

पुनर्जीवन

Blood Donors of America

“To give blood you need neither extra strength nor extra food, and you will save a life ”



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Executive Committee of Blood Donors of America

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President's Corner From the Desk of Joint Secretary

Hope you had a fulfilling 2014 and wish you all the best for the year ahead. 2014 was a very productive year for Blood Donors of America (BDA). We had a huge increase in BDA membership, and state coordinators for most of United States were appointed. Further, many successful blood drives were conducted throughout the country. Previous executive bodies and current executive body, all state coordinators, advisors and all members are reason for this success. We all should be proud of it.

As organization grows and expands, sustained success and growth is achieved through increasing participation of its members. Communication is a key in this regard. As a joint Secretary and IT committee chair, responsible for developing and maintaining BDA website; communicating organization message to mass is my primary concern and a responsibility. So far we have been doing a decent job in disseminating the message to mass via web site, group email and social media. With rapid growth, it is time for us to move to next step. It's time for us

to start using more of technology to manage contact address; member list, past events, future events etc. So far we have been managing this manually in a spreadsheet. We would next look to have this information in a database so that we can manage it more efficiently. We can also make web page more dynamic. This will be IT teams' focus for 2015 to help rest of the team to take BDA to next level.

This selfless act of donating blood can be a corner stone of positive contribution and help Nepali community show its true character and unite with people of all walks of life, live in peace and harmony in this land of opportunity, that most of us have made our adapted home.

I along with our entire BDA family wish you all a wonderful new year 2015.

Manish Shakya
Greenville, SC



www.BloodDonorsOfAmerica.org



Blood Donors of America Annual General Meeting



With great pleasure, BDA would like to share with you all a detailed schedule for the very first BDA Annual General Meeting (AGM). Please mark the date and time on your calendar and plan to take part in the meeting. BDA highly appreciates your active participation and hard work to make it grow bigger and stronger.

When: Sunday, January 18, 2015.
 What time: 3:00 pm - 6:00 pm
 Where: Conference Call
 Dial-in number: 712-432-1500
 Access code: 480491#

Meeting agenda:

- Annual progress report & future strategy
- Annual financial report
- Progress, plan and problem by the State Coordinators
- Report of the Committee Chairs
- Discussion of the adopted Bylaws, if any
- Open forum

BDA President Dr. Karki has requested all the committee chairs/state coordinators to prepare a short presentation, not more than 3 minutes to let the participants of the AGM know how the committee is functioning to make the BDA grow bigger and stronger. Please focus on three Ps; progress, problems, and plans regarding your committee. Your participation and presentation is highly appreciated by the entire BDA family across the USA and beyond. We thank you all for your constant support and contribution for a great cause: Saving Lives.

At this moment, BDA would like to remind all committed members (life and general) to pay their membership dues before the AGM to make your voice heard.

Namaste!

Appeal by the Editorial Board

We would like to invite everyone in our community and beyond to contribute their creative work, be they poems, art work, quatrains (MUKTAK), short stories, essays, educational materials, and the likes related to blood, health, and the act of giving and donation. These creative works will be published in our monthly newsletter, PUNARJEEWAN. Materials can be written in both English or Nepali. It would be further appreciated if you include your photo while submission. The material could be sent directly to the chief editor Dr. Ramesh Khanal at rmkkhanal@yahoo.com and/or info@BloodDonorsOfAmerica.org to be published in the upcoming issues. Thank you all for your contribution and dedication.



Blood Donors of America - The New Members



Namaste and welcome to our new members of the BDA

Will you please join us in warmly welcoming the following committed life and general members of the BDA? We are very delighted to have all these great social leaders (blood donors, volunteers, good will members, sponsors) of community service from different walks of life in our prestigious humanitarian organization.



On behalf of the BDA, we heartily welcome all of you on-board, while also requesting all executive members and the rest of the BDA family to welcome them into our organization. Certificate of life and general membership will be given during an occasion in the near future. Let's give them a round of silent applause.

Dr. Sushil Adhikari, AL	LM
Dr. Ranjit Amgai, IN	LM
Mr. Kedar Timilsina, TX	LM
Mr. Ram C Pokhrel, TX	LM
Mr. Hari Bhandari, GA	GM
Mr. Rishi Khatri, AL	GM
Mr. Bipin Subedi, AL	GM
Dr. Khushi Ram Tiwari, MS	GM
Mrs. Ambika Tiwari, MS	GM
Mr. Chandra Shrestha, TX	GM
Mr. Siroj Pokhrel, TX	GM
Dr. Madhav Pandey, TX	GM
Dr. Megh Nath Parajulee, TX	LM
Mr. Surendra Gautam, TX	GM
Mr. Kamal Humagain, TX	GM
Mr. Sanjeet Acharya, TX	GM
Mr. Humnath Bhandari, TX	GM
Mr. Yagna Pant, IL	LM
Dr. Shiva Makaju, OK	GM
Mr. Eak Gautam, NY	GM

OUR CONTACT INFORMATION

Please send your articles, information, feedback and any comments on the following address.

Emails: blooddonorsofamerica@gmail.com, info@blooddonorsofamerica.org

You may visit us at:

<http://blooddonorsofamerica.org/>

<https://www.facebook.com/blooddonorsof.america.5?fref=ts>

Someone needs blood every two seconds, while one pint of blood can save up to three lives. You too can save those three lives.

Your brain & contribution in the newsletter space

Please help us spread the message by sending your items, be they poems, essays, short articles, blood drives and related photos, society news and views, or anything else in this regard to the editorial committee at info@BloodDonorsofAmerica.org or rmkkhanal@yahoo.com

Why host a blood drive?

- Support individuals in dire need.
- Energize the community.
- Give back to the community.
- Create a feeling of giving.

BDA President Dr. Karki honored

Everest Lions Club of Dallas, TX, honored President of Blood Donors of America (BDA), Dr. Lila B Karki, on Sunday, December 21, 2014 in Dallas, TX. President of the Club Lion Khem Raj Bastola granted lion pin to Dr. Karki amidst a Poetry competition jointly organized by the Club, INLS TX Chapter, and Nepali Society of Texas (NST).

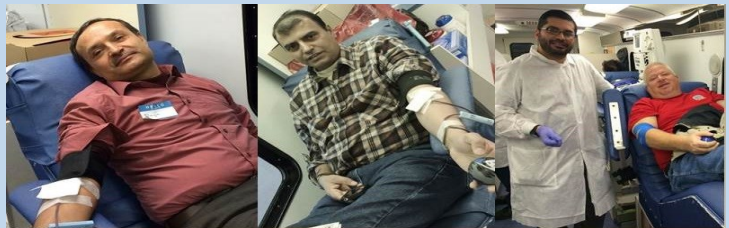
Blood Drive in Arlington, Texas

Arlington, Texas: Blood Donors of America, Texas Committee hosted a blood drive with spirit of the "gift of life" by donating a "gift of blood". We salute BDA, TX for hosting its 6th community blood drive successfully within 14 months of its formation. Special thanks to Devi Acharya, Chair, Help Desperately Needy People (HDNP), Co-chair, BDA TX and Chair, Fund Raising Committee of BDA for coordinating the drive in his hometown, Arlington, TX. BDA also salutes State Coordinator, Basu Shrestha and his entire team for being a role model to drive the BDA across the USA. Twenty one big hearted people donated blood "Blood Donation is Life Donation." This blood drive alone could save up to 63 people in need. Thank you all generous donors, you have made all of us very proud and energized to continue working for a great cause of saving lives. We would like to express our sincere appreciation and gratitude to the following big hearted community members as well as the community organizations that made it possible:

"To give blood you need neither extra strength nor extra food, and you will save lives."

We appreciate all of our society members for their support and co-operation, without you it would not have been possible. We look forward to your much needed help in upcoming events. A big thank you to all of the staffs for helping and being very kind, nice and supportive.

---If you're a blood donor, you're a hero to someone, somewhere, who received your gracious gift of life ---



परोपकार

तीर्थराज अधिकारी



परोपकार भन्नु नै मानव प्रेम हो। अर्को शब्दमा भन्दा लोककल्याणको भावनाले अभिरेरित भै सम्पूर्ण प्राणीको उपकारको लागि गरिएको सौहाद्रपूर्ण कार्यलाई परोपकार भनिन्छ। भिक्षा, भीख, कृपा, करुणा, दयाभाव, धर्मदान आदि शब्दहरू दक्षिण एसियामा प्रायः उस्तै-उस्तै प्रयोजनको लागि प्रयोगमा आउने गर्दछन्। गहन रूपमा अध्ययन गर्दा परोपकार र भिक्षामा तात्त्विक अन्तर पाउन सकिन्छ। परोपकार समस्याको मूल कारण पहिचान गर्न उद्दत हुन्छ भने भिक्षा दान वर्तमान दुःखबाट थोरै राहत पाउनमा सीमित हुन्छ, परोपकार एक दीघकालीन समाधान हो भने भिक्षा अल्पकालीन, परोपकार हुने खानेको लागि एक मजबुत आग्रह हो भने भिक्षा सादा दान हो, पैसाको ठूलो राशी कुनै सत्कार्यमा प्रदान गर्नु परोपकार हो भने सानो रकम टीका लगाएर दिनु दान हो। विस्तृत रूपमा हेर्दा परोपकार समाजको जीवन शक्ति रूपान्तरणको लागि समय, स्रोत, साधन र प्रतिभाद्वारा गरिने पवित्र कार्य हो।

भनिन्छ, 'प्रत्येक भाग्यको पछाडि एउटा अपराध हुन्छ।' यही लुकेको वस्तुले मानिसलाई परोपकारी कार्य गर्न उक्साउँछ, कसैलाई आफ्नो कमाइको कर घटाउन, कसैले व्यक्तित्व बढाउन, सुन्दर र स्वास्थ्य सामुदायिक जीवन बिताउन, नेतृत्वदायी भूमिका निर्वाह गर्न, शुद्ध हुन र बदनामीबाट जोगिन मात्र। परोपकारलाई यही सीमाभित्र राखेर परिभाषित गर्नु उपभोक्तावादी सोचाइ मात्र हो।

'परोपकार नै समस्त मानव जातिद्वारा सराहना गरिएको सत्यता हो' भनेर अमेरिकी लेखक डेभिड हेनरी थारोले १९ सौं शताब्दीमै भनिसकेका हुन्। प्राचीन एथेन्सको कानुन र सोक्रेटस दुवै परोपकारी थिए। अर्काको उपकार, पराइको भलो हुने काम, अनाथ र दीनदुःखीको उपकार गर्ने संस्थाहरू पहिले-पहिले पनि खुलेका थिए। आत्मा, शरीर र भावनाको विकास नै मानव विकास हो भन्ने शास्त्रीय अवधारणाले आदर्श विद्या प्रभावकारी थियो। आकाशदेव जियसको अत्याचार र गुरु पुरोहितहरूको मनोमालिन्यको प्रतिकार स्वरूप मध्ययुगीन धर्मसुधार आन्दोलनले आधुनिक परोपकारको भावना र वातावरण सिर्जना गर्‍यो। प्रोमिथियस मानव अधिकार सम्पन्न बनाउन, जियसको अत्याचार समाप्त गर्न र फिलान्थ्रोफिया बचाउन व्यस्त थिए। विस्तारै-विस्तारै समाज वस्तुगत यथार्थ र आत्मनिर्भरतातिर कोल्टे फर्न सुरु गर्‍यो।

मध्यकालीन यूरोपको सामाजिक इतिहासमा नै दखल पार्ने क्षमतावान् विद्वान्हरू जन्मन थाले। सर फ्रान्सिस बेकन जस्ता प्रभावशाली दार्शनिकले समाजमा परिवर्तनको प्रारूप तयार गरे भने मेरियन वियर्डले त परोपकारको परिणामको हिसाबकिताब हुनै सक्दैन भन्ने ठोकुवा गरे। बुद्धिवाद, अनुभववाद र विज्ञानले गर्दा त्यस बखतको साधुरो परिवेशबाट मुक्त हुन धर्मनिरपेक्षतालाई विकल्पको रूपमा उभ्याइयो। परोपकार नै मानव खुसीको असली कुँजी हो भन्ने भावना जाग्यो, क्याप्टेन थोमास कोरामले टुहुरा र अनाथ बालबालिकाको लागि फाउण्डेडिङ्ग अस्पताल खोले, सन् १७४१ मा। यही नै आधुनिक पहिलो परोपकारी संस्था मानिन्छ। लगत्तै जोनास हान्वेले म्यारिन सोसाइटी खोले १७५६ मा सामुद्रिक सुरक्षा र आपतकालीन व्यवस्थाको लागि। हिजोआज विल गेट्स, वारेन बफेट जस्ता धनीमानी अमेरिकीहरू पनि परोपकारी कार्यमा दिलचस्पी दिन थालेका छन्।

सन् १८५४ देखि १८५६ सम्म रुस र मित्रराष्ट्रहरू -ब्रिटेन, फ्रान्स, तुर्की र सारडिनिय) बीच भएको क्रिमिया युद्धमा घाईते सैनिकको सेवामा अतुलनीय योगदान गर्ने फ्लोरेन्स नाइटिङ्गल जसलाई 'लेडी विथ द ल्याम्प' भन्ने उपाधिले पनि पुकारिन्छ, एउटा उच्च तथा मर्यादित उपचर्या सेवाको गरिमा बढाइन्। यो विश्व प्रशिद्ध इतिहास परोपकारको क्षेत्रमा सुनौला अक्षरले लेखिएको छ भने पेशागत हिसाबमा सवोर्च्य प्रेरणाको स्रोत बनेको छ।

मानवीय धर्म सर्वग्राह्य हुन्छ, सो सार्वजनिक हो, यसले सबैको कल्याण चाहन्छ, सबैसँग मिलेर बस्न सिकाउँछ, भाइचाराको महान् पाठ पढाउँछ, अनि सम्पूर्ण प्राणी-कल्याणको मूलमन्त्र प्राप्त गर्ने बाटो देखाउँछ, यही नै परोपकार हो। वनस्पतिले अरुको लागि काम गर्छ, प्रकृतिले सकेसम्म सहयोग गर्छ, पानी वर्षन्छ, हावा बहन्छ, सूर्य उदाउँछन्, चन्द्रमाबाट शितलता प्राप्त हुन्छ, यो सबै प्राणीको लागि हो, महानता हो। स्व. दयावीर सिंह कंसाकारको नेतृत्वमा खोलिएको नेपालको परोपकार संस्था तथा सन् १९१८ मा संयुक्त राज्य अमेरिकाको सेन्ट लुइस-मिसौरीमा खुलेको जेसिस आफ्नै लागि खोलिएको होइन, यी सार्वजनिक संस्था हुन्।

‘तूलो प्रेम भावका साथ सानो कुरा गरौं’ भन्ने सोच राखेर सन् २००५ मा स्थापित आशा नेपाल नामक संस्थाले हाम्रो देश नेपालमा मानवताप्रति प्रेम भाव, अशक्त, दीनदुःखी, अभावग्रस्त र निराधार जनतालाई गरेको सहयोग, हिमाल जर्नी नामक संस्थाले यसै क्षेत्रमा पुर्‍याएको योगदानको सर्वत्र प्रशंसा भएको छ।

“बम होइन भोजन” कति मन खाने वाक्य, यो अफ्रिकी बालकहरूको आवाज हो। अझ थप्छन् ‘सेण्ड अ काउ’ गाई पठाउ लागूपदार्थ होइन। कस्को मन छुँदैन यस्तो ? अफ्रेली गरिबीको अनुहार बदल्न विश्व दान, फार्म सहायता, आशावाद, आपत्कालीन पूर्व चेतावनी दिन खुलेको यो संस्था परोपकारको क्षेत्रमा स्थापित छ। यस्तै नेपाल र अमेरिकी सांस्कृतिक जागरूकता बढाउन, सहयोग आदानप्रदान गर्न र नेपालको आर्थिक विकासमा स-साना परियोजना सञ्चालनको क्षेत्रमा दृष्टि दिन नेपाल फाउण्डेशन नामक संस्था पनि स्थापित छ।

ग्रामीण समाजको आर्थिक सुरक्षाको अवधारणा बदल्ने एक प्रयास परोपकारको भावना बढाउने उपाय, नेपालको स्थानीय स्रोत साधनको अत्यधिक प्रयोग, महिला शिक्षा र दिगो विकासको लक्ष्यमा सहयोग पुर्‍याउने उद्देश्यले स्थापित टेवा नेपाल, महिलाको लागि विश्वकोष, मामा क्यास आदि संस्थाहरूले गरेको सेवाको योग पनि परोपकार सितै जोडिन्छ।

विश्वका केही नाम चलेका परोपकारी संस्थाहरूले विकासोन्मुख देशहरूमा चासो देखाएका छन्। यी मध्य, विल एण्ड मेलिना फाउण्डेशन अमेरिका, आइ एन जि.के.ए फाउण्डेशन नेदरल्याण्ड, वेल्कम ट्रस्ट यु.के., फोर्ड फाउण्डेशन अमेरिका, महिलाको लागि विश्वकोष अमेरिका, मामा क्यास नेदरल्याण्डको भूमिका प्रशंसनीय छ।

धर्म र करुणाको संयोग नै बौद्धमार्गी परोपकार हो। यो दयासँग जोडिएको छ। बुद्धले कहिले पनि धर्म प्रचार गरेनन्। परोपकारको पवित्र भावनाले उनको अन्तरआत्मामा प्रेरणा जगायो र बुद्ध सांसारिक बन्धनबाट मुक्त भएर सम्पूर्ण प्राणीको दुःख निरोधको उपाय खोज्न लागे बुद्ध भन्नाले बोधि प्राप्त वा अन्तिम सत्यसँग साक्षात्कार गरेका महामानव भन्ने कुरा बुझिन्छ। बुद्धले दुःख मुक्तिसित सरोकार नराखे दार्शनिक विषयलाई महत्त्व दिँदैनथे। उनका सबै मार्गहरू परोपकारमा आधारित छन्।

अरूको मन जित्ने सबैभन्दा तूलो र बलियो साधन परोपकार भएको छ। यसले आत्मसन्तोष दिलाउँछ। मानवता प्रति प्रेमभाव दर्शाउनुको साथै आत्मनिर्भरताको सन्दर्भमा एउटा भरोसालागदो सन्देश दिन्छ, विश्वले मानेको छ। १५ नोभेम्बर सन् १९८६ मा प्रथम अन्तर्राष्ट्रिय परोपकार दिवस मनाइएको हो। २०१३ को नोभेम्बर १५ मा २८ सौं परोपकार दिवस विश्वभर मनाइन्छ।

We kindly request all of you to become life members of Blood Donors of America by using following link: <http://blooddonorsofamerica.org> The life membership fee for first person of any family is \$100.00 and is \$20.00 each per additional family member.



Our Mission

Non-profit, non-religious, and non-political 501 (c) (3) organization dedicated to work on community services including, but not limited to: Hosting blood drives in the local community, creating awareness on blood donation, and healthy living in all 50 states in the USA and around the world. - Blood Donors of America



Find us on
Facebook

www.BloodDonorsOfAmerica.org

Congratulations - BDA Community News

Citing Thompson Reuters Web of Science, The Auburn Villager,' a Weekly Newspaper published from Auburn, AL on Thursday, December 4, 2014 has named BDA life member, Dr. Sushil Adhikari, as one of the world's most influential minds. For details, please visit <http://sciencewatch.com/grr/presenting-highly-cited-researchers>.

Dr. Adhikari is an Associate Professor of Biofuels at Auburn University, Auburn, AL. Entire BDA family is proud of you. We would like to congratulate you very warmly and wish you the very best in all your future endeavors.



BDA life member Ms. Poshita GT (Gharti), a Sophomore at Texas Tech University, representing Nepal has been crowned as Ms. International Texas Tech University, on Nov. 21, 2014. There were 11 countries representing the event called World of Color Pageant show. BDA congratulates Poshita for her wonderful accomplishment. Her parents Resham Bahadur Gharti and Durga Kumari Bhujel are also BDA life members.

Blood Donors of America State Coordinator, IN, Dr. Ranjit Amgai received his Ph.D. in December, 2014. BDA Congratulates him for his success and wishes the best for his successful professional career.



Deepest Condolences

We are deeply saddened by the untimely demise of Mrs. Laxmi Shrestha, 83, beloved mother of BDA Texas Coordinator, Mr. Basu Shrestha, in Manahari, Makawanpur, Nepal. We at BDA Texas, BDA Central Committee, editorial board of Punarjeevan, as well as the entire BDA family would like to express their deepest condolences to the bereaved family. We would like to pray for a peaceful rest of the departed soul in the abode of the Ultimate Parabrahma and wish Basu Shrestha and his extended family the strength and solace to face the tragedy. May she attain the peace, bliss, and unity with THAT so she is relieved from this never ending cycle of birth, growth, old age and death ever again.

Blood Donors of America (BDA)



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Internal Affairs
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Bone Marrow Matching Campaign
Madhav Mainali
Entrepreneurs Committee for Commu-
nity Service

A great blood drive in High Point, North Carolina

On December 13, 2014, TNCC hosted a community Blood Drive in High Point, NC, which Blood Donors of America and American Red Cross cosponsored. A total of 37 units of blood was donated, which would be enough to save up to 111 precious lives in need. There were more than a hundred people participating in the drive. Many of our members tried to donate, which was really was courageous. This will always encourage our members to give blood and save lives. Our kudos to all these brave social heroes.



Upcoming Blood Drives

1. **BDA Blood Drive in Madison, Alabama**
When: January 16, 2015
What time: 11:am – 4:00pm
Where: 15 Hughes Road, Madison, AL
Contact personnel: Santosh Pokhrel, Madhav Mainali, Dr. Tialk Shrestha
2. **BDA Blood Drive in West Palm Beach, Florida**
When: January 17, 2015
Contact Dr. Bijay Kattel @ 561-358-6549 for details about the exact venue and time.

State Coordinators

State	Coordinators
Alabama	Santosh Pokhrel
Alaska	Sagar Tamang
Arizona	Prem Khatri
Arkansas	Mohan Acharya
California	Iswor Sapkota
Colorado	Bhushan Lal Shrestha
Connecticut	Dr. Gandhi Raj Bhattarai
Delaware	Dr. Lekh Nath Paudel
Florida	Ajaya Satyal
Georgia	Bhabindra Basnet
Hawaii	Surendra KC
Idaho	Basu Kafle
Illinois	Kiran Byanjankar
Indiana	Dr. Ranjit Amgai
Iowa	Sanjay Shrestha
Kansas	Amrit Pahadi
Kentucky	Hemanta Bhetwal
Louisiana	Basu Bhandari
Maine	Dr. Nirajan Dhakal
Maryland	Gautam Dahal
Massachusetts	Maheshwar Pant
Michigan	Anita Adhikari
Minnesota	Anil Adhikari
Mississippi	Dr. Nawa Raj Pradhan
Missouri	Bharat Kandel

State	Coordinators
Montana	Arjun Pandey
Nebraska	Sanjaya Basnet
Nevada	Bishnu Neupane
New Hampshire	Din Bandhu Premy
New Jersey	Sanjeev Shrestha
New Mexico	Ananda Regmi
New York	Mr. Nima Sherpa
North Carolina	Dr. Thakur Karki
North Dakota	Roshan Sharma
Ohio	Dr. Lila Raj Dahal
Oklahoma	Rachana Poudel
Oregon	Dr. Resham Thapa
Pennsylvania	Lok Chantyal
Rhode Island	Open
South Carolina	Satish Chandra Gupta
South Dakota	Krishna Acharya
Tennessee	Buddhi Pantha
Texas	Basu Shrestha
Utah	Niranjan Bhandari
Vermont	Open
Virginia/Washington DC	Manju Sangraula
Washington	Mohan Gurung
West Virginia	Bhusan Aryal
Wisconsin	Tilak K C
Wyoming	Sujan Dhakal

BDA President Meets Community Leaders in Lubbock, TX

BDA President Dr. Lila B. Karki held a meeting with Nepalese Society in Lubbock, TX, Nepalese Student Association @ Texas Tech. University, Lubbock, TX and Society of American Nepalese Nurse in Lubbock, TX on Dec. 22, 2014. Dr. Karki thanked everyone, especially Mr. Resham GT, BDA TX State Coordination Committee Member and Life Member, BDA for hosting a great meeting in a short time. Dr. Uma Karki, BDA Life Member was also present in the meeting.

Together we can make a difference. Lets start by donating our blood, which would otherwise be wasted, to help save lives.

Happy New Year 2015



First and foremost, BDA and the editorial board of Punarjeevan wishes you all a wonderful New Year 2015. Let the new year bring you and your loved ones greater peace, joy, and happiness. Open your hearts and be receptive of all the grace that this wonderful world has in store for you all, while also be willing to return the grace and gratitude you have received throughout your lives. Let's start it by donating our precious blood that otherwise would be replaced in due course with or without our giving.

It has been six months since the current editorial board was formed. Feedbacks have been slightly scant, be they the positive or negative ones. We would really appreciate getting your input to make the Punarjeevan better, and which you would look forward to receiving and enjoy reading.

Editorial Board

Dr. Ramesh Khanal, WI

Dr. Tilak Shrestha, AL

Mr. Lila Shrestha, TX

Mr. Hem Paudel, KY

Dr. Gandhi Bhattarai, CT

There is always a tremendous sense of joy, satisfaction, and tranquility associated with giving. The act of giving itself gets deeper and more fulfilling if the recipient is not seen, known, or around. It gives that unselfish and truly gratifying experience a new meaning and takes it to another level, a new height. Can we try to derive that very feeling, that wonderful sense of fulfillment, and the same ethos that is epitomized by those historical greats, such as Dadhichi, Karna, etc. of the past by donating our blood and helping save others?

Ramesh Khanal,
Madison, WI

Blood is precious, but it is replenished by our body in a cyclic manner. Donating it in a timely and conscious way doesn't affect our health and wellbeing, while helping save many lives.

LETS DONATE, LETS HELP SAVE LIVES.

Warm welcome to Mr. Bishnu Neupane

We extend a very warm welcome to Mr. Bishnu Neupane as the State Coordinator of Blood Donors of America (BDA), Nevada. Welcome Mr. Neupane. With your presence, BDA will grow bigger and stronger not only in NV but also across the USA.



Most people have blood to spare... yet, there is still not enough to go around. Most people don't think they'll ever need blood, but many do. You will help ensure blood is available when needed. You could help save more than one life with just one donation. So, please come forward and contribute to this great cause by donating your blood, which would otherwise be replaced anyway. Who knows that blood may be used for you or your own family one day.