

## AJK Observes World Kidney Day Promoting Awareness and Preventive Measures Against Kidney Diseases



ورلڈ کڈنی ڈے کی تقریب سے ڈی.ایچ. او ڈاکٹر فدا حسین ایم ایس، ڈاکٹر اعجاز احمد راجہ، اوز صدر انجمنی فلاح و بہبود انسانیت میرپور ڈاکٹر طاہر محمود خطاب کر رہے ہیں

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By Altaf Hamid Rao

MIRPUR (AJK): March 13: Azad Jammu and Kashmir (AJK) observed World Kidney Day on

Thursday along with the rest of the world, with the primary objective of raising public awareness

about the vital role of kidneys in the human body and encouraging preventive measures to reduce

the growing incidence of kidney diseases.

According to reports from Mirpur, World Kidney Day is observed annually on March 13 as part of a global initiative led by the International Society of Nephrology in collaboration with health institutions and organizations across various countries.

In Mirpur, a special awareness event was organized at the Free Kidney Dialysis Center, Divisional Teaching Hospital, under the auspices of the NGO Anjuman Falah-e-Behbood Insaniya Mirpur.

The event aimed to educate people about preventive healthcare practices and highlight the collective efforts of the international community in addressing kidney-related diseases.

Speakers at the ceremony emphasized that kidney diseases can largely be prevented through both individual responsibility and collective efforts in promoting healthy lifestyles and early medical care. They also stressed the importance of public awareness regarding balanced diet, proper hydration and regular health checkups.

Referring to the humanitarian importance of saving lives, speakers quoted a verse from the Holy Qur'an stating that saving one life is equivalent to saving all humanity, adding that public health institutions are working with the same spirit to serve suffering patients.

The speakers paid tribute to Dr. Tahir Mehmood, President of Anjuman Falah-e-Behbood

Insaniyat, acknowledging his contributions and the dedicated efforts of his team in providing

quality treatment to patients at the Free Kidney Dialysis Center.

Among those who addressed the gathering were Dr. Tahir Mehmood, Medical Superintendent Divisional Teaching Hospital Mirpur Dr. Ijaz Raja, District Health Officer Dr. Fida Hussain Raja, and Deputy Medical Superintendent Dr. Maria Zulfiqar, who all stressed the need to strengthen awareness campaigns to prevent kidney diseases.

Dr. Tahir Mehmood reaffirmed that the proposed Dr. Shahzad Ahmed Shaikh Free Kidney Dialysis Center will continue serving humanity with the support of philanthropists and public donations, which remain the lifeline of such life-saving healthcare initiatives.