



Celebration of World Kidney Day

EPS-PPAF-PPR| Swat| Date:
March 8th, 2018.

ABOUT WORLD KIDNEY DAY:

World Kidney Day (WTD) is held annually on 8 March with different themes selected by World Health Organization. Its purpose is to foster awareness among the international community of the importance of kidneys to our health and reduce the impacts of kidney diseases and its associated health problems worldwide. 1 in 10 people is affected by kidney disease. World Kidney day is a joint initiative of International Society of Nephrology (ISN) and International Federation of Kidney Foundation.

WHO ARE WE?

Environmental Protection society is implementing PPR Phase 2 in UC's (Hazara and Kuz Abakhel of District Swat. Program includes components like Social Mobilization, livelihood enhancement & protection, basic health & educational services, construction & improvement of small scale community infrastructure leading to program goal.

EVENT CELEBRATIONS:

The basic health services component of PPAF is focusing on complementing poverty alleviation initiatives by providing health facilities in the remotest regions and where access is difficult and public services are lagging. EPS thus, with collaboration of Pakistan Poverty Alleviation Fund celebrated World Kidney day as awareness raising campaign under the theme **KIDNEY'S and WOMEN HEALTH (Include, value, empower)** celebrated and attended by the VO and CO members of UC Koz Abakhel. Celebrations were impacting the program implementations in a sense that the participants become aware of the importance of Kidney as organ in human body. They learn about impact of kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problem.

Event Summary

Date and location: On March 8th, 2018 held at Samina Bibi's home (President of VO Malala Khwateen Tanzeem, Swegalai)

Attendants and profile:

Total 60 participants from village and community organizations of UC Hazara, female project staff from EPS and health dept representative attended The celebration.



Objective(s) of the event:

- To raise the public awareness about the kidneys importance and its contributions to the overall health.
- To raise awareness among community on kidney problems related to the common health disorders like diabetes, high blood pressure which may lead to the Chronic Kidney Diseases.
- To motivate and promote the common public for the better prevention by describing them all aspects of the prevention measures in order to get prevented from such kidney problems.



Agenda for the Day:

1. Tilawat,
2. Introduction to EPS, PPR/PPAF.
3. Objectives of the Day.
4. Presentation on Kidney by Maryam & Zaby.
5. Speech by VO President Miss Samina.
6. Discussion of Kidney Issues Dr. Almir from Health Dept.
7. Question & Answer Sessions.
8. Dua.

Total Participants: 60(Females)

Proceedings:

Day started with recitation of few verses from Holy Quran and praise of Allah Almighty. Miss Maryam and Miss Zaby welcomed all the participants and gave an introductory session to the participants about EPS, PPAF and briefly delivered objectives of the day. Community was given a short presentation on what are kidneys and basic information related to them.

Dr. Almeer (Health dept representative) then took over the stage and highlighted the facts & figures about kidney issues in Swat, briefed participants about the main causes of the renal failure, kidney stones and precautionary measures for kidney safety. Stages for kidney checkups, symptoms of kidney issues, healthy food for kidney.

At the end VO President Miss Samina gave a short speech and talked about the present situation of kidney related health issues in her area and how can it be improved. She highlighted environmental issues contributing to Kidney diseases along with nutritional facts. She insist the participants to abstain from excessive use of China Salt (Ajino-motho) substandard chips/snacks tea mix & un-boiled water.

Day was summed with Question & Answers session from community, community participants asked questions related to kidney which were answered by Dr. Almeer.

Total sixty females participated in the event from various VOs of Koz Abakhail.