



Happy New Year! 2023

*Time to set new goals,
find new aspirations & make the world a better place.*

*May the New Year
bring newer adventures,
greater fortunes & deeper compassion.*

Happy Days, Happy Months, Happy Years Ahead !

5 WAYS TO BE MENTALLY HEALTHY

3) Skill Your Self - Learn New Everyday

In continuation of our previous articles third most important way of being healthy is “TO LEARN NEW SKILLS”

Learning new skills doesn't necessarily have to be a challenge. A right mindset creates right aptitude and approach. Gandhi Ji said he was a student every day of life, learning, adopting and applying new concepts, new capacities, and new capabilities.

To learn new skills, one must first learn the skill to learn. And that is easier done than said! All we need is to make it our daily chore. We are all committed to mundane things we do daily. Committing to learn can't be that difficult if we apply our mind and create the right mind set.

Why would, or rather, should I do it? Because psychologically that infuses creativity and enthuses self- satisfaction, content, sense of achievement.

The task remains to identify a skill of interest and find ways of learning that skill of choice. Quite obviously learning to fly a plane is a great skill but not practical or achievable for most. That points us to hone in to skills which interest us and are comfortably attainable.

All of us have always liked a few things we wanted to learn, skills that we could have developed and felt happy about – writing, riding, public speaking, singing, cooking, knitting, volunteering and so on. The list can be endless – Numerous skills are easily pursuable.

All we need is to find the initiative from within and take the challenge, beginning with the easier and quicker one so that the motivation builds up and failure can't fail us.

The benefit is multi fold. Helps us to be creative, helps us to be helpful, and helps us to be hopeful, playful and popular.

All it requires is a bit of inclination, interest and insight – and a resolution. And aren't we all good at making resolutions?

A new skill learned is a new joy found. Gives us energy, makes us creative, takes us to places and raises the bar within us to be positive and proactive, throwing our mind doors open to learn and want to learn.

We only need to take the first step - baby step. The ladder awaits us!!

- Meetal Koticha Shah
Joint Executive Trustee



Life Blood Centre



Research Papers Published

Life Blood Centre
In Internationally Reputed Scientific Journal:
Global Journal of Transfusion Medicine

Original Article

Donor Notification and Response Rate in a Stand-alone Blood Center in Western India

Sprisha Dholakiya, Sanjiv Nandani, Nishith Vachhani

Life Blood Centre, Rajkot,
Gujarat, India

ABSTRACT **Background and Objectives:** Counseling and notification of reactive blood donors play an important part in maintaining the chain of safe blood. The process of notification involves informing donors about the status of their reactivity against five major and mandatory transfusion-transmitted infections (TTIs). Such notification and timely follow-up till the donor reaches the referred place help in reducing the burden of TTI in society, thereby improving blood safety. The aim of this study is to highlight the importance of prompt donor notification, referral, and follow-up. **Materials and Methods:** This was a retrospective cross-sectional study carried out at a stand-alone blood center from January 2019 to October 2021. A total of 36,162 donations were screened for the five mandatory TTIs-HIV (I and II), hepatitis C virus (HCV), hepatitis B virus (HBV), syphilis, and malaria. All reactive results were retested with a duplicate tube sample and a bag sample to confirm the reactivity. Donors were notified regarding the serostatus by phone and called for reporting at our blood center, and referred to Integrated Testing & Counseling Centre (ITCC) or any other referral center. **Results:** A total of 212 (0.58%) out of 36162 donors were tested reactive during the study period. Out of them, 40.56% ($n = 86$) were hepatitis B virus reactive, 21.7% ($n = 46$) were HIV (I and II) reactive, 20.7% ($n = 44$) were HCV reactive, and remaining 17.1% ($n = 36$) were syphilis reactive. All the donors were informed. Out of them, 71.69% ($n = 152$) responded to the communication and 52.83% ($n = 112$) personally visited the blood center or respective ITCC for further evaluation. **Conclusion:** Even after laying strict criteria for predonation screening and counseling, few donors do conceal their high-risk behavior or even their serostatus and continue to donate blood, leading to the wastage of resources. Thorough follow-up of seroreactive donors helps in improving blood safety and also improves their quality of life by the commencement of timely treatment.

Submitted: 17-Jan-2022.
Reviewed: 29-Aug-2022.
Accepted: 30-Aug-2022.
Published: 08-Nov-2022.

Keywords: Counseling, notification, screening

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November 5, 2022

Life Thalassaemia Prevention Centre
In International Scientific Journal:
Hemoglobin

HEMOGLOBIN

Hemoglobin

International journal for hemoglobin research

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/hem20>

Spectrum of β -Thalassemia and Other Hemoglobinopathies in the Saurashtra Region of Gujarat, India: Analysis of a Large Population Screening Program

Nishith A. Vachhani, Daya J. Vekariya, Roshan B. Colah, Heena N. Kashiyani & Sanjeev L. Nandani

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To link to this article: <https://doi.org/10.1080/03630269.2022.2142608>

Published online: 11 Nov 2022.

November 11, 2022

Interesting Facts :

Donor antibody screening is a special test performed on every blood unit donated at Life Blood Centre and only after the result, the blood bag is released for further processing. Some unexpected antibodies present in donor's plasma can lead to Blood Transfusion Reaction and hence any blood unit with such antibodies is discarded. Two such donors having unexpected antibodies - anti-M and anti-D were identified in donors and hence their plasma products were discarded to ensure safe transfusion practices.

Score-card:

	October-2022	November-2022	December-2022
Total blood units collected	1074	1073	2203
Total blood units supplied	1514	1580	2211
Total Blood Donation Camps organized	15	15	26*

*
**Highest
ever camps
in one
month**

- ISBTI (National body) & Life Blood Centre, Rajkot have jointly initiated the "Blood Donation Motivation Program".
- Blood donation motivators - Mr. & Mrs. Bhagirath Singh Kaswan & Mr. Amar Singh from ISBTI, along with Life Blood Centre, Rajkot organized blood donation awareness program related in selected villages from 21-12-2022 to 27-12-2022.





News

A nursing training program on “Basics of bedside blood transfusion process” was organized at Kadiwar Hospital, Rajkot with 15 participants.(November 02, 2022).

Training programme on “Basics of bedside blood transfusion process transfusion reactions” was conducted with nursing staff and staff of blood storage unit and laboratory of B. T. Savani Kidney Hospital with 78 participants. (December 24, 2022).



Ms. Meetal Koticha Shah – Joint Executive Trustee, Project 'Life', invited as an eminent speaker, presented growth story of Life Blood Centre in the 47th Annual National Conference of Indian Society of Blood Transfusion and Immunohaematology - “Transcon – 2022 B” at Jammu by ISBTI J&K UT Chapter and Department of Transfusion Medicine – Government Medical College, Jammu with the theme “Trends, Advances and Future in Transfusion Medicine”. (November 11-13, 2022)



Dr. Nishith Vachhani (Quality Manager – Life Blood Centre) delivered a special talk on “Advancement in Immunohaematology” as an invited speaker at National level symposium on “Advancements in Disease Diagnosis Techniques” at RK University, Rajkot. (December 28-29, 2022)

Life Blood Centre, Rajkot organized a three days Training Program for 26 students of Microbiology Dept., Christ College, Rajkot on “Basics of Transfusion Medicine”. (November 28 - 30, 2022)





Score-card

Particulars	October 2022	November 2022	December 2022
Thalassaemia Awareness Drive	1302	2856	1825
Thalassaemia Tests Done	1217	2670	1576

Shastri Vidhyalay, Ghed Bagasara on October 8, 2022



Atmiya University, Rajkot on December 20, 2022



High Tech News :

HbD Iran: A form of hemoglobinopathy where value of HbA2 is on a higher side (40-48%) **it is generally non-significant but if it is present in association with beta Thalassaemia trait**, the next generation might carry over the abnormal gene. One such case was diagnosed in December-2022. Counselling for the same was carried out by our counselor.

HbE Trait: a form of hemoglobinopathy where value of HbA2 is on a higher side (25-35%) it is generally non-significant but if it is present in association with beta Thalassaemia trait, the next generation might carry over the abnormal gene. two such cases were diagnosed in November-2022. Counselling for the same was carried out by our counselor.

Prevention of Thalassaemia Major Birth:

In December-2022, a couple visited Life Thalassaemia Prevention Centre (LTPC) where both of them were detected Thalassaemia minor. In order to make them aware about the future consequences, our counselor gave extended information on Pre Natal Diagnostic (PND) Test to identify genetic mutation of the fetus in-utero. The couple agreed to go for the test and the fetus was detected **Thalassaemia Major**. They decided to terminate the pregnancy and thereby LTPC was able to prevent birth of 121st Thalassaemia major child in its journey towards Thalassaemia prevention and eradication.



School Dedication Ceremonies

School No.
100

**Shri Pranjivanbhai Virjibhai Zaveri Primary School,
Ghuntu (Dist.: Morbi) December 18, 2022**



School No.
91

**Dr. Navnidhrai Chhaganlal Mankad Primary School,
Keshod (Dist.: Devbhumi Dwarka) on December 31, 2022**





Equipment/Kits Distribution to Less Privileged Trained Widows/Women



**By Dr. Usha Doshi, USA
November 15, 2022
Junagadh District**



**By Mrs. Ranjan, Mr. Dilip & Punatar Family, USA
November 18, 2022
Junagadh District**



**By Mr. Sandeep Sirohi, Regional Head, Canara Bank & Dignitaries of Gujarat Vidyapith
November 29, 2022
Ahmedabad**



**By Mrs. Jyotsna & Mr. Anil Parekh & GENEXT
December 23, 2022
Ahmedabad**



Inauguration of Skill Based Training Programme for 150 Widows/Women of Ahmedabad District



By Punjab National Bank Officials &
Ms. Shilpa Panchmatia, UK
November 29, 2022



By Dr. Aparna & Dr. Vipul Mankad
(Mankad Family Foundation), Family,
Friends & Relatives on December 27, 2022

Interactions with 150 Less Privileged Women of Ahmedabad District



By Mrs. Geeta & Mr. Subhash Bhatt
Life Global CA, USA
December 6, 2022



By Ms. Bella Desai, Mr. Zach Grinspan, Dr. Panna
& Mr. Kirit Desai & GENEXT, Mrs. Bharti &
Dr. Sanjiv Shah, USA on December 17, 2022



Nutrition Awareness program by Indian Dietetic Association,
Gujarat Chapter for 150 less privileged women of Ahmedabad District on December 27, 2022



Life Health & Wellness Centre



Saturday Special - Deep Relaxation

Life Health & Wellness Centre, Project 'Life' organizes Yoga on

Deep Relaxation

Saturday Special

Benefits

- Relieves pain
- Improves immunity
- Improves digestion
- Improves quality of sleep
- Increases energy level
- Helps to relieve anxiety

Date : Saturday, 22nd October 2022
Time : 7:00am to 8:00am & 8:00am to 9:00am

Venue : Project 'Life', Race Course Ring Road, Rajkot

For Registration - Contact : 85 11 33 11 33

Experience the real essence of deep relaxation

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Life Health & Wellness Centre Project 'Life', Rajkot Organizes

Saturday Special Session

On

Yoga Session to Reduce Belly Fat

Date : 05.11.2022, Saturday
Venue : Project 'Life' Race Course Ring Road, Rajkot

Time : 6:30 am to 8:00 am
8:00 am to 9:30 am

HEALTH BENEFITS

1. Reduce Risk of Heart Attack
2. Weight Loss
3. Balance Hormones
4. Boost Metabolism
5. Healthy Life Style

For Registration Contact 85 11 33 11 33
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Life Health & Wellness Centre Project 'Life', Rajkot Organizes

Weekend Yoga Session

Yoga Session to Reduce Belly Fat

Date : 8.10.2022, Saturday
Venue : Project 'Life' Race Course Ring Road, Rajkot

Time : 6:30 am to 8:00 am
8:00 am to 9:30 am

Health Benefits

1. Reduce Risk of Heart Attack
2. Mental Stability
3. Balance Hormones
4. Boost Metabolism
5. Healthy Life Style

For Registration Contact 85 11 33 11 33
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How Not to Fall Sick - Lecture Series

Life Health & Wellness Centre

Invitation

Lecture No. 247

You are cordially invited to attend
Free Talk under series 'How Not to Fall Sick ?'

40 Plus A New Beginning Of Women's Life

Dr. Ami Mehta MD, Gynaec
Dr. Shaili Mody MD, Gynaec
Dr. Hina Popat MD, Gynaec

Facebook LIVE

Saturday 15th October, 2022 05:00 pm to 06:00 pm
<https://www.facebook.com/999life>

Life Health & Wellness Centre Project 'Life', Racecourse Ring Road, Rajkot

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Life Health & Wellness Centre

Invitation

Lecture No. 248

You are cordially invited to attend
Free Virtual Lecture under series 'How Not to Fall Sick ?'

Diabetes and Thyroid Connection

Sunday 27th November, 2022 10:00 am to 11:00 am

Dr. Gaurang Patel MD (Medicine)

Facebook LIVE

<https://www.facebook.com/999life>

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Life Health & Wellness Centre

INVITATION

Lecture No. 249

You are cordially invited to attend
Free Virtual Lecture under series 'How Not to Fall Sick ?' on

Save Your Knee

Sunday 25th December, 2022 10:00 am to 11:00 am

Dr. Nishit Sanghvi MS Orthopaedic

Facebook LIVE

<https://www.facebook.com/999life>

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Lecture no. 247
'40 Plus A New Beginning of Women's Life'
By Dr. Ami Mehta, Dr. Shaili Mody
Dr. Hina Popat

Lecture no. 248
'Diabetes and Thyroid Connection'
By Dr. Gaurang Patel

Lecture no. 249
'Save Your Knee'
By Dr. Nishit Sanghvi

Indian Yoga Association Meeting addressed by Gurudev Sri Sri Ravi Shankarji

Indian Yoga Association

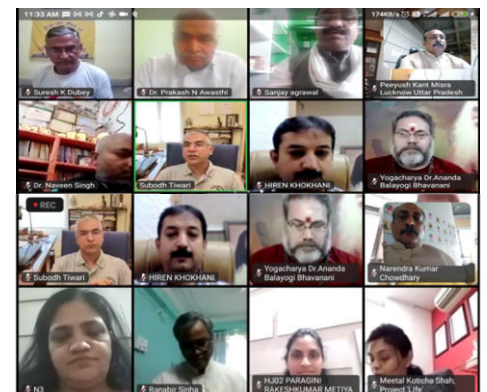
TOPIC

Gurudev Sri Sri Ravi Shankar Ji,
Chairman, Governing Council, addresses IYA Members

zoom MEETING

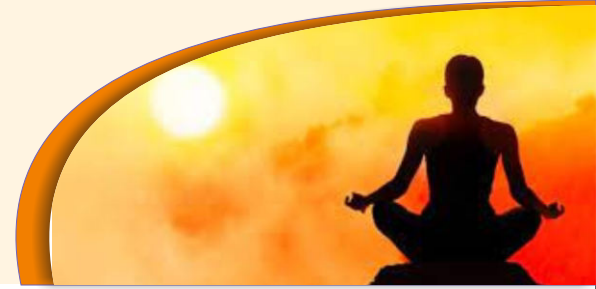
Oct 29, 2022, 11:30 AM
Meeting ID: 964 4926 9689
Passcode: N3

Regards
IYA Secretariat Office
www.yogaiya.in





Life Health & Wellness Centre



Yogacharya Sandhya Dixit is one of the senior-most yoga gurus in Kaivalyadhama, Lonavla. Currently working as mentor in Health Care Centre, she has 39 yrs. experience in the field. She has conducted numerous workshops and training camps at national and international levels. Her 10 days online workshops series in March 2020 “Yoga for senior citizens” in collaboration with the Ministry of Ayush was widely applauded and acknowledged. Her pranayama online workshops have been a successful organizing project since June 2020. She recently is awarded Swami Kuvalayananda Yoga Puraskar 2020 for her dedicated, committed and exemplary work in the field of Yoga.

Accomplished Programmes, December 2022

લાઈફ હેલ્થ એન્ડ વેલનેસ સેન્ટર, પ્રોજેક્ટ 'લાઈફ', રાજકોટ
અને કેવલધામ, લોનાવલા સંયુક્ત ઉપક્રમે આયોજિત

નિ:શુલ્ક કાર્યક્રમ

પ્રાણાયામ સાધના
૪ ડિસેમ્બર ૨૦૨૨, રવિવાર
સાંજે : ૫.૦૦ થી ૬.૩૦
આંતરરાષ્ટ્રીય અધિષ્ઠાન યોગ નિષ્ઠાત
અને યોગ ચેરપીસ્ટ

સંધ્યા દીક્ષિત
કેવલધામ, લોનાવલા

સ્થળ: 'લાઈફ' ડિવિઝન, રેસીડેન્સ વિંગ રોડ, રાજકોટ

પ્રાણાયામ લી ચતા ફાવરાઓ

- જ્વસ્થન કિવા સ્વાસ્થી બને
- પ્રાણશક્તિનો સંચાર વધે
- રોગ પ્રતિકારક ક્ષમતા વધે
- એકાગ્રતા વધે

આપે જ રજિસ્ટ્રેશન કરાવો. રજિસ્ટ્રેશન માટે સંપર્ક નં.
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લાઈફ હેલ્થ એન્ડ વેલનેસ સેન્ટર, પ્રોજેક્ટ 'લાઈફ', રાજકોટ
અને કેવલધામ, લોનાવલા સંયુક્ત ઉપક્રમે આયોજિત

પદકર્મ આધારિત ધારીરને ધિકારોથી દુર રાખવા માટેની અદ્યતન પ્રયોગ

બ્રાટક સાધના
૮ ડીસેમ્બરથી ૧૦ ડીસેમ્બર ૨૦૨૨
(ચુરુવારથી શનિવાર)
સાંજે : ૫.૦૦ થી ૬.૦૦

સ્થળ: 'લાઈફ' ડિવિઝન, રેસીડેન્સ વિંગ રોડ, રાજકોટ

માર્ગદર્શન : સંધ્યા દીક્ષિત
આંતરરાષ્ટ્રીય ખ્યાતિ પ્રાપ્ત યોગ નિષ્ઠાત અને યોગ ચેરપીસ્ટ

બ્રાટક થી ચતા ફાયદાઓ

- અંબોબે સ્વચ્છ રાખે છે.
- દર્દિર તેજસ્વી બને છે.
- એકાગ્રતા વધે છે.
- સંકટપ્રચક્તિ વધે છે.
- મન અને ચિત્તને શુદ્ધ કરે છે.
- ધ્યાન માટે ઉપયોગી છે.

આપે જ રજિસ્ટ્રેશન કરાવો. રજિસ્ટ્રેશન માટે સંપર્ક નં.
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In Therapy with Ms. Sandhya Dixit



At Atmiya University, December 26, 2022





Life Health & Wellness Centre



Celebrating 4th Foundation Day Indian Yoga Association Gujarat Chapter

Project 'Life's Joint Executive Trustee Ms. Meetal Koticha Shah has been elected as the Senior Vice Chairperson of Indian Yoga Association, Gujarat Chapter and Mr. Rajeev Kumar Mishra, Sr. Manager, Life Health & Wellness Centre as the Secretary of IYA - GC for the years 2023 - 25.



Meetal Koticha Shah
Joint Executive Trustee

Kirit Vassa
Joint Executive Trustee

Chandrakant Koticha
Founder Executive Trustee

Bakul Mehta
Patron

Project 'Life'

Saurashtra Medical & Educational Charitable Trust
Indian Medical Scientific Research Foundation

Racecourse Ring Road, Rajkot - 360 001. Gujarat, India. ☎ +91-281-2479133 ✉ savelifelife@999life.org 🌐 999life.org 📱 @999life

Pilot Programme in Traditional Tibetan Sound Healing & Deep Relaxation was Organised jointly by LHWC & Naad Brahma Healing Academy on November 26, 2022



Project 'Life' Annual Dinner

Keeping up the tradition, a grand annual dinner event was hosted at Hotel seasons on December 20, 2022 where in colleagues, trustees and invitees of Project 'Life' shared the festivities in full strength, in joyous spirit of comradeship & solidarity, reaffirming the faith, dedication and commitment to humanitarian services and unflinching crusade of Project 'Life'.

Heartwarming addresses by the trustees and crusaders rendered a touch of wellbeing and content with renewed resolutions & determination to continue to excel with brilliant team work and coordination.

