



# 1000 plus volunteers 120 plus centers 1 National Blood Donation Drive

BJS and its volunteers spread across the nation and pledge their support in organising the National Blood Donation Drive saluting the spirited visionary, Shri Shantilal Muttha on his 60th Birthday

## From the President's Desk



Dear Friends,

I am writing on behalf of thousands of volunteers, who have committed to social cause just because of an influence of one single person in our respective lives. Bhau, Shantilalji, Mutthaji, SGM sir, different names by different people, but for all of us Shri. Shantilal Muttha is one source of inspiration to commit ourselves on his single call and to dedicate our time, energies and resources for social cause.

To us, the volunteers of BJS, a journey of learning and discovery, a journey full of hope still continues, as Muttha ji inspires all of us each day. He still rolls up his sleeves and spends long hours as if he has just started out.

Today, BJS is a well-knit organisation with all of us - volunteers spread across the nation. As I have set out on a national tour, connecting with masses at all levels from across the country, it makes me often think of the magnanimity of the work that Muttha ji has created for all of us. The dedication with which Muttha ji has spearheaded many operations and projects is an example in itself of his undying zeal to serve the society. His awe-inspiring passion motivates

volunteers from across the community to whole-heartedly dedicate themselves for BJS' work and its activities.

Shri. Muttha has always converted his ideas into action, with sincere dedication and hard work and continues to shape the lives of many and the society at large. If one has to go by example, then the life of Shri

**In doing so, we are trying to connect thousands of blood donors to a very meaningful social cause.**

Muttha clearly demonstrates the virtue of serving the society and everybody must learn from it. This spirited change-maker has spent more than half of his life serving the society and continues to do so even today. We are celebrating his 60th birthday on 15th August.

As a humble gesture to institutionalise his dedication towards the cause of social development, we, the volunteers of BJS, have organised a Blood Donation Drive across more than 100 centres in the country, as our mark of respect for our beloved leader. In doing so, we are trying to connect thousands of blood donors to a very meaningful social cause. We volunteers vouch to commit our selves to participate in every way that we can in BJS work but those who are unable to spend their time for social work are

encouraged through this drive to donate blood as a token of their social contribute. Scarcity of blood has become a common phenomenon. In India, blood is required every two seconds. Participating in blood donation drives like these can save someone's life.

As someone who has worked closely with Shri. Muttha, I have witnessed the extent of his commitment towards social development and I with many other volunteers, have tremendous respect for the man who gave it all to set the path for development of the community and society at large. His magnanimous work has inspired many to tread on the path of social work. We have resolved at the outset of his 60th Birthday that the blood donation drive will be an annual event, institutionalising a humble token of appreciation from the thousands of volunteers across the country, for showing us the light of a noble cause.

We at BJS request your kind support in helping us make this drive a huge success on the occasion of the 60th birthday of Muttha ji, who dedicated his life to the development of the Jain community and the society. Let us be a part of the Blood Donation Drive on August 15th 2014 and come together to give the gift of life. Your act of good-will goes a long way to save lives!

# BJS expands its horizon with the annual Blood Donation Drive

The highest form of humanitarian service most certainly, is blood donation. Donating blood is the highest level of kindness as one is unknown of the beneficiary and there is an altruistic thought that motivates such action. And it is not just one person that you benefit with one single blood donation. One blood donation can benefit more than one person as blood is usually segregated into RBC's, Platelets, WBC's and Plasma and given as per requirement.

While the number of people giving blood is rising, the figures are very low showcasing that there are 8 donors for every 1,000 people. The number of people dying in road accidents has been increasing, thus, leading to a rise in the requirement for blood. Although over 88 million units of blood are collected the world over it is still not sufficient for the 6,910 million world population which requires 150 million units annually. In some developed countries the number of voluntary blood donors is very high, like Switzerland where number of voluntary blood donors per 1,000 population figures is 113 and in Japan, it is 70.

For the last three decades, Bharatiya Jain Sangathan has played an instrumental role in contributing to the society by addressing issues of national concern. Understanding the urgent need for blood and going a step ahead in contributing in the health sector, Bharatiya Jain Sangathan has organised Blood Donation camps nationwide on the occasion of the 60th birthday of our beloved founder. This is perhaps the greatest gift we can give to our fellow countrymen.

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Realising the gravity and relevance of blood donation, various organisations conduct regular camps. So long as people get over their deep seated fears and other psychological barriers, they are good to go. And the best way to get people donate their blood is to inform and educate. As a result, we need to generate increased awareness amongst people about the significance of voluntary blood donation and the dire need for the same. We are happy to announce that from here on, the blood donation drive is going to be introduced as an annual event and this country-wide drive will run around Shri Muttha's birthday every year.

Shri Shantilalji Muttha forged on the path of serving the society pretty early in his life. Through its initiatives, BJS has attempted to make a difference in various sectors including healthcare. Under the valuable guidance of Dr. Dikshit, BJS has been able to change the lives of many individuals through its plastic surgery camps. Shri Muttha's

life testifies how selfless contribution can bring about sustainable change. While most of us are not allowed to live a life like him, the least we can do is become a part of humanitarian drives and do our little bit for those in need.

We sincerely appeal to everyone to be a part of the drive in their respective cities and also invite their friends and family for the same. Let us join hands in this noble cause and come forward to save lives!



# Give blood, give life!

Despite being a country with a population of 1.2 billion, India faces a blood shortage of 3 million units. According to the 2012 World Health Organisation (WHO) report, only nine million units are collected annually, while the need is for twelve million units. The shelf-life of donated blood is 35 to 42 days. As per studies carried out by the Rotary Blood Bank, there is a constant need to replenish stocks in the blood banks. Ideally, a blood bank should have enough blood to be able to meet the daily requirement of blood, but it doesn't.



repeated blood transfusions. Unavailability of blood may cost lives. Hence, the importance of blood donation is tremendous. According to experts, lack of education and awareness on the importance of blood donation are the major reasons behind the dismal voluntary blood donation figures of our society.

The problem of shortage of blood is grave and needs immediate attention and action. The lesser number of voluntary blood donors in the country, in turn is hitting the availability of units of blood. This issue could be addressed, if only two

percent more Indians donated blood. Voluntary blood donors are very few and the majority of the blood donors are family voluntary blood donors and replacement blood donors. A replacement blood donor is a donor who donates blood in response to a family's blood request but not related with the patient by marriage or birth.

Bharatiya Jain Sangathan's national observance of the blood donation drive

aims at boosting the quantum of voluntarily donated human blood by way of making people aware of the importance of blood for saving lives and the harmlessness in giving blood for their fellow being. Sensitisation of the youths is very important. We sincerely hope for the youth especially, to proactively come ahead to become regular blood donors. Invariably, the responsibility for change, progress and innovation lies on your shoulders. Youth can make or mar society and have the zeal to initiate revolutions. We strongly believe that if the youths come forward in large numbers it will not only save lives, but will set an example for other people from the society to come ahead and give blood. It might take only a few moments for someone to give blood, but those few moments can save someone's life. Not everyone can save a life, but when you get the opportunity, don't waste it!

**Statistics show that there are 234 million major operations in India, 63 million trauma-induced surgeries, 31 million cancer-related procedures and 10 million pregnancy related complications which require blood transfusions.**

Nothing is comparable to the preciousness of human blood. In spite of the rapid and remarkable conquests of medical science today, there is no laboratory that manufactures blood. The non-availability of sufficient blood units has become a major concern. India has 2433 blood banks that have the capacity to collect 9 million units of blood annually, but they collect only 7 million. With 909 government-promoted blood banks, 362 voluntary organizations, 684 blood banks associated with private hospitals, and 500 blood banks owned by private charity organization, the blood bank services sector is highly fragmented in the country. There has always been blood shortage in most of the blood banks because the blood banks fail to organise voluntary blood donation camps on a regular basis and depend mainly on replacement donors. As a result, there is always pressure on patient to procure blood when needed.

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# About Blood Donation: Dos and Don'ts

While they say that ignorance is bliss, the same might not hold true all the time. Nurturing the virtue of donating blood is one thing, and knowing facts related to it is another. Awareness can help belittle misunderstandings related to blood donation and can eventually lead to an increase in the number of donors.

## Facts we must be aware of:

- Every 2 seconds, another person in India needs blood and more than 38,000 blood donations are needed every day.
- Every year our nation requires about 4 Crore units of blood, out of which only a meager 40 Lakh units of blood are available.
- An individual has about 4-5 liters of blood in their body
- One out of three people will need blood once in their life
- The requirement for blood goes up by 5% every year.
- Only 4% in the eligible population in India donates blood.
- 75% of donors donate only once or twice in annually.
- A total of 30 million blood components are transfused each year.
- Body recovers the actual blood very quickly: blood plasma volume in 24 -48 hours, red blood cells in about 3 weeks and platelets & light blood tissues – in minutes
- It normally takes 15 to 20 minutes to donate blood
- Regular Donation alleviate some major medical problems like coronary heart diseases, strokes, Lowers cholesterol, Lowers lipid amounts
- The average red blood cell transfusion is approximately 3 pints.
- The blood type most often requested by hospitals is Type O.
- More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

## What you must know!

The following are important facts about blood donation which everyone must know. We hope that this information will be useful and will encourage you to donate blood and invite your friends and family for the same.

### Who can Donate Blood?

A normal adult has 4.5-5 liters of blood in his body of which only 300ml is used during blood donation. And this blood is replenished by the body within 24-48 hours. A healthy person between 18 and 60 years of age and over 45 kg weight can donate blood once in three months.


### Donor Benefits:

- Health check-up in regular intervals
- As body produces new blood cells it will help keep the donor body & mind energetic
- Blood donation helps regulate the level of iron in our body and thus minimizes the risk of heart attack, stroke and hemochromatosis.
- Lowers high cholesterol level

### DO donate blood, only if you satisfy all of the following conditions

- You are between age group of 18-60 years.
- Your weight is 45 kgs or more.
- Your hemoglobin is 12.5 gm% minimum.
- Your last blood donation was not within last three months.
- You are healthy and have not suffered from malaria, typhoid or other transmissible disease in the recent past.

## DO NOT donate blood, if you have any of the following conditions

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- Cold / fever in the past 1 week.
  - Under treatment with antibiotics or any other medication.
  - Cardiac problems, hypertension, epilepsy, diabetes (on insulin therapy), history of cancer, chronic kidney or liver disease, bleeding tendencies, venereal disease etc.
  - Major surgery in the last 6 months.
  - Vaccination in the last 24 hours.
  - Had a miscarriage in the last 6 months or have been pregnant / lactating in the last one year.
  - Had fainting attacks during last donation.
  - Have regularly received treatment with blood products.
  - Shared a needle to inject drugs/ have history of drug addiction.
  - Had sexual relations with different partners or with a high risk individual.
  - Been tested positive for antibodies to HIV.

## Guidelines to follow to get started:



A healthy diet helps ensure a successful blood donation, and also makes you feel better! Check out the following recommended simple guidelines to get started.

- Don't consume caffeinated beverages before donating. Stick with water instead.
- Don't eat fatty foods prior to the process.
- Eat Iron rich foods and Vitamin C rich foods.
- Have a snack after the donation. Be sure to have the juice and cookies, and rest in the center while you eat.
- Never donate blood on an empty stomach. Eat a wholesome meal about 2-3 hours before donating to keep your blood sugar level stable.
- Make sure your next meal is high in protein. Also remember to consume fruits and vegetables and drink lots of water, as the combination will help your body to create new blood right away.
- Rest for the remainder of the day. Don't plan a trip to the gym. Read, see a movie, or work on the computer, but don't push yourself too hard.
- If you are a regular donor, eat iron-rich foods at least a week or two before the date. Proper hydration is essential as well.

**To participate in BJS' blood donation drive, you may write in to [bjspune@bjsindia.org](mailto:bjspune@bjsindia.org) or call us at 020 4120600/ 41280012/13**

(Sources: Compiled from internet - <http://www.redcrossblood.org>, <http://www.naco.gov.in/NACO>, <http://www.bloodcenters.org/>, <http://muthootlifeblood.com/page/blood-donation-facts>)

## 2014 July / August Events

Program	Date	City	State	Trainer	Organiser
<b>Business Development Program</b>	6th July 2014	Bangalore	KA	Mr Chakor	Mr Suresh Dhoka
	28th July 2014	Sivakasi	TN	Mr Rakesh Jain	Mr Mahaveer Parmar
	29th July 2014	Madurai			
		Salem			
	30th July 2014	Erode			
		Tindivanam			
	31st July to 3rd August	Vellore	KA	Mr Rakesh Jain	Gautam Bafna, Prakash Ji
		Mysore			Puesh Ji
		Shimoga			Pushap Ji
		Chitradurg			Dinesh Ji
Hospet		Kantilal Ji			
4th August	Bellary	MH	Mr Rakesh Jain	Manoj Ji	
	Gadag			Ichalkaranji BJS Team	
5th August	Ichalkaranji	MH	Mr Rakesh Jain	Shri. Anand Chhajed -Bharatiya Jain Sangathan in association with the Rotary Club of Baramati	
14,15,16 & 17 August	Baramati	MH	Mr Rakesh Jain	Mr. Paras Oswal	
<b>Empowerment of Girls Trainer's Training</b>	10-13 July	Marathwada, Vidarbha, Khandesh, Maharashtra	MH	Mr Rakesh Jain	Mr. Paras Oswal
	31st July - 3rd Aug	Aurangabad	MH	Ratna Gosavi	Mr. Paras Bagrecha
<b>EOG</b>	11-13 July	Raipur	CG	Sanjay Singhi	Nirmal Baradiya
	18-20 July	Hubli	KA	Dr Sunil Bhutada	Mr.Goutam Bafna
<b>CG</b>	20th July 2014	Khargone	MP	Kusum Pandya	Mr. Shailesh Jain
	21st July 2014	Hathras	UP	Yugal Rayalu	Mr. Manoj Jain
		Agra			
	22nd July 2014	Firozabad			
		Kanpur			
	23rd July 2014	Etawah			
Jaswant Nagar Barot( Baghpat)					
24th July 2014	Shamli (Muzaffarnagar)				
	Shamli (Muzaffarnagar) 2nd Batch				
<b>Youth Meeting</b>	6th July 2014	Pune	MH	Prafulla Parakh	BJS, HO

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Program	Date	City	State	Trainer	Organiser
<b>BDP</b>	31st July to 3rd August	Mysore	KA	Mr Rakesh Jain	Gautam Bafna, Prakash Ji
		Shimoga			Puesh Ji
		Chitradurg			Pushap Ji
		Hospet			Dinesh Ji
		Bellary			Kantilal Ji
	Gadag	Manoj Ji			
4th August	Ichalkaranji	MH	Mr Rakesh Jain	Ichalkaranji BJS Team	
5th August	Baramati	MH	Mr Rakesh Jain	Shri. Anand Chhajer -Bharatiya Jain Sangathan in association with the Rotary Club of Baramati	
14,15,16 & 17 August	Marathwada, Vidarbha, Khandesh, Maharashtra	MH	Mr Rakesh Jain	Mr. Paras Oswal	
16th August	Ahmednagar	MH	Mr Rakesh Jain	BJS Ahmednagar team in association with PM Munot Memorial Trust	
<b>EOG</b>	1st August - 3rd August	Chennai	TN	Shri Ramesh Jain Patawari	Shri Ramesh Jain Patawari
	9-11 August	Akola	MH	Shri. Ratnakar Mahajan	Mr. Mahavir N Mangulkar
	14-16 August	Kolhapur	MH	Shri. Ratnakar Mahajan	Mr. Abhinandan Khot
	15-17 August	Dhamni, Sangli	MH	Ms. Manisha Bhansali	Mr. Rajgonda Patil
	16-18 August	Kadappa	AP	Ms. Nisha Jain	Mr. Parasmal Jain
	15-17 August	Katni	MP	Dr. Vimal Jain & Dr. Manjula Jain	Dr. Vimal Jain
	15-17 August	Pune	MH	Mr Ganesh Oswal	Mr. Shripal Lalwani
	15-17 August	Mumbai	MH	Mr. Sanjay Singhi	Jitendra Ji
	15-17 August	Damoh	MP	Ms. Ekta Bajaj	Ms. Aparna Singhai
	19-21 August	Dhule	MH	Shri. Ratnakar Mahajan	Ms. Sheetal Chhajer
<b>EOG TT</b>	6-9 August	Rajkot	GJ	Smt Ratna Gosavi	Mr. Sureshbhai Kothari
	15-18 August	Agra	UP	Smt Amita Jain	Shri Manoj Jain
<b>Minority Training Program</b>	19th August	Pune	MH	Shri. Prafulla Parakh	BJS, H.O.
<b>CG</b>	31st August	KA	KA	Mr. Hemraj Shinde	Mr. Goutam Bafna
<b>Youth Meeting</b>	31st August	Pune	MH	Shri. Prafulla Parakh	BJS, H.O.

# Events

## President's National Tour: Parivartan Yatra:

<b>July</b>	<b>Chhattisgarh:</b>	<b>July 11th to July 15th 2014:</b>	Rajnandgaon, Durg, Bhilal, Bilaspur, Raipur, Mahassamund, Dhamtari, Jagdalpur
	<b>Andhra Pradesh:</b>	<b>July 16th to July 20th 2014:</b>	Vijaynagaram, Vizag, Rajmundri, Vijaywada, Nellore, Tirupathi, Kadapa, Anantpur, Kurnool, Hyderabad
	<b>Gujarat:</b>	<b>July 24th to July 28th 2014:</b>	Surendranagar, Jamnagar, Gandhidham, Porbandhar, Rajkot, Baroda, Bharuch, Surat, Vapi, Valsad
	<b>Rajasthan:</b>	<b>July 29th to July 31st 2014:</b>	Bhilwara, Kota, Jaipur, Ajmer, Beawar, Pali
<b>August</b>	<b>Rajasthan:</b>	<b>1st August 2014:</b>	Balotra, Jodhpur
	<b>Punjab, Haryana, &amp; Jammu:</b>	<b>August 14th to August 18th 2014:</b>	Kuruksheetra, Chandigarh, Faridkot, Ludhiana, Jalandher, Jammu, Delhi
	<b>Uttar Pradesh:</b>	<b>August 21st to August 25th:</b>	Lucknow, Kanpur, Jhansi, Gwalior, Firozabad, Agra, Etah, Aligarh, Meerut, Shamli

## Minority Updates

The Union Government's decision to recognise Jains as a religious minority at the national level has caused a lot of enthusiasm and generated a lot of queries. The **Minority Help Desk** at BJS addresses a good number of queries each day. BJS has answered public queries that scores over 400 e-mails and phone calls.

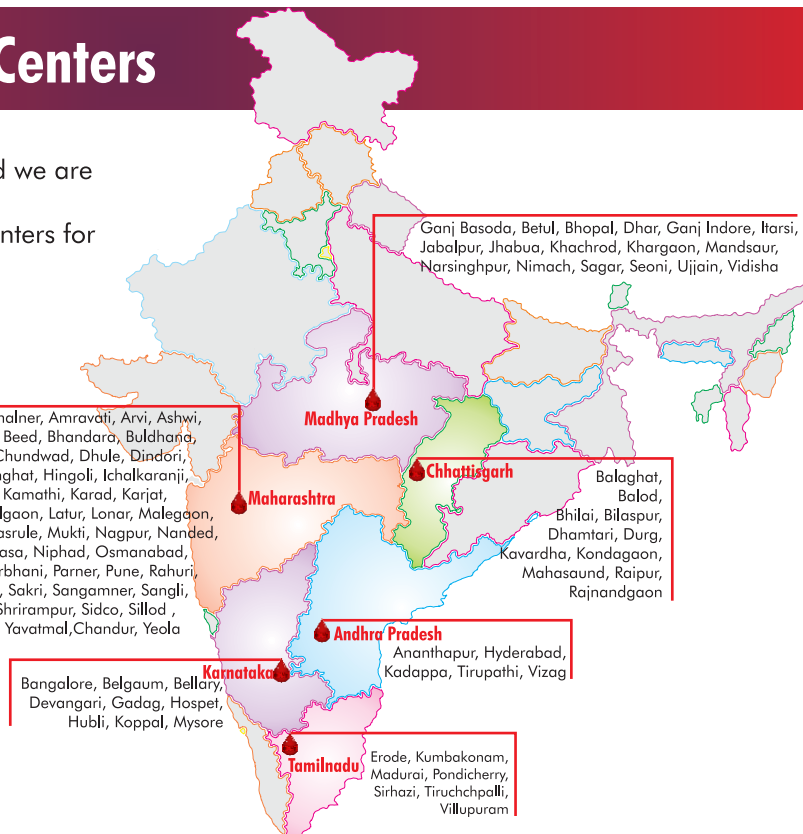
The Help Desk also generates awareness about the six booklets published by BJS that can be downloaded from BJS's website or people can place orders to avail the hardcopies of the books. So far, more than 1900 people have downloaded the e-books from the website. Over 9000 set of books have been purchased till now. To get the books free of cost, you may download them from <http://www.bjsindia.org/JainMinorityBooklets.php>.

## Blood Donation Centers

BJS' blood donation drive is the first of its kind and we are delighted to conduct the drive in about 150 cities. The following are the state wise locations of the centers for the blood donation drive

Ahmednagar, Akola, Amalner, Amravati, Arvi, Ashwi, Aurangabad, Baramati, Beed, Bhandara, Buldhana, Chandrapur, Chopda, Chundwad, Dhule, Dindori, Ghoti, Gondiya, Hinganghat, Hingoli, Ichalkaranji, Igatpuri, Jalgaon Jalna, Kamathi, Karad, Karjat, Khopoli, Kolhapur, Lasalgaon, Latur, Lonar, Malegaon, Mangaon, Manmad, Masrule, Mukti, Nagpur, Nanded, Nandgaon, Nasik, Newasa, Niphad, Osmanabad, Pachora, Paratwada, Parbhani, Parner, Pune, Rahuri, Railway Rasin, Ratnagiri, Sakri, Sangamner, Sangli, Shindkheda, Sholapur, Shirampur, Sidco, Sillod, Umrana, Vani, Wardha, Yavatmal, Chandur, Yeola

The above mentioned list might be subject to change due to indefinite factors. Other locations are also confirming their participation in this national drive. We, however, request your kind participation in your respective cities and look forward to an overwhelming response in making this drive a huge success!



## Connect with us

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Please LIKE us on : Facebook <https://www.facebook.com/BJSIndia> & SHARE with your friends

We would appreciate your feedback and comments on the E- Bulletin.

Please write in to [bjspune@gmail.com](mailto:bjspune@gmail.com) for any suggestions.



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