

Report: DRFHE Physical Wellness Session on Understanding Respiratory Allergies

The DRFHE Physical Wellness Session on “Understanding Respiratory Allergies” took place on January 13, 2026, from 3:00 PM at Jamia Hamdard University, New Delhi. Organized by office of Dean Students’ Welfare in collaboration with Dr. Reddy’s Forum for Health Education (DRFHE), the session featured Dr. Sourav Chakraborty, an ENT Specialist, as the resource person. Approximately 45 faculty, staff, and students from the Schools of SUMER (Unani), SAHSR (Physiotherapy, Occupational Therapy, Paramedical Sciences), and SNER (Nursing) attended this physical event.

Prof. Dr. Reshma Nasreen, Dean Students’ Welfare (DSW), delivered the welcome address, setting an enthusiastic tone. Dr. Chakraborty presented for one hour, covering allergy causes, symptoms, prevention, myth-busting, and management with engaging real-world examples and interactive Q&A. The session concluded with a vote of thanks by Dr. Sahar Zaidi (PT) (ADSW), followed by felicitating the resource person with a memento, certificate, and planter.

Feedback was overwhelmingly positive, with attendees appreciating the practical insights and requesting future sessions on topics like diabetes or stress management. The event reinforced Jamia Hamdard’s wellness commitment, aligning with DRFHE’s “Prevention is Better than Cure” CSR initiative, and proceeded smoothly without logistical issues.