

KU holds health talk on respiratory diseases



Srinagar, Dec 13: To raise awareness about respiratory health during the winter season, the Health Centre, University of Kashmir (KU), organized a health talk by noted pulmonologist, Prof. (Dr.) Naveed Nazir Shah on respiratory diseases for the students and staff of the campus.

The session, held against the backdrop of the winter season in Kashmir, focused on the prevention and management of respiratory tract infections which become more prevalent during this time of the year.

Speaking on the occasion, Registrar KU, Prof. Naseer Iqbal, highlighted the University's commitment to promoting health and wellness on campus and appreciated the Health Centre's efforts in organizing the session.

"The University tries its best to address the health needs of its community and such talks are vital for ensuring the well-being of our students and staff," he said.

The expert speaker, Head Department of Chest Medicine, Govt. Chest Diseases Hospital Srinagar, Prof. (Dr.) Naveed Nazir Shah, provided detailed information related to the causes, symptoms, and prevention of respiratory illnesses. He highlighted the high prevalence of smoking in Kashmir which significantly increases the risk of respiratory problems among the population.

“We are witnessing a worrying surge in lung cancer cases in the valley, with 4 to 5 cases reported daily. Early detection and lifestyle changes can make a big difference,” he said.

Dr. Shah also discussed Chronic Obstructive Pulmonary Disease (COPD), allergies caused by pollutants, and the effects of cold weather on the upper respiratory tract.

He further stated that hospitals across the valley have observed a significant 30-40% rise in respiratory cases, particularly affecting the elderly, children, and individuals with weakened immune systems, and these groups are more vulnerable to seasonal respiratory illnesses, making timely awareness and preventive measures crucial.

Earlier Coordinator Health Centre KU, Dr. Khalid Nazir emphasised the importance of the session and the awareness related to respiratory diseases.

The talk featured an interactive question-and-answer session where the audience actively engaged with the expert, addressing their concerns about respiratory health.

The event was attended by various heads of the departments, faculty, staff, students and scholars of the campus.

Dr. Iqra Mehraj, Medical Officer, Health Centre KU, conducted the proceedings of the event and Dr. Azhar Wani, Medical Officer, Health Centre KU, proposed a formal vote of thanks.