



VIDYAVARDHAKA
LAW COLLEGE
Estd: 1974 For Legal Education par Excellence



**YOUTH
RED
CROSS**



VIDYAVARDHAKA LAW COLLEGE

Sheshadri Iyer Road, Mysuru-01

Youth Red Cross Committee & National Service Scheme, VVLC, Mysuru

Celebrating

World Blood Donor Day

Keynote Address

Dr. Lakshmidevi

Vice President, Red Cross, Mysuru Unit, Mysuru

Presided by

Dr. Deepu P.

Principal, VVLC, Mysuru

Guest of Honour

Prof. K.B. Vasudeva

Director of Legal Studies, VVLC, Mysuru

Programme Coordinator

Dr. K.L. Chandrashekhara

Youth Red Cross Committee, VVLC, Mysuru

Date: Wednesday, the 14th June 2023

Time: 02.00 p.m.

Venue: Moot Court Hall, VVLC, Mysuru

REPORT OF THE WORLD BLOOD DONOR DAY -2023

The slogan for 2023 World Blood Donor Day campaign, celebrated on 14 June 2023, is “Give blood, give plasma, share life, share often.” It focuses on patients requiring life-long transfusion support and underlines the role every single person can play, by giving the valuable gift of blood or plasma. It also highlights the importance of giving blood or plasma regularly to create a safe and sustainable supply of blood and blood products that can be always available, all over the world, so that all patients in need can receive timely treatment.



On account of World Blood Donor Day 2023, Youth Red Cross Committee, Vidyavardhaka Law College, Mysuru in association with NSS, VVLC, Mysuru organized awareness programme on blood donation. Dhanushree, student of Final Year LL.B. started programme with her welcome address. Dr. Lakshmidevi, Vice President, Red Cross, Mysuru Unit, Mysuru highlighted in her Keynote address on World Blood Donor Day 2023:

The World Blood Donor Day is celebrated every year on June 14 to thank the altruistic acts of selflessness of voluntary blood donors and celebrate life and humanity. Blood is the most precious gift that anyone can give to another person – the gift of life. A decision to donate blood can save a life, or even several lives, if the blood is separated into its components – red cells, platelets and plasma – which can be used individually for patients with specific conditions.



However, blood donation can also come with its own set of benefits for donors. Blood donation can help reduce excess iron levels in the blood thereby preventing hemochromatosis, a condition which can increase risk of cardiovascular diseases including heart attack and stroke. This can help with early detection of certain health conditions, such as anaemia or infectious diseases, which may otherwise go unnoticed.



Dr. Lakshmidevi, Vice President, Red Cross, Mysuru Unit, Mysuru presenting her Keynote address on World Blood Donor Day 2023.

Blood donation significance

The importance of donating blood is not only to save the lives of thousands of people who are deprived of life, but also to save the lives of many more who are affected by various diseases and help them to fight numerous illnesses.

Blood donation does not cause weakness. As per published literature, Blood volume (plasma) is replenished within 24-48 hours. Red blood cells are replenished in 3-4 weeks in healthy adults after donation.



Dr. Lakshmidevi, Vice President, Red Cross, Mysuru Unit, Mysuru presenting her Keynote address on World Blood Donor Day 2023.

Blood donation benefits

Blood donation has profound health benefits. It not only does it provide essential support in medical emergencies, patients undergoing surgeries, cancer treatments, but it also holds significant advantages for the donors themselves.

Regular blood donation helps maintain healthy iron levels in the body, reducing the risk of conditions like hemochromatosis. This protects the body against cardiovascular diseases and minimizes heart attack risks. Blood donation help with early detection of certain health conditions, such as anaemia or infectious diseases. After donating blood, the body produces new cells to enhance overall health and works towards replacing the volume of blood lost within 48 hours of donation. Most of the people who donate their blood tend to recover fast from their diseases and even live a longer life, it also helps in weight loss and in maintaining healthy liver reduces risk cancer.



Dr. Deepu P, Principal, Vidyavardhaka Law College, Mysuru, in her Presidential address opined:

Improves Heart Health

Donating blood improves your overall cardio vascular health. Increased level of iron in the blood raises the chance of heart diseases. Regularly donating blood helps males in particular to reduce the amount of iron in the blood. This can reduce the chance of heart attack by 88%. Additionally, regular blood donation can lower the risk of severe cardio vascular events such as stroke by 33%.



Dr. Deepu P, Principal, Vidyavardhaka Law College, Mysuru, presenting Presidential Address.

Burns calories

Donating blood on a regular basis can also improve fitness. Donating one pint of blood (450 ml) burns 650 calories in donor's body.

Enhances feeling of well-being in elderly people

Many elderly people who are in good health have reported feeling invigorated and re-energized by giving blood on a regular basis.



Dr. Deepu P, Principal, Vidyavardhaka Law College, Mysuru, presenting Presidential Address.

Reduces the risk of cancer

Give blood to help lower your risk of cancer. According to the Miller- keystone blood center, consistent blood donation is associated with lowered risks of cancers, including liver, lung, colon, stomach and throat cancers. Risk levels drop in correlation with how often participants donate blood.

Saves lives

By donating blood, many lives are saved and hope is given to many whose situation may otherwise be hopeless. Blood donors give such patients a second chance of life.

Free health screening done

In addition to all of these benefits, a donor receives a free prior health screening plus mini blood test. There will be an Hb (Haemoglobin) level test as well as a blood pressure and body check. Blood is also tested for some major diseases and the donor is immediately informed in strict confidentiality if any of these tests show positive results.

Prof. K.B.Vasudeva, Director of Legal Studies, more than 150 students, teaching and non-teaching staff were present. Dr. K.L. Chandrashekhara, Coordinator, Youth Red Cross Committee, concluded the programme by vote of thanks.