



INDIA  
KIDNEY  
WARRIORS  
FOUNDATION



**10 MARCH 2022**  
**Kidney Health for All**  
#worldkidneyday #kidneyhealthforall  
[www.worldkidneyday.org](http://www.worldkidneyday.org)



To celebrate WKD, Kidney Warriors Foundation, Hiranandani Hospitals and Rotary Club of Thane Royales, cordially invites you to this **Educative Awareness Program** for the general public and people at risk on steps for better health.

**DATE: 6<sup>TH</sup> MARCH 2022**  
**TIME: 11 AM TO 12 PM**

**INTRODUCTION:**

Maryann Manasseh, Brand Dev Director,  
Kidney Warriors Foundation

**VOTE OF THANKS:**

Mr Madhu Menon,  
Rotary Club of Thane Royales

**KEY SPEAKERS:**

Dr Sundar Krishnan, Physician and Diabetologist  
Management of Hypertension, Diabetes and  
Kidney Disease

Dr Mihir Kulkarni, Consultant Nephrologist  
What is dialysis and kidney transplant?

Ms Savali Parag, Dietitian

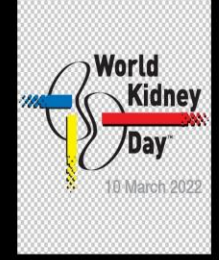




INDIA KIDNEY WARRIORS FOUNDATION



6th March 11am



### Educative Awareness Programme


Nutritional Information <sup>^</sup> Per 100 g	
Energy	0 kcal
Protein	0 g
Carbohydrate of which Sugar	0 g
Fat	0 g
Sodium	26.85 g
Potassium	15.75 g
<sup>^</sup> Approximate Values	

Don't use salt substitutes unless approved by your doctor or dietician.


Most have more potassium. And people with kidney disease must limit potassium too.

### PREVENT OR SLOW THE PROGRESSION OF DIABETIC KIDNEY DISEASE BY


**Taking medications** to control **high blood pressure**




**Managing** changes in **eating**, diet, and **nutrition**




**Managing** blood glucose levels



Losing **weight** if you are overweight or **obese**



Getting regular physical **activity**



## Myths

- Drinking 8 full glasses of water a day helps flush out the toxins in the kidneys.
- All patients with kidney disease should drink a large amount of water.
- I feel fine, so I don't need to continue treatment for my kidney problem
- My serum creatinine is slightly above normal. But I am perfectly well, so there's nothing to worry about.
- Now my BP is normal, so I don't need antihypertensive pills
- If You Have Kidney Disease, You Will Know It
- Edema is present in all patients of kidney failure.
- Kidney Disease Always Leads To Dialysis Or Kidney Transplantation

to reduce the amount of liquids. I feel fine. So, I





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# Creating awareness on Organ Donation

At: SAP Labs India, Bangalore  
Date: 4th March  
Time: 2 pm Participated by: 58

Conducted by Ananth Acharya,  
KWF Team member, Post transplantee

### Deceased organ donation

Coma vs Brain Steam Dead

### Basic concepts of organ donation

Tissues /Organ Donation by a Living Person

### My Transplant Diary

I was diagnosed by CKD stage 4 and left with two options :  
A- Dialysis in near future.  
B - Transplant Surgery.

My wife is a live donor and she donated her kidney.

Got my transplant done on 19<sup>th</sup> of August 2021 and both are now leaving a normal life.

Our Blog link - [My Transplant Surgery experience](#)

To celebrate WKD, We cordially invite you to a Life's Learning Experience by

**S.S. Manjamma Manasseh**  
(Director Brain & Spine)  
The Kidney Warriors Foundation

Topic: Organ Donation  
Opening Talk On: Organ Donation

Chennai, Tamil Nadu, India  
267X+9WC, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020, India  
Lat 13.013491°  
Long 80.249937°  
23/03/22 12:48 PM

## ORGAN DONATION

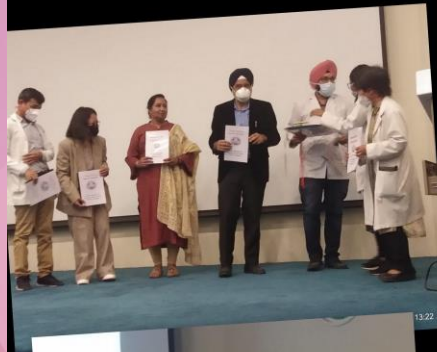


*WKD 2022, some baby steps that will set the tone for future.*





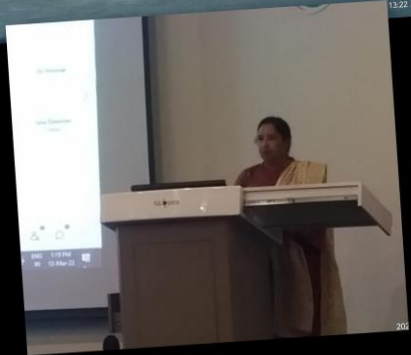
# INDIA KIDNEY WARRIORS FOUNDATION



Post Graduate Institute of Medical Education & Research - Chandigarh celebrated WKD 2022 on 12th March 2022

Ms Karamjeet Kaur, was specially invited.

She talked about KWF's work for kids.



#KidneyHealth #Awareness - WORLD KIDNEY DAY

Dialysis costs are barely managed, so protein supplements are avoided. KWF reaches out to people with a box.



After dialysis, patients from a center in Kandivli took a box home.

In Idukki - a industrially backward area, in Kerala, dialysis patients work after their treatment. So to help them and boost them, it was gifted.



Another patient from Idukki.



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## Opening thoughts & minds on ORGAN DONATION - through art of story telling in schools!



Maryann Manasseh conceptualised and opened a programme for **Kidney Warriors Foundation** which grows our public work.

- we entered ORGAN DONATION space in a different way  
- we have sown a seed for a future of generations.

"Opening thoughts and minds on organ donation" - with the students of Patrician college. The more the youth begin to know they have a voice the Change is possible.

She began engaging kids with this concept. Story telling grew into a place where kids were drawn in to understand the world exists where people need a different support to survive. Organ donation saves lives.



### Organ donation

- comes with  
empathy, love - lesson's  
outcome of this interaction.





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# KIDNEY HEALTH World Kidney Day



*Celebrated in Kolkata, by State -Cordinator*



## Organ donation - comes with empathy, love - lesson's outcome of this interaction.

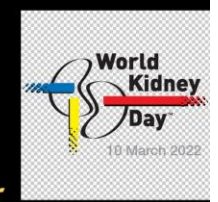




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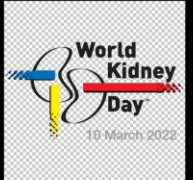
# KIDNEY HEALTH World Kidney Day



Celebrated in Kolkata, by State -Cordinator



#KidneyHealth #Awareness - WKD, 10th March

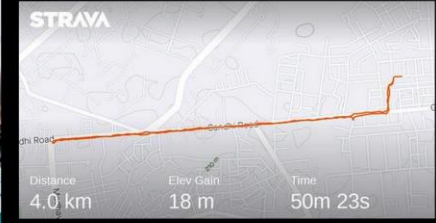


## Cycling: Lucknow, UP

## Gwalior, MP



## 4km Walked; 8 years dialysis survivor



## Post- Transplant

