



# ST. XAVIER'S COLLEGE MAPUSA GOA



## NSS & RRC UNIT

*In Collaboration with*

## GMC BLOOD BANK

*Organises*

## BLOOD DONATION DRIVE



**ON 19TH SEPTEMBER 2024**

**From 10 AM to 1 PM**

**Venue : Seminar Hall**

### MEDICAL PRE - REQUISITE:

- Height and weight in range as per Medical Guidelines
- Have a healthy breakfast on the day of donation
- Not consumed alcohol atleast 48 hours before donation

Ms Ursula Barreto  
Acting Principal

Dr. Rheane Da Silva  
NSS CPO

Fr. Antonio Salema  
Administrator

Mr Rahul Naik  
NSS PO

Mr Sujay Rane  
NSS PO



# ELIGIBILITY CRITERIA



<b>AGE</b>	<b>18-60 Years</b>
<b>MEALS</b>	<b>Donor should have a good healthy meal atleast 1 hour before donation (avoid oily food) (Do have iron rich foods (like fruits spinach broccoli) etc a week prior to Donation)</b>
<b>SLEEP</b>	<b>Donor should have slept well the night before donation (min 6 hours)</b>
<b>MALES</b>	<b>Donation gap from previous donation should be 3 months</b>
<b>FEMALES</b>	<b>Donation gap from previous donation should be 4 months</b>
<b>DIABETES</b>	<b>Under control with oral medication</b>
<b>HYPERTENSION</b>	<b>Under control with medication</b>
<b>TUBERCULOSIS</b>	<b>Defer for 2 years following confirmation of cure</b>
<b>DENGUE</b>	<b>Defer for 6 months following confirmation of cure</b>
<b>JAUNDICE</b>	<b>To be discussed with the doctor (carry reports if available)</b>
<b>MAJOR SURGERY</b>	<b>Defer for 12 months following confirmation of cure</b>
<b>ALCOHOL / SMOKING</b>	<b>Avoid for 24 hours before donation &amp; 6 hours after donation</b>
<b>MENSTURATION</b>	<b>Defer for the period of menstruation</b>
<b>LACTATING</b>	<b>Defer for the period of lactation</b>