



सत्यमेव जयते
Ministry of Health & Family Welfare
Government of India



"ANGDAAN-JEEVAN SANJEEVANI ABHIYAAN"

NATIONAL ORGAN & TISSUE TRANSPLANT ORGANIZATION

ORGAN DONATION AWARENESS

**BOOKLET ON UNDERSTANDING HOW ORGAN
DONATION CAN SAVE LIVES**

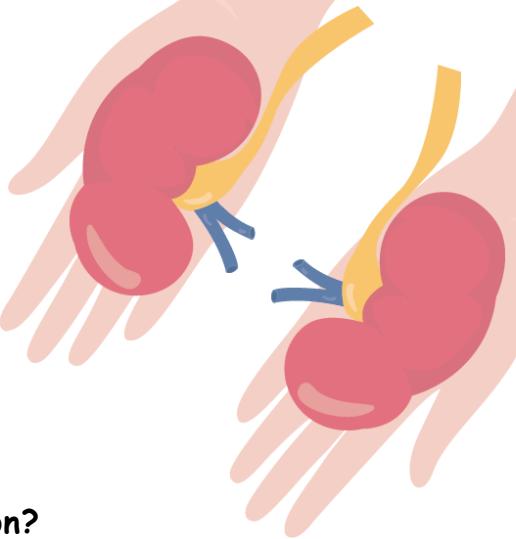
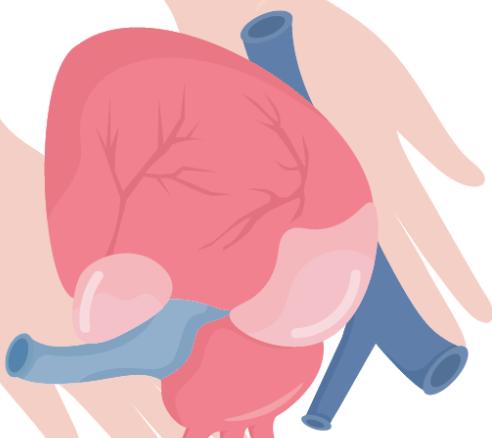


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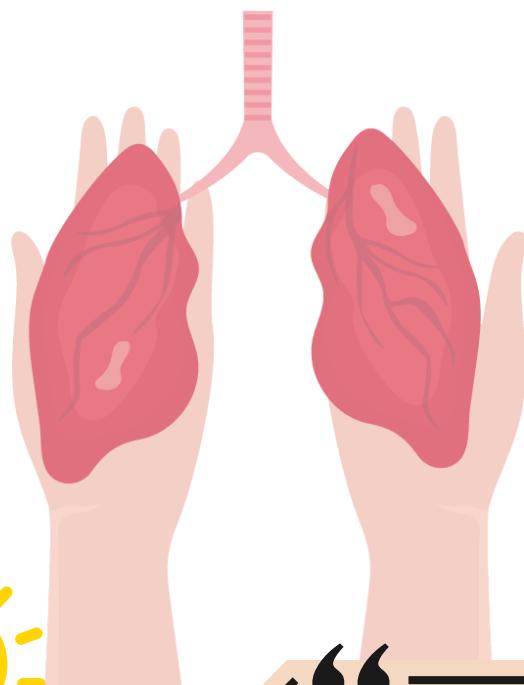
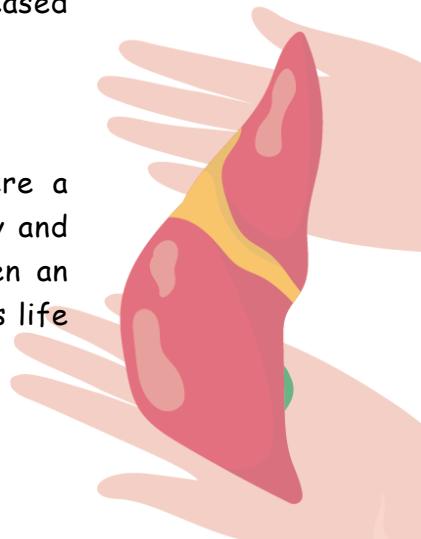
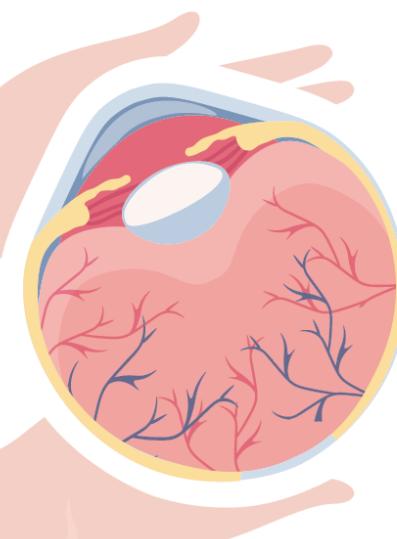


What is Organ Donation?

Organ donation is the act of giving an organ to someone with end-stage organ failure, offering them a chance at life through transplantation. It can be done by living donors (e.g., a kidney or part of the liver) or deceased donors (e.g. heart, lungs etc).

What is Organ transplant?

An organ transplant is a surgical procedure where a failed or damaged organ is replaced with a healthy and functioning one. Transplants are only possible when an organ is donated by other person—either during his life or after death.



BMI (Body Mass Index) is a measure of body fat based on height and weight.

BMI Range

Underweight: Below 18.5
Healthy: 18.5-24.9
Overweight: 25.0-29.9
Obesity: 30.0 or above



DID YOU KNOW?

“Organ donation is the gift of life — one selfless act can save multiple lives.”
“Pledge today, so someone can live tomorrow. Be an organ donor”

Kidney

1. Diabetes (High Blood Glucose)

2. High Blood Pressure

3. Others: Obstruction i.e the tubes from the kidney or from bladder get blocked eg. due to stones

4. Toxic Drugs



Liver

1. Viral Infections Like Hepatitis B & C

2. Alcoholic Liver disease

3. Cirrhosis- Other causes

4. Liver Cancer

5. Toxic Drugs



Heart

Cardiomyopathy (Heart muscle disease)



Can we prevent damage to our organs? Yes, by following measures:



- **Adopting Healthy Lifestyle:** balanced diet, Add dietary changes & physical exercise
- **Prevention and control of obesity:** maintain a Body Mass index (BMI) between 18.5 and 24.9.
- **Strictly No Tobacco use:** Tobacco damages nearly every organ in your body. Quitting smoking is one of the best gifts you can give your lungs, heart, kidneys, and liver.
- **Say No to Alcohol:** Excessive alcohol use is harmful to the liver, heart, and brain.
- **Vaccination for Hepatitis B**
- **Avoiding Environmental Pollution** especially air pollution
- **Avoid use of unnecessary medications** especially pain killers, which can damage your kidneys and liver over time
- **Prioritize Mental Health:** Avoiding Stress, Keeping positive mental state, sufficient sleep, prioritising mental wellness.
- **Avoid Toxic Exposure:** Avoiding exposure to heavy metals like lead, mercury, toxin chemical & microplastics
- **Prevention and Control of Diabetes and Hypertension:** Practice yoga, meditation, regular walks, and dietary control to keep them in check.



Health is wealth

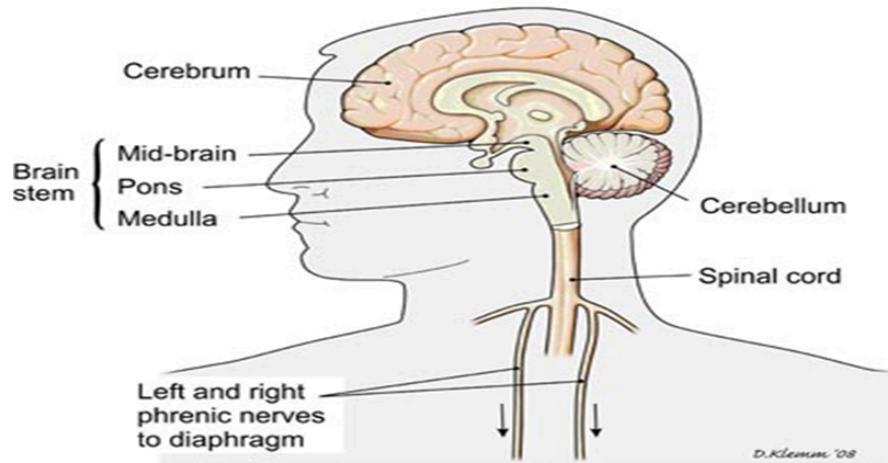
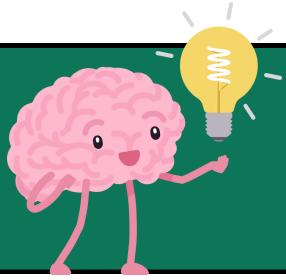


STAY ACTIVE!



Your Healthy Choices Today = A Healthier Tomorrow
A healthy lifestyle not only adds years to your life—but life to your years.

WHAT IS BRAIN STEM DEATH?



Brain-Stem Death (BSD), also called brain death, happens when the brain stem — the part of the brain that controls important body functions like breathing — stops working completely and can never start working again.

When this happens, the person is considered legally and medically dead, even if machines and other support systems are keeping their heart beating. Brain Stem Death is a irreversible and Brain stem dead person can't be revived again.

The common mode of death is when the heart stops beating and blood stops flowing in the body. This is often called cardiac death or circulatory death



A Board of 4 Doctors as specified in transplantation of human organs and tissues act rules can certify brain stem dead person based on a set of clinical tests, which are done two times with a minimum time interval of 6 hours between two sets of tests in adults.

IMPORTANCE OF BRAIN STEM DEATH



- No one has ever recovered from Brain stem death.
- Even though a person who is brain stem dead cannot breathe on his own, machines like a ventilator can be used in the hospital to keep their heart beating and blood flowing for some time. This helps keep their organs working for a short period, giving doctors time to remove the healthy organs and transplant them into people who need them.
- Brain Stem dead persons are the largest pool of organ donors in the world. In western countries, most of the organ donors are people who were declared brain dead. (In India, this is around 5-6 %)

WHAT CAN BE DONATED?

DID YOU KNOW?

Organs that can be donated by a Living Person:

- One Kidney
- Portion of Liver

ORGANS

TISSUE

Heart
Provides years of active living.

Lungs
Allow unaided breathing.

Liver
Restores life.

Kidneys
Save patients from dialysis and early death.

Pancreas
Eliminates insulin dependency for diabetics.

Intestines
Aid digestion.

Corneas
Restore sight.

Tendons
Rebuild joints.

Valves
Repair cardiac defects.

Veins
Re-establish circulation.

Skin
Heals burn patients.

Bones
Restore mobility after major injuries.

Image source: Indiana donor network

TYPES OF ORGAN DONORS

Living Donor

- Living Person- Near Relative: Siblings (Brothers & Sisters), Parents (Father & Mother), Children (Son & Daughter), Grand Parents, Grand Children, Spouse (Husband & Wife)
- Living Person- Other than near relative Donors: can donate organ for the reason of affection and attachment towards recipient
- Living Person- Other than near relative Donors: can donate organ for the reason of affection and attachment towards recipient

Deceased Donor

- After Brain Stem Death
- After Natural /circulatory Death

ORGAN DONATION & BODY DONATION

Organ and Tissue Donation

1. After Brain Stem Death:

The brain stem stops working, but machines keep the heart beating.

- Organs like heart, lungs, liver, kidneys, intestine and pancreas can be donated.
- Tissues like cornea, skin, and bones can also be donated.
- The body is kept on a ventilator until organs are retrieved.

2. After Cardiac Death:

The heart has stopped beating.

- Only tissues (cornea, skin, bones, heart valves etc) can be donated.
- Must be done within few hours; possible even at home usually within 6 hours.

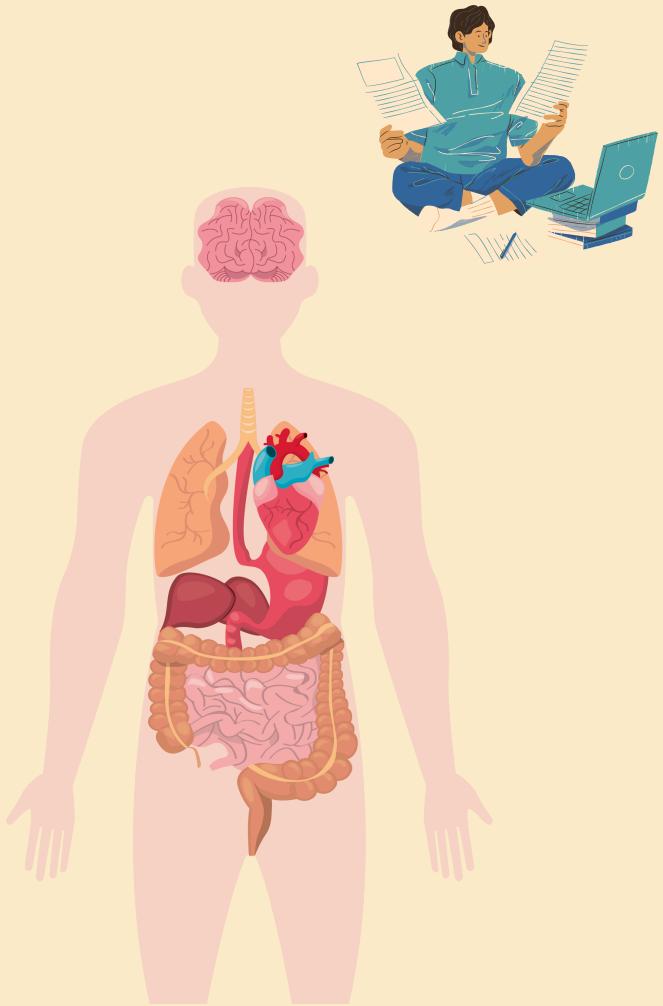
3. Purpose of donation?

- Organ donation saves lives.
- Tissue donation improves quality of life (e.g., eyesight restored, healed burns).

Body Donation

- Can be donated after natural/cardiac death
- Whole Body is donated
- It is not required to maintain the body to keep organs functional

Purpose of donation:
for academic and research purpose



No Buying or Selling of Organs \$
"Selling or purchasing organs is illegal and punishable by law in India."

MYTHS

VS

FACTS



🚫 Myth: "If I donate an organ, I will become handicapped."

✓ Fact: A person can live a healthy and normal life with just one kidney or a part of their liver. The human body has an incredible ability to adapt!

🚫 Myth: "If I donate, I may be born without that organ in my next life."

✓ Fact: There's no scientific evidence linking organ donation to future birth. It is a medical and ethical act that can save lives and make a positive impact on society.

🚫 Myth: "I won't be able to work or lead a normal life after donation."

✓ Fact: Most donors recover fully and return to their regular activities, including work, exercise, and daily routines.

🚫 Myth: "I will always be sick after donating an organ."

✓ Fact: Organ donors are carefully screened to ensure they are healthy before donation. With proper care, they remain as healthy as before.

🚫 Myth: "I won't be able to get married if I donate an organ."

✓ Fact: Organ donation does not affect marriage or childbirth. Many organ donors go on to lead happy married lives and have healthy children.

🚫 Myth: "I will not get a job after organ donation."

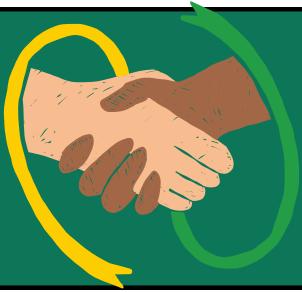
✓ Fact: Organ donation does not affect a person's ability to work or get a job. Many donors continue successful careers in all fields.



Why donation from Deceased Brain Stem Dead(BSD) Donor Matter

- Living donors alone can't meet the growing demand for organs.
- Certain organs like heart, lungs & tissues like cornea can only be donated by a deceased donor
- Smaller families make finding living matches harder.
- One BSD donor can save & transform multiple lives by donating several organs and tissues.
- No risk to a living person—donation happens after death.
- Helps curb illegal organ trade through legal, ethical channels.
- Organs are distributed fairly based on medical need.
- Many lives can be saved if accident victims are identified as potential donors in time.

PLEDGING FOR ORGAN DONATION



How to Pledge Online

- Only a person of age 18 years or more can pledge for organ donation
- Should be done Online (through website: <https://notto.abdm.gov.in/>)
- ADHAAR and OTP verification are required. So, the mobile linked to ADHAAR should be kept handy at the time of registering pledge
- Inform & discuss with your family about your pledge and organ donation.
- Purpose of Pledging- To register one's wish to donate organs and raise awareness. However, after death, family or legal next of kin must still give consent for donation, which is mandatory.
- You can also un-pledge anytime.

Helpline/Call centre for any information on Organ Donation and pledging
A 24x7 days call centre is operational with provision of a toll-free helpline
(No. 1800-11-4770)

Please spread information about organ donation among your family, relative and friends



DECIDE TO PLEDGE TODAY AND CONVEY YOUR WISH TO YOUR FAMILY
"DONATE ORGANS SAVE LIVES"

To register your pledge

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