

BENGALURU ALLERGY FOUNDATION



For more information: _____



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CONTENTS



PAGE 1	Anaphylactic Shock
PAGE 4	BAF Award Function 2025
PAGE 7	13 Things Fast Food Does to Your Body

WHAT IS ANAPHYLACTIC SHOCK

Anaphylactic shock, or anaphylaxis, is a severe, life-threatening allergic reaction. It happens suddenly and can cause swelling of body tissues, especially the throat, along with a dangerous drop in blood pressure. Immediate treatment is critical.



COMMON SYMPTOMS

- Itching, redness, or hives across the body
- Feeling unusually warm
- Swelling of the throat or tongue
- Tightness in the throat
- Difficulty breathing / shortness of breath
- Difficulty breathing / shortness of breath
- Dizziness or fainting
- Nausea, vomiting, or diarrhea
- Stomach pain or cramps
- Headache
- Rapid or slow heartbeat
- Shock or loss of consciousness
- Extreme anxiety



CAUSES AND PREVENTION

- Anaphylactic shock can occur after exposure to certain allergens. It may be triggered by specific foods, medications, insect venom, allergen extracts, chemicals, or, in rare cases, serums or vaccines.
- People who are aware of their severe allergies often carry an emergency anaphylaxis kit that contains injectable epinephrine. Epinephrine works by stimulating the adrenal glands, increasing the heart rate, improving blood pressure, and opening the airways.
- After using epinephrine, immediate medical attention is essential to ensure proper treatment and monitoring.



BAF AWARD FUNCTION 2025



A Celebration of Science, Compassion, and Future Medicine



WE ARE THRILLED TO SHARE THE SUCCESS OF THE RECENT BAF AWARD FUNCTION, WHICH WAS PROUDLY CELEBRATED RIGHT HERE AT THE BENGALURU ALLERGY CENTRE (BAC). THIS INSPIRING EVENING, ORGANIZED BY THE BAF, SERVED AS A POWERFUL REMINDER OF THE DEEP, COLLABORATIVE LINK BETWEEN PHARMACY, MEDICINE, AND COMPASSION—THE FOUNDATIONAL PRINCIPLE GUIDING THE TRUST'S MISSION.

THE EVENT WAS A MEANINGFUL OCCASION TO REINFORCE THE VITAL SPIRIT AND ETHICAL FOUNDATION OF THE SCIENCE WE PRACTICE EVERY DAY.



AWARDEES AND AWARD

DR. D D SANTANI,
BAF LIFE TIME
ACHIEVEMENT
AWARD 2025



DR. SHOBHA RANI
BAF EXCELLENT
TEACHER
AWARD



DR. GAYATHRI DEVI.
BAF EXEMPLARY
ACADEMIC
ADMINISTRATOR
AWARD



The highlight of the evening was the prestigious recognition of three eminent pharmacologists. The BAF Trust was honored to celebrate the outstanding work of Dr. Santani, Dr. Shobha Rani, and Dr. Gayathri Devi.

Their collective work, advancing the understanding of drugs and molecules through dedicated research and mentorship, has not only enriched the fields of pharmacy and science but has significantly strengthened the bridge linking pharmacological innovation to direct patient care.

The function concluded with a resonant call for enduring collaboration. Attendees were encouraged to carry forward this spirit, motivating younger colleagues to dedicate themselves fully to their purpose. Every role, whether rooted in a sophisticated laboratory, a specialized pharmacy, a bustling clinic, or a hospital classroom, represents a crucial contribution that fundamentally shapes and uplifts the health of our community.



13 THINGS FAST FOOD DOES TO YOUR BODY



PACKS ON THE POUNDS

High fat, calories, and processed carbs in fast food quickly lead to weight gain and obesity with frequent consumption.

HARMS YOUR HEART

Excessive sodium in fast food raises blood pressure, damages vessels, and increases the risk of heart attack and stroke.

SPIKES BLOOD SUGAR

Processed carbs cause constant sugar spikes that eventually wear out the pancreas, potentially triggering type 2 diabetes.

OPENS THE DOOR TO DIGESTIVE ISSUES

Low dietary fiber combined with high sodium causes bloating and constipation, risking hemorrhoids and diverticulitis.

AFFECTS YOUR MOOD

The lack of essential vitamins and minerals in fast food is linked to a higher risk of depression.

MAKES YOU TIRED

Processed carbs cause a rapid blood sugar spike followed by a quick crash, leading to feelings of fatigue.

COULD IMPACT YOUR FERTILITY

Phthalates, synthetic chemicals found in fast food, have been linked to fertility issues and behavioral disorders in children.

CHANGES YOUR BATHROOM HABITS

Highly processed and fried fast food is hard to digest, leading to fatty acids in the colon that can trigger diarrhea.

INVITES DENTAL DISEASE

High carbs and sugar increase mouth acids, which wear down tooth enamel, boosting the risk of cavities and gum disease.

WEARS OUT YOUR BONES AND JOINTS

Excess weight from fast food puts extra pressure on joints, especially hips and knees, increasing fracture risk.

RAISES YOUR RISK FOR RESPIRATORY ISSUES

Weight gain from frequent fast food consumption increases the risk of asthma, potentially due to fat tissue causing inflammation.



**JUNK FOOD
FILLS
YOUR STOMACH,
BUT
EMPTIES
YOUR HEALTH**

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

VISION

TO SERVE HUMANITY BY ENHANCING QUALITY OF LIFE (QOL) THROUGH ALLERGY AWARENESS PROGRAMS ACROSS THE GLOBE.



MISSION

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

PUBLIC WELFARE ACTIVITIES

BAF ORGANIZES SEVERAL SOCIAL AND PUBLIC HEALTH INITIATIVES, INCLUDING CONDUCTING ASTHMA CAMPS, ARRANGING PATIENT SUPPORT GROUP MEETINGS, PROVIDING COUNSELLING FOR ALLERGY PATIENTS, MANAGING AN INHALER BANK, AND HOSTING AWARD CEREMONIES TO RECOGNIZE PROFESSIONALS FOR THEIR CLINICAL AND SCIENTIFIC CONTRIBUTIONS IN THE FIELD OF ALLERGY.

TRUSTEES



DR. NAGENDRA PRASAD KOMARLA

CONSULTANT ALLERGIST, BENGALURU ALLERGY CENTRE

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. PARANJOTHY K ANNI

PRINCIPAL SCIENTIST & SENIOR PHARMACIST, BAC PHARMACY.

HE SERVES AS RESEARCH DIRECTOR AT BAF ACADEMY, BENGALURU.



DR. PUNEET K NAGENDRA

ASSOCIATE PROFESSOR, RESPIRATORY MEDICINE, CDSIMER.

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.

SHE IS ALSO PRESIDENT FOR THE SWAMI VIVEKANANDA SHAKSHANIKA SAMSTHE, BENGALURU.



MR. GOPINATH M S

DEPUTY GENERAL MANAGER AT HCL TECH (BANGALORE), LEADING TELECOM BSS DELIVERY IN THE ASIA PACIFIC REGION, WITH OVER 30 YEARS OF IT EXPERIENCE AND EDUCATION INCLUDING AN MS AND IIM CERTIFICATE



MR. SATYANARAYANA KASSI

SEASONED BANKER MR. SATYANARAYANA (ARSIKERE, KARNATAKA) SERVED VIJAYA BANK FOR OVER FOUR DECADES, LEADING OPERATIONS AND TECHNOLOGY, AND HOLDS CREDENTIALS FROM ICAI AND CAIIB.