WKD 2021 Report

Name: World kidney day was celebrated by Sapiens Health Foundation under the chairmanship of Dr Rajan Ravichandran. The participants were all patients of the doctor and foundation who are living well after kidney problems. 11 patients who are leading normal life were honoured and made to express their views as to how they maintained good health during the difficult period.

Organization name: Sapiens Health Foundation

Country: India

Number of events organized/colllected in your country:

Activities of note (please give a brief description of the activity with links to online sources that mentioned it):

Sapiens Health Foundation a NGO championing the cause of kidney failure patients for over two decades celebrated the World Kidney Day on March 11th 2021. The theme for this year World Kidney Day is “Living Well with Kidney Disease”. Several patients who had successfully battled kidney disease and leading a normal life were honored by the foundation. This included patients who had undergone kidney transplantation, who were living long with Hemodialysis and Peritoneal Dialysis and those who have recovered from various serious kidney ailments. A documentary on the subject with patients sharing their experiences made by Mr. Niranjan, film director was released during the function. Dr. Rajan Ravichandran, chairman of the foundation emphasized the need to lead a normal life despite of any kidney ailments. According to him patients require confidence and a rehabilitation to normal life. Doctors, paramedical staff and family members can play a great role in this situation and enhance the quality of their life. Madhu Balaji of the Crazy group who himself was a kidney donor to his sister-in-law 15 years back spoke on the importance of organ donation. Mr. Ramachandran who has been associated with the foundation since inception said, he is an excellent example of a person leading a full life despite a kidney ailment since 29 years. Mr. R. Sundar, trustee of the foundation welcomed the guests and summarized the highlights of this event in his closing remarks.

Short Video Link -- [https://youtu.be/DQKSYDTDtow](https://youtu.be/DQKSYDTDtow)


List of media that published WKD press releases or mentioned WKD related activities (newspapers, magazines, online publications, TV, radio, etc..) – please provide link to online sources:
When a disease signals start of a new life

Chennai: A tennis coach, a dancer, an IT professional... A dramatical, a yoga teacher... They come from different worlds, yet belong to the sampan of those living well with kidney diseases.

These were part of a group of people who came together on World Kidney Day to speak out about how kidney disease does not mean the end of life.

"It’s just the beginning of a new, a healthier, more disciplined one," said Dr. Rajan Ravi Chandran, nephrologist and co-founder of the Sapiens Health Foundation, an NGO championing the cause of kidney failure patients for over two decades, and organizer of the World Kidney Day event.

In keeping with the year’s theme—living well with kidney disease—and several people who had successfully battled kidney disease were honored by the Foundation. World actress Madhuri Dixit, of The Vizzy Drama Trust and kidney donor to her son, in-law spoke on the importance of organ donation, dancer K. Burganath spoke about how he survived Lupus, an autoimmune disease. "I was diagnosed when I was 16 years old. The disease resurfaced in kidney failure. My mother donated her kidney to me," said Burganath. "I just want people to know that while kidney disease can take toll on your physical health, mental health is just as important. You need to keep strong so you can do it. Today, I have chanced, I teach dance. UGC teacher’s trial. Everything is possible if we work hard."

World Kidney Day

"World Kidney Day" was observed on 4th March. "My father is an oncologist and I have had a kidney to help parents," said Dr. Jagdeep. "It is because we were the abnormally built and worked out. The world needs more kidney donors."

Sapiens Health celebrates World Kidney Day

Chennai, Mar 12: Sapiens Health Foundation, a non-governmental organization promoting the cause of kidney failure patients for over two decades, celebrated the World Kidney Day yesterday. The theme for this year’s World Kidney Day is "Living Well with Kidney Failure." People who have survived kidney failure were honored by the Foundation.

"This included patients who had undergone kidney transplantation, who were living long and well. Perihepatic Dialysis and those who have recovered from various serious kidney ailments." A documentary on the patients with patients" lives was shown during the function. Dr. Rajeshwarshandar, chairman of the Foundation highlighted the need to take a normal life despite kidney failure. According to him, patients will require confidence to live a normal life. Doctors, nurses, staff and family members can play a great role in this situation and enhance the quality of their lives."

"Madhurani of the Caviy, a kidney donor to her same-in-law 13 years, spoke on the importance of organ donation."

"Ramaswamy who has been associated with the Foundation since inception said, "It is an excellent example of a person leading a full life despite kidney disease."

"The transplant of the Foundation rekindled the patient’s spirit and strengthened the highlight of the role of his donor."

"Trinity Mirror, Friday 12th March 2021"
Documentary film about kidney ailments released

World Kidney Day event organised by Sapiens Foundation

Hale and hearty: World Kidney Day 2021 celebrations being held at Sapiens Health Foundation in Chennai on Thursday.

STAFF REPORTER

Sixty-three year-old Mohammed Lahret goes paragliding every year.

"I hope also gone for trekking and mountain climbing. I want to celebrate life in every possible way after nearly embracing death," he said.

Mr. Lahret went through a kidney transplant nearly 33 years ago and said he continued to do everything with ease.

Speaking on the occasion of World Kidney Day, organised by Sapiens Health Foundation, he said, "now my next aim is to run half a marathon and climb to the base camp of Mount Everest. I want to live till the age of 100 to show the world that this could be the lifespan of a person who has undergone a transplant."

Actor Madhu Balaji recounted how he donated one of his kidneys to his sister-in-law and added that both of them were leading a healthy and normal life.

Rajin Ravi Chandran, the nephrologist who runs Sapiens Health Foundation, said it was important to listen to a patient before beginning treatment. Both the patient’s physical and mental well-being were important. He recalled how the foundation was formed over two decades ago by a female patient who recovered and wanted to contribute in some way to relieve the suffering of people with kidney ailments.

"So that was how we started this foundation," he added.

A documentary where various patients recounted their experience was released on the occasion.
If you have created a World Kidney Day local website, Facebook page or Instagram account, please provide analytics such as: number of followers/number of site visits in March/ content most requested/page views/posts most liked/hashtag reach, etc…

These videos were uploaded in our Facebook page and it was viewed and shared by many people.
Twitter page @sapienshealth with 3.2k impressions

YouTube short/full Video 1.5 k views in March

The videos / photos / press release were updated in our website [www.sapiensfoundation.org](http://www.sapiensfoundation.org) and [www.sugarbp.org](http://www.sugarbp.org)

The response was very great and enthusiastic.

**List of celebrities involved and short description of their involvement**

In this particular event, it was almost in-house programme (Restriction in gathering due to Covid 19) to encourage and boost up the morale of patients by the doctor who are living well despite their severe renal problem. Therefore no celebrity was involved. However, one of the senior most kidney transplant patient (31 years of transplant) was considered as celebrity and made to preside the programme.

**Description of advocacy activities:**

After the event was over, and corresponding media spread-out many people who are not patients but of different age groups were advised to maintain good health by way of blood pressure control (Low salt intake) and sugar control. On that particular day, banners were also put in nearby area to propagate how to prevent kidney diseases.

**Attach representative pictures**