



Message from the President

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We are witnessing a race to increased productivity with least attention being paid to human health and environment.

Friends,

At the outset, on behalf of the Central office bearers, I wish you all a very Happy and Prosperous New Year. It is our earnest hope that the New Year brings in good tidings for our association and our efforts to increase occupational health awareness bear success.

Preparations are in full swing for the OCCUCON-2014 to be held in Goa from the 11th to 14th of February'2014. A large number of delegates have registered for the Conference and a feast of scientific sessions are on the plate. We hope the efforts of the organizing committee bear fruit and we have a very successful conference and are also able to save some funds to build a corpus for the IAOH. The theme of the Conference is Health & Well-being at the workplace being key drivers for sustainability. We are witnessing a race to increased productivity with least attention being paid to human health and environment. Fortunately, national leaders are waking up to this reality and "Sustainability" has now become the key word for all stake holders to ensure that we do not exhaust all our natural resources, leaving nothing for future generations. It is hoped that the conclusions of the conference symposia are conveyed to the government for its consideration.

The recent building crash in Goa with its large casualties, has brought into focus once again, the lack of health & safety awareness in the construction industry in India. We have put up a BOHS Module on construction industry on our website and it is our earnest hope that IAOH members undertake educational seminars for engineers, workers, builders to increase awareness about the occupational hazards in the construction industry.

Meanwhile welcome to Goa and hope you enjoy the Conference.

Warm Regards,

Dr Chaitanya Gulvady
President, IAOH.

24th January, 2014

Editor's Note

Dear colleagues,

You may have noticed that we have given your newsletter a name! We hope this OSHEN will be an ocean of occupational health & safety news for all IAOH members.

Editorial team of this newsletter would be happy if more branches send in their contributions. Individual readers are also encouraged to write to us.

Friends, Armed forces and paramilitary forces employ thousands of our citizens. This is an occupation with known hazards and risks. Having done a short service stint in Indian Air Force, I have closely watched these men put their lives in danger for nation's security. Have often wondered how our traditional OHS approach could be applied to this sector...

The least we could do on occasion of Republic Day is to salute this brave guardian of our borders.

Happy Republic Day. Jai Hind!

- Dr Dileep Andhare

Letters to the Editor

Excellent newsletter.

Please note that there won't be any Medichem congress in India this year as mentioned in the newsletter.

Regards,

TR

Dr T. Rajgopal
MD.,DPH.,DIH.,DNB.,Hon.FFOM(Lond)
VP, Global Medical & Occupational Health
Unilever.

Thanks Dr Shah.
Looks very good and the links worked smoothly.

Best,
Vineet

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*Please share your views,
feedback, suggestions,
information etc. to
iaohwebsecretary@gmail.com.*

*We will be happy to publish in
this newsletter.*



Total no. of ICOH members from India is 74.

Become ICOH Member and bring ICOH international congress in India in 2021.

What are the benefits? How to become ICOH member?

[Click here.](#)

OCCUCON 2014

1 1 - 1 4 F e b r u a r y , 2 0 1 4 • G o a

**International Conclave on Occupational Health incorporating the 64th
National Conference of Indian Association of Occupational Health**

<http://www.iaohoccucon2014.com>

Conference theme: *"Health and Well-being at the Workplace – Key Drivers for Sustainability"*.

Venue: [Cidade de Goa](#), a beach front world class 5-star resort located on Vainguinim beach, Panaji, North Goa

Conference Highlights:

- More than 425 registered delegates as on date
- 20+ exhibition stalls
- 3 Professional Development Courses (PDC)
- 4 orations
- 18 scientific sessions
- 50+ oral presentations
- Collaboration with international and national professional organizations in field of occupational health



Looking forward to seeing you at Goa in February 2014 🤗

Forgot IAHO Membership Number? Email your details to iaohwebsecretary@gmail.com

Not receiving IJOEM? Email your membership no and postal address to subscriptions@medknow.com

Branch Activity Reports

Andhra Pradesh (AP):

IAOH AP Branch organised a CME Program on 14th September 2013 at Hotel Marigold Begumpet Hyderabad.

Dr. J. Vijay Rao President IAOH AP Branch welcomed the members and other delegates and speakers of the evening. He emphasized the important & vital role of the Occupational Health Physicians in promotion of health-safety, wellness & environment at work place.

A large number of the audience; not only IAOH members, Safety professionals and PG Students but also private practitioners of various specialties from the twin cities were present for this CME Program.

Dr. Bakhtiar Choudhary, Central Council Member, IAOH - AP Branch introduced the scientific session topics and speakers to the delegates. The two important topics which were selected for the programme were

1. Recent Updates in the Management of Psoriasis.
2. Ten years of Injection Enbrel experience in Rheumatoid Arthritis.

Dr. R. Narasimha Rao, Consultant dermatologist of the South Central Railway Hospital, Secunderabad elaborately discussed the first topic. He took back all participants to their physiology & pathology lecture days and explained in details the recent modalities of the available treatment in the form of topical Ointments, Oral drugs, Phototherapy, Excimer LASER therapy, and TNF alpha blockers (biologics) for management of Psoriasis.

The second topic of the CME Programme was well covered by Dr. U.R.K Rao, Senior Consultant, Rheumatologist. He explained that achievement of disease remission is the first priority in the management of Rheumatoid Arthritis (RA). He also discussed in detail about the mechanism of Immuno modulator drugs in the management of Rheumatoid Arthritis / Psoriatic Arthritis / Juvenile Rheumatoid Arthritis etc.

Both the topics invited lots of feedback & queries from the delegates and in-depth discussion took place on the management of Psoriasis and Rheumatoid Arthritis.

Dr.S.P.Vivek Chandra Rao, Central Council member, stressed the importance of BOHS activities at state and central level. He also advised AP Branch to organize CME's exclusively for Medical College students & private practitioners in the rural areas.

Dr. Nanda Kishore concluded with his secretary's report and stressed the need for support from occupational health services to protect valuable human life. He also spoke about emerging diseases that are posing a challenge to the industrial physician.

Dr. Shalabh Saxena Executive Member IAOH - AP Branch proposed the vote of thanks.

JAMNAGAR:

IAOH Jamnagar branch organized State level conference – GUJCON-13 on 20th October 2013 at 'Sharda' Auditorium, Jamnagar on theme 'Basic Occupational Health Services – Way Forward'

Below are the highlights of the conference:

- Dr. Sudha Ramchandran was awarded 'JOSH Oration - 2013'
- 130 delegates participated in the conference.
- 4 hours accreditation towards CME by Gujarat Medical Council
- CPR training for paramedics
- Occupational Symposia on
 - "Basic Health Services".
 - "Occupational health issue of women at workplace"
- Guest lectures on
 - 'Recent development in acute stroke care'
 - 'Mental Health'
 - 'Occupational Rehabilitation'
- Scientific Papers & Case Studies.
- OHPL – Occupational Health Premier League –Quiz for registered delegates

Second council meeting was organised on 19th October 2013 at Hotel Vishal International, Jamnagar.

A gala cultural programme was organized in evening of 19th October 2013.



PUNE:

Last quarter for IAOH Pune was full of activities which included CMEs for members and Health talks / programs at various places in and around Pune. Details as follows:

1) CMEs -

6 Oct 2013	“Bradyarrhythmias and Pace maker therapy” by Dr. Abhijeet Joshi (Interventional Cardiologist) at Hotel Sun-N-Sand, Pune.
11 Oct. 2013	“Management of Industrial Eye Injuries” by Dr. Aditya Kelkar (Ophthalmologist) at Hotel Deccan Rendezvous, Pune.
24 Oct. 2013	Management of Hand Injuries and Hand safety” by Dr. Abhijeet Wahegaonkar (Hand Surgeon) at Hotel Pride, Pune.
6 Dec. 2013	“Arrhythmias and new trends in therapy” by Dr. Ajit Mehta (Cardiologist) at Hotel Pride, Pune
24 Dec. 2013	“General Eye Care, Cataract, Glaucoma, Retinopathy”, by Savita Bhat (Ophthalmologist) at Hotel Ashish Plaza, Pune.

2) Health talks and Programmes –

2 Oct. 2013	Haemoglobin estimation camp for a female employees of Flash electronics with diet counselling at Chakan MIDC
10 Oct. 2013	DIA-BEAT’ - Diabetes Awareness programme by Dr. Nitin Gade (Diabetologist) at Endurance Tech. Pvt. Ltd., Chakan MIDC
15 - 22 Oct. 2013	Life Style Diseases and their management’ by Dr. Suhas Kanitkar at various industries at Chakan MIDC namely Flash electronics, Varroc Eng. Pvt. Ltd., Badve Autocomps Pvt. Ltd
October, November, December 2013	<u>900 doses</u> of Hepatitis B Vaccine were given <u>free of cost</u> to class 4 employees of Talegaon General Hospital (Rural Hospital) in 3 consecutive doses at the interval of 1 month
December 2013	<u>150 doses</u> of Rubella Vaccine was given <u>free of cost</u> to female employees of Badve Eng. Ltd., Chakan MIDC
11 Dec. 2013	‘Tobacco - The giant killer’ A de-addiction programme for employees of Badve Autocomps Pvt. Ltd., and SEMCO, Chakan MIDC by Dr. S.V. Kanitkar & Dr. Neha Kulkarni.
26 Dec. 2013	“Yoga & Meditation with Pranayam” for Badve Eng. Pvt. Ltd. Chakan MIDC on by Dr. Neha Kulkarni
January 2014	“Refraction and Glaucoma screening camp” jointly organized with Vasan Eye Care in 5 Companies in Chakan & PCMC MIDC. Around 500 employees were screened for glaucoma
19 Jan. 2014	Free Health Check-up for ST Depot employees

VADODARA:

IAOH Vadodara continues to perform as one of the active and dynamic branches of IAOH HQ conducting variety of activities and programmes. During last twelve months, IAOH Vadodara planned, organized and conducted:

1. **Medical Assistant Course in OHC 20th Batch** (MACOHC) conducted at Sterling Hospital from 24th November 2013 to 29th December 2013 (Six consecutive Sundays)
In this course, 18 students participated and underwent successfully theory and practical training for a period of six weeks. This batch had some improvisation in form of a Hospital visit to acquaint and gain practical knowledge in use of equipment in Casualty Department of a Superspeciality Hospital. With completion of this 20th Batch, IAOH Vadodara has trained 395 Personnel in 20 batches during the period of nine years from 2004 to 2013
2. **17th November 2014: Update on Occupational Health** in collaboration with Parul Sevashram Hospital, Vadodara : Hotel Surya Palace

IAOH Vadodara and Parul Sevashram Hospital, Vadodara planned and conducted an Update on Occupational Health on 17th November 2013 at Hotel Surya Palace, Vadodara. Dr Kishor Parikh, President, IAOH Vadodara welcomed the attending delegates while Dr Geetika Madan (Managing Director, Parul Sevashram Hospital) gave a brief about the Hospital.

Dr Shivaramkrishnan, Guest Faculty (Visiting Industrial Physician, Mumbai) gave an interesting presentation about Role of FMO in Life style modification at Work place. Citing various corporate examples, Dr Shiva explained the attending delegates about importance of Diet and behaviour modification in Industrial employees. There were two other presentations by Dr Yashesh Dalal (Practising Neurosurgeon) and Dr Shah (Practising Physiotherapist) on Management of Backache and Role of Physiotherapy in Industry respectively. About 38 participants attended this educative seminar.



KARNATAKA:

CME Program on 21st December 2013

AOHK in association with BGS Global Hospitals, Bangalore arranged a scientific program on 21st December, 2013 at Hotel Le Meridien.

Dr. N.K. Venkataramana, Vice Chairman of BGS Global Hospital and Chief Neurosurgeon & Director, Global Institute of Neurosciences spoke on a very important topic "Head Injuries in Work Place". It was a very informative lecture covering all the important points which have to be followed in an emergency at the workplace or outside.

A video presentation on the National Conference of Indian Association of Occupational Health in Feb 2014 at Goa was arranged for the benefit of AOHK Members and all the Members were requested to register in large numbers from Karnataka to make the Conference a big success.

Mr. Ravishankar Rao, General Manager, Marketing, BGS Global Hospitals welcomed the gathering. The meeting was presided over by President of AOHK - Dr. Sashikala Chandrasekar. Meeting ended with Vote of Thanks by Dr. M. Thyagaraju, Hon. Secretary - AOHK.



SURAT:

On 29th Nov'13, one CME was arranged at Blue Blossom, Piplod, Surat on Recent advances in Management of hypertension by Dr Narendra Tanwar from Bankers heart Institute. Total 17 participants were present in the CME.



The CME was followed by meeting of IAOH members. Following points were discussed in the meeting

- Dr Gemawat, branch president addressed the members regarding new board members and forward path.
- Dr Paliwal, branch secretary shared his views in making new members and arranging the CME's on regular basis.
- PAN application of IAOH-Surat done.
- Signing authorities for operating the bank account have been changed as per new board members.
- The meeting ended with general discussion between branch members

On 29th Dec'13, another CME was arranged at same place on Management of head Injury by Dr Divyang Bhatt, MS, from Mission Hospital, Surat. 23 participants were present in the CME.

**DELHI:**

A special drive was initiated to disseminate information on Basic Occupational Health Services (BOHS) during the last quarter at

1. Park Hotel
2. India International Center..
3. Indian oil Office.
4. Mira Exim industry.



IAOH and its website presentation modules on BOHS are published in GOHNET (pg. 24).



Presentation of the Indian Association of Occupational Health (IAOH)

The Indian Association of Occupational Health (IAOH) is a group of occupational health practitioners of India. It is committed to enable occupational health professionals to make India's workplaces healthy, safe and green, and free from the ill effects of hazards, by evolving effective solutions; to be the nodal nongovernmental organization committed to attend highest standards of health in India by enabling stakeholders, influencing policy makers, and creating community consciousness.

To disseminate the knowledge and awareness on 'Basic Occupational Health Services', it has launched another initiative by putting up BOHS presentations on the IAOH website (www.iaohindia.com). Eminent experienced and specialist subject experts have developed modules on

- 1) Overview of Occupational Health,
- 2) Chemical Hazards,
- 3) Physical Hazards,
- 4) Occupational Health in Agriculture Sector,
- 5) Occupational Health in Construction Sector,
- 6) Occupational Health in Mining, and
- 7) Ergonomics.

The objective is to utilise these presentations and hold seminars for various stakeholders of occupational health. This should include medical officers of primary healthcare centres in various districts, the medical fraternity practising in industrial zones, safety engineers in industries both large and small, Industrial Associations, and other interested parties.

Contributed by Dr Chaitanya Gulvady, President, Indian Association of Occupational Health, chaitanya.gulvady@ril.com & Dr Divyang Shah, Web secretary, Indian Association of Occupational Health, Divyang.Shah@cairnindia.com

News and Snippets

- **Training Modules on 'Basic Occupational Health Services' (BOHS) is available on website:** www.iaohindia.com. These modules are prepared in public interest by subject experts and free to download and use in occupational health and safety trainings.
- You can search MCI registration number and details of a doctor online on its official website: [Click here](#).
- ...Nobody knows for sure how many migrant workers there are in the Vapi-Mehsana industrial belt (of Gujarat). Since they are on contract they are not covered by any government health scheme. And the factories don't allow any inspection... [Read more...](#)
- On 29 October 2009, a Petroleum Oil Lubricant (POL) terminal on outskirts of Jaipur caught fire. M.B. Lal committee has suggested stringent safety improvements. Read the executive summary of the report by [clicking here](#).
- You can view and download a video on Noise Induced Hearing Loss (NIHL) from [HSE-UK](#).

Congratulations!

Dr. T. Rajgopal – for AIHA Distinguished Service Award for the year 2013-14.

Dr. Sudha Ramchandran – Awarded 'JOSH-2013' oration at Gujcon, Jamnagar.

Dr. Ramnik Parekh, Dr. Divyang Shah, Dr. Vineet Datta – invited as subject experts and guest speakers in 'Global HSE conference' held on 27-29 September in New Delhi.

Dr. S Sivaramakrishnan, Dr.V. Swaminathan, Dr. Rishikesh Naik and Dr. Sandeep Sharma – invited as guest speakers in 'International Conference on Occupational and Environmental Health' held on 13-14 December in New Delhi.

It gives me great pleasure to announce that The American Industrial Hygiene Association (AIHA) has decided to honour Dr Thirumalai Rajgopal with the AIHA Distinguished Service Award for the year 2013-14.

This Award will be conferred upon him by the AIHA President Ms Barbara Dawson at the Inaugural Ceremony of the OCCUCON'2014 at Hotel Cidade de Goa on the 11th of February'2014.

It is indeed a matter of great pride for all of us at the Indian Association of Occupational Health. Our hearty Congratulations to Dr T.Rajgopal.

Warm Regards,

Dr Chaitanya S Gulvady
National President,
Indian Association of Occupational Health.

Upcoming Events

Event	Early bird / Apply by	Event Date	Place
64th IAQH National Conference	-	Feb 11-14, 2014	Goa
Singapore Workplace Safety and Health (WSH) Conference 2014	Feb 14	May 7-8, 2014	Singapore
Global Healthy Workplace (GHW) Award	Feb 7, 2014	Apr 9-10, 2014	Shanghai