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“The gift of blood is the noblest and the most precious of all gifts.”

Dear parent

Interact Club of the school is organizing an Annual Blood Donation Camp on Sunday i.e.18 November 2018 in association with Rotary Club Delhi Metro. Blood donation camp is our regular feature every year. It is a small but very important contribution of the club towards the society.

Blood Donation is a service to Humankind. By Donating Blood you help a needy and save a precious life. Transfusion of blood saves millions of life suffering Dengue, Blood Cancer and other such life threatening diseases, road accidents and other natural disasters all over the world every year.

Blood is a precious gift that saves human lives making blood donation remarkably the noblest act of serving the humanity. Voluntary blood donors are the backbone of any blood donation program. All healthy beings have this sacred duty to ensure that safe blood is made available in adequate measures in all our hospitals. The timely availability of safe blood can save a life in distress.

Various Myths related to Blood Donation

- **Blood donation is a painful process.**

Fact: No blood donation is not at all painful. It only involves a needle prick and temporary discomfort.

- **Blood donation causes blood deficiency**

Fact: Blood donation does not cause blood deficiency. The blood volume is revived within 48 hours. If the person has good eating habits he can donate blood four times a year.

- **People with diabetes and high BP cannot donate blood**

Fact: People with diabetes can donate blood as long as their sugar level is within the permitted range. People with high BP can donate if your blood pressure falls within the limits.

- **Blood donation leads to obesity**

Fact: People who eat more and avoid exercise after donating blood may gain weight. Blood donation directly does not result in weight gain.

- **Person suffering from a cold or the flu, cannot donate blood**

Fact: Yes, blood bank require that you be in good health (symptom-free) and feeling well.

- **There is risk of getting exposed to severe infections like HIV**

Fact: A person will not face the risk of getting exposed to infections like HIV until he ensures that the needle used is sterilized or are new.

- **Person cannot donate blood till 1 year of previous blood donation**

Fact: Based on AABB and FDA requirements, you must wait 56 days between whole blood donations. Platelet (apheresis) donors may donate more frequently. This is because the body replenishes platelets and plasma more quickly than red cells. Platelets will return to normal levels within about 72 hours of donating. Plasma (the liquid portion of your blood) will return to normal levels within a couple of days.

So, it is our earnest appeal to everyone to come forward and donate blood voluntarily and regularly.

PRINCIPAL