

Seminar on Kidney diseases and It's prevention

Date: 11-1-2024

Venue: Auditorium, Sarojini Naidu Vanita Pharmacy Maha Vidyalaya

The session started by: welcoming dignitaries onto the dais by Misbha and team (PharmD 5th year)

Distinguished guests:

Director: Dr. N Srinivas sir

Principal: Dr. T Saritha Jyostna

Speaker: Mohd Shoeb Ahmed Khan

HoD of PharmD: Dr. T Venu

Commencement:

The auditorium at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya came alive on the 11th of January, 2024, as the esteemed guests and students gathered for an enlightening seminar on kidney diseases and prevention. The session began with a warm welcome by Misbha and her team of PharmD 5th-year students.

Introduction:

The stage was graced by the presence of renowned personalities, including Dr. N Srinivas Sir, the Director, and Dr. T Saritha Jyostna, the Principal. The speaker for the day, Mohd Shoeb Ahmed Khan, was presented with a beautiful floral bouquet, marking the beginning of an insightful session.

In-depth exploration:

Ms. Kaveri, a final-year PharmD student, provided a captivating introduction to the distinguished speaker.

The speaker gave a bright input on:

- **Vital organs:** understanding the intricacies of our body's essential components.
- **Importance of kidney:** shedding light on the pivotal role kidneys play in maintaining health.
- **Prevalence of single kidney:** statistics reveal that 1 in 1000 individuals has only one kidney.
- **Sufficiency of half a kidney:** dissecting the myth that half a kidney is sufficient for a lifetime.

- **Anatomy and physiology:** delving into the basic structure and functions of the kidneys.
- **Radiology insights:** visual aids in the form of radiology images were presented, enhancing comprehension.
- **Purpose and functions of kidney:** a comprehensive explanation of the crucial role kidneys play in our well-being.
- **Syndromes:** an overview of kidney-related syndromes to raise awareness.
- **Chronic kidney disease:** a deep dive into the complexities and challenges posed by chronic kidney diseases.

Prevention strategies:

A significant highlight of the seminar was the elucidation of the eight golden rules to prevent kidney diseases:

1. **Regular checkups:** emphasizing the importance of an annual health checkup.
2. **NSAIDs caution:** advising against unnecessary use of non-steroidal anti-inflammatory drugs.
3. **Blood pressure monitoring:** stressing the need for regular blood pressure checks.
4. **Diabetes screening:** encouraging regular diabetes screenings.
5. **Addiction cessation:** urging individuals to quit harmful addictions.
6. **Moderate exercise:** promoting 30 minutes of moderate exercise daily.
7. **Healthy diet:** advocating for a balanced and healthy Indian diet.
8. **Adequate hydration:** recognizing the importance of staying well-hydrated.

Engagement and interaction:

The session concluded with extensive interaction between the speaker, faculty members from various departments, and enthusiastic students from PharmD and B. Pharm across different academic years.

Closing and appreciation:

A heartfelt vote of thanks was extended by the head of PharmD, Dr. T Venu, expressing gratitude to all participants, especially the speaker, for their valuable contributions. The event

concluded on a positive note with a joyful photographic session, capturing the spirit of knowledge-sharing and collaboration.

In essence, the kidney diseases and prevention seminar proved to be an enlightening and interactive platform, fostering a deeper understanding of kidney health and promoting proactive measures for prevention. The collaborative efforts of the organizers, speakers, and participants ensured the success of this educational endeavour.



