

Organ Donation Helpline

Breathing Again: Nine Years of a Second Chance at Life

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It has been almost nine years since I received my kidney transplant. The journey has been a roller coaster—filled with uncertainty, pain, hope, and countless challenges—but every moment has been worth it. Even today, I never take a single breath for granted. My transplant gave me not just a new kidney, but a new beginning.

I was a young woman with dreams of becoming an Assistant Professor. During the second semester of my Master's programme, my life changed completely. On 8th March 2014, at just 22 years of age, I was diagnosed with Stage V Chronic Kidney Disease (CKD). The diagnosis came as a complete shock because I had experienced no alarming symptoms—only occasional nausea, swelling in my feet, and low haemoglobin levels.

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Within days of my diagnosis, I began dialysis. My life, soon revolved around hospital visits, medications, dietary restrictions, and uncertainty. With transplant as only hope, the wait lasted around three years and tested me and my family in every possible way. In 2015, my condition became critical, and I was placed on life support before being rushed to Sir Ganga Ram Hospital, New Delhi. Looking back, I believe it was my determination to live, along with the unwavering support of my family and the dedication of my medical team, that carried me through those darkest days.

Finally, in July 2017, I received a matching kidney. The first morning after the transplant was painful, but it also brought the immense relief of knowing I was free from dialysis.

Receiving a transplant marked the beginning of a new journey. Lifelong medications, regular follow-ups, and vigilance against rejection are a routine.

Over the past nine years, I have regained my strength, completed two Master's degrees, qualified for the post of Assistant Professor, and am now pursuing a Ph.D. Every milestone reminds me that organ donation does not just save lives—it restores dreams.

My heartfelt gratitude goes to my 26-year-old donor and the donor's family, whose selfless decision gave me a second chance at life. Today, I work with MOHAN Foundation, creating awareness about organ donation and encouraging people to pledge their organs.

Every person I reach, every conversation I have, and every life touched reminds me that one selfless decision has the power to spread hope for many others. If my journey inspires even one person to become an organ donor or gives hope to someone waiting for a transplant, I will feel that I have truly honoured the incredible gift I was given.

*"I am happy for the sufferings,
I am happy for the healings,
You say I made it,
But, it was the generosity of the donor who did all of it."*

