

Mr. Tika Poudel came in the United State of America on 29<sup>th</sup> July, 2007. He lives in Erie, Colorado with his wife Luna Luitel Poudel and two daughters Akriti and Arati.

He had served as social worker in Nepal as well as in the USA with various social organizations. Currently, he is serving as general secretary of Rocky Mountain Friends of Nepal (RMFN). He joined the Blood Donors of America (BDA) as Colorado State Coordinator in 2017. He is also the life member of BDA. He donated blood more than eight times in Nepal and in the USA. Since he is working as Colorado State coordinator, he has organized three blood drives. In these blood drives, more than 40 people donated blood.



“Donate Blood, Save Lives” is the main inspiration for him to donate the blood. He had donated blood first time in Nepal twelve years ago. When he gave blood first time, he thought that he would be weak and it would be hard. But after his first donation, he did not feel weak, neither that was hard. After that he obtained more confidence and knowledge about blood donation and it was beneficial for him. He is continuously inspiring to the 1<sup>st</sup> time donors using his experience with positive attitude.

He also believes “Donating Blood is simple and easy to save others’ lives.” He suggest to the first time donors that after first blood donation, donors will feel good and will like to give more. Your voluntary and selfless service in saving life of human beings regardless of race, origin, color and religion is invaluable, will inspire you, your friends and you will be blessed.”

Mr. Poudel heard about BDA from Bhushan Lal Shrestha who is very patron in blood donation program and he was Colorado State Coordinator at that time. He thanks BDA for providing opportunity to serve the community. He also thanks BDA leaders, volunteers, supporters and well-wishers for their time and efforts to this organization. He is very proud being a part of organization and promises to serve the community through the Blood donation program. He expects from all members and volunteers of BDA for educating more people in our society through their invaluable services. He also requests to all BDA leaders and volunteers for expansion of work area in more states through the membership drive.