

**P.E.S. College of Science, Arts and Commerce
Mandya**

A REPORT ON BLOOD DONATION CAMP

A Voluntary Blood donation Camp was organized by our college to mark the death anniversary of our Founder President Late Sri K V Shankara Gowda on 18-02-2021 in collaboration with different wings of our college namely Red Cross Unit, NCC, NSS and Rovers. This camp is considered as quality initiative by IQAC of the college.

The Red Cross supports voluntary blood donation without compensation. Regular donors are the basis of a safe and sustainable distribution system of blood products, providing blood to those who need it.

Five Reasons to Donate Blood

1. Development of new red blood cells

Within the first 48 hours of blood donation, the donor's body starts replenishing the lost red blood cells. The replenishment process helps in staying healthy and productive at work.

2. Reducing risk of heart disease

As per several studies and reports, when there is a rise in the iron level in blood, it raises the chances of heart diseases. People should donate blood from time to time in order to reduce the iron level in the blood.

3. Burns calories

Donating blood can burn approximately 650 calories for each pint that is like 450 ml of blood.

4. Free blood test

On donating blood, the donor receives a free mini health screening and blood tests.

5. How often can one donate blood?

The minimum time advised between two donations is 3 months. This gap helps blood regain the normal haemoglobin count.

Who can donate blood?

The age of the donor must be above 18 years and below 60 years of age. He/she must have a haemoglobin count that is not less than 12.5 g/dl. The Weight should not less than 45 kgs. One should have a normal body temperature at the time of donation.

Flex/Hoarding indicating Voluntary Blood Donation Camp



**Blood Donation Camp Inauguration by PET (R) President Sri K.S.Vijay Anand,
Principal Dr.J.Mahadev and Red Cross unit Officer Sri K.Jayaram**



Blood Donation Camp witnessed by our chief guest Smt. Meera Shivalingaiah, PET President Sri K.S.Vijay Anand, Principal Dr.J.Mahadev, NCC Officer Sri V.C.Shivaram, NSS Officer Sri Neelakanta, Rovers Leader Sri S.K.Veeresh and Red Cross unit officer Sri K.Jayaram





Finally our college handed over **254 bags of blood** to Mandya Institute of Medical Sciences (MIMS) Blood Bank and supported for social cause.