



Issue: October / 2017

Issue number: ASSE INDIA - 44

ASSE India – Newsletter Committee

Sandip Mukherjee

Message from the President's Desk....

October 30, 2017



Dear Colleagues,

Hope you had a very good festive time and back to business. Though, I am sure, during these normal holidays many safety professionals have been actively engaged with the profession either at their workplace or through voluntary activities in the society. I salute them. Let us nurture this spirit and continue to contribute in as many as ways as we can, embracing our profession with high esteem and dedication while “protecting people, property and the environment”.

Sometimes back I shared my thoughts on enhancement of employee engagement for promoting safety compliance at workplaces. Recently I was going through an article titled “Constructing workplace safety through control and learning – conflict or compatibility” jointly authored by Marianne Doos, who was also my tutor at NIWL in Sweden – the article was extremely impressive. I liked the perspectives on balancing “control” and “learning” – to ensure improved safety at the workplaces. It is argued that while “control” is necessary to contain the risk, it is equally important to focus on facilitation of “learning” at work to enhance safety compliance. I feel this is very true and our efforts to enable the crew and the supervisors to keep on learning at work to be able to effective and efficient in controlling the work related risks.

As you might know, updates on ASSE India Chapter are being made available in the respective website by Mr. Suraj Verma, Chair, Web affairs. Please visit ASSE websites for updates. Also please keep Mr. Sandip Mukherjee, Chair Newsletter posted with your professional achievements so that the same could get a place in the ASSE India Chapter Newsletter in due course of time.

My best wishes to you and your near and dear ones on the occasion of Navaratri, Durga Puja and Vijaya Dashami.

With best wishes and warm regards,

Krishna Nirmalya Sen, Ph.D, P.E., FIE

President

ASSE India Chapter

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Editor's Corner:

Dear Reader,

We are presenting the 44th Issue of ASSE India Chapter Newsletter.

With reference to recently earth quake in Mexico and similar other natural, industrial and any other manmade disaster, once again importance has been felt to work towards minimization of human and property / resources losses. In this context Sendai framework is one of the revolutionary step towards reduction of involved risks. Thanks to Mr. Suresh Bharadwaj, member of ASSE India Chapter and active volunteer. He has put together the summary of Sendai Framework. I am sure, readers will enjoy the article.

There are several debates happening whether lightening affects the cell phone or not. Furnishing a good technical paper and few arguments related to this issue.

Dengue fever is spreading at several part of our country. Hence in health tips section furnishing some important information on Dengue fever.

The issue is also furnished with information on forthcoming important days in SHE calendar and the history or background of those days. Of-course, your favorite quiz contest is also there.

Do keep on sending interesting articles on OH&S for publication. Happy reading.

Warm Regards to all our Readers,

Sandip Mukherjee, OHST

Chair – Newsletter (ASSE India Chapter)

Sendai Framework for Disaster Risk Reduction



MAKING THE DIFFERENCE FOR POVERTY, HEALTH AND RESILIENCE

The Sendai Framework for Disaster Risk Reduction 2015-2030 (Sendai Framework) is the first major agreement of the post-2015 development agenda, with seven targets and four priorities for action.

It was endorsed by the UN General Assembly following the 2015 Third UN World Conference on Disaster Risk Reduction (WCDRR).

Third UN World Conference on Disaster Risk Reduction The Sendai Framework was adopted by UN Member States on 18 March 2015 at the Third UN World Conference on Disaster Risk Reduction in Sendai City, Miyagi Prefecture, Japan.

The Sendai Framework is a 15-year; voluntary, non-binding agreement which recognizes that the State has the primary role to reduce disaster risk but that responsibility should be shared with other stakeholders including local government, the private sector and other stakeholders. It aims for the following outcome:

The substantial reduction of disaster risk and losses in lives, livelihoods and health and in the economic, physical, social, cultural and environmental assets of persons, businesses, communities and countries.

The Sendai Framework is the successor instrument to the [Hyogo Framework for Action \(HFA\) 2005-2015: Building the Resilience of Nations and Communities to Disasters](#). It is the outcome of stakeholder consultations initiated in March 2012 and inter-governmental negotiations held from July 2014 to March 2015, which were supported by the UNISDR upon the request of the UN General Assembly.

UNISDR has been tasked to support the implementation, follow-up and review of the Sendai Framework.

The Sendai Seven Campaign – 7 Targets, 7 Years (2016 – 2022)

The United Nations General Assembly has designated 13 October as the date to celebrate International Day for Disaster Reduction (IDDR) to promote a global culture of disaster reduction, including disaster prevention, mitigation and preparedness. Since it began 25 years ago, the day has grown into a major global awareness event celebrated in many ways

to encourage efforts to build more disaster-resilient communities and nations.

Following the **Step Up Campaign**, which started in 2011 and was dedicated each year to a particular group of vulnerable people exposed to disasters – Children and Youth (2011), Women and Girls (2012), People Living with Disabilities (2013), Older Persons (2014), and Indigenous People (2015) – UNISDR is now launching the **Sendai Seven Campaign** to promote each of the seven targets of the Sendai Framework for Disaster Risk Reduction adopted in Sendai, Japan in March 2015.

As was the case throughout the Step-Up Campaign, the success of the Sendai Seven Campaign depends on engaging and connecting with a wide range of stakeholders to promote awareness of the Sendai Framework and actions required to implement it, and to achieve its targets.

The Sendai Seven Campaign is an opportunity for all, including governments, local governments, community groups, civil society organizations, the private sector, international organizations and the UN family, to promote best practice at international, regional and national level across all sectors, to reduce disaster risk and disaster losses.

Gender is a critical issue in reducing mortality. Worldwide, women and children are up to 14 times more likely than men to die in a disaster and roughly 60% of preventable maternal deaths and 53% of preventable under-5 deaths take place in conflict and disaster settings. Other groups affected disproportionately include persons living with disabilities, older persons and indigenous people.

2016 – Target 1: Substantially reduce global disaster mortality by 2030, aiming to lower the average per 100,000 global mortality rate in the decade 2020-2030 compared to the period 2005-2015;

2017 – Target 2: Substantially reduce the number of people affected globally by 2030, aiming to lower the average global figure per 100,000 in the decade 2020-2030 compared to the period 2005-2015;

2018 – Target 3: Reduce direct disaster economic loss in relation to global gross domestic product (GDP) by 2030;

2019 – Target 4: Substantially reduce disaster damage to critical infrastructure and disruption of basic services, among them health and educational facilities, including through developing their resilience by 2030;

2020 – Target 5: Substantially increase the number of countries with national and local disaster risk reduction strategies by 2020;

2021 – Target 6: Substantially enhance international cooperation to developing countries through adequate and sustainable support to complement their national actions for implementation of the present Framework by 2030;

2022 – Target 7: Substantially increase the availability of and access to multi-hazard early warning systems and disaster risk information and assessments to people by 2030.

The Four Priorities for Action

Priority 1. Understanding disaster risk

Disaster risk management should be based on an understanding of disaster risk in all its dimensions of vulnerability, capacity, exposure of persons and assets, hazard characteristics and the environment. Such knowledge can be used for risk assessment, prevention, mitigation, preparedness and response.

Priority 2. Strengthening disaster risk governance to manage disaster risk

Disaster risk governance at the national, regional and global levels is very important for prevention, mitigation, preparedness, response, recovery, and rehabilitation. It fosters collaboration and partnership.

Priority 3. Investing in disaster risk reduction for resilience

Public and private investment in disaster risk prevention and reduction through structural and non-structural measures are essential to enhance the economic, social, health and cultural resilience of persons, communities, countries and their assets, as well as the environment.

Priority 4. Enhancing disaster preparedness for effective response and to “Build Back Better” in recovery, rehabilitation and reconstruction

The growth of disaster risk means there is a need to strengthen disaster preparedness for response, take action in anticipation of events, and ensure capacities are in place for effective response and recovery at all levels. The recovery, rehabilitation and reconstruction phase is a critical opportunity to build back better, including through integrating disaster risk reduction into development measures.

Implementation guides for the Sendai Framework

The Sendai Framework for Disaster Risk Reduction charts the global course over the next 15 years. During the consultations and negotiations that led to its finalization, strong calls were made to develop practical guidance to support implementation, ensure engagement and ownership of action by all stakeholders, and strengthen accountability in disaster risk reduction.

Paragraph 48 (c) of the Sendai Framework calls upon “the United Nations Office for Disaster Risk Reduction (UNISDR), in particular, to support the implementation, follow-up and review of this framework through [...] generating evidence-based and practical guidance for implementation in close collaboration with States, and through mobilization of experts; reinforcing a culture of prevention in relevant stakeholders [...]”. In order to support the process, a number of targeted Sendai Framework implementation guides shall be developed.

[Learn more about the call for contributions to Sendai Framework 'Words Into Action'](#)

Related Documents

- [Sendai Declaration](#)
- [Stakeholders' voluntary commitments](#)
- [Coherence and mutual reinforcement between the Sendai Framework for Disaster Risk Reduction 2015-2030 and](#)

[international agreements for development and climate action](#)

- [Disaster risk reduction and resilience in the 2030 agenda for sustainable development](#)

Compiled By Mr. Suresh S Bharadwaj (L&T Limited)

Source: www.unisdr.org

Lightning Effect on Cell Phones

Shiv Agarwal

Submitted as coursework for [PH250](#), Stanford University, Spring 2012

Introduction

It is a common notion that cell phones could be a potential device for conducting lightning and sending a voltage surge through the user by providing a less resistive path compared to surrounding. Other notions include the electricity travelling through the radio waves associated with the devices and deliver a shock to the person using them. In this paper we discuss the way a lightning is produced, and explore the possibility of a cell phone providing a lightning path through the user to the ground.

The Cloud-to-Ground Lightning Flash

[1] By a mechanism that is not fully understood, charges in a thundercloud are separated such that the lower portion of a cloud takes on a negative charge while the upper portion is positive. [2] This is true in more than 90 percent of the cases with only a relatively few clouds having a reversed polarity charge separation. The charge buildup occurs regardless of what is on the ground. In addition to the negative charge on the base of the cloud, there are small pockets of positive charge on the base. When the charge builds up to a sufficient magnitude, 10⁸ or 10⁹ V with respect to ground, a localized branched breakdown occurs, called a leader, extending from the cloud toward ground for about 50 m. This leader, called the stepped leader, ceases. Then another stepped leader extends from the cloud which encompasses the original step and extends for an additional 50 m or so. This stepping process continues until one of the branches of this stepped leader is within 50 - 100 m of the ground or some object on the ground. A streamer from the ground then joins the leader channel, and a return stroke goes up the leader channel, making all the branches bright. This is the high current bright phenomena called, a lightning stroke. To aid in appreciating speeds, the speed of light is approximately 3×10^8 m/s. Following the first return stroke, the lightning channel luminosity decreases to a great extent when a bright ball of light, called the dart leader, may descend the primary channel, without branching, to the point of contact on the ground. Then the second return stroke ascends this primary channel with great brightness. The totality of all the lightning strokes from a region in the cloud is called a lightning flash. A lightning flash thus consists of the initial return stroke and all subsequent return strokes, if any. Discussing the direction of lightning travel makes little sense unless terms are very carefully defined. In a usual lightning flash, negative charge travels from the cloud to ground, so conventional current

direction is from ground to cloud. The stepped leader and dart leader light travel from cloud to ground while the return stroke light travels from ground to cloud. It is probably better to refer to a lightning path rather than indicating that lightning traveled in a certain direction between cloud and ground.

Attracting Lightning

Except for the case when tall structures such as radio towers or buildings over 60 m in height are on the ground under the cloud, the lightning stepped leader will start and descend from the cloud regardless of what is on the ground. When one of the stepped leader branches is within 50-100 m of the ground or an object on the ground, a return streamer from the object will reach the stepped leader channel and initiate the return stroke. An object on the ground will only attract lightning that could have struck in the immediate vicinity anyway; thus a sailboat in the middle of a lake will not attract lightning from all over the lake but will only attract lightning that would have struck near the sailboat anyway. For tall structures the stepped leader may start from the structure and travel to the overhead cloud, so that lightning is triggered by an object on the ground. For structures less than 60 m in height, fewer than ten percent of the flashes are upward. A lightning flash produces thunder because of the shock-waves produced by the sudden heating of the air in the lightning path. Thunder is seldom heard more than about 15 mi away from the stroke, so that hearing thunder indicates lightning was within this distance from the observer. [3]

Cone or Zone of Protection

A tall object will tend to attract lightning that was going to strike in its vicinity. For many years various methods were proposed to evaluate the protection afforded to a lower object by a nearby taller object. One method suggested is that there is a cone of protection around an object like a tall grounded metal pole such that another object will not be struck by lightning if it is within the conical volume whose height is the pole and whose base is a circle on the ground, centered on the pole with a radius equal to the height of the pole. Lightning would tend to strike the pole rather than an object within this volume. Such a cone of protection is not perfect and there are numerous reports of objects within this cone of protection being struck. Other zones of protection, taking into account the striking distance for the last jump of the stepped leader, are also used in the design of lightning protection systems. Using the cone of protection concept, it is evident that the probability of an object being struck is proportional to the square of its height above the surrounding region. A pole of height h will tend to attract lightning to itself which would normally have struck in the circular area at its base which has a radius h . The area is proportional to the square of h . Objects within a zone of protection can be damaged by lightning even if they are not directly struck. This is caused by sideflash. When lightning strikes, a large voltage to ground can be developed along the path because of the large peak currents and sharp rate of rise of the current. The peak currents cause high voltages to ground because of resistance in its path such as the resistance of the object struck and the resistance at the ground connection. The rapid

rate of rise for the current produces voltages to ground because of inductance in the object struck. When the object that was struck has a high voltage with respect to ground, a side flash over to a nearby grounded object can occur.

Attraction to Cell-Phones

The chances of a cell phone being struck by lightning is less likely, it can happen, although probably more as a function of the person using the phone being the tallest thing around when lightning strikes rather than anything having to do with the phone itself. Cell phones (and cordless portable phones) used indoors during electrical storms are perfectly safe because there is no wire through which the electric discharge could travel. (The belief that lightning can follow the radio waves is completely unfounded.) There is also a popular belief that cell phones pose a risk when used outside because lightning is attracted to metal, handsets generally contain insignificant amounts of metal.

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References

- [1] T. Bernstein, "Lightning and Power Surge Damage to Appliances," IEEE Trans. on Industry Applications **20**, 1507 (1984).
- [2] M. A. Uman, *Lightning* (Dover, 2011).
- [3] M. A. Uman, *Understanding Lightning* (Bek Technical Publications, 1971).

The claim that mobile phones are a risk when used in a storm is misleading.

According to safety authorities, somebody who is outside increases their risk of being struck if they are on high ground, in an open space, near water or near large metallic structures or trees. These factors are more important to safety in an electrical storm than the use of a mobile phone.

Although some people speculate mobile phones pose a risk when used outdoors because lightning is attracted to metal, mobile phone handsets generally contain insignificant amounts of metal.

Mobile phones are low power devices and do not have any characteristics which would make them attractive to lightning strikes.

Following worldwide media interest in 2006 (BBC News and British Medical Journal), the US National Oceanic and Atmospheric Administration (NOAA) issued a statement, saying lightning is not attracted to people carrying mobile phones.

"Cell phones, small metal items, jewelry, etc., do not attract lightning. Nothing attracts lightning. Lightning tends to strike taller objects," said John Jensenius, a NOAA National Weather Service lightning expert. "People are struck because they are in the wrong place at the wrong time. The wrong place is

anywhere outside. The wrong time is anytime a thunderstorm is nearby."

The concern that mobile phones attract lightning was first raised a number of years ago in an internet hoax and is now a recognized urban myth. The medical profession is well aware of the misinformation on this topic as pointed out by Dr. Mary Ann Cooper- Associate Professor, Departments of Emergency Medicine and Bioengineering, University of Illinois in Chicago, in her paper on lightning injury facts:

"The medical literature and medical practice are resplendent with examples of (lightning) myth that grow out of misread, misquoted, or misinterpreted information and that then continue to be propagated without further investigation."

The types of injury observed are also well known and Dr Cooper also points out that:

"No lightning danger is inherent to cellular phones. Although many reports of lightning injuries involve people who are using cell phones, these reports represent the ubiquity of cell phone usage and of their users' inattentiveness to weather conditions and have nothing to do with the phones themselves."

Dr Cooper clarifies that electrical lighting damage only occurs with the use of landline phones and not mobile phones.

Australian Lightning Protection Standard

The claim that the Australian Lightning Protection Standard recommends mobile phones should not be used during storms is incorrect. A 2006 report in the British Medical Journal incorrectly claimed the standard advises people not to use mobile phones during storms. The standard (AS/NZS 1768-2003) does not make any such recommendation.

In fact, the standard advises people use mobile phones instead of conventional corded telephones during storms because conventional phones pose a well-documented risk.

The very real risk is people may not have their mobile phone with them in order to call emergency services if someone is struck by lightning.

Important days in Safety, Health and Environmental Calendar of Nov, 2017

International Day for Preventing the Exploitation of the Environment in War and Armed Conflict 06 Nov 2017

The United Nations' (UN) International Day for Preventing the Exploitation of the Environment in War and Armed Conflict is annually held on November 6. It aims to educate people about the damaging effects of war and armed conflict on the environment.

What Do People Do?

Many people around the world, including government officials, scientists, journalists, educators, and business people, observe the UN's International Day for Preventing the Exploitation of the Environment in War and Armed Conflict. Those who take part in the day spend time discussing about

how the effects of war are damaging to the natural environment. They also work together to find ways to limit environmental destruction caused by armed conflict and war.

Seminars, speeches, lectures, news articles, radio talks, and classroom activities in schools that focus on the topic are some of the events that take place on this day. People learn and share information about the dangers of new technologies in war such as depleted uranium ammunition, which poses unknown threats to the environment. People around the world are also made aware that all efforts must be taken to limit environmental destruction caused by conflict.

Background

War and armed conflict has many damaging effects on the natural environment. For example, crops are destroyed, water supplies are poisoned and forests are burnt. New technology that is used for war means that the destruction and damage of the environment is more serious and the long-term consequences can be worse.

On November 5, 2001, the UN General Assembly declared November 6 of each year as the International Day for Preventing the Exploitation of the Environment in War and Armed Conflict (resolution 56/4). The assembly considered that any environmental damage in times of armed conflict impairs ecosystems and natural resources long after the period of conflict. This damage can often extend beyond the limits of national territories and today's generation. The assembly also recalled the United Nations Millennium Declaration, which emphasized the necessity of working to protect the environment.

Source: <http://www.timeanddate.com>

International Week of Science and Peace 09 November to 14 November 2017

1986 was first observed celebrating the International Week of Science and Peace (IWOSP) on 10th of November to start the celebration of International Year of Peace. Events and activities organizing organizations for the full week (from 9th to 14th November) works as a non-governmental initiative. The organizers of the event work great to encourage the big international participation in the ceremony.

After the successful celebration of the 1986 observance, the celebration started celebrating continuously by the efforts of the organizers in the successive years. It was proclaimed as an International Week of Science and Peace by the General Assembly in the month of December in 1988 and would be celebrated yearly during the week which includes 11th of November. Intergovernmental and Non-governmental organizations and Member States are urged by the General Assembly in order to promote the related individuals, institutions, associations to support the events and activities associated with the progress of science and technologies as well as preservation of the peace and safety. It is also urged to encourage the international co-operation amongst the scientists and Secretary-General needs to report to General Assembly.

The annual celebration of this event is offering a significant contribution towards the promotion of science, technologies and peace as well as generating the awareness in general public to a greater level towards the association between science and peace. The participation and awareness of the events organizing organizations are increasing towards the contribution and co-operation in the right application of science for promoting the peace all through the year.

Objectives of celebrating International Week of Science and Peace

This event was nominated by the UN to celebrate yearly full week having the 11th of November. The aim of both IWOSP and UKWOSP was declared as the resolution of Science and Peace which deals with every aspects association between the science and peace. Some of the objectives are:

- Promotion of the international peace, science, security and co-operation.
- Protection of the environment.
- Promotion of the human rights.
- Promotion of the mankind development socially and economically.
- Focusing the role of science on the way to green societies.
- Evaluating the importance of scientists and science role in maintenance of societies.
- Providing the common public a chance to understand the significance of science in their daily lives.
- Increasing the awareness of science and technology role in maintaining the world peace and social development as well as to endeavor for the peaceful environment internationally.

A week long activity of the event consists of exhibitions on public education related to the health care, technical innovations, science, science contests, academic competitions, and discussions on culture, environment, women development and etc.

Source: <http://www.indiacelebrating.com>

World Pneumonia Day 12 November 2017

World Pneumonia Day is annually held on November 12 to raise awareness of pneumonia, promote prevention and treatment, and generate action to fight the illness.

News, messages, and events promoting World Pneumonia Day are publicized and made viral through social media networks, online, print and broadcast media, and word of mouth. People are asked to help fight the disease by participating in education programs, voluntary work or contributing via donations.

About World Pneumonia Day

Pneumonia is a form of acute respiratory infection that affects the lungs, making breathing painful and limiting oxygen intake. Pneumonia is the biggest killer of children under age 5 worldwide. Nearly one in five global child deaths result from pneumonia every year. Moreover, this is a preventable and treatable illness via vaccines, antibiotic treatment, and

improved sanitation. The United Nations (UN) first celebrated the day on November 12, 2009.

Source: <http://www.timeanddate.com>

World Diabetes Day 14 November 2017

World Diabetes Day (WDD) is celebrated annually on November 14. Led by the International Diabetes Federation (IDF), World Diabetes Day was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225.

Background

Diabetes is the common name for a range of conditions including diabetes mellitus type one and diabetes mellitus type two, diabetes insipidus and gestational diabetes. These are all conditions, which affect how the pancreas (an organ in the digestive system) secretes insulin or how the body reacts to this hormone. Depending on the type and severity, diabetes is controlled by dietary measures, weight loss, oral medication or injected or inhaled insulin. There is a wide range of short and long-term complications of diabetes including foot and eye problems and vascular diseases. It is estimated that one in three residents of the United States will develop diabetes at some point in their life.

On December 20, 2006, the United Nations (UN) passed a resolution to designate November 14 as World Diabetes Day. The occasion aimed to raise awareness of diabetes, its prevention and complications and the care that people with the condition need. Governments, non-governmental organizations and private businesses are encouraged to increase awareness of the disease, particularly among the general population and the media. World Diabetes Day was first commemorated on November 14, 2007, and is observed annually.

The Key Message Guiding the Campaign is –

All women with diabetes require affordable and equitable access to care and education to better manage their diabetes and improve their health outcomes.

Supporting Facts

- There are currently over **199 million women living with diabetes**. This total is projected to increase to 313 million by 2040.
- **Two out of every five women with diabetes** are of reproductive age, accounting for over 60 million women worldwide.
- Diabetes is the ninth leading cause of death in women globally, causing **2.1 million deaths per year**.
- Women with type 2 diabetes are **almost 10 times more likely** to have coronary heart disease than women without the condition.
- Women with type 1 diabetes have an increased risk of **early miscarriage or having a baby with malformations**.

What needs to be done

- Health systems must pay adequate attention to the specific needs and priorities of women.
- All women with diabetes should have access to the **essential diabetes medicines and technologies, self-management education and information** they need to achieve optimal diabetes outcomes.
- All women with diabetes should have access to **pre-conception planning services** to reduce risk during pregnancy.
- All women and girls should have access to **physical activity** to improve their health outcomes.

Pregnant women require improved access to screening, care and education to achieve positive health outcomes for mother and child.

Supporting facts

- 1 in 7 births is affected by gestational diabetes.
- IDF estimates that 20.9 million or 16.2% of live births to women in 2015 had some form of hyperglycemia in pregnancy. Approximately half of women with a history of GDM go on to develop type 2 diabetes within five to ten years after delivery.
- Half of all cases of hyperglycemia in pregnancy occur in women under the age of 30.
- The vast majority of cases of hyperglycemia in pregnancy were in low- and middle-income countries, where access to maternal care is often limited.

What needs to be done

- Type 2 diabetes prevention strategies must focus on maternal health and nutrition and other health behaviors before and during pregnancy, as well as infant and early childhood nutrition.
- Antenatal care visits during pregnancy must be optimized for health promotion in young women and early detection of diabetes and GDM.
- Screening for diabetes and GDM should be integrated into other maternal health interventions and services at primary healthcare level to ensure early detection, better care for women and reduced maternal mortality.
- Healthcare workers should be trained in the identification, treatment, management and follow up of diabetes during pregnancy.

Women and girls are key agents in the adoption of healthy lifestyles to improve the health and wellbeing of future generations.

Supporting facts

- **Up to 70% of cases of type 2 diabetes could be prevented** through the adoption of a healthy lifestyle.
- **70% of premature deaths** among adults are largely due to **behavior initiated during adolescence**.
- Women, as mothers, have a huge influence over the **long-term health status of their children**.
- Research has shown that when mothers are granted greater control over resources, they allocate more to **food, children's health and nutrition, and education**.

- **Women are the gatekeepers of household nutrition and lifestyle habits** and therefore have the potential to drive prevention from the household and beyond.

What needs to be done

- Women and girls should be empowered with **easy and equitable access to knowledge and resources** to strengthen their capacity to **prevent type 2 diabetes** in their families and better safeguard their own health.
- Promoting opportunities for **physical exercise in adolescent girls**, particularly in developing countries, must be a priority for diabetes prevention.

Theme

The theme of World Diabetes Day 2017 is **Women and diabetes - our right to a healthy future**.

The campaign will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require achieving optimal diabetes outcomes and strengthening their capacity to prevent type 2 diabetes.

Source: <http://www.idf.org>

World Chronic Obstructive Pulmonary Disease day 15 November 2017

World Chronic Obstructive Pulmonary Disease (COPD) Day is a global effort to boost people's understanding of COPD and advocate for better care for patients. It is annually held the second or third Wednesday of November.

What Do People Do?

Various health care organizations, educators, government agencies, and patient groups worldwide work together to promote World COPD Day on the second or third Wednesday of November each year. Activities include:

- Educational evenings for COPD patients and the general public.
- COPD Care Days involving scheduled appointments and counseling sessions.
- Openings for COPD education or health clinics.
- Free pulmonary function tests.
- Outpatient education sessions on quitting smoking.
- Talk show radio programs on dealing with COPD.
- Bus tours that local physicians organize to bring COPD education and management in remote areas.

The Global Initiative for Chronic Obstructive Lung Disease (GOLD) works with organizations such as the World Health Organization (WHO), which is the United Nations' (UN) directing and coordinating authority for health, to promote World COPD Day.

Background

About 210 million people have chronic obstructive pulmonary disease (COPD), according to the 2007 WHO estimates. WHO predicts that COPD will become the third leading cause of death worldwide by 2030. Key risk factors for COPD are tobacco smoking, indoor and outdoor air pollution, and

exposure to occupational dusts and chemicals. The first World COPD Day was held in 2002. Each year organizers in more than 50 countries worldwide participate in the day.

Source: <http://www.timeanddate.com>

World Toilet Day 19 November 2017

World Toilet Day is a United Nations (UN) observance, on November 19, that highlights a serious problem – 2.5 billion people in the world do not have access to proper sanitation.

About World Toilet Day

2.4 billion People do not have adequate sanitation. 1 billion people still defecate in the open. Poor sanitation increases the risk of disease and malnutrition, especially for women and children. Women and girls risk rape and abuse, because they have no toilet that offers privacy.”

This year, World Toilet Day is focusing on the link between sanitation and nutrition, drawing the world’s attention to the importance of toilets in supporting better nutrition and improved health. Lack of access to clean drinking water and sanitation, along with the absence of good hygiene practices, are among the underlying causes of poor nutrition.

The aim of World Toilet Day is to raise awareness about the people in the world who don’t have access to a toilet, despite the fact that it is a human right to have clean water and sanitation.”

On this day people are encouraged to take action and help promote the idea that more needs to be done. You can host an exhibition, write a toilet song, host a dinner or draw a cartoon – anything that shows **#wecantwait** any longer and that everyone worldwide must have access to a toilet

UN’s Sustainable Development Goal

Goal 6: Ensure access to water and sanitation for all

Clean, accessible water for all is an essential part of the world we want to live in. There is sufficient fresh water on the planet to achieve this. But due to bad economics or poor infrastructure, every year millions of people, most of them children, die from diseases associated with inadequate water supply, sanitation and hygiene.

The initiative builds on the strong commitment already made by UN Member States. The “Sanitation for All’ Resolution (A/RES/67/291) was adopted by the United Nations General Assembly in July 2013, designating 19 November as World Toilet Day. The Day is coordinated by UN- Water in collaboration with Governments and relevant stakeholders.

Source: <http://www.un.org>

World Day of Remembrance for Road Traffic Victims 19 November 2017

The World Day of Remembrance for Road Traffic Victims is held on the third Sunday of November each year to remember those who died or were injured from road crashes and the plight of their loved ones who must cope with the consequences of their deaths or injuries.

What do people do?

October/2017

Remembrance services and flower-laying ceremonies are held in memory of dead road victims around the world on the World Day of Remembrance for Road Traffic Victims. Police officers, associations supporting families of road victims, governments and communities unite families and friends of those who died or were injured from road traffic crashes in promoting the day through various activities.

These activities include: media campaigns and coverage; websites dedicated to the day; celebrity involvement; information distribution via the internet, posters and leaflets; DVD presentations on road traffic crashes; advocacy messages from world leaders; moments of silence; seminars and workshops; exhibitions and displays of photographs of injuries and road crash scenes; and marches or processions. These activities occur in many countries in nearly every continent.

A book, titled *World Day of Remembrance for Road Traffic Victims: a guide for organizers*, provides practical guidance to people or groups who organize events related to this day. WHO, the European Federation of Road Traffic Victims (FEVR) and Road Peace worked together in developing this book.

Background

According to the Centers for Disease Control and Prevention in the United States, road crashes are the leading cause of death in people aged between five to 34 years in the United States. It is the leading cause of death globally for children and young people aged between 10 to 24 years, and the third leading cause of death globally among people aged between 30 to 44 years. Every six seconds someone is killed or injured on the world’s roads, including drivers, passengers, motorcyclists, bicyclists and pedestrians.

Since the adoption of the World Day of Remembrance for Road Traffic Victims, pursuant to General Assembly resolution 60/5, the observance has spread to a growing number of countries on every continent.

The World Day of Remembrance for Road Traffic Victims was first observed by Road Peace in 1993 and has since been held by non-governmental organizations (NGOs) in many countries. Since then it has been observed and promoted worldwide by several non-governmental organizations, including the European Federation of Road Traffic Victims (FEVR) and its associated organizations. On October 26, 2005, the United Nations endorsed it as a global day to be observed every third Sunday in November each year.

Source: <http://www.timeanddate.com>

Child Right Day 20 November 2017

Child Rights Day in India is celebrated every year on 20th of November to reconsider the real human rights for all the children in India. A national conference is organized yearly on 20th on November by the National Commission for Protection of Child Rights to make aware the people about all the rights of their children. 20th of November is also celebrated as the Universal Children Day (International Child Rights Day) all

across the world. Members of the International community worldwide including the

India celebrates this day by organizing different programs to reassess the child rights. According to the child rights it is very necessary to safeguard, care and legal protection of children during their physical and mental immaturity means childhood.

What is Child Rights?

Declaration on child rights in 1959 was adopted on 20th of November 2007). Child rights include the right to survival, identity, food, nutrition and health, development, education and recreation, name and nationality, family and familiar environment, protection from neglect, maltreatment, misuse, abuse, trafficking and etc. The government of India has set up a constitutional body like The National Commission for Protection of Child Rights in the month of March in 2007 in order to guard, encourage and protect the child in India. Many events are organized by the Child Rights Organizations, Government Departments, Civil Society Groups, NGOs and etc.

Child Rights opposes the child labor and child abuse so that they can get their full right for surviving and developing and enjoy their childhood. Children should be cared and protected instead of being the victims of violence, trafficking and abuse. They should get the good schooling, joy, happiness and learning.

Objectives of Celebrating Child Rights Day

- Child rights day is celebrated every year in India to make sure that children are getting rights and respect.
- Offer them a chance to fully develop and enjoy their security.
- To make sure that all the laws, regulations and aims of the child rights are being followed.
- To make stronger the child rights in the society by continue working on this strategy.
- To spread, promote and communicate the child rights strategy all across the country.
- To deeply monitor the child living condition in all the different areas of country.
- To offer all the parents a parental support in developing their growing children. To aware parents about their responsibilities towards their children under 18.
- To plan and implement the new child rights policy for the children of weaker sections.
- To prevent the violence and abuse, to promote their legal and social rights in the society for the children and their bright future.
- To analyze all the pros and cons of implementing the child rights policies in the country.
- To analyze and work against the sexual exploitation as well as trafficking of children in the country.

Source: <http://www.indiacelebrating.com>

International Day for the Elimination of Violence against Women 25 November 2017

By resolution 54/134 of 17 December 1999, the United Nations General Assembly designated 25 November as the

International Day for the Elimination of Violence against Women, and invited governments, international organizations and NGOs to organize activities designed to raise public awareness of the problem on that day.

Women's activists have marked 25 November as a day against violence since 1981. This date came from the brutal assassination in 1960, of the three Mirabal sisters, political activists in the Dominican Republic, on orders of Dominican ruler Rafael Trujillo (1930-1961).

On 20 December 1993 the General Assembly, by resolution 48/104, adopted the Declaration on the Elimination of Violence against Women.

Why this International Day?

- Violence against women is a human rights violation
- Violence against women is a consequence of discrimination against women, in law and also in practice, and of persisting inequalities between men and women
- Violence against women impacts on, and impedes, progress in many areas, including poverty eradication, combating HIV/AIDS, and peace and security
- Violence against women and girls is not inevitable. Prevention is possible and essential
- Violence against women continues to be a global pandemic.

From 25 November through 10 December, Human Rights Day, the 16 Days of Activism against Gender-Based Violence aim to raise public awareness and mobilizing people everywhere to bring about change. This year, the UN Secretary-General's UNiTE to End Violence against Women campaign invites you to "**Orange the world,**" using the colour designated by the UNiTE campaign to symbolize a brighter future without violence. Organize events to orange streets, schools and landmarks.

Facts and Figures

- 35% of women and girls globally experience some form of physical and or sexual violence in their lifetime with up to seven in ten women facing this abuse in some countries.
- An estimated 133 million girls and women have experienced some form of female genital mutilation/cutting in the 29 countries in Africa and the Middle East where the harmful practice is most common.
- Worldwide, more than 700 million women alive today were married as children, 250 million of whom were married before the age of 15. Girls who marry before the age of 18 are less likely to complete their education and more likely to experience domestic violence and complications in childbirth.
- The costs and consequence of violence against women last for generations.

Source: <http://www.un.org>

Now I Lay Me Down to Sleep

If the mattress is hard, but not excessively hard,
If the comforter is not too heavy or light,
If the bottom sheet has been tucked in real tight,
If the temperature in the room isn't hot or freezing,
If the neighbour's cat isn't mating in the front yard,
If the neighbour's kid isn't playing his acoustic guitar,
If the car alarm doesn't go off in the neighbour's car,
If my husband is not grinding his teeth or wheezing,
If the blackout curtains are keeping the room dim,
If I don't get a cramp or a sinus attack,
If I manage to push my ten thousand anxieties back,
If I don't think I hear a burglar quietly creeping,
If two – thirds of the bed is not occupied by him,
If at four in the morning the telephone doesn't ring,
If the paper is delivered gently and no birds sing,
I might actually – I just might – do a little sleeping..

Mrs. Meena Murdeshwar

First published in Safety Journal of D L Shah Trust (Vol 01; Issue 01; 01Oct2017)

Health Tips



Very important message by Brig Sharma of the R&R Hospital on the symptoms and treatment of the Dengue fever.

These days there is a great scare of DENGUE all over. I, in my capacity, as a haematologist (blood diseases specialist), wish to share a few things.

1. Once infection occurs, one can get fever within 1- 7 days.
2. Fever, usually high, comes daily for 4-5 days. This time is troublesome due to fever body aches. At this time, patient should be given lots of fluids, water, juice, cold drinks, tea, milk or soup anything can be given. Just keep patient well hydrated. One simple way is to see tongue. It should appear wet. Also patient should pass adequate urine. Some people will not be able to drink adequate fluids, due to vomiting, abdominal pain, or just apathy for anything orally. If patient can't take enough orally and his urine output is getting less to lesser, this is an indication that patient should be admitted for intravenous fluids. Pl takes him to nearby hospital. One important thing to remember is , the blood test should be done early in the fever, but rather than PLT count, at the fever stage we should see HB level. It should be within normal basal limit of that patient. If you find HB is high, it is a danger sign, even if PLT count is normal. Most of people including doctors wait for PLT count to fall, keep waiting, telling patient not to worry as PLT count is normal. But this is wrong. Recent rise of HB should not be overlooked. If it is 14 or more, we need to give fluids very rapidly, oral as well as I.V. to bring down HB level to basal level. So do not

wait for PLT count to fall, take action when HB has gone up, even when PLT are in normal range.

3. Next stage starts when fever becomes normal. At this stage, patient feels better, but PLT count is likely to progressively go down. Still, we need not worry due to falling PLT count. A count upto 10,000 is certainly safe, unless patient has active bleeding.

There is no role of PLT transfusions in a patient, who has no active bleeding. So please do not insist for PLT transfusions in the absence of bleeding.

So friends, let us remember –

1. Once patient has fever, start plenty oral fluids, (approx. 3-4 litres in an adult, proportionate in children).
2. Give Paracetamol for fever. No aspirin/ brufen / numulid etc.
3. Monitor for breathless during this period, especially when patient does not have fever. If patient complains of breathless ness, when he is afebrile, take him to a doctor. This is important symptom indicates SEVERE infection, Likely to worsen. DO NOT OVERLOOK BREATHLESSNESS, especially WHEN patient DOES NOT HAVE FEVER.
4. Once fever settles, this is the time when PLT count will fall further. But do not panic, most PTS will recover without complications, just be in touch with a doctor.

With best wishes for a Dengue Free India.

Dr Brig Ajay Sharma, Prof Head, Dept. of Medicine Clinical Haematology BMT, Army Research Referral Hospital, Delhi Cant.

Source: <https://in.news.yahoo.com>

Prevention and Control of Dengue Fever

There is no curative medicine or effective vaccine available for Dengue/DHF the only effective method of choice is vector control through intersectoral collaboration and active community involvement. The mortality due to dengue/DHF can be minimized by early diagnosis and prompt management of the cases.

- Surveillance for clustering and/or increase of fever cases and entomological parameters.
- Early detection, proper and prompt management of Dengue/DHF cases to minimize mortality.
- Vector control through source reduction, observation of a weekly dry day and personal protection.
- Implementation of civic building bylaws to prevent mosquitogenic conditions in all municipal and corporation areas.
- IEC activities and awareness generation for community involvement for source reduction, clearing domestic and peri domestic areas of unused containers, tyres, coconut shells, broken glassware etc. which can collect water and personal protection.

Source: **Guideline for Prevention and Control of Dengue National Institute of Communicable Diseases Director General of Health Service**

HSE Quiz

1. Which fat should be cut back to lose weight?

- | | | | |
|---|-----------------|---|------------------|
| A | Unsaturated Fat | B | Saturated Fat |
| C | All Fats | D | All of the above |

2. To help lose weight faster, when should you drink water?

- | | | | |
|---|--------------------|---|-------------------|
| A | Mostly before noon | B | After meal |
| C | Before meal | D | None of the above |

3. Type 2 diabetes ____?

- | | | | |
|---|---|---|---------------------|
| A | Is most common form of diabetes worldwide | B | Has multiple causes |
| C | Is strongly familiar | D | All of the above |

4. What happens to your liver do when you're stressed

- | | | | |
|---|------------------------|---|------------------------------|
| A | It clears fewer toxins | B | It makes more blood sugar |
| C | It makes more bile | D | It causes your liver to fail |

5. Women are _____ as likely as men to have generalized anxiety disorder?

- | | | | |
|---|--------|---|-------|
| A | Just | B | Twice |
| C | Thrice | D | Not |

Watch out the next issue for correct answer

Answers from last issue's (September / 2017) Quiz: 1 (D); 2 (A); 3 (C); 4 (D); 5 (A)

You are welcome to send your inputs to: Sandip Mukherjee; e-mail:
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Selected articles shall be published in next publication

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