



SHIVAJI EDUCATION SOCIETY, AMRAVATI'S

**JIJAMATA MAHAVIDYALAYA, BULDHANA**



**रक्तदान**

FOR

**हिंदुस्तान**

**THE FAMILY OF BLOOD DONORS**

A GIFT STRAIGHT FROM HEART.



An Initiative of Jijamata Mahavidyalaya, Buldhana

## Blood Donation Society

Sr. No.	Name of Member	Designation	Contact No.
1.	Dr. Prashant P. Kothe	Principal	9822461416
2.	Mr. Subodh N. Chinchole	IQAC Coordinator	9421394023
3.	Dr. Bharat S. Jadhao	I/C Physical Director	9022731309
4.	Mr. Pavan R. Thakare	N.C.C.C.T.O	8329641742
5.	Dr. Dnyanoba J. Kande	N. S. S. Officer	8605356851
6.	Dr. Shriram K. Yerankar	Head, Faculty of Arts	9423722316
7.	Dr. Suresh N. Gawai	Head, Faculty of Commerce	8329558110
8.	Dr. Vandana R. Kakde	Head, Faculty of Science	8999265718
9.	Mr. Gajanan M. Lohate	Assistant Professor (Music)	9028340027
10.	Dr. Rahul W. Ukey	Assistant Professor (Botany)	8788405773
11.	Mr. Nitin Nandu Shimpne (JUO)	Student Representative (Boys)	9373406384
12.	Ku. Kavita Gajanan Padol (JUO)	Student Representative (Girls)	9921173900

## INSTRUCTIONS BEFORE BLOOD DONATION

- ✚ Any healthy adult male and female can donate blood.
- ✚ Age of blood donors should be between 18-60 years.
- ✚ Weight required for male is above 45 kg, and for females preferably above 50 kg.
- ✚ Minimum gap between two blood donations should be 3 months for males and 4 months for females.
- ✚ You should not have suffered from any illness in last 7 days like Cough, Cold and Fever etc.
- ✚ Do not donate blood on empty stomach. Before blood donation take light breakfast within last 4 hours. Drink plenty of fluids i.e. Water, Juice etc.
- ✚ Avoid consumption of alcohol, smoking and chewing tobacco 6 hours prior and after blood donation.
- ✚ Truthfully answer the questions while fill up the form before blood donation and do share your medical history.
- ✚ Wear comfortable clothes. Take sufficient sleep.
- ✚ Doctors will check your weight, haemoglobin, medical fitness and blood pressure, if you qualify for the same you will be able to donate the blood.
- ✚ We expect healthy and safe blood from blood donors.

## INSTRUCTIONS AFTER BLOOD DONATION

- ✚ After blood donation do not get up immediately from the bed. Relax for at least 15 minutes.
- ✚ Kindly press the cotton bud kept on the injected place after removals the needle.
- ✚ After 5 minutes blood bank technician will remove the cotton bud and they will apply bandage on the injected place.
- ✚ Drink more liquids i.e. water, Juice etc.
- ✚ It is necessary to take refreshments (tea, coffee, biscuits) after blood donation.
- ✚ Avoid consumption of alcohol, smoking and chewing tobacco 6 hrs after blood donation.
- ✚ Remove the bandage after 6 hrs.
- ✚ Avoid playing vigorous games like cricket, weight lifting or any adventurous sports or heavy vehicle drives for 24 hrs after blood donation.
- ✚ Contact blood bank in case of any discomfort.
- ✚ After 3 months for male and 4 months for females is safe to make blood donation.