

Report on the World Thalassemia Day

Date: 8th May, 2025

Time : 5-6pm.

Location: Raidighi Rural Hospital, in collaboration with Amra Rakta Yoddha Group Raidighi

Volunteers in Action ; Shramdaan by 07 volunteers.

Participants: 17 thalassemia patients aged between 2 to 18 years.

Guest Speakers : Dr. Alok Jaldata, MLA

Mr. Sudip Jana, Member –Amra Rakta Yoddha Group, Raidighi and others

Event Summary:

Thalassemia is an inherited blood disorder that affects the body's ability to produce haemoglobin and healthy red blood cells. Types include alpha and beta thalassemia. A person suffering from thalassemia usually experiences anaemia-like symptoms that range from mild to severe. Treatment consists of blood transfusions and iron chelation therapy. Symptoms include- fatigue, breathing trouble, sensation of cold, dizziness, pale skin.

On May 8, 2025, World Thalassemia Day was observed at Raidighi Rural Hospital in collaboration with Amra Rakta Yoddha Group Raidighi. The event aimed to raise awareness about thalassemia, a genetic blood disorder that affects millions of people worldwide. Raidighi College NSS Unit-1 volunteers participated in this community awareness and outreach program and gained knowledge about the disorder.

Objective:

The objective of this day's observation was to raise awareness about this genetic disorder that affects millions of people across the globe. India has a significant burden of this disorder with an estimated 100,000 to 150,000 patients with beta-thalassemia major. Additionally around 42 million carriers of beta-thalassemia trait. This makes India home to the largest number of children with thalassemia major. Lack of awareness being one of the greatest cause behind such a huge number.

Educate community people about the causes, symptoms and treatment options.

Importance of prevention and early detection for impromptu medical intervention.

Key Activities:

Public Awareness Campaign: The event featured an Awareness campaign, educating attendees about thalassemia, its symptoms, and treatment options.

Blood Donation Drive: A blood donation drive was organized, encouraging attendees to donate blood and support thalassemia patients who require regular blood transfusions.

Blood testing & Patient Support: The event provided an opportunity for patients and their families to connect with healthcare professionals and receive support and counselling. Free blood testing and screening for thalassemia was also done at the camp.

Education & Counselling: The thalassemia unit of the hospital offers free counselling sessions and education on prevention methods.

Outcome:

The event was successful in raising awareness about thalassemia and promoting community engagement. Attendees showed enthusiasm and commitment to supporting thalassemia patients. Many local people came forward to donate blood for the good cause. Early detection is crucial and timely treatment can significantly improve the quality of life for individuals with this disorder. Prevention is possible with genetic counselling and prenatal testing.

- Increased awareness among community people and volunteers.
- Improved health outcomes for individuals with thalassemia -early detection and treatment.
- Reduced stigma and increased understanding can improve quality of life for patients and families.
- The volunteers of NSS extended shramdan at the camp and learnt a great deal about the disorder.

Acknowledgments:

Raidighi College and NSS Unit-1 extend heartfelt thanks to **Raidighi Rural Hospital** and **Amra Rakta Yoddha Group** for giving this opportunity to collaborate with them and participate in this great cause.

WORLD THALASSEMIA DAY - 8th MAY

Blood Donation Camp - Shramdan

(16)

Venue - Raidighi Rural Hospital

Time - 5:00 - 6:30pm

Speaker - Mr Sudip Jana, Anna Rakta Yoddha
Dr. Alok Jalduta

S ^{no}	Name of Participant	caste ^(*)	Age ^(Years)	Contact ^(*)
1	Mitali Halder		8	
2	Anpon Samdan		12	
3	Ankita Munia		10	
4	Sunita Paul		6	
5	Reju Sanpui		6	
6	Suman Purkait		7	
7	Paritosh Bhandari		2y 10m	
8	Saumita Halder		2	
9	Sohan Baigya		3	
10	Manash Tanti		18	
11	Koyel Miday		14	
12	Durga Pandit		8	
13	Rucha Baissagi		10	
14	Saip Ruidas		8	
15	Saumyadip Purkait		13	
16	Himadri Mandal		7	
17	Debnay Gayen		15	

NOTE: (*) children / patients - could not tell their caste & contact numbers

SHRAMDAN VOLUNTEERS :

S ^{no}	Name of Volunteers	CASTE	SEM	CONTACT NO.	SIGNATURE
1	Suchismita Gayen	SC	2 nd	8509891009	Suchismita Gayen
2	Ananya Mandal	G	2 nd	8695824146	Ananya Mandal
3	Suderna Halder	G	2 nd	9609104973	Suderna Halder
4	Susmita Ghoshai	G	2 nd	8768993066	Susmita Ghoshai
5	Debashmi Roy	G	2 nd	9332301685	Debashmi Roy
6	Ranita Bera	OBC	2 nd	9907007901	Ranita Bera
7	Anushri Rani Paria	G	2 nd	9093091757	Anushri Rani Paria





