

'AYURDHANAM'

News Letter

JANUARY 2016



Dr. D. Y. Patil College of Ayurved and Research Centre

Pimpri, Pune-411018



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Blood donation

Facts about blood needs

- Every year our nation requires about **5 Crore units** of blood, out of which only a meager **2.5 Crore units** of blood are available.
- The **gift of blood** is the **gift of life**. There is no substitute for human blood.
- Every two seconds someone needs blood.
- More than 38,000 blood donations are needed every day.
- A total of 30 million blood components are transfused each year.
- The average red blood cell transfusion is approximately 3 pints.
- The blood type most often requested by hospitals is Type O.
- Sickle cell patients can require frequent blood transfusions throughout their lives.
- More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- A single car accident victim can require as many as 100 units of blood



1 pint of blood can save up to 3 lives

Facts about the blood supply

- Blood cannot be manufactured – it can only come from generous donors.
- Type O-negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.
- Type AB-positive plasma can be transfused to patients of all other blood types. AB plasma is also usually in short supply.



Blood cannot be manufactured; it can only come from volunteer donors

Facts about the blood donation process

- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.
- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.
- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 min.
- The average adult has about 10 units of blood in his body. Roughly 1 unit is given during a donation.
- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be transfused to patients.



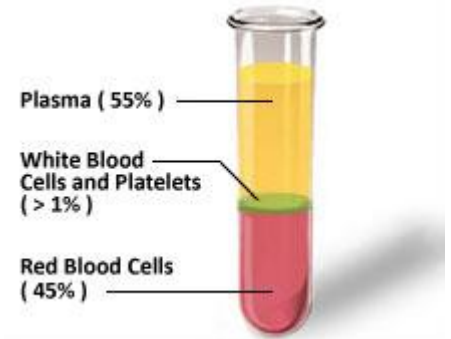
Adults have around 10 pints of blood in their body. 1 pint is given during a donation.



Donors can give blood every 56 days. Platelet donors can give every 7 days

Facts about blood and its components

- Blood makes up about 7 percent of your body's weight.
- There are four types of transfusable products that can be derived from blood: red cells, platelets, plasma and cryoprecipitate. Typically, two or three of these are produced from a unit of donated whole blood – hence each donation can help save up to three lives.
- Donors can give either whole blood or specific blood components only. The process of donating specific blood components – red cells, plasma or platelets – is called apheresis.
- One transfusion dose of platelets can be obtained through one apheresis donation of platelets or by combining the platelets derived from five whole blood donations.
- Donated platelets must be used within five days of collection.
- Healthy bone marrow makes a constant supply of red cells, plasma and platelets. The body will replenish the elements given during a blood donation – some in a matter of hours and others in a matter of weeks.



Facts about donors

- The number one reason donors say they give blood is because they "want to help others."
- Two most common reasons cited by people who don't give blood are: "Never thought about it" and "I don't like needles."
- One donation can help save the lives of up to three people.
- If you began donating blood at age 18 and donated every 90 days until you reached 60, you would have donated 30 gallons of blood, potentially helping save more than 500 lives!
- Only 7 percent of people in India have O-negative blood type. O-negative blood type donors are universal donors as their blood can be given to people of all blood types.
- Type O-negative blood is needed in emergencies before the patient's blood type is known and with newborns who need blood.
- Thirty-five percent of people have Type O (positive or negative) blood.
- 0.4 percent of people have AB-blood type. AB-type blood donors are universal donors of plasma, which is often used in emergencies, for newborns and for patients requiring massive transfusions.



30 million blood components are transfused each year

There are four main blood types: **A, B, AB and O.**

In 1901, Karl Landsteiner, an Austrian physician, discovers the first three human blood groups. On his birthday i.e June 14th "World Blood Donors Day" celebrates. On October 1st 'National Blood Donation Day' celebrates in India.

WHAT TYPE ARE YOU?

FREQUENCY OF BLOOD TYPES	
O+ 1 person in 3	O- 1 person in 15
A+ 1 person in 3	A- 1 person in 16
B+ 1 person in 12	B- 1 person in 67
AB+ 1 person in 29	AB- 1 person in 167

EXAMPLES OF BLOOD USE	
1. Automobile Accident	50 units of blood

2. Heart Surgery	6 units of blood / 6 units of platelets
3. Organ Transplant	40 units of blood / 30 units of platelets
4. 20 bags of cryoprecipitate	25 units of fresh frozen plasma
5. Bone Marrow Transplant	120 units of platelets/ 20 units of blood
6. Burn Victims	20 units of platelets

TADVIDYA SAMBHASHA



On 23 /01/2016 at 1:30 to 4:00 pm
Tadvidyasambhasha was organized on the topic of Aushadh Sevan Kala AT Dr. D. Y. Patil ayurved college – Session – 01. Chief guest was Vd.Chandrashekhar Thite.

Program was inaugurated with Dhanvantari Pujan and stavan by dignitaries. Principal incharge Vd.M.S.Kulkarni gressed the program. Total 42 Vaidyas participated actively in sambhasha and shared their experiences about subject..Vd. ChandrashekharThite the chief guest concluded the session with his samhita oriented practical experiences of Aushadha Sevan Kala. Parishad was impressed by the valuable knowledge of the guest. Vd.Nandkumar Patil & Vd .Vivek Patil also graced the occasion by their valuable opinions.



Samhita Vachan

Samskrita Samhita Siddhant conducted **Samhita Vachan** on **11 Feb 2016**. The Programme was inaugurated by Vd. B P. Pandey, Principal, Vd. Medha Kulkarni, Vice Principal & Vd.M.V. Joshi HOD of Samhita Dept. All participated read the Sutrasthan – 1 Adyay of original Shlok of Ashtang Hridya. Then They also recited & discussed meaning of the Shlok of Nidrastran

Internship orientation program



Internship orientation program was organized from 3rd March 2016 to 9th March 2016 at Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri, Pune.

Total 25 lectures were arranged for 58 final year passing students, Guest lecturers were also arranged on topics of Physiotherapy procedures & practice, orthopedic emergencies & Nutritional care of patient in hospital.

On last day of orientation program Department wise short term projects were given to all students.

CULTURAL EVENT- AGNIPANKH-2016



The Annual Day was preceded by special day celebrations on 1/3/2016 with collective efforts and enthusiastic involvement of students and teachers. The winner of Annual Day along with Academic toppers of each year were awarded by prize. Indoor and outdoor games are also organized for teachers and students.



RESEARCH METHODOLOGY WORKSHOPS



Research Methodology Workshop was organized from 14th March 2016 to 16th March 2016 in association with MUHS.

Total 19 Sessions were arranged, 11 no. of experts delivered lectures on various topics, their respective studies etc., Total 47 participants took part in the workshop



NSS CAMP AT DEHUGOAN

NSS camp was organized by Dr. D. Y. Patil College of Ayurved & Research Center Pimpri, Pune. Under the guidance OF MUHS from **10 to 16 March 2016** at Dehugaoan, Tal-Haveli, Dist-Pune. Under this camp different programs were organized like free health check-up, Blood Investigation, Medicine Distribution, school health check up, health awareness rally, Expert lecture on different health problem etc. Many student and common citizen were participated in various programme. Dr. B.P. Pandey (principal), Dr. Prakash Mane (NSS officer), Dr. Santosh Kamble (NSS Co-officer) and 30 students were actively involved in this camp

Maharashtra state level Ayurwhiz 2016 competition



Ayur Dharma Alumni Association of Dr. D. Y. Patil Ayurved College Conducted collage level, Pune Regional level and Maharashtra state level Ayurwhiz 2016 competition of Himalaya drug co. pvt. Ltd on 6 April 2016, 21 April and 25 April respectively.

The competition was organized for talent search among Ayurved students and to encourage the interest of students in ayurved field as well as in competitive exams. Arrangements were done by Dr. P. Khade, Dr. Sneha kulkarni, and UG Students from Alumni Association.

Report of Institutional Ethical Committee



. A meeting of Ethical committee was scheduled on 05/04/2016. All the appointed members were invited for the meeting. All the enrolled 45 PG student in 2015-2016 & faculty who were taking Minor research projects presented their synopsis before the ethical committee. Ethical Committee approved the entire synopsis with some minor suggestions. Proposal of PG students after incorporating suggestions of committee will be submitted to MUHS. Proposals of Research projects were sanctioned & will start the research project work.

Naigaon Camp and lecture on cervical cancer



Medical check-up camp and lecture on “Cervical Cancer” was arranged at Naigaon on Date - 11 April 2016 by Streerog & Prasutitantra Department.

Naigoan is birth place of Savitribai Phule & the camp had good response. Around 104 patients had their health check-up. The Doctors attended the camp were –Dr. Jayashree Patil, Dr. H. Lad, Dr. Neeta Mahesekar , Dr. Mamata Nakade