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The 72nd Annual Conference of Indian Association of Occupational Health Mumbai Branch



6th and 7th April 2024

THEME

Occupational Health:
Challenges and Opportunities for all Stakeholders

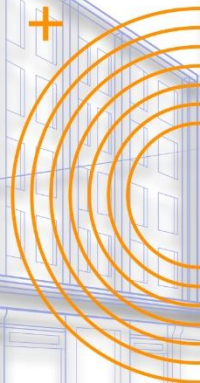
VENUE

Larsen & Toubro Limited,
AM Naik Tower,
JVLR, Powai, Mumbai, 400072

SOUVENIR



+





Dr. Mudit Khanna

M.B.B.S., M.S. (Orthopedics),
MCh. (Masters in Orthopedics), M.R.C.S. - UK,
Ninewells Hospitals University of Dundee
**Consultant Orthopaedic &
Joint Replacement Surgeon**



Mumbai Central

Rethinking Knee Replacement: Dr. Mudit Khanna Explores the Advantages of Robotic Unicondylar Knee Replacement over Total Knee Replacement

Orthopedic medicine has witnessed remarkable advancements in recent years, offering a spectrum of treatment options for individuals grappling with knee pain due to arthritis. Contrary to the traditional belief that total knee replacement is the only go-to solution for every case of advanced knee arthritis, orthopedic experts, are advocating for a more nuanced and personalized approach. In the dynamic landscape of orthopedic surgery, innovations such as robotic technology have revolutionized the approach to knee replacement procedures. **Dr. Mudit Khanna**, a renowned robotic knee and hip replacement surgeon, challenges traditional notions by advocating merits of robotic unicondylar knee replacement as a viable alternative to total knee replacement. In this article, we explore **Dr. Khanna's** insights why opting for a Partial Knee Replacement may be a more tailored and efficient solution for several patients undergoing a Total Knee Replacement despite having arthritis limited to only one compartment of the knee.

The Spectrum of Knee Arthritis:

Dr. Mudit Khanna stresses the importance of recognizing the spectrum and pattern of knee arthritis. Arthritis is not a one-size-fits-all condition, and the severity and distribution of arthritis can vary among individuals. Understanding the unique characteristics of each case is crucial in determining the most appropriate course of action.

Unicondylar or Partial Knee Replacement:

One alternative to Total Knee Replacement gaining prominence is partial or unicondylar knee replacement, a procedure that involves selectively resurfacing only the damaged portion of the knee joint. **Dr. Khanna** highlights that this targeted approach is particularly beneficial when arthritis is localized to one compartment of the knee. This procedure involves replacing either the inside (medial) or outside (lateral) compartment of the knee joint, leaving the unaffected portions intact. **Dr. Khanna** underscores that partial knee replacements offer the advantage of a smaller incision, less bone removal, and a potentially quicker recovery. Unicondylar knee replacement preserves healthy tissue and bone, promoting a more natural feeling joint and potentially leading to a faster recovery.

Robotic-Assisted Surgery:

The integration of robotic technology in orthopedic surgery has opened new avenues for precision and personalization. **Dr. Mudit Khanna** highlights that the use of robotic technology while performing a unicondylar knee replacement, allows surgeons to create patient-specific plans and execute surgeries with unparalleled accuracy. The primary advantage of robotic unicondylar or partial knee replacement lies in its precision targeting as the robotic approach can selectively target only the damaged or arthritic portion of the knee joint with unparalleled precision. This advanced technology contributes to reduced complications, minimized trauma, and potentially improved long-term outcomes.



Personalized Approach:

Dr. Khanna advocates for a more personalized approach with robotic unicondylar knee replacement. By tailoring the procedure to every patient's unique anatomy, the surgeon is able to accurately optimize the fit of the implant, promoting better joint kinematics and stability.

Preserving Healthy Bone and Tissue:

Total knee replacement requires the removal of healthy bone and tissue in addition to the arthritic portions. **Dr. Khanna** points out that unicondylar knee replacement preserves healthy tissue, leading to less disruption to the natural joint structure. This preservation can be particularly advantageous for younger patients or those with localized arthritis.

Minimized Trauma and Quicker Recovery:

Compared to total knee replacement, unicondylar knee replacement often involves a smaller incision and preserves healthy bone and tissue. **Dr. Mudit Khanna** highlights that this results in minimized trauma to surrounding tissues, reducing postoperative pain and accelerating the recovery process. Patients typically experience shorter hospital stays, faster rehabilitation, and a quicker return to their daily activities.

Lower Risk of Complications:

The precision and minimally invasive nature of robotic unicondylar knee replacement contribute to a lower risk of complications. **Dr. Mudit Khanna** emphasizes that the reduced likelihood of complications, such as misalignment or instability, can lead to improved long-term outcomes and patient satisfaction.

Customized Rehabilitation:

With total knee replacement, rehabilitation may be more extensive and prolonged due to the involvement of multiple joint compartments. Robotic unicondylar knee replacement allows for a more targeted rehabilitation approach, tailored to the specific needs of the patient. **Dr. Khanna** notes that this customization can contribute to a smoother and more efficient recovery process.

Patient-Centric Decision-making:

Dr. Mudit Khanna advocates for a patient-centric approach to knee replacement decisions. By carefully assessing each patient's condition and lifestyle, he believes in tailoring the surgical plan to meet individual needs. Robotic unicondylar knee replacement offers a more nuanced solution, aligning with the philosophy of precision and personalization.

Conclusion:

Total knee replacement remains a valuable and effective solution for many individuals suffering from advanced arthritis. However, the evolving landscape of orthopedics, guided by experts like **Dr. Mudit Khanna**, encourages a more nuanced and individualized approach. Understanding that not everyone requires total knee replacement opens the door to a spectrum of options, from targeted replacements to joint preservation strategies, ensuring that orthopedic care aligns with the diverse needs of each patient. In embracing this personalized paradigm, the field moves toward a future where orthopedic interventions are as unique as the individuals they aim to help.

For Appointments: | For Emergency:
📞 022-6178 4444 | 📞 022-6178 4400



The 72nd Annual Conference

**THE INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH
MUMBAI BRANCH**

6th and 7th April, 2024

THEME

Occupational Health:
Challenges and Opportunities for all Stakeholders

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INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH

MISSION STATEMENT

*"To be Nodal Non Governmental
Organization committed to attain
highest standards of
Occupational Health in India by
enabling stakeholders, influencing
policy makers and creating Community
consciousness"*

**THE INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH
MUMBAI BRANCH**

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Dr. Joel Samuel

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Dr. Aditya Paliwal

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Dr. Amruta Desai
Jt. Finance Secretary



Dr. Bhavesh Arun Popat
(MD, FVIR)
Interventional Radiologist & Vascular Specialist.

Worked as Senior Faculty at:
**King Edward Memorial (KEM) Hospital &
Tata Memorial Cancer Hospital (Mumbai).**

He is a qualified interventional radiologist & a vascular specialist.

A pioneer in introducing standardized protocols in Indian interventional radiology, Dr. Popat leads the drive to spread vascular awareness among the medical fraternity and common people. His non-profit - Mumbai Vascular Foundation takes further his vision to not just pan-India but also global acclaim.

As a practitioner of evidence-based medicine & a firm believer in the patients right to information, Dr. Popat's clinical protocols adhere firmly with the best global practices and the patient is assisted throughout the process to make an informed decision.

Some of his other accolades:



Winner of Times Healthcare Leader Award (2020-2021)



Affiliated with American Society of Interventional Radiologists (ASIR)



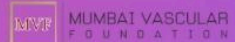
Member of Cardiovascular & Interventional Radiology Society of Europe



Member of Indian Society of Vascular & Interventional Radiology (SVIRI) MVF



Member of Asia Pacific Society of Cardiovascular & Interventional Radiology



Founder & Course Director Mumbai Vascular Foundation

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- VASCULAR & INTERVENTIONAL RADIOLOGY
- VARICOSE VEINS
- PERIPHERAL ARTERIAL DISEASE
- UTERINE FIBROIDS
- VARICOCELE
- DEEP VEIN THROMBOSIS
- AORTIC ANEURYSM
- LIVER TUMOR
- PROSTATIC ARTERY EMBOLISATION (PAE)
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Contact us:

 **B 1, Ground Floor, Manoj Cooperative Society, Appasaheb Marathe Marg, Dadar West, Prabhadevi, Mumbai, Maharashtra 400025**

 **091670 05511**

CHIEF GUEST



MR. MVN RAO

As the Head – Corporate Learning and Development, Larsen & Toubro Group of companies, he is leading the Global Learning, OD, Leadership Development, Technical, Engineering and Leadership Academies to deliver learning, Skilling, Upskilling, Leadership development and OD interventions to build a High performing and sustainable corporation.

After post-graduation in human resource management, from XLRI, Jamshedpur, MVN Rao, as CHRO has led the Global HR functions in leading organizations spanning Engineering, Projects , Manufacturing, Information Technology , Pharma and Hydrocarbon sectors for more than 3 decades with extensive experience in leading Global and multicultural teams, Top level hiring, organization development, change management, leadership development, executive coaching, industrial relations, alignment of HR to business and various other facets of people management.

MVN teaches at various management institutions, speaks in leadership programs (internal & external) and other forums like NASSCOM, CII, NHRD, NIPM, TEDx etc.

MVN has great interest in development of leadership, personal effectiveness, team building and organizational development. His interests lie in enhancing the capacity of performing managers / senior executives to become better and reach greater heights.

He has been designated as the coaching guide for CEO's pursuing coaching accreditation with CFI. He is also the President of CFI's Mumbai/Pune Chapter.

Message from National President



DR. (MAJOR) BISHWADEEP PAUL

National President, IAOH (2023-25)
Past President, IAOH Mumbai Branch (2021-23)

My compliments to IAOH Mumbai Branch led by President Dr Divyang Shah and Hon. Secretary Dr Aditya Paliwal for organising the 72nd Annual Conference on the 06th & 07th April 2024 at the A.M. Naik Tower, Larsen & Toubro Ltd, Mumbai.

IAOH is India's leading professional body actively propagating the discipline of Occupational and Environmental Health & recognized by the WHO. It was established in 1948 and is currently in its 75th year. As part of our mission, IAOH through its 23 affiliated branches having over 3000 members actively conducts training, research and awareness building by enabling stakeholders, influencing policy makers, and creating community consciousness. IAOH is affiliated to the International Commission on Occupational Health (ICOH) and publishes an internationally indexed IJOEM (Indian Journal of Occupational & Environmental Medicine).

As immediate past President of the IAOH Mumbai Branch, it gives me immense pleasure to see that this Association serves as a networking zone for many young OH professionals who imbibe valuable technical

and management skills from seniors and industry peers and utilize these learnings in their professional growth. Further, I can confidently say that the camaraderie shared by members of IAOH Mumbai Branch is something that only a handful of professional medical associations across the country can boast of.

The global industry has made considerable progress in making our world safe, healthy, and environmentally sustainable. However, much more needs to be done in this direction. Also, new challenges are emerging that need to be understood and dealt with in a holistic manner. Given this context, the theme of the Conference "Occupational Health: Challenges and Opportunities for all Stakeholders" is an apt one.

Through the pandemic period, we all have learnt and innovated while carrying out our roles in our workplaces. During the post Pandemic era, the three important elements that are very close to my heart are Competency, Collaboration & Commitment. While we all work together to uphold the cause of Occupational Health & Wellbeing in our organizations, it is extremely important to be COMPETENT & have the right skillsets for the role – be it in our workplaces or within such voluntary organizations as IAOH. This is also an age of COLLABORATION and working with internal and external stakeholders to achieve our common goals. And, without COMMITMENT, we would fail in anything that we strive to accomplish. Over the years I have realized that there is another 'C' that's very important at the end of the day – and that's CELEBRATION. After all the hard work we do and the results we get, it is important to celebrate the successes and learn from our failures.

I look forward to our young leaders from IAOH Mumbai team in contributing to the overall growth of Occupational Health & Wellbeing in the country, build valuable partnerships & camaraderie with IAOH colleagues from other branches and grow professionally. We have already entered an era of engagement and collaboration within India

and internationally, with various stakeholders - including academia, government, and hospitals – to further our vision and strengthen Occupational Health practice and research within India. I encourage dynamic members from Mumbai Branch to actively play a role at the Central level and be part of the team that ushers in ICOH-2027 in Mumbai, India.

Wishing you all a memorable 2 days at the Conference!

Thank you.

Dr. (Major) Bishwadeep Paul
President (2023-25)
Indian Association of Occupational Health
www.iaohindia.com

SPECIAL ACHIEVEMENTS (2023 - 2024)

Mumbai IAOH branch received the Best branch award for the year 2023-24 during the 74th National Conference held at Vadodara in January 2024.



The Sir Ardeshir Dalal Memorial (ADM) Oration was awarded to Dr. Divyang Shah presented during the 74th National Conference held at Vadodara in January 2024.

Dr. Divyang Shah



The Dr. Ramnik Parekh Oration was awarded to Dr. T. Rajgopal during the 74th National Conference held at Vadodara in January 2024.

Dr. T. Rajgopal



Dr. Nikunj Desai was awarded as the Best Resource Person during the 74th National Conference held at Vadodara in January 2024.

Dr. Nikunj Desai



Dr. S.Sivaramakrishnan was awarded Dr. PV Thacker Memorial Oration presented during the 74th National Conference of IAOH held at Vadodara in January 2024.

Dr. S.Sivaramakrishnan

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Dr. Joel Samuel
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Dr. Vinit Gaikwad
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Dr. Neetika Chauhan
Souvenir, IT &
Communications
Committee Chairperson

CONFERENCE ORGANISING COMMITTEE

Conference Chairperson - Dr. Divyang Shah

Conference Secretary - Dr. Aditya Paliwal

SCIENTIFIC COMMITTEE

Dr. Joel Samuel

Dr. Vini Nair

Dr. Aditya Paliwal

Dr. Sapna Singh Bagchi

Dr. Kanan Yadav

RESOURCE COMMITTEE

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Dr. Swapnali Yerunkar

LOGISTICS COMMITTEE

Dr. Naresh Jhamnani

SOUVENIR COMMITTEE

Dr. Neetika Chauhan

IT AND COMMUNICATIONS COMMITTEE

Dr. Neetika Chauhan

PRESIDENT'S MESSAGE

DR. DIVYANG SHAH

President,
IAOH Mumbai Branch (2023-24)



Dear Esteemed Members, Colleagues, and Friends,

It is with great pleasure and a sense of immense pride that I extend my warmest greetings to each and every one of you as we gather for the 72nd Annual Conference of the Indian Association of Occupational Health (IAOH) Mumbai Branch. This occasion marks not only a celebration of our collective achievements but also a moment of reflection and recommitment to our noble cause.

As we convene under the theme of '**Occupational Health: Challenges and Opportunities for all Stakeholders**', it is imperative that we acknowledge the multifaceted nature of our field. Occupational health transcends individual organizations or sectors; it encompasses the well-being of every individual engaged in productive activities, as well as the broader societal implications of workplace health and safety.

Reflecting on the journey of our branch in past one year fills me with a deep sense of satisfaction. Our endeavours have been marked by diligence, collaboration, and a relentless pursuit of excellence. Allow me to share some highlights of our activities during this period.

Our business activities have been robust, with the Branch Annual General Meeting held on April 29, 2023, marking the beginning of a new chapter. The election of new office bearers unopposed for a two-year tenure (2023-25) underscores the trust and confidence bestowed upon us by the members.

In the realm of conferences, collaborations, and Continuing Medical Education (CME) programs, we have reached significant milestones. The collaboration with The Scientific Committee on Epidemiology in Occupational Health (EPICOH) of ICOH for the international conference held between March 15 to 17, 2023, stands out as a landmark achievement. This successful endeavour not only elevated our branch's profile but also strengthened our ties with the global community of occupational health professionals.

Furthermore, our collaboration with the IAOH Centre and Pune branch to organize and celebrate the National Occupational Health Day on July 9, 2023, was a historic moment. It exemplified our commitment to raising awareness and promoting occupational health practices on a national scale.

Collaborations with IMA Chiplun and with medical colleges demonstrates our dedication to continuous learning and professional development. These initiatives have fostered a culture of meaningful partnership within and medical fraternity.

It was note surprising that with all these, we bagged the Best Branch Sheid for year 2023.

As I stand before you today, I am filled with optimism and resolve for the future of IAOH Mumbai. Our total strength of 370 members is a testament to our collective impact and potential for further growth and influence.

In conclusion, I extend my heartfelt appreciation to all members, office bearers, volunteers, and partners who have contributed to the success of our branch. Your unwavering support and dedication are the driving

force behind our accomplishments. Together, let us reaffirm our commitment to advancing occupational health and creating healthier, safer workplaces for all.

Thank you.

Warm regards,

Dr. Divyang Shah
President, IAOH Mumbai Branch

HON. SECRETARY'S REPORT

DR. ADITYA PALIWAL

Hon. Secretary
IAOH Mumbai Branch (2023-24)



On behalf of the Executive Committee of the Mumbai Branch of the Indian Association of Occupational Health (IAOH), it gives me great pleasure to extend a warm invitation to you all to join us for the 72nd Annual Conference of IAOH, Mumbai Branch.

I am honored to present the Secretary's Report on the activities of the Mumbai Branch of the Indian Association of Occupational Health over the past twelve months.

Below is the summary of IAOH Mumbai branch activities from 1st April 2023 to 31st March 2024.

Business Activities:

- Annual General Meeting of IAOH Mumbai Branch was held on 29th April 2023 at Jio World Convention Centre. New office bearers were elected unopposed for two years tenure (2023-25).
- Four Executive Committee Meetings (ECM) held during this period.

Members Strength:

- Sixteen new members joined IAOH Mumbai branch between April 2023 and March 2024 including 2 transferred in from other branches.
- Total strength of IAOH Mumbai is 378.

1. Scientific Activities

CMEs:

1. A CME on 'Occupational Health & Wellbeing of Workforce' was organized for IAOH Mumbai Branch members on 29th April 2023 at 17:30 hrs at Jio World Convention Centre, Mumbai. Over 80 members attended the CME.

Following eminent speakers shared their expertise during the CME.

- Dr Divyang Shah, Head Medical Welfare & Community Health Services, Larsen & Toubro - Wellness Monitoring at Workplace
 - Dr Joy D Desai, Director & Head, Department of Neurology, The Jaslok Hospital & Research Centre - Sleep, Health & Wellbeing at Work
 - Dr. Mangal Parihar, Consultant Orthopedic Surgeon & Director, Mangal Anand Hospital
 - Hon. Associate Professor Grant Medical College & Sir JJ Group of Hospitals - Osteoarthritis Knee : Is TKR the only answer?
 - Dr. Jayanti Mani, Consultant Neurologist & Epileptologist, Head of the Epilepsy program, Kokilaben Dhirubhai Ambani Hospital - Epilepsy Management & Seizure First Aid.
2. IAOH Mumbai Branch in collaboration with SAMMAN Association (Indian Epilepsy Association, Mumbai Chapter) organized a Webinar on 1st July 2023. The Topic was "Seizures and Epilepsy at workplace"

Insights and discussions was happened with main focus on making workplace seizures safe and Epilepsy friendly, Seizure First Aid and Empathy for persons with epilepsy the webinar was attended by more than 100 participants.

3. A CME was organized on 26th sept 2023 Covering Topic on Occupational Heart Diseases and Chronic Kidney Diseases Grand at Hotel Chembur. It was attended by 22 members.
4. IAOH and Narayana SRCC Hospital Mumbai organized a CME on 16th Dec. An Interactive session was organized on Early Epilepsy management and Screening Discussions on scope of Occupational Hazards Management among Medical professionals and Scope of Laparoscopic pediatric surgery in Indian population.

2. Occupational Health Day Celebrations on theme

IAOH Mumbai and Pune Branch successfully hosted an OUTBOUND CME and celebrated National Occupational Health Day 2023 on the theme '**Multistakeholder collaboration- Key to the advancement of Occupational Health**' on 09 July 2023 at the Larsen & Toubro Leadership Development Academy (LDA), Lonavla.

- The Scientific feast featured a remarkable lineup of speakers dedicated to advancing the realm of occupational health in India. Among the distinguished guests were Dr. SS Waghe from DGFASLI, Dr. Anurag Agrawal representing Ashoka University, Prof. (Dr.) Santosh Noronha from IIT Bombay, Dr. Arun Kale from Tata Motors, and Dr. Kishor G. Parikh, serving as the Honorary General Secretary of IAOH, among others.
- Discussions covered a wide range of topics, addressing challenges, innovations, and best practices in the field.

- The seminar drew a substantial audience, with more than 60 delegates in attendance. Notably, the IMA National President and the IMA State President of Maharashtra also shared their perspectives, emphasizing the collaborative efforts between IAOH and IMA to elevate the standards of occupational health education and practice. Their contributions underscored the importance of partnership and knowledge exchange in advancing the field to benefit OH professionals.
- Delegates attending the Convention are awarded 3 Credit Hours by the Maharashtra Medical Council.

3. BOHS activities at branch level

An orientation & sensitization on Basic Occupational Health for IMA Chiplun branch was organized on Saturday, 22 June 2023 in collaboration with IAOH, IMA Chiplun and IMA Maharashtra. The theme for the CME was ***Multistakeholder Collaboration: Key to the advancement of Occupational Health***. One CME point was granted to all doctors. The CME was attended by approx. 170 stalwarts from various strata of society such as doctors, safety professionals and HR who has a direct or indirect effect on the Occupational Health and Safety of the employees. The chief guest of the event was Dr Ravindra Kute — President IMA Maharashtra. Other invitees were Mr Pradeep Bhintade(Dy Director DISH), Dr Prashant Patwardhan (President Ratnagiri Chamber of Commerce Mr. Raj Ambare (President Lote Industries), and Mr. Hemant Dange (President- LPMARG).

- 1.** A seminar for post graduate students of Community Medicine of Medical Colleges in and around Mumbai was organized on 7th October 2023 at Grant Government medical College and Sir JJ Group of Hospitals, Mumbai. Approximately 80 PG students and faculties were informed on the ***"Occupational Health: Approach and Opportunities"***.

Following topics were discussed in this ½ day workshop.

1. Approach to Occupational Health in Industrial Setup:
 - Industrial Hygiene – Dr. Nikunj Desai
 - Biological Monitoring – Dr. Ashish Mishra
2. Holistic Health at Workplace – Dr. Vandana Shinde
3. Opportunities in Occupational Health – Dr. Divyang Shah

Dr. SM Shanbhag and Dr.T.Rajgopal also shared their journey and experiences in their motivational talk. A round table was held with senior faculties of PSM departments and IAOH office bearers to take this initiative forward.

National President Dr.Bishwadeep Paul and branch vice president Dr. Joel Samuel were also present in this workshop.

- IAOH, Mumbai Branch in collaboration with the Department of Prevention & Social Medicine, Hinduhradaysamrat Babasaheb Thackeray Medical College and Dr. R. N. Cooper Municipal General Hospital has organized a 3-day Training Program on 'NTEP Workshop for Medical Officers' from 14 to 16th March 2024.
- The Mumbai branch of the Indian Association of Occupational Health (IAOH) was notably engaged in the MHIAPSMIPHACON 2024 event held on 5th and 6th January 2024. Distinguished experts, including Dr. Vandana Shinde, Dr. Ashish Mishra, and Dr. R. Rajesh, served as panelists, contributing insights and expertise on the crucial topic of occupational health. During the conference, the branch established a scientific stall, which garnered significant attention from attendees. More than 50 delegates visited the stall, showing keen interest in learning about the OH initiatives and benefits of becoming IAOH members. This active participation not only showcased the branch's commitment to advancing occupational health awareness but also served as a platform for networking and fostering collaboration within the field.

- On January 18, 2024, a field visit was organized at L & T for 46 postgraduate students from GMC Mumbai as part of their orientation in the field of Occupational Health. This visit aimed to provide them with practical insights into workplace occupational safety and environmental culture, offering a valuable learning opportunity for the participants.

4. Compliance of the branch to various statutory requirements

100 % Compliance of all statutory requirements- Documents Submitted on stipulated Time Frame conducting Annual General Body meeting etc.

- 71st Annual General Meeting of IAOH Mumbai Branch was held on 29th April 2023 at Jio World Convention Centre at 19:30 hrs. Mumbai Branch members attended in good numbers and deliberated on the agenda. E- Souvenir was released during the event. New Office bearers were announced for the term 2023-25. Meeting ended with vote of thanks to the chair. AGM was followed by dinner.
- The 5th Executive Committee Meeting (ECM) of 2022-23 of the Indian Association of Occupational Health, Mumbai Branch was held on virtual platform on Saturday, 15th April 2023 at 19.00hrs.
- The 1st ECM for 2023-24 was held at L&T Leadership Development Academy, Lonavla on Saturday, 8th July 2023 at 3 pm.
- 2nd ECM was organized on 26th Sept 2023 at Grand Hotel Chembur.
- 3rd ECM was organized on 24th Jan2024 at Chembur Gymkhana club
- 4th ECM was organized on 26th Feb Monday by virtual mode.
- Audited IT return has been filed within the stipulated time to the authorities.

5. Timely submission of reports to IAOH central office bearers and inputs for OSHEN newsletter.

The required reports were submitted within the stipulated timeline to the central office. Inputs for OSHEN was submitted to the editor Dr. Rajiv Kumar Jain.

6. Any special program / achievements

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.

Achievements of Mumbai Branch 2023-24

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.

- Mumbai IAOH branch received the Best branch award for the year 2023-24 during the 74th National Conference held at Vadodara in January 2024.
- The Sir Ardeshir Dalal Memorial (ADM) Oration was awarded to Dr. Divyang Shah presented during the 74th National Conference held at Vadodara in January 2024.
- The Dr. Ramnik Parekh Oration was awarded to Dr. T. Rajgopal during the 74th National Conference held at Vadodara in January 2024.
- Dr. Nikunj Desai was awarded as the Best Resource Person during the 74th National Conference held at Vadodara in January 2024.
- Dr. S. Sivaramakrishnan was awarded Dr. PV Thacker Memorial Oration presented during the 74th National Conference of IAOH held at Vadodara in January 2024

- IAOH Mumbai branch is managing the funds and activities of Dr JC Kothari Endowment. One of the major activities of the endowment is –*Dr.JCK Scholarship for Scientific Presentation in International Conference*. Occupational Health professional/s whose Scientific Paper has been accepted for reading a Scientific Paper or Poster Presentation in an International Occupational Health Conference, preferably in triennial congresses of International Commission on Occupational Health (ICOH). We are happy to share that trustee of Dr J.C Kothari Endowment has finalized Dr Merlyn Joseph from IAOH Karnataka branch for the financial assistance Rs 50000 which will be disbursed during inaugural ceremony of 72 annual conference of IAOH Mumbai branch being held on 6th April.

7. Conclusion

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.

I thank our President, Dr. Divyang Shah, for his unwavering patience, support, guidance, and confidence. I am grateful to Dr. Bishwadeep Paul for his invaluable advice stemming from his wealth of experience.

Dr. Neetika Chauhan deserves recognition for her consistent support and dedication.

I thank Dr. Vinit Gaikwad, and Naresh Jhamnani, has maintained financial stability despite the challenges posed by the new GST Era, while also ensuring the success of our scientific endeavors.

Dr. Ashish Mishra's passion for innovative OH initiatives has been instrumental, and his guidance has been crucial in meeting statutory compliances and handling legal and banking matters.

Dr. Joel and Dr. Nikunj Desai's contributions to our scientific activities are deeply appreciated.

I thank the Site Management of RIL PMD and Dr R Rajesh, Group Head, RIL Medical Services for their unstinted support extended to myself while fulfilling commitments towards IAOH branch activities

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.

Dr. Aditya Paliwal
Hon. Secretary
IAOH – Mumbai Branch



Established in 2009, **Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Mumbai**, a 750-bed hospital, is one of India's most advanced quaternary care institutions. With the world's best technology and treatment protocols, it has emerged as a trendsetting and comprehensive healthcare facility, accessible and affordable to all.

The hospital has the four most coveted accreditations:

- JCI (Joint Commission International, USA)
- NABH (National Accreditation Board for Healthcare, India)
- CAP (College of American Pathologists, USA)
- NABL (National Accreditation Board for Laboratories, India).

Kokilaben Dhirubhai Ambani Hospital has been ranked the No. 1 Multispecialty hospital in Mumbai and the Western Region for seven years in a row by leading magazine *The Week* since 2016 and the Best Multispecialty Hospital- National by *The Economic Times*, India's premier financial daily.

The hospital has 15 centres of excellence, 27 specialty departments and 25 super specialist clinics supported by cutting-edge technology, such as

- EDGE for Stereotactic Radiation Surgery
- Spine Suite with O Arm for Spine Surgery
- Digital PET CT, the latest in Cancer Diagnostics
- Arneo Spring and Lokomat for Neuro Rehab
- Da Vinci Robot for Surgery
- Total Automatic Diagnostic Lab
- State-of-the art Cath Lab including the first Biplane Lab of the region.

It has the finest medical professionals drawn from across the globe, available around the clock owing to a full-time specialist system that helps better outcomes and empowers patient-centric care. What's more, the hospital has systematically bridged many gaps in the healthcare fabric in the region. Its pioneering efforts include:

- A comprehensive centre for liver, kidney, heart and bone marrow transplant
- The first integrated centre for children's cardiac care in Western India.
- Its robotic surgery programme
- The centres for rehabilitation and sports medicine
- The most comprehensive and integrated cancer care centre.

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Indian Association of Occupational Health MUMBAI BRANCH

Registered as a Public Trust with Charity Commissioner Reg. No E-1134
GSTIN:27AAAT11275M1ZF

Registered Address:

Shop No 4, Krishna Kamal Apartments,
Mithagar Road, Mulund East,
Mumbai- 400081
Website: www.iaohmumbai.org
E-mail: iaohmumbai@gmail.com

Secretariat:

Dr. Aditya Paliwal
B-4, Reliance Industries Limited, Patalganga,
MIDC, Opp Bombay Dyeing Gate,
Tal- Khalapur, Dist- Raigad, 410220.
Phone: (M) +91 9998215116

President

Dr. Divyang Shah

Vice Presidents

Dr. Joel Samuel
Dr. Nikunj Desai

Hon. Secretary

Dr. Aditya Paliwal

Hon. Jt. Secretary

Dr. Shelly Sagar

Hon. Finance Secretary

Dr. Vinit Gaikwad

Hon.Jt. Finance Secretary

Dr. Amruta Desai

Committee Members

Dr Anand More
Dr. Jeevan Waghmare
Dr. Kanan Yadav
Dr Mukesh Khanna
Dr. Neetika Chauhan
Dr. Naresh Jhamnani
Dr. Rakesh Matekar
Dr. Rishikesh Naik
Dr. Sachin Kawale
Dr. Sapna Bagchi
Dr. Swapnali Yerunkar
Dr. Vidya Kiran Bhat
Dr. Vini Nair

Ex-officio Past President

Dr. (Maj) Bishwadeep Paul

Advisory Board

Dr. Ajay Sati
Dr. Ashish Mishra
Dr. Chaitanya Gulvady
Dr. D.V. Lele
Dr. Dharmesh Parekh
Dr. Hemant Haldavnekar
Dr. Hiren Desai
Dr. Ramnik H. Parekh
Dr. S.M. Sapatnekar
Dr. S.M. Shanbhag
Dr. S.R. Pingle
Dr. S. Sivaramkrishnan
Dr. S. V. Datar
Dr. T. Rajgopal
Dr. Vandana Shinde

AGM NOTICE

06 March 2024

To:

**All Members,
Indian Association of Occupational Health, Mumbai Branch**

Please be informed that **72nd Annual General Meeting (AGM)** of the Indian Association of Occupational Health, Mumbai Branch for the year 2023-24 has been scheduled as follows:

Date: Saturday, 6 April 2024

Time: 17:30 PM

Venue: Larsen and Toubro Ltd, AM Naik Tower, JVLR, Powai, Mumbai - 400 072

Agenda:

1. To confirm the Minutes of the 71st Annual General Meeting of IA OH, Mumbai Branch for the year 2022-23 held on April 29, 2023, at The Jio World Convention Centre, Bandra Kurla Complex, Mumbai 400098.
2. To adopt the Annual Report presented by the Honorary Secretary.
3. To adopt the Audited Statement of Accounts for the fiscal year.
4. To appoint Certified Auditors for the ensuing year and to determine their remuneration.
5. To consider any other business, notice of which has been submitted by any member to the Hon. Secretary at least seven days prior to the AGM.
6. To discuss any other matters with permission of the Chair.

Your presence and active participation in the meeting are highly encouraged.

Regards

Dr. Aditya Paliwal
Hon. Secretary
IAOH Mumbai Branch



Indian Association of Occupational Health MUMBAI BRANCH

Registered as a Public Trust with Charity Commissioner Reg. No E-1134
GSTIN : 27AAATI1275M1ZF

Registered Address:

Shop No 4, Krishna Kamal Apartments,
Mithagar Road, Mulund East,
Mumbai - 400081
Website: www.iaohmumbai.org
E-mail: iaohmumbai@gmail.com

Secretariat:

Dr. Neetika Chauhan
A-903, Krishna Towers, Ashoknagar,
Atmaram Sawant Marg,
Kandivali East, Mumbai - 400101
Phone: +91 9324303855

President

Dr. (Maj) Bishwadeep Paul

Vice Presidents

Dr. Divyang Shah
Dr. Joel Samuel

Hon. Secretary

Dr. Neetika Chauhan

Hon. Jt. Secretary

Dr. Fahad Qureshi

Hon. Treasurer

Dr. Naresh Jhamnani

Hon. Jt. Treasurer

Dr. Vinit Gaikwad

Committee Members

Dr. Aditya Paliwal
Dr. Ajay Sati
Dr. Amruta Desai
Dr. Jeevan Waghmare
Dr. Kanan Yadav
Dr. Nikunj Desai
Dr. Rakesh Matekar
Dr. Rishikesh Naik
Dr. Sachin Kawale
Dr. Shekhar Galinde
Dr. Shelly Sagar
Dr. Swapnali Yerunkar
Dr. Vidya Kiran Bhat

Ex-officio Past President

Dr. Ashish Mishra

Advisory Board

Dr. Ajay Deshpande
Dr. Chaitanya Gulvady
Dr. D.T. Jadhav
Dr. D.V. Lele
Dr. Dharmesh Parekh
Dr. Hemant Haldavnekar
Dr. Hiren Desai
Dr. N.J. Palan
Dr. Ramnik H. Parekh
Dr. S.M. Sapatnekar
Dr. S.M. Shanbhag
Dr. S.R. Pingle
Dr. S. Sivaramakrishnan
Dr. S. V. Datar
Dr. T. Rajgopal
Dr. Vandana Shinde

MINUTES OF 71st ANNUAL GENERAL BODY MEETING OF IAOH MUMBAI BRANCH 2023

The 71st Annual General Body Meeting of the Indian Association of Occupational Health Mumbai Branch was held on Saturday, 29th April 2023 at The Jio World Convention Centre, G Block, Bandra Kurla Complex, Mumbai 400098 at 19.30 hrs.

The Following Members attended the meeting:

Dr. Bishwadeep Paul, Dr. Neetika Chauhan, Dr. Divyang Shah, Dr. Joel Samuel, Dr. Naresh Jhamnani, Dr. T. Rajgopal, Dr. Shyam Pingle, Dr. Chaitanya Gulvady, Dr. S. Sivaramakrishnan, Dr. Vinit Gaikwad, Dr. Hemant Haldavnekar, Dr. Shekhar Galinde, Dr. Hiren Desai, Dr. SM Sapatnekar, Dr. Ashish Mishra, Dr. Dharmesh Parekh, Dr. Fahad Qureshi, Dr. Rakesh Matekar, Dr. Aditya Paliwal, Dr. Jeevan Waghmare, Dr. Sachin Kawale, Dr. D V Lele, Dr. Swapnali Yerunkar, Dr. Harshad P. Thakur, Dr. Hemant Kshirsagar, Dr. Shishir Rode, Dr. Aparna Bole, Dr. Narendra Kumar Depal, Dr. Neela Haldavnekar, Dr. Sujit Bhagat, Dr. Manoj Dabholkar, Dr. Indrashree Dusane, Dr. Premraj Battalwar, Dr. Neelam More, Dr. Anand More, Dr. Sapna Singh Bagchi, Dr. Rajesh Sheth, Dr. Vishnumohan J, and Dr. Amit Rathod.

President of IAOH Mumbai Branch, Dr. Bishwadeep Paul welcomed all members and invited Hon Secretary Dr. Neetika Chauhan to begin the proceedings.

Dr. Neetika Chauhan, Hon Secretary welcomed all members to the AGM.

She requested all the members present to observe two minutes of silence to pay respect to the IAOH Mumbai Branch members who left for heavenly abode during the last year:

- Dr Ashok Mahashur
- Dr NU Gulvady
- Dr Asha Jagtap

1. The minutes of the 70th Annual General Meeting of IAOH, Mumbai Branch for the year 2021-22, held on 09th April 2022 at The Jio World Convention Centre, G Block, Bandra Kurla Complex, Mumbai 400098 at 17.45 hrs. were shared with IAOH Mumbai Branch members. The minutes were proposed as passed by Dr. Shyam Pingle and seconded by Dr. Chaitanya Gulvady.

2. Dr. Naresh Jhamnani, Hon. Treasurer appraised the ECM on the financial status and developments.

- a. Dr. Naresh informed the AGM that we were successful in changing the IAOH Branch name on Pan Card, GST Certificate and Standard Chartered bank account from 'Bombay' to 'Mumbai' during the last year.
- b. He also informed that 3 dormant accounts viz. One Standard Chartered and two in Union Bank of India were closed in the last month.

- c. He briefed the AGM on the details of various allocated funds under IAOH. He then informed the AGM that there is no documentation on the Dr K M Bhansali Memorial Oration fund in the book of accounts. Dr. Ashish Mishra & Dr. S M Sapatnekar suggested that it be formally closed, and resolution be proposed and passed in AGM itself. Resolution to discontinue Dr K M Bhansali Memorial Oration was proposed by Dr. Hiren Desai and seconded by Dr. Ashish Mishra.
- d. Dr. T Rajgopal proposed that guidelines be prepared for new Orations with a tenure of 10 years and donation fund amount of INR 10 lakhs in line with the IAOH Centre. This was accepted unanimously by the AGM.

The Advisory members appreciated Dr. Naresh Jhamnani's efforts in streamlining the processes, meticulous documentation, and resolution of pending issues during his tenure.

3. Dr. Neetika informed the AGM that Annual report of Hon. Secretary was shared with ECM during the 5th Executive Committee Meeting held on Zoom platform on 15th April 2023 at 19.00 hrs. and has been included in the e souvenir which is now available on IAOH Mumbai Website (www.iaohmumbai.org)
4. Dr. Neetika requested Dr. Ashish Mishra, Organizing Secretary for the 29th International Symposium on Epidemiology in Occupational Health incorporating the 71st Annual Conference of IAOH Mumbai Branch (www.epicoh2023.in) to appraise the AGM on the above said event. Dr. Ashish gave a brief on the hybrid event which was saw an overwhelming response from the over 250 delegates including international delegates from over 39 countries across the world. He appreciated efforts taken by the Scientific Committee Secretary Dr. Bishwadeep Paul and other Committees for putting in relentless hard work in making the event a success.
5. Dr. Naresh Jhamnani informed the AGM that the current Auditors are good as far as the work is concerned. Also, that they are responsible and diligent in their work. Yearly remuneration of these auditors is INR One Lakh with 5-7% yearly increment. He suggested that same auditors can continue to provide service to IAOH Mumbai Branch.
6. Dr. Neetika appraised the AGM that all 5 Central Council members from IAOH Mumbai Branch have been elected as prestigious Office Bearers in IAOH National Body for the term 2023-25:
 - Dr Bishwadeep Paul – President
 - Dr Ashish Mishra – Vice President
 - Dr Dharmesh Parekh – Hon. Joint Secretary
 - Dr Nikunj Desai – Hon. Treasurer
 - Dr Vandana Shinde – Journal Secretary
7. Dr Bishwadeep Paul informed the AGM that nominations for various executive posts for IAOH Mumbai Branch for the term 2023-25 were received on time. Elections were not required as there were no excess of nominations against any post. He welcomed the new Office Bearers as under:

• President	Dr. Divyang Shah
• Vice Presidents	Dr. Joel Samuel & Dr. Nikunj Desai
• Hon. Secretary	Dr. Aditya Paliwal
• Hon. Jt. Secretary	Dr. Shelly Sagar
• Hon. Treasurer	Dr. Vinit Gaikwad
• Hon. Jt. Treasurer	Dr. Amruta Desai

8. Resolutions passed in the AGM
- a. Dr. Bishwadeep Paul informed the AGM that a resolution on Trustees needs to be approved by the AGM. He proposed that seven members viz. President, two Vice Presidents, Hon Secretary, Hon Jt. Secretary, Hon Treasurer, and Immediate Past President can serve as trustees for a tenure of two years. The resolution was passed in the AGM.
 - b. Title of 'Hon Treasurer' will be changed to 'Finance Secretary' w.e.f. 30th April 2023.
 - c. It was resolved that the Electronic voting system instead of manual voting will be used for IAOH Mumbai Branch elections.
 - d. It was resolved to discontinue the Dr KM Bhansali Memorial Oration from the next year. Proposals for new Orations can be invited in line with that of IAOH National body – fixed term Orations of 10 years and a donation fund amount of INR 10 lakhs.
9. Dr. Shyam Pingle, Dr S.M. Shanbhag and all Advisory Board members appreciated and congratulated Dr. Bishwadeep Paul, President, Dr. Neetika Chauhan, Hon Secretary IAOH Mumbai Branch and the entire team of Office Bearers for the excellent work done during their two-year tenure.

The outgoing President Dr Bishwadeep Paul and the incoming President Dr Divyang Shah addressed the AGM and expressed their gratitude.

The meeting ended with a vote of thanks to the chair.



Dr. Neetika Chauhan
Hon. Secretary
IAOH, Mumbai Branch

**FROM THE DESK OF THE CHAIRMAN,
SCIENTIFIC COMMITTEE**



**Dr Joel A Samuel
Scientific Committee Chairman**

At the onset of the 72nd Annual Conference of the Indian Association of Occupational Health, Mumbai Branch, as members of the committee we are delighted and privileged to arrange this Scientific Program.

The Scientific Program is a culmination of much thought and care, so as to meet the aspirations and expectations of all Occupational Health professionals.

The world has undergone a shifting change after the recent Pandemic. While the enormous task of management and containment of the Pandemic is now behind us, the shift in approach towards health at work post the Pandemic does present a unique set of challenges and opportunities for all stakeholders.

Through the scientific program of this conference, we hope to equip all stake holders with a holistic awareness of Occupational Health, updates in key areas and sharing of Industry best practices as we navigate the path ahead and convert challenges into opportunities in every area of Occupational Health.

Along with core Occupational Health issues, we are happy to provide an insightful perspective into the areas of Occupational Health Nursing, Occupational Safety and Human Resource through the Conference Theme Symposium.

We are pleased to be able to address from the Occupational Health perspective diverse topics ranging from Infectious disease control, Lifestyle Diseases to Inclusiveness of Diversity at the workplace. It is also encouraging to note that Clinicians are now even more aware of the Occupational Health perspective of Workers in the Industry and this is factored into not only curative but also preventive management.

We are also happy to have received a variety of Scientific research papers to be presented at the Conference. The researchers include Occupational Health Physicians and Professionals from the Industry and also Post graduate students from various Medical Colleges. The papers address various Occupational Health aspects in diverse occupations and are sure to bring about a science-based change in day to day practice of Occupational Health in society.

The emphasis on Preventive Health measures and vaccination are also showcased at Stalls put up at the conference.

I thank members of the Scientific Committee Dr. Vini Nair, Dr. Aditya Paliwal, Dr. Sapna Singh Bagchi and Dr. Kanan Yadav for their tireless effort towards arranging the Scientific Program. I thank Dr. Neetika Chauhan for her insights and ready support. I also express my gratefulness to members of the Executive committee and Advisory board for their support and goodwill.

We wish you have an enriching, versatile, in-depth and enjoyable scientific learning experience at the Conference.

Dr Joel A Samuel
Chairman
Scientific Committee

SCIENTIFIC COMMITTEE MEMBERS



Dr. Vini Nair
Co-chair



Dr. Aditya Paliwal
Co-chair



**Dr. Sapna Singh
Bagchi**
Co-chair



Dr. Kanan Yadav
Co-chair

FROM THE DESK OF THE CHAIRMAN, SOUVENIR COMMITTEE



Dr. Neetika Chauhan
Souvenir Committee Chairman

Respected seniors, colleagues, and friends,

I am honoured to present to you, the Souvenir for 72nd Annual Conference of the IAOH - Mumbai Branch held on 6th & 7th April 2024 at A M Naik Tower, Larsen & Toubro Limited, Powai, Mumbai.

I believe that a Souvenir is a creative opportunity to reinforce the organization's mission and make the enormous efforts put in to the work memorable.

The Souvenir highlights various initiatives and pursuits of the association, special achievements of its members as well as a glance of the Annual Conference's proceedings. It also serves as a chronicle of the association's glorious and impactful years of existence.

I thank the Scientific Committee led by Dr. Joel Samuel for their efforts to provide structured information on scientific content of the conference within a short time frame. I would also like to acknowledge Dr. Sapna Bagchi's immense contribution in arranging content for the Souvenir.

I also thank Dr. Divyang Shah, President IAOH Mumbai branch and Dr. Aditya Paliwal, Hon. Secretary IAOH Mumbai, for their valuable inputs and resourceful help. I am thankful to the Executive Committee of IAOH Mumbai branch for giving me this opportunity.

I thank all the companies, organizations and institutions who have provided Scientific Education grants towards the Conference and helped us put together the Souvenir.

I appreciate the professional efforts put in by Mr. Tushar Dhamecha and his team at Webdroid and thank them for accommodating our requests and making desired amendments in the Souvenir.

Hope you have an enjoyable conference experience.

Dr. Neetika Chauhan
Chairman
Souvenir Committee

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Program Details – Inaugural Ceremony

Saturday, 6th April 2024

08.00 a.m. to 09.00 a.m.	Registration & Breakfast
09.00 a.m. to 10.00 a.m.	Inaugural Ceremony
Welcome Address	Dr. Amruta Desai
Safety Induction	L&T AV
Ganesh Stuti & Lamp Lighting	
Presidential Address	Dr. Divyang Shah
Hon. Secretary's Report	Dr. Aditya Paliwal
Presentation of Awards	
Releasing of e-souvenir	Dr. Neetika Chauhan
Address By National President	Dr. (Maj.) Bishwadeep Paul
Address by Chief Guest	Mr. MVN Rao
Vote of Thanks	Dr. Nikunj Desai
National Anthem	

Program Details

Saturday, 6th April 2024

Officers of the Day	
Dr. Amruta Desai and Dr. Vidya Kiran Bhat	
Time	Program
08.00 a.m. to 09.00 a.m.	Registration & Breakfast
09.00 a.m. to 10.00 a.m.	Inaugural Ceremony
10.00 a.m. to 10.40 a.m.	<p>Dr. K. M. Bhansali Memorial Oration -</p> <p>Speaker: Dr. Tanu Singhal</p> <p>Topic – Relevance of Infectious Diseases in Workplace Settings</p> <p>Chairperson – Dr. Divyang Shah</p>
10.45 a.m. to 10.55 a.m.	Tea
11.00 a.m. to 11.55 a.m.	<p>Scientific Session I (Principal Scientific Education Grant by Gleneagles Hospital, Mumbai)</p> <p>Speaker: Dr. Meghraj Ingle</p> <p>Topic: Desk to Distress - How your occupation is affecting your gut health</p> <p>Speaker: Dr. Sameer Pagad</p> <p>Topic: Impossible is nothing</p> <p>Chairperson: Dr. S M Shanbhag</p>

12:00 Noon to 1.00 p.m.	<p>THEME SYMPOSIUM</p> <p>Moderator: Dr. Ashish Mishra</p> <p>Panelists:</p> <p>Dr. Rishikesh Naik- Industrial Hygiene Perspective</p> <p>Mr. Sudheer P V - Occupational Safety Perspective</p> <p>Ms. Sonal Vinnarkar - Occupational Health Nursing Perspective</p>
01.00 p.m. to 01.55 p.m.	<p>Lunch</p>
02.00 p.m. to 02.35 p.m.	<p>Scientific Session II</p> <p>(Scientific Education Grant by KDAH)</p> <p>Speaker: Dr. Tushar Jadhav</p> <p>Topic: Breast Cancer Surgery - Evolution or Revolution</p> <p>Chairperson: Dr. Hitesh Shingala</p>
02.40 p.m. to 03.15 p.m.	<p>Scientific Session III</p> <p>Speaker: Dr. Shyam Varma (Scientific Education Grant by KDAH)</p> <p>Topic: How Occupational Hazards Impact Lower Urinary Tract Symptoms:</p> <p>Insights and Treatment Strategies for Healthcare Professionals</p> <p>Chairperson: Dr. Nikunj Desai</p>
03.15 p.m. to 03.35 p.m.	<p>Tea</p>

03.40 p.m. to 04.15 p.m.	Scientific Session IV Speaker: Dr. Brajesh Kanwar (Co-Principal Scientific Education Grant by Apollo Hospital Navi Mumbai) Topic: Effective management of Cardiac Emergencies in Occupational Health Facilities Chairperson: - Dr. Joel Samuel
04.20pm to 05.25 pm	Scientific Papers I
05.30 p.m.	AGM
07.30 p.m.	Networking and Fellowship Dinner

Program Details

Sunday, 7th April 2024

Officers of the Day – Dr. Swapnali Yerunkar, Dr. J S Waghmare

Time	Program
08.00 a.m.	Breakfast
09.00 a.m. to 09.55 a.m.	Scientific Papers II
10.00 a.m. to 10.40 a.m.	<p>WorkSafe India Oration</p> <p>Speaker: Dr. Vandana Shinde</p> <p>Topic: - Diversity & Inclusion at Workplace</p> <p>Chairperson: Dr. Bishwadeep Paul</p>
10.45 a.m. to 11.20 a.m.	<p>Scientific Session V (Co- Principal Scientific Education Grant Wockhardt Hospital Mumbai Central)</p> <p>Speaker: Dr. Parag Rindani</p> <p>Topic: - Healthcare – Occupational Hazards.</p> <p>Chairperson: Dr. Shyam Pingle</p>
11.25 a.m. to 11.35 a.m.	Tea
11.40 a.m. to 12.15 p.m.	<p>Scientific Session VI</p> <p>Speaker: Dr. Ankur Phatarpekar</p> <p>Topic: – Hypertension: How to measure in 2024 & Recent advances in Structural Cardiac Interventions</p> <p>Chairperson: Dr. Neetika Chauhan</p>

12.20 p.m. to 12.55 p.m.	Scientific Session VII Speaker: Dr. Bhavesh Popat Topic: Varicose vein issues & new treatment options Chairperson: Dr. Rakesh Matekar
01.00 pm. to 01.30 p.m.	Concluding Ceremony & Valedictory function
01.30 p.m. to 02.30 p.m.	Lunch

**Dr Aditya Paliwal – Quiz master for all Scientific sessions*

Details of Scientific Paper Presentations

Saturday, 6th April 2024

SCIENTIFIC PAPERS I	
Time	Program
4:20 p.m. to 4:30 p.m.	<p>Speaker: Dr. Rashmi Katta</p> <p>Topic: Implementing a Diabetes Management Program in Corporate Settings</p>
4:30 p.m. to 4:40 p.m.	<p>Speaker: Dr. Chinnu Sara Varughese</p> <p>Topic: Occupational health hazards and morbidities among bank employees in a metropolitan city, with special reference to hypertension</p>
4:40 p.m. to 4:50 p.m.	<p>Speaker: Dr. J S Waghmare</p> <p>Topic: A Structured Approach towards Occupational Health Surveillance - A Case Study of Refinery in Oil Exploration and Production Industry</p>
4:50 p.m. to 5:00 p.m.	<p>Speaker: Dr. Mayur Wakode</p> <p>Topic: Assessing Stress Factors Among Nurses in a Metropolitan Tertiary Hospital</p>
5:00 p.m. to 5:10 p.m.	<p>Speaker: Dr. Nikhil Thorat</p> <p>Topic: A study to evaluate the pattern of non-communicable diseases among street sweepers in a metropolitan city.</p>

Details of Scientific Paper Presentations

Sunday, 7th April 2024

SCIENTIFIC PAPERS II	
Time	Program
9:00 a.m. to 9:10 a.m.	Speaker: Dr. Parna Bardoloi Topic: Transformative Impact: A Retrospective Analysis of Healthcare Facilities' Role in Achieving Zero HIV Positive Babies Among Mothers Living with HIV
9:10 a.m. to 9:20 a.m.	Speaker: Dr. Arkadeep Mondal Topic: Profile of needle stick injuries among health care workers in BJMC and Civil Hospital, Ahmedabad-A cross-sectional study
9:20 a.m. to 9:30 a.m.	Speaker: Dr. Malarkodi Mohanraj Topic: A study on morbidity pattern among school bus drivers and helpers of western India: A cross-sectional study
9:30 a.m. to 9:40 a.m.	Speaker: Dr. Sachin Bhandare Topic: Occupational Health Physician's Crucial Role in Early Detection of Rare Autoimmune Diseases and Multidisciplinary Care for Optimal Outcomes
9:40 a.m. to 9:50 a.m.	Speaker: Dr. Shilpak Sarode Topic: Significance of Pre-Employment Medical Check-Up in Corporate Offices

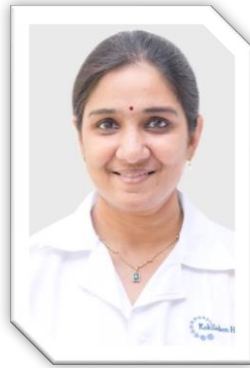


DR. K. M. BHANSALI

(1914 - 1972)

Dr. K. M. Bhansali Memorial Oration was instituted by the Indian Association of Occupational Health, Bombay Branch during its Silver Jubilee Year 1977 to commemorate yeoman service of the late Dr. Kirtilal M. Bhansali to the Association. Dr. K. M. Bhansali was a pioneer in the field of Occupational Health. He was Past- President of IAOH and A.A.O.H. at the time of the Asian Conference on Occupational Health held in Bombay in 1968. Eminent Cardiologist, Popular Physician and Great Humanitarian, Dr. K. M. Bhansali treated rich and poor with equal devotion. The Award consisting of a Citation and a Plaque is awarded yearly to an Eminent Scientist in the field of Occupational Health. The first recipient of the award was Dr. Robert Murray of U.K.

DR. K. M. BHANSALI ORATION



Dr. Tanu Singhal

Dr. Tanu Singhal is a practicing Paediatrician and Infectious Disease Specialist at Kokilaben Dhirubhai Ambani Hospital, Mumbai, India. She was trained in Pediatrics at All India Institute of Medical Sciences, New Delhi and in Tropical Medicine and International Health at the London School of Hygiene and Tropical Medicine, London UK. She is also an advisor to the Indian Council of Medical Research, a technical expert on paediatric tuberculosis for the National Tuberculosis Elimination Program and an executive board member of the Fungal Infection Study Forum.

She was recently awarded the Dr IC Verma Excellence Award for young paediatricians in 2020. She has 105 publications in PUBMED Index Journals, 3 books and 25 book chapters to her credit. She has 10361 citations on google scholar with an h-index of 32 and i10 index of 50.

She was actively involved in managing COVID-19 patients in the pandemic and was a part of the national task force on management of Paediatric COVID. She has 15 publications on COVID-19 and has also published a case book of COVID-19 disease.

WORKSAFE INDIA ORATION



Dr. Vandana Shinde

Dr. Vandana Shinde is an alumna of Seth G S Medical College, where she completed her MD in Preventive and Social Medicine. She has done AFIH from CLI Mumbai and Diploma in hospital administration from TISS Mumbai. She is a trained Yoga teacher and completed MA in Yogashastra from Somaiya College, Mumbai.

Dr. Vandana Shinde is having a vast experience of over 24 yrs of working in pesticide, Oil and Gas, Petrochemical, Technology industries. Presently, she is working as the Sr. Public Health Specialist, at Reliance Industries Limited since March 2020. Prior to joining Reliance, she had worked with Bharat petroleum corporation ltd, Hindustan Petroleum Corporation Ltd and Hindustan Insecticide Ltd as an Occupational Health Physician.

She is the Past President of the IAOH, Mumbai Branch (2017-19) & Web Secretary of IAOH India (2019-21). Currently she is the Journal Secretary of IAOH India. Dr. Vandana is also a Chairperson of Occupational Health wing of IMA Maharashtra. She is instrumental in

successfully organising a symposium in June 2023 on the theme of “Multistakeholder Collaboration: Key to the advancement of Occupational Health” in Chiplun in collaboration with IMA Chiplun branch, which was well attended by around 170 delegates from IMA, DGFASLI, Public health dept, various Industries representatives and MARG. She delivered a talk on Basic Occupational Health Services in unorganized sectors.

She is instrumental in collaborative initiatives between occupational health and academia. Organized a symposium for Post graduate students of Community Medicine departments of all medical colleges in Mumbai at Grant Medical college in October 2023.

She was invited as a guest speaker on many occasions and presented papers in conferences. She has received IAOH -Best Resource Person Award in the year 2022.

She is passionate about Occupational health, Women’s health, and Mental health.

Dr. Vandana is a Life Member of IAOH, IMA, IAPSM and member in good standing of ICOH.

THEME SYMPOSIUM



Dr. Ashish Mishra

Dr. Ashish Mishra is the Chief Health & Wellbeing Officer, South Asia at Hindustan Unilever Limited (HUL) since March 2021 where he leads Occupational Health teams across 40 Factory, R&D and office locations. He is responsible for driving quality Occupational health care program for employees and contractors.

Prior to joining HUL he was the Health Director– Europe Middle East Africa and India, at Dow, based in Mumbai, India.

Dr. Mishra holds a degree in Preventive Medicine (M.D) from Mumbai University and Associate Fellow in Industrial Health from Central Labour Institute, Mumbai. He is also a certified Six Sigma Green Belt Project Leader.

Dr. Mishra is currently the Vice President (2023 - 25), Indian Association of Occupational Health (IAOH), India's leading NGO in the discipline of Occupational and Environmental Health, and Secretary – Internal Commission on Occupational Health (ICOH) India (2022-24) and MEDICHEM Board member. He is the Past President of the IAOH, Mumbai Branch.

Dr. Mishra has received many accolades from professional bodies including the Khilachand award and Modistone award. He was awarded the Dr. C.K.Ramachandar Memorial Oration at the 68th National Conference of IAOH for his notable work in Occupational Health.



**Ms. Sonal
Vinarkar**

Ms. Sonal Vinarkar is currently working as Nursing Manager, Dr. R. N. Cooper Municipal Gen. Hospital, Juhu, Mumbai.

She has a Diploma in General nursing and midwifery, Diploma in nursing education and administration as well as Post graduation diploma in HR management

She is a creative and enthusiastic nursing manager / educator with 23 years of experience in teaching, comprehensive nursing care, specialized and general nursing care passionate about nursing education. Demonstrated success in nursing management and performance improvement. Conducting advance methods of care. Instructions / guidance and optimizing nurses success. Fostered a warm nurturing work atmosphere. Recognized for excellence & instructional best practices on goal achievement.

She has been conferred with Best teacher award 2019 and TNAI prize in 2023.



**Mr. Sudheer P.V
Nambiar**

Mr. Sudheer P.V Nambiar is a Chemical Engineer with Post Graduate Diploma in industrial safety engineering and having 30 years of experience in the field of Process, R&D and Quality, Health Safety & Environment.

He has held senior leadership positions across a spectrum of Industries including Oil & Gas, Construction/EPC, Consultancy, and Chemical Manufacturing Process in India and overseas.

He currently holds the position of Group Head QHSE for L&T Energy-Hydrocarbon and also serves as the convener of the L&T EHS Council, the company's central body for promoting EHS excellence.

He has received National Award for Leadership by JCI and also Best Young Manager Award from the State Level Management Association, India. He was also bestowed with the ASSP (American Society of Safety Professional) India Chapter President Award of the Year 2021 conferred with the "Lifetime Achievement Award" for the contribution in HSE& Sustainability and "HSE&S Mentor of the Year" award during the 8th Annual HSE Excellence & ESG Global Awards 2023 of OHSSAI Foundation.



Dr. Rishikesh Naik

Dr. Rishikesh Naik, currently working as Group Head - Integrated Health, Aditya Birla Group. He is a medical graduate with post-graduation in Industrial Health and Masters in Industrial Hygiene & Safety.

He is carrying more than 27+ years of experience in different sectors like petroleum, petrochemical, power, ports, mines, pesticides, FMCG, construction etc. With Aditya Birla Group he is working for last 10 years and supporting development of Integrated Health services across all businesses and geographies.



ABSTRACTS

Topic: Implementing a Diabetes Management Program in Corporate Settings

Author: Dr. Rashmi Katta¹, Dr. Divyang Shah², Dr. Ashwin Nanda³ Ms. Shweta Tilak⁴, Mr. Dayanand Patil⁵, Mr. Satish Rananaware⁶, Mr. Eby George⁷

1-Chief Medical Consultant- LTIMindtree and Senior Consultant – Larsen & Toubro, Mumbai, 2-Head- Medical, Welfare & Community Health Services, Larsen &Toubro Company, Mumbai 3-Medical officer, Larsen &Toubro Company, Mumbai, 4,5,6-Paramedical staff, Larsen &Toubro Company Mumbai.

Introduction: Within corporate environments, where employees devote a significant portion of their time, addressing diabetes management becomes paramount for promoting employee health, productivity, and overall well-being.

Objective: To Increase awareness about diabetes risk factors, symptoms, and prevention methods among employees. Encourage behavior change towards healthier lifestyles to reduce the risk of diabetes. Provide resources and support for employees to manage their diabetes effectively. Reduce healthcare costs associated with diabetes for both employees and the company. Finally, to improve overall employee well-being and productivity by addressing diabetes prevention and management within the workplace.

Methods: We identified fifty Mumbai-based employees with uncontrolled diabetes and other associated risk factors. Employing a holistic approach, we endeavoured to educate, encourage, motivate, and empower individuals to assume control of their health and institute positive lifestyle changes. Our methods included organising webinars, workshops on yoga suryanamaskars and meditations, a live demonstration on healthy recipes, health check-up camps like body mass monitoring and HBA1C check-up, quarterly consultations with the diabetologists and nutritionists, and forming groups on social media platforms, all under one roof. Quarterly feedback was taken from the participants, which helped us to identify the areas where corrective action was required.

Results: We have observed individuals transforming their dietary habits, adopting an active lifestyle, and prioritizing diabetes prevention for themselves and their families.



Conclusion: Overall, investing in diabetes awareness within the corporate context not only benefits individual employees but also strengthens the organization as a whole.



Topic: Occupational health hazards and morbidities among bank employees in a metropolitan city, with special reference to hypertension

Author: Dr. Chinnu Sara Varughese¹, Dr. Rujuta S. Hadaye²

1. Senior Resident, Department of Community Medicine, Pushpagiri Institute of Medical Sciences & Research Center, Kerala 2. Professor and Head, Department of Community Medicine, Topiwala National Medical College & BYL Nair hospital, Mumbai

Keywords: Occupational health, occupational morbidities, bank employees, hypertension, musculoskeletal morbidities, stress.

Introduction: Bank employees are prone to having occupational health risks and morbidities due to the sedentary nature of work and work pressure. Early identification of risks can help prevent morbidities and improve quality of life.

Objective: To study occupational health hazards and morbidities among bank employees; to estimate the proportion of hypertensives and determine the association of hypertension with known risk factors.

Methods: A cross-sectional descriptive study was conducted among bank employees of a nationalized bank in Mumbai city. 160 employees were interviewed face-to-face in their residential bank quarters, using an expert-validated case record form containing 9 domains. Data analysis was done using SPSS version 22.0. Descriptive analysis was done using frequency and per cent tables. Chi-square and multiple logistic regression were applied to determine the association between risk factors and hypertension.

Results: 39 (24.4%) employees had hypertension and 64.4% were found to be pre-hypertensive. 7.5% of participants were diabetic 16.9% and 25% were obese, as per BMI and waist circumference, respectively. 67% reported musculoskeletal complaints. Visual discomfort was experienced by 39.4% of study subjects. Moderate stress levels were perceived in 61.9% of employees. Age, extra salt consumption, smoking and central obesity were found to be significantly associated with hypertension among bank employees.

Conclusion: Bank employees are at risk of developing hypertension, musculoskeletal morbidities, and stress. Strategies to improve workplace

well-being and preventive and promotive health programmes may be instituted in the banking sector to prevent chronic occupation-related illnesses in bank workers.

Topic: A Structured Approach towards Occupational Health Surveillance - A Case Study of Refinery in Oil Exploration and Production Industry

Author: J.S.Waghmare

Oil and Natural Gas Corporation, Uran Plant, Uran, Navi Mumbai, Dist.Raigad-400702

Keyword: Occupational Health Surveillance

Introduction: Technological advances while making the oil industry competitive have also multiplied the Occupational health hazards to the operating personnel in the form of complex processes and application of various hazardous chemicals.

Methods: A detailed wall to wall walk through Survey including Noise Survey, Vibration Survey, Hazard Assessment and Directorate Inspectorate Safety and Health (DISH) Periodical Medical Examination (PME) is conducted periodically at ONGC, Uran Plant as part of Occupational Health Services (OHS). Various types of occupational hazards like noise, vibration etc. are identified, measured and recorded. DISH PME reports of all employees are collated and analyzed to identify disease trends. Based on these findings, a detailed report is prepared indicating specific processes and associated hazards and control measures were suggested to mitigate/control these hazards.

Results: The various processes give rise to various types of physical, chemical, biological and psychological stresses leading to ill health, injuries and accidents. OH surveillance like surveys and DISH PME are preventive tools to mitigate the hazards and diseases in employees.

Conclusion: Surveillance of the working environment is one of the main tasks of OHS. Occupational Hazard Identification and DISH PME applies the principles of preventive medicine in all places of employment especially identifying hazards at workplaces and periodic health checks to prevent Occupational and lifestyle diseases from affecting the health of the employees. Thus, it will provide healthy, happy and productive employees in the workplace.



Acknowledgement: This research paper is based upon OH work executed by OHS, ONGC Uran Plant. The authors wish to thank ONGC Management for presenting this paper.



Topic: Assessing Stress Factors Among Nurses in a Metropolitan Tertiary Hospital

Author: Dr. Mayur Wakode¹, Dr. Ravindra Kembhavi², Dr. HR Kembhavi³

1-Junior Resident second year Community Medicine, HBTMC and Dr RN Copper Municipal Hospital. 2-Professor and Head of Community Medicine Department, HBTMC and Dr RN Copper Municipal hospital. 3-Dr. HR Kembhavi, Assistant Lecturer, Terna Medical College

Keywords: Stress, Nurses

Introduction: Nursing in healthcare settings, particularly in metropolitan tertiary hospitals, often entails significant stress levels among nurses. This study aims to explore stress factors among nurses in this setting, shedding light on their well-being and informing strategies for workplace improvement and support.

Objective: To assess the levels and sources of stress experienced by nurses in a metropolitan tertiary hospital.

Methods: This cross-sectional study focused on nurses working across diverse departments and wards within a metropolitan tertiary hospital. Data collection involved self-reported questionnaires to gather information on demographics and sources of stress. The sample size consisted of 140 participants. Analysis was conducted using Microsoft Excel.

Results: The study surveyed registered nurses to identify prevalent stressors in the workplace. Findings highlighted workload and encounters with death and dying as the most common sources of stress. Additionally, stress related to patient and family interactions was notably high, while issues concerning peers and workplace discrimination were rated lower in comparison. No significant variations were observed in the level and sources of stress among nurses based on their experience or unit within the hospital. Participants expressed unanimous agreement on the importance of support mechanisms such as education, team building, access to hospital resources, mentoring, flexible working hours, stress management training, social and peer support programs, and protocols for violence management and retention strategies to facilitate their transition into the workplace. Overall, the study emphasizes

the need to address workload management and support systems to enhance the well-being of registered nurses in their professional settings.

Conclusion: Recognizing nursing workplace stress, particularly for new graduates, is vital. Nurse educators and administrators are pivotal in fostering supportive environments. Insights from this study guide targeted coping strategies, aiding in stress reduction for nurses.

Topic: A study to evaluate the pattern of non-communicable diseases among street sweepers in a metropolitan city.

Author: Dr. NR Thorat¹, Dr. AS Dehmubed², Dr. AK Bose³

1-Deputy Manager, Outreach & Setallite Centres, Bhaktivedanta Hospital and Research Institute, Mira Road, Thane., 2-Associate Professor, T.N Medical College and B.Y.L. Nair CH. Hospital, Mumbai. 3-Safety Physician, Tata Consultancy Services, Thane.

Keywords: Occupational Health, Street Sweepers, NCDs.

Introduction: In urban cities, the indispensable contribution of street sweepers to upholding cleanliness is unequivocal. This research delves into the occurrence of non-communicable diseases (NCDs) within this demographic, seeking to uncover contributing factors and implications for their occupational health. Enduring physically demanding labor within perilous settings, street sweepers are exposed to heightened health risks, mandating a comprehensive assessment of NCD prevalence.

Objective: A cross-sectional study was undertaken, encompassing 155 street sweepers chosen via systematic random sampling. The study aimed to ascertain the prevalence of non-communicable diseases (NCDs) within the preceding year. Various NCD patterns were observed, alongside the identification of associated risk factors.

Methods: About 155 street sweepers were included in the study by systemic random sampling method. Data collection was done by the face-to-face interview method using predesigned proforma. The data obtained was analyzed using the PSSP and open statistical software.

Results: Approximately 34.8% of street-sweepers were overweight, 43.2% were found to be hypertensive, 24.5% had diabetes, 58.7% were anemic, 81.4% had obstructive lung pathology and 51% had suffered from musculoskeletal disorders. Approximately 33.5% have skin disorders. A statistically significant relationship was found between the categories of job and musculoskeletal disorders.

Conclusion: This study offers invaluable insights into the occupational health hurdles encountered by street sweepers, underscoring the pressing necessity for tailored interventions and policy initiatives aimed at improving their welfare.

Topic: Transformative Impact: A Retrospective Analysis of Healthcare Facilities' Role in Achieving Zero HIV-Positive Babies Among Mothers Living with HIV"

Author:

Dr. Parna Bardoloi, Sr. Medical Officer, PMD Reliance Industries Ltd
Dr. Aditya Paliwal, Chief Medical Officer, PMD Reliance Industries Ltd

Introduction: Established in 2009, the Reliance- ART Centre in Raigad district, Maharashtra, has been a cornerstone in the battle against HIV/AIDS. Located within the premises of Dhirubhai Ambani Hospital in Lodhivali, the center is dedicated to providing comprehensive, free care to individuals living with HIV. Notably, it has successfully ensured that every child born to HIV-positive women under its care remains HIV-free, marking a significant contribution to India's mission to eliminate mother-to-child transmission of HIV.

Methods: The ART Centre, with 4705 registered HIV-positive patients of all ages, partners with NACO to provide lifelong free treatment. Employing a holistic approach, it offers medical care, psychological support, and employment opportunities to enhance patients' quality of life. The center's focus on preventing HIV transmission is clear through its support for 139 ANC patients under the PPTCT program since January 2009, resulting in zero HIV-positive babies.

Achieving Zero HIV Positive Babies: To achieve the target of zero HIV-positive babies, the centre adopts a systematic approach to patient and baby care. This involves extensive counselling, viral load testing of mothers, and a range of routine investigations. Based on viral load results, the centre guides mothers on breastfeeding or Exclusive Replacement Feeding, ensuring adherence to NACO's criteria of affordability, feasibility, acceptability, sustainability, and safety. The centre provides medications like Syrup Nevirapine/Zidovudine for infants through the ICTs, emphasizing family counselling on moral support, personal hygiene, and family planning.

Conclusion: The ICTC conducts regular blood testing for infants, confirming HIV-negative status. The DAH ART Centre serves as a beacon of hope, transforming despair into optimism for those affected by HIV, ensuring a qualitative and fulfilling life. Its impactful journey underscores dedication to holistic care, prevention, and support, contributing significantly to India's broader goal of eradicating HIV/AIDS.

Topic: Profile of needle stick injuries among health care workers in BJMC and Civil Hospital, Ahmedabad-A cross-sectional study

Author: Dr. Arkadeep Mondal¹

Co-authors: Rajshree Bhatt², Dr. Parth Chawda³, Dr. Harsh V Patel⁴

1,3,4-Junior Resident,2-Assistant Professor, BJMC and Civil Hospital, Ahmedabad

Keywords: Healthcare workers (HCW), needle stick injuries (NSI), occupational hazard, sharp waste.

Introduction: Percutaneous injuries caused by needle sticks pose a significant risk of occupational transmission of bloodborne pathogens. Because of the environment in which they work, many HCWs such as physicians, surgeons, nurses, laboratory technicians and sharp waste handlers are at risk of needle stick injuries.

Objective: To find out the prevalence of needle stick injuries (NSI) among various categories of healthcare workers and to assess the causal factors of needle prick injuries.

Methods: A cross-sectional study was conducted among different groups of healthcare workers of BJMC and Civil Hospital, Ahmedabad for a 1-month duration. The sample size was calculated using the formula $4pq/l^2$ at 68% prevalence, 6% absolute precision and 95% confidence interval with a 10% non-response rate. 258 Participants were selected by complete enumeration sampling technique. After obtaining informed consent, the interview was conducted by using a pre-structured pre-validated questionnaire. Data was collected and analyzed by MS Excel Version 2007 and expressed as mean, standard deviation, ratio and proportions.

Results: Among 258 study participants, the mean age was 28.82 years (SD 28.70 years). Most of them were females (52.7%). Among the different healthcare groups, the maximum were resident doctors (20.2%). A total of 177 participants (68.6%) had a history of needle stick injuries (NSI). 30.6% of participants had faced an NSI within the last 1 year. 63.16% of intern doctors, 71.15% of resident doctors, 71.43% of nursing students, 67.44% of nursing staff and 74.29% of laboratory technicians had faced an NSI in their medical career. 89.1% NSIs happened accidentally. NSI happened at the time

of recapping (41.1%), before or after withdrawal of blood or other body fluids (29.5%), suturing (17.1%) and handling sharp waste (12.4%).

Conclusion: In this study, about two-thirds of the participants were found to have a positive history of NSI. So, there is an urgent need to make our healthcare workers aware of NSI and its causal and after-effects on health and the economy as well a proper registry is needed to observe strategically to prevent and control such occupational hazards at healthcare facilities.

Topic: A study on morbidity pattern among school bus drivers and helpers of western India: A cross-sectional study

Author: Dr. Malarkodi Mohanraj¹, Dr. Jyothy kumar S², Dr. Vivek Malpure³

1- Superintendent Medical Officer, Reliance Industries Ltd, RCP, Ghansoli, 2- Chief Medical Officer, Reliance Industries Limited, RCP, Ghansoli. 3- Additional CMO, RCP, Ghansoli

Keywords: Transports staff (Bus drivers) prevalence NCDs, musculoskeletal disorder.

Introduction: Major part of life one spends working for a livelihood, hence occupation has a great impact on the health of the person. Bus drivers, cleaners and bus hostesses are prone to developing NCDs (28.5%) and musculoskeletal disorders (55%) (1,2).

Objective: In this study, we planned to assess the morbidity pattern among transport staff of Reliance Foundation School using their periodic medical examination data.

Methods: It is a cross-sectional prevalence study of 106 contractual transport staff of Reliance Foundation School (51 school bus drivers and 55 helpers) belonging to lower socio-economic backgrounds from the Mumbai Suburban area. Monthly salary varies from 10K to 15K. Education level varies from primary to secondary school. The study period was from October 2023 to March 2024. During periodic medical examinations with routine parameters, we focused on exercise, sleep pattern, water intake, personal habits, mental health, PHQ 9 score and musculoskeletal symptoms.

Results: Of the study sample, 36% were females and 64% were males between the ages of 23 years and 60 years. Among these 38% (40) were reported to have musculoskeletal symptoms and 47% (19) of them were backache, 42% (17) had leg pain and 10% (4) had shoulder pain. None of them reported prior illness or injury history. PHQ 9 score was non-minimal for them. Of these, 12% were using chewable tobacco and 18% were consuming alcohol; 35% were found to be overweight, 18% were

hypertensive, 5% were diabetic, and 22% were prediabetic. Among these, 29% (31) were anaemic of whom 70% (22) of the females and 29% (9) males. In the study, 25 (16 females and 9 males) were found to have urinary tract infections, and 33 were found to have haematuria; 61 staff (58%) gave a history of fewer than 2 Liters of water intake per day (Chi-square test, $P < 0.001$).

Conclusion: Lack of exercise, sedentary lifestyle, inadequate sleep and less water intake led to increased risk of NCDs, musculoskeletal symptoms and UTI in transport staff. Periodic medical examination is vital in screening and early diagnosis of health issues.

Reference

- 1- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7568414/#:~:text=Of%20the%20400%20truck%20drivers,diabetes%20mellitus%20and%20asthma%2C%20respectively.>
- 2- Prevalence of work-related musculoskeletal disorders among occupational bus drivers of Karnataka, South India

Topic: Occupational Health Physician's Crucial Role in Early Detection of Rare Autoimmune Diseases and Multidisciplinary Care for Optimal Outcomes

Author: Dr. Sachin Bhandare¹, Dr. Nikunj Desai²

1 – Superintendent, Medical Officer, Reliance Industries Limited. 2 – OHIH Specialist, Reliance Industries Limited

Introduction: Dermatomyositis, a rare autoimmune disease, poses diagnostic challenges, especially with gradual symptom evolution. This case study involves a 70-year-old patient who initially visited our Occupational Health Centre with complaints of hip pain. Despite initial evaluation, orthopaedic consultation, and symptomatic management, the patient's condition progressed with subsequent emergence of skin rash and muscle weakness. The patient's atypical presentation to the Occupational Health Centre was initially attributed to potential work-related hip pain. At the same time, chemical exposure was a potential consideration for the skin rash. However, given the absence of clear occupational triggers and lack of history of chemical exposure as he was working in an office location, further investigations were considered. The patient was referred to a tertiary care centre for further consultations and subsequent investigations, including blood tests for muscle enzymes. Potentially high levels of Creatine Phosphokinase raised the suspicion for an autoimmune disorder, and a myositis antigen profile was done to elucidate the underlying cause. Autoantibodies were detected in the patient's serum, confirming the diagnosis of Dermatomyositis. Following the establishment of the diagnosis, the patient was initiated on immunosuppressive therapy. However, during the treatment, he encountered a complication when he developed herpes zoster, necessitating the importance of close monitoring and management.

Conclusion: This case underscores the indispensable role of Occupational Health Physicians by recognizing subtle occupational health clues, conducting thorough evaluations, and collaborating with specialists, to ensure prompt diagnosis, personalized interventions, counselling, and multidisciplinary care. Integrating occupational health perspectives into the management of complex autoimmune diseases is vital for optimizing patient outcomes and enhancing overall healthcare delivery.

Topic: Significance of Pre-Employment Medical Check-Up in Corporate Offices

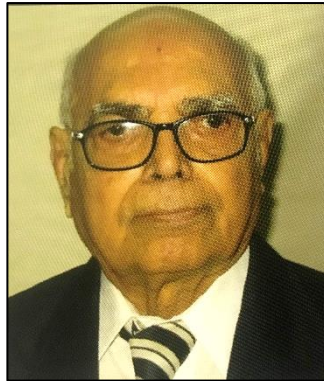
Author: Dr. Shilpak Sarode¹, Dr. Ratnakar Koyande²

1 - Superintendent Medical Officer, Reliance Industries Limited. 2 – Add. CMO Reliance Industries Limited (Retail)

Introduction: Pre-Employment Medical Examination (PEME) serves as a vital tool in identifying potential health risks, chronic illnesses and underlying health conditions that may pose risks to the individual's well-being or affect their ability to perform job duties effectively. A PEME review of a 44-year-old female candidate revealed that she had morbid obesity with a BMI of 32. We recommended further evaluations which revealed a HbA1C of 9.2, TSH – 3.27 and a positive TMT test. A Cardiologist's opinion and fitness were sought in this case. This case came back to us after 3 months for review and it was observed that her Cardiologist had recommended CAG, which revealed a TVD and eventually, she underwent a CABG. Her candidature was approved and forwarded to HR after a second opinion from the company panel Cardiologist for fitness. These screenings help an individual identify and address potential health concerns upfront which can help prevent complications arising out of them at an advanced stage. Additionally, they demonstrate the organizations' commitment towards creating a safe work environment.

Conclusion: In conclusion, PEME is essential for promoting a culture of health, safety, and organizational success. They benefit employees by ensuring that they are aware of any health issues that may require medical attention. They play a critical role in forming a baseline health record of the employees which can be further referred to while reviewing their Periodic Medical Examinations. Overall, by prioritizing the health and well-being of employees from the outset, organizations can lay the foundation for a thriving workforce and sustainable business growth.

JC KOTHARI ENDOWMENT



Dr. J. C. Kothari

Dr. J.C.Kothari, a pioneer in Occupational health and a mentor/veteran of IAOH, has generously donated Rupees Ten Lakhs through his family trust Icchagauri & Chhotalal Kothari Memorial Trust, to the IAOH, Mumbai Branch. The JC Kothari Endowment has thus been established to provide for various activities for the promotion of Occupational health in India, financial assistance to students of OH and for presenting their OH findings in international fora and to reward those achieving excellence in OH.

The activities are as below:

1. JCK Scholarship for Post graduate studies in Occupational Health: Students pursuing formal degree, diploma or certificate courses in OH in any recognized Universities or such approved bodies in India will be eligible to apply and receive a scholarship grant of up to Rs 25,000/- for the entire course. There will be 1 or 2 such scholarships every year depending on the availability of funds.
2. JCK Scholarship for Scientific Presentation in International Conference: OH professional/s whose scientific paper has been accepted for reading a Scientific paper or poster presentation in an

International Occupational Health Conference, preferably in triennial congresses of International Commission on Occupational Health (ICOH). Travel scholarship amount will be Rs 50000/- for ICOH congress.

3. JCK Research Grant: To encourage research in OH & S, the endowment will offer OH professional or students of OH relevant to India. A sum of Rs 20000/- will be allocated every year for this purpose. The trustees or their appointed committees will evaluate and award grant/s to one or more deserving research projects.
4. Dr J.C.Kothari Shield for Excellence in Occupational Health. The shield will be for Mumbai branch to be awarded annually to a prospective study or research project on OH carried out by Occupational Health service of an industry in Mumbai or Maharashtra on a topic and guidelines given by the Branch Executive Committee in advance.
5. Any other activity, oration or award which the Board of trustees may consider appropriate and satisfying the basic objectives of the endowment in future.

ABOUT MUMBAI BRANCH

Workers engaged in the industry face hazards by way of their occupation. These can be in the form of accidents and occupational diseases. Bernardino Ramazzini, the Father of Occupational Medicine was the first person to propound this idea. Development in the field of Occupational Medicine occurred at great strides with the industrial Revolution.

The concept of Occupational Medicine has undergone a sea change since then. Currently, the trend is towards Occupational Health rather than Occupational Medicine, with its multiple facets which encompass a variety of other disciplines apart from medicine.

Virtually speaking, the foundations of this science in India, were laid down by three distinguished personalities - Col. J. R. Kocher, Major R. C. Tarapore & Lt. Col. Najib Khan. These men had been working with Tata Iron & Steel Co. Ltd., at Jamshedpur. They formed an organization under the name of Society for the Study of Industrial Medicine in 1948. The activities of this Society were initially confined to Jamshedpur. Though later, thanks to the efforts of Dr. H. P. Dastur, Dr. J. C. Patel, Dr. A. D. Daftary, Dr. Lobo Mendonca, Dr. L. D'Souza & Dr. N. M. Pant, the Bombay Branch of the Society was formed in 1952.

The rapid changes occurring in the field demanded a befitting name and so it was decided to change the name of the organization to the Indian Association of Occupational Health. The title denotes a wider array of activities within its ambit. There is greater emphasis on the health-related problems in a wide range of occupations covering all those who are gainfully employed, be it factories, farms, mines or plantations, railways, ships, aviation office etc.

The Indian Association of Occupational Health, Mumbai Branch has been active in the field since its inception 63 years ago. The passage has not been smooth; there have been obstacles every now and then, but they have been surmounted. We have indeed been fortunate to have a team of devoted people who have served the cause of Occupational Health well and in process earned laurels for the country.

Dr. P. V. Thacker, Ex-Chief Industrial Health Officer of TATAS was the first Indian to be elected on the Boards of the Permanent Commission & International Commission on Occupational Health. He was the Chairman of their Scientific Committee on Occupational Health in Developing Countries. Dr. J. C. Kothari, renowned Chest Physician, has been the President of the Asian Association of Occupational Health. Both have served on many Special Committees appointed to look into the health problems of the working class at the State and National levels.

The XII Asian Conference on Occupational Health was held at Bombay in November 1980. The branch has been in the forefront conducting various activities viz. Scientific meetings, Seminars, Conventions, Factory visits, Publishing a journal, Training sessions, etc. The Scientific meetings are convened to address relevant topics which have a bearing on the occurrences at the workplace. Faculty from abroad as well as local experts address these gatherings.

The annual convention is usually held in the first half of the year. Efforts are made to encourage participation of industrial physician as well as those professionals interested in Occupational Health. These act as source to update one's knowledge & get acquainted with the recent trends in this speciality. Periodically conducted factory visits help to demonstrate the effectiveness of an efficient Occupational Health service.

There was a collaborative effort with some of the public sector companies viz, SAIL, ONGC, IOC for an Advanced Training Program in Occupational Health with an International update in December 1994.

Many of our members are invited as guest faculties for various training courses arranged by the Central Labour Institute, National Safety Council etc.

K.M. BHANSALI MEMORIAL ORATION

To commemorate the meritorious services of late Dr. K. M. Bhansali, the branch has instituted a Memorial Oration. Dr. Bhansali's contribution to the growth of our Association & for the cause of Occupational Health has been an outstanding one.

This year the Oration will be delivered by Dr. Hemant P. Thacker on the topic "Post COVID Scenario Management".

THE J. C. KOTHARI SHIELD FOR EXCELLENCE IN OCCUPATIONAL HEALTH

Dr. J. C. Kothari, a pioneer in occupational health in India and a most admired mentor and veteran of IAOH, has granted a generous donation of Rupees Ten Lakhs as a Corpus through his family trust Ichhagauri & Chhotalal Kothari Memorial Trust. Through this donation the "J. C. Kothari Endowment" has been established for the promotion of Occupational Health activities in India. "The J. C. Kothari Shield for Excellence in Occupational Health" has been instituted under this endowment from the year 2009-10 to be awarded by the IAOH Mumbai Branch, to a Prospective study or a research project on Occupational Health carried out by an Occupational Health Service of an Industry in Mumbai or Maharashtra on a topic and guidelines given by the Branch Executive Committee in advance.



KILACHAND RESEARCH ENDOWMENT

Late Shri Arvind N. Kilachand, a prominent city Industrialist & Philanthropist had donated INR 25,000 to establish an Endowment for promoting research activities in Occupational Health. The branch has got a few projects in collaboration with academic institution under the auspices of this endowment.

WORKSAFE INDIA ORATION

This Oration has been constituted by the IAOH Mumbai Branch, in recognition of the promotion of Scientific activities by the WorkSafe India Corpus. This Oration will be awarded to a leading Scientist in the Medical field who has contributed to Research activities.

This year the Oration will be delivered by Dr Dharmesh Parekh on "Health & Safety – A vital cog for Business Continuity in Pandemic Management".

RELIANCE AWARD

In recognition of the constant support and encouragement given by one of India's largest industrial house Reliance Industries Ltd., the IAOH, Mumbai Branch constituted the 'Reliance Award' for the Best Scientific Paper at the Annual Conference.

HINDUSTAN UNILEVER AWARD

Hindustan Unilever has been in the forefront of all activities of the Indian Association of Occupational Health at the Branch as well as National level. In recognition of its support and co-operation, the Branch has instituted the Hindustan Unilever Award for the Best Scientific Paper presented at the Annual Conference.

OCCUPATIONAL HEALTH SERVICES FOUNDATION (OHSF)

The Occupational Health Services Foundation was planned as the service wing of the Indian Association of Occupational Health, Mumbai Branch. OHSF, has on its agenda to undertake investigatory surveys in



certain groups of industries like foundries, glazed tiles, dyes & pesticides.

BRANCH WEBSITE

To commemorate 70 years of its existence, a new Website of the Branch www.iaohmumbai.org was launched during the 70th Annual Conference in April 2022. The objective of the Website is to maintain regular communication with members and keep them informed on various initiatives and activities of the Branch.

DR. K. M. BHANSALI MEMORIAL ORATION

Year	Orator	Subject
1977	Dr. Robert Murray U.K.	
1978	Dr. H. I. Zala	Air pollution in Greater Bombay
1979	Dr. J. C. Kothari	Tuberculosis in Industries
1980	Dr. A. K. Ganguly	Safety Standards in Nuclear Occupations
1981	Dr. D. J. Jussawalla	The current state of knowledge about Carcinogenesis with special reference to Occupational Carcinogens
1982	Dr. Krishnamurthy	Epidemiological studies on Environmental Toxins
1984	Dr. R. D. Lele	Coronary artery diseases; Prognosis, Rehabilitation & Prevention
1985	Dr. M. B. Bhide	Biological Monitoring
1986	Mrs. Awabai Wadia	Family Planning
1988	Prof. Seiya Yamaguchi Inst. of Community Medicine University of Tsukuba, Japan	Risk factors in chronic obstructive pulmonary Malfunction & Chronic Bronchitis Symptoms in Beijing Dist. (A joint study between Japan & China)
1989	Dr. Swati Piramal	Executive Health and Fitness
1990	Dr. R. C. Panjwani	Ergonomic applications in Industry
1991	Dr. Nitu Mandke	Coronary Bypass Graft Surgery
1992	Dr. F. E. Udwadia	Adult Respiratory Distress Syndrome
1993	Dr. Ramamurthy	Recent Advances in Malaria
1994	Dr. N. H. Wadia	Episodic Unconsciousness

Year	Orator	Subject
1995	Dr. V. R. Joshi	Rheumatoid Arthritics - Recent advances in the Management
1996	Dr. Snehalata Deshmukh	Women in Education: Environment & Foetus
1997	Dr P G. Kamath	Fading Art of Clinical Medicine
1998	Dr. G. Arjundas	
1999	Dr. K. Ravishankar	Headache
2000	Dr. R. H. Parekh	OH beyond 2000: An Extrapolative Perspective
2001	Dr. S. Sivaramakrishnan	Challenge of Managing Change Occupational Health Physician's Perspective
2002	Dr. Bengt Knave	Occupational Health
2003	Dr. Suresh H. Advani	Occupational Cancer
2004	Dr. Ashwin B. Mehta	A Journey through Cardiology
2005	Col. Lalit Rai. Vir Chakra	Occupational Health Issues faced by Armed Forces during Kargil War
2006	Col. Lalit Rai, VC (Vir Chakra)	Pesticide Toxicity in Agricultural Workers
2007	Dr. S. K. Rastogi	Environmental Toxicology
2008	Dr. Kaj Elgstrand	A new OHS paradigm needed?
2009	Dr. Pranab Kumar Nag	Ergo Industry - Concepts & Issues
2010	Dr. N. K. Chandrasekaran	In the Foot Prints of Time - A Three Decade Occupational Health Practice-Glimpses
2011	Padmabhushan Dr. R. Panda	The Occupational Health Physician: The Frontline in the Battle Against Chronic Diseases

Year	Orator	Subject
2012	Dr. Anant Joshi	Hazard of exercise - sudden death to crippling pain
2013	Dr. Madhav H. Kamat	Recent Trends in the Management of Prostate Cancer
2014	Dr. G. K. Kulkarni	An Approach to Human Resources Planning in Occupational Health.
2015	Dr. Shashank Joshi	Diabetes in Indians - 2015.'
2016	Dr. S. M. Shanbag	Learning & Experiences in Three Decades of My Occupational Health Practice
2017	Dr. T. Rajgopal	Redefining Personal Wellness
2018	Dr. Sunil Keswani	Electrical Burn
2019	Dr. Om Shrivastav	Infections in 2019 ... Is it reading Tea Leaves?"
2020	Dr. Hemant Haldavaneekar	Radiation and Health
2021	Dr. Pragya Yadav	A journey of the isolation of the SARS-CoV-2 to vaccine development in the fight against COVID-19 in India
2022	Dr. Hemant P. Thacker	Post COVID Scenario Management
2023	Prof. Sanjay Zodpey	Status of Occupational Epidemiology in India – Gaps and Opportunities
2024	Dr. Tanu Singhal	Relevance of Infectious Diseases in Workplace Settings

WORKSAFE INDIA ORATION

Year	Orator	Subject
2004	Padmashri Prof. Dr. Ranjit Roy Chaudhury	Rational use of Drugs
2005	Dr. Shekhar Y. Bhojraj	
2006	Dr. S. N. Saiyed	
2007	Dr. Ramakant K. Deshpande	Occupational Cancer
2008	Dr. (Prof.) Kazutaka Kogi	Participatory Occupational Health: Advances in action Toolkits
2009	Dr. Sanjay N. Oak	Role of Medical Colleges in Promotion of Occupational Health
2010	Dr. Zarir F. Udawadia	Sleep Apnea-A wolf in sheep's clothing
2011	Dr. K. B. Sainis	Living with Ionizing Radiation and Safe Too
2012	Dr. Nisheeta Agarwala	An eye on sight - safety, first aid, rehabilitation
2013	Dr. T. Rajgopal	Mental Wellbeing at the Workplace: The Unilever Experience
2014	Dr. Sameer Shah	Fatty Liver: A new negative marker of Health?
2015	Dr. Ramnik Parekh	Thoroughly Unsafe India - A Challenge'.
2016	Dr. K. S. Pradeepkumar	Hiroshima to Fukushima: Radiation, Concerns and Facts
2017	Dr. G. K. Kulkarni	Occupational Health Index
2018	Dr. Damodar V. Lele	Women at Work
2019	Dr. P. K. Sishodiya	"Human Cost of Silicosis and Mitigating Sufferings: Lessons from Rajasthan Model"
2020	Dr. Claudina Nogueira	Update on Occupational Health in South Africa
2021	Dr. Shashank Joshi	Freedom from COVID-19 Safe Work Space
2022	Dr. Dharmesh Parekh	Health & Safety – A vital cog for Business Continuity in Pandemic Management

Year	Orator	Subject
2023	Dr. Ann Olsson	Occupational Cancer Epidemiology – From Hazard Identification to Cancer Prevention
2024	Dr. Vandana Shidne	Diversity & Inclusion at Workplace

JC KOTHARI SHIELD FOR EXCELLENCE IN OCCUPATIONAL HEALTH

Year	Orator	Subject
2009-10	Hindustan Unilever Ltd.	Occupational Health and Wellness Activities at the Workplace.
2010-11	Larsen & Toubro Ltd., Mumbai	Strategic Interventions for Non-Communicable Diseases in the Industry / Workplace.
2011-12	Siemens Ltd.	Workplace Improvement for Employee Wellbeing
2012-13	Hindustan Unilever Ltd.	Promoting Mental Wellbeing at Workplace
2014-15	Dr. Praveen Davuluri, Seth G.S. Medical College & KEM Hospital, Parel, Mumbai	Current Occupational Health Scenario in Small and Medium Scale Industries

S. M. DAHANUKAR ROTATING TROPHY

Year	Orator	Subject
2004	Hindalco Industries Limited	Emergency Preparedness and Response Plan
2005	Grindwell Norton Limited	Occupational Health in Engineering Industry
2006	The Tata Power Co. Ltd.	HIV AIDS Intervention at the Workplace
2007	Air India	
2008	Reliance Industries Ltd., Patalganga	Wellness at the Workplace

RELIANCE AWARD

Year	Orator	Subject
2005	Dr. Kishore Madhwani	
2006	Dr. Pournima Kulkarni	
2007	Dr. A. N. Prashanth	Legal Awareness (OHS) Among Various Levels of Management
2008	Dr. Dimple Shah	Amniotic membrane transplantation & Mitocin-C drops-A cost effective modality for treating superficial & deep corneal vascularisation, a sequelae of chemical injuries.
2009	Miss. Indu Karki	Impact of Traditional VS Improved Kitchen Gardening Equipments on the Wellbeing of Hill Women Farmers
2010	Dr. Akhil Goel	Childhood neurological manifestations due to aerosolized lead in an unorganised cottage industry
2011	Dr. Prachi Chakor	Substance Abuse Among Factory Employees - A Great Concern?
2012	Dr. Pankaj Raut	Effect of BMI reduction program as an add on therapy for euglycemic control for DM employees in a large petrochemical plant
2015	Dr. Ajay Deshpande	A case of Deep Vein Thrombosis with Pulmonary Embolism: Occupational Illness or not?
2016	Ms. Sheryl Salis	Impact of wellness coaching on improvement in risk parameter of apparently healthy employee working in corporate set up
2018	Dr. Mitesh Patel	Assessment of Benzene Exposure and Biological Monitoring at Central Laboratory
2023	Dr. Jeevan Waghmare	Best Practices during Covid-19 Pandemic for Maintaining Performance and Productivity in the New Normal- A Case Study of Refinery in Oil and Gas Exploration Industry
2024	Dr. Nadia Godinho	Morbidity Profile of workers in a Sponge Iron industry In Goa - A retrospective Record Based study

HINDUSTAN UNILEVER AWARD

Year	Orator	Subject
2005	Dr. Divyang Shah	
2006	Mr. S. C. Sawant	
2007	Mr. S. V. Thorve	Achieving Excellence in OSH - A Novel Approach
2008	Shri. V. P. Rane	CASH - A way of life where OH Workers Wonders!
2009	Dr. Aditi Deshpande	Study on Blood Lead Levels of Ganesh Idol Artisans
2010	Dr. Unmesh Korde	Profile of workplace injuries in Mumbai Distribution Business of Reliance Energy Limited
2011	Dr. Anil Thomas	Lifestyle Diseases Integrated Prevention and Control in Organisational Health Care: A Public Health Perspective
2012	Dr. Rajendra Patil	Thalassemia in anaemia - Seek the hidden
2015	Dr. Naresh Jhamnani	Health Index for Non- Communicable Diseases'
2016	Dr. Nikunj Desai	Integrated, Sustainable and Focused Approach Approve Innovative Initiative - TBHRA and CASHE for workplace improvement'
2018	Dr. Malarkodi Mohanraj	Strategic approach to evaluate and mitigate heat stress among gardeners.
2023	Ms. Kamlika Gupta	Human hair and nails as bioindicators of environmental heavy metal exposures in adult women in Mumbai
2024	Dr. Shakthi Dorai	Screening for Respiratory Morbidities Among Traffic Police Personnel Working in Mumbai

BOMBAY PORT TRUST (BPT)

GUEST LECTURE

Year	Orator	Subject
1984	Dr. S. Ramaswami	
1985	Dr. S. R. Kamat	Long Term Monitoring Studies on MIC affected persons
1986	Dr. Kusum Zaveri	
1988	Dr. Ashwin Mehta	Fitness to work after Myocardial infraction
1989	Dr. R. D. Lele	Aids in workplace, Prevention strategies
1990	Dr. H. J. Shroff	Occupational Dermatosiis
1991	Mr. C. D. Oommachen	Environmental Pollution
1992	Dr. Anant Joshi	Management of Sports Injuries
1993	Dr. Ravin Thatte	Burn ... Rehabilitation
1994	Dr. V. Y. Gavande	Phalangeal Fractures in Head — Treatment by Dynamic Traction
1995	Dr. H. B. Chandalia	Management of Diabetes Mellitus at Workplace
1996	Dr. S. R. Shinde	Progress at What Cost?
1997	Dr. Rekha Sheth	Occupational Dermatosiis
1998	Dr. R. C. Panjwani	Visual and musculoskeletal fatigue in operators using display terminals — a study in the Indian context.
1999	Dr. A. A. Mahashur	Occupational Lung Disorders — Indian Perspective
2000	Dr. Y. N. Sinha	Medical Emergency Response Planning in Disaster
2001	Dr. Anand Nadkarni	Coping with Downsizing — Role of Industrial Physician
2002	Mr. S. Shahzad Hussain	Rural Development & Health
2003	Dr. Badrinath D. Athani	Work Hardening — Concept & Practice
2004	Dr. Milind V. Kirtane	Noise Induced Hearing Loss Innovations in Deafness Correction

OUR PAST OFFICE BEARERS

Year	President	Hon. Secretary	Hon. Treasurer
1952-53	Dr. R. L. Mendonca	Dr. N. M. Pant	Dr. Larry D'Souza
1953-54	Dr. A. D. Daftary	Dr. N. M. Pant	Dr. V. V. Kulkarni
1954-55	Dr. H. G. Patel	Dr. Larry D'Souza	Dr. N. M. Pant
1955-56	Dr. M. D. Engineer	Dr. Larry D'Souza	Dr. R C. Mehta
1956-57	Dr. V. V. Kulkarni	Dr. S. V. Bhatt	Dr. R. Roydasondi
1957-58	Dr. Larry D'Souza	Dr. N. M. Kalapesi	Dr. D. G. Khare (Dr. A. B. Bhansali)
1958-59	Dr. A. F. Hiredia	Dr. N. M. Kalapesi	Dr. D. G. Khare (Dr. A. B. Bhansali)
1959-60	Dr. S. V. Bhatt	Dr. P. Roydasondi	Dr. A. B. Bhansali
1960-61	Dr. N. M. Pant	Dr. P. Roydasondi	Dr. S. R. Patwardhan
1961-62	Dr. R C. Mehta	Dr. V. Doshi	Dr. T. Fonseca
1962-63	Dr. R Roydasondi	Dr. V. Doshi	Dr. S. D. Donde
1963-64	Dr. S. R. Patwardhan	Dr. S. K. Das	Dr. S. D. Donde
1964-65	Dr. T. Fonseca	Dr. R V. Thacker	Dr. J. C. Kothari
1965-66	Dr. S. D. Donde	Dr. R V. Thacker	Dr. J. C. Kothari
1966-67	Dr. D. V. Doshi	Dr. M. R. Bhatt	Dr. C. V. Talwalkar
1967-68	Dr. R V. Thacker	Dr. M. R. Bhatt	Dr. C. V. Talwalkar
1968-69	Dr. J. C. Kothari	Dr. A. M. Mehta	Dr. C. V. Talwalkar
1969-70	Dr. S. M. Pradhan	Dr. A. M. Mehta	Dr. S. D. Donde
1970-71	Dr. M. R. Bhatt	Dr. G. D. Bhatia	Dr. C. R Sadarangani
1971-72	Dr. C. V. Talwalkar	Dr. G. D. Bhatia	Dr. C. R Sadarangani
1972-73	Dr. A. M. Mehta	Dr. M. J. Saldanha	Dr. V. R Pathak
1973-74	Dr. G. D. Bhatia	Dr. M. J. Saldanha	Dr. V. P. Pathak
1974-75	Dr. C. P. Sadarangani	Dr. R. C. Panjwani	Dr. B. K. Jani
1975-76	Dr. M. J. Saldanha	Dr. R. C. Panjwani	Dr. B. K. Jani
1976-77	Dr. V. R Pathak	Dr. J. D. Pradhan	Dr. G. G. Davay
1977-78	Dr. B. K. Jani	Dr. J. D. Pradhan	Dr. G. G. Davay

OUR PAST OFFICE BEARERS

Year	President	Hon. Secretary	Hon. Treasurer
1978-79	Dr. R. C. Panjwani	Dr. A. B. Bhajekar	Dr. J. K. B. Tavaría
1979-80	Dr. G. G. Davay	Dr. A. B. Bhajekar	Dr. J. K. B. Tavaría
1980-81	Dr. S. D. Pradhan	Dr. N. U. Gulvady	Dr. H. J. Shroff
1981-82	Dr. J. K. B. Tavaría	Dr. G. G. Davay	Dr. H. J. Shroff
1982-83	Dr. A. B. Bhajekar	Dr. Surendra Nath	Dr. P, G, Talwalkar
1983-84	Dr. H. J. Shroff	Dr. Surendra Nath	Dr. P. V. Thacker
1984-85	-	Dr. A. N. Dandekar	Dr. P. V. Thacker
1985-86	Dr. N. U. Gulvady	Dr. A. N. Dandekar	Dr. P. V. Thacker
1986-87	Dr. Surendra Nath	Dr. A. N. Dandekar	Dr. P. V. Thacker
1987-88	Dr. R. G. Talwalkar	Dr. S. M. Sapatnekar	Dr. R. V. Thacker
1988-89	Dr. S. M. Sapatneka	Dr. R. H. Parekh	Dr. J. Kumar
1989-90	Dr. S. M. Sapatneka	Dr. J. Kumar	Dr. D. V. Lele
1990-91	Dr. R. H. Parekh	Dr. S. Sivaramakrishnan	Dr. D. V. Lele
1991-92	Dr. J. Kumar	Dr. G. K. Kulkarni	Dr. D. V. Lele
1992-93	Dr. A. N. Dandekar	Dr. G. K. Kulkarni	Dr. D. V. Lele
1993-94	Dr. V. B. Sambargi	Dr. S. M. Shanbhag	Dr. D. V. Lele
1994-95	Dr. S. Sivaramakris	Dr. S. M. Shanbhag	Dr. S. V. Datar
1995-96	Dr. D. V. Lele	Dr. C. V. Pai	Dr. S. V. Datar
1996-97	Dr. G. K. Kulkarni	Dr. C. V. Pai	Dr. R. V. Karanjekar
1997-98	Dr. T. Rajgopal	Dr. D. T. Jadhav	Dr. R. V. Karanjekar
1998-99	Dr. S. M. Shanbhag	Dr. D. T. Jadhav	Dr. H. Haldavnekar
1999-20	Dr. R. V. Karanjekar	Dr. H. D. Kshirsagar	Dr. H. Haldavnekar
2000-01	Dr. C. V. Pai	Dr. H. D. Kshirsagar	Dr. H. Haldavnekar
2001-02	Dr. S. V. Datar	Dr. S. R. Pingle	Dr. H. Haldavnekar
2002-03	Dr. D. T. Jadhav	Dr. S. R. Pingle	Dr. H. Haldavnekar
2003-04	Dr. H. D. Kshirsagar	Dr. C. S. Gulvady	Dr. N. J. Palan
2004-05	Dr. H. D. Kshirsagar	Dr. C. S. Gulvady	Dr. N. J. Palan
2005-06	Dr. S. R. Pingle	Dr. K. P. Madhwani	Dr. N. J. Palan
2006-07	Dr. S. R. Pingle	Dr. K. P. Madhwani	Dr. N. J. Palan
2007-08	Dr. H. Haldavnekar	Dr. Dharmesh Parekh	Dr. Hitendra Wagle

OUR PAST OFFICE BEARERS

Year	President	Hon. Secretary	Hon. Treasurer
2008-09	Dr. H. Haldavnekar	Dr. Dharmesh Parekh	Dr. Hitendra Wagle
2009-10	Dr. C. S. Gulvady	Dr. (Maj.) Bishwadeep Paul	Dr. Hitendra Wagle
2010-11	Dr. C. S. Gulvady	Dr. (Maj.) Bishwadeep Paul	Dr. Hitendra Wagle
2011-12	Dr. K. P. Madhwani	Dr. Ashish Mishra	Dr. Rakesh Matekar
2012-13	Dr. K. P. Madhwani	Dr. Ashish Mishra	Dr. Rakesh Matekar
2013-14	Dr. Dharmesh Parekh	Dr. Vandana Shinde	Dr. Rakesh Matekar
2014-15	Dr. Dharmesh Parekh	Dr. Vandana Shinde	Dr. Rakesh Matekar
2015-16	Dr. Hiren R. Desai	Dr. Ajay Sati	Dr. Vini Nair
2016-17	Dr. Hiren R. Desai	Dr. Ajay Sati	Dr. Vini Nair
2017-18	Dr. Vandana Shinde	Dr. Joel Samuel	Dr. Utpal Chakraborty
2018-19	Dr. Vandana Shinde	Dr. Joel Samuel	Dr. Utpal Chakraborty
2019-20	Dr. Ashish Mishra	Dr. Nikunj Desai	Dr. Naresh Jhamnani
2020-21	Dr. Ashish Mishra	Dr. Nikunj Desai	Dr. Naresh Jhamnani
2021-22	Dr. (Maj) Bishwadeep Paul	Dr. Neetika Chauhan	Dr. Naresh Jhamnani
2022-23	Dr. (Maj) Bishwadeep Paul	Dr. Neetika Chauhan	Dr. Naresh Jhamnani
2023-24	Dr. Divyang Shah	Dr. Aditya Paliwal	Dr. Vinit Gaikwad

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