



World Blood Donor Day (14th June) – Donate Blood and Save Life

Why do we observe this day?

World Blood Donor Day- 14th June

WHO states “the event serves to thank voluntary, unpaid blood donors for their life-saving gift of blood and also to raise awareness of the need for regular blood donations to ensure that all individuals and communities have access to affordable and timely supplies of safe and quality-assured blood and blood products, as an integral part of universal health coverage and a key component of effective health systems.”

Who started it?

The World Health Organization started this campaign in the year 2005, with its 192 member states in order to make people realize that blood is an essential commodity. This day is observed to appreciate and acknowledge blood donors and to make society realise the importance of donating blood and how their involvement becomes necessary in saving a number of lives.

This day acknowledges the hard work of blood transfusion pioneers and encourages others to donate as well.

14th June also marks the birth anniversary of Karl Landsteiner, who won the Nobel Prize for his discovery of the ABO blood group system.

What are the benefits of donating blood?

- Reduces stress
- Maintains a healthy heart and liver
- Stimulates blood cell production
- Anti-Cancer benefits

What is the theme for the year 2023?

The theme for this year is “**Give blood, give plasma, share life, share often.**” The campaign aims at:

- Encouraging the practice of Blood donation.
- Demonstrating the need for universal access to safe blood transfusion.
- Organising numerous blood donation programs and promoting community participation as well.

General guidelines:



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- A person must be in a good health.
- Must weigh min. 110 pounds.
- Should be at least 16 years old.

It's an urgent need which should be realised by the people since there are several countries where there is a deficiency of pure blood. Therefore, the importance of this day should be realised at the earliest and one should willingly become a blood donor in order to protect and save millions of lives.

