

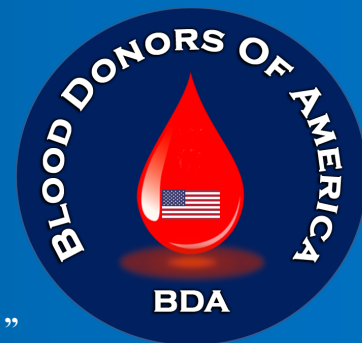
पूजर्जीवन

Blood Donors of America

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

VOLUME 2 ISSUE 4

AUG 2014



Executive Committee of Blood Donors of America

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President's Corner

From the desk of Vice-President

Greetings to you all from the Sunshine State of Florida,

Month of August has been phenomenal and exciting for us all in the BDA family. We had a great participation in the ANMA/NASeA 10th Joint Convention in Denver, CO. A lot of programs were held; details inside this newsletter. Thanks to our President Dr. Lila Karki and Executive Vice-President Dr. Bishnu Phuyal along with other executive members, State Coordinators, advisors, BDA life members and everyone involved. New addition of 28 life members in August is noteworthy.

There were several blood drives in August. Massachusetts, Colorado (two), California and North Carolina organized blood drives and collected 25, 20, 14, 92 and 33 pints of blood, respectively. Enthusiasm and participation of blood donors is increasing and can be seen by number of donors in CA which collected 92 pints, a record collection in one drive, so far. We appreciate all State Coordinators taking initiatives and organizing blood drives; this is our collective achievement.

We are rightly progressing in organizational development of the Blood Donors of America. This is substantiated by collaboration and coordination with other social organizations locally and regionally. More importantly several institutions are also coordinating with us

in conducting the work of saving lives. Great example of this was in North Carolina where Trader Joe and REX hospital were partners of the blood drive.

We had good collaboration with Association of Nepalese in Americas in Virginia in



July and with ANMA/NASeA convention in Denver in August. Our organization is growing and 40 of 50 States in the US have representation in the Blood Donors of America. State coordinators are the main actors in our organizational development and their active role will be of utmost importance.

“Helping the needy” is the primary motto of our organization. We were successful in raising \$1,427 for flood victims in Nepal. Thanks to all donors, big and small. When comes to donating nothing is small; it is the heart of giving. Similarly, we are still collecting donations for Urmila Luitel treatment fund. Ms. Luitel, a regular blood donor, is now going through cancer treatment of herself and any help from you all will be appreciated.

Our joint effort will make a positive difference.

Bijaya Kattel, Ph.D.,
Florida

Blood Donation in Boston, MA

Blood Donors of America (BDA), State Coordination Committee, Massachusetts and Himalayan Lions Club organized a wonderful blood donation program on August 30, 2014. Although a total of 35 people were screened for the donation, not all could donate their precious blood due to technical matters. Even then, a total of 25 pints of blood was collected,

which would help save many more lives. Himalayan Lions Club President Lion Bishnu Karki and BDA MA, coordinator Lion Maheshwar Pant distributed appreciation certificates to all the donors. At the program, BDA T-shirts were also sold/distributed to raise funds for the upcoming community programs. Mr. Karki and Mr. Pant thanked the local Red Cross and everyone for

their historic help and cooperation to make this blood drive a wonderful accomplishment. Thank you all for organizing such a wonderful blood drive.



www.BloodDonorsOfAmerica.com

Blood is precious, but we can donate it without a problem to our health and wellbeing, while saving the lives of those in need.

Blood Donors of America an Inspiration

Every year Nepal Center of North Carolina (NCNC) organizes Blood Drive in coordination with Trader-Joe and Rex Hospital. This year's event was organized on Saturday

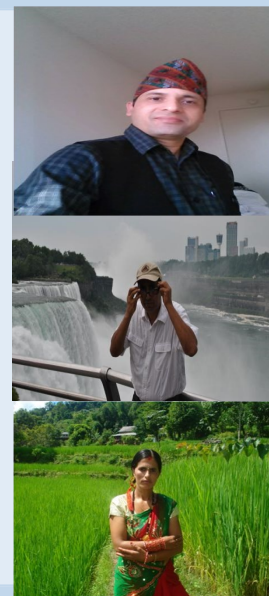
the August 16th from 1 – 5 pm outside of Trader-Joe store in Cary, North Carolina. A total of 33 donors donated their precious blood. The NCNC would like to thank all donors and

Blood Donors of America for their inspiration.



Blood Donors of America Organized a Poem Competition

Blood Donors of America organized a poem competition entitled, Blood Donation, Life Donation was organized recently at the joint ANMA-NASeA Convention in Denver, CO. All poems had to be written in Nepali and read by the poets themselves at the event. A total of 21 poems were submitted. The BDA thanks all poets for their time, interest, hard work, and wonderful contribution to make the first BDA poem competition a grand success. Prize money and certificates were distributed by Senior Litterateur Krishna Dharabashi and the BDA President Dr. Lila B Karki. In the photos are the winners, top to bottom, Dev Bhattarai (1st prize of \$250, Bhupendra Mahat (2nd prize of \$150), and Yashoda Bhatta (3rd prize of \$100. Congratulations to the winners.



Blood Donation in California

After some wonderful news from MA, we are taking all of you to the golden state of CA on the other side of the continental USA. Please give your wholehearted credit to Chandra Dhital, Executive Member and Iswor Sapkota, State Coordinator of CA for hosting a collaborative blood drive with Nepali Public Relation Committee that collected 92 pints of blood in a single blood drive. The campaign was organized to mark the birth centennial of the late statesman and freedom fighter B. P. Koirala. There were a total of 151 people registered, but due to various reasons only 92 were able to donate their blood. What participation, what success. An amazing feat they have accomplished! Please give both of them a high level of recognition for their outstanding job.



Blood Donors of America Organized an Essay Competition

ब्लड डोनर्स अफ अमेरिकाले उत्तर अमेरिका भरका महाबिद्यालय तथा बिश्व बिद्यालयका बिद्यार्थीहरूको लागि रक्तदान सम्बन्धि निबन्ध प्रतियोगिताको आयोजना गरेको थियो । निबन्ध प्रतियोगिताको नारा रक्तदान, जीवन दान थियो । प्रतियोगितामा प्रथम पुरस्कार (\$500) सनी अपस्टेट चिकित्सा बिश्वबिद्यालय, सिराक्युज, न्युयोर्कमा अध्ययनरत चिकित्सा शास्त्रका छात्र **बिक्रम शर्मा**ले जितेका छन् भने द्वितीय (\$300) टेक्सस राज्यकी छात्रा **प्रतिष्ठा श्रेष्ठ** भएकी छिन् । तृतीय (\$200) **श्री राम शर्मा दंगाल** भएका छन् भने उनी अर्बन विश्व बिद्यालयमा अध्ययनरत वन बिज्ञान सम्बन्धि बिद्यावारिधिका बिद्यार्थी हुन । प्रथम, दिवित र तृतीय हुने हुने बिजयिहरूलाई क्रमस पाँच सय, तिन सय र दुई सय डलर नगद पुरस्कार तथा प्रमाणपत्रको बेवस्था गरिएको छ ।



Accomplished Blood Drives in August

Location	Organizer(s)	No. of Donors	Pints Collected
Cary, North Carolina	NCNC	33	33
California	Nepali Public Relation Committee and BDA	92 (151 wanted to donate)	92
Denver, CO	BRTNepal.Com and BDA,	20	20
Texas	BDA, TX with HDNP	21	21
Denver, CO	BDA, RMFN, Neapli Ghar and ANMA-NASeA,	14	14

Donation to Sun Koshi Landslide Victims

www.BoodDonorsOfAmerica.com

On August 2, 2014 Sun Koshi river landslide in Sindhupalchok, Nepal killed more than 150 people and affected many other homes and families, not to mention the tremendous loss of property. All of us in the Blood Donors of America (BDA) family have been saddened by the tragedy striking the nerve of the country. We are very concerned and would like to express our deepest condolences to the departed souls. Our hearts are filled with compassion and sympathy to the surviving ones and would like to extend whatever financial donations we can, so they can at least have a feeling that their brethren are with them in this hour of crisis. Following members and affiliates of the BDA community have either sent or pledged donations to the landslide victims in Sindhupalchok. A complete list of BDA donors thus far is given in the next page. The BDA truly appreciates their generosity and pouring solidarity for a good cause of helping fellow Nepalese in their difficult times. All donations are in USD.



List of BDA Donors to Sun Koshi Landslide Victims



Item	Name	State	Amount
1	Blood Donors of America, TX Coordination Committee	TX	\$270.00
2	Nima Sherpa	NY	\$100.00
3	Ramakant Kharel	IL	\$100.00
4	Uma Karki	AL	\$100.00
5	Ramesh Khanal	WI	\$50.00
6	Bishnu Phuyal	IL	\$50.00
7	Lila B Karki	AL	\$50.00
8	Madhav & Sita Mainali	AL	\$50.00
9	Nar Singh Rawal	AL	\$50.00
10	PadmaDal Memorial Foundation, USA	AL	\$50.00
11	Bharat Kandel	MO	\$25.00
12	Choodamani Khanal	FL	\$25.00
13	Ghanshyam Bhatt	TN	\$25.00
14	Krishna Shrestha	FL	\$25.00
15	Lila Raj Dahal	OH	\$25.00
16	Nirajan Dhakal	ME	\$25.00
17	Radha & Krishna Poudel	TN	\$25.00
18	Iswor Sapkota	CA	\$21.00
19	Bijaya Kattel	FL	\$20.00
20	Devi Acahrya	TX	\$20.00
21	Dron Gauchan	NE	\$20.00
22	LekhNath Paudel	DE	\$20.00
23	Narayan & Bandana Khadka	NC	\$20.00
24	Ram and Sangita Dongol	GA	\$20.00
25	Santosh Pokhrel & Meena Sharma	AL	\$20.00
26	Ananta Acharya	GA	\$15.00
27	Gobinda Shrestha	GA	\$15.00
28	Suresh Sharma	OH	\$15.00
29	Manish Shakya	SC	\$25.00
30	Nanda Regmi	TX	\$11.00
31	Bala Ghimire	IL	\$10.00
32	Basu Dev Bhandari	LA	\$10.00
33	Bijay Thapa	VA	\$10.00
34	Chandra Kant Dhital	CA	\$10.00
35	Gandhi Raj Bhattarai	CT	\$10.00
36	Rishi Khatri	AL	\$10.00
37	Sita pandey	MD	\$10.00
38	Suman Budhathoki	AL	\$10.00
39	Sunil Katwal	IL	\$10.00
40	Sushil Sharma	KY	\$10.00
41	Tilak B Shrestha	AL	\$10.00
42	Alima Karki	AL	\$5.00
43	Amod Karki	AL	\$5.00
44	Bhushan Shrestha	CO	\$5.00
45	Bipin Subedi	AL	\$5.00
46	Raju Gupta	AL	\$5.00
47	Raju Sitaula	CO	\$5.00

Total Flood Victims Fund:

\$1,427.00

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Dr. Prahlad Pant,
Senior Advisor

Ram Dongol,
Economic Advisor

Sanjeeb Sapkota,
Public Health Advisor

Binod Roka,
Legal Advisor

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Keshab Poudel, MD, Health
Adviser

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Information Technology

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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

Welcome to our new life members in the month of August, 2014

Sharad Acharya	CO	Sarvagya Tuladhar	IL
Uma Karki, Thapa	CA	Udaya Maharjan	IL
Yam Bahadur Thapa	CA	Dinesh Karki	CO
Lok Nath Tiwari	MD	Sohan Khatiwada, MD	IN
Shanti Sharma	MD	Bhushan Lal Shrestha	CO
Bhupendra Mahat	CO	Dhruba Shrestha	CO
Manoj Pradhan	CO	Bishwa Phuyal	IL
Jit Bahadur Gurung	CO	Pooja Phuyal	IL
Sanjaya Ghimire	IA	Kumar Karki	CO
Shailendra Bajracharya	GA	Narayan Shrestha	CO
Sushma Bajracharya	GA	Sanu Babu Silwal	NC
Elina Shakya, MD	OH	Gita Devi Silwal	NC
Anil Rimal	IL	Sharda Jung Thapa	IL
Shrawan Shrestha	IL		
Kiran Byanjankar	IL		

With an immense pleasure, BDA would like to share with you all the list of our 28 new life members in the month of August. BDA extends its appreciation and thanks to everyone for joining such a great humanitarian organization to expand its community service for a good cause of saving lives in need. Welcome to all of you great social leaders. You're your presence, we can make a difference.



Selected activities hosted by the Blood Donors of America at the ANMA-NASeA Convention, Denver, CO

BDA awareness and information booth



BDA walk and Run (all participants received BDA T-shirt): Saturday and Sunday



- Social Heroes in Colorado listed out for recognition
- BDA family interaction/introduction
- BDA banner distribution (10 states)
- BDA T-shirts distribution
- Blood drive in cooperation with other partners

Poem competition: *Raktadaan-Jeewandaan* (Blood Donation-Life Donation)



BDA song presentation at the BDA poem event. Thank you so much Maheshwar Pant, State Coordinator, MA and his team for recording the BDA song and Gobardhan Pooja for writing a wonderful BDA song. Another song written by Binod Roka, BDA legal adviser, is being recorded.

Tips for blood donation

1. Generally human body has surplus blood. It will be wasted over time as our body makes new blood. By donation we are changing it from waste to invaluable lifesaving thing.
2. Any one in good health above the age of 16 up to 75 years can donate blood every 56 days.
3. No side effect from blood donation. Some community leaders have donated hundreds of times.
4. Be sure to eat breakfast without eggs and no caffeine if possible and drink plenty of fluids before you come to donate. You may want to eat foods rich in iron before couple of days to your donation.
5. Avoid drinking excessive amounts of tea due to the caffeine and tannic acid content and carbonated beverages that contain a high content of caffeine.
6. Please try to refrain from alcoholic drinks and fat-rich foods on previous night.
7. Every one bring your photo ID while coming to donate
8. Many people, irrespective of problems, such as pressure or diabetes, can donate blood.

Since this event will also provide an opportunity to our young school and college kids to volunteer and learn, please bring your son and/or daughter.



We express our deep sorrow at the news of the sudden passing of Mr. Khem Raj Joshi, father of Dr. Hem Raj Joshi, Member, State Co-ordination Committee, OH, Blood Donors of America, on July 22, 2014 in Dhangadi, Nepal. Our deepest condolences to Hem jee and the entire Joshi family at this difficult time. Our prayers and thoughts are for eternal peace of the departed soul.

Heartfelt Condolence

रक्तदानका फाइदाहरू:

- (क) नियमित रक्तदान गर्नेलाई आइरनको कारणबाट हृदय घात हुने खतरा टर्छ/
- (ख) रक्तदान गर्ने व्यक्तिको सामान्य निशुल्क स्वास्थ्य परिक्षण हुन्छ/
- (ग) तपाइले दान गरेको रगतमा १२ किसिमका रोग र रक्त समुह निशुल्क जाच हुन्छ र केहि खराबी देखिएमा तपाइलाइ सुचित गरिन्छ/ साथै:
- (१) यदि तपाइलाइ हाइ ब्लड प्रेसर छ र औषधि खाएर कन्ट्रोल छ भने रगत दान गर्न मिल्छ/
- (२) यदि तपाइलाइ दैबेटिक्स र कलेस्टेरोल हाइ छ भने पनि रगत दान गर्न मिल्छ/
- (३) रगत निकाल्नका लागि प्रयोग गरिने सुइ देखि डर लाग्न सक्छ, तर नडराउनुहोस/ तपाइको अलावा रक्तदान गर्नेहरुमा अरु पनि छन / सुरु मा सुइले छुसुक्क घोचेको जस्तो महसुसहुन्छ र त्यसपछि केहि दुख्दैन/
- (४) प्रायः जसो खानेकुराहरु खाँदा आइरन युक्त खानेकुरा खानु पर्छ/
- (५) रक्तदान गर्नु अघि र पछि पनि प्रशस्त तरल पदार्थ पिउनु पर्दछ/ यसले शरीरमा सुख्खापन हुनबाट बचाउछ/
- (६) रक्तदान गर्नु पूर्व स्वस्थ खानेकुरा खानु पर्दछ/ सकभर चिल्लो खानेकुराहरु नाखानुहोला/
- (७) रक्तदान गर्ने अघिल्लो दिन बेलुका चाडै सुतेमा राम्रो/ सकभर यसदिन मठिर सेबन नगरे राम्रो/
- (९) बढो गौरवान्वित्कासाथ रमाउदै आज मानव जीवन बचाउन सहयोग गरियो भन्ने सम्झनुहोला/

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
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 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

Thank You Denver, Thank You Colorado, Thank You Rocky Mountain Friends of Nepal, Nepali Ghar and ANMA/NASeA

Blood Donors of America (BDA) appreciates its Executive Officials, State Coordinators, Advisers, and Life Members for their presence and wonderful contribution to make the convention participants know about BDA activities. We were pleased to have a great number of BDA members at the joint ANMA-NASeA convention hosted by Rocky Mountain Friends of Nepal and Nepali Ghar in Denver, Colorado. BDA highly appreciates the following individuals for their outstanding contribution during the convention:

- **Bhushan Lal Shrestha**, CO State Coordinator for outstanding coordination to make the blood drive a grand success. A total of 14 social HEROES donated blood. Other people were in line, but could not make it due to technical and managerial glitches.
- **Radha Poudel**, Life Member, and her BDA Poem Competition Team for working hard to make the BDA poem competition one of the most successful events at the convention.
- **Gobinda Shrestha**, Life Member and Co-chair of the fund raising and public awareness committee and **Ramakant Kharel**, Life Member, for working tirelessly at the BDA booth.
- **Bharat Kandel**, State Coordinator, MO, for wonderfully arranging the logistics at the BDA poem competition.
- **Dr. Nanda Prakash Joshi**, Life Member and coordinator of the BDA Essay Evaluation Committee, and **Dhana Thapa** for leading the BDA walk and run more systematically.
- **Krishna Poudel**, Life Member, for recording BDA activities/ taking snapshots during the whole convention.
- **Radha Poudel, Krishna Murari Dhungel, and Sushil Tamrakar** of the BDA Poem Evaluation Committee for their outstanding job.
- **Krishna Dharabasi**, senior laureate, for graciously accepting our request to distribute the prize to the winners of BDA poem competition.

Appeal

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.

List of BDA family who participated at the ANMA/NASeA Convention, Denver, Colorado

SN	Names	Designation
1	Bhushan Lal Shrestha	CO State Coordinator
2	Raju Sitaula	Executive Member
3	Dr. Keshav Poudel	Adviser
4	Devi Acaharya	Chair, Fund raising & Public Relation Committee
5	Gobinda Shrestha	Co-Chair, Fund raising & Public Relation Committee
6	Dr. Bishnu Phuyal	Executive Vice President
7	Dr. Lila Bahadur Karki	President
8	Suresh Batsyal	Life Member
9	Rajendra Khatiwada	Life Member
10	Sushil Sharma	Adviser
11	Mani Paneru Nepal	Life Member
12	Bharat Kandel	MO State Coordinator
13	Dr. Tilak B Shrestha	Life Member & Member Punarjeevan Editorial Committee
14	Bimal Nepal	Life Member
15	Radha Poudel	Life Member & Coordinator BDA Poem Competition
16	Krishna Poudel	Life Member
17	Dr. Nanda Prakash Joshi	Life Member & Coordinator BDA Essay Evaluation Committee
18	Muni Joshi	Life Member
19	Ramakant Kharel	Life Member
20	Bala Ghimire	Life Member

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>





Our Mission

Non-profit, non-religious, and non-political 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. — BDA



Dr. Ghanshyam Bhatt, Executive Member and BDA life member, was recently promoted to Associate Professor, Tennessee State University, Nashville, TN. Congratulation and best wishes to him for further success.



We kindly request all of you to become life members of Blood Donors of America by using following link: <http://blooddonorsofamerica.org>

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

Contact Us

If you have any questions about Blood Donors of America (BDA) or any upcoming blood drives, please contact us at info@BloodDonorsOfAmerica.org or 334-750-5226 &/or 404-734-4092

Blood Donors of America

Editorial Committee:

Dr. Ramesh Khanal, WI

Dr. Tilak Shrestha, AL

Dr. Gandhi Raj Bhattarai, CT

Mr. Hem Sharma Paudel, KY

Mr. Lila (Leel) Shrestha, TX

Patrons' categories:

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

All patrons are BDA life members

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

It was probably in 1989 or 1990 that I organized a blood drive and donated my own blood for the first time. I used to be quite active in student politics and the occasion had something to do with democratic struggle in Nepal and the past leaders who spearheaded such movements. Although the tradition of remembering and commemorating our leaders is still there, and maybe I am totally wrong, I feel it has now become more and more ritualistic given that we still haven't had a functioning constitution to move forward and stabilize the institutions of democracy even though many of the same student leaders are now the legislators and ministers in the government as well as influential leaders in their respective parties. Looking back, I felt an immense satisfaction and wonderful sense of pleasure for being able to organize the blood drive and donate my own blood, thus contribute to the survival of those in need of precious blood.

When BDA president Dr. Lila Karki first

asked me to get involved in BDA in 2012, I couldn't get into it for some personal reasons. When he inquired the second time last month, I just jumped right in. While I can't donate my blood anymore, at least in the USA, because of past history of jaundice, I can at least help disseminate the BDA message to our community and beyond. I hope I will be able to do justice and serve you well in this regard.

In the same spirit, can I request you all to be involved in it in your spare time and become a part of it? There is nothing precious than donating your blood that will save lives and bring cheerfulness and smiles in the families of those in need. Lets go BDA.



Ramesh Khanal, Ph.D.

www.BloodDonorsOfAmerica.com

Your brain, 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@BloodDonorsofAmerica.org

DONATE BLOOD, SAVE LIVES

Upcoming Blood Drives in September, 2014

When	Where	Hosting Partners	Contact Person
Sept 13	Knoxville, TN	BDA TN and NSA @ University of Tennessee	Buddhi Pantha
Sept 20	Chicago, IL	BDA, IL State Coordination Committee	Dr. Bishnu Phuyal, Rama Kant Kharel
Sept 28	NY	BDA, NY State Coordination Committee	Nima Sherpa and the State Coordination Committee

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.

