

**GOVERNMENT OF ARUNACHAL PRADESH  
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**Voluntary Blood Donation Camp at Raj Bhawan**

**Itanagar, Jan. 5:** Muskan Welfare Society (MWS) led by its Chairperson, Mrs. Anupama Singh, First Lady of the State, in collaboration with Department of Health and Family Welfare, Arunachal Pradesh State AIDS Control Society and Ramakrishna Mission Hospital, Itanagar organized a Voluntary Blood Donation Camp at Raj Bhawan, Itanagar on 5<sup>th</sup> January 2013. His Excellency, General J.J. Singh (Retd), the Governor of Arunachal Pradesh, Swami Vishweshananda, Secretary, RKM Hospital, members of Muskan Welfare Society, students from VKV, Chimpu and NCC Cadets from Govt. Higher Secondary School, Itanagar and volunteers from NERIST, ITBP, Arunachal Pradesh Police, NIT, Yupia and other volunteers from Raj Bhawan participated in the camp.

A total of 82 units of Blood was collected in the camp out of which 57 units were donated by First time donors. Free Blood Tests specifically for Hemoglobin, Blood Sugar, Blood Group and General check up of all volunteers was conducted in this Camp. Stalls were also put up by the APSACS for information dissemination on HIV/AIDS, Dental Hygiene, Different types of cancer and basic hygiene for the general public.

Speaking on the occasion, the Governor appealed to the people to come forward and donate freely without any fear. He said that Arunachal Pradesh still lacks basic facilities for Blood Banks and suffers from communication bottlenecks to shift patients in need of blood but has a population with a big heart to adequately address it by donating blood. He urged every Arunachalee to pledge not to allow even a single life to be lost due to want of blood. "Let us donate twice a year to meet the requirement of blood for accidents and medical emergency in the State," he exhorted. The Governor expressed his hope that the positive messages regarding blood donation will be disseminated in the society and misconceptions and wrong notions about it would be removed.

Terming blood donation as a gift of life to a needy individual, the Governor said that to a donor, it is a ten minute exercise but for a recipient, it is life. The Governor congratulated the voluntary donors and called them 'heroes' to someone somewhere, who will be receiving this precious gift of life. He also congratulated the Muskan Welfare Society, the Department of Health and Family Welfare, Ramakrishna Mission Hospital, Itanagar and Arunachal Pradesh State AIDS Control Society (APSACS) for organizing this camp.

In her address, Mrs. Anupama Singh, who was the first to donate blood in this Camp, expressed gratitude to the blood donors and termed the donation as a noble service to the society.

As the MWS Chairperson, she offered to render any help to underprivileged and socially deprived individuals. She specifically highlighted the low Hemoglobin levels in women and

requested the men to ensure that their daughters, sisters, wives and mothers get a good diet and take care of their health.

Swami Vishweshananda, Secretary, Ramakrishna Mission Hospital termed blood donation as selfless service of highest order to society.

Earlier in her welcome address, MWS Member Secretary, Ms. Tumken Angu informed that the camp is the second Blood Donation Camp organized by MWS. In the last 4 years of its existence, the society has conducted many programmes for the underprivileged women and children. She expressed her gratitude towards Mrs. Anupama Singh who had donated an amount of Rs.50,000/- to MWS from her collection from the solo exhibition cum sale of her Bespoke Art deco pieces, titled 'Dual Identity' in Delhi.

Highlighting on 'Facts and Myths of Voluntary Blood Donation', Dr. Moji Jini, Chief Medical Officer, Arunachal State Hospital informed that 1 out of 10 hospital patients like in cases of accident victims, cancer patients, blood disorder patients, surgery patients, Pre-mature and pre term babies need blood transfusion. Since a person has 5 - 6 litres of blood in his/her body and donates only 300-350 ml, which is recovered by the body very quickly, a person can donate blood every 3 months. 450ml of blood can save as many as three lives as there is no substitute for blood.

Dr. Dani Duri, PD, APSACS in his presentation informed that in India there are about 24 lakh HIV positive people, out of which 202 have been reported in Arunachal Pradesh. Dr. Duri added that blood safety service is available in 12 hospitals and thorough blood tests are conducted before actual blood transfusion takes place.

Dr. R.Rina, Joint Director, APSACS, Dr. Nabum Budh, Deputy Director, APSACS, Dr. A Borang, Deputy Direct Health Services, senior medical officers including Dr. K.Ete, Dr. G. Padu, Dr. Moli Basar, Dr. S. Tsering, Dr. A Kri, Dental Surgeons Dr. Lala Wage and Dr. O. Pertin from Arunachal State Hospital, Nahgarlagun and Dr. L Chowdhury of RKM Hospital Itanagar along with pathologists and lab technicians conducted the programme.