

WEBINAR ON MYTHS OF BLOOD DONATION ON 05.10.2021

Life skills committee of Guru Gobind Singh Ji Government Degree College Paonta Sahib organized a Webinar on the topic "Myths of blood donation" on 5th August 2021 at 11 am. Sixty participants attended this webinar. Doctor Rajiv Kundlas from the department of (MD Emergency Medicine) IGMC, Shimla was the resource person and main speaker.

Prof. Vimmi Rani, the coordinator of the webinar, welcomed the Chief Guest Dr Veena Rathore, the honorable Principal of the college, the resource person Dr Rajiv Kundlas, teachers and participants.

Dr Veena Rathore also welcomed the guest speaker and resource person Dr Rajiv, other dignitaries, teachers and participants. She also showered accolades on the organizing committee to organize the webinar in such a wonderful way.

On this occasion. Doctor Rajiv Kundlas talked at length about different myths of blood donation. He tried to bust some of the most common blood donation myths.


He said that Donating blood – a voluntary life-giving act that can save lives – is still a scary prospect. He said that the amount of blood that will be collected from your body is 500 ml – half a litre – is one-tenth of how much you have in your system. The average adult has 4.5 to 5.5 litres of blood circulating inside the body. Your body will replenish the fluid you've lost while donating. Moreover, he said that if we hydrate ourselves properly after the procedure, your body will recover the lost blood within a few hours!

Speaking on the myth that someone can contract coronavirus from blood donation/transfusion, Dr Rajiv clarified that not a single case of COVID-19 has been reported anywhere in the world from the act of giving blood or from transfusion. In fact, medical organisations are urging healthy people to volunteer for this during the pandemic since there's a shortage and it's tough to organise medical camps.


Dr Kundlas, thereafter tried to bust the myth that after donating blood the person will pass out from blood loss. He made the audience aware of the truth that after the procedure is complete, blood donors are usually in the same state that they came in. If you do feel faint while giving blood, it's most likely not because of blood loss since you're losing only 500 ml of it in a whole-blood donation.

Speaking on the myth of dehydration after blood donation Dr Rajiv strictly advised the audience to keep themselves hydrated before and after donating blood. The most probable cause is an empty stomach or dehydration so make sure you have a wholesome meal and drink enough water before you arrive at the blood bank.

Thereafter he discussed one of the most common myths that Blood donation is painful. Among the major blood donation myths – and tattooing myths for that matter – is the


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one about pain. You might feel a tingling sensation for a couple of seconds when the needle is inserted into your arm. Other than that, doctors say there's no other discomfort during the process. In fact, you will be leaving the blood bank with warmth in your beating heart from having done a good deed that day.

On the myth of contracting HIV or Hepatitis B virus Dr Kundlas clarified that a person won't be contracting any viruses while giving blood since he/she is not coming in contact with a patient. Brand new sterilised needles are used for every blood donation; they are discarded immediately after one use. So, chances of developing any kind of infection – viral or bacterial – are zero.


Dr Kundlas then talked at length about the myth of donating blood in case a person has high cholesterol/ hypertension. While there are certain conditions that would disqualify you from becoming a donor – HIV, hepatitis, Type 1 diabetes – high cholesterol is certainly not one of them. He said that scores of blood donors have hypertension. The biochemical parameters need to be within the acceptable limit. You can safely give blood as long as you're healthy and your blood pressure before the procedure is under 180 systolic and below 100 diastolic.

Dr Rajiv said that it's one of the biggest blood donation myths that giving blood tires one out. Neither do you need to sleep the rest of the day nor do you have to skip the office (provided you're working from office these days). However, there are certain things you must do for the next 24 hours: Drink 8-10 glasses of water, avoid smoking or drinking, and don't go out in the sun.

Dr Arun Kumar Dabraik, Assistant Professor of English, offered vote of thanks on this occasion. He thanked Dr. Rajiv Kundlas for his valuable and insightful lecture, the college Principal Dr Veena Rathore, teachers and all participants.


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राजकीय महाविद्यालय पांवटा साहिब में ऑनलाइन वेबिनार का किया आयोजन

पांवटा साहिब| पांवटा कॉलेज में एक ऑनलाइन वेबिनार का आयोजन किया। जिसका मुख्य विषय 'रक्तदान और मिथक' अथवा रक्तदान को लेकर जो समाज में अलग-अलग भ्रांतियां व कल्पनाएं हैं। मुख्यातिथि डॉ राजीव कुन्दलास व प्राचार्य डॉ. वीना राठौर ने कहा कि रक्तदान को लेकर जो हमारे समाज में तरह-तरह की भ्रांतियां एवं अफवाहें हैं। डॉ. राजीव ने कहा कि रक्तदान करना एक नेक काम है, लेकिन हम में से बहुत कम लोग हैं जो रक्तदान के लिए आगे आते हैं। बहुत से ऐसे लोग हैं जिनकी यह धारणा रहती है कि रक्तदान से शरीर में कई तरह की बीमारियां जन्म लेती हैं।

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