

# OSHEN

(OCCUPATIONAL SAFETY-HEALTH-ENVIRONMENT NEWSLETTER)



## From the National President's Desk



Dear Friends & Colleagues,

At the outset, on behalf of Central Office Bearers 2015-17, I would like to extend warm greetings to our esteemed members. We value the faith reposed in us and shall do our best to live up to your expectations.

Memories of the successful Occucon 2015 hosted by Tamilnadu branch at Pondicherry with a theme "Advancing Healthy Workplaces" are still fresh in our minds. The conference was amalgamation of excellent scientific feast and warm hospitality of the hosts. Deliberation on "Advancing Healthy Workplaces" and "IAOH now and future" gave insights and roadmap for furthering OH in India. IAOH national body places on record its appreciation to the organizing committee headed by Dr. G. Arjundas, Dr. Sudha Ramchandran, Dr. V.V. Swaminathan, Dr. Sarangdharan and others.

We are witness to the commendable achievements and initiatives of our predecessors. We shall strive to take things further with the core committee formed for the purpose. Our focus would be on consolidating the good work done so far; revitalizing branches and reaching out to the unrepresented areas. We firmly believe that communication is the key for progress and we shall explore all means including electronic media to achieve our goals.

We would like all branches to launch membership drive and enroll new members, especially those who have qualified as AFIH. I would like to commend Dr. Sikdar for enrolling recent batch of AFIH from West Bengal. We shall also persuade ESI to encourage their doctors joining IAOH in bigger numbers.

IAOH is making a bid to host ICOH congress in India in 2021. I would like to acknowledge untiring

efforts of ICOH 2021 Bid Committee members under the leadership of Dr. Ramnik Parekh, Dr. Shanbhag, Dr. Siva, Dr. G.K. Kulkarni, Dr. S. Pingle, Dr. T. Rajgopal, Dr. Rajesh, Dr. Gulvady, Dr. Madhwani and several others. An Indian contingent of around 20 plus doctors is expected to represent us at ICOH Seoul conference and will be involved in aggressive campaigning for our bid. Please join me in wishing the team much success. We also look forward to seeing our contestants Dr. T. Rajagopal and Dr Shyam Pingle on ICOH board 2015-18.

Preparations are in full swing for annual conferences of various branches. We urge members to participate in the forthcoming events being organized by IAOH branches at Mumbai, Vadodara, Delhi and Karnataka. Special appreciation goes to Vadodara branch for their unique state level OH Conference for paramedics (GUJPARAMED 2015).

Our veterans, Dr. Ramnik Parekh (**author of "Czars in Gandhi Caps"**) and Dr. G. Jayaraj (**"Jay's text book of Occupational Diseases"**) deserve commendations for their literary & scientific work.

OSHEN, our popular quarterly E-Newsletter, is in its 7<sup>th</sup> edition. It has been delivering its mandated objectives: offering glimpses and snippets from branches, individual & branch accolades and accomplishments, upcoming events etc. Dr Divyang Shah, our net-savvy Web Secretary and Dr Dileep Andhare as editor, have been doing a remarkable job.

It is for all of us to make OSHEN even deeper & better! We seek your precious inputs for this.

**Dr. G. V Prabhu**  
**National President, IAOH(I)**

## Editor's Desk



Dear Friends,

It is gratifying to note & report activities of different branches. After all, OH as a discipline will grow only when we touch hearts, minds and souls of our workforce. There's no better way of doing it than getting out of offices and on to the shop-floor. However, this is easier said than done. Very often, we get caught in the routine of OPDs, emergencies and admin work. A true OHP is one who will still find time to visit the 'Gemba' and initiate 'Kaizens'!

Dr Dileep N Andhare



### You said it...,

Thank you, Divyangbhai. The Newsletter gives some important news around. I am impressed by the pilot project to work with PHCs in 5 states. It will be interesting to look at how it progresses. More later

Jagdish

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I have only words of appreciation for an excellent job done by you and your team. It's a pleasure to go thru the E-OSHEN!

Ramnik Parekh  
Ramnik Parekh <[ramnik.parekh@gmail.com](mailto:ramnik.parekh@gmail.com)>

Dear Dr Shah

Congratulation for your bold step. I have seen this newsletter after forty five year. Most of our Sr members are my student at AFIH Mumbai. I could not do it during my period of CLI. Any way keep it up it will be our mouth piece for world.

with kind regards

PARESH CHANDRA GHOSH <[ghoshpcg@gmail.com](mailto:ghoshpcg@gmail.com)>

**IAOH is bidding for ICOH 2021 in India.**  
[Click here](#) to read the bidding document.

*More than 20 delegates from India are participating in ICOH 2015 at Seoul.*

[Annual Conference of IAOH Mumbai Branch](#)

**April 18-19, 2015**

**Mumbai**

[1st paramedic OH conference](#)

**May 8-9, 2015**

**Vadodara**

## Central Office Bearers of IAOH 2015-17

Following team has taken charge in leadership of Dr. GV Prabhu as central office bearers for year 2015-2017 in the Annual General Meeting held on January 22<sup>nd</sup> 2015 at Puducherry during 65<sup>th</sup> National Conference of IAOH.

### President

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## Indian Journal of Occupational and Environmental Medicine (IJOEM)

Chief Editor – IOJEM



Dr. G.K. Kulkarni

Hon. Editor – IJOEM



Dr. Xivananda Priolkar

Journal Secretary



Dr. Kishore Madhwani

The full list of Central Council Members of all branches can be seen on the association website. Below is the quick link.

[Central Council Members – 2015-17](#)

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## Photo Gallery: 65<sup>th</sup> National Conference of IAOH, Puducherry



[Top](#)







தினமணி  
புதுச்சேரி : புதுள் : 21.1.2015



இந்திய தொழிலாளர் சங்கத்தார் சங்கம் தமிழ்நாடு கிணை தாமிரம் 65 வது தேசிய மாநாடு புதுச்சேரி ஆனந்தா இன் வளாகத்தில் நேற்று துவங்கியது. கருத்தரங்கை டாக்டர் அரவிந்த்நாதன் சூத்திரமிடக்கேற்றி துவக்கி வைத்தார். அருகில் டாக்டர்கள் சந்திராபென்சென், சந்திராபென்சென்.

இந்திய தொழில்  
மன்ற கங்கா உண்மை (Indian Asso-  
ciation of Occupational Health) இன்  
தலைவரான டி. பூதாவரின் சென்  
பாஸ்கிப்போஸ் தொடக்கியது.  
அன்றுதான் தொழிலாளர்  
கங்கா மாநாடு நடைபெற்றது.  
இதேவேலு மாநாட்டில் தொழில்  
மன்ற கங்கா துறை சந்தித்  
தல் அன்றாடம் பிரச்சினைகள்,  
காலங்கள், தொழிலாளர் கங்கா  
மாநாட்டின் விருந்தினர்  
மீதும் விவாதிக்கப்படுகிறது.  
இந்தியாவின் ஹரிதாபாடு, திபு  
நாடு குறித்து அங்கு மீதமுள்ள  
விவாதங்கள்

மாநாட்டில் நாடு முழுவதும் இருந்து 400-க்கும் மேற்பட்ட தமிழக அரசு அமைச்சர்கள், தொழில் மற்றும் கல்வி அமைச்சர், மருத்துவ அமைச்சர் உட்பட பங்கேற்றிருந்தனர்.

மாநாட்டு தொடக்க விழாவில் சங்கத் தலைவர் டாக்டர் சசதங்கர குமாரது தலைமை வகித்தார். ஒருங்கிணைப்பாளர் டாக்டர் சுதா எஸ்.பாபுசுத்திரிஸ் வரவேற்றார். தேசிய செயலாளர் டாக்டர் எம்.சுமாரத்தாரம் செல்வநினைவுகள் பங்கிட்டுகிறார்.

குக்க தாமிரவரம் திருவாரூர் டாக்டர் அரங்கம் தாமிரவரம் மாநாட்டு மன்றம் வெளியிட்டு தொடக்க விழா ஆற்றினார்.

பலவேறு துறைகளில் சிறந்த  
மொத்தம் திறமைகளுக்கே  
குடும்ப வளர்ச்சியை, பாக  
பரிசுதான மொத்தம் திற  
கூடுதல்.

மாநாடு குறித்து ஒருங்கிணைப்பு  
பாளையம் கதா ராமச்சந்திரன் கூறி  
வந்தது.

தெய்வ மரபுக்குத் துணையாக  
தொடக்கம், தொழில்நுட்பம்

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தமிழக அரசு  
தொழிலாளர் நலத் துறை  
சுற்றுலா, பொருள்  
மேயுதல், கலாச்சாரம்

சென்னை நுழைந்ததில்  
சென்னை, உத்தரவாசி, மதுரை  
மேல் பரிந்துரைகள் அளித்து முன்  
வைக்கப்பட்டிருந்தன. வரும் 23-ம் தேதி  
மாநாடு திறப்புடன் கிடைக்கும் என  
என.

[illegible]

தொழிலாளர் கைதாரம், உடல் தளம்' தொடர்பான கவலைகளைத் தெரிவித்து செயல்பாட்டுக்கு வருவது.

## Project in 3 States on Occupational Care

Express News Service

**Aducherry:** A pilot project to address occupational diseases is being launched by the Indian Association of Occupational Health (IAOH), according to Dr Chaitanya Gulady, vice-president, Health Management, EHS.

The project would be taken up in Tamil Nadu, Karnataka and Maharashtra in the current year, he told the media here on Tuesday.

He was here for the 65th national conference of IAOH being held in Puducherry from January 20-23. The project would commence once the state governments accord the green signal. On its success, IAOH would ap-

proach the Centre for implementing it across the country.

The project would take up occupational medicine, primarily for agricultural workers, migrant workers and train doctors, nurses and paramedical staff to deal with it, he said.

Dr V Swaminathan, senior consultant, Apollo Hospitals, said respiratory, skeletal systems, mental health and women's health are the prime areas that need focus.

Industries, government and medicine need to work in tandem to improve health and working conditions, said Conference Director Dr Sudha Ramachandran.

## Glimpses of Branch Activities

### Karnataka keeps it up....

AOHK Members received various Awards in 65<sup>th</sup> National Conference of IAOH and brought laurels to Karnataka Branch.

- |                         |                            |
|-------------------------|----------------------------|
| 1. ADM Oration          | Dr. K. Kanak Rao           |
| 2. L & T Oration        | Dr. B. Ravichandran        |
| 3. Best Resource Person | Dr. Sashikala Chandrasekar |
| 4. JCK Poster Award     | Dr. Jay Soorya             |

Dr. M.V.Sreenivasan received the Past President Trophy.

As in 2014, AOHK continued to dazzle in the OH Quiz this year. AOHK represented by Dr. Deepa & Dr. Balaji was placed second. In OCCUCON 2014, AOHK bagged first place in the OH Quiz and was represented by Dr. Sashikala Chandrasekar, Dr. Jayakumar & Dr. Jay Soorya)





### The 'Silk route of AOHK': Program for sericulture workers at Siddlaghatta



The third OH Program for sericulture workers and their families was organized by AOHK on 22<sup>nd</sup> February, 2015 at Siddlaghatta. Spirometry Test was performed for sericulture workers and retired workers. About 100 persons attended this program and pulmonary function test was done for 58 persons. Counselling was done for all patients. Pamphlets were distributed for creating awareness on Allergy and Asthma. Medicines were distributed free of cost to the patients. AOHK Members, Sericulture industry coordinators and staff members from Richmond Fellowship Society, Siddlaghatta took part in the camp.

### Rourkela: 'Steel safety steals the show'

On the eve of the National Safety Day, **Mr. G.S. Prasad, CEO, RSP** in his message to the RSP collective telecast through Rourkela Steel Television Centre (RSTV) emphasized that Safety is not negotiable and it is paramount. "A culture of safety can only be developed by exhibiting desired behaviour of all our employees through effective functioning of the **"Surakshya Chakras"**. It is a powerful tool which has not only improved overall housekeeping, but has also facilitated ushering in the much needed culture of safety. Our efforts for total safety will be strengthened by sincere efforts towards behaviour based safety of our employees by actively involving all of them in "Surakshya Chakras," he said. The CEO also touched upon various other issues like obeying the safety rules on the roads as well as at home and called upon the employees to take a pledge today to do all that is needed to achieve **"Accident Free Steel"**.

On the occasion of 44th National Safety Day on 4th March, **Safety flag hoisting and pledge taking ceremonies** were held at different places in the Steel Plant. On the occasion, the officials of Safety Engineering Department presented the badge to **Mr. Umesh Kumar, ED (MM)** in his office. Safety Badges were also distributed to all employees, marking the occasion.

In a programme organized at ED (Works) Office, **Mr. Ashwini Kumar, ED (Works)** hoisted the Safety Flag. In a similar function held at ED (Projects) Office thereafter, **Mr. S.K. Acharya, ED (Projects)** hoisted the Safety Flag. **Safety pledge was administered in Odia, Hindi and English at both venues.**

It is worth mentioning here that the National Safety Day is observed every year on **4th March**. The **initiative** to observe such a day was taken up by **National Safety Council of India (NSC)**.



**44th NSD Celebration by Rourkela Steel Plant**



## Special Report: IAOH-AP creates history

### Deccan Marathon 2015 (01<sup>st</sup> March 2015)

(First time in the history of Secunderabad)



**Organizers:** 1) Association for Occupational Health – AP Branch (Regd)  
2) Telangana Runners Association (Regd)

While Hyderabad provided many opportunities for fitness buffs, Secunderabad lagged behind.

In view of this situation, "Telangana Runners Association (Registered Society)" in collaboration with "Association for Occupational Health – AP Branch" came forward with aim of promoting

- a) Health awareness and outdoor fitness
- b) Motivating people to participate in healthy group activities
- c) Inspire youth to conduct similar programs
- d) Providing health awareness to change their lifestyle habits.

**The Event had no entry fee & no prize money.**

This was an outdoor event called "Deccan Marathon" for 7-70 years. IAOH – AP Branch and Telangana Runners Association jointly conducted 10 Kms and 5 Kms runs on 01<sup>st</sup> March 2015 (Sunday) in the morning hours.

There were 650 participants including Army soldiers, Officers and Civilians.

#### **Support from Army**

Army (54 Inf Division) provided administrative support

#### **Guests for the event**

**Flag off by** GOC 54 Div, Major General RK Jagga VSM

**Prize distribution by**

1. G Suryaprasad Dy Commissioner, Income Tax
2. A Muthyam reddy, Asst Commissioner of Police

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**Support from Police:** Department of Police Telangana state readily accepted to support and participate.

**Support from Organizations:** Yashoda hospitals, Ankura hospitals for women and children, Lucid diagnostics, RAYS Hospitals, Sainikpuri (KR) club, Hyderabad Spine clinics, Totem PR, HMTV and TV9 have extended their support for the event.

**Response of participants** Registrations were stopped much before the last date due to tremendous response (more than 1500 enquiries)



Dr. Prof. Maj (retd) Dr S Bakhtiar Choudhary (IAOH Central Council Member & Past President of Association for Occupational Health – AP Branch) and all the office bearers of IAOH – AP Branch actively participated in motivating local community. The event received excellent coverage in all the local print media and also in Gemini News TV, HMTV & TV9 (Telugu News Channel).

Dr. J. Vijay Rao President & Dr Nanda Kishore, Hon Secretary, IAOH AP Branch, thanked all the participants, sponsors & Army. Special thanks were given to local police force for clearing the route without inconvenience to the public and media for giving wide publicity to this grand mega event.

(Dr.J.Vijay Rao)  
President  
IAOH – AP Branch

(Dr. Nanda Kishore)  
Hon' Secretary  
IAOH – AP Branch

## News you can use!

A podcast is basically a slightly longer spoken version of a review's plain language summary. Many people find that it's easier to absorb new information by listening rather than reading.

**Hindi podcast of Cochrane Preventing occupational stress in healthcare workers is now online.**

[You can access it by clicking here.](#)

Designed by [Dr. Divyang Shah](#)

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