



Silent Sufferers:

Early Detection and Prevention of Kidney Disease

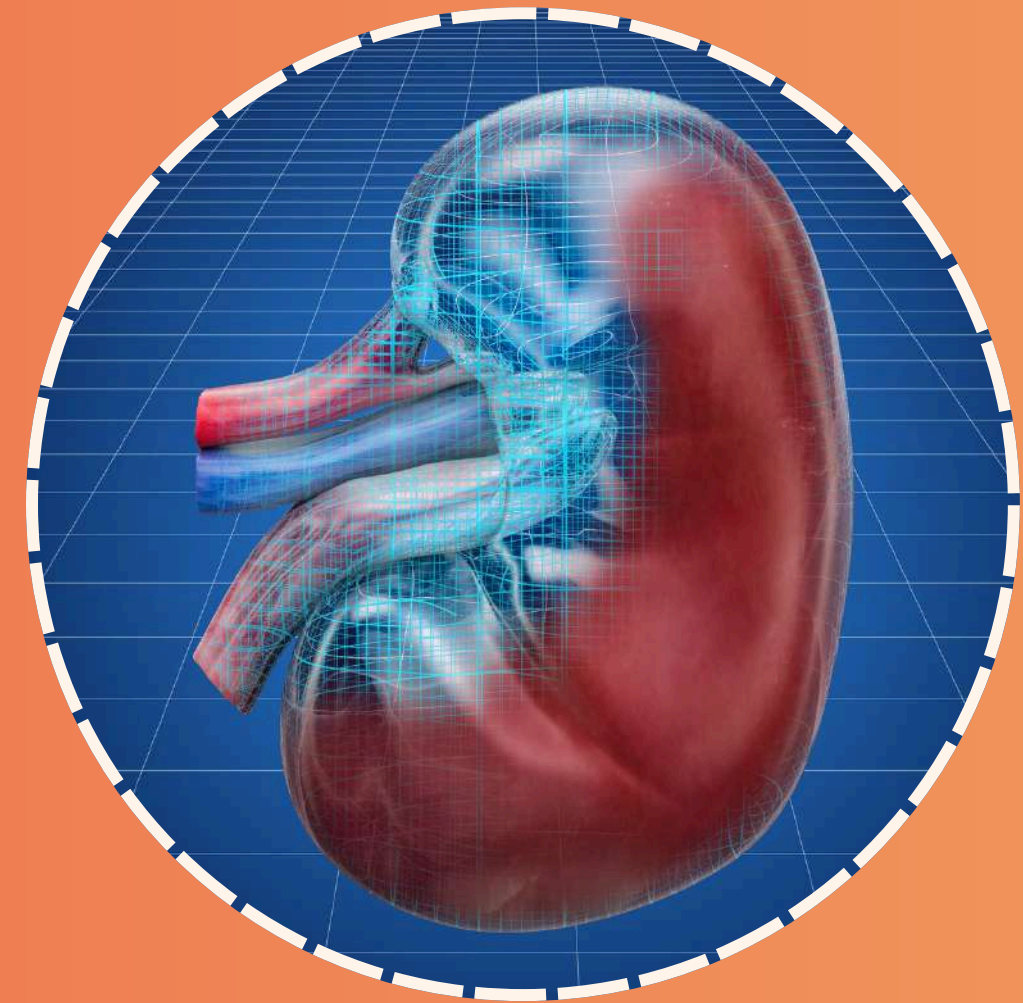
Presented by Spark Group

Introduction To SPARK

SPARK is a youth-led initiative dedicated to advocating for kidney health through awareness, education , and community support. We believe that protecting health starts with knowledge, and through simple, meaningful actions, we aim to support those affected and inspire healthier choices for everyone.

PROJECT OVERVIEW

This project was initiated to focus on raising awareness about kidney health, preventing kidney diseases, and encouraging healthy lifestyle habits throughout the community and our social media following by showcasing pamphlets, posters and posts. Kidneys play a vital role in the human body by filtering waste from the blood, balancing fluids, controlling blood pressure and producing essential hormones. Despite their importance, kidneys often go unnoticed until they reach a serious stage. This project has aimed to educate people about how kidneys work, the common causes of kidney problems. By spreading accurate information, this project has helped encourage early detection and timely medical care. This project focuses on prevention and promotes simple but effective habits to reduce high risks of renal health issues.



Members of the Group



EVALUATION

This presentation showcases our efforts in raising kidney health awareness through pamphlets, posters, and Instagram posts, highlighting our work to educate and engage the community.

Agenda

Topics Covered

1

Instagram Awareness Campaign

2

Village Outreach Program

3

Community Interviews

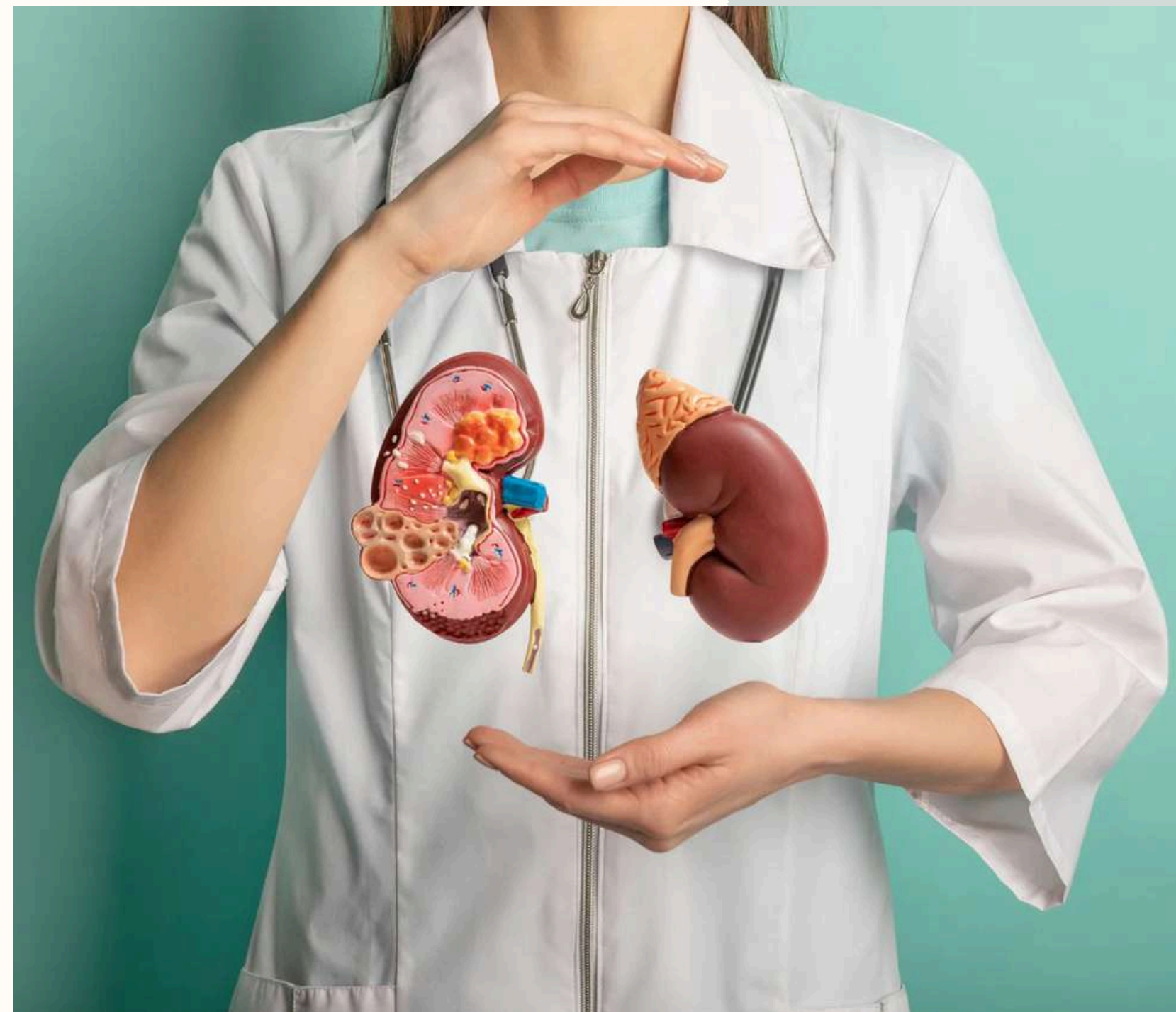
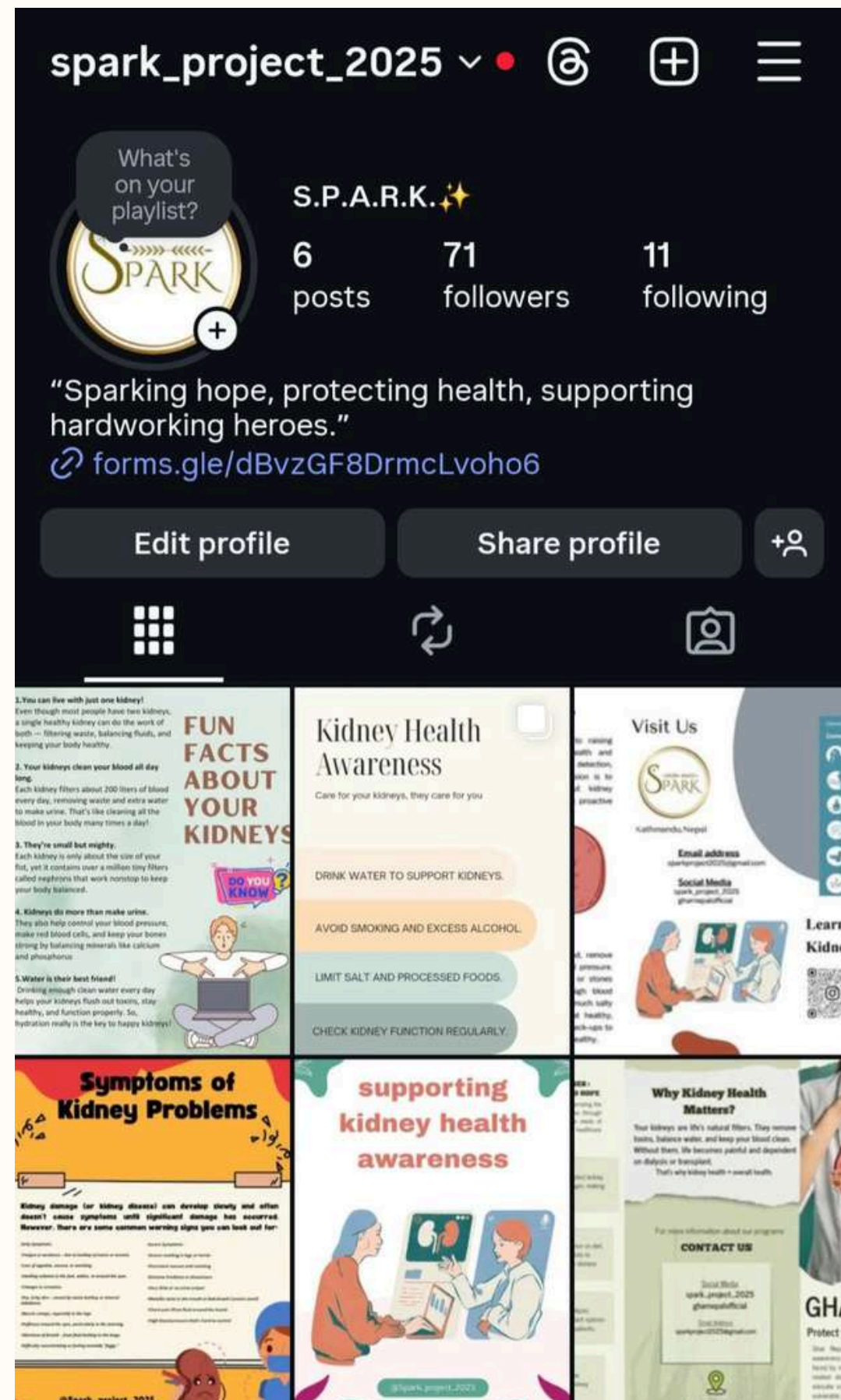
4

Posters & Pamphlets Creation

5

Google Form Feedback

Instagram Awareness Campaign



Posters & Pamphlets Creation



Posters & Pamphlets Creation

KIDNEY HEALTH AWARENESS

तपाईंका मिर्गौलाहरू निरन्तर काम गरिरहेका हुन्छन् — तिनीहरूले शरीरको फोहोर पदार्थ फिल्टर गर्छन्, पानीको सन्तुलन मिलाउँछन्, र रगतको दबाब (ब्लड प्रेशर) नियन्त्रण गर्न सहयोग गर्छन्। तर उच्च रक्तचाप, मधुमेह, अत्यधिक नुन, वा शरीरमा पानीको कमी (डिहाइड्रेशन) का कारण मिर्गौला क्षति हुन सक्छ।



तपाईंका मिर्गौला स्वस्थ राख्नका लागि:

- प्रत्येक दिन पर्याप्त स्वच्छ पानी पिउनुहोस्।
- सन्तुलित र कम नुन भएको आहार खानुहोस्।
- अत्यधिक पेनकिलर र रक्सीको सेवनबाट टाढा रहनुहोस्।
- यदि तपाईंलाई उच्च रक्तचाप वा मधुमेह जस्ता जोखिम कारक छन् भने नियमित स्वास्थ्य परीक्षण गराउनुहोस्।

स्वस्थ आहार खानुहोस्

फलफूल, तरकारी, र कम नुन भएको खाना रोज्नुहोस्। अत्यधिक नुन, तेल, र प्रशोधित खाना कम गर्नुहोस्।

2



3

नियमित व्यायाम गर्नुहोस्

व्यायामले तौल, रक्तचाप र रक्तचिनी नियन्त्रणमा राख्न मद्दत गर्छ।

हानिकारक बानी त्याग्नुहोस्

धूम्रपान नगर्नुहोस्, मदिरा सीमित गर्नुहोस्, र अत्यधिक पेनकिलर प्रयोग नगर्नुहोस्।



5

नियमित स्वास्थ्य परीक्षण गर्नुहोस्

मृगौलासम्बन्धी समस्या समयमै पत्ता लगाउन नियमित परीक्षण आवश्यक छ।



Google Form Feedback

Kidney health awareness

Take a few minutes to help us understand people's kidney health habits and awareness. Your responses are completely anonymous and will help promote better kidney care for everyone!

sparkproject2025@gmail.com [Switch accounts](#)

Not shared

* Indicates required question

Gmail *

Your answer

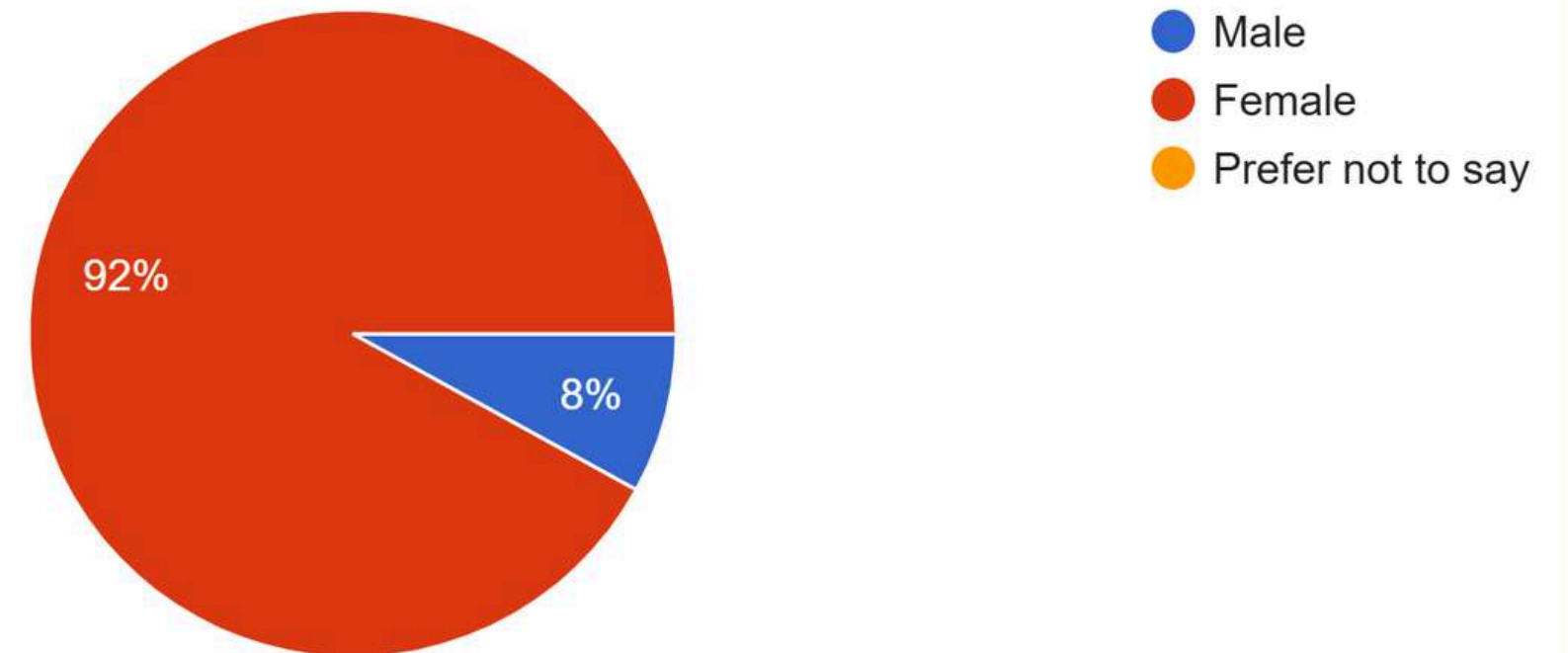
Full name *

Your answer

Gender *

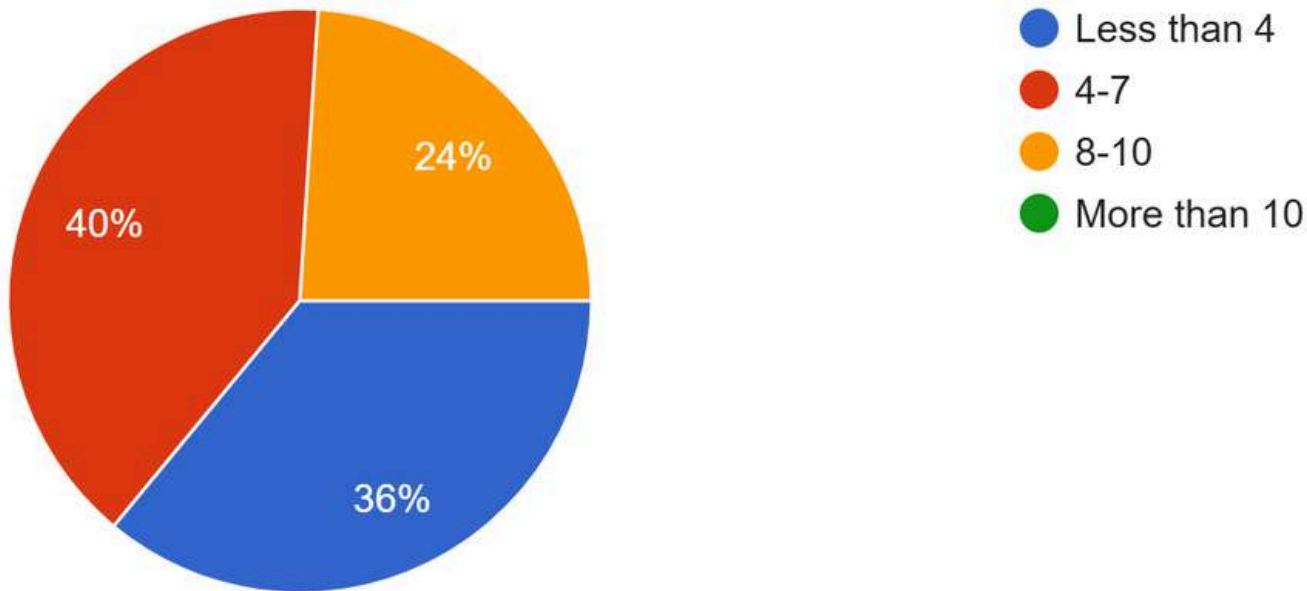
Gender

25 responses



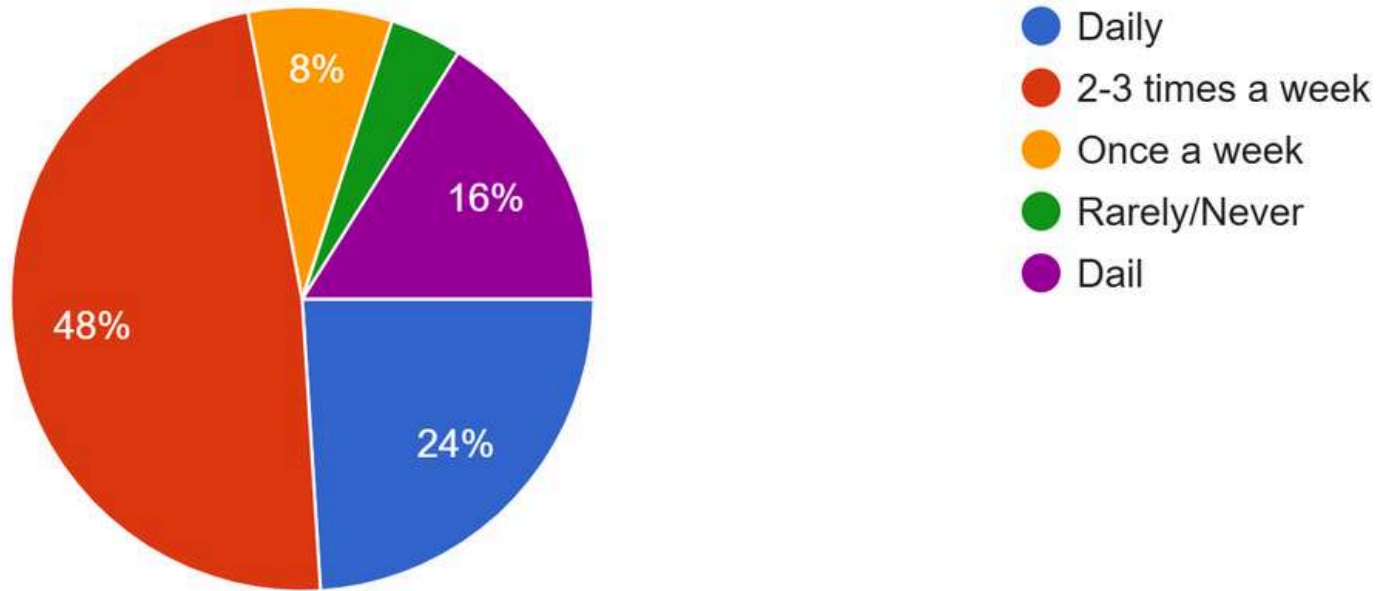
1.How many glasses of water do you drink daily?

25 responses



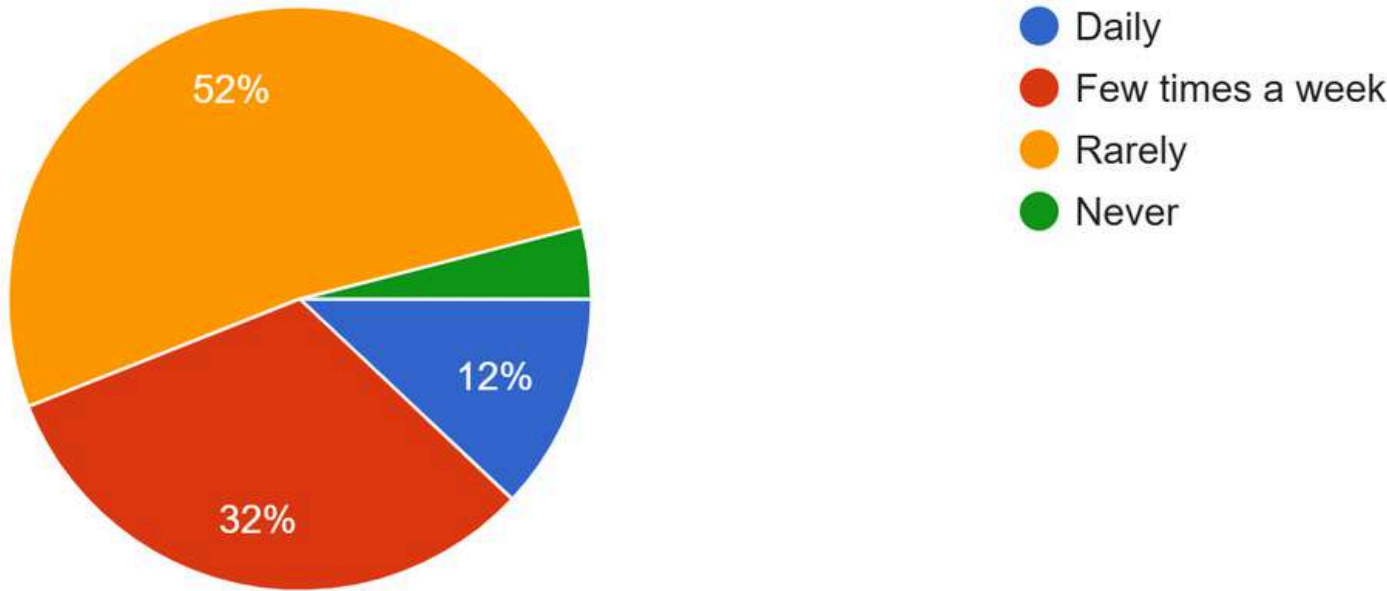
2. How often do you eat salty or processed foods?

25 responses



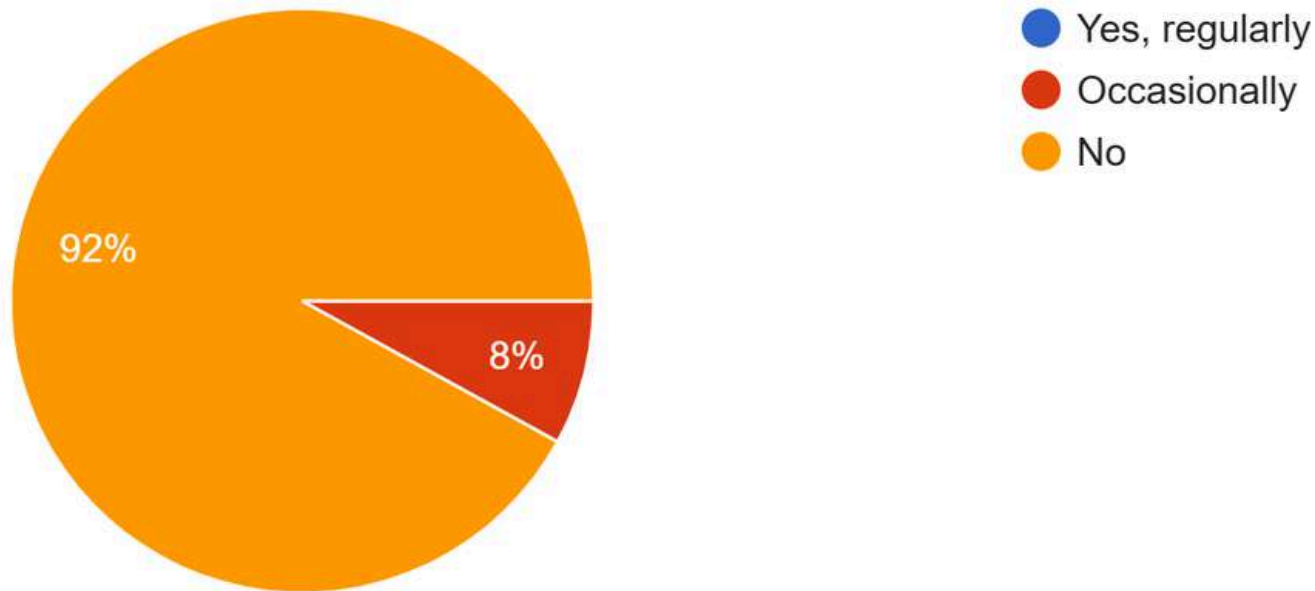
3. How often do you exercise?

25 responses



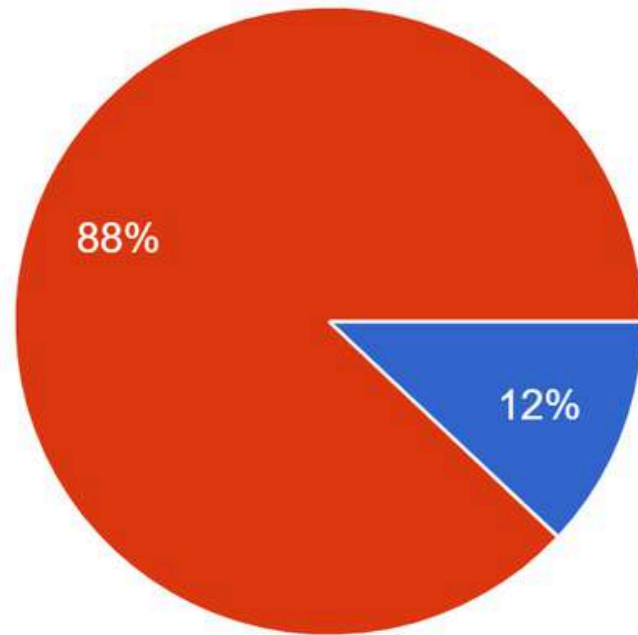
4.Do you smoke or drink alcohol?

25 responses



5. Do you have a family history of kidney disease?

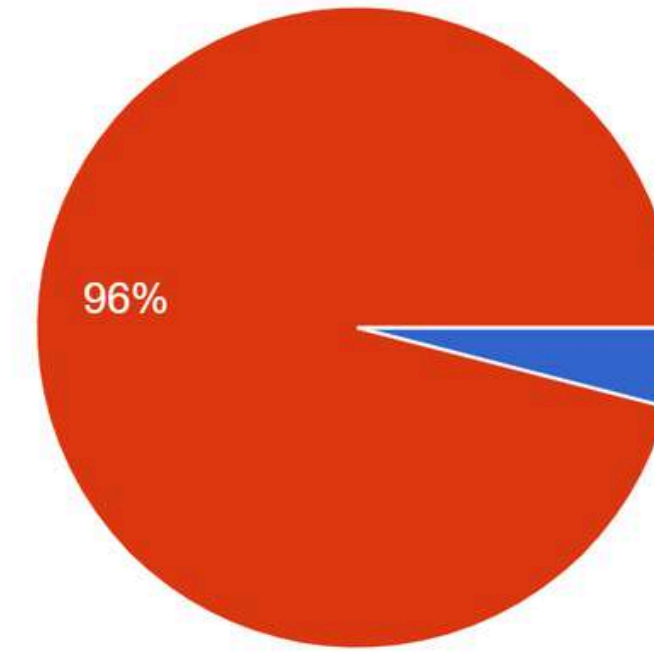
25 responses



● Yes
● No

6. Have you ever been diagnosed with kidney-related issues?

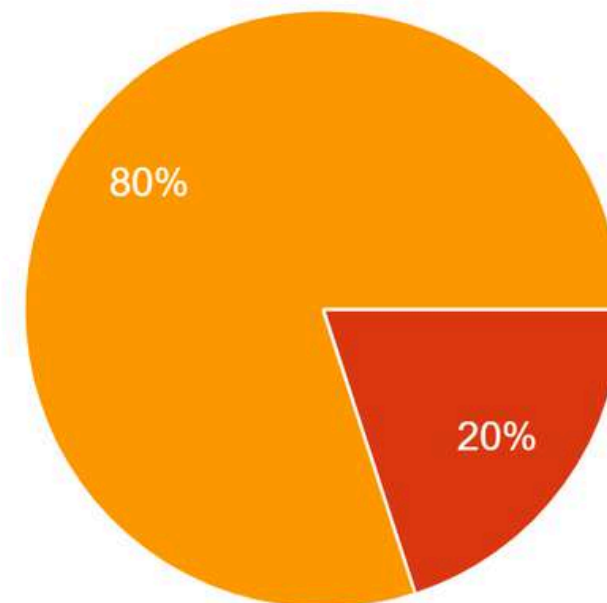
25 responses



● Yes
● No

7. How often do you get your kidney function checked?

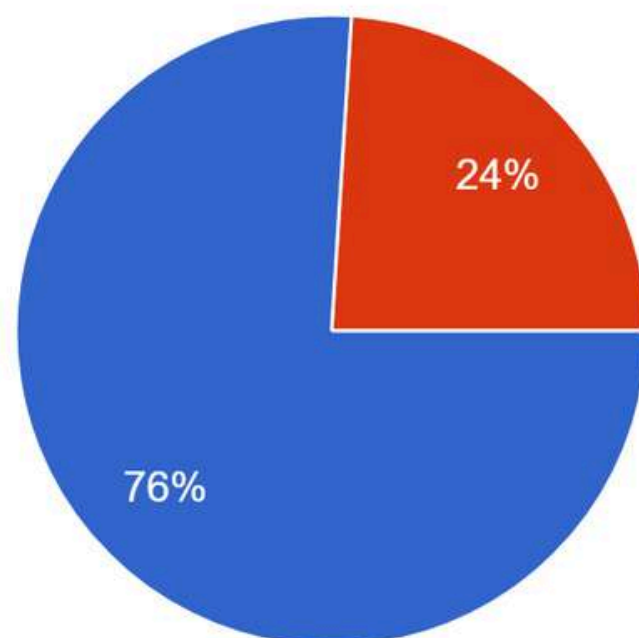
25 responses



● Annually
● Occasionally
● Never

8.Are you aware of the importance of kidney health?

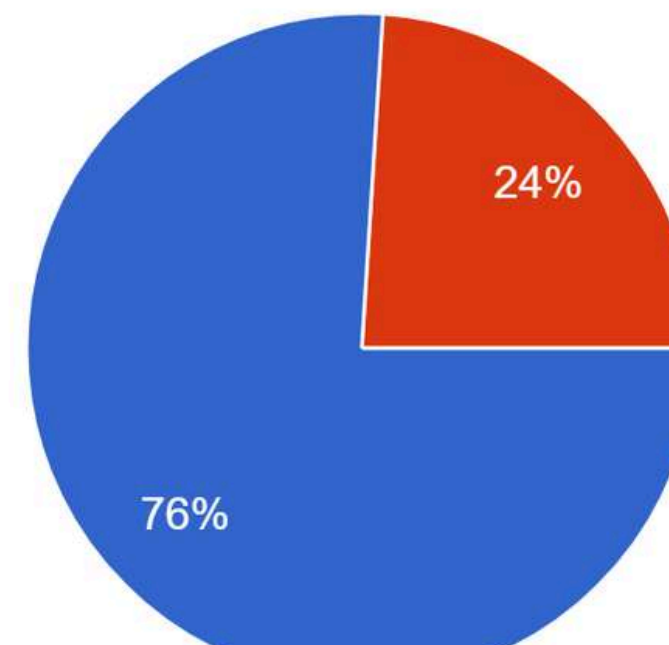
25 responses



9. Do you know which habits are harmful to kidneys?

25 responses

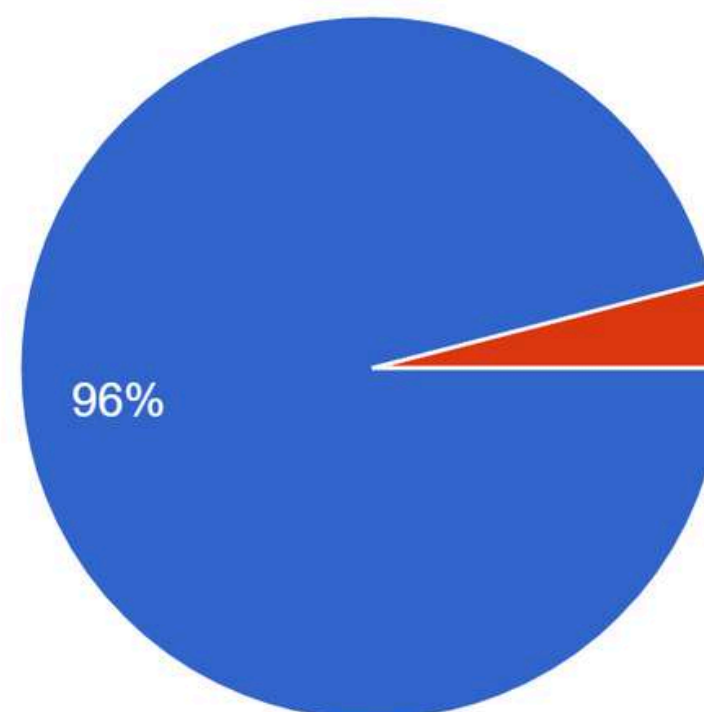
● Yes
● No



● Yes
● No

10. Would you follow lifestyle changes to protect your kidneys if advised?

25 responses



● Yes
● No

Village Outreach Program



Community Interviews



Name: Rajaram Yadav

Age: 45

**Work in the field and has his
own mill shop**



Name: Chandradeo Yadav

Age: 38

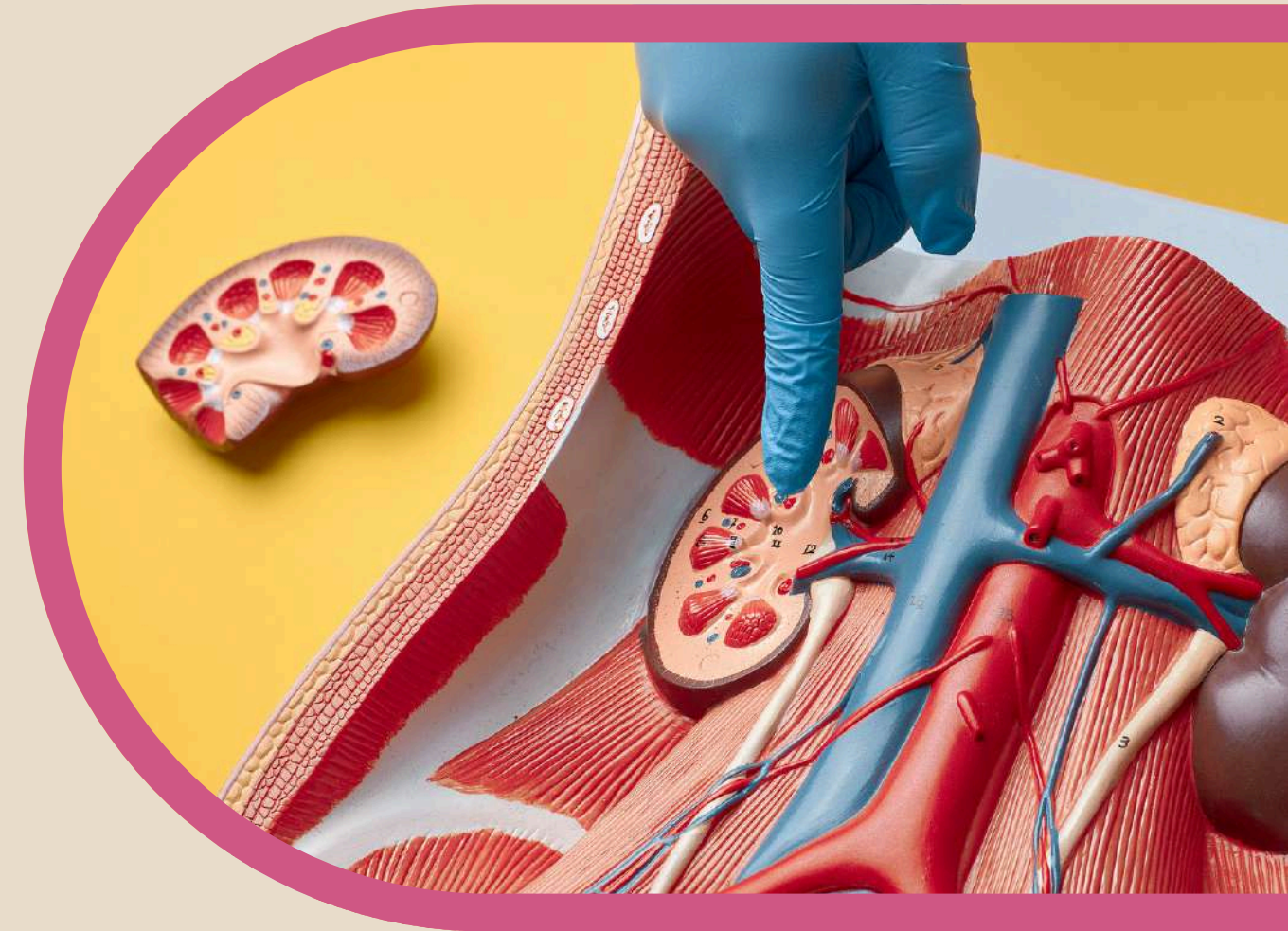
**Worked in dubai ,Qatar and Saudi
Now has a kirana shop**

OVERVIEW

Our kidney health awareness campaign progressed successfully through planning and community outreach before being temporarily paused due to the nationwide Gen Z protests in Nepal, which made it difficult to continue our activities safely.

Although this interruption prevented us from completing the campaign as planned, it did not lessen our commitment to the cause.

We are deeply grateful to our mentors for their continuous guidance, encouragement, and support throughout this journey. The experience has inspired us to remain active in community service, and we would be delighted to contribute to future social initiatives and awareness programs whenever the opportunity arises.





THANK YOU