

पुनर्जीवन

Blood Donors of America

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



VOLUMN 4, ISSUE 2/3

February/March, 2015

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President's Corner

Namaste and Happy New Year 2072 to everyone:

With immense pleasure, I am proud to share with you that Blood Donors of America has expanded across America. State Coordinators in all 50 states are working hard to host blood drives in their respective states on the occasion of World Blood Donor Day —June 14, 2015.

In the first year, seventeen meetings and two talk programs (bone marrow matching, and Ebola) were organized, bylaws were amended and the new ones adopted. The BDA has been granted a 501 (3) (c) tax-exempt status and we have opened a bank account for the first time. We have also launched its new website. A fourteen member Advisory Council and ten different committees have been formed to assist the executive committee.

The BDA now consists of 202 paid members (and counting), and one honorary member. Financially, we have been able to generate \$15,000 in revenue, of which \$4,000 was distributed to various humanitarian activities.

Most importantly, we hosted fifty-two blood drives in nineteen states in cooperation with national, regional, state, and local level Nepali organizations

and student associations. Accordingly, 1,258 pints of blood were collected, which will be enough to save ~3,800 lives in need. In the month of April, 2015 alone, six blood drives in FL, GA, AL, TX, CA, and IA have been scheduled. On behalf of the entire BDA family, I would like to salute all the generous blood donors, volunteers, and sponsors who made this possible. All blood donors are our true social HEROES.

Fifty-five BDA banners have been printed and distributed to half of the states. Similarly, 1,000 T-shirts with the BDA logo have already been sent to half of the states.

Our hardworking team has continued publishing the online monthly newsletter *Punarjeewan*. Brochures in English and Nepali have also been published and made available on the BDA website. I salute the hard working BDA members and appeal many more to join us in making the BDA an even greater life-saving organization through blood donation. Together, we can make a difference.



Dr. Lila B. Karki
President, Blood Donors of America



Blood Drive in Lubbock, TX



टेक्सास राज्यको लबक शहरमा तेस्रो रक्तदान सम्पन्न

मार्च १४, २०१५ का दिन लबकमा तेस्रो पटक रक्तदान सम्पन्न भएको छ । ब्लड डोनर्स अफ अमेरिका (BDA), नेपाली नर्स समाज (सान्-SANN), टेक्सास टेक नेपाल विद्यार्थी सँघ (NSA-TTU), नेपाली समाज, लबक (NSL) को संयुक्त आयोजनामा युनाइटेड ब्लड सर्विसेज्, लबकको ब्लड बैङ्कमा सम्पन्न भयो । बि. डि. ए. टेक्सास संयोजन समितिका संयोजक बासु श्रेष्ठ, सचिब लिला श्रेष्ठ, सदस्य गङ्गा थापा, स्वयम्सेवी केदार के. सि. तथा बि. डि. ए. केन्द्रिय सदस्य डा. नन्द रेग्मीज्यूहरु ३५० माइल ड्यालस शहरबाट आई उपस्थित हुनु भएको थियो । २१ जना नेपाली आकाङ्क्षीहरुले नाम दर्ता गराए पनि, प्राविधिक एबम अन्य बिबिध कारणले जम्मा ७ जनाले मात्र रक्तदान गर्ने अबसर पाउनु भएको थियो । सोही अवसरमा त्यहाँ उपस्थित हुनुहुने रक्तदाताहरुलाई केन्द्रिय कार्य समिति सदस्य डा. नन्द रेग्मीज्यूले प्रमाणपत्र प्रदान गर्नु भयो । ६० प्रती अति सुन्दर कागजमा छापिएका प्रमाण पत्रहरुको प्रायोजन गरी प्रो. डा. मेघनाथ पराजुलीज्यूले सहयोग पुर्याउनु भएको थियो । रक्तदान जीवनदान भन्ने स्वच्छ मनले सहयोग गर्नुहुने सम्पूर्ण सहयोगी मान्यजनहरु प्रती ब्लड डोनर्स अफ अमेरिका आभार ब्यक्त गर्न चाहन्छ । यस पटक कुनै कारणले रक्तदान गर्न सफल नभएता पनि धैर्य गरी अर्को पटकको कार्यक्रममा कुनै किसिमको दिक्दारी नबोकी फेरी पनि सहयोग गर्नकोलागि हार्दिक अनुरोध गर्दछ ।

रक्तदाताहरु

प्रेम श्रेष्ठ (तेस्रो पटक), कमल हुमागाई (दोस्रो पटक), राज श्रेष्ठ (दोस्रो पटक), हुमनाथ भन्डारी (तेस्रो पटक), पोमा जीटी -बि डि ए-आजीबन सदस्य (दोस्रो पटक), डा बिभा गौतम (तेस्रो पटक), र इश्वर श्रेष्ठ (तेस्रो पटक).



Blood Drive in Florida

A blood drive was successfully organized by Abi Kattel Memorial Foundation and Nepalese Students Association at the Florida International University at the Tropical Park in Miami, Florida, on February 28, 2015. Thirteen praiseworthy people from different walks of life were able to donate their precious blood and help save up to 39 people in need. Another 7 willing volunteers could not donate despite their dedication and desire. Blood Donors of America Vice-president Dr. Bijaya Kattel and Florida State Coordinator Mr. Ajaya Satyal were present in support of the event along with a beautiful BDA banner. The big hearted social heroes were: Ajaya Satyal, Seema Sah, Sushma Kafle Chapagain, Prem Chapagain, Narayan Prasai, Jonathan Cruz, Elvia Hernandez, Baldomero Aponte, Janak Paudyal, Kari Kandel, Sarita Khanal, Nipesh Pradhananga and Hari Khanal.

Many, many thanks to Mr. and Mrs. Hari Khanal for sponsoring a picnic to all big hearted donors; occasion being the third birthday of their son, Aarav Khanal. Happy Birthday Aarav.



New State Coordinators in Michigan and Maryland

With an immense pleasure, BDA introduces new State Coordinators for Michigan and Maryland, Dr. Anil Poudel and Kemika Bhandari, respectively to the entire BDA family. We are delighted to inform you all that Dr. Paudel is a regular blood donor, social activist, and energetic young social leader. Similarly, Kemika Bhandari is also a regular blood donor and social activist. Both Poudel's and Bhandari's contribution for a great cause of saving lives through Blood Donors of America (BDA) will heighten Nepali identity in the USA and beyond. With your participation, we will make real difference in our community. Welcome on-board.

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.



Blood Donors of America - The New Members



Namaste and welcome to new members of the BDA

Will you please join us in warmly welcoming the following committed general members (GM) of the BDA? We are very delighted to have you all from different walks of life in our prestigious humanitarian organization.

On behalf of the BDA, we heartily welcome all of you on-board. Certificates of membership will be distributed at some opportune time in the near future. Let's give them all a HURRAH.



| Name | State |
|----------------------------|-------|
| Dr. Toya Nath Baral, LM | CA |
| Sita Khatiwada, LM | CA |
| Gokarna Dahal, LM | TX |
| Muna Dahal, LM | TX |
| Krishna Bhandary, LM | TX |
| Dr. Bhupendra Paudyal, GM | AZ |
| Dr. Sanjeeb Sapkota, LM | GA |
| Deepak Shrestha, GM | FL |
| Sudarshan Aryal, GM | FL |
| Bidhya Nath Yadav, GM | FL |
| Uttam Gaulee, GM | FL |
| Dr. Shyam Sharma, GM | NY |
| Pradeep Wagle, GM | OK |
| Dev Paudel, GM | FL |
| Krishna Bilas Pokharel, LM | FL |
| Nikesh Shrestha, LM | NY |
| Tribhuwan Man Shrestha, LM | MA |
| Shree Parajuli, LM | NY |
| Rabi K Koirala, LM | NY |
| Milan K Shahi, LM | NY |
| Shesh R Sharma, LM | TX |
| Uma Sharma, LM | TX |
| Saurabh Shrestha, LM | NY |
| Sujan Shrestha, LM | NY |
| Sadhana Shrestha, LM | NY |
| Saroj K Shrestha, LM | NY |

OUR CONTACT INFORMATION

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

Emails: info@blooddonorsofamerica.org, rmkkhanal@yahoo.com

You may visit us at:

<http://blooddonorsofamerica.org/>

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

Go to Dallas, Texas, May 28-30, 2016 (Memorial Day weekend) to celebrate the very first convention of the Blood Donors of America (BDA).

Someone needs blood every two seconds. One pint of blood can save up to three lives. You too can save those three lives and feel the joy of giving.

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

BDA President invited to attend the third Annual General Meeting of NRN NCC

Krishna Pokhrel, Member Secretary of the Non-Resident Nepali Association National Coordination Council of USA invited BDA President Dr. Lila B. Karki as a Guest to its third Annual General Meeting (AGM) held from March 21-22, 2015 at the Hilton Hotel in greater Washington DC metro area.

As many of you may know already NRNA NCC of USA is growing day by day. Recently it became successful in attracting more than 10 thousand members to its fold, the largest number of NRN in a single country in its history.

The third AGM conference is going to be historic in several aspects and the presence of Dr. Karki would make it more valuable, Mr. Pokhrel wrote in his invitation letter, while also expressing his confidence to receive the opportunity to welcome Dr. Karki and display their hospitality in the Washington DC metro area.

New State Coordinators

Two new state coordinators have been appointed for the first time. They are Yam Mishra, VT and Sarita Oli, RI. We are delighted to have you both and your leadership will help accomplish much in the states of VT and RI. Now, we have state coordinators all over the 50 STATES and all of them are dedicated to make a difference in the community. We are very much proud of our hard working state coordinators.

Go to Dallas, Texas, May 28-30, 2016 (Memorial Day weekend) to celebrate the very first historic convention of Blood Donors of America (BDA).

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.

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.



Find us on
Facebook

www.BoodDonorsOfAmerica.org

Historic Blood Drive in New York

We are delighted to share with you all that NY has made a new history in blood donation with a record high number of donations in a recently hosted blood drive on Sunday, March 15. A total of 101 social heroes donated their blood that will help save more than 300 lives in need. Hats off to Saroj Kumar Shrestha, Life Member of BDA and President, Ridgewood Nepalese Society (RNS) for taking leadership of this historic blood drive. Equally, we would like to congratulate Nima Sherpa, NY State Coordinator of BDA for working with the RNS to make it a grand success. The entire Blood Donors of America (BDA) family would like to salute all 101 blood donors, volunteers, organizers, sponsors, and well-wishers for your heightened dedication to save lives through blood donation.



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.



Upcoming Blood Drives

1. Satya Sai Group of Ft. Myers, Florida, with support from the BDOA, has scheduled a Blood Drive at India Festival on April 18, 2015. The blood drive will be held between 11:30 am and 5:00 pm. The festival will take place at Jet Blue Stadium, Boston Red Sox's Spring training ground. Area residents are requested to participate in this event and donate blood.
2. An ambitious blood drive is being organized in Harrisburg, Pennsylvania on Sunday, May 25 from 1 to 6 pm. More than 50 people are expected to donate their precious blood. Please join the campaign to make it a great success.
3. Nepalese Association of Georgia (NAG) and Blood Donors of America have scheduled a blood drive on April 11 at 8465 Holcomb bridge road, Alpharetta, GA, 30022.
4. Lions Club of Berkley Annapurna and Blood Donors of America have organized 5th annual blood drive on Sunday, April 26, 2015 at the Oakland Donor Center of American Red Cross Society located at 6230 Claremont Ave, Oakland, CA 94618.
5. Blood Donors of America, TX chapter has organized a mega blood drive on Saturday, April 25. Please contact BDA, TX State Coordinator Basu Shrestha for details.
6. Nepalese Society of Iowa and Blood Donors of America (BDA) have scheduled a blood drive on April 18.
7. Nepalese Students Association @ Auburn University, Blood donors of America, and Padma Dal Memorial Foundation have scheduled a blood drive on April 25 at the city festival in Auburn, Alabama.

State Coordinators

Santosh Pokhrel, AL
 Sagar Tamang, AK
 Mohan Acharya, AR
 Prem Khatri, AZ
 Iswor Sapkota, CA
 Bhusan Lal Shrestha, CO
 Dr. Gandhi Raj Bhattarai, CT
 Manju Sangraula, DC, VA
 Dr. Lekh Nath Paudel, DE
 Ajaya Satyal, FL
 Bhabindra Basnet, GA
 Surendra KC, HI
 Sanjaya Shrestha, IA
 Basu Kafle, ID
 Dr. Ranjit Amgai, IN
 Kiran Byanjankar, IL
 Amrit Pahadi, KS
 Hemanta Bhetwal, KY
 Basu Bhandari, LA
 Maheshwar Pant, MA
 Kemika Bhandari, MD
 Anil Adhikari, MN
 Bharat Kandel, MO
 Dr. Nawa Raj Pradhan, MS
 Dr. Nirajan Dhakal, ME
 Dr. Anil Paudel, MI
 Arjun Pandey, MT
 Dr. Thakur Karki, NC
 Roshan Sharma, ND
 Sanjaya Basnet, NE
 Din Bandhu Premi, NH
 Sanjeev Shrestha, NJ
 Ananda Regmi, NM
 Bishnu Neupane, NV
 Nima Sherpa, NY
 Dr. Lila Raj Dahal, OH
 Rachana Paudel, OK
 Dr. Resham Thapa, OR
 Lok Chantyal, PA
 Sarita Oli, RI
 Satish Chandra Gupta, SC
 Krishna Acharya, SD
 Buddhi Pant, TN
 Basu Shrestha, TX
 Nirajan Bhandari, UT
 Yam Mishra, VT
 Mohan Gurung, WA
 Tilak KC, WI
 Bhusan Aryal, WV
 Sujan Dhakal, WY

The Most Wanted Blood**- Sanjeeb Sapkota**

When there is no treatment for a disease, or a vaccine against it for that matter, that is killing every day, and has the potential to infect, sicken and kill anyone who catches it, then that creates a panic and havoc in the world. However, the blood of the person who narrowly survives the wrath of the disease becomes a miracle and could be used for 'treating' other infected persons.

This has actually happened many times in the history of mankind. In fact, it is currently happening though it is declining in its effect. I am talking about Ebola Virus Disease (EVD).

There is currently no treatment or the vaccine for the Ebola or EVD. Anyone who is infected with this has no choice than to wait on his chances of surviving, much of that depends on how strong his immunity is, whether he has any pre-existing conditions and most importantly, where he is being treated, in a rural hospital of a developing country or a modern facility in a developed country.

The first American citizen to be infected with Ebola was air lifted and treated in a modern facility in the United States. He survived. But there were several others who were not as lucky as Dr. Kent Brantley. Doctors decided to use the blood of Dr. Brantley to transfuse to other dying persons in the hope that it would save them as well. His blood was thought to have the immunoglobulins that can fight the virus more aggressively.

Miracle happened. When the second American citizen was infected with Ebola in Africa, he was air lifted to a facility in the United States and was transfused with Dr. Brantley's blood. He survived.

When another American, a nurse working in Dallas Hospital, Nina Pham, was infected, then she too was transfused with the blood of Dr. Brantley. She too survived.

In several countries of Africa, an unintended consequence of this natural phenomenon occurred. Black marketers tried to sell the blood of the Ebola Survivors. World Health Organization (WHO) issued a strong recommendation against this practice warning that such activity would do more harm than good, because such blood sold in black market could potentially be unsafe or even be fraud.

Ebola epidemic has shown us that blood could be a treatment for a disease when there does not exist a treatment for the same disease.

It is not without reason that Times has designated Kent Brantley as one of the Persons of the Year for 2014. He was a special person not only for his extraordinary blood but also for his generous heart to agree to donate it several times to the newly infected persons with Ebola.

The blood of the survivors of the Ebola Virus Disease has become 'the most wanted blood'.

(Sanjeeb Sapkota, a medical epidemiologist, is a life-time member and an advisor of BDA. He currently is the chair of Health and Welfare Committee of NRN-USA and a former president of NASEA)

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Ajaya Satyal,
Bone Marrow Matching Campaign
Madhav Mainali
Entrepreneurs Committee for Com-
munity Service

FIRST BDA CONVENTION



Dallas, Texas
May 28-30, 2016
(Memorial weekend)

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

Upcoming Blood Drives at a Glance

| Hosting partners | Where | When |
|--|-------|-----------------|
| Blood Donors of America, Pennsylvania Chapter | PA | May 25, 2015 |
| Blood Donors of America, NJ Chapter and Nepalese Societies of NJ | NJ | April, date TBA |
| Lions Club of Berkley Annapurna and Blood Donors of AMERICA | CA | April 26, 2015 |
| Blood Donors of America, TX Chapter | TX | April 25, 2015 |
| Blood Donors of America and Nepalese Association of Georgia | GA | April 11, 2015 |
| BDA, Padma Dal Foundation, and Nepalese Student Assoc. at Auburn Univ. | AL | April 25, 2015 |
| Blood Donors of America and Nepalese Association of Iowa | IA | April 18, 2015 |

Erratum

The last issue of Punarjeevan should have been volume 4, issue 1. We sincerely apologize for the error.



Editorial Board

Dr. Ramesh Khanal, WI

Dr. Tilak Shrestha, AL

Mr. Lila Shrestha, TX

Mr. Hem Paudel, KY

Dr. Gandhi Bhattarai, CT

A Recent Experience and Our Very Own BDA

I was attending the Experimental Biology conference last month in Boston, MA. However, my health didn't hold very well and I landed in the emergency room of the Cambridge Hospital with extreme weakness and some other maladies from which I am yet to recover fully. Though I was supposed to return home the following day, here I was in the hospital gowns going through all the tests, x-rays, and what not. While I had my childhood friend and brother taking care of my personal needs and the doctor taking care of my immediate health needs, I realized how painful it is to visit the hospital and that also away from your own comfort zone.

Such an experience made me think and ponder further about our very own Blood Donors of America. Many fleeting thoughts had come and gone in the aftermath of that not so pleasant experience. However, one thing has remained constant, which is not just based on this most recent experience alone: it's the possibility of some unexpected thing happening anywhere, anytime and when least expected. Furthermore, I was facing the very real prospect of needing someone's blood. It also made me think

ways in which I could contribute further so the BDA newsletter Punarjeevan could reach to an ever growing population of our fellow Nepalese and beyond in a meaningful way. And that's the very reason I am sharing my personal experience in this precious space.

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.

LET'S DONATE, 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. By donating the blood, 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.