



INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH



OSHEN:
OCCUPATIONAL SAFETY HEALTH
& ENVIRONMENT NEWSLETTER

February 2026 Edition



EDITORIAL

Dr. Hitesh M. Shingala

National President



Dear Readers,
Greetings from IAHOH India.

It is a pleasure to share my thoughts as we present this edition of OSHEN, highlighting the branch activities carried out from July 2025 to January 2026. Branch-level initiatives form the backbone of IAHOH's mission, translating professional knowledge into practical engagement, capacity building, and collaborative learning at the regional level.

The activities documented in this publication reflect the dedication, enthusiasm, and professional commitment of our members. Whether through academic programs, awareness sessions, workplace interventions, training initiatives, or community-oriented efforts, these contributions play a crucial role in strengthening Occupational Health and Safety practices.

Such branch-driven engagements not only enhance professional interaction but also foster continuous learning and knowledge exchange. They represent the collective spirit of IAHOH, where local action contributes to national progress in worker health, safety, and well-being.

I also take this opportunity to acknowledge the successful conduct of OCCUCON 2026 at Jamnagar, which served as a significant academic and professional milestone. As we continue this journey, we look forward to ICOH 2027, a global platform that will further advance scientific dialogue and international collaboration in Occupational Health.

I commend the branch leadership and members whose sustained efforts have made these initiatives possible. Wishing OSHEN continued success in showcasing the dynamic activities and achievements of our professional community.

Warm regards,
Dr. Hitesh M. Shingala
National President-IAHOH OSHEN Preface
From the Chairman,
OSHEN Committee OSHEN – Second Quarter, 2025

EDITORIAL

Dr. Govinda Narke

Chairman



Dear Readers,
Greetings.

It is a pleasure to present this edition of OSHEN, which captures the branch activities and professional engagements undertaken during the period from July 2025 to January 2026. This publication reflects the dedication, commitment, and collaborative efforts demonstrated by our branches and members.

I extend my sincere appreciation to all OSHEN Committee Members for their valuable contributions, coordination, and sustained efforts in bringing this publication together. Their commitment to documenting branch initiatives and professional activities is truly commendable. I also express my heartfelt thanks to all Branch Office Bearers for submitting their reports on time. Timely reporting is vital for ensuring effective communication, organizational efficiency, and meaningful knowledge sharing across our professional community. The discipline and responsiveness shown by the branches deserve special recognition.

The activities highlighted in this edition clearly demonstrate the growing engagement of members in academic programs, professional interactions, and awareness initiatives. Such consistent participation strengthens our collective mission of advancing Occupational Safety, Health, and Environment practices.

I would also like to take this opportunity to appeal to all members to actively participate in ICOH 2027, a prestigious international Occupational Health event being hosted in India. This global platform presents an exceptional opportunity for professional learning, knowledge exchange, and showcasing Indian expertise to the international community. I encourage members to contribute enthusiastically and make the most of this significant academic occasion.

Wishing OSHEN continued success in documenting and celebrating the dynamic work of our branches.

Warm regards,

Dr. Govinda Narke

Chairman, OSHEN Committee

Indian Association of Occupational Health

ICOH 2027



35th International Congress
on Occupational Health



 **14th – 19th February, 2027**

 JIO World Convention Centre, Mumbai, India

**“Occupational Health, Safety & Environment –
Growth and Sustainability in Changing Times”**

▶ SECOND ANNOUNCEMENT

 To Know More:



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BRANCH ACTIVITIES

ANKLESHWAR BRANCH

1) National Occupational Health Day 2025 (Ward wizard Medicare Pvt. Ltd + IAOH Ankleshwar–Bharuch Branch)

Date: Sunday, 06 July 2025 | Time: 10:00 AM – 1:00 PM

Venue: Hotel Hyatt, Bharuch

Key highlights:

- Celebration and welcome address in the presence of senior IAOH dignitaries.
- CME sessions on chemical eye injury, backache, role and responsibilities of FMO, and occupational health across time.
- Participant engagement activities followed by vote of thanks and lunch

2) CME (Aadicura Super speciality Hospital + IAOH Ankleshwar–Bharuch Branch)

Date: 07 October 2025 | Time: 8:00 PM onwards

Venue: Hyatt Place, Bharuch

Key highlights:

- Multi-specialty academic session spanning GI, vascular, urology/renal, and critical care.
- Case-based learning to strengthen clinical decision-making.
- Collaborative academic outreach for occupational health stakeholders.

3) CME — Zydus Doctors' Panel for Interaction (Zydus Hospital Vadodara + IAOH Ankleshwar–Bharuch Branch)

Date: 29 November 2025 | Time: 8:30 PM onwards

Venue: Lords Rang Inn, Near ABC Chokdi, Bholav, Bharuch

Key highlights:

- Acute industrial injuries of limbs: practical first-response approach.
- Occupational and lung disease: case-based discussion with updates.
- Interactive panel format with structured Q&A.

4) CME — Zydus Doctors' Panel for Interaction (Zydus Hospital Vadodara + IAOH Ankleshwar–Bharuch Branch)

Date: 03 December 2025 | Time: 8:30 PM onwards

Venue: Lords Rang Inn, Near ABC Chokdi, Bholav, Bharuch

Key highlights:

- Continued learning on industrial injury response and occupational lung disease through case-based discussion.
- Focus on translating clinical updates into workplace-relevant practice.
- Strong participant engagement through panel interaction.



BRANCH ACTIVITIES

5) CME (Sunshine Global Hospitals + IAOH Ankleshwar–Bharuch Branch)

Date: 16 December 2025 | Time: 8:30 PM onwards

Venue: Lords Rangin, ABC Chokdi, Near Nandelav Road, Bholav, Bharuch

Key highlights:

- Management of industrial injuries: stepwise approach for workplace-linked emergencies.
- Update on minimally invasive cardiac surgery (MICS): clinical relevance and referral clarity.
- Strengthened branch outreach through joint academic programming.

Upcoming Flagship Initiative

GUJCON 2026

Dates: 06 & 07 June 2026 (Saturday–Sunday)

Venue: Regenta Central Harimangla, ABC Circle, Bharuch, Gujarat – 392015

Theme:

- From the Factories Act, 1948 to OSHWC 2020 | वकिसति भारत की ओर अग्रसर

IAOH

BRANCH ACTIVITIES

ASSOCIATION OF OCCUPATIONAL HEALTH GOA BRANCH

The Association of Occupational Health (AOH) Goa and Green Triangle Society successfully co-hosted the National Occupational Health Day celebration on Wednesday, July 9, 2025, at Terminal Banquets, Caculo Mall, Panjim, Goa.

The event brought together professionals, experts, and stakeholders in the field of occupational health to emphasize the importance of a healthy and safe work environment.

This year's theme, "Connected, Compassionate, and Inclusive: A New Era of Resilient and Healthy Workplace," highlighted the significance of fostering a work environment that prioritizes employee well-being, empathy, and inclusivity. The theme was expertly explored by the chief guest and keynote speaker, National President IAOH Dr. Hitesh Shingala



Felicitations of Dr. Ajit Vaidya

Dr. Ajit Vaidya Addl. GM, Medical, at Pradeep Phosphate Limited and member of AOH Goa, was felicitated for his contributions to occupational health.



Swastha Nari, Sashakta Parivar Initiatives

On the occasion of "Swastha Nari, Sashakta Parivar" an initiative led by Honourable Prime Minister Shri Narendra Modi, AOH Goa actively participated in the programme to promote women's health and preventive care.

Dr. Shashikant Shiolkar, Hon. Secretary, OH Goa, conducted comprehensive health screening camps focusing on early detection of cancers, particularly breast cancer and cervical cancer, along with screening for anemia, diabetes, and hypertension.

The camps were conducted for female employees at Syngenta Biologicals, Corlim Goa, and for employees of Casino Deltin Royal. In addition, health education sessions were delivered.

This initiative reinforced the importance of preventive healthcare, early diagnosis, and empowerment of women towards leading healthy and productive lives.



BRANCH ACTIVITIES

23rd National Conference on Occupational Safety, Health & Environment 2025 at Goa

Green Triangle Society under the Chairmanship of Dr. Pradeep Padwal and the Inspectorate of Factories and Boilers, Govt of Goa and AOH Goa supported by Aditya Birla group, organised the 23rd National Conference on Occupational Safety, Health & Environment 2025 at Goa.

The conference was inaugurated by the Hon. Minister of Factories and Boilers, Shri Nilkanth Halankar in the presence of the President of GCCI, Smt. Pratima Dhond and Shri Anant Pangam, CIFB, Goa.

The deliberations by industry experts from ABG on the theme for the conference OSHE: AI, Digitalisation & Modernisation For: Assistance and Augmentation in Implementation, was well appreciated by all the delegates comprising of OHPs, OHNs, Safety officers, Industrial hygienists, HR professionals and various industry stakeholders.



Representing at 1st Regional conference of Labour and Employment .

AOH GOA Represented at the first regional conference of Labour and employment and Industry Secretaries of states /Uts held at Vivanta Panjim on 7th and 8th jan 2026



Special Achievements

1. Dr. Vishwaraj Mhalshekar, President AOH Goa was invited as a Chairperson for a scientific session of the 73rd Annual IAOSH Mumbai Conference 2025 held at Four Seasons by Sheraton Hotel, Navi Mumbai.
2. Dr. Prajoth Kankonkar presented scientific paper at GUJCON 2025 on topic, Prevalence of Ear diseases in construction workers: A cross Sectional Study in Goa.





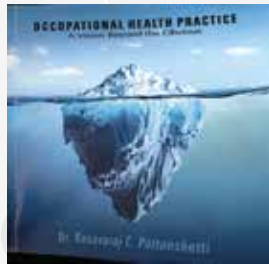
BRANCH ACTIVITIES

Special Achievements

3. Two of our AOH Goa members Dr.Sunil Kakodkar and Dr.Ajay Pednekar represented Goa in the ongoing international doctors cricket tournament in Sri Lanka.



4. Dr.Basavaraj C. Pattanshetti Member of AOH Goa Published his book on 14th september 2025 titled Occupational Health Practice A vision beyond the Obvious.



5. Dr.Purva Shoor Member AOH Goa is the Author of the book , Sustainable Health: An Environmental Approach to Community Medicine.



6. Our Member Sweta Mhalshekar was presented with the outstanding Entrepreneur Award at the 11th National COSIDICI Awards 2025 function held in Visakhapatnam, Andra Pradesh on 5/12/25.



7. Three books written by Dr Digambar Naik being released on 26/12/25

- 1) Giving birth to superman
- 2) I want to be strong Maa Papa....Upbring a male child
- 3) I want to fly Maa papa....Upbringing a female child.



At the 3rd CCM held on 8th Nov 2025 at The Zuri, Whitefield, Bangalore, the IAOH Awards & Orations for OCCUCON 2026 (Jamnagar) were announced — and Goa shined bright!

8. Dr. Pradeep Padwal – selected for the Dr. J. C. Kothari (JCK) Memorial Oration

9. Dr. Vishwaraj Mhalshekar – honoured with the Best Resource Person Award

This bring glory to our Goa branch at the central IAOH level!



BRANCH ACTIVITIES

Presentations at OCCUCON 2026 Jamnagar, Gujrat.



New Members and Life Membership certificates

Growing Together...

with the addition of 05 new members, the Goa branch continues to grow stronger, expanding its professional network and outreach.

This growing membership reflects the increasing interest, trust and commitment of healthcare professionals towards advancing occupational and preventive health in Goa.

A total of 88 members have successfully completed the google form and Life Membership Certificates have already been issued to them.

IAOH

BRANCH ACTIVITIES

AOH AP BRANCH

The Annual General Body Meeting (AGM) of the AOH AP Branch

Venue: Hotel Marigold, Hyderabad | Date: July 27, 2025

Election Results

- Dr. P.R. Nanda Kishore was elected as President along with other Office Bearers as follows for 2025-27
- Vice Presidents: Dr. N. Chandra Babu (Amara Raja Energy & Mobility Limited) and Dr. R. Suresh Kumar (Nuclear Fuel Complex)
- General Secretary: Dr. Sudha Bala (ESIC Medical College, Hyderabad)
- Treasurer: Dr. Venkat Raju Punna (Saksham OHS)
- Joint Secretary: Dr. D. Sunil Kumar Kallu (Mahindra & Mahindra) Executive Members: Include Dr. Prem Kumar Gollamudi, Dr. V. Venkata Prasiddu, Dr. BhanuKiran, Dr. A N V. Koteswar Rao, Dr. Harsha Vardhan. K, Dr. Venu Gopala Raju, Dr. Shyam Kumar Adapa and Dr. Shreedhar Kodiganti.

Meeting Highlights

- The newly elected President emphasized active participation to enhance association activities.
- Scientific sessions featured presentations on best occupational health practices and advancements in cardiology and occupational cancers by experts from Amara Raja and CARE Hospitals.



All Elected members 2025-27 along with other members

National Occupational Health Day Celebrations 2025, AOH-AP

Duration : 4 Hrs, 1 credit point awarded from Telangana State Medical Council

Venue: Hotel Marigold, Begumpet, Hyderabad | Date: 27.07.2025



Address by Special Guest-

Dr. S.P. Vivek Chandra Rao,

Vice President BirlaNU, Past IAOH National President

CARE Hospitals, in collaboration with the Association for Occupational Health (AOH-AP), successfully hosted National Occupational Health Day Celebrations. This event was presided by Chief Guest by our Honorable minister for Labour, Employment, Training and Factories, Mines and Geology- Dr. Gaddam Vivek Venkat Swamy as Chief Guest; Dr. P. V. Nanda Kumar Reddy, Vice Chancellor, KNRUHS (Guest of Honour); special guests -Dr. S. P. Vivek Chandra Rao, VP – BIRLANU; Past President, IAOH; Dr. J. Vijay Rao, Ex-CMO, NFC; Past President, IAOH; Mr. Shalabh Dang, CSMO – CARE Hospitals; Dr. P.R. Nanda Kishore, President – AOH-AP; Dr. Deepthi Sarojini, Secretary, AOH-AP and other senior faculty.

BRANCH ACTIVITIES



Chief Guest Hon'ble Minister- Dr. Gaddam Vivek Venkat Swamy addressing the gathering

Sessions:

- Best Occupational Health Practices in Lead Acid Industry manufacturing industries by Dr.Chandrababu Nalagattla, Chief Medical Officer, Amara Raja Energy & Mobility Limited
- Recent advancements in Cardiothoracic Surgery and Interventional Cardiology from CARE Hospitals, Hyderabad
- Recent advances and future perspectives in oncology and occupational Cancers



Distinguished Speakers delivering the sessions

Continuing Professional Development (CPD) Programme Event Details

- The CPD Programme, titled "From Womb to Workplace: Building a Culture of Preventive Health," was held on November 23, 2025, at Mercure Hyderabad KCP, in collaboration with Ankura Hospital for Women & Children.
- The event was attended by 82 participants, including CMOs, corporate medical teams, and occupational health professionals.
- Chief Guest Sri Y. Mohan Babu emphasized the new OSH Code implementation in Telangana, contributing to the event's significance.



Inaugural Function in presence of Chief Guest- Sri Y. Mohan Babu, Director of Factories, Government of Telangana

BRANCH ACTIVITIES

Scientific Sessions

- From dust to Data: four decades of occupational health progress by respected Dr. S.P. Vivek Chandra Rao, Head -Health, Safety & Environment, BIRLANU Limited ,Hyderabad
- Dr. S.Raja Kesava Prasad, Rtd Sr General Manager Medical & Occupational Health Services, Ramco Cements Limited - Best Practices in Workplace Health Management: Administrative and Clinical Perspectives
- Dr. Shreedhar Kodiganti, Head, Occupational Health and Wellness,Dr.Reddy's Laboratories, Hyderabad - Preventive Strategies of Chemical Injuries
- Dr.Sunil Kumar Kallu,Medical officer, Senior Manager, Mahindra & Mahindra Ltd, Zaheerabad- Recent Trends in Occupational Health
- Dr. Vutla Bhanukiran, Medical Officer, Nuclear Fuel Complex, Hyderabad
- Challenges in Periodic Medical Examinations for Employees.
- Ankura Hospital contributed insights on dengue prevention , pediatric GI health, and the role of occupational health in paediatric endocrine referrals.

Outcomes and Future Commitment

The programme enhanced awareness of preventive health and fostered partnerships, aligning with IAOH's mission.



Distinguished Speakers and the team of AOH-AP and Ankura Hospital

The Executive Committee meeting of the Association

Held on 6 December 2025 at 7:30PM- 9:30 PM at Green Park Hotel, Ameerpet, Hyderabad.

This program was in coordination with Asian Institute of Nephrology and Urology Hospital, Banjara Hills, Hyderabad where it was preceded by sessions on Prostate cancer by Uro-Oncologist Dr.Rajesh Kumar and Evaluation of erectile dysfunction by Andrologist Dr Suraj Pinni.

BRANCH ACTIVITIES



Uro-Oncologist delivering the session



Executive Committee of AOH-AP and Asian institute of Nephrology and Urology team

Exceptional General Body Meeting regarding the name change of the Association for Occupational Health in Telangana

- **Date:** December 21, 2025
- **Venue:** Gurukul Guest House, Nuclear Fuel Complex, Hyderabad Scientific Session
- Panel discussion on recent Labour Legislation developments
- Focus on Occupational Safety Health Working Conditions(OSH) Code
- Emphasis on operational implications and regulatory framework challenges

Proposal for Name Change

- Proposal to change the branch name from Andhra Pradesh to Telangana



Panel Discussion followed by EGBM

BRANCH ACTIVITIES

AHMEDABAD BRANCH

CME & Health Screening for IAOH Ahmedabad Members

Date: 19th January 2025 | **Venue:** Auditorium, Zydus Hospital

Theme: Healthy doctors For Healthier workplace

Faculty: Dr Bhavesh Roy (Cardiologist), Dr Lav Selarka (MS ENT) Dr Shivang Sharma (DM Infectious Disease)

Participant: 20 Doctors

IAOH Ahmedabad in collaboration with Zydus Hospital organised Basic Health Screening Check Up along with CME for IAOH Ahmedabad members. Health check-up initiative for doctors' well appreciated by participants.



CME

Date: 23rd February 2025 | **Venue:** Auditorium Sterling Hospital

Faculty: Dr. Bharat Dave (Spine Surgeon), Dr Sonal Dalal (Nephrologist), Dr. Hitesh Chavda (GI Surgeon)

Participant: 25 Doctors

IAOH Ahmedabad in collaboration with Sterling Hospital organised CME on 23rd February 2025



CME

Date: 28th March 2025 | **Venue:** Hotel Gloria

Faculty: Dr. Mahesh Pandya (Cardiologist), Dr Saurabh Vanzara (Pulmonologist), Dr. Pranay Gajjar (Ortho), Dr. Shivam Pandya (Onco-surgeon)

Participant: 52 Doctors

IAOH Ahmedabad in collaboration with Shalby Hospital organised CME on 28th March 2025

BRANCH ACTIVITIES



CME - OH Day Celebration

Date: 9th July 2025 | **Venue:** KD Hospital

Faculty: Dr. Pooja Chahwala (Psychiatrist), Dr Tirth Patel (Pulmonologist), Dr. Niket Shah (Onco-surgeon)

Participant: 40 Doctors

IAOH Ahmedabad in collaboration with KD Hospital celebrated National Occupational Health Day on 9th July 2025



CME cum Pre Diwali Get-Together of Ahmedabad Branch

An evening of Science ,Sparkle and Celebration : IAOH Ahmedabad's Pre-Diwali CME cum Get- Together
The Indian Association of Occupational Health (IAOH), Ahmedabad Branch in collaboration with AB Plus Speciality Hospital, Ahmedabad , hosted a successful CME session and joyous Pre-Diwali Get-together on Friday, October 17, 2025 at Le Meridien Ahmedabad (formerly Courtyard Marriott)

The evening was made truly special by the gracious presence of Dr. Hitesh Shingala , National President – IAOH and Dr. Bhavesh Modi , Director, ICMR–NIOH .

IAOH Ahmedabad branch extends heartfelt gratitude to Dr Shingala sir and Dr Bhavesh sir for support and enriching the evening . Along with them Ex certifying surgeon Dr.Nitul Patel also graced the occasion.

The scientific program began with a warm welcome emphasizing the importance of knowledge-sharing followed by Two engaging talks :

Dr. Mahendra Narwaria

Bariatric, GI & Robotic Surgeon and Chairman , AB Plus Speciality Hospital, Ahmedabad, delivered an insightful talk on "Tackling Obesity – One Size Doesn't Fit All."



BRANCH ACTIVITIES

Dr. Ankit Viramgami

Scientist, ICMR-NIOH Ahmedabad , spoke on "Recent Endeavours of ICMR-NIOH in Occupational Health Research."

A memorable evening brought together professionals, colleagues, and friends in an atmosphere of warmth , learning and festive celebration.

The evening concluded with a festive dinner and Diwali greetings.



IAOH

BRANCH ACTIVITIES

KARNATAKA BRANCH

CME conducted in Kirloskar Ferrous Industries Ltd, Koppal, North karnataka on 29th June 2025

Mr.R.V.Gumaste, Managing Director and Mr.Narayana P, HR Head and Occupational health physicians inaugurated the CME program.

Dr.Praveen Kumar M from KFIL,Dr.Preethilatha B from JSW, Dr.Chandrashekhar CS from JSW, Dr.Shanthi Goud-Secretary AOHK and Dr.Basavaraj Bachalapur from MSSPL spoke on occupational health topics, shared best practices from their work at respective Industries. Program was attended by 38 occupational health physicians working in Industries located in North karnataka.

AOHK EC members – Past president Dr.Bobby Joseph, Vice president Dr.Vikram Rajpoot, State Council members Dr.B.ramakrishna Goud and Dr. Hemagiriattended the program. It was well organized by Hon.Gen.secretary Dr. Shanthi Goud.



Occupational Health Day and CME conducted on 12th July 2025

AOHK members Dr,Maruthi Langoti, Dr, Preethilatha B, Dr. Chandrasekhar, Dr. Shanthi organised a theme based activity for OH day - Connected, Compassionate and Inclusive, with participant.

Doctors from Manipal spoke on the topics on recent advances in oncology, cardiac and pulmonary medicine disciplines.





BRANCH ACTIVITIES

Annual General Body Meeting was conducted with Quorum on 29th September 2025 at Citrine Hotel



74th Annual Conference of AOHK organised on 30th and 31st August 2025

2 preconference workshops – Hearing conservation program and Audiometry by HSE team from 3M and Dressing and grooming workshop by Ms. Deeptha Raghunath on 30th August 2025



Conference was inaugurated by the Guest of Honour Dr. Hitesh Shingala National President IA OH, chief guest Mr.R. V. Gumaste, MD, Kirloskar Ferrous Industries Ltd, and special guest Dr. Male Gowda, Joint Director – Medical, Dept of Factories, Boilers, Industrial Safety & Health along with Dr.Suman Ramachandra- President IA OH Karnataka.





BRANCH ACTIVITIES

Golden Jubilee oration is delivered by Dr. Jayaraj. G and silver jubilee oration delivered by Dr. Girish Baidur.



Awards were presented to the winners of best scientific papers in FMO, PG and best essay in UG categories. Dr. Anuradha Bhat received Dr. Mahadevan award for best paper presented by Factory Medical officer Dr. Dishani received Mohanlal award for best paper presented by AOHK member UG student Angela B received Manjunath Nayak award for essay writing on the theme



On 31st August 2025 Occupational Health focused talks, panel discussion on mental health by experts, FMOs took place. We wined up the event with 4 groups participation in Grand quiz conducted by Dr. Jaysurya and Dr. RaviKumar T.

The program was attended by 130+ doctors.



BRANCH ACTIVITIES

CME conducted on 25th October 2025 at Chancery Pavillion.

Dr. G S Palaksha spoke on "Evaluation & Management of Depression" and Dr.Naveen Ramesh delivered a talk on "Adult vaccination



3rd CCM – IOAH Central Council Meeting on 8th November 2025

CCM was organized by IOAH Karnataka at Hotel Zuri. All the key issues were discussed as per the agenda. AOHK has given cheque of INR 500000 to ICOH2027 organizing committee. AOHK has given INR 25000 towards OCCUCON 2026 to the organizers of OCCUCON 2026. CCM was attended by 40 members from across India



CME on 8th November 2025 in association with Manipal Hospitals at Hotel ZURI. Dr. Rajesh Mohan Shetty, critical care medicine specialist, Dr. Manjunath Haridas- GI specialist, Dr. Rockey Kataria – Cardiologist and Dr. Pallavi Joshi – psychiatrist spoke on topics relevant to corporate and industrial doctors.

BASIC OCCUPATIONAL HEALTH SERVICES ACTIVITY:

A community outreach program, conducted free health screening for pourakarmikas (sanitation workers) including general health, respiratory, musculoskeletal, and dermatological assessments in Association With: BBMP (Bruhat Bengaluru Mahanagara Palike) Jayanagar, Bengaluru on 17th August 2025.

BRANCH ACTIVITIES

Camp Details

Sample Size: 32; Age Group: 45–55 years - All working for 5 years and above

Key Findings

- Respiratory Problems: Moderate to severe obstruction in 16 individuals; severe problems in 2 individuals
- Overweight: 6 individuals
- Gross Obesity: 4 individuals
- Anemia: Detected in 8 individuals; 2 individuals with HB% less than 6 mg%
- Poor Oral & Personal Hygiene: Observed in most individuals
- Skin Infections: Seen in 3 individuals
- Type 2 Diabetes: 10 individuals
- Hypertension: 7 individuals
- Musculoskeletal Problems: 15 individuals (e.g., backache, joint pain)

Recommendations given to health inspector

1. Provide PPE to cover face, hands, and feet; educate on the importance and use of PPE
2. Vaccinate all workers
3. Personal hygiene classes every 6 months
4. Ensure regular use of prescribed medication and follow up every 6 month



MEMBERSHIP DRIVE:

Total of 54 members are added to IAOH Karnataka branch from January to December 2025

Achievements of members:

DR. SHASHIKALA CHANDRASEKHAR

Participated in SDG meeting in July 2025 and SDG Summit and Science Summit during UNGA 80 in September 2025 at UNHQ, New York





BRANCH ACTIVITIES

Participated in the 850th anniversary of the University of Modena and Reggio Emilia, Italy in October 2025 for celebrating the legacy of the Italian physician, Bernardino Ramazzini



Invited Speaker at HORIZON 2025, a global summit held in December 2025 at the Sri Sri University, Cuttack, Odisha. Presented on - Global Health & Sustainable Development Goals: The Scenario in India.



Invited speaker at the Centurion University of Technology & Management, Bhubaneswar in December 2025. Presented on, "Climate Change and Occupational Health of Outdoor Workers"

DR MERLYN JOSEPH

Attended the Global Health Workforce Week at Barcelona between March 12-14, 2025 presenting poster titled "Mental health status and barriers to seeking mental health care among migrant tea plantation workers of South India".



Dr. Merlyn Received acceptance to present oral paper at EPICOH 2025, Utrecht, Netherlands. Oral paper titled "Mental health status, knowledge, and barriers to care seeking among female tea plantation workers: A comparative study of local and migrant populations."

Received full travel bursary (travel grant) to attend the 2nd World Congress on Migration, Ethnicity, Race and Health taking place in Lisbon from 2nd to 5th September 2025.





BRANCH ACTIVITIES

Resource person, spoke on “Occupational health of the better gender” at Gujcon 2025



DR ANISSA MARY THOMAS THATTIL

Dr Anissa Mary Thomas Thattil was awarded the ILO Master Fellowship award to attend the International Labour Organization (ILO) Master in Occupational Safety and Health 2024-2025 (in collaboration with the University of Turin, Italy) on May 2, 2024 at the ICOH 2024 Congress at Marrakesh. She has successfully completed the Master programme which commenced on 9th September 2024, with an in-person phase at the International Training Centre of the ILO campus located at Turin, Italy from 20th January to 4th April 2025



Dr Anissa was part of **Workshop on Management of Occupational Safety and Health in International Organizations of the United Nations** conducted at ITC-ILO, Turin, Italy from 3rd to 7th November 2025. The workshop provided a global networking opportunity, which can be translated into global collaboration and safer workplaces.



DR. ANURADHA BHAT

Dr Anuradha Bhat K from ABLBL was awarded Dr Mahadevan memorial award by Association of Occupational Health Karnataka for scientific paper titled Study to find the causes of mental health issues among women employees and mental health program in garment industry at annual conference of association of Occupational Health Karnataka held at Bangalore on 30th August 2025. A certificate, medal and cash prize was given during the ceremony.



BRANCH ACTIVITIES

DR.B.RAMAKRISHNA GOUD

Honoured with 'Kannada Sourabha" award by Rahtriya Vidyalyaya Sikshana Trust – RV college of Nursing on 11th November 2025 on the occasion of Kannada Rajyotsava Celebration in recognition of selfless and dedicated services in the medical field.



DR. SAKTHI ARASU

Dr.Sakthi Arasu, Department of Community Health under the Division of Occupational Health received the INSIGHT Fellowship Grant funded by the NIH Fogarty Center 28th February 2025 for the grant year July 2025 to June 2026 for his research work in the field.

DR. KOWSHIK KUPATIRA, DR. GAUTHAM MELUR SUKUMAR AND DR. SUHASH CHAKRABORTY

A three-day International workshop on Ageing, Mental Health, and Workplace, sponsored by IGSTC was conducted at Mercure hotel Mannheim Germany, in collaboration with the Central Institute of Mental Health[CIH], Mannheim, Heidelberg University, and NIMHANS, brought together experts from India, Germany, and other countries to discuss how organisations can better support mental health and prepare for an ageing workforce. The workshop covered key topics such as memory decline, emotional well-being, biological changes with ageing, and workplace challenges faced by older employees.

Dr. Kowshik Kupatira, Chief Medical Officer at Toyota Kirloskar Motor, emphasised integrated wellness for ageing employees through the concept of a Constructive Mind, Energetic Body, rooted in the Mendomi mindset. He advocated for age-inclusive policies with psychological safety, ergonomic interventions, physical health promotion, and age-specific health checks as workplace mandates.

Dr. Gautham Melur Sukumar, Professor from the Department of Public Health, NIMHANS, stressed the need to align workplace mental health programs with national public health priorities to build healthier, more resilient workforces.

Dr. Suhas Chakraborty, Medical Superintendent at HAL, reinforced that mental health is essential for business success and must be a core organizational priority to support employee well-being.





BRANCH ACTIVITIES

Dr Aravind Kumar M

Dr Aravind Kumar M, Chief Medical Officer, ISRO, Bengaluru participated in AXIOM 4 mission in which Gr Captain Shubhanshu Shukla went to International Space Station during 25 June to 15 July 2025.

As Flight surgeon of this mission Dr Aravind Kumar was involved in training, monitoring and rehabilitation of Indian astronaut Shubhanshu Shukla.



IAOH

BRANCH ACTIVITIES

PUNE BRANCH

IAOH Pune – Activity Report for Q3 & Q4 (July to December 2025)

The second half of 2025 was a period of vibrant scientific engagement, strengthened institutional collaborations, and impactful community outreach for the IAOH Pune Branch. Building on the momentum of the first two quarters, Q3 and Q4 saw a series of high-quality CMEs, BOHS activities, and organizational strengthening initiatives that further advanced our mission of promoting excellence in occupational health.

1. Scientific Activities & CMEs

IAOH Pune conducted multiple Continuing Medical Education (CME) programs in collaboration with leading hospitals, bringing cutting-edge knowledge from specialists across a wide range of disciplines.

July 2025

- 2 July – CME with Aditya Birla Hospital (Doctor's Day Special)
Topics included: Recent advance in urology, Role of Robotics in GI surgery, Common Neurological problems & advances, Recent advances in radiation oncology, Common Gynaecological problems and treatment.
- 13 July – CME with Noble Hospital
Topics included: Spectrum of repair & reconstruction of hand injuries; Headaches & neck pain that warrant concern; Oral health awareness.



- 27 July – CME with Saishree Hospital



August 2025

- 22 August – CME with Ruby Hall Clinic

Topics: Minimally invasive surgery for hernia & abdominal wall reconstruction, pulmonary function tests, recent technological advances, and Centres of Excellence.



BRANCH ACTIVITIES

September 2025

- **BOHS Activity** – Health check-up for 72 teachers from a school for differently abled children on the occasion of Teachers' Day (13 September).
Services included: Hemogram, RBS, BP, BMI and doctor consultations.
- **19 September** – Executive Committee Meeting

October 2025

- **31 October** – CME with Ankura Hospital
Topics covered: Perinatal care, Paediatric emergency & transport, ICU care, Prenatal & in-utero transfers, Hard metal dust hazards.

November 2025

- **28 November** – CME with Noble Hospital (2 MMC credit points)
Topics included: Ergonomics, industrial back pain hazards, cranio-spinal injuries, and work-related kidney injuries.



- **20 November** – Executive Committee Meeting

2. Major Community Outreach – BOHS Initiatives

IAOH Pune continued its commitment to serving vulnerable and underserved worker populations through Basic Occupational Health Services (BOHS) activities in Q3 & Q4.

Teacher's Day BOHS Activity – 13 September 2025

A special BOHS camp was conducted for 72 teachers from a school for differently abled children.

Services provided:

- Physical examination
- Hemogram
- Random blood sugar
- Blood pressure
- BMI assessment

This initiative was highly appreciated by the teaching community and supported IAOH Pune's motto of inclusive occupational health.



BRANCH ACTIVITIES

3. Key Organizational Initiatives

- Set up of a dedicated IAOH Pune Facebook Page to strengthen digital visibility and engagement.
- Creation of a dedicated email account for the IAOH Pune Secretary for streamlined communication.
- Conducted Executive Committee Meetings on 9 July, 19 September, and 20 November to review progress, strengthen governance, and plan future activities.

4. Special Events

Annual General Meeting – 27 July 2025

The AGM featured: addressing key administrative, financial, and governance matters. The meeting included the approval of previous minutes, presentation of reports, budget discussions, and election of new office bearers, emphasizing transparency and continuity in branch operations.



Occupational Health Day Celebration – 13 July 2025

IAOH Pune celebrated Occupational Health Day with scientific sessions and recognition of excellence in workplace health advancements.

Theme: **“Connected, Compassionate and Inclusive: A New Era of Resilient and Healthy Workplaces”**

Attended by a diverse audience of occupational health professionals, industry representatives, and students, the event fostered a vibrant atmosphere of learning and collaboration.

- Keynote Address by Dr S.P. Tembe titled “Connected, Compassionate, and Inclusive: A New Era of Resilient and Healthy Workplaces,” was both inspiring and thought provoking. It offered a powerful reflection on the need for empathy and connection in occupational health practice.
- Dr. S. P. Tembe was honoured with the inaugural Prof. Dr. B. G. Sahasrabudhe Academic Award 2025, a prestigious recognition celebrating his outstanding contributions to the field of Occupational Health.
- Prof. Dr. B. G. Sahasrabudhe was also felicitated for his remarkable contributions to the field, and for inspiring generations of occupational health professionals.
- Scientific presentations on TB-free workplace and ergonomics effectiveness of Dr Govinda Narke: TB free workplace initiative in PCMC
- Effectiveness of workplace ergonomics program among shopfloor employees of large automobile manufacturing company.

Impact:

- The event served as a dynamic platform for networking, mentorship, and collaborative planning, reinforcing IAOH Pune’s role as a hub for professional development
- With a blend of experience, innovation, and compassion, this year’s celebration was more than an event—it was a reaffirmation of our shared mission to create safer, healthier, and more inclusive workplaces.

BRANCH ACTIVITIES



5. Highlights & Impact

- Robust CME calendar: Over 6 scientific programs delivered between July and November 2025.
- Strengthening BOHS footprint: Continued engagement with unorganised sector and community groups.
- Greater engagement: Increased collaboration with major hospitals such as Ruby Hall Clinic, Noble Hospital, Ankura Hospital, ASG Eye Hospital, Aditya Birla Hospital, and Saishree Hospital.
- Organizational strengthening: Improved digital presence, communication channels, and governance through regular EC meetings.

Conclusion

Q3 and Q4 of 2025 were marked by strong progress in scientific education, community outreach, and organizational development. IAOH Pune continues to move forward with dedication, collaboration, and a clear vision toward strengthening occupational health standards across the region.

The branch looks forward to carrying this momentum into 2026, with a continued focus on empowering professionals, engaging communities, and advancing the science and practice of occupational health.

Surat Branch

1. CME in Association with Asutosh Multispeciality Hospital

- **Date:** 15th February 2025 (Saturday)
- **Time:** 7:30 PM
- **Venue:** Rainbow Club Resort, Near City Plus Cinema, Magdalla Circle, Dumas Road, Surat – 395007

Guest Speakers & Topics:

- **Dr. Karsan Nandaniya** – MD Physician, Intensivist
"Overview of Medicines – Latest"
- **Dr. Viral Papaiya** – MS Orthopaedic (Mumbai), Spine Surgeon
"Management of Back Pain & Recent Advances in Spine"
- **Dr. Varun Sahetia** – MS, DNB Orthopedics (Mumbai), Advanced Trauma Surgeon
"Chhoti Moti Baatein & Foot & Ankle"
- **Dr. Jenil Gurnani** – MS, M.Ch., Neuro Surgeon
"Interesting Cases in Neuro Surgery"
- **Dr. Rajiv Raj Choudhry** – MS, M.Ch. (Ortho), U.K.
"The Science of Shopping"

BRANCH ACTIVITIES

This CME is accredited by Gujarat Medical Council and awarded with one credit hour.



2. CME in Association with Centre for Sight Eye Hospital

- **Date:** 8th March 2025 (Saturday)
- **Time:** 7:30 PM onwards
- **Venue:** Dream Festiva, Gaurav Path Road, Palanpur, Surat – 395007

Guest Speakers & Topics:

- **Dr. Paresh Vaidya – MS (Ophthal), DOMS, Medical Director**
A. Advancements in Ophthalmology
B. Management of Occupational Eye Injuries
- **Dr. Anshulee Sood – MS (Ophthal), FPOS**
"Paediatric Ophthalmology"
- **3. Dr. Neha Patel – MS (Ophthal), FVRS**
"Diabetic Retinopathy"
- **4. Dr. Bhumika Savani – DOMS (Ophthal)**
"Cataract"
- **Dr. Kishor G. Parikh – National Vice President, IAOH**
"Overview of IAOH"

This CME is accredited by Gujarat Medical Council and awarded with one credit hour.



BRANCH ACTIVITIES

3. CME in Association with Metas Adventist Hospital

- **Date:** 20th April 2025 (Sunday)
- **Time:** 7:30 PM onwards
- **Venue:** The Amore Banquet Hall, Dumas Road, Near Airport, Opp. Magdalla BRTS, New Magdalla, Surat

Guest Speakers & Topics:

- **Dr. Ashif Rahim** – MD Medicine, DM Cardiology
"What, When, How? — A Systematic Approach to Diagnostic Modalities for CAD"
- **Dr. Priyank Mody** – MD Medicine, DNB Cardiology
"Chest Pain – Old Question, New Answers!"
- **Dr. Priyanka Shah** – MD, MRCP, Endocrinologist
"Reversal of Diabetes"
- **Dr. Ravisagar Patel** – MS, M.Ch. CVTS
"Indications for CABG"

This CME is accredited by Gujarat Medical Council and awarded with one credit hour.



5. GUJCON 25

GUJCON 2025, hosted by **IAOH Surat**, was successfully conducted over two days on **12th and 13th July 2025** at **Mirasol Resort, Daman**. The conference witnessed enthusiastic participation from over **375 delegates** from Gujarat and across India, reflecting strong national engagement.

The scientific program comprised **more than 40 scientific sessions**, including keynote lectures, orations, panel discussions, **24 paper presentations**, and e-poster sessions. The deliberations focused on occupational health, workplace safety, clinical updates, and emerging digital innovations in healthcare, aligned with the theme **"Healthier Workforce, Safer Workplaces – Transforming Healthcare through Digital Innovations for Viksit Bharat."**

The event provided an excellent academic and networking platform for occupational health physicians, safety professionals, HR leaders, academicians, researchers, and industry experts. **A total of 8 credit hours were awarded to participants by the Gujarat Medical Council.** Overall, **GUJCON 2025 was conducted smoothly and successfully**, achieving its academic objectives and leaving a lasting professional impact on all participants.



BRANCH ACTIVITIES



6. The CME program organized by IAOSH Surat in association with Elite Hemat Onco Care Center was successfully conducted on 29 November 2025 at Avadh Utopia, Surat. The academic session, delivered by Dr. Kaushal B. Patel, covered recent advances in cancer management and was well appreciated by the participating medical professionals.



BRANCH ACTIVITIES

JAMNAGAR BRANCH

Sr. No.	DESIGNATION	NAME	CONTACT NUMBER	EMAIL ID
1	Central Coordinator	Dr. Hitesh Shingala	099982 15183	Hitesh.Shingala@ril.com
2	President	Dr Bhavesh S Khodadiya	099980 07673	bhavesh.khodadiya@ril.com bkhodadiya@gmail.com
3	Immediate Past President	Dr. Niraj Vora	099980 01646	nirajortho@gmail.com
4	1 st Vice President	Dr. Pradip Serathia	097243 48425	pradip.serathia@ril.com
5	2 nd Vice President	Dr. Dipti Vyas	092277 05566	diptivyas66@gmail.com
6	Hon. Secretary	Dr. Yogesh Shingate	99606 81022	y_shingate@rediffmail.com Yogesh.Shingate@ril.com
7	Join Secretary	Dr. Rupen Dodhia	093281 01142	ijgnarupen@gmail.com
8	Treasurer	Dr Kirti Chudasama	94286 71017	aum_ih@yahoo.com

Central Council Members

Sr. No.	Full Name	Designation	Email ID
1	Dr. Bhavesh Khodadiya	Branch President	Bhavesh.Khodadiya@ril.com
2	Dr. Yogesh Mohan Shingate	Hon. Secretary	y_shingate@rediffmail.com
3	Dr. Bhavesh Khodadiya	Central Council Member	Bhavesh.Khodadiya@ril.com
4	Dr. Maulesh Patel	Central Council Member	drmspatel@gmail.com
5	Dr. Kirti Chudasama	Central Council Member	aum_ih@yahoo.com

The document gives a synopsis of the activities conducted by AOH, Jamnagar Branch for the period July 2025 to January 2026.

Branch Activities:

A. July 2025:

CME Session in association with Wockhardt Hospitals was arranged by AOH Jamnagar Branch on 5th July 2025 at Hotel Vishal International. More than 50 AOH Jamnagar members attended.

1. Topic:- Types of Liver Diseases and Treatment

Dr. Praful Kamani (Gastroenterologist, Hepatologist and Endoscopist)

Dr. Parth Vadhavia (Gastroenterologist, Hepatologist and GI Endoscopist)

2. Management of Status Epilepticus in 2025

Dr. Gaurav Dave (Neurologist)

Dr. Ashutosh Dudhatra (Neurologist)

3. Neuro Update: Advances in Neurosurgery

Dr. Kant Jogani (Brain & Spine Surgeon)



BRANCH ACTIVITIES

Annual General Meeting (AGM) Report -2025

The AOH Jamnagar Branch held its Annual General Meeting on 16th July 2025, focusing on key administrative, financial, and governance matters. The agenda included the approval of previous meeting minutes, presentation of annual reports, budget deliberations, and updates on branch activities. Detailed discussions were also held on the upcoming 76th National Conference of the Indian Association of Occupational Health – OCCUCON 2026, along with other ongoing operations of the branch and National Occupational Health Day celebration.

- Meeting proceedings and approvals: The meeting was called to order by President Dr. Bhavesh Khodadiya, who welcomed all members.
- Previous AGM minutes and the annual report for 2024–25 were presented by Hon. Secretary Dr. Yogesh Shingate and unanimously approved by members. Financial statements were presented by Treasurer Dr. Kirti Chudasama, and the estimated budget for 2025–26 was approved.
- Compliance report was reviewed by chair.
- Updates on OCCUCON 2026 was presented by organizing chairperson Dr. Kirti Chudasama and organizing secretary Dr. Bhavesh Khodadiya.
- With the theme – Connected, Compassionate, and Inclusive: A New Era of Resilient and Healthy Workplace, National Occupational Health Day commenced which included keynote address by National President, Dr Hitesh Shingala, and following CME sessions,

Topic	Session By
Occupational Health Day - Theme	Dr. Nikunj Desai (Vice President, IAOH)
Paradigm Shift in Diagnostics	Dr. Shailaja Gada Saxena
Five Practices of Exemplary Leadership	Dr. R Rajesh (Group Head Medical Services RIL, ICOH Board Member (2024-2027), Past President IAOH)

Details of office bearers and central council members:

Central Council Members

Sr. No.	Full Name	Designation	Email ID
1	Dr. Bhavesh Khodadiya	Branch President	Bhavesh.Khodadiya@ril.com
2	Dr. Yogesh Mohan Shingate	Hon. Secretary	y_shingate@rediffmail.com
3	Dr. Bhavesh Khodadiya	Central Council Member	Bhavesh.Khodadiya@ril.com
4	Dr. Maulesh Patel	Central Council Member	drmspatel@gmail.com
5	Dr. Kirti Chudasama	Central Council Member	aum_ih@yahoo.com

BRANCH ACTIVITIES

Office Bearer

Sr. No.	DESIGNATION	NAME	CONTACT NUMBER	EMAIL ID
1	Central Coordinator	Dr. Hitesh Shingala	099982 15183	Hitesh.Shingala@ril.com
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7	Join Secretary	Dr. Rupen Dodhia	093281 01142	ijgnarupen@gmail.com
8	Treasurer	Dr Kirti Chudasama	94286 71017	aum_ih@yahoo.com



The meeting concluded with a vote of thanks delivered by new Vice President Dr. Pradip Serathia.

B. 76th National Conference of Indian Association of Occupational Health - OCCUCON 2026:

1. OCCUCON 2026 – A Grand Success

The 76th National Conference of IAOH, OCCUCON 2026 – “JOSH Again,” was successfully organized by the AOH Jamnagar Branch from 7–10 January 2026 at Jamnagar, with 550+ delegates, 44 guest lectures/symposia, 4 keynote sessions, 7 orations, 106 scientific paper and e-poster presentations, and 80+ expert faculty. The pre-conference workshops included Pre-hospital EMS and Globally Harmonized System (GHS) Phase-2 training. The conference was inaugurated by Chief Guest Shri P. M. Shah, Director, DISH, Government of Gujarat and Guest of Honour Dr. Nandini Desai, Dean, M. P. Shah Government Medical College, Jamnagar.

2. AOH Jamnagar Branch Achievements

a. Dr. Bhavesh Khodadiya received prestigious oration - Dr. C. K. Ramchandrar Memorial Oration



Dr. K. S. Maheshwari received prestigious oration - Dr. P. V. Thaker Memorial Oration





BRANCH ACTIVITIES

c. AOH Jamnagar Branch also received the Best BOHS Activity Award



Glimpses -



BRANCH ACTIVITIES

3. Release of Brochure during OCCUCON 2026 – Shree Indian Occupational Health Trust



C. Basic First Aid Training for Drivers

Basic First Aid awareness session for truck drivers was conducted at Agarwal Roadways, Moti Khavadi, with a total of 45 beneficiaries



BRANCH ACTIVITIES

MUMBAI IAOH BRANCH

IAOH MUMBAI BRANCH ACTIVITIES (from July 2025 to 06 Feb 2026)

Executive Summary

Indian Association of Occupational Health (IAOH), Mumbai branch has conducted multiple activities during the period of July 2025 to 06 Feb 2026.

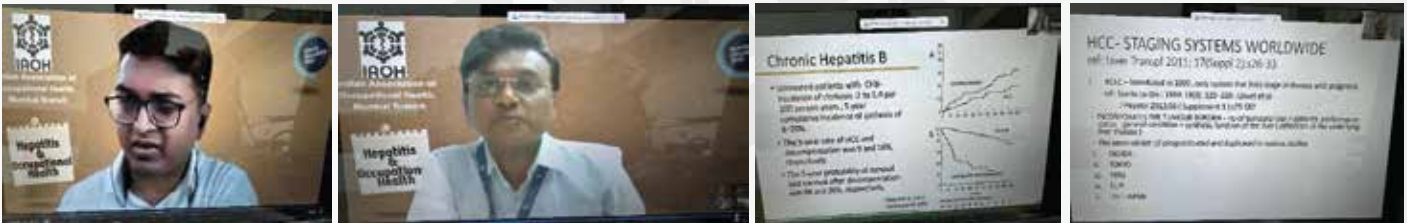
Below is the summary of branch activities.

- **Business Activities:**

1. 2nd & 3rd Executive Committee Meetings (ECM) of the Executive Committee for the tenure (2025-27) were held on 19th Sep 2025 & 10th Nov 2025 respectively.

2. All ECMs were well attended with full-fledged participation of the ECM members.

- Conferences, Collaborations and CMEs:
- On Occasion of World Hepatitis Day, an MMC accredited online CME titled "Hepatitis & Occupational Health" was organised on 27 July 2025 in association with Sir H.N. Reliance Foundation Hospital, Mumbai. Experts discussed on various aspects of Hepatitis & its relevance to Occupational Health like Hepatitis & Fatty Liver at Work, Importance of Hepatitis vaccination, multimodal management of Chronic Hepatitis, newer advances in management of Hepatitis, hepatic malignancies in working populations. More than 50 members of IAOH Mumbai attended the CME.



On occasion of World Hepatitis Day, 2025,

IAOH In association with Sir H.N. Reliance Foundation Hospital RESPECT FOR LIFE

Presents
Online CME (with 1 MMC Point) for IAOH Members
 On
Hepatitis & Occupational Health
 Date: Sunday, 27 July 2025, Time : 11.00am onwards Venue: Online (Link will be shared after registration)

TIME	TOPIC	SCENER
11.00am - 11.05am	Welcome Note	Major (Dr) Anand G. More (Retd) Hon. Secretary, IAOH, Mumbai Branch
11.05am - 11.10am	General Introduction to IAOH	Dr Neelika Chauhan Vice President, IAOH, Mumbai Branch
11.10am - 11.40am	Hepatitis & Fatty Liver at Work: Assessing the Occupational Risk and Response Strategy	Dr Abhishek Shinde Director of Hepatology, RPH
11.40am - 12.10pm	Vaccinate, Educate, Eliminate: Hepatitis B prevention in the Workplace & Newer advances in Management of Hepatitis	Dr Mihir Vora Assistant Director Outreach Centers of Hepatitis, RPH
12.10pm - 12.40pm	Silent Threats, Serious Consequences: Multimodal Management of Chronic Hepatitis in the Working Population	Dr Amit Gupta Associate Director, Chest/ Gastro Liver Clinician, RPH
12.40 pm - 1.00pm	Surgical Insights into Hepatitis Related Malignancies in the Working Population	Dr Suresh Vyas Additional Director - General & Minimal Access Surgery, RPH
1.00pm - 1.05pm	Vote of Thanks	Dr Aditya Patil Vice President, IAOH, Mumbai Branch

Click Here To Register Or Scan here to Register

In case of any query
 info@mumbaiiaoh.com | 9819922903 (Pravara) / 9619197731 (Sharan)

BRANCH ACTIVITIES

2. Another MMC accredited CME on interesting clinical topics & their relevance in Occupational Health, titled "OCCU-HEALTH Conclave" organised by IAOH Mumbai Branch in association with Dr L H Hiranandani Hospital , Powai, Mumbai on *Friday,19 September 2025 at Hotel Fairfield by Marriott, near Mumbai International Airport, Andheri.

Various topics relevant to Occupational health like Nephrotoxic Agents in the Workplace, Occupational Urological Cancers and a panel discussion on "Liver Health in the Workplace: From Fatty Liver to Transplant – What OH Physicians Need to Know?" , were deliberated upon.

More than 48 members of IAOH Mumbai Branch attended the CME.



3. IAOH Mumbai Branch Outbound Convention, 6th & 7th Dec 2025:

- The IAOH Mumbai Branch celebrated the end of Year 2025 with a Scientific Feast in the form a two-day outbound convention at Upper Deck Resort,Lonavala, on 6th & 7th Dec 2025, which turned out to be an enriching and unforgettable experience for IAOH members and their families, with active participation of over 50 delegates.
- The convention had a remarkable lineup of speakers dedicated to advancing the realm of occupational health.



Time	Topic	Speaker	Designation	Hospital
08:00 AM - 09:00 AM	Registration			
09:00 AM - 10:00 AM	Registration			
10:00 AM - 11:00 AM	Registration			
11:00 AM - 12:00 PM	Registration			
12:00 PM - 01:00 PM	Registration			
01:00 PM - 02:00 PM	Registration			
02:00 PM - 03:00 PM	Registration			
03:00 PM - 04:00 PM	Registration			
04:00 PM - 05:00 PM	Registration			
05:00 PM - 06:00 PM	Registration			
06:00 PM - 07:00 PM	Registration			
07:00 PM - 08:00 PM	Registration			
08:00 PM - 09:00 PM	Registration			
09:00 PM - 10:00 PM	Registration			
10:00 PM - 11:00 PM	Registration			
11:00 PM - 12:00 AM	Registration			

BRANCH ACTIVITIES

Delegates attending the Convention were awarded 3 Credit Hours by the Maharashtra Medical Council

• Members Strength:

3. Sixteen new members joined IAOH Mumbai branch between March 2023 and March 2024 including 02 transferred in from other branches.

4. Total strength of IAOH Mumbai is 378.

Basic Occupational Health Services (BOHS) Activities of IAOH Mumbai Branch for 2025-26

The Indian Association of Occupational Health (IAOH) Mumbai Branch actively promotes Basic Occupational Health Services (BOHS), focusing particularly on providing healthcare to workers in the unorganized or informal sector. Their activities are centered on training, awareness programs, and developing practical solutions.

Key BOHS activities conducted by the IAOH Mumbai Branch in 2025 include:

- Onsite Free AED & CPR training to unorganized staff members at Mumbai Airport: IAOH, Mumbai branch rolled out the first phase of this project at Chhatrapati Shivaji Mahraj International Airport (CSMIA), Mumbai on 29th September 2025, on Occasion of World Heart Day, by organising on site, Free AED & CPR training for the staff of various retail shops located CSMIA, in association with Mumbai International Airport Ltd. The project aims to train the unorganized staff working at various retail outlets in basic CPR & AED usage techniques & general sensitization of these employees towards prompt usage of these techniques in life-threatening conditions.

- o Phase 1 In this phase carried out on 29th September 2025, more than 120 staff members of various retail shops located at Terminal 1 & Terminal 2 of CSMIA, enthusiastically participated in the Free AED & CPR training. Senior members of IAOH Mumbai branch volunteered as trainers for these sessions.



Phase 2 BOHS Activity :

As a part of observation of "World Cancer Day" on 4th Feb 2026, IAOH Mumbai branch organised a *FREE GENERAL HEALTH CHECK-UP* & *ORAL & BREAST CANCER SCREENING CAMP', for the outsourced & contract staff at Chhatrapsti Shivaji Mahraj International Alrprot, Mumbai, on 4th, 5th & 6th Feb 2026, in association with Saiffee Hospital Mumbai.

BRANCH ACTIVITIES

Following Health Services Offered :

- BP & BMI
- Random Blood Sugar
- ECG
- Bone Densitometry
- Physician Consultation
- Oral Cancer Screening
- Gynaecology Consultation
- Oncologist Consultation

481 outsourced & contract workers took benefit of the Camp.

Along with this onsite health checkup, Free Breast health Screening Mammography + Consultation Coupons to female employees were also offered with help of Fortis Hospital, Mulund.





BRANCH ACTIVITIES

Awards and Recognition

It is our pleasure to inform you that Three of our Mumbai Branch members hold positions in National IAOH body for term 2025-27: Dr. Nikunj Desai – Vice President Dr. Dharmesh Parekh – Hon. General Secretary & Maj (Dr.) Anand More (retd) – IJOEM Journal Secretary

Positions held in International Commission on Occupational Health (ICOH)

- Dr. Shyam Pingle was elected as Vice President, ICOH.
- Dr. Vandana Shinde is the National Secretary (India) of ICOH.
- Dr. Divyang Shah is Secretary of 'OH & Development' ICOH Committee.
- Dr. Nikunj Desai is Chair of 'OH in Chemical Industry' ICOH Committee.
- Dr Dharmesh Parekh is Secretary of OH in Chemical Industry' ICOH Committee

Achievements of Mumbai Branch 2025-26

The achievement of any association is directly dependent on the success and achievements of its members. Many members from our branch have brought laurels to our association

- Dr G. Arjundas Oration was awarded to Dr. Shyam Pingle, presented during the 76th National Conference held at Jamnagar in January 2026

I extend my sincere appreciation to all members of the Executive Committee and Advisory Board of the IAOH Mumbai Branch for their invaluable contributions to our initiatives.

We are grateful to the companies, organizations, and institutions that provided Scientific Education grants, enabling us to fulfil our mission.

Finally, heartfelt thanks to all members of the IAOH Mumbai branch for their enthusiastic participation and encouragement throughout the past year.

Thank you, ladies and gentlemen, for your kind attention.

IAOH

BRANCH ACTIVITIES

TAMIL NADU BRANCH

OCTOBER ACTIVITIES



The Dr. Raghaviah Memorial Oration and Continuing Medical Education (CME) Programme was successfully organized on 26th October 2025 by the Indian Association of Occupational Health – Tamil Nadu Branch, in collaboration with VS Hospitals, Chennai

Dr. Raghaviah Memorial Oration

The prestigious Dr. Raghaviah Memorial Oration delivered by Mr. Keerthi Prakash, Managing Director, Renault Group – Chennai Plant. His address was insightful and motivating, offering valuable perspectives on occupational health and industry collaboration.



CME LECTURES

Dr. L.V. Lakshminarayanan, Senior Orthopaedic Surgeon

Topic: "Joint Effort – Exploring Arthritis and Modern Breakthroughs in Knee Care" - The session provided practical insights into recent advancements in orthopaedic care and was highly appreciated by the audience.





BRANCH ACTIVITIES

Dr. G. Vijay, Consultant Adult & Pediatric Hemato Oncologist

Topic: "Beyond the Pink – Power of Awareness in Beating Breast Cancer" - The talk emphasized the importance of early detection and awareness in combating breast cancer and was both informative and impactful



NOVEMBER ACTIVITIES



The Indian Association of Occupational Health (IAOH) – Tamil Nadu Branch, in collaboration with MGM Health Care Pvt. Ltd., Chennai, successfully organized the Dr. Devasagayam Memorial Oration and CME Programme on 23rd November 2025 at Hotel Taj Connemara, Chennai. The programme was attended by IAOH members, medical professionals, and invited guests.

Dr. Devasagayam Memorial Oration



The prestigious Dr. Devasagayam Memorial Oration was delivered by Dr. Ashok P, Chief Factory Medical Officer, DGM Medical & OHS, The Ramco Cements Limited, Govindapuram Works, Ariyalur. His oration was highly informative and focused on key aspects of occupational health, safety, and industrial medical practices. The session was well appreciated by the audience and set the tone for the academic evening.



BRANCH ACTIVITIES

CME LECTURES

Dr. S. Narayanamurthy Senior Consultant & HOD, Department of Plastic, Aesthetic and Reconstructive Microsurgery Topic: Insights of Aesthetic and Reconstructive Microsurgery - The lecture provided valuable knowledge on advancements in microsurgery and its practical applications in clinical practice.



Dr. Manikandan Venkatasabramaniyan, Senior Consultant Surgical Oncologist Topic: Lung Cancer Insights - The session highlighted recent developments in the diagnosis and management of lung cancer, with emphasis on early detection and treatment strategies.



DECEMBER ACTIVITIES



The Indian Association of Occupational Health (IAOH) – Tamil Nadu Branch, in collaboration with Apollo Hospitals, Chennai, successfully organized a Continuing Medical Education (CME) Programme on 21st December 2025 at Hotel Pullman, Chennai. The event was aimed at providing updated medical knowledge to occupational health professionals and clinicians.

CME LECTURES

Dr. Ravi R., Clinical Lead – Gastroenterology Topic: GERD - The session provided comprehensive insights into the diagnosis and management of gastroesophageal reflux disease.



Dr. Ragavan N., Senior Consultant, Uro Oncology Topic: All About Prostate - An informative lecture covering prostate health, common disorders, and current treatment approaches.



Dr. Madhav Tiwari, Consultant, Uro Oncology Topic: Robotic Surgery in Today's Practice - The presentation highlighted advancements in robotic surgery and its growing role in modern medical practice.



Dr. Kannan S., Senior Consultant, Head and Neck Surgery Topic: Head and Neck Cancers - This session focused on early detection, prevention, and treatment strategies for head and neck malignancies.



Dr. Niranjana V., Consultant, Medical Oncology Topic: Lung Cancer - The lecture emphasized recent developments in lung cancer diagnosis and therapeutic options.



JANUARY 2026 - OCCUCON 2026



Dr. Sudha Ramachandran was felicitated with the Dr. C.K. Ramchander Centenary Award for Lifetime Achievement, one of the highest recognitions in the field of Occupational Health. The award celebrates her exemplary service, visionary leadership, and lifelong dedication to promoting health, safety, and wellbeing in workplaces across the country.



The Tamil Nadu Branch of IAOH was recognized with the prestigious Best Branch Award – 2025


Dr. Priyadharshini Gunaseelan, presented her poster titled " Does Health Education or Pep Talks Really Motivate Individuals to Adopt Lifestyle Changes?"



Dr. Bala Venkataramani presented an insightful paper titled "Prevalence of Psychological Distress among Supervisory Employees and Above in a Brake Manufacturing Industry ." The presentation highlighted the often-overlooked mental health challenges among supervisory and managerial



cadres, stressing the importance of early identification, supportive work environments, and targeted occupational mental health.



Dr. Vishruth delivered a thought-provoking presentation on Inclusivity at the Workplace, highlighting the importance of empathy, dignity, and equitable support systems in professional environments. His session beautifully brought out how invisible therapies and inclusive practices can significantly impact employee well-being and performance, reminding us that true occupational health goes beyond the visible.





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International Commission on Occupational Health - A short history

Introduction

The International Commission on Occupational Health (ICOH) is the world's oldest and one of the most influential scientific associations dedicated to workers' health. For well over a century ICOH has shaped research, policy and professional practice in occupational and environmental health by bringing clinicians, researchers and policymakers together through its scientific committees, publications and its large triennial congresses.

Origins and early years (1902–1930s)

ICOH's roots go back to the early 20th century. The movement began with the first International Congress on Occupational Diseases held in Milan (1906), where participants recognised the need for ongoing international cooperation; this led to the creation of a permanent international commission for occupational health. Throughout the interwar years ICOH (initially a Permanent Commission) helped to document industrial illnesses and spread early prevention strategies across Europe and beyond.

Growth, professionalization and global reach (1940s–1980s)

After World War II, ICOH expanded its remit as industries globalised and new occupational hazards—chemical, physical and ergonomic—appeared. Membership grew beyond Europe to Asia, Africa, and the Americas. ICOH established scientific committees focused on specialty areas (e.g., respiratory hazards, occupational medicine, and history of prevention), strengthening its role in comparing approaches and sharing best practice across countries. By the late 20th century ICOH had become a principal forum for scientific exchange in occupational health.

Triennial World Congresses: the flagship events

One of ICOH's most visible and impactful activities is its triennial World Congress (often called the ICOH Congress). These large congresses — typically attracting thousands of delegates — serve as a global marketplace of ideas: presenting research, launching initiatives, and forging policy collaborations. Examples of recent congresses include the Centennial Congress in Milan (2006), Cape Town (2009), Cancun (2012), Seoul (2015), Dublin (2018) and Marrakesh (2024). The congresses not only present cutting-edge science but also mobilize political attention to occupational health priorities.



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How the congresses evolved

Early congresses were small, academically focused meetings. Over time they became multidisciplinary, incorporating public health, ergonomics, and industrial hygiene, policy and enforcement themes. The format evolved to include plenary sessions, thematic symposia, workshops, scientific committee meetings and satellite events led by national associations or international partners (WHO, ILO). The triennial rhythm — meeting every three years — gives enough time for substantive scientific progress between gatherings while maintaining momentum for international collaboration. Scholarly reviews have emphasized the congresses' historical role in transferring prevention knowledge across countries and generating consensus on emerging hazards.

Major scientific and policy contributions

Over its history ICOH has contributed to major occupational health advances: systematic descriptions of occupational diseases, improved workplace surveillance, development of occupational medicine specialties, and advocacy on major hazards such as asbestos. ICOH has worked closely with UN agencies and other international bodies and has supported global initiatives — for example taking clear positions in favour of a global asbestos ban and supporting campaigns to eliminate asbestos-related diseases.

Structure and working methods

ICOH is organized around a General Assembly, an Executive Committee, national representatives and a set of scientific committees that focus on specific topics (e.g., occupational cancer, history of prevention, mental health at work). These committees run triennial activities (conferences, guidelines, position papers) that feed into the main congress and ICOH's broader scientific outputs. ICOH also produces triennial reports summarizing scientific committee work and strategic priorities for the coming period.

Recent decades — modernization and global priorities

In the 21st century ICOH has modernized governance and broadened its global membership (now numbering a few thousand from over 100 countries). Contemporary priorities include occupational non-communicable diseases, psychosocial risks, climate change and work, informal sector health, and strengthening occupational health systems in low- and middle-income countries. ICOH's congresses increasingly highlight interdisciplinary research and implementation science — moving from describing problems toward scalable solutions for prevention and worker protection.



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ICOH congresses in practice: recent examples

The ICOH 2024 Congress in Marrakesh (April–May 2024) brought together researchers and practitioners to discuss closing research-practice gaps and emerging hazards. Looking ahead, the 35th ICOH Congress is planned for Mumbai, India (14–19 February 2027), reflecting both ICOH’s global rotation and the growing role of Asia in occupational health research and practice. These congresses routinely feature national delegations, WHO/ILO participation, and a busy program of scientific sessions and committee meetings.

International Commission on Occupational Health (ICOH) organizes the **ICOH World Congress**, a major global conference held every three years. It is one of the most important scientific meetings in occupational and environmental health.



What is the ICOH Congress?

The ICOH Congress brings together:

- Occupational health physicians
- Public health experts
- Industrial hygienists
- Researchers & academicians
- Policymakers & program managers

It features plenary talks, symposia, workshops, research presentations, and scientific committee meetings.

Key Benefits of Attending

1. Latest Scientific Knowledge

Access cutting-edge research on workplace hazards, NCDs, mental health, ergonomics, climate & work, etc.

2. Professional Networking

Connect with global experts, collaborators, institutions, and mentors.

3. Skill Development

Hands-on workshops, case discussions, and practical updates.



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4. Policy & Program Insights

Learn international best practices and regulatory approaches.

5. Research Opportunities

Present papers, receive feedback, and build collaborations.

6. Career Advancement

Enhances academic profile and professional credibility.

7. Exposure to Innovations

New technologies, surveillance tools, and prevention strategies.

Who Should Attend?

Especially valuable for:

- Occupational / community medicine professionals
- Public health specialists
- Researchers & postgraduate students
- Program implementers
- Safety & industrial health professionals

The ICOH 2027 World Congress hosted by the Indian Association of Occupational Health (IAOH) arrives in Mumbai — famously known as the **City of Dreams**.

Mumbai is more than a venue; it is an experience. A city where science, industry, diversity, and relentless energy coexist, making it a fitting backdrop for the world's premier gathering in occupational and environmental health.

ICOH 2027 promises:

- Global scientific exchange
- Cutting-edge research & innovations
- Collaborations across disciplines
- Exposure to emerging workplace challenges

Against Mumbai's iconic skyline, delegates will engage in discussions shaping the future of worker health — from technological transitions and climate impacts to occupational NCDs and mental wellbeing.

From the historic Gateway of India to the vibrant Marine Drive, Mumbai offers an inspiring blend of heritage and modernity — mirroring the evolution of occupational health itself.

ICOH 2027 in Mumbai — where global expertise meets limitless possibilities.



ICOH ARTICLE

Hard Metal Dust Exposure and Occupational Health Hazards: Clinical and Preventive Perspectives

Dr Ramchandra Pataskar

President, IAOH Pune

Abstract

Hard metals, composed predominantly of tungsten carbide bonded with cobalt, are extensively used in modern industrial applications owing to their exceptional hardness, durability, and resistance to wear. Despite these advantages, occupational exposure to hard metal dust presents significant health risks. Respirable particles containing cobalt have been strongly associated with serious respiratory disorders, including Hard Metal Lung Disease (HMLD) and occupational asthma. Additional adverse outcomes include dermatological reactions, systemic cobalt toxicity, and potential carcinogenicity. This article examines the occupational exposure scenarios, mechanisms of toxicity, clinical manifestations, monitoring approaches, medical surveillance strategies, and preventive measures necessary for protecting worker health.

Introduction

Hard metals have become indispensable in industries requiring high-performance materials capable of withstanding extreme mechanical stress and temperature. Tungsten carbide, when combined with cobalt as a binder, offers superior cutting efficiency, wear resistance, and mechanical strength. These properties have driven widespread adoption across tool manufacturing, mining operations, precision machining, and advanced engineering sectors.

However, the industrial processes involved in manufacturing, machining, finishing, and recycling hard metals generate airborne particulate matter. Of particular concern are respirable particles capable of penetrating deep into the respiratory tract. Cobalt, a critical component of hard metals, plays a central role in occupational toxicity due to its well-established biological reactivity, including respiratory sensitization and systemic effects.

Occupational exposure to hard metal dust has therefore emerged as an important issue in industrial hygiene and occupational medicine.

Industrial Exposure and Dust Generation

Worker exposure to hard metal dust occurs in a variety of industrial environments. Tool manufacturing and metalworking industries represent primary exposure settings, where grinding, polishing, and machining operations are routine. These mechanical processes generate fine particulate matter that may remain suspended in workplace air.

Similarly, mining and construction sectors rely heavily on hard metal tools such as drilling bits and cutting equipment, which undergo continuous wear and maintenance. Recycling and reclamation units present an even greater concern, as crushing, grinding, and powder recovery operations frequently produce elevated dust concentrations.



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The particle size distribution of hard metal dust is a critical determinant of health risk. Respirable particles, typically smaller than 5 micrometers, are capable of reaching the alveolar regions of the lungs. Ultrafine and nanosized particles generated during high-energy processes such as thermal spraying exhibit increased surface area, potentially enhancing biological reactivity.

Mechanisms of Toxicity

The toxicity of hard metal dust arises from complex physicochemical and biological interactions. Cobalt is recognized as a potent inducer of oxidative stress, capable of generating reactive oxygen species that contribute to cellular injury and inflammation. Inhaled cobalt-containing particles may provoke immune-mediated responses, leading to sensitization and chronic respiratory disease.

Studies have demonstrated that the interaction between tungsten carbide and cobalt may amplify toxic effects. Tungsten carbide particles facilitate increased cobalt ion release, thereby enhancing cytotoxicity. This synergistic mechanism is believed to contribute to the pathogenesis of hard metal-associated lung disease.

Additionally, cobalt acts as a respiratory sensitizer capable of triggering immunological reactions, which play a key role in the development of occupational asthma.

Health Effects

Occupational exposure to hard metal dust has been associated with a spectrum of adverse health outcomes.

Hard Metal Lung Disease (HMLD) represents the most severe respiratory consequence. This rare but serious interstitial lung disease is predominantly linked to cobalt exposure. Clinically, affected workers typically present with progressive exertional dyspnea, chronic dry cough, and reduced exercise tolerance. Lung function testing commonly reveals a restrictive pattern. Histopathological evaluation frequently identifies Giant Cell Interstitial Pneumonitis (GCIP), considered characteristic of HMLD. In advanced cases, irreversible pulmonary fibrosis may develop.

Occupational asthma constitutes another important health outcome. Cobalt-induced sensitization may lead to airway hyperresponsiveness, manifesting as wheezing, chest tightness, and episodic breathlessness. Symptoms often demonstrate work-related variability, improving during periods away from exposure.

Dermatological effects, including allergic contact dermatitis and irritant skin reactions, may occur following dermal contact with cobalt-containing dust. Although less common, systemic cobalt toxicity has been documented, potentially affecting cardiovascular, endocrine, and neurological systems.



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Furthermore, cobalt-tungsten carbide mixtures have been classified as possibly carcinogenic (IARC Group 2B), underscoring the importance of exposure minimization.

Exposure Monitoring and Medical Surveillance

Effective occupational health management requires systematic exposure assessment. Airborne dust monitoring, particularly personal breathing-zone sampling, remains central to evaluating worker exposure. Measurement of respirable dust fractions and quantitative cobalt analysis are essential components of monitoring programs.

Surface contamination assessments provide valuable insights into secondary exposure pathways. Evaluation of ventilation systems, including Local Exhaust Ventilation (LEV) and HEPA filtration performance, is critical for ensuring engineering control effectiveness.

Biological monitoring, especially measurement of urinary and blood cobalt levels, offers an estimate of internal dose. In non-exposed populations, urinary cobalt levels are typically low.

Medical surveillance programs play a vital role in early disease detection. Baseline evaluations, periodic spirometry, diffusion capacity testing when indicated, and appropriate imaging studies are integral to worker protection.

Preventive Strategies

Prevention of hard metal dust-related disease requires a comprehensive and multidisciplinary approach. Engineering controls represent the most effective intervention, including process enclosure, wet methods for dust suppression, and efficient Local Exhaust Ventilation systems.

Administrative controls, such as exposure time reduction, safe housekeeping practices, and worker training, further reduce risk. Personal Protective Equipment (PPE), particularly appropriate respiratory protection, provides an additional safeguard where exposure cannot be fully controlled.

Workplace hygiene practices, including prevention of take-home contamination and maintenance of clean eating areas, are essential components of occupational risk management.

Conclusion

Hard metal dust exposure constitutes a significant occupational health hazard with potentially severe respiratory and systemic consequences. The biological reactivity of cobalt, combined with the physicochemical properties of hard metal particles, necessitates stringent exposure control measures.

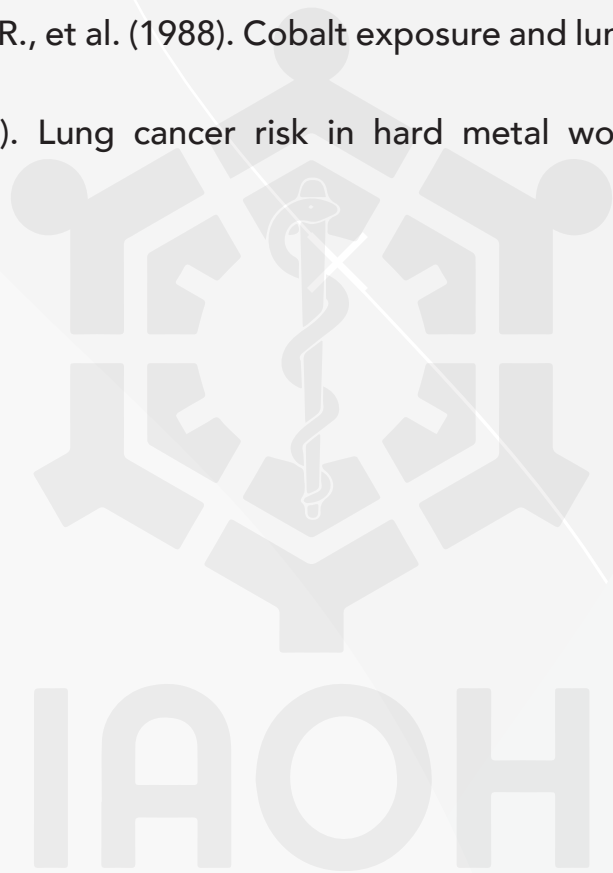
Integrated occupational health programs encompassing exposure monitoring, biological surveillance, medical screening, engineering controls, and worker education are essential for minimizing health risks. Early recognition and proactive prevention remain fundamental to protecting worker health.



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