



ATAM DEVKI NIKETAN

(A Senior Secondary School)

Affiliated to C.B.S.E. (Affiliation No. 1630573), New Delhi

Kidwai Nagar, Ludhiana, Ph: 0161-5033716

Donate Time, Donate Blood, Save a life...

'BLOOD DONATION CAMP'

Dear Parents

Let us come together and share our love towards the fellow human beings by Donating Blood for the cause of Healthy India!

Let us be the Life Saviours. Blood Donation is the Noblest of all donations, because it infuses Life to our Brother / Sister in need! We bridge the gap between Life and Death by donating Blood.

- ❖ **School has arranged Blood Donation Camp on 28th September, 2024 i.e. Saturday in the school Auditorium between 9.30 a.m. and 2.00 p.m.**
- ❖ **The Blood Donation Camp is organized by the doctors of Civil Hospital with Sterilized Equipments.**

Who can Volunteer?

- **One, who is between 18 to 60 years of age,**
- **One, who is healthy and not anemic and**
- **One having a body weight of 50 kg and above.**

Is Blood Donation Safe?

- **Out of 3 to 5 liters of blood in the body only 350 ml is taken.**
- **It does not weaken the body - the blood donated is replaced within 24 hours.**
- **Blood can be donated once in three months.**

Kindly spare 15 minutes and visit the Camp, with your near and dear, and participate in the Noble Cause.

Regards

**Mridhu Ablash
Principal**