



Outlook

Urology Health Awareness Session for Youth - 26th August 2026

From IIHMRU President Office <presidentoffice@iihmr.edu.in>

Date Tue 8/25/2026 3:04 PM

To Khitish Sahu <khitish.hm30@iihmr.in>

 1 attachment (2 MB)

Dr Swati Nayak Eternal Hospital.png;

Dear KHITISH SAHU,

Greetings for the day.

Hope this email finds you in great health.

IIHMR University takes the lead to organize **Urology Health Awareness Session for Youth** curated for the students to enlighten and share insights on issues and initiatives of current interest. The University is conducting a workshop on August 26, 2026– from 04:30 PM – 05:30 PM IST (Offline).

The Workshop will help students to understand “**Urology Health Awareness Session for Youth**”.

Title – “Urology Health Awareness Session for Youth”

Speaker Details:

Dr. Swati Nayak, Senior Consultant – Urology & Renal Transplant, Eternal Hospital, Jaipur.

Date: Wednesday, August 26, 2026

Time: 04.30 PM – 05:30 PM IST

Mode: Offline

With best wishes,

Dr. P.R. Sodani

President, IIHMR University, Jaipur

Co-Founder, IIHMR Foundation

IIHMR UNIVERSITY, JAIPUR EVENT OUTCOME REPORT

"Urology Health Awareness Session for Youth"
TOPIC: Urology Health Awareness Session for Youth – A student's guide to urinary, reproductive & kidney health
DATE: August 26, 2026 (Wednesday)
TIME: 04:30 PM to 05:30 PM
VENUE: IIHMR University, Maruti Nagar, Jaipur (OFFLINE MODE)
SPEAKER: Dr. Swati Nayak, MBBS, MS (General Surgery), DNB (General Surgery), MCh (Urology), FRCS (Urology), Senior Consultant – Urology & Renal Transplant, Eternal Hospital
MODERATOR: Dr. Ankita Jadhav, HM 2025–2027
NUMBER OF PARTICIPANTS: 116
INTRODUCTION: The interactive knowledge session titled "Urology Health Awareness Session for Youth" was conducted at IIHMR University, Maruti Nagar, Jaipur, on August 26, 2026. The session was delivered by Dr. Swati Nayak, Senior Consultant – Urology & Renal Transplant, Eternal Hospital. The session was moderated by Dr. Ankita Jadhav, HM 2025–2027. Designed specifically for young adults, the session focused on urinary, reproductive and kidney health, with an emphasis on awareness, prevention, early recognition of symptoms and the importance of seeking timely medical advice.
OBJECTIVE: The session aimed to increase awareness among students about common urological and kidney-health concerns affecting young adults. It sought to explain the basic functioning of the urinary system, highlight hydration and kidney-stone prevention, familiarise students with urinary tract infections and reproductive health concerns, promote awareness of sexually transmitted infections, identify important medical red flags, and encourage healthy everyday habits. The session also aimed to reduce embarrassment and stigma surrounding urologic and sexual health and encourage students to seek confidential professional care when required.
SALIENT NOVEL POINTS COVERED: The session challenged the perception that urology is only relevant to older adults and highlighted how kidney, bladder and reproductive health can influence everyday wellbeing, fertility and long-term health from a young age. The basic urinary system was explained through four key components – kidneys, ureters, bladder and urethra – to build essential anatomy awareness. Hydration was emphasised as a simple preventive habit, with the session recommending consistent water intake and using pale-yellow urine as a practical indicator of hydration. The rising occurrence of kidney stones among young adults was discussed in relation to sugary drinks, high-sodium food, low water intake and sedentary study habits. Students were made aware of the classic warning signs of kidney stones, particularly sudden severe flank or lower-back pain and possible blood in urine, along with the need for prompt medical attention

when severe pain is accompanied by fever or vomiting.

Urinary tract infections were discussed as a common urologic complaint among young adults, with symptoms including burning during urination, frequent urgency, cloudy or strong-smelling urine, lower-abdominal discomfort and fever or chills.

Preventive habits for UTIs included adequate hydration, avoiding prolonged urine retention, urinating after sexual activity, appropriate hygiene and avoiding harsh feminine hygiene sprays.

Testicular health and self-awareness were addressed, including awareness of new lumps, hardness or swelling and the importance of recognising sudden severe scrotal pain and swelling as a possible emergency requiring immediate medical care.

The session covered sexual health and sexually transmitted infections, highlighting that infections such as chlamydia and gonorrhoea can be asymptomatic and that appropriate screening is important.

Students were encouraged to understand and recognise red-flag symptoms such as blood in urine or semen, sudden severe testicular or flank pain, fever with back or pelvic pain, persistent pain or burning, new scrotal lumps or swelling, and significant changes in urination.

Everyday preventive measures included hydration, avoiding smoking and vaping, staying physically active, maintaining a healthy weight, taking breaks from prolonged sitting and maintaining good hygiene.

A key message of the session was that urologic and sexual health concerns are medical issues rather than matters of shame or morality, and that early professional consultation can make treatment simpler.

Q&A and Interactive Session: The session encouraged students to ask questions openly and discuss concerns related to urologic and reproductive health without hesitation. The interactive approach reinforced the importance of confidential consultation, early recognition of symptoms and informed health-seeking behaviour.

CONCLUSION: The "Urology Health Awareness Session for Youth" provided students with practical and relevant knowledge about urinary, kidney and reproductive health. **Dr. Swati Nayak's** session combined basic health awareness with preventive guidance, symptom recognition and clear messages about when to seek medical care. The discussion also addressed the stigma and embarrassment that can prevent young adults from discussing urologic and sexual health concerns. Overall, the session encouraged students to adopt healthier habits, remain alert to warning signs and approach healthcare professionals without hesitation when concerns arise.






An Exclusive

Interactive Knowledge Session

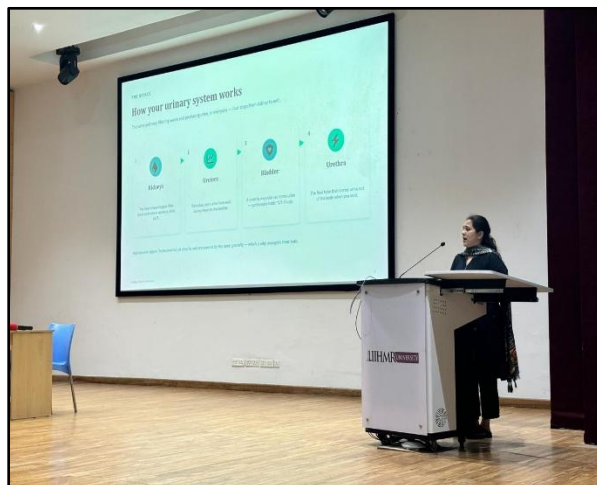
with

Dr. Swati Nayak

MBBS, MS (General Surgery), DNB (General Surgery),
MCh (Urology), FRCS (Urology)
Senior Consultant – Urology & Renal Transplant
(Eternal Hospital)

Topic : Urology Health Awareness Session For Youth

Wednesday, 26th August 2026, 4:30 PM to 5:30 PM,
IIHMR University, Maruti Nagar, Jaipur

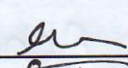
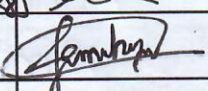
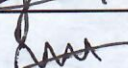
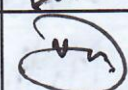
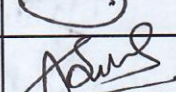
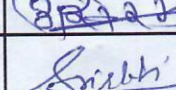
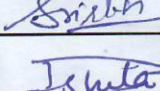
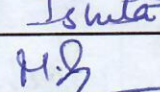
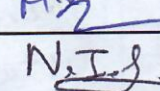
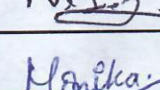
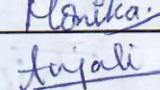
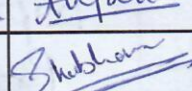
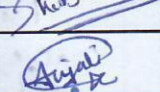
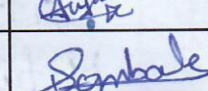
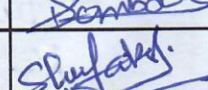
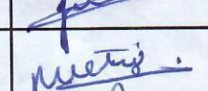
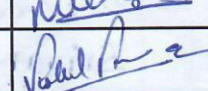
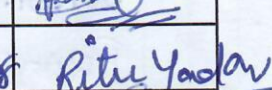
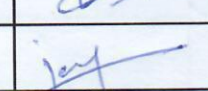




Urology Health Awareness Session for Youth

Date: 26/08/2026 (04:30 PM to 05:30 PM)

Attendance Sheet

Sr. No.	Students Name	Stream with Batch	Sign
1	Himanshu Raj	MBA/Healthcare Analytics (2-28)	
2	Shreyash R. Mahajan	MBA (PM)	
3	Harshal	MBA (HM)	
4	Vaibhav Mahalle	MBA (PM)	
5	Dr. Arnab Singha	MBA (HM)	
6	Arijit Kar	MBA (HM)	
7	S. Chandra Sekhar	MBA (HM)	
8	Atharva G. Sheramkar	MBA (HM)	
9	Srishti Swayanprabha	MBA (HM) 2 nd year	
10	Dr. Ishita	MBA HM 1 st YEAR	
11	Dr. Himamaye Acharya	MBA (HM) 1 st yr	
12	Nutan. I. G.	MBA (HM) 1 st yr	
13	Monika Kumari	MBA (PM) 1 st yr	
14	ANJALI	MBA (PM) 1 st year	
15	Shubham Kumar	MBA (HM) 1 st Year	
16	Anjali K	MBA (HM) 1 st Year	
17	Sakshi N. Dombale	MBA (HM) 1 st yr	
18	SHATAKSHI	MBA (H.A) 1 st YEAR	
19	Juni Sakariah	MBA (HM) 1 st year	
20	Matangi Bhowani	MBA (HM) 1 st year	
21	Vishud Verma	MBA [HM] 1 st year	
22	Saumya Bakshi	MBA [HM] 1 st year	
23	Ritu Yadav	MBA [HM] 1 st year	
24	Jinesh Singh Sodha	MBA [HM] 1 st yr	
25	JOSHUA FREEMAN	MBA (HA) 1 st year	

Urology Health Awareness Session for Youth

Date: 26/08/2026 (04:30 PM to 05:30 PM)

Attendance Sheet

Sr. No.	Students Name	Stream with Batch	Sign
26	Amrui Singh	MBA (PM) I year	A.
27	Shivangi Chaturvedi	MBA (HM) I year	sa
28	Abha Mittal	MBA (HM) I yr	Abha
29	Amisha	MBA (HM) I yr	Amisha
30	Anushka Chauhan	MBA (HM) I yr	Anushka
31	Madhusika Kadu	MBA (HM) I st yr	Madhusika
32	Shweta Shaw	MBA [PM] I st yr	Shweta
33	Shalini	MBA (HA) 1 st yr.	Shalini
34	dakshita Shaktawat	MBA (HA) 1 st year	Dakshita
35	Dr. Sneha Damake	MBA (HM) 1 st yr	Sneha
36	Dr. Priyanshi Sharma	MBA (HA) 1 st year	Priyanshi
37	Preeti Kumari	MBA (HM) I st year	Preeti
38	Yashi Yadav	MBA (HM) I st year	Yashi
39	Virat Dwivedi	MBA (PM) I st year	Virat
40	Arindha Das	MBA (HM) 1 st year	Arindha
41	Tripti Gurjar	MBA (HM) 1 st year	Tripti
42	Prachi Varshney	MBA (PM) 1 st year	Prachi
43	Nitya Pandey	MBA (PM) 1 st year	Nitya
44	Mitali Lande	MBA (PM) 1 st year	Mitali
45	Krati Bajpayee	MBA (PM) 1 st year	Krati
46	Mrunank Malimbe	MBA (PM) 1 st year	Mrunank
47	Asham Mukherjee	MBA (HM) 1 st year	Asham Mukherjee
48	Sriyarchita Hota	MBA (HM) 1 st year	Sriyarchita
49	SURBHI KUMARI	MBA (HM) 1 st year	Surbhi
50	PRATEEK JIRHI	MBA (HM) 1 st year	Prateek

Urology Health Awareness Session for Youth

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Attendance Sheet

Sr. No.	Students Name	Stream with Batch	Sign
51	Anuj Phalke	MBA(HA) 1 st Year	Anuj Phalke
52	Harshvardhan Padole	MBA(PM) 1 st Year	Harshvardhan Padole
53	Aman Saurav	MBA (PM) 1 st year	Aman
54	Jaymin Sonathia	MBA (PM) 1 st year	Jaymin
55	Dhruv Parcek	MBA (HM) 1 st year	Dhruv
56	Mohammad Saqib Raza	MBA (HM) 1 st year	Mohammad Saqib Raza
57	Mohammad Sohail	MBA (HM) 1 st year	Mohammad Sohail
58	Chitrada Venika	MBA (HM) 1 st year	Chitrada Venika
59	Naina Shankar	MBA (HM) 1 st year	Naina Shankar
60	Rohan Agrawal	MBA (HM) 1 st year	Rohan
61	Veda Teinay	MBA (PM) 1 st year	Veda Teinay
62	Tanisha Sharma	(MBA) (PM) 1 st year	Tanisha
63	Tanvi Mishra	MBA (HA) 1 st year	Tanvi
64	KUSHAL ASOPA	MBA (HA) 1 st year	Kushal
65	Shristi Gang	MBA (HA) 1 st year	Shristi
66	Tarini Gujar	MBA (HM) 1 st year	Tarini
67	Mahima Shukla	MBA (HA) 1 st year	Mahima
68	Shikha Shikha Jain	MBA (PM) 1 st yr	Shikha
69	Pranshi Sharma	MBA (HA) 1 st yr	Pranshi
70	Lokesh Dabhoi	MBA (PM) 1 st yr	Lokesh
71	Payal	MBA (PM) 1 st yr	Payal
72	Mahima Sharma	MBA (HM) 1 st yr	Mahima
73	Narajan Londhe	MBA (HA) 1 st yr	Narajan
74	Niketa Satpathy	MBA (HA) 1 st yr	Niketa
75	Tamara Manhas	MBA (HM) 1 st yr	Tamara

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Sr. No.	Students Name	Stream with Batch	Sign
76	Shruti Srivastava	MBA (HM) 1 st yr	Shruti
77	Purvi P.B	MBA (HM) 1 st yr	Purvi
78	Bhavana Be.	MBA (HM) 1 st yr	Bhavana
79	Himanshu Phayal	MBA (HM) 1 st yr	Himanshu
80	Sakshi Patil	MBA (HM) 1 st yr	Sakshi
81	Shreyas Gour	MBA (HM) 1 st yr	Shreyas
82	Dr Mansi Nale	MBA (HM) 1 st yr	Mansi
83	Dr Priyanshi Jain	MBA (HM) 1 st yr	Priyanshi
84	Mridul Kumar	MBA (HM) 1 st yr	Mridul
85	Mridul Khushchandani	MBA (HM) 1 st yr	Mridul
86	Aryan Rajput	MBA (HM) 1 st yr	Aryan
87	Dr. Hitesh Pradhan	MPH	Hitesh
88	Shivam Gargalwar	MBA PM 1 st year	Shivam
89	Shubham Kumar	MBA HA 1 st year	Shubham
90	Anjali Modanwal	MBA HM 1 st year	Anjali
91	Aditi W.	MBA HM 1 st year	Aditi
92	Aashika	MBA HM 1 st year	Aashika
93	ASNA KHAN	MBA HM 1 st year	ASNA
94	Munazza Siddiqui	MBA HM 1 st yr	Munazza
95	Nainika Pal	MBA " "	Nainika
96	Tanvi Jain	" "	Tanvi
97	Tena Kharkwal	" 'HA'	Tena
98	Kashish Rajput	MPH	Kashish
99	Amitranika Chetragar	HA	Amitranika
100	Dr Abhishek Kr	MBA HM 1 st yr	Abhishek
101	Billesh Kr	" HA 1 st yr	Billesh
102	Kishitika	" HM 1 st yr	Kishitika
103	Nivedha Cecor	MBA PPM 1 st yr	Nivedha

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Sr. No.	Students Name	Stream with Batch	Sign
104	Pooja SHARMA	MBA HM 1st	Pooja
105	Kalpesh	11 11 11	Kalpesh
106	Rahul Yadav	11 11 11	Rahul
107	Deena Chy	MBA HM	Deena
108	Chanchal Saini	MBA HM	Chanchal
109	Nilashm Pale	MBA PM	Nilashm
110	Nagendra Onkar	MBA PM	Nagendra
111	Dr Pankaj	MBA HM	Dr Pankaj
112	Dr Prakash	MBA HM	Dr Prakash
113	Anshika	MBA HM	Anshika
114	Shivangi	MBA HM	Shivangi
115	Suman Sinha	MBA PM	Suman
116	Charithra Yarlagadda	MBA HM	Charithra
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