What If I Can't Run?
My Blood Runs Through India

I wanted to show that one person's blood donation can cross the boundaries of a city, a state and even an entire country. For me, blood donation became a way of **spreading the message of humanity** across India.



I undertook a nationwide voluntary blood-donation and awareness mission across all **28 States and 5 Union Territories** of India. My state-wise documentary portfolio includes photographs, records and memories from different parts of this journey.



In 2022, I donated blood at the highest motorable road in Ladakh, at approximately **18,380 feet**, in temperatures of around **-3°C**. For me, this was not simply a record or an achievement. It was a demonstration that the spirit of serving humanity can **So beyond physical limitations** and difficult circumstances.

During my nationwide mission, I worked with government blood-donation and awareness organisations, including **NACO** (National AIDS Control Organisation), **SBTC** (State Blood Transfusion Council), and **NBTC** (National Blood Transfusion Council).

To the best of my knowledge, no individual has undertaken a blood-donation awareness mission of this scale and sustained it for such a long period in this manner. My purpose has always been to **promote voluntary blood donation, create awareness and inspire people to help save lives.**

My role model, **Dr. A. P. J. Abdul Kalam,** also gave me great inspiration and encouragement in my work. His vision, values and message of serving the nation have always been a source of strength for me.

Throughout this journey, I have received encouragement and support from respected personalities, **Governors, Chief Ministers, Ministers, IAS officers, Members of Parliament, MLAs, social organisations,** volunteers and ordinary citizens across India.

I have also had the opportunity to work with well-known personalities such as **Rajinikanth,** and my work has received recognition through platforms such as **The Kapil Sharma Show.** These opportunities helped me take the message of blood donation and organ donation to an even wider audience.

BLOOD CONNECTS US ALL

BEYOND BORDERS, BEYOND DIFFERENCES

to see it as a way of serving humanity. When both of my children turned 18, they donated blood, and today they are regular blood donors. This gives me great happiness because I feel that the mission I started is continuing into the next generation.

For around nine years, I have also continued wearing a T-shirt carrying a blood-donation awareness message. It has become a part of my mission.

Wherever I go, I wear it to promote voluntary blood donation. I remain in the same awareness T-shirt for almost the entire day, and whenever I go outside, people notice the message and ask me about it.

Over the years, I have kept several such T-shirts and continued using them to spread awareness. Something as simple as a T-shirt has helped me start conversations with people, create awareness and connect with many well-known personalities.



My journey has also included many achievements in sports. I am an International Para-Sports Champion, World Record Achiever and Social Worker. I have won 10 International Medals, 135 National Medals and achieved 5 World Records.

I am proud of everything I have achieved through sport, from the grassroots level to the national and international stages. But when I look back at my life, I feel that my medals, records and other achievements are small compared with my blood-donation journey.



My greatest achievement is the contribution I have made to voluntary blood donation.





I am 90% locomotor disabled, but I have never allowed my disability to become a reason to stop serving humanity.

My journey has taught me that one person can begin something small, and that small effort can grow when other people join it.

influence on me and supported me through the challenges of my life. Together, the values I received from my parents became the foundation of my humanitarian journey.

I decided that I would not limit my work to donating blood myself. I would also encourage other people to become voluntary blood donors.

In 2013, I decided to take this work to a much larger level. I started a mission with the vision of taking the message of blood donation across India.



My mission became "My Blood, My Nation."

I began travelling from state to state. I visited blood banks, met blood-bank teams, met people involved in the field and spoke to communities about voluntary blood donation. Slowly, people from different states began joining and supporting the mission.

What had started as one person's effort became a much larger movement. Through this mission, I was able to connect with thousands and eventually millions of people and take the message of voluntary blood donation to national and international platforms.

Today, I have donated blood 129 times and completed my voluntary blood-donation mission across all 28 States and 5 Union Territories of India.



Every time I travelled to a different state to donate blood, I experienced something that gave me immense happiness—the love and encouragement of people. Some people were initially afraid or uncertain about blood donation, but when they saw me donating and speaking about it, they became encouraged themselves.

For me, that response from ordinary people has been one of the greatest rewards of my journey.

I also wanted blood donation to become a value within my own family. I encouraged my children to understand the importance of donating blood and

The Struggle of an Ordinary Volunteer to **Blood Man of India**



My name is Prakash M. Nadar. I was born in 1976 in Worli, Mumbai. When I was about one and a half years old, I was affected by polio and became physically disabled. From childhood, I faced many challenges, but my parents, especially my father and mother, had a very big impact on my life. They taught me to believe in myself, work hard, help others and never give up.

My journey with blood donation began when I was 16 and a half years old. There was a serious shortage of blood during a medical emergency involving a family. At that time, there was a great deal of fear surrounding HIV, and even some family members of the patient were unwilling to donate blood because of that fear. I was healthy and willing to help, so I stepped forward and donated blood.



That first donation made me realise how important voluntary blood donation really was. I understood that when fear prevents people from coming forward, a patient's life can be at risk simply because blood is not available. That experience created a spark within me. I felt that I should not only donate blood myself, but also help remove fear, create awareness and encourage others to become voluntary blood donors.

After that first experience, I started working with NGOs and became involved in medical and blood-donation camps. I helped organise camps, encouraged people to **donate blood and** created awareness among the public about the importance of voluntary blood donation.

As I continued this work, I also gave many interviews and used every opportunity to spread the message of blood donation. I wanted people to understand that donating blood is not only about giving blood—it is about giving someone a chance to live.

A major turning point in my life came in 1998, when my father died because blood was not available when it was needed. His loss deeply affected me. It made me think about how many ordinary families face the same situation during medical emergencies.

My father had always taught me to believe in my abilities, and his death gave a deeper meaning to those lessons. My mother also had a very important

My Blood My Nation

Voluntary Blood Donate India

My message is simple:

“If I can do it, why can’t you?”



If I can donate blood, travel across India, create awareness and encourage people despite my disability, then every eligible person can contribute in their own way.

My journey started as an ordinary volunteer who wanted to help someone in need.

Today, it has become a lifelong mission.

My Blood, My Nation.

Count my ability, not my disability.

Donate blood. Save lives.

If I can do it, why can’t you?



and I will Strive to continue till **100%** voluntary blood donation is achieved in **India**



BLOOD CONNECTS US ALL

BEYOND FAMILY • BEYOND BORDERS • A STRONGER INDIA

RAKTDAAN
KAR KE DEKHO ACHHA LAGTA HAI

NBTC
एनबीटीसी
National Blood Transfusion Council

Accessible India Campaign
Accessible India - Empowered India

NACO

SBTC
State Blood Transfusion Council