Donate Blood...
Save Lives !

There are simply not enough people who are willing to donate 450ml of blood !

Consider these facts :

- Any healthy person between 18 yrs and 55 yrs of age can donate blood.
- Studies show that 80% of the population will need blood or blood products at some stage in life for survival.
- Yet, less than 3% of the population donate blood regularly in India.

Why should you donate blood ?

- Blood Donation once in 3 months is an excuse for a free medical check up.

- Your blood saves 4 lives ! (One unit of your 450ml blood can be separated into red cells, plasma, platelet and buffy coat and given to four different patients).
- Donating one unit of blood every three months is good for your health.

How can your community support Voluntary Blood Donation ?

- Organising community awareness programs, Blood Grouping Camps, Blood Donation Camps etc.