



BENGALURU ALLERGY FOUNDATION



NEWS LETTER

NOVEMBER -2025



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**SEND US YOUR QUESTIONS ABOUT ALLERGIES AND WE'LL FEATURE ANSWERS
FROM HEALTHCARE PROFESSIONALS IN NEXT MONTH'S EDITION!**



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ANTIHIISTAMINES VS. IMMUNOTHERAPY: WHAT'S RIGHT FOR YOU?

SEASONAL ALLERGIES CAN MAKE DAILY LIFE UNCOMFORTABLE — FROM SNEEZING AND ITCHY EYES TO A STUFFY NOSE AND CONSTANT TIREDNESS. WHEN SEARCHING FOR RELIEF, TWO COMMON OPTIONS OFTEN COME UP:

- **ANTIHIISTAMINES**
- **IMMUNOTHERAPY**

UNDERSTANDING HOW THEY WORK CAN HELP YOU CHOOSE THE RIGHT TREATMENT FOR YOUR NEEDS.

💊 **ANTIHISTAMINES – QUICK RELIEF FOR ALLERGY SYMPTOMS**

ANTIHISTAMINES HELP CONTROL ALLERGY SYMPTOMS LIKE SNEEZING, ITCHING, AND WATERY EYES BY BLOCKING HISTAMINE IN YOUR BODY.

THEY ACT FAST AND LAST UP TO 24 HOURS, MAKING THEM IDEAL FOR SHORT-TERM OR MILD ALLERGIES.

HOWEVER, THEY ONLY RELIEVE SYMPTOMS — NOT THE ROOT CAUSE — SO YOU’LL NEED TO TAKE THEM WHENEVER SYMPTOMS RETURN.



🌿 IMMUNOTHERAPY – TREATING THE ROOT CAUSE



SUBLINGUAL IMMUNOTHERAPY (SLIT)

SLIT entails placing allergen extracts under the tongue, allowing absorption through the mucous membranes. It is a convenient alternative to injections, particularly suitable for certain types of allergies.

IMMUNOTHERAPY HELPS YOUR IMMUNE SYSTEM BUILD TOLERANCE TO ALLERGENS OVER TIME, REDUCING ALLERGIC REACTIONS IN THE LONG RUN. IT COMES IN FORMS LIKE:

- ALLERGY SHOTS
- ALLERGY DROPS
- ALLERGY TABLETS

THIS TREATMENT OFFERS LASTING RELIEF AND IS ESPECIALLY BENEFICIAL FOR THOSE WITH PERSISTENT ALLERGIES.

ANTI-HISTAMINES VS. IMMUNOTHERAPY: WHICH ALLERGY TREATMENT IS RIGHT FOR YOU?

THE BEST ALLERGY TREATMENT DEPENDS ON YOUR SYMPTOMS, SEVERITY, AND LONG-TERM GOALS:

- IF YOU WANT FAST, TEMPORARY RELIEF AND YOUR SYMPTOMS ARE MILD, ANTI-HISTAMINES ARE A GOOD CHOICE.
- IMMUNOTHERAPY IS GENERALLY CONSIDERED BETTER FOR PEOPLE WITH MODERATE-TO-SEVERE OR PERSISTENT ALLERGIES BECAUSE IT TREATS THE UNDERLYING CAUSE, OFFERING LONG-TERM RELIEF AND POTENTIALLY REDUCING OR ELIMINATING SYMPTOMS OVER TIME.





DR. PARANJOTHY KANNI RECEIVES BEST INDUSTRIAL PHARMACIST AWARD FROM KARNATAKA STATE PHARMACY COUNCIL

- WE ARE DELIGHTED TO ANNOUNCE THAT
- **DR. PARANJOTHY KANNI SIR** HAS BEEN HONORED WITH THE BEST INDUSTRIAL PHARMACIST AWARD BY THE **KARNATAKA STATE PHARMACY COUNCIL (KSPC)**.
- THIS ESTEEMED RECOGNITION WAS PRESENTED BY **HEALTH MINISTER GUNDU RAO** ,AT THE DRUGS CONTROL AUDITORIUM.
- DR. KANNI'S DEDICATION, INNOVATION, AND OUTSTANDING CONTRIBUTIONS TO THE PHARMACEUTICAL INDUSTRY WERE CELEBRATED AT THIS EVENT.



✧ Congratulations ✧

ON BEHALF OF THE ENTIRE **BAC** TEAM, WE EXTEND OUR HEARTFELT CONGRATULATIONS TO **DR. PARANJOTHY KANNI SIR** ON RECEIVING THE BEST INDUSTRIAL PHARMACIST AWARD! YOUR DEDICATION, OUTSTANDING ACHIEVEMENTS, AND PASSION FOR EXCELLENCE IN PHARMACY CONTINUE TO INSPIRE US ALL. WE ARE TRULY HONORED TO WORK ALONGSIDE YOU AND WISH YOU CONTINUED SUCCESS AND MANY MORE ACCOLADES IN YOUR REMARKABLE JOURNEY AHEAD! 🌸



MANAGING ALLERGIES: TIPS FOR EVERYDAY LIFE

- MANAGING ALLERGIES STARTS WITH IDENTIFYING AND AVOIDING YOUR TRIGGERS.
- KEEP YOUR LIVING AREAS CLEAN AND FREE FROM DUST, POLLEN, AND MOLD. USE AIR FILTERS, WASH BEDDING REGULARLY, AND KEEP WINDOWS CLOSED DURING HIGH POLLEN SEASONS.
- WHEN EATING OUT OR TRYING NEW FOODS, ASK ABOUT INGREDIENTS IF YOU HAVE FOOD ALLERGIES. FOLLOW YOUR DOCTOR'S ADVICE ON USING MEDICATIONS LIKE ANTIHISTAMINES OR CARRYING AN EPINEPHRINE INJECTOR IF NEEDED.
- TAKING SIMPLE PREVENTIVE STEPS CAN MAKE A BIG DIFFERENCE IN REDUCING ALLERGY SYMPTOMS AND IMPROVING YOUR COMFORT EVERY DAY.





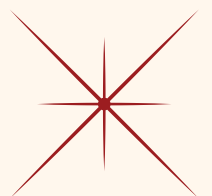
ABOUT BAF✱

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 OFFSHOOT 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.



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 EXPERTS IN THEIR OWN FIELDS.

DR. NAGENDRA PRASAD KOMARLA
CONSULTANT ALLERGIST, BENGALURU
ALLERGY CENTRE



DR. PARANJOTHY KANNI

PRINCIPAL SCIENTIST & SENIOR
PHARMACIST, BAC PHARMACY
(HE SERVES AS RESEARCH DIRECTOR AT
BAF ACADEMY, BENGALURU)



DR. PUNEET K NAGENDRA

ASSOCIATE PROFESSOR, RESPIRATORY
MEDICINE, COSMEC
(HE SERVES AS GLOBAL DIRECTOR AT BAF
ACADEMY, BENGALURU)

TRUSTEES



MRS. SUDHA NAGENDRA
SENIOR COUNSELLOR & PSYCHOTHERAPIST
(SHE IS ASSOCIATED WITH SUGAMYA
ACADEMY FOR COUNSELLING, BENGALURU,
AND IS ALSO PRESIDENT OF THE SOUMYA
MUDDANA SMILES INDIA TRUST,
BENGALURU)




MR. GOPI NATH M
PROGRAM MANAGER, HP ENTERPRISE




MR. SATYABHAYANA KASHI
ENTREPRENEUR AND EX-BANKER,
VIJAYA BANK

BENGALURU ALLERGY FOUNDATION

- 
- **ADVOCACY**
 - **ALLERGY CAMPS**
 - **PATIENT EDUCATION**
 - **INHALER BANKS**

- 
- **HEALTH PROFESSIONAL TRAINING**
 - **RECOGNIZE CONTRIBUTORS IN ALLERGY**
 - **PATIENT EDUCATION**

- 
- **AIT AID FOR POOR**
 - **RESEARCH INCUBATION**
 - **ASTHMA SCREENING**

THANK YOU

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**LATEST PROJECTS, WORKSHOPS, FREE RESOURCES, AND MORE. KEEP
READING.**