

REPORT ON KIDNEY HEALTH

Topic: Renal-Health Awareness In Schools

Date: 25th July 2023, 9:45 a.m.-10:30 a.m.

Attended by: Teachers and students of Class V of Junior Wing, Delhi Public School, Sec 45

Speaker: Dr. Shalini Pandey - Master Trainer from SPYM - Health awareness campaign

Kidney health is of paramount importance in young children as healthy kidneys are vital for their growth, development, and overall well-being. The purpose of this session was to examine the various aspects of kidney health in little kids and to help school children understand the risk factors, recognize the symptoms, and encourage healthy behaviours that can reduce the risk of developing chronic kidney diseases in future.

Dr. Pandey provided knowledge about how the kidneys play a crucial role in maintaining the body's internal balance by filtering waste products and excess fluids from the blood, producing urine, and regulating electrolyte levels. She discussed how internal and external organs play a key role in the overall well-being of kids. She shared some of the key benefits of good health and healthy eating habits in children.

The session helped to educate and empower adolescents to take an active role in their kidney health. By understanding and adopting healthy behaviours, young children or adolescents can reduce their risk of developing chronic kidney disease and improve their overall health outcomes. She ended the session with an informative video and took questions of the little curious minds. Overall, it was a thought-provoking and informative session.

