Department of Respiratory Medicine

Himalayan Institute of Medical Sciences
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Workshop on Advanced Lung Function assessment
Date: 12.10.2025

The Advances in Lung Function Assessment (ALFA) Workshop, held on 12th October 2025 at Hotel MJ Aero Suites, Himalayan Hospital Chowk, Jolly grant Bhaniyawala, Dehradun, was a comprehensive academic and practical program dedicated to advancing knowledge and clinical skills in pulmonary function assessment.

Organized with the participation of leading experts in respiratory medicine, the workshop provided an ideal platform for learning, discussion, and hands-on experience. It successfully blended theoretical sessions with practical exposure, enabling participants to enhance both understanding and application of modern diagnostic techniques in respiratory care.

The academic sessions covered a wide range of topics including Spirometry, Impulse Oscillometry, DLCO, FeNO, Body Box, and Cardiopulmonary Exercise Testing (CPET). Eminent speakers such as Dr. Rakhee Khanduri(HOD, Department Of Respiratory Medicine, HIMS, SRHU), Dr. Pranav Ish(Associate Professor, Department Of Pulmonary Medicine, VMMC and Safdarjung Hospital, Delhi) , Dr. Varuna Jethani(Associate Professor, Department of Respiratory Medicine, HIMS,SRHU), Dr. Manoj Kumar(Assistant Professor, Department Of Respiratory Medicine, HIMS, SRHU), and Dr. Rahul Sharma(Additional Director, Pulmonology and Critical Care , Fortis Hospital, Noida) shared their expertise on the interpretation, methodology, and clinical implications of advanced lung function testing.

44 participants participated in the workshop. In addition to the lectures, the hands-on workstation sessions offered participants direct interaction with state-of-the-art diagnostic equipment. Under expert supervision, attendees practiced performing and interpreting various pulmonary function tests, impulse oscillometry, FeNO reinforcing theoretical learning with practical application. The interactive setting encouraged open discussion, case-based learning, and real-time problem-solving — making it a rich and immersive educational experience.

The event also promoted collaboration among pulmonologists, postgraduate students, and allied healthcare professionals, strengthening the network of respiratory medicine practitioners across the region.

The ALFA workshop was accredited with 3 hours of C.M.E from Uttarakhand Medical Council.

Outcomes and Conclusion

The ALFA Dehradun 2025 Workshop achieved its objectives by significantly enhancing participants' understanding of advanced pulmonary diagnostic tools and their clinical applications. Through a well-balanced combination of lectures and practical sessions, attendees developed improved proficiency in test interpretation, performance, and clinical decision-making.

The workshop deepened knowledge on modalities such as Spirometry, DLCO, Oscillometry, FeNO, and CPET, and helped participants build confidence in applying these tools in real-world scenarios. The hands-on experience, guided by expert faculty, ensured participants could translate theory into practice effectively.

Beyond technical learning, the event fostered academic collaboration, encouraged evidence-based discussions, and inspired continued professional development in the field of respiratory diagnostics. The workshop concluded on a highly positive note, with excellent feedback from participants who appreciated its depth, organization, and practical relevance.

Overall, the ALFA Dehradun 2025 Workshop stood out as a valuable contribution to the ongoing advancement of pulmonary medicine education, setting a strong benchmark for future academic programs in the field.