



● MARCH 2021

Thalassemia and Sickle Cell Society *report*

“We are not defined by the obstacles



Yashwanth

This is the story of Yashwanth, a young boy managing the demands of thalassemia, a blood disorder since he was 1 year. Born in Pidugurala, Guntur district to parents who had a consanguineous marriage, Yashwanth was diagnosed with a severe form of thalassemia at the age of one year.

But genetic tests showed each of the parents were carrier for the thalassemia trait and Yashwanth had inherited two defective genes, one from each of them. Diagnosis was a surprise to everyone thus parents realized that they have lost 1 kid at the age of 5 months just due to the lack of knowledge about Thalassemia.

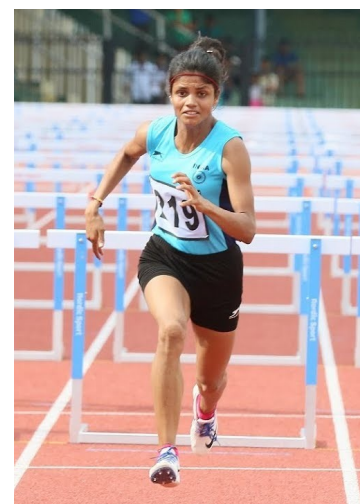
Once Yashwanth was diagnosed with thalassemia, he started receiving blood transfusions shortly he was referred to

TSCS from Niloufer Hospital, Hyderabad —a treatment regimen was set by TSCS a source of wisdom and practical advice that helped Yashwanth cope with the demands of managing thalassemia treatment. When he was brought to TSCS, he was unable to walk even though he crossed the age of one year. TSCS encouraged his parents not to view thalassemia as a limitation but to see it instead as a part of the human experience. This gave parents a new perspective and allowed them to feel thankful for the positive things that TSCS had brought into their life — a strong sense of empathy.

TSCS has noticed that there are many reasons why Thalassemia patients may not take their medication and that there isn't one single solution for overcoming this challenge. “Sometimes, patients simply need a few tips to help with adherence

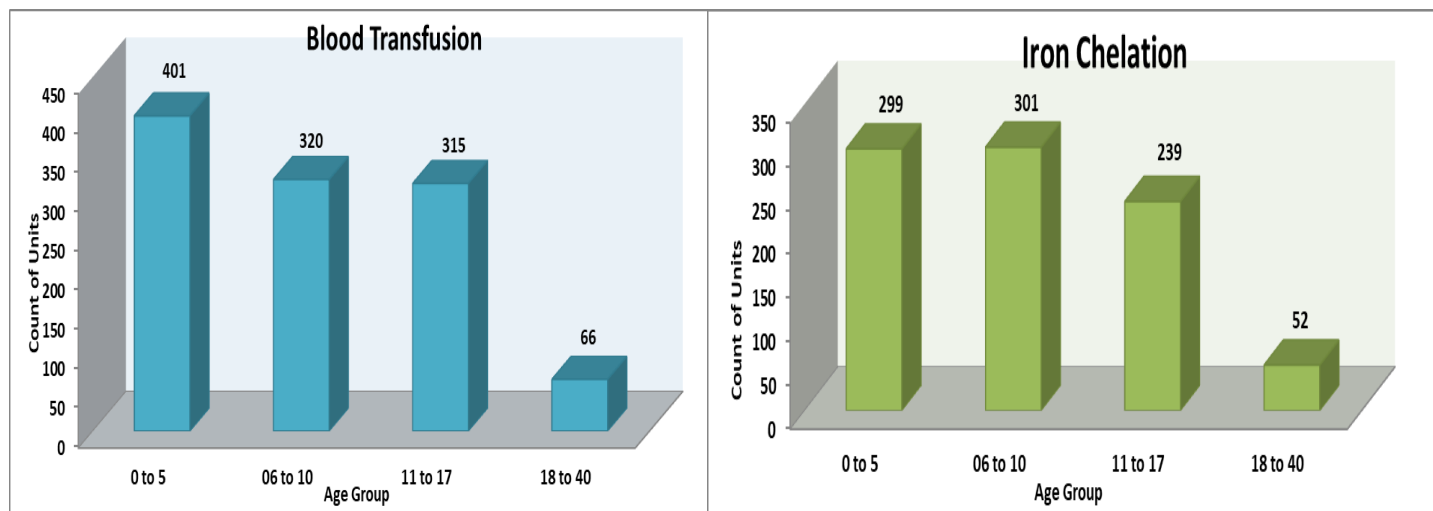
Life with thalassemia is an ongoing journey with periods of ups and downs,

One has to decide how to define yourself and what your purpose in life will be.



**If you can find a path with
no obstacles, it probably
doesn't lead anywhere.**

Transfusion Details



Total number of patients for the month of **March 2021** including all patients group were 1102 some patients were given 2 units of blood, the total units provided where **1453**.

HPLC at Society Couples/siblings	CVS referred to CDFD	New registrations	Splenectomy
163	3	18	2

MONTHLY DONORS FOR MARCH 2021

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2	Shrinath Rotopack Pvt Ltd	19	SPP Poly Pack Pvt Ltd
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16	Bharat Bhushan Aggarwal	33	G Sai Srujana
17	Harsh Jain		



Thalassemia & Sickle Cell Society - Khammam

We are proud to announce our fully functional TSCS centre in Khammam to provide all support to thalassemia affected in and around Khammam enabling them to lead a better life .

- * Free Blood transfusion
- * Free Doctor Consultation
- * Free Laboratory investigations (CBP)
- * Free Medicines
- * Free HLA test
- * Free HbA2 test for parents, siblings & extended family members



Thalassemia & Sickle Cell Society

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Visit TSCS Khammam to avail more service and better management

How to discipline your child the smart and healthy way.

There are no bad children, only bad behaviour

Why positive discipline?

“Parents don’t want to shout or hit their kids. We do it because we’re stressed and don’t see another way,” says Professor Cluver.

The evidence is clear: shouting and hitting simply do not work and can do more harm than good in the long run. Repeated shouting and hitting can even adversely impact a child’s entire life. The continued “toxic stress” it creates can lead to a host of negative outcomes like higher chances of school dropout, depression, drug use, suicide and heart disease.

Rather than punishment, the positive discipline approach puts an emphasis on developing a healthy relationship with your child and setting expectations around behaviour. The good news for every parent is it works and here’s how you can start putting it into practice:

1. **Plan 1-on-1 time-** One-on-one time is important for building any good relationship and even more so with your children. “It can be 20 minutes a day. Or even 5 minutes.
2. **Set clear expectations.—** Telling your child exactly what you want them to do is much more effective than telling them what not to do, “When you ask a child to not make a mess, or to be good, they don’t necessarily understand what they’re required to do.” Clear instructions like “Please pick up all of your toys and put them in the box” set a clear expectation and increase the likelihood that they’ll do what you’re asking.
3. **Distract creatively —** When your child is being difficult, distracting them with a more positive activity can be a useful strategy. “When you distract them towards something else – by changing the topic, introducing a game, leading them into another room, or going for a walk, you can successfully divert their energy towards positive behaviour.”



Thalassaemia & Sickle Cell Society

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Particulars	Units
SENSITISATION PROGRAMMES ORGANISED	23
BLOOD DONATION CAMPS	18
COLLECTED UNITS OF BLOOD	1358
CLOSING STOCK	106
UNITS PROVIDED TO THALASSEMIA + GENERAL FREE ISSUES	1508
GENERAL PAID ISSUES	67
FFP + SDP ISSUES	3209