

Blood Donation Camp on Tuesday, 24th June 2025.

Blood donation is a vital contribution to society, and we encourage those who are eligible to participate. Your support can help patients in need, particularly children affected by Thalassemia and other serious medical conditions.

Event Details:

- Managed by - Mahakal Mandir and Jalaram Abhyuday Sadbhavna Trust
- **Date:** Tuesday, 24th June 2025
- **Time:** 02:30 PM to 06:00 PM
- **Venue:** 4th Floor
- **Registration Deadline:** 20th June 2025
- **Registration Link:** <https://forms.office.com/r/UEYNmjgYxn>

We request interested employees to register in advance to help us coordinate the donation process efficiently.

Eligibility Guidelines:

Donors must meet the following criteria:

- Age between 18 and 65 years
- Minimum weight of 50 kg
- Hemoglobin level of 12.5 g/dl or above
- Normal blood pressure and body temperature
- At least 14 days post any vaccination
- Free from any infections or major medical conditions
- No recent surgeries, blood transfusions, tattoos, or piercings (as per medical timelines)
- Not under medication or alcohol influence in the past 48–72 hours

Preparation:

- Have a balanced meal and stay hydrated before donating (at least 20 minutes prior)
- Avoid fatty foods or heavy meals immediately before donation

For any queries, feel free to contact hr@tatvasoft.com or reach out to **Poorva Biswas** on Teams. We appreciate your participation in this important initiative. Thank you for your continued support.