

World Kidney Day

World Kidney Day was celebrated on 15th March, 2024. The theme of this year was "Kidney Health for all- Advancing equitable access to care and optimal Medication Practice. " On this day, a health education programme was conducted by 2nd Year BSc Nursing, 2022 Batch in the Viihara , St.John's Medical College Hospital. The programme started at 9.30am with a Prayer song followed by a welcome speech. The chief guest for the programme was Dr.Prashanth, Department of Nephrology, St.John's Medical College hospital.

The theme of World Kidney Day was revealed through a skit. The Causes of kidney diseases was depicted through the skit after which the risk factors , signs and symptoms, management and the meaning of the 4 colours of the World Kidney day Logo was shown through a dance. The methods of accessible Kidney health management and the importance of the interdisciplinary team was depicted through the skit. Dr.Aravind Kasturi, Chief of Medical Services addressed the crowd and spoke about how 30 minutes of exercise and eating healthy can cut down the need for taking any kind of medication, which is a leading cause of kidney diseases. Fr.John Thekkekkara, Dr.Aravind Kasthuri, Sr. Sajitha Moothedanand Dr. Bindhu Mathew inaugurated the exhibition.The programme was concluded with vote of thanks by 10.30 am.





