

# पूनर्जीवन

Blood Donors of America



“ To give blood you need neither extra strength nor extra food, and you will save a life “

VOLUME 1 ISSUE 2

JANUARY 2014

## Executive Committee of Blood Donors of America

### President

Dr. Lila Karki, AL

### Exec. Vice President

Dr. Bishnu P Phuyal, IL

### Vice President

Dr. Bijaya Kattel, FL

### General Secretary

Dr. Ananta Acharya, GA

### Joint Secretary

Mr. Manish Shakya, SC

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Ms. Sangita Dangol, GA

### Joint Treasurer

Ms. Bandana Khadka, NC

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Dr. Dron Gauchan, NJ

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Mr. Raju Sitaula, CO

Mr. Sanjaya Thapa, NY

Dr. Ghan S Bhatt, TN

Dr. Prabhat Pokharel, MI

## President's Message

Blood Donors of America wishes a very Happy New Year 2014 to all Blood Donors, Volunteers, Sponsors, Well-wishers, Members, Readers and all individuals in the community.

Namaste and a very warm welcome to our readers across the globe.

We are pleased to bring the second issue of our online newsletter; पूनर्जीवन. The Blood Donors of America is a non-profit, non-religious, and non-political organization dedicated to community service primarily by hosting blood drives and creating awareness of blood donations, bone marrow matching campaigns, and health education (healthy diet, physical fitness, obesity, free health screening, and consultation). We have a target of organizing blood drives over all fifty states in the USA and beyond. Our team is working hard to coordinate with all national, regional, and state level organizations, student associations as well as individuals and institutions/organizations in the community to participate in donating the most precious gift of life - **blood** - to save lives in need. One pint of your blood is above and beyond any kind of donation because it has the potential to save three lives. **Blood Donation is a Life Donation.**

In December, 2013 alone, about 100 pints of blood were donated in four blood drives. This donation can save up to 300 lives in need. A warm thank you to all big hearted generous donors. Correspondingly, we are excited to share with you that five blood drives have already been scheduled for January, 2014. We would also like to thank all dedicated volunteers, who have been sparing some of their precious private, family, and professional time to serve the community consistently. Simultaneously, we feel proud to join hands to heighten our identity through community service and look forward to working with all institutions and individuals in the USA and globally for the noble cause of saving fellow human beings.

We thank Mr. Krishna Shrestha, Chair and the entire Information and Communication Committee for their relentless hard work to bring this second publication to fruition on time. In addition, I admire the entire executive committee, state coordinators, committee chairs, advisors, former committee members, and the all life members for their willingness to make a difference through community service. All of you have been considered a member of this great voluntary team. Therefore, we look forward to receiving everyone's creative comments, suggestions, articles/expertise related to blood donation, and all forms of support that energize us to bring our regular issues to you in a more presentable form.

Together, we can make a difference.

Sincerely,  
Dr. Lila Bahadur Karki  
President  
Blood Donors of America



## Thank you His Excellency Dr. Shankar Prasad Sharma

His Excellency Dr. Shankar Prasad Sharma,  
Ambassador of Nepal to the USA,

Blood Donors of America along with more than 4,600 blood donors, The Executive Committee, State Coordinators, Committee Chairs, Advisors, and Former Committee Members would like to thank Your Excellency for your consistent encouragement and support on various blood drive events and other community activities. We have found you to be an extraordinary diplomat and true social leader. Specifically, your presence during a number of community blood drives in many states has energized us to work hard for the noble cause of saving people's lives and heighten Nepali identity in the USA at the same time.

We are also aware of many of your outstanding diplomatic career accomplishments during your tenure in the USA for the benefit of Nepal, Nepalese living in the USA, and between the people of the two countries. **You are a role model, a true diplomat, a social leader, and a Nepali HERO.** It is not very pleasing for us to say farewell to you as you plan to return back to Nepal. I, on behalf of Blood Donors of America, wish and certainly hope that Nepal will continue to receive your outstanding service in future.

We wish you a very Happy New Year 2014 and continued success in 2014 and for many years to come. We would also like to express a Happy New Year 2014 to you, your family, and the entire staff of the Nepalese Embassy.

Together, we can make a difference.

Sincerely,  
Lila Bahadur Karki, Ph.D.  
President, Blood Donors of America

## Poem- "HAPPY NEW YEAR 2014"



- Krishna Shrestha, Florida

### Wish You Happy New Year 2014

New Year,, New Year, New Year

This year, I am different than last year,  
I will welcome you only  
if you Promise me following oh my Dear

New Year,, New Year, New Year

You should wipe off our sorrow tear  
You should remove all the fear  
You should create near and dear  
You should work as a forward gear

New Year,, New Year, New Year

This Year, I am different than last year  
I will welcome you only ,  
if you Promise me following additional oh my dear

You must think love and care  
Sorrow and happiness need to share  
You should convert our life like a flare  
You should talk to us more than a glare

New Year,, New Year, New Year

This year, I am different than last year  
I will welcome you only ,  
if you Promise me some more following oh my dear

Simple living high thinking makes your life straight line  
Complex living no thinking makes your life as a grape vine  
Honesty politeness and social involvement makes your life brightly shine  
May this new year 2014 fulfills your all the pine

New Year,, New Year, New Year

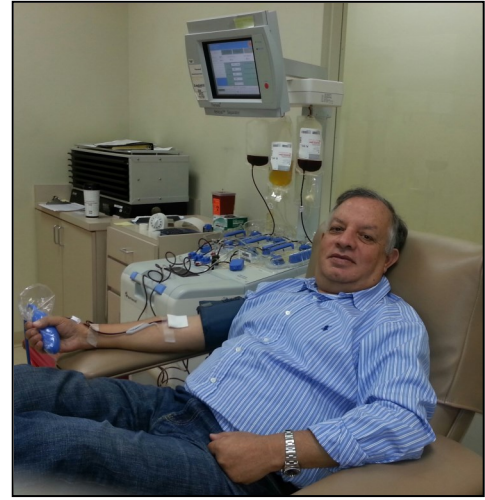
This year, I am different than last year  
I will welcome you only ,  
if you Promise me few more following oh my dear

Mount Everest should be the earth's head gear  
Buddha 's peace message should be delicious than pear  
Nepalese bravery and honesty should be focused there  
Let us be united and celebrate Happy New Year 2014 right now in here !!

New Year,, New Year, New Year

Now I believe, you will promise me all above so I proudly say welcome to 2014  
" Happy New Year "

## फ्लोरिडा निवासि श्री अजय सत्यालले १०० पटक रक्तदान गरी नयाँ किर्तिमान



फोर्ट मायर्स, फ्लोरिडा निवासी ५९ वर्षिय अजय सत्यालले मिति ०४ जनवरी २०१४ सनिबार १०० औं पटक रक्तदान गर्नुभयो । बिश्व भरिमै एक प्रतिशत भन्दा कम रक्तदाताहरुले मात्र १०० पटक भन्दा बढी रक्तदान गरेका छन । '२५ वर्ष अगाडी आफु साथीबाट अभिप्रेरित भै रक्तदान गर्न सुरु गरे यता सयौं बिरामीहरुलाई बचाउन सहयोग गर्न पाएकोमा खुशी छु । यो मेरो सुरुवात मात्र हो । मेरो स्वास्थ्यले साथ दिए सम्म यो पबित्र कार्यमा लागि रहेने छु' श्री सत्यालले दृढता व्यक्त गर्नुभयो। फ्लोरिडा राज्य सरकारको बातावरण संरक्षण विभागमा प्रशासक अधिकारीको नियुक्तीमा कार्यरत श्री सत्यालले 'मेरो परिवारमा छोरा र छोरीले पनि रक्तदान गर्ने गरेका छन्' भने । होल ब्लड ८० र प्लेटलेट्स २० पटक दान गरि किर्तिमान राखेका श्री सत्यालले आफ्नो शरीरको अमूल्य रगत अरुहरुलाई दान गर्नुमा जति आनन्द त अरु केहीमा छैन भन्दै सम्पूर्ण युवाहरुलाई कम से कम वर्षको एक पटक मात्र भए पनि रक्तदान गर्न आह्वान गर्नुभयो । उहाँ ब्लड डोनर्स अफ अमेरिकाको बोन म्यारो दान समितिको प्रमुख र फ्लोरिडा राज्यको लागि उक्त संस्थाको संयोजक पनि हुनुहुन्छ ।

अजय सत्यालसंग भावना साटासाट गर्नलाइ इमेल [ajaya\\_satyal@hotmail.com](mailto:ajaya_satyal@hotmail.com) मा सम्पर्क गर्न सक्नु हुनेछ।

**We kindly request you all to become the life member of Blood Donors of America by using the following link**

<http://blooddonorsofamerica.org>

Life memberships fee for first person of family is \$ 100.00 and \$50.00 each for spouse and every additional children.

## **APPEAL OF TRIAD NEPALESE COMMUNITY CENTER (TNCC), NC**

**Dear Family and Friends,**

As you have already known, our sister Uttara Basnet has been diagnosed with non-small cell lung cancer. It is in the advanced stage. We are so saddened by her being diagnosed of lung cancer. Considering her situation, TNCC Board of Directors (BOD) decided to help her emotionally and financially to cope up with the hardship she and her family are facing. Considering the possibility of occurring such situations in the community, TNCC has launched a program called "TNCC Cares". Under TNCC Cares program, TNCC has set up the "TNCC Cares Fund" to support the members in emergency needs. TNCC has deposited \$1,000 dollars to the fund to initiate the program.

It is time for all of us to come together as a community to make a difference in her life. In this moment, TNCC likes to appeal everyone to donate Uttara Basnet with open heart through the TNCC Cares Fund or you can make donation via Paypal by visiting [www.nctncc.org](http://www.nctncc.org). You can also donate cash through TNCC Treasurer or any BODs or write a check payable to TNCC Cares Fund or direct deposit on checking account 237022286992, Bank of America.

Please feel free to contact us should you have any questions regarding this email. We truly appreciate your consideration of this request and hope that you can respond generously.

**Together We Can Make A Difference!**

Sincerely,  
Narayan Khadka  
President, TNCC  
[president@nctncc.org](mailto:president@nctncc.org), [khadkapeace@gmail.com](mailto:khadkapeace@gmail.com), Phone- 336-707-0592

Blood Donors of America also strongly supports this appeal and kindly requests to all to donate for this needy cause and wish all the best for the speedy recovery of Ms. Uttara Basnet.

## **रक्तदान जीवनदान**



-बिकास देवकोटा "नयाँघरे" ,फ्लोरिडा

सुख शान्ती जीवनमा दिएर मिल्छ संबन्धी  
लिनु दिनु जीवनको कामले मिल्छ श्रीब्रिधी  
आत्मा शान्ती मिल्छ गरेर क्षयमा दानले  
सम्पूर्णमा पूर्णता मिल्छ आफ्नो रक्तदानले  
लगाई माला पूर्ण हुँदा उठ्छ जीवन प्रेमले  
रगत नै जीवन हो रे मानव बन्छ दानले  
श्रदा भक्ती जीवन सँग उठ्छ भक्ती भावले  
कर्मापथमा अगाडि बढ्दा मुक्ती मिल्छ दानले  
ईस्वर बोल्छ करुणभिन्न दानी बोल्छ भावले  
श्रमजिव सधैं उठ्छ भित्री आफ्नो कामले  
रगत हाम्रो जीवनदान प्रेम मिल्छ भावले  
उठ्छ जीवन सदा सदा रक्तदानको कर्मले

## **Blood Donors of America donated \$ 150 ( One hundred fifty dollars) to Philippines Typhoon**

Blood donors of America collected the donation of \$ 150 ( One hundred fifty dollars) and sent this amount to help the victims of Philippines Typhoon " Hai-yan" Blood donors of America thanked all those who have contributed for this donation.

## **Request of Information and Communication Committee of Blood Donors of America**

Respected all Readers of " PUNARJIWAN",

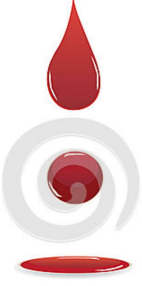
Namaskar

This Newsletter is our second publication on behalf of Blood Donors of America. The main purpose of this newsletter is to inform you all about this organization ,upcoming and completed blood drives/ activities , health awareness and many more other information including your articles. Information and Communication Committee of Blood Donors of America kindly requests you all to send your feedback and comments about this issue to make upcoming issues more informative, attractive and professional .All of you are also kindly requested to send your articles at [blooddonorsofamerica@gmail.com](mailto:blooddonorsofamerica@gmail.com).

Thank you

Krishna Shrestha  
Chair, Information and communication committee  
Blood Donors of America

Website:- <http://blooddonorsofamerica.org>  
Email:- [blooddonorsofamerica@gmail.com](mailto:blooddonorsofamerica@gmail.com)  
Face Book :- BloodDonorsof America



**DONATE BLOOD**  
 DONATE BLOOD  
 dreamstime.com

Tears of  
 mother can  
 not save  
 her child,  
 but your  
 blood can.



## STATE COORDINATORS

S.No	Full Name	State
1	Ajaya Satyal	FL
2	Bhabindra Basnet	GA
3	Satish Chandra Gupta	SC
4	Santosh Pokhrel	AL
5	Dr. Thakur Karki	NC
6	Buddhi Pant	TN
7	Kiran Byanjankar	IL
8	Dr. Nawa Raj Pradhan	MS
9	Basu Bhandari	LA
10	Basu Shrestha	TX
11	Gautam Dahal	MD
12	Bhushan Shrestha	CO
13	Tilak K C	WI
14	Lok Chantyal	PA
15	Manju Sangraula	DC Metro/ VA

## Information and Communication Committee Blood Donors of America

1. Mr. Krishna Shrestha, FL– Chair
2. Mr. Choodamani Khanal, FL– Member
3. Mrs. Radha Poudel, IN– Member
4. Mr. Sunil Katwal, IL– Member
5. Ms. Alima Karki, AL– Member

# Tips for Successful Blood Donation

By following a few recommendations before, during and after your blood donation can help you make your donation experience as safe, successful and pleasant as possible.

## Before Your Donation

1. Maintain a healthy iron level in your diet by eating iron rich foods, such as red meat, fish, poultry, beans, spinach, iron-fortified cereals and raisins.
2. Get a good night's sleep.
3. Drink an extra 16 oz. of water or nonalcoholic fluids before the donation.
4. Eat a healthy meal before your donation. Avoid fatty foods, such as hamburgers, fries or ice cream before donating. (Fatty foods can affect the tests we do on your blood. If there is too much fat in your blood, your donation cannot be tested for infectious diseases and the blood will not be used for transfusion.)
5. If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.
6. Remember to bring your donor card, driver's license or two other forms of ID.

## During Your Donation

1. Wear clothing with sleeves that can be raised above the elbow.
2. Let the person taking your blood know if you have a preferred arm and show them any good veins that have been used successfully in the past to draw blood.
3. Relax, listen to music, talk to other donors or read during the donation process.
4. Take the time to enjoy a snack and a drink in the refreshments area immediately after donating.

## After Your Donation

1. Drink an extra four (8 ounce) glasses of liquids and avoid alcohol over the next 24 hours.
2. Remove the wrap bandage (if you had one put on your arm) within the next hour.
3. Keep the strip bandage on for the next several hours.
4. To avoid a skin rash, clean the area around the strip bandage with soap and water.
5. Do not do any heavy lifting or vigorous exercise for the rest of the day.
6. If the needle site starts to bleed, apply pressure to it and raise your arm straight up for about 5-10 minutes or until bleeding stops.
7. If you experience dizziness or lightheadedness after donation, stop what you are doing and sit down or lie down until you feel better. Avoid performing any activity where fainting may lead to injury for at least 24 hours.

Name List of Life Members of Blood Donors of America updated up to 27 Dec 2013

SN	Name	Residing State	SN	Name	Residing State
1	Dr. Lila Bahadur Karki	Alabama	26.	Mr. Krishna Shrestha	Florida
2	Dr. Bishnu Prasad Phuyal	Illinois	27.	Mr. Gobinda Shrestha	Georgia
3	Dr. Bijaya Kattel	Florida	28.	Mr. Udhav Karki	North Carolina
4	Dr. Ananta Acharya	Georgia	29.	Dr. Tilak B. Shrestha	Alabama
5	Mr. Manish Shakya	South Carolina	30.	Mr. C. K. Parajuli	Georgia
6	Mrs. Sangita Dongol	Georgia	31.	Mr. Suresh Basyal	Illinois
7	Mrs. Bandana Khadka	North Carolina	32.	Mrs. Anju Belbase	Illinois
8	Dr. Nanda Regmi	Texas	33.	Mr. Krishna Prasad Poudel	Tennessee
9	Dr. Dron Gauchan	New jersey	34.	Mrs. Radha Poudel	Tennessee
10	Mr. Chandra Kanta Dhital	California	35.	Mr. Hem Pathak	Texas
11	Dr. Suresh Sharma	Ohio	36.	Mrs. Sarita Pathak	Texas
12	Mr. Raju Sitaula	Colorado	37.	Mr. Gautam Dahal	Maryland
13	Mr. Sanjaya Thapa	New York	38.	Mr. Malini Bhattarai	Maryland
14	Dr. Ghan Shyam Bhatt	Tennessee	39.	Mr. Devi (David) Acharya	Texas
15	Dr. Prabhat Pokharel	Michigan	40.	Mrs. Sushila Acharya	Texas
16	Mr. Arjun Prasad Mainali	New York	41.	Ms. Sanam Acharya	Texas
17	Mr. Bhabindra Basnet	Georgia	42.	Mr. Raju Thapa	Georgia
18	Mr. Santosh Pokhrel	Alabama	43.	Mrs. Namuna Basnet	Georgia
19	Dr. Thakur Karki	North Carolina	44.	Mr. Krishna Devkota	Georgia
20	Mr. Ajaya K. Satyal	Florida	45.	Mrs. Seema Devkota	Georgia
21.	Mr. Tek Thapa	Georgia	46.	Mr. Paras Kunwar	Georgia
22.	Mr. Madhav Mainali	Alabama	47.	Mrs. Binu Gurung Kunwar	Georgia
23.	Mr. Hari Om Pradhan	Florida	48.	Mr. Deepak KC	Georgia
24.	Mr. Krishna Bilas Pokhrel	Florida	49.	Mrs. Binu Malla	Georgia
25.	Dr. Sanjeeb Sapkota	Georgia	50.	Mr. Kumar KC	Georgia

Continued in next page .....

Name List of Life Members of Blood Donors of America updated up to 27 Dec 2013

SN	Name	Residing State	SN	Name	Residing State
51.	Mrs. Sabita Kunwar	Georgia	71.	Mr. Sita Ram Tiwari	Georgia
52.	Mr. Babu Ram Sharma	Georgia	72.	Mrs. Rama Singh Sijapati	Georgia
53.	Mr. Deepak Pahari	Georgia	73.	Mr. Rajesh Singh Sijapati	Georgia
54.	Mr. Pitri Raj Acharya	Georgia	74.	Dr. Uma Karki	Alabama
55.	Mrs. Sushma Pahari	Georgia	75.	Ms. Alima Karki	Alabama
56.	Mr. Umesh Sapkota	Texas	76.	Mr. Amod Karki	Alabama
57.	Mr. Prem Guragain	California	77.	Mr. Basanta Khadka	North Carolina
58.	Mrs. Brinda Shrestha Guragain	California	78.	Mrs. Santona Khadka	North Carolina
59.	Dr. Ramjee Sharma	Georgia	79.	Mr. Kishor Shrestha	Tennessee
60.	Mrs. Ambika Lohani Sharma	Georgia	80.	Dr. Nawa Raj Pradhan	Mississippi
61.	Dr. Sundar Shrestha	Georgia	81.	Mrs. Manisha Shrestha	Mississippi
62.	Dr. Anup Shrivastav	Georgia	82.	Mr. Rama Kanta Kharel	Illinois
63.	Mrs. Binita Sangraula	Georgia	83.	Mrs. Shanti Kharel	Illinois
64.	Mr. Ram Parajuli	Georgia	84.	Mr. Amrit Karki	Kentucky
65.	Mr. Mohan Timilsina	Georgia	85.	Mr. Bala Ghimire	Illinois
66.	Mrs. Kanchan Timilsina	Georgia	86.	Mrs. Nana Satyal	Florida
67.	Mr. Sujan Shrestha	Georgia	87.	Mrs. Saraswati Tiwari	Georgia
68.	Mr. Pranaya Lama	Georgia	88.	Mrs. Muna Acharya	Georgia
69.	Mrs. Sita Adhikari	Georgia	89.	Mrs. Sita Ghimire Mainali	Alabama
70.	Mr. Chet Nath Ghimire	Georgia	90.	Mr. Narayan Khadka	North Carolina

**Request of Abi Kattel Memorial Foundation**

Abi Kattel Memorial Foundation proudly announces her 8th Blood drive on following venue, date and time.

Date: 18 Jan 2014

Venue: Okeeheelee Park (Micanopy Pavilion) , West Palm Beach, Florida

Time: 11:00 AM to 4:00 PM

Food: Foundation will provide food and drinks for everybody (vegetarian and non-vegetarian).

Sign-up link: <https://www.oneblooddonor.org/index.cfm?group=op&expand=503937&zc=33414>

### Accomplished Blood Drives in December 2013.

1. During the 3rd International Nepali Literary Convention on 01 Dec 13, Marriott Hotel in Washington DC with the help of many Nepalese organizations including INLS VA Chapter, BANA, Nepalese Women Global Network, Nepali Society of Virginia, Nepal Chaupari, Nepali Public Relation Committee, Society of American Nepalese Nurses, Global Nepal ,ANMA and Blood Donors of America, where 5 HEROS donated blood.
2. On 15 Dec 13 in High Point, North Carolina in cooperation with Triad Nepalese Community Center ( TNCC) and Blood Donors of America, where 57 HEROES donated blood.
3. On 17 Dec 13, in Colorado in cooperation with BRTnepal.Com and Blood Donors of America (BDoA), where 9 HEROES donated blood.
4. On 21 Dec 2013, in Arlington , Texas in cooperation with Help Desperately Needy People ( HDNP) and Blood Donors of America, where 25 HEROES donated blood.

Blood donors of America thanked to all donors, sponsors, and volunteers.

### UPCOMING BLOOD DRIVE SCHEDULES

S.N.	Date	Time	Contact Persons	Venue	Organizer
1	04 Jan 14 Saturday	10 AM-4 PM	Mr Santosh Pokhrel Mr Madhav Mainali Dr. Tilak Shrestha Dr. Divya Pradhan Dr. Lila Karki	15 Hughes road Madison, Huntsville	North Alabama Nepalese Association ( NANA) and Blood Donors of America.
2	05 Jan 2014 Sunday	11 AM-5 PM	Dr. Ananta Acharya Mr Bhabindra Basnet Mr Bachan KC Mr. Tara Pun Mr. Ram Thapa Mr.Krishna devkota	Atlanta (Himalayan Spice) 2773 Clairmont Rd Atlanta, GA 30329	Nepalese Association of Georgia and Blood Donors of America
3	05 Jan 2014 Sunday	2 PM-8PM	Mr. Mohan Gyawali Mr. Sahakul Khatri Mr. Tulsi Ram acharya	Ridgewood, NY	Ridgewood Nepalese Society and Blood Donors of America
4	18 Jan 2013 Saturday	11 AM-5 PM	Dr. Archana Kattel Dr. Bijaya Kattel	Okeeheslee Park Greenacres, Florida	Abi Kattel Memorial Foundation and Blood Donors of America
5	18 Jan 2013 Saturday	10 AM-4 PM	Mr. Suman Silwal Mr. Santosh Pokhrel Mr. Madhav Mainali Dr. Lila B Karki	Homewood Walmart Birmingham, Alabama	Alabama Nepalese Association (ALNA), North Alabama Nepalese Association ( NANA) and Blood Donors Of America