



# المدرسة الهندية - دارسيت INDIAN SCHOOL DARSAIT

A NABET Accredited School Affiliated to CBSE vide Affiliation No. 6130012

ص.ب: ١٥٥١ ، الرمز البريدي: ١١٤ ، جبرو، سلطنة عمان ، هاتف: +٩٦٨ ٢٤٧٨٣٩٩٥ ، فاكس: +٩٦٨ ٢٤٧٦٦٩٣ ، P.O. Box 1551, P.C. 114, Jibroo, Sultanate of Oman, Tel.: +968 24786693, 24783995, Fax : +968 24701158  
E-mail : office@isdoman.com, Web : www.isdoman.com



ISD/ACAD/CIR/129/2026

22/01/2026

## CIRCULAR (Balvatika to Class XII)

Dear Parents

Greetings of the day!

Kindly be informed that our school is organizing a **Blood Donation Camp** in association with the Ministry of Health, Sultanate of Oman on **Saturday, 31 January 2026** at **8.30 a.m.** onwards in our **Primary School Auditorium**.

You are requested to make use of this opportunity and participate in this Blood Donation Drive by registering through the link given below, latest by Tuesday, 27 January 2026.

Google Form link: <https://forms.gle/NntNwNk8ppQBZ6hG7>

The guidelines from the Ministry of Health is attached herewith for your reference.

Regards  
  
Amar Srivastava  
Principal





# INDIAN SCHOOL DARSAIT

## Blood Donation Camp



Give a little,  
save a life

**REGISTER NOW**

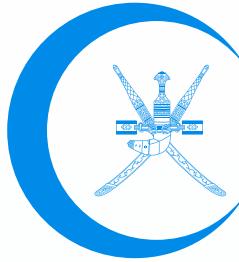


Contact us  
95283211  
79593159

**Date: Saturday, 31 January 2026**

**Time: 08:30 a.m. onwards**

**Venue: Primary School Auditorium**



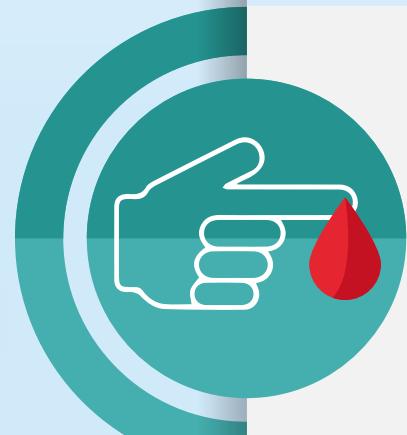
## There is no reason to be fearful of donating blood.



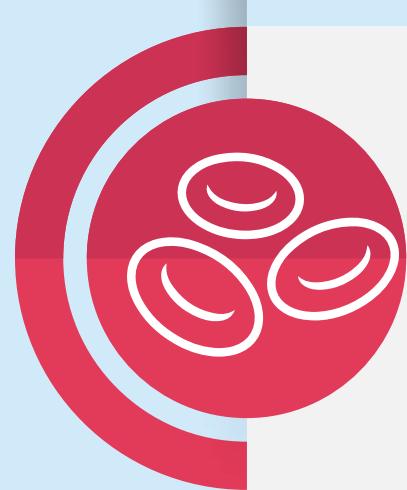
**Donating blood is safe for healthy adults and there is no health risk at all, as the amount of blood donated is so little.**



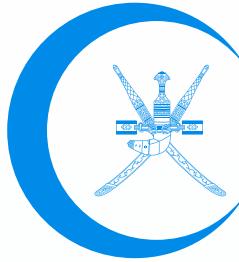
**The blood donor must meet specific health standards in order to donate blood. Blood donation may be temporarily suspended in certain situations, or it may be prohibited to protect the donors' and patients' health.**



**The blood donor is examined to determine his eligibility prior to donation.**



**Donating blood provides many health benefits for the donor, including improving blood circulation and activating bone marrow cells to restore their activity and effectiveness.**



## Blood Donation

450ML

450 milliliters of blood are drawn from the donor during the blood donation process.

30 MIN

Blood donation process takes about 30 min

-24-

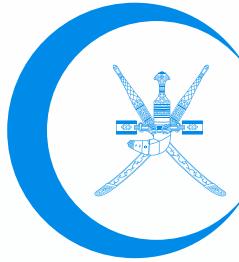
The donated volume is replenished by the body in the next 24 hours. Blood cells are compensated within 4 to 8 weeks.

3

You can donate blood every 3 months

One blood unit can save 3 patients





## Eligibility for blood donation

01

### Age

Should be 18 to 65 years

AGE

02

### Weight

More than 50 kg



03

### Hemoglobin

Must be within the normal range.



04

### Blood Pressure

Must be within the normal range.



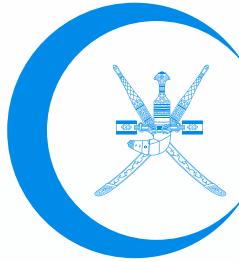
05

### Blood donation Form

Fill out the blood donation form honestly



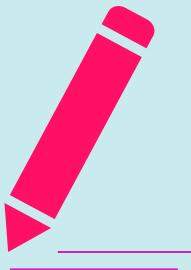
\* Must qualify the donor selection criteria.



## Steps Towards Blood Donation

**It only takes 30 minutes to save a life.**

### Filling the blood donation form



It has a questionnaire to determine the safety of blood donation and blood donor personal details.

### Hemoglobin testing



- 13-18 g/dl for male
- 12 -17 g/dl for female

### Blood donation



It takes 5 to 15 minutes.

### light break



The donor is asked to relax at rest area for about 10 minutes and served biscuits and juice.

90 Days



After 90 days, blood can be donated again.

1

2

3

4

5

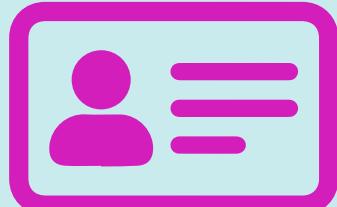
6

7

8

9

### ID card / resident card No.



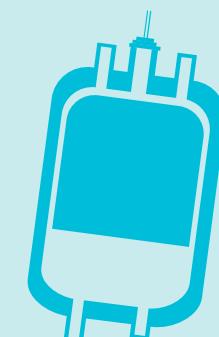
The donor should bring his personal ID / resident card and fill out the blood donation form with the card number and expiration date.

### Blood Pressure check



Must be within the normal range.

450 ml

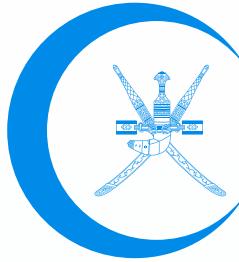


Approximately 450 ml of blood is collected.

### Blood Donor Card

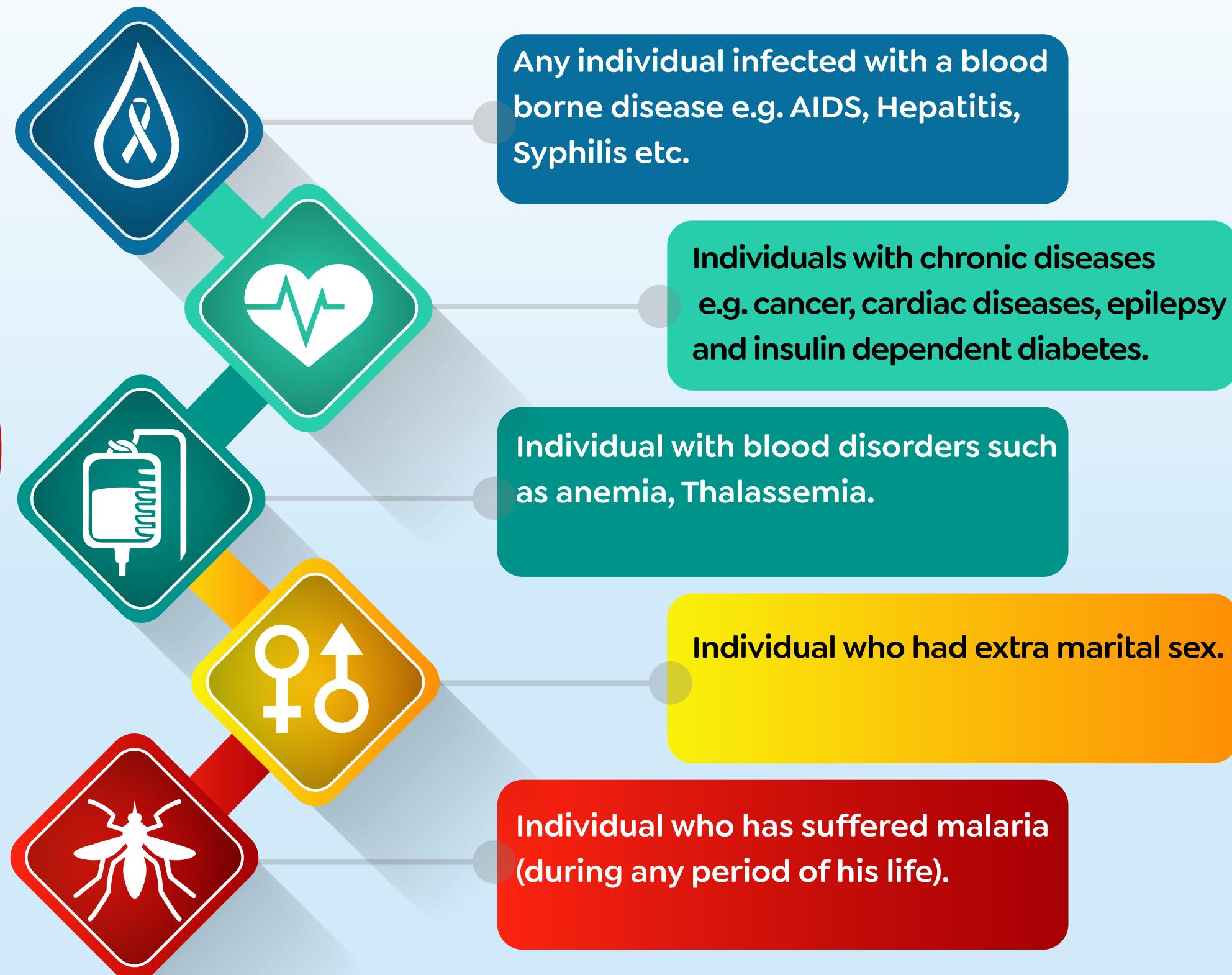


The donor is given a blood donation card which contains details about the donor, blood group and number of donations (few days later)

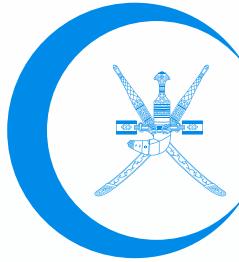


## Blood Donor Permanently Deferral Causes

**Some situations are permanently deferred from donating blood in order to ensure the safety of both the donor and the recipient.**

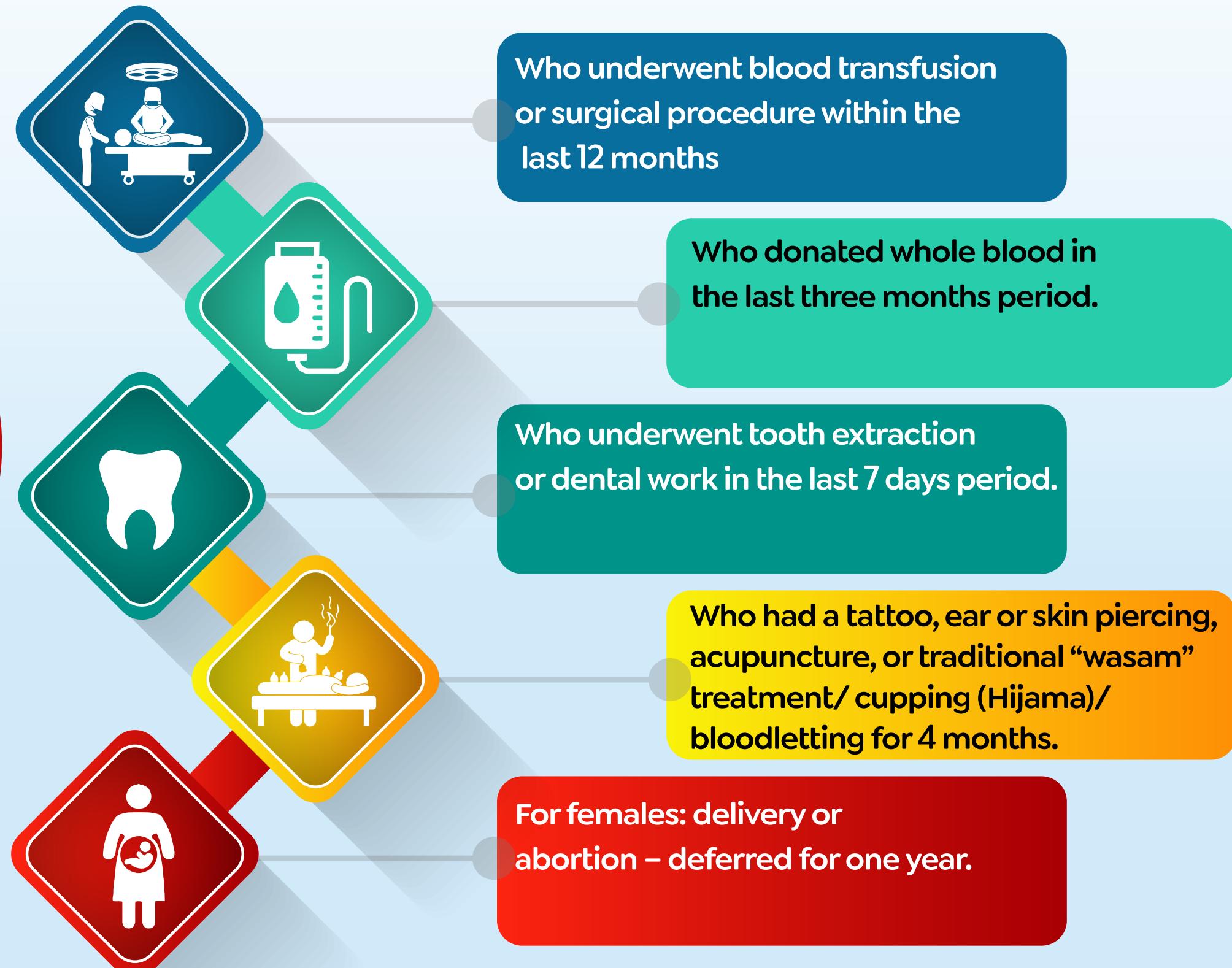


\* In addition to other cases.

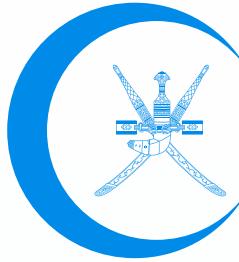


## Blood Donor Temporarily Deferral Causes

**Some situations are temporarily deferred from donating blood in order to ensure the safety of both the donor and the recipient.**

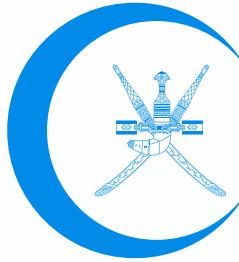


\* In addition to other cases.



## Information to be delegated to the doctor (before donating blood)





## Before you donate blood, make sure you:



Do not have any symptoms of disease.



Get a full night's sleep.



Ate a healthy meal (avoid high fat food).



Drank enough water (500 ml half an hour prior to donating blood)



Bring your donor identity card (ID card/resident card).



Wear clothes with sleeves that can be rolled up (avoid tight clothing).

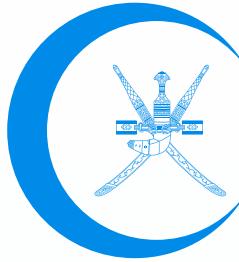


Will provide honest and transparent answers to the blood donation form questions.



Will share your medical history to safeguard the patient who will receive the blood.

After donating blood, we ask that you stay in the donation bed for 5 minutes and do not hurry to leave.



## After you've donated blood, be sure to:



Lie down for at least 5 minutes after donating blood



Rest for 10 minutes post-donation.



Drink water or juice during rest time.



Drink extra fluids in the hours following the donation.



Keep the adhesive bandage on for the next 6 hours.



Avoid prolonged sunlight exposure and heat, as well as prolonged standing.



Avoid lifting heavy objects with the arm used for blood donation for 12 hours.

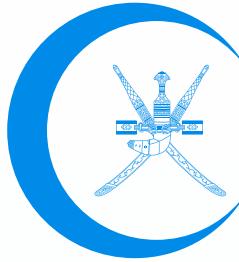


Avoid engaging in strenuous physical activity or vigorous exercise for 24 hours.



Avoid smoking for 2 hours.

It is recommended that all donors eat a well-balanced diet that includes foods rich in iron.



## Cases that need blood transfusion

Blood disorders  
e.g. Thalassemia



Various cancer treatment



Bleeding during delivery  
and post delivery



Injured in car accidents  
and disasters



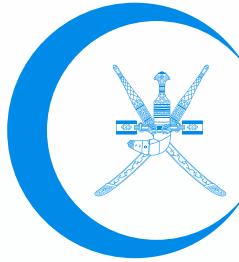
Bleeding during  
major surgeries.



Malignant blood disorders and  
bone marrow failure disorders

\* In addition to other cases.

**Some pathological conditions require blood transfusion from time to time,  
some require large amounts of blood units.**



## Can a patient with hypertension donate blood?

### Blood donation is allowed if

- 1 ➤ Donor must be taking his medication on a regular basis.
- 2 ➤ Blood pressure must be steady.
- 3 ➤ During the 4 weeks of treatment, the treatment doses remained unchanged.

### Blood donation is temporarily deferred if

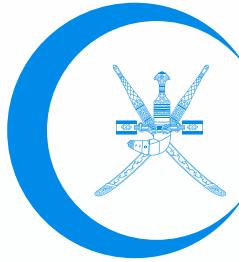
- 1 ➤ High blood pressure was discovered early on, it might be treated effectively
- 2 ➤ Within 4 weeks, change the dose or type of treatment.
- 3 ➤ Beginning treatment for the first time a month ago.

### Blood donation is not allowed if

the donor has any complication high blood pressure.



\* The medical counseling decides whether a person is eligible to donate blood.



## Can diabetic patients donate blood?



### Blood donation is allowed

If the donor has type 2 diabetes, which is controlled by tablets.

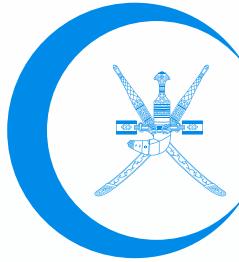
- 1 ➤ Donor must be taking his medication on a regular basis.
- 2 ➤ The therapeutic dose should not have been changed in the previous two months.
- 3 ➤ There must be no diabetes complication.

### Blood donation is not allowed

The donor cannot donate blood if he has:

- Type 1 diabetes that controlled by insulin injections.
- Uncontrolled type 2 diabetes.

\* The medical counseling decides whether a person is eligible to donate blood.



## Can asthmatic patients donate blood?

### Blood donation is allowed

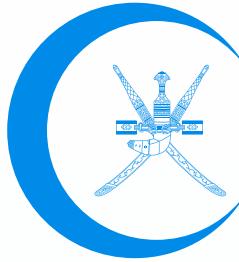
If the donor's health is stable and a inhaler is utilized, he/she will be eligible to donate blood.

### Blood donation is not allowed

- If the donor has a severe asthma attack or if the asthma attack recurs on a regular basis, the donor is not authorized to donate.
- If he/she is given a variety of medications, including cortizone and antibiotics to treat respiratory infections.



\* The medical counseling decides whether a person is eligible to donate blood.



## Can G6PD patients donate blood?

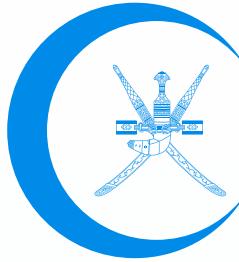
G6PD is a genetic disease of the blood that affects the red blood cells due to a lack of a certain type of enzyme.

### Blood donation is allowed

A person with G6PD can donate blood if his hemoglobin level is at the acceptable level and he/she has no history of hemolysis.



\* The medical counseling decides whether a person is eligible to donate blood.



## Can sickle cell patients donate blood?

### Blood donation is allowed

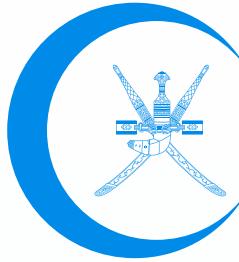
If he /she carries sickle cell anemia, as long as the hemoglobin level is at the level required for the donation.

### Blood donation is not allowed

If he /she suffers from sickle cell anemia



\* The medical counseling decides whether a person is eligible to donate blood.



## Can hepatitis patients donate blood?

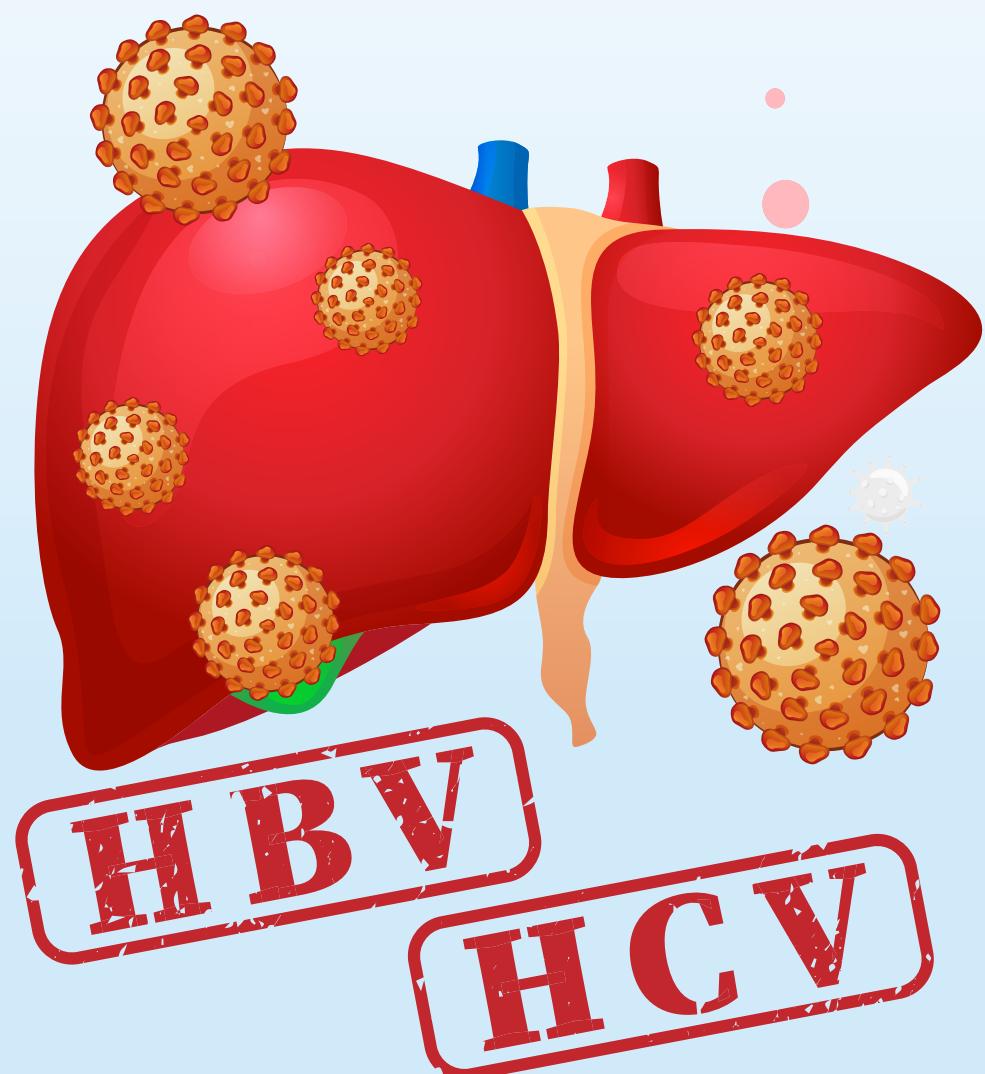
The most prevalent infectious illness in the world, hepatitis is a viral infection that affects the liver. It is produced by various virus types, and the symptoms and clinical signs of different virus types are often the same.

### Blood donation is not allowed

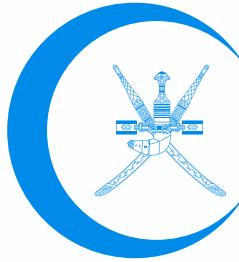
A person who is infected with or a carrier of the hepatitis B and C viruses is not permitted to donate blood.

### Blood donation is allowed

After 12 months of healing from hepatitis A, a person can donate blood.



The medical counsellor decides whether a person is eligible to donate blood. In some circumstances, she/he might be permitted to donate blood after having been previously deferred.



## Can someone with surgery donate blood?

### Blood donation is allowed

If it was a minor surgery, after treatment is complete and successful and they have resumed normal activity.

### Blood donation is temporarily deferred

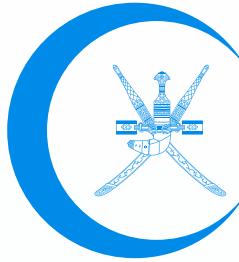
If the donor receives a blood transfusion, they are not allowed to donate blood for one year after the surgery.

### Blood donation is not allowed

If the surgery is one of the major operations, such as open heart surgery and organ transplants.



\* The medical counseling decides whether a person is eligible to donate blood.



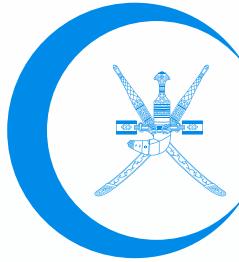
## Can someone who has high cholesterol donate blood?



### Blood donation is allowed

- 1 ➤ Donor must be taking his medication on a regular basis.
- 2 ➤ Blood pressure must be steady.
- 3 ➤ There must be no complications.

\* The medical counseling decides whether a person is eligible to donate blood.



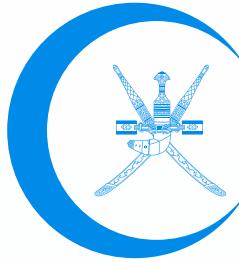
## Can those who get acupuncture, tattoos, or cupping and cosmetic treatment donate blood?



**Blood donation is allowed**

After 4 months of cupping, tattooing, or acupuncture, blood donors can donate.

**\* The medical counseling decides whether a person is eligible to donate blood.**



## Is it possible to donate blood after traveling?

Travelers are temporarily deferred from donating blood to avoid the spread of infectious diseases. The lists of disease-endemic areas are updated in accordance with World Health Organization reports.

### Blood donation is allowed

If a blood donor did not have any health issues while traveling or after returning, he or she may donate blood 24 hours after coming back.

### Blood donation is temporarily deferred

Blood donors who visited malaria endemic area, can donate 4 months after coming back.



\* The medical counseling decides whether a person is eligible to donate blood.