

6th Annual Blood Donation Drive



CEO's Note

Dr. Soumitro Chakraborty
CEO, Fiinnovation

In India, shortage of blood is a chronic problem. It prevails everywhere in the interior part of the country to cities like Delhi and Mumbai. Delhi alone faces an annual shortage of 1 lakh units of blood. Blood donated voluntarily in the National Capital went down from 55% of the total to 45% between 2014 and 2017.

India with its huge population of over 132.43 crores is lagging behind in blood collection which is a major cause of deaths. Blood shortage in most of the blood banks is a common issue, one of the reasons being the failure to organize voluntary blood donation camps on a regular basis.

To contribute to blood banks, Fiinnovation organizes blood donation camps regularly. Our 6th Annual Blood Donation Drive in association with Deen Dayal Upadhyay Hospital is themed #GiftALife is round the corner. This year also marks the 10th year of our foundation, hence we wish to upscale the level of the camp.

Raising the concern over the health care issues, Fiinnovation urges individuals and corporations to come forward, donate blood and save lives. In addition, the event also aims to create awareness about blood donation and clear the myths surrounding the noble cause.

[Read More>>](#)

DATA SPEAKS

WHY SHOULD I DONATE BLOOD?

A unit of blood (450ml) can potentially save at least 3 lives.



Source: WHO

1 out of every 10 people admitted to hospital needs blood.



Source: WHO

Delhi faces an annual shortage of 1 lakh units of blood



Source: CAG

Every year approx 10,000 children Thalassemia major need blood transfusion.



Source: Indian Pediatrics

25% of all blood collected by blood bank has to be used in case of an emergency.



Source: NACO

In India's 2433 blood banks, only 20% maintain the buffer stock.



Source: NACO

In 2016-17- India was short of 1.9 million units of blood equivalent to 60 tankers



Source: Ministry of Health and Family Welfare

You can be a hero in someone's life

WHO CAN DONATE BLOOD?



Any donor, who is healthy, fit and not suffering from any transmittable disease



Donor must be 18 -60 years age and with a minimum weight of 50Kg



Donor's Hemoglobin level should be 12.5% minimum



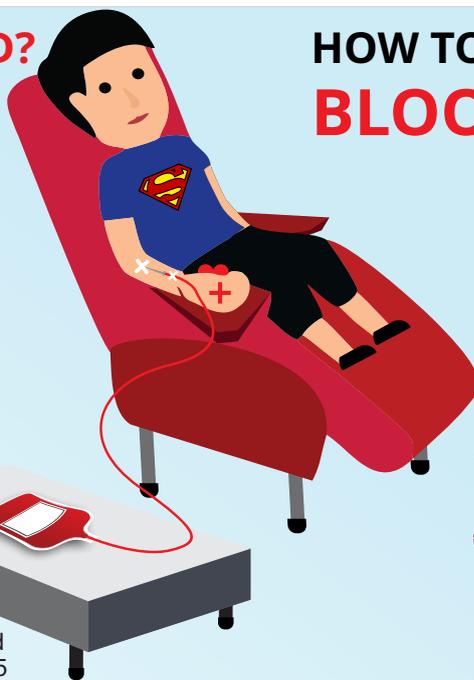
If you haven't donated blood within last 3 months.



Pulse rate must be between 50 to 100mm without any irregularities



Body temperature should be normal and oral temperature should not exceed 37.5 degree Celsius



HOW TO PREPARE FOR BLOOD DONATION?



Have enough sleep, minimum 5 hours.



No alcohol intake 12 hours prior to blood donation.



Person on medication, recent piercing and tattoos can affect blood donation.



Have something to eat before blood donation, avoid fatty foods.

DEBUNKING MYTHS

Myth: Being a vegetarian, means that the blood does not have enough iron and cannot be donated.

Fact: Vegetarians can donate blood. The iron needed is taken from body stores and once a balanced diet is maintained is replaced after donation. This usually normally takes a month or so.

Myth: Giving blood is time consuming.

Fact: The entire process of a single donation session is normally not more than an hour.

Myth: There is limited blood in the body and it is unhealthy to give some away.

Fact: Only about 350-450ml of blood is taken during a donation session. There is enough blood in the body to donate and has no ill effects. The body makes new blood after donation.

Myth: I can't donate blood, because I am addicted to smoking.

Fact: You can donate blood, but abstain from smoking one hour before and after blood donation.

Myth: When there is a requirement, blood can be manufactured.

Fact: Blood is not something that can be manufactured. It can only come from healthy human beings.

HOW TO TAKE CARE POST BLOOD DONATION?



Drink plenty of fluid including water and juices



Refrain from stooping down



If there is dizziness after donation, lie down straight with your feet elevated



Avoid using the donation arm to carry anything heavy for the rest of the day



Avoid having hot bath after donating blood.

How we celebrate Independence ?



Fiinnovation | Jashan e Azadi



Fiinnovation | Meaning of Independence



LET'S JOIN HANDS TO GIVE SOMEONE A GIFT OF LIFE!

Date- Friday, 28th September 2018

Time- 9:00 AM - 6:00 PM

Venue- Fiinnovation, 24/30, Okhla Industrial Estate, Phase III, Delhi 110020

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