

## **NephroPlus hosts 'Aashayein', an event packed with education and entertainment exclusively for dialysis patients**

*Over 100 dialysis patients were educated about leading a normal life despite being on dialysis*

**Hisar, 20<sup>th</sup> October 2022:** India's leading network of dialysis centers, NephroPlus, organized a day-long fun and educative workshop, 'Aashayein,' at its center in Hisar on 16<sup>th</sup> October. This one-of-a-kind flagship initiative by the brand was to educate dialysis patients on how they can lead a completely normal life despite being on dialysis.. In addition, NephroPlus aimed at strengthening the patient network where they could freely exchange their experiences beyond the clinical settings, level up their diseased condition to lead normal lives, and motivate the masses through their unique talents and skills.

The day-long educational workshop witnessed the participation of over 100 dialysis patients across the district of Hisar, along with their families and loved ones. Key sessions on disease management were addressed by a group of medical professionals associated with NephroPlus. They emphasized the significance of a dialysis-friendly diet for better health and managing mental health to cope with the challenges. Apart from the informative sessions, the workshop included fun and interactive activities to break the momentum and bring a lighter mood.

The activities involved 'Dumb-charades' – a guessing game where the participants had to explain a food item suitable to the renal-friendly diet requirement. The workshop witnessed enthusiastic participation in a game called 'Diet Pyramid' – a type of board game in a pyramid style. The patients were asked to place the food items based on their appropriate usage in the prescribed dietary plan. A talent show involved patients showcasing their special skills and excellence in singing, dancing, mimicking, dialogue delivery, playing an instrument, acting, etc. The edutainment workshop ended with the "Best-Fistula" contest that emphasized the importance of the dialysis access.

Setting the tone of the Aashayein event, **Mr. Kamal D. Shah, Co-founder, NephroPlus**, said, *"The manifesto of introducing this fun-cum-educational activity is to personally connect with the dialysis patient community and maintain consistent outreach. In addition, it gives us an amazing opportunity to understand the passion and confidence in the patient community. This was yet another successful Aashayein event this year, and we are delighted to witness excellent participation."*

A renowned medical professional, **Dr. Shekhar Sinha, Medical Director at Jindal Hospital**, was invited as a chief guest who addressed the patients on several important aspects of Kidney Disease and Dialysis.

### **About NephroPlus:**

NephroPlus operates 293 dialysis centres in more than 178 cities across 24 states in India and is known for its quality focus and patient-centricity. The company was established 12 years back with a vision to enable people on dialysis across the world to lead long, happy, and productive lives. The company treats 18,000+ patients per month and has performed 60+ Lakh treatments to date. For further information: <https://www.nephroplus.com/>

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