

**NIRMALA MEMORIAL FOUNDATION COLLEGE OF COMMERCE AND SCIENCE**

NMFC/COM-273/JAN2025

20<sup>th</sup> January, 2025

**NOTICE**

The NSS unit of the college has organized a **Blood Donation Camp** on **Tuesday, 28<sup>th</sup> January 2025** between **08:30 a.m. and 04:00 p.m.** in the college basement. The noble cause aims to encourage voluntary blood donation among our compassionate student community and contribute to saving lives.

By donating blood, you directly contribute to the well-being of patients in need, accident victims, and individuals with critical health conditions.


**Who can donate?**


Interested individuals should meet the following criteria:

- Age: 18 to 60 years old
- Weight: Above 50 kg
- General Health: Good health with no recent illness
- Haemoglobin Level: Minimum acceptable as per guidelines

**Important Instructions:**

- Participants should have a light meal before donating blood
- Get a good night's rest before the donation day
- Avoid smoking and alcohol
- If you have any pre-existing medical conditions or are under medication, please inform the medical staff during registration

  
(Vice – Principal)

  
(I/C Principal)