

GDC Rajampeta, YSR Kadapa Dt.
Department of Zoology
Activities 2025-26

1. Name of the Activity	World Kidney Day
2. Name of the Lecturer	Dr. N. Chandra Mohan
3. Date	12-03-2026
4. Number of students participated	75
5. Number of faculty involved	6
6. Aim & Objectives – to the students	
<ul style="list-style-type: none"> ● Provide knowledge on the importance of world kidney day. ● Provide awareness on the functioning of kidneys. ● Provide awareness on the kidney disorders. ● Provide knowledge on the importance of physical exercise and water on the good health of kidneys. 	
7. <u>Brief Report :</u>	
<ul style="list-style-type: none"> ● World Kidney Day is an annual global campaign held on the second Thursday of March to raise awareness about the importance of kidney health, reduce the impact of kidney disease, and promote early detection. Established in 2006, it highlights that kidney diseases are common, harmful, and often treatable, with 2026 focusing on "Kidney Health for All – Caring for People, Protecting the Planet". ● <u>Key Aspects of World Kidney Day</u> ● Goal: To raise awareness about the high burden of kidney diseases worldwide and the need for better prevention and treatment strategies. ● Significance: It serves as a reminder to prioritize kidney health, as chronic kidney disease (CKD) affects 8-10% of the adult population and is a leading cause of death in some countries. ● Theme (2026): "Kidney Health for All – Caring for People, Protecting the Planet". ● Key Focus Areas: Promoting the 8 Golden Rules for kidney health, improving access to treatment, and early detection. ● Activities: Global events, including turning landmarks orange, educational campaigns, and virtual events. ● Why Kidney Health Matters ● Function: Kidneys are vital for filtering waste, managing blood pressure, and maintaining fluid/mineral balance in the body. ● Risk Factors: Key causes of kidney disease include high blood pressure, diabetes, obesity, and infection. ● Prevention: Early detection and lifestyle changes, such as healthy eating and active living, are crucial for prevention. 	

The 8 Golden Rules for Kidney Health

To reduce the risk of developing kidney disease, health experts recommend following these guidelines:

- Keep fit and active.
 - Keep regular control of your blood sugar levels.
 - Monitor your blood pressure.
 - Eat healthy and keep your weight in check.
 - Maintain a healthy fluid intake.
 - Do not smoke.
 - Do not take over-the-counter pills on a regular basis.
 - Check your kidney function if you have one or more of the 'high risk' factors (e.g., diabetes, hypertension, obesity)
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- Dr. B. Purushotham, Principal has given a broad information about the Nutritional food and its impact on kidney health. K. Venkata Narasaiah, Vice Principal said about the problems of kidney Dialysis and Transplantation. Dr. N. Chandra Mohan, lecturer in Zoology given awareness on the importance of physical exercise, sufficient good water, healthy food to maintain the good health of kidneys. B. Sujatha, Faculty of Zoology told about the effect of alcohol and smoking on the damage of kidneys.
 - From this programme B. Nagaraja, Lecturer in Telugu, V. Parvathi, Lecturer in Hindi, other faculty members and students were participated.

Programme outputs :

- Students gain more knowledge about the kidneys.
- They got the importance of water and nutritional food on the functioning of kidneys.
- Students felt very happy about this programme.



Speech by K. Venakata Narasaiah, Vice Principal



Speech by Dr. N. Chandra Mohan, Lecturer in Zoology



Speech by Smt. B. Sujatha, Lec. in Zoology



Participated students

Name of the Activity : World Kidney Day

Date : 12/03/2026

Class : XI groups

Number of students participated : 75

Organized by : Dept. of Zoology

S.No	Name of the student/Person	Class/Designation	Signature
1.	B. P. D. J. A.	B. Com	B. P. D. J. A.
2.	C. Vishal	B. Com	C. Vishal
3.	D. Chennamma	"	D. Chennamma
4.	B. Nisha Lakshmi	"	B. Nisha Lakshmi
5.	K. K. Anant Naidu	"	K. K. Anant Naidu
6.	S. Subarna	"	S. Subarna
7.	S. Harsha	"	S. Harsha
8.	S. K. Anand	"	S. K. Anand
9.	S. Tharun	"	S. Tharun
10.	T. Teja	1st year B.com	T. Teja
11.	P. Harshini	1st year B.com	P. Harshini
12.	S. Maulani	1st year B.com	S. Maulani
13.	Rama Lakshmi K	1st year B.com	Rama Lakshmi K
14.	Geetha M	1st year B.com	Geetha M
15.	S. Maulani	1st year B.com	S. Maulani
16.	Y. Suneetha	"	Y. Suneetha
17.	Y. Poojitha	"	Y. Poojitha
18.	A. Lakshmi Devi	"	A. Lakshmi Devi
19.	A. Gunasikhar	"	A. Gunasikhar
20.	K. Govithi	"	K. Govithi
21.	P. V. Shree	"	P. V. Shree
22.	K. N. Anand	"	K. N. Anand
23.	S. Anas H. A.	"	S. Anas H. A.
24.	P. Mallewarani	"	P. Mallewarani
25.	S. Naveen	"	S. Naveen
26.	R. Siva Praveen	"	R. Siva Praveen
27.	R. Vani	"	R. Vani
28.	S. Manoja	"	S. Manoja
29.	Y. Poojitha	"	Y. Poojitha
30.	N. Alekha	"	N. Alekha
31.	A. Anand	"	A. Anand
32.	A. Anand	"	A. Anand
33.	P. Anand	"	P. Anand

Name of the Activity :

Date :

Class :

Number of students participated :

Organized by :

S.No	Name of the student/Person	Class/Designation	Signature
1.	K. V. Anand	B. Com (CA)	K. V. Anand
2.	M. Nandakishor	B. Com (CA)	M. Nandakishor
3.	Y. Harshini	B. Com (CA)	Y. Harshini
4.	M. K. Anand	B. Com (CA)	M. K. Anand
5.	K. Anand	B. Com (CA)	K. Anand
6.	S. Anand	B. Com (CA)	S. Anand
7.	P. Anand	B. Com (CA)	P. Anand
8.	R. Anand	B. Com (CA)	R. Anand
9.	T. Anand	B. Com (CA)	T. Anand
10.	U. Anand	B. Com (CA)	U. Anand
11.	V. Anand	B. Com (CA)	V. Anand
12.	W. Anand	B. Com (CA)	W. Anand
13.	X. Anand	B. Com (CA)	X. Anand
14.	Y. Anand	B. Com (CA)	Y. Anand
15.	Z. Anand	B. Com (CA)	Z. Anand
16.	AA. Anand	B. Com (CA)	AA. Anand
17.	AB. Anand	B. Com (CA)	AB. Anand
18.	AC. Anand	B. Com (CA)	AC. Anand
19.	AD. Anand	B. Com (CA)	AD. Anand
20.	AE. Anand	B. Com (CA)	AE. Anand
21.	AF. Anand	B. Com (CA)	AF. Anand
22.	AG. Anand	B. Com (CA)	AG. Anand
23.	AH. Anand	B. Com (CA)	AH. Anand
24.	AI. Anand	B. Com (CA)	AI. Anand
25.	AJ. Anand	B. Com (CA)	AJ. Anand
26.	AK. Anand	B. Com (CA)	AK. Anand
27.	AL. Anand	B. Com (CA)	AL. Anand

Name of the Activity :

Date :

Class :

Number of students participated :

Organized by :

S.No	Name of the student/Person	Class/Designation	Signature
1.	J. Poojitha		J. Poojitha
2.	K. Poojitha		K. Poojitha
3.	C. Lakshmi Devi		C. Lakshmi Devi
4.	A. Gunasikhar		A. Gunasikhar
5.	Y. Poojitha		Y. Poojitha
6.	P. V. Anand		P. V. Anand
7.	D. V. Anand		D. V. Anand
8.	S. Anand		S. Anand
9.	B. Anand		B. Anand
10.	C. Anand		C. Anand
11.	Y. Anand		Y. Anand
12.	S. Anand		S. Anand
13.	S. Anand		S. Anand
14.	S. Anand		S. Anand
15.	Y. Anand		Y. Anand

ఆరోగ్యాన్ని కాపాడుకుంటేనే ఆనందం

రాజంపేట, న్యూస్టుడే: కల్తీ ఆహారాన్ని, జంక్ ఫుడ్ ని తీసుకోవడంతో ఆరోగ్య సమస్యలు తలెత్తుతాయని, కిడ్నీలు దెబ్బతినే ప్రమాదం ఉందని ప్రభుత్వ డిగ్రీ కళాశాల వైస్ చీఫ్ ప్రిన్సిపల్ వెంకటసుబ్బయ్య, అధ్యాపకులు చంద్రమోహన్ అన్నారు. ప్రపంచ కిడ్నీ దినోత్సవాన్ని పురస్కరించుకుని స్థానిక ప్రభుత్వ డిగ్రీ కళాశాలలో గురువారం విద్యార్థులకు అవగాహన కార్యక్రమాన్ని నిర్వహించారు. క్రమం తప్పకుండా శారీరక వ్యాయామం చేయాలని, మంచి ఆహారపు అలవాట్లను అలవరుచుకోవాలని సూచించారు. ఆరోగ్యాన్ని పాడుకుంటేనే ఆనందం ఉంటుందని చెప్పారు. అధ్యాపకురాలు సుజాత తదితరులు పాల్గొన్నారు.

Sign. Of the lecturer-



Dr. N. Chandra Mohan
Lec.in Zoology