



**Smt. M.M.K College  
of Commerce and  
Economics, Bandra**

**BLOOD  
DONATION  
DRIVE**

**30 minutes  
is all it takes to  
save life**

**N.S.S. UNIT  
2021 - 2022**

**14th June  
From 9:00am-2:00pm**

**If you are  
willing to  
donate blood,  
then please  
fill the  
Google form**

**IN ASSOCIATION WITH  
J.J Mahanagar  
Blood Bank and  
Rotary Club of  
Mumbai Iconic**

<https://forms.gle/j1MbeXX4eTun7LQ96>

# Instructions to follow before donating blood

- 1) The age of Blood Donors should be between 18 – 60 years
- 2) Minimum weight required for male is 45 kgs and females preferably above 50 kgs
- 3) Minimum Hemoglobin required is 12.5 gm%
- 4) Minimum gap between two blood donations should be 3 months
- 5) You should not have suffered from any illness in last 7 days like cough, cold and fever
- 6) For blood donation kindly take light breakfast within last four hours. Do not come empty stomach. Before blood donation drink two glass of water
- 7) Do not smoke or chew tobacco 3-4 Hours before the blood donation
- 8) Do not consume alcohol 24 hours prior to the blood donation
- 9) Kindly truthfully answer all the questions asked to you before the blood donation



**10) Our doctors will check your weight, Hemoglobin, medical fitness and blood pressure. If you qualify for the same you will be able to donate blood**

**11) Collected blood will be tested for HIV I and II, HBsAg, HCV, VDRL and Malarial Parasites.**

**12) Healthy and safe blood is expected from the recipient**

**13) You should not have travelled out of your city in the last 10 days**

**14) You should not have taken any vaccination in the last 14 days**

**Donate your blood  
for a reason  
Let the reason be  
life**



Dr. CA Kishore Peshori  
IC Principal

Rtn. Chitaranjan Gupta  
President, Rotary Club  
Mumbai Iconic

Prof Sushant Damodare  
N.S.S. P.O

Ajay Bhise  
P.R.O.  
J.J Mahanagar Blood Bank