



महासुरक्षा पत्रिका

राष्ट्रीय सुरक्षा परिषद

महाराष्ट्र चॅप्टर

NATIONAL SAFETY COUNCIL
MAHARASHTRA CHAPTER



मुखपत्र

संपादक
श्री. ज. अ. सोलंकी

वर्ष १५ वे अंक ५८ वा

जानेवारी - मार्च २०२३

सभासदांसाठी विनामूल्य

अध्यक्षांचे मनोगत



सुरक्षाप्रिय वाचक मित्रांनो,

माझे मनोगत म्हणजे खरे पाहता माझ्या मनातून आपल्या मेंदूत विचारपूर्वक व विवेक जात जाणाऱ्या गोष्टींचा संग्रह व्हावा असा माझा प्रयत्न असतो. एका दृष्टीने हा माझा आपणाशी संवाद व्हावा, अशी माझी अपेक्षा असते.

सुरक्षा प्रशिक्षणातच नव्हे तर कुठल्याही प्रशिक्षणात एकतर्फी वक्तव्याला महत्त्व नसते, तर

त्यात संवाद म्हणजे समवाद असावा. कुठलेही कार्य सहकार्यपूर्ण सफल होण्यास सुसंवाद साधला जाणे ही अत्यावश्यक गोष्ट असते. तेव्हा, सुसंवाद साधण्याला योग्य पर्यावरण अथवा परिस्थिती कशी असावी या विषयी माझा या मनोगतातून प्रयत्न आहे.

■ प्रथम म्हणजे संवादाचा विषय हा दोन्ही बाजूंना-म्हणजे सांगणाऱ्या व ऐकणाऱ्या-पटणारा व त्यांच्या हिताचा असावा असं मला वाटतं. आपणालाही हे पटेल. नाही काय ?

■ अर्थपूर्ण वक्ता व अष्टावधानी श्रोता सुसंवादासाठी असणे ही एक महत्त्वाची बाब असते हा ही मुद्दा आपल्याला पटेल. हो, ना. ?

■ सुरक्षा संवादासाठी “सुरक्षा” ही वक्ता व श्रोता अशा उभयंताची अत्यावश्यक म्हणजे मूलभूत गरज आहे ही जाण-अगदी खरी खुरी जाण दोन्ही बाजूंना असावी. नव्हे काय ?

■ बोलणाऱ्याचे ऐकणे व लक्ष्यपूर्वक ऐकून योग्य तिथे प्रतिसाद देणे ही श्रोत्यांची प्रतिक्रिया असावी हे सुध्दा आपणाला पटते ना ?

■ वाक्याला मिळणारा प्रतिसाद हा वाजवी व सकारात्मक असावा म्हणजे

प्रत्यक्ष कृतियुक्त असावा. नाही कां? अन्यथा, बागेला घातले भरभरून पाणी, गेले इतस्तता वाहुनी व बाग गेली सुकुनी असे होईल.

■ सकारात्मक होकारात केवळ मान डोलविणे अपेक्षित नसते तर प्रत्यक्ष उमेदीने व उत्साहाने कृती घडावी लागते.

■ साहेब समोर होकार व साहेब गेल्या नंतर विरंगुळा म्हणून बोलायचा व मौजमस्ती युक्त विषयांचा जय-जयकार अशी स्थिती नको. अशी स्थिती कशी सदगती देईल आपल्याला ?

■ सांगितल्या व ऐकल्या नुरूप साऱ्याच कृती सुरक्षित व सुयोग्य घडाय्यात. एक, दोन, तीन, चार..... व आता पुरे झाले असे समजायचे व उतलेल्या गोष्टी दुर्लक्षून टाकायच्या असे चालेल काय ?

वरील आठही मुद्द्यांचा विचार अष्टावधानी कामगाराने करायलाच हवा! मित्रांनो, तुम्हाला अष्टावधानी व्हायचे की अनावधानी? अष्टपैल व्हायचे ना तुम्हाला? मग अष्टावधानी राहून सुरक्षित बना. हेच सांगतो जाता, जाता व हे मनोगत संपवितो.

संपवितांना माझे मनोविचार घ्या ही सुरक्षा घोषणा पुनः एकवार !

“आता वाद नको, सुसंवाद हवा

कामगार बंधू बाद नको, इथे तो आबाद हवा

म्हणून तर कृतिशील प्रतिसाद हवा”

तर मग सुरक्षा संग निर्विवाद हवा

जय हिंद, जय महाराष्ट्र, जय उद्योग!

“सर्वानाच जायचे आहे पुढे आपल्या कार्यसुरक्षे कडे,
नियंत्रून आपले ध्यान व भान उंचावेल उद्योगाची मान”

धन्यवाद! नव वर्षाच्या शुभेच्छा!!!

आपला

- अरविंद रा. दोशी

अध्यक्ष



MAHARASHTRA SAFETY AWARDS COMPETITION

With a view to fostering safety consciousness amongst industrial establishments, we have been organising annually for the last 57 years, a Safety Awards Competition for the best performance in accident prevention in the factories situated in the State of Maharashtra. The competition is open to the members as well as non-members. Industrial establishments in the State, desirous of participating in the Competition are requested to send their duly filled entry form in soft/PDF format on nsmc.office@gmail.com on or before 31st May, 2023. For any query please contact on 022-2352 3042



NSC-MC Organized In-House Training programmes

NSC-MC Organized In-House Training programme on “Accident/ Incident Investigation” at M/s. Hindustan Petroleum Corporation Ltd., Nigdi, Pune on 5th & 6th January, 2023, 2022 at their conference room.



NSC-MC Organized In-House Training programme on “Industrial Safety” at M/s. Hindustan Petroleum Corporation Ltd., Nigdi, Pune on 6th February, 2023 at their conference room. 30 participants took advantage of training.



Executive Committee Meeting of NSC-MC

A Meeting of the Executive Committee Members of the National Safety Council-Maharashtra Chapter was held on Saturday, 7th January, 2023 and Tuesday, the 14th March, 2023 at Victoria Memorial School for the Blind, Tardeo, Mumbai.



Observance of Road Safety Week from 11th – 17th January 2023

The Ministry of Road Transport & Highways, Govt. of India directs to observe Road Safety Week every year in order to create awareness among the public at large to improve the safety on road. Likewise, the Road Safety Week was observed from 11th – 17th January 2023. Various activities related to Road Safety were planned and conducted throughout the country for observing the Road Safety Week.

NSC-Maharashtra Chapter organized webinars on various Road Safety topics namely Defensive Driving, New Regulations of Motor Vehicles (Amendment) Act 2019, Human Error Main Cause of Road Accidents, Safe Transportation of Hazardous Chemicals, etc. for member organizations in Maharashtra at various industries.

In-House Training programme at M/s. Bharat Bijlee Ltd, Navi Mumbai

NSC-MC Organized In-House Training programme on “Electrical Safety” at M/s. Bharat Bijlee Ltd, Navi Mumbai on 17th February, 2023. 35 participants took advantage of training.



Workshop on Transportation of Hazardous Chemicals

NSC-MC Organized a half day workshop on Transportation of Hazardous Chemicals for police officers & industrial safety professionals on 17th January,2023 at Conference Hall, Taloja Manufacturers' Association, Panvel, P-21, MIDC Rd, Taloja, Maharashtra.



In-House Training programme at M/s. Naval Dockyard, Mumbai

NSC-MC Organized In-House Training programme on “Behaviour Based Safety” & “Hazard Identification & Risk Assessment” at M/s. Naval Dockyard, Mumbai on 1st& 2nd March, 2023 at their conference room.60 participants took advantage of training.



51st NATIONAL SAFETY DAY/WEEK CELEBRATION BY VARIOUS INDUSTRIES

HIL (India) Limited, Rasayani



Hindalco Industries Ltd., Mouda, Nagpur



51st NATIONAL SAFETY DAY/WEEK CELEBRATION BY VARIOUS INDUSTRIES

Sankalp Engineering & Service Pvt. Ltd.



Michigan Engineers Private Limited, Mumbai



The Dharamsi Morarji Chemicals Co. Ltd., Roha



Delval Flow Controls Pvt. Ltd., Satara



51st NATIONAL SAFETY DAY/WEEK CELEBRATION BY VARIOUS INDUSTRIES

Castrol BP, Patalganga, Raigad



Water Division, Shapoorji Pallonji and Company Private Limited



CRANE PROCESS, Satara



Delval Flow Controls Pvt. Ltd., Satara



STRESS

A.S.Karmarkar

Medical science defines stress as a physical, chemical, or emotional development that causes strains that can lead to physical illness. Three stages are identified in the stress mechanism.



THERE ARE ONLY TWO TIMES I FEEL STRESS: DAY AND NIGHT.



First stage, **alarm**, the body recognizes the stress and prepares for action, either to fight or escape. Increase in heartbeat and respiration, elevate blood sugar, increase perspiration, dilate the pupils, and slow the digestion. Second stage, **resistance**, the body repairs any damage caused by the alarm reaction. If the stress continues, however, the body remains alert and cannot repair the damage. As resistance continues,

Third stage, **exhaustion** sets in, and a stress-related disorder might result. Prolonged exposure to stress depletes the body's energy supplies and can even lead to death.

In a nutshell information about stress is as follows

Types of Stress			
Physical:	Psychological	Emotional	Behavioral
Fatigue, cold extremities, Sweating, Nausea Headache, insomnia frequent colds Muscles aches/ stiffness Palpitation, chest pain Abdominal cramps	decreases in memory & concentration Indecisiveness mind racing or going blank Confusion loss of sense of humor	Anxiety Short temper Nervousness impatience Depression Anger, irritability Frustration Worry/Fear	Forgetting, blaming nervous habits(nail biting, foot tapping) throwing things increased eating Smoking/drinking crying yelling/swearing
Causes of Stress			
External Stresses		Internal Stresses	
Physical Environment- noise, bright light, heat, confined spaces, Social (interaction with people)- rudeness, bossiness or aggressiveness on part of someone else. Organisational-rules, regulations, red tape, deadline. Major life events-death, lost job, promotion, new born baby, Daily hassles- commuting, lost keys, mechanical breakdowns etc		Life style choices-caffeine, not enough sleep, overloaded schedule, Negative self talk-pessimistic thinking, self criticism, over analysing Mind traps-unrealistic expectations, taking things personally, all-or-nothing thinking and exaggerating, rigid thinking. Stressful personality traits- type "a", perfectionist, workaholic, pleasure.	
Stress related illness			
Peptic disease, change in sleep pattern, depression, anxiety, increased anger, diabetes- its complications, impotency-reduced sexual drive, hypertension-its complications, coronary artery disease, irritable bowel disease, psoriasis, asthma (aggravation, precipitation), cancer.			
Stress management			
Change life style habits:	Change stressful situations	Change your thinking	
decrease caffeine, Put out cigarettes, Balanced diet No junk food, Adequate sleep, Time-outs and leisure Regular exercise, meditation, yoga	Time & money management Assertiveness, Get organised Change job or a relationship, Keep a sense of humor	Re framing- Belief systems Set realistic and attainable goals. Problem shared is a problem halved.	

Live one day at a time by applying the following:

Just for today, I will not be angry

Just for today, I will not worry

Just for today, I will do my work honestly

Just for today, I will be kind to all I meet



51st NATIONAL SAFETY DAY/WEEK CELEBRATION BY VARIOUS INDUSTRIES

Godrej City, Godrej Properties Limited, Panvel



Imperial Auto Industries Ltd.Chakan, Pune



KAMA ACTION CENTRE

1. A workshop on filing Form 27 online was conducted by DISH, Kalyan at KAMA Hall on 11th January, 2023. Representative from various member industries participated in this event.
2. One day refresher training programme was organized on 16th January, 2023 for Drivers carrying hazardous goods at M/S Grasim Industries Ltd. (Unit-Century Rayon – Chemical Plant), Shahad. The faculties for this programme were S/Shri. Babji Choudhary, K B Yadav, Sanjay Sharma, and Anurag Shrivastav. The programme concluded with a demonstration on the use of various fire extinguishers. About 50 drivers attended

this programme.

3. The 52nd National Safety Week was observed from 4th March, 23 to 10th March, 2023 by all the industries with actively participating in different competition like making of Safety Banners and Posters/Slogans, making of Rangolis etc.
4. A Workshop on Safe Handling of Chlorine was organized at M/S Grasim Industries Ltd. (Unit-Century Rayon), Shahad, Kalyan on 6th March, 2023.
5. Safety Rally was organized on 9th March, 2023 from Kama Office at 3.00pm. More than 300 industry members actively participated.

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Note: Positive/artwork or CD accepted upto 15th day of previous month of issue

Members are requested to forward their articles in Marathi, Hindi & English on the theme connected with health, safety and environment for publishing the same in the forthcoming issue of the newsletter, at least 30 days in advance of previous month of issue.

Please write to:

The Hon. Secretary

NATIONAL SAFETY COUNCIL-MAHARASHTRA CHAPTER

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