# CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS), TRICHY BLOOD DONAR'S CLUB

## **Activities 2021-2022**

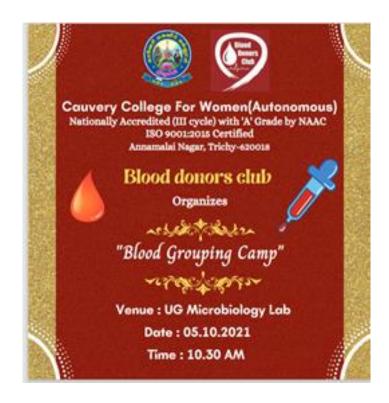
### 1. Name of the Activity: Mega Blood Grouping Camp

Date: 05-10-2021

Resource person: Lions Club President, Lions Club of Trichirappalli Rock city,

Beneficiaries: 116

Blood donors Club organized mega blood grouping camp on 5.10.21. on the occasion we created awareness about the importance of blood grouping often determined life and death. Blood Grouping Camp is a great opportunity to meet with potential blood donors. It creates a scope to motivate people to donate blood. By starting the conversation we actually try to break the ice. Having a wrong idea often lead people against the donation of blood. Over 116 students are participated and got their blood groups.





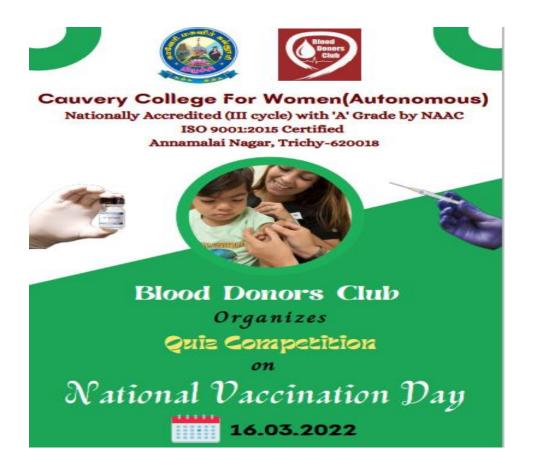


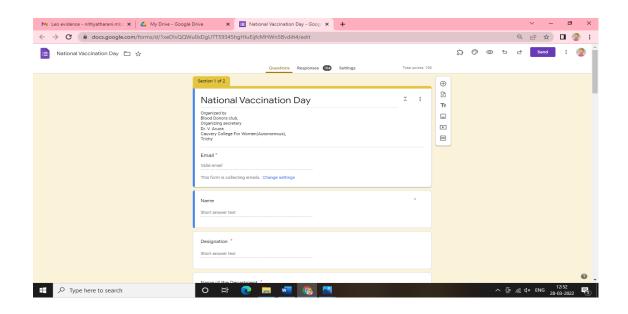
#### 2. Name of the Activity: National Vaccination Day- International Online Quiz Contest

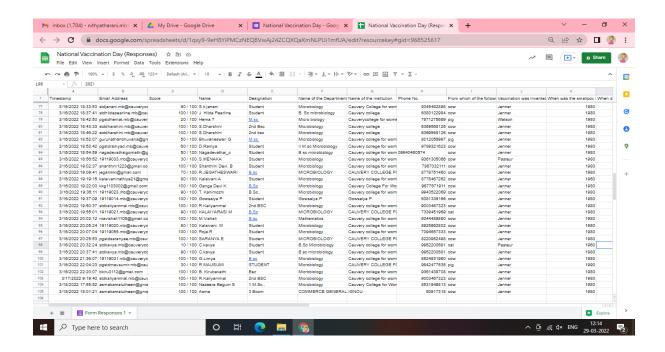
Date: 16-03-2022

Beneficiaries: 104

Blood donor club organized an online quiz competion on 16.03.2022. The Faculties and Students from various departments amounting to 104 actively participated in this event. This quiz help to learn what's true and what's not. Participants got awareness about vaccines which provide strong protection against serious illness, hospitalization and death. Moreover, to protect yourself, get vaccinated and continue practicing the recommended protective behaviors against the infection, including regular sanitation such as hand-washing, physical distancing, and ventilation of rooms. The photo evidence of the event is attached with report.





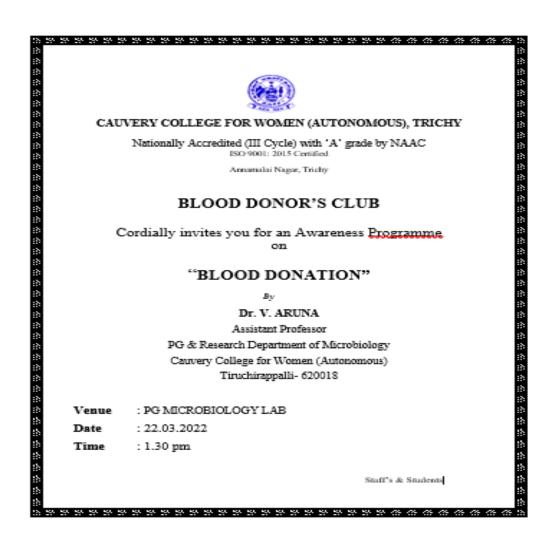


#### 3. Name of the Activity: Blood Donation Awareness

Date: 22-03-2021

Beneficiaries: 89

Blood donor club organized an Blood Donation Awareness on 22-03-2021. The aim is to raise global awareness of the need for safe blood and blood products for transfusion and of the critical contribution voluntary, unpaid blood donors make to national health systems. The day also provides an opportunity to call to action governments and national health authorities to provide adequate resources and put into place systems and infrastructures to increase the collection of blood from voluntary, non-remunerated blood donors. Safe blood and blood products and their transfusion are a critical aspect of care and public health. They save millions of lives and improve the health and quality of life of many patients every day. The need for blood is universal, but access to blood for all those who need it is not. Blood shortages are particularly acute in developing countries. By this programme we ensure that everyone who needs safe blood has access to it, all countries need voluntary, unpaid donors who give blood regularly. The photo evidence of the event is attached with this report.





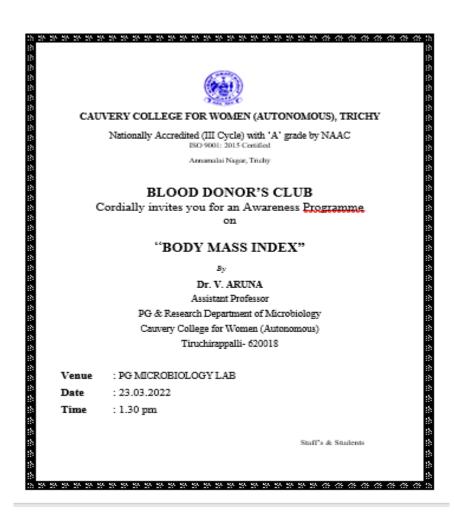


#### 4. Name of the Activity: BMI Calculation

Date: 23-03-2021

Beneficiaries: 89

Blood donor club organized an Body mass index on 23-03-2021.Body mass index (BMI) is an estimate of body fat based on height and weight. It doesn't measure body fat directly, but instead uses an equation to make an approximation. BMI can help determine whether a person is at an unhealthy or healthy weight. A high BMI can be a sign of too much fat on the body, while a low BMI can be a sign of too little fat on the body. The higher a person's BMI, the greater their chances of developing certain serious conditions, such as heart disease, high blood pressure, and diabetes. A very low BMI can also cause health problems, including bone loss, decreased immune function, and anemia. While BMI can be useful in screening children and adults for body weight problems, it does have its limits. BMI may overestimate the amount of body fat in athletes and other people with very muscular bodies. It may also underestimate the amount of body fat in older adults and other people who have lost muscle mass by this activity we calculate the BMI to the 89 partcipants and report the results and based on the result we advised them to improve their health. The photo evidence of the event is attached with this report.







#### 5. Name of the Activity: Microscopic observation of blood cell

Date: 28-03-2021

Beneficiaries: 66

Blood donor club organized an Microscopic observation of blood cell on 28-03-2021. We observe participants blood cells shapes under microscope to create awareness to the participants about blood related diseases such as Anaemia is a condition in which the number of red blood cells or the hemoglobin concentration within them is lower than normal. Hemoglobin is needed to carry oxygen and if you have too few or abnormal red blood cells, or not enough hemoglobin, there will be a decreased capacity of the blood to carry oxygen to the body's tissues. This results in symptoms such as fatigue, weakness, dizziness and shortness of breath, among others. The photo evidence of the event is attached with this report.

