिए करें? तो स्वस्थ लोगो का नैतिक फर्ज है कि बिना किसी स्वार्थ के मानव की भलाई करें। अगर हमारे रक्त से किसी की जान बच सकती है तो हमें गर्व होना चाहिए कि हमने नेक काम किया है और अब तो विज्ञान ने इतनी तरक्की कर ली है, कि एक इंसान का दिया गया खून तीन जिंदगियां को बचा सकता है।

## तो क्या सोच रहे है आप....

अगर आप १८ से ६५ साल के बीच में हैं और आपका हीमोग्लोबिन १२.५ से ज्यादा है और आपका वजन ४५ किलो से ज्यादा है तो आप **सिलिगुड़ी तेराई लायंस ब्लड बैंक** में जाकर और जानकारी लेकर रक्तदान कर सकते हैं। क्या आपको पता है कि देश में हर साल लगभग १०० लाख यूनिट रक्त की जरूरत होती है, जबकि ६० लाख यूनिट ही मिल पाता है। ये बहुत कम है। लाखों मरीज रक्त के इंतजार में दम तोड़ देते हैं। हरियाणा के जिला सिरसा में १००% स्वैच्छिक रक्त दाता हैं और रक्त मरीज का इंतजार करता है ना कि मरीज रक्त का। इसी उपलब्धि को वेबसाइट ब्रावो ब्लड डोनर ने भी सराहा है। सच है जिस काम में किसी का भला होता हो, किसी की जान बचती हो, तो उस काम से कदम पीछे नहीं हटाना चाहिए। हमें तो रक्तदान के लिए किसी ने कहा ही नहीं इसलिए हमने किया भी नहीं। ऐसे लोगों के लिए क्या जवाब हो सकता है – आप बेहतर जान सकते हैं। यहां पर एक बात कहना उचित होगा कि जब जागो तभी सवेरा। **सही मायनों में रक्तदान करके देखे अच्छा लगता है।**



# RECOGNITIONS IN 2014-15



A Token of appreciation was presented by the members of "Teesta Thumpers Motorcycle Club (Royal Enfield)" Siliguri at our Blood Bank on 2nd May, 2015 for our outstanding services towards the communities.

**"Vishista Sewa Samman - 2014"** was presented by the members of "Siliguri Shree Shree Chat Puja Sewa Samiti at Lal Mohan Mallick Nirnjan Ghat on 29th October, 2014 on the occasion on opening ceremony of Chat Puja.



**"Terapanth Yuvak Parishad, Siliguri"** honoring our Blood Bank at Terapanth Bhawan, Siliguri on 14th June, 2015 for the support rendered during their **"All India Mega Blood Donation Drive Programe of dated 6th September, 2014"**





# DIGNITARIES VISITING RENOVATED BLOOD BANK DURING 2014-15



Dr. Tomar, 1st Voluntary donor of renovated building of our blood bank



Renowned Orthopaedic Dr. Ashok Goyal visiting our Blood Bank



International Director Lion R. Murugan visiting our Blood Bank



Members felicitating Lion G. S. Hora after winning the contest of International Director candidature



PDG Lion P. C. Maskara & PDG Lion P. K. Shah at our Blood Bank



Members welcoming PDG of Dist. 322D Lion D. P. Bajaj



Members sharing moments PDG of Dist. 322B1 Lion Kedar Nath Gupta



Donating Wheel Chair to Songmit Leptcha Commandant State Armed Police 10th Battalion





# DONATIONS RECEIVED DURING L.Y. 2014-15 TO OUR Siliguri Terai Lions Charitable Trust

LION UTTAM SAHA  
SRI DASHRATH GARG  
SRI GAJANAND MUNKA (SAI PLY)  
SILVER QUEEN  
SRI GOPAL AGARWAL  
SRI SANJAY CHIRANIA  
SRI Sampatmal Sancheti  
SMT ARUNA AGARWAL  
SRI MAHABIR DUDHANI  
SRI MANISH GOYAL  
SRI RAMAVTAR SARAF  
SRI RAMKISHAN GOYAL  
SRI SURESH AGARWAL (CHIRAG)  
SRI BHAGWAN GOYAL  
SRI JUGAL SHARMA  
SRI RATAN BEHANI  
SRI RAJKUMAR DALMIA  
SRI BRIJMOHAN AGARWAL (NARSINGDASS BAJRANGLAL)  
SRI D.D. SHAH  
SRI PREM AGARWAL (BEGRAJ GROUP)  
SHIVLAL ROSHANLAL  
SRI SRINIWAS AGARWAL  
SRI MADAN MOHAN GOEL  
LION NARESH GOLYAN  
LION LADY SUNITA CHOUDHARY  
LION LADY AJITA GOYAL  
LION AJAY AGARWAL  
LION KAMLESH GILRA  
SRI RATIRAMJI SHARMA (RAJ BHANDAR)  
SRI RAM KUMAR PAREEK  
LION LALIT RUNGTA

We are very much thankful to our generous donors who came forward on occasion of Silver Jubilee Celebration of our club & contributed to our newly renovated Blood Bank Building





# HOW OUR DREAMS TOOK WINGS



I still vividly remember the day our Club organized its first ever Blood Donation Camp. It was 15th August 1990. We erected a small pandal at Sevoke More and with great difficulty could persuade only 40 people to donate blood. People were afraid to donate blood lest they become weak or get infected. But we, the Lions member enjoyed every moment of it and then onwards blood donation became an integral part of our Club's activity. Members gladly used to come forward to donate blood in case of emergencies and also motivated others to follow suit.

But we soon realized that this was not enough. People were suffering for want of blood as the Government Blood Bank was ill equipped to cope with the ever increasing requirement of Blood. When I became President of the Club in the year 1992-93 I had a chance to visit the Lions District 322B1 Blood Bank in Waterloo street, Kolkata. After returning I

shared my views with the members and everybody was very positive about our Club also taking initiative for the project.

I don't exactly remember, it was in the Board meeting of either April or May 1993 that the monumental decision to take up the project of Blood Bank was taken. As I was to lay down the office of Club President in a few months time the Board asked me to take up the responsibility of Blood Bank Chairperson.

Can we do it? This thought kept exercising our minds for days together. But when Lions join hands together nothing is impossible. We zeroed upon a piece of land measuring 5 kottahs at 2nd Mile and decided to purchase it. But where was the money? In no time members came forward with interest free loans and donations and soon we had enough money in our kitty to purchase not 5 but 9 kottahs of land. With great fanfare the foundation stone was laid in June 1993 by the then International Director Lions M.L. Tulsian and our dream took wings.

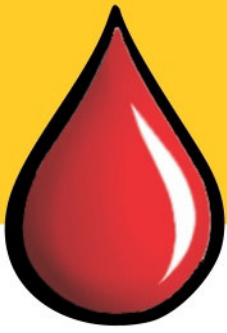
But everything can't be that easy, isn't it? A shocker was in store for us. Our land was acquired by Government of West Bengal and it took us two long years and a few visits to Kolkata to get it released. This pushed back our project by quite a few years. It was only in the year 1999-2000 that we could start the construction work and were encouraged to receive tremendous support from the generous donors of Siliguri. Our members' families also contributed handsomely as if to prove that "Charity begins at home". Lions Clubs International Foundation, the charity arm of our great organization also chipped in with a handsome Grant of \$46000. With contribution pouring in and whole hearted support of all the members the building was ready in two years and was inaugurated on..... . We also purchased the major equipments and submitted our Application for Blood Banking licence.

And the rest as they say is history.

**Nirmal Gidra**  
(Chairperson 1993-2003)



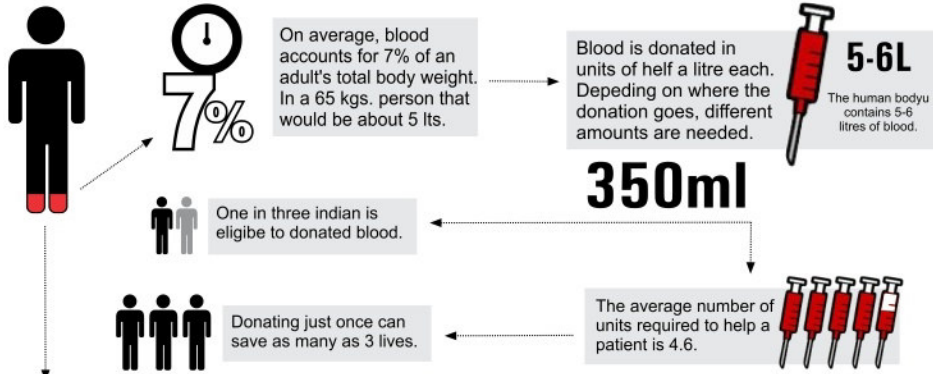




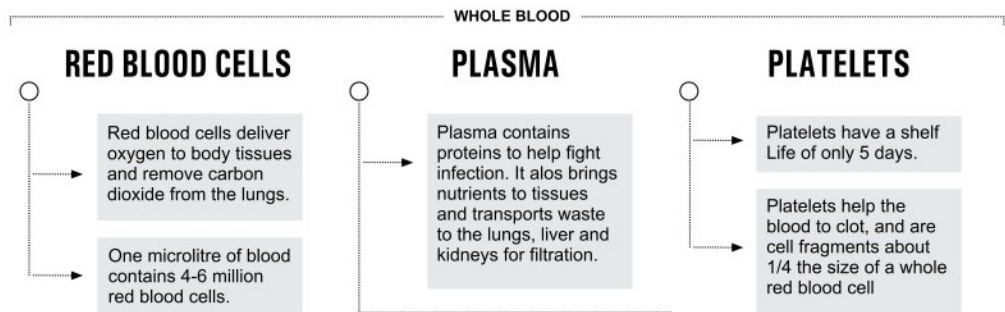
# What's in a unit?

## MEASURING THE IMPACT OF A SINGLE BLOOD DONATION

### BLOOD FACTS



AFTER THE BLOOD IS DONATED, IT GETS SEPARATED INTO THREE PARTS



Harold I Sandy I Sanford of Halifax, N.S. Donates plasma every week. Plasma is a liquid component of blood that supports the immune system and helps control excessive bleeding.



PLASMA CAN HELP PATIENTS WITH LIVER DISEASE, CANCER, BLEEDING DISORDERS AND MORE

Each unit of plasma is roughly equivalent to a small bottled drink.



THAT'S ENOUGH TO FILL 26.4 BUCKETS\*





# HIGHLIGHTS OF BLOOD DONATION CAMPS OF 2014-15

## 273 UNITS

WERE COLLECTED ON 31ST AUGUST 2014 IS THE HIGHEST EVER COLLECTION IN SINGLE CAMP BY N.J.P. F.C.I. TRUCK OWNERS ASSOCIATION AND LIONS CLUB OF NEW CENTURY SILIGURI CITIZENS



## 206 UNITS

COLLECTED ON 26th OCTOBER, 2014  
CAMP BY : AMIT AGARWALA FOUNDATION





# HIGHLIGHTS OF BLOOD DONATION CAMPS OF 2014-15



20-07-2014 Siliguri Metropolitan Police Siliguri Police Commissionerate, Siliguri



2014-07-20 Siliguri Metropolitan Police Siliguri Police Commissionerate, Siliguri



2014-08-15 Jalpaiguri Police



2014-09-10 29 BN SSB, Khapraail



2014-10-08 InterGlobe Aviation Limited (IndiGo)



2014-10-08 InterGlobe Aviation Limited (IndiGo)



2014-10-31 S.A.P. 10th & 2nd I.R. Battalions



2014-10-31 S.A.P. 10th & 2nd I.R. Battalions



2014-10-31 S.A.P. 10th & 2nd I.R. Battalions



2015-01-25 Gram Baba Welfare Society



2015-02-01 Kurseong Traffic Police & LC of Kurseong



2015-03-21 Garidhura Sarbajanin Shri Shri Kali Puja Samity & Garidhura Police Outpost, Garidhura



2015-04-12 Mirik Police - LC Kurseong 1



2015-04-12 Mirik Police - LC Kurseong 2



2015-06-05 10 BN SSB & LC Malbazar at ATO Club



# HIGHLIGHTS OF BLOOD DONATION CAMPS OF 2014-15



2014-07-19  
SF Road Merchants Association



2014-08-24 New Jalpaiguri  
Station Market Vyabasayi Samiti & SSSS



2014-12-07 Hyderpara Vyabasayi Samiti  
& Lions Club of New Century Siliguri Citizens



2014-07-24  
Kapil Center Welfare Association



2014-08-28  
Kelahati Bazar Committee & SSSS



2015-01-26 North Bengal Storage  
Battery Entrepreneurs Association



2014-07-24  
Kapil Center Welfare Association



2014-08-29  
Siliguri Edible Oil Dealers Association



2015-02-05 Jaleshwari Bazar  
Vyavasayi Samite Eastern Bypass & SSSS



2014-08-15 NBMDA



2014-09-01 Bidhan Market  
Vyavasi Samity & LC of Royals



2015-04-17 Technical Supervising Staff  
Association (WBSEDCL, WBSETCL, WBPDC)



2014-08-24  
Marble & Tiles Traders Association



2014-09-15 West Bengal Municipal  
Engineers' Association, Siliguri Unit



2015-04-21 Bidhanmarket Khuchra Fal  
O Sabji Byabsayee Brinda & LC Royals



2014-11-17  
Golden Plaza Cultural Association



# HIGHLIGHTS OF BLOOD DONATION CAMPS OF 2014-15



2014-07-13 Vedic Vihar manch



2014-10-29 Shree Shree Chat Puja Sewa Samity



2015-03-28 Maa Bhawani Manju Shakti Seva Trust



2014-07-20 Kalibari Unnayan Committee & SSSS



2014-12-14 Shiv Sewa Welfare Samity



2015-04-02 Bhagwan Mahaveer Jayanti Samaroh Samiti



2014-08-16 Rahmat Nagar Jame Masjid, Harsingh Jamadar Gach, Balram & SSSS



2014-12-30 Sarva Bharatiya Akhand Sangathan



2015-04-24 Himalay Evengelical Mission, Binnaguri



2014-08-16 Rahmat Nagar Jame Masjid, Harsingh Jamadar Gach, Balram & SSSS



2015-01-04 Prabhu Kripa Pariwar



2015-05-03 Buddha Mandir Hyderpara Gyanjyoti Vidarshan Dhyam Ashram & LC of Royal



2014-08-25 Rani Sati Mandir & MYM Sevak



2015-01-16 Sri Sri Thakur Anukul Chandra Subha 127th Birth Anniversary



2015-06-21 Yesu Ashram Darjeeling North Point School Alumni Association Siliguri Chapter



2014-10-03 Maa Bhawani Manju Shakti Seva



2015-02-09 Eurasia Reiyukai



2015-06-21 Yesu Ashram Darjeeling North Point School Alumni Association Siliguri Chapter



2015-03-04 Bhupendra Nagar Sri Sri Radha Krishna Mandir Unnayan Committee





# रक्तदान धर्म है



कतरा कतरा खून का, जीवन की रसधार।  
खून अपना देकर करो, प्राणों का संचार॥

रक्त बिना नहीं जी सके, इक दिन भी इन्सान।  
रक्त से अपने कीजिए, यारों जीवन दान॥

रक्तदान इक फर्ज है, रक्तदान इक धर्म।  
रक्तदान है दोस्तों, सबसे पावन कर्म॥

मानवता के मंच से, कर दो यह ऐलान।  
समय-समय पर हम सभी, रक्त करेंगे दान॥

रक्तदान से रोक लो, मरणासन्न की मौत।  
घर-घर में जलती रहे, सबकी जीवन जोत॥

धन्य धन्य वह कुल हुआ, धन्य हुआ इन्सान।  
जो औरों के वास्ते, करता शोणित दान॥

रक्त कहो शोणित कहो, लहू कहो या खून।  
सबका मतलब एक है, जीवन का हनीमून॥

रक्त दान आसान है, कठिन नहीं है यार।  
हंसते हंसते कीजिए, रक्त दान का काम॥

रक्त दान की राह पर, निकला पूरा देश।  
सारे जग में भेज दो, मानवता का संदेश॥

रक्तदान कीजिए, समय-समय पर आप।  
मन में आये पुण्यता, तन होगा निष्पाप॥

किसी जरूरत मंद को, देकर अपना खून।  
खूब खिलाओ जगत में, जीवन के परसून॥

पल दो पल का काम है, रक्त दान श्री मान्।  
दिनचर्या में आएगा, नहीं तनिक व्यवधान

रक्त दान इक यज्ञ है, मानवता के नाम।  
आहूति अनमोल है, लगे न कोई दाम॥



# OUR PRIDE OUR PROJECTS

