

## **UniFiji Holds Blood Drive**

The University of Fiji held a “Blood Donation & Donation of Life: Youths Take Action!” workshop together with a blood drive on April 20, 2018.

Speaking as the keynote speaker, Mr. Ashok Muni, Director of Smart Lab, Fiji, stated that there were positive implications of regularly donating blood.

“Donating blood will not help a person in need of blood transfusion. Blood donation has various medical benefits including it lowers the chances of cardiovascular disease by 33%, removes excess iron in the blood and lowers the chances of having a heart attack,” he stated.

The Registrar, Ambassador Kamlesh Arya, a regular blood donor, said that he had felt the benefits of donating blood as well as help save the life of a close family member. He urged students as well as other attendees to become regular blood donors.

Nearby communities including Viseisei, Lomolomo and Saweni actively took part in the blood drive the medical check-up and benefitted from the activities organised and conducted by UPSM & HS students and staff. .

The blood drive is hosted twice annually at the University to help save lives and also acts as a community engagement project under corporate social responsibility as enshrined in the Strategic Plan 2017-2021.

Apart from the blood people also benefitted from the free health check up including blood sugar test, blood cholesterol test, blood pressure check-up, BMI( height and weight status), cardio check up (ECG), eye and ear check-up and CPR demonstration.