

**HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLYGRANT, DEHRADUN**


NOTICE

SEMINAR ON OCCUPATIONAL HEALTH AND SAFETY

Himalayan College of Nursing is organizing a **seminar** on **21st January, 2026** from **2:30pm** to **4:30pm** in Classroom No. 4, Himalayan College of Nursing, SRHU. M.Sc. Nursing Second Year Students are requested to attend the same without fail.


Activity Coordinator

Mrs. Laxmi Kumar


Principal
Himalayan College of Nursing
Swami Rama Himalayan University
Swami Ram Nagar, Jolly Grant
Dehradun-248016



Swami Rama Himalayan University

**Himalayan College of Nursing
Swami Rama Himalayan University
Jollygrant, Dehradun**



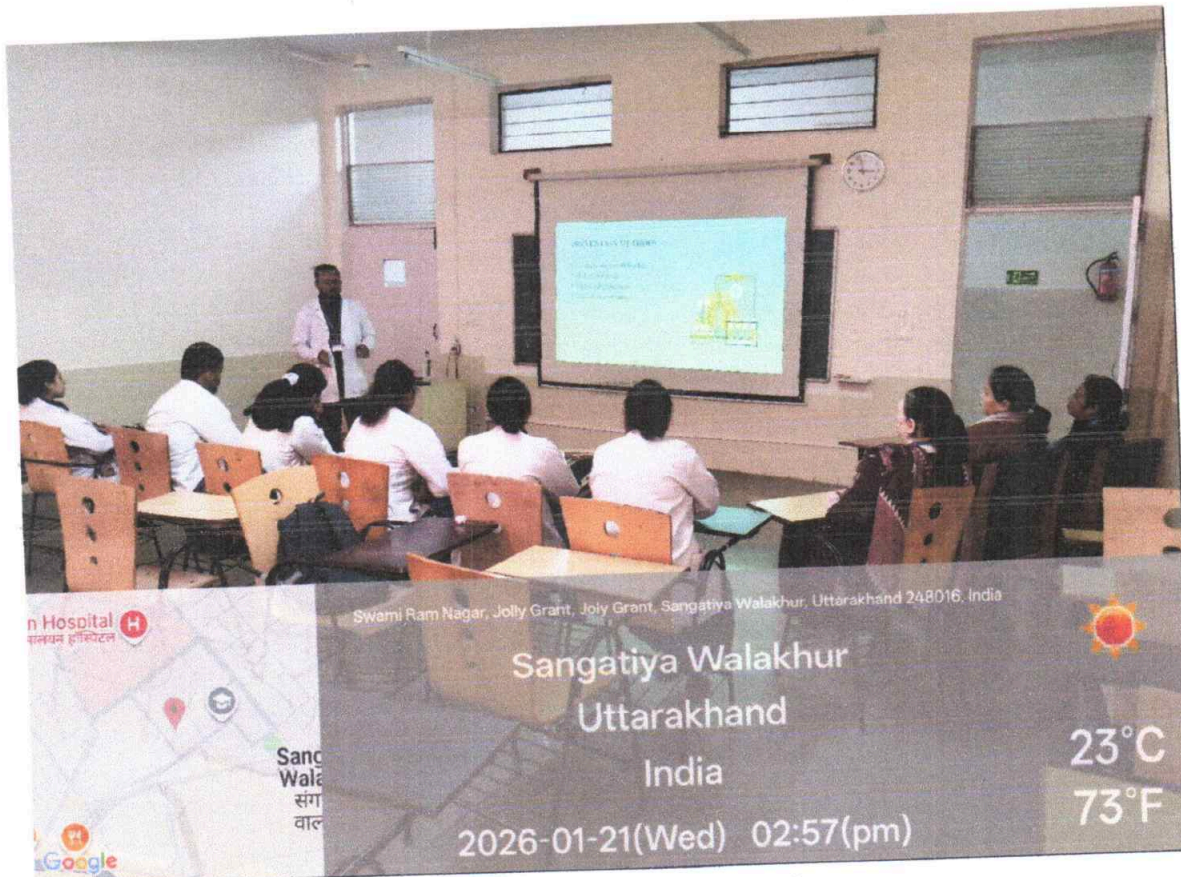
Report of Seminar

The seminar on **“Occupational Health & Safety”** was conducted on **21st January, 2026** in **Classroom No. 4**. Occupational Health and Safety (OHS) refers to the policies, procedures, and practices designed to protect the health, safety, and well-being of individuals in the workplace. In healthcare settings, OHS is particularly important because healthcare workers are exposed to various biological, chemical, physical, ergonomic, and psychological hazards. Biological risks include infections such as tuberculosis, hepatitis, and other communicable diseases, while chemical hazards may arise from disinfectants, sterilizing agents, and medications. Physical hazards include radiation, noise, and accidental injuries, whereas ergonomic hazards result from improper posture, lifting patients, and prolonged standing. Psychological hazards such as stress, burnout, and workplace violence also affect healthcare workers.

The primary aim of occupational health and safety is to prevent work-related injuries and illnesses, promote the physical and mental well-being of employees, and ensure a safe working environment. Preventive measures include the use of personal protective equipment (PPE), proper hand hygiene, safe biomedical waste disposal, vaccination, ergonomic practices, and adherence to infection control protocols. Training programs, regular health check-ups, and strong institutional safety policies further support workplace safety.

Occupational health and safety is essential for reducing absenteeism, improving staff morale, increasing productivity, and enhancing the quality of patient care. Nurses play a crucial role by following safety guidelines, reporting hazards, educating others, and participating in health and safety programs. Thus, effective implementation of OHS practices ensures the protection of healthcare workers and contributes to a safer and more efficient healthcare system.

Nursing students and faculty members, whose active participation encouraged valuable academic discussion and enhanced their understanding of occupational health and safety practices in healthcare settings, attended the seminar.



Swami Ram Nagar, Jolly Grant, Jolly Grant, Sangatiya Walakhur, Uttarakhand 248016, India

Sangatiya Walakhur
Uttarakhand
India

2026-01-21(Wed) 02:57(pm)

23°C
73°F

Pic.1 PG student is presenting seminar



Swami Ram Nagar, Jolly Grant, Jolly Grant, Sangatiya Walakhur, Uttarakhand 248016, India

Sangatiya Walakhur
Uttarakhand
India

2026-01-21(Wed) 02:56(pm)

23°C
73°F

Pic.2 All beneficiaries are attending the seminar

Sanjiv
Activity Coordinator



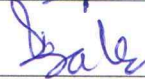
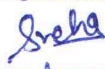

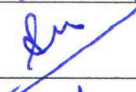


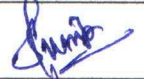
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Principal
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SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLYGRANT, DEHRADUN**

Topic: Occupational Health and Safety

Date: 21-January-2026

Venue: Classroom No. 4

S.No	Names of Participants	Signature
1.	Mrs. Laxmi Kumar	
2.	Mrs. Upma George	
3.	Dr. Kanchan Bala	
4.	Sneha Uniyal	
5.	Ashutosh Gusain	
6.	Simran Mewar	
7.	Tanuja	
8.	Deepika Bisht	
9.	Smriti Bisht	
10.	Siddhant Pundir	