

## ***World Kidney Day Celebration Report 2026***

***Date*** – 13/03/2026

***Venue*** –Lecture Hall No. 5, Rajiv Lochan Ayurved Medical College & Hospital, Chandkhuri, Durg (C.G.)

***Organized By*** – Department of Kriya Sharir, Co-Curricular & Extra Curricular Committee.

### ***Introduction:***

World Kidney Day is observed globally to raise awareness about kidney health and the importance of preventive care. In 2026, Rajiv Lochan Ayurvedic Medical College & Hospital, Chandkhuri, Durg (C.G.) actively participated in this initiative to promote awareness regarding kidney diseases, their prevention, and holistic management through Ayurveda and modern medicine.

### ***Objective of the Program:***

- To spread awareness about kidney health and lifestyle-related disorders.
- To educate the public about early detection and prevention of kidney diseases.
- To promote Ayurvedic principles in maintain renal health.
- To encourage regular screening for kidney function.

### ***Activities Conducted:***

***Awareness Lecture/Expert Lectures:*** The program was further enriched by informative presentations delivered by esteemed faculty members:

- ***Dr. Yogeshwar Pandey, HOD & Associate Professor,*** Department of Kriya Sharir, delivered a comprehensive lecture on “Prevention and Early Detection of Kidney Disease”, emphasizing the role of lifestyle modification, early screening, and timely intervention in reducing the burden of renal disorders.
- ***Dr. Bhanu Patel, Assistant Professor, Department of Kaya Chikitsa,*** presented on “Ayurvedic Approach to kidney Health”, highlighting concepts of Mutravaha Srotas, Vrukka, and the importance of Ahara-Vihara in maintaining renal function. The talk also focused on preventive and supportive Ayurvedic management strategies.
- ***These sessions were highly interactive and helped in bridging the gap between theoretical knowledge and clinical application for students and attendees.***
- ***Dr. Unnayan Raj Sahu Medical Director of Rajiv Lochan Ayurved Medical College & Hospital, Chandkhuri, Durg,*** delivered an insightful presentation on “Modern Medical perspective of Kidney Care: Lifestyle, Diet, and Community Awareness”. His talk emphasized:
  - ***Early Detection:*** Importance of regular screening through serum creatinine, eGFR, urine routine, microalbuminuria testing, and blood pressure monitoring.
  - ***Major Risk Factors:*** Diabetes, hypertension, Chronic infections, Kidney stones, long term analgesic use, and genetic disorders.
  - ***Clinical Warning Signs:*** Swelling of feet, decreased urine output, frothy urine, fatigue, persistent high BP.

- **Diagnostic Approach:**

- Urine Analysis.
- Renal Function Tests (RFT)
- USG KUB
- Renal Doppler.
- Kidney biopsy in indicated cases.
- His talk provided students and attendees with a clear and practical understanding of modern nephrology practices, complementing the Ayurvedic perspectives shared by other speakers.

**Outcome of the Program:**

- Increased awareness among patients and local community.
- Early detection of risk factors in several individuals.
- Enhanced student learning through practical exposure.
- Promotion of integrative approach (Ayurveda + Modern science).

**Conclusion:** The celebration of World Kidney Day 2026 at Rajiv Lochan Ayurvedic Medical College & Hospital, Chandkhuri, Durg (C.G.) was successful in achieving its objectives. The program emphasized preventive healthcare and highlighted the importance of Kidney health. Active participation from faculty, students and patients made the event impactful and informative.







