

BRUNEI DARUSSALAM NATIONAL OLYMPIC COUNCIL

BLOOD DONATION DRIVE 2020



OUR CHAMPIONS SAVE LIVES

**3rd and 5th December 2020 (9.00 am – 3.00 pm)
at Hassanal Bolkiah National Sports Complex Swimming Pool**

Supported by:

Blood Bank, RIPAS Hospital, Ministry of Health

Youth and Sports Department, Ministry of Culture Youth and Sport



HEROES COME IN ALL TYPES AND SIZES

THANK YOU MY CHAMPIONS

DONATE BLOOD, SAVES LIVES
MAKE BLOOD DONATION YOUR
RESPONSIBILITY

WE BLEED FOR A CAUSE

MESSAGE FROM THE PRESIDENT OF BRUNEI DARUSSALAM NATIONAL OLYMPIC COUNCIL



Assalamualaikum Warahmatullahi Wabarakatuh

On behalf of Brunei Darussalam National Olympic Council (BDNOC), I wish everyone a good health especially during this difficult time of the year where the pandemic is still going on around the globe. Stay safe and please follow all the guidelines provided by the Ministry of Health.

For the first time, the BDNOC, in collaboration with Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital's Blood Donation Center will be organizing a noble event that will help to increase the number of blood donations in Negara Brunei Darussalam. We are expecting at least 250 participants, ranging from our athletes, coaches, managers, all members of National Sports Associations, as well as members of the public during the 2-Day event. BDNOC will continue to hold the event annually in the hope of creating more awareness amongst the sports community in Negara Brunei Darussalam in regards to the importance of blood donation, and to show how this benevolence act can help to save the lives of others.

Although it is not widely known, blood donation can have an inconspicuous positive health benefit. I call upon everyone to join us at the Brunei Darussalam Swimming Complex, Stadium Negara Hassanal Bolkiah, Berakas on the 3rd and 5th December 2020, and be the champion, a Hero, to save others. Carrying the theme 'Our Champions Save Lives', BDNOC believes in how vital it is for our athletes to continuously perform this noble act of community work.

As a token of our appreciation, we would be awarding a specially engraved medal, together with Certificate of Donation to all the registered participants. This will be deemed as the kick-start for our athletes to constantly inspire and help others especially those who are in need.

Finally, I would like to express my utmost appreciation and gratitude to all the sponsors, media and volunteers who have helped with the organization of the 2020 Blood Donation Drive. My well wishes goes out to all blood donators.

His Royal Highness Prince Haji Sufri Bolkiah
President,
Brunei Darussalam National Olympic Council

PROGRAM

THE BLOOD DONATION PROCEDURE

3rd and 5th December 2020

Booking time as per registration

- Slot 1 9:00 am to 10:00 am
- Slot 2 10:00 am to 11:00 am
- Slot 3 11:00 am to 12:00 pm
- Slot 4 12:00 pm to 1:00 pm
- Slot 5 1:00 pm to 2:00 pm
- Slot 6 2:00 pm to 3:00 pm

Time duration per check up

2 minutes - body temperature check and mask given for free to participants

- Registration check in

5 minutes - Filling in medical history form (Health and lifestyle questionnaires)

- Receiving food packs per participant

10 minutes - Mandatory health check (pulse rate, blood pressure and haemoglobin test)

10 to 15 minutes - Blood donation per participant

- Receiving token of appreciation



Brunei Darussalam National Olympic Council will organize a Blood Donation Drive on the 3rd and 5th December 2020 (Thursday and Saturday) from 9.00 am until 3.00 pm. The event will be held at the Brunei Darussalam Swimming Complex, Stadium Negara Hassanal Bolkiah, Berakas.

This event in collaboration with Blood Donation Center, Raja Isteri Pengiran Anak Saleha Hospital is supported by Youth and Sports Department, Ministry of Culture Youth and Sport, with the theme '***Our Champions Save Lives***'.

The main objective is to help increase blood bank at RIPAS, ensuring that safe blood will be available and sufficient. Furthermore, we aim to promote awareness among the athletes and sports community on the importance of blood donation as a tool to save lives for those in need. There is a continuous demand of blood supply as blood can only be stored for a limited time before they are used.

BDNOC recognises that every blood donor is a hero. To show our appreciation, every registered participant will be given a medal of appreciation with the inscription '**Thanks! My Champion**', as well as **Certificate of Donation** signed by The President of Brunei Darussalam National Olympic Council, His Royal Highness Prince Haji Sufri Bolkiah.



The Blood Donation Drive targets and encourage athletes, coaches, managers, National Sports Association's members and members of sports society to participate. Public are also welcome to join by registration via the QR code provided below:



In addition, the Paediatric Haematology at the Women and Children's Centre of RIPAS Hospital will also be displaying information at their booths regarding Thalassemia and the impact of donating blood for patients with this medical condition.

Donating blood can help to save the lives of:

- People who go through disasters or emergency situations;
- People who lose blood during major surgeries;
- People who have lost blood because of a gastrointestinal bleed;
- Women who have serious complications during pregnancy or childbirth;
- People with cancer or severe anemia sometimes caused by thalassemia or sickle cell disease.

Narcotics Control Bureau from the Prime Minister Office will also be putting up a booth and displaying information on drug abuse prevention to educate the public on the effect of drugs.

GENERAL GUIDELINE AND INFORMATION:

Requirements to be eligible to donate blood:

- Aged between 17 and 65 years old
- Weighing at least 45 kg (checked by Doctor)
- Must be in good health at the time of donation

The 4 steps of blood donation procedure:

1. QR Registration

To complete general information such as name, Identity Card Number and phone number and book your appointment slot.

2. Medical history

To answer all questions regarding your health and lifestyle (details will be confidential)

3. Short health exam

There will be a mandatory health exam to determine eligibility which include pulse rate, blood pressure, temperature and a small sample of blood for testing (haemoglobin)

4. Donating Blood

A phlebotomist from RIPAS hospital will collect blood from donors which takes about 10-15 minutes for 1 pint (one unit) of blood.

One week prior to donating blood, participants are advised to eat healthy foods containing iron such as meat, seafood, vegetables such as spinach and sweet potatoes, breads, fruits, beans and tofu.

The public are also advised to drink plenty of fluids, wear comfortable clothes with sleeves that you can easily roll up above your elbow and to bring donation book and off-day training.

ADVISOR

HIS ROYAL HIGHNESS PRINCE HAJI SUFRI BOLKIAH

(The President of The Brunei Darussalam National Olympic Council)

CHAIRMAN

Haji Muhd Zamri bin Dato Paduka Haji Hamdani

(Vice-President, BDNOC)

CO-SECRETARY

Haji Zuraimi bin Haji Abdul Sani

(Secretary General, BDNOC)

Umi Kalthum binti Haji Abdul Karim

(Athletes Commission, BDNOC)

MEMBERS:

Mejar (B) Md Talip bin Haji Mohd Tahir

(Assistant Secretary General, BDNOC)

Pengiran Abdul Raub bin Pengiran Haji Ghani

(Athletes Commission, BDNOC)

Dayangku Siti Amal Jariah binti Pengiran Haji Matjinen

(Women Representative, BDNOC)

HEAD OF BLOOD BANK

Haji Matusop bin Haji Daud
(*RIPAS Hospital*)

REGISTRATION & PROMOTION

Pengiran Abdul Raub bin Pengiran Haji Ghani
(*Athletes Commission, BDNOC*)

SOUVENIRS & SPONSORSHIP

Umi Kalthum binti Haji Abdul Karim
(*Athletes Commission, BDNOC*)

REFRESHMENT & GOODIES

Dayangku Siti Amal Jariah binti Pengiran Haji Matjinen
(*Women Representative, BDNOC*)

Volunteers

Nurul Asksidek bin Jamadil
Nurul Faizah binti Haji Mohd Salleh

LOGISTICS & EQUIPMENT

Mohd Saiful Rizal bin Haji Mohd Yakub
Pengiran Haji Khairil bin Pengiran Dato Paduka Haji Damit
Johari bin Haji Bakar
(*Youth and Sports Department*)

HEAD OF AWARENESS PROGRAM

Hjh Rosediana binti Haji Hidop

(Vice President BNA)

Volunteer:

Rennay Masdiana binti Haji Hidop

Siti Nurshafiqah Adriana binti Haji Mohd Fouzan

HEAD OF VOLUNTEERS

Pengiran Dr Rafidah binti Pengiran Haji Petra *(UTB)*

Volunteers:

Siti Rauufah binti Haji Omarali

Pg Nurizzati binti Pg Arifin

Matt Dennis bin Matrantis

Eddy Eleazar Anak Ealau

Jauhar Jazlan bin Jamri

Jason Lin Hong Kuan

Norafiqah binti Maroop

Dk Nur Syaidatul Afifah binti Pg Mahari

Siti Aisyah binti Abdul Latiff

MEDAL



CERTIFICATE



Blood Bank, RIPAS Hospital,
MOH

Youth and Sports Department,
MCYS

Department of Co-Curriculum Education,
MOE

Narcotics Control Bureau,
PMO

Pediatric Hematology, Women and Children Center, RIPAS Hospital

Radio Television Brunei

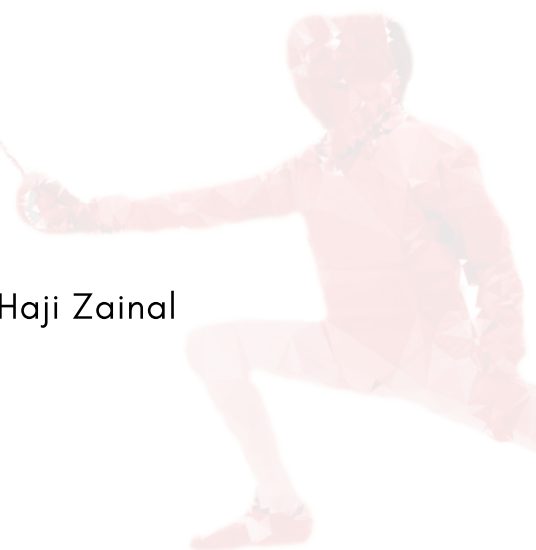
University of Technology Brunei

Media

SPECIAL THANKS TO:

Superwater Marketing Sdn Bhd
Kim Teck Cheong Grandtop Sdn Bhd (Milo)
Alimen Enterprise Gift & Souvenirs
Wing On Printing Sdn Bhd
Brunei National Sports Associations

Abang Muhammad Huzairie
Abd. Karim Bin Hj. Chuchu
Abdul 'Azhiim Bin Haji Abd. Latif
Abdul Azim Bin Abdul Rashid
Abdul Azrie Bin Abdul Adi Putra
Abdul Faiq Bin Mahari
Abdul Hadi Bin Saidin
Abdul Wadud Fazura Bin Haji Abdul Halim
Abu Khaledi Yussrrie@Yashife Bin Abu Bakar
Abu Zar Bin Abdullah
Adibah Nizar Binti a'akub
Ahmad Aniq Akmal Ibnul As
Ahmad Syazwan Bin Ali
Ahmad Termizi Hj Noordeen
Ak Hj Mohd Firdaus Bin Pg Hj Ahmad
Ak Shari Addeni Pg Tajuddin
Alif Bin Yahya/Johari
Amirul Bin Ahat
Amirul Bin Salleh
Ang Beng Siong
Anggoro Bayu Pratama
Ardiana Haji Ahmad
Arif Bin Yahya
Armawinah
Ashley Khoo
Ashria Bin Haji Ismail
Asmawi Hj. Ibrahim
Asri Haji Aspar
Awangku Muhammad Abdul Quddus Bin Pengiran Haji Zainal
Awangku Muhammad Syazwi Bin Pengiran Yusoff
Azana Hj Ahad





Azni Jasmin Bin Hj Jaafar
 Azwan Muhamad Saleh
 Bahhari Bin Hj Abd Rahman
 Basma Lachkar
 Benjamin Sim
 Bryan Benedict Loh Boon Chong
 Chloe Chen
 Chong Kim Moi
 Daniel Chua Wei Fan
 Dayang Noraini Binti Mohd Hashim
 Dk Hj Samsiah Bte Pg Hj Damit
 Dk Mashayattol Kamilla Binti Pg Haji Petra
 Dk Siti Amal Jariah Pg Matjinen
 Dyg Norhensan Binti Hj Awg Mataha
 Dyg Yusrimah Bye Hj Yunus
 Dzulazmi Mutalib
 Esmawandy @ Nur Uzma
 Khadijah Binti Brahim / Ibrahim
 Fakhri Ismail
 Fandi Bin Abdul Rahman
 Farhah Syahirah Mohamad Shamrin
 Farhana Najeeha Binti Abdul Rahman
 Fatin Adilah Binti Haji Mahadi
 Fatin Ismail
 Fatin Nur Ashikin Binti Abu Bakar
 Fatin Nurhayati Binti Haji Mejenie
 Hajah Anis Sabrina Haji Yahya
 Hajah Asmimawati
 Hajah Noraini Haji Pungut
 Hajah Surayati Haji Md Hasan
 Haji Abdul Hana Bin Haji Nayan

Haji Abdul Rahman Bin Haji Mohd Said
Haji Abdul Rahman Haji Tamit
Haji Abu Bakar
Haji Kahar Haji Moktal
Haji Mohammad Jawi Hatta Bin Hj Mohd.Jakut
Haji Mohammad Salleh Haji Haris
Haji Muhammad Suhaimi Haji Ibrahim
Haji Muhammad Zainul Abidin Hj Brahim
Hamzah Bin Ghani
Han Qin Yun
Hanita Binti Haji Tamin
Hetty Hartini Binti Talio
Hiew Tzee Fong
Hj Abdullah Bin Hj Munchit
Hj Amli Bin Hj Gafar
Hj Ibrahim Hj Makhbar
Hj Ismadey Hj Hussin
Hj Jaffar Bin Hj Matussin
Hj Jamudin Bin Hj Md Tahir
Hj Matali Bin Matusop
Hj Md Sufri Bin Hj Abd Rahman
Hjh Amalia
Hjh Masnor Hj Puasa
Hjh Nora Amalina Bte Dp Hj Ibrahim
Hjh Norhayati Binti Hj Mohamad Tahir
Hjh Norlelawati Hj A.Bakar
Isidro Del Prado
Jamri Ramlee
Joehari Hj Justin
Johari Hj Bakar
Julian Law Yee Hou
Junaidi Bin Brahim





Kelvin Chua Wei Siang
Khairil Indera Bin Ibrahim
Khalisha
Kong Siek Lean
Kung Teck Min
Kwa Boon Wee
Li Chun Hong
Li Hui
Lim Chee Jin
Lim Kim Bit
Lim Tat Hwe
Ling Yang Huy
Marsita Bte Hj Kamel Jumat
Maziah Mahusin
Md Azhar Sabri Bin Hj Md Rahim
Md Baharshatri Bin Hj Md Rashid
Md Iqbal Syafiee Bin Jafire
Md Khalid Bin Momin
Md Shahrazen Said
Mohamad Abi Rahmad Bin Haji Tawar
Mohamad Arif Hj Latif
Mohamad Firdaus Bin Haji Rashid
Mohamad Khairin Bin Idris
Mohamad Nooh Bin Hj Abd Razak
Mohamad.Reduan Bin Japarudin
Mohammad Abdul Aziz Ali Azim@Rudy Bin Ahmad
Mohammad Abu Hurairah Bin Sakawi
Mohammad Aisamuddin Bin Haji Jeffri
Mohammad Ekhsan Ishkandar Bin Ahmad
Mohammad Faisal Bin Hashim

Mohammad Faisal Bin Hashim
Mohammad Fauziman Haji Jamil
Mohammad Fazil Rewandie Bin Mohd Faizal
Mohammad Hafizuddin Bin Salehuddin
Mohammad Hamdi Bin Hj Abd. Hamid
Mohammad Izazz Bin Maroop
Mohammad Jamil Bin Hj Abd Hamid
Mohammad Juzailee Bin Haji Abdul Rahim
Mohammad Norsafarizan Bin Haji Awang
Mohammad Rizal Bin Hj Besar
Mohammad Saiful Rizal Bin Mohd Alli
Mohammad Sarifuddin Bin Abd Rahim
Mohammad Wardun Bin Yussof
Mohammed Helmi Fahziq Bin Hoseni
Mohd Amirul Faaiz Bin Bahrom
Mohd Hazim Bin Ramliee
Mohd Sufi Shayiran Bin Roslan
Mohd Yassin Bin Awg Hj Abd Ghani
Mohd Zulkhairi Bin Haji Mohd Salleh
Moza Syaffiarizal Bin Haji Mohamad
Muhammad Alif Akhari Bin Rosli
Muhammad Danial Bin Haji Mohammad Salleh
Muhammad Fahmi Bin Haji Manan
Muhammad Farish Aryan Bin Abdul Rahman
Muhammad Fathurrahman Bin Haji Zulkifli
Muhammad Firdaus Bin Jafaradin
Muhammad Khairul A'azmi
Bin Awang Haji Mohd Said
Muhammad Mirza Akmal Bin Awang Roslie
Muhammad Nurakmal Faizuddin Bin Mohammad Faizal
Muhammad Nurfirdaus Bin Mohammad Faizal



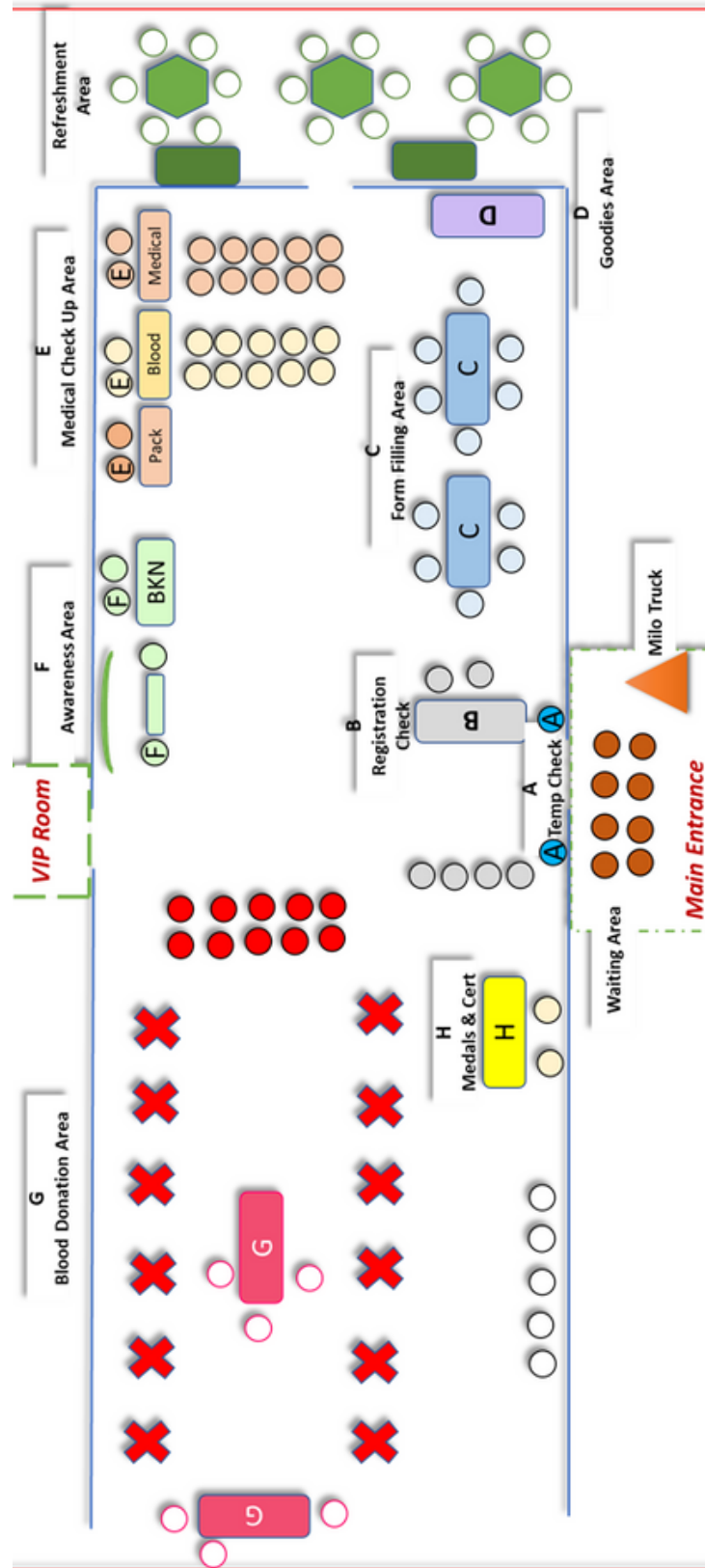
Muhammad Redzuan Bin Haji Yusof
 Muhammad Shukri Bin Zainal Abidin
 Muhammad Shukri Hj Masri
 Muhammad Syafiq Bin Haji Hasnul Fikri
 Muhammad Syafiq Syukri Bin Awang Arifin
 Muhd Ashraf Fuad Bin Muhd Nizamuddin
 Muhd Hadi Zakwan B. Hj Muhd Hassanal Mega
 Muhd Sahzainizal Bin Hj Md Salleh
 Muhd Sufizan Bin Mohd Sofian
 Muhd Zamri Dato Hamdani
 Mus Sumardy Bin Haji Jupri
 Nai'mah Nor
 Nairol Haniza Hamzah
 Nashriq Moxsin
 Neo Lien Sien
 Ng Kwong Fatt
 Ngieng Chew Yn
 Niswan Mujibah Binti Haji Hasnan
 Noor 'Izzati Binti Haji Mohd Allinoor
 Noormasusanti @Rofinah Binti Hassan
 Noorsham Hj Shamsu
 Nor Ariffien Bin Amedun
 Norafiqah Binti Maroop
 Norafizah Binti Matossen
 Norhanimah Hj Abd Ghani
 Norhijjah Binte Moktar
 Nor'izzati Hj Mohd Ali
 Norleyermah Haji Raya
 Norleyharyanti Binti Haji Raya
 Norman Bin Haji Mohd Sa'ad

Nur Batrisyia Binti Amzari
 Nur Haiman Bin Haji Kamat
 Nur Naila @Zoe Binti Hj Abd Karim
 Nur Rabiatusadawiah Haris Fadilah
 Nure'zzati Matalli
 Nurul Ali Bin Kilali
 Nurul Bahriah Afiah Haji Matali
 Nurul Haffijah Binti Junaidi
 Okhida Simangasing
 Pau Keak Yiu
 Pengiran Alimin Bin Pengiran Anak Haji Metussin
 Pengiran Haji Mohammad Yusren
 Pg Abdul Raub Phg
 Pg Anak Hasnan Bin Pg Anak Hj Rozanan
 Pg Haji Matali Bin Pg Haji Daud
 Pg Hj Hishamuddin Bin Pg Hj Hashim
 Pg Hj Khairil Pg Dp Hj Damit
 Pg Hj Mohammad Hasimudin Bin Pg Hj Md Yassin
 Pg Junaidi Bin Pg Hj Bakar
 Pg Masni Pg Bahar
 Pg Mohd Amirrizal Pg Haji Mahmud
 Pg Mohd Khairul Amin Bin Pg Hj Mohd Alam
 Pg Mu'izzuddin Bin Pg Ismail
 Pg Putera Md Amir Osman Bin Pg Hj Matussin
 Pow Yin Khong
 Raimi Bin Ramli
 Raimy Bin Rahim
 Ramliee Bin Hj Jeludin
 Rapidi Bin Haji Matali
 Resmah Binti Haji Sarbini
 Rodhyatul Adhwanna Binti Bakar
 Rokiah Kesut





Roslan Hj Lamit
Rosmarini Mohamad
Rudynoreano Bin Haji Naweh
Saiful Rizal Bin Othman
Sharifull Rizal Bin Hj Md Serudin
Silimin Bin Hj Dollah
Siti Adia Binti Tawang
Siti Marhayati Ahmad
Siti Nur Afiqah Binti Rimi/Zul Hazmi
Siti Rosita Binti Haji Mohd Yusof
Sng Soh Khim
Sukardi Bin Kaderi
Sukarni Binti Haji Shahperi
Supri Bin Salamat
Suzana Hj Shahperi
Syazana Akmal Ahmad Al-Shokry
Syuhaidah Hj Sukri
Umi Kalthum Abd Karim
Vanessa Pang Li Thuan
Wardah Me'raj
Wong Jo Lin
Yoshea Rayendra
Poerawinata
Yu Sze Tee
Zaim Roslan
Zainatul Amal Binti Taruna
Zul-Hilmi Hj Ali
Zulizzi Yahya
Zuraidah Binti Haji Abdul Amit
Zurainah Bte Haji Zaini





**THANK YOU
MY CHAMPIONS**