

Blood Donors of America

पूनर्जीवन



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

Volume 2, Issue 5

Executive Committee of Blood Donors of America

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Dr. Lila B Karki, AL

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Dr. Prabhat Pokharel, MI

President's Message

Namaste and **Happy New Year 2071** to our readers across the globe.

We are pleased to bring the fifth issue of our online newsletter; **पूनर्जीवन/Life Saver**. Our team is working hard to co-ordinate 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 goes above and beyond any kind of donation because it has the potential to save three lives. **Blood Donation is Life Donation.**



In coordination and collaboration with BRTNEPAL.com, 16 pints of blood has been collected in Colorado in March. This much collection can save up to 48 lives in need. We thank all generous donors, volunteers, sponsors, and organizers for sparing some of their precious private, family, and professional time and resources to serve the community consistently. Every Blood Donor is a SOCIAL HERO. **We have scheduled seven blood drives only in the month of April to celebrate Happy New year 2071 in FL, AL, TX, & LA.**

In five months, one hundred and sixty nine people have become life members; of which, 31 people from nine states (GA, FL, AL, SC, CA, OR, NY, SD, MI) have become life members in March. Twenty five State Coordinators (state coordination committee) have been designated. Of which, 4 State Coordinators (MA, NH, ME, KY) have been selected in March. Three new Advisers have been appointed to expand the advisory council. 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 throughout the globe to help save lives of fellow human beings.

We thank all dedicated volunteers and the entire team of 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, Committees Chairs, Advisors, Former Committee Members**, and most importantly all life members for their willingness to make a difference through community service. All of you have been considered loyal members of this great voluntary team. Therefore, we look forward to receiving everyone's creative comments, suggestions, and expertise and all forms of support to energize and drive this organization forward. Together, we can make a difference.

Sincerely,
Lila Bahadur Karki, PhD
President



We kindly request all of you to become life members of Blood Donors of America by using the Following ink: <http://blooddonorsofamerica.org> The life membership fee for first person of any family is \$ 100.00 and is \$50.00 each per additional family member .

State Coordinators of Blood Donors of America

Ajaya Satyal, FL
Bhabindra Basnet, GA
Santosh Pokhrel, AL
Dr. Thakur Karki, NC
Basu Bhandari, LA
Basu Shrestha, TX
Satish Chandra Gupta, SC
Buddhi Pant, TN
Kiran Byanjankar, IL
Dr. Nawa Raj Pradhan, MS
Bhusan Lal Shrestha, CO
Gautam Dahal, MD
Manju Sangraula, VA, DC Metro
Tilak KC, WI
Lok Chantyal, PA
Dr. Gandhi Raj Bhattarai, CT
Dr. Lila Raj Dahal, OH
Nima Sherpa, NY
Iswor Sapkota, CA
Sanjaya Shrestha, IA
Bharat Kandel, MO
Maheshwar Pant, MA
Din Bandhu Premi, NH
Dr. Nirajan Dhakal, ME
Hemanta Bhetwal, KY

Congratulations and Welcome onboard Advisors



Dr. Prahlad Pant
Senior Adviser



Binod Roka
Legal Adviser



Sanjeeb Sapkota
Public Health Adviser



Bijay Thapa
Media Adviser



Shailesh Pokharel
Media Adviser



Ram S Dongol
Economic Adviser



Dr. Bishnu Ghimire
Language/Editorial Adviser

OUR CONTACT INFORMATION

Please send your articles, information, feedback and any comments on following address.

Information and Communication Committee, BDA

Emails:- blooddonorsofamerica@gmail.com

info@blooddonorsofamerica.org

Website :-<http://www.blooddonorsofamerica.org>

Face Book :- [BloodDonorsofAmerica](https://www.facebook.com/BloodDonorsofAmerica)

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



जीवनमा केही गरौं ! सकिन्छ भने परोपकारी बनों !!



बिभिन्न धार्मिक ग्रन्थ, पुस्तक, प्रबचन अनी ज्ञानका कुराहरु सुनेको र बुझेको आधारमा भन्ने हो भने मनुष्य लगायत कुनै पनि प्राणी जन्मे पछी एकदिन पक्कै मर्छ भन्ने यथार्थ धुब सत्य, अकाह्य तथ्य र सत प्रतिसत सही हो । यसलाई मेडिकल बिज्ञानले पनि पुष्टी गरेको छ । ठुला ठुला बिज्ञहरुको भनाइ लाई उद्धृत गर्दा र वास्तविक संसारलाई नजर लगाउंदा पनि मनुष्य जिबन नै सर्वोत्क्रिष्ठ प्राणी जीवन हो भन्ने सबैमा छर्लङ्ग छ। संसारकै औसत निकाल्ने हो भने मनुष्यको औसत आयु मात्र पचास बर्षको हाराहारिमा होला। अब यती औसत आयुलाई पनि नाबालक बाल्यकाल, ठिटौलो उमेर स्कुले काल र आफै जान्ने बुझ्ने प्रौढ कालमा हिसाब गर्ने हो भने त हामीले राम्रा र असल काम गर्ने समय धेरै थोरै हुन आउँछ। " कुण्ड कुण्ड पानी मुण्ड मुण्ड बिचार " भन्ने उखानबाट तलाउ वा भिन्ना भिन्नै पोखरीको पानी फरक भए जस्तै छुट्टाछुट्टै ब्यक्तीको बिचार र सोचाई फरक हुनु अस्वाभाबिक होईन । तरै पनि राम्रा र असल कुराहरु , व्यवहारहरु तथा सोचाई मात्रले पनि एउटा ब्यक्तीको जीवनमा साह्रै सकारात्मक भूमिका खेलेको हुन्छ । मनुष्य भएर जन्मनासाथ अन्य कुनै पनि प्राणी भन्दा अती चेतनशिल र सर्वोत्क्रिष्ठ प्राणी हो भन्ने पुष्ट्याईमा त हामी सहमत भई सकेका छौं। कोही पनि प्राणी अजम्बरी हुन नसक्ने तथ्य पनि अब दोहोर्याउन परेन । तसर्थ यो मानब जीवनमा बाचुन्जेल जती सुकै धन सम्पतिका कुरा गरे पनि , जती सुकै सुन्दर अनुहार र बलबानको कुरा गरे पनि , जती सुकै बिद्या र ज्ञानका कुरा गरे पनि आखिर एक दिन सबै संसार छोड्नै पर्ने अकाह्य तथ्य लाई सिरोपर गर्ने हो भने प्रत्यक ब्यक्तीले सकेसम्म आफु राम्रा कार्यको लागि परिचित हुने बातावरण बनाउनु सधैं अपरिहार्य हो भन्नुमा अत्युक्ती नहोला । अझै सक्ने हो भने त आफ्नो शेष पछी अरुले सम्झने अवस्था बनाउनु झनै सर्वोत्तम सोचाई हो ।

यसैले यतीखेर " बाँचुन्जेल तेरो र मेरो मरे पछी टुङ्गाको चौधरो " भन्ने अर्को उखान पनि अती सान्दर्भिक ठहर्छ । बाचुन्जेल सधैं तेरो अनी मेरो भन्दा भन्दै आफ्नो जीवनको अन्तिम पल सम्म पुग्दा पनि अरुको उपकार तर्फ कहिल्यै पनि समय र सोचाई नराखी जीवन गुज्ने ब्यक्तिहरु सङ्ख्यात्मक हिसाबले जहिले पनि बढी हुने गर्छन्। कहिले कांही राम्रा कार्य गर्नलाई धन, बिद्ध्या, बल र अन्य बिशेष क्षयमताको पनि आबस्यक पर्ने हुन्छ । तर धेरै राम्रा कार्यहरु मध्य आफुले अरु कसैको जीवन नै बचाउन सक्नु भनेको सबै भन्दा ठुलो महान कार्य हो । यसलाई पवित्र दानको रुपमा वा पुण्य कार्यको रुपमा वा परोपकारको रुपमा वा सच्चा मानबिय कार्यको रुपमा लिन सकिन्छ । यसरी अरुको जीवन बचाउन सकिने माध्याम भनेको रक्तदान नै हो । त्यसैले हामी भन्ने गर्छौं " रक्तदान जीवनदान हो "। तपाईं हामीले रगत दान नगर्ने हो भने आबस्यक परेको ठाउँ र बेलामा यस्को अभाव सधैं भई रहन्छ किनभने धनराशी, बिद्या र बिज्ञानले पनि यस्को बैकल्पिक निकाल्न सकेको छैन। एउटै मात्र रगतको स्रोत भनेको जिबित मनुष्य मात्रै हो । अचम्मको वास्तविक कुरा यहाँ के छ भने यती ठुलो महान कार्य गर्न धन, बिद्ध्या, बल तथा कुनै पनि बिशेष क्षयमताको आवश्यकता पर्दैन । मात्र म राम्रो कार्य गर्छु भन्ने मन भए पुग्ने यो विशाल परोपकारी कार्यमा सबैले सोचाई राख्नु हुन बिनम अनुरोधका साथ यो सानो चिन्तन यही टुङ्गाउँदछु ।

अस्तु !!!

कृष्ण श्रेष्ठ, फ्लोरिडा





*Blood
Donation
will
cost you
nothing
but
it will save
a life.*



Congratulations and welcome onboard new life members of Blood Donors of America (March, 014)

Meena Shakya, FL
Dr. Netra Khanal, FL
Januka Khanal, FL
Nar Singh Rawal, AL
Dr. Resham Thapa, OR
Shanta Bista, OR
Bikash Devkota, FL
Dilip Karki, CA
Karan Karki, NY
Kanchan Karki, SD
Anoop Pokhrel, MI
Choodamani Khanal, FL
Bimal Karki, SC
Pratibha Karki, SC



Blood Donors of America in ANMA-NASa Convention, Colorado

Dr. Lila B Karki, President, and Dr. Tilak B Shrestha, Life Member, Blood Donors of America (BDA) have been nominated facilitators of the convention program committee in the 10th joint ANMA-NASa convention hosted by Rocky Mountain Nepali Society and Nepali Ghar, Colorado. Congratulations to Drs. Karki and Shrestha for representing BDA for such an important responsibility to make the joint convention a grand success.

Welcome to our State Coordinators

Blood Donors of America (BDA) extends very warm welcome to the following newest State Coordinators onboard:

1. Maheshwar Pant, MA
2. Din Bandhu Premi, NH
3. Dr. Nirajan Dhakal, ME
4. Hemanta Bhetwal, KY



Friends, with your presence, we will have the required energy to move forward to save lives in need and heighten Nepali identity in the respective states.

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

<http://www.blooddonorsofamerica.org>

The life membership fee for first person of any family is \$ 100.00 and is \$50.00 each per additional family member .

बि.आर.टि.नेपाल डट कम र ब्लड डोनर्स एसोसिएसनको संयुक्त आयोजनामा कोलोराडोको
बोल्डरमा ब्लडडोनेसन कार्यक्रम सम्पन्न।



Bhupendra Mahat



Bisheswor KC



Deepesh K Bhattarai



Kamal Ghatane



Kesab Acharya



Kranti Gauli



Luna Paudel



Namrata A Pokharel



Naveen Dutta



Pramod KC



Raju Sitaula



Ruk B. Pachhai



Sarita Pachhai



Shailesh Pokharel



Tika Paudel



Yogesh Koirala

बि.आर.टि.नेपाल डटकम र ब्लड डोनर्स एसोसिएसनको आयोजनामा बोल्डर स्थित बोन्फिल्सब्लड सेन्टरमा रक्तदान कार्यक्रम सम्पन्न भयो। "आफूले दिएको रक्तदान बाट यदि कसैको जीवन रक्षा हुन्छ भने किन रक्तदान नगर्ने ?" भन्ने नारा र भावनाको साथमा आज कार्यक्रममा उपस्थित विभिन्न ब्यक्तिहरुले रक्तदान गर्नुभयो। ब्लड डोनर्स एसोसिएसनको लोराडोका को अर्डिनेटर भुषण श्रेष्ठज्यु उपस्थित हुनुभएपनी विशेषकारणबस रक्तदान गर्नसक्नुभएन। बि.आर.टि.नेपालका प्रधानसम्पादक शैलेस पोखरेलज्यु रबोर्ड अफ डाइरेक्टर श्री राजु सिटौलाज्युको उपस्थितिमा रक्तदान गर्नुहुनेहरुमा: १) विश्वेश्वर केसी, (प्रथमपटक रक्तदान), २) रुक.ब.पच्छाइ, (प्रथम पटक रक्तदान), ३) प्रमोद केसी (२००७ देखि हाल सम्म ४० पटक), ४) योगेश कोइराला (प्रथम पटक रक्तदान), ५) लुना पौडेल (संयुक्त राज्य अमेरिकामा प्रथम पटक), ६) दिपेश किशोर भट्टराई (गायक), ७) केशव आचार्य (प्रथम पटक रक्तदान), ८) नम्रता पोखरेल (प्रथम पटक रक्तदान), ९) सरिता पच्छाइ (प्रथम पटक रक्तदान), १०) कमल घताने (प्रथम पटक रक्तदान), ११) राजु सिटौला, १२) शैलेश पोखरेल, १३) भूपेन्द्र महत, १४) नबिनदत्त (पूर्व अध्यक्ष, एयनएतथारकी माउन्टेन फ्रेन्ड्स अफ नेपाल), १५) क्रान्ति गौली, १६) टिका पौडेल हुनुहुन्थ्यो। प्रवासमा रहेर पनि नेपालीहरु कसरी आफ्नो दैनिक जीवन गुजाराचलाउनुको साथै समुदायिक कार्यहरुमा पनि सहभागी हुँदै एक अर्कालाई सहयोग गर्न तत्पर छन् भन्ने कुराको उदाहरण आजको रक्तदान कार्यक्रमले पनि प्रष्ट देखाएको छ कार्यक्रमका आयोजकहरुका अनुसार जून महिनाको अन्तिम हप्ता यस्तै अर्को कार्यक्रम गरिनेछ। कार्यक्रममा दिपेन श्रेष्ठ, बि. के.श्रेष्ठ, सुजाता सिटौला, निलिमा महर्जन लगायत रक्तदान गर्न इच्छुक तर विभिन्न कारणहरुले गर्दा रक्तदान गर्न नपाएका अन्य केही व्यक्तिहरुको पनि उपस्थिति रहेको थियो।

Congratulations and welcome onboard 17 new life members of Blood Donors of America from GA in March, 2014:

Dr. Akanksha Mehta, MD
Dr. Jonathan Andrew Grossberg, MD
Bdidhan Lamichhane, Sharada Rijal
Kiran Dhakal, Swikriti Acharya
Ram Thapa, Babita Thapa
Dilip Chauhan, Anita Khadka
Shree Ram Wagle, Susmita Tiwari
Kapil Baral, Bhim M Adhikari,
Bipana Bhattarai, Hari Guragain
Shristi Bhattarai



Congratulations

Blood Donors of America and Information and Communication Committee warmly welcome and congratulate the new Co-chair of the committee Mr. Sujan Shrestha.



नव वर्ष बि. सं. २०७१ को हार्दिक

मंगलमय शुभकामना

नव वर्ष २०७१ को पावन शुभअबसरमा, हाम्रा समस्त पाठकबर्ग, रक्तदाताहरु, यस संगठनको बिभिन्न समितिमा रहेर स्वयमसेबकिय सहयोग गरिरहनु भएका मित्रहरु तथा सम्पूर्ण शुभचिन्तक लगायत स्वदेश तथा बिदेसमा रहनु भएका सबै आदरणीय नेपालीहरुमा यहाँहरुको सु-स्वास्थ्य, दिर्घायु, सम्ब्रीधी र उत्तरोत्तर प्रगतीको लागि

ब्लड डोनर्स अफ अमेरिका हार्दिक

मंगलमय शुभकामना टक्रयाउंदछ।

प्रार्थी

डा. लीला कार्की

अध्यक्ष तथा सम्पूर्ण ब्लड डोनर्स अफ अमेरिका परिवार



Congratulations



Puja and Biswa

Newly married son and daughter in law of Executive Vice President, Dr. Bishnu Phuyal.

You may become a PATRON of Blood Donors of America

Patrons' categories:

- i) Diamond member $\geq \$1,000.00$
- ii) Platinum member $\geq \$700.00$
- iii) Gold member $\geq \$500.00$
- iv) Silver member $\geq \$300.00$

All patrons are BDA life members

Facts about blood donation

1. More than 4.5 million patients need blood transfusions each year in the U.S. and Canada.
2. 43,000 pints: amount of donated blood used each day in the U.S. and Canada.
3. Someone needs blood every two seconds.
4. Only 37 percent of the U.S. population is eligible to donate blood – less than 10 percent do so annually**.
5. About 1 in 7 people entering a hospital need blood.
6. One pint of blood can save up to three lives.
7. Healthy adults with at least 110 pounds weight may donate about a pint of blood in every 56 days, depending on iron levels. Females receive 53 percent of blood transfusions; males receive 47 percent.
8. 94 percent of blood donors are registered voters.
9. Four main red blood cell types: A, B, AB and O. Each can be positive or negative for the Rh factor. AB is the universal recipient; O negative is the universal donor of red blood cells.
10. Dr. Karl Landsteiner first identified the major human blood groups – A, B, AB and O – in 1901.
11. One unit of blood can be separated into several components: red blood cells, plasma, platelets and cryoprecipitate.
12. Red blood cells carry oxygen to the body's organs and tissues.
13. Red blood cells live about 120 days in the circulatory system.
14. Platelets promote blood clotting and give those with leukemia and other cancers a chance to live.
15. Plasma is a pale yellow mixture of water, proteins and salts.
16. Plasma, which is 90 percent water, makes up 55 percent of blood volume.
17. Healthy bone marrow makes a constant supply of red cells, plasma and platelets.
18. Blood or plasma that comes from people who have been paid for it cannot be used for human transfusions.
19. Granulocytes, a type of white blood cell, roll along blood vessel walls in search of bacteria to engulf and destroy.
20. White cells are the body's primary defense against infection.
21. Apheresis is a special kind of blood donation that allows a donor to give specific blood components, such as platelets.
22. The most donated red blood cells can be stored up to 42 days.
23. The most donated platelets can be stored up to 5 days.
24. The frozen plasma can be stored up to one year.
25. Much of today's medical care depends on a steady supply of blood from healthy donors.
26. The average whole blood and red blood cell transfusion is 2.7 pints.
27. Children being treated for cancer, premature infants, and children having heart surgery need blood and platelets from donors of all types, especially type O.
28. Anemic patients need blood transfusions to increase their red blood cell levels.

Donation of blood means few minutes to you but lifetime for someone else.



समबेदना !!!

नेपालीज एसोसियसन फर ग्लोबल कोअपरेसनका संस्थापक अध्यक्ष श्री मणी नाथ पनेरु ज्युको ममतामयी आमा श्रीमती डिल कुमारी खनालको १९ मार्च २०१४ मा डाक्टर इवामुरा मेरोरियल अस्पतालको सघन कक्ष्यमा उपचर हुँदा हुँदै ७५ बर्षको उमेरमा निधन भएको दुःखद खबरले ब्लड डोनर्स अफ अमेरिका स्तब्ध भएको छ। यो दुःखद घडीमा हामी उहाँको आत्माले शान्ती पाओस भन्दै सम्पूर्ण शोकाकुल परिवार प्रती गहिरो समबेदना ब्यक्त गर्दछौं ।

ब्लड डोनर्स अफ अमेरिका

Scheduled Blood Drives in April & May

When	Where	Time	Hosting Partners	Contact Persons
April 12, 2014	Fort Myers, FL	1:00 pm-5:30 pm	Blood Donors of America	Ajaya Satyal @ (239) 834-3733
April 12, 014	Gainesville, FL	1:00-5:30	Nepalese student Association at University of Florida and Blood Donors of America	Uttam Gaulee, 4128054745 Rajendra Gautam, 3528703822 Sujan Timilsina
April 13, 2014	Irving, Texas	11:00 AM to 4:00 PM.	Blood Donors of America	Basu Shrestha, 2147188746 Nanda Regmi, 2149348464
April 19, 2014	West Palm Beach, FL	1:00-5:00	United FNA-FANS Blood Donors of America	Bijaya Kattel, 5613586549 Ajaya Satyal, 2398343733 Bimal Nepal, Choodamani Khanal, Krishna Shrestha
April 20, 014	Green Mt Nature Trail, Huntsville, AL	12pm-4pm	North Alabama Nepali Association, Blood Donors of America	Santosh Pokharel, 2563375069 Madhav Mainali, 2566532205
April 21, 014	Baton Rouge, LA	9:00-2:00	Nepalese Student Association @LASU, Blood Donors of America	Basu Bhandari, 2255726355 Rajan Parajuli, 2255714943
April 26, 014	Auburn, AL	10-5.30	Nepalese Student Association at Auburn University, Blood Donors of America, PadmaDal Memorial Foundation	Shree Ram Sharma Dangal 8148805566 Lila B Karki, 3347505226
May 11, 014	West Hartford, CT	9:00am-2:00pm	Nepalese Association of Connecticut, Congregation Beth Israel & Blood Donors of America	Pralhad Paner, 8609704623 Gandhi Raj Bhattarai, 860-690-8057

Announcement!!!

Blood Donors of America proudly announces an essay competition among students from any of the colleges and Universities in North America (United States, Canada, Mexico.....). The theme of the essay is **saving lives by donating blood.**

Topic of the essay: Donate blood to save lives - the most precious gift of life.

Guidelines for essay writing:

1. Essay must be original of the participant. Students are encouraged to do research on the subject but must be written in their own words. Any duplicate or plagiarism will be disqualified.
2. Length of must be between 3000 and 5000 words. Less than 3000 words and more than 5000 words in length will be disqualified.
3. Language should be English.
4. Deadline for submission is June 1, 2014. Essay received after midnight June 1, 2014 will not be entertained.
5. All entrees must be electronically submitted by midnight June 1, 2014 via email to: blooddonorsofamerica@gmail.com
6. All entrees must be double spaced, typed on 11 or 12 size of Arial font in Microsoft Word or comparable software, left aligned with a margin of 1" on all sides.
7. The essays will be evaluated on four different aspects: originality, real life experience, value of blood donation, and take home message.
8. BDA will nominate a five panel of judges from among distinguished members for evaluating the essays.
9. BDA will have the right to select the judges. Advice of distinguished people will be considered.

Prizes:

First, second and third prize winners will be awarded an amount of **\$500, \$300 and \$200**, respectively. Each winner will also receive a certificate from Blood Donors of America.

Prizes distribution: Prizes will be distributed amidst a function during ANA Convention to be held in Washington DC on July 4-6, 2014. Winners are encouraged to be present at the prize distribution ceremony but attendance is not mandatory to receive the award.

