



**MALAD KANDIVALI EDUCATION SOCIETY**  
NAGINDAS KHANDWALA COLLEGE OF COMMERCE ARTS AND MANAGEMENT  
STUDIES AND SHANTABEN NAGINDAS KHANDWALA COLLEGE OF SCIENCE  
(EMPOWERED AUTONOMOUS)

## **NATIONAL SERVICE SCHEME UNIT (B-28)**

 **23<sup>rd</sup> JUNE**

# **BLOOD DONATION DRIVE**

 Auditorium, MKES Nagindas Khandwala College (Empowered Autonomous), Malad.

 **9:00 AM TO 3:30 PM**



At Tata Memorial Hospital, hundreds of cancer patients—including children—undergo chemotherapy, surgeries, and treatments that often leave them critically low on blood and platelets.

**EVERY  
DROP COUNTS**  
WHEN YOU'RE FIGHTING FOR LIFE.



## DO's



### BEFORE DONATION

- **Age: 18–60 years (up to 65 if regular donor)**
- **Weight: Minimum 45 kg**
- **Hemoglobin: At least 12.5 gm/dl**
- **Eat a light meal within 4 hours before donation**
- **Sleep well for at least 6 hours before donating**
- **You may donate if on oral anti-diabetics or BP meds (if stable)**

## DON'Ts



### AVOID BEFORE DONATION

- **No smoking within 4 hours**
- **No alcohol within 24 hours**
- **No aspirin in the last 3 days**
- **No antibiotics in the last 2 weeks**
- **No donation if on insulin**
- **No tattoo or piercing in past 12 months**
- **Don't wear tight sleeves**

## AFTER DONATION CARE

- Drink extra fluids (water, fruit juice) for next 48 hours
- Avoid smoking for 30 minutes
- Don't stand in direct sun too long
- No heavy exercise or gym that day
- Avoid alcohol for 24 hours
- If bleeding, raise arm & press site 3–5 mins
- Remove bandage after 5–6 hours
- Feeling dizzy? Sit or lie down, breathe slowly
- If unwell, contact the blood centre immediately.