

पूजर्वन

Blood Donors of America



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

VOLUME 1 ISSUE 4

MARCH 2014

Executive Committee of Blood Donors of America

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President's Message

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

We are pleased to bring the fourth issue of our online newsletter; पूजर्वन/Life Saver. Our team is working hard to coordinate with all national, regional, and state level organizations, student associations, as well as individuals in the community to host blood drives over all fifty states in the USA and beyond. We encourage all of you 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.**

The first quarter of the current team seems to be very satisfying as we were able to accomplish so many important activities. In coordination and collaboration with other organizations and associations, 270 pints of blood have been collected in seven states (FL, AL, NC, CA, CO, IL, and TX). This much collection can save up to 810 lives in need. Wow! We extend a warm thank you to all the generous donors, volunteers, sponsors, and organizers for sparing some of their precious private, family, and professional time and resources to serve the community consistently. One hundred and thirty eight people from 21 different states have become life members (AL, CA, CO, CT, FL, GA, IL, KT, MD, MI, MO, NC, NJ, NY, OH, SC, TN, TX, VA, WI, IA). State Coordinators (state coordination committee) have been formed in twenty one states. A Federal Tax Exemption Application has been submitted. Three members advisory council & ten committees have been formed to expand the planned activities. Similarly, BDA appeal has been published on the homepage of the three online news portals' websites. We feel proud to work for the BDA and would like to join hands with everyone to heighten our identity through community service in the USA and globally to help save lives of fellow human beings.

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

Together we can make a difference.

Sincerely,

Dr. Lila Bahadur Karki
President
Blood Donors of America



Abi Kattel Foundation celebrates its 15th Blood Drive in Florida

On February 8, 2014, Abi Kattel Memorial Foundation (The Foundation) organized a Blood Donation Drive sponsored by the Nepalese Students Association (NSA) at Florida International University (FIU) in the FIU premises. This was Foundation's 15th blood drive and the sixth one in collaboration with the NSA at FIU. Blood Donors of



America, for the first time supported this continued activity.

There were 17 units of blood collected on that day for the great cause of saving lives. Our great social heroes of the event were Dr. Jay P. Sah, Seema Sah, Dr. Prem Chapagain, Nana Satyal, Janak Paudyal, Jhulanath Tim-sina, Rafael Medina, Ram Marahatta, Shambhu Kandel, Dr. Suman Neupane, Dipak Rimal, Bimal Soti, Hari Kandel, Abha Dahal, Sailaja Gyawali, Mohan Pandey, Nicholas Olivera, Laxima Kandel, Santosh Pathak and Mina Kandel. Among those great social heroes 5 were first time donors; our hats off to these big hearted life-saver social volunteers.



At the event, Dr. Archana Kattel on behalf of Abi Kattel Memorial Foundation, Hari Kandel on behalf of the NSA@FIU and Ajaya Satyal (State Coordinator for Florida) on behalf of the Blood Donors of America spoke few words of appreciation to all who donated blood and bigger appreciation to those who did it for the first time. Participation of Ajaya Satyal, who had already donated blood for 105 times (now it is 107) was an inspiration to all. Dr. Bijaya Kattel, main coordinator of the event also representing both Abi Kattel Memorial Foundation and the Blood Donors of America encouraged everybody to be blood donors and save lives.

Blood Donors of America congratulates and supports efforts of all involved organizations and individuals. Thank you all for 'JOB WELL DONE'.



दान महादान रक्तदान जीवनदान

यस पुण्यकार्यमा आजै बाट लागौं । प्राणी मात्रमा रक्त संचार हुन्छ भन्ने जानकारी विलियम हाम्रे ले सन १६१६ म पत्ता लगाएका हुन । त्यस पछि रक्त संचार को क्षेत्र मा थप कुराहरु जानकारीमा आए । हाल संसार मा प्रती बर्ष १५०००००० (एक करोड पस लाख) युनिट रगतको अाबस्यक हुने गरेको छ भने आपुर्ती मात्रै २०००००० (बिस लाख) युनिट भ रहेको छ । जस मध्य ६२ प्रतिशत बिकसित राष्ट्रहरुबाट र ३८ प्रतिशत बिकासोन्मुख राष्ट्रहरु बाट आपुर्ती भएको तथ्याङ्क छ ।



बालानन्द भण्डारी

बिज्ञानले हाल सम्म रगतको अर्को बिकल्प दिन नसकेको कारण रक्तदान नै यसको एक मात्र स्रोत हो । हरेक स्वास्थ्य पुरुषको शरीरमा ७६ मिली प्रती किलो शरीरको वजन र महिला मा ६६ मिली प्रती किलो रहेको हुन्छ । हाम्रो दैनिक जीवन लाई ५० मिली प्रती किलो भए पुग्ने भएकोले हामीले रक्तदान गर्ने भनेको हामी सँग भएको जगेडा रगतदान गर्नु हो । हरेक स्वास्थ्य मानिसले हरेक ५६ दिनमा रक्तदान गर्न सक्दछन । विश्व स्वास्थ्य संघले सन २०२० सम्ममा आबस्यक पर्ने सबै रगत स्वम

सेवकहरुबाट आपुर्ती गर्ने लक्ष्य राखेको छ । हाल मात्र ६२ राष्ट्रमा सत प्रतिशत रगतको आपुर्ती स्वम सेवक बाट हुने गरेको छ । केही राष्ट्रहरुमा स्वम सेवक, साथीभाई र आफन्त हरुबाट रगतको आपुर्ती भई रहेको छ भने केही राष्ट्रहरुमा त रगत किन्ने काम पनि भई रहेको छ । हाम्रो शरीरमा निश्चित समयमा आफै जम्मा हुने रगत समयमै कसैलाई दान गरी सिङ्गो जीवन बचाउने यस महान पुण्य कार्यमा तपाईं हामी आजै बाट लागौं ।

Request of Information and Communication Committee of Blood Donors of America

Respected all Readers of "PUNARJIWAN",

Namaskar

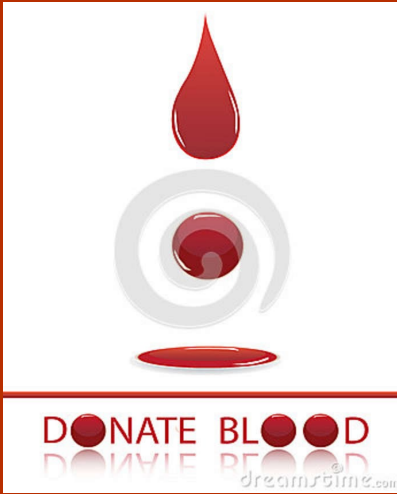
This Newsletter is our second publication on behalf of Blood Donors of America. The main purpose of this newsletter is to inform you all about this organization ,upcoming and completed blood drives/ activities , health awareness and many more other information including your articles. Information and 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.

Thank you

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

Website:- <http://blooddonorsofamerica.org>
Email:- blooddonorsofamerica@gmail.com
Face Book :- BloodDonorsof America

STATE COORDINATORS



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

Welcome to our newest State Coordinators:

BDA welcomes our newest State Coordinators Mr. Sanjaya Shrestha (IA) and Bhara Kandel (MO) onboard. We are delighted to have such dynamic social leaders in our organization for a great cause of saving lives in need. Welcome friends.

S. NO	NAME OF STATE COORDINATORS	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	Bhusan Shrestha	CO
13	Tilak KC	WI
14	Lok Chantyal	PA
15	Manju Sangraula	DC Metro/VA
16	Dr. Gandhi Raj Bhattarai	CT
17	Dr. Lila Raj Dahal	OH
18	Nima Sherpa	NY
19	Iswor Sapkota	CA
20	Sanjaya Shrestha	IA
21	Bharat Kandel	MO

Few words for Blood Donation - A Poem

By, Krishna Shrestha, Florida

My Respected all friends !!!

Don't Be afraid
It is something to feel proud
Those who have not donated the blood
In fact they take blessing from many humans around

My Friends !!!

There is nothing to worry about
Have a try to realize
There is no weakness due to blood donation
In fact it saves someone's life

My Dear !!!

Our body is able to generate
the amount of donated blood
just within the next 24 hours
and this new blood spread
the new energy and the new power

My Colleagues !!!

In every 56 days we can donate blood
Anyone healthy person can try to feel very good
The best thing in the life can be to save other's life
Your introduction by others would always be the sharper than knife

रक्तदान गरौं !!!

कृष्ण पौडेल, इण्डियना

मानिसको रगत रातो सबै एक समान
गरी रक्तदान हामी बनाँ महान
एक पिन्ट रगत दिँदा हुँदैन है क्षति
त्यही रगत पाई बाँच्छन अरु कती कती !

रक्तदान पनि एक समाज सेवा
दान गरौं सबैले हुन्छ पुण्य सेवा
हाँसी खुशी मन ले रक्तदान दिउं
महान दाता रूपी पहिचान लिउं !!

New List of Life Members of Blood Donors of America in February 2014

Name	State
Dr. Gandhi Raj Bhattarai	CT
Tilak KC	WI
Shailesh Pokharel	CO
Atish KC	WI
Bijaya Thapa	VA
Ram Dongol	GA
Bhushan Shrestha	CO
Sunil Katwal	IL
Phuri Sherpa	NY
Dr. Margaret Stephens	AL
Dr. Narayan Bhattarai	NC
Sanjeena Shrestha	SC
Meena Sharma	AL
Bimal Nepal	FL
Mina Basnet	GA
Sonica Basnet	GA
Sujan Basnet	GA
Sujan Shrestha	TX
Kanta Pokhrel	MI
Sophie Pokhrel	MI
Resham B. Gharti	TX
Durga K. Bhujel	TX
Murali Adhikari	TX

***For complete list of members please visit the previous Newsletters “पूनर्जीवन”
in the website <http://blooddonorsofamerica.org/>.**

Planned Blood drives in different States

SN	Planned Blood Drives	States	State Coordinators
1	6 (two accomplished)	FL	Ajaya Satyal
2	7 (two accomplished)	AL	Santosh Pokhrel
3	Working on it	MS	Dr. Nawa Raj Pradhan
4	At least 4 (working for more drives, one accomplished)	CA	Iswor Sapkota
5	Working on it	OH	Dr. Lila Raj Dahal
6	Planned two (working for more drives)	TN	Buddhi Pant
7	4 (working for more drives, one accomplished)	TX	Basu Shrestha
8	5 (one accomplished)	CO	Bhusan Shrestha
9	4 (1 accomplished)	NC	Dr. Thakur Karki
10	Working on it	IA	Sanjaya Shrestha
11	Working on it	MO	Bharat Kandel
12	4 (one accomplished)	GA	Bhabindra Basnet
13	4 (working on it, one accomplished)	CT	Dr. Gandhi Raj Bhattarai
14	4 (working on it, one accomplished)	IL	Kiran Byanjankar
15	4 (working on it)	NY	Nima Sherpa
16	Working on it	MD	Gautam Dahal
17	Working on it	LA	Basu Bhandari
18	Working on it	SC	Satish Chandra Gupta
19	Working on it	WI	Tilak KC
20	Working on it	PA	Lok Chantyal
21	3 Working on it (1 accomplished)	VA/DC Metro	Manju Sangraula

Information and Communication Committee Blood Donors of America

Krishna Shrestha, FL– Chair
Choodamani Khanal, FL– Member
Radha Poudel, IN– Member
Sunil Katwal, IL– Member
Alima Karki, AL– Member