

VOLUME 2 ISSUE5

MARCH 2017

OSHEN

(OCCUPATIONAL SAFETY-HEALTH-ENVIRONMENT NEWSLETTER)



From the National President's Desk



First of all we are very much thankful to all of you for electing new office bearers unopposed for the period 2017-19. My special compliments to outgoing President and his team for their significant contributions and innovative initiatives during the period of 2015-17.

The main focus for the coming two years would be:

- **Membership Drive, Formation of New Branches and Revival of inactive Branches**
 - Each branch should actively enrol new life members
 - Initiate a drive to explain Benefits of IAOH membership
- **Basic Occupational Health Services (BOHS)**
 - Training to General practitioners and Primary Health centre doctors of nearby area
 - MOU with govt. agencies
- **ICOH Bid for 2024**
- **Occupational Health project**
 - Each branch should take one project in unorganised sector
- **Digitization**
 - Strengthening the database of IAOH – complete members details should be available on website
 - Auto generated mail to office bearers after completion of online membership application
 - Direct central contribution through online transfer and notification of payment received, payment details etc
 - IAOH Mobile app- Digital platform
 - Quarterly OSHEN newsletter and IJOEM Publication in soft
- **Social activities**
 - Medical camp by each Branch
- **Family get together of IAOH branch members**
 - At least once in a year Family get together at branch level
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- Apart from regular Oration and Awards Best Branch Award, two more awards are there for next 2 years 1. Best Occupational Health Project in an unorganised sector by Branch 2. Best BOHS project.

Dr. R.Rajesh

National President, IAOH (I)

Editor's Desk

Dear Friends,



OSHEN has a new team in place with Dr Nikunj Desai & myself along with Dr Divyang Shah. We assure you that we will strive to ensure timely publication of OSHEN to keep you updated on all IAOH related developments & also some small Occupational Health related snippets.

Dr R.Rajesh & his team brings in fresh blood and renewed vigour to the National IAOH body. The focus is on strengthening the organisation & consolidating the efforts of Dr Ramnik Parekh & team in the BOHS campaign. With a new set of BOHS missionaries, it is hoped that the program will achieve considerable progress in highlighting the cause.

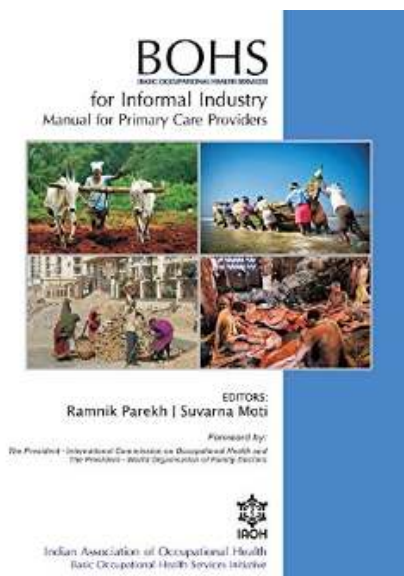
Dr Chaitanya Gulvady

[Click here to buy / download the book.](#)
(Buying strongly recommended.)

[08/03, 4:46 AM] Hitesh Patel AFIH 2016: At 4 AM...

"My bus suffered an accident near Palej, on Baroda-Surat highway with a Benzene Tanker truck. Luckily no one was injured, but there was a possibility of a Benzene leak due to the vehicular damage. A crowd gathered soon. I gathered my wits & ventured towards the people. Witnessing the panic, I was able to explain to the local people about the flammable nature of benzene and arranged to throw soil/sand on the leaked liquid as per availability at site.

I also advised the drivers to stop their engines to avoid sparking. And advised passengers to move away from the site and avert a major tragedy in time. I was able to do all this, thanks to the Occupational Health knowledge I had gained at the AFIH course I had recently attended".



Letters to the Editor...

IAOH Basic Occupational Health Services (BOHS) initiative

On 22nd March, Dr. Ramnik Parekh, Dr. R Rajesh and Dr. Hitesh Shingala have handed over BOHS training material pendrive and DVD to Dr. N B Dholakia - Add. Director, Medical Services, Govt. of Gujarat. They will start training of PHC and CHC doctors via satellite during their regional meetings on 1st and 2nd Friday of every month.

Incidentally, this is the first project of Vibrant Gujarat -2017 completed.

Congratulations team BOHS for this wonderful achievement.



Send an email to iaohwebsecretary@gmail.com to receive your membership certificate. Kindly mention your email, mobile number and branch in the email.

The updated list of Central Council Members of all branches can be seen on the association website. Click on this quick link. [Central Council Members – 2015-17.](#)

Kindly communicate changes, corrections, if any to the National Secretary.

DGFASLI in collaboration with DGUV, Germany jointly organised an "International Vision Zero Conference on Occupational Safety & Health" at Vigyan Bhavan, New Delhi from 15th to 17th March, 2017. The event featured invitees and delegates from India & the world over. The theme of the conference was Vision Zero on occupational safety and Health (OSH). More than 1500 delegates attended the conference thereby providing an opportunity for sharing of best practices in OSH.



The National IAOH President Dr. R.Rajesh, Dr.C.S.Gulvady, Dr. G.V.Prabhu, Dr. Hiren Desai and Dr. Sandeep Sharma addressed the various sessions on OSH during this conference and many IAOH members participated in conference.

Glimpses of Branch Activities OCCUCON 2017

The 67th Annual National Conference of IAOH was organized from 8th - 11th February 2017 at India Habitat Centre, Delhi. More than 600 delegates from government / multinational/ private / NGO / Educational Institutions etc participated in the Event.



- OCCUCON 2017 was inaugurated by the Chief Guest Hon'ble Union Minister of Labour & Employment, Shri Bandar Dattatreya , Guest of Honours Secretary- Ministry of Labour & Employment, Smt. M. Sathiyavathy, Chairman & CMD GAIL (India) Ltd, Chairman Medanta The Medicity Dr Naresh Trehan & MD Apollo Hospitals.

- The Professional Development Course at the conference, was inaugurated on 8th Feb. by the Chief Guest Dr Soumya Swaminathan Secretary, Dept.of Health Research, Govt. of India & Director General, ICMR, Dr U.D. Choubey DG Gen., SCOPE and Padmashri/BC Roy awardee Dr Yash Gulati.



- RajYogini Sister BK Shivani delivered the First Delhi Branch Oration –“Future of Occupational Health - Creating Happy, Healthy & Safe Work Places “



- The Conference Souvenir was released by the Chief Guest & the Guests of Honour

OCCUCON 2017 Conference & Exhibition Venue



Glimpses of OCCUCON 2017 MOU with DGFASLI



Cultural Programs , Occupational Health Quiz & Panel Discussion on BOHS Chaired By Director General Health Services Govt. of India

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- National and International speakers @OCCUCON 2017



IAOH JAMNAGAR BRANCH ACTIVITY REPORT

- Dr R Rajesh, founder member, IAOH Jamnagar branch, was elected unopposed as National President of IAOH, 2017- 2019 at the 67th National Conference (OCCUCON 2017). This was a proud moment for Jamnagar branch.



- IAOH Jamnagar branch received the honour of the Best IAOH Branch 2016 Award at National Conference (OCCUCON 2017), Delhi on 8th February 2017. This award was handed over by Sh. Bandaru Dattatreya (Minister of State Labor & Employment – Independent Charge). This is indeed a great recognition for IAOH Jamnagar branch.



- Dr Hitesh Shingala from IAOH Jamnagar branch received the Best Resource Person 2016 award at the National Conference (OCCUCON 2017) on 8th February 2017 at the hands of Sh. Bandaru Dattatreya (Minister of State Labor & Employment – Independent Charge).



IAOH Pune Branch report

A CME on Robotics in knee replacement was organised by IAOH Pune on 15th Feb 2017, in association with Lokmanya Hospitals, Pune at Hotel Hilton Chinchwad.

Robotics in knee replacement is the first of its kind being used in India by Lokmanya Hospitals Pune. The use, efficiency and accuracy of robotics in knee replacement was explained by Dr Narendra Vaidya at the session which was attended by 35 IAOH members.



IAOH Vadodara Branch report

GUJCON 2016:- State Level conference Western Region Meet of IAOH organized on 10-11th December 2017 at Hotel Surya palace.

Organizing Committee led by President Dr P C Jain ensured that synchronized efforts and energies were devoted towards the conference, with the aim of a rich scientific agenda, participation of all branches in the state & also generating revenue. Dr R Rajesh, Medical Advisor, Reliance Industries, Dr Shirishkumar Gandhi & the RIL VMD, Vadodara team gave all the necessary support. Senior members like Dr J H Paralikar, Dr R C Saxena, Dr Amit S Patel, Dr Jagdish Kamath, Dr Kishor Parikh & young FMOs were also involved. A website of IAOH Vadodara was launched for online payment of sponsorships & delegate fees.





GUJCON 2016 was inaugurated jointly by Mr Hemant Vyas (CEO, Lonsen Kiri Chemicals Ltd,Vadodara) National President Dr G V Prabhu and Mr PM Shah,Jt. Director, Directorate of Industrial Health & Safety, Vadodara on 10th December 2016. A souvenir was also released on the occasion.

The Gujcon Oration Award was delivered by Dr Chaitanya Gulvady, past IAOH National President whilst the newly constituted IAOH Vadodara Award Oration was delivered by Dr R.K.Jain, IAOH-Delhi Branch.All the invited Speakers and Experts delivered interesting presentations & 126 delegates participated in the scientific sessions which gave insights to various problems faced by Occupational Physicians while working in Industries. The Conference was a great enriching & satisfying experience.



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GUJCON 2016.

2) MEDICAL ASSISTANT COURSE FOR OHC [MACOHC – 29th (Batch – 29th January 2017 to 5th March 2017)] : IAOH organized the 29th batch of MACOHC at Conference Hall of Sterling Hospital, Vadodara from 29th January 2017 onwards on six consecutive Sundays up to 5th March 2017. Twenty delegates underwent rigorous theoretical and practical orientation of working as a Medical Assistant in Occupational Health Centre of Industries. A special half day visit of Sterling Hospital's various departments was undertaken to orient attending delegates about various practical aspects of emergency and Trauma Management. The delegates were taken to two industries IOC and TSIL, Vadodara for a practical insight into day to day functioning of OHCs. On 5th March 2017, the students were awarded a Certificate of Participation in a simple valedictory function presided over by IAOH Office bearers. With completion of 29 batches of Medical Assistant course, IAOH Vadodara has trained 645 Medical Assistants hailing from 135 industries of Gujarat.



IAOH Andhra Pradesh Branch report

One Day Seminar at Aster Prime Hospitals, Hyderabad on 21.01.2017

IAOH – AP Branch organized one Day Seminar / CME in association with Aster Prime Hospitals, Hyderabad on 21.01.2017 at Prime Hospitals, Ameerpet, Hyderabad.

Dr.J.Vijay Rao, President of IAOH – AP Branch welcomed the delegates & emphasised the commitment to enable occupational health professionals to make India's work places healthy, safe and green – free from all the ill effects of hazards, by evolving effective solutions; to be the nodal nongovernmental organization committed to attain highest standards of health in India by enabling stakeholders, influencing policy makers and creating community consciousness. He laid emphasis on “The Occupational Health strategy”, which revolves around two important aspects i.e. Health Promotion and Health Protection. Health promotion aims to promote, maintain and enhance the health of employees and their fitness to work safely and effectively, while, health protection aims to protect employees from work related hazards to their health.

Dr.Nanda Kishore, Hon' Secretary, IAOH-AP Branch made a presentation on “Occupational Health in India – The way forward and recent advances”, emphasising on the need for an official Occupational Environmental and Safety Policy for consolidation of currently fragmented OHS system in consultation with all stake-holders.

Dr.G.Satish Reddy, CMD, Aster Prime Hospitals and Orthopaedic Surgeon had delivered a talk on “Recent Advances in Knee Replacement”. Initially knee replacements were advised to patients above 60 years but due to technological

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advancements such as navigation technology & long lasting oxy-zirconium prosthesis, the facility can be availed of by younger patients.

Dr.B.S.V.Raju, Neuro Surgeon, Aster Prime Hospitals in his talk on “An update on Backache & Spine” stated that laminectomy and discectomy surgeries have become routine with Micro surgeries the need of the hour for better recovery, less complications and good prognosis.

Dr.Srinivas Muvva, Interventional Cardiologist, Aster Prime Hospitals delivered a talk on “Coronary Syndromes – Preventive Aspects – An update”, wherein stress was laid on early diagnosis of acute myocardial infarction to save life. Take home message was to keep Tab Disprine, Tab Clopidogral, Tab Aterostatin and Tab Sarbitrate which are very important and life savers. In industries, the above combination of drugs with the help of simple ECG, one can save precious life.



Dignitaries on the Dias



Presentation of bouquets to dignitaries



Speakers



Presentation of Mementoes to

Vote of thanks were proposed by Dr.Raghava Reddy, Senior Vice President, IOAH-AP Branch The above programme was widely covered in both print and electronic media in local languages.

IAOH Surat Branch report

- **Health Awareness Session- “Wellness” for Traffic Police Brigade of Surat :** Health awareness session was planned for young traffic brigade of Surat with the support of Joint commissioner of Surat Police, by IAOH Surat branch on 10th April’2016. Sessions on various health & wellness related topics like “Beat Diabetes”; Lifestyle changes; Yoga & breathing exercises; smart food plate by dietician etc. were conducted with audio visual presentations. More than 120 new joinees of traffic brigade along with Joint commissioner of Police actively participated in the session.



- **An Interactive Meet at Sunshine Global Hospital :** IAOH Surat in Association with Sunshine Global Hospital organized an Interactive meet at Sunshine Global Hospital on 27th April’16. The speakers were Dr. Anuj Clerk, Intensivist and Dr. Suresh Rathwa, MS Ortho. The topics for discussion were “Lesser known facts of Common Antibiotics” and “Post-Operative Pain Management”. Around 35 doctors actively participated in the session



- **An Interactive Meet at The Grand Bhagwati (TGB)**, IAOH in association with Surat Institute of Digestive Sciences (SIDS) organized an Interactive meet at The Grand Bhagwati on 17th September'16. The speakers were Dr. Rajiv Mehta, Sr Gastroenterologist and Dr Subhash Nandwani, Sr Gastroenterologist. The topics for discussion were "Alcoholic Liver diseases" and "Viral Hepatitis". Around 38 doctors actively participated in the session
- **An Interactive Meet at Cumin Restaurant, Surat on the Topic " Knee Problem, No Problem"**: IAOH organized an Interactive meet at Cumin Restaurant on 28th January, 2017 on "Knee Problem, No Problem". The faculty was Dr Shrujal Shah, Sr Orthopedic Surgeon from Surat. Around 26 doctors actively participated in the session

Association of Occupational Health Karnataka (AOHK)

Association of Occupational Health Karnataka (AOHK) in association with Dr. Tulip's Obesity and Diabetic Surgery Centre, The Heart Centre and I Medrix had organised a CME on **17th December, 2016 at The Chancery, Lavelle Road, Bangalore.**

Programs:

- Significance of World Diabetes Day: Dr. Balaji J (Consultant Endocrinologist).
- Significance of World Obesity Day: Dr. M Ramesh (Consultant GI and Bariatric Surgeon).
- ECG Every day Tool for Heart Problems: Dr. Raghunandan (Consultant Cardiologist).
- Minimal Invasive Cardiac Surgery: Who, When and How: Dr. Rehan (Consultant Cardiac Surgeon - The Heart Centre).
- Diabetes: When to opt for surgery: Dr. Balaji J (Consultant Endocrinologist).
- Obesity: When Liposuction? When Bariatric Surgery: Dr. Tulip (Consultant Bariatric Surgeon - Dr. Tulip's Obesity and Diabetic Surgery Centre).

The program was awarded 1 CME Credit Point by KMC & was attended by more than 50 doctors and about 12 AOHK Members.

CME

The Association of Occupational Health Karnataka in association with Zydus Vaxxicare conducted Continued Medical Education (CME) program on Wednesday 11th January, 2017 at St Marks Hotel, Sampangi Rama Nagar, Bengaluru.

- Update on Influenza Vaccine : Dr. Neelkanth Kote spoke about the influenza virus, the changes in the virus (mutation – drift and shift), the need for annual vaccination and the introduction of quadrivalent vaccine by Zydus Vaxxicare for the first time in India.
- Approach to Management of Chronic Poisoning and its Management. Dr. Alex Reginald spoke on common acute and chronic poisonings which can occur at work place, the signs and symptoms, prevention, diagnosis and treatment.
- The students of the first batch of AFIH Course at ROHC, Bangalore were also invited to attend this CME.

CME

In association with HCG Oncology, AOHK organised a CME on 5th March, 2017 at The Lalit Ashok, Bengaluru.

- Dr. Kallur, Director, Nuclear Medicine on Molecular Radiotherapy
- Dr. Vijay Agarwal, Consultant, Medical Oncologist :Population to Personalized Medicine:
- Dr. Mahesh K.B, Consultant, Surgical Oncologist: Advances on Surgical Oncology and Organ Preservation:
- Dr. Sridhar, Consultant Radiation Oncologist : High Precision in Radiation Therapy for Management of Cancer (Cyberknife and Tomotherapy):
- Dr. Girish Kalmady, AOHK: Occupational Health and Safety Legislations in India - update:

The program was awarded 1 CME Credit Point by KMC. The program was attended by more than 50 doctors and about 12 AOHK Members.

Designed by Dr. Divyang Shah & Dr. Nikunj Desai