



HINDI VIDYA PRACHAR SAMITI'S COLLEGE OF LAW



ORGANISED BY NSS UNIT

JEEVAN DAAN: A BLOOD DONATION CAMP



*Your blood is,
Someone's second chance
of life*



- CALL FOR HEROES.
- BE A VOLUNTEER.
- SAVE LIVES.

**JOIN US ON
28TH NOVEMBER, 2025**

**TIMINGS
9AM - 1PM**

**AT
GYMKHANA, R.J. COLLEGE,
GHATKOPAR (W)**

FAQs

◇ Why Donate Blood?

- A single donation can save up to 3 lives.
- Hospitals rely on voluntary donors.
- There is no substitute for human blood

◇ Benefits of Donating Blood

- You become a lifesaver.
- Free health screening.
- Burns calories.

◇ Who Can Donate?

- Age 18-65
- Weight 45 kg or more
- Not ill or on restricted medication
- Last donation 3 months ago (men)
Or
4 months ago (women)

◇ Before Donation:

- Eat a healthy meal.
- Drink plenty of water.

◇ After Donation:

- Rest for 10-15 minutes
- Stay hydrated

