



**Department of Environmental Studies
&**

AVANI- The Environment Club

Under the Aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunities &
Skill Enhancement

**Janki Devi Memorial College
University of Delhi**

Understanding Allergy: Types and Management

Date of Commencement: 17th September, 2022

Date of Completion: 26th November, 2022

Report:

Course participation included twenty-seven students who came together from all age groups ranging between 18 to 75 years through online sessions from Guru Nanak Dev University, ASPEUS, University of Delhi, Bir Tikrenjit University, Manipal University and others. The course was conducted through pre-recorded sessions of one and a hour each followed by a two online quiz per module. The course content was provided through Google Classroom and three live sessions with the doctors (specialists) were conducted, one after each module for questions and answers.

Outline and output of Course:

Participants learnt about respiratory, skin, and food allergies in three different modules designed by the allergy specialists doctors. The course had 6 online based quiz sessions to enhance learner's participation and engagement. The students were provided with the opportunity to speak directly with our resource persons through live sessions where doubts and queries were addressed by the doctors. Students asked questions regarding their experiences with allergens and satisfied their queries.

Evaluation method:

For evaluation, participants were given 6 MCQ based assignments (2 each module) on 3 modules. The attendance of the participants were recorded. Based on the assessment and attendance records the participants were given different grades. Out of 27 participants, 13 received certificates based on their grades. 5 received 'A+' grade, 2 received 'A' grade, 1 received 'B+' grade, and 5 received 'B' grade.

Future Planning and Scope: The EVS Department and AVANI- The Environment club will run this course again and will collaborate with allergy specialists' doctors.

Lecture Recording Link:

https://drive.google.com/drive/folders/160Z0XvpzQ_t9QL41HVCT0Bp3k2KQ5bu?usp=share_link

Feedback and attendance link:

https://docs.google.com/spreadsheets/d/1ApGQP3Dx6E2dAX1hbLB3nY3IUShDkmv_76jyiozA9H4/edit?usp=sharing

<https://docs.google.com/spreadsheets/d/1cqWryy70fB8hsQlluR3cv-l4YFhbQPD5ewgoHqD-agg/edit?usp=sharing>

Strong and Weak points of course:**Strong points**

1. ICT Tools used in the course
2. Google meets for online surveys
3. Google forms for making questionnaires
4. Live sessions with the allergy specialists' doctors

Improvements

1. The course will be advertised to get more students in the next round.
2. An offline project-based module will be included in the next round to improve student's engagement.

Course Duration: 30 hours

No. of participants enrolled: 27

Course Fee and total amount: INR 250 (Total INR 6750)

Course Coordinator: Dr Deepak Rawat, Department of Environmental Studies
Ms. Ifrah Rehman, Department of Environmental Studies
Ms. Bhawna Pal, Department of Commerce



Dr Deepak Rawat



Ms. Ifrah Rehman



Ms. Bhawna Pal

Resource Persons:

1. Dr Neeraj Gupta, Sir Ganga Ram Hospital, Delhi
2. Dr Sowmya Nagarajan, Sanjeevini Specialist Clinic, Bengaluru
3. Dr Vikram Patra, MGM Institute of Health Sciences, Navi Mumbai

Resource Persons



Dr Neeraj Gupta



Dr Sowmya Nagarajan



Dr Vikram Patra

List of Participants and Attendance

Participants	Attendance	Assessment	Grade
Aditi	20	94	A+
Anjali	6	18	B
Anupam Bharti	10	20	B
Ayman Zabi	20	76	A+
Dr. Vibha Jain	16	69	A
Khaidem Manita Devi	6	22	B
Marjorie Fernandes	21	100	A+
Pooja bhati	11	24	B
Ritu Aggarwal	14	90	A
Samridhi Mishra	17	87	A+
Shruti kumari	14	34	B+
Urvashi	19	90	A+
Renuka	8	37	B

Poster and Brochures:



JANKI DEVI MEMORIAL COLLEGE UNIVERSITY OF DELHI

Department of Environmental Studies and AVANI - The
Environment Club under the aegis of the IQAC Centre for Career
Counselling, Career Opportunities and Skill Enhancement

presents

Understanding Allergy: Types & Management

(In collaboration with
Dr. Neeraj Gupta, Ganga Ram Hospital)

**Fees:
250/-**

Course Modules :
1. Respiratory Allergy
2. Food and Skin Allergy
3. Allergy Emergencies and Management

**A 30-Hour
Add-on
Course**

Registration Link : <https://tinyurl.com/AllergyAddonCourse>
(For details about fee payment please see the course brochure)

Last Date to Register: September 10, 2022
Starting from: September 15, 2022

For any query, write to:
avani@jdm.du.ac.in

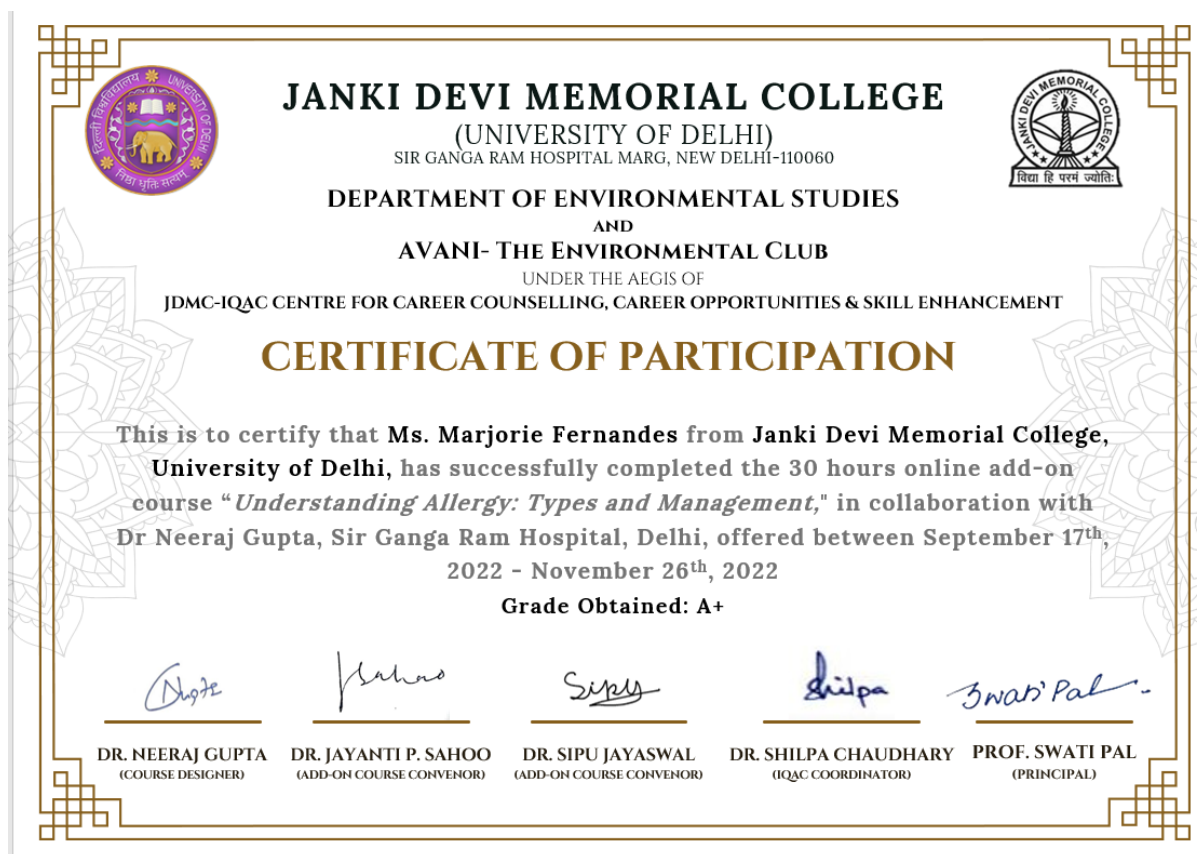
Course Coordinators :

Dr. Deepak Rawat Assistant Professor EVS Department	Ms. Bhawna Pal Assistant Professor Commerce Department [Co-Convener, AVANI]	Mrs. Ifrah Rehman Assistant Professor EVS Department
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**Vandana Madan
(Convenor, AVANI)**

**Prof. Swati Pal
(Principal)**

Certificate pattern:



Course Coordinators:

Dr Deepak Rawat, Department of Environmental Studies and AVANI

Ms. Ifrah Rehman, Department of Environmental Studies

Ms. Bhawna Pal, Department of Commerce and AVANI

Principal: Prof. Swati Pal

Photographs of the course:

The top screenshot shows a Google Meet interface with a presentation slide titled "Questions for Dr. Sowmya". The slide content includes:

Lecture 1 Food Allergy - Basics, Common Foods, Diagnosis and Management

Question (1): Is it ONLY the protein in the food which may cause a food allergy? If so, why is it that people are allergic to fruits/vegetables like bananas and tomatoes which have hardly any protein? I personally know at least one adult person who suffers from banana allergy and another who has tomato allergy. Also, does the extent of protein in the food determine how severe the allergy could be?

Question (2): Is there any research on the EXTENT of allergy caused by each of the 8 items that were mentioned as causing 90% of all food allergies? Unless we know the extent, it is difficult to say which is the most common type of food allergy. I've already raised this question with Dr. Neeraj as one of the questions in his Assessment Form (like yours) listed more than one of the 8 food items and the Form allows selection of only ONE option.

Question (3): Is Epinephrine a medicine/injection which people having food allergies must keep with them like heart patients keep Sorbitrate?

Question (4): How can a non-medical person identify the IgE and histamines that are supposed to be produced in large quantities when a person is suffering from food allergy (and perhaps other allergies as well) so that appropriate action is taken to help such a person?

Lecture 2 Food Additives

(1) Is a Food Additive ALWAYS a chemical? The word used throughout the lecture was a "substance" (not a chemical). This makes the correct answer to a question 5 of the MCQs in the Assessment 2, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

The bottom screenshot shows a grid of participants in the meeting:

- Sowmya Nagarajan
- Deepak Rawat
- Samridhi Mishra
- SHRUTI 21eco1169
- URVASHI 20hst331
- Marjorie Fernandes
- Ayman Zabi
- ADITI 20math834
- 2 others
- You

valictory session allergy cours... Meet - sqr-wysi-obz UATM 2022 Add-on course

meet.google.com/sqr-wysi-obz

You're presenting to everyone Stop presenting

Screenshot (257).png

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University of Delhi
Department of Environmental Studies
And
AVANI-The Environment Club
Under the aegis of UATM and Centre
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process
A 30- hour Add-on course on
Understanding Allergy: Types and
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In collaboration with Dr. Manoj Gupta, Gupta Ram Hospital
Register Link: <https://bit.ly/3WtngKd>
Starting Date: September 26, 2022 Last date to register: September 26, 2022
Fee: 1000/- For any queries write to: avani@jdmcollege.edu.in

Dr. Vikram Patra Neeraj Gupta Deepak Rawat

Marjorie Fernand... Sowmya Nagarajan Neha Mahor

Bhawna Pal 24 others You

12:20 PM | sqr-wysi-obz

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meet.google.com/sqr-wysi-obz

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Dr. Vikram Patra Neeraj Gupta Deepak Rawat

Marjorie Fernand... Sowmya Nagarajan AYMAN 21hst987

Ritu Aggarwal 19 others You

12:25 PM | sqr-wysi-obz

Browser tabs: valedictory session allergy cours... Meet - sq-r-wysi-obz UATM 2022 Add-on course

Address bar: meet.google.com/sqr-wysi-obz

Participants in the grid:

- Neeraj Gupta
- Marjorie Fernandes
- AYMAN 21hst987
- Deepak Rawat
- Ritu Aggarwal
- Dr. Vikram Patra
- Sowmya Nagarajan
- 19 others
- You

Meeting controls: 12:27 PM | sq-r-wysi-obz

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- 19 others
- You

People sidebar:

- Mute all
- Add people
- SHIKU I I Zlec0116y
- Sowmya Nagarajan
- sumit yadav
- URVASHI 20hst331
- Vanshika Jain
- vibha patel
- VISHAKHA 21bcomp1749

Meeting controls: 12:27 PM | sq-r-wysi-obz

valdictory session allergy cours

Meet - sqr-wysi-obz

UATM 2022 Add-on course

meet.google.com/sqr-wysi-obz

Neeraj Gupta

M

Marjorie Fernandes

A

AYMAN 21hst987

Deepak Rawat

R

Ritu Aggarwal

Dr. Vikram Patra

S

Sowmya Nagarajan

B

A

17 others

Ritu Aggarwal has raised a hand

Open queue

In-call messages

Let everyone send messages

Messages can only be seen by people in the call and are deleted when the call ends

Ritu Aggarwal

12:29 PM

I am really thankful to all of doctors for explaining this concept in such a simple way to me I suffered half of my life as my son suffered from asthma and skin problems and after attending these classes I realised my be I was not in right track of treatment given to him in past He suffered a lot Thanku so much Really great Gul

Send a message to everyone

12:30 PM | sqr-wysi-obz

valdictory session allergy cours

Meet - sqr-wysi-obz

UATM 2022 Add-on course

meet.google.com/sqr-wysi-obz

Neeraj Gupta

M

Marjorie Fernandes

A

AYMAN 21hst987

Deepak Rawat

R

Ritu Aggarwal

Dr. Vikram Patra

S

Sowmya Nagarajan

B

A

17 others

You

12:33 PM | sqr-wysi-obz

valdictory session allergy cours

Meet - sqr-wysi-obz

UATM 2022 Add-on course