



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/collected 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. Niranjana, 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>

Full Documentary Link -- <https://youtu.be/ocFRskNLgnA>

Press Release -- <https://sapiensfoundation.org/world-kidney-day-2021/>

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:



► சாபியன்ஸ் ஹெல்த் ஃபவுண்டேஷன் சார்பில் சாபியன்ஸ் ஹெல்த் ஃபவுண்டேஷன் சார்பில்

சாபியன்ஸ் ஹெல்த் ஃபவுண்டேஷன் சார்பில்

உலக சிறுநீரக நாள் விழா கொண்டாட்டம்

உலக சிறுநீரக நோயாளிகளின் உணர்வுகளைப் பகிர்ந்து கொள்ளும் விழா ஒன்று நடைபெற்றது. இதில் கலந்துகொண்டவர்கள் சாபியன்ஸ் ஹெல்த் ஃபவுண்டேஷன் சார்பில் உலக சிறுநீரக நாள் விழா கொண்டாட்டம் செய்தனர். சிறுநீரக நோயாளிகளின் உணர்வுகளைப் பகிர்ந்து கொள்ளும் விழா ஒன்று நடைபெற்றது. இதில் கலந்துகொண்டவர்கள் சாபியன்ஸ் ஹெல்த் ஃபவுண்டேஷன் சார்பில் உலக சிறுநீரக நாள் விழா கொண்டாட்டம் செய்தனர்.

When a disease signals start of a ne

TIMES NEWS NETWORK

Chennai: A tennis coach, a dancer, an IT professional, a dramatist, a yoga teacher. They come from different worlds, yet belong to the same one—of those living well with kidney disease.

The five 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 one, a healthier more disciplined one," said Dr Rajan Ravichandran, nephrologist and chairman 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 – several people who had successfully battled kidney disease were honoured by the foundation.

While actor Madhu Balaji, of The 'Crazy' Drama Troupe and kidney donor to his sister-in-law, spoke on the importance of organ donation, dancer K Sangeetha spoke about how surviving Lupus, an autoimmune disease. "I was diagnosed when I was 14 years old. The disease resulted in kidney failure. My mother donated her kidney to me," said Sangeetha. "I just want people to know that while kidney disease can take a toll on your physical health, mental health is just as important. You need to keep strong and can do it. Today, I have channel, I teach dance, UGC teacher's train. Everything is possible in ahead."

IT professional S spoke about how his vid 19. "My father is on er has a kidney ailment I have had a kidney tra tested positive for Covid ic because we were the apartment building to forced out of home qua pital by our neighbours survived the ordeal. I h ple there need not be an about the disease."

राजस्थान पत्रिका
चेन्नई, शनिवार, 13 मार्च, 2021

सैपिएंस हेल्थ फाउंडेशन ने मनाया विश्व किडनी दिवस

चेन्नई @ पत्रिका. सैपिएंस हेल्थ फाउंडेशन की ओर से विश्व किडनी डे मनाया गया। इस साल इस दिवस का थीम लिविंग वेल विथ किडनी डिजीज रखा गया था। इस मौके पर कई ऐसे रोगियों को सम्मानित किया गया जो किडनी रोग पर सफलतापूर्वक काबू पाने के बाद सामान्य जीवन जी रहे हैं। इस मौके पर एक डाक्यूमेंट्री भी की गई। इसे फिल्म निर्देशक ने बनाया है। इस अवसर पर फाउंडेशन के चेयरमैन डॉ. रविचंद्रन एवं क्रेजी ग्रुप की बालाजी ने भी विचार व्यक्त किए। इस दौरान अंगदान की महत्त्वपूर्णता पर भी चर्चा हुई। डॉ. आर.सुन्दर ने स्वागत किया।

TRINITY MIRROR
FRIDAY 12-3-2021

Sapiens Health celebrates World Kidney Day

Chennai, Mar 12: Sapiens Health Foundation a NGO championing the cause of kidney failure patients for over two decades celebrated the World Kidney Day yesterday.

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.

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. R. Sundar, trustee of the foundation welcomed the guests and summarized the highlights of this event in his closing remarks.

மக்கள் குரல்

14-3-2021

சிறுநீரக மாற்று ஆபரேஷனுக்குப் பிறகும் ஆரோக்கியமாக நம்மீக்கை ஊட்டுகிறார் டாக்டர் ராஜன் ரவிச்சந்திரன்

15 ஆண்டுகளுக்கு முன் மைத்துனிக்கு சிறுநீரகம் தர நடிகர் 'கிரேசி' பாலாஜியை அறிமுகப்படுத்தி வி

சென்னை, மார்ச் 14 - சிறுநீரக ஆரோக்கியமாக என்ற தலைப்பில் உலக சிறுநீரக தினத்தை சோயல்ஸ் மருத்துவ அறக்கட்டளை கொண்டுவது, கொரோனா வைரஸ் பாதிப்பு காலத்திலும் பல்வேறு சிறுநீரக மாற்று அறுவை சிகிச்சை நோயாளிகளுக்கு இந்த அறக்கட்டளை தலைவர் டாக்டர் ராஜன் ரவிச்சந்திரன் கவரவித்தார். சிறுநீரக மாற்று ஆபரேஷன் செய்தபின்னர் நோயாளிகள் குறைபாட்டின் உயரத்தில் செய்த வரும் நோயாளிகளும் நம்பிக்கையுடன் இருந்தால் ஆரோக்கியமாக வெற்றிகரமாக வயது முற்பட்ட, வழக்கமான வாழ்க்கை நடத்த முடியும் என்று அவர் நம்பிக்கை வெளியிட்டார்.



சிறுநீரக மாற்று ஆபரேஷன் நிபுணர் டாக்டர் ராஜன் ரவிச்சந்திரன் (மத்தியில்) தனது மைத்துனிக்கு சிறுநீரகம் தர நடிகர் கிரேசி பாலாஜி (வலது) தனது சிறுநீரகத்தை தனது மைத்துனிக்கு 15 ஆண்டுகளுக்கு முன் தானாக வழங்கினார் என்பது குறி

கிரேசி திரைப்படில் காணப்படும் நடிப்பு பாடலாசிரியர் 'செவியா சிவ்' கிரேசிமாமலை தம்பி அவரது மனைவியின் தங்கைக்கு தனது ஒரு சிறுநீரகத்தை தானாக வழங்கி, உட்படி தளத்துக்கு முன் உதாரணமாக ஆரோக்கியமாக விளங்குகிறார் என்ற ராஜன் ரவிச்சந்திரன் சிறுநீரக நோயாளிகள் 50 ஆண்டுகளாக ஆரோக்கியமாக வாழும் ராமச்சந்திரன், தன்னைப்போன்றவர்கள் ஆரோக்கிய வாழ்க்கை வாழ்ந்து உதாரண தயாராக விளங்குகிறார். சிறுநீரக நோயாளிகளின் அலுவலம், நம்பிக்கையுடனான பற்றியும் குறும்பும் டைக்டர் நிரஞ்சனால் தயாரிக்கப்பட்டு வெளியிடப்பட்டது. இந்த அறக்கட்டளை மூலம் ஆர்.கே. சோயல்ஸ் அறக்கட்டளையின் தொண்டு நடவடிக்கைகளை விவரித்தார். சிறுநீரக கருவியான பாதிப்பு

நோய்க்கு உணவில் உப்பு சேர்ப்பதால் என்ன பாதிப்பை ஏற்படுத்தும் என்ற விழிப்புணர்வை ஏற்படுத்திய டாக்டர் ராஜன் ரவிச்சந்திரனை த.க.க. நடிகர் கிரேசி மது பாலாஜி பாராட்டினார். உணவில் உப்பை குறைத்தால் நிரப்பி, சர்க்கரை அழுத்தத்தை கட்டுப்பாட்டுக்குள் வைத்து சிறுநீரக பாதிப்பை குறைக்கலாம். சிறுநீரக நோய் வருவதை தடுக்கலாம் என்ற டாக்டர் ராஜன் ரவிச்சந்திரன். அவர் நோயாளிகள், இத்தியாவில் சிறுநீரக நோய் உலக அழகி பட்டி இறுப்பை ஏற்படுத்துகிறது என உணர் திறப்பட்டுள்ளதால், வரும் முன்னர் காலத்தும் நடவடிக்கை மேற்கொள்ள வேண்டும் என்று அவர் குறிப்பிட்டுள்ளார். சிறுநீரக மாற்று ஆபரேஷன் செய்தபின்னர் நோயாளிகள் குறைபாட்டின் உயரத்தில் செய்த வரும் நோயாளிகளும் நம்பிக்கையுடன் இருந்தால் ஆரோக்கியமாக வெற்றிகரமாக வயது முற்பட்ட, வழக்கமான வாழ்க்கை நடத்த முடியும் என்று அவர் நம்பிக்கை வெளியிட்டார்.

Documentary film about kidney ailments released

World Kidney Day event organised by Sapiens Foundation



Healthy and hearty: World Kidney Day 2021 celebrations being held at Sapiens Health Foundation in Chennai on Thursday. (K.V. SRINIVASAN)

STAFF REPORTER CHENNAI
Sixty-three-year-old Mohammed Lahiri goes paragliding every year. "I have also gone for trekking and mountain climbing. I want to celebrate life in every possible way after nearly embracing death," he said.
Mr. Lahiri 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 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.
Rajan Ravichandran, the nephrologist who runs Sapiens Health Foundation, said it was important to lis-

ten to a patient before beginning treatment. Both the patient's physical and mental well-being were important.
He recollected 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.

THE NEW INDIAN EXPRESS
05 CHENNAI FRIDAY 12.03.2021



Sapiens Health Foundation founder Rajan Ravichandran interacting with kidney transplant survivors and donors, in Chennai on Friday | P JAWAHAR

Kidney transplant survivors and donors share success stories

EXPRESS NEWS SERVICE
@ Chennai

'END-STAGE kidney disease is not end of life.' That was the message conveyed at the World Kidney Day celebrations by the Sapiens Health Foundation on Thursday. The event saw scores of kidney transplant survivors and donors sharing experiences.

"For me, age is just a number," said Mohammed Lahiri (63), a kidney transplant survivor, stressing that the transplant was not a deterrent in any way to leading a normal life. "I have been trekking, paragliding, gone on long tours and even Haj pilgrimage," said Mohammed. He underwent a transplant in 1989 and proudly declared that he wants to live for more than 100 years, so that he would enter the Guinness World Records just to let the world know that a kidney transplant survivor can live a long life. "My wish is to run a half marathon, and reach the base camp of Mt Everest. Everyone should be excited to be alive," said Mohammed, to the cheers of others.

K Sangeetha, a lupus survivor, underwent kidney transplant in 2016 after her mother donated her kidney. "Confidence is the most important thing that any patient needs to have, next comes a good doctor, and then support from the family."

Maadhu Balaji, actor and comedian, who donated his kidney to his sister-in-law in 2004, said, "People can live a normal life even after donating a kidney. All they should do is take care of their health. I have never had any health issues so far," said Balaji.

Meanwhile, Dr Rajan Ravichandran, chairman, Sapiens Health Foundation, said rehabilitation of survivors and prevention of kidney disease is the motto of the Foundation. Firstly, a doctor must listen to what the patient says, Ravichandran said, adding that he has been practising this since he began his career. He added patients should also have confidence, otherwise it is difficult to face surgery and overcome challenges. This year's theme of the World Kidney Day is 'Living Well With Kidney Disease'. The Foundation also released a documentary on the survivors' testimonies.



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 and 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

