

BENEFITS OF BLOOD DONATION

**Donate
Blood**



**Save
Life**



- Donating blood improves your overall cardiovascular health.
- Boosts the production of red blood cells.
- Aids in fighting hemochromatosis.
- Saves lives.
- Blood donations are free health check ups as it automatically warns the donor of serious illnesses.

ELIGIBILITY CRITERIA FOR BLOOD DONATION:

- DONOR SHOULD BE HEALTHY & MENTALLY ALERT
- FREE FROM ACTIVE/CHRONIC DISEASE
- AGE: 18-65 YEARS.
- WEIGHT : 45 KGS (MINIMUM)
- HEMOGLOBIN : 12.5 G/DL (MINIMUM)
- BLOOD PRESSURE/PULSE SHOULD BE NORMAL
- DURATION BETWEEN TWO BLOOD DONATIONS SHOULD BE:
- 3 MONTHS FOR MALES
- 4 MONTHS FOR FEMALES
- DONOR SHOULD NOT BE EMPTY STOMACH
- DONOR SHOULD NOT HAVE CONSUMED LIQUOR A DAY BEFORE
- DONOR SHOULD NOT BE ON LONG TERM MEDICATION
- NO HISTORY OF TATTOO/ANIMAL BITE IN LAST 12 MONTHS
- NO HISTORY OF DENTAL PROCEDURE IN LAST 6 MONTHS
- NO HISTORY OF SURGERY / ACCIDENT / TYPHOID/BT IN LAST 1 YEAR
- HE/SHE SHOULD NOT BE DIABETIC ON INSULIN/ THYROID PATIENT
- FOLLOWING CATEGORY OF FEMALES CAN NOT DONATE:
 - ❖ PREGNANT/ BREAST FEEDING
 - ❖ H/O ABORTION/ MTP IN LAST 6 MONTHS
 - ❖ DURING MENSTRUAL CYCLES

19.04.2023 Time 10:00 A.M. Onwards

Main Committee Room, 4th Floor, Haryana Civil Secretariat

Subject:- APPEAL FOR BLOOD DONATION
(Blood Donation Camp scheduled to be held on 19.04.2023 at 10:00 A.M. onwards in the Main Committee room, 4th Floor Haryana Civil Secretariat).

Will

1. The Special Senior Secretary to Minister, Senior Secretary to Minister, Secretary to Minister, Private Secretary and Personal Assistants to Chief Minister, Deputy Chief Minister, Minister and Minister of State.
2. The Special Senior Secretary to Minister, Senior Secretary to Minister, Secretary to Minister, Private Secretary and Personal Assistants to CPSCM, PSCM, APSCM, DPSCM, OSD/CM, Political Secretary to CM.
3. The Special Senior Secretary to Minister, Senior Secretary to Minister, Secretary to Minister, Private Secretary and Personal Assistants to Chief Secretary, Additional Chief Secretary, Principal Secretary, Secretary, Special Secretary to Government, Haryana
4. All Joint Secretary, Deputy Secretary, Under Secretary of Haryana Civil Secretariat.
5. The Commandant, CISF, Punjab and Haryana Civil Secretariat
6. The President HSSOA/Class-III/Class-IV and Cricket Teams/Sports/ Youth Club Association of Haryana Civil Secretariat.
7. The President, Haryana Civil Secretariat, SC/ST Employees Welfare Federation.

Kindly refer on the subject noted above?

2. The Blood Donation Camp is scheduled to be organized on **19.04.2023 at 10:00 A.M. onwards in the Main Committee room, 4th Floor Haryana Civil Secretariat)** through Rotary Blood Bank Society & Blood Society Resource Centre, Sector-37, Chandigarh.

Therefore, you are requested to kindly participate in the Blood Donation Camp and also encourage the maximum number of officers/officials for this noble cause.


Administrative Officer

for Chief Secretary to Government, Haryana 

To

1. The Special Senior Secretary to Minister, Senior Secretary to Minister, Secretary to Minister, Private Secretary and Personal Assistants to Chief Minister, Deputy Chief Minister, Minister and Minister of State.
2. The Special Senior Secretary to Minister, Senior Secretary to Minister, Secretary to Minister, Private Secretary and Personal Assistants to CPSCM, PSCM, APSCM, DPSCM, OSD/CM, Political Secretary to CM.
3. The Special Senior Secretary to Minister, Senior Secretary to Minister, Secretary to Minister, Private Secretary and Personal Assistants to Chief Secretary, Additional Chief Secretary, Principal Secretary, Secretary, Special Secretary to Government, Haryana
4. All Joint Secretary, Deputy Secretary, Under Secretary of Haryana Civil Secretariat.
5. The Commandant, CISF, Punjab and Haryana Civil Secretariat
6. The President HSSOA/Class-III/Class-IV and Cricket Teams/Sports/ Youth Club Association of Haryana Civil Secretariat.
7. The President, Haryana Civil Secretariat, SC/ST Employees Welfare Federation.

U.O. No. 11/01/95-CT-III

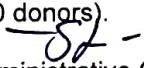
Dated Chandigarh, the 13th April, 2023

Endst. No. 11/01/95-CT-III

Dated Chandigarh, the 13th April, 2023

A copy is forwarded to the following for information and necessary action:-

1. The Secretary, Rotary and Blood Bank Society Resource Center, Sector-37A, Chandigarh
2. The Commandant, CISF Punjab and Haryana Civil Secretariat.
3. The President HSSOA/Class-III/Class-IV Association of Haryana Civil Secretariat.
4. The President, Haryana Civil Secretariat SC/ST Employees Welfare Federation, Chandigarh.
5. The Director Hospitality Organization, Haryana (with the request to arrange necessary refreshments for approximate 200 donors).


Administrative Officer

for Chief Secretary to Government, Haryana 