

R.B.A.N.M.S FIRST GRADE COLLEGE BANGALORE-42

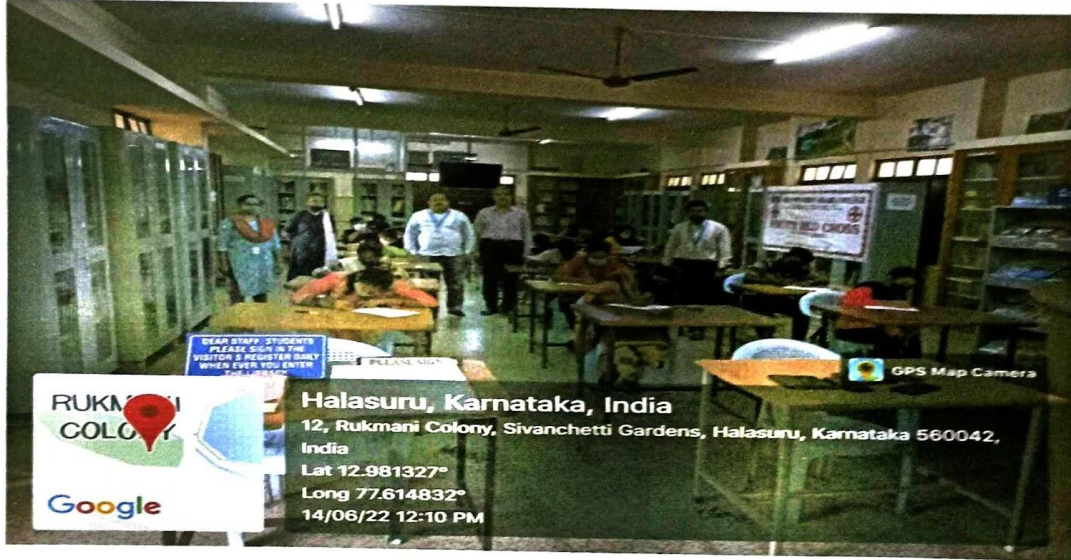
The Report on Essay Competition on World Blood Donors Day

On account of World Blood Donors Day an essay competition was conducted by Youth Red Cross unit of RBANM'S First Grade College on 14th June 2022 in the college Library. Students participated with full enthusiasm with 20 competitors. The topic for the competition was on "Significance of blood donation". Students were allowed to write in any language (English, Kannada, Hindi & Tamil).

The Duration of the competition was one hour. All the concerned language teachers evaluated the essays and picked the best three. The winners of the competition were declared by the principal.

Names of the winners and class:

1. Preeti R - III BA
2. Sivasankari K - I BCA
3. Sumanavathi J - II B.Com



Programme Officer

Asst Proff. Asha.A

Principal

Dr. Prathap

PRINCIPAL
R.B.A.N.M'S First Grade College
No. 12, Annaswamy Mudaliar Road,
BANGALORE - 560 042.
Mob : 8048533572

"ONE PINT OF BLOOD SAVES 3 LIVES, RECEITH. R
A SMALL GESTURE MAKES A MILLION IIIrd BA [HEP]
SMILE ☺"

BENEFITS OF BLOOD DONATION

31
49

Introduction:

Our Nation every year averagely requires 5 crore units of blood where meagerly 2.5 crore unit of blood is being drawn. Everyday atleast 38,000 units of blood is required. Donating blood does not only helps the recipient but also the donors. Thus by donating blood a donor as well the recipients are benefited. How does it beneficial to a Donor? and here is the answer.

① Free Health Screening:

Before anyone donates the blood certain aspects are checked to find out the person is eligible to donate his blood. Blood pressure, Body Temperature, pulse, HIV, Haemoglobin level and more are screened before, where the Donor can also know if he has any kind of diseases or deficiencies.

② Donating Blood can reduce harmful Iron Stores.

Too much of Iron content in the blood is the cause of disease called HEMOCROMOTOSIS, that can result in risk of having Cancer & other sickle cell diseases. Thus by PHLEBOTOMY (the process of drawing blood) is helpful in overcoming these.

③ Reduces the risk of Heart Attack.

An study made by the American journal

of Epidemiology states that donation of Blood can reduce the risk of having Heart attack by 88%; depleting the more deposits of Iron will help Blood vessels to operate more free. Over loaded Iron may constrict the blood vessels thus phlebotomy reduces the risk of Heart Attack.

4. Helps Livers to stay Healthy.

Too much Iron with NAFLD - Non-Alcoholic fatty Liver Diseases, Hepatitis C, and other liver infections are dangerous. Patient under these scenarios are advised to donate blood as it helps to overcome these problems.

5. Reduces the Risk of Cancers.

Over accumulation of Iron in blood may also concerned with Peripheral Arterial Disease (PAD). Reduction of Iron in blood through Blood Donation can reduce the risk of having affected with Cancer and Cancer causing aspects.

6. Better Mental Health.

'What makes a human happy than being helpful to another Human? Donating Blood does not only benefit physically but also psychologically. It is observed that people who donate blood easily avoid depression and stress. Sometimes also to overcome Loneliness, when people indulge themselves in donating blood by joining communities makes them feel that they are not alone and every time they get to know new people.

7. Production of New Blood Cells.

Everytime the blood is donated, fresh blood cells are produced that helps the person to live healthy and have a longer life.

8. Others:-

- * One donation helps ^{to} lose 650 calories
- * After donation body needs 500 calories to replace it, thus the snacks given after the donation are calories-free snacks.
- * Saving One's Life, for their treatments, operation times.

Conclusion:-

'1 pint of blood can save 3 life' - Desimose. Beyond things it is just a small gesture being helpful to save one's ~~unknown~~ life, who is no way known. 'You Get what you Give'. Every good deeds rewards you at unexpected time. So Donate your Blood when got a chance and save someone's life.

Thank you

$$8 + 8 + 10 + 5 = \frac{31}{40}$$

9/10

பெயர்: சிவானந்தன் .க
 SivaAnkav .k
 உயிர்ப்பு: 1st BCA
 தேதி: 14/06/22

அரசுக் காணம்:-

அரசுக் காணம் செய்வதன் மூலம் அந்நிய குடும்பங்களை உயிர் வாழ்கிறார்கள். ஆண்டு 14 ஆம் தேதி "உலக அரசுக் காணம்" திட்டமாக கொண்டுவரப்பட்டது. அரசுக் காணம் செய்வதன் மூலம் உலகில் அதிக மனிதர்களை வாழ்கிறார்கள்.

நாம் அனைவருக்கும் தெரிவித்து போல் அரசுக் காணம் செய்வது ஒரு சிறப்பான 'மனித சூழலம்' மன்றும் சமூகம் அற்ற ஒரு செயல். உலகில் மக்கள் உடல்நிலை குறைவானால் மன்றும் விபத்தால் அதிக அரசுக்களை அடிக்கிறார்கள் மன்றும் அல்லாத உயிர் கூட அடிக்கிறார்கள் அரசுக் குறைவானால் உலகில் 20% மக்கள் அடிந்து (அ) அடிந்து விடுகிறார்கள். அரசுக் காணம் அனைவரும் மேற்கொண்டால் உலகில் பூல் உயிர் வாழக்கூடும்.

அரசுக் காணம் செய்வதன் மூலம் உடும் நலன்கள்:

அரசுக் காணம் செய்வதன் மூலம் நடைக்கி அதிகமாக நலன்கள் உண்டி. நம் உடலியல் அரசுக் மயமாபுச்சி செய்வதற்கும் மன்றும் உடலியல் நோயை கண்டறிய உதவுகிறது. நாம் ஒருவருக்கு அரசுக் காணம் செய்வதென்றால் முதலில் நாம் உலகில் அந்த ஒரு நோயும் இல்லாமல் இருக்கல் வேண்டும் மன்றும் அனைத்து பரிசோதனைகளையும் மேற்கொள்ள வேண்டும்.

அரசுக்கு எதிர்ப்பு நமது உயிர்வாழ்வுக்கு முக்கியமான
ஒரு காரணம். அது இல்லாவிடின் உயிர் வாழ தியலாது
அனைவரும் அரசுக்கு எதிர்ப்பு செய்ய வேண்டும்.

உலகில் அனைத்து அடங்கலும் அரசுக்கு பரிசோதனை
மற்றும் அரசுக்கு எதிர்ப்பு மூலம் நடைபெறுகிறது. முக்கியமான
ஆண்டு 14 ஆம் ஆண்டு உலகில் அனைத்து அடங்கலும்
அரசுக்கு எதிர்ப்பு மூலம் நடைபெறுகிறது. மனித உயிர்வாழ்வு
சேவையுள்ள போது அரசுக்கு எதிர்ப்பு செய்ய அரசுக்கு பயன்படுத்த
மக்கள் உரிமை மீட்டல்கள் அனைவரும் அரசுக்கு
எதிர்ப்பு செய்யும். ஒரு அரசுக்கு எதிர்ப்பு ஆணை
உயிர்த்துறை சேர்க்கிறது.

அரசுக்கு எதிர்ப்பு செய்வதன் மூலம் நமக்கு உருவாகும் நன்மைகள்.

- * உலகில் அரசுக்கு எதிர்ப்பு மூலம் நடைபெறும்
- * உலகில் உள்ள நோய்கள் குறையும்
- * நமது சீய எண்ணெய்களை மாற்றும்
- * அனைத்து உலக சீதைகளை நீக்கும்

அரசுக்கு எதிர்ப்பு செய்வதன் மூலம் அந்நாட்டினங்கள்
உண்டி. மக்கள் அனைவரும் காணும் செய்கு
மக்களை காப்பாற்ற வேண்டும். மக்கள்
அனைவரும் ஒன்றுதான் சேர்ந்து அரசுக்கு
எதிர்ப்பு செய்ய வேண்டும். அரசுக்கு எதிர்ப்பு உலகில்
உள்ள அனைவரும் ஒன்றுதான் வேண்டும் என்பது
அனைத்து முக்கியமான விஷயம்.

"சில நேரங்களில் மூலம் செய்ய முடியாதது
அரசுக்கு எதிர்ப்பு செய்யும்."

Name : SUMANAVATHI . J

II Bcom

Date : 14-06-2022

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EASY ON BLOOD DONATION.

Blood Donation which is been donated by many donors worldwide. The need of blood has become very important this days and the blood are not manufact-ured by any factory and circulated worldwide it is noonly collected by the donors of the countries.

How a days it has become a myth for blood donations having side effects. But donating blood increases the hemoglobin level in a persons body and decreases the hemochromatosis in the blood cell. If a person has to undergo for the process of blood donation he has to follow certain rules & regulations instructed to him by the doctors of the concern centres. The ~~presoperson~~ person has to first register himself in the centre, Examine his health condition.

(The blood is taken from his body in a drop quantity and sent for the lab), Enters the process (only if the report is positive), Health Condition.

When a person undergoes the transparency of blood it is not only good for the receiver it is also important & very good in improving the health of the donor. As per the advise of the central health centre a person who is above 16 years are eligible to donate the blood to any receiver.

The person who donors the blood are examined very well before donating or transfusing his blood to the receiver. The person should be in a good health condition before he transfer his blood.

After the process the donor is asked to take rest to about 15-25 minutes in the hospital or blood banks. once he's/she is normal conditioned is sent out from the centres Providing snacks and energy drinks. as a fluid reaction to get the person into normal.

Benefits from Blood donation.

1. Reduces Hemochromatosis.

Donating blood yearly or twice helps a person to reduce the level of Hemochromatosis in the body. Hemochromatosis is nothing but the high level of iron present in the body or red-blood cells. Too much of iron leads to poison organs, cancer, pancreatic problems, and stops functions of motor system, liver, etc. and too low of iron leads to faded skin and just stop the function of motors. Hence donating Blood for every year or twice will help to maintain the iron balanced in the body.

2. Production of Cells.

Production of cell is when the donor transfer his/her blood the con number of blood cells gets or start reducing in the body. Once the Blood cells

defuses in the body a fluid starts reacting and helps to produce new red-blood-cells in the body. which helps to function the nerve and motor system of the body better and perfect then before.

3. Reduces the Risk of Cancer.

If once the Iron content is reduced there will be no chance to have cancer in the body. As mentioned donating blood reduced the hemochromatosis level in the blood hence it reduces the risk of Cancer.

4. Proper function of liver.

As we consume food all the glucose converts into energy and works into the body other nutrients are supplied to different parts. The unutilized substance called starch which is rich in Iron are stored in liver. If the hemochromatosis level increases the liver starts to swell and grow in inches which leads to heavy stomach pain but when one donates his blood he/she is free from the above risk and will have proper functioning.

Any problem relating to blood is all concern with the iron contain or level of iron in the body. How a days many students and youths gets sick for the low iron level in their body which leads to anaemia, migraine, etc,

To overcome this problem the health centres suggest to undergo blood donations. Every schools, and colleges and other institutions have started blood donation campaign and awarness among the students, Just to overcome different health issues faced by the individuals.

Limitation.

- Lack of proper examination.
- Alcoholic mixed into the blood
- Lack of facilities
- No proper awarness
- Lack of education.

Now-a-days it has become mandatory for every educational institution to create awarness about the serious issues created by Lack of Bloods and iron contain. And the institutions provides blood test annually to their members / Students in their institution. And use a Slogen donate blood, Together we save a life.

$$7 + 8 + 8 + 7 = \left(\frac{30}{40} \right)$$