



BDC 2019



PES UNIVERSITY

WHO CAN DONATE BLOOD?

1. The donor must be fit and healthy
2. The donor must be 18-65 years old
3. The donor should weigh a minimum of 50 kg
4. A Pulse Rate - 50 and 100 without irregularities
5. Hemoglobin level- A minimum of 12.5 g/dL
6. Body temperature- Should be normal
7. The time period between successive blood donations should be more than 3 months



WHERE? MRD AUDITORIUM

WHEN? 18th NOV, MONDAY

RAHIL : 8861991468

ANIRUDH : 9986989891

JEEVAN : 9686553150

AJAY RAJ : 9845171122

*Breakfast and lunch are sponsored by the Youth Red Cross, Bangalore, PESU Branch



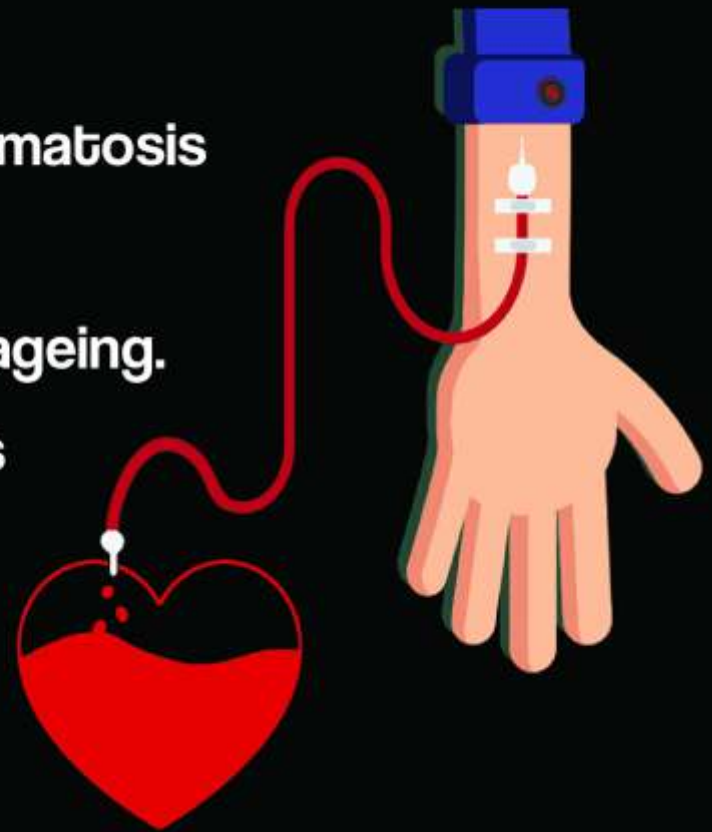
BDC 2019



13 REASONS WHY:

We need to donate blood

1. Reduced risk of heart attacks and liver ailments
2. Lowers the risk of cancer
3. New blood cells
4. Reduced risk of hemochromatosis
5. Maintains Weight
6. Helps prevent premature ageing.
7. Speeds up healing process
8. Lowers cholesterol level
9. Free Medical checkup
10. Live a longer life
11. Psychological Upliftment
12. Less Than 10% of Eligible Donors Donate
13. Save lives



WHERE? MRD AUDITORIUM **WHEN?** 18th NOV, MONDAY

RAHIL : 8861991468 | ANIRUDH : 9986989891 | JEEVAN : 9686553150 | AJAY RAJ : 9845171122

*Breakfast and Lunch are sponsored by the Youth Red Cross, Bangalore, PESU Branch