



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com
website: <https://www.narayanannursingcollege.com>



REPORT ON WORLD KIDNEY DAY – 2025

ACTIVITY REPORT

World Kidney Day (WKD) is a global health awareness campaign focused on the importance of kidney health and the prevention of kidney diseases. It is observed annually on the second Thursday of March. Theme - "Are Your Kidneys OK? – Detect Early, Protect Kidney Health" to emphasize early detection, risk reduction, and lifestyle changes for kidney health. Narayana College of Nursing organized by Medical Surgical Nursing dept an awareness event at T.P. Gudur on March 13, 2025, from 9:30 AM to 12:00 PM, under the coordination of Dr. Latha.A

Objectives:

- **Raise Awareness:** Educate the public on kidney health and the prevention of kidney diseases.
- **Early Detection & Prevention:** Encourage regular kidney screenings, especially for high-risk individuals.
- **Promote a Healthy Lifestyle:** Advocate for proper diet, hydration, and exercise to maintain kidney health.
- **Community Engagement:** Involve society in health awareness programs for long-term impact.

Photos:



Fig 1: Rally with Rural Health Center



Fig 2: Health Education on Health promotion and prevention on Kidney Diseases .

Activities for the Health Awareness Rally:

1. Public Awareness Rally:

- Participants carried banners, placards, and posters promoting kidney health.
- Pamphlets on kidney disease prevention were distributed to the public.

2. Educational Talks & Interactive Sessions:

- Dr. Latha and other healthcare experts spoke about early detection and risk factors of kidney disease.
- Real-life patient experiences highlighted the importance of early diagnosis.

3. Healthy Lifestyle Promotion:

- Diet counseling on reducing salt intake and adopting kidney-friendly nutrition.
- Fitness awareness sessions, including yoga and walking, to encourage an active lifestyle.

4. Social Media & Community Engagement:

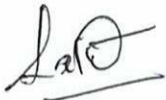
- Awareness campaign using Are Your Kidneys OK on digital platforms.
- Local community involvement through posters, street plays, and health talks.

Outcome:

- Over 60 participants joined the rally and awareness programs.
- Increased public knowledge on kidney disease prevention and early detection.
- Participants pledged to adopt a healthier lifestyle to maintain kidney health.
- Development of action plans to address these challenges over the next five years, focusing on enhancing awareness programs, improving access to healthcare services, and fostering community involvement in cancer prevention efforts.

Conclusion:

The World Kidney Day 2025 event at T.P. Gudur, organized by Narayana College of Nursing and coordinated by Dr. Latha, A was a great success. The rally, and educational sessions created strong awareness about kidney health and prevention. Continuous efforts will be needed to sustain the impact and promote early detection of kidney diseases in the community.



Program Coordinator

HOD
Dept. of Medical Surgical Nursing
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003