

Blood Line

The Voluntary Blood Donation Journal

Promoting
Voluntary
Blood Donation

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THE VOLUNTARY DONOR - SOME SCENARIOS



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Blood donation is altruistic and satisfying to the giver and life saving to the one who is receiving the donation. Of this there is no doubt. The scene has changed considerably from when the family would vanish when asked to arrange for blood to one where there is at least a conversation and many a time a positive result due to awareness created by media. Being in the field of Blood Banking for over two decades, I would like to share with you some of my experiences in dealing with donors

My very first brush with society came when I addressed a Rotary Club way back in the 'eighties asking for voluntary donors. Nearly every hand in the August gathering went up but all claimed that they donated blood in the local government hospital where blood is given for free to poor patients. "Why

should I donate blood to a private blood bank (this is before the time of the corporate hospital which incidentally run some of the state of the art blood banks following every rule in the book) who will make money out of my blood?" was the stringent voice of the gathering. I had a question to ask of the gathering. "Where sir, do you go for treatment when you fall sick? To the government hospital or to a private hospital?" Obviously, private hospital was the answer. "And where will the blood come from, should you need a unit?" I queried. The gathering had no ready answer but came up with scenarios where as registered donors they may be allowed to draw a unit from a government blood bank (not true and not possible) or that they will have their family and friends donate at that instant. Good answer, but will not do in a situation like a road traffic accident. I am tempted to quote the poet - philosopher Khalil Gibran at this point. "The tree not knows who is the recipient of the fruit that it drops. It does not drop a fruit to a deserving recipient." The next incident that comes to mind is the often asked question, "Why do you charge for blood when someone has donated it for free?" "Blood is priceless," I say, meaning it cannot be valued in terms of money and hence beyond pricing. By corollary, blood cannot be bought or sold. Blood is dispensed. Then what about the money that changes hands? I meant to stay away from any

sort of technical detail, but will have to let you have a peep at what happens to the blood that you donate.

First the blood is collected in a bag. This is not any old plastic bag but a bag made using extreme technical sophistication and sterility as it is the container that will house the blood component from varying periods of 5 days to a year without any deterioration/alteration and in a sterile condition. A visit to the blood bank factory of Terumo Penpol will tell you that the simple process of entering the factory involves so much of preparation in terms of capping, gowning and so on that it closely rivals a space mission of NASA! And there are a variety of blood bags that are used by the state of the art blood banks to enhance safety and sterility. This probably is the reason that you do not hear of people suffering the consequences of blood transfusions these days.

Next comes the blood bank itself. It runs with 24x7 air conditioning and refrigeration with generator back up to meet the demands of the power cuts of the dog days of summer. Add to this the tests to be done to qualify the blood as safe for transfusion, technical expertise of the staff, the real estate rental value and you will soon get to the truth that the money charged is indeed totally justified. When blood transfusion wrought with short cuts and cost cutting methods have the power to maim or even

kill, one pays for quality. Sir, your blood is safe only when you collect it in a quality blood bag, test it meticulously and store it at proper temperature 24x7. Someone has to pay; either the government will 'subsidize' blood as it does cooking gas and petrol or the end user pays. I believe this answers the said question. Of recently we are seeing the altruistic donor who comes readily to donate blood but wants to know who is going to be the recipient of his blood. Some also want to know how many units were asked for this particular patient and how many have been collected so far because they do not want to spare their blood 'which is of a precious group for us to keep in stock!' I can describe various surgical scenarios where a seemingly well patient collapses and required x units of blood components. Or conversely, x units are kept in readiness but only a few are used. Do imagine your loved one is going in for surgery. Do you want the exact number kept in readiness or wish that one odd extra unit be ready, just in case?

Some also want to physically see the patient (potential recipient) perhaps to verify if such a person exists. They are forceful enough to demand a look see even when the patient is in an IMCU! I can understand this level of cynicism- they want to make sure that their blood is being put to good use. I ask, again quoting Khalil Gibran, "Does it matter to you whether A or B is being benefited by your blood?" Assuming we asked for voluntary donation for patient B who at the end of the day did not require the blood, this blood is given to K or P or Z depending on their requirement. I wonder what the cynical donor thinks we do to the blood? The other side of the coin is when the 'altruistic' donors have learnt of the identity of the recipient and then surreptitiously approached them for help in kind or cash with hard luck stories. Ethics demands guarding of privacy of the patient and in all situations of medical donations, the identity of the donor/recipient is guarded. Blood is an organ, if of the

replenishable variety. Make no mistake about this. I am amused and a trifle upset by this attitude of a few donors. When you donate a few rupees to a mendicant, do you ask him when he last ate? You donate something, anything because you want to give. Because it makes you feel useful to society, because you believe that you aren't giving a few rupees from your pocket, but a part of yourself. You are giving the one thing that you can give from your body without mutilating yourself. Give wholeheartedly. Give when you can with happiness and good will. A donation should make you happy; you should leave the blood bank with a sense of fulfillment that somewhere someone is going to benefit. A last word: Taking blood donation to the next step, please keep this line in mind. Jeetey rakt daan, Jaatey ang daan high loosely translates to: Donate blood while living, Donate organs while leaving.

World Blood Donor Day Inaugural Ceremony



Dr. Shashi Tharoor
Member of Parliament
Trivandrum



Mr. Yoshihiro Kimura
Chairman
TERUMO PENPOL Limited



Mr. C Balagopal
Managing Director
TERUMO PENPOL Limited



Mr. C Padmakumar
Executive Director
TERUMO PENPOL Limited



Mr. Alexei Levene
Managing Director
TGCI

World Blood Donor celebrated by TERUMO PENPOL Limited and CII (Tvm Zone)

As part of TPL's efforts to promote voluntary blood donation TERUMO PENPOL Limited in association with Confederation of Indian Industry (TVM Zone) celebrated World Blood Donor Day as a gala event on June 14 at Vylopilly Samskrithi Bhavan, Nanthencode, Trivandrum.

WHO, International Red Cross and Red Crescent Society and International Federation of Blood Donor Organizations have decided to focus the 2012 campaign on the idea that every one of us can become a hero simply by giving blood. The theme for this years' World Blood Donor Day was that "Every Blood Donor is a Hero".

The main objective was to thank and honor repeat regular voluntary blood donors and to create wider public awareness of the need for regular

donation. We had a Ceremony, where individuals and Institutions, who have made remarkable contributions to blood donation, were recognized.

Dr. Shashi Tharoor, Member of Parliament was the Chief Guest for the function.

Mr. C Balagopal, the Managing Director of TERUMO PENPOL Limited delivered presentation about WBDD theme "Every Blood Donor is a Hero" Mr. C Padmakumar Executive Director of TERUMO PENPOL and Chairman of CII TVM Zone welcomed the gathering.

A Thank You Blood Donor Greeting Card Design Contest was organized for High School, Higher Secondary and College Students and the winners were rewarded on World Blood Donor Day. Mr. Yoshihiro Kimura, Chairman, TERUMO PENPOL handed over the cash prize and

certificate to the winners. During the award ceremony, the winners of Thank You Blood Donor Greeting Card presented their card to the Best Blood Donors.

Regular Blood Donors from all parts of Kerala were honored during the celebration. Awards were given away to Best Institutions, Best Blood Donor Motivators and Best NSS program officers, Best NGO, Best Male and Female Donors and repeat regular donors in the State.

Posters and leaflets on blood donation were distributed to the Public and to School Students. Articles related to World Blood Donor Day and Repeat Regular Donors were published in all leading newspapers. The BIG FM Radio was the official radio partner of this event and they had given wide publicity through BIG FM. The stage show by Big

FM Radio Jockeys was a roaring success. The event was also promoted through facebook. Talk Shows by reputed Blood Transfusion Officers of leading Hospitals about the importance of voluntary blood donation were arranged in various Television channels.

A Music Concert by 12th Bar was also arranged on World Blood Donor Day. The Music Concert was very impressive. The crowd enjoyed the show immensely. Various competitions were held for students such as face painting, poster making, mehendi designing etc. The students actively participated in all

competitions and thoroughly enjoyed it. We promoted the message that young people can make an important contribution by donating blood and by recruiting other young people to become donors 277 people attended the event, of which 108 participants expressed willingness to volunteer for supporting the cause.

**Best Blood Donor Motivators Receiving The Award From
Mr. C Balagopal, Managing Director, Terumo Penpol Limited
Mr C Padmakumar , Executive Director, Terumo Penpol Limited**



**BEST BLOOD DONORS RECEIVING THE AWARD FROM
MR. C PADMAKUMAR, EXECUTIVE DIRECTOR, TERUMO PENPOL LIMITED
AND MR K P RAJAGOPALAN GENERAL SECRETARY KEBS**



**BEST FEMALE DONOR- MONISHA M
Catholicate College, Pathanamthitta**

**MEHANDI DESIGNING COMPETITION ORGANIZED
ON WORLD BLOOD DONOR DAY BY TERUMO
PENPOL LIMITED**



**Winners of Thank you Blood Donor Greeting Card Design Contest
organized by TERUMO PENPOL receiving the award from
Mr. Yoshihiro Kimura, Chairman, TERUMO PENPOL Limited**



First Prize -College
Mahipal Singh Gunjar,
College of Agriculture
Vellayani

First Prize
Higher Secondary
G S Rahul
St Joseph's School
General Hospital

Second Prize
Higher Secondary
Prathibha G
Kendriya Vidyalaya
Pattom

First Prize
High School
G S Gokul Gopan
St Mary's High School
Pattom

Second Prize
High School
Sruthi Gopakumar G
Kendriya Vidyalaya
Peroorkada

Letter to the Editor



Dear Madam,

Thank you for sending the latest issue of Blood Line. The contents therein are really thought-provoking and inspirational. I have been donating blood (my blood group is B negative) once in 3-4 months till about 2 years ago. Since then I am taking medicine for blood pressure, and I am not allowed to donate blood though I approached many blood banks in the city. It is really disappointing.

I wish all the very best to you to carry on with the noble cause.

Regards,

Dr. M R Suresh
Vikram Sarabhai Space Centre
Thiruvananthapuram

My dear Baby,

Feroze Berly's experience expressed in his own lucid style will motivate many a youngsters for this noble cause, blood donation.

Regards,

MALLIPPURAM KHALID

Institution of Engineers

Ernakulam



BLOOD DONATION CAMP ORGANIZED BY YES



A Blood Donation was held on 30th June, at Kadavanthara, 'Sanjeevani' in association with IMA, where 52 youth in the city came up and donated blood.

It is really appreciable when 42 of them were donating blood for the first

time and were willing to be active volunteer donors.

Sanjeevani was organized by the volunteers of YES!+, an youth movement, which aims at promoting youth excellence and empowerment besides making youth socially committed.

A permanent data base of the donors was also created by the volunteers to hand over to major hospitals and colleges if in need of any donors.

YES!+ plans to hold Sanjeevani once in every three months here after with support from IMA.

"Nothing brings me joy than to impart happiness in others"-says Vinod, an YES!+ Kochi volunteer after the success of Sanjeevani and 'Now we plan to organize a seminar on Eye donation in association with Tony's Eye hospital Aluva', to spread the awareness and urgent need to meet the surging need of organ donation in our city" adds Jijo Kuriakose-Volunteer head of YES!+ Kochi



A blood donor who leads by example

- June 13, 2012
- DC
- Thiruvananthapuram

For 22-year-old M.Monisha, donating blood has been a habit since 2007. On the eve of World Blood Donor Day, DC spoke to Monisha, a college student, to elicit her views on blood donation.

Her first experience as a donor was in 2007. Since then she has been donating blood every three months. "I was inspired by the lectures given by my teacher Dr M.S. Sunil about the importance of blood donation.

You are not just donating blood, but giving life to others," said the second year master's student of Catholicate College, Pathanamthitta.

Monisha also encouraged her brother Manish to donate blood though he was quite hesitant initially. "During a blood donation camp in our college, I managed to convince around 20 girls to donate," she said.

"I have not even suffered a single bout of fever since 2007. I am hale and hearty. Blood donation does not cause any weakness", she assured.



Courtesy: :Kris, Deccan Chronicle

THANKS TO BIG FM RADIO FOR SUPPORTING WORLD BLOOD DONOR DAY CELEBRATION

Students having fun and games with Radio Jockeys of BIG FM Radio On World Blood Donor Day



Terumo Penpol Limited Honoring The Repeat Regular Blood Donors On World Blood Donor Day



World Blood Donor Day celebrated At Apollo Chennai

Apollo Hospitals, Chennai organised a Recipient-Blood Donor Meet on 14 June to commemorate World Blood Donor Day. Obligated recipients expressed their gratitude by honouring the Blood Donors. Apollo Hospitals gave away awards of recognition to the volunteers on behalf of the beneficiaries.

The gift of blood is the gift of life. Despite the innovation of new technologies in the field of medicine, there is no substitute for human blood, still the need for blood and blood products have highly increased. In order to raise awareness of the need for safe blood and blood products, 14 June is observed as World Blood Donor Day across the globe.

The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them. Coinciding with this year's theme, "Every blood donor is a hero", Apollo Hospitals, Chennai created a lifetime opportunity for the recipients to meet the good Samaritans who saved their valuable lives.

According to Dr. Rema Menon, Blood Bank Medical Officer, Apollo Hospitals, Chennai, "Blood donation is a very safe and healthy practice. Donating blood involves knowledge about the health history of an individual, preliminary health check-up, screening for infectious markers and blood group. Donated Blood is separated into its constituents like red blood cells, platelets and plasma. While the red blood cells can be stored up to 42 days, platelets can be stored for 5-6 days and plasma, up to one year".

Madurai School Students On Blood Donation Drive - Volunteers At The Blood Donation Camp.

"Give blood, give life" is something we often hear. Blood donation is generally regarded as an adult social act — strong adults over 18, go and give blood to help save

Abinath C. , Managing Director at Queen Mira put this in perspective when he said, "We wanted to raise awareness on social responsibility in the students at our school.

However that was not the sole objective, because children cannot bring about change in every sphere. Blood donation requires a minimum age of 18 to donate. But we did things a bit different by involving parents who came in to donate blood. The students had a chance to interact and learn about how important it is to donate blood."

"Blood donor's day fell on the 14th of June, but we pushed it by a few days so that it is convenient to parents. The event turned out to be a major hit with several students attending along with their parents, siblings and relatives; many even came in with their neighbours," he added.

The rally was held in collaboration with doctors at the Meenakshi Mission Hospital, Madurai . "Several doctors chipped in to raise awareness amongst the students that day", he said.

Abinath summed up by saying that the rally not only built social awareness amongst students, but the effect percolated to their homes as well as among the faculty at school.

Courtesy : Deccan Chronicle, Coimbatore

lives. What can children do?

But the children at Queen Mira International School, Kochadi, Madurai, showed that age is no bar when it comes to saving a precious life.

A blood donation awareness rally organised at the school recently was an initiative to inculcate a sense of individual social responsibility in the students.

Sujatha Gupta, Principal at Queen Mira International School, underscored the importance of conducting such social drives on campus saying, "Our focus is in raising children with the right sense of social values.

Rallies, camps and such awareness drives help broaden their spectrum of thought and help them lean towards becoming more socially responsible.

We have a wide spectrum of events, from anti-plastic rallies to the most recent blood donation rally dedicated to blood donors across the globe."





DARE TO FIGHT AGAINST GOD'S WISHES

Just another day a staff in our office was going through his vernacular news paper which had a mention about a "hit and run" case in Kollam the previous night. Explicitly the caption had mentioned about how this person was lying on the road for hours together bleeding, unconsciously. No Good Samaritan paid a heed to stop over for a helping hand. The injured lay on the road for hours, battling between the dilemmas of which police jurisdiction that area falls and finally when picked up whether the receiving hospital has the appropriate services to save him. The moment of tragedy as if was not over yet; the staff now gets a call from his wife conveying that her brother was missing since last night. Moments of tragic interface are broadened further when the message is confirmed that person involved in the "hit and run" case was indeed the staff's brother-in-law, who later succumbed to his injuries. The incident was narrated not to highlight the tragedies involved, but to bring forward the stark truth of a life being lost due to acute negligence

and apathy towards "A PERSON, NOT RELATED TO ME" syndrome.

You may call it human nature that if ones near and dear fall ill or are in some emergency we come forward in a jiffy to help them, wasting no time. But if and only if the person concerned is not related to us in any which way, our humane sympathy takes a back seat showing indifference blatantly.

The man on the road was unlucky to find anyone related to him to be one among the passer by or else he surely would have seen another day.

Nevertheless, isn't recounting this incident, enough to produce a spark of compassion towards a humane life that could be his, hers, mine or for that matter your own. Could one among the passer by, stopped, stepped forward and provided that initial assistance or support to alert, attract attention of the concerned people and saved one soul travelling towards the heavenly bodies.

This act by that passer by would have surely saved that life purely because the time lost would have got saved and the amount of blood loss minimised.

BLOOD is no ordinary fluid. It can't be prepared outside a human body no matter what STATE OF THE (HE) ART technology is being used.

Why then when one sees someone bleeding profusely doesn't act at break neck speed. Any inordinate delay at that moment amounts to blood loss which is hard to find. Why hard to find? All because, though we may part with it (blood donation in limited quantity), we choose otherwise. This is where awareness comes in. Each one of us has enough blood circulating, out of which a pint can be donated, at will. Let's not loose life just for want of blood. And if a life is needed to be saved blood needs to be collected through voluntary BLOOD DONATION.

But in this busy and mechanical life taking time out for such petite chores like saving someone, donating blood etc, one may argue as to why unnecessarily get into administrative hassles, legal entanglement and losing peace of mind

However repose yourself for a moment and think it over, you will realise that if you are able to save even one life by this act of yours, at that instant for once you had fought AGAINST GOD'S WISHES and came out triumphantly. YOU not only saved life but provided one.

WG CDR D SENDHIL KUMAR
No.1 KERALA AIR SQN NCC
PETTAH PO, TVM.

MALAYALI FARMER AMONG CENTURION BLOOD DONORS

DC correspondent
New Delhi, June 14

It has been more than two decades that Mathew Stephen has been donating his blood to the needy patients. On this World Blood Donor Day, the 53 year-old Malayali farmer was recognised and facilitated in the national capital among the centurion blood donors of the country.

Mathew has so far donated his blood 102 times. Speaking to this newspaper after receiving the award, Mathew said that his blood group, AB (-ve), was very rare and thus had a lot of demand in hospitals. Earlier, his family members and villagers used to discourage him saying that blood donation would badly affect his health. But, for Mathew, there was nothing to stop him from going out to save a patient's life.

"I showed my family members and villagers that blood donation will not harm the donor's health. Each time when I donated blood, I showed them that I could go to my farm field directly from the hospital," said Mathew.

However, the pentagenarian is worried that he wouldn't be able to donate blood anymore as he is a diabetes patient now. But, Mathew's love for fellow beings does not end there.

"My 22-year-old son, a B. Tech student who has also got AB (-ve) blood, has started donating blood in my place." said Mathew, pride glittering eyes.



FACE PAINTING COMPETITION ORGANIZED BY TERUMO PENPOL LIMITED ON WORLD BLOOD DONOR DAY



Terumo Penpol Limited Award For Best Institutions, Best NGO and Best College Promoting Voluntary Blood Donation - The winners receiving the award from Dr. Shashi Tharoor, Member of Parliament, Trivandrum



Best NGO - All Kerala Blood Donors Society



Best College -All Saints College, Trivandrum



Best Institution among Public Sector Companies-VSSC



Best Institution among Private Sector Companies- Infosys Limited



Bonded by love: Somesh and Rasika at donor-recipient interaction in city; and kids playing with mascots at an event to celebrate 'World Blood Donor Day' at the Marina Beach, Chennai

Fifteen-year-old Nithya from Tiruchy, is one of many who are lucky to be alive because of donated blood. Born with a congenital cardiac problem that needed valve replacement surgery to fix, Nithya underwent an open-heart procedure on June 7. A week later, she got to meet some of those who gave her the lease of life by donating blood.

"The open heart procedure required six units of blood and I required B negative blood, which is quite rare. My parents were unable to find matching donors; through family and friends we could only get B positive blood. Six of them donated blood for the surgery," says the class XII student. Now, Nithya aims at completing her 12th exams and pursuing chartered accountancy. Speaking at a donor-recipient interaction organised at the Apollo Hospital on the occasion of World Blood Donors Day (WBDD), Nithya was grateful to all those who helped her have the surgery done.

Also present at the programme were Somesh and Rasika, both five-year-olds who were recipients of A positive and O negative blood, respectively. Both of them, who recently underwent heart surgeries, clung to their parents. Following the global theme for this years: 'Every blood donor is a hero', the hospital organised the meet to recognise regular and dedicated donors. However, several of them like Rajesh Bhandari, declined to make an appearance. Rajesh has donated blood over 50 times in the last 25 years. His son Prince attended the event on his behalf.

VARIOUS CULTURAL EVENTS ORGANIZED BY TERUMO PENPOL TO MARK WORLD BLOOD DONOR DAY CELEBRATIONS

Amrutha Mohan and Remona from All Saints' College performed a Synchronized Dance Routine



Krishnendu from Women's College performed a classical-western Dance



Music Concert BY 12th Bar - On World Blood Donor Day



A Music Concert By 12th Bar was also arranged on World Blood Donor Day. The Music Concert was very entertaining. The crowd enjoyed the show immensely.

Beat boxing By Teuea Arun on World Blood Donor Day



Teuea Arun, a BBA Student from Avalon Aviation Accademy, a very talented youngster, performed Beat boxing (a form of vocal percussion primarily involving the art of producing drum beats, rhythm, and musical sounds using one's mouth, lips, tongue, and voice. It also involves singing, vocal imitation of turntables, and the simulation of horns, strings, and other musical instruments) which was very entertaining and enjoyable. He had something for every age group in the audience.

79 TIMES IN 29 YEARS, IT'S A B+ APPROACH TO BLOOD

KOZHIKODE: Don't be taken aback if this 46-year-old man asks your blood group when you meet him for the first time. Jayakrishnan, a native of Mankavu, has been donating blood for the past 29 years.

Like his blood group, he always wears a 'B+' attitude when it comes to blood donation.

You may be even more surprised if you see the contact list in his mobile phone. Every name in his contact list will have a suffix denoting the blood group of the person.

"So far I have donated blood 79 times," said Jayakrishnan who regrets at his inability to donate blood on Thursday, the World Blood Donor Day.

He had already donated blood on May 31 and cannot give blood for the next three months. For Jayakrishnan, blood group is more important than your name or address. And it is one reason why the contacts in his mobile phone are suffixed with the blood group of the person.

An employee of an industrial chemical processing unit, Jayakrishnan says an incident during his college days inspired him to donate blood. "During my pre-degree days I first

donated blood to a desolate beggar when I took him to medical college hospital," he said.

Since then he has been donating blood once every three months.

As he has a common blood group, he receives a few calls from those who require blood. However, this advocate of blood donation is not ready to remain passive and makes arrangements with hospital authorities to call him whenever anyone requires B+ blood.

Rather, Jayakrishnan is focussing on inspiring more youngsters to donating blood by sharing his experience to them. "I joined the blood donor's forum recently as I thought my experience sharing will help the new members to be more confident while donating blood," says Jayakrishnan.

Anyone who requires blood group other than B+ also can contact me as I have a list of volunteers with different blood groups, emphasises Jayakrishnan once again highlighting his mobile number 9946354348.

Courtesy : K M Sree, TNN
June 15, 2012

BLOOD DONATION CAMP: ORGANISED BY YES+

The yes+ community under WAYE of The Art of Living foundation, Trivandrum organised a Blood donation Camp on June 1st for the Regional Cancer Center, Trivandrum. It was organised as a part of the Save a Rupee Spread a Smile Project



at Keralashram, Maruthankuzhy. The camp had over 40 generous donors who were mostly students. The camp spread awareness regarding the need and importance of blood donation and also cleared some misconceptions regarding the deed. It was a motivating activity for many first time donors as well as as an encouraging initiative for the youth.

World Blood Donor day Celebrated At Chandigarh : *Some good men who keep the blood line going*

The Blood Donors are the unsung heroes, the men who save lives and improve the health of others.

On World Blood Donor Day, June 14, also the birthday of Karl Landsteiner, the Nobel Prize winner who discovered the ABO blood group system, people who have crossed the 100-mark in blood donation are upbeat, and ready to contribute more towards this noble cause.

They started a long time ago, but their enthusiasm and resolve haven't wavered.

Saheb Saran Setia, 68, could not join the army during the '62 war with China, but decided to do something that would help. It was on November 14, 1962, that he donated blood for the first time in Bombay. Today he has reached the 110-time peak.

He wants more youth to take up this noble cause. "Giving is joy, everyone should do something for society. When you save a life this way you become a hero."

Ashwini K Munjal, a medical technologist, is happy that he has been able to donate blood 117 times. "I cannot help society with money, but blood donation is a good way to make a difference. I can still vividly remember the first time I donated blood on October 1, 1980, at Karnal." To those who avoid donating blood due to some misapprehensions, Munjal says. "Our blood cells expire within 120 days, so people should donate freely, without fear."

"It will be my 80th time this World Blood Donor Day, says Dr Pankaj Kaul, a 52-year-old senior technologist at PGI. In keeping with his vision of helping others, he donated his body to PGI on his 50th birthday.

He sees all this as "work done for the welfare of humanity".