

BLOOD TEST & DONATION CAMP



DIVINE SHAKTI
FOUNDATION

2nd February, 2026

**Parmarth Niketan,
Rishikesh**



REPORT ON BLOOD DONATION AND BLOOD TEST CAMP

Organized by : Divine Shakti Foundation in collaboration with Parmarth Niketan and Veera Foundation

Venue : Swami Shukdevanand Charitable Hospital, Parmarth Niketan, Rishikesh

Date : 2nd February, 2026

Introduction

Divine Shakti Foundation (DSF) is committed to promoting the health, wellness, and overall well-being of all, especially the underprivileged and vulnerable sections of society. Through regular medical camps, awareness programmes, and community outreach initiatives, DSF strives to ensure access to basic healthcare services for those in need.

Continuing this noble mission, DSF recently organized a Free Blood Donation and Blood Test Camp at Swami Shukdevanand Charitable Hospital, Parmarth Niketan, Rishikesh, in collaboration with Parmarth Niketan and Veera Foundation. The camp aimed to encourage voluntary blood donation, raise awareness about blood health, and provide free diagnostic services to the local community. A large number of residents from nearby areas, ashram volunteers, devotees, students, and visitors participated, making the initiative highly successful and impactful.



Inauguration and Spiritual Commencement

The camp was inaugurated with a traditional lamp-lighting ceremony, invoking divine blessings for the success of the initiative. The Rishikumars of Parmarth Gurukul chanted sacred Vedic mantras, creating a spiritually uplifting atmosphere and setting a sanctified tone for the day. Their participation highlighted the harmonious integration of spirituality and service, reinforcing the message that selfless service is an essential part of spiritual life.

Pujya Swami Chidanand Saraswatiji's Message

In his inspiring address, Pujya Swami Chidanand Saraswatiji emphasized that medical services are a living expression of the eternal principle of "Nar Seva hi Narayan Seva" (service to humanity is service to God). He described blood donation as a Mahadaan (great donation) because it has the power to save lives directly.

Swamiji explained that a single unit of blood can become a lifeline for:

- Accident victims
- Mothers during childbirth
- Children suffering from thalassemia
- Patients battling serious or life-threatening illnesses

He highlighted that a small act of kindness can transform into hope for a family, a smile for a mother, and a secure future for a child.

Swamiji further shared that donating blood for an unknown person is the highest expression of compassion, sacrifice, and unity, reflecting the oneness of humanity. He reassured everyone that blood donation is a completely safe process and also beneficial for healthy individuals, as it supports the formation of new blood cells and helps maintain good health.

He urged people, especially the youth, to come forward, embrace this noble practice, and become ambassadors of compassion in society.

Medical Arrangements and Safety Measures

The camp was conducted under the supervision of experienced doctors and trained medical professionals. All necessary safety, hygiene, and sterilization protocols were strictly followed.

Before blood donation, every participant underwent a basic health screening, including checking blood pressure, hemoglobin level, and general health condition, to ensure donor safety. Comfortable arrangements were made for donors, including resting areas, refreshments, and post-donation care, ensuring a smooth and reassuring experience for all.

Camp Specialities and Services Provided

In addition to blood donation, free blood testing was offered to all visitors. These tests helped assess Hemoglobin levels, Blood sugar levels and Nutrient deficiencies

A significant number of women participants were found to have low iron levels. They were provided free folic acid and vitamin supplements, along with guidance on nutrition and healthy dietary practices.

Many local residents, Parmarth Niketan volunteers, volunteers from nearby ashrams such as Gita Bhavan and Van Prasth, Rishikumars of Parmarth Gurukul, devotees, and yoga students willingly donated blood for Veera Foundation's Blood Bank, strengthening its capacity to support patients in need.





Awareness Session for Rishikumars

Following the medical activities, DSF organized a special awareness session for the Rishikumars of Parmarth Gurukul. The session focused on:

- Importance of blood donation
- Maintaining healthy blood through proper nutrition
- Lifestyle habits for overall wellness

The Rishikumars listened attentively and took an oath to donate blood when eligible and to spread awareness about blood health and voluntary blood donation within society.



Conclusion

The Blood Donation and Blood Test Camp proved to be a meaningful and life-saving initiative, reflecting the collective spirit of service, compassion, and unity. It not only provided immediate medical support but also strengthened awareness about preventive healthcare and voluntary blood donation.

Divine Shakti Foundation, along with Parmarth Niketan and Veera Foundation, remains committed to organizing such humanitarian initiatives in the future to ensure that quality healthcare reaches every section of society. This camp truly embodied the message that a single act of kindness can save a life and transform the world for someone.

