

Bengaluru Allergy Foundation

October -2025



Fresh Breath – BAF Newsletter
Knowledge, Care & Support for Allergy-Free Living

www.bafacademy.com



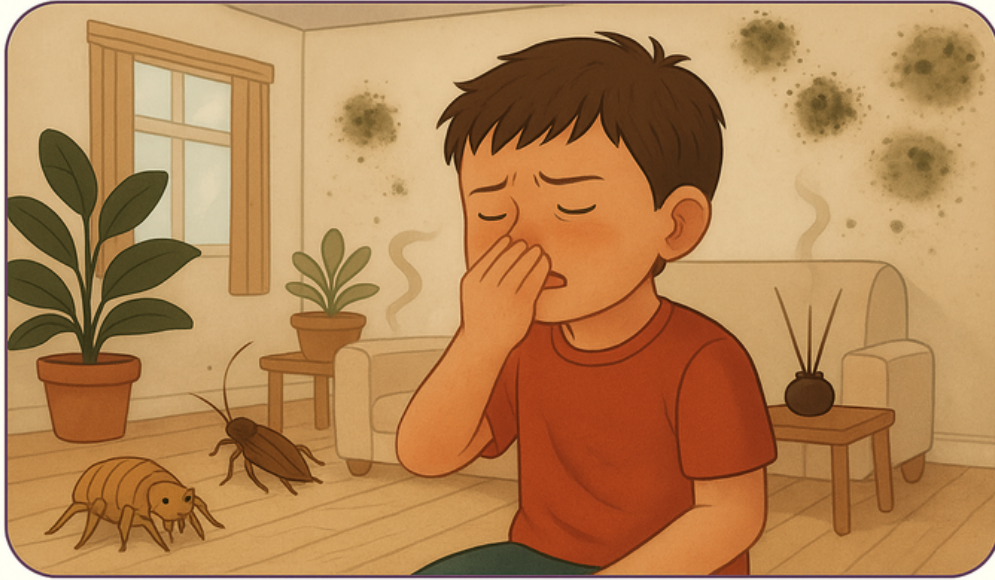
Indoor Allergies

Most of us spend nearly 80–90% of our daily lives indoors — whether at home, school, or workplace. For children and the elderly, this is even higher. Poor indoor air quality and hidden allergenic triggers often go unnoticed but play a major role in respiratory health.

The most common indoor allergens include:

- House dust mites (in bedding, mattresses, carpets, upholstery)
 - Indoor molds (in damp, poorly ventilated areas)
 - Pet dander (from cats, dogs, and other animals)
 - Cockroach allergens (especially in kitchens and food storage areas)
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🌿 INDOOR ALLERGIES – THE HIDDEN CULPRIT BEHIND CHRONIC RESPIRATORY ILLNESS



Understanding these manifestations allows us to differentiate between

**Unlike seasonal outdoor allergens, indoor allergens persist all year long.
They are the silent culprits behind:**

- **Asthma & perennial allergic rhinitis**
- **Chronic cough & nasal obstruction**
- **Sinusitis**
- **Recurrent infections (especially in children)**

Indoor Allergies & Air Quality – A Hidden Health Risk

Why Indoor Allergies Rise

- Post-monsoon warmth & humidity create breeding grounds for dust mites, molds, cockroaches, and pet dander.
- These triggers often persist year-round, worsening asthma, allergic rhinitis, sinusitis, and other chronic conditions.

Indoor Air Quality – A Crucial Factor

Poor indoor air quality is now a recognized public health hazard, worsened by:

- Pollutants (tobacco smoke, incense, cleaning chemicals, volatile organic compounds)
- Outdoor pollutants entering homes (vehicle emissions, industrial pollution)
- Moisture & poor ventilation creating mold-friendly environments

WHO and ICMR highlight indoor pollution as a major driver of respiratory disease, asthma, COPD, and recurrent lung infections.

Common Allergy Symptoms

- Stuffy nose, sneezing, itchy/watery eyes
- Wheezing, chronic cough, shortness of breath
- Sleep disturbance, fatigue, reduced focus at school/work



🌸 Prevention & Control – The Key to Relief

- **Dust mite control:** Wash bedding in hot water, use protective covers, reduce indoor humidity.
- **Mold control:** Improve ventilation, fix leaks, clean damp corners.
- **Pet dander control:** Keep pets out of bedrooms, clean upholstery regularly.
- **Cockroach control:** Maintain kitchen hygiene, store food properly.

✨ **By recognizing and managing indoor allergens, we can significantly improve respiratory health and overall quality of life.**





🎉 Celebrating Our Team: Introducing Monthly Birthday Bashes!

We're thrilled to announce a new tradition aimed at fostering connection and appreciation within our team: **Monthly Birthday Celebrations!** Moving forward, we'll dedicate the end of each month to celebrating everyone whose birthday falls within that month. This is a fantastic opportunity to gather, share a slice of cake, and recognize our valued colleagues.

As you can see from our first celebration, the energy is already high! It's a small gesture to acknowledge and appreciate all the hard work and dedication each of you brings every day.

We look forward to making this a fun, regular event. Cheers to many more celebrations together!



TRUSTEES

BAF has been formed as a non-profit organization under the leadership of Dr. Nagendra Prasad Komarla with a team of trustees who are experienced professionals.

Dr. Nagendra Prasad Komarla
Consultant Allergist, Bengaluru Allergy Centre



He serves as Research Director at BAF Academy, Bengaluru

Dr. Paranjothy Kanni
Principal Scientist & Senior Pharmacist, BAC Pharmacy



He serves as Global Director at BAF Academy, Bengaluru

Dr. Puneet K Nagendra
Associate Professor, Respiratory Medicine, CDSIMER



TRUSTEES



Mrs. Sudha Nagendra

Senior Counsellor & Psychotherapist

She is associated with Sugamya Academy for Counselling, Bengaluru. She is also President for the Swami Vivekananda Shaikshanika Samsthe, Bengaluru.



Mr. Gopinath MS

Program Manager, HP Enterprise



Mr. Satyanarayana Kassi

Entrepreneur & Ex Banker, Vijaya Bank

ABOUT BAF

Bengaluru Allergy Foundation (BAF) Is A Charitable Trust To Enhance Quality Of Life In People With Allergy! It Was Set Up In The Year 2017, As An Off Shoot Of Bangalore Allergy Centre In A Bid To Give Back To The Society In Whatever Way Possible.

TO SERVE HUMANITY FOR ENHANCING QUALITY OF LIFE (QOL) BY MEANS OF ALLERGY AWARENESS PROGRAMS GLOBALLY.

TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WITH ALLERGIC DISEASES THROUGH EDUCATION, ADVOCACY AND RESEARCH.

BAF organizes various public welfare activities, to name a few: Asthma camps, Patient Support Group Meetings, Counselling to Allergy patients, Inhaler Bank, Award ceremonies to recognize the professionals for their scientific and clinical contributions in the field of Allergy.

Bengaluru Allergy Foundation

ADVOCACY
ALLERGY CAMPS

PATIENT EDUCATION
INHALER BANKS

RESEARCH INCUBATION
ASTHMA SCREENING

HEALTH PROFESSIONAL
TRAINING

RECOGNIZE CONTRIBUTORS
IN ALLERGY

PATIENT EDUCATION

AIT AID FOR POOR

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