



## National Voluntary Blood Donation Day, Organized at NIC State Center, Chhattisgarh on 1<sup>st</sup> October 2021



1<sup>st</sup> October is observed as the **National Voluntary Blood Donation Day** in India. This day aims at spreading awareness about the importance of donating blood and the benefits associated with this noble cause.

One of the main reasons why people are not donating blood is that some of them are not fully aware of its benefits, and some are even afraid to do so because of misinformation. To better understand the concept, NIC State Center has invited **Shri Sudeep Shrivastav, State Coordinator, Red Cross, Raipur** for creating awareness to basic facts about the blood donation.



He explained very well about, who can donate Blood. Donor's age must be between 18-60 years, and their weight should be more than 45 kgs to be able to donate blood. Healthy donor gents may donate blood in every 90 days or 3 months and ladies in 4 months. However, one must avoid donation if suffering from any disorders.



State NIC officers, District officials joined over video conference and NICS I employed technical manpower actively participated in the session. Awareness drive was also joined by President and team of Chhattisgarh Ministerial Employees Union of Secretariat.

Shri Shrivastav also made everybody understand to the Health Benefits of Blood



Donation i.e. it promotes good health, lowers risk of hemochromatosis, helps in reducing the risk of cancer, boosts production of new blood cells, helps in preventing heart and liver ailments caused by iron overload and many more.

**State Informatics Officer & DDG Dr. A. K. Hota** addressed the queries of participants and motivating the participants told that every blood donor is a life saver. You don't have to be

somebody's family member to donate blood. If you're a blood donor, you're hero to someone, somewhere, who received your gracious gift of life.

**Shri Rajput, President, Chhattisgarh Ministerial Employees Union**, Nava Raipur also assured complete support on behalf of all the employees of Secretariat to participate and promote proposed Blood Donation Camp.

The programme was successfully coordinated by **Shri P. K. Mishra, Technical Director & DIO, Raipur** and **Shri Manish Kochar, Scientist-D.**