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Visit to the Dialysis Unit

— on the Occasion of —

World Kidney Day

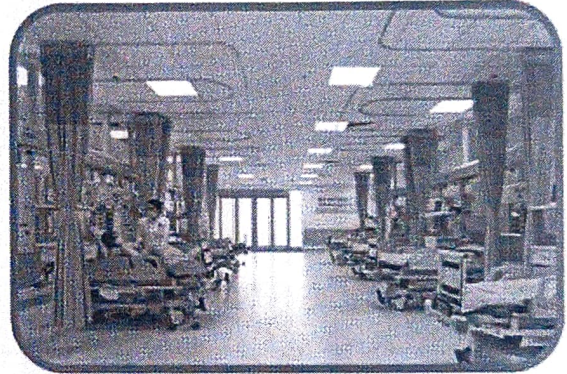
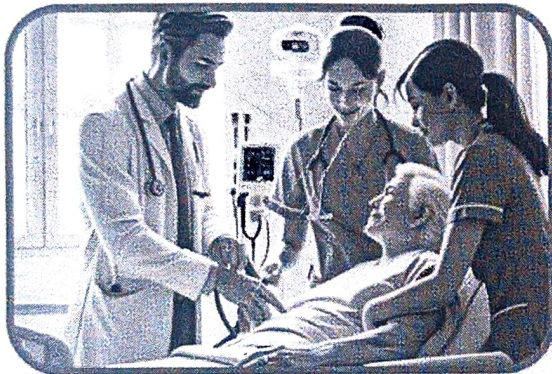
"Kidney Health for All: Caring for people, Protecting the Planet"



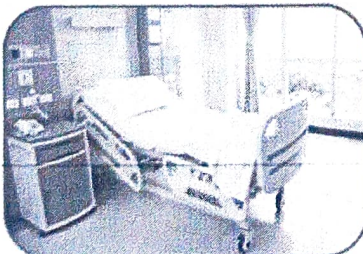
THURSDAY | 12 MAR 2026



Precision Hospital, Lucknow



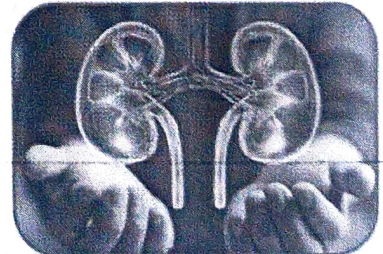
WHAT TO EXPECT DURING YOUR VISIT



- Tour of Dialysis Unit
- See our treatment facilities



- Meet Our Team
- Talk with our caring experts



- Learn About Kidney Health
- Understand dialysis & prevention

Healthy Kidneys, Healthy People, Healthy Planet

Prof. (Dr.) Annapurna C. Reddi
Vice-Dean, Faculty of Nursir,
Integral University, Lucknow

Prof (Dr.) Ashfaque Khan
Director
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INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH

Department of Nursing

is Organising

POSTER Competition

on the Occasion of

World Kidney Day

"Kidney Health for All: Caring for people, Protecting the Planet"



FRIDAY

13 MAR 2026



Integral Institute of Nursing Sciences
& Research

Objectives

- ✓ Create awareness about kidney health.
- ✓ To encourage creative expression Posters.
- ✓ To promote knowledge about kidney disease prevention and dialysis care.
- ✓ To highlight the importance of healthy lifestyle for kidney protection.

Poster Topic (Example)

- ✓ Kidney healthy awareness
- ✓ Prevention of kidney diseases
- ✓ Importance of dialysis and transplantation
- ✓ Healthy lifestyle for kidney protection
- ✓ Role of nurses in kidney care

Participants

Integral Nursing Students



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Prof. (Dr.) Ashfaque Khan
Director
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Ref. No.: IUL/IINSR/WKD/Report/2026/

Dated: 14/03/2026

REPORT ON WORLD KIDNEY DAY ROLE PLAY AND HEALTH TALK

Organized by:

Integral Institute of Nursing Sciences & Research,
Integral University, Lucknow

Venue:

Rural Health Training Centre (RHTC)

Date: 13 March 2026

Occasion: World Kidney Day

Theme of the Day:

"Healthy Kidneys, Healthy People, Healthy Planet."

Introduction:

On the occasion of **World Kidney Day**, the **Faculty of Nursing, Integral Institute of Nursing Sciences & Research (IINSR), Integral University, Lucknow**, organized a **Role Play and Health Talk** at the **Rural Health Training Centre (RHTC)** as part of its community health outreach activities. The program was conducted by the **Internship Nursing Students** with the objective of spreading awareness about kidney health and promoting preventive practices among the community.

The activity was organized under the guidance of **Prof. Dr. Ashfaq Khan**, Director, IINSR, and **Prof. Dr. Annapurna C. Reddy**, Vice Dean, Faculty of Nursing. Their continuous support and motivation encouraged the students to actively participate in community-based health promotion activities.

The event was coordinated by Ms. Priscilla Varghese, Lecturer, Department of Nursing, who guided the students in planning and organizing the awareness program effectively.

Objectives:

The program commenced with a **role play presentation by the internship students**, which depicted common causes and risk factors of kidney diseases such as unhealthy lifestyle, uncontrolled diabetes, hypertension, excessive consumption of junk food, and inadequate water intake. Through engaging dialogue and practical demonstrations, the role play illustrated the importance of early diagnosis, regular health check-ups, and healthy lifestyle choices in preventing kidney-related complications. The interactive performance successfully captured the attention of the community members and helped convey health messages in an easily understandable manner.

Following the role play, the students conducted a **health talk** focusing on the theme of **World Kidney Day 2026: "Kidney Health for All: Caring for People, Protecting the Planet."** The health education session emphasized the importance of maintaining proper hydration, adopting a balanced diet, limiting salt intake, managing blood pressure and diabetes, avoiding unnecessary

use of medications, and seeking timely medical consultation for symptoms related to kidney disorders.

Learning Outcomes:

Community members attending the program actively participated in the session and clarified their doubts regarding kidney health, lifestyle modifications, and preventive measures. Educational messages were delivered in simple language to ensure better understanding among the audience.

SDG Goals:

The outreach activity also supported the **United Nations Sustainable Development Goals (SDGs)**, particularly **SDG 3: Good Health and Well-being**, by promoting awareness about prevention and early detection of non-communicable diseases. Additionally, the initiative supported **SDG 4: Quality Education** by providing experiential learning opportunities for nursing students and strengthening their community health education skills. The program also highlighted the relevance of **SDG 6: Clean Water and Sanitation**, emphasizing the importance of safe drinking water and proper hydration for maintaining kidney health.

Conclusion:

The role plays and health talk proved to be an effective method of community education and awareness generation. It enabled the internship students to develop confidence, communication skills, and practical experience in community health promotion while contributing positively to public health awareness.

Overall, the program conducted at the **Rural Health Training Centre (RHTC)** was highly successful and meaningful. The activity reinforced the commitment of **Integral University** and the Department of Nursing towards promoting preventive healthcare, community engagement, and sustainable health awareness in alignment with global health priorities.

GLIMPSE OF THE DAY



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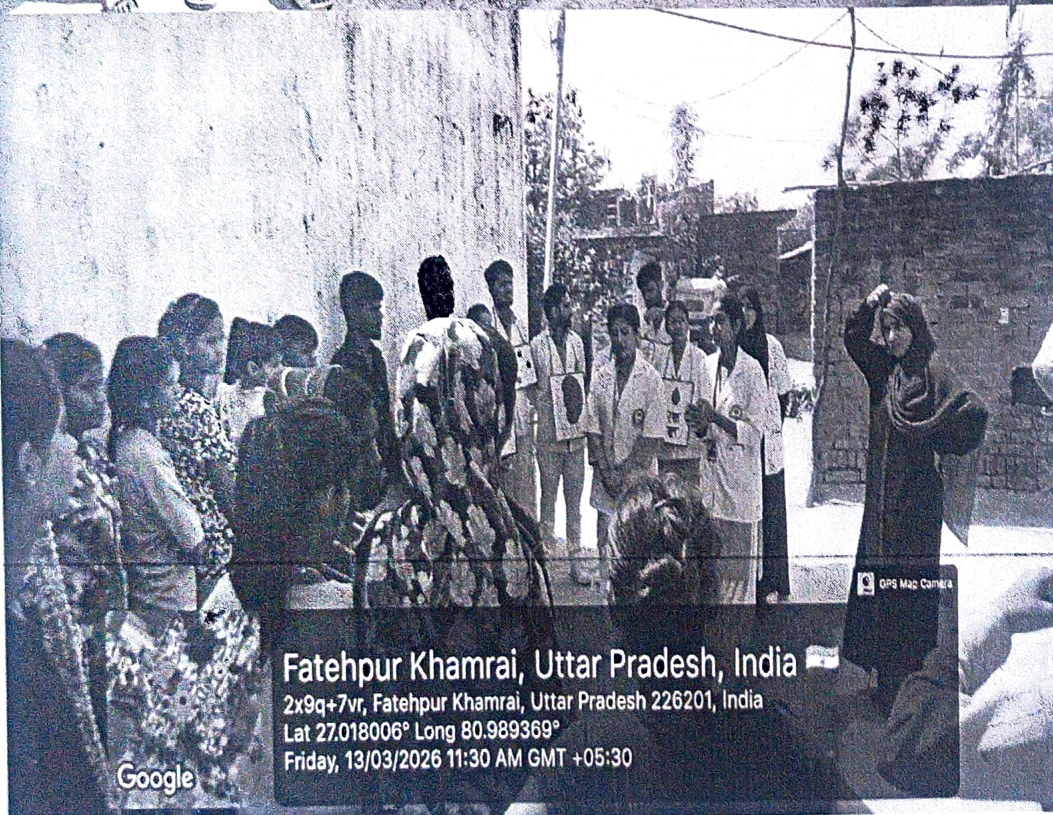
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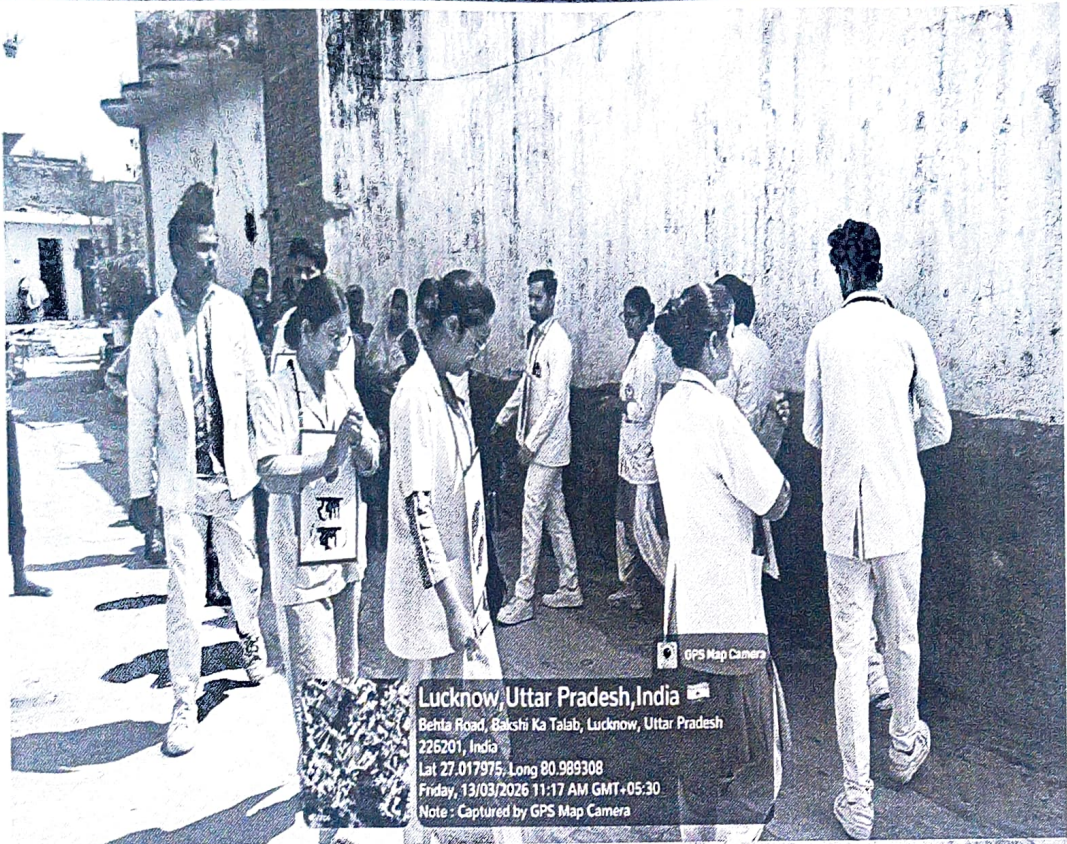
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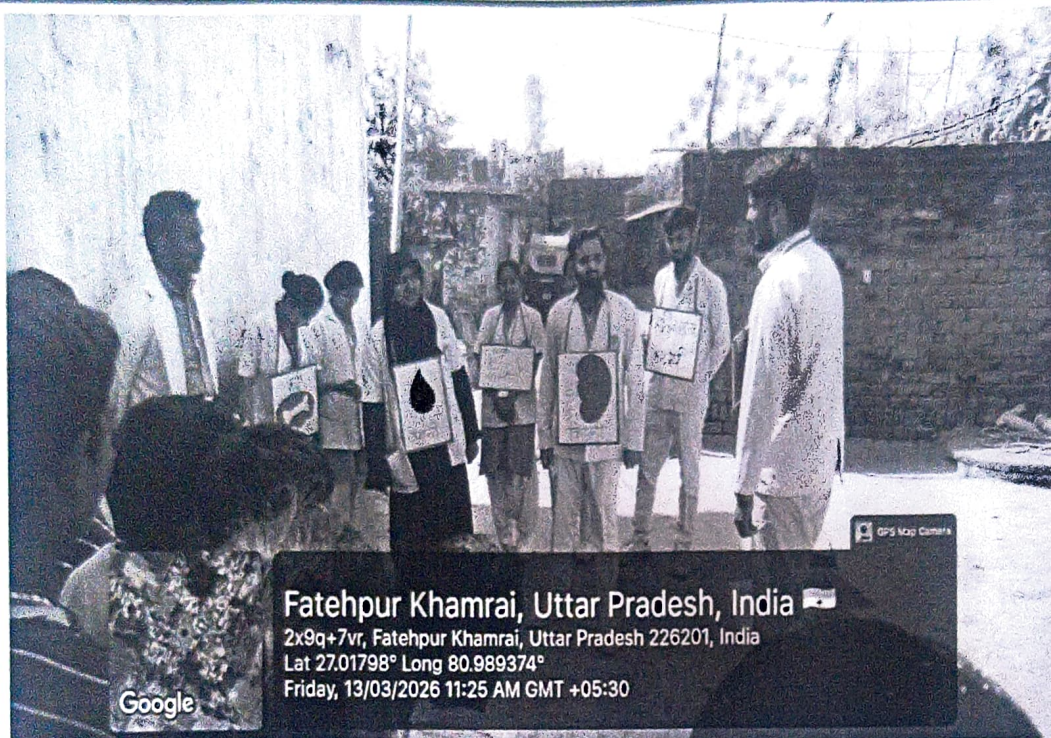
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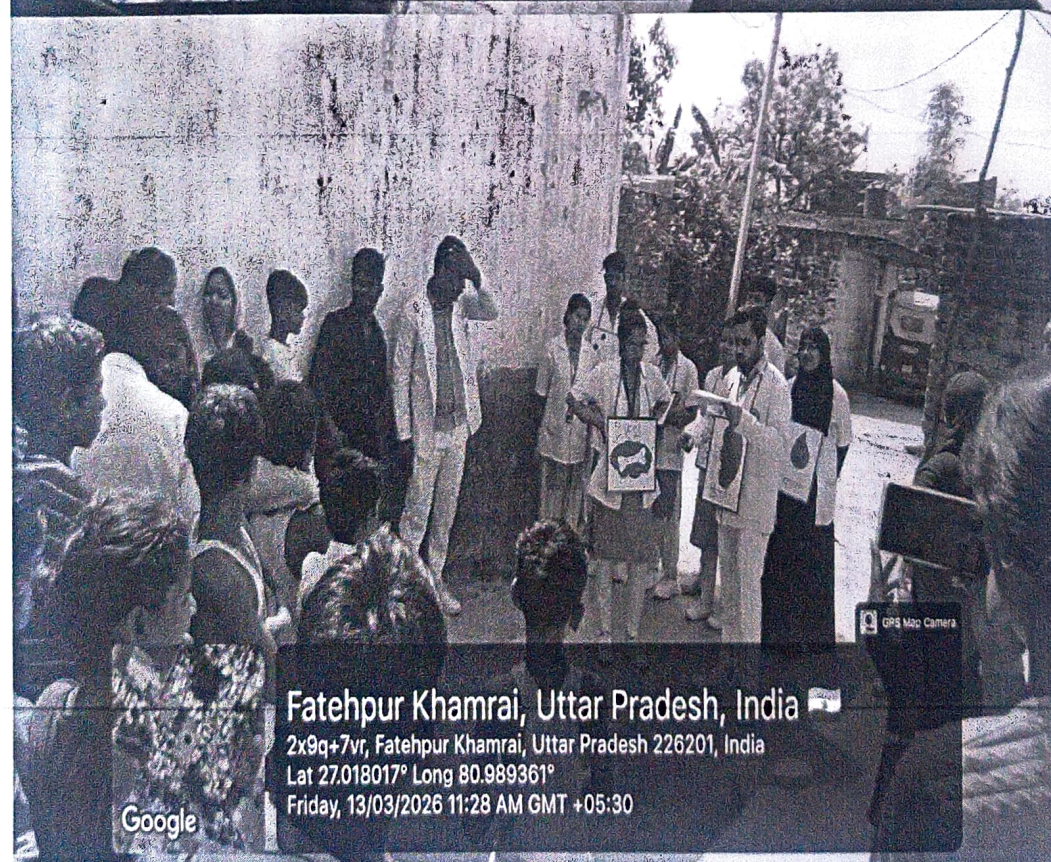


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Ref. No.: IUL/IINSR/WKD/Report/2026/

Dated: 14/03/2026

REPORT ON WORLD KIDNEY DAY POSTER COMPETITION

Organized by:

Integral Institute of Nursing Sciences & Research,
Integral University, Lucknow

Venue:

F-Block, IINSR

Date: 13 March 2026

Occasion: World Kidney Day

Theme of the Day:

"Healthy Kidneys, Healthy People, Healthy Planet."

Introduction:

The Faculty of Nursing, Integral Institute of Nursing Sciences & Research (IINSR), Integral University, Lucknow, organized a Poster Competition on **13 March 2026** to commemorate **World Kidney Day**. The program aimed to raise awareness about kidney health, encourage preventive healthcare practices, and promote creative and critical thinking among nursing students regarding kidney disease prevention and care.

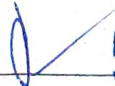
The event was conducted under the esteemed guidance of **Prof. (Dr.) Ashfaq Khan**, Director, IINSR, whose leadership and encouragement greatly supported the successful organization of the event. The program was also supported by **Prof. (Dr.) Annapurna C. Reddy**, Vice Dean, Faculty of Nursing, who highlighted the importance of preventive healthcare education and the critical role of nurses in addressing global health issues.

The event was coordinated by Ms. Priscilla Varghese, Lecturer, Department of Nursing. Through systematic planning and effective coordination, the event was conducted smoothly with enthusiastic participation from the nursing students.

Objectives:

The theme for **World Kidney Day 2026** was "**Kidney Health for All: Caring for People, Protecting the Planet.**" In accordance with this theme, the poster competition encouraged students to develop posters highlighting key aspects of kidney health such as prevention of kidney diseases, importance of early diagnosis, healthy lifestyle practices, dialysis and kidney transplantation, and the significant role of nurses in kidney care and patient education.

Students from different batches of the nursing program actively participated in the competition and presented creative and informative posters. Their work demonstrated strong awareness about kidney health and effectively conveyed messages related to maintaining adequate hydration,

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 Prof. (Dr.) Ashfaq Khan

Director

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adopting healthy dietary habits, controlling blood pressure and diabetes, and promoting regular health screenings for early detection of kidney disorders.

Description:

The posters were carefully evaluated by the esteemed judges **Prof. Manisha Chaubey** and **Dr. Pragma Awasthi**, who assessed the participants based on creativity, relevance to the theme, clarity of message, and overall presentation. Their valuable feedback and expert evaluation ensured fairness and encouraged students to further enhance their knowledge and presentation skills.

SDG Accomplished:

The event also aligned with the **United Nations Sustainable Development Goals (SDGs)**, particularly

SDG 3: Good Health and Well-being, which focuses on ensuring healthy lives and promoting well-being for all. By spreading awareness about kidney health and preventive strategies, the activity contributed to reducing the burden of non-communicable diseases and improving community health. Additionally, the program supported

SDG 4: Quality Education by promoting experiential learning among students, and

SDG 6: Clean Water and Sanitation, highlighting the importance of safe water and proper hydration for maintaining kidney health.

Conclusion:

The poster competition proved to be an effective platform for students to integrate theoretical knowledge with creative communication skills. It enhanced their understanding of kidney health, strengthened their role as future healthcare educators, and fostered awareness about global health priorities.

Overall, the celebration of **World Kidney Day** through this poster competition was highly successful. The event not only promoted academic engagement and creativity among nursing students but also reinforced the institution's commitment to community-oriented health education and the promotion of sustainable healthcare practices in alignment with the vision of **Integral University**.

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Ref. No.: IUL/IINSR/WKD/Report/2026/

Dated: 14/03/2026

Report on World Kidney Day (Educational Visit to the Dialysis Unit)

Organized by:

Integral Institute of Nursing Sciences & Research,
Integral University, Lucknow

Venue:

Dialysis Unit (IINSR)

Date: 12 March 2026

Occasion: World Kidney Day

Theme of the Day: "Healthy Kidneys, Healthy People, Healthy Planet."

1. Introduction

To commemorate World Kidney Day, the Integral Institute of Nursing Sciences & Research (IINSR), Integral University, Lucknow organized an educational visit to the Dialysis Unit at IINSR, Lucknow on 12 March 2026.

The activity was conducted under the guidance of:

- Dr. Ashfaque Khan
- Dr. Annapurna C. Reddy

The visit was organized and coordinated by:

- Ms. Priscilla Varghese

The program aimed to enhance students' clinical exposure and awareness regarding kidney health, dialysis procedures, and preventive strategies for kidney diseases. The event was aligned with the global theme of World Kidney Day:

"Kidney Health for All: Caring for People, Protecting the Planet."

2. Objectives of the Visit

The objectives of the visit were:

- To provide hands-on exposure to the functioning of a dialysis unit.
- To enhance students' understanding of dialysis procedures and renal care.
- To promote awareness about kidney health and disease prevention.
- To encourage interaction between nursing students and healthcare professionals working in nephrology care.

3. Description of the Activity

Prof. (Dr.) Annapurna C. Reddy
Vice-Dean, Faculty of Nursing

Prof. (Dr.) Ashfaque Khan
Director



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During the visit to the **Dialysis Unit at Precision Hospital**, nursing students were guided by hospital staff and healthcare professionals who provided detailed insights into the functioning of the unit.

The activity included:

- **Tour of the Dialysis Unit:** Students observed the infrastructure, dialysis machines, and treatment facilities available for patients with renal disorders.
- **Clinical Demonstration:** Healthcare professionals explained the process of hemodialysis, patient preparation, monitoring, and infection control practices followed in the unit.
- **Interaction with Experts:** Students interacted with dialysis nurses and medical staff to understand the roles and responsibilities involved in renal patient care.
- **Educational Awareness Session:** Information regarding kidney disease prevention, early detection, lifestyle modifications, and patient education was shared with the students.

The visit served as a valuable opportunity for students to bridge the gap between theoretical learning and clinical practice.

4. Learning Outcomes

The students gained:

- Knowledge about the structure and workflow of a dialysis unit.
- Understanding of hemodialysis procedures and patient monitoring.
- Awareness regarding infection prevention and patient safety in dialysis settings.
- Insight into preventive measures and health education related to kidney diseases.

5. SDG Goals:

- **SDG 3: Good Health and Well-being** This is the core goal. It aims to reduce premature mortality from non-communicable diseases (NCDs) like chronic kidney disease through better prevention and treatment.
- **SDG 4: Quality Education** By hosting students and the public, the hospital provides specialized clinical education that goes beyond textbooks, fostering a more informed future healthcare workforce.
- **SDG 10: Reduced Inequalities** This aligns with the 2026 theme of "Equitable Access." It addresses the disparity where patients in wealthier regions have easy access to dialysis, while those in developing areas often face a lack of resources.
- **SDG 17: Partnerships for the Goals** The collaboration between educational institutions, NGOs, and healthcare facilities demonstrates how collective action is required to tackle global health crises.

6. Conclusion

The educational visit organized on the occasion of World Kidney Day proved to be highly beneficial for nursing students. It provided them with practical knowledge, clinical exposure, and a deeper understanding of renal care and dialysis management. Such initiatives contribute significantly to strengthening clinical competencies and promoting awareness about kidney health, thereby supporting the overall mission of the Integral Institute of Nursing Sciences & Research to develop skilled and compassionate healthcare professionals.

Prof. (Dr.) Annapurna C. Reddy
Vice-Dean, Faculty of Nursing
Integral University

Prof. (Dr.) Ashfaque Khan



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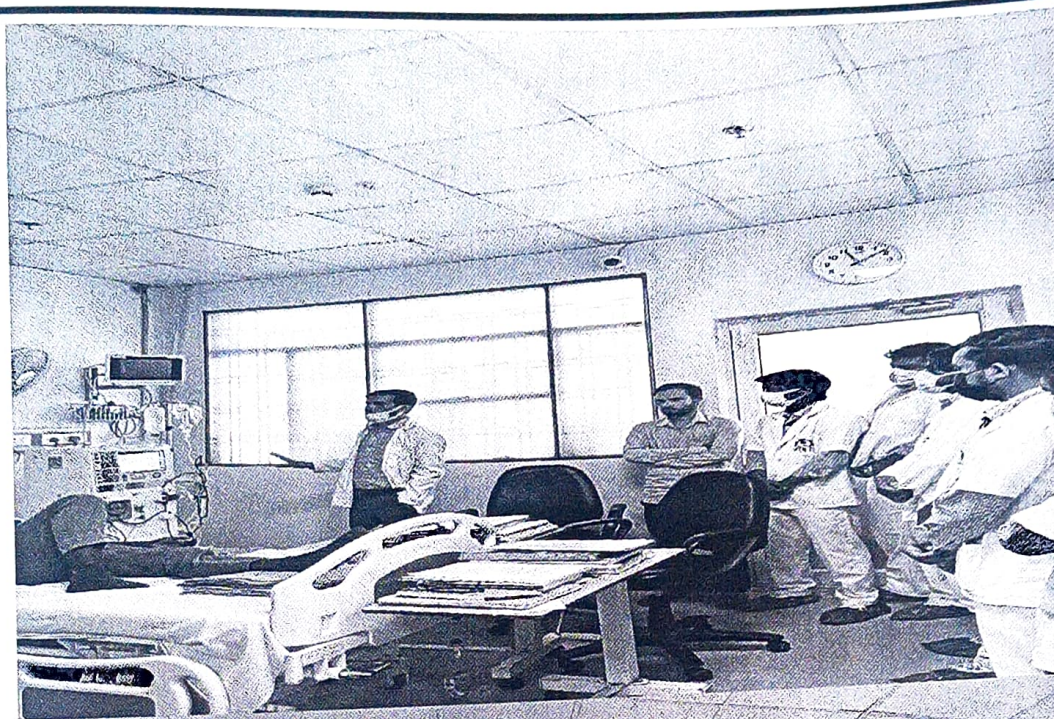
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