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ASSE India – Newsletter Committee

Sandip Mukherjee

## Message from the President's Desk....

May 29, 2018

Dear colleagues,  
Greetings!



My heartfelt thanks and appreciation goes to all ASSE-India Chapter Members, participants, presenters and to each and every one who has extended valuable support for the success of 6<sup>th</sup> ASSE India Chapter Professional Development Conference (PDC) "VISION ZERO - Achieving Excellence through HSE Leadership" held in Mumbai during May 27-28, 2018.

Now many of us eagerly looking for the great event at San Antonio which is really special event, among the other things, for the fact that on June 1 2018, ASSE will become the American Society of Safety Professionals (ASSP). This marks the beginning of a new era in the Society's storied history. There is no better time to tell the world who safety professionals are, what we do and why it matters.

This time I would like to share my thoughts on research in occupational safety and health (OSH) areas. We need to encourage and participate in research within the OSH areas leading to meaningful results and take this forward to ensure that the concept of research gets in to practice on a sustainable basis.

The following three areas are the most important in which we need to encourage research:

- Validate the effectiveness of OSH management systems.
- Demonstrate that increasing the quality of safety interventions improves OSH outcomes and company performance.
- Provide employers with a better understanding of the value of integrating overall worker wellness with OSH.

We need to take a deeper look at these leading challenges and topics, and to validate our top three research priorities, involving all stakeholders from academia, business, workers, professional organizations etc.

Enhancing efforts on OSH Research would go a long way toward helping us achieve our long-term goal of elevating the OSH profession and enhancing the value its practitioners deliver through innovation, thought leadership, and objective, unbiased, science-based approaches to safety and health practices.

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 51<sup>st</sup> Issue of ASSE India Chapter Newsletter.

Whole India is burning under scorching summer heat. To give welcome relief, monsoon is also arriving through south western part of the country. The new hazard in this time is scary lightning and thunder. Every year several people usually get affected by this natural phenomenon. Most of the time individuals have serious or fatal injury. By following few simple safety tips, we can broadly avoid these unwanted incidents. Hence sharing few good information related to lightning safety.

Last month ASSE India Chapter successfully hosted the Annual Professional Development Conference (PDC) at Mumbai. Furnishing a detailed report on this recent PDC.

You will find the information related to important days in Safety, Health and Environment calendar for the month of June. Also along with your favorite safety quiz find under health section the information on NIPAH virus that recently invades at one of the Indian State.

Do keep on sending interesting articles on OH&S for publication. Also let us know about your celebration of "World Environment Day". Happy reading.

Warm Regards to all our Readers,

Sandip Mukherjee (OHST)

Chair – Newsletter (ASSE India Chapter)

## Lightening Safety Tips

South-east monsoon already hit the coast at Kerala. Soon monsoon is going to sets in at rest of the country. This is a high time in every year, when several people are exposing to thunder and lightning hazard. Lightning kills as many as 2,000 people worldwide every year. Hundreds more people are struck but survive, usually with lingering and debilitating symptoms. Here are some things people can do to avoid electrical storms and decrease their chances of getting struck.

### Learn how to protect you and your loved ones during a thunderstorm

The weather forecast calls for a slight chance of thunderstorms, but you can only see a few fluffy white clouds overhead. So you and your tennis partner grab your racquets and balls and head for the tennis court. You spend a few minutes warming up and then—wait! Is that thunder you hear? Was that a lightning flash?

What do you do? Keep playing until the thunder and lightning get closer? Go sit on the metal bench under the trees to see what happens? Or get in your car and drive home?

**Correct answer:** If no substantial, non-concrete shelter is nearby, get in your car and wait out the storm.

Why? Because being outside when lightning is present is not something to take lightly—ever.

### Risks of Lightning Strikes

Although the odds of being struck by lightning in a given year are only around 1 in 500,000, some factors can put you at greater risk. Lightning most often strikes people who work outside or engage in outdoor recreational activities. Regional and seasonal differences can also affect your risk of being injured by lightning.

The consequences of lightning strikes are serious. Lightning is one of the leading causes of weather-related fatalities. During 2004–2013, lightning caused an average of 33 deaths per year in the United States.

### Protect Yourself from Lightning Strikes

You can protect yourself from risk even if you are caught outdoors when lightning is close by.

#### Safety precautions outdoors

- If the weather forecast calls for thunderstorms, postpone your trip or activity.
- Remember: When thunder roars, go indoors. Find a safe, enclosed shelter.
- The main lightning safety guide is the 30-30 rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for at least 30 minutes after the last clap of thunder.
- If no shelter is available, crouch low, with as little of your body touching the ground as possible. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away.

- Stay away from concrete floors or walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.
- Although you should move into a non-concrete structure if possible, being indoors does not automatically protect you from lightning. In fact, about one-third of lightning-strike injuries occur indoors.

#### Safety precautions indoors

- Avoid water during a thunderstorm. Lightning can travel through plumbing.
- Avoid electronic equipment of all types. Lightning can travel through electrical systems and radio and television reception systems.
- Avoid corded phones. However, cordless or cellular phones are safe to use during a storm.
- Avoid concrete floors and walls.

Lightning strikes may be rare, but they still happen and the risk of serious injury or death is severe. So take thunderstorms seriously.

Learn and follow these safety rules to keep yourself safe from lightning.

## When Thunder Roars, Go Indoors!

**When Thunder Roars, Go Indoors!**

**STOP all activities.**

**Seek shelter in a substantial building or hard-topped vehicle.**

**Wait 30 minutes after storm to resume activities.**

 [www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov) 

Source: [www.cdc.gov](http://www.cdc.gov)

# 6<sup>th</sup> ASSE India Chapter Professional Development Conference in Mumbai – A Report

Compiled By – Dr. K N Sen (President, ASSE India Chapter)

Professional Development conference of ASSE India Chapter was held during 27-28 April 2018 at Multi-purpose hall at North block II Ground Floor at L&T's Powai Campus.

This was attended by nearly 80 participants, including invited dignitaries and guests. The inaugural program was jointly chaired by Mr. K P Kotwal and Mr. Uday Mukherjee and hosted by Ms. Rashmi Mishra, Chair WISE, ASSE India Chapter.

After National Anthem and Safety Instructions, Mr. Rajeev Soni, Head HSE, Larsen & Toubro Hydrocarbon Engineering delivered the welcome address. Dr. Krishna Nirmalya Sen, President, ASSE India Chapter took the audience through a presentation on "Journey so Far" narrating the journey of ASSE India Chapter during the last six years. Mr. Ravinder Ahluwalia, shared with audience the Importance of PDC Dr. Sunil Manjrekar, President ASSE UAE Chapter highlighted several key factors which makes the difference in creating a robust safety culture and sound safety implementation environment. Mr. Kotwal in his inaugural address highlighted the importance of continuous learning and professional development initiatives in safety.

At the end of the inaugural session ASSE Awards were presented.

Safety Professional of the Year of ASSE India Chapter gone to Mr. Bhaskar Chakraborty and Presidents Award went to Mr. Shankar Rajagopalan.



Women in Safety Engineering Award went to Ms. Shivangi Tripathi and President's Award went to Ms. Megha Gangrade.

This session was followed by a panel discussion on Occupational Safety and Health which was chaired by Mr. Ravinder Ahluwalia and Mr. James Thorn and moderated by Ms. Preeti Gupta. The panelists, Dr U K Chakraborty and Mr. Bhaskar Chakraborty made their presentations.

Next Session was Chaired by Dr. U K Chakraborty and Mr. Josy John; moderated by Ms. Rashmi Mishra. Mr. Venkatas DeviSetty of Praxair and Mr. Ravinder Ahluwalia of Liberty Mutual



made a presentation.

After lunch, technical session was chaired by Mr. Rangaswamy, Vice President ASSE India Chapter and coordinated by Ms. Rashmi Mishra. Mr. Avinash Harde of HCC, Mr. Anil Gopinath of Safety Catch and Mr. Rajeev Savant of L&T Hazira (Safety Innovation School – SIS)

Next session was Chaired by Mr. Rajeev Soni and coordinated by Ms. Rashmi Mishra. Mr. Josy John of TCE and Mr. Prashant Kolwalkar made a presentation.



A Video on Safety Innovation School was presented.

Next day, first Plenary Session was presided by Ms. Preeti Gupta and Moderated by Ms. Rashmi Mishra. Mr. Ravinder Ahluwalia and Mr. S Kailash made presentations

2<sup>nd</sup> Plenary session on Good OSH Practices was Chaired by Mr. Kaustuv Bagchi and moderated by Ms. Rashmi Mishra. Mr. Badal Roy of ONGC made the presentation.



3<sup>rd</sup> Plenary session was chaired by Mr. Ramakrishnan Nathan of LTHE and Mr. Badal Roy of ONGC and was moderated by MS Rashmi Mishra. Mr. Rajeev Soni, Mr. Shankar Rajagopalan of TPL and Mr. A Arunkumar of Praxair

India made presentations.

After lunch, Technical Session was chaired by Dr. Krishna Nirmalya Sen which was coordinated by Ms. Bhumika Tyagi.

Mr. Sandip Mukherjee of CAIRN, Mr. Ramakrishna Rao of AFCONS and Mr. V Purushothaman of Blue Star made presentations.

Last technical session of the PDC was chaired by Mr. G.U.Pai, which was coordinated by Ms. Bhumika Tyagi. Mr.



Atul Kumar Srivastava of RIL and Mr. Prashant Chaturvedi of Messers-India made presentations.

At the end, vote of thanks was done by Rangaswamy HR and the certification of appreciation was given to the coordinators and volunteers who have put their effort in making the event successful. Also, certificates were given to all those participants and group photograph was taken at the end of the session with available participants and speaker.

ASSE Volunteer recognition awards were also presented.

## Program Layout

### Day 1

S1 Inaugural Plenary Session & Opening Ceremony (9:30 – 10:30)  
On dais invited dignitaries, Chair. Co-chair and Speakers

- › Chair: Mr. K. P Kotwal LTHE Co-Chair: Mr. Uday Mukherjee, Mesers India
- › Moderator: Ms. Rashmi Mishra/ administer Safety Pledge, National Anthem
- On the dais:
- › Welcome address: Mr. Rajeev Soni
- › Importance of PDC – US Perspectives – Mr. Ravinder Ahluwalia –
- › ASSE India Chapter – Journey So far – Dr. Krishn Nirmalya Sen
- › Dr. Sunil Manjrekar, ASSE, UAE

**Presentation of ASSE Awards: Safety Professional of the Year/**

**WISE and Chapter President's Awards**

Tea break (10:30 – 11:00)

S2 Panel Discussion on Occupational Safety & Health (11:00 – 12:00)

- › Chair: Mr. Ravinder Ahluwalia, CSP Co-Chair: Mr. James Thorn, CSP RIL
- › Moderator: Ms. Preety Gupta
- Panelists:
- › Dr. U K Chakraborty ONGC

Mr. Bhaskar Chakraborty RIL

S3 1<sup>st</sup> Day Plenary Session: Multi-pronged approach to OSH Excellence (12:00 – 13:30)

- › Chair: Mr. Josy John Co-chair: Dr. U K Chakraborty
- › Moderator Ms. Rashmi Mishra
- Speakers:
- › Mr. Venkatadas Devisetty, Asia Director-SH&E, Praxair India
- › Mr. Ravinder Ahluwalia CSP (1 hr.)

Lunch (13:00 – 14:30)

S 4 Technical Session (14:30 – 15:30)

- › Chair: Mr. H R Rangaswamy
- › Session coordinator: Ms. Preety Gupta
- Speakers:
- › Mr. Rajeev Sawant L&T on Safety Innovation School
- › Mr. Avinash Harde, HCC
- › Mr. Anil Gopinath

Tea Break (15:30 – 15: 45)

S5 Technical Session (15:45 17:30)

- Chair: Mr Rajeev Soni
- Session coordinator: Rashmi Mishra
- Speakers:
- › Mr. Josy John
- › Mr. Prashant Kolwalkar

S6 Special Event (17:30– 17:40)

Safety Innovation School – An Experiential Learning Facility Video and introduction about SiS

### Day 2

S 7 2<sup>nd</sup> Day Plenary Session (9:00 – 10:30)

- › Chair: Ms Preety Gupta
- Moderator: Ms Rashmi Mishra
- Speakers:
- › Mr. Ravinder Ahluwalia, CSP
- › Mr. Kailash S, CSP, CIH

Tea break (10:30 – 11:00)

S8 2<sup>nd</sup> Day Plenary Address : Good OSH Practices (10:45– 12:00)

- › Chair: Kaustuv Bagchi, LTHE
- Moderator: Ms. Rashmi Mishra
- Speakers:
- Mr. Badal Roy, ONGC

S9 Plenary Session : (12:00 – 13:30) Enhancing Professional Competence in OSH

- › Chair: Mr. Nathan Ramakrishnan Co Chair : Mr. Badal Roy
- Moderator: Ms. Rashmi Mishra
- Speakers:
- › Mr. Rajeev Soni
- › Mr. Shankar Rajagopalan, TPL
- › Mr. A Arunkumar AGM-SH&E, Praxair India

Lunch (13:00 – 14:30)

S 10 Technical sessions (14:30 – 15:30)

- Chair: Dr Krishna Nirmalya Sen
- Session coordinator: Bhumika Tyagi
- Speakers:
- › Mr. Sandip Mukherjee, CAIRN
- › Mr. Ramakrishna Rao, AFCONS
- › Mr. V. Purushothaman, Blue Star

Tea Break (15:30 – 15: 45)

S 11 Technical Session (15:45– 17:00)

- Chair: Mr G. U. Pai Co-chair; Mr Bhaskar Chakraborty
- Session Coordinator: Ms Bhumika Tyagi
- Speakers:
- › Mr. Atul Kumar Srivastava, RIL
- › Mr. Prashant Chaturvedi, Messers India

S12 Closing Ceremony & National Anthem (17:00 – 17:25)

ASSE Volunteer Recognition  
Certificate distributions

**ASSE INDIA CHAPTER AGM (1730 to 19:00)**



## Important days in Safety, Health and Environmental Calendar of June, 2018

### World Environment Day 05 June 2018

World environment day is also known as the Environment Day, Eco Day or short form WED. It has been one of the great annual events for years which is being celebrated worldwide by the people aiming to protect the unique and life nurturing Nature on every 5<sup>th</sup> June.

## WORLD ENVIRONMENT DAY HISTORY

World Environment Day (also called as WED) has been started celebrating as an annual event on every 5<sup>th</sup> of June since 1973 in order to raise the global awareness about the importance of the healthy and green environment in the human lives, to solve the environmental issues by implementing some positive environmental actions as well as to make aware common public worldwide that everyone is responsible for saving his environment and not only somebody, government or organizations working for it.

World environment day was first established to be celebrated every year by running some effective campaigns by the United Nations General Assembly and United Nations Environment Program (UNEP) in the conference on Human Environment began from 5<sup>th</sup> to 16<sup>th</sup> of June at United Nations in 1972. It was first time celebrated in 1973 with the particular theme "Only one Earth". Since 1974, the celebration campaign of the world environment day is hosted in different cities of the world.

It is a big annual celebration started by the United Nations General Assembly to engage millions of people from different countries across the globe as well as draw attention of political and health organizations to implement some effective actions.

### India is Hosting World Environment Day 2018

- India is the global host of 2018 World Environment Day which will take place on June 5, 2018.
- With "Beat Plastic Pollution" as the theme for this year's edition, the world is coming together to combat single-use plastic pollution.
- In the time it takes Hardik Pandya to bowl an over in a cricket match, four garbage trucks worth of plastic get dumped into the ocean.

Dr. Harsh Vardhan, Minister of Environment, Forest and Climate Change, and Erik Solheim, United Nations Under-Secretary-General and Head of UN Environment, jointly announced that India will be hosting the global World Environment Day celebrations on 5 June 2018.

**"Beat Plastic Pollution"**, the theme for World Environment 2018, urges governments, industry, communities, and individuals to come together and explore sustainable alternatives and urgently reduce the production and excessive use of single-use plastic polluting our oceans, damaging marine life and threatening human health.

"India is excited to host the World Environment Day this year on June 5. Indian philosophy and lifestyle has long been rooted in the concept of co-existence with nature. We are committed to making Planet Earth a cleaner and greener place", said Dr. Harsh Vardhan.

He added: "If each and every one of us does at least one green good deed daily towards our Green Social Responsibility, there will be billions of green good deeds daily on the planet."

The Government of India has committed to organizing and promoting the World Environment Day celebrations through a series of engaging activities and events generating strong public interest and participation. From pan-Indian plastic

clean-up drives in public areas, national reserves and forests to simultaneous beach clean-up activities – India will lead the initiative by setting an example.

"India will be a great global host of 2018's World Environment Day celebrations," said Erik Solheim at the announcement on Monday.

He added: "The country has demonstrated tremendous global leadership on climate change and the need to shift to a low carbon economy, and India will now help galvanize greater action on plastics pollution. It's a global emergency affecting every aspect of our lives. It's in the water we drink and the food we eat. It's destroying our beaches and oceans. India will now be leading the push to save our oceans and planet."

India is emerging as a leader; given it has one of the highest recycling rates in the world. It can be instrumental in combating plastic pollution. By hosting World Environment Day 2018, the Indian government is accelerating its leadership on an issue of tremendous magnitude.

### Plastic Pollution Facts

- Every year the world uses **500 billion** plastic bags
- Each year, at least 8 million tons of plastic end up in the oceans, the equivalent of a full garbage truck every minute.
- In the **last decade**, we produced more plastic than in the whole **last century**
- 50 percent of the plastic we use is **single-use** or disposable
- We buy 1 million plastic bottles **every minute**
- Plastic makes up **10% of all of the waste** we generate

Source: [www.unenvironment.org](http://www.unenvironment.org);

### World Oceans Day 08 June 2018

World Ocean Day 2018 will be celebrated worldwide by the people on 8<sup>th</sup> of June, at Friday.

### Why celebrate World Oceans Day?

We celebrate World Oceans Day to remind everyone of the major role the oceans have in everyday life. They are the lungs of our planet, providing most of the oxygen we breathe. The purpose of the Day is to inform the public of the impact of human actions on the ocean, develop a worldwide movement of citizens for the ocean, and mobilize and unite the world's population on a project for the sustainable management of the world's oceans. They are a major source of food and medicines and a critical part of the biosphere. In the end, it is a day to celebrate together the beauty, the wealth and the promise of the ocean.

### Action focus for 2018: preventing plastic pollution and encouraging solutions for a healthy ocean

Plastic pollution is causing tremendous harm to our marine resources. For example:

- 80% of all pollution in the ocean comes from people on land.
- 8 million tons of plastic per year ends up in the ocean, wreaking havoc on wildlife, fisheries and tourism.

- Plastic pollution costs the lives of 1 million seabirds and 100,000 marine mammals per year.
- Fish eat plastic, and we eat the fish.
- Plastic causes \$8 billion in damage to marine ecosystems each year.

#### **Change starts with you**

There are many things we can do as individuals to reduce our plastic consumption.

Remember: **Use less plastic and recycle the plastic you must use.**

Use these hashtags in social media to spread the word to help clean up our ocean: **#WorldOceansDay, #SaveOurOcean.**

As in previous years since 2014, the Division for Ocean Affairs and the Law of the Sea is recognizing on 8 June the winners of the Annual World Oceans Day Oceanic Photo Competition in an event at United Nations Headquarters.

#### **Oceans and the Sustainable Development Goals**

The Declaration of World Oceans Day in 2008 catalysed action worldwide. Twenty-five years after the first Oceans Day took place in Rio de Janeiro at UNCED, a special event on June 8th marked its celebration during the United Nations Ocean Conference held from 5-9 June 2017. The Ocean Conference was convened to support the implementation of Sustainable Development Goal (SDG) 14 of the 2030 Agenda for Sustainable Development: Conserve and sustainably use the oceans, seas and marine resources for sustainable development.

Source: [www.un.org](http://www.un.org)

#### **World Day Against Child Labor 12 June 2018**

Every year on June 12 the World Day Against Child Labor is observed to raise awareness of the plight of child laborers world-wide. Hundreds of millions of girls and boys around the world are affected.

The International Labor Organization (ILO) launched the World Day Against Child Labor in 2002 to focus attention on the global extent of child labor and the action and efforts needed to eliminate it. Each year on 12 June, the World Day brings together governments, employers and workers organizations, civil society, as well as millions of people from around the world to highlight the plight of child laborers and what can be done to help them.

The Sustainable Development Goals (SDGs), adopted by world leaders in 2015, include a renewed global commitment to ending child labor. Specifically, target 8.7 of the Sustainable Development Goals calls on the global community to: "Take immediate and effective measures to eradicate forced labor, end modern slavery and human trafficking and secure the prohibition and elimination of the worst forms of child labor, including recruitment and use of child soldiers, and by 2025 end child labor in all its forms."

#### **Generation Safe & Healthy**

This year, the World Day Against Child Labor and the World Day for Safety and Health at Work shine a spotlight on the global need to improve the safety and health of young workers and end child labor.

This joint campaign aims to accelerate action to achieve Sustainable Development Goal target 8.8 of safe and secure working environments for all workers by 2030 and SDG target 8.7 of ending all forms of child labor by 2025. Achieving these goals for the benefit of the next generation of the global workforce requires a concerted and integrated approach to eliminating child labor and promoting a culture of prevention on occupational safety health.

The returns on the investment in ending child labor are incalculable. Children who are free from the burden of child labor are able to fully realize their rights to education, leisure, and healthy development, in turn providing the essential foundation for broader social and economic development, poverty eradication, and human rights.

We must move much faster if we are to honor our commitment on ending child labor, and we need to do it together.

Source: [www.un.org](http://www.un.org)

#### **World Blood Donor Day 14<sup>th</sup> June 2018**

**Be there for someone else. Give blood. Share life.**

Every year, on 14 June, countries around the world celebrate World Blood Donor Day. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and to raise awareness of the need for regular blood donations to ensure the quality, safety and availability of blood and blood products for patients in need.

Transfusion of blood and blood products helps save millions of lives every year. It can help patients suffering from life-threatening conditions live longer and with a higher quality of life, and supports complex medical and surgical procedures. It also has an essential, life-saving role in maternal and child care and during the emergency response to man-made and natural disasters.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. An adequate supply can only be ensured through regular donations by voluntary, unpaid blood donors. However, in many countries, blood services face the challenge of making sufficient blood available, while also ensuring its quality and safety.

#### **Focus of this year's campaign**

The theme of this year's campaign is blood donation as an action of solidarity. It highlights the fundamental human values of altruism, respect, empathy and kindness which underline and sustain voluntary unpaid blood donation systems. We have adopted the slogan, "Be there for someone else. Give blood. Share life", to draw attention to the roles that voluntary donation systems play in encouraging people to

care for one another and generate social ties and a united community.

The campaign aims to highlight stories of people whose lives have been saved through blood donation, as a way of motivating regular blood donors to continue giving blood, and to motivate people in good health who have never given blood to begin doing so, particularly young people.

Activities may include commemorative events, meetings, publication of relevant stories, scientific conferences, publication of articles in national, regional and international scientific journals, and other activities that would help in promoting the theme of this year's World Blood Donor Day.

#### **The Objectives of this Year's Campaign**

- to celebrate and thank individuals who donate blood and to encourage those who have not yet donated blood to start donating;
- to raise wider awareness that blood donation is an altruistic action that benefits all of society and that an adequate supply can only be ensured through regular donations by voluntary, unpaid blood donors;
- to highlight the need for committed, year-round blood donation, in order to maintain adequate supplies and achieve national self-sufficiency of blood;
- to focus attention on blood donation as an expression of community participation in the health system, and the importance of community participation in maintaining sufficient, safe and sustainable blood supplies;
- to promote the community values of blood donation in enhancing community solidarity and social cohesion and in encouraging people to care for one another and build a caring community;
- to promote international collaboration and ensure worldwide dissemination of and consensus on the principles of voluntary non-remunerated donation, while increasing blood safety and availability

#### **Host for World Blood Donor Day 2018 Events**

The host country for World Blood Donor Day 2018 is Greece, through the Hellenic National Blood Centre. The global event will be held in Athens on 14 June 2018.

Source: [www.who.int](http://www.who.int)

#### **World Day to Combat Desertification and Drought 17<sup>th</sup> June 2018**

The **World Day to Combat Desertification (WDCD)** is observed every year to promote public awareness of international efforts to combat desertification. The day is a unique moment to remind everyone that **land degradation neutrality (LDN)** is achievable through problem solving, strong community involvement and co-operation at all levels.

To promote public awareness of land degradation and to draw attention to the implementation of the UNCCD in countries experiencing serious drought and/or desertification, particularly in Africa, **the United Nations General Assembly declared 17 June to be "World Day to Combat Desertification and Drought" (WDCD) in 1994.** Since this decision, WDCD has

May/2018

been celebrated on 17 June each year. Many invested organizations celebrate and observe WDCD by organizing a large variety of outreach activities and awareness raising events.

To further increase the impact of WDCD, the UNCCD Secretariat invites Country Parties to the Convention, United Nation's organizations, civil society organizations, international and non-governmental organizations and other stakeholders to draw attention to land issues and educate the public about effective methods of achieving **LDN** on 17 June each year.

Source: [www.unccd.int](http://www.unccd.int)

#### **International Day for Yoga 21 June 2018**

International day of yoga is also called as the world yoga day. United Nations General Assembly has declared 21<sup>st</sup> of June as an International Yoga Day on 11<sup>th</sup> of December in 2014. Yoga in India is considered to be around 5,000 year old mental, physical and spiritual practice. Yoga was originated in India in ancient time when people were used of meditation to transform their body and mind. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly.

Yoga is very necessary and beneficial for all human being if it is practiced by all on daily basis in the early morning. Official name of this day is UN International Yoga Day and also called as Yoga Day.

#### **History of World Yoga Day**

Celebrating yoga day all over the world as World Yoga Day or International Day of Yoga on 21<sup>st</sup> of June every year was declared by the United Nations General Assembly on 11<sup>th</sup> of December in 2014. The declaration was done after the call by the Indian Prime Minister, Narendra Modi to the United Nations General Assembly on 27<sup>th</sup> of September in 2014 during his address to the UN General Assembly. He call the United Nations General Assembly for adopting 21<sup>st</sup> of June as an International Yoga Day to get all the benefits of yoga for the people all around the world.

Narendra Modi has said during his address to the UN General Assembly that "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

The declaration of International Day of Yoga is the great moment for the India in the history. It took less than three months to be declared as the World Yoga Day by the United Nations General Assembly. Narendra Modi had called for it on 27<sup>th</sup> of September in 2014 which was finally declared on 11<sup>th</sup> of December in 2014. It was first ever in the history that

the initiative of any country has been proposed and implemented in the UN body within 90 days. This resolution has been adopted under the Global Health and Foreign Policy by the General Assembly in order to provide a holistic approach to the people worldwide for their health and well-being.

In order to create a great level of consciousness and positively changing the lifestyle of worldwide human population Indian PM, Mr. Narendra Modi has put his views for adopting a day especially for yoga while address to the United Nations General Assembly. He asked to the world leaders for adopting international Yoga day to deal with the declining health because of negative climate changes. Especially, he suggested 21<sup>st</sup> of June for adopting the International Day of Yoga as this day is the longest day in Northern Hemisphere regions as well as of great significance for people in many parts of the world.

### **World Yoga Day Celebration**

The celebration of the event International day of yoga is supported by various global leaders. It is celebrated by the people of more than 170 countries including USA, China, Canada, etc. It is celebrated on international level by organizing the activities like yoga training campus, yoga competitions and so many activities to enhance the awareness about yoga benefits among common public all over the world. It is celebrated to let people know that regular yoga practice lead to the better mental, physical and intellectual health. It positively changes the lifestyle of the people and increase the level of well-being.

All members, observer states, United Nations system organizations, other international organizations, regional organizations, civil society, governmental organizations, non-governmental organizations, and individuals get together to celebrate the International Day of Yoga in suitable manner according to the national priorities to raise the awareness about yoga.

### **Objectives of World Yoga Day**

International Day of Yoga has been adopted to fulfill the following objectives:

- To let people know the amazing and natural benefits of yoga.
- To connect people to the nature by practicing yoga.
- To make people get used of meditation through yoga.
- To draw attention of people worldwide towards the holistic benefits of yoga.
- To reduce the rate of health challenging diseases all over the world.
- To bring communities much close together to spend a day for health from busy schedule.
- To enhance growth, development and spread peace all through the world.
- To help people in their bad situations themselves by getting relief from stress through yoga.
- To strengthen the global coordination among people through yoga.

- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To protect unhealthy practices and promote and respect the good practices to make health better.
- To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical and mental health.
- To link between protection of health and sustainable health development.
- To get win over all the health challenges through regular yoga practice.
- To promote better mental and physical health of people through yoga practice.

Source: [www.indiacelebrating.com](http://www.indiacelebrating.com)

### **International Day against Drug Abuse and Illicit Trafficking 26 June 2018**

The International Day against Drug Abuse and Illicit Trafficking is an International Day propounded by United Nations in order to fight against the substance abuse as well as the unlawful trade of drugs. It is annually observed on 26<sup>th</sup> June all across the globe by millions of people. On this day, various organizations are committed to eradicate this menace and emphasize on peacefully addressing the challenges of illegal drugs. Their basic principle is protecting the youth and promoting welfare of humankind.

#### **About Drug Abuse**

Drug abuse or drug addiction is a psychiatric, social and psychological problem that not only affects the youth of the entire world but affects a large area of people of different age. It ruins the individuals and the society in manifolds- socially, physically, culturally, emotionally and economically. Acting on the brain of the living, the drug spawns a broad range of disorders like fear, anxiety and a sense of insecurity in them. There are certain drugs like nicotine, cocaine, caffeine, heroine, morphine, cannabis, meth, etc. that stimulate the grey matter and the nervous system resulting in an enhanced alertness as well as response.

Addiction to such drugs causes a severe loss of appetite and weight, constipation, increased anxiety and irritability, sleeplessness and gradual impairment of intellectual functioning. There are other sedatives that do not speeds up the process, in fact slows down the activities of the individual and make the brain and nervous system dull. The consequences are that they arouse as pain relievers and sleep inducers.

#### **About Illicit Drug Trafficking**

Drug trafficking is an international illegal trade that involves the production, cultivation, dissemination and sale of substance which prohibited according to the basic laws. The United Nations Office on Drugs and Crime (UNODC) is effectively monitoring and researching illegal international drug markets in order to attain a more comprehensive study of this menace. The United Nations Office on Drugs and Crimes in their Drug Report estimates the market of the drugs at US\$321.6 billion. The illicit drug trade is estimated to be

approximately 1% of the international trade. The Northern trade routes and Balkan areas are the main drug trafficking areas that link Afghanistan to the massive market of other international drug markets in Eastern and Western Continents.

### United Nations Office on Drugs and Crime (UNODC)

UNODC is an international organization which is fighting against illegal drug abuse and its production which is considered as an international crime. 1997 is the year when this organization was established by merging the International Crime Prevention center with the United Nations Drug Control Program. United Nation Office on Drugs and Crime operates throughout the world. This organ of the United Nations depends on contributions which are made voluntarily majorly by the governmental institutions. It is mandatory for the United Nations Office on Drugs and Crime to help assisting the members in the struggle against illegal drug trafficking, increasing crime rates and international terror. In the annual declaration, the members of this organization resolved to fortify their efforts to fight and combat the increasing crime rate in the illegal drug industry in all its form.

### History of International Day Against Drug and Illicit Drug Trafficking

The International Day against Drug and Illicit Trafficking is observed annually on 26<sup>th</sup> of June, since 1988, a date selected to commemorate the destruction of Lin Zexu, a figure in the opium trafficking and trade in Humen, Guangdong, preface to the First Opium War of China. On 7<sup>th</sup> of December 1987 at the 93<sup>rd</sup> plenary meeting on Drug Abuse and Illicit Trafficking the United Nations' General Assembly recalled its 40/122 resolution of 13 December, 1985 by which it decided to fight this menace. This meeting was the first step that initiated the Secretary-General to conduct an International Conference on Abuse of Drugs and its illegal distribution at the ministerial level, at Vienna in Austria.

### How is International Day Against Drug Abuse and Illicit Trafficking Celebrated in India

Ten years ago a survey was conducted in India that revealed that there were around seven lakhs drug addicts in the country with more than one lakh in the metros of Mumbai, Delhi and Pune. Since then the government of India has introduced stringent rules to curb the menace of drug abuse and its trafficking. The Non-Governmental Organizations like Narcotic Anonymous provides counseling and treatment to several drugs abusers and restore their shattered lives. India's governmental organization, namely, Central Drugs Standard Control Organization annually takes part in various programs that promote the eradication of drug abuse. They advise the Central Drug Administration in context of toxicity and quality of drugs. In addition to these, several organizations actively collaborate with the World Health organization to prepare international standards and measures to eradicate substance abuse. Many such organizations organize events to raise awareness on the bad impacts of drugs on the day and provide special assistance and care to the people suffering from the abuse.

Source: [www.indiacelebrating.com](http://www.indiacelebrating.com)

## Health Tips

Get Moving!



Eat Healthy!



Bon Voyage!



## Nipah in a nutshell

**Nipah scare in Indian subcontinent**

2001:  
Siliguri (West Bengal, India)  
Affected – 66  
Dead – 45

2011:  
Bangladesh  
Affected – 56  
Dead – 50

**Symptoms**

- Fever, headache, vomiting, fainting
- Some may show symptoms of epilepsy
- Symptoms may last for 10-12 days
- Then, the infected may fall unconscious
- Death may happen as brain fever develops at the final stage

**Mortality rate**  
74.5%

**How does it spread**

- From fruit bats to animals through bites
- From animals to other animals through fluids
- From bats to humans (if one takes fruits bitten by bats)
- From animals to humans through body fluids
- From humans to humans through body fluids

**How to prevent**

- Do not eat fruits bitten by birds and animals
- Wash hands properly after contacting infected people
- Wear mask and gloves while tending to patients
- Do not drink toddy collected from areas where bats are found in large numbers

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## ASSE AWARD WINNER FELICITATED IN RIL-APEX MEETING, JAMNAGAR

On being conferred "Safety Person of the Year 2018" by American Society Of Safety Engineers, India Chapter at their Professional Development Conference, at Mumbai on 27<sup>th</sup> & 28<sup>th</sup> April '18, RIL-APEX Committee of RPMG Jamnagar decided to felicitate Mr. Bhaskar Chakraborty, HSE Manager on Saturday, 19<sup>th</sup> Mat 2018. All members of the APEX Committee clapped in unison & appreciated this coveted recognition by ASSE, India Chapter to a RPMG-JMD HSE Team member. Photograph to witness Mr. Ravinder Kr. Batra, Head RPMG (Const. & Services) handing over the Certificate to Mr. Bhaskar Chakraborty.



## HSE Quiz

1. An electric switch fails after 2000 days of operation. If the switch operates once per day, what is its success rate?

- A 0.95 successes/attempt  
B 0.995 successes/attempt  
C 0.9995 successes/attempt  
D 0.99995 successes/attempt

2. Dispersion models are effective tools for all the following except:

- A For pre incident planning  
B For risk assessment of unknown materials  
C For management of incidents  
D To evaluate happening of an incident

3. Which of these circumstances have highest likelihood of sustaining a severe injury?

- A Non-routine work  
B Routine & planned work  
C Low energy sources  
D Production work

4. Repetitive stress injuries (RSI) are rapidly becoming a lost work day incident. The most common form is:

- A Kaolinosiis  
B Bursitis  
C Tendonitis  
D Carpal tunnel syndrome

5. Plutonium may deposit in what areas of the body?

- A Lever  
B Bone  
C Kidney  
D Thyroid

Watch out the next issue for correct answer

Answers from last issue's (April / 2018) Quiz: 1 (B); 2 (A); 3 (B); 4 (C); 5 (D)

You are welcome to send your inputs to: Sandip Mukherjee; e-mail:  
[newsletter@india.asse.org](mailto:newsletter@india.asse.org); Phone: +91 9829600067

Selected articles shall be published in next publication

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