



K L E Society's

Gudleppa Hallikeri Arts, Science and Commerce College, Haveri

(Re accredited by NAAC at 'A' Grade with CGPA 3.23)

Blood Donation Camp

“Blood Donation Is A Small Act Of Kindness That Does Great And Big Wonders.” Blood Donation Camp organized (NCC, NSS, Youth Red Cross Wing Scouts & Guides) K.L.E Society's G H College, Haveri with the collaboration with K.L.E Hospital, Belagavi held in 15-11-2021 in G H College Campus for the celebration and remembrance of 106th KLE Society's Establishment Day. 67 students and 18 NCC cadets, Faculty members and Dr. (Smt.) Sandy Kulkarni Principal of G H College Haveri, donated blood and got refreshment and certificates.

“Blood Donation Is A Great Act Of Kindness.” Every day blood transfusions take place and save millions of lives all over the world. Blood donation is a service to humankind. By donating blood, you help someone in need, and it can very well save a precious life.

That's precisely why we celebrate World Blood Donor Day on the 14th of June every year to encourage blood donation and also to give thanks to all the blood donors all around the globe.

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, we've compiled some basic facts about blood donation.

The process is as simple as:

1. Registration
2. Mini-physical exam and medical history
3. Donation of blood
4. Refreshments

Donor's age must be between 18-60 years old, and their weight should be more than 45 kgs to be able to donate blood. The average adult has about 10 pints of blood in his body. Roughly one pint is given during a donation (350 ml)

A healthy donor may donate blood every 56 days or 8 weeks. However, you must consult your doctor first before donating blood and avoid donation if you're suffering from any disorders.

Health Benefits of Blood Donation:

- Promotes good health
- Aids in weight loss
- Lowers risk of hemochromatosis
- Helps in reducing the risk of cancer
- Boosts production of new blood cells
- Helps prevent heart and liver ailments caused by iron overload

Blood Compatibility

Blood Type	Donate to:	Receive from:
A+	A+ AB+	A+ A- O+ O-
O+	O+ A+ B+ AB+	O+ O-
B+	B+ AB+	B+ B- O+ O-
AB+	AB+	All
A-	A+ A- AB+ AB-	A- O-



O-	All	O-
B-	B+ B- AB+ AB-	B- O-
AB-	AB+ AB-	AB- A- B- O-

