

infections can be contracted from donating blood. However, this is avoided as sterility is maintained at all steps.

Thirdly, there is limited blood in the body and it is unhealthy to give some away. The truth is only about 350-450 ml of blood is taken during a donation session. There is enough blood in the body to donate it without any ill effects.

The next myth associated is that health deteriorates after donating blood. However, if you are healthy prior to donation, your recovery is complete in a day or two. People also fear that they cannot indulge in any physical activities. It is advised to avoid heavy lifting or strenuous workouts after donation but everything can be resumed within a day.

Everyone can save three lives by donating 350-450 ml of blood.



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information to make informed choices in their city. It is a helping guide for the residents of Pune which offers localised services

local citizens, residents and tourists understand the panorama of the city of Pune in a much better light. These services and new options are

cities have been covered through a dedicated portal for each of them, nearly 4,000 other towns of the country have been covered as sub sites on their respective state portals.

INDIA, AUSTRALIA SHARE INDUSTRY EXPERIENCES AT ABWI



A 25-member Australian Health and Assisted Living delegation was in Pune to share their industry experiences and develop partnerships with their Indian counterparts as a part of the Australia Business Week in India (ABWI).

With a mission to identify, strengthen and

deepen relationships with India, the delegates discussed healthcare and assisted living for both Australian and Indian organisations.

The forum held at Vivanta by Taj was led by Patrick Kearins, Trade Commissioner - South Asia and leader of the Health and Assisted Living delegation, along with Celia Cornwell, Dean International, Faculty of Health Sciences, Curtin

University and Jeffrey Markoff, Chief Executive Officer, Belrose Care. Dr Arun Jamkar, Vice-Chancellor, Maharashtra University of Health Sciences (MUHS), and Mansoor Dalal, Founder and Chairman of ALSF shared their insight on the opportunity that India provides in this segment.

"Research and development is a strong area for collaboration between India and Australia with a focus on tropical health, along with university collaborations. On a broader level with a regulatory and political point of view, we have a mutual synergy between the Ministry of India and Australia sharing expertise, ideas and researches. The future seems to be very exciting and bright for joint collaboration between India and Australia especially in the delivery of services and education," he said.

"Australia has one of the most established aged care sectors in the world, having evolved the current model over more than 50 years and can deliver multiple levels of care for seniors, their careers and families. The aged care system in Australia is one of the most thoroughly regulated in the world and is used as a model by many other countries," said Kearins.

Dr Arun Jamkar, Vice-Chancellor, Maharashtra University of Health Sciences, said they have signed a MoU with the Minister of Sydney for a faculty and exchange programme.