

Indian Association of Occupational Health



Journey of IAOH - Vadodara

Learning Centre

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Dr Prakash C Jain

Industrial Physician & Consultant

Established 1977



OUR Services

- ❖ Training for First Aid
- ❖ Seminar on Occupational Health Hazards
- ❖ Training on prevention of Industrial accidents & preparedness
- ❖ Treatment of chemical poisoning & occupational health services



FACILITIES

- ❖ Blood & Urine Test
- ❖ Spirometry Test
- ❖ Audiometry Test
- ❖ Electronic Cardiogram
- ❖ X-Ray (Mobile Services)



OUR Assistants

- ❖ Gurukrupa EHS Services
- ❖ Dr. Sanjay Ashar
- ❖ Pallavi Ashar (B.Sc., D.M.L.T.)
- ❖ Bipin Makwana (B.Sc., D.M.L.T.)



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P. M. Shah
Director




MESSAGE

In this technological development world human health is the pillar for the success. Every human is engaged in different occupation. Every occupation has hazards. Indian Association of Occupational Health Association is basically work on Promotion and Restoration of health, prevention of illness, injury and protection from work related hazards. I congratulate IAOH Vadodara branch for completion of 20 years of journey in the said field. I also congratulate IAOH Vadodara branch for bagging 4 times best branch amongst all over country branch.

As a Joint Director Industrial Safety & Health I feel that IAOH and our department is two pillar in occupational health promotional activities. In past in association with IAOH Vadodara branch our department organized many successful programme of Occupational Health issues which is the team effort of our department and IAOH members.

My best wishes to the team members of IAOH for successful year ahead.


(P M Shah)
Joint Director
Industrial Safety & Health



Dr. PC Jain
President
IAOH - Vadodara Branch



Healthy work force is a key to success of a factory who brings production to the organisation. Occupational and Environmental health is special practice that provides and delivers health and safety, promotion of health and well-being services to workers. Occupational health focuses on Promotion and Restoration of health, prevention of illness, injury and protection from work related hazards. IAOH Vadodara Branch has made tremendous efforts in last 20 years to conduct activities and programs for providing training, workshops, seminars, CME, Symposium to various disciplines like Safety, Factory Medical Officers, Paramedics, HSE, HR and NGO personals. Our Medical Assistant Course is first in India who initiated this course for skill development of paramedics working in various OHC and hospitals. So far we had conducted 35 batches. To our credit our branch has bagged 4 times best branch award. We had conducted National Conference of Occupational Health in 2011 having maximum delegates ever in past.

I will not forget to mention that we had been getting strong support from Directorate of Industrial Safety and Health, Vadodara as well as DISH office Gandhinagar. Great efforts of the team has brought laurels in terms of procuring our own IAOH premises in 2017 which was inaugurated by Mr PM Shah, then Jt Director DISH.

While wishing the organising committee, existing as well as of past, a success to their endeavours, I wish to compliment all the team members for Nobel initiatives, achieving higher standards and goals for providing quality occupational health services in Vadodara.

I convey my best wishes to the team and hope for better progress in future of creation of healthy Industrial occupational health and environment in all Industries of Vadodara as well as Gujarat.



(Dr. PC Jain)
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Subhanpura, Vadodara-390023



Dr Jagdish R Kamath
Hon Secretary
IAOH - Vadodara Branch



I am honored to be invited to write and contribute to IAOH Vadodara's Publication- Journey of Two decades of IAOH Vadodara

I become an Annual member of IAOH Vadodara in 1996 when the Association was managed by Department of Preventive & Social medicine, Govt medical College Vadodara. Being amongst the six members present at the Annual General Body meeting of IAOH Vadodara in September 1999, I was made the Hon Secretary by our revered Teacher Dr Prakash Kotecha. Dr Vihang Mazumdar & Dr Vimesh Jani were unanimously elected as President & Treasurer of this Association. I was handed over the charge of Hon Secretary by my friend Dr Divyang Shah. At that point of time, IAOH Vadodara was a 37 member body (Including Life and Annual Member) and an annual budget of Rs 5000. During my first tenure as Hon Secretary, We (Myself & Dr Vimesh Jani) used to meet regularly at Dr Vihangbhai's office in Medical College to plan and conduct activities of IAOH. I used to typewrite circular on my American Typewriter and send zerox copies to those 40 members. Based on my organizational experience with Indian Medical Association, Vadodara, I started organizational work of promoting life membership amongst doctors working full time / part time in Industries in and around Vadodara.

After couple of years, IAOH Vadodara elected unanimously Dr Jagdish H Paralikar as President of branch. I knew him in and out as we had worked as a team in IMA Vadodara. We established our IAOH Vadodara office in his owned office premises at Mujmahuda, Vadodara. During his tenure, Dr Paralikar pushed his managing committee members regularly to promote life/annual members amongst Industrial physicians and General Practitioners of Vadodara. Incidentally during the tenure , the First batch of Post Graduate Certificate in Industrial Health was initiated and started at Vadodara through aegis of Centre of Adult Education of M S University of Vadodara. Being a practicing and Full time Factory Medical Office, Dr Paralikar gave an insight and a vision to generate revenue for IAOH Vadodara through teaching and Training programmes aligned with Needs of Small, medium and large industries of Gujarat. A training Need Survey was conducted by IAOH Vadodara and that Publication gave us valuable insights to Association for conceptualizing and conduction of training programmes in Occupational Health. It was realized by then Managing Committee members that IAOH needs to deploy a paid staff so that all actions decided in MC meeting took shape by followup actions by the paid employee. It was felt that IAOH Vadodara could generate more funds if they would plan and organize teaching & training programmes by making an ANNUAL OPERATION PLAN (AOP)

The Setting up of an office and deployment of a part time Employee Ms Bhavini Nagar and design of AOP of IAOH Vadodara were three major reasons for growth and development of the Association. Since most of the Managing Committee members were too busy with their professional commitments, It was decided to conduct five to six seminars in a year to generate revenue for the branch. During the second term of Dr Paralikar as a President, The medical Assistant course in Occupational Health was conceptualized for teaching and training of Nurses and paramedical staff deployed in various OHCs of Gujarat. Shri M M Shah, the then Joint Director, DISH rendered his whole hearted support and cooperation to make the course operational and functional. The course was conducted on six consecutive Sundays to accommodate the non availability of students and teachers during regular working days. The Intial two batches made us work very hard and consistently. However later with support of Life members and DISH, IAOH Vadodara was able to conduct two to three batches of this Course every year. Known popularly as MACOHC, this unique training course generated revenue for association and enabled to generate popularity in community as FMOs were able to upgrade and hone the skills of staff already working in their Health centres. The branch became enormously involved in teaching and training activities as Paid seminars were too initiated and integrated in AOPs of Association every year after lots of Brainstorming and discussions.

During the second tenure of Dr Paralikar, IAOH Vadodara bagged the BEST IAOH Branch Award for the first

time and the Team was given the Trophy by Baba Kalyani (Chairman, Bharat Forge, PUNE) at the national Conference held at Pune in 2008. The immense efforts of the entire managing Committee and support of Directorate of Industrial Safety & Health backed up by Office Computerization & Full time staff enabled Association to plan and conduct activities on a regular basis. The Success Journey has started and more and more young Industrial physicians were enrolling for membership as it provided them opportunities for learning and having Brotherhood feelings at Scientific meets. Efforts were made to take training assignments from corporates like RIL, Alstom, Transpek Silox, etc. A team of proficient and dedicated team of teachers and trainers were created owing to the need of IAOH Vadodara. As work and it “scope improved, I had to indulge in lots of coordination and follow-up work. Expectations of Life members too were rising to render them value based services. At the National Level, the Central leadership wanted us to host a National Conference as Vadodara had lastly hosted a National Meet in 1992.

During Dr Amit S Patel's Leadership, IAOH Vadodara took up a bold and courageous decision to host the 61st National Conference of IAOH with support and collaboration of Directorate of Industrial Safety and Health of Gujarat. Despite all constraints and hurdles, Dr Amit Patel took up a firm stand to host the National Conference in February 2011. He convinced his then Management of GSFC to offer their environmentally rich Premises to be the Host of the four day event. Under the Chairmanship of Dr P C Jain, The Organizing committee of 61st National Conference of IAOH with help of Team of Shri P M Shah (The Then Joint Director, DISH Vadodara) worked untiredly and sincerely to make the event Happen. As an Organizing Secretary, I had the opportunity to utilize my managerial abilities to plan, operate and expedite all the key components of the National Conference. I was able to channelize talent and expertise of every member of my Organizing Committee in a big way. The Conference was ably supported by few Corporate Entities like Baroda Heart Institute and Bankers Heart Institute. In February 2011, IAOH Vadodara made the National Conference happen in a stupendous and resounding manner. Excellently designed Scientific programmes, Mouth Watering Food, Evening Gala Dinners, Sound Transport was provided to 456 enrolled delegates hailing from all over the length and breadth of the country. It was an example of meticulous planning and execution of milestones in ruthless manner backed by a Full time conference secretariat and a dynamic Organizing committee.

In 2011, Dr Kishor Parikh was elected as President after a nerve wrenching election & Victory against Dr Sanjay Rana as contestant. During his tenure of two terms, Dr Kishor Parikh brought about a Newsletter to establish a connect amongst Members. The Newsmagazine generated good amount of Revenue for IAOH. He with his zeal planned and organized the first ever conference for Paramedics (GUJ PARAMED 2015) at Vadodara. During the tenure a Film show on Bhopal Gas Tragedy was organized at INOX with invitation to all members of IAOH, Vadodara.

In 2015, Dr P C Jain was elected unanimously as President of IAOH Vadodara. Dr P C Jain had proved his enormous resourcefulness as Chairman of 61st National Conference of IAOH. As a President, Dr P C Jain focused on locating and purchasing a commercial space of 1000 sq feet to establish an Office of IAOH Vadodara. Ultimately after 16 years of Hard work, Our dream to have a NEST OF IAOH was realized as we inaugurated the Office on 4th June 2017 with National President Dr R Rajesh and Shri P M Shah being the Chief Guest and Guest of Honor.

In this entire journey of mine as Hon Secretary of IAOH Vadodara, I learnt lots of things from all my past Presidents and members of the Managing Committee of IAOH. I feel very satisfied and contented to have contributed with utmost sincerity and honesty for growth and development of a great Association like IAOH Vadodara. During my long tenure of 19 years, I have cultivated much of patience and endurance in my own self. I had my own share of failures and frustrations too but in the long term range, I have grown and matured as an Organizational Leader of IAOH. It has been a great joy and a source of Immense satisfaction to have worked with so many Industrial Physicians, HR & EHS Professionals of Gujarat. I rightly had played the role of an “strong thread” which brought all BEADS together to make a Strong Garland of IAOH Vadodara. I have no regrets to have been Hon Secretary of such a Great Association of IAOH for such a long period of time for the simple reasons that It enable me to contribute to growth and development of Occupational Health in Gujarat



Dr Jagdish R Kamath

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(Dr. Kishor G. Parikh)

Immediate Past President (IPP) & Central Council Member (CCM)
IAOH - Vadodara Branch



I am so pleased to be part of souvenir of **Journey of Indian Association of Occupational Health (IAOH), Vadodara**. I am also one of the active passenger in this wonderful journey to have so great experience during my journey. In era of globalization, Industrialization & advancement of technology, health & safety of employees working in industries are more focused area. IAOH, Vadodara is affiliated branch of IAOH India working with objectives & mission of IAOH HQ.

I am the only elected President of IAOH, Vadodara (From July, 2011). I have completed my two terms (Year 2011-15) as a President of IAOH, Vadodara. I & my team have put extreme efforts with dedication & hard work (As trusted by all members) for the growth & progress of IAOH, Vadodara.

It was excellent team work by managing committee & all members to complete many accomplishments.

Key achievements during my tenure as follows:

- ❖ As a President, IAOH Vadodara Branch (Year 2011-2015 - Two Terms):
- ❖ Revenue generated almost double i.e. From Rs.10 Lakh (Balance Amount) to more than 20 Lakh. So it's good financial position to purchase new own office premises of IAOH, Vadodara. Unfortunately during my tenure the dream was not fulfilled but, we made easy task for next managing committee & you all are aware that now, we have purchased our new Office Premises cum Learning Centre too.
- ❖ New Initiative to Publish In-house Magazine Quarterly. Very successful initiative admired by all.
- ❖ "Best Branch Award" Feb, 2014 at National Conference of IAOH at Goa.
- ❖ Formation of committee & prepared "IAOH Rate / Tariff List" for FMOs/OH Physicians
- ❖ "Industry, Noise & You" was accredited teaching program by Gujarat Medical Council.
- ❖ "Hazard Identification & Risk Assessment" (HIRA) Training Program
- ❖ Medical Assistant Course in Occupational Health Centre(MACOH) : Continued successfully
- ❖ On 2-3 May, 2015, organized GUJPARAMED-2015 (Gujarat State Level Conference for Paramedics) at Hotel Surya, Vadodara. This kind of grand successful conference organized for Paramedics was first time in India in Occupational Health.
- ❖ "National Occupational Health Day" (Every 9th July) celebration with learned guest speakers.
- ❖ "Industrial Burns: A Holistic Approach" (Two days State Level Conference) on 12-13 Sept, 2015 with Sunshine Global Hospital & DISH, Vadodara.
- ❖ Many CME Programs on Occupational Health were organized
- ❖ Movie Show - "Bhopal Gas Tragedy: A Prayer for Rain" (Based on real story of Bhopal Disaster, Dec 1984 - World's worst disaster) was organized at INOX Theatre for IAOH Members' families.
- ❖ Membership Drive Continued
- ❖ "Awareness Generation" to people about "Occupational Health" & "IAOH"
- ❖ IAOH Members' "Family get together" with full entertainment.
- ❖ As a Jt.Organizing Secretary, National Conference of IAOH in Feb, 2011 contributed with enthusiasm & hard work. Played major role for successful conference.
- ❖ As a Central Council Member: Representing IAOH Vadodara at IAOH, HQ.
- ❖ Faculty for different IAOH Programs.

Finally, no one can do any task alone, it was excellent team work. So, I express my whole hearted gratitude to all Managing Committee Members, all IAOH Members, different hospitals' management, Directorate Industrial Safety & Health (DISH) especially Mr.P.M.Shah for wholehearted support & guidance, my family & those who have supported directly or indirectly for the progress of IAOH, Vadodara Branch during my tenure.

I wish best of luck for successful publication of souvenir of Journey of IAOH Vadodara.

(Dr. Kishor G. Parikh)

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Dr. Amit S. Patel
Past President
IAOH - Vadodara Branch



It was only in the 17th century that modern industrial medicine may be said to have started with Bernardino Ramazzini, an Italian physician. Initially it was limited to the treatment of injuries and diseases occurring among production workers while at work. Subsequently, it was recognised that occupation related problems are found in every workstation.

Obvious links exist between good occupational health practices, a healthier labour force and improved productivity. Awareness & timely proper workplace interventions are essential tools to reduces absenteeism, raise morale of workers, improve productivity and also the labour-management relations. Therefore, occupational Health Practice should be “mainstreamed” as an integral component of organization.

I am confident that today's physician is well aware of issues cited here above and his role & responsibilities. The future of occupational health services is very bright & attractive for the newer generation.

Vadodara branch, one of the founder branches of IAOH has remained an exemplary in the last couple of decades. We have been working for upliftment of industrial workers and augmenting the knowledge & technical skill of Industrial doctors & paramedics as a mission.

I have been working for IAOH Vadodara branch for almost three decades. I took over responsibilities of the President of IAOH Vadodara branch in 2008. We, I & my team put-in all efforts reach the branch to the newer heights. There are many milestones to my & my team's credit but need not list here. However, I would like to refer one or two. Over & above the CMEs & other regular activities, we initiated “reach to the unreached” concept & started training & health awareness programs for industrial workers in industries' campus.

We organised the 61st Annual National Conference of IAOH in vadodara, after a long span of 21 years, in 2011. Regardless of some odds, we could successfully organise the event in pleasing climate of GSFC (my parent organization) township, Vadodara with ever highest strength and utmost satisfaction of the delegates & guests. This event gave good financial stability to the branch. That was the first stone of our dream of having own premises.

It will be unfair if I fail to thank my fellow colleagues of IAOH, Vadodara branch, my office staff, my family, supporting industries & institutions, conf. organising committee and special thanks to Mr. PM shah, the-then Joint director of DISH, Gujarat state for their unconditional support during this event as well as throughout my journey with IAOH, Vadodara branch.

I proudly say that it has remained a satisfying journey. Once again thanks to one and all.

I feel very happy that we are going to describe the journey of two decades of IAOH Vadodara branch, this year. Journey to excellence never ends as there is always a scope of enrichment. I am sure my fellow colleagues will reach the branch to new heights in the years to come.

GOOD LUCK! JAY JAY GARAVI GUJARAT !!



(Dr. Amit S. Patel)
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Diwalipura, Vadodara-15

Department of Preventive & Social Medicine
Medical College, Baroda-390001

Dr. V.S.MAZUMDAR

MD, DPH, DIH, DCH

Professor and Head



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MESSAGE

It is indeed an important landmark for all of us that the Baroda Branch of Indian Association of Occupational Health is completing 50 years. I am privileged to have been associated with the branch for more than 30 years. In the early days there was not much awareness regarding occupational health and in our small way with about 30 members we did the best we could.

In 1990, I was closely associated with organizing the National Conference having been part of the 1980 conference as a student volunteer!

The significant change during my tenure as President was a drive to increase membership and involve more and more doctors who were working with industries. I was fortunate to have Dr Jagdish Kamath with me, whom I could convince to take a more pro active role in the association As we had a course of Diploma in Industrial Health in the department many students took it up and joined industries.

I take this opportunity to congratulate all the members and office bearers of the association who have kept up their enthusiasm and have been instrumental in the achievements of the branch

With best wishes,

Dr Vihang Mazumdar
1st January 2019



Dr. D B Vyas
Past President
IAOH - Vadodara Branch



I am glad to hear that you are publishing history of IAOH of Baroda branch. I have been witness of the ups and downs of our branch since last 50 years. I was Hon. Secretary and President of our branch for almost a decade and during the year 1970-80, when no one had come forward to accept the post of office bearers. The presence in Annual General body meeting used to be just 4 to 5 members (office bearers). In 1980 with guidance of Dr SK Mehta and Dr PC Bhatt, we had hosted National Conference, where in I was Joint Secretary of the conference. This conference gave a boost to the sick branch and again in 1990 we could hold another National conference at Baroda, where in I was Chairman and Dr Parikh and Dr Durvasulla were my faithful assistants. Today I am glad to see my withering branch growing up as a strong Banyan tree. "Long live I.A.O.H (Baroda branch)." With good wishes.



(Dr. DB Vyas)
17A, Baroda peoples society,
Nr Genda circle, Alkapuri, Vadodara-390007



Dr. JH Paralikar
Past President
IAOH - Vadodara Branch



It gives me immense pleasure to know that IAOH Vadodara branch is making a milestone of documenting a journal about the activities done year after year from the Inception so far. I had been closely associated with this branch in various capacities. Since I was working in an Industry, I did identify the need of doctor, paramedic, safety, HR and general production employees. In association with team, we designed various programs and their contents. We could also achieved several best branch awards during our journey. I wish all the best to IAOH Vadodara branch to grow, prosper and spread more knowledge of occupational health in industrial employees.

All the best;

Dr. JH Paralikar
Taksh Complex, Vasna Road,
Vadodara.

INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH

It was in the steel city of Jamshedpur, in the year 1948, that three visionaries of industrial medicine as it was known then, nurtured an idea of establishing a National Scientific Forum where problems related to Industrial Medicine could be discussed. The visionaries were Lt. JR Kochar, Col. Najib Khan and Maj. RC Tarapore. It was through their relentless efforts that the Society for the Study of Industrial Medicine (SSIM) India was ceremonially inaugurated on 9th July 1948, with an initial founder membership of 28. At the very first meeting, these three doyens were elected as the first torch bearers of the organisation. Society was first registered at Patna. The name of the Society was changed to **INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH**, popularly known as IAOH in the year 1970.

The objectives of the society were described as:

- ❖ Stimulation of enquiry and research into causes, treatment and prevention of occupational diseases.
- ❖ Guidance to industry with regards to problems of occupational medicine and hygiene, on modern scientific principles.
- ❖ To secure effective and complete organization of medical officers in the industry
- ❖ To maintain liaison with National and International Organizations interested in occupational health problems.

The society, not been aimed as an exclusive origination of physicians working in industry, including safety engineers, personnel and welfare officers, occupational nurses and ESIS panel doctors. As a matter of fact, it was meant for all persons connected with promotion and maintenance of health and safety of workers engaged in all types of industries, railways, armed forces and other government and public departments. Further, the industrial establishments were also invited to be institutional members.

The society since then has grown steadily in stature and strength. From a mere figure of 28 to start with, our membership is now around 3000. This has been achieved by establishing branches all over the country. We have branches at Ahmedabad, Andhra Pradesh, Ankleshwar, Delhi, Dhanbad, Duliajan, Goa, Haryana, Jamnagar, Jamshedpur, Karnataka, Madhya Pradesh, Mumbai, Orissa, Pune, Surat, Tamil Nadu, Thane-Raigad, Vadodara, Vidharbha, Vapi-Silvassa and West Bengal. With a view to enlarging the scope of activities and in conformity with the modern trend, the name of the society underwent a change in 1970, to its present name - Indian Association of Occupational Health (IAOH). Occupational health in India is more complex than just a health issue as it encompasses variety of issues like child labour; poor and ineffective plethora of legislations; a vast informal sector; less attention to industrial hygiene and poor surveillance data. Poor surveillance makes it impossible to assess the disease burden in this country due to occupational exposure. With a working population of more than 500 million Indians, 60% people work in unorganized sectors, 12% work in organized sectors while remaining work in smaller sectors. Although there are 3.24 lakh registered factories under Factories Act but only 2.7 lakh factories are active. The working conditions are severely compromised leading to increased mortality and morbidity causing 17 million injuries and 12000 deaths annually.

MISSION

IAOH is committed to enable occupational health professionals to make India's work places healthy, safe and green – free from the ill effects of hazards, by evolving effective solutions; to be the nodal non-governmental organization committed to attain highest standards of health in India by enabling stake holders, influencing policy makers and creating community consciousness.

ACTIVITIES

- ❖ Academic and scientific lectures, symposia and workshops for health, safety and environment (HSE) professionals.

- ❖ Annual Scientific Conferences held for the last 68 years for HSE professionals working in a range of industries.
- ❖ Periodic International Meetings held in India to share Asian and International experience.
- ❖ Collaborative knowledge and technology transfer through International Commission of Occupational Health (ICOH); IAOH is represented on several scientific committees of ICOH.
- ❖ An academic forum has been established to start formal and informal training in HSE.



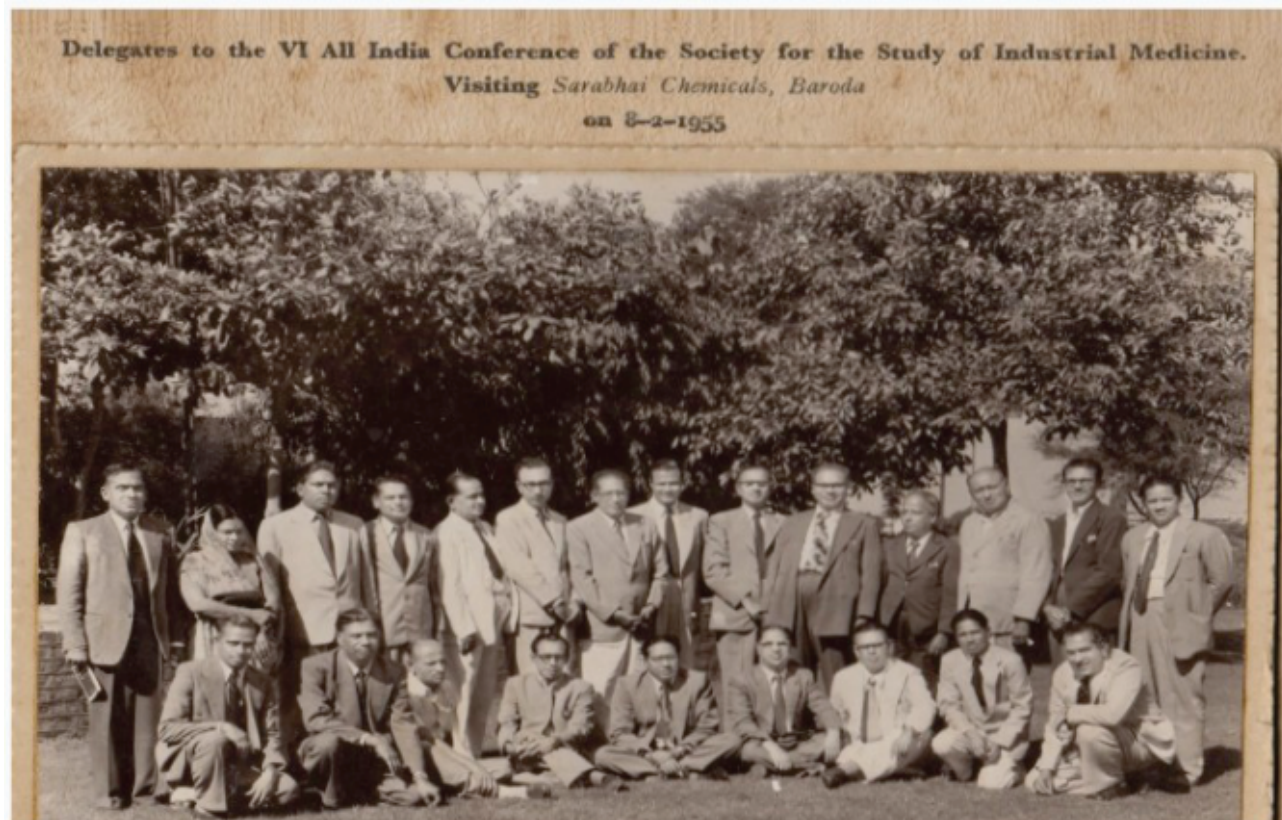
4th All India Conference of Industrial Medicine at Bangalore - 1953



- ❖ IAOH's 21 branches carry out their need-based scientific activities, like OH foundation, Work safe India Fund, Branch journals etc.,
- ❖ IAOH collaborates with National Institutions like Central Labour Institute, National Institute of Occupational Health, Indian Toxicological Research Institute and National Safety Council.
- ❖ Members participate as faculty for a wide range of training programs all over the world.
- ❖ IAOH has been invited on several government committees to represent the profession.

IAOH - Vadodara Branch

Healthy worker is an asset to the management as only a healthy worker can give his maximum output in terms of productivity. Most management realise that health is an important factor, hence they see to it that they employ healthy workers and ensure that fit worker do not suffer from any illness on account of his work. The interaction of the worker with his working environment has got direct effects on the health of persons. The environment may be responsible in causation of occupational diseases or exacerbation of other non-occupational diseases. Their health can also be adversely affected by high concentrations of substances like metal, pesticides, dyes, carcinogenic agents, gases, fumes etc. Moreover, new chemical agents are introduced for manufacture and use in industry. Workers exposed to all these toxic agents are at risk of suffering from their harmful effects. The state of health of the worker can influence his ability to work safely and efficiently. It is, therefore, of vital importance that the employees who are required to work in industries are protected and kept in a healthy state.



6th National Conference at Baroda - 1955

Gujarat is one of the most progressive state of Modern India. Spread over in a geographical space of 1.9 lac sq. KMs distributed in 26 districts. Gujarat has 42000 registered factories; 1200 large, 4097 Chemical factories ((MAH- Highly hazardous 390). There are 3.5 million MSME's under the umbrella of GIDC accounting 40% of Indian export.

IAOH Vadodara is a non-profit, association of occupational healthcare professionals and is an affiliated branch of IAOH Headquarters. Founded since 1968, IAOH Vadodara's prime objective is to spread awareness and scientific knowledge in the field of occupational health. We conduct various training programmes, seminars and workshops so that people can know causes and result of occupational illnesses and their prevention. Our aim is to help industry adopt best OH practices. With membership of 271, IAOH Vadodara is one of the most dynamic and active branch in western India. We have organised National Conferences of IAOH at Vadodara in 1955, 1968, 1980, 1990 and 2011. Vadodara had organised national conference VOISHCON in 2011, having largest delegates from India and abroad.

The Branch bagged the Best IAOH Branch award four times (2004, 2009, 2013 and lastly in 2017). We regularly conduct training programme for paramedics in OH, known as Medical Assistant Course for Occupational Health Centre (MACOHC). The objective of this training is to update and improve skills, knowledge and attitude of paramedics as well as associated healthcare workers so that they can perform efficiently and effectively in OHCs and hospitals. We have trained 791 participants from 145 industries till date and many of them are deployed as paramedics and Medical Assistants in various Industries of Gujarat.

In 2013, Dr RC Saxena, a senior OH Physician was conferred National oration award of L&T at Bangalore. In 2015 IAOH Vadodara had conducted a state level conference for paramedics, technicians and nurses working in the field of OH - GUJPARAMED. A total of 186 delegates from all over Gujarat state participated in this two days event. We have a full time secretarial staff in our office. Our branch had also conducted a conference for OH doctors of Gujarat as "GUJCON 2016" where in 126 doctors had participated from Gujarat, Mumbai. Some 17 faculties were arranged across the India. Our branch had invited Dr Rajiv Jain to deliver IAOH Vadodara branch oration

With great support of its members, various Industries and Directorate of Industrial Safety and Health, Gujarat, we could succeed to purchase our own premises. This LEARNING CENTRE was inaugurated on 4th June 2017.



IAOH Vadodara **Team 2019-2020**



President
Dr PC Jain



Vice President
Dr RC Saxena



Vice President
Dr Mitesh Shah



IPP
Dr Kishor Parikh



Hon. Secretary
Dr JR Kamath



Jt Secretary
Dr Milan Thakar



Treasurer
Dr Kamal Jain



Jt Treasurer
Dr Kalrav Thakkar

Council Members



Dr Amit Patel



Dr Kishor Parikh



Dr Devang Shah



Dr Rakshit Akruwala



Dr Amar Joshi

Past Teams of IAOH Vadodara

Year	President	Vice Presidents	Hon Secretary	Hon Joint Secretary	Treasurer	Central Council Members
1999-2000	Dr P V Kotecha	Dr Vihang Mazumdar	Dr Divyang Shah	Not Existent	Dr Vimesh Jani	
2000-2001	Dr Vihang Mazumdar	Dr J H Paralikar, Dr D M Solanki	Dr J R Kamath	Not Existent	Dr Vimesh Jani	Dr Divyang Shah
2001-2002	Dr Vihang Mazumdar	Dr J H Paralikar, Dr D M Solanki	Dr J R Kamath	Not Existent	Dr Deveshkumar Patel	Dr Divyang Shah
2002-2003	Dr J H Paralikar	Dr Amit Patel, Dr Shobha Misra	Dr J R Kamath	Not Existent	Dr Deveshkumar Patel	Dr Sanjay L Rana
2003-2005	Dr J H Paralikar	Dr Amit Patel, Dr Atul Gupta	Dr J R Kamath	Not Existent	Dr Deveshkumar Patel	Dr Sanjay L Rana
2005-2006	Dr J H Paralikar	Dr Amit Patel	Dr J R Kamath	Not Existent	Dr J K Vyas	Dr Sanjay L Rana
2006-2007	Dr J H Paralikar	Dr Amit Patel	Dr J R Kamath	Not Existent	Dr J K Vyas	Dr Kishor Parikh, Dr Kamal Jain
2007-2009	Dr Amit Patel	Dr Atul Gupta, Dr Sanjay Rana				Dr Kishor Parikh, Dr Sanjay Rana
2009-2011	Dr Amit Patel	Dr Prakash Patel	Dr J R Kamath	Not Existent	Dr J K Vyas	Dr Kishor Parikh, Dr Sanjay Rana
2011-2012	Dr Kishor Parikh	Dr R C Saxena, Dr Atul Gupta				Dr P C Jain, Dr Amit Patel,
2012-2013	Dr Kishor Parikh	Dr R C Saxena, Dr Atul Gupta	Dr J R Kamath	Not Existent	Dr Kamal Jain	Dr P C Jain, Dr Amit Patel, Dr Nimish Patel
2013-2014	Dr Kishor Parikh	Dr R C Saxena, Dr Atul Gupta	Dr J R Kamath	Not Existent	Dr Kamal Jain	Dr P C Jain, Dr Amit Patel, Dr Ashish Trivedi, Dr Sujata Rane,
2014-2015	Dr Kishor Parikh	Dr R C Saxena, Dr Atul Gupta	Dr J R Kamath	Not Existent	Dr Kamal Jain	Dr P C Jain, Dr Amit Patel,
2015-2016	Dr P C Jain	Dr R C Saxena, Dr Atul Gupta	Dr J R Kamath	Dr Milan Thakar	Dr Kamal Jain	Dr Kishor Parikh, Dr Amit Patel, Dr M M Shah, Dr Reema Solanki, Dr Sujata Rana
2016-2017	Dr P C Jain	Dr R C Saxena, Dr M M Shah	Dr J R Kamath	Dr Milan Thakar	Dr Kamal Jain	Dr Kishor Parikh, Dr Amit Patel, Dr B V Upadhyay, Dr J H Paralikar, Dr Devang Shah
2017-2018	Dr P C Jain	Dr R C Saxena, Dr M M Shah	Dr J R Kamath	Dr Milan Thakar	Dr Kamal Jain	Dr Kishor Parikh, Dr Amit Patel, Dr Amar Joshi, Dr Devang Shah, Dr B V Upadhyay
2018-2019	Dr P C Jain	Dr R C Saxena, Dr M M Shah	Dr J R Kamath	Dr Milan Thakar	Dr Kamal Jain	Dr Kishor Parikh, Dr Amit Patel, Dr Rakshit Akruwala, Dr Devang C Shah



**28th January to 1st February
Mumbai India**

**70TH NATIONAL CONFERENCE OF
Indian Association
of Occupational Health**




**Pre-Conference Program:
Multiple ICOH Scientific Committees'
Meetings / Symposia**
[28 & 29 January 2020]

Theme :
"Healthy Worker : Key to Productivity and Sustainability"

**Venue : The Lalit , Sahar Airport Road,
Andheri Mumbai**



**OCCUCON
2020**

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National Conference: VOISHCON 2011

IAOH Vadodara had been doing various training programs, CME, workshops since long. The old occupational and environmental health problems such as silicosis, asbestosis, ergonomically induced disorders, and noise induced hearing loss, are still rampant. But information technology industry which has overshadowed other industries in last decade has created new occupational health problems of stress and ergonomics affecting large number of workers. After more of knowledge updation, transparency, compilation of branch reports by headquarters IAOH, it was brought to the notice of every member that Vadodara branch has a dedicated team to conduct various activities. National Conference is conducted every year with a theme at different places of India for sharing recent trends and updates in the field of occupational health and environment. Last National Conference was held at Vadodara was in 1980. We got best branch award in 2010, our branch was then requested in General body meeting to conduct this National event. Our branch took the responsibility of conducting this National Conference at Vadodara as VOISHCON 2011.

A hectic Marathon preparation started. We requested DISH authorities to assist, help and collaborate with us to make it big and memorable. Various faculties of national and international repute were contacted. Flyers were dispatched to various Industries of Gujarat. A team of few doctors had gone to different industries for a request to nominate delegates for such an event pertaining to Occupational Health, Safety and Environment. DISH team of Vadodara also appealed various Factory managers of industries to nominate persons engaged in Health, Safety, HSE, Production etc.

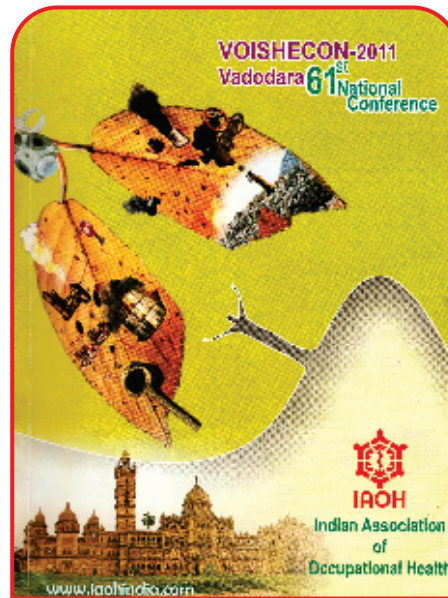
This conference was held at GSFC Auditorium from 16th February 2011 to 19th February 2011. Conference was inaugurated by then Director DISH, Gujarat Mr DC Chaudhary and Managing Director of GSFC Mr HS Patel, IAS. It was kind gesture of GSFC that they offered the venue complimentary.

Dr Amit Patel was then President of our Vadodara branch and Dr PC Jain was the Chairman of Conference. Dr RC Saxena and Dr JD Lakhani were chairman of scientific committee. Inaugural proceedings were done on 16th February 2011 at 7 pm and various oration awards were distributed. 459 delegates had attended the conference which were first ever highest in our national conferences. For spouses sight-seeing and cultural activities were arranged by Dr Sanjay Rana. He has taken a keen interest in arranging transport and liaising government and other agencies. A cultural evening with dinner was organised at farm house of Baroda Heart Institute and Research Centre near Mahi river bank. Dr Sanjay Rana and Dr. Kishor Parikh were assigned judges to assess best free paper presenter. 44 free papers were presented. Various Oration awards given :

Voishcon 2011 Orations

Oration/Award	Awardee	Branch
ADM oration	Dr Santosh Datar	Mumbai
CKR oration	Dr Sundar	Tamil Nadu
L&T oration	Dr Hemant Haldavnekar	Mumbai
OHSF Mumbai branch oration	Dr S Sivaramakrishnan	Mumbai
Best resource person award	Dr Dilip Andhare	Mumbai
IAOH fellowship	Dr S Shanbhag	Mumbai
BEL- IND MED award	Dr Vijay Rao	Andhra Pradesh
Hindustan Unilever award	Dr Kalyanbrata Shah	West Bengal
Young Scientist award	Dr (Major) Vishwadeep Paul	Mumbai
Best Branch award	Mumbai Branch	

Various guests and invitees attended the inaugural function. We had also felicitated 3 senior most person who were dedicated and committed to Occupational Health, namely Mr MM Shah, Ex Jt Director DISH, Vadodara, Dr SK Verma, Ex Certifying Surgeon, DISH, Vadodara and Dr JH Paralikar.



DR. SMIT MATALIA (MS ORTHO)

ARTHROSCOPIST

KNEE & SHOULDER SPECIALIST

KEY-HOLE JOINT SURGERY



➤ KNEE:

- Ligament Surgery
ACL, PCL, MCL, LCL
- MENISCUS
SURGERY
- Synovectomy +
Joint Debridement
for OA, RA,
infection
- Cartilage Surgery
- Loose Body
Removal
- Multi-ligament
Surgery
- Surgery For
Patella Instability
(MPFL)
- Patella Dislocation
- Rheumatoid
Arthritis



➤ SHOULDER:

- Rotator Cuff
Repair
- Recurrent
Dislocation
Surgery
- Frozen
Shoulder
Release
- Cuff Tear
- Rheumatoid



➤ ANKLE:

- Impingement
- OCD LESION
- Synovectomy
- Fusion



➤ PRP INJECTION FOR:

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- Heel pain
- Osteo-arthritis knee
- Sports injury
- Shoulder partial cuff
tear



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- Phone: 9825403344/ 8734026788
(0265-2464999)

Conference: GUJPARAMED 2015

We conduct training program for paramedics in OH, known as **“Medical Assistant Course for Occupational Health Services.”** The Objective of this training course is to equip and enhance skills, knowledge and attitude of paramedical staff to perform efficiently and effectively in various Industrial health centers. So far we have trained 791 students from 140 Industries of Gujarat since 2003 onwards in 37 batches. Though paramedics are our back bone and are available around the clock to attend as first person in Medicare. Hence we brain stormed to do a short re-orientation program of those paramedics who had already taken six Sundays training from us.

IAOH Vadodara had organised two days seminar on rebuilding of Medical Assistant, Paramedics, Safety and HR Professionals working in Industries of Gujarat. conducted a state level conference for paramedics, Medical assistants, OHC assistants, X-ray /Lab technicians, male/female nurses, Environmental assistants, Persons of HSE department, Representative from Hospitals / Industries working in the field of OH, Hospital, Clinics as - **GUJPARAMED** in the year 2015, here in Vadodara. Chairman of conference was Dr. Kishor G Parikh. A total of 186 delegates from all over Gujarat state participated in this two days event.

Senior and experienced faculties from various specialties provided valuable insights. We intended to deliver applied knowledge contents to Medical Assistants to perform with more confidence and assertiveness to fulfill their objectives of orienting and implementing paramedics in various aspects of hospital assistance. Occupational Health is a key area of interest and decisive actions in current competitive scenario. The conference focused on areas of basic requirements in health set up including hospital and OHC. The objectives were:

- + The benefits to paramedics will be too many to mention :
- + Updation of technical knowledge, skill and procedures of OHC and Hospital.
- + Knowing paramedics of various Factories of Gujarat
- + Sharing of ideas, information and working conditions.
- + Learning newer concepts, Rules and procedures
- + Developing liaison with other professional bodies

Aim of the conference was to strengthen and update knowledge, skill and procedures done by paramedics in day to day practice in Industries, Hospitals, Clinics, etc. Theme of this conference was **"Paramedics - Strengthening The Health Care Delivery."**

Topics covered were- Occupational Health Hazards, Occupational Health Centre, Universal precautions in emergency room, Routine procedures in casualty room, Role of paramedic in computer, Bites - snake, bee, dog etc., Case management of toxic gas exposure, Legal compliance in industries, Medical preparedness in disaster, Basic Life Support (BLS), Use of AED by paramedics, Handling of Industrial Relations (IR).

Conference was held at Hotel Surya, Sayajigunj, Vadodara on 2nd -3rd May 2015. Mr DC Chaudhari, Director DISH, Gujarat had kindly agreed to inaugurate the function. Messages for success of conference were sent by Ms. Anandiben Patel, Chief Minister Gujarat, Anil Mukim, IAS, Principal Secretary ME & MS, Gujarat Government. Dr GV Prabhu National President, IAOH.

Faculties spoke in Hindi for easy communication as delegates were from Gujarat, Mumbai and MP.

Faculties were- Dr Himanshu Naik, Dr Vivek Agarwal, Dr Nikunj Patel, Dr Sonia Dalal, Dr Ritesh Shah, Dr Krunal Gajjar, Dr Atul Gupta, Dr RC Saxena, Capt. JM Vaishnav, Dr JH Paralikar, Dr Kishor Parikh, Dr M Gemawat, Mr PM Solanki and Team, Dr Amit Patel, Dr Ketan Patel- Ahmedabad, Dr Milan Thakar, Dr Sujata Rane.



Conference of paramedics - Gujparamed - 2015



GOVERNMENT OF GUJARAT



Luigi Musumeci, D.A.N.
Principal Secretary (MSE & MTS)



Health & Family Welfare Department
Block No. 1, 1st Floor, Sankar Patel Bhawan,
New Technology, Gandhinagar,
Gujarat, India-382 016.
Phone : (079) 23211401, 23211403
Fax : (079) 23214653
E-mail : swf@hfwgpcr.gov.in

Date: 28-04-2019

MESSAGE

I am pleased to note that Indian Association of Occupational Health, Vadodra (IAOH, Vadodra) is organising a Two days conference for Paramedical and Medical Assistants staff GUJARANDE-2015 at Hotel Surya, Vadodra. It is very inspiring to note that an Association is organising a scientific activity for Paramedical staff so as to promote Occupational Health in Gujarat. Updating of knowledge of such key manpower like Medical Assistants working in Occupational Health Centres of Gujarat



Messages



Message

It gives me pleasure to greet the occasion of Conference - GELFANAMED 2018 organized from Association of Occasional Health Visitors on 2nd - 3rd May 2018 at Hotel Surya-Vishkarma. I am happy to congratulate JNCV Members for their efforts and personal efforts of training 400 medical assistants through 2nd Training course Medical Assistant Course in OHC. Utilizing and training Medical Assistants working in Occasional Health Centres of various Industries of Gujarat is an important role alone entrusted on each trained and selected member better in our Objective to promote Occasional health in Gujarat.

For the first time a two days assembly activity like GELFANAMED 2018 is organized for Paramedical/Medical Assistants of Gujarat. I am sure



▶▶ સંક્ષિપ્ત સમાચાર

કારખાના અને ઉદ્યોગોમાં
કામ કરતા કર્મચારીઓ માટે
બે દિવસીય પેરામેડિકલ કેમ્પ

[illegible]

સંદેશ Sun, 03 May
sandesh.epa

Conference: GUJCON 2016

Gujarat is one of the most progressive state of Modern India. Spread over in a geographical space of 1.9 lakh sq. KMs distributed in 26 districts. Gujarat has 36000 registered factories; 1200 large, 4097 Chemical factories. There are 3.5 million MSME's under the umbrella of GIDC accounting 40% of Indian export Indian Association of Occupational Health, Vadodara is nonprofit, non-governmental organization working in Vadodara since 1968 with a mission to promote Occupational Health and Safety in Industries of Gujarat.

The prime objective of our IAOH branch is to spread Awareness, knowledge thru various training so that people can know the causes, treatment, monitoring and prevention. IAOH Vadodara conducts a variety of training and teaching programs as seminars, workshops and conferences in its endeavor to promote occupational health Physicians working in various Industries of Gujarat. Our branch is one of the most dynamic and active branch in western part of India with a membership of 271 members from various industries of Gujarat. We had organised National Conferences of IAOH in 1955, 1968, 1980, 1990 and 2011. Our branch has bagged the Best IAOH Branch award four times for its performance.

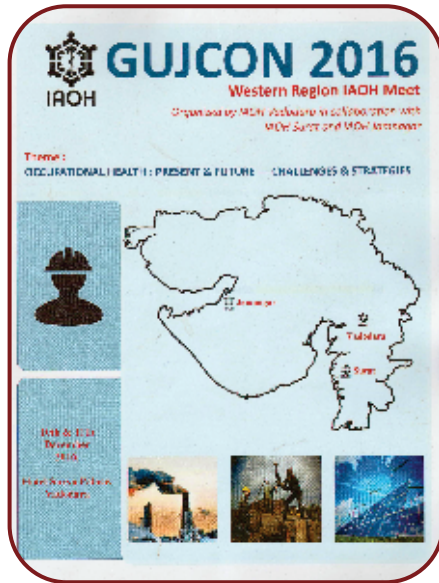
Gujarat had organised state level conferences in Jamnagar, Surat. Hence we had a moral responsibility and request to conduct state level conference at Vadodara.

Our branch had organised two days Western Region meet in collaboration with IAOH, Jamnagar and IAOH, Surat as **GUJCON-2016** with theme **Occupational Health: Present and Future** on 10th - 11th (Saturday-Sunday) December 2016 at Hotel Surya Palace, Sayajigunj, Vadodara. Renowned speakers had come from all over India to deliver various talks. Congratulatory messages for success of conference were sent from Mr Vijay Rupani, Chief Minister, Gujarat. Mr PM Shah, Joint Director, Industrial Safety and Health, Vadodara. Hemant Vyas, (Chief guest) COO, Lonsen Kiri Chemical Industries Limited, Vadodara and Dr GV Prabhu, National President, IAOH

Mr PM Shah, Jt. Director DISH, Vadodara was Guest of Honour while Mr Hemant Vyas, Chief Operating Officer, Lonsen Kiri Chemical Industries was Chief guest of the function and inaugurated the function. Various dignitaries from DISH and Industries were called. Three oration awards were advocated. Vadodara oration was given to Dr Rajiv Jain, from Jamnagar to Dr Ramnik Parik and from Surat to Dr CS Gulwady. Dr Mili Dodia, President Jamnagar branch and Dr M Gemawat, President from Surat branch were also present. Speakers who had come all the way from different parts of India were Dr. GV Prabhu (National President), Dr. Ramnik Parekh, Dr. S Pingle, Dr. T Rajgopal, Dr. CS Gulvady, Dr. R Rajesh, Dr. Sandeep Sharma, Dr. Rajiv Jain, Dr. Ashish Arora, Mr. Pinal Patel, Mr. MM Shah, Mr. Abhi Mishra, Mr. Utpal Bhavsar, Dr. Chirag Seth, Dr. BP Saluja, Dr. Rajiv Bhatt, Dr. Krishnakant Sharma.

OBJECTIVES of GUJCON 2016 were:-

- ✦ Educate and create awareness in FMO and Safety professionals of Industries
- ✦ Impart scientific concepts and challenges ahead.
- ✦ Strengthen Occupational Health Services.
- ✦ Develop OH standards based on risk assessment



Oration and Awards:

IAOH Vadodara branch was very active since inception and was pioneer in performing academic activities and trainings. 2nd IAOH National Conference was held in 1956 in Vadodara. Gradually the knowledge of OH has extended to employees Health Promotion, Safety and other tools of health protection.

Four prestigious National oration awards are being accorded every year to OH physicians who have performed exemplary work in the field of OH. Dr RC Saxena, senior OH physician was accorded for oration award of L&T in 2013 at Bangalore.

Gujcon-2014 arranged by Surat Branch on 29th-30th November 2014 invited Dr RC Saxena to deliver oration at Gujarat state level conference.

A state level conference on Burn was arranged by Sunshine Global in September 2015 for 2 days. The conference was held in collaboration with IAOH Vadodara, DISH Gujarat state. Plastic surgeons talked about various types of modalities of treatment of industrial burns. Dr RC Saxena, an invited speaker talked about types of industrial burns.

ONGC Ankleshwar branch arranged a seminar on occupational health in 2016 which was inaugurated by then Joint Director DISH- Mr PM Shah, he was also a speaker on legal requirements. Dr RC Saxena and Dr JH Paralikar were invited guest speakers.

Dr Amar Rathi of IAOH Vadodara branch working as Factory Medical Officer GFL, Ranjitnagar received the prestigious BEL India award for his paper on Chemical Inhalation on 9th Jan 2019 from Gujarat State Labour minister and Rajya Sabha member Mr. Dilipkumar Viraji Thakore, Mr Parimal Nathwani of RIL at Annual National Occupational Health Conference, OCCUCON 2019 Rajkot. The paper threw light on consequences and management of chemical inhalation. This knowledge can help in spreading awareness in community vicinity to understand and manage chemical leakage or any chemical warfare plans.

Occucon 2019 was organised at Rajkot by Jamnagar branch from 9th to 12th January 2019. The whole conference was organised in an elaborate manner. Dr RC Saxena Senior OH physician of Vadodara was invited speaker in conference. He talked about a new dimension of an Industry on Return to work after a cardiac episode. Talk was much appreciated by senior IAOH professionals.

Dr Sujata Rane, FMO at Siemens India Vadodara had been making her presence felt in each National Conference. In 2017 at Delhi, she made presentations on **Health Management at Project sites** and **Walk for Life.. Siemens India Initiative**, In 2018 at Pune, she made presentations on **And the beat goes on...Heart Attack-A life Changer** and in 2019 at Rajkot, she spoke on **Sharing best practices in OH**.



Themes of Occupational Health

To commemorate the foundation day, 9th July is observed every year as National Occupational Health Day. Occupational Health Day themes observed during previous years are given below:

- 2020** Healthy worker: Key to productivity and Sustainability
- 2019** Universal Occupational Health Care - Need of the Hour.
- 2018** Synchronisation of Health and safety at workplace
- 2017** Occupational Health and safety: The way forward
- 2016** Taking OH to Unorganized Sector: Challenges and Strategies
- 2015** OH in India : Now and future - Integration and synergy is the key
- 2014** Effective Occupational Health Programme - A Vital Resource for Productivity and Sustainability
- 2013** BOHS: Way Forward
- 2012** BOHS: A basic human right
- 2011** Changing Face of Occupational Health
- 2010** Occupational Health Beyond Statute - Advocacy & Practice
- 2009** Integrating Wellness with OH - Optimizing Health & promoting Business
- 2008** Basic Occupational Health Services Vision 2020 - Bridging gaps Between Reality & Expectations
- 2007** Basic Occupational Health Services: A Necessity for Nation's Progress
- 2006** Occupational Health - Past, Present and Future!"
- 2005** Workplace Intervention For Prevention Of HIV/AIDS"
- 2004** Reactivate Health & Safety at Work
- 2003** Occupational Health: Current Status, Resources & Challenges
- 2002** Managing Burnout - Window To Good Working Life
- 2001** IT & Occupational Health

Occupational Health Day Themes celebrated at Vadodara

Year	Guest speaker	Venue
2018	Mr MM Shah, Dr Jagdish H Paralikar	Hotel Hampton by Hilton
2017	Dr Niraj Pandit	Best Western Hotel
2016	Shri Babubhai Patel	Hotel Hampton by Hilton
2015	Dr Ramnik Parekh	Hotel Surya Palace
2014	Mr Hemant Vyas	Hotel Hampton by Hilton
2013	Dr Shrinivas Shanbag, Dr Dilip Andhare	Hotel Surya Palace
2012	Dr Ramnik Parekh, Mr PM Shah	Hotel Surya Palace
2011	Dr Kishor Madhwani, Dr Ashish Mishra	White Potato Restaurant
2010	Dr Chaitanya Gulvady, Dr Kishore Madhwani	Zaika Restaurant
2009	Mr Vijay Raghvendra, RIL	Hotel Surya Palace
2008	Dr Rakesh Patel, Dr Jagdish H Paralikar	Gokul Guest House
2007	Shri Narendra Kanjaria, Shri SA Patel, Shri Subir Mukherjee	Baroda Management Association



Gallery: Few Glimpses of past



Other Activities

Our branch had been doing various boundary management activities too. Whenever some new achievement took place, our team used to celebrate it. A historical based movie on Bhopal disaster as **"Bhopal a Power for Rain"** was enjoyed by all members and spouses. We booked one complete show on 14th December 2014 in INOX theatre along with some snacks on a Sunday. Approximately 200 tickets were booked. Real occupational health and safety were touching points related to us which were shown in the movie.

We also had flag hoisting at our old office premise on Independence day. This was followed by Pooja in office. Few of families also accompanied in the event.

The promotion of Mr PM Shah from Ahmedabad to Baroda as Joint Director DISH was celebrated. Mr PM Shah had been performing key role in promoting occupational health in industries. He is a great asset to IAOH Vadodara branch. Now Mr PM Shah has taken the highest position of DISH, Gujarat at Gandhinagar as Director. A felicitation function for Mr PM Shah was organised on 27th July 2018 by our branch along with all officers of Vadodara DISH office and IAOH members at hotel Hampton.



MEDICAL ASSISTANT COURSE

Modern Day industry has a great focus on area of Safety, Health and Environment. Every company today has it's organizational SHE policy. Occupational Health is a key area to monitor employees and maintain their health by promoting and preventing sickness. With Globalization, more and more Indian companies are going for a variety of certifications like ISO 14001 and OSHAS 180001. Doctors always undergo various trainings but paramedics are never trained after they have taken initial paramedic qualification. Qualified trained paramedical personnel with orientation in Occupational Health are an asset in day to day functioning of Occupational Health Centres of Gujarat. Such trained "Medical Assistants" can help and support Occupational Health Physicians in carrying out various types of Medical Examinations and related activities in Occupational Health Centre in Industries of Gujarat. Since 2003, Indian Association of Occupational Health, Vadodara (IAOH) has undertaken a short term training Programme to develop qualified and trained Medical Assistants of Occupational Health Centre. This program focuses on areas of basic requirements in health set up including hospital and OHC. The training is spread out over Six Consecutive Sundays so as to enable Industries to depute their existing Health Care personnel working in Occupational Health Centre and Ambulance room. The training consists of theoretical and practical training and orientation given by Senior experienced Occupational Health Physicians of Vadodara. Our branch has successfully completed Thirty Five (35) batches at Vadodara, Ankleshwar, Surat, Bharuch and Vapi by training 760 delegates from more than 150 industries and hospitals of Gujarat. Our branch had been appealing to all its members and Industries of Gujarat to take advantage of this unique training programme to train their personals. Experienced Faculties had been providing valuable insights. We intend to deliver applied knowledge contents to Medical Assistants to perform with more confidence and assertiveness to fulfil their objectives of orienting and implementing paramedics in various aspects of hospital assistance.

Objectives:

- ❖ To identify and to train paramedical/health workers for performing as Medical Assistant in Industrial & Medical Health Centres of Gujarat.
- ❖ To equip, train and enhance skills, knowledge and attitude of Medical Assistant to perform efficiently and effectively in various industrial health and medical centres.
- ❖ To develop an efficient cadre of paramedical health workers who can team with medical professionals for better effectiveness in rendering health care in industrial and other medical Centres of Gujarat.

Eligible Qualification :

Male/Female 10th Pass candidates having minimum six months of experience of working in Industrial/dispensaries under Qualified Medical Practitioners of Modern System of Medicine. Graduates are given preference. Knowledge of English/Hindi/Gujarati is essential. Preference is

given to Candidates nominated by Industries. Nursing/Paramedics trained in recognised Nursing Institutes & working in Industries/NGOs/Agencies are eligible.

Persons who could attend this course:

- ❖ Medical assistants
- ❖ Male/Female Nurses
- ❖ Environmental assistants
- ❖ Representative from hospitals
- ❖ OHC assistants
- ❖ X-ray / Lab Technician
- ❖ Persons of HSE department.

Contents :

Occupational Health Hazards, Occupational Health Centre, Ergonomics, various control measures, Work at height, Work in confined space, MSDS, Walk through survey, PPE, Use of computer in OHC, Biomedical Waste, Gujarat Factory Rules, ESI, Emergency preparedness, , First aid box and triage, Medical examinations in OHC, Poisoning, Bites - snake, bee, dog, Wounds and shock, Control of bleeding, Burns, Fracture-dislocation, Foreign body in eye, drowning, Heart Attack, Stroke, Sprain CPR, Basic Life Support, Use of AED, Record maintenance and retentions, OHC audits, Procedures for IM/IV injection and drips, Pulse taking, BP measurement, Oxygen Administration, Stitching of wound, Nebulizer, Mock drill, Gas leakage and chemical exposure, Transportation of victim, Audiometry, Spirometry, ECG, X-ray, Sonography, CT scan, Universal precautions in Emergency room, Routine procedures in casualty room, Role of computer in OHC, Personality development.



Medical Assistant Courses by IAOH Vadodara

Batch	From and To	Numbers	Organised at
1st	09th May 2004 to 13th Jun 2004	20	Vadodara
2nd	05th Sep 2004 to 10th Oct 2004	12	Vadodara
3rd	27th Mar 2005 to 01st May 2004	13	Vadodara
4th	24th Jul 2005 to 28th Aug 2005	18	Ankleshwar
5th	29th Jan 2006 to 05th Mar 2006	22	Surat
6th	17th Sep 2006 to 15th Sep 2006	16	Vadodara
7th	21st Jan 2007 to 25th Feb 2007	48	Vapi
8th	26th Aug 2007 to 30th Sep 2007	10	Vadodara
9th	15th Jun 2008 to 20th Jul 2008	10	Vadodara
10th	30th Nov 2008 to 04th Jan 2009	13	Bharuch
11th	05th Jul 2009 to 09th Aug 2009	18	Vadodara
12th	06th Dec 2009 to 10th Jan 2009	21	Vadodara
13th	20th Jun 2010 to 25th Jul 2010	22	Vadodara
14th	26th Dec 2010 to 30th Jan 2011	20	Vadodara
15th	19th Jun 2011 to 24th Jul 2011	14	Vadodara
16th	18th Mar 2012 to 22nd Apr 2012	26	Vadodara
17th	19th Sep 2012 to 14th Oct 2012	19	Vadodara
18th	03rd Feb 2013 to 10th Mar 2013	28	Vadodara
19th	21st Jul 2013 to 25th Aug 2013	25	Vadodara
20th	24th Nov 2013 to 29th Dec 2013	18	Vadodara
21st	06th Apr 2014 to 11th May 2014	17	Vadodara
22nd	27th Jul 2014 to 14th Sept 2014	24	Vadodara
23rd	21st Dec 2014 to 25th Jan 2014	30	Vadodara
24th	31st May 2015 to 05th Jul 2015	49	Vadodara
25th	20th Sep 2015 to 25th Oct 2015	27	Vadodara
26th	24th Jan 2016 to 13th Mar 2016	26	Vadodara
27th	15th May 2016 to 12th Jun 2016	20	Vadodara
28th	04th Sep 2016 to 09th Oct 2017	38	Vadodara
29th	29th Jan 2017 to 05th Mar 2017	20	Vadodara
30th	25th Jun 2017 to 30th Jul 2017	17	Vadodara
31st	10th Sept 2017 to 15th Oct 2017	13	Vadodara
32nd	26th Nov 2017 to 31st Dec 2017	9	Vadodara
33rd	18th Mar 2018 to 22nd Apr 2018	17	Vadodara
34th	10th Jun 2018 to 15th Jul 2018	19	Vadodara
35th	07th Oct 2018 to 11th Nov 2018	19	Vadodara
36th	17th Feb 2019 to 24th Mar 2019	18	Vadodara
37th	19th May 2019 to 23rd Jun 2019	13	Vadodara

CME: Health and Hygiene of Canteen and food handlers

For every Industry in India, managing Canteen is an essential requirement as per the Factories Act. Industrial canteens involve intense and persistent efforts by Human Resources Department for supply of clean and healthy food to industrial employees. Industrial workers often raise contentious issues of Food given in Industrial canteens. Industrial canteens and their mismanagements can cause poor industrial relationships within the industry. Like any canteen establishment, Food handler in an industrial canteen is any person who handles food, regardless whether he actually prepares or serves it. They are the most important sources for the transfer of microorganisms to the food from their skin, nose, bowel and also from the contaminated food prepared and served by them. Foods need to be handled correctly to ensure that they do not become contaminated and that the bacteria already in the food do not have an opportunity to grow. Preserving raw food, transportation, storing, cooking and serving safe and healthy food is important aspect. Food-borne illnesses have an impact in both developing and developed countries. A significant proportion of diarrheal cases are food-borne in origin, and cases of diarrheal disease are associated with the consumption of contaminated food. Food borne diseases take a heavy toll in human life.

IAOH Vadodara intended to educate and orient its members along with HR & Safety professionals on this subject of Management of Canteen and their food handlers. A CME was organised on 13th August 2016 at Hotel Hampton. We had Dr Sandeep Sharma, who is Deputy General Manager working in Corporate Office of Indian Oil Corporation in HSE and Hon Secretary, IAOH New Delhi, an eminent speaker and occupational health physician, has vast experience of auditing and expediting canteen hygiene of more than 300 units in Indian Oil Corporation.

Contents of the program were:- Industrial Canteen- Requirements as per Factories Act, Managing Health & Hygiene of Industrial Canteens- Dos and don'ts, Monitoring Health of Food Handlers, Auditing Health & Hygiene of Food handlers & Industrial Canteens, Medical Examinations of Canteen workers





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Training Conducted at various Industries by IAOH Vadodara

Sr. No.	Type of Training	Date	No. Delegate	Place & Industry	Faculty
1	Hearing Conservation and Ergonomics	Sept 2006	25	IPCL, Dahej	
2	Managing Medical Emergencies at Work	Oct 2006	30	IPCL, Dahej	
3	HIV AIDS & Industrial Hygiene	Nov 2006	20	IPCL, Dahej	
4	Defensive Driving	Nov 2006	25	L & T, Hazira	
5	OHSAS, State Regulations, Factories Act 1948	Dec 2006	20	IPCL, Dahej	
6	Stress and Time Management	Mar 2007	17	ONGC, Hazira	
7	Managing Chemicals at Workplace and Accident Prevention Techniques	Mar 2007	20	Solvay Specialties Ltd	
8	Obesity- Causes & Prevention	Mar 2007	30	ONGC, Hazira	
9	OHSAS, State Regulations & Factories Act 1948	Jun 2007	25	IPCL, Dahej	
10	OHSAS 18001-2000	Jun 2007	30	GACL, Vadodara	
11	HIV, AIDS & Industrial Hygiene	Jul 2007	25	IPCL, Dahej	
12	Managing noise and Ergonomics	Aug 2007	30	IPCL, Dahej	
13	Safety Training Programme in Industries	Oct 2007	20	JCT, Ankleshwar	Dr JH Paralikar
14	Safety Training Programme in Industries	Feb 2008	30	Ingersoll Rand Ahmedabad	Dr JH Paralikar
15	Safety Training Programme in Industries	Feb 2008	25	Ingersoll Rand Ahmedabad	Dr JH Paralikar
16	Safety Training Programme in Industries	Feb 2008	20	GIDC (Lodhika) Ind. Association	Dr JH Paralikar
17	Safety Training Programme in Industries	Feb 2008	18	Orchev Pharma	Dr JH Paralikar
18	Safety Training Programme in Industries	Mar 2008	20	Solvay Polymers	Dr Tiwari
19	Safety Training Programme in Industries	Apr 2008	25	Ingersoll Rand Ahmedabad	Dr. JH Paralikar
20	Safety Training Programme in Industries	Feb 2008	30	Ingersoll Rand Ahmedabad	Dr JH Paralikar
21	Safety Training Programme in Industries	May 2008	25	Ingersoll Rand Ahmedabad	Dr JH Paralikar
22	Safety Training Programme in Industries	Aug 2008	30	Ingersoll Rand Ahmedabad	Dr JH Paralikar
23	Safety Training Programme in Industries	Sept 2008	25	Ingersoll Rand Ahmedabad	Dr JH Paralikar
24	Safety Training Programme in Industries	Sept 2008	20	Ingersoll Rand Ahmedabad	Dr JH Paralikar
25	Health Hazards for Welders	Nov 2009	30	Alstom, Vadodara	Dr Amit S Patel
26	Office Ergonomics	Feb 2010	26	Alstom, Vadodara	Dr S Awasthi
27	Health Hazards for Welders	Mar 2010	10	Alstom, Vadodara	Dr Amit Patel
28	Health Hazards for Welders	Mar 2010	26	Alstom, Vadodara	Dr Rakesh Patel
29	Health Hazards of Welding	Jan 2011	20	Alstom, Vadodara	Dr Amit Patel
30	Health Hazards of Grinding	Jan 2011	18	Alstom, Vadodara	Dr JH Paralikar
31	Health Hazards of Noise	Jun 2011	22	Alstom, Vadodara	Dr Rakesh Patel
32	Office Ergonomics	Jun 2011	20	Alstom, Vadodara	Dr S Awasthi
33	Health Hazards of Welding	Jul 2011	23	Alstom, Vadodara	Dr Amit Patel
34	Health Hazards of Noise	Jul 2011	17	Alstom, Vadodara	Dr Rakesh Patel
35	Health Hazards of Noise	Aug 2011	14	Alstom, Vadodara	Dr Rakesh Patel
36	Health Hazards of Noise	Aug 2011	14	Alstom, Vadodara	Dr Rakesh Patel
37	Health Hazards of Noise	Sep 2011	16	Alstom, Vadodara	Dr Rakesh Patel
38	Life style modification	Apr 2016	25	Deepak Nitrite	Dr RC Saxena
39	Life style modification	Sep 2016	25	ABB Ltd	Ms Navdhi Vyas
40	First Aid and Chemical exposure	Jan 2018	30	Sodium Metal Ltd	Dr RC Saxena
41	First Aid and Chemical exposure	Feb 2018	14	Tide Pvt Ltd	Dr Kalrav Thakkar
42	Hypertension, Diabetes, Heart Attack	Feb 2018	22	Hero Motors	Dr J H Paralikar
43	Occupational Health & Ind. Hygiene	Apr 2018	15	Transpek Silox	Dr RC Saxena
44	Healthy Lifestyle and Management	Apr 2018	26	Hero Motors	Dr R Akruwala
45.	Life Savers	May 2019	30	Amvian Automobile Pvt. Ltd.	Dr. Amar Joshi



Workshop on LIFE SAVERS

Sudden Cardiac Arrest is common in 40 to 60 years of age group and very common above 60 years of age. Cardiac Arrest is more common in males. In US alone 3.47 lacs adults get cardiac arrest outside hospital (68% at home, 21% at public places and 11% at workplaces). In India 10 lakh deaths are taking place due to cardiac arrest every year. However only 10% people survive spontaneously by Cardiac Arrest. Only 45% bystanders approach to the victim, however the survival is 40% if bystanders perform hands only. A great need is required to strengthen **all the links in the chain of survival**. The time between collapse and return to spontaneous circulation is 13 minutes. Researchers advise that CPR of 38 minutes increases the chances of survival. 60% of cardiac arrest survive with assisted AED. In 90% of the cases first shock itself revives the victim. Hence more people should be trained for basic life support that is CPR assisted with AED.

In this direction IAOH Vadodara had designed a LIFE SAVERS programme to educate and train industrial employees about ways and means of saving life during an emergency. It has been observed that a great deal of panic and confusion occurs in industry when an accident or an emergency happens at workplace. In order to avoid any chaos a life savers program was perceived by IAOH Vadodara so as to impart scientific knowledge to employees who are able to put into practical methods to save life. Imparting knowledge of first aid and use of splints and gadgets may motivate and make industrial employees to handle any emergency at home or factory.

Objectives of the workshop were to educate and orient industrial employees for the ways and means of managing Medical and other emergencies, Create a group of employees who can assess in emergency and act in swift manner so as to save life. Exchange of good practices in emergency and casualty management at workplace will ensure employees for safer place backed by team of efficient and trained employees for saving life.

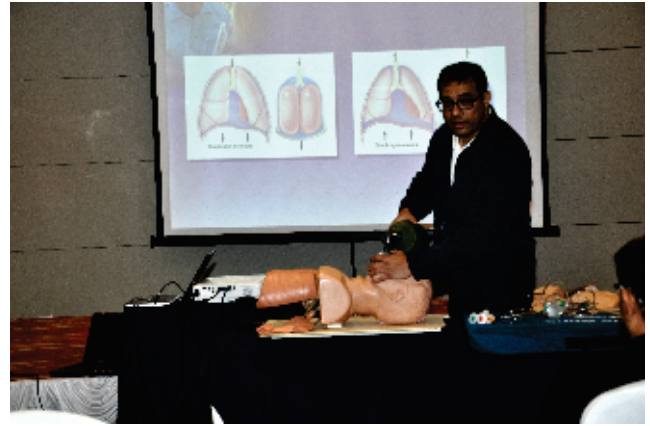
This one day workshop was held at Hotel Royal Orchid, Mujmahuda, Vadodara on 31st January 2019. Mr Vijay Patel, Joint director DISH, Vadodara along with his team (Dr KZ Patel, Certifying Surgeon, Mr RA Patel Dy. Director, Dr BN Patel) had inaugurated the function and gave us an insight about the importance of immediate help rendered in the factories. A total of 66 delegates participated in this one day workshop.

Participants were : Medical assistants and nursing staff of OHC and hospitals, HSE executives, Safety officers, Fire-fighters, NGOs like Red Cross Society and St. John ambulance, Factory Medical Officers

CONTENTS of workshop were : Fundamental of BLS and its application, Airway management, Use of AED, Use of splints, Role of Triage in mass disaster, Transportation techniques.

Faculties were : Dr. Nilay Suthar, Dept of Traumatology Ahmedabad, Dr. Amar Joshi Vadodara, Dr. Mrugesh Suthar Vadodara.

After achieving great appreciation of this program, on similar line, IAOH Vadodara branch had conducted a half day in house program at one of industry Amvian Automobile pvt Ltd, Manesar, Gujarat. Dr Amar Joshi was faculty of program and 30 employees attended the training.



CME: Hazard identification and risk assessment (HIRA)

Modern day industry has great focus on area of safety, health and environment. Every company today has its organisational SHE policy with clear-cut objectives, thrust areas and priorities. Occupational health is a key area of interest and decisive actions in current competitive scenario. With globalisation more and more Indian companies are going for a variety of certifications like ISO 14001 and OSHAS 180001. Hazard Identification and Risk Assessment (HIRA) is an universally accepted scientific tool and pillar to the work of occupational health and safety management system. The program focuses on areas using HIRA as tool in industry. The seminar emphasised on implementation of risk assessment techniques and also provided Health and Safety Management Systems in industry.

Contents of the program were:- Occupational health hazards, Control measures of occupational health hazards, Hazard identification, Risk assessment, Prioritisation, Programs for prevention.

Faculties were:- Dr RC Saxena, Dr Amit S Patel, Mr Pinal Patel, Director-EHS, Alstom India Pvt. Ltd



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Training of trainer to doctors for first aid :

As per the statutory provisions of Section 45(3) of Indian Factories Act, it is mandatory for all hazardous industries to train and orient its workmen and employees in First AID. Every industry has its complexities and intends to conduct First AID training on regular basis through Trained and proficient

Trainers (Industrial Physicians/Doctors) nominated by St John Ambulance Association, Indian Red Cross Society. Indian Factories Act and Indian Mines Act indicate First AID training of standard. First AID syllabus is prepared by these International / National agencies has pertinent focus on First AID training keeping in mind community at Large. However, industries have a larger expectation from First AID trainers in terms of quality on training to their employees in case of plant disaster or any emergency in factory. Managing Accidents and emergencies happening in industry is of prime importance along with maintenance of first-aid boxes and developing qualified first aiders in factory as per factories Act Sec 45 GFR 70. Hence it is important and significant to orient and train trainers (Doctors of Modern System of Medicine), the art and science of teaching First AID to Industrial employees and prepare qualified first aiders. IAOH, Vadodara had been always in forefront in conceptualising and developing Industrial need. Hence an one day seminar was arranged at our LEARNING CENTRE on 10th May 2018.

CONTENTS of the program were: - Orient Medical Professionals in the art and science of teaching and training FIRST AID to industrial employees, To create a group of proficient Trainers who can promote the importance and significance of teaching First AID to community at large besides the industrial employees, To exchange Good practices in teaching methods of First AID so that the trainees are able to imbibe knowledge of First AID and are able to practice First AID at Industry/workplace and at home

Faculty:- Dr JH Paralikar



Procurement of New Office Premises:

Our Branch regularly conducts training programs for paramedics in OH, known as Medical Assistant Course for Occupational Health Services, CME, Workshops, one day trainings for Paramedic, OH professionals, HSE and HR officials. We had been hiring various places to arrange these programs and incurring heavy financial expenditure. For several years we had been exploring the possibilities of having our own premises with infrastructure. We have purchased our own premises for regular training activities. This LEARNING CENTRE was inaugurated on 4th June 2017. A formal Puja was done in the morning. An inaugural function was organised where in Mr Samir K Patel, Chairman and Managing Director of Formson Group of Companies was Chief guest, unveiled the inaugural stone while Shri PM Shah, Joint Director, DISH, Govt. of Gujarat and Dr. R Rajesh, IAOH National President, inaugurated Office and Learning Centre at the new premises. Guests of honour of the inauguration were Mr PM Shah, Joint Director, DISH, Vadodara and Dr R Rajesh, National President, IAOH. Other invitees were, IAOH members and Medical assistant of various companies. As a special invitee ex Joint Director, DISH, Mr MM Shah and Ex Certifying Surgeon Dr SK Verma were also present to bless the occasion. Learning Centre was well appreciated by National President Dr. R Rajesh in his inaugural speech. 50 to 60 Members and well-wishers were also present. After acquiring the new office structure at Commercial complex of LABH Business Hub, Gorwa, Vadodara, it was planned to design and equip the new office with all amenities like Air conditioning, Overhead Projection facility, training chairs, furniture to enable and provide backup for conducting training & teaching programmes in future. It was an indeed a great milestone achieved by IAOH Vadodara branch after a long journey during which it conducted variety of activities including 61st National Conference of IAOH-2011, GUJPARAMED-2015 and GUJCON-2016 and 37 batches of Medical Assistant Course.



CME: Health Effects of Shift Work

Modernisation and manufacturing process are continuous in most factories; hence manpower is engaged around the clock. Therefore shift duties are placed wherein workers work in different schedules rather fixed day timings. Shift work is work scheduled either permanently or frequently outside normal day time of working hours. Shift work can be fixed or rotating as per assignment patterns. Each type of shift system has its advantages and disadvantages, associated with differing effects on well-being, health, social life and job performance of workers.

Human beings have evolved as essentially diurnal; that body is programmed towards daytime work performance and for night time recreation and rest. Internal mechanisms control the physiology & biochemistry of body to remain fit for 24 hour environment. These cycles are called circadian rhythms. The disruption of circadian variations in physiological function caused by changed awake pattern of biologically unusual hours as well as to sleep during the daytime, is one of the major stresses associated with shift work. Most of the shift workers complain about poor quality of the sleep after shifts. Shift workers do complain about reduction of sleeping hours - Sleep Deficit. Sleep deficits occurs in fixed or rotating shifts. A strong need was felt to organise and make people aware of health hazards of workers working in rotating shifts. In any of national or state organised seminars, this topic was not touched. This one day seminar was arranged on 7th May 2016. Various invitees were Mr MM Shah Ex Jt DISH, Dr SK Verma, Ex Certifying Surgeon

CONTENTS of the program were:- Need & Significance, Understanding physiology of shift, Health hazards of Shift work, Social and family problems of shift work, Legal aspects of shift work, Management of shift workers by employer, Prevention and control measures. Reading material was prepared and provided to participants.

Faculties were Mr PM Shah, Dr RC Saxena, Dr Milan Thakar, Mr Ashok Palkar





CME: Exposure to Toxic Chemicals and Gases

There exist more than 1 lac chemicals which are used by various Industries. The chemical industry comprises the companies that produce industrial chemicals. Central to the modern world economy, it converts raw materials (oil, natural gas, air, water, metals, and minerals) into more than 70,000 different products. Toxic chemical are those substance which may be harmful to the environment or hazardous to your health if inhaled, ingested or absorbed through the skin. Toxicity depends on other factors besides dose and exposure, including species, age and gender. OSHA has identified several chemicals it considers highly hazardous and toxic. Toxicity is the degree to which a chemical substance or a particular mixture of substances can damage an organism.

Approximately 80% of the chemicals sector is involved in polymer and plastic production. A total of 26% of these goods are then used by the chemical industry itself in other production processes. The products produced by the chemical industry have a broad range of uses in the food industry, health care and transportation industries as well. Consumer goods production uses around 10% of chemicals directly, but other industries indirectly involved in consumer goods also make significant use of chemical products. Chemical incidents affect people in a number of ways, including: the effects of explosion, the effects of fire, and the toxic effects of chemicals. A chemical incident has been defined as “an unexpected uncontrolled release of a chemical from its containment”. There are 4 main causes of accidents in a chemical plant: human error, improper training, manufacturing defects and improper maintenance.

Considering the magnitude of problem in a factory, one day seminar on **Exposure to toxic chemicals and gases** was planned. This one day seminar was arranged on 28th June 2019 at Hotel Royal Orchid. Mr Vijay Patel, Jt. Director, DISH, Vadodara was Chief guest of the program. Other guest invitees were Mr RA Patel, Dy Director, DISH, Dr Babubhai Patel, Asstt Medical Director, DISH and Mr MM Shah, Ex Jt. Director. Total 48 participants were FMO, HSE, Safety and Production personals who attended this seminar.

CONTENTS were:- Properties of major chemicals, Understanding MSDS, Gas dispersion model, Antidotes and management of gas exposure, Emergency preparedness, Preparedness of medical team of OHC, Education of workmen and neighbouring communities, Rules related to gas exposure and gas leaks, Common gas exposures, Carry home messages.

Faculties were:- Mr MM Shah, Dr Amit S Patel, Dr Amar Rathi, Dr Tejas Prajapati (Industrial toxicologist from NIOH) and Mr RK Desai (Safety Consultant)



NOISE and Industry:

Sound is a common part of everyday life that we rarely appreciate all of its function. It permits us enjoyable experiences - listening to music or to the singing of birds. It permits spoken communication with family and friends. It alerts us or warns us - with ringing of telephone or a knock on the door or a wailing siren. And sound permits us to make quality evaluations and diagnoses - the chattering valves of a car - a squeaking wheel, or a heart murmur. Yet too often, sound annoys us. Many sounds are unpleasant and unwanted, hence we call them noise. However, how much noise annoys depends not only on its quality, but our attitude to it. Worst of all, sound can damage and destroy. More of unwanted sound is produced due to industrialisation causing nuisance and annoyance posing a threat to industrial worker. Auditory damage from excessive noise was known hundred years of ago but only few people were exposed to excessive noise. The position changed rapidly with the advent of power-driven machinery. Today, noise has become omnipresent. The world health organization (WHO) estimates that 120 million people worldwide have hearing difficulties. Noise is the most common occupational hazard constituting 16% occupational diseases. In India noise pollution is growing day by day. Indian cities are pretty noisy. According to one estimate, our cities on earth are battered day and night by cars, taxis. Several methods of calculating the percentage of hearing disability are in use. 21st November 2014 was first CME of Noise which was accredited with CME points from Gujarat Medical Council.

These one day seminars were arranged on 28th July 2006, 29th June 2013, 21st November 2014

CONTENTS of the program were:- Industrial noise and legislation, The ear- anatomy and physiology, Physics of sound, Sound Level Monitoring, Control measures of noise, Audiometry and audiograms - interpretation, Hearing conservation program.

A practical demonstration of calculation was shown by Dr Milan Thakar along with how to do audiometry and make interpretation.

Faculties were:- Dr RC Saxena, Dr Kishor Parikh, Dr Milan Thakar, Dr Rakesh Patel, Mr MM Shah, Mr SA Patel, Ms Swati Jadav



Role and Responsibilities of FMO:

Factory Medical Officers on joining an Industry do not have any precise and concise idea of work as per the statutory provisions of Gujarat Factories Rules 1995. A Full time Factory Medical Officer has large onus of responsibilities to execute with limited resources and scarce insight of functioning of Hazards in industry. Expectations of stakeholders of Occupational Health namely HR, Safety and Union are large on FMO and his team. FMO has too many agendas to begin with and is confused in his initial days of the induction in an industry. Factory Medical Officer has the core function to handle all surgical/medical emergencies while working in factory. Besides his clinical competencies, FMO has to show his managerial competencies in managing events, people and situations at factory. FMO is a pillar of HSE, a bridge between Management and employees, has to perform key functions, promote occupational health and well-being of industrial employees. With consistent efforts and dedication, a FMO can be a trusted leader of all the stakeholders of Occupational Health. Considering all these and mentoring them, IAOH Vadodara had organised an Orientation program for Factory Medical Officers deployed on part time/full time basis in various industries of Gujarat. This one day seminar was arranged on 30th January 2018.

CONTENTS were:- Know your Factory, Laws and legislations for FMO, Know Factories Act 1948 (Gujarat Factories Rules 1995, Bio Medical Waste Rules 2016, Other Laws), Understanding DISH, Hierarchy and its setup, Undertaking Health Hazard Survey, Walk through survey, Organising and planning various Medical Examinations, Data compilation and trend analysis, Standardisation of equipments of OHC, Distribution and delegation of tasks to OHC staff, First AID boxes and Training, Maintaining Registers, Accident & Injury reports, Audits, Checklists and formats, Intradepartmental co-ordination

Faculties were Dr JH Paralikar, Dr Kishor Parikh, Dr JK Vyas, Dr Rakhshit Akruwala





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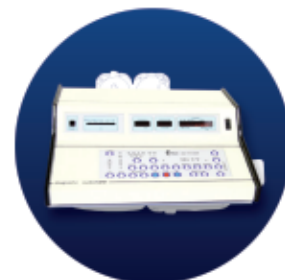
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CME with Hospitals and/or by IAOH Vadodara

Sr. No.	CME subject	Date	Place	Faculty
1	Modern Occupational Health in an industry	09th Jun 2007	BMA Hall	Dr JH Paralikar, Dr JR Kamath, Dr Rakesh Patel
2	Current Scenario of Occupational Health in Israel	25th May 2008	BMA Hall	Dr Elihu Ricther
3	Blood Safety - Mutual Responsibility.	7th Jun 2009	Hotel Sayaji	Dr. Ashish Munjal
4	Update Occupational Health	17th Nov 2013	Hotel Surya Palace	Dr Shiv Ramkrishnan, Dr Alap Shah, Dr Yashesh Dalal
5	Influenza Prevention as Wellness Strategy Management	18th Jun 2015	Hotel Sayaji	Dr Ashray Naik
6	Industrial burn	12th Sep 2015	Hotel Taj	Dr RC Saxena, Plastic surgeons
7	Hearing impairment	28th Dec 2015	Hotel Sayaji	Dr Bhavin Parikh
8	Health and Hygiene of Canteen and Food Handlers	13th Aug 2016	Hotel Hampton	Dr Sandeep Sharma
9	Eyes - Occupational Health	17th Sep 2016	Centre For Sight	Dr Rupal Shah
10	Legal Interpretation of Factory Act	24th Mar 2017	Solace Hospital	Dr Yatish Shah, Mr PM Shah, Dr Kalpita Shringpure
11	Cardiac Assessment in PME of employees, Fitness Assessment of an Industrial after a Cardiac Mishap	28th Apr 2018	Hotel Fortune	Rhythm Heart Institute Dr Chirag Sheth
12	Prevention of Cancer in Industrial Workers, Occupational Cancer & its Prevention in Industry	18th Aug 2018	Hotel Four Point	Sterling Hospital Dr Jatin Desai, Dr Niraj Bhatt
13	Role of Corporate Hospital in case of accidental & Industrial Injuries	4th Jul 2018	Hotel Rangoli	Metro Hospital Dr Rajnikant Parmar, Dr Rakhshit Akruwala
14	Basic of Cardiology in Occupational Health Centre	30th Jun 2018	Hotel Sayaji	Banker Heart Institute Dr Darshan Banker
15	Recent Advances in Diabetic Retinopathy	24th Jan 2019	Hotel Suba	Eye-Q Centre Dr Tejal Desai, Dr Milan Thakar,
16	Importance and interpretation of Pulmonary function test for Industrial employees	21st Feb 2019	Hotel Four Point	Pranayam Lung and Heart Institute Dr Arpan Shah, Dr Amar Rathi

One day Seminars Conducted by **IAOH** Vadodara

Sr. No.	Topic	Date	Place	Faculty
1	Noise and Industry	28th Jan 2006	Swagat Hotel	Mr MM Shah, Dr RC Saxena, Mr SA Patel,
2	Noise	28th Jul 2006	Yuvraj Hotel	Dr JH Paralikar, Mr MM Shah, Ms Swati Jadav, Dr RC Saxena, Dr Rakesh Patel,
3	Ergonomics	29th Jul 2006	Yuvraj Hotel	Dr RC Saxena, Dr AK Nag
4	Modern Occupational Health in an industry	9th Jun 2007	BMA Hall	Dr JH Parlikar, Dr JR Kamath, Dr Rakesh Patel
5	Hazard Identification and Risk Assessment (HIRA)	15th May 2010	BMA Hall	Dr Amit Patel, Mr Pinal Patel, Dr RC Saxena
6	Noise, Industry and You	29th Jun 2013	I Plex Auditorium	Dr RC Saxena, Dr Milan Thakar, Dr Kishor Parikh
7	Update Occupational Health	17th Nov 2013	Hotel Surya Palace	Dr Shiv Ramkrishnan, Dr Alap Shah, Dr Yashesh Dalal
8	Advanced OH training	1-2nd Feb 2014	UPL, Ankleshwar	Dr RC Saxena
9	Health Hazards Identification and Risk Assessment - HIRA	19th Sep 2014	Hotel Royal Orchid	Dr Amit Patel, Mr Pinal Patel, Dr RC Saxena
10	Noise, Industry and You	19th Nov 2014	Hotel Royal Orchid	Dr RC Saxena, Dr Milan Thakar, Dr Kishor Parikh
11	Health effects of Shift work	7th May 2016	Hotel Royal Orchid	Dr RC Saxena, Dr Kishor Parikh, Dr Milan Thakar
12	Health and Hygiene of Canteen and Food Handlers	13th Aug 2016	Hotel Hampton	Dr Sandeep Sharma
13	Role and Responsibilities of FMO	30th Jan 2018	Hotel Royal Orchid	Dr Sirish Gandhi, Dr JK Vyas, Dr Kishor Parikh, Dr Rakshit Akruwala
14	Training for Trainer (TOT)	10th May 2018	IAOH Learning Centre	Dr J H Paralikar
15	Life Savers	31st Jan 2019	Hotel Royal Orchid	Dr. Nilesh Suthar, Dr. Mrugesh Suthar, Dr. Amar Joshi
16	Exposure to Toxic Chemicals & Gases	28th Jun 2019	Hotel Royal Orchid	Dr. Amit Patel, Dr. Amar Rathi, Dr. Tejash Prajapati, Mr. R K Desai

Our branch Website:

Considering the need of updated information on various activities done in past and announcement of forthcoming programs, a requirement of our own website was felt. Various agencies were contacted and narrowed to M/s LITAMUS website developer. This site www.iaohvadodara.com was launched in Oct 2016. It has links with National website and future coming conferences. Various activities, photo gallery, formats, announcements are uploaded. In past forthcoming National Conference of 2017 of Delhi, 2018 of Pune, 2019 of Jamnagar were linked having brochure and other details and now for 2020 of Mumbai has been linked. Provision of various online payments has also been made. Till now some, 20000 persons have visited our website.



Conferences conducted by IAOH Vadodara

- | | | |
|---|--|---|
| 1 | Type of conference
Date
Place
Delegates | 61st National Conference - VOISHCON
16th to 19th February 2011
GSFC Auditorium
459 |
| 2 | Type of conference
Date
Place
Delegates | Gujparamed 2015
2nd to 3rd May 2015
Surya Hotel
350 |
| 3 | Type of conference
Date
Place
Delegates | Gujcon 2016 (Western Region IAOH Meet)
10th to 10th December 2016
Surya Palace Hotel
126 |

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IAOH Vadodara Magazine:

Our branch initiated a quarterly magazine in 2013. Magazine included various OH topics which were contributed by senior OH doctors, advertisement from various Industries, hospitals, nursing homes and also forthcoming announcements. Magazines were sent to all advertisers and IAOH life members. In few of issues list of life members with their phones, email was also published. Dr Kishor Parikh, the then President of IAOH Vadodara branch took a lead role in getting ads and timely release of magazine. Following hospitals, nursing homes, paramedic facilities had provided support of bringing out the magazine for wider circulation:-

Naik Hospital, Bhailal Amin General Hospital, Toprani Laboratory, Baroda Heart and Research Institute, Sunshine Global Group of Hospitals, Sterling Hospital, Spandan Hospital, Baroda Imaging Centre, Ayushya ortho Hospital, AngioCare Hospital, VINS Hospital, Gujarat Kidney Hospital, Kalavati Hospital, Radha Multispecialty Hospital, Welcare Hospital, Dhiraj Hospital, Aashray Urological Institute, Pranayam Lung Hospital, Avdhoot Neurosurgical Hospital, Shyam Orthopaedic & Physiotherapy Hospital, Amrut Laparoscopy Hospital, ISHA Hospital, Venus Hospital, Optimum diagnostics, Dwarkesh Hospital, Indrapuri Hospital, Baroda Laparoscopy, Vadodara Medicity, Shoulder Arthroscopy Centre, Baroda Clinical Laboratory, Mahi Hospital-Makarpura Diagnostics, Netralaya Eye Associates, Infinity Diagnostics, Manishanandji OHC, Bionic Rehabs, Purple Docs, BAPS Shashtriji Maharaj Hospital, Venus Hospital, Kalyan Hospital, Rhythm heart institute, Gastrocare, Shri Manishanandji Heart & Research institute, SRL Ltd Mumbai, Metro Hospital, Mahi Hospital, Makarpura Diagnostics, Sai Hospital, HSG Cancer Hospitals, Centre For Sight Hospital, Himalaya Cancer Hospital.



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- ❖ Executive Medical Check-up
 - ◆ Thorough Physical Examination by Occupational Health Physician
 - ◆ Vision Test : Acuity of Vision (Near & Distant Vision) & Colour Vision
 - ◆ All kinds of Laboratory Tests, Radiology Tests (X-Ray), ECG, P.F.T. (Spirometry), Audiometry etc.
 - ◆ Manage to do Ultrasonography, CT Scan, MRI, Treadmill Test (TMT), 2D Echo, PAP Smear, Mammography & other special tests
 - ◆ Need based consultation by Physician, Gynaecologist, E.N.T. Surgeon, Eye Surgeon, Orthopaedic Surgeon & Super consultants
 - ◆ Comprehensive & analytic summary report
 - ◆ Pocket Health Card (Laminated) if required by Company / Organization
- **Establishment of Occupational Health Centre & its operation in industry (As per Factories Act, 1948 /Gujarat Factories Rules):**
- **Audits related to Occupational Health:**
As per the Factories Act 1948, Gujarat Factories Rules 1963, BS OHSAS 18001 & other standards

● **Training**

- ❖ First Aid Training (As per Factories Act, 1948/State Factories Rules)
- ❖ Ergonomics (MSD-Musculoskeletal Disorders):
 - ◆ Basic Ergonomics
 - ◆ Ergonomic assessment & recommendations
- ❖ CPR Workshop (Cardio-Pulmonary Resuscitation)
- ❖ Personal Hygiene (Food Handlers /Housekeepers)
- ❖ Nutrition & Healthy lifestyle
- ❖ Noise Pollution/Hearing Conservation Program (HCP)
- ❖ Stress Management
- ❖ Sexual Harassment (Legal View)
- ❖ Any other training program related to Occupational Health as per need by Organization

● **Placement Services (Recruitment):**

To provide man power for Occupational Health Centre of industries like qualified Doctors in Industrial Health-Factory Medical Officer (FMO)/ Occupational Health Physician, Qualified/Trained Medical Assistants (Male/Female Nurse), Technicians (Paramedical staff) etc.

● **Ambulance Services:**

Ambulance services at Occupational Health Centre of industry for transportation of employees to hospital.



BAAG Occupational Health Management Centre

ISO 9001:2015 (Quality Management System) Certified

📍 35 - Ground Floor, Punitnagar, B/H Havmor, Near Malhar Point, Opp. Vaccine Institute, Old Padra Road, Vadodara - 390 007,

☎ 0265 - 2356907 📞 +91 72279 76907, 98257 86907 ✉ baagohmc6974@gmail.com

Timing : 9.00 am to 5.00 pm



Our Motto: Commitment, Quality & Cost effectiveness