



**Maj Gen (Prof) Atul Kotwal, SM, VSM**

MBBS, MD (PSM), PDF (Epidemiology),  
FRCP Edin, FAMS, FIPHA, FIAPSM

**Executive Director**



**National Health Systems Resource Centre**

राष्ट्रीय स्वास्थ्य प्रणाली संसाधन केंद्र

Ministry of Health and Family Welfare  
Government of India

L.No. – NHSRC/12-13/QI/01/LS

Date: June 12, 2025

**Subject: Online Lecture Series on Standard Treatment Guidelines**

*Dear Ma'am/Sir,*

Sinusitis, also known as rhinosinusitis, is an inflammation of the mucous membranes that lines the sinuses, the air-filled cavities around the nose and the nasal passages. It is often caused by a combination of factors including infections (viral or bacterial), allergies, or structural abnormalities within the nasal passages. These factors can lead to inflammation and blockage of the sinus cavities, preventing proper drainage and increasing the risk of infection. Acute sinusitis lasting less than 4 weeks can be triggered by a common cold or allergies and may resolve on its own with nearly affecting 1 in every 6 people. Chronic sinusitis **lasting 12 weeks or longer** may be caused by an infection and it affects approximately **8.7%** of the global population. In India, it's estimated that 1 in 8 people, or about **134 million** individuals, suffer from chronic sinusitis, making it more prevalent than diabetes, asthma, or coronary heart disease.

**Epistaxis** (nosebleed) refers to loss of blood from the tissue that lines the inside of the nasal cavity, usually occurs in one but can occur in both nostrils. It can be caused by various factors, ranging from minor irritations/traumas to more serious systemic conditions. Risk factors include trauma, including putting the finger in the nose (nose picking), blood thinners, high blood pressure, alcoholism, seasonal allergies, dry weather, and inhaled corticosteroids. Children, males and older adults are affected more than females. 60% of individuals experience at least one nosebleed in their lifetime. However, only about **6–10%** of those experiencing nosebleeds actually seek medical attention.

Therefore, to focus on this common but significant healthcare problem, the next sessions are on **“Management of Sinusitis”** by Dr Neelima Gupta, Director Professor & Head, Department of ENT, University College of Medical Sciences, New Delhi; **“Management of Epistaxis”** by Dr J C Passey, Dean cum Principal & Professor, Department of ENT, World College of Medical Sciences & Research & Hospital, Haryana and **“Balancing Efficacy and Safety: Use of Decongestants, Antihistamines and Corticosteroids in Sinusitis,”** by Dr Sangeeta Sharma, Professor, Neuropsychopharmacology, IHBAS and President-DSPRUD respectively. The registration for the webinar would commence at 15:00 hours on the same day.

You are requested to disseminate the information to all public healthcare facilities and available clinicians and nursing professionals may be encouraged to join the webinar. Agenda of the session is placed at **Annexure ‘A’**.

Webex link and QR code to register for the next online lecture is given below –

<https://nhsrc-india.webex.com/weblink/register/r732180f54746b0d08858347a8f70f8c3>

Date: 21.06.2025  
Time: 3:00 PM to 5:30 PM



*warm regards*

Yours Sincerely

A handwritten signature in blue ink, appearing to read 'Atul', with a stylized flourish underneath.

Maj Gen (Prof) Atul Kotwal

To,

ACS | PS | Secretary Health – All States & UTs

Copy:

- Mission Director NHM - All States & UTs