

ਪੁਨਰ्जੀਵਨ

Blood Donors of America

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



VOLUME 3 ISSUE 1 and 2

October-November, 2014

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President's Corner

From the Desk of General Secretary

Greetings from the State of Georgia and a very warm welcome to our readers across the globe.

We are delighted to bring out the 11th issue of our online newsletter; **ਪੁਨਰ्जੀਵਨ**. We are working hard to coordinate with all national, regional, and state level organizations, student associations and individuals in the community to host blood drives over all fifty states in the USA and beyond. We would like to encourage and request you to participate in donating the most precious gift of life - **blood** – to save lives in need. One pint of your blood is more important than any kind of donation, because it has the potential to save three lives.

We have completed one year of our tenure since the present committee of BDA was formed in October 20, 2013. During this time a number of blood drives have been accomplished collecting a significant amount of blood that saves thousands of lives. The number of committed members (life and general) has reached to 327. There are 10 different committees, one advisory council, and 46 states coordinators and

blood drive coordination committees in 46 states who are working very hard to make BDA stronger and bigger. On top of that, BDA has very active social leaders, life members, sponsors, volunteers and well-wishers who are the jewels that shine and glorify the BDA crown.

My sincere thanks to all dedicated volunteers and the entire team of publication committee for their hard work to bring this publication to fruition on time. In addition, I greatly appreciate 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, expertise and all forms of support to energize and drive this organization forward.

God bless you all!
Ananta Acharya, Ph.D.



www.BloodDonorsOfAmerica.org



Blood Donors of America General Convention



With great pleasure, BDA would like to share with you all a detailed schedule for the very first BDA annual general meeting (AGM) as per the decision of the executive committee meeting. Please mark the date and time on your calendar and plan to take part in the meeting. BDA highly appreciates your active participation and hard work to make it grow bigger and stronger.

When: Sunday, January 18, 2015.

Where: Conference Call

What time: 3:00 pm-6:00 pm

Meeting agendas:

- Annual progress report
- Annual financial report
- Future strategy
- Bylaws amendment discussion
- Open forum

Details of the annual progress report, financial report, and bylaws will be circulated later. We thank you all so much for your constant support and contribution for a great cause: saving



Let's Spare our Blood, Let's Help Others, Let's Help Save Lives

Most people have blood to spare... yet, there is still not enough to go around. Most people don't think they'll ever need blood, but many do. You will help ensure blood is available when needed. You could help save more than one life with just one donation. So, please come forward and contribute to this great cause by donating your blood which would otherwise be replaced anyway. Who knows that blood may be used for you or your own family one day.

--If you're a blood donor, you're a hero to someone, somewhere, who received your gracious gift of life---

We would like to invite everyone in our community and beyond to contribute their creative work, be they poems, art work, quatrains (MUKTAK), short stories, essays, educational materials, and the likes related to blood, health, and the act of giving and donation. These creative works will be published in our monthly newsletter, PUNARJEEWAN. Materials can be written in both English or Nepali. It would be further appreciated if you include your photo while submission. The material could be sent directly to the chief editor Dr. Ramesh Khanal at rmkkhanal@yahoo.com and/or info@BloodDonorsOfAmerica.org to be published in the upcoming issues. Thank you all for your contribution and dedication.

"To give blood you need neither extra strength nor extra food, and you will save lives."

State Coordinators

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 Bhusan Aryal, WV

EBOLA—An Introduction

Dron Gauchan, MD, FACP
 Executive Member, BDA
 Chair, Health and Fitness Committee



What is Ebola?

Ebola Virus Disease (previously known as Ebola Hemorrhagic Fever) or simply Ebola is an infection that causes fever, body aches, diarrhea, and sometimes bleeding. Ebola is a very serious infection and often leads to death.

History of Ebola:

Ebola virus disease (EVD) is named after river Ebola in the Democratic Republic of Congo, where it first appeared in 1976. This virus was first discovered in Sudan and Democratic Republic of Congo. Since its discovery, this virus has spread between different countries among which Guinea, Sierra Leone and Liberia are considered the most severely affected ones.

What are the symptoms of Ebola?

The diagnosis of Ebola can be hard in the earliest stage as the symptoms are those of flu and other infectious diseases like malaria and dengue fever. However, they can get fatal if left untreated. In Africa, the fatality rate is around 70%. The symptoms can start from anywhere between 2 to 21 days after an exposure. At first the symptoms may include

- Sudden fever, chills, and feeling sick
- Weakness
- Loss of appetite
- Severe headache
- Body and back aches

A few days after the first symptoms start, other symptoms and signs can develop, including:

- Watery diarrhea
- Nausea and vomiting
- Belly pain
- Rash

- Bleeding or bruising – This doesn't happen to everyone. If it does happen, bleeding can show up as tiny purple spots (where blood vessels have burst), bloody diarrhea or bowel movements and oozing of the blood from the mouth, nose, eyes, or anywhere the skin has been broken.

How can I get Ebola?

This disease is not spread through the air or by water. There is no evidence to support that mosquito or other insects can transmit the virus. It can survive several hours on the dry surfaces such as doorknobs, countertops. But in bloody fluids they can last several days at room temperature. The transmission of this virus occurs when,

- You have been in direct contact with someone who has Ebola. Direct contact means that you have touched body fluids (such as blood, saliva, mucus, vomit, urine, diarrhea, or semen) from an infected person (alive or dead) and have touched your eyes, nose, or mouth, or an open cut, wound, or scrape. (Sometimes people touch fluids and then touch their eyes, nose, or mouth without realizing it.)
- You have direct contact with objects that have the virus on them, such as the beds, clothes, utensils, that were used by someone affected with Ebola or even the medical equipment used for treating an Ebola patient.
- You have direct contact with the blood or body fluids of an animal that has Ebola. It is also possible to get infected by eating undercooked meat from an infected animal.

Continued on page 4.

What to do in case of exposure to Ebola?

If you may have been exposed – even if you did not have direct contact with someone with Ebola – here is what you should do:

- Check your temperature two times a day for 21 days after your last exposure.
- Check yourself for any of the Ebola symptoms listed above for 21 days after your last exposure.
- If you think you have a fever, or any symptoms of Ebola, call your doctor, nurse, or your state or country health department.
- If you are very sick, and need to go to the hospital right away, let the ambulance and hospital staff know as soon as possible that you might have Ebola. That way, the healthcare workers taking care of you will know to protect themselves and others from infection.

Is there a test for Ebola?

Confirmation of Ebola virus can be done via several diagnostic tests, such as antibody-capture enzyme linked immunosorbent assay (ELISA), antigen-capture detections tests, serum neutralization test, virus isolation by cell culture, electron microscopy, and reverse transcriptase polymerase chain reaction (RT-PCR) assay.

How is Ebola treated?

There is no cure for Ebola. The treatment involves supporting the body while it fights with the infection and making

that patient as comfortable as possible. Our body immune system will clear the virus at the end. Fatality occurs when the virus causes multi organs failure and uncontrolled bleeding. However, there has been ongoing effort on development of live virus vaccine, novel antiviral agent. Also, the blood or the plasma product from the Ebola cured patient has been used to transfuse the infected patient, which seems to be helping in the treatment.

Can Ebola be prevented?

The best preventive measures are,

- Staying away from people who have Ebola or may have had contact with Ebola. If you need to be with them, follow the Protection Guidelines as described by CDC.
- Avoid touching people who are sick or have died of Ebola
- Avoid handling items that may have been exposed to infected person
- Avoid travelling to area affected by Ebola outbreak
- Avoid contact with bats, monkeys, and non human primates or blood, fluids or raw meat from these animals in Ebola affected areas as they can spread Ebola to people.

For more information, you can visit <http://www.cdc.gov/vhf/ebola/>

We kindly request all of you to become life members of Blood Donors of America by using following ink: <http://blooddonorsofamerica.org> The life membership fee for first person of any family is \$100.00 and is \$20.00 each per additional family member.



Our Mission

Non-profit, non-religious, and non-political 501 (c) (3) organization dedicated to work on community services including, but not limited to: Hosting blood drives in the local community, creating awareness on blood donation, and healthy living in all 50 states in the USA and around the world.— Blood Donors of America



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Understanding Yog — the Way to the Ultimate

Dr. Tilak Shrestha

The fundamental meaning of Yog is union. Question arises union with what? whom? It is the union with that Absolute. It is the path, way to that Paramatma, all transcending reality, the ultimate truth beyond all the physical matters. It is going beyond our five gross senses and five subtle senses, outside the realm of physical manifestation. It is becoming one with THAT, which the gross body can't comprehend. It is a way to prepare our self to receive the grace and become ONE.

Understanding Yog in terms of just exercise is akin to using a super computer for surfing just the internet. Some people even visualize it in exotic postures, like twisting the body, contorting the back and what not, the things any gymnast can do. This is an insult to the scientific process initiated by Aadi Yogi Shiva himself and who originally taught it to seven sages or Saptarshis. Yog as taught by Shiva and propounded by the great sage Patanjali in its core is union with the ultimate, and becoming ONE.

Students of 'Yog' (remember its not Yoga as is pronounced in the USA or other western countries) begin with the practice of the following first set of discipline. These are the basics of physical and mental well being to be practiced by every body to prepare oneself for that union. After these basics, the students of different 'Yog' will specialize in different, though not exclusive, practices.

1. Basic physical exercise (**Hath Yog**) for good health.
2. Basic ethics:
 - a. Virtues (**Dharma**) to uphold are honesty, purity, goodwill, mercy, patience, forbearance, generosity and ascetism.
 - b. Restraint (**Yama**) from violence (Ahimsa - non-violence) both physical and mental, falsehood, stealing, coveting, lust, anger, greed, infatuation and pride.
 - c. Observance (**Niyama**) of cleanliness, contentment, continence, austerity, study and devotion.
3. Behavior\attitude (**Byabahar**) of respect for parents, teachers and others; cheerfulness, positive thinking and enthusiasm.
4. Breathing exercise (**Pranayam**) for better oxygen input, cool thinking and concentration.
5. Meditation (**Dhyana**): three levels.
 - a. Concentration: For longer attention span and critical thinking.
 - b. Non-attachment. Relaxation, not concentration: For controlling ego related problems and for freer mind.
 - c. Transcendental: To remain only a witness to the passing thoughts, staying non-attached, and going beyond.
1. The 'way of love and devotion (**Bhakti Yog**)' will stress on compassion, prayers, singing hymns, dances, rituals, pilgrimage etc. A simple rule of thumb to follow is 'be good and do good.' The 'way of love' component does not require the belief in God. Mere love of all the humanity and the nature suffice. The 'way of devotion' component assumes the existence of the divine being. God created the universe including humanity and loves it. The divine being can be approached through love and devotion.
2. The 'way of selfless duty (**Karma Yog**)' will look at the labor as the selfless prayer on to the lord. According to the theory of Karma, like the Newton's third law, whatever you do will come back to you. We human beings will be acting one act or the other, and consequently we are always bound by the resultant karma. According to the Karma Yoga, when an action is committed by an ego, the karmic reaction is attached to the same ego. However, if you do your duty as if you are merely a conduit of Lord then the karmic reaction will go to Lord, not to you. Thus even when you act, you are not bound by Karmic law and remain free.
3. The 'way of meditation and self-realization (**Raj Yog**)' will practice meditation of the very nature of Self. It is about the age-old question, 'Who am I?' The 'resume' answers deals only with the ego part of it. If we study the self in depth, then like layers of onion we will find body, mind, intellect, thoughts and emotions, and ultimately the very awareness and consciousness. So far we are within our human faculties. Deeper meditation is required to go beyond human faculties and individual ego. It may merely be pointed out that it is possible to meditate beyond memory of personal ego. It will lead to the understanding of the underlying character of the awareness itself and erase the distinction between the seer and the seen, the object. That will lead to the realization of our very essence or the soul (Atma) or the state of Nirvana.
4. The 'way of knowledge (**Gnan Yog**)' is about discriminative thinking, following knowledge and sticking to truth. The human suffering is due to the ignorance of reality. One way to achieve liberation is through understanding of our own true nature. There are many 'Darshan' or metaphysical views to learn. A few paradigms are: scientific, empirical, dual, and non-dual. However, a yogi has to learn from all the sources and yet stay unattached. It is to question, think and discern, not merely believe even the scriptures. Let no body, no religion, no scripture, no tradition, no ideology imprison the intellect and then get beyond mind and intellect. While being guided by the only truth throughout, the Yog is about keeping the mind, intellect, and thought free of all grossly manifestations to progress beyond physical boundaries and reach the ultimate, realize that Brahma and be with ONE.

Blood Donors of America organized a conference call about Ebola on Saturday, November 22, 2014

Health and Physical Fitness Committee (HPFC) of the Blood Donors of America (BDA), organized a talk session on the much talked about disease Ebola. The primary objective was to create awareness among Nepali communities across the globe regarding the deadly disease that is caused by a virus. Two of the highly respected physicians from our own community, Dr. Dron Gauchan and Dr. Samir Koirala, presented the facts, fictions, preventive measures as well as the cures and precautions regarding the deadly disease. The talk session was moderated by Dr. Ghanashyam Bhatt, executive member of the BDA. Thank you Drs. Gauchan, who is also the executive member of the BDA and chairs the Health and Physical Fitness Committee, and Koirala. Your sharing of knowledge and expertise is highly appreciated by all of us. Further, please be kind enough to continue to inform us on many other health issues plaguing the society and population at large and how we could remain worry free when it comes to our overall health. Thank you.

"To give blood you need neither extra strength nor extra food, and you will save lives."



Blood Donors of America organized a conference call about donating bone marrow on Saturday, November 15, 2014

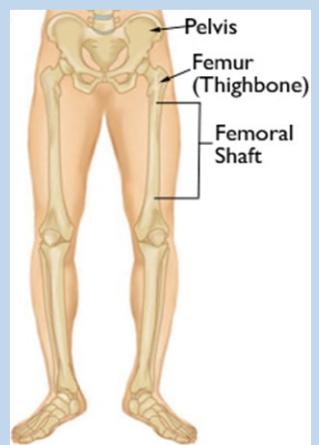
Blood Donors of America (BDA), Bone Marrow Matching Campaign Committee (BMMCC) organized a conference call on November, 15, 2014 to let people know how we could save lives through Bone Marrow Matching/donation. Mr. Ajaya Satyal, Florida State Coordinator, Life Member and Chair BMMCC, Blood Donors of America (BDA) was the speaker at the conference call. Mr. Satyal is an iconic figure of the BDA, who has donated blood 123 times so far and counting. He is also an active campaigner of BMMCC for the past three years with SAI group of Fort Myers, Florida. He is one of the few legendary social leaders in Nepali diasporas. Participation at the conference was wonderful. Mr. Satyal explained the overall process, why it is important, while also sharing his experience and expertise about bone marrow transplant. Finally, audience had the opportunity to ask questions during the topic.

Bone marrow is the flexible, spongy tissue in the interior of some of our bones, such as the hip and thigh bones. It contains immature cells, called stem cells. The stem cells can develop into the red blood cells that carry oxygen through your body, the white blood cells that fight infections, and the platelets that help with blood clotting.

Bone marrow donation is a surgical procedure that takes place in a hospital operating room. Doctors use needles to withdraw liquid marrow (where the body's blood-forming cells are made) from both sides of the back of your pelvic bone. You will be given anesthesia and feel no pain during the donation. After donation, your liquid marrow is transported to the patient's location for transplant.

A bone marrow or cord blood transplant is a process to replace unhealthy bone marrow with healthy bone marrow. Bone marrow transplants can be used to treat patients with:

- life-threatening blood cancers like leukemia
- diseases which result in bone marrow failure like aplastic anemia
- other immune system or genetic diseases



Research on transplant has led to improved survival rates over time, which has led to more patients being helped by this treatment. For many diseases, bone marrow transplant is the only cure at this time.

Blood Drive in Lubbock, Texas

Lubbock, Texas had a grand success of Blood Drive on 29 Nov 2014 at United Blood Services. With only 18 slots available for whole blood donation at the event, some of our committed donors weren't able to donate. However, we heartily salute our heroes that made our event so successful with a total of 14 Nepali donors, and even to those ones that came to support the Blood Drive. We would like to express our sincere appreciation and gratitude to the following big hearted community members as well as the community organizations that made it possible:

Hari Banjara
Siroj Pokharel
Dr. Bibha Gautam
Hum Nath Bhandari
Dr. Bibek Bista

Kamal Humagain
Prem Shrestha
Poma GT (life member BDA)
Shiva Shankar Rai
Prajwala Bista

Soni Karmacharya
Surendra Gautam
Ishwar Shrestha
Pawan Maharjan

- Nepalese Society in Lubbock (NSL)
- Nepal Student's Association (NSA)
- Society of American Nepalese Nurses (SANN)
- Blood Donors of America (BDA),

As one of the organizers of this event, we appreciate all of our society members for your support and co-operation, without you it would not have been possible. We look forward to your much needed help in upcoming events. Thank you to all of the staffs of United Blood Services for helping and being very kind, nice and supportive.



--If you're a blood donor, you're a hero to someone, somewhere, who received your gracious gift of life---

Blood Drive in Iowa

Iowa Nepalese Association and Blood Donors of America organized a highly successful Blood Drive in Iowa recently. Although 15 eager, willing volunteers were ready to donate their life blood, only 10 were able to actually donate their whole blood at the event. We believe these other 5 committed donors would be able to donate sometime in the future. Regardless, we heartily salute both groups of our heroes who could and who couldn't that made our event so successful, and even to those ones that came to support the Blood Drive. We are sure this would be the baseline and motivation to other members to join the next blood drive. Let us express our sincere appreciation and gratitude to the following big hearted community members:

Amit Poddar
Anil Jha
Bikram Shrestha
Surendra Bajracharya

Bipin Tamrakar
Binod Pokharel
P. Pradhan

Pratima Ghimire
Rashmi Shrestha
Snajaya Shrestha





Blood Donors of America - The New Members

Namaste and welcome to our new members of the BDA

Will you please join us in warmly welcoming the following committed life and general members of the BDA? We are very delighted to have all these great social leaders (blood donors, volunteers, good will members, sponsors) of community service from different walks of life in our prestigious humanitarian organization.

On behalf of the BDA, I and our family heartily welcome all of you on-board. I request all executive members and the rest of the BDA family to welcome them into our organization. Certificate of life and general membership will be given during an occasion in the near future. Let's give them a round of applause too.

Dr. Ramesh Khanal	LM
Dr. Ichhuk Karki	LM
Dr. Nirajan Dhakal	LM
Lok Chhantyal	LM
Basu Bhandari	GM
Rachana Poudel	GM
Niranjan Bhandari	GM
Dr. Navaraj Paudel	GM
Mohan Acharya	GM
Basu Kafle	GM
Anil Adhikari	GM
Prem Khatri	GM
Bhusan Aryal	GM
Krishna Acharya	GM
Sujan Dhakal	GM
Arjun Pandey	GM

OUR CONTACT INFORMATION

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

Emails: blooddonorsofamerica@gmail.com, info@blooddonorsofamerica.org

You may visit us at:

<http://blooddonorsofamerica.org/>

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



Someone needs blood every two seconds, while one pint of blood can save up to three lives. You too can save those three lives.

Your brain and contribution in the newsletter space

Please help us spread the message by sending your items, be they poems, essays, short articles, blood drives and related photos, society news and views, or anything else in this regard to the editorial committee at info@BloodDonorsofAmerca.org or rmkkhanal@yahoo.com

Will you please join us in extending our appreciation and thanks to Mr. Krishna Prasad Poudel and Mrs. Radha Poudel, Life Members, Blood Donors of America (BDA) for bringing five BDA Banners from Nepal? Out of 55 BDA banners, we already brought 30 and are looking for few more big-hearted social leaders like them, who would be interested in volunteering to bring the BDA banners from Kathmandu to US. This is all team work and we request anyone who is in Nepal or visiting Nepal to be a part of this team work for a great cause of saving lives in need.

BDA thanks Mr. and Mrs. Poudel for their wonderful support to grow BDA bigger and stronger.



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Bone Marrow Matching Campaign

Madhav Mainali
Entrepreneurs Committee for Com-
munity Service

Blood drives and blood donations across the country



Several blood drives and donations were accomplished during the month of October and November, 2014.

- Two of our community members donated their precious blood at a local donation center in Toledo, OH. Let's appreciate Khagendra Bhandari and Ramjeeta Nepal Bhandari donated a pint each of their precious blood.
- Another blood drive was accomplished on Saturday, November 29, 2014 in Lubbock, Texas by the Blood Donors of America-Texas, Nepalese Society in Lubbock, Nepali Students Association at Texas Tech University, Lubbock and Society for American Nepalese Nurses. A total of 14 big hearted people donated their precious blood.
- Blood Donors of America and local Nepali community leader Dr. Bhupendra Paudel recently organized a blood drive in Flagstaff, Arizona on November 19, 2014.
- Similarly, Blood Donors of America initiated blood drive was accomplished in Jacksonville, Florida on October 18, 2014. It occurred during Annual Dashain Celebration of Nepalese community in Florida managed by United FNA-FANS. Blood Mobile was provided by the Blood Alliance of Jacksonville and the Landmark Middle School in Jacksonville provided its premises for the blood drive.
- Iowa Nepalese Association and BDA organized the very first blood drive. The big hearted blood donors were: Amit Poddar, Anil Jha, Bikram Shrestha, Bipin Tamrakar, Binod Pokharel, P. Pradhan, Pratima Ghimire, Rashmi Shrestha, Sanjay Shrestha, and Surendra Bajracharya. Five others could not donate despite their willingness and interest.





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Mr. Lila Shrestha, TX

Mr. Hem Paudel, KY

Dr. Gandhi Bhattarai, CT

Thanksgiving holiday is still in our mind and Christmas is approaching rather fast. In America, they call it the season of giving, be it the heartfelt thanks, the opening of our hearts, or helping the less privileged. It has a great meaning, tremendous cultural psyche and a wonderful sense of gratitude among everyone who calls America a home. I am sure many of us are doing quite a bit of shopping. I am also sure most of us are also thinking of giving something to someone, either our own beloved ones or those who we have never seen or met but those in true need of even the littlest things just to cheer their hearts and souls.

People of many religions have a tradition of giving a certain proportion of their income to the church, mosque, or similar groups. Hindus or Sanatana Dharmis, on the other hand, do not have such a fixed practice yet. However, there is a distinct way of giving within the followers of Sanatan Dharmis that has its roots in Shrimad Bhagawat Gita. We can call this unique aspect as the tenets. They are,

1. Right attitude: When someone is trying to donate something, s/he has to have the right attitude. The person should not have the mindset of why the heck I donated it to him/her.
2. Right receiver: Similarly, the receiver has to be the right one.
3. Right time: Not just the right attitude and right receiver, the time has to be right too. It won't do any good giving *artī updesh* to a person that has just been in an accident and needs to be taken to the emergency department.
4. Right thing: It is no good donating an umbrella to a person who needs a warm blanket in a cold weather.
5. No expectation for return now or in future: You need to donate it wholeheartedly as an act not as an investment, either in kind or gratitude. If you expect anything, it does not qualify as a donation. It is more of a business transaction.

Officials of International Federation of Blood Donor Organizations (IFBDO) and Blood Donors of America (BDA) meet in Miami, Florida

Mr. Gionfranco Massaro, President of IFBDO met with Dr. Bijaya Kattel, Vice-President of BDA in Miami, Florida (USA) on October 28, 2014. Dr. Kattel represented BDA to the IFBDO. They discussed about the IFBDO membership for the BDA, BDA hosting the next international IFBDO conference, ongoing activities of the BDA and IFBDO, mutual collaboration and partnership for a meaningful between the two organization, status of blood donor organizations around the world, and several other issues and future strategies relevant for each other. Dr. Archana Kattel, life member of BDA was also present at the meeting. Mr. Massaro was in Nepal in May 2014 to participate in the 1st National Convention of Voluntary Blood Donors, organized by the Nepal Voluntary Blood Donors' Society in Kathmandu.



Your brain and your contribution in our space

Please help us spread the message by sending your items, be they poems, essays, short articles, blood drives and related photos, society news and views, or anything else in this regard to the editorial committee at info@BloodDonorsofAmeirca.org or rmkkhanal@yahoo.com

Most people have blood to spare... yet, there is still not enough to go around. Most people don't think they'll ever need blood, but many do. You will help ensure blood is available when needed. You could help save more than one life with just one donation. So, please come forward and contribute to this great cause by donating your blood, which would otherwise be replaced anyway. Who knows that blood may be used for you or your own family one day.

