

# पूनर्जीवन

## Blood Donors of America

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

VOLUME 2 ISSUE 3

JULY 2014



### Executive Committee of Blood Donors of America

#### President

Dr. Lila Bahadur Karki, AL

#### Executive 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

#### Treasurer

Ms. Sangita Dangol, GA

#### Joint Treasurer

Ms. Bandana Khadka, NC

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Dr. Nanda Regmi, TX

Dr. Dron Gauchan, NJ

Mr. Chandra Dhital, CA

Dr. Suresh Sharma, OH

Mr. Raju Sitaula, CO

Mr. Sanjaya Thapa, NY

Dr. Ghan S Bhatt, TN

Dr. Prabhat Pokharel, MI

#### Former President

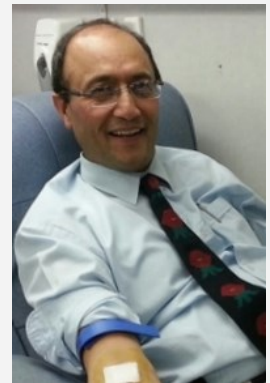
Mr. Arjun Mainali



### *President's Message*

Namaskar to all of you,

We are pleased to bring you the eighth issue of our online newsletter: PUNARJEEWAN/पूनर्जीवन. 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 goes above and beyond any kind of donation because it has the potential to save up to three lives. **Blood Donation is Life Donation.**



In coordination and collaboration with various organizations, nine blood drives in different states (OH, NY, MS, AL, TX, TN, KY, VA, CO) were hosted in June and July to celebrate **World Blood Donors Day**. One hundred and ninety six pints of blood were collected from these events. This is a true initiative of Nepali spirit for community service. This much collection can save up to 588 lives in need. We thank all generous big hearted blood donors and hardworking volunteers for sparing their precious private, family, and professional time, and resources to serve the community consistently. Every Blood Donor is a **SOCIAL HERO**.

In eight months, 250 people have become life members, of which 33 people from 14 states (AL, NH, GA, MA, FL, HI, NM, AZ, VA, TX, KY, OR, CA, and NE) have become life members in June and July, 2014. Forty State Coordinators have been designated, of which 8 State Coordinators (HI, WY, NE, ND, SD, MN, AZ, KS) have been nominated in June and July. We feel proud to work for the Blood Donors of America, and would like to join hands with everyone to heighten Nepali identity through community service in the USA and throughout the globe to help save lives of fellow human beings.

Together, we can make a difference.

Sincerely,  
Lila Bahadur Karki, PhD  
President

## Welcome Editorial Board of Punarjeevan:



Dr. Ramesh C. Khanal  
WI



Dr. Gandhi Raj Bhattarai  
CT



Dr. Tilak Shrestha  
AL



Mr. Lila Shrestha  
TX



Mr. Hem Sharma Paudel  
KY

## Team of IS Personnel

Sujan Shrestha, TX

Manish Shakya, SC

Choodamani Khanal, FL

### रक्तदान - विनोद रोका, न्यूयॉर्क

रक्तदान हो जीवन दान, मनमा राखौं यस्तो ज्ञान।  
एकपटकको रक्तदानले, बचाउछ धेरैको ज्ञान।।

रगत बनी रहन्छ, शरिरमा हाम्रो छिनछिनमा।  
दिएजति जम्मा हुन्छ, यो शरिरमा केही दिनमा।

एउटा स्वस्थ मान्छेले, छ महिनामा एक पटक।  
दिने गरेमा रक्तदान, स्वर्ग हुन्छ यो जगत।।

सबै मानव आफु जस्तै, हुन्छन रक्तदाताको।  
विश्वभर फैल्याउछ शन्देश, मानविय नाताको।।

गर्ने गरे शुभकर्म बस्छ लोकहित गर्ने बानी।  
रक्तदाता बन्नसक्छ प्रेम र करुणाको खानी।

### रक्तदान - गोवर्धन पूजा, बस्टन

गरौं रक्तदान हजुर, गरौं रक्तदान  
जानौं हामी, बुझौं हामी, यो हो महादान  
पर्देन है अंग काटी दिन कसैलाई  
दिई राखे कुनै बेला मिल्छ जसैलाई  
न पाएमा क्षणभरमा जान सक्छ ज्यान  
गरौं रक्तदान हजुर, गरौं रक्तदान  
न त हुन्छ धनको साइनो न त जातीपाती  
मात्र हुन्छ मनको माया हुन्न तलमाथि  
मान्छेमान्छे बीचको नाता आहा कति मीठो  
जति पटक गरे पनि बढ्छ छिटो छिटो  
खेर जाने रगत दिदा मिल्छ जीवन दान  
गरौं रक्तदान हजुर, गरौं रक्तदान

## State Coordinators

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  
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  
Anita Adhikary, MI  
Dr. Lekh Nath Paudel, DE  
Dr. Resham Thapa, OR  
Ananda Regmi, NM  
Mohan Gurung, WA  
Mohan Acharya, AR  
Arjun Pandey, MT  
Surendra KC, HI  
Sujan Dhakal, WY  
Sanjaya Basnet, NE  
Anil Adhikari, MN  
Roshan Sharma, ND  
Krishna Acharya, SD  
Prem Khatri, AZ  
Amrit Pahadi, KS



## Hearty Congratulations!



**Dr. Uma Karki**, BDA life member got promoted to Associate Professor at Tuskegee University, Alabama. Congratulation and best wishes to her.



**Radha Poudel**, Life Member of BDA, has been elected Director of NRN NCC of USA with the highest votes amongst the Directors. **Congratulations** and best wishes to her and the entire NRN team for their successful tenures.



**Narayan Bahadur Gurung**, BDA Advisor, has been elected Spokesperson and Public Relation Officer of NRN NCC of USA. **Congratulations** and best wishes to him and the entire NRN team for their successful tenures.

BDA Treasurer, **Sangita Dongol** and BDA economic adviser, **Ram Dongol** organized a grand Bratabandha on June 29, 2014 in Atlanta Krishna Temple, GA for their sons Sohan and Sudev Dongol. Congratulations to Dongol family



## Welcome to our new State Coordinators

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

**Surendra KC, HI**  
**Sujan Dhakal, WY**  
**Sanjaya Basnet, NE**  
**Anil Adhikari, MN**

**Roshan Sharma, ND**  
**Krishna Acharya, SD**  
**Prem Khatri, AZ**  
**Amrit Pahadi, KS**

# Thank You Big hearted Blood Donors



## Patrons' categories:

- ◆ Diamond member \$1,000+
- ◆ Platinum member \$ 700
- ◆ Gold member \$ 500
- ◆ Silver member \$ 300

All patrons are BDA life members

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

<http://www.blooddonorsofamerica.org>

The life membership fee for the first person of any family is \$100.00 with an additional \$50.00 for each family member.

**We request you to become a PATRON of Blood Donors of America**

## Heartfelt Condolence

We express our deep sorrow at the news of the sudden passing of Mr. Kul Chandra Devkota, father of Bikash Devkota, Life Member, Blood Donors of America, on July 12, 2014 at the age of 97. Our deepest condolences to Bikash jee and his family at this moment of irreparable loss. Our prayers for eternal peace of the departed soul.

**Blood Donors of America (BDA)**

## Our Contact Information

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

Emails: [blooddonorsofamerica@gmail.com](mailto:blooddonorsofamerica@gmail.com) [info@blooddonorsofamerica.org](mailto:info@blooddonorsofamerica.org)

You may visit us at:

<http://blooddonorsofamerica.org/>

<https://www.facebook.com/blooddonorsof.america.5?fref=ts>



## *Welcome to our new life & general members in the month of June and July, 2014*

### Advisory Council

**Dr. Prahlad Pant,**

*Senior Advisor*

**Ram Dongol,**

*Economic Advisor*

**Sanjeeb Sapkota,**

*Public Health Advisor*

**Binod Roka,**

*Legal Advisor*

**Dr. Bishnu Ghimire,**

*Editorial Advisor*

**Bijay Thapa,**

*Media Advisor*

**Shailesh Pokharel,**

*Media Advisor*

### Committee Chairs

**Manish Shakya,**

*Information Technology*

**Dr. Bishnu Phuyal,**

*Bylaws & Convention*

**Dr. Bijaya Kattel,**

*Organizational & Professional  
Development*

**Dr. Nanda Regmi,**

*Membership Drive*

**Dr. Dron Gauchan,**

*Health & Physical Fitness*

**Krishna Shrestha,**

*Information & Communication*

**Devi (David) Acharya,**

**Gobinda Shrestha, Co-chair**  
*Fund Raising & Public Relation*

**Narayan Khadka,**

*Internal Affairs*

**Ajaya Satyal,**

*Bone Marrow Matching Campaign*

Rajendra Khatiwada	KY	Sangita Paudel	NM
Mani Paneru	CA	Narayan Gurung	OR
Sudip GC	MA	Mary Gurung	OR
Pradip Karki	AL	Sandesh Gurung	OR
Iswor Sapkota	CA	Lisa Gurung	OR
Rajani Sapkota	CA	Surendra KC	HII
Lila Dhoj Thpa	TX	Yuba Raj Karki	TX
Apsara Karki	TX	Tirtha Raj Luitel	HI
Rewati Niraula	AZ	Sarita Timilsina Khanal	FL
Ananda Regmi	NM	Suman Budhathoki	AL
Solam Lama	AL	Sabina Sapkota	GA
Sujata Lama	AL	Maheshwar Pant	MA
Gopi Upreti	VA	Din Bandhu Premy	NH
Samita Upreti	VA	Joyce Premy	NH
Keshab Paudel, MD	NM		

### State Coordination Committee, Massachusetts

Maheshwar Pant -

Bishnu Karki -

Milan Grurung -

Bishnu Rai -

Chandra Pun -

Dhruba Ghimire -

Raj Basnet -

**Coordinator**

Director (Himalayan Lions Club NE, Boston)

Director (GBNC, Grator Boston Nepalese committee)

Director (Rai Samaj)

Director (Pun Samaj)

Director (Jana Samparka samiti, NE)

Director (Himalayan Leo Club, Boston)

### Accomplished blood drives in June and July, 2014

Ohio - 8

NewYork- 33

(Hosted by *Kirat Yakthung Chumlung*)

Mississippi - 22

Alabama - 20

Texas - 25

Tennessee - 10

Kentucky - 28

Virginia - 29 (ANA convention)

Colorado - 21

## *Special Thanks*

Sincere thanks and appreciation to all **sponsors of the University and College Level Essay competition** organized by the BDA. All of your donation will go towards the prize for first, second and third place winners.

- **Dr. Dron Gauchan & Anima Bhattachan, NJ**                      **\$300**
- **Hem Sarita Pathak Foundation, TX**                              **\$200**
- **Raju Thapa & Namuna Basnet, GA**                              **\$200**
- **Gobinda Shrestha, GA**    **\$100**
- **Santosh Pokhrel, AL**     **\$100**
- **Manju & Prem Sangraula, VA**                                     **\$100**

## *Thank You Big Hearted Sponsors of 2013-2015*



**Thank you to NAsEA former President, Tek Thapa, life member of BDA**

You are truly a big hearted generous hero and an inspirational person. We salute your commitment to donate twenty-five dollar for every blood drive we conduct in the southeast region (10 states) of America for a period of 2013-2015. We are truly encouraged to have such wonderful support for the work that we have been carrying out in saving the lives of those in need. We have accomplished 14 blood drives up until May 2014 in a span of 7 months.

**- Blood Donors of America (BDA)**

## *Thank You Big Hearted Sponsors of 2013-2015*



**Thank you Mohan Timilsina, life member of the BDA.**

You are an inspirational social leader. We salute your commitment to donate ten dollars for every blood drive we conduct in the southeast region (10 states), America for a period of two years, 2013-2015 starting from June 1, 2014. We are truly encouraged to have such wonderful support for the work that we have been doing in saving the lives of those in need.

**- Blood Donors of America (BDA)**

# Blood Donors of America (BDA) कविता प्रतियोगिता सम्बन्धी सूचना:

यहि आउँदो अगस्ट 29, देखि सेप्टेम्बर 1, 2014 सम्म, डेनभर-कोलोराडोमा हुन गैरहेको ANMA/NASeA को दशौं सम्मेलनमा, Blood Donors of America (BDA) ले रक्तदान कार्यक्रमका साथसाथै कविता प्रतियोगिताको पनि आयोजना गर्दैछ | सम्पूर्ण सर्जकहरूलाई आफ्ना रचना सहित सहभागी भई उक्त कार्यक्रमको शोभा बढाईदिनुहुन हामी हार्दिक अनुरोध गर्दछौं |

## कविता प्रतियोगिका नियमहरू:

१. कविताको शिर्षक **“रक्तदान जीवनदान”** रहनेछ | नेपाली भाषामा लेखिएका, रक्तदान सम्बन्धी कविताहरू मात्र उक्त कार्यक्रममा सामेल गरिनेछ |
२. कविता बढीमा १२० शब्दको हुनुपर्नेछ |
३. श्रस्टा आफैं उपस्थित भई बाचन गरिएका कविताहरू मात्र प्रतियोगितामा सामेल गरिनेछ | अनुपस्थित श्रस्टाका कविताहरू ‘अप्रतियोगी’ का रुमपा उद्घोषक द्वारा वाचन गरिनेछ |
४. उत्कृष्ट ( प्रथम, द्वितीय, तृतीय ) कविताहरूलाई आकर्षक पुरस्कारको व्यवस्था गरिएको छ | प्रतियोगी र अप्रतियोगी सबै सर्जकहरूलाई प्रमाणपत्रले सम्मान गरिने छ |
५. कविता अगस्ट १५ भित्र, तल उल्लेखित इमेलमा आइपुग्नुपर्नेछ |  
[poudel\\_radha@yahoo.com](mailto:poudel_radha@yahoo.com), [info@blooddonorsofamerica.org](mailto:info@blooddonorsofamerica.org)

धन्यवाद |

आयोजक:

[info@blooddonorsofamerica.org](mailto:info@blooddonorsofamerica.org), (334-750-5226)

## **कमिटी सदस्यहरू:**

राधा पौडेल (917-325-6396)

आचार्य प्रभा (720-979-8472)

भोला सिवाकोटी (पुरानाघरे) (303-641-0240)

भुपेन्द्रमहत (720-771-3050)



# Scheduled Blood Drive in August, 2014

When	Where	Time	Hosting Partners	Contact Persons
August, 16	Boulder, CO		BRTNepal.Com and Blood Donors of America	Shailesh Pokhrel, Bhushan Shrestha, Raju sitaula
August, 16	Cary, NC	1:00pm-5:00pm	NCNC and Blood Donors of America	Dr. Thakur Karki, Bandana Khadka

## Blood Drive in KY



## Blood Drive in Mississippi

Mississippi State Coordinator of BDA, **Dr. Nawa Raj Pradhan**, gives credit to those entire individual who devoted their valuable time in organizing and successfully completing the blood drive. Dr. Pradhan extends his gratitude to Dr. Khusi Ram Tiwari, Mrs. Ambika Tiwari, and Tammy, who initiated and helped organize the blood drive. Dr. Pradhan also extends his sincere gratitude to Mr. Ram Kuwar, Mississippi State Coordination Committee member, Mr. Pratirodh Koirala, Mr. Kabindra Bhattarai, Mr. Bishwa Rupakheti, Mrs. Bidusha Aryal Rupakheti and Dr. Manisha Shrestha Pradhan (School of Dentistry, Boston University) for their dedication in making this event a success and donating blood in the Blood drive event. Thanks also go to Mr. Suyogya Bhandari, Mr. Kedar Baral, Mrs. Samjhana Baral, Mrs. Alka Gyawali, Mr. Krishna Chuhan and Mrs. Sauri Chuhan for volunteering in this event.

There were total of twenty five blood donor candidates among which three candidates were not qualified. Following is the blood donor list from Nepalese origin:

- Dr. Nawa Raj Pradhan,
- Dr. Manisha Shrestha Pradhan,
- Mr. Ram Kuwar,
- Mr. Pratirodh Koirala,
- Mr. Kabindra Bhattarai and
- Mr. Bishwanath Rupakheti.

Mississippi State Coordination Committee is extending its committee members from various regions of Mississippi to make BDA goals effective in the region.





## Picture Gallery

**Front row left to right:** Sajan Baral, Srijana Baral, Ambika Tiwari, Dr. Manisha Shrestha Pradhan, Alka Gyawali, Nirvan Gyawali, Kabindra Bhattarai.

**Back row left to right:** Ram Kumar Kuwar, Pratirodh Koirala, Kedar Baral, Sayan Baral, Dr. Nawa Raj Pradhan, Dr. Khushi Ram Tiwari.



Dr. Nawa Raj Pradhan (BDA, Mississippi State Coordinator) and Dr Manisha Shrestha Pradhan.



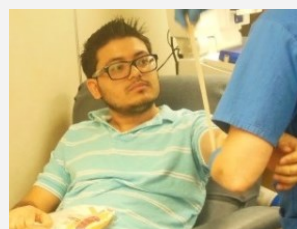
Mr. Ram

**Front row left to right:** Bishwanath Rupakheti, Krishna Mohan Chuwan, Pratirodh Koirala.

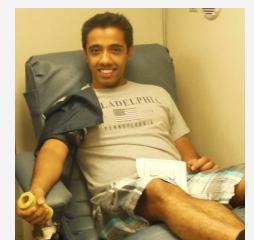
**Back row left to right:** Sajan Baral, Sayan Baral, Alka Gyawali, Bidusha Aryal Rupakheti, Dr. Nawa Raj Pradhan, Dr. Manisha Shrestha Pradhan, Sauri Chuwan, Ambika Tiwari, Dr. Khushi Ram Tiwari, Ram Kumar Kuwar.



Mr. Pratirodh Koirala



Mr. Bishwanath Rupakheti



Mr. Kabindra Bhattarai

## Blood Drive in Colorado



### *Welcome to new advisors:*

- Dr. Tara Niraula, NY
- Keshab Paudel, MD, NM
- Narayan Guruang, OR
- Sushil Sharma, KY

## Message from Editorial Committee

Bringing this issue into light became slightly unglamorous, not least because we were not dedicated to the cause, but because of some untoward changes in the division of responsibility. The Blood Donors of America was trying to form the editorial board and everything looked hunky dory until something unexpected happened all of a sudden and the primary responsibility had to be shifted to someone else. Once that was thought to be settled, a miscommunication regarding the content ensued and caused another delay. Anyway, here we are with sincere apologies from both the Editorial Board and BDA.



Ramesh C Khanal, PhD  
Editorial Committee

With clumsiness out of the way and a humility pill swallowed, here is something we can relate from time immemorial. When it comes to donation, Karna and sage Dadhichi come always to our mind. While the first one was asked to give his *Kundal* and *Bhoto*, sage Dadhichi was asked to basically give up his life in order to allow the Devas to use his bones so as to make weapons to defeat the Asura Vritra. When such selfless deeds are portrayed as examples in our cultural fabric signifying the fact that no sacrifice is too great when the result is the good of the world, it is without wonder that we have formed such a great volunteer organization as the Blood Donors of America even in a far away land of America. Considering the tremendous deeds of these two great personalities, I am sure we won't hesitate ever again when it comes to donating our blood that is created anew every eight weeks and that otherwise would have been wasted.

Of all the *dana* (donation), *anna dana* (donation of the food) is considered the most pious and sacred, primarily because it satisfies the hunger of the most vulnerable and needy in the society. Had appropriate technology existed back then, it goes without saying that donation of the blood would have been considered even more sacred given the fact that a small amount of our renewable blood can save 3 lives right away. Beauty of this lies in the fact that we can do it over and over without sacrificing anything, except probably a little bit of our free time, which otherwise would most likely be spent in some useless way anyway. No wonder many of our members are donating their blood several dozen times. They are our true heroes and inspiration. Let us put ourselves in that group.



**We kindly request all of you to become life/general member of the Blood Donors of America (BDA) by using the following link: <http://www.blooddonorsofamerica.org>. The life membership fee for the first person of any family is \$ 100.00 with only \$50.00 for each additional family member.**