

पुनर्जीवन

Blood Donors of America

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



VOLUMN 3 ISSUE 1

January, 2015

Executive Committee of Blood Donors of America

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Former President

Arjun Mainali

President's Corner

Namaste and Hello to Everyone,

I thank everyone associated with Blood Donors of America (BDA) in bringing a great success over a short period. I hope this issue of **Pu-nerjeevan** will find all our readers in excellent condition so we can achieve even more. The current issue is something special as it brings you a snapshot of our overall progress thus far, which was presented at the AGM on Jan 18, 2015.

A total of 17 meetings and 2 talk programs were organized. The by-laws were amended, 501(c)(3) tax exempt status granted, a bank account opened and its new website launched. A 14 member Advisory Council and 10 different committees have been formed to assist the executive committee. BDA now has State Coordinators in 48 states with RI and VT waiting for the BDA leaders. BDA membership grew substantially over the period and we would expect to see a similar growth this year as well. Financially, we could generate \$15,000.00 in revenue of which ~\$4,000.00 was raised for some specific charitable and humanitarian activities.

We were delighted to make 1,000 T-shirts with the BDA logo and sent to many states. Similarly, 55 BDA banners were printed and distributed to half of the states, while brochures in English and Nepali have also been published and made available on BDA website. I salute the hard working BDA members and appeal many more to join us in making BDA a greater lifesaving organization through blood donation. The editorial board is working hard for continued and timely publication of the online monthly newsletter "**Punarjeevan.**" Most importantly, we hosted 52 Blood Drives in 19 states in cooperation with national, regional, state, and local level Nepali organizations and Student Associations across the country. Accordingly, 1,281 pints of blood were collected, which will be enough to save 3,800 plus lives in need. On behalf of the entire BDA family, I would like to salute all these generous blood donors, volunteers, sponsors and officials who made this happen. **All blood donors are our true social HEROES.** Together, we can make a difference.

Lila B Karki, PhD





Blood Drives Across America



Better late than never

Though BDA Ohio State Chapter had successfully conducted its second blood drive on November 29, 2014, Punarjeevan received the news and photos only recently. They had previously organized the first blood drive in June, 2014, news of which seems to have not reached Punarjeevan editorial board on time either. While we would like to apologize for this delay in disseminating the message, it is critical that we get such news from the organizers on time. Unless it is sent to us, there is no way to collect the news and get the photos on our own. Anyway, please join us in extending our deep appreciation and heartfelt thanks to these wonderful people who donated their precious blood for helping save someone's lives. They were Lila Raj Dahal, Hem Khatri, Ranjeeta Nepal, Khagendra Bhandari, and Om Thapa, pictured below from left to right.



A successful blood drive in Albuquerque, New Mexico

A successful blood drive was held on Jan 17, 2015 in Albuquerque, New Mexico by the state chapter of Blood Donors of America, New Mexico. Although 15 people were willing to donate their previous blood, only 10 were able to do so because of recent travel or seasonal cold and flu. BDA surely expects these volunteers be in line next time around. Let's appreciate everyone involved and extend our heartfelt gratitude to the organizers as well as United Blood Services for their help and operation.





Blood Donors of America - The New Members



Namaste and welcome to the new members of the BDA

Will you please join us in warmly welcoming the following committed life (LM) and general members (GM) 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, we heartily welcome all of you on-board. Certificate of life and general membership will be given during an occasion in the near future. Let's give them all a HURRAH.

Name	State
Krishna Bilas Pokhrel, LM	FL
Dr. Doleswar Bhandari, LM	NM
Shrawan Shrestha, LM	IL
Satya Maharjan, LM	IL
Udaya Maharjan, LM	IL
Min Khanal, GM	AL
Sarita Shrestha	IL
Bal Krishna Regmi, LM	MD
Sanjeeb Sapkota, LM	GA

Why host a blood drive?

- Help save lives.
- Support individuals in dire need.
- Energize the community.
- Give back to the community.
- Create a feeling of giving.

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. One pint of blood can save up to three lives. You too can save those three lives.

Appeal from the Editorial Board

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. The material could be sent directly to the chief editor Dr. Ramesh Khanal at rmkkhanal@yahoo.com and/or info@BloodDonorsOfAmerica.org. Thank you all for your contribution and dedication.

BDA Social Heroes 2014

Names of the personnel	State	Contribution
Ajaya Satyal	FL	State Coordinator, FL, Bone Marrow Matching Campaign Committee, BDA AGM Chair. The highest number of blood drives (8) hosted since October 013-January 015.
Santosh Pokhrel	AL	State Coordinator, AL. The second highest number of blood drives (7) hosted since October 013-January 015.
Basu Shrestha	TX	State Coordinator, TX. The third highest number of blood drives (6) hosted since October 013-January 015.
Iswor Sapkota	CA	State Coordinator, CA. Highest number of blood donors in a single blood drive (92) since October 013-January 015.
Nima Sherpa	NY	State Coordinator, NY. The highest number of Nepali organizations (35) brought together in a single blood drive and the highest pints of blood collection (239) in the state since October 013-January 015.
Maheshwor Pant	MA	State Coordinator, MA. Contributed to BDA songs, membership drive and blood drives.
Radha Poudel	TN	BDA Poetry Competition Coordinator. Contributed to organize the very first BDA Poetry competition successfully.
Resham GT	TX	Member TX Coordination Committee. Contributed in various ways to make BDA bigger and stronger.
Nanda Prakash Joshi, PhD	MI	BDA Essay Judging Committee Coordinator. Contributed to make the first ever BDA essay competition a grand success
Manish Shakya	SC	IT Chair and BDA Joint Secretary. Contributed to let BDA activities know by the public.

APPRECIATION

BDA thanks Dr. Jagat Lamsal, for bringing seven BDA banners from Nepal. BDA also extends sincere thanks to Resham GT, BDA Life Member, who coordinated with Dr. Lamsal to have BDA banners. Thanks both for your wonderful support. Anybody interested is more than welcome to donate any amount you would like to donate to BDA. It is a non-profit, non-religious, and non-political 501 (c) (3) public charity organization.

BDA president receives invitation to participate in a community program

Nepal Sports & Culture International (NSCI), a non-profit 501(C) (3) community organization, invited BDA President, Dr. Lila B Karki, to be the guest in its Youth Sports, Cultural Fest & Excellence Youth Awards (proposed) program on January 17, 2015 in Gaithersburg, MD. The NSCI President Sita Pandey extended the invitation to Dr. Karki.

BDA President Dr. B Lila Karki meets State Coordinators and society leaders

BDA president Dr. Lila B Karki met several State Coordinators and society leaders in December. Among them were his meetings with 1. Louisiana BDA Coordinator, Basu Bhandari, 2. Oklahoma BDA Coordinator, Rachana Paudel and other members, Rishi Mishra, Shiva Makaju, Dhiraj Gautam, Sandipa Gautam, Pradip Wagle, Naba Raj Amgai, Sulochana Paudel, Girija Regmi, and Sonisa Sharma, 3. Arkansas BDA Coordinator, Mohan Acharya and 4. California BDA Coordinator, Iswor Sapkota and life members, Dr. Toya Baral and Harihar Dahal. Similarly, Dr Karki met BDA Executive Member, Chandra Kanta Dhital and Sandhya Dhital, Youbaraj Bhatta, Sanjaya Dhital, Dhruba Giri, Sanjeev Dhital, Maya Dhital, Rekha Sapkota Dhital, Mukti Dhital, Mani Paneru Nepali (BDA Life Member), and Lion Hema Paneru, President, Lions Club of Berkley. Dr. Uma Karki, BDA Life Member was also present in many of the meetings. Different BDA activities within the respective states were discussed during each meeting. President handed over the BDA banners, BDA T-shirts and BDA flyers to the state coordinators during the meetings.



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 for first person of the family is \$100.00 and just an extra \$20.00 each for additional family members.



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



Find us on
Facebook

www.BloodDonorsOfAmerica.org

BDA Community News



Conjugal life: BDA Life Member Kaji Gurung tied the knot with Sushila Gurung. Congratulations to the newly wed couple for a wonderful life together.

APPRECIATION

BDA thanks Mr. Krishna Prasad Poudel, BDA Life Member for donating \$13.11 (thirteen dollar and eleven cents) postal charge for the BDA and bringing five BDA banners from Nepal. Anybody interested is more than welcome to donate any amount you would like to donate to BDA. It is a non-profit, non-religious, and non-political 501 (c) (3) public charity organization.



New born: BDA life member, Basanta and wife Santona Khadka have a new baby girl Kanchan Khadka, on December 2, 2015nd, 2014. BDA very warmly welcomes Kanchan.

Medical fund to help Ganesh Mainali

Recently BDA has raised \$156.00 (one hundred and fifty six dollars) to contribute to the medical fund for helping Ganesh Mainali in Nepal. An appeal requesting for a contribution stating his health condition had been circulated to all BDA family members and beyond. BDA thanks following individuals for their generous contribution. The collected fund has already been transferred to the patient. For detail, please contact Dr. Lila Raj Dahal, BDA State Coordinator, OH.

Contributors	Amount (\$)
Sunil Katwal, MS	20.00
Gobinda Shrestha, GA	10.00
Lila Raj Dahal, OH	101.00
Lila B Karki, AL	15.00
Uma Karki, AL	10.00
Total	\$156.00

परोपकार पुण्याय
पापाय परपीडनम्



We appreciate all of our society members for their support, co-operation, and generosity. Without you nothing would have been possible. We look forward to your continued help and support in our blood drives, social events as well as the appeals for helping fellow citizens and countrymen in need. Our thanks and appreciation to all of the staffs associated with blood drives 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 ---

Advisory Council

- Arjun Mainali,**
Chief
- Dr. Prahlad Pant,**
Senior Advisor
- Ram Dongol,**
Economic Advisor
- Sanjeeb Sapkota,**
Public Health Advisor
- Binod Roka,**
Legal Advisor
- Dr. Bishnu Ghimire,**
Editorial Advisor
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Shailesh Pokharel,
Media Advisor
- Narayan Bahadur Gurung**
Sports Adviser
- Sushil Sharma,**
Adviser
- Dr. Tara Niraula,**
Adviser
- Keshab Poudel, MD,**
Adviser
- Dr. Nanda Joshi,**
Adviser
- Dr. Gopi Upreti,**
Adviser

Committee Chairs

- Manish Shakya,**
Information Technology
- Dr. Bishnu Phuyal,**
Bylaws & Convention
- Dr. Bijaya Kattel,**
Organizational & Professional Dev
- 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
- Madhav Mainali**
Entrepreneurs Committee for Community Service

A great blood drive in Madison, Alabama

On January 16, 2015, Blood Donors of America, Alabama hosted a community Blood Drive in Madison, Alabama. A total of 15 units of blood was donated, which would be enough to save up to 45 precious lives in need. Although there were many other willing volunteers, only 15 of them could actually donate their blood. Our kudos to all these brave social heroes.



Blood drive in West Palm Beach, Florida

Blood Drive Organized by Abi Kattel Memorial Foundation in West Palm Beach, Florida.

On January 18, 2015, Abi Kattel Memorial Foundation organized a Blood Drive at its annual function in West Palm Beach, FL. It was Foundation's 9th annual blood drive. A total of 13 big hearted social heroes were successful in donating 14 units of blood. The Foundation will organize another blood drive in Miami, FL sometime in March.

Blood Donors of America always appreciates such community involvements and blood drives.

Upcoming Blood Drives

Hosting partners	Where	When
Ridgewood Nepalese Society, Blood Donors of America & Nepalese Societies	NY	Sunday, March 15
Blood Donors of America, NJ Chapter and Nepalese Societies of NJ	NJ	April, date TBA
Blood Donation of America, TX Chapter	Lubbock, TX	Saturday, March 14
Nepalese Students Association at Florida International University	Miami, FL	February 28

Blood Donors of America—State Coordinators

State	Coordinators
Alabama	Santosh Pokhrel
Alaska	Sagar Tamang
Arizona	Prem Khatri
Arkansas	Mohan Acharya
California	Iswor Sapkota
Colorado	Bhushan Lal Shrestha
Connecticut	Dr. Gandhi Bhattarai
Delaware	Dr. Lekh Nath Paudel
Florida	Ajaya Satyal
Georgia	Bhabindra Basnet
Hawaii	Surendra KC
Idaho	Basu Kafle
Illinois	Kiran Byanjankar
Indiana	Dr. Ranjit Amgai
Iowa	Sanjay Shrestha
Kansas	Amrit Pahadi
Kentucky	Hemanta Bhetwal
Louisiana	Basu Bhandari
Maine	Dr. Nirajan Dhakal
Maryland	Gautam Dahal
Massachusetts	Maheshwar Pant
Michigan	Anita Adhikari
Minnesota	Anil Adhikari
Mississippi	Dr. Nawa Pradhan
Missouri	Bharat Kandel

State	Coordinators
Montana	Arjun Pandey
Nebraska	Sanjaya Basnet
Nevada	Bishnu Neupane
New Hampshire	Din Bandhu Premy
New Jersey	Sanjeev Shrestha
New Mexico	Ananda Regmi
New York	Mr. Nima Sherpa
North Carolina	Dr. Thakur Karki
North Dakota	Roshan Sharma
Ohio	Dr. Lila Raj Dahal
Oklahoma	Rachana Poudel
Oregon	Dr. Resham Thapa
Pennsylvania	Lok Chantyal
Rhode Island	Open
South Carolina	Satish Gupta
South Dakota	Krishna Acharya
Tennessee	Buddhi Pantha
Texas	Basu Shrestha
Utah	Niranjan Bhandari
Vermont	Open
Virginia/Washington DC	Manju Sangraula
Washington	Mohan Gurung
West Virginia	Bhusan Aryal
Wisconsin	Tilak K C
Wyoming	Sujan Dhakal

Together we can make a difference. Lets start by donating our blood, which would otherwise be wasted, to help save lives.



Blood Donors of America (BDA)
Financial Report Presented at AGM (Jan 18, 2015)

Beginning Balance as of July 1, 2013 **\$0.00**

Revenue:

General Contribution	\$870.04	
General Membership	\$520.00	
Life Membership	\$10,761.84	
Essay Competition Pledge	\$1,041.00	
Ganesh Mainali Medical Fund	\$45.00	
Banners Printing Pledge	\$39.91	
Nepal Flood Victims Fund	\$999.00	
Typhoon Haiyan Victims Fund	\$147.20	
Urlima Luitel Medical Fund	\$290.00	
Uttara Basnet Medical Fund	\$174.26	\$14,888.25

Expenses:

Bank and PayPal Charges	\$329.09	
Banner Printing	\$150.00	
Blood Drive Expenses	\$228.00	
Essay Competition Prize	\$1,000.00	
IRS Filing	\$410.00	
Nepal Flood Victims Contribution	\$1,400.00	
Poem Competition Prize	\$500.00	
Postage and Shipping Charges	\$418.00	
Printing & Publication	\$796.39	
Typhoon Haiyan Donation via Red Cross	\$150.00	
Urlima Luitel Medical Contribution	\$280.00	
Uttara Basnet Medical Contribution	\$200.00	
Website/IT Expenses	\$26.00	\$5,887.48

Total Surplus (Deficit): **\$9,000.77**

Ending Balance of Jan 8, 2015: **\$9,000.77**



Blood Donors of America (BDA)

Annual Progress Report

Presented and adopted by the Annual General Meeting on Sunday, January 18, 2015

By: Dr. Lila B Karki, President



During the fiscal year 2014-15, the BDA conducted following activities:

1. Regular Monthly Meetings (17) and Executive Committee Meetings (12);
2. Meeting with State Coordinators (2), Meeting with Committee Chairs (2), and Meeting with Advisory Council Members (1);
3. Amended Bylaws adopted by the EC;
4. Received tax-exempt status under US Tax Code 501-3 (c);
5. Launched its new website: www.blooddonorsofamerica.org
6. Formed Advisory Council (total 14 in 9 states);
7. Formed Various Regional and Local Committees (10);
8. Nominated State Coordinators (48). RI and Vermont are still open.
9. Expanded memberships: Committed Members (360); Paid Members (202: Lifetime = 173 and General = 29), and Honorary (1).
10. Opened bank account;
11. Generated extra revenue (\$15,000 plus);
12. Support the following as part of the BDA promotional and social welfare initiative:
 - North American BDA essay competition - Cash prize of a total of \$1,000.00 and certificate of appreciation;
 - BDA poetry competition in Denver, CO (cash prize of a total of \$500.00 and certificates of appreciation; and
 - BDA poetry competition in FL \$75.00.
13. Contributed to the emergency medical funds for various Nepalese community members: Uttara Basnet of North Carolina (\$200.00), Urmila Luitel of NC (\$290.00); and Ganesh Mainali of Nepal (\$156.00);
14. Contributed to Sun Koshi flood victims, Sindhupalchok, Nepal (\$1,427.00);
15. Contribution to Haiyan Typhoon victims in the Phillipines through American Red Cross: \$150;
16. Hosted more than 50 blood drives in cooperation with national, regional, state, local, and student bodies,
17. Worked to ensure BDA's regular reliable presence in social media through:
 - Email, Facebook, and a website;
 - Expanded its partnership with various online news portals like eNepalese, BRT.com, Globenepal.com (distributing messages and announcements with BDA slogan affixed to them);
18. Produced 1,000 BDA T-shirts and reached to CA, NM, OK, AL, GA, MA, NY, NH, FL, IA, CO, NC, VA, MD, MS, OK, AR, LA and planning to send to more states;
19. Organized conference calls (2)—one each on ebola and bone marrow matching;
20. Undertook BDA Wikipedia project (in progress);

Continued on next page....



Blood Donors of America (BDA)

Annual Progress Report—Continued from previous page

21. Put out informational and promotional publications about BDA activities, such as:
- Monthly online newsletter “Punarjeewan” published (11 issues); at the beginning, ICC took charge of it and later on a five member editorial board formed with Dr. Ramesh Chandra Khanal as the chief editor.
 - BDA Brochures in English and Nepali, BDA articles published in Sangrila, Sagar, Yeti, BRTNepal.com, and eNepalese.com, among others;
 - BDA songs
22. Participated/presented on behalf of BDA in:
- The third INLS convention, DC/VA; ANA convention, DC; IFBDO President Meeting, Miami, FL; and
 - Organized a BDA Walk and Run and poetry competition at the ANMA-NASeA convention, Denver, CO, where it also set up BDA information booth.
23. In the process, BDA was also honored with some recognitions and appointments:
- Membership of International Federation of Blood Donors Organization (IFBDO): IFBDO requested BDA to host 2016 IFBDO conference;
 - Everest Lions Club of Dallas, TX; Sindhu Welfare Society, USA;
 - Third INLS convention, DC: Advisor; FNA-FANS cultural festival, FL: Honor; and
 - Nepal Rare Blood Community President Balananda Bhandari: Token of Love.

Few words from the BDA Treasurer

It has been an honor to be a part of the BDA, more so because I am also a regular blood donor. As we know BDA is growing not only nationally, but also internationally as we are now a member of International Federation of Blood Donor Organizations (IFBDO).



Our membership is growing and so is our fund. The BDA is a fully qualified 501(c) 3 non-profit organization. Donations are fully tax-deductible. From the financial standpoint, we started at \$200.00 (two hundred) when I took over the BDA treasury and now we have >\$9,000.00 in the bank, while also spending an additional \$6,000.00 in various charitable and administrative tasks. We arrived at this stage because of everyone’s hard work and support. We all should be proud of our achievement, while striving for further successes. Let’s keep this momentum going for our continued growth and development, both vertically as well as horizontally. Thank you all BDA family and the Nepali community for your contribution, dedication, and truly unselfish attitude in making it a beloved organization dedicated to saving people’s lives.

Please try to go through the financial report of the BDA presented at the Annual General Meeting on Jan 18, 2015 and let me know if there have been any errors. Thank you all.

Sangita Dongol
Atlanta, Georgia



Reason for satisfaction and further commitment

During the Annual General Meeting (AGM) on January 18, 2015, I realized that BDA has achieved quite a great success over a short period of time. The success in the organization was more vertical and institutional. This is vital for any new organization and works as the foundation on which its future work and contribution will stand. It gives us a reason to be satisfied, while also providing a taste of success for further commitment. Now it's the time for similar growth and success horizontally. What I mean is reaching out to many more of our folks and as well as others in advancing the wonderful cause BDA strives for.

Editorial Board

Dr. Ramesh Khanal, WI

Dr. Tilak Shrestha, AL

Mr. Lila Shrestha, TX

Mr. Hem Paudel, KY

Dr. Gandhi Bhattarai, CT

Given that BDA is a volunteer organization, sometimes its hard to get everyone involved, more so because there is no financial reward. However, that should be more than nullified with the sense of happiness and joy that fills the heart as a result of helping someone in need. The joy actually becomes overwhelming when that help is actually in saving someone's life. More often than not, that life is also the provider of the family. Therefore, it is not that hard to understand the overall impact of blood donation on the recipient's life. It is rather more than just the act of saving one life.

Ramesh Khanal, Madison, WI

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

Blood is precious, but it is replenished by our body in a cyclic manner. Donating it in a timely and conscious way doesn't affect our health and wellbeing, while helping save many lives.

LETS DONATE, LETS 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.