



ELOQUENT PARTICIPATION IN TRANSCON 2023 AT LUCKNOW BY Meetal Koticha Shah, Jt. Executive Trustee & CEO, Project 'Life', Rajkot.



Prestigious 48th Annual National Conference of Indian Society of Blood Transfusion and Immunohaematology (ISBTI), TRANSCON 2023, hosted by ISBTI UP State Chapter & Dept. of Transfusion Medicine, King George Medical University, Lucknow, U.P., was held from October 06-08, 2023 at Lucknow, Uttar Pradesh. The event was inaugurated at Hotel Clarks Avadh, Lucknow, Uttar Pradesh by Uttar Pradesh Chief Minister Yogi Shri Adityanath Ji.

The conference attended by over 2500 participants aimed to showcase the latest research, developments and innovation conducted across the country through scientific sessions providing the opportunity to get insight into the latest developments and achievements in the field of Transfusion Medicine.

Meetal Koticha Shah categorically talked about the initiatives Life Blood Centre of Project 'Life' takes continually pertinent to saving and sustaining lives through research, development and use of advance technology which makes it one of the most techno-sound and dependable blood banks in the country.

Meetal narrated the well devised action plan named “**Blood Centres for Thalassaemics : A Cloud with Silver Lining**” effectively address Thalassaemia Prevention, encompassing precautionary organizational norms & measures to minimize the incidence which can be easily adopted by all blood centres in support of the crusade to make society free of Thalassaemia. She highlighted on hope to prevent this misfortune for upcoming generation by bringing in awareness and conducting mass screenings of marriageable youth to thwart the incidence of Thalassaemia and eventually succeed in eradicating this deadly disorder.

She made an eye opening presentation on the alarming situation in the country regarding the deadly genetic blood disorder Thalassaemia and the serious impact & consequences in the society elaborating on the dreadfully painful, sad and short life of Thalassaemic children forced upon them by birth for no fault of them.

She highlighted on hope to prevent this misfortune for upcoming generation by bringing in awareness and conducting mass screenings of marriageable youth to thwart the incidence of Thalassaemia and eventually succeed in eradicating this deadly disorder.



KEY NOTE SPEAKER:
MEETAL KOTICHA SHAH
JT. EXECUTIVE TRUSTEE & CEO,
PROJECT 'LIFE', RAJKOT, GUJARAT



FELICITATION



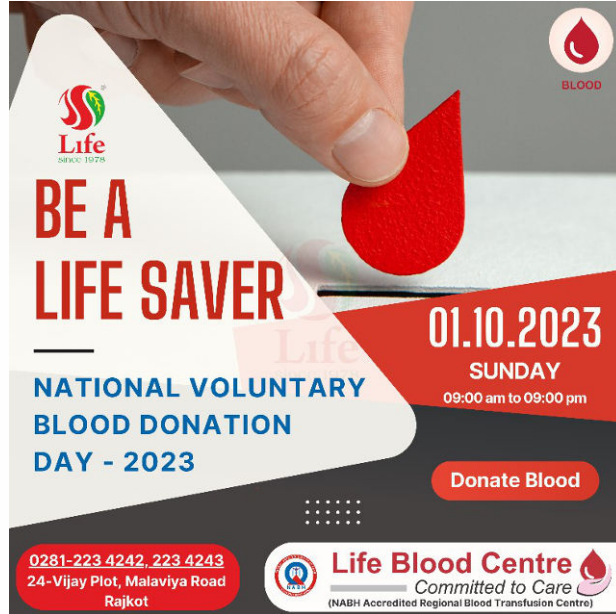
**PAPER PRESENTATION BY
TEAM LBC**



Life Blood Centre



Celebration of National Voluntary Blood Donor Day (NVBDD) October 01, 2023



LBC vehemently joined the celebration of NVBDD-2023 highlighting the importance of giving blood or platelets regularly to create a safe and sustainable supply of blood and blood products that can be always available, all over the world, so that all patients in need can receive timely transfusion treatment. Total **186 Blood Donors** including staff members of LBC donated blood and made NVBDD celebration impactful.

Participation by Life Blood Centre Team in WORLD AIDS DAY RALLY December 01, 2023





Life Blood Centre

1981



Quarterly "Scientific Newsletter" published by Life Blood Centre for Clinicians and Paramedical Staff

Life Blood Centre
Scientific Newsletter
Vol No. 5 October-November-December 2023 Issue - 4

**Viscoelastic Testing (vet):
Point of Care Tests in Patient
Blood Management**

"Patient Blood Management (PBM) is a patient-centered, systematic, evidence-based approach to improve patient outcomes by managing and preserving the patient's own blood, while promoting patient safety and empowerment."

Comprises of 3 pillars as shown below:

Pillar 1:
Detection and
management
of anaemia
and iron
deficiency

Pillar 2:
Minimization of
blood loss and
optimization of
coagulation

Pillar 3:
Leveraging and
optimizing the
patient's specific
physiological
tolerance of
anaemia

► 3 PILLARS IN PBM, VET address 2ND pillar, i.e. minimizing blood loss.
► By adopting point of care testing, it helps in better management of patient's hemostatic status thereby playing a pivotal role in Patient Blood Management.
► It helps in bleeding management in operating room and emergency department.
► POC guided bleeding management in ICU for better patient outcomes.

What is VET?
Real time measurement of the viscous and elastic properties of CLOT as it forms.

Thromboelastography
The measured is: (impedance to clot formation) (shear modulus) (elastic modulus) (viscosity) (coagulation time) (clot retraction time)

Project Title:
A Study of Transfusion Services
From 1978

Viscoelastic tests

- Whole blood sample
- Can be viewed and evaluated at the point-of-care
- Results within minutes
- Holistic overview of ex-vivo clotting

Conventional laboratory coagulation assays

- Platelet poor plasma sample
- Tests takes place in central laboratory
- Longer turn around time
- Snapshot of individual steps in clotting process

Factors assessed by VET:
CLOT FORMATION → CLOT KINETICS → CLOT STRENGTH → CLOT RESOLUTION

VARIOUS PLATFORMS AVAILABLE TO TEST THE SAME:

1. Thromboelastography: TEG : a manual method to look for the CLOT MECHANICS
2. ROTEM : an automated method to look for CLOT MECHANICS
3. SONOCLOT : also assess PLATELET FUNCTION of patient along with CLOT MECHANICS
4. QUANTRA : Not Yet Launched in India.

Summary:
The ability of viscoelastic hemostatic assays to deliver clear and readily actionable information about a patient's overall hemostatic status will continue to improve patient care in the years ahead, however, newer technologies and devices will have to demonstrate their clinical effectiveness.

Viscoelastic testing: Clinical areas with active research

- Cardiovascular and vascular surgery**
 - Hemodynamic patient hemostatic tests
 - Preoperative and intraoperative hemostatic tests
 - Postoperative hemostatic tests
- Genetic and clinical cases**
 - Hemodynamic patient hemostatic tests
 - Preoperative and intraoperative hemostatic tests
 - Postoperative hemostatic tests

NAT & X-Ray Irradiated Blood Units Available at Life Blood Centre

Dr. Spruha Dholakia
Senior Medical Director
sdholakia@lbc.org
98241 84927

Dr. Sanjay Nandani
Medical Director
snandani@lbc.org
98241 84927

Meetal Koticha Shah
A Senior Transfusion Officer
meetal@lbc.org
98241 84927

Life Blood Centre
(Formerly known as Rajkot Voluntary Blood Bank & Research Centre)
(NABH Accredited Regional Blood Transfusion Centre)
24, Vijay Plot, Malviya Road, Rajkot - 360 002, Gujarat, India.
☎ +91-260-223 42 42 / 41 ☎ +91 80 11 22 18 22 ☎ 0963999880 ☎ www.lifebloodcentre.org ☎ @lifebloodcentre

Celebration of 42nd Establishment Day by Life Blood Centre December 06, 2023



A specialized training programme on "Basics of Bedside Blood Transfusion Process" starting from sample collection to basics of blood transfusion process was conducted for medical officers and nursing staff in four multi speciality hospitals of Rajkot city benefiting more than 80 doctors and paramedical staff members.

	Score-Card			
	Sept. - 2023	Oct. - 2023	Nov. - 2023	Dec. - 2023
Total Blood Units Collected	1251	1750	776	1877
Total Blood Units Supplied	1931	2171	1657	2222
Total Blood Donation Camps Organized	16	16	10	19



Life Thalassaemia Prevention Centre

1993



Participation in 2nd National Conference organized by TSCS (Thalassaemia and Sickle Cell Society), Hyderabad. October 7, 2023



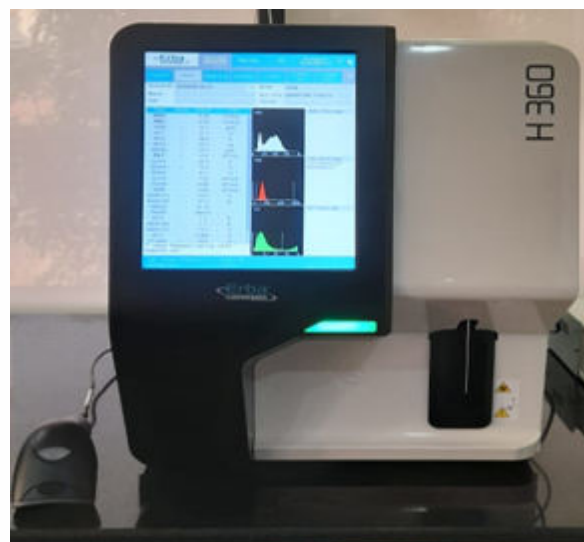
Installation of Instrument with Advanced Technology

FULLY AUTOMATED BIO-RAD VARIANT-II
November 2023



Life Thalassaemia Prevention Centre upgraded the existing Bio-Rad Variant-II into fully automated instrument for High Performance Liquid Chromatography (HPLC) for Thalassaemia testing which is highly advanced and automatic. This technique is gold standard for Thalassaemia, and can test more than 120 samples simultaneously.

SEMI-AUTO HEMATOLOGY ANALYSER ERBA H360
December 2023



In December-2023 we upgraded the technology in Hematology Analyser Erba H360 into semi-auto which is used for complete blood count testing in support of HPLC diagnosis.

Score-card

Particulars	Sep. 2023	Oct. 2023	Nov. 2023	Dec. 2023
Thalassaemia Awareness Drive	1051	157	200	417
Thalassaemia Tests Done	946	132	165	337



Virtual Foundation Stone Laying Ceremonies

School No.
102



Sarva Mangal Family Trust Primary School
Village: Gundakhada (Dist.: Morbi).
September 30, 2023

School No.
113



Smt. Urmilaben Dhirendrabhai Sangharajka Primary School
Village: Kalana (Dist : Rajkot)
November 08, 2023

School No.
103

Dedication Ceremony



Sachana Primary School
A CSR initiative by Multi Commodity Exchange of India Ltd
Village: Sachana (Dist: Jamnagar). December 02, 2023.

Foundation Stone Laying Ceremony

School No.
114



Smt. Ushaben Bharatbhai Parekh Primary School
Village: Khandhera (Dist: Jamnagar)
December 09, 2023

Digital Programme



Smt. Lilavanti Amratlal & Amratlal Anandjee Sanghvi
Life Scholarship Program
October 07, 2023



2nd phase of 'SMFT - Pratham - Life Digital Programme & Teachers' Training - Village: Rajpar & Closing Ceremony of Addiction Free Village: Vaghpar, December 15, 2023



Activities under Vyasan Mukti Abhiyan & Swachhta Abhiyan

**Motivation to
Students
&
Parents**



**Taking
Oath**

**Awareness
Rally**



Grant Distribution to Girls



**Smt. Vijayagauri Parekh & Shri Dhirajlal Parekh
Grant for Excellence in
Education for the Girl Child in Year 2023-24**

Talent Hunt Programme



Dance

Sports





Life Women Empowerment Centre



Virtual Equipment Distribution by Dr. Prafulla Patel, Mr. Amar Shah, Mr. Dilip Punatar, Dr. Snehlata & Dr. Sumant Pandya, USA to 200 Less privileged Widows / Women of Junagadh District, September 16, 2023

Inauguration batch of 200 Underprivileged Widows / Women



Mrs. Trupti & Mr. Vipul Vassa, Dr. Nirali & Ms. Nirva Vassa, Dr. Nalini Vassa, USA Ahmedabad - October 14, 2023

Mrs. Minakshi & Mr. Nanubhai Mehta, UK Junagadh - October 21, 2023



Interaction Session by Ms. Bina Sanghvi, Mr. Ketan Bavisha, Life Global UK & Dr. Nalini Vassa, USA with less privileged widows and women of Ahmedabad District, November 4, 2023



Interaction Session by Mrs. Shilpa & Mr. Atul Jogani, Bangkok with less privileged widows and women of Junagadh District, November 9, 2023



Interaction Session with Less Privileged Widows and Women



**Mr. Siddhesh Chauhan, Executive Director, JadeBlue Life Style India Ltd.
Ahmedabad District, November 9, 2023**



**Ms. Vaishali Mehta, UK, Dr. Nalini Vassa, USA
Ahmedabad District, November 20, 2023**



**Mrs. Rita & Mr. Mayur Parekh, Mr. Amar Shah, Dr. Nalini Vassa, USA
Ms. Radha Ruparell, Canada, Ms. Shilpa Panchmatia, UK & Mr. Breeze Mathew, DBS Bank
Ahmedabad District, November 20, 2023**



**Ms. Vidisha Desai, Ms. Malvi Desai, Directors, Wagh Bakri Group, Ahmedabad
Ahmedabad District, November 22, 2023**



Equipment Distribution to 200 Less Privileged Widows and Women



**Mrs. Ila & Mr. Shirish Sheth, Mrs. Indu & Mr. Bhogilal Sanghvi, UK
Ahmedabad District, December 12, 2023**



**Mrs. Kanan & Mr. Asit Koticha, Mrs. Payal & Mr. Preet Koticha, Mrs. Sneha Koticha Contractor,
Mr. Naqqash Contractor & Master Kian Contractor, Mumbai,
Junagadh District, December 25, 2023**



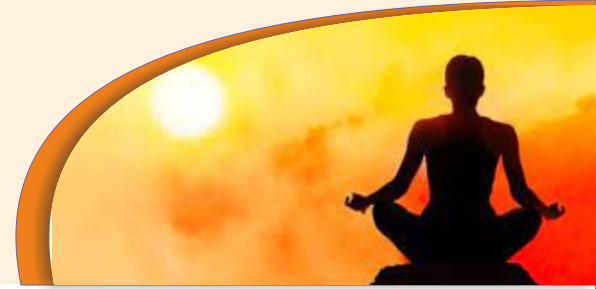
**Ms. Chandni Vora & Family, Vascroft Foundation, UK
Ahmedabad District, December 28, 2023**



**Interaction Session by Mr. Ramesh Shah & Mr. Pradip Shah, USA
with less privileged widows and women of
Ahmedabad District, December 28, 2023**



Life Health & Wellness Centre



Prices won by LHWC Participants in Yoga Competition at Atmiya School, Rajkot. September 17, 2023



Staff Well-being for Bank of Baroda Regional Office, Rajkot December 12, 2023



Programmes by Project 'Shakti'



Saurashtra University. September 13, 2023



Kanta Stree Vikas Gruh. October 12, 2023



Alaap Green City. December 19, 2023

Virtual Celebration of 5th Foundation Day Indian Yoga Association - Gujarat Chapter December 31, 2023



Indian Yoga Association - Gujarat Chapter
Virtually Celebrates 5th Foundation Day



"Akhand Bharat Yoga Parisamvad"

'Our Yogic Culture and its significance in Akhand Bharat Nirman'

{ Sunday, 31st December 2023 }
10:00 am



Shri Subodh Tiwari
Secretary General, IYA



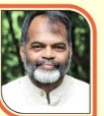
Dr. Ananda Balayogi Bhavanani
Joint Secretary, IYA



Brahmacharini Shobana
Joint Secretary, IYA



Dr. S. P. Mishra
CEO, PrCB, IYA



Dr. Ganesh Rao
Director, SRC, IYA



Dr. Ishwar Bhardwaj
Uttarakhand SCC



Kambampati Subrahmanyam
Andhra Pradesh SCC



Dr. Parinita Singh
Jharkhand SCC



Dr. Madanmohan T.
Pondicherry UTC



Dr. M. K. Taneja
Delhi UTC



Surya Pratap Singh Rajawat
Rajasthan SCC



Nataraj
Kerala SCC



Kamlesh Ulhas Bandekar
Goa SCC



Amit Kumar
Jharkhand SCC



Sarita Sharma
Life Member, IYA

Invitee



Acharya Birju Maharaj
Chairman, IYA-GC
Director IAYT

ઈન્ડિયન યોગ એસોસિએશન
ગુજરાત ચેપ્ટર
“જય જય ગરવી ગુજરાત
આપણું યોગમય ગુજરાત”

Invitee



Meetal Koticha Shah
Sr. Vice Chairperson, IYA-GC
Jt. Executive Trustee & CEO
Project 'Life'



Facebook link :

<https://www.facebook.com/IYAGujarat?mibextid=ZbWKwL>

Organized by : Indian Yoga Association - Gujarat Chapter





Life Health & Wellness Centre



Lecture Series 'How not to fall sick?'

Invitation

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

Dental Care for all Age Group
Common Dental Problems & Treatment

24th Sept, 2023, Sunday
10:00 am to 11:00 am

Dr. Vivek Raninga
BDS, FDS Restor. Specialist
<https://www.facebook.com/999life>

Lecture No. 258
'Dental Care for all Age Group'
Dr. Vivek Raninga

Invitation

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

Heart Attacks in Young Age: Reason & Prevention

29th Oct, 2023, Sunday
10:00 am to 11:00 am

Dr. Jaysan U. Dhamecha
MBBS, MD Medicine
Consultant Physician, Diabetologist & T2D specialist
<https://www.facebook.com/999life>

Lecture No. 259
Heart Attacks in Young Age:
Reason & Prevention
Dr. Jaysan Dhamecha

Invitation

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

Eye Disease: Prevention and Treatments

26th Nov, 2023, Sunday
10:00 am to 11:00 am

Dr. Animesh Dhruva
M.B.B.S., M.D. Ophthalmology, F.R.C.S.
<https://www.facebook.com/999life>

Lecture No. 260
Eye Disease: Prevention and Treatments
Dr. Animesh Dhruva

Invitation

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

Care of Ear

24th December 2023, Sunday
10:00 am to 11:00 am

Dr. Bharat Kakadia
MBBS, M.D. ENT, F.R.C.S. (ENT)
Consultant ENT Surgeon & Head & Neck Oncologist
<https://www.facebook.com/999life>

Lecture No. 261
Care of Ear
Dr. Bharat Kakadia

Shibirs for Yogic Solutions

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

Rope & Prop Yoga
Enlighten your inner effort of Asana

Benefits

- Lengthens Spine
- Opens Up Joints
- Improves Balance
- Strengthen Core Muscles
- Relieves Tension & Stress

Date: Saturday, 02/09/2023
Time: 7:00 to 8:30 am & 5:00 to 6:30 pm

Venue: Life Building, Race Course Ring Road, Rajkot
For Registration - Contact 85 11 33 11 33

Rope & Prop Yoga
September 02, 2023

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

Yoga Therapy Workshop

YOGA FOR KNEE PAIN RELIEF

Yoga practice, promotes relaxation and strengthen leg muscles to relieve knee tension.

Causes for Chronic Knee Pain

- Flaw Lifestyle
- Age - Related Degeneration
- Autoimmune Diseases
- Medical Conditions
- Nerve Issues

Benefits of Yoga Therapy

- Relief in Pain
- Increased Flexibility
- Improved Range of Motion
- Managing Obesity
- Strengthening Knees

By: Dr. Lav Sharma
Yoga Therapist, Project 'Life'

Date: Saturday, 23rd September 2023
Time: 7:00 to 8:30 am & 5:00 to 6:30 pm

Venue: Life Building, Race Course Ring Road, Rajkot
For Registration and Inquiries Kindly Contact: 85 11 33 11 33

Yoga for Knee Pain Relief
September 23, 2023

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

Yoga Therapy Workshop

આકુપચર થેરાપી વર્કશોપ

તા.રો. 09 થી 14 ઓક્ટોબર 2023

સમય: સવારે 8:00 થી 11:30 (પ્રથમ બેઠક)
અને 5:00 થી 7:30 (બીજી બેઠક)
સ્થળ: લાઈફ બિલ્ડિંગ, રેસકોર્સ રિંગ રોડ, રાજકોટ

સાઇકલોગીસ્ટ ડી: 750/-

માર્ગદર્શક: ડૉ. ખુશાલી ઝાલા (M.B.B.S.)
Incharge Holistic Therapies

નોંધ: કોન પણ સ્વાસ્થ્યકેશન ઓફિસ સેલેક્ટ લુક કરવાનો ફરિયાદના છે.

એકસપોઝર કયા રોગોમાં મદદ કરે છે?

- માનસિકી વશીકરણ
- વા, અંગ, પેશાબિયક
- માર્મરેન, અનિદ્રા, ટ્રિગેમ
- ડિપ્રેશન, સાર્વત્રિક અંગેશન
- વાજનું ખાનગું અને ડિપ્રેશન પેશાબ સ્ત્રી
- કોઈ પણ પ્રકારના ટ્રામા (અગ્નિ, દીવાલ, કોર્પી, કમર)

એકસપોઝર કોઈ કયા રોગોમાં મદદ કરે છે?

- અર્થશી બોનો નુકાસામાં ઈન્ફેક્શન પાછા હોઈ, અનિદ્રા, અંગેશન
- અંગેશન, અનિદ્રા, અંગેશન, અંગેશન
- અંગેશન, અનિદ્રા, અંગેશન, અંગેશન

રજીસ્ટ્રેશન અને લુક માઈલી માટે સંપર્ક કરો: 85 11 33 11 33

Acupuncture Therapy Workshop
October 9 - 14, 2023

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

Yoga Therapy Workshop

YOGA FOR JOINT PAIN RELIEF

Benefits of Yoga Therapy

- Increase Mobility
- Strengthen Joints
- Balance Synovial Fluids
- Reduce Pain, Stiffness & Swelling
- Improve Range of Motion
- Lower Stress & Tension

By: Dr. Satyajitsinh Zala
M.Sc., M.Phil., Ph.D. in Yoga
HOD - LHWCC - Project 'Life'

Date: 2nd December, 2023, Saturday
Time: 7:00 to 8:30 am & 5:00 to 6:30 pm

Venue: Life Building, Race Course Ring Road, Rajkot
For Registration and Inquiries Kindly Contact: 85 11 33 11 33

Yoga for Joint Pain
December 02, 2023

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

Yoga Therapy Workshop

YOGA FOR THYROID

Benefits of Yoga Therapy

- Balances hormones
- Improves blood circulation
- Reduces stress
- Weight management
- Improves sleep quality
- Stimulates thyroid function

By: Sakina Bharmal
Ph.D. in Yoga
Yoga Instructor, LHWCC, Project 'Life'

Date: 9th December, 2023, Saturday
Time: 7:00 to 8:30 am & 5:00 to 6:30 pm

Venue: Life Building, Race Course Ring Road, Rajkot
For Registration and Inquiries Kindly Contact: 85 11 33 11 33

Yoga for Thyroid
December 09, 2023

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

Diabetes Workshop

કાચાલીટીસ - એક ગંભીર સમસ્યા છે

યોગ દ્વારા તેનું સમાધાન

તો આ પાંચ દિવસીય વર્કશોપ આપના માટે જ છે.

ડૉ. સત્યજિતસિંહ ઝાલા
એમ.એસ.સી., એમ.ફિલ., એમ.પી.એલ., એમ.ડી.
H.O.D. સ્વાસ્થ્ય કેર અને સેલેક્ટ ફેસ

તા.રો. 25 ડિસેમ્બર થી 29 ડિસેમ્બર 2023

સમય: સવારે 8:00 થી 11:00 અને સાંજે 4:00 થી 6:00

સ્થળ: 'લાઈફ', લાઈફ બિલ્ડિંગ, રેસકોર્સ રિંગ રોડ, રાજકોટ

સંપર્ક માટે સંપર્ક કરો: 85 11 33 11 33

Diabetes Workshop
December 25 - 29, 2023



Life Health & Wellness Centre



Articles in Yogvani

Yogvani is official monthly magazine of the Indian Yoga Association (IYA) which is a self-regulatory Body of Yoga Organizations. IYA is committed to promotion and advancement of Yoga and its applications around the world.



October-2023

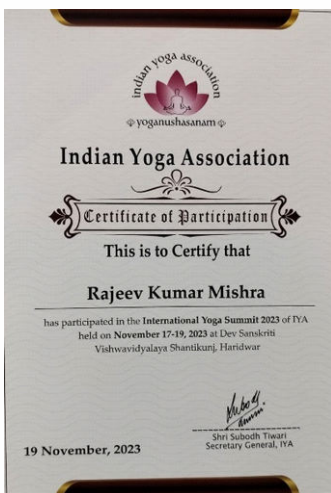


November-2023



December-2023

Participation in International Yoga Summit, 2023. November 17-19, 2023 Dev Sanskriti Vishwavidyalaya Shantikunj, Haridwar



Certificate of Participation



Shri Subodh Tiwari,
Dr. H. R. Nagendraji, Dr. Amit Singh,
SVYASA, Col. Atul Bhandari,
Acharya Birju Maharaj & Rajeev Mishra



Dr. Chinmay Pandya, Pro-Vice
Chancellor, Dev Shanskriti
Vishwavidhyala, Haridwar



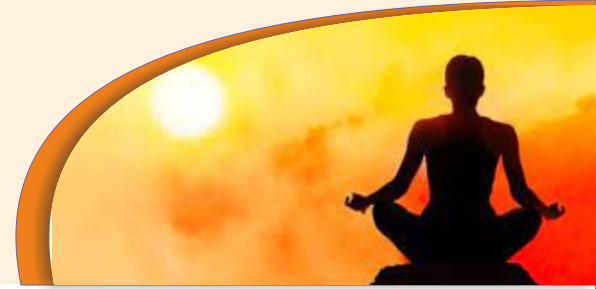
Unveiling book "Yoga For Life"
published by Life Health &
Wellness Centre

1st Prize received by Mr. Jasmin Panchasara, in Poster Presentation - Scientific Research Category at National Conference - Kaivalyadhama December 01, 2023





Life Health & Wellness Centre



Yoga for Well-being for Project 'Life' Staff



Yoga on Stress Management, September 23, 2023



Work Efficiency through Yoga, October 28, 2023



Chair Yoga & Meditation, November 04, 2023



Promotion of Positive Health through Yoga, November 18, 2023



Face Yoga & Bindu Tratak, November 25, 2023



Talk on Yoga & Practical Session, December 16, 2023

Meetal Koticha Shah
Jt. Executive Trustee & CEO

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