

## **Blood Donation protects heart, increases immunity: Dr. Sharath Kumar Rao J**

Blood donation puts out unnecessary cholesterol in our body, So, blood donation is proved good for our heart, and it boosts immunity as it allows to produce new cells,” said Wenlock District Hospital Senior Specialist and Blood Bank Officer Dr. Sharath Kumar Rao J.

He was addressing the gathering after inaugurating a blood donation camp organized by the Mangalore University NSS unit, University College NCC units and Lions Club Highland, for the staff and students of University College Mangaluru at the Ravindra Kalabhavana here on Tuesday. Children suffering from the diseases such as Thalassemia, which require regular blood transfusions have a great need of blood, he added.

Lions Club Regional Advisor Lion Nagesh Kumar, who has organized around 217 blood donation camps, opined that blood donation is a humanitarian service, which breaks are barriers like caste or religion. Mangalore University NSS Coordinator Dr.Nagarathna K A said that principles of NSS like service, goodwill, nationality and unity are hidden in blood donation.

Principal Dr. A Harish appreciated the enthusiasm of students, who have just started attending offline classes, for donating blood. Lions Club (Highland) President Lion KS Ranjan rendered vote of thanks. NCC Naval Unit Officer Dr. Yathish Kumar and NSS officials Dr. Gayathri, Dr. Suresh, Youth Red Cross Coordinator Dr. Kumaraswamy and others were present among others. About 50 persons donated blood and made use of the opportunity.

