



Lilavati Hospital Hosts Engaging Kidney Awareness Programme on World Kidney

In observance of World Kidney Day, Lilavati Hospital and Research Centre organized a dynamic and educational Kidney Awareness Programme aimed at promoting kidney health and encouraging early detection of kidney diseases.

The event combined informative sessions with interactive and entertaining activities, drawing attention to the critical importance of timely kidney care. The programme featured an insightful discussion on kidney diseases, a lively quiz competition titled Kaun Banega Kidney Pati, and a heartwarming talent show by patients and staff. The occasion concluded with a prize distribution ceremony, blending health education with community engagement.

The event was graced by prominent figures including Shri Rajiv Mehta, Permanent Trustee; Mr. Prashant Mehta, Permanent Trustee; Dr. Niraj Uttamani, Chief Operating Officer; and leading nephrologists such as Dr. Hemant Mehta, Dr. K. L. Upadhya, Dr. Arun Shah, Dr. L. H. Suratkal, Dr. Wasi Shaikh, and Dr. Nageshwar Panchal. With kidney diseases on the rise across all age groups—largely due to unhealthy lifestyles, poor dietary habits, and lack of awareness—the initiative aimed to provide timely screenings, expert consultations, and public education on kidney care. Conditions like diabetes, high blood pressure, and dehydration are major contributors to kidney damage and, if ignored, can lead to chronic kidney disease (CKD) or even kidney failure.

“Kidney diseases progress silently and are often diagnosed at an advanced stage, requiring dialysis or transplantation,” said Dr. Hemant Mehta, Nephrologist at Lilavati Hospital. “Early diagnosis through routine screenings can prevent severe complications. This programme helps people understand the value of timely intervention and the availability of advanced treatments.” The event also served as a platform for kidney patients, including those undergoing dialysis, to share their experiences and inspire others to take preventive action.

Mr. Prashant Mehta emphasized the hospital’s commitment to community health, stating, “We are dedicated to safeguarding lives through interactive medical camps and awareness initiatives. Our focus is on increasing access to early screenings and expert guidance.” Highlighting this year’s World Kidney Day theme—“Are Your Kidneys Okay? Detect Early, Protect Kidney Health”—Mr. Rajiv Mehta called for a deeper understanding of kidney function and the need for routine testing.

“Kidneys are the unsung heroes of our bodies, silently performing vital functions such as waste filtration, blood pressure regulation, and toxin removal. By caring for our kidneys, we nurture the foundation of our body’s health,” he said.

Dr. Niraj Uttamani, COO of Lilavati Hospital, concluded the event by reiterating the programme’s impact: “This awareness initiative offers hope and empowerment. With timely detection, we can prevent complications and encourage a healthier future for all.” Through such engaging and informative initiatives, Lilavati Hospital continues to reinforce its mission of advancing public health awareness and early intervention in the fight against kidney diseases.