



TNOA NEWS

Issue 1 Vol.2, 2020-21



16th Anniversary Celebration of SPOT HOSPITAL, Chennai - 26
The Staff & Management cordially invite you to the
Virtual CME on ROBOTIC SURGERY & Virtual Clinical Demonstration on Sunday, the 27th September 2020

From 9.00 am to 10.00 am
Late Dr. D. Ramesh Babu's 2nd Oration
Dr. S. Rajasekaran, M.D.,
Inauguration
Dr. M. Ravikiran
will inaugurate
Dr. S.G. Thirumangalakudi
will inaugurate
Dr. S. Pandiaraj
will inaugurate

PROGRAM
08.45 am to 09.00 am: Meet & Greet
09.00 am to 09.05 am: Welcome Address & Introduction of the Virtual CME by
Dr. S. Ramesh Babu,
Organizing Chairman
09.05 am to 09.10 am: How to get started with Robotic Surgery
Dr. G. Mukesh Mohan
Consultant Orthopaedic Surgeon,
Mukesh Ortho & Trauma Center, Trichy
09.10 am to 09.15 am: Robotic Surgery in Spine
Dr. S. Ramesh Babu
Spine Surgeon, Apollo Hospitals, Chennai
09.15 am to 09.20 am: Dr. Ramesh Babu's 2nd Oration
Dr. S. Rajasekaran, M.D.,
Ph.D.,
Orthopaedic Surgeon,
Mukesh Ortho & Trauma Center, Trichy
09.20 am to 09.25 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman
09.25 am to 09.30 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman
09.30 am to 09.35 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman
09.35 am to 09.40 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman
09.40 am to 09.45 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman
09.45 am to 09.50 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman
09.50 am to 09.55 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman
09.55 am to 10.00 am: Virtual Clinical Demonstration
Dr. S. Ramesh Babu
Organizing Chairman

Dr. S. Ramesh Babu
Organizing Chairman
<https://spothospital.com>

TNOA PG TEACHING PROGRAM

an e-initiative of Tamilnadu Orthopaedic Association

Inaugural Program



Clinical Discussion: OSCE Format

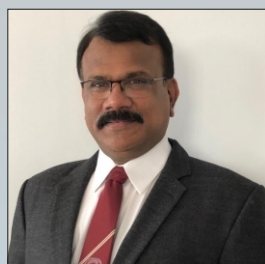
Prof Dr A Devadoss
02.08.2020



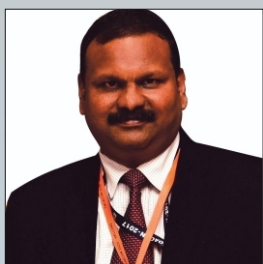
IOA President's Theme: "Excellence & Perfection in Orthopaedic Education and Patient Care: An Achievable Vision"

TNOA President's Theme 2020: "Safe surgery saves lives"

TNOA EXECUTIVE COMMITTEE 2020-2021



Dr. S.G. Thirumalaisam
President



Dr. P.T. Saravanan
Secretary



Dr. P. Ponraj
Treasurer



Dr. M. Antony Vimalraj
President Elect



Dr. M. Vanasekar
Vice President



Dr. J. Dheenadayalan
Immediate Past President



Dr. A. Francis Roy
Immediate Past Secretary



Dr. C.J. Ravi
Joint Secretary



Dr. Nalli R Gopinath
Fellowship Secretary



Dr. A. Saravanan
Journal Editor



Dr. Thirunarayanan
Indexing Editor



Dr. Meenakshi Sundaram
Video Journal Editor



Dr. S. Makesh Ram
Chennai



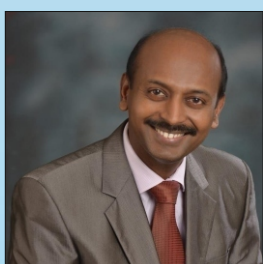
Dr. R. Prabhakar
Chennai



Dr. Shyam L
Madurai



Dr. R. Ashok Kumar
Madurai



Dr. C. Rex
Coimbatore



Dr. M.P. Parthasarathy
North Zone



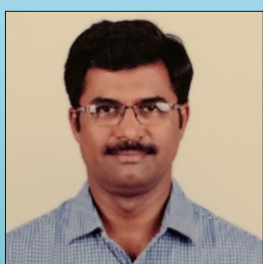
Dr. K. Sekar
South Zone - 1



Dr. A. Mohammed Zubair
South Zone - 2



Dr. S. Natarajan
East Zone



Dr. K. Mohana Sundaram
West Zone - 1



Dr. T. Kannan
West Zone - 2



Dr. G. Ramesh Prabu
Central Zone - 1



Dr. M. Anand
Central Zone - 2

From the Desk of the President



Dear Honorable Members of TNOA,

Greetings from Kovai!

Hope everyone is in good health and has found a way to survive with pandemic! TNOA has been doing wonderful online activities in particular PG teaching programs and continuing medical education programs. Personally thank and congratulate the members of our academic committee: Dr Singaravadivelu, Dr Vetrivelchezian, Dr Thanappan, Dr Sureshkumar and Dr Thirunarayanan. An amazing number of publications from eminent institutions during this pandemic is phenomenal.

Bone and joint day activities have been conducted with higher spirit and active participation of all the zonal clubs. Considerable progress in TNOA Journal indexing and re-registration of the TNOA as a society by Dr Thirunarayanan has to be commended. The TNOA Election has been announced and going to be conducted on time. The annual conference of 2021 has been postponed for one year. The annual general body meeting will happen in February 20 21 at Tirunelveli during **TNOAMINICON - TKS midyear CME** and new office bearers will take over without any extension of office to anyone.

Once again, I request you all practice safely during this pandemic.

“Safe Surgery Saves (Our) Lives”

Dr. S. G. Thirumalaisamy

President,
Tamilnadu Orthopaedic Association

From the Desk of the Secretary....

Distinguished Members of TNOA,

Warm wishes and greetings from Kancheepuram!

I am delighted and happy to meet you all through this second newsletter. At the same time, i would like to share many success stories of our association during this pandemic period and great achievements by our honorable members.



I sincerely thank and congratulate the members who had efficiently organized various informative online CME's, virtual public awareness programs, and creative educational efforts.

A noteworthy and meticulous initiative is TNOA Post-Graduate Teaching Program which has exclusively aimed to promote and inculcate the knowledge of Orthopedics to fellow graduates. The program is aired successfully every Tuesday and Friday covering basics and exam-focused topics. Besides, the recorded version on YouTube is an additional opportunity for relook and the missed ones. Sincere thanks to the core academic committee members for their tireless dedication.

The honorable President of the Indian Orthopaedic Association (IOA) Dr. R. C. Meena inaugurated the newly updated website for our association on 22nd July 2020. I encourage our members to visit the website www.tnortho.org and endure its richness.

TNOA members have provided their strong determination and enthusiasm in celebrating our most precious event "Bone & Joint Day 2020". It is because of their consistency that every year we excel and remain exceptionally good. I humbly request you all to continue the same proficiency towards the upcoming "TNOA Bone Health Awareness Fortnight".

I take this opportunity to record the yeomen service done by members during the pandemic crisis and wish everyone and their family be safe and healthy.

The member's achievements have taken a giant leap this year in academic publications. More than 100 articles have been published so far in the national and international indexed Journals. I congratulate all the authors for their wonderful efforts and keeping our association's fame high.

Finally, I thank the entire team of TNOA executive committee members, local clubs, zone and district in-charge, and all my distinguished members for their excellent support and service to our esteemed association.

Wishing you all safe and healthy!

Long Live TNOA!

Warm regards,
Dr PT Saravanan
Secretary TNOA

TAMIL NADU ORTHOPAEDIC ASSOCIATION, EXECUTIVE COMMITTEE MEMBERS 2020-21

President:

Dr. S. G. Thirumalaisamy

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Executive Committee Member West Zone 2 :**Dr. T. Kannan**

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drkannaorth@gmail.com

Co-opted Members

Dr. P. Madhivanan, Organizing Chairman, TNOACON 2021
Dr. G. Mukesh mohan, Organizing Secretary, TNOACON 2021
Dr. S. Jaikish, Scientific committee Chairman, TNOACON 2021
Dr P. V. Vijayaraghavan, Organizing Chairman, TNOACON 2022
Dr. T. Tholgapian, Organizing Secretary, TNOACON 2022
Dr. R. Balachandran, Scientific committee Chairman, TNOACON 2022
Dr. A. Francis roy, Organizing Secretary, TNOA Prof TKS Mid Year CME 2020
Dr. K. Senthil kumar, Organizing Secretary, TNOA Prof TKS Mid Year CME 2021
Dr. Terrence Jose Jerome, TNOA Mobile App Admin & Website Co-Admin

Tamil Nadu Orthopaedic Association
District Ortho Clubs Office Bearers – 2020

S. No	District Ortho Club	President	Secretary
Metros			
1	Madras Orthopaedic Society (MOS)	Dr. M. Ravi Kumar Mobile No: 97714 25500	Dr. R. Prabhakar Singh Mobile No: 94444 476243
2	Madurai Orthopaedic Society	Dr. V. R. Ganesan Mobile No:9443772917	Dr. K. N. Subramanian Mobile No: 9894103259
3	Coimbatore Ortho Society (COS)	Dr. G. Balasubramanian Mobile No: 94430 04005	Dr. P. Dhanasekara Raja Mobile No :98422 09050
North Zone			
4	Vellore Ortho Club	Dr. K. Manivannun Mobile No: 99422 30008	Dr. Justin Arockiaraj Mobile No: 94431 14380
5	Thiruvannamalai Ortho Club	Dr. S. Senthil Nathan Mobile No: 94426 38687	Dr. K. Senthil Kumar Mobile No: 98407 43063
6	Kanchi Ortho Club	Dr. V. Vishnu Varadhan Mobile No: 97911 16523	Dr. J. Thiyageshwaran Mobile No: 96000 55539
West Zone - I			
7	Midwest Ortho Society	Dr. J. Manimaran Mobile No: 94432 44774	Dr. C.S. Vishnu Prasath Mobile No: 81224 20061
8	Krishnagiri Orthopaedic Society	Dr. G. Ashok Kumar Mobile No: 98432 50135	Dr. V. Srinivasa Gowda Mobile No: 94433 41102
9	Dharmapuri Ortho Club	Dr. B. Venkatesan Mobile No :94432 61048	Dr. J. Senthilnathan Mobile No :94432 64104
West Zone - II			
10	Erode Ortho Club	Dr. Muthukumar Mobile No: 94430 45549	Dr. S. P. Thiyagu Mobile No: 94861 13831
11	Tiruppur District Ortho Club	Dr. R. Brijesh Shetty Mobile No :94430 09934	Dr. V. Aruljothi Mobile: 85868 94306
12	Karur Ortho Club		Dr. J. Rajinikanth Mobile No: 98430 30103
Central Zone -I			
13	Trichy Orthopaedic Society	Dr. S. Jaikish Mobile No: 94433 49403	Dr. G. Mukesh Mohan Mobile No :94435 32395
Central Zone -II			
14	Dindigul Ortho Club	Dr. Vadivel Mobile No :9842166444	Dr. Anand Mobile No :9443388152
15	Theni Ortho Club	Dr. M. Srinivasan Mobile No :98946 20152	Dr. R. Raja Manikandan Mobile No: 94433 81207
South Zone - I			
16	Nellai Ortho Club	Dr. K. Sekar Mobile: 9443362276	Dr. T. Chandran Mobile: 9443388240
17	Ramnad Ortho Club	Dr. Sahaya Stephen Raj Mobile No: 94420 44462	Dr. Syed Ibrahim Mobile No:88701 17220
18	Virudhunagar Ortho Club	Dr. Ambalathar Mobile No: 94433 82215	Dr. Manikandan Mobile No: 94435 45112
South Zone - II			
19	Kanyakumari Orthopaedic Society	Dr. Muthu Ramalingam Mobile No: 94433 72146	Dr. Mohan Kumar Mobile No :82201 26891
East Zone			
20	Thanjavur Ortho Club	Dr. S. Kumaravel Mobile No: 94431 48852	Dr. Leo Joseph Mobile No: 94437 37139 / 94437 37139
21	Thiruvarur Ortho Club	Dr. Muthu Kumar Mobile No: 9003125195	Dr. S. Abdul Hameed Ansari Mobile No: 97502 45455
22	Cholamandalam Ortho Society	Dr. R. Neelakrishnan Mobile No: 98424 27872	Dr. S. Natarajan Mobile No: 98401 78281
23	Villupuram Ortho Club	Dr. K. Muthaiyan Mobile: 9842340382	Dr. E. S. Arivazhagan Mobile: 97877 05754

Minutes of Second Executive Committee Meeting of TNOA 2020-21 held on 22.07.2020 through Video Conference (GOOGLE MEET: Meeting id: szk-fbox-zgv)

Attended by:

Dr. S. G. Thirumalaisamy, President
Dr. P. T. Saravanan, Secretary
Dr. P. Ponraj, Treasurer
Dr. M. Antony Vimalraj, President Elect
Dr. M. Vanasekar, Vice President
Dr. A. Francis Roy, Immediate Past Secretary & Organizing Secretary,
TNOA Prof TKS Mid Year CME 2020
Dr. C.J. Ravi, Joint Secretary
Dr. A. Saravanan, Journal Editor
Dr. V. Thirunarayanan, Indexing Editor
Dr. K. Meenakshi Sundaram, Video Journal Editor
Dr. Nalli. R. Gopinath, Fellowship Secretary
Dr. S. Makesh Ram, EC member, Chennai
Dr. R. Prabhakar, EC member, Chennai
Dr. L. Shyam, EC Member, Madurai
Dr. R. Ashok Kumar, EC Member, Madurai
Dr. C. Rex, EC member, Coimbatore
Dr. K. Sekar, EC member, South Zone- I
Dr. A. Mohammed Zubair, EC member, South Zone- II
Dr. S. Natarajan, EC member, East Zone
Dr. K. Mohana sundaram, EC member, West Zone- I
Dr. T. Kannan, EC member, West Zone- II
Dr. G. Ramesh Prabu, EC member, Central Zone- I
Dr. M. Anand, EC member, Central Zone- II
Dr. G. Mukesh Mohan, Organizing Secretary, TNOACON 2021
Dr. T. Tholgapiyan Organizing Secretary, TNOACON 2022
Dr. Terrence Jose Jerome, TNOA Mobile App & Website Admin
Dr. N. Thanappan, EC Member of IOA represents TN

WELCOME ADDRESS:

Dr. S. G. Thirumalaisamy, President called the meeting to order and welcomed all the office bearers of TNOA and Co-opted Members. TNOA President's Theme for the year 2020: "Safe Surgery Saves Lives". President whole heartedly welcomed our special guests of the day: Honorable President of IOA Prof RC Meena joined the meeting from Jaipur & Honorable President of OASIS Dr S Pandian and thanked them for accepting our invitation to launch our revamped website and release of newsletter.

OBITUARY REFERENCE:

Secretary conveyed to the EC about recently we have lost two of our orthopedic postgraduate students: Dr Sivacharan & Dr Kannan. Executive committee paid tribute and observed silence for one minute as a mark of respect to the departed souls.

VIRTUAL GRAND LAUNCH OF REVAMPED TNOA WEBSITE

Prof Dr RC Meena, President of Indian Orthopaedic Association virtually launched revamped website of TNOA www.tnortho.org and delivered Chief Guest address;

o TNOA is the biggest chapter of IOA. Proud to launch the website of Tamilnadu Orthopaedic Association.

o Honoured to work with senior people like Dr. Natesan & others.

o During this unprecedented situation we have generated Rs 15 Lakhs from various sponsors towards COVID Care Fund. Providing N95 masks & face shields from north to south and east to west is a commendable job done by my team and I am always ready to help you all in the needy hour.

o Excellent work done by TNOA and I have enjoyed your website, Thank you.

VIRTUAL RELEASE OF TNOA NEWSLETTER

Dr. S. Pandiyan, President of OASIS virtually released TNOA NEWS issue 1 Volume 1, the official Newsletter of Tamilnadu Orthopaedic Association and delivered Guest of Honour address; It's a greatest honor to release the TNOA newsletter, in spite of life threatening situation TNOA is very active, best wishes to TNOA and its members.

SECRETARY'S REPORT - Dr. P. T. Saravanan, Secretary

Membership:

As on 08th February 2020 (GBM), we have 2028 Life Members in TNOA, 1398 Life Members in IOA, 74 Associate Members of TNOA and 76 Associate Members of IOA. MEMBERSHIP FEE: TNOA Life Membership Rs5000, IOA Life Membership Rs5000, Combined IOA & TNOA Life Membership Rs10000, One entry system for Associate Members (Post Graduate): Rs 9,000 which Includes Associate Membership of IOA. They will become life member after submitting their orthopedic degree certificate & there is no need to pay any additional fee for the same.

Academic Activities:

- o 2020.05.10 MOS Monthly Meeting & Installation of New President (Online)
- o 2020.05.10 Online Shoulder Symposium under the aegis of TNOA
- o 2020.05.15 TNAS Academic - Bankarts Repair Start to Finish Online Q&A Session
- o 2020.05.23 Robotic TKR: An Overview by Trichy Ortho Club
- o 2020.05.24 Webinar on Proximal Tibia by Cholamandalam Ortho Society
- o 2020.05.27 COS Clinical Meeting - Unstable Trochanteric fractures
- o 2020.06.20 COS Symposium on Distal radius fractures - Current concepts
- o 2020.07.18 COS Symposium on Supra Condylar Fractures Of Femur

Achievement of Individual members:

- o 2020.05.07 Dr M Srinivasan delivered a talk at World Endoscopic Spine Society's live webinar on Lumbar disc surgery by Destandau Endospine System (DES)
- o 2020.05.12 Dr Vijay Bose - KEY NOTE TALK - Current concepts in Acetabular and femoral reconstruction in DYSPLASTIC HIPS @ KOA Webinar Series, Karnataka
- o 2020.05.13 Dr Nalli Yuvaraj @ Online Panel Discussion of Geriatric Orthopaedic Association of India on Osteoporotic Spine Fracture: Which way to go?
- o 2020.05.26 Dr Clement Joseph faculty at International Arthroscopy Academy's Master Class on Knee Osteotomy
- o 2020.06.03 Dr Binu P Thomas delivered a talk on PROXIMAL INTER PHALANGEAL JOINT INJURY at International Hand & Wrist Congress Webinar
- o 2020.07.12 Dr Vijay C Bose delivered talk on "THR in young population: Bearing implant selection!"

& Panelist at Arthroplasty: Hip Session @ Virtual Conference Mid-Term ROSACON 2020

Elevated To Higher Posts:

- Dr. C. Anbarasu – Vice President, BJP Doctors Wing, Tamilnadu
- Dr. R. Selvaraj LM/S/81 - Elected to the SENATE of The Tamilnadu Dr MGR Medical University
- Dr. S. Kumaravel LM/K/22 - Elected to the SENATE of The Tamilnadu Dr MGR Medical University
- Dr. L. Pavalan LM/P/20 - Elected to the SENATE of The Tamilnadu Dr MGR Medical University

Publications:

TNOA members have published about 46 articles in various international / indexed Journals during this year. List enclosed.

Social Welfare / Awareness Programs

- 2020.05.07 IOA & TNOA donated 1350 N 95 Masks & Face Shields to HOD's of Orthopedics at COVID Hotspots in the state
- 2020.05.16 Dr CJ Ravi donated rice, groceries & mask to 200 auto drivers in Pattukkottai.
- 2020.05.16 Dr CJ Ravi donated 50 set of PPE Kits to Government Hospital, Pattukkottai
- 2020.05.16 Awareness video on Diet & Rheumatoid Arthritis by Dr CPS Suman
- 2020.05.29 Awareness Video on How to Prevent Back Pain by Dr G Balasubramanian
- 2020.06.20 Dr S Sundarrajan in his capacity as Rotary Project Chairman created COVID 19 Intensive Care Unit (Budget Rs 35 Lakhs) @ Udumalpet Government Hospital
- 2020.06.21 Dr Rishi Kanna - Article in HINDU Newspaper The eyes have it
- 2020.06.24 COVID 19 Safety Precautions for Health Care Facility by Dr CPS Suman in Visual Media
- 2020.06.27 Display of POSTERS to stop COVID-19 by Dharmapuri Orthopaedic Club Members
- 2020.06.27 Interview on Covid-19 Awareness by Dr PT Saravanan @ Success TV, Kanchipuram.
- 2020.07.02 Dr R Ashok took part in Public Awareness Video on Covid 19 by IMA Vellore
- 2020.07.11 Dr SP Thiyagu (Sathyamangalam) donated blood during COVID Special Blood Donation Camp @ Rotary IMA Tiruppur Blood bank

TREASURER'S REPORT – Dr. P. Ponraj, Treasurer

TNOA Account – 705855990:

- OPENING BALANCE AS ON 04/05/2020: Rs 26,32,953.26/-
- CREDIT: Income Tax Refund = Rs.24,810/-, Bank Interest From FD = Rs.43,053/- & Total Credit Amount = Rs.67,863/-
- DEBIT: To Post Master For PPE Kit Sending Cost = Rs.5,100/-, To Jaypee Brothers = Rs.2,50,029/-, To Dr.Meenakshi Sundaram For Video Journal = Rs.72,473/-, To TNOA Office Flat Maintenance Charge From Jan To Marc = Rs.10,321.50/-, To Mr Premkumar for Office Secretary Salary From May To Jul -Rs.22,500 & Total Debit Amount = RS.3,60,423.50 /-
- CLOSING BALANCE AS ON 21/07/2020: Rs 23,55,392.76/-
- TOTAL FD AMOUNT IN ASSOCIATION ACCOUNT = RS.1,32,66,243/-

TNOA TRUST Account – 705855785:

- Opening Balance as on 04/05/2020: Rs.2,38,903/-
- Closing Balance as on 21/07/2020: Rs.2,40,751/-
- TOTAL FD AMOUNT IN TRUST ACCOUNT = RS.6,00,000/-

Dr. Thirunarayanan suggested getting GST number for TNOA is need of the hour.

TNOA PG TEACHING PROGRAM:

TNOA going to start an e-learning project named as TNOA PG Teaching Program, a first of its kind: this

TNOA Online Education Platform is for the benefit of Orthopedic Post Graduates all over TN and nearby States. The program concentrated mainly on clinical examination skills to be demonstrated by our esteemed teaching faculties of various medical colleges and teaching institutions.

President said the credit goes to Prof V Singaravadivelu for the idea to start this program by TNOA during this unprecedented COVID pandemic to facilitate uninterrupted learning. Dr Thanappan suggested we need a full list of post graduates from Tamilnadu & Pondicherry and also need a strong technological background, having a plan to start with Professor A Devadoss. President asked EC members to extend help to collect databases of PG's.

President appointed an Academic Committee of TNOA 2020-21: Dr SG Thirumalaisamy, President, Dr PT Saravanan, Secretary, Prof V Singaravadivelu & Prof S Vetrivelchezian were Advisors and Prof N Thanappan, Prof A Sureshkumar & Prof V Thirunarayanan are the Coordinators.

NATIONAL BONE & JOINT DAY 04.08.2020

IOA President's Theme for this year's bone and joint day is "Prevention of Deformity in Degenerative Disorders". Free surgeries not considered for this year due to COVID Pandemic. Total Points: 20 with the breakup as follows;

- Virtual Talk on Prevention of Deformity in Degenerative Disorders – 06 Points
- Distribution of Pamphlets – 02 Points
- Display of Posters - 02 Points
- Radio / TV Coverage – 04 Points
- Print Media Coverage – 04 Points
- Social Media Coverage (FB/YT) – 02 Points

Secretary requested the EC to encourage our members & zonal clubs to do weeklong activities from 1st to 7th August 2020 based on the Theme.

OASIS MATTERS:

President: Dr S Pandian, Secretary General: Dr Nalli R Uvaraj, Treasurer: Dr Nalli R Gopinath
Executive Committee Members of OASIS representing TNOA: Dr SG Thirumalaisamy, Dr PT Saravanan, Dr M Antony Vimalraj, Dr M Vanasekar & Dr CJ Ravi.

TNOA received Best Chapter of OASIS Award for the second time at OASISCON 2019 Pondicherry. TNOA GB approved the proposal to organize OASISCON 2021 at Salem. Dr Franklin Kiruba, Org. Chairman & Dr J Manimaran, Org. Secretary.

First EC Meeting of OASIS held on 17th May 2020 through Video Conference due to COVID 19.

- OASIS TRAUMACON 2020, Chennai and OASISCON 2020, Hyderabad – EC decided to postpone both the programmes & to meet again in the first week of August 2020 by Video Conferencing and make further decisions on the dates depending upon the situation which prevails then.
- Nomination of Orators for the Dr Sudhakar Shetty Oration and Dr SSK Marthandam Orations: EC decided that the orators shall be from member states in rotation and the orators (3 names) shall be suggested by the member states to the EC. The EC shall finalise the orator.
- Nomination of Senior Members to be honored during OASISCON: The EC reminded the Presidents and Secretaries of the respective member states to submit the names during the next EC meeting.
- OASIS Byelaws – Discussion on updating byelaws: final discussion on the necessary modifications to be made shall be done during the next EC Meeting in August.
- OASIS Fellowships: Announcements for fellowships will be on 15th October 2020. Last date

for receiving applications: 31st December 2020, Submission of Report by Fellowship Committee: 15th March 2021 & Fellowships Starting: June/ July 2021.

- OASIS Journal: all the OASIS Members will receive in the form of e-journal.
- OASIS Membership subscription: Membership subscription should be submitted in the next EC Meeting along with the list of New Members. OASIS membership fee Rs 200 per new member.

Dr P T Saravanan, Secretary said we have to pay $92 \times \text{Rs } 200 = \text{Rs } 18,400$ to OASIS as subscription fee for the new members of TNOA ratified in last GBM. OASIS is going to utilize our TNOA office at Chennai, already approved in GBM.

IOA MATTERS

The theme of IOA President Dr R C Meena is “Excellence & Perfection in Orthopaedic Education and Patient Care: An Achievable Vision”.

19.07.2020 1st Virtual IOA EC CSRC Meeting attended by Dr. S.G. Thirumalaisamy President, Dr. P.T. Saravanan Secretary, EC Members of IOA representing TNOA: Dr G Premnath, Dr N Thanappan & Dr N Rajkumar.

- IOACON Mumbai 2020 postponed to next year.
- Election will be conducted as per the schedule.
- Distributed N95 masks & Face shields worth Rs 28 Lakhs to members through state chapters.
- IOA House @ Delhi under renovation
- OBITUARY: Lost Five Orthopedic surgeons due to COVID
- Working on Social Security Scheme, Group Insurance & PA cover for members.
- IOA National Orthopedic Registry (Northgate)
- IOA PG E - Pathshala: 16 Modules.

TNOA Matters: (Conference & Election)

Due to COVID pandemic we are not able to do any physical programs as per the calendar of events. Our Medico Legal Seminar & Prof TKS Mid Year CME are postponed and for EC to decide. Dr Meenakshi Sundaram said Medico legal CME at salem to be postponed for three months and will do probably in October 2020. Dr. C. Rex: Better to have physical meeting after March & April 2021, Should postpone the calendar of event to next year, concentrate now on bone & joint day activities.

Dr. Antony Vimalraj: Postpone every activity to next year. Trichy Ortho Club agreed to conduct the conference in 2022. Organizing team of subsequent TNOACON Chennai has no objection in getting their conference also gets postponed. Dr PT Saravanan: Let us do PG teaching program seriously. Dr SG Thirumalaisamy said he has discussed with few past presidents and senior members, they feel the present team of office bearers has denied the opportunity to do their best due to this unprecedented global scenario and EC should consider extending the tenure. Dr M Vanasekar suggested conducting TNOA Midyear CME as virtual program in February 2021 and giving opportunity for Post graduates to present their papers.

After detailed deliberations, the executive committee passed following resolutions;

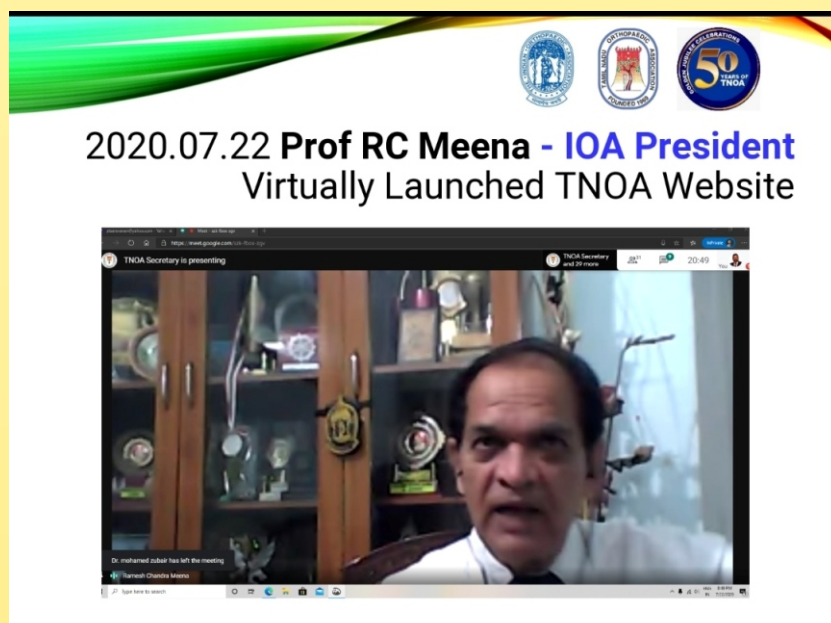
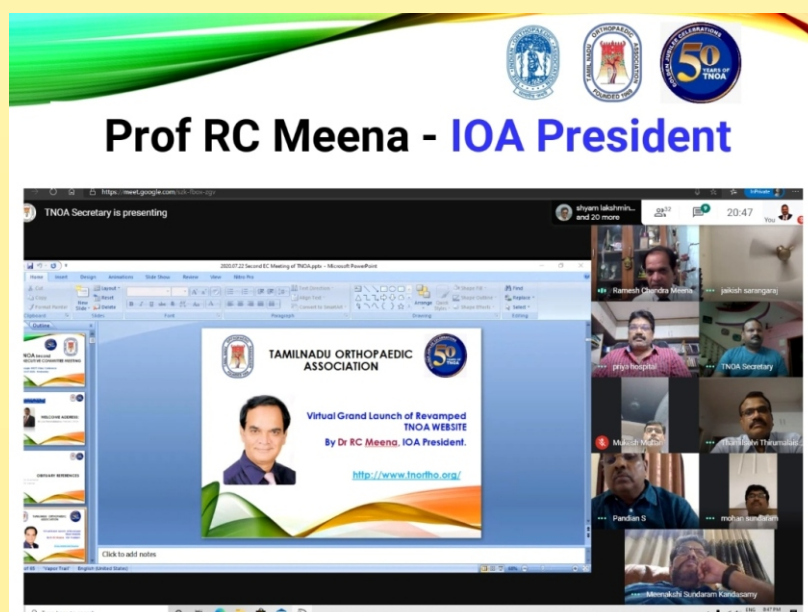
- o All remaining EVENTS in TNOA calendar of events 2020-21 postponed to next year.
- o 54th Annual Conference of TNOA - TNOACON 2021 Trichy (Feb 12 - 14) is postponed for one year.
- o TNOA not going to conduct ELECTION (Physical Ballot) during this COVID Year.
- o To extend the tenure of Present Team of OFFICE BEARERS for one more year.

ANY OTHER MATTER: (With the permission of the chair)

President said there is a problem in accessing TNOA office as it's in residential apartment / gated community; suggestions are there to shift the office to another place. Dr. Francis Roy: Let the registered office be at Chennai and let it function from secretary place.

Dr V Thirunarayanan: JOJS second edition is ready, delayed because of lockdown, and requested unique official email ids for editorial board which is mandatory for indexation process of JOJS – EC Approved the same. Dr Meenakshi Sundaram: Proposed to Index our TNOA video journal, first of its kind in India - Video Journal with editorial board.

Meeting concluded with vote of thanks delivered by Dr P T Saravanan, Secretary, TNOA.



Minutes of Third Executive Committee Meeting of TNOA 2020-21 held on 06.09.2020 through Video Conference (ZOOM Cloud HD Video Meeting ID: 841-8929-7608)

Attended by:

Dr. S. G. Thirumalaisamy, President
Dr. P. T. Saravanan, Secretary
Dr. P. Ponraj, Treasurer
Dr. M. Antony Vimalraj, President Elect
Dr. M. Vanasekar, Vice President
Dr. J. Dheenadayalan, Immediate Past President
Dr. A. Francis Roy, Immediate Past Secretary
Dr. C. J. Ravi, Joint Secretary
Dr. V. Thirunarayanan, Indexing Editor
Dr. K. Meenakshi Sundaram, Video Journal Editor
Dr. Nalli. R. Gopinath, Fellowship Secretary
Dr. S. Makesh Ram, EC member, Chennai
Dr. L. Shyam, EC Member, Madurai
Dr. R. Ashok Kumar, EC Member, Madurai
Dr. C. Rex, EC member, Coimbatore
Dr. M.P. Parthasarathy, EC member, North Zone
Dr. K. Sekar, EC member, South Zone-I
Dr. A. Mohammed Zubair, EC member, South Zone- II
Dr. S. Natarajan, EC member, East Zone
Dr. K. Mohana sundaram, EC member, West Zone- I
Dr. T. Kannan, EC member, West Zone- II
Dr. G. Ramesh Prabu, EC member, Central Zone- I
Dr. M. Anand, EC member, Central Zone- II
Dr. G. Mukesh Mohan, Organizing Secretary, TNOACON 2021
Dr. S. Jaikish, Scientific committee Chairman, TNOACON 2021
Dr. Terrence Jose Jerome, TNOA Mobile App Admin
Dr. G. Premnath, EC Member of IOA represents TN

WELCOME ADDRESS:

Dr. S. G. Thirumalaisamy, President called the meeting to order and welcomed all the office bearers of TNOA and Co-opted Members. TNOA President's Theme for the year 2020: "Safe Surgery Saves Lives". I am happy to see everyone in this 3rd EC Meeting through video screen. Congratulations and thanks to all the doctors who have been treating COVID patients. Congratulations to all the post graduates, house surgeons who are all working tirelessly during this difficult situation. We have to approve certain things that make important decision about conducting election or postponing the election.

OBITUARY REFERENCES

LM/R/3 Prof S RAJAGOPAL, Former Head, Department of Orthopaedics, Madras Medical College, CHENNAI Expired on 01.08.2020
LM/S/49 Dr V SRIRAM, President of Karur Ortho Club and senior orthopaedic surgeon from KARUR succumbed to COVID 19. He belongs to 72 batch undergraduate in MMC.

President asked EC, let us stand up and observe silence for one minute as a mark of respect to the departed souls. EC paid tribute to departed senior members.

SECRETARY REPORT - Dr. P. T. Saravanan

Membership:

As on 08th February 2020 (GBM), we have 2028 Life Members in TNOA, 1398 Life Members in IOA, 74 Associate Members of TNOA and 76 Associate Members of IOA. We have received only ten membership applications (08 LM and 02 AM) during this covid year. MEMBERSHIP FEE: TNOA Life Membership Rs5000, IOA Life Membership Rs5000, Combined IOA & TNOA Life Membership Rs10000, One entry system for Associate Members (Post Graduate): Rs 9,000 which Includes Associate Membership of IOA. They will become life member after submitting their orthopedic degree certificate & there is no need to pay any additional fee for the same.

Academic Activities:

- o 2020.07.25 Grand Rounds SPINE SURGERY - Prof S Rajasekaran
- o 2020.07.26 SPINE Webinar organized by Chola mandalam Ortho Society
- o 2020.08.01 Symposium on Degeneration & Deformity by Madurai Orthopaedic Society
- o 2020.08.02 Tirupur District Ortho Club's BJD Special CME Program
- o 2020.08.04 Coimbatore Orthopaedic Society's Symposium: Prevention of Deformity in Degenerative Disorders
- o 2020.08.07 Joint Preservation Options In Degenerative Knee Disease "Is Myth or Reality" by Midwest Ortho Club
- o 2020.08.09 IAS-TNOA-TNAS Webinar on Management of Osteo chondral Defects
- o 2020.08.14 Coimbatore Orthopaedic Society's Symposium on Femoro acetabular Impingement & Symposium on why are Knee Replacements Dissatisfied?
- o 2020.08.27 INDO-ARAB SHOULDER WEBINAR: Management of Anterior Shoulder Instability
- o 2020.08.29 Trichy Orthopedic Society's webinar on Complex Spine Disorders
- o 2020.09.05 TNOA GOA WEBINAR: Case Base Clinical Discussions

TNOA PG Teaching Program:

An e-Initiative of Tamilnadu Orthopaedic Association on Virtual Platform inaugurated on 02.08.2020 by Legend in Indian Orthopaedics Prof Dr A Devadoss in presence of Dr Atul Srivastava, Honorary Secretary, IOA & Dr Nalli R Uvaraj, Secretary General, OASIS.

- o Inaugural Program: CLINICAL DISCUSSION: OSCE FORMAT on 02.08.2020
- o Second Program: CLINICAL EXAMINATION OF SPINE on 07.08.2020
- o Third Program: ELBOW: Short Case Series on 11.08.2020
- o Fourth Program: CLINICAL EXAMINATION OF ELBOW on 14.08.2020
- o Fifth Program: BONE SWELLINGS & TUMOURS on 18.08.2020
- o Sixth Program: INTERVERTEBRAL DISC PROLAPSE on 21.08.2020
- o Seventh Program: NON-UNION: Short Case Series on 25.08.2020
- o Eighth Program: TUBERCULOSIS OF SPINE on 28.08.2020
- o Ninth Program: THORACO LUMBAR INJURIES on 04.09.2020

Secretary concerned about declining number of participants during live sessions and requested EC members working in PG Teaching Institutions encourage their post graduates to attend our program. More number of people are watching recorded version of our TNOA PG Teaching Program's YouTube Channel.

Achievements of Individual members

- Dr Vrisha Madhuri is the Lead: Boost to Brittle Bones Clinical Trial, an Indo - Swedish Collaboration.
- Dr S Vetrivelchezian facilitates In-house Artificial Limb Centre at CMCH, Coimbatore @ Rs 50 Lakhs
- Dr S Rajasekaran – ASSI Publication Award 2020
- Dr S Rajasekaran – ASSI Basic Sciences Award 2020
- Dr Dinesh Kumarasamy – ASSI Young Investigator's Award 2020
- Dr S Dilip Chand Raja – ISSLS Young Investigator Travel Grant
- Dr Vijay C Bose's patient Mr Jason Magness from US installed a BHR in 2015, has taken part in the ECO challenge FIJI which is billed as the world's toughest race
- Dr P T Saravanan - Article on Basic First Aid & CPR published in IMA Tamilnadu's TIMA Newsletter August 2020 Issue
- Dr Karthikeyan - Front line warrior in Stanley Medical College Hospital Chennai donated PLASMA to save another COVID19 victim
- Dr Jaheer Hussain - TOSH Hospital Chennai COVID Warrior Donated Plasma
- Dr P T Saravanan - Appreciation Award for COVID Related Work @ Independence Day Celebration, Kanchipuram.
- Dr V Thirunarayanan - Appreciation Award from the Dean KMC as COVID warrior.

Publications:

TNOA members have published about 70 articles so far in various international / indexed Journals during this year. List enclosed.

Elevated To Higher Posts:

- o Dr. Sudhir Ganesan LM/S/293 - Regional Editor, Journal of Spine Diseases
- o Dr. M. Ravikumar LM/R/28 - Principal Chief Medical Director of Southern Railway
- o Dr. S. Vetrivelchezian LM/V/28 - Elected to the SENATE of The Tamilnadu Dr MGR Medical University

Social Welfare / Awareness Programs

- o 2020.07.22 Rotary Virtual Talk on COVID 19 - NEED OF THE HOUR by Dr G Balasubramanian
- o 2020.08.05 Rotary Virtual Talk on How to Prevent Deformity in Legs by Dr G Balasubramanian
- o 2020.08.07 Public awareness on Make Your Hospital Visit Safe @ YouTube by Dr M Srinivasan Kanyakumari.
- o 2020.08.08 Dr Rishi Kanna - Article In HINDU Newspaper For introverts, a dream come true
- o 2020.09.02 Mister Bones: Public Awareness Youtube Channel On Orthopaedics By Dr M Parthasarathy CHENNAI
- o 2020.09.06 Dr Rishi kanna - Open Page Article in The Hindu Newspaper on The Internet Challenge

NATIONAL BONE & JOINT DAY 2020

As per the direction of IOA & CSRC, TAMILNADU ORTHOPAEDIC ASSOCIATION organised weeklong activities from 1st to 7th August 2020 based on IOA Presidents Theme for Bone & Joint day: "Prevention of Deformity in Degenerative Disorders".

BONE & JOINT DAY 2020 – 1st to 7th August @ TNOA Virtual Talk 15 Programs Distribution Of Pamphlets 66 Members Display Of Posters 81 Clinics / Hospitals Radio / TV Coverage 09 Programs Print Media Coverage 20 Newspapers Press Meet & Press Release 05 Press Meets Social Media Coverage 73 Posts At Face book & YouTube Unique Programs 14 Programs

FOMA MEETING:

IMA Tamil Nadu State Branch called for a meeting with Office Bearers of the various Specialty Associations on 28-07-2020. TNOA is represented by Dr P T Saravanan, Secretary.

Resolutions Passed:

- o May all Associations insist All members of the Speciality Associations to primarily become IMA members
- o HCP safety at most important
- o Start CCC, CCHC district wise or with Few neighboring districts by IMA with the cooperation and help of Speciality Associations
- o Ask for at least 1% of the bed strength in all the CC Hospitals both Govt and Private exclusively for Health Care Professionals
- o Request the Govt to regularise the Essential Anti viral Drug Market and also to supply drugs from TNMC for doctors
- o To represent to Govt as resolution by FOMA regarding Solatium to families of COVID Diseased Private HCP
- o To Insure all doctors and health care Professionals with at least COVID Specific policies rolled out by IRDA
- o Members can avail IMA FSS scheme 1 & 2 which is now in offer till Dec end.
- o All associations to send their COVID Practicing guidelines to IMA State office to compile and release.
- o IMA to identify COVID Nodal officers in each Branch for single point contact for Doctors to get details of COVID related Activities and Issues.
- o To meet once in 3 months

TREASURER'S REPORT – Dr. P. Ponraj, Treasurer

TNOA Account – 705855990:

- o Opening Balance As On 21/07/2020: Rs. 23,55,392.76/-
- o CREDIT: TNOA Life Member = Rs.5,000/-, TNOA Associate Member = Rs.9,000/- & Contribution from TNOACON 2020 by Dr.Manivannun Vellore = Rs.2,50,000 TOTAL CREDIT = Rs.2,64,000/-
- o DEBIT:
 - To Sub Auditor Mr. Muthusekar For Tax Returning Amount = Rs.15,000/-,
 - To TNOA Office Furniture New Bureau = Rs.15,000/-,
 - To TNOA Office Flat Maintenance Charge From Apr To Jun = Rs.10,322/-,
 - To Income-Tax TDS Paid = Rs.11,152/-,
 - To Equadriga Software Solution For Tnoa Website = Rs.50,006/-,
 - To Mr.Hariharan For Designing Cost Of BJD Activities Banners & Posters = Rs.8,650/-,
 - For OASIS Contribution 92 X 200 = Rs.18,400/-,
 - To Mr. Premkumar For Salary And Petty cash Jul To Sep = Rs.44,500/-,
 - For New Wall Clock for TNOA Office = Rs.5,510/-,
 - For Ganesh Pooja And Office Expenditure = Rs.3,000/-,
 - For Tnoa Office Landline & Modem Bill For Apr To Aug = Rs.5,320/- &
 - To New FD = Rs.10,00,000/- TOTAL DEBIT = Rs.11,71,860 /-
- o Closing Balance As On 03/09/2020: Rs. 14,03,247.76/-
- o TOTAL FD AMOUNT IN ASSOCIATION ACCOUNT = Rs.1,42,66,243/-

TNOA TRUST Account – 705855785:

- Opening Balance As On 21/07/2020: Rs.2,40,751/-
- Closing Balance As On 03/09/2020: Rs.2,49,601/-
- TOTAL FD AMOUNT IN TRUST ACCOUNT = RS.6,00,000/-

EDITORS REPORT - Dr. V. Thirunarayanan

So far we have received 44 papers. Second edition already released online at www.jojs.in. Printing and processing cost of Rs 2.5 lakhs to be paid by TNOA. RNI application submitted. eISSN no

application submitted under scrutiny. ISSN board insists on official mail ids for editorial board members & we have created official email ids @tnortho.org. Requested EC to support and contribute, for indexing we need more number of articles. President said we have to plan for getting more articles for our journal.

TNOA RE-REGISTRATION PROCESS: is pending for 19 years without getting renewal. Application is ready for submission. Once we pay the fees, its only matter of time, we can get it approved. Dr. Francis Roy congratulated him and said tremendous job done by Dr. Thirunarayanan. Preserved Newsletters made easy to get things done. Dr. Antony said we used to send 3rd EC meeting Minutes and GB agenda to every member by post / email.

VIDEO JOURNAL REPORT - Dr. K. Meenakshi Sundaram

Google Rankings: We Constitute 3rd to 5th Place in Various Locations. Nearly 107 Videos Uploaded as of now to the Portal. We Humbly Submit the Proposal to Conduct an International Video Journal Contest (Fully online) on behalf of Tamilnadu Orthopedic Association Joining Hands with Indian Orthopedic Association and having a Plan to get Some International Health Care Oriented Organization like UNESCO Accreditations to conduct this International Video Journal Contest. EC approved the proposal. We are idealizing to make our TNOA Video journal as an Indexed Journal & requested EC to allot funds for indexing video journal. Dr. Antony suggested him to calculate the cost and running expenses for video journal and get approval in GBM. Dr Meenakshi sundaram thanked President, secretary and entire EC for the support and requested members to submit more video articles.

ZONAL REPORTS - EC MEMBERS

Executive committee members from various zones presented their reports in MS PowerPoint. Reports enclosed. President congratulated North Zone for conducting many number of activities. Dr Francis Roy appreciated presidents zone - Coimbatore for the excellent bone and joint day programs. Secretary congratulated all the zones for organizing more than expected number of programs during this difficult time. Secretary said we have to start two new clubs in this year. Members from Chengalpattu and Kallakurichi districts expressed their interest to form new clubs but getting delayed due to covid; we can explore one in Namakkal District also.

TNOA BONE HEALTH AWARENESS FORTNIGHT

Since the year 2016, TNOA observe the following international orthopaedic health days as “TNOA Bone Health Awareness Fortnight” based on individual themes given by President.

- ❖ 12th October 2020 - World Arthritis Day
- ❖ 16th October 2020 - World Spine Day
- ❖ 17th October 2020 - World Trauma Day
- ❖ 19th October 2020 - World Paediatric Bone Joint Day
- ❖ 20th October 2020 - World Osteoporosis Day

Dr Francis Roy said it's our practice to decide the themes based on IOA bone and joint day theme of that particular year. Secretary should decide the theme in consultation with President, and then circulate it in our whatsapp groups.

OASIS MATTERS

Second Executive Committee Meeting, Orthopaedic Association of South Indian States (OASIS) held on 9th August 2020 through Video Conference. TNOA is represented by Dr S G Thirumalaiswamy, President, TNOA, Dr P T Saravanan, Secretary, TNOA & Dr M Vanasekar, Vice President, TNOA.

- o The Secretary General appreciated the efforts of the South Indian states in organizing

Webinars and for carrying out the Bone and Joint Day Programmes in good numbers in spite of the COVID 19 crisis.

o Dr Suresh Pillai, Editor, OASIS Journal insisted on the need for a credible journal published twice a year for getting it indexed. It was decided to go with Wolters Kluwer and go for both Print and Online.

o OASIS Newsletter will be released during the Virtual OASISCON 2020.

o Virtual OASIS TRAUMACON 2020 shall be held on 18th October 2020

o Virtual OASISCON 2020: decided to conduct the event on 27th, 28th and 29th November 2020. There shall be sessions for a total period of 12 hours on these 3 days, simultaneous sessions conducted to accommodate the presentations.

o EC permitted the release of OASIS Byelaws during the Inauguration of Virtual OASISCON 2020.

o OASIS Travelling Fellowship: Announcement of Fellowships of OASIS: 15th October 2020, Last Date for receiving filled in Application Forms: 15th December 2020, Fellowship Committee Report: 15th March 2021, Announcement by Chairman, Selection Committee: I EC Meeting, Fellowship Period: June- July, Age Criteria: Less than 40 years, No. of Fellows: Two & Fellowship Amount: Rs 30,000

o Deadline for submission of membership subscriptions by the Virtual OASIS TRAUMACON 2020: TNOA New LM Contribution of Rs 18,400 to OASIS Paid on 20.08.2020

o Decided to do away with the “Best Chapter Award” of OASIS this year as not many activities had taken place due to the Covid crisis.

o To take the help of Dr V Thirunarayanan from TamilNadu for renewal of registration of OASIS (pending for the past 6 years), which is a very difficult task.

IOA MATTERS

The theme of IOA President Dr R C Meena is “Excellence & Perfection in Orthopaedic Education and Patient Care: An Achievable Vision”. IOACON Mumbai 2020 postponed to next year. Election is process going on as per the schedule.

Final List Of Contestants:

For IOA Vice President Post

1. Dr. P V Vijayaraghavan LM00312
2. Dr. Atul Srivastava LM02409
3. Dr. Swarnendu Samanta LM02490
4. Dr Sandeep Adke LM04697

For IOA Hon. Secretary Post

1. Dr Navin N Thakkar LM 03082
2. Dr S Ramesh Babu LM 03141
3. Dr Manish Dhawan LM 04644
4. Dr Rajeev Raman LM 08176

For the State Representatives for Karnataka for one post

1. Dr Raju KP LM 07717 has been the single nomination.

For organizing the annual conference of IOA (IOACON 2023):

1. Bihar Orthopaedic Association to organize it at PATNA
2. UP Orthopaedic Association to organize it at LUCKNOW

For the kind attention of IOA Members:

- Last date for registration and updating profile is 05th October, 2020. kindly update immediately

- Please note that you only have to update your address and other data on the IOA website: www.ioaindia.org
- For any clarification: Contact webmaster of IOA, deepaksinghakcent@gmail.com
- Ph: 7503493782 (Mr. Deepak Singh), Contact person at IOA office: Mr. Neeraj (N.K. Mungali) 9990392195ioahousedelhi@gmail.com

Secretary reminded the EC about our GBM on 08.02.2020 at Vellore passed a resolution to extend our support to TNOA Past Presidents Prof PV Vijayaraghavan & Prof S Ramesh babu in this IOA Election 2020. President reassured we have to support our past presidents.

DISCUSSION ON PREVIOUS EC RESOLUTIONS

1. All remaining EVENTS in TNOA calendar of events 2020-21 postponed to next year.
2. 54th Annual Conference of TNOA - TNOACON 2021 Trichy (Feb 12 - 14) is postponed for one year.
3. TNOA not going to conduct ELECTION (Physical Ballot) during this COVID Year.
4. To extend the tenure of Present Team of OFFICE BEARERS for one more year.

President Elect Dr Antony Vimalraj is not in favour of conducting virtual TNOACON, all online programs should be in CME format. Dr Francis Roy is ready to organize our Midyear CME in a grand manner during the month of February 2021. Immediate Past president Dr J Dheenadayalan expressed his view of extension of tenure to those office bearers who has only one year and those with two years term can be replaced with newly elected office bearers. Dr Meenakshi sundaram also echoed the same view. Vice president Dr M Vanasekar said if we are going to extend the tenure, should be uniform and apply to entire team. Since it's decided to postpone the remaining events in our calendar of events, secretary asked about when we have to release our second newsletter. Dr Francis Roy wants the newsletter should not stop, we can release it after TNOA bone health Awareness Fortnight or in November 2020. After some deliberations EC once again go with these resolutions without any modification.

DISCUSSION ON PROPOSED EXTRA-ORDINARY GENERAL BODY MEETING

Secretary reminded the EC about some of the rules from our bylaws:

- o 8.2.b All the decisions taken by the Executive/ Governing body shall be placed for approval by the General Body.
- o 9.6 The actions of the Executive Committee between meetings of the General Body shall be considered effective and binding prior to ratification by the General Body. If the General Body does not ratify the actions of the Executive Committee, such actions shall be deemed null and void.
- o 11.1 The management of the Association shall vest in the Executive Committee subject to confirmation at the next Annual General Body Meeting.

Secretary asked for Executive Committee's Guidance to Conduct Extra-ordinary GENERAL BODY MEETING (No Precedence). After a detailed deliberation, EC has unanimously decided to go ahead with an Extra Ordinary General Body Meeting of the Members of TNOA with 21 days prior notice with an agenda of Ratifications of the special resolutions passed by the Executive Committee of TNOA.

1. Postponement of remaining events in TNOA Calendar of Events.
2. Postponement of 54th Annual Conference of Tamilnadu Orthopaedic Association - TNOACON 2021, Trichy.
3. Postponement of TNOA Election 2020.

President proposed the date should be in last week of September or first week of October. EC

finalized the date for EO AGM is on 27th September 2020, Sunday through Video Conference.

ANY OTHER MATTER: (With the permission of the chair)

- o Dr V Thirunarayanan, proposed to appoint Prof D R Ramprasath as co Editor-in-Chief for our official journal JOJS (Journal of Orthopaedics and Joint Surgery) to facilitate the process of indexation at the earliest.
- o Dr PT Saravanan, proposed to increase the salary of our office secretary Mr Premkumar by 10% as he is with us for more than one year (march 2019).
- o Dr. Thirunarayanan suggested buying ZOOM Video Meeting account for TNOA on monthly payment basis to conduct our official meetings.

All the proposals are approved by the Executive Committee.

Meeting concluded with vote of thanks delivered by Dr PT Saravanan, Secretary, TNOA.



Minutes of Emergency Executive Committee Meeting of TNOA 2020-21 held on 27.09.2020 through Video Conference (Zoom Meeting id: 856 5208 1229)

Attended by:

Dr. S. G. Thirumalaisamy, President
Dr. P. T. Saravanan, Secretary
Dr. P. Ponraj, Treasurer
Dr. M. Antony Vimalraj, President Elect
Dr. M. Vanasekar, Vice President
Dr. J. Dheenadayalan, Immediate Past President
Dr. A. Francis Roy, Immediate Past Secretary & Organizing Secretary,
TNOA Prof TKS Mid Year CME 2020
Dr. C J. Ravi, Joint Secretary
Dr. A. Saravanan, Journal Editor
Dr. K. Meenakshi Sundaram, Video Journal Editor
Dr. Nalli. R. Gopinath, Fellowship Secretary
Dr. S. Makesh Ram, EC member, Chennai
Dr. R. Prabhakar, EC member, Chennai
Dr. L. Shyam, EC Member, Madurai
Dr. R. Ashok Kumar, EC Member, Madurai
Dr. C. Rex, EC member, Coimbatore
Dr. M.P. Parthasarathy, EC member, North Zone
Dr. K. Sekar, EC member, South Zone-I
Dr. A. Mohammed Zubair, EC member, South Zone- II
Dr. S. Natarajan, EC member, East Zone
Dr. K. Mohana sundaram, EC member, West Zone-I
Dr. T. Kannan, EC member, West Zone- II
Dr. G. Ramesh Prabu, EC member, Central Zone-I
Dr. G. Mukesh Mohan, Organizing Secretary, TNOACON 2021

WELCOME ADDRESS:

Dr. P. T. Saravanan, Secretary of TNOA welcomed the President, Principal office bearers and all the members of executive committee to this extraordinary meeting. As per our EC decision we have called for an Extra-ordinary GENERAL BODY MEETING of members of TNOA through video conference on 27.09.2020 and then withdrawn the notice as TN Societies Registration Act 1975, mandates the participation of society members in person, Press release from Inspector of Registration said permission cannot be granted for online meetings and elections. Our past president Dr C Raja Ravi Varma brought this issue to secretary and on behalf of TNOA Dr V Thirunarayanan clarified with Registration Dept, Government of Tamilnadu and CONFIRMED the same. According to TNOA bylaw 8.2.b: All the decisions taken by the Executive/ Governing body shall be placed for approval by the General Body, so we have to take decision on further course of action.

OBITUARY REFERENCE:

Prof. V. SHANMUGAM , Past President of TNOA (2005-06), Former Head, Department of Orthopaedics, Government Kilpauk Medical college, Chennai, Succumbed to COVID, Expired On

17.09.2020 . Executive committee remembered his service to TNOA and observed silence for one minute as a mark of respect to the departed soul.

PRESIDENTIAL ADDRESS:

Dr. S. G. Thirumalaisamy, President said we have to make important decisions: Conduct of elections and Call for the Physical General Body Meeting. Had discussions with the past presidents of our esteemed association, 80% of them suggested to continue one more year. IOA is going to conduct election and our neighboring states like Karnataka, Kerala are also going for elections. I thought it's appropriate for us to do go ahead with election 2020. Plan for Annual conference either it's a virtual or Hybrid conference. I expect EC suggestions.

DISCUSSION ON MODIFICATION / REVERSAL OF PREVIOUS EC RESOLUTIONS ON;

- o Postponement of TNOA Calendar of Events
- o Postponement of TNOA Election 2020
- o Postponement of TNOACON 2021 Trichy
- o Extension of tenure of present team of Office Bearers

Dr. Rex said we would like you to continue if bylaws permit. If cannot be done we can go for elections in February. Dr. Sekar – It's an extraordinary situation, no GBM is going to happen for next one year. I suggest Postal Ballot. President Elect Dr. Antony Vimalraj said since we are not going to conduct TNOACON for one year, you can continue for one more year. Dr. Mohamed Zubair – There is lot of practical difficulties in conducting postal ballot. Vice President Dr. Vanashekar – My humble opinion is to proceed with EC decision to go for one more year, our President elect will tell about the legal problems. Editor Dr. Saravanan said our association will benefit a lot if both of you Dr TMS & Dr PTS to continue as a team. We can go for resolution from district clubs to support EC decision. Secretary said we have to conduct Annual General Body meeting to ratify financial report of TNOA 2019-20 before March 2021 and it's mandatory.

Immediate past secretary Dr. Francis Roy said TNOA is not like Kerala, Karnataka associations. We can recall GB immediately, not on February let this office continue. Dr. TMS & Dr. PTS are not able to do anything for association in this year. No need of Quorum as it's a extraordinary situation. Dr. Antony Vimalraj clarified during a conference registered members 50% should be there to conduct GB. Dr. Roy also said we cannot decide without GB, Society act will accept to conduct online GB and Better to call Extraordinary GB now itself. Dr. PT saravanan clarified we cannot conduct even EO GBM also through video conference as the revised regulations released by the Inspector General of Registration, Tamilnadu does not permit online general meetings. Dr. Antony suggested Let EC decides today and get it ratified in February GBM.

Dr. Natarajan said better to have GBM by gathering members at zone level. Dr. Mohana sundaram said we have to look this in two aspects: 1. Legal / 2. Practical, if we are postponing the conference why can't we cancel the election. Dr. Sekar Kannan suggested going for Postal ballot for postponement. Dr. Meenakshi Sundaram – We will decide regarding the election cancellation: Postponing of election can be done.

Dr. Antony vimal raj proposed we can conduct election now, let GB decide regarding continue of present office bearer for one more term. If it is so there will be two vice president and extra EC members. President ruled we will conduct the election, if GB agrees the office bearers continue one more term or handover the post. Dr. Antony - we conduct the election and declare the result as per GB decision. President said we will conduct the election and result will be decided by the EC in GB. Dr. Ravi

C J - It is not fair to delay the result for one year, result should be declared in GB. Dr. PT Saravanan said newly elected office bearers will assume office only during installation of next president, if GB extends the tenure of present team they have to wait.

Dr PT Saravanan said since we are going ahead with election, we have to release our 2nd newsletter as per calendar of event. If there is any delay, Election announcement can be communicated separately to the members as per schedule. As per calendar of events: Announcement of election by Election Officer on 8th October, Last date of nomination 24th October, Last date for withdrawal 31st October, Ballot will be sent on 14th November, Request for Duplicate ballot before 30th November, dispatch of duplicate ballot 5th December, Last date for receiving ballots is on 31st December 2020 and Counting of ballots on 1st Sunday of January 2021.

Immediate Past President Dr Dheenadayalan said elections is a must and we have to go ahead

Secretary requested EC members to send their reports at the earliest for 2nd News Letter. We have to decide about rest of the events in our TNOA calendar of events. President ruled no fellowships and awards for this year as there is no significant activity happened. Mid Year CME along with AGBM will be conducted in February 2021 at Tirunelveli. Dr Francis roy said Medal Paper is must, Dr. PT Saravanan - Main Medal alone, we can avoid subspecialty medals and suggested the name: TNOA Prof TKS MINICON.

After detailed deliberations following resolutions were passed;

1. TNOA Election 2020 as per schedule, Results will be announced in forthcoming GBM
2. Forego both inland and foreign Fellowships and all TNOA Awards for the year 2020
3. 54th Annual Conference of Tamilnadu Orthopaedic Association - TNOACON 2021, Trichy is postponed to February 2022
4. TNOA Prof TKS MINICON with Flagship Medals & Annual General Body Meeting in February 2021 at Tirunelveli
5. Requesting General Body to allow the current office bearers to function for one more year, as their contribution for the association was stalled due to Covid Pandemic.

ANY OTHER MATTER: with the permission of the chair

Selection of orator for Dr S Natesan Oration in TNOA Prof TKS Midyear CME: Dr. Natarajan proposed the name of Dr. S. Pandiyan (Cuddalore) from east zone for delivering this oration. EC unanimously accepted the proposal. President said we have to name one more orator as standby and suggested Dr. Sundarrajan from Udumalpet.

Meeting concluded with Vote of Thanks delivered by Dr P Ponraj, Treasurer.

TNOA TREASURER REPORT - DR. P. PONRAJ



TNOA ACCOUNT – 705855990

- OPENING BALANCE AS ON 04/05/2020: RS. 26,32,953.26/-
- CLOSING BALANCE AS ON 30/09/2020: RS. 14,12,852.76/-

TNOA – CREDIT

- INCOME TAX REFUND = Rs.24,810/-
- BANK INTEREST FOR FD = Rs.43,053/-
- TNOA LIFE MEMBER = Rs.18,500/-
- TNOA ASSOCIATE MEMBER = Rs.9,000/-
- TNOACON 2020 RECEIVED MONEY FROM DR.MANIVANNUN VELLORE = RS.2,50,000

TOTAL CREDIT AMOUNT = Rs. 3, 45,363/-

TNOA- DEBIT

- TO POST MASTER FOR PPE KIT SENDING COST = Rs.5,100/-
- TO JAYPEE BROTHERS = Rs.2,50,029/-
- TO Dr. MEENAKSHI SUNDARAM FOR VIDEO JOURNAL = Rs.72,473/-
- TO TNOA OFFICE FLAT MAINTANANCE CHARGE FROM JAN TO JUN = Rs.20,643.50/-
- TO SUB AUDITOR MR.MUTHUSEKAR FOR TAX RETURNING AMOUNT = Rs.15,000/-
- TO TNOA OFFICE FURNITURE NEW BUREAU = Rs.15,000/-
- TO FD = Rs.10,00,000/-
- TO INCOMETAX TDS PAID = RS.11,152/-
- TO EQUADRIGA SOFTWARE SOLLUTION FOR TNOA WEB = RS.56,998/-
- TO MR.HARIHARAN FOR DESIGNING COST OF BJD ACTIVITIES BANNERS & POSTERS = RS.8,650/-
- FOR OASIS CONTRIBUTION 92 X 200 = RS.18,400/-
- TO MR.PREMKUMAR FOR SALARY AND PETTICASH MAY TO SEP = RS.60,300/-
- TO MR.P.T.SARAVANAN FOR BJD WORK DESIGNING AND PRINTING COST = RS. 4,935/-
- FOR NEW WALL CLOCK TO TNOA OFFICE = RS.5,510/-
- FOR GANESH POOJA AND OFFICE EXPENDITURE = RS.3,000/-
- FOR TNOA OFFICE LANDLINE & MODEM BILL FOR APR TO AUG = RS.5,320/-
- FOR PRINT, SPIRAL, AND XEROX OF TNOA RE-REGISTRATION WORK = RS. 3,347/-

TOTAL DEBIT AMOUNT = Rs. 5, 40,858/-

INDEXING EDITOR'S REPORT – Dr. V. Thirunarayanan



The second edition of JOJS – Journal of Orthopedic and Joint Surgery the official journal of TNOA has gone online in the website www.jojs.in. Articles can be downloaded free from the website. The printed edition will be released very shortly. The second edition has 12 articles and the editorial. One original article has been submitted from HongKong.

The application for RNI and ISSN board has been submitted and under scrutiny. Official mail ids have been created for the editorial board members. To improve the quality , to increase the number of articles and to refine the quality of reviewing Prof. D. R. Ramprasath has been made Co Editor in Chief of JOJS.

So far nearly 50 articles have been submitted. All articles are reviewed by the reviewers and manuscripts accepted only after necessary corrections are done by the author. I sincerely thank the authors for their contribution and also extend my gratitude to our Editorial board, Review board, the EC of TNOA and all members of TNOA for their support and guidance. Kindly request our honorable members to submit manuscripts.

News Letter from TNOA Video Journal

TNOA Video Journal is the global leader in publishing and delivering range of surgical orthopedic videos with the vision to progress systematic orthopedic research and learning. Thousands of orthopedic consultants, Medical Professors and students at various educational institutions and hospitals worldwide use TNOA Video Journal for their research, ideas and knowledge.

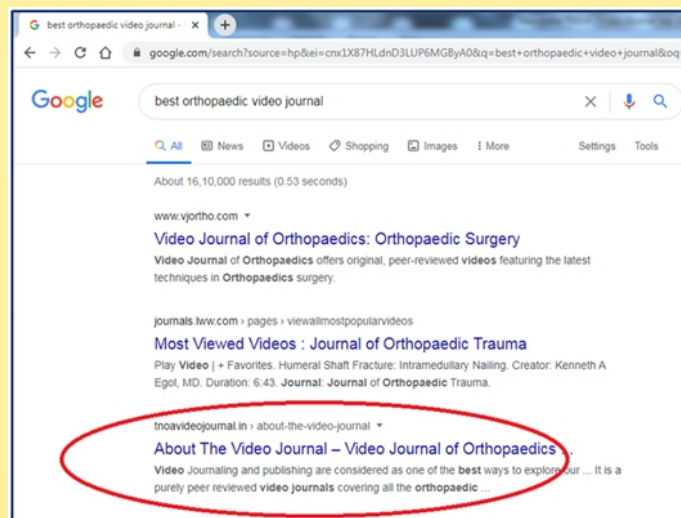


It's been successful second year for the journey towards providing range of world class video journals to the community of orthopedics comprising with all exclusive sub specialties of orthopedics. And we are very much proud to endorse that TNOA Video journal website holds 3rd to 5th place for searching best orthopaedic video journal around the world.

The Videos of TNOA Video Journal encourage proficient ideas of orthopedic concepts and ideas sculptured for basic to advanced learners. Our Video Journal facilitates rapid understanding with depth of multifarious orthopedic subjects to enhance learner engagement, outcomes, and ensure pioneering education and research methodologies. You can watch your reference functional orthopedic procedures n number of times from our video journal and can attain 100% exact finest results when you handle your own case procedure.

TNOA Video Journal invites video journal articles in various areas from the department of Orthopedics. We cheer-up all the authors to publish their work with us, hence to help young learners to explore their knowledge by themselves.

We also invite and encourage the authors to make their master piece of orthopedic video journal procedures with a world class quality with required background voice over towards explaining it clearly to the viewers. We once again furnish the explanatory images to upload the video journals in our portal. Website Address: www.tnoavideojournal.in



We personally thank each and every author who is responsible for this mission of providing knowledge to the young learners by sending their video journals to TNOA, We also than for your unconditional support ever and belief.

Dr. K. Meenakshi Sundaram,
Video Journal Editor, TNOA

FELLOWSHIP SECRETARY'S REPORT

Dr NALLI .R . GOPINATH



Vanakkam.

Dear and distinguished members of our great organization TNOA. My sincere and warm greetings to you all.

I present to you the list of fellowships offered by TNOA, however all Fellowships are NOT available this year due to Covid19 Pandemic(EC Decision 27-09-2020)

1) TNOA Inland Travelling Fellowships(Total 4 nos.)

MS Ortho (2 Fellows/year) - TNOA Prof A J Selvapandian Travelling Fellowship

D.Ortho (2 Fellows/year)- Dr Muralidharan Dr Vanasekar Travelling Fellowship

Usually,would be conducted in the month of January .

Age limit : less than 45 years

2) TNOA - Dr.K.R.Venkateshwar PG Travelling Fellowship(1 nos.)

☞ Examination would be conducted at the TNOA Conference venue.This year should have been at Trichy TNOA Conference venue. Final years of MS Ortho and D Ortho usually requested to be prepared.

☞ Last year(February 2020)Dr Ranjitham TP,DNB Resident,Devadoss Hospital was selected at TNOA conference venue at Vellore.

3) TNOA - Prof. R.Ramakrishnan Gold Medal Examination for Best Post Graduate

Examinations should be conducted in the month of January 2021, by MadrasOrthopaedicSociety (as TNOA 2022 will be in Chennai).Last year Dr M Vignesh of Madras Medical College won the medal,in exam conducted at Trichy on 25,26 January 2020.He is eligible forComplimentary Registration to TNOACON 2021, TRICHY

4) TNOA Foreign Travelling Fellowship (1 nos.)

i) Eligibility :Below the age of 50 years

ii)Conducted once in 2 years

iii)Announcement usually in TNOA Newsletter October 2020

5) TNOA Foreign Travelling Fellowship (1 nos.)

i) Eligibility :Above the age of 50 years

ii) Conducted once in 2 years

iii) Applications called for next year. To be applicable next year(2021)

Thanking you one and all. Long live TNOA.

Dr Nalli R Gopinath
Fellowship Secretary,TNOA

Tamil Nadu Orthopaedic Association Election Notice for the Year 2020

Dear Honourable Member,

Greetings!!!

I am glad to announce the TNOA Election for the year 2020.

Nominations are invited for the following posts of Tamil Nadu Orthopaedic Association:

S. No	Post	Vacancy
1	Vice-President	One post
2	Fellowship Secretary	One post
3	Editor - Nominated	Three posts
4	Executive Committee Member - Chennai	Three posts
5	Executive Committee Member - Madurai	One post

This year also it will be an election by ballot paper. I request the interested candidates to send their nominations through the appropriate forms attached in the current announcement / newsletter. If you have any queries do not hesitate to contact me.

Important Dates to Remember:

Announcement of TNOA Elections - 2020	:	08.10.2020
Last date for filing nominations	:	24.10.2020
Last date for withdrawal of nominations	:	31.10.2020
Despatch of Ballots	:	14.11.2020
Last date for request of duplicate ballots for non-receipt/changed address	:	30.11.2020
Last date for despatch of duplicate ballots	:	05.12.2020
Last date for receipt of ballots by Election officer	:	31.12.2020
Counting of votes	:	03.01.2021
Declaration of results	:	In forthcoming AGBM

- As per rule **9.4 of TNOA Bylaws**, to contest for the post of Vice President, occupation of any previous Executive Committee posts is a prerequisite. Appropriate evidence shall be attached along with the Nomination form.
- Nomination form shall be duly filled with all relevant details.
- The non-refundable Nomination fee of Rs.10,000/- for the post of Vice-President and Rs.5,000/- for other posts should be attached through a DD drawn in favour of 'Tamil Nadu Orthopaedic Association' payable at Chennai.
- All nominees are requested to send a passport size photograph along with a short bio-data of not more than half page in A4 sheet for official communication by TNOA to the electorate members.

The filled-up Nomination Form along with necessary attachments shall be sent to the following address **on or before 24.10.2020**.

Kind Regards,

Yours Truly,

Dr. M. Antony Vimal Raj,
President Elect & Election Officer 2020,
Tamil Nadu Orthopaedic Association.

Address for communication:

Dr. M. Antony Vimal Raj,
2A/45/12, Kubera Apartments,
Aravamudhan Garden Street,
Egmore, Chennai - 600008
Tamil Nadu.
Mobile: 9566221195
Email: drmavimalraj@gmail.com

The Tamil Nadu Orthopaedic Association – Elections 2020
Nomination Form

Name of the contestant :
Post for which Contesting :
Life Membership No :
Address :
.....

Landline No: Mobile No:

Email Id.:

Nomination fees details: DD No.: Dated Amount.....

Bank: Branch.....

Proposed by: Name: LM No:

Signature:

Seconded by: Name: LM No:

Signature:

For Contestants for the post of Vice-President:

Year of serving as EC Member:

Post held :

Please provide documentary evidence for the same.

Nomination fees (Non-Refundable): For Vice-President: Rs.10000/-; For other posts: Rs.5000/-.

Nomination fees to be sent along with the application in the form of Demand draft drawn in favour of "Tamil Nadu Orthopaedic Association" payable at Chennai.

Consent & Declaration by the Candidate:

I, Dr..... hereby consent to contest for the post of
of Tamil Nadu Orthopaedic Association.

I, Dr..... do hereby declare that the facts and details provided by me in the
Nomination form are true. I also understand that if any of the facts or details are found to be false, my nomination
will be rejected.

I agree to abide by the Code of Conduct for the Elections of TNOA. I also agree to abide by the rules and
regulations of the Tamil Nadu Orthopaedic Association and work for the uplift of the Association and will attend
the required meetings and abide by the decisions of the Executive Committee and General Body.

Signature of the Contestant: Date:

Note:

1. Completed nomination forms along with the necessary enclosures to be sent to:
**Dr. M. Antony Vimal Raj, President Elect, TNOA, 2A/45/12, Kubera Apartments, Aravamudhan Garden
Street, Egmore, Chennai – 600008** so as to reach not later than **24.10.2020**.
2. Nominations should be proposed and seconded by Life members of TNOA.
3. Enclosures include Demand draft for nomination fees, brief bio-data and passport size photo.
4. In addition to the above enclosures, the contestants for the post of Vice President should produce evidence
of being an EC member of TNOA in the past.
5. Nominations should be sent by post or courier only.
6. Nominations received after the last date (24.10.2020) will not be accepted.
7. Incomplete nomination forms will be summarily rejected.

IOA Matters

President: Dr. Ramesh Chandra Meena
Honorary Secretary: Dr. Atul Srivastava
Treasurer: Dr. Manish Dhawan

IOA Presidents Theme 2020: “Excellence & Perfection in Orthopaedic Education and Patient Care: An Achievable Vision”.

Executive Committee Members of IOA representing TNOA: Dr M Vanasekar, Dr G Premnath, Dr Dr N Thanappan & Dr N Rajkumar.

TNOA received IOA AK Gupta Trophy (Best State Chapter Award) for four Consecutive Years 2016, 2017, 2018 & 2019 and IOA National Bone & Joint Day activities winner in 2018 and runner in 2019.

IOA issued Advisory for Orthopaedic Practice during CoViD-19 pandemic:
<https://ioaindia.org/IOAADV.pdf>

VIRTUAL GRAND LAUNCH OF REVAMPED TNOA WEBSITE:

Prof Dr RC Meena, President of Indian Orthopaedic Association virtually launched revamped website of TNOA www.tnortho.org and delivered Chief Guest address;

❖ TNOA is the biggest chapter of IOA. Proud to launch the website of Tamilnadu Orthopaedic Association.

❖ Honoured to work with senior people like Dr. Natesan & others.

❖ During this unprecedented situation we have generated Rs 15 Lakhs from various sponsors towards COVID Care Fund. Providing N95 masks & face shields from north to south and east to west is a commendable job done by my team and I am always ready to help you all in the needy hour.

❖ Excellent work done by TNOA and I have enjoyed your website, Thank you.

TNOA PG TEACHING PROGRAM: An e-Initiative of Tamilnadu Orthopaedic Association on Virtual Platform inaugurated on 02.08.2020 by Past President of IOA Prof Dr A Devadoss in presence of Honorary Secretary of IOA Dr Atul Srivastava.

19.07.2020 1st Virtual IOA EC CSRC Meeting - attended by Dr. S.G. Thirumalaisamy President, Dr. P.T. Saravanan Secretary, EC Members of IOA representing Tamilnadu: Dr G Premnath, Dr N Thanappan & Dr N Rajkumar.

- IOACON Mumbai 2020 postponed to next year.
- Election will be conducted as per the schedule.
- Distributed N95 masks & Face shields worth Rs 28 Lakhs to members through state chapters.
- IOA House @ Delhi under renovation
- OBITUARY: Lost Five Orthopedic surgeons due to COVID
- Working on Social Security Scheme, Group Insurance & PA cover for members.
- IOA National Orthopedic Registry (Northgate)
- IOA PG E - Pathshala: 16 Modules.

Election is process going on as per the schedule.

Final List of Contestants:**For IOA Vice President Post**

1. Dr. P V Vijayaraghavan Lm00312
2. Dr. Atul Srivastava Lm02409
3. Dr. Swarnendu Samanta Lm02490
4. Dr Sandeep Adke Lm04697

For IOA Hon. Secretary Post

1. Dr Navin N Thakkar LM 03082
2. Dr S Ramesh Babu LM 03141
3. Dr Manish Dhawan LM 04644
4. Dr Rajeev Raman LM 08176

For the State Representatives for Karnataka for one post

1. Dr Raju KP LM 07717 has been the single nomination.

For organizing the annual conference of IOA (IOACON 2023):

1. Bihar Orthopaedic Association to organize it at PATNA
2. UP Orthopaedic Association to organize it at LUCKNOW

For the kind attention of IOA Members:

- Last date for registration and updating profile is 05th October, 2020. kindly update immediately
- Please note that you only have to update your address and other data on the IOA website: www.ioaindia.org
- For any clarification: Contact webmaster of IOA, deepaksinghakcent@gmail.com
- Ph: 7503493782 (Mr. Deepak Singh), Contact person at IOA office: Mr. Neeraj (N.K. Mungali) 9990392195 ioahousedelhi@gmail.com

TNOA General Body Meeting conducted on 08.02.2020 at TNOACON 2020 Vellore passed a resolution to extend our support to TNOA Past Presidents Prof PV Vijayaraghavan & Prof S Ramesh babu in this IOA Election 2020.

OASIS Matters

President: Dr S Pandian Secretary General: Dr Nalli R Uvaraj Treasurer: Dr Nalli R Gopinath

Executive Committee Members of OASIS representing TNOA: Dr SG Thirumalaisamy, Dr PT Saravanan, Dr M Antony Vimalraj, Dr M Vanasekar & Dr CJ Ravi.

TNOA received Best Chapter of OASIS Award for the second time at OASISCON 2019 Pondicherry.

TNOA GB approved the proposal to organize OASISCON 2021 at Salem. Dr Franklin Kiruba, Org. Chairman & Dr J Manimaran, Org. Secretary.

VIRTUAL RELEASE OF TNOA NEWSLETTER:

Dr. S. Pandian, President of OASIS virtually released TNOA NEWS issue 1 Volume 1, the official Newsletter of Tamilnadu Orthopaedic Association and delivered Guest of Honour address; It's a greatest honor to release the TNOA newsletter, in spite of life threatening situation TNOA is very active, best wishes to TNOA and its members.

Prof Dr Nalli Uvaraj participated as Guest of honour at Inaugural session of TNOA PG TEACHING PROGRAM: An e-Initiative of Tamilnadu Orthopaedic Association on Virtual Platform on 02.08.2020 & Faculty / Panelist in Spine module.

Second Executive Committee Meeting, Orthopaedic Association of South Indian States (OASIS) held on 9th August 2020 through Video Conference. TNOA is represented by Dr S G Thirumalaiswamy, President, TNOA, Dr P T Saravanan, Secretary, TNOA & Dr M Vanasekar, Vice President, TNOA.

❖ The Secretary General appreciated the efforts of the South Indian states in organizing Webinars and for carrying out the Bone and Joint Day Programmes in good numbers in spite of the COVID 19 crisis.

❖ Dr Suresh Pillai, Editor, OASIS Journal insisted on the need for a credible journal published twice a year for getting it indexed. It was decided to go with Wolters Kluwer and go for both Print and Online.

❖ OASIS Newsletter will be released during the Virtual OASISCON 2020.

❖ Virtual OASIS TRAUMACON 2020 shall be held on 18th October 2020

❖ Virtual OASISCON 2020: decided to conduct the event on 27th, 28th and 29th November 2020. There shall be sessions for a total period of 12 hours on these 3 days, simultaneous sessions conducted to accommodate the presentations.

❖ EC permitted the release of OASIS Byelaws during the Inauguration of Virtual OASISCON 2020.

❖ OASIS Travelling Fellowship: Announcement of Fellowships of OASIS: 15th October 2020, Last Date for receiving filled in Application Forms: 15th December 2020, Fellowship Committee Report: 15th March 2021, Announcement by Chairman, Selection Committee: I EC Meeting, Fellowship Period: June- July, Age Criteria: Less than 40 years, No. of Fellows: Two & Fellowship Amount: Rs 30,000

❖ Deadline for submission of membership subscriptions by the Virtual OASIS TRAUMACON 2020: TNOA New LM Contribution of Rs 18,400 to OASIS Paid on 20.08.2020

❖ Decided to do away with the "Best Chapter Award" of OASIS this year as not many activities had taken place due to the Covid crisis.

❖ To take the help of Dr V Thirunarayanan from TamilNadu for renewal of registration of OASIS (pending for the past 6 years), which is a very difficult task.

OASIS TRAVELLING FELLOWSHIPS 2020 - 2021

Number of Fellows: Two

Fellowship Amount : Rs. 40,000 /Fellow

Objectives

1. To expose young Orthopaedic surgeons to different Orthopaedic problems and their solutions in different situations and facilities.
2. To expose young surgeons to senior Orthopaedic surgeons with a view to interact, gain knowledge of attitudes and philosophy of work, skills, organization of department and clinics etc.
3. To establish rapport with Orthopaedic surgeons for future interaction and to make lasting friendship along the way.

Fellowship Selection Process

- (i) Last date for receiving filled in application: 31st December 2020
- (ii) Announcement of Selected Candidates: April 2021 (After I EC Meeting).

Eligibility

- (i) The Fellowship committee selects young surgeons from applicants less than 40 years of age.
- (II) All applicants should be members of OASIS.

Fellowship Training.

- (i) The Chairman, Fellowship Committee shall be responsible for arranging the visit of the Fellows to various centres.
- (ii) The Fellowship shall start in the month of June or July 2021
- (iii) Duration of Fellowship: approximately two weeks.
- (iv) They shall visit centres of excellence decided by rotation, during their travel.
- (v) Defaulters of the Fellowship will not be considered for any OASIS Fellowships for the next five years.
- (vi) Fellowship amount of Rs.40,000 will be handed over to the Fellows during the AGM.
- (vii) The Fellows shall be entitled for free registration during the conference.

Obligations of Travelling Fellows of OASIS

- (i) To complete the full tenure of Fellowship responsibly.
- (ii) To follow the guidelines provided by the Chairman, Travelling Fellowship Committee and visit all local fellowship coordinators of the centres.
- (iii) To submit a completion report to the Chairman Travelling Fellowship Committee within a month of completion of the Fellowship.
- (iv) All Fellows should be present during the Annual General Body meeting, where the reports will be presented.

Criteria for Selection for Fellowships. Grading system .

The maximum marks awarded will be 100.

- (I) Post Graduate Qualifications in Orthopaedics 2 marks

Recognized qualifications: M.S Ortho or DNB Ortho 2 marks; D. Ortho or any degree recognized by MCI 1 marks

- (ii) Experience 10 marks

One mark per completed year of seniority after post graduate qualifications

- (iii) Publication 40 marks

(a) Indexed Journal Max 20 marks - 5 marks per publication as main author and 3 marks per publication as co-author

(b) Journal of OASIS Max 20 marks - 10 marks per publication as main author and 5 marks per publication as co-author

(c) Non Indexed Journal 10 marks: 2 marks per publication as main author; 1 mark per publication as co-author

(d) Books 10 marks: 10 marks per book as main author; 5 marks per book as associate author; 10 marks per

book as Editor/Author of monograph; 5 marks per book chapter as contributing author; 3 marks per book chapter as co-author

(v) Papers/Poster presented personally 20 marks

(a) International conferences abroad 10 marks

(b) International conferences in India 3 marks per paper/poster

(c) IOACON 2 marks per paper/1 mark per poster

(d) OASISCON 5 marks per paper/3 mark per poster

(e) State Chapter conferences 1 mark per paper/ ½ mark per poster

(f) Subspecialty national conferences 1 mark per paper/ ½ mark per poster

(vi) Guest Lectures/Lectures at CME/Workshops 10 marks

International conferences abroad – 5 marks per lecture International conferences in India – 5 marks per lecture IOACON – 3 marks per lecture

OASISCON – 5 marks per lecture

Subspecialty/State Chapter conferences 2 marks per lecture

VI Research Projects Completed 5 marks

Funded by an International/National agency, Government organization or University 5 marks per completed project

(ix) Conferences Attended (Certificates to be provided) 5 marks

a. International conferences abroad 2 mark per conference

b. International conferences in India/IOACON 1 mark per conference

c. OASISCON 2 mark per conference

d. Subspecialty/State Chapter conferences ½ mark per conference

(x) Organizational 5 marks

(a) Convener or Organizing Secretary of International, National or OASIS meetings or workshops/office bearer of National/ Subspecialty/State organization 2 marks/post held

(b) Convener or Organizing Secretary of Subspecialty/State level meeting 1 mark/post held

(xi) Medal, Prizes and Awards 3 marks

IOA, OASIS, State association 2 marks/medal, prize or award Subspecialty, University, National organization International organization others (to be used in case of tie up of marks)

In case of dispute regarding interpretation under any heading, the decision of the Fellowship Committee shall be final.

For Application / Communication Please Contact :

Dr. Aneen Kutty

Co-ordinator,

OASIS Fellowships

10/346A, Naveenam,

Cherinchal Road,

Karanthur (PO)

Kunnamangalam,

Kozhikode - 673571, Kerala

Mobile : 9495188347

email : ankorthodoc@gmail.com

Application can be downloaded from the website www.oasisortho.org

TKS Mid Year CME February 2021

Report of the Organizing secretary of TKS Mid Year CME – 2020

This year due to the extraordinary COVID situation we have been not been able to conduct the TKS Mid Year CME – 2020 ON 19TH July 2020. However, in accordance to the TNOA – Executive Committee’s request during the II EC meeting on 27.09.2020, Nellai Ortho Club will be organizing the TKS Mid Year CME on 14th February 2021 (Sunday) on the dates of TNOACON 2020 which was to be held in Trichy.

Due to the uncertainty of COVID situation, we are not in a position to predict the Government restrictions and regulations during February 2021. However the CME can be conducted in ONLINE DIGITAL CUM HYBRID MODEL.

In the Hybrid model as per the Government regulations, the specified number of attendees will be allowed at the venue on first come first serve basis for registration. The balance can attend the CME programme on ONLINE LIVE STREAMING.

The CME is to be conducted as a one day programme on 14th February 2021 tentatively at Courtrallam. The theme of the CME is “SHOULDER ARTHROPLASTY A TO Z”.

The first “PROF. NATESAN ORATION” will be conducted during this meeting. Following this meeting, by 4 PM the Official Programmes of our Association TNOA is planned to be conducted.

Organizing Chairman – **Prof. N. Manikandan**

Organizing Secretary – **Dr. A. Francis Roy**

TNOA PG TEACHING PROGRAM

An e-Initiative of Tamilnadu Orthopaedic Association on Virtual Platform.

- o Inaugural Program Date: 02.08.2020 Sunday Platform: Zoom Cloud HD Video Meeting & Live on YouTube CHIEF GUEST: Prof Dr A Devadoss, Legend of Indian Orthopaedics GUEST OF HONOUR: Dr Atul Srivastava, Honorary Secretary, IOA Dr Nalli R Uvaraj, Secretary General, OASIS Chief guest inaugurated the program & take the first academic session Topic: CLINICAL DISCUSSION: OSCE FORMAT Moderator: Prof V R Ganesan (Madurai)
- o Second Program Date: 07.08.2020 Friday Topic: CLINICAL EXAMINATION OF SPINE Speaker: Prof Dr Nalli R Uvaraj, Professor of Orthopaedics (Spine Surgery), Madras Medical College, Chennai Moderator: Dr. D. R. Ramprasath, Associate professor, Chengapattu Medical College, Chengalpattu.
- o Third Program Topics: 1. Short Clinical Cases for Discussion (with PG Volunteers) 2. Presentation on Common Elbow Cases (OSCE Format) FACULTIES: Prof. Dr. Samuel Gnanam, Professor of Orthopedics, Govt Stanley Medical College, Chennai, & Dr. Suresh babu, Senior Assistant Professor, Dept of Orthopedics, Institute of Child Health, Madras Medical College, Chennai. Date: 11.08.2020 Tuesday
- o Fourth Program Topic: CLINICAL EXAMINATION OF ELBOW Speaker: Prof Dr V Singaravadivelu, Professor of Orthopedics, Madras Medical College, Chennai. Moderator: Prof Dr A Sureshkumar, Professor of Orthopedics, Tirunelveli Medical College, Tirunelveli. Date: 14.08.2020 Friday
- o Fifth Program Topics: 1. Clinical Short Case Series: BONE SWELLINGS & TUMOURS - OSCE based clinical demonstration - Prof Dr VR Ganesan, Professor of Orthopedics, Madurai Medical College, Madurai, Prof Dr R Balachandran, HOD & Professor of Orthopedics, Govt Royapettah Hospital, Kilpauk Medical College, Chennai 2. Principles & Technique of BONE BIOPSY - Prof Dr S Sundar, Senior Consultant Joint Replacement & Tumour Surgeon, VS Hospitals, Chennai. Date: 18.08.2020 Tuesday
- o Sixth Program Topic: INTERVERTEBRAL DISC PROLAPSE: Tips and Tricks in Clinical Examination and Practice Speaker: Prof Dr R Sivakumar, Chief Consultant Preethi Hospitals Madurai Moderator: Dr V N Sudeep kumar, Spine Consultant Preethi Hospitals Madurai Date: 21.08.2020 Friday
- o Seventh Program TOPIC: Short Case Series All About NON-UNION: Clinical Discussion Faculties: Prof Dr A Srinivasan, Professor & HOD, Prof Dr D R Ramprasath, Associate Professor & Prof Dr K Muthukumar, Associate Professor, Department of Orthopaedics, Government Chengalpattu Medical College, CHENGALPATTU. Date: 25.08.2020 Tuesday
- o Eighth Program Topic: TUBERCULOSIS OF SPINE Speaker: Dr Ajoy Prasad Shetty, Senior Consultant (Spine) Department of Orthopaedics Ganga Hospital COIMBATORE Moderator: Dr G Sudhir, Assistant Professor of Orthopedics (Spine) Sri Ramachandra Institute of Higher Education & Research CHENNAI Date: 28.08.2020 Friday
- o Ninth Program Topic: THORACOLUMBAR INJURIES Speaker: Prof B Sivakumar, Professor of Orthopedics (Spine), Madurai Medical College, MADURAI. Moderator: Dr S Jayakumar, Consultant Orthopaedic Surgeon (Spine), Devadoss Hospital, MADURAI. Date: 04.09.2020 Friday
- o Tenth Program Topic: Basics, Principle and Biomechanics of DHS Speaker: Prof Dr S Ramesh Babu, Senior Consultant Orthopaedic Surgeon, SPOT Hospital, CHENNAI, Moderator: Dr S Makesh Ram

Senior Assistant Professor, Government Kilpauk Medical College, CHENNAI. Date: 08.09.2020 Tuesday

o Eleventh Program Topic: LUMBAR CANAL STENOSIS: Degenerative: Clinical Approach FACULTY: Prof Aa Rajamani, Chief Consultant - Endoscopic Spine Surgeon, Preethams Spine Surgery Centre, MADURAI. PANELISTS: Prof Nalli R Yuvaraj, Professor of Orthopedics (Spine) Madras Medical College, CHENNAI. Dr R Bharani, Consultant Spine Surgeon, Apollo Hospitals, CHENNAI Date: 11.09.2020 Friday

o Twelfth Program TOPIC: All About Plates and Screws SPEAKER: Prof Dr D Gokul Raj, Professor of Orthopaedics, Sri Ramachandra Institute of Higher Education and Research, CHENNAI MODERATOR: Dr G Mohan, Senior Assistant Professor, Madras Medical College, CHENNAI. Date: 15.09.2020 Tuesday

o Thirteenth Program Topic: SCOLIOSIS Speaker: Dr Sudhir Ganesan, Assistant Professor of Orthopedics (Spine) Sri Ramachandra Institute of Higher Education & Research CHENNAI Moderator: Dr Phani Kiran Surapuraju, Senior Consultant (Spine) Gleneagles Global Health City CHENNAI. Date: 18.09.2020 Friday

o Fourteenth Program Topic: Short Case Series: CLINICAL DISCUSSION - SPEAKER: Prof Dr TM Manohar, Professor of Orthopedics, Government Mohan Kumaramangalam Medical College, SALEM. MODERATOR: Prof Dr A Sureshkumar, Professor of Orthopedics, Tirunelveli Medical College, TIRUNELVELI. Date: 22.09.2020 Tuesday

o Fifteenth Program Topic: RADIOLOGY OF SPINE SPEAKER: Prof Dr K Venkatesh, Professor and Head, Spinal Disorders Surgery unit, Department of Orthopaedic Surgery, Christian Medical College, VELLORE MODERATOR: Prof Dr C Palani Kumar, Professor of Orthopaedic Surgery, Endoscopic Spine Surgeon, Department of Orthopaedic Surgery, Perundurai Medical College, Perundurai, ERODE District Date: 25.09.2020 Friday

o Sixteenth Program TOPIC: All About PERIPHERAL NERVE INJURIES - An Interactive Session SPEAKER: Prof R T Parthasarathy, Professor of Orthopaedics, Government Mohan Kumaramangalam Medical College, SALEM. MODERATOR: Dr S Jawahar, Assistant Professor, Government Mohan Kumaramangalam Medical College, SALEM. Date: 29.09.2020 Tuesday

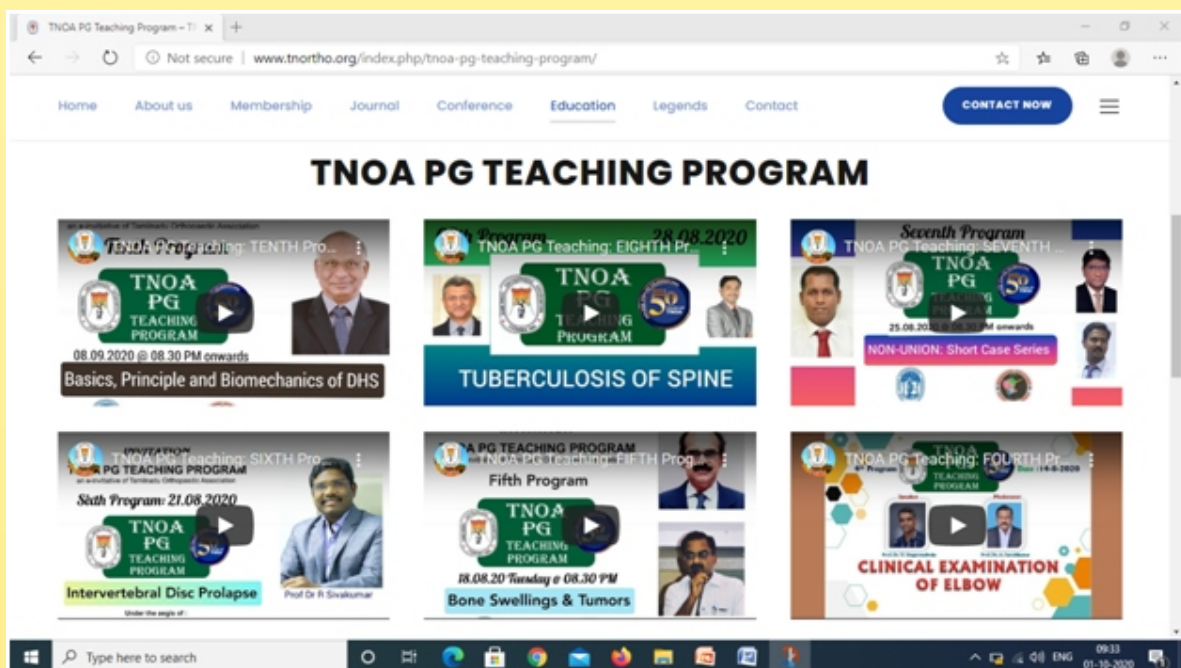
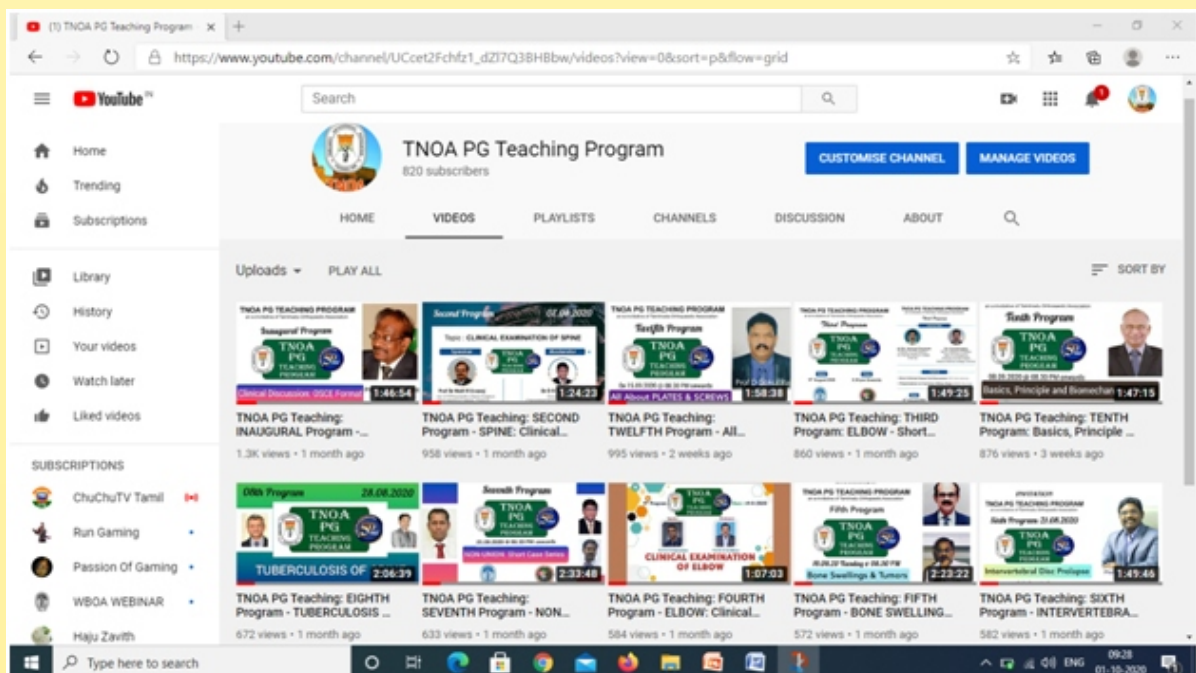
o Seventeenth Program: TOPIC: Spondylolysis - An Exam Approach SPEAKER: Dr K Balasubramanian, Senior Consultant Orthopaedic and Spine Surgeon, Apollo Specialty Hospital, TRICHY. MODERATOR: Dr G Mukesh Mohan, Endoscopic Spine and Robotic Joint Replacement Surgeon, Maxcare Hospital, TRICHY. Date: 02.10.2020 Friday

o Eighteenth Program: Topic: Short Case Series: CLINICAL DISCUSSION - FACULTY: Prof Dhanpal Singh, Professor of Orthopaedics, Raja Muthiah Medical College, CHIDAMBARAM. MODERATOR: Dr Vijaya Shankar, Assistant Professor of Orthopedics, Raja Muthiah Medical College, CHIDAMBARAM. Date: 06.10.2020 Tuesday

Programs are conducted on Zoom HD Video Conference: <https://zoom.us/j/81143098430> and also Live on our TNOA PG Teaching Program's YouTube Channel: https://www.youtube.com/channel/UCcet2Fchfz1_dZl7Q3BHBbw Recorded versions are also available in our websites: <http://www.tnortho.org/index.php/tnoa-pg-teaching-program/> & <http://tnoavideojournal.in/>

Academic Committee of TNOA 2020-21:

1. Dr S G Thirumalaisamy, President
2. Dr P T Saravanan, Secretary
3. Prof V Singaravadivelu, Advisor
4. Prof S Vetrivelchezian, Advisor
5. Prof N Thanappan, Co-ordinator
6. Prof A Sureshkumar, Co-ordinator
7. Prof V Thirunarayanan, Co-ordinator



TNOA BONE HEALTH AWARENESS FORTNIGHT

TNOA BONE HEALTH AWARENESS FORTNIGHT

TNOA Bone Health Awareness Fortnight is observed from 10th to 23rd October 2020 to commemorate International Orthopaedic Health Days. Distinguished members of TNOA & our City / District Chapters organized a total of 64 programs based on TNOA Presidents Theme given for each day;

12th October: WORLD ARTHRITIS DAY - Effective Treatment of Arthritis

16th October: WORLD SPINE DAY - Low Back Ache Management

17th October: WORLD TRAUMA DAY - Fix the fracture to return to work

19th October: WORLD PAEDIATRIC BONE JOINT DAY - Physical exercise in childhood strengthens the bone and joint

20th October: WORLD OSTEOPOROSIS DAY - Prevention of Osteoporosis

Detailed report & photographs enclosed.

President:

Dr S G Thirumalaisamy

Secretary:

Dr P T Saravanan

9842355099

secretarytnoa@gmail.com



1. 2020.10.10 Dr R Raja of Thanjavur - Tamil Poem on Arthritis
2. 2020.10.11 Family Excursion and Trekking to 7th Century rock-cut Cave Temple in Mamandur Village near Kancheepuram organised by KANCHI ORTHO CLUB and Sura Swimming Club.
3. 2020.10.11 Dr Ramesh Prabhu – FB Post on TNOA Bone Health Awareness Fortnight
4. 2020.10.12 World Arthritis Day Special Public Awareness Video by Midwest Ortho Society, SALEM.
5. 2020.10.12 Dr MP Parthasarathi Awareness Talk on Arthritis @ Nemili
6. 2020.10.12 Dr G Mukesh Mohan - Know Your Joints - Face book Live by Times of India
7. 2020.10.12 Dr S BALAKRISHNAN: Display of Poster on Arthritis at Shri Balamurugan Hospital, Erode
8. 2020.10.12 Dr Navin Kumar - Awareness Video on Arthritis at Facebook
9. 2020.10.12-16 Dr K Balasubramanian - Live Radio Program on Arthritis at AIR Trichy Rainbow FM 93.6 MHz
10. 2020.10.12 World Arthritis Day Awareness Poster by Midwest Ortho Society, SALEM.
11. 2020.10.12 VS Hospital - Display of World Arthritis Day Awareness Poster
12. 2020.10.12-15 Dr S Sundar - Live Radio Program on Arthritis at 92.7 BIG FM
13. 2020.10.12 Ganga Hospital - Display of Arthritis Day Poster
14. 2020.10.12 Dr PT Saravanan - Display of Arthritis Day Poster
15. 2020.10.12 Dr Dhanasekara raja Arthritis Day Message in Face book post
16. 2020.10.13 Dr Velasamy Ravendran - World Arthritis Day Awareness Video at Facebook
17. 2020.10.13 Dr C Rex – Answer by Doctor section in DINA MALAR Newspaper
18. 2020.10.14 Display of Poster on Osteoporosis & Distribution of PAMPHLETS on Bone Health at VIMS Hospital, Salem.
19. 2020.10.14 Display of Poster on World Spine Day by Kanchi Ortho Club
20. 2020.10.16 Live Radio Program on World Spine Day in AIR Dharmapuri FM 102.5 by Dr SD Arun Prasath Dr Vishnu Prasath - live tele-caller interactive show Makkal Medai on Low Back Ache Management
21. 2020.10.16 Srinivasa Hospital - Display of World Spine Day Awareness Poster
22. 2020.10.16 World Spine Day - Tamil Poem by Dr R Raja, Thanjavur
23. 2020.10.16 WORLD SPINE DAY Public Awareness Speech on Straighten Up & Move On by Dr MP Parthasarathi at Amudha Rehabilitation & Medical Centre, Panapakkam.
24. 2020.10.16 WORLD SPINE DAY Public Awareness FB Posts by Dr PT Saravanan
25. 2020.10.16 Dr C Rex - Live Radio Program on World Spine Day in Radio Mirchi 98.3 FM
26. 2020.10.16 World Spine Day – Back pain Awareness Video by Tiruchy Ortho Club
27. 2020.10.16 World Spine Day Special Public Awareness Video by Midwest Ortho Society, SALEM. Most Viewed & Shared LOW BACK PAIN AWARENESS Video in Facebook.
28. 2020.10.16 World Spine Day Awareness Video on Tips for healthy Spine by Ganga Hospital, Coimbatore
29. 2020.10.17 Hybrid CME on Management of Fracture Neck of Femur on WORLD TRAUMA DAY by Midwest Ortho Society, SALEM.
30. 2020.10.17 World Trauma Day – PLEDGE & Demo on First Aid by Department of Orthopaedics at Various Medical Colleges in the State.
31. 2020.10.17 World Trauma Day - Display of POSTER by Thanjai Ortho Club
32. 2020.10.17 World Trauma Day - Display of POSTER by Dr SD Arun Prakash at Harur Govt Hospital
33. 2020.10.17 Online CME on Joint Salvage in GCT Lower Limb by Coimbatore Orthopaedic Society.
34. 2020.10.17 CPR – Step by step by Dr PT Saravanan on World Trauma Day.
35. 2020.10.17 WORLD TRAUMA DAY: Road Safety Awareness Video by Tiruchy Ortho Club
36. 2020.10.17 World Trauma Day – Special Stall and Display of POSTER by Department of Orthopaedics, Stanley Medical College, Chennai.

37. 2020.10.17 World Trauma Day: The Road to Recovery Program by Dr Madhan Tiruvengada, Apollo OMR Chennai.
38. 2020.10.18 World Osteoporosis Day Special Bone Health Awareness Walk by Midwest Ortho Society, SALEM.
39. 2020.10.18 "Say No to Joint Pain" by Dr UT Vasan, Madurai @ Public Live Webinar
40. 2020.10.18 Dr J Manimaran, Salem - Live Radio Program on "Full Stop to Joint Pain" at AIR Kodai Rainbow FM 100.5 MHz
41. 2020.10.19 WORLD PAEDIATRIC BONE AND JOINT DAY: Virtual Meeting on Physical Exercise In Childhood Strengthens the Bones and Joints by Tiruchy Ortho Club
42. 2020.10.19 Dr R Raja of Thanjavur - Tamil Poem on Pediatric Bone and Joint Day
43. 2020.10.19 Safety Tips for Kids - YouTube Video by Dr PT Saravanan on World Pediatric Bone and Joint Day
44. 2020.10.19 BMD Screening and Osteoporosis Detection Camp organized by Dr PT Saravanan, Kanchipuram.
45. 2020.10.19 Bone Health Awareness Talk by Dr J Senthilnathan @ Raaj Ortho Care, Dharmapuri.
46. 2020.10.19 World Pediatric Bone & Joint Day: Fitness Program for Children @ District Sports Stadium, Kanchipuram.
47. 2020.10.19 World Pediatric Bone & Joint Day: Healthy Bones Mighty India YouTube Video by Dr PT Saravanan
48. 2020.10.19 World Pediatric Bone & Joint Day: YouTube Video on Physical Exercise In Childhood Strengthens the Bones and Joints by Dr PT Saravanan
49. 2020.10.20 World Osteoporosis Day Special Public Awareness Poster by SKS Hospital, SALEM.
50. 2020.10.20 World Osteoporosis Day: Talk on "Tips to Keep Your Bones Healthy" by Dr PT Saravanan, Kancheepuram.
51. 2020.10.20 World Osteoporosis Day: Distribution of Awareness Pamphlets @ Dept of Orthopaedics, KAPVGMHC, Trichy.
52. 2020.10.20 BMD Screening Camp organized at Guru Hospital, Madurai.
53. 2020.10.20 World Osteoporosis Day: Distribution of Awareness Pamphlets by Dr R Ashok kumar, Madurai.
54. 2020.10.20 World Osteoporosis Day: Display of Poster @ Kids Ortho Care, Madurai.
55. 2020.10.20 World Osteoporosis Day: Special Article by Dr P S Shanmugam @ Dinamalar Newspaper Madurai Edition
56. 2020.10.20 BMD Screening Camp organized at Pachaiyappas College for Men, Kanchipuram.
57. 2020.10.20 World Osteoporosis Day: Talk on Prevention of Osteoporosis by Dr MP Parthasarathy at District Head Quarters Hospital, Kanchipuram.
58. 2020.10.20 World Osteoporosis Day: YouTube Video on Childhood Fitness and Bone Health by Dr PT Saravanan
59. 2020.10.20 Public Awareness Video on "OSTEOPOROSIS-Risk-Check" by Dr S Sundar, VS Hospital, Chennai.
60. 2020.10.20 Dr S Sundar - Live Radio Program on Osteoporosis and Bone Health at 92.7 BIG FM
61. 2020.10.20 Dr K Manivannun - Live Radio Program on World Osteoporosis Day in Radio Mirchi 98.3 FM
62. 2020.10.20 Interactive FB Live Discussion on Bone Health and Osteoporosis by Dr Aravindan Selvaraj, Kauvery Hospital, Chennai.
63. 2020.10.21 Dr MP Parthasarathy & Kanchi Ortho Club - World Osteoporosis Day Camp @ Dinamalar Newspaper Chennai Edition
64. 2020.10.21 World Osteoporosis Day Awareness – Fitness Video by Orthopedic Surgeons of Midwest Ortho Society, SALEM.

BONE & JOINT DAY REPORT - 2020

As per the direction of IOA & CSRC, TAMILNADU ORTHOPAEDIC ASSOCIATION organised weeklong activities from 1st to 7th August 2020 based on IOA Presidents Theme for Bone & Joint day: "Prevention of Deformity in Degenerative Disorders".



INDIAN ORTHOPAEDIC ASSOCIATION
BONE & JOINT DAY
4th August 2020
IOA PRESIDENT'S THEME FOR 2020 :
PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE
WEEK long activities 1-8-2020 to 07-08-2020

Prof. R.C. MEENA
President, IOA

Dr. ATUL SRIVASTAVA
Hon. Secretary, IOA

✳ **Virtual Health Education Lectures**
 ✳ **Distribution of Pamphlets**
 ✳ **Display of Posters**
 ✳ **Radio and TV Coverage**
 ✳ **Print Media Coverage**
 ✳ **Social Media Coverage**
 ✳ **Any other Unique Program**

Dr. S. RAMESH BABU Chairman, CSRC
Dr. JAYANT SEN Member, CSRC
Dr. RAMESH C. BANSHI WAL Member, CSRC
Dr. S.G. THIRUMALAI SAMY President, TNOA
Dr. P.T. SARAVANAN Secretary, TNOA

BONE & JOINT DAY 2020 – 1st to 7th August @ TNOA

Virtual Talk	15 Programs
Distribution Of Pamphlets	66 Members
Display Of Posters	81 Clinics / Hospitals
Radio / TV Coverage	09 Programs
Print Media Coverage	20 Newspapers
Press Meet & Press Release	05 Press Meets
Social Media Coverage	73 Posts At Face book & YouTube
Unique Programs	14 Programs

VIRTUAL TALK on BJD Theme: Prevention of Deformity in Degenerative Disease

- 1) 2020.04.01 Symposium on Degeneration & Deformity by Madurai Orthopaedic Society
- 2) 2020.08.02 Prevention of Deformity in Degenerative Disease by Kanchi Ortho Club
- 3) 2020.08.02 Tirupur District Ortho Club's BJD Special CME
- 4) 2020.08.03 Arthritis Knee Joint by Kanchi Ortho Club
- 5) 2020.08.04 Love Your Bones by Subham Clinic, Coimbatore
- 6) 2020.08.04 Arthritis - Age with Optimism - by Apollo Hospitals, Madurai
- 7) 2020.08.04 Coimbatore Orthopaedic Society's Symposium: Prevention of Deformity in Degenerative Disorders
- 8) 2020.08.04 Ligament Injuries of Knee Joint by Kanchi Ortho Club
- 9) 2020.08.05 Shoulder Joint Pain by Kanchi Ortho Club
- 10) 2020.08.05 How to Prevent deformities in leg by Dr Balasubramanian, Coimbatore at Rotary Club Virtual Meet
- 11) 2020.08.06 Maintenance of Bone Health in COVID Pandemic by Kanchi Ortho Club
- 12) 2020.08.06 Can we escape from joint pain? By Dr C Sugavanam, Salem at Rotary Club Virtual Meet

- 13) 2020.08.07 Importance of Diet & Yoga in Bone Health by Kanchi Ortho Club
- 14) 2020.08.07 Joint Preservation Options In Degenerative Knee Disease "Is Myth or Reality" by Midwest Ortho Club
- 15) 09.08.2020 IAS-TNOA-TNAS Webinar on Management of Osteo chondral Defects

DISTRIBUTION OF PAMPHLETS by the Members of TNOA

1. Dr SG Thirumalaisamy, President TNOA - COIMBATORE
2. Dr M Vanasekar Vice President TNOA - PALANI
3. Dr PT Saravanan, Secretary TNOA - KANCHIPURAM
4. Dr CJ Ravi, Joint Secretary TNOA – PATTUKKOTTAI
5. Dr K Meenakshi Sundaram, Video Journal Editor TNOA – SALEM
6. Dr S Makesh ram, TNOA EC Member - CHENNAI
7. Dr L Shyam, TNOA EC Member - MADURAI
8. Dr Ashok kumar, TNOA EC Member - MADURAI
9. Dr C Rex, EC Member TNOA – COIMBATORE
10. Dr MP Parthasarathy, TNOA EC Member - KANCHIPURAM
11. Dr Mohana Sundaram EC Member TNOA - SALEM
12. Dr Natarajan, EC Member TNOA - CUDDALORE
13. Dr M Anand, EC Member TNOA - DINDIGUL
14. Dr G Ramesh Kumar, EC Member TNOA - TRICHY
15. Dr R Muralidharan, Past President TNOA - DINDIGUL
16. Dr R Sivakumar, Past President TNOA - MADURAI
17. Dr S Ramesh Babu, CSRC Chairman IOA - CHENNAI
18. Dr G Premnath EC Member IOA - SALEM
19. Dr Abdul Hameed Ansari - THIRUVARUR
20. Dr AK Tharun - SALEM
21. Dr AS Thennavan - COIMBATORE
22. Dr B Venkatesan - DHARMAPURI
23. Dr C Sugavanam - SALEM
24. Dr Chinnadurai - PATTUKKOTTAI
25. Dr Eswara Kumar - DINDIGUL
26. Dr Franklin Kiruba - SALEM
27. Dr G Mukesh Mohan - TRICHY
28. Dr J Manimaran - SALEM
29. Dr J Senthilnathan – DHARMAPURI
30. Dr Jayaraman – SALEM
31. Dr Joseph Christopher Babu - DINDIGUL
32. Dr K Baskaran - COIMBATORE
33. Dr K Manivannun - VELLORE
34. Dr K Prakasam - SALEM
35. Dr K Sekar, EC Member TNOA - TIRUNELVELI
36. Dr KN Subramanian - MADURAI
37. Dr Kunal dheep - MADURAI
38. Dr Lenin babu - COIMBATORE
39. Dr Mohan gandhi - VELLORE
40. Dr Muthuvel rajan - MADURAI
41. Dr P Palanivelrajan - MADURAI
42. Dr Prahlad Singh - MADURAI
43. Dr R Jayakumar - COIMBATORE
44. Dr R Ravichandran - MADURAI

45. Dr S Jaikish - TRICHY
46. Dr Satish Devadoss - MADURAI
47. Dr SD Arun Prakash - HARUR
48. Dr Shanmuganathan - MADURAI
49. Dr Somashekar – MADURAI
50. Dr SP Thiyagu - SATHYAMANGALAM
51. Dr Sridharan Namboodri - COIMBATORE
52. Dr V Arul Jothi - TIRUPPUR
53. Dr VR Ganesan - MADURAI
54. Dr Moulidharan, Malar Hospital – HOSUR
55. Sree Abhirami Hospitals – COIMBATORE
56. Dr Thulasi raman D - KANCHIPURAM
57. Dr Raja durai – KANCHIPURAM
58. Dr Manikandan, Chella Sooriya Hospital, Tirunelveli
59. Dr Ajith Inigo, Rhock Hospital, Tirunelveli
60. Dr Sundara Pandiyan, Kartheek Nursing Home, Tirunelveli
61. Department of Orthopaedics - Tirunelveli Medical college Hospital
62. Dr Pavalan, Thoothukudi
63. Dr Balakannan, AVM Hospital, Thoothukudi
64. Dr Krishnakumar – Hari Nursing Home, Dharmapuri
65. Dr Anandkumar – Ragavendra Hospital, Dharmapuri
66. Dr Tamilselvan – NTS Ortho care, Dharmapuri

Display of BANNERS / POSTERS / CAR STICKERS by TNOA Member's & their Hospitals / Clinics.

1. Aditya Ortho Hospital - Dindigul
2. Annai Nursing Home - Tenkasi
3. Annai Therasa Hospital - Kanyakumari
4. Atlas Hospitals - Trichy
5. Brahgathi Hospitals - Coimbatore
6. City Hospital - Dindigul
7. Dept Of Orthopedics, Thanjavur Medical College Hospital
8. Devadoss Hospital – Madurai
9. Dr A Suresh kumar – Kovilpatti
10. Dr Ansari Ortho Speciality Clinic - Thiruvarur
11. Dr Marimuthu – Thuthukudi
12. Dr Muthu's Hospitals - Singanallur
13. Dr Raghupathy Raja: City Hospital - Thuthukudi
14. Dr S Muthuraman: Global Ortho care – Tenkasi
15. Dr Sidharth Ramesh Babu - Chennai
16. Ganga Hospitals - Coimbatore
17. Gopal Ortho Care - Kanyakumari
18. Government Hospital, Harur
19. Guhan Hospital - Dindigul
20. Inba Hospital - Kanyakumari
21. JCB Hospital - Dindigul
22. JJ Arul Hospital - Dindigul
23. Kanchi Ortho Club - Kanchipuram
24. Kiruba Hospital – Salem
25. Kovai Medical Center Hospital - Coimbatore

26. Krishna Kumar Ortho Hospital - Kanyakumari
27. Kurinji Hospital – Salem
28. Lakshmi Hospital - Panruti
29. Life Care Hospital - Kanyakumari
30. Malar Hospital – Hosur
31. Mims Multi-Speciality Hospital - Kanyakumari
32. MPS Hospital - Dindigul
33. Navajeevan Multi Speciality Hospital - Thiruvavur
34. Nidharsana Clinic - Dindigul
35. OMS Hospital - Tiruppur
36. Preethi Hospitals - Madurai
37. Priya Hospital - Palani
38. Raj Ortho Care - Dharmapuri
39. Rajeswari Hospital - Dindigul
40. Raksha Hospital - Madurai
41. Rex Ortho Hospital - Coimbatore
42. Rosemary Hospital - Tirunelveli
43. Sangeetha Ortho Center - Kancheepuram
44. SP Hospital - Madurai
45. Spot Hospitals - Chennai
46. Sri Naadi Hospitals - Pattukkottai
47. Sri Nalam Ortho Clinic - Dindigul
48. Sri Vaari Medicals - Kancheepuram
49. Srinivasa Hospitals - Kanyakumari
50. Ss Hospital - Dindigul
51. Suba Anandam Hospital - Cuddalore
52. Subham Speciality Hospital - Kanyakumari
53. Sushrusha Hospitals - Kanyakumari
54. The Salvation Army Catherine Booth Hospital - Kanyakumari
55. Vale Speciality Ortho Clinic – Madurai
56. Vijaya Hospital - Dindigul
57. VIMS Hospital – Salem
58. Dr Felix - Dindigul
59. Dr Sankaralingam , Professor & HOD, MMCRI, Kancheepuram
60. Dr Narayana Reddy, Professor, MMCRI, Kancheepuram
61. Dr MP Parthasarathy, Assoc Professor, MMCRI, Kancheepuram
62. Dr Om Prakash, Assistant Professor, MMCRI, Kancheepuram
63. RAM Clinic – Kanchipuram
64. Chella Sooriya Hospital, Tirunelveli
65. Rhock Hospital, Tirunelveli
66. Kartheek Nursing Home, Tirunelveli
67. Department of Orthopaedics - Tirunelveli Medical College Hospital
68. AVM Hospital, Thoothukudi
69. Dr Mohana sundaram - SIMS Chellum Hospital, Salem
70. Dr Meenakshi sundaram - VIMS Hospital, Salem
71. Dr Tharun - Suraksha Hospital, Salem
72. Dr Premnath - Gurunathan Hospital, Salem
73. Dr Manimaran - Kurinji Hospital, Salem
74. Dr Franklin Kiruba - Kirubha Hospital, Salem

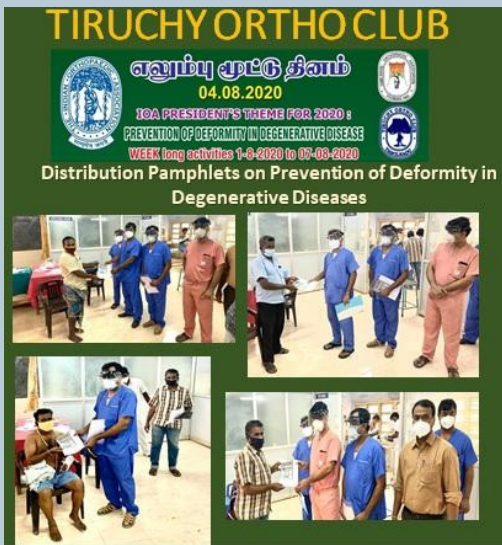
BONE & JOINT DAY ACTIVITIES

DISTRIBUTION OF PHAMPHLETS



BONE & JOINT DAY ACTIVITIES

DISTRIBUTION OF PHAMPHLETS



BONE & JOINT DAY ACTIVITIES

DISPLAY OF BANNERS, POSTERS AND STICKERS



[illegible]

கோவையாபிச் 4-ம் தேதி

எலும்பு சிகிச்சை

விழிப்புணர்வு நிகழ்ச்சி!

கோவை, ஏப்ரல் 31-
கோவை, எலும்பு வியல்
சங்கம் சார்பில் வருஷ 4-ம்
தேதி எலும்பு மற்றும்
முட்டு நிலம் 2020
முன்னிட்டு பதனாதவர்கள்
பதனாதவர்கள்
வருகத்தக்க
விழிப்புணர்வு
நிகழ்ச்சி
நடத்துகிறது.
தேசிய எலும்பு மற்றும்
முட்டு நிலம் 2012 ம்
ஆண்டு முதல் ஒவ்வொரு வருஷம் ஆண்டு முதல்
4 ம் தேதி கொண்டாடப்
பட்டு வருகிறது.
இதற்கு கடந்த 2012 ம்
ஆண்டில் தேசிய எலும்பு வியல்
சங்கத்தின் அப்போதைய
தலைவரான பேராசிரியர்
டாக்டர் எஸ்.
ராஜசேகர் அதிக முயற்சி
எடுத்தார் என்பது
பெரிசெய்ததாக
எலும்பு மற்றும்
முட்டு நிலம் சங்கத்
தலைவர்
டாக்டர் எஸ்.ஜி. திருமுலைச்சாமி, தமிழ்நாடு சங்க
நிர்வாகக்குழு உறுப்பினர்
சி. ரொடக், கோவை எலும்பு மற்றும்

[illegible][illegible][illegible]

கோவையாபிச் 4-ம் தேதி

எலும்பு சிகிச்சை

விழிப்புணர்வு நிகழ்ச்சி!

கோவை, ஏப்ரல் 31-
கோவை, எலும்பு வியல்
சங்கம் சார்பில் வருஷ 4-ம்
தேதி எலும்பு மற்றும்
முட்டு நிலம் 2020
முன்னிட்டு பதனாதவர்கள்
பதனாதவர்கள்
வருகத்தக்க
விழிப்புணர்வு
நிகழ்ச்சி
நடத்துகிறது.
தேசிய எலும்பு மற்றும்
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4 ம் தேதி கொண்டாடப்
பட்டு வருகிறது.
இதற்கு கடந்த 2012 ம்
ஆண்டில் தேசிய எலும்பு வியல்
சங்கத்தின் அப்போதைய
தலைவரான பேராசிரியர்
டாக்டர் எஸ்.
ராஜசேகர் அதிக முயற்சி
எடுத்தார் என்பது
பெரிசெய்ததாக
எலும்பு மற்றும்
முட்டு நிலம் சங்கத்
தலைவர்
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நிர்வாகக்குழு உறுப்பினர்
சி. ரொடக், கோவை எலும்பு மற்றும்

[illegible]

IOA campaign

**SPECIAL CORRESPONDENT
THANJAVUR**

The Indian Orthopaedic Association (IOA) has opted for online mode to create awareness of degenerative disease among the public.

In view of the COVID-19 pandemic, it has directed its chapters across the country to conduct virtual health education lectures, distribute pamphlets, display posters in supermarkets, clinics and hospitals, organise programmes on radio and television.



இந்திய எலும்பியல் சங்கத்தின் சார்பாக
எலும்பு குறைபாடு வராமல் தடுக்க
பொதுமக்களுக்கு விழிப்புணர்வு

தஞ்சாவூர், ஆகஸ்ட்-07-
இந்திய எலும்பியல் சங்கத்தின்
சார்பாக ஆகஸ்ட் 1 முதல் 7
ஆம் தேதி வரை எலும்பு முட்டு
வாரம் கடைபிடிக்கப்படுகிறது.
2020 ஆம் ஆண்டிற்கான
சுற்றுச்சூழலாக எலும்பு முட்டு
சிறப்புத் நோயினால் ஏற்படும்
குறைபாடுகளைத் தடுப்பது குறித்த
விழிப்புணர்வு நடவடிக்கைகள்
வாரம் முழுவதும் நடைபெற்று
வருகிறது. அதன் பொருட்டு
தமிழ்நாடு எலும்பியல் சங்கம்
மற்றும் கிழக்கு ஆந்திர கிளப்
சார்பாக பட்டுக்கோட்டையில் நடை
பெடுத்துவருகின்றன எலும்பு
முட்டு சிறப்பு நோயினால்



தடுப்பது குறித்து விழிப்புணர்வு
தொகுதி பிரதானம் வழங்கப்பட்டு
எலும்பு முட்டு சிறப்பு நோயின்
விளைவுகளையும், அதனை
தடுக்கும் வழிமுறைகளையும்
தமிழ்நாடு எலும்பியல் சங்கத்தின்
இணை செயலாளர் டாக்டர் இலி
மற்றும் டாக்டர் சின்னதரூர்
ஆகியோர் பொது மக்களுக்கு
விழிப்புணர்வு பிரதானம் வழங்க

THE COVAI NEWS MAIL

HEALTHY JOINT DAY
27th August 2020

Vitamin Joint Health Stress Pain Foods Lifestyle Joint

எலும்பு மற்றும் மூட்டு தினத்தை முன்னிட்டு விழிப்புணர்வு

THE COVAI NEWS MAIL

[illegible]

For your bone and joints

[NT BUREAU |
Kancheepuram, Aug 6:

The Tamil Nadu Bone and Joint Doctors Association has decided to celebrate the first week of August as Bone and Joint Week.

Speaking to reporters in Kancheepuram, the association's president Dr S G Thirumalaisamy and Dr P T Saravanan said, "Since 2014, August is being celebrated as Bone and Joint Day. This year, it has been decided to celebrate it throughout the first week of August". A lot of awareness events have been planned across the State. Maintaining body weight, proper exercises, intake of vitamin and calcium rich foods can prevent bone and joint ailments, they said.

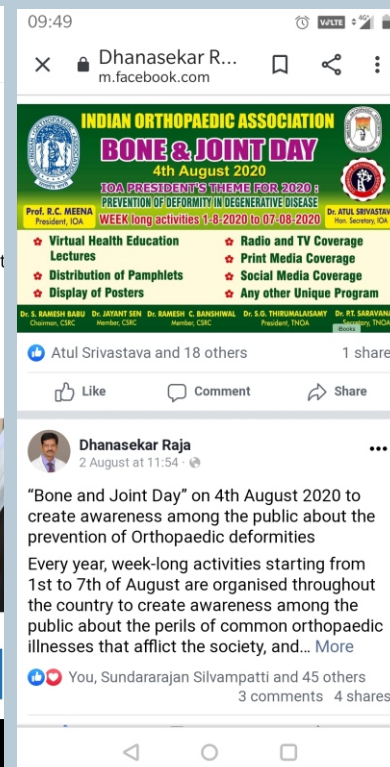
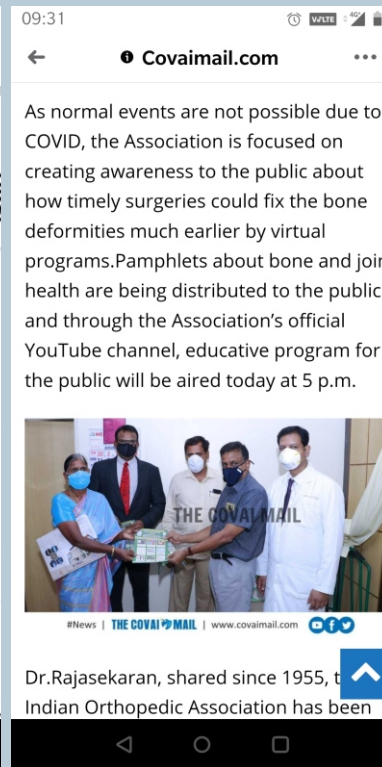
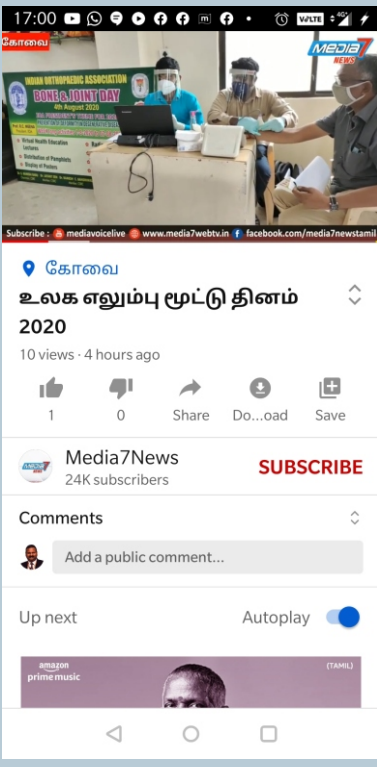
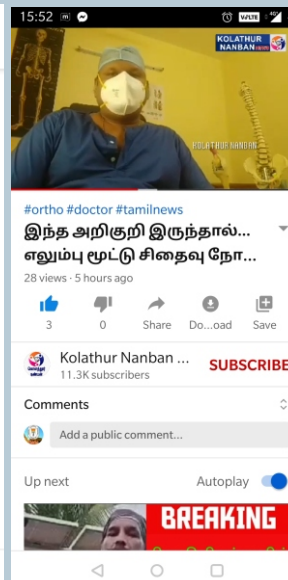
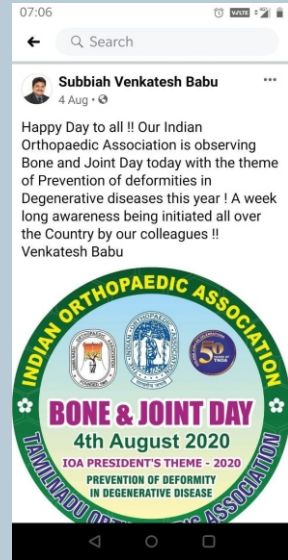
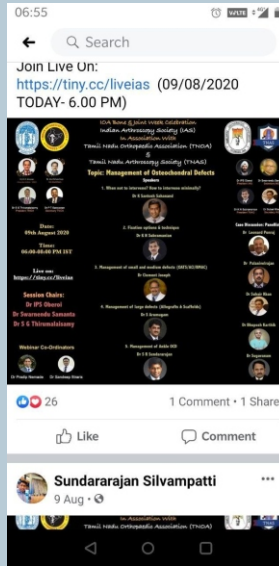
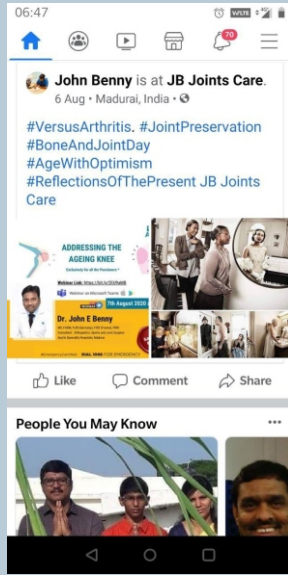
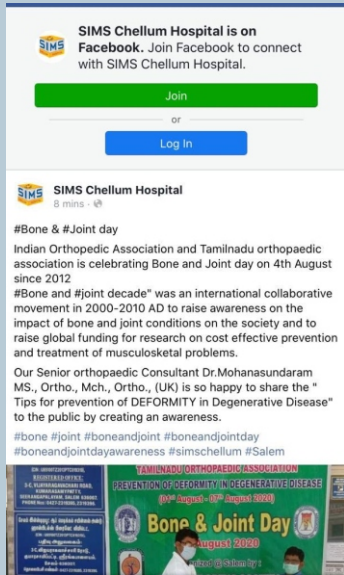
Bone and Joint day is not a mere celebration, the day gives orthopaedic fraternity an opportunity to reassess and evaluate their performance and usefulness to the society. It gives an opportunity to introspect and think about their role in the society in improving bone health of the people, in prevention & / treatment of bone and joint disorders that is cost effective and within the reach of a common man.



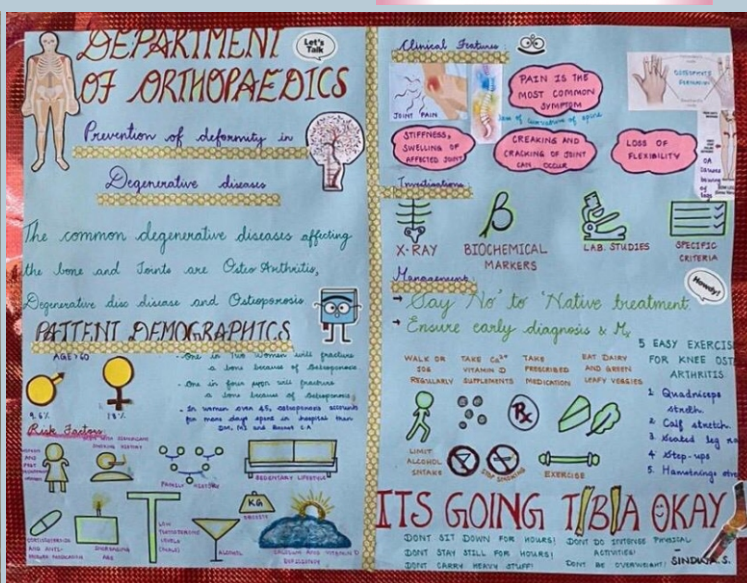
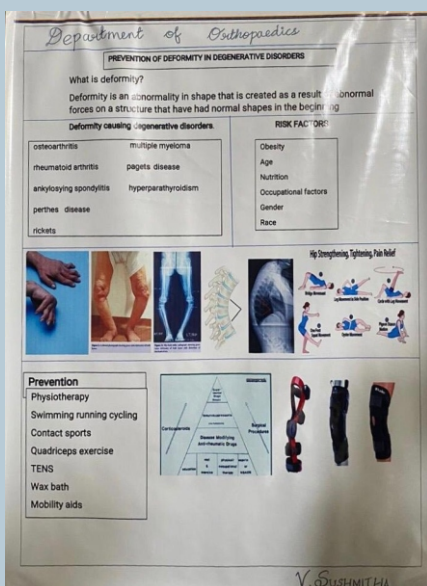
Doctors have decided to spread awareness on bone and joint ailments.







BONE & JOINT DAY ACTIVITIES



**BMD CAMPS
YOGA CAMPS
POSTER / DRAWING
COMPETITION**





Chartered on 15-06-1979
at Kancheepuram, India



Trailblazers
ROTARY
No. 10854



Rotary
No. 10854





INDIAN ORTHOPAEDIC ASSOCIATION
ROTARY CLUB OF KANCHEEPURAM
Club No. : 15854

CLUB ORTHO CLUB



Jointly invites you for the

BONE & JOINT WEEK

Week long activities 1-8-2020 to 07-08-2020



Dr. S. K. PANDAS
Joint Replacement Surgeon



Dr. S. G. THIRUMALASANI
President, INOA



Dr. R. S. SARAVANAN
Secretary, INOA



Dr. S. K. KARTHI
Bariatric Surgeon

Heading : genecology



Dr. Pragasam Lakshmi
Dietitian & Nutritionist

**IMPORTANCE OF
DIET & YOGA IN
BONE HEALTH**

JAWS



By Zoom Meeting
ID: 8911566840
Passcode: 866633

உள்ளே : 07.08.2020 (சனி) : கைவலிப்போது
உள்ளே : 07.08.2020 (சனி) : கைவலிப்போது

உள்ளே : 07.08.2020 (சனி) : கைவலிப்போது
உள்ளே : 07.08.2020 (சனி) : கைவலிப்போது



Dr. A. S. SIVAKUMARAN
Dr. Srinivas, MD (Ortho) 1981
Secretary of Government



Dr. ARUN JAYARAM
Surgeon, APT Hospital



Dr. THIRUPATHIRAM
Secretary, Indian Orthopaedic Association



Dr. R. S. K. SIVAKUMARAN
IC Surgeon, Government
Surgeon, Orthopaedic Association



Dr. P. K. K. MURUGANAN
Dr. P. K. K. MURUGANAN



Dr. S. S. SIVAKUMARAN
Dr. S. S. SIVAKUMARAN



Started on 19-10-1979
Gurgaon, India



Trailblazers
Racing for a Cause



Rotary
R.I. 9021 101



**INDIAN ORTHOPAEDIC ASSOCIATION
ROTARY CLUB OF KANCHEEPURAM**

Club No. : 15854

KANCHI ORTHO CLUB



Chief Guest:
Dr. Sun. P. PADISE
Former Member - IAS



Dr. R. SARAVANAN
Secretary, TNCA



Dr. S. THEBANTHARAN
President, TNCA

Jointly invites you for the

BONE & JOINT WEEK

WEEK long activities 1-8-2020 to 07-08-2020

Headings: கருத்து:

ARTHRITIS KNEE JOINT

கூர்தித் தோண்டி

தேதி : 03.08.2020 இடம் : தி.கா.செழுமதுரை

நேரம் : காலை 08.00 வரையில்



Dr. RAJADURAI
Knee Arthritis



by Zoom Meeting ID : 891 3558 8483
Password : 866629

உலகம் புகழ் பெற்ற 300 பன்னாட்டு 7,30 பன்னாட்டு மருத்துவ கருத்து மாநாட்டில்



Dr. ARUN PRASHANT
Knee Arthritis



Dr. THEBANTHARAN
Secretary, TNCA



Dr. R. SARAVANAN
Secretary, TNCA



Dr. S. THEBANTHARAN
President, TNCA

PM 5.30 to 6.00 PM
Knee Arthritis

PM 6.30 to 7.30 PM
Knee Arthritis

PM 7.30 to 8.30 PM
Knee Arthritis

[illegible]




Bone & Joint Day

4th August, 2020

Coimbatore Orthopaedic Society - Webinar

8.00pm to 5.00pm / Zoom ID: 97-932-79770

Prevention of Deformity in Degenerative Disorders





Bone & Joint Day - It's Origin & Roots.

Dr S Rajasekaran,
Chairman, Department of Orthopaedic & Spine Surgery, Government Medical College, Tamil Nadu
Chief, ACI spine International Board
President Elect - Tamil Nadu Orthopaedic Association
Former President Indian Orthopaedic Association
Former President Tamil Nadu Orthopaedic Association



Bone & Joint Day Activities 2020.

Dr S G Thirumalaiah
Consultant, Department of Orthopaedic Surgery - MACS
President - Tamil Nadu Orthopaedic Association



Degenerative Disorders of Spine.

Dr Aljay Prasad Shetty,
Consultant, Department of Orthopaedic Surgery - Ganga Hospital
Secretary, Association of Spine Surgeons of India.



Degenerative Disorders of Joints.

Dr G Balasubramanian,
Chief Orthopaedic Surgery & Handwriting Director - Inglehart Hospital
President - Coimbatore Orthopaedic Society



Osteoporosis Prevention & Treatment.

Dr C Rex,
Chief Orthopaedic Surgery & Managing Director - HEC Ortho Hospital
ICF Member - Tamil Nadu Orthopaedic Association

Coordinator:

Dr P Dharmasekara Raju,
Consultant, Department of Orthopaedic Surgery - Ganga Hospital
Secretary, Coimbatore Orthopaedic Society



Rotary Rotary International Rotary Club of Coimbatore Zenith DISTRICT PRIORITIES 9650 YOUTH EMPOWERMENT SOCIETY

Rotary Club of Coimbatore Zenith

You are invited for speaker meeting
வளையும் கால்கள்-திருப்பது எப்படி?

Rtn.Dr.Balasubramanian
 Rtn.Dr.Balasubramanian is a consultant at Wipro Hospital

At 8.20pm
 On Wednesday, 5th Aug 2020

Zoom
 President Secretary



INDIAN ORTHOPAEDIC ASSOCIATION

BONE & JOINT DAY

Meeting and Case discussion

IOA PRESIDENT'S THEME FOR 2020 :

PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE

Date : 02-08-2020, Time : 6.00PM



Prof. R.C. MEENA
Hon. Secretary, IOA

Dr. ATUL SRIVASTAVA
Hon. Secretary, IOA

Sl. No.	TOPIC	Moderator	TNGA	Speaker Name
1	Distal Humer Fracture managed by medical plating: Tips and tricks	Dr.Kamran, EC Member, TNGA, Erode	Tejashree	Dr.Balrajnigam,
2	Interlocking screws		Tejashree	Dr.Balrajnigam,
3	Management of calcaneus fracture by CCS. Percutaneous and mini open method		Tejashree	Dr.Dhavalbhai,
4	Interlocking screws		Tejashree	Dr.Karthik Seltanap,
5	Superior Capsular Reconstruction		Tejashree	Dr.Mahalingam,
6	Management of Fracture neck of Femur		Tejashree	Dr.Kannan,coimbatore,
7	Wristes and second handeing issues in leg region.		Tejashree	Dr.ArunpaulV
8	Other members case presentations			

Dr.S.G.Thirumalaiahazmy
President,TNGA

Dr.P.T.Saravanan
Secretary,TNGA

Dr.Brijesh R Shetty
President,TDOA

Dr.V.Arunpithi,
Secretary, TDOC




ADDRESSING THE AGEING KNEE

Exclusively for all the Pensioners *








Webinar Link: <https://bit.ly/2EU9aMR>

 Webinar on Microsoft Teams  

7th August 2020 at 4 PM

Dr. John E Benny

MS, FASIS, FJR (Germany), FRC (France), FRM (Consultant - Orthopaedic, Sports and Joint Surgeon)
Apollo Speciality Hospitals, Madurai



#EmergencyCantWait

DIAL 1066 FOR EMERGENCY



INDIAN ORTHOPAEDIC ASSOCIATION

BONE & JOINT DAY

4th August 2020

DR. A. K. THAKUR

FACULTY PRESIDENT THE MEDICAL SOCIETY
OF INDIA (FPMSCI) (1992-1993)

WELFARE, KOLKATA (1993-1994)



Prof. A. K. THAKUR
FPMSCI (1992-1993)
WELFARE, KOLKATA (1993-1994)



DR. K. L. GUPTA
FPMSCI (1992-1993)
WELFARE, KOLKATA (1993-1994)

Invited Guest Lecturer :
Prof. Dr. R. H. GOVARDHAN




VIRTUAL HEALTH EDUCATION LECTURE :

Topic : **Management of Osteoporosis**

By : **DR. K. R. NEEVAKSHI SUNDARAM**,
President, MWSOS.

Invited Address :
DR. S. S. THIRUMALASAMY,
President, TNCS.

* Joint Presentation Opportunity on Degenerative Knee Disease * Is Myth a Reality - My Experience.

One of the Topics :
Dr. A. K. THAKUR,
Secretary, MWSOS.

* Zoom Invite Link :
http://www.zoom.us/j/92941122222
or : 92941122222










ROTARY INTERNATIONAL DISTRICT - 2982


Rtn. Holger Knaack
1st President, 2020 - 21


Rtn.W.S.Venkataram
Rotary Governor, 2020 - 21


Rtn.-Dharmesh R. Patel
ARPC & Dist. Treasurer, 2020-21


Rtn. Et P. Sivasankaran
Dist. Public Service Project

We Cordially invite you for the

BONE & JOINT WEEK

Heading : பணைகூ :

புரட்சி அணிவீரத்தோடு தமிழகக் குடியரசை !

CAN WE ESCAPE FROM JOINT PAIN ?!

Date : 06.08.2020 Thursday | Time : 7.45 pm
Venue : Virtual Zoom Meeting

Chief Guest


Rtn. Dr. C. SUBRAMAN
Dist. Chief Guest

Guest of Honour


Rtn. R. GOUDYARAJAN
Dist. Rotarian Guest

In the presence of All Past District Governors &


Rtn. S. SUNDHARALINGAM
Rotary Governor Dist


Rtn. S. DEVASANTHATHY
Rotary Governor

Rtn. S. LOGANATHAN
Dist. Chief, Devasanthathi - Rotarist

Rtn. S. ADHISESHAN
Dist. Second Secretary - Rotarist

Rtn. S. DEVASENATHATHY
Dist. Second Secretary - Executive


VIRTUAL CLOUD MEETING

Meeting Id : 873 3100 3067
Password : 2982




IOA Bone & Joint Week Celebration
Indian Arthroscopy Society (IAS)
In Association With
Tamil Nadu Orthopaedic Association (TNOA)
 &
Tamil Nadu Arthroscopy Society (TNAS)




Topic: Management of Osteochondral Defects

Speakers

1. When not to intervene? How to intervene minimally?

Dr K Sateesh Sahanand



Dr P N Chavali
Hassanpet, Mysore

Dr Rameshwar Saravali
Hassanpet, Mysore

Dr K N Narasimhan
Tamil Nadu

Dr Subash Khan
Chennai

2. Fixation options & technique

Dr K N Subramanian



3. Management of small and medium defects (OATS/AG/BMAC)

Dr Clement Joseph



Dr P N Chavali
Hassanpet, Mysore

Dr Subash Khan
Chennai

Dr Bhupesh Karthik
Chennai

Dr Sugavanam
Chennai

4. Management of large defects (Allografts & Scaffolds)

Dr S Arumugam



5. Management of Ankle OCD

Dr S R Sundarajan



Dr P N Chavali
Hassanpet, Mysore

Dr Rameshwar Saravali
Hassanpet, Mysore

Dr K N Narasimhan
Tamil Nadu

Dr Subash Khan
Chennai

Dr Bhupesh Karthik
Chennai

Dr Sugavanam
Chennai

Case Discussion: Panelists

Dr Leonard Ponraj



6. Live on:

<https://tiny.cc/liveias>

Session Chairs:

Dr IPS Oberoi

Dr Swarnendu Samanta

Dr S G Thirumalaisamy

Webinar Co-Ordinators




Dr Prady Narmada **Dr Sandeep Bhatia**

Chartered on 12-06-1979
Club No: 15854

Trailblazers

Rotary
R.I. DIST 3231

**INDIAN ORTHOPAEDIC ASSOCIATION
ROTARY CLUB OF KANCHEEPURAM**

Club No.: 15854

KANCHI ORTHO CLUB

Chief Guest
DR. R. K. PANDIAN
Retired Surgeon 1979-20

Jointly invites you for the
BONE & JOINT WEEK

WEEK long activities 1-8-2020 to 07-08-2020

Dr. P. SARAVANAN
Secretary, TNQA.

Dr. S.G. THIRUMALAIAH
President, TNQA

Heading / தலைப்பு:

கைரானுதீரகம்

தேதி: 06.08.2020 நாள்: விழாநிகழ்வுகள்

நேரம்: காலை 8.00 மணிக்கு

Dr. Venkatesh Rajanikam
Bee Informatics Scientist
Providence Health, USA

zoom

by Zoom Meeting
ID : 891 3658 8483
Password: 866629

கிடைக்கும் காலம் 6.30 மணிக்குள் 7.30 மணி வரை தொடர் பயிற்சி ஆரம்பமாகும்.

Dr. V. VIGNESH VARADHAN
FRCR, FRCR (2002-2021)
Bone Joint & Endoprostheses

Dr. ARUN PRAGASATH
Traveller, APJ Hospitals

Dr. THYAGESWARAN
Secretary, Narmada Hospital

Dr. MUTHUKRISHNAN
EC Member, Narmada Clinic,
Tamil Nadu Orthopaedic Association

DR. P. K. K. MURUGAN
FRCR, FRCR (2002-2021)
Bone Joint & Endoprostheses

DR. V. MAHESH
FRCR, FRCR (2002-2021)
Bone Joint & Endoprostheses

Zoom Meeting

You are viewing Dr S Ramesh Babu's screen

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Security Participants Chat Share Screen Record Reactions

Time: 10:10 AM

2013

Dr S Ramesh Babu

Urgin Video

BONE AND JOINT DAY
4th August 2020
Weeklong Activities
From 1-8-2020 To 7-8-2020
President's Theme:
Prevention of
Deformity in Degenerative Disease

Prof. R.C. Meena
President

Dr. Alai Srinathaya
Hon. Secretary






BONE AND JOINT DAY

4th AUGUST 2020



IOA President's Theme for Bone & Joint Day 2020:

Prevention of Deformity in Degenerative Disease



Dr. Jeff Walter Rajadurai
Consultant Orthopaedic & Joint Replacement Surgeon, Coimbatore.

TOPIC

LOVE YOUR BONES

Webinar on

6th August 2020

@5p.m.

Register through the given google form link in the description.

Zoom id and password will be mailed to your respective email id.

75. Dr Sugavanam – London Ortho Hospital, Salem

Car Stickers

76. Dr AS Thennavan – Coimbatore

77. Dr M Anand - Dindigul

78. Dr M Vanasekar - Palani

79. Dr PT Saravanan – Kancheepuram

80. Dr S Ramesh Babu - Chennai

81. Dr Sridharan Namboodri - Coimbatore

Radio/TV Coverage

1. Hello FM 106.4 - Live BJD Special Program by Dr Sathish Devadoss, Madurai on 04.08.2020
2. Radio City 91.1 FM - Live Program on Prevention of Deformity in Degenerative Diseases by Dr C Rex, Coimbatore on 04.08.2020
3. AIR Karaikal FM 100.3 - B&J Day Awareness Talk given by Dr Abdul Hameed Ansari on 30.07.2020
4. AIR Dharmapuri FM 102.5 - Makkal Medai: Tele Caller Interactive Session on Bone Health by Dr S D Arun Prakash on 07.08.2020
5. Media briefing by Dr SG Thirumalaisamy & Dr S Rajasekaran, Coimbatore @ Covai Mail News Channel on 04.08.2020
6. Press Meet on Bone Joint Day by Dr K Manivannun, Vellore @ Vanovia News Channel on 04.08.2020
7. Press Meet & Press Release at SALEM - Midwest Ortho Club streamed in ONE INDIA TV on 29.07.2020
8. Media Briefing by Dr L Shyam, Madurai @ Cable TV Channels on 03.04.2020
9. BJD Activities by Dr CJ Ravi, Pattukkottai reported in ETV Bharath Tamilnadu on 07.08.2020

PRINT MEDIA Coverage

- 1) 29.07.2020 Dinamani Tamil Daily Newspaper KANCHIPURAM
- 2) 29.07.2020 Tamil Daily Newspaper SALEM
- 3) 30.07.2020 Tamil Daily Newspaper SALEM
- 4) 30.07.2020 Tamil Daily Newspaper SALEM
- 5) 31.07.2020 Malai Murasu Tamil Daily Newspaper COIMBATORE
- 6) 01.08.2020 Dinakaran Tamil Daily Newspaper KANCHIPURAM
- 7) 03.08.2020 Dina Malar Tamil Daily Newspaper COIMBATORE
- 8) 04.08.2020 Tamil Daily Newspaper VELLORE
- 9) 04.08.2020 Tamil Daily Newspaper CUDDALORE
- 10) 04.08.2020 Dina Thanthi Tamil Daily Newspaper CUDDALORE
- 11) 04.08.2020 Covai Mail Weekly Newspaper COIMBATORE
- 12) 05.08.2020 Dina Thanthi Tamil Daily Newspaper DINDIGUL
- 13) 05.08.2020 Dina Thanthi Tamil Daily Newspaper HARUR
- 14) 05.08.2020 Dinakaran Tamil Daily Newspaper HARUR
- 15) 05.08.2020 Dina Thanthi Tamil Daily Newspaper DINDIGUL
- 16) 06.08.2020 News Today English Daily Newspaper KANCHIPURAM
- 17) 06.08.2020 English Daily Newspaper THANJAVUR
- 18) 07.08.2020 Namadhu MGR Tamil Daily Newspaper KANCHIPURAM
- 19) 07.08.2020 Tamil Daily Newspaper THANJAVUR
- 20) 07.08.2020 Tamil Daily Newspaper HARUR

PRESS MEET & PRESS RELEASE

1. Virtual State Level Press Meet & Press Release organized by TNOA @ Google MEET on 29.07.2020 Special Invitee: IOA CSRC Chairman Dr S Ramesh babu.
2. Press Meet organized by Mid-west Ortho Club @ Salem on 29.07.2020
3. Press Meet organized by Madurai Orthopaedic Society @ Madurai on 01.08.2020
4. Press Meet organized by Coimbatore Orthopaedic Society @ Coimbatore on 04.08.2020

5. Press Meet organized by Vellore Orthopaedic Society @ Vellore on 04.08.2020

SOCIAL MEDIA Coverage

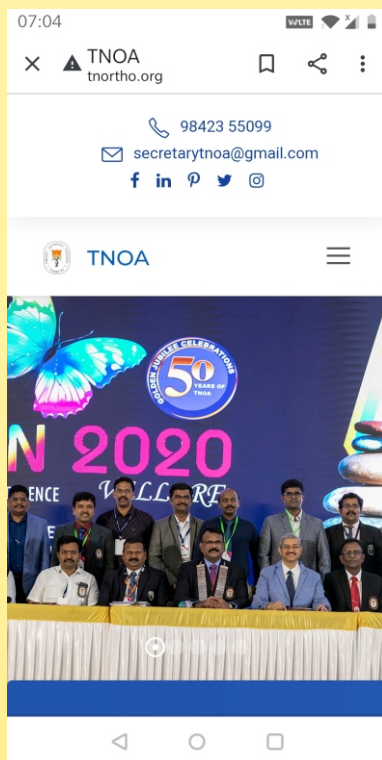
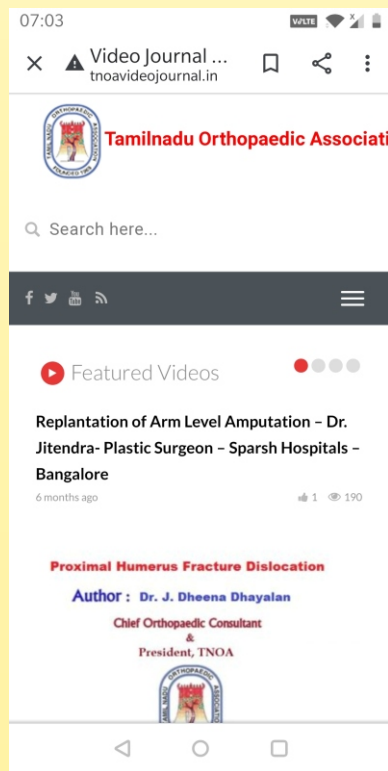
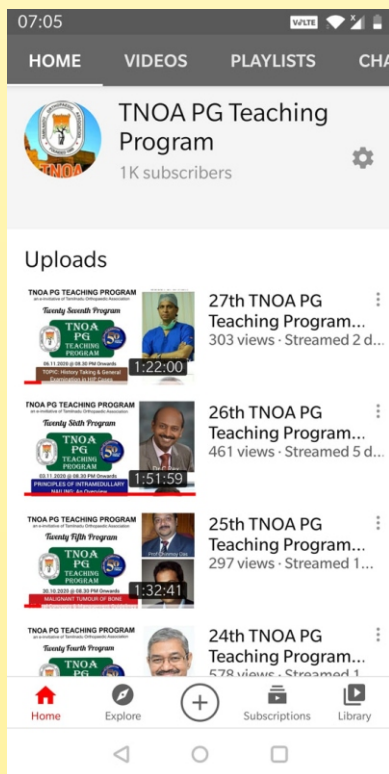
73 posts on Bone Joint Day in Facebook Pages & YouTube Channels by following distinguished members of TNOA.

- o Dr Abdul Hameed Ansari THIRUVARUR
- o Dr C J Ravi PATTUKKOTTAI
- o Dr Dhanasekar raja COIMBATORE
- o Dr J Manimaran SALEM
- o Dr Jeff Walter COIMBATORE
- o Dr John E Benny MADURAI
- o Dr M P Parthasarathi KANCHIPURAM
- o Dr P T Saravanan KANCHIPURAM
- o Dr S Muthuraman TENKASI
- o Dr S R Sundarrajan COIMBATORE
- o Dr S Venkatesh Babu TIRUNELVELI
- o Dr V Arul Jothi TIRUPPUR
- o Dr V Vishnu vardhan KANCHIPURAM
- o SIMS Chellam Hospital, SALEM

UNIQUE PROGRAMS

1. Bone & Joint Day Special BMD Screening Camp organised at Preethi Hospitals, Madurai on 04.08.2020
2. COLOUR YOUR DREAMS 2020: Online Drawing Competition for School Kids from 2nd - 15th August organised by Spine Surgery Salem & Midwest Ortho Club (TNOA) to commemorate BONE & JOINT DAY. More than 2000 entries received.
3. Corona Kavach Medclaim Policy Given to KAPV Govt Medical College Ortho PG 's by TIRUCHY ORTHO CLUB as a BONE & JOINT DAY Gesture on 04.08.2020
4. PPE Kits donated to Dept of Orthopaedics, KAPV Govt Medical College by TIRUCHY ORTHO CLUB as a BONE & JOINT DAY Gesture on 04.08.2020
5. Bone & Joint Day Special TREE PLANTATION PROGRAM @ Kanchipuram District Sports Stadium on 06.08.2020 by KANCHI ORTHO CLUB & Rotary Club of Kanchipuram.
6. Dr Karthikeyan MS Ortho front line warrior in Stanley Medical College, Chennai DONATED PLASMA to save another COVID19 Victim during Bone & Joint Week.
7. "Yoga for Complete Wellness" online program organised by Vellore Orthopedic Society & Cosmic YOGA Studio to commemorate BONE & JOINT DAY on 04.08.2020
8. Bone & Joint Day special week-long VIRTUAL YOGA CAMP from 1st to 7th August 2020 organised by KANCHI ORTHO CLUB in Association with Rotary Club of Kanchipuram.
9. Distribution of awareness Pamphlets on "ill effects of native splinting for fracture care" along with Bone & Joint Day Pamphlets by NELLAI ORTHO CLUB. 10,000 Copies printed.
10. Bone & Joint Day Activities at PSG Hospital, Coimbatore on 04.08.2020: Bone Health AWARENESS TALK with Social Distancing & Distribution of PAMPHLETS by Dept of Orthopedics.
11. Poster Competition on "Prevention of Deformity in Degenerative Diseases" for CRRIs at Sri Sathya Sai Medical College on 04.08.2020
12. Virtual Yoga Camp organised by TIRUCHY ORTHO CLUB to commemorate BONE & JOINT DAY on 04.08.2020
13. Write-up on PREVENTING DEGENERATIVE JOINT DISEASE by Prof R Sivakumar, Preethi Hospitals, Madurai to commemorate BONE JOINT DAY 2020
14. Bone Health AWARENESS TALK with Social Distancing & Distribution of PAMPHLETS by Department of Orthopaedics, Dharmapuri Medical College Hospital on 04.08.2020

DIGITAL TNOA



PUBLICATIONS

TNOA members have published following articles in various international / indexed Journals (November 2019 – September 2020)

1. A computed tomography-based classification of Hoffa fracture: Surgical treatment considerations and prognostic outcome with assessment of reproducibility.: Chandrabose R, Saha S, Kumar H, Tapadiya N, Hd B.J Orthop. 2019 Dec 18; 20:21-27
2. A load-sharing nail - cage construct may improve outcome after induced membrane technique for segmental tibial defects: Gavaskar AS, Parthasarathy S, Balamurugan J, Raj RV, Chander VS, Ananthkrishnan LK. Injury. 2020 Feb; 51(2):510-515.
3. A new scoring system for prediction of meniscal repair in traumatic meniscal tears: Kumaraswamy V, Ramaswamy AG, Sundar S, Rajan DV, Selvaraj K, Sahanand S, Deebak S. Knee Surg Sports Traumatol Arthrosc. 2019 Nov; 27(11):3454-3460
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- 5 Acute upper limb compartment syndrome in children: special focus on nerve recovery Terrence Jose Jerome World Journal of Pediatric Surgery October 2020 - Volume 3 – 3
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7. An unusual case of bipolar segmental clavicle fracture: A case report and review of literature. Parthasarathy M Pandian, J Thiyageshwaran, KM Vijay, Aravind MC Int. J. Orthod. Sci., 2019; Oct-Dec 5(4): 900-902
8. Anomalous Brachial Artery Bifurcations Can Be at Increased Risk for Entrapment in Pediatric Supracondylar Humerus Fractures, but Do Not Alter Practice Guidelines: Narendran Pushpasekaran, Bibu George, Veliyaveetil Muhamed Khaleel, Bhaskara Kukkehalli Gundu Rao Journal of Hand and Microsurgery April 2020 DOI: 10.1055/s-0040-1701158
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12. Assessing Preoperative Pain Sensitivity Predicts the Postoperative Analgesic Requirement and Recovery After Total Knee Arthroplasty. A Prospective Study Of 178 Patients.: Dhanasekararaja Palanisami, Deepak Ananda Reddy, Vishal Hugi, [...], Shanmuganathan Rajasekaran: July 2020 The Journal of Arthroplasty DOI: 10.1016/j.arth.2020.07.029
13. Assessment of Interobserver Variability for CT Scan-Based Evaluation of Posterior Ligament Complex Injury in Thoracolumbar Fractures: An International Multicenter Pilot Study: Anupama Maheswaran, Siddharth N Aiyer, Osama Farouk, Mohammad El-Sharkawi, Jong-Beom Park, Andrew O'Brien, Ige Oluwale, Yue Wang, André de Oliveira Arruda, Shanmuganathan Rajasekaran Global Spine J. 2020 Apr; 10(2):118-129.
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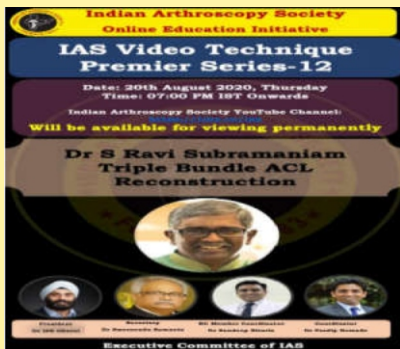
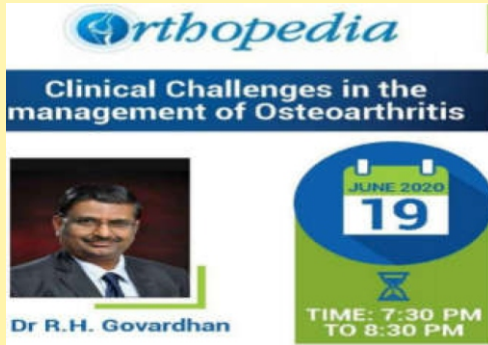
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TNOA ZONAL REPORT – CHENNAI ZONE (MADRAS ORTHOPAEDIC SOCIETY)

From 5.5.2020 to 06.9.2020

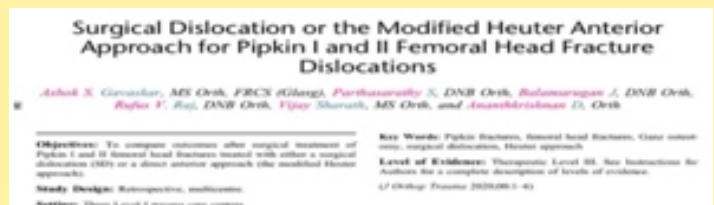
Prepared by Dr. S. Makesh Ram, Chennai EC member

I. WEBINARS

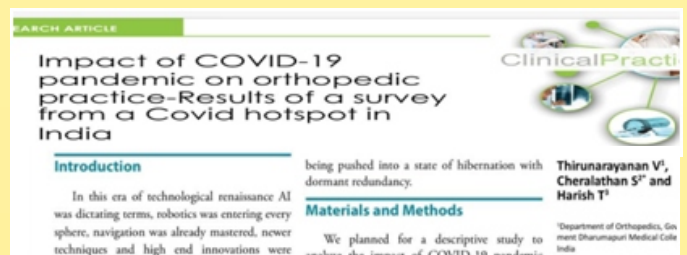


II. PUBLICATIONS

1. Dr Ashok Gavaskar et al published a paper on June 2020 in J orthop trauma journal



2. Dr Thirunarayan et al published a research article in clinical practice in June 2020



3. Prof R.H Govardhan et al presented a paper in Journal of case reports in August 2020



III.Elevated to Higher Post

- 1.Dr NalliGopinath
- 2.Dr Arunmozhirajan
- 3.Dr.Saravanan
- 4.Dr.Kannan
- 5.Dr.Hemanth

Elevated as Associate Professors to various Govt Medical Colleges in May 2020.

6. Prof M.Ravikumar appointed as Principal Chief Medical Director of Southern Railways on 14.8.2020

IV. Bone and joint day activities

Dr.S.Ramesh Babu CSRC chairman



Dr. S.Makesh Ram Chennai zone EC member



V.Any other activities

- 1.Dr.Karthikeyan Asst Prof Stanley Medical College
- 2.Dr.Zakeer Hussain of TOSH

Covid warriors donated plasma.

- 3.Dr. Thirunarayanan received appreciation award from the Dean KMC, on 15.8.2020 as covid warrior.

TNOA Zonal Report- Madurai

EC Members- 1. Dr. L. Shyam 2. Dr. R. Ashok kumar

Madurai Orthopedic society

President – Prof. V.R. Ganesan

Secretary- Dr. K.N. Subramanian

Monthly clinical meetings

Monthly meetings are organized by the Madurai orthopedic society for the past 25 years. Every month on the first Saturday at 9 pm, our clinical meetings will start with a quiz program for postgraduates. It will be followed by 3 or 4 presentations which includes

- Interesting case presentations by postgraduates
- Lectures by senior consultants and Professors
- Innovations, Experiences and Recent concepts discussion by members
- Invited guest lectures by renowned faculty.

Virtual Clinical Meetings – Average attendance 30-40



Many of our members participated as faculty in webinars and online symposia during these testing times;

Prof R Sivakumar- Understanding Proximal Femoral fractures

Dr K N Subramanian - Online Shoulder Symposia, Management of Ankle Pain & Instability, Management of Osteochondral Defects

Prof A Devadoss – Devadoss Hospital conducting Prof AD's Virtual Clinic for Post Graduates.

TNOA PG TEACHING PROGRAM: An e-Initiative of Tamilnadu Orthopaedic Association on Virtual Platform. Contributions from Madurai Orthopaedic Society;

o Inaugural Program: Prof Dr A Devadoss (Madurai) inaugurated the program & take the first academic session Topic: CLINICAL DISCUSSION: OSCE FORMAT Moderator: Prof V R Ganesan (Madurai). Date: 02.08.2020 Sunday

- o Fifth Program: Clinical Short Case Series: BONE SWELLINGS & TUMOURS - OSCE based clinical demonstration - Prof Dr VR Ganesan, Professor of Orthopedics, Madurai Medical College, Madurai. Date: 18.08.2020 Tuesday
- o Sixth Program Topic: INTERVERTEBRAL DISC PROLAPSE: Tips and Tricks in Clinical Examination and Practice Speaker: Prof Dr R Sivakumar, Chief Consultant Preethi Hospitals Madurai Moderator: Dr VN Sudeep kumar, Spine Consultant Preethi Hospitals Madurai Date: 21.08.2020 Friday
- o Ninth Program Topic: THORACOLUMBAR INJURIES Speaker: Prof B Sivakumar, Professor of Orthopedics (Spine), Madurai Medical College, MADURAI. Moderator: Dr S Jayakumar, Consultant Orthopaedic Surgeon (Spine), Devadoss Hospital, MADURAI. Date: 04.09.2020 Friday
- o Eleventh Program Topic: LUMBAR CANAL STENOSIS: Degenerative: Clinical Approach FACULTY: Prof Aa Rajamani, Chief Consultant - Endoscopic Spine Surgeon, Preethams Spine Surgery Centre, MADURAI. Date: 11.09.2020 Friday

BONE AND JOINT DAY ACTIVITIES:

VIRTUAL TALK on BJD Theme: Prevention of Deformity in Degenerative Disease

- o 2020.04.01 Symposium on Degeneration & Deformity by Madurai Orthopaedic Society
- o 2020.08.04 Arthritis - Age with Optimism - by Apollo Hospitals, Madurai

DISTRIBUTION OF PAMPHLETS by the Members of MOS

- 1) Dr L Shyam, TNOA EC Member- MADURAI
- 2) Dr Ashok kumar, TNOA EC Member - MADURAI
- 3) Dr R Sivakumar, Past President TNOA - MADURAI
- 4) Dr KN Subramanian - MADURAI
- 5) Dr Kunal dheep - MADURAI
- 6) Dr Muthuvel rajan - MADURAI
- 7) Dr P Palanivelrajan - MADURAI
- 8) Dr Prahlad Singh - MADURAI
- 9) Dr R Ravichandran - MADURAI
- 10) Dr Satish Devadoss - MADURAI
- 11) Dr Shanmuganathan - MADURAI
- 12) Dr Somashekar – MADURAI
- 13) Dr VR Ganesan – MADURAI

Display of BANNERS / POSTERS / CAR STICKERS by MOS Member's & their Hospitals / Clinics

Devadoss Hospital – Madurai

Preethi Hospitals - Madurai

SP Hospital - Madurai

Vale Speciality Ortho Clinic – Madurai

Press / Radio / TV Coverage

Hello FM 106.4 - Live BJD Special Program by Dr Sathish Devadoss, Madurai on 04.08.2020

Media Briefing by Dr L Shyam, Madurai @ Cable TV Channels on 03.04.2020

Press Meet organized by Madurai Orthopaedic Society @ Madurai on 01.08.2020

SOCIAL MEDIA Coverage

Posts on Bone Joint Day in Facebook Pages by Dr John E Benny MADURAI

UNIQUE PROGRAMS

Bone & Joint Day Special BMD Screening Camp organised at Preethi Hospitals, Madurai

on 04.08.2020

Write-up on PREVENTING DEGENERATIVE JOINT DISEASE by Prof R Sivakumar, Preethi Hospitals, Madurai to commemorate BONE JOINT DAY 2020

INDIAN ORTHOPAEDIC ASSOCIATION
வெறும்பு மூட்டு தினம்
04.08.2020
 IOA PRESIDENT THEME FOR 2020:
 PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE
 WEEK long activities 1-8-2020 to 07-08-2020

Dr. R. C. Moena, President, IOA
 Dr. Alot Srivastava, Secretary, IOA
 Dr. S.G. Thirumalaisamy, President, TNOA
 Dr. P.T. Saravanan, Secretary, TNOA
 Dr. V. R. Ganeshan, President, MGS
 Dr. K. N. Subramanian, Secretary, MGS
 Dr. L. Shyam, EC Member, TNOA - Madurai Zone
 Dr. R. Ashok Kumar, EC Member, TNOA - Madurai Zone

வெறும்பு மூட்டு தினத்தினைத் தோண்டித் திறப்பதற்கான தற்போதைய வழிமுறைகள்

- சுரத்தின் உடல் எடை (BMI 18-25)
- வெறும்பு மூட்டு மூலம் உடல் எடையைக் குறைப்பது
- வெறும்பு மூட்டு மூலம் உடல் எடையைக் குறைப்பது
- தொண்டியின் வலிமையைப் பரப்புவது
- மூட்டுகளை ஆரம்பகாலமாகத் தடுப்பது
- குறைந்தபட்சமாகத் தடுப்பது
- சரிசெய்தல் (Tracers) உபயோகப்படுத்துதல்
- வலி மருந்துகளைப் பயன்படுத்துதல்
- தொண்டியின் மூட்டுகளைப் பரப்புவது
- தொண்டியின் மூட்டுகளைப் பரப்புவது

வெறும்பு மூட்டு தினத்தினைத் தோண்டித் திறப்பதற்கான தற்போதைய வழிமுறைகள்



04 AUG 2020
BONE & JOINT DAY
 4th August 2020

Dr. John E Benny
 MS, FASM, FJR, (Germany), FISS (France), FIRH
 Consultant - Orthopaedics, Sports & Joint Surgeon.

With Over 10 years of experience, Dr. John E Benny has special interests in Arthroscopy, Sports Medicine, Joint Preservation Surgeries, Joint Replacement and Orthopedic Rheumatology.

JOIN THE TALK ON **LIVE** at 4:00 PM

PREVENTING DEGENERATIVE JOINT DISEASES

The Evolution of Human beings has always revolved around mobility. This is required for transportation, food gathering and seeking shelter. Movement is possible due to synchronous activity of muscle and skeletal system involving bones. The bones are held by joints which allow movement and provide mechanical support. Joints are ends of bone covered by a layer of cartilage giving it smooth surface which is the encompassed by capsule with lubricating fluid in it.

Arthritis is wear and tear of joints due to variety of reasons and can affect any joint in the body, frequently in knee and hip joints. The most common type of arthritis is osteoarthritis which occurs following trauma and age dependent wear.

Osteoarthritis is often seen in people over age of 50 years. This can also appear younger people due altered lifestyle and early menopause in women. With time patient experiences pain while doing daily activities like walking, climbing stairs and use toilet. The bones also become bowed, swollen and deformed. This will greatly affect the patient physical, psychological and social life.

Prevention is better than cure

Degeneration of joints can be prevented by Good Nutrition, Exercises and active life style. Even if the joint wears off and causes ailment, it can still be treated with activity modification, medication and surgery.

Early during the disease pain relief is provide with analgesics, use of cane, weight reduction, braces and activity modulation. Many will be benefited with this.

Late presentations can be treated by intra articular injections with either steroids, lubricating fluids or PRP. When symptoms are severe the doctor may advice surgery in the form of HTO or Total Joint Replacement surgery.

Not everyone will require surgery. The doctor will your best guide to decide which treatment will give better results and discuss the same with patient.

What is required for the day is better understanding of the illness, surgeon training, hospital and patient selection. For any queries please contact your local doctor



ZONAL REPORT – COIMBATORE

- Dr. C. Rex, EC Member, TNOA.

- TNOA Affiliated Club- Coimbatore Orthopaedic Society (COS)
President- Dr.Balasubramanian Secretary- Dr.Dhanasekar Raja

ACADEMICS

WEBINARS

- Post lockdown precautions, prevention & protection - Dr Suman VGM hospital – 08/05/2020
- Revision is possible - Dr Dhanasekar Raja – 11/05/2020,
- Management of Complex Pelvic fractures- Dr Thirumalaisamy – 21/05/2020
- Osteoporotic Fractures and The role of Vitamin D – Dr C Rex – 17/07/2020
- Elbow Series And Elbow Instability – Dr Karthik Raj– 13/08/2020
- Live webinar – PACE 2020 – Dr S Rajasekaran - Orthopaedic radiology - 07/08/2020
- GANGA Symposium on Proximal femur fractures webinar -22/08/2020
- Indo –Arab Shoulder webinar on Management of Anterior Shoulder Instability supported by IOA & TNOA- 27/08/2020
- Prof AD Virtual Clinics for Post Graduates – Prof Dr. A Devadoss – July 2020 to August 2020



Indo-Arab Shoulder Webinar

Management of Anterior Shoulder Instability

Supported by:
Tamil Nadu Orthopaedic Association
The Indian Orthopaedic Association

In Association with
Emirates Orthopaedic Society (EOS)
Dubai, UAE

August 27, 2020
Thursday

India 20:00 IST
Dubai 18:30 GST

Webinar Topics:

- Decision Making – The 5 Pearls – by Dr. Karthikraj Kuberakani
- My tips & tricks for Bankart's Repair – by Dr. Usama Hassan Saleh
- Arthroscopic Remplissage – My Approach – by Dr. Saad Al Thani
- Mini-Open Latarjet – by Dr. Senthil Velan



A live webinar on
ORTHOTV
Orthopaedic Video Channel

Osteoporotic Fractures & The role of Vitamin D

Date: 17th July, 2020 | Time: 7:00 to 8:00 pm

[Click here to register](#)

Dr. Rex Chandra Bose
Orthopaedic and Trauma Surgeon
FRCS Orth, Ph.D. Ortho
Head Orthopaedic Department, Rex Ortho Hospital, Coimbatore
Topic: Management of Osteoporotic Fractures

Dr. Sajeet Jha
Director Endocrinology, Diabetes & Metabolic Disease
Principal Director, Max Healthcare, Gurgaon
Topic: Role of vitamin D in Management of Osteoporotic Fractures



PROF. AD'S VIRTUAL CLINICS FOR POST GRADUATES

Program Schedule
Session starts at 6pm everyday

10 th August	Case Discussion	Dr. Ajith Kumar, Tejaswini Hospital, Mangalore
	Career Guidance	Prof. Shantharam Shetty, Pro Chancellor, Ditty University
11 th August	Case Discussion	Dr. Deenadayalan, Ganga Hospital, Coimbatore
12 th August	Case Discussion	Prof. A.S. Rao, Hyderabad
13 th August	Case Discussion	Prof. K. Sriram, Chennai
14 th August	Case Discussion	Dr. Sathish Devadoss, DEVADOSS HOSPITAL, Madurai
	Advice to Post Graduates	Prof. S. Rajasekaran, Ganga Hospital
	Concluding Remarks	Prof. A. Devadoss DEVADOSS HOSPITAL, Madurai

COIMBATORE ORTHOPAEDICS SOCIETY MEETING

- COS Monthly meet - Unstable trochanteric fractures- 27/05/2020
- COS Monthly meet- Distal radius fractures, Current concepts - 20/06/2020
- COS Monthly meet - “Clubbed with Tirupur and Dharmapuri Ortho Society” –
Supracondylar fractures of Femur 18/07/2020 - “Clubbed with Tirupur and Dharmapuri Ortho Society”
- COS Monthly meet- Femoroacetabular Impingement - 14/08/2020

TNOA Zonal Report West Zone I

Dr K Mohanasundaram

Details of West zone I
(Salem, Namakkal, Dharmapuri & Krishnagiri Dt)

I. Membership Data

	President	Secretary
MID WEST Ortho Society (Salem & Namakkal)	Dr Manimaran	Dr Vishnu Prasad
Dharmapuri Ortho Club	Dr Venkatesan	Dr J Senthil nathan
Krishnagiri Ortho society	Dr Ashok Kumar	Dr Srinivasa Gowda

	Practicing Orthosurgeons	TNOA LM	IOA LM	TNOA New member	IOA New member
MID WEST Ortho Society	104	(80)	(50)	NIL	NIL
Dharmapuri Ortho Club	24	(21)	(15)	NIL	NIL
Krishnagiri Ortho society	34	(24)	(15)	NIL	NIL

II. Academic Activities

Category	
1. Conferences	
2. CME	Virtual health Education Lecture – 4-8-2019
3. Instructional course lectures	-
4. Hands on Workshop	-
5. Clinical meetings	5+1
6. PG Crash course	1 TNOA PG teaching programme
7. Quiz Program	
8. Seminars	-
9. Ortho update program	-

Bone and Joint Day Activities



Virtual Health Education lecture

INDIAN ORTHOPAEDIC ASSOCIATION
BONE & JOINT DAY
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IOA PRESIDENT'S THEME FOR 2019:
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WEEK long activities 1-8-2020 to 7-8-2020

Prof. R.C. MEENA
President, IOA

Dr. ATUL SRIVASTAVA
Hon. Secretary, IOA

- Virtual Health Education Lectures
- Distribution of Pamphlets
- Display of Posters
- Radio and TV Coverage
- Print Media Coverage
- Social Media Coverage
- Any other Unique Program

Dr. S. RAMESH BABU
Chairman, CSRC

Dr. JAYANT SEN
Member, CSRC

Dr. RAMESH C. BANGHIAL
Member, CSRC

Dr. S.G. THIRUMALASAMY
President, TNOA

Dr. P.T. SARAVANAN
Secretary, TNOA

Dr. K. MEENAKSHISUNDARAM
President, MWOS

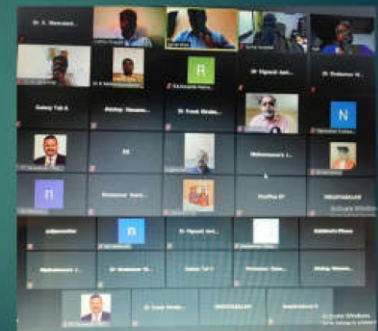
Dr. A.K. THARUN
Secretary, MWOS

INDIAN ORTHOPAEDIC ASSOCIATION
BONE & JOINT DAY
4th August 2020
IOA PRESIDENT'S THEME FOR 2019:
PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE
WEEK long activities 1-8-2020 to 7-8-2020

Dr. R.C. MEENA
President, IOA

Dr. ATUL SRIVASTAVA
Hon. Secretary, IOA

VIRTUAL HEALTH EDUCATION LECTURE:
Special Guest Lecture:
Prof. Dr. R.H. GOVARDHAN
President, MWOS
Original Author:
DR. S.G. THIRUMALASAMY,
President, TNOA
Topic:
"Joint Preservation Options in Degenerative Knee Disease." In Myth a Reality - My Experience:
- Vice of Thacker -
Dr. A.K. THARUN,
Secretary, MWOS
Zoom Invite Link:
Join: 91 98200 11111 Meeting ID: 987 438 8339
Pass: 666666 Password: 1234



Distribution of pamphlets



Dr Mohanasundaram -SIMS Chellum Hospital
Dr Meenakshisundaram -VIMS Hospital
Dr Tharun -Suraksha Hospital

Display of posters



Dr Premnath - Gurunathan Hospital
Dr Manimaran -Kurinji Hospital
Dr Frank - Kirubha Hospital
Dr Sugavanam - London Ortho Hospital



Media coverage



Print Media coverage



Social Media coverage



Dharmapuri Ortho club



Dr Venkatesan
Venkatesh bone and joint Hospital



Dr.J.Senthilnathan,MS(ortho)
Secretary DOC
Rasaj Ortho Care
Dharmapuri



Dharmapuri Ortho club



Department of Orthopaedics
Dharmapuri medical college Hospital

Dr Ramesh Dr Prasanna Venkatesh



Dharmapuri Ortho club



Dr Krishnakumar – Hari Nursing home
Dr Anandkumar – Ragavendra Hospital
Dr Tamiliselvan – NTS Ortho care



Dharmapuri Ortho club



Dr Arun Prakash
SD Hospital, Harur



Live Tele callers Radio Show Done at
Dharmapuri FM 102.5 on BJD Theme 2020

Gave news paper media coverage on BJD
on various leading Tamil news paper



Krishnagiri Ortho club



Dr Moulidharan
Malar Hospital, Hosur



ZONAL REPORT - WEST ZONE II

Dr. T. Kannan

ZONE DETAILS

❖ ERODE

President – Dr.Muthukumar 94430 45549

Secretary – Dr.Thiyagu 9486113831

❖ THIRUPUR

President – Dr.Brijesh Shetty 94430 09934

Secretary – Dr.Aruljothi 85868 94306

❖ KARUR

President – Dr.Sriram 98424 32227

Secretary – Dr.Rajinikanth 9843030103

Bone and joint day activities- west zone II - Erode district Ortho association



Bone and joint day activities- west zone II- Thirupur Ortho club



TNOA EAST ZONE REPORT

Dr. S. Natarajan, EC member, East Zone

East Zone Clubs

Cholamandalam Ortho Society – Cuddalore

Villupuram Ortho Club – Villupuram

Thanjai Ortho Club – Thanjavur

Thiruvavarur Ortho Club - Thiruvavarur

TNOA & IOA LIFE MEMBERSHIP

- Dr. Natarajan, EC Member – East Zone Proposed
- Dr. Pradeep Kumar (MCI-110078)
- Dr. Ram Kumar Sri Ramalu (MCI-75916) for their life membership in TNOA & IOA

Webinar on Proximal Tibia Posterior Column Fracture Fixation

Date: 24.05.2020

Guest Speaker : Dr. Prakash Selvam, M.S. Ortho



IOA PRESIDENT'S THEME 2020
"EXCELLENCE & PERFECTION IN ORTHOPAEDIC EDUCATION AND PATIENT CARE: AN ACHIEVABLE VISION"

TNOA PRESIDENT'S THEME 2020
"SAFE SURGERY SAVES LIVES"

UNDER THE AGEIS OF TNOA
CHOLAMANDALAM ORTHO SOCIETY (COS) PRESENTS

WEBINAR

DATE: 24TH MAY 2020 (SUNDAY)
TIME: 5 PM - 6.45 PM (BE ONLINE @ 4.45 PM)

"PROXIMAL TIBIA - POSTERIOR COLUMN FRACTURE FIXATION"

DR. PRAKASH SELVAM MS, ORTHO
CONSULTANT ORTHOPAEDIC SURGEON
JOINT REPLACEMENT & TRAUMA SURGEON
APOLLO HOSPITAL, CHENNAI
CTS SPECIALITY CLINIC, CHENNAI

Link: <https://global.gotomeeting.com/join/524798669>

DR. R. NEELAKRISHNAN MS, ORTHO
PRESIDENT COS
PROFESSOR, ANNAMALAI UNIVERSITY, CHIDAMBARAM.

DR. S. NATARAJAN MS, ORTHO
SECRETARY COS
SUBHA ANANDHAM MEDICAL CENTRE, CUDDALORE.

An initiative from
CROSLANDS LIFE
A Sun Life Insurance Company

BONISTA
Ortho Shine



WEBINAR ON SUPRAPATELLAR APPROACH FOR TIBIAL FRACTURES

Dr. S. Natarajan
Director, Subha Anandham Medical Centre, Cuddalore, Tamil Nadu, India
Dr. S. Natarajan, has 20+ years of experience and his papers have been published in national & international journals. He is a big supporter of suprapatellar approach & he himself do 100+ surgeries every year using this approach.

TOPICS OF DISCUSSION:

- Suprapatellar approach & its advantages
- Suprapatellar approach ST using NeoSupra
- Questions & Answers

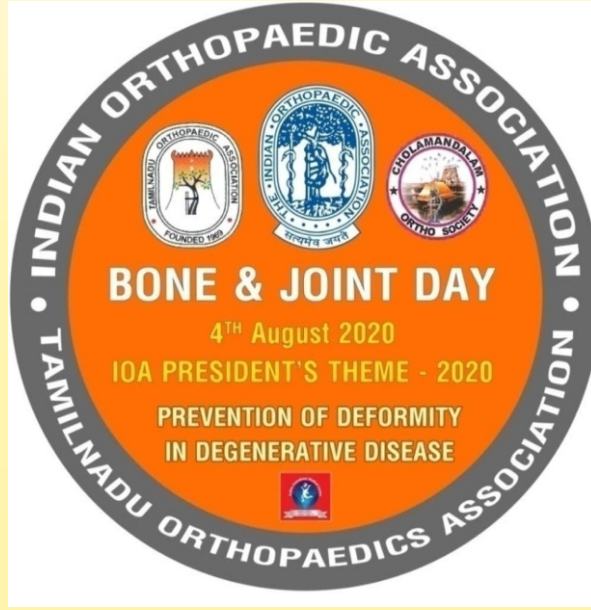
SESSION 1	SESSION 2
16 th July, 2020	17 th July, 2020
18:30 - 20:00 (Indian Standard Time)	13:00 - 14:30 (Indian Standard Time)
Join Zoom Meeting Meeting ID: 938 8957 9152 Password: 285069	Join Zoom Meeting Meeting ID: 994 9826 1705 Password: 961768

NOTE: The webinar time is adjusted keeping participants from other regions (Asia Pacific, Latin America, Europe, Middle east & Africa) in mind.

Disclaimer: This online event is intended for healthcare professionals only. The invitation is specific to the invitee and shall not be forwarded by the invitee to any other person. Attendance at the event will be tracked and presence of attendees will be recorded by Kanche Medtronic. Attendees must review applicable product labeling to their country for indications and contraindications to use. Recording of the event and the sharing of content (audio or video) is not permitted. Attendees must not forward to others content presented during the event. To ensure that confidentially patient information is not shared during the event, Attendees should not use the event in public place where their screen could be viewed by others, and they should wear headphones if there is a risk that content could be overheard.

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Thiruvavur Ortho Club
Bone & Joint Day
Awareness Talk Given at
Karaikal FM 30.07.2020
By Secretary
Dr.S.Abdul Hammed Ansari

ZONAL REPORT - CENTRAL ZONE -1

DR.G. RAMESH PRABU, EC MEMBER

ZONE: Central Zone-1.

District Ortho Club: TRICHY ORTHO CLUB

President: Dr. Jaikish

Secretary: Dr. G. Mukesh Mohan

Period of activity: MAY 2020 to AUGUST 2020

Total number of Members: 110

Monthly meeting conducted on FIRST THURSDAY of every month.

JULY monthly meeting: Management of Knee pain-recent advances



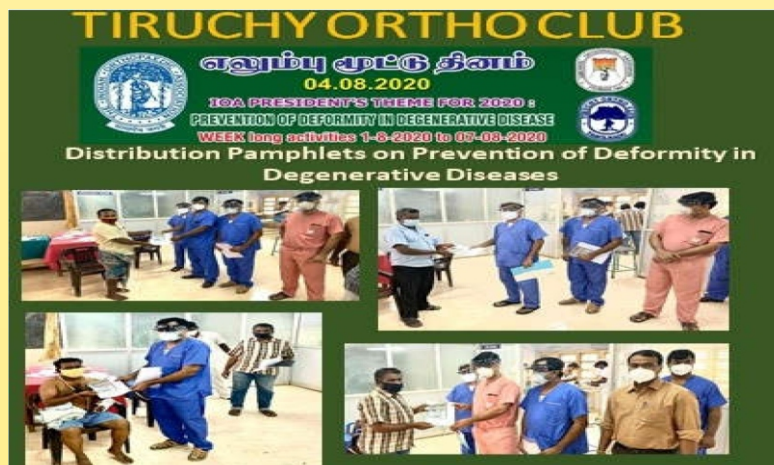
August-Complex Spine Disorder

Guest Speakers: Dr.Ajay Prasad Shetty ,Dr.Appaji Krishnan



Bone & Joint Day Activities

Distribution of Pamphlets on prevention of deformity in degenerative disease



100 PPE KIT Donated to Dept of orthopaedics, Trichy medical college



Corona Kavach Policy given to 10 MS (ortho) PG's, kapv medical college, Trichy



Virtual YOGA camp



Member's achievements

Dr Terrence Jose Jerome has published 14 articles in various national and international journals

1. Terrence Jose Jerome, Ilayaraja Venkatachalam. The Use of Doppler Ultrasound to Assess the Blood Flow of Pedicled Vascularized Bone Grafting for Scaphoid Nonunions. *J Wrist Surg* 2020, DOI: 10.1055/s-0040-1712514
2. Jerome JTJ. Reconstruction of motorcycle spokes wheel injury fingertip amputations with reposition flap technique: a report of 40 cases [published online ahead of print, 2020 Aug 10]. *Eur J Trauma Emerg Surg*. 2020;10.1007/s00068-020-01462-6. doi:10.1007/s00068-020-01462-6
3. J Terrence Jose Jerome. ASSH International Travelling Fellow 2019: Did My Pulse Beat?. *J Hand Microsurg* 2020 Apr;12(1):1-2.
4. Jerome T, Kandasamy L, Terrence T, et al. (July 22, 2020) *Aspergillus flavus* Infection of Lower Limb in an Immune-Competent Patient. *Cureus* 12(7): e9342. doi:10.7759/cureus.9342
5. Jerome et al. Perspectives and Consensus among International Orthopaedic Surgeons during Initial and Mid-lockdown Phases of Coronavirus Disease. *J Hand Microsurg* .DOI: 10.1055/s-0040-1713964. Accessed July, 20,2020
6. J. Terrence Jose Jerome. Management of Non-emergency Cases. Letter to Editor, *JBJS Am* 2020.
7. J. Terrence Jose Jerome Patients' Consent and Information. Letter to Editor, *JBJS Am* 2020.
8. J. Terrence Jose Jerome Ethical Considerations in Telemedicine in Orthopaedic Surgery. Letter to Editor, *JBJS Am* 2020.
9. J. Terrence Jose Jerome. Role of the CT chest scan for elective patients undergoing Orthopedics Surgery. Letter to Editor, *JBJS Am* 2020.
10. J. Terrence Jose Jerome. Shanmugasundaram B, Terrence T (August 15, 2020). Congenital Absence of Posterior Interosseous Artery: A New Anatomic Variant of the Posterior Interosseous Artery Flap. *Cureus* 12(8): e9771. doi:10.7759/cureus.9771
11. J. Terrence Jose Jerome. Salter- Harris II distal radial fractures treated with the intrafocal K-wire technique: a retrospective study of 20 cases. *Journal of Hand Surgery (European)*, 2020
12. J. Terrence Jose Jerome. Orthopaedics cases reduction during COVID 19 and the lockdown. Letter to Editor, *JBJS Am* 2020
13. J. Terrence Jose Jerome. Safety in the operating room during COVID 19 for Orthopaedic Surgery. Letter to Editor, *JBJS Am* 2020
14. J. Terrence Jose Jerome. Type of Orthopaedics Surgeries during COVID 19. Letter to Editor, *JBJS Am* 2020

Dr Mukesh Thangavel

Extraarticular extrasynovial solitary osteochondromatosis of the ankle: A rare case report and review of Literature: *International Journal of Surgery Case Reports*

TNOA ZONAL REPORT CENTRAL ZONE II

- Dr. M. Anand, EC Member TNOA

DETAILS OF THE ZONE

TNOA AFFILIATED CLUBS

DINDIGUL ORTHO CLUB:

PRESIDENT: DR.VADIVEL SECRETARY: DR.M.ANAND TREASURER: DR.S.ESWARAKUMAR

THENI ORTHO CLUB

PRESIDENT: DR.M.SRINIVASAN SECRETARY: DR.R.RAJAMANIKANDAN

TREASURER: DR.K.SHANMUGANATHAN

MEMBERSHIP DATA

NUMBER OF ORTHOPEADIC SURGEONS PRACTISING IN The ZONE – 40 (TNOA& IOA)

BONE AND JOINT DAY ACTIVITIES

Distribution of pamphlets - Vice President Dr.Vanasekar giving pamphlets to patient



Dr.Muralidharan giving pamphlets to patient

Dr.M.Anand M.S Ortho giving pamphlets to patient

Dr.S.Eswarakumar giving pamphlets to patient



NORTH ZONE – REPORT

Dr.M.P.PARTHASARATHY

North zone EC member--9894319014

KANCHI ORTHO CLUB

❖ Members of KANCHI ORTHO CLUB displayed *POSTERS* & distributing *PAMPHLETS* for prevention of deformity in bone and joint day in a week long activity spanning from 1/8 to 7/8 2020 “FOR PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE”



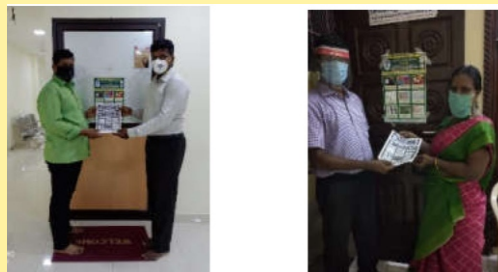
Dr P.T.Saravanan Tnoa Secretary ;Sangeetha orthocentre,kancheepuram

Dr Parthasarathy M.P EC MEMBER ;Ram clinic , kancheepuram

Faculty, Department of orthopaedics ;Meenakshi medical college

Dr Sankaralingam , Professor &HOD, Dr Narayana Reddy, Professor Dr Parthasarathy,

Assoc Professor Dr Om Prakash, Assistant Professor



Dr Thulasiraman D;VRV speciality Clinic, kancheepuram

Dr Rajadurai;Karpakavinyaga Medical college

Virtual health education lectures done through ZOOM Video conference

AUGUST 2ND ON PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE BY DR S RAMESH BABU CHAIRMAN, CRSC SPOT HOSPITAL

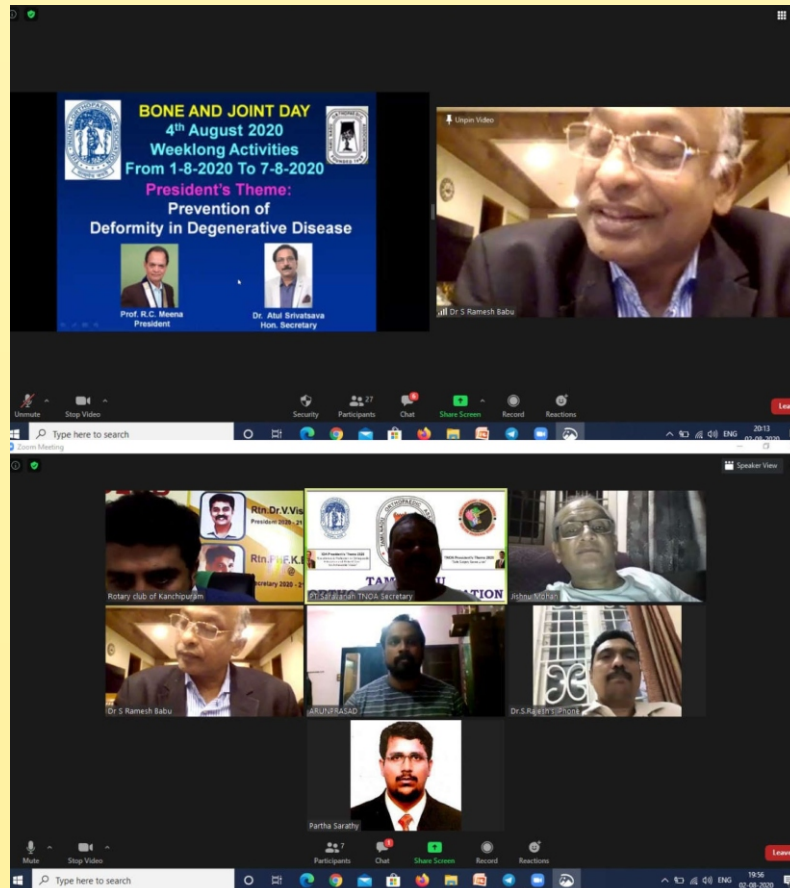
August 3rd on Arthritis knee joint by Dr Rajadurai;Karpakavinyaga Medical college

August 4th on Ligament injuries of knee joint by Dr C.P.S.Suman ;Consultant Orthopaedic Surgeon at VGM hospitals & Lalitha Hospitals

August 5th on Shoulder pain by Dr Kanniraj ; Consultant orthopaedic surgeon at Apollo Hospital

August 6th on Coranudhirkalam by Dr Venkatesh Rajamanikam; Bio Informatics Scientist at Providence Health, USA

August 7th on Importance of Diet & yoga in Bone health by Dr Bhagavath Geetha



One week long yoga class was conducted daily at morning 6:30 to 7:30 am
Every one actively participated With an average of 30 participants in each meeting

INDIAN ORTHOPAEDIC ASSOCIATION

BONE & JOINT DAY

4th August 2020

IOA PRESIDENT'S THEME FOR 2020 :
PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE

WEEK long activities 1-8-2020 to 07-08-2020

Prof. R.C. MEENA
 President, IOA

Dr. ATUL SRIVASTAVA
 Hon. Secretary, IOA

BJD Special Weeklong

VIRTUAL YOGA CAMP

Date : 1st to 7th August 2020 • Time: 6.30 a.m. - 7.30 a.m.

Through ZOOM Video Conference Meeting • ID: 891 3658 8483 • Password: 868629

Dr. S. RAMESH BABU
 Chairman, CSRC

Dr. JAYANT SEN
 Member, CSRC

Dr. RAMESH C. BANSHIWAL
 Member, CSRC

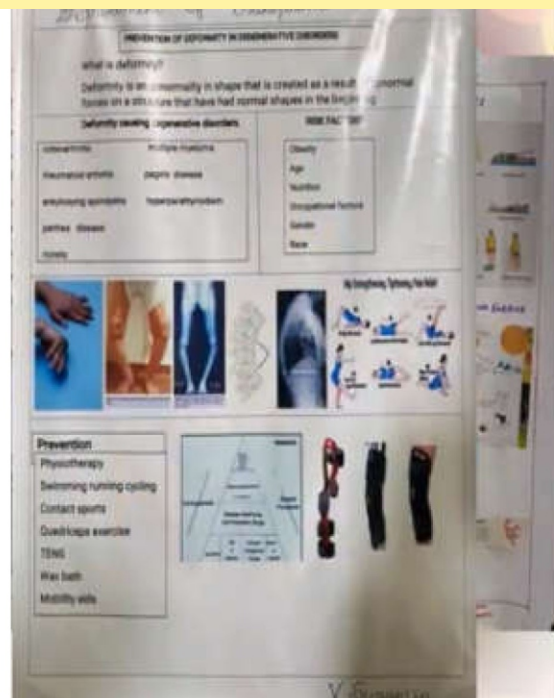
Dr. S.G. THIRUMALAISAMY
 President, TNOA

Dr. P.T. SARAVANAN
 Secretary, TNOA

VIRTUAL YOGA CAMP with Rotary club of kanchipuram



Bone and Joint day Poster Competition for CRRIs was conducted at Department of Orthopaedics, SHRI SATHYA SAI MEDICAL COLLEGE & RESEARCH INSTITUTE, Shri BalajiVidhyapeeth University, Ammapettai, Kancheepuram.

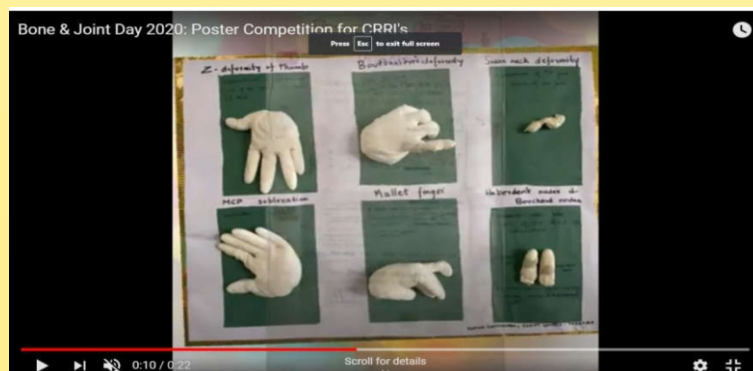
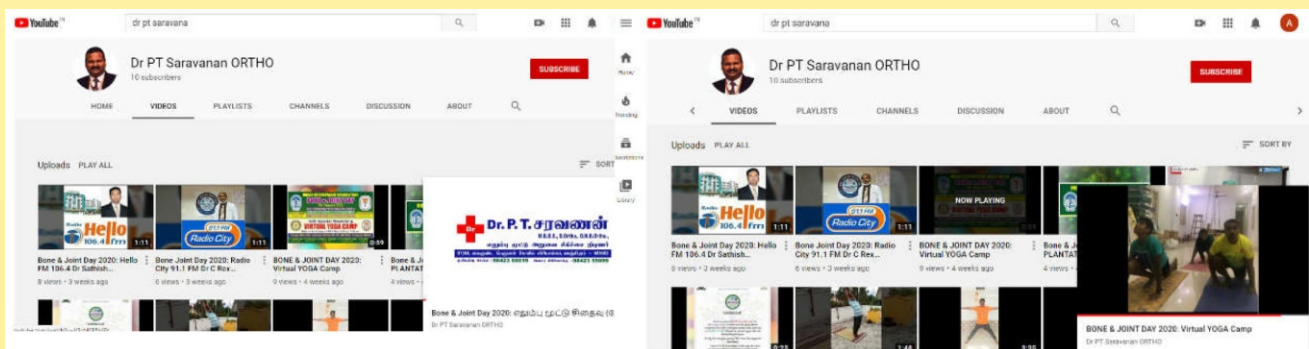


Bone and Joint Day Special Tree Plantation Program @ Kanchipuram District Sports Stadium on 6/8/2020 along with Rotary club of kanchipuram

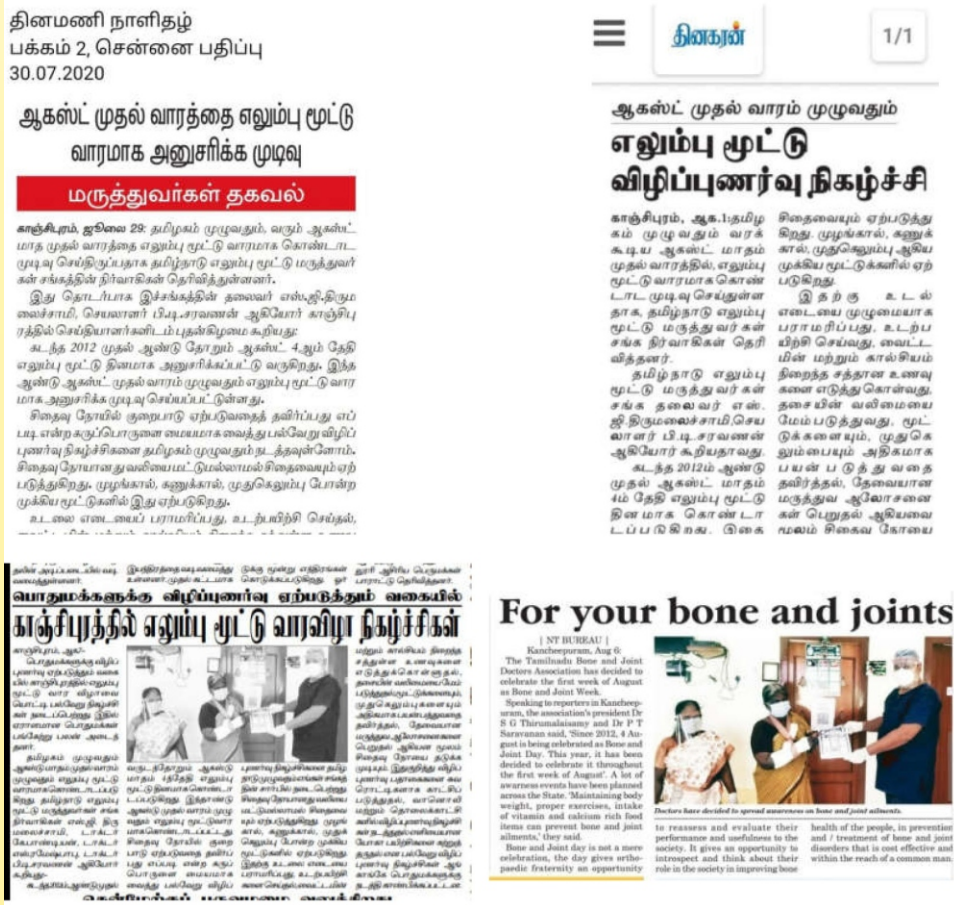
Participants with COVID Precautions:
 Dr PT Saravanan, Secretary TNOA
 Dr MP Parthasarathi, ECM (North), TNOA
 Dr V Vishnu vardhan, President KOC & RCK
 Dr Arunprasath, Treasurer KOC
 Rtn PHF KE Munusami, Secretary, RCK
 Rtn V Mahesh, Treasurer, RKC & Selected Few Members



Social media Coverage was done by Dr P.T.SaravananTnoa Secretary ; Sangeetha orthocentre, Kancheepuram



Our TNOA secretary's initiative was well received by Print media such as Dinakaran, dinamanimalaisudar



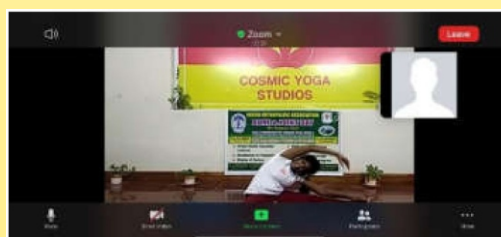
VELLORE ORTHOPAEDIC SOCIETY

TV coverage was done by an interview with Dr.Manivannan ,VOS president,Manisundaram hospital vellore

Dr .Mohangandhi,Prof &hod ,govt medical college vellore displayed *POSTERS* & distributed *PAMPHLETS* for prevention of deformity in bone and joint day in a week long activity spanning from 1/8 to 7/8 2020 “ FOR PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE”



VIRTUAL YOGA CAMP was conducted along with Cosmic Yoga studios



TNOA Zonal EC Report, South Zone 1, from April 2020 to September 2020

Dr. K. Sekar, Tirunelveli

TNOA PRESIDENT: Dr. S.G. Thirumalaisamy

TNOA SECRETARY: Dr. P.T. Saravanan

TNOA PRESIDENT'S THEME : SAFE SURGERY SAVES LIVES

TNOA Affiliated Clubs

Nellai Ortho Club – Tirunelveli, Tenkasi & Thoothukudi Dist.

President: Dr. K. Sekar

Secretary: Dr. Chandran

Ramnad Ortho Club- Ramanathapuram Dist

President: Dr. Sahaya Stephenra

Secretary: Dr. Syed Ibrahim

Virudhunagar Ortho Club – Virudhunagar, Sattur, Rajapalayam, Aruppukkottai areas

President: Dr. Ambalatharasan

Secretary: Dr. Manikandan

Nellai Ortho Club regularly conducts its meeting on the Last Saturday of Every Month.

Due to Covid regulations no physical meetings of the ortho clubs were conducted from March 2020 to September 2020.

Zoom meetings were conducted for Nellai ortho club in the Months of May, June and July.

BONE AND JOINT DAY ACTIVITIES:

The Pamphlet on deformity prevention was Printed as a banner of 6 X 4 feet Size for display in the clinics / Hospitals

INDIAN ORTHOPAEDIC ASSOCIATION

எனும்பு மூட்டு தினம்

04.08.2020

IOA PRESIDENT'S THEME FOR 2020 :
PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE

WEEK long activities 1-8-2020 to 07-08-2020

எனும்பு மூட்டு சிதைவு நோயினால் ஏற்படும் குறைபாடுகளை தடுப்பதற்கான வழிமுறைகள்

<p>சராசரி உடல் எடையை பராமரிப்பது (BMI 18-25)</p>	<p>வழுக்கமாக உடற்பயிற்சிகளை மேற்கொள்வது</p>	<p>போதுமான விட்டமின் டி மற்றும் கால்சியம் உள்ள ஆரோக்கியமான உணவு</p>
<p>தசைகளின் வலிமையை மேம்படுத்துதல்</p>	<p>மூட்டுகளை அதிகமாகவும் தவறாகவும் பயன்படுத்துவதை தவிர்த்தல்</p>	<p>குறைபாடுகளை ஆரம்பத்திலேயே கண்டறிந்து சிகிச்சை பெறுதல்</p>
<p>சரியான (Braces) உபகரணங்களை பயன்படுத்துங்கள்</p>	<p>காயங்கள் ஏற்படுவதைத் தவிர்த்தல்</p>	<p>தாமதமின்றி மருத்துவ ஆலோசனை பெறுதல்</p>

பொதுநலன் கருதி வெளியிடுவோர் : தமிழ்நாடு எனும்பியல் சங்கம்

On the backside of the Pamphlets, We from Nellai ortho Club also designed a short and effective message for the patients to convey the message for avoiding native Treatment for injuries



Bone and Joint day activity at Rose Mary Hospital, by Dr K Sekar EC member South Zone 1, Poster Display and Pamphlets distribution.



காயங்களுக்கான முதலுதவி - நாட்டு வைத்தியம் தவிர்ப்பீர்

காயங்களுக்கான நாட்டு வைத்தியத்தை நம்பி செலவு செய்து தவிர்க்கவும், சரியான ஆய்வில் 70% காயங்கள் வெறும் ஆரத்த கட்டுக்கள் தான். அவை பெரும்பாலும் 10-15 நாட்களில் குணமடையக்கூடியவை. மேலும் 20% காயங்கள் சிறு எலும்பு முறிவுடன் கூடியது. அவை 4 வாரம் முதல் 6 வாரத்தில் குணமடையக்கூடியது. 10% காயங்களை வாரிய எலும்பு முறிவுடன் ஆரத்த காயங்களில், எலும்புடன் ஆடம் மாறியோ அல்லது மூட்டுகள் நகர்ந்துபோய் விடும். ஆரத்த காயங்களுக்கு முறையாக வைத்தியம் செய்யவில்லை என்றால் அங்கு துறைபாடு ஏற்படும். காயங்களுக்கு நாட்டு வைத்தியம் பார்க்கும் பொழுது ஆரத்த குழாய்கள், நாய்ப்புள் மற்றும் சதை பகுதி அழிந்த அங்கு துறைபாடுகள் ஏற்படுவதுடன் கை கால்கள் ஆழக்கவும் நேரிடும். முன்கூறியது போல 90% காயங்கள் தாமதமாகவே வாரிய குறைபாடுகள் ஆகவளமாக குணமடையக்கூடியது. ஆரத்த காயங்கள் சரியானதை பார்க்கும் மக்கள் தவறான நம்பிக்கையுடன் முறையாக சிகிச்சை எடுக்கவேண்டிய 10% வாரிய கொடுங்காயங்களுக்கு நாட்டு வைத்தியம் பார்க்கும்பொழுது அங்கு துறைபாடு ஏற்படும் மற்றும் கை-கால்கள் ஆழக்கவும் நேரிடுகிறது. ஆகையால் காயங்களுக்கு நாட்டு வைத்தியம் பார்க்கும், கழுக்கு எடுப்பது மற்றும் காயங்களை தடவி விடுவது போன்றவற்றை நவீன காலத்தில் தவிர்ப்பது நல்லது.

நாட்டு வைத்தியம் பார்க்கும் பொழுது ஏற்படும் தீமைகளின் படங்கள்:

முதலுதவி சிறு குறிப்புகள்

- காயங்களுக்கான ஏற்படும் கீக்கத்திற்கு ஊல் ஒத்தடம் தரவேண்டும். ஆதனால் வலியும், கீக்கமும் குறையும்.
- ஆரத்த காயங்கள் மேல் சுத்தமான ஒது துணியை வைத்து அழுத்திக் கட்டவும்.
- கை-கால் முறிவு ஏற்பட்டால் மருத்துவமனைக்கு செல்லும் வரை காயம் பட்ட கை அல்லது கால் பகுதிக்கு ஒது அடி மர கட்டுகல் அல்லது நியூல் பேப்பரை உருட்டி துணிவெண்ணு காயம்பட்ட பகுதியில் கட்டி வைத்தால் அடிபட்ட பகுதிக்கு பாதுகாப்பாக அமையும்.

மேலும் கீழ்க்கண்டிருக்கும் உள் எலும்பு மூட்டு மருத்துவ அறங்காவலர்.

ஸ்பாந்திரக் கருத்து வெளியீடு

நெல்லை எலும்பு மூட்டு மருத்துவ சங்கம்
தமிழ்நாடு எலும்பியல் மருத்துவ சங்கம்



Dr. T. Chandran, Secretary Nellai Ortho Club, Annai Nursing Home, Tenkasi.

Dr. S. Muthuraman, Poster Display at Global trauma care Clinic at Tenkasi.



Dr. Suresh Kumar, Poster display in his Hospital at Kovilpatti.



Dr. Raghupathy Raja, Poater display in his hospital at Thoothukudi.



Dr. Raghupathy Raja, Poster display in his hospital at Thoothukudi.

Further poster display and Phamplet distribution was done by:

- Prof. Dr Manikandan at ChellaSooriya Hospital, Tirunelveli
- Dr. Ajith Inigo, at Rhock Hospital, Tirunelveli
- Dr Sundara Pandiyan, at Kartheek Nursing Home, Tirunelveli
- Department of Orthopaedics and Traumatology, Tirunelveli Medical college Hospital, Tirunelveli.
- Prof. Dr Pavalan, Thoothukudi
- Dr Balakannan, AVM Hospital, Thoothukudi.

Those were the activities that were carried out in South Zone 1, during the Bone and Joint day activity week.

Due to the rampant spread of COVID 19 infections, many a orthopaedic surgeons were not actively doing Op and IP practice during this time.

SOUTH ZONE - 2 REPORT

Dr. A. Mohammed Zubair
EC member, South Zone- II
132, Classic Apartments, P.S.D Gardens,
Vattavilai Road, Nagercoil- 629002
Mobile: 9942236990, 8778537725
E-mail: orthozubair@yahoo.co.in
orthozubair@live.com

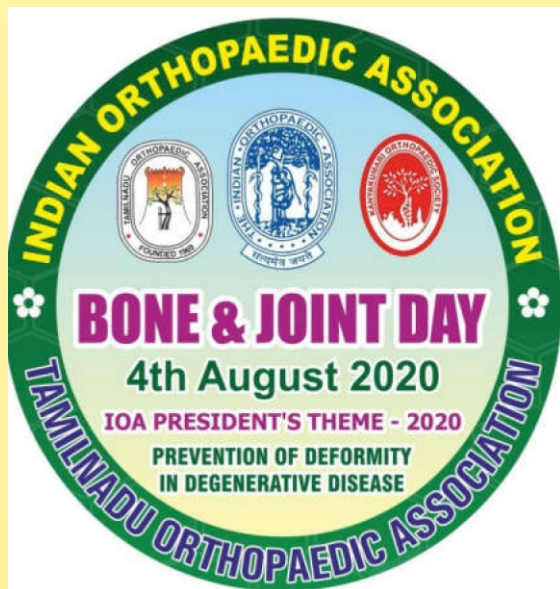
KANYAKUMARI ORTHOPAEDIC SOCIETY

PRESIDENT: Dr. Muthu Ramalingam, Mobile No: 94433 72146
SECRETARY: Dr. Mohan Kumar, Mobile No: 82201 26891

MONTHLY CLINICAL MEETINGS:

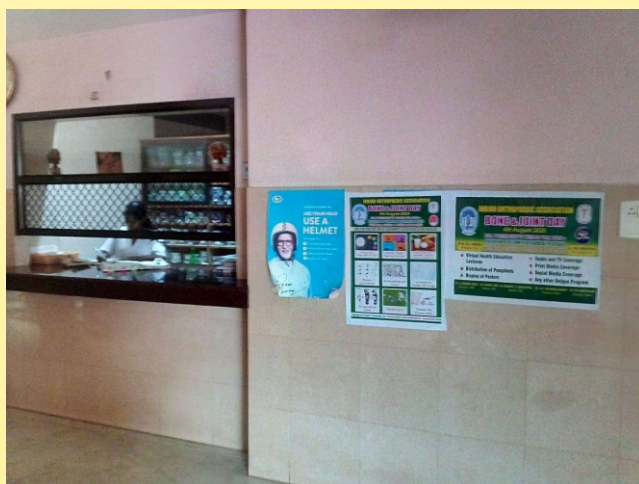
Kanyakumari Orthopaedic Society regularly conducting monthly meetings on every third Saturday. During this COVID Pandemic, academic activities are organized on online platform without any break. Our meeting attendance was about 15-20 members with Clinical Presentations, Interesting Case Discussion and X-ray discussion.

Members of Kanyakumari Orthopaedic Society actively participated in BONE & JOINT DAY Activities 2020






Display of BANNERS / POSTERS by KOS Member's & their Hospitals / Clinics.

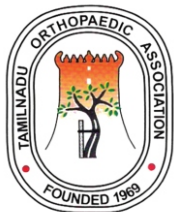
1. Annai Therasa Hospital - Kanyakumari
2. Gopal Ortho Care - Kanyakumari
3. Inba Hospital - Kanyakumari
4. Krishna Kumar Ortho Hospital - Kanyakumari
5. Life Care Hospital - Kanyakumari
6. Mims Multi-Speciality Hospital – Kanyakumari
7. Srinivasa Hospitals - Kanyakumari
8. Subham Speciality Hospital - Kanyakumari
9. Sushrusa Hospitals - Kanyakumari
10. The Salvation Army Catherine Booth Hospital - Kanyakumari



OBITUARY

	<p>Dr. S. RAJAGOPAL Former HOD, Dept of Orthopaedics, Madras Medical College, Chennai.</p> <p>Expired on 01.08.2020</p>	<p>TNOA Life Membership No: LM/R/3</p> <p>Address: 10-A, Halls Road, Egmore CHENNAI - 600 008 Phone: 044-28250924</p>
	<p>Dr. V. SRIRAM President, Karur Ortho Club Senior Orthopaedic Surgeon Karur.</p> <p>Expired on 01.08.2020</p>	<p>TNOA Life Membership No: LM/S/49</p> <p>Address: Sri Lakshmi Nursing Home, 56, Alamaram Street KARUR - 639 001 Phone: 04324-232227</p>
	<p>Prof. V. SHANMUGAM PAST PRESIDENT, TNOA (2005-06) Former HOD, Dept of Orthopaedics, Kilpauk Medical College, Chennai.</p> <p>Expired On 17.09.2020</p>	<p>TNOA Life Membership No: LM/S/13</p> <p>Address: Annai Illam, 14, Vanasakthi Nagar Extension, Murugan Koil Street, Kolathur Chennai - 600 099 Phone: 044 – 2651 2651</p>
	<p>Dr. ANOOP KRISHNA MS(Ortho), Fellowship in Arthroscopy, Sports Medicine (ISAKOS) & Arthroplasty Orthopaedic Surgeon Anoop Ortho Care, Kollam</p> <p>Expired on 01.10.2020</p>	<p>TNOA Life Membership No: LM/A/133</p> <p>Address: Bhadrasree, Q.S. Road, Town Limit Kollam, Kerala - 691008 Mobile: 9947020500</p>

.....Om Shanthi.....



TAMILNADU ORTHOPAEDIC ASSOCIATION

LIFE MEMBERSHIP APPLICATION FORM

The Hon. Secretary,
TAMILNADU ORTHOPAEDIC ASSOCIATION
Flat No. 9B, Block D,
ASTA AVM APARTMENTS, 39, ARCOT ROAD,
VADAPALANI, CHENNAI - 600026.
Ph : 044-45590476 Mobile : 9360892724
E-mail : secretarytnoa@gmail.com, tnoaoffice2018@gmail.com

Place :

Date :

PHOTO

Dear sir,

I wish to apply for the Life membership of Tamilnadu Orthopaedic Association. Providing my particulars for the membership.

Name :

Address :

Residential :

Clinic :

Date of Birth :

Mobile No :

E-mail :

PROPOSED BY

Doctor Name :

Life Membership No :

Signature :

SECONDED BY

Doctor Name :

Life Membership No :

Signature :

Qualification

1. Year of Passing MBBS :
University :
Medical council Reg. Number :
2. PG – Dip /Degree :
Year of Passing / University :
3. Present Post :

DD DEATILS

BANK :
BRANCH :
DD.NO :
DATED :
AMOUNT :

If you are ALREADY a MEMBER of IOA, a DD for Rs.5,000/- favouring "TAMILNADU ORTHOPAEDIC ASSOCIATION " Payable at CHENNAI for TNOA membership and Enclose the IOA membership certificate copy.

IOA MEMBERSHIP No. :

If you are not an IOA member, then along with IOA filled membership form, two DD's to be taken.

1. Rs.5000/- favouring "INDIAN ORTHOPAEDIC ASSOCIATION " payable at New Delhi.
2. Rs.5000 /- favouring "TAMILNADU ORTHOPAEDIC ASSOCIATION" payable at Chennai.

*Please attach 2 set photocopies of the documents *

Signature

"Combined membership for both TNOA and IOA been made compulsory as per decision taken in the GB meeting held at TNOACON – Madurai , 2019" .



TAMILNADU ORTHOPAEDIC ASSOCIATION

ASSOCIATE MEMBERSHIP FORM

The Hon. Secretary,
TAMILNADU ORTHOPAEDIC ASSOCIATION
Flat No. 9B, Block D,
ASTA AVM APARTMENTS, 39, ARCOT ROAD,
VADAPALANI, CHENNAI - 600026.
Ph : 044-45590476 Mobile : 9360892724
E-mail : secretarytnoa@gmail.com, tnoaoffice2018@gmail.com

Place :

Date :

PHOTO

Dear sir,

I wish to apply for the SINGLE ENTRY MEMBERSHIP for TNOA & IOA. Providing my particulars for the membership.

Name :

Address ::

Residential :

Clinic :

Date of Birth :

Mobile No :

E-mail :

PROPOSED BY

Doctor Name :

Life Membership No :

Signature :

SECONDED BY

Doctor Name :

Life Membership No :

Signature :

Qualification

1. Year of Passing MBBS :
University :
Medical council Reg. Number :
2. PG – Dip /Degree :
Year of Passing University :
3. Bonafide letter from HOD :
of Institution

I have enclosed a Demand draft for **Rs.9,000** favouring "TAMILNADU ORTHOPAEDIC ASSOCIATION" Payable at Chennai.

**Please attach 2 set photocopies of the documents **

Signature

DD DEATILS

BANK :

BRANCH:

DD.NO :

DATED :

AMOUNT :

Single entry membership for associate member has been made compulsory as per decision taken in the GB meeting held at TNOACON –Madurai, 2019. You become an associate member of IOA & TNOA. On completion of your course and producing the degree certificate, additional qualification registration certificate, you automatically will become a life member of TNOA, IOA & OASIS.

Please submit the form to Hon. Secretary, State Chapter of your state

Indian Orthopaedic Association
Membership Form

The Hon. Secretary, IOA
IOA House, 69, Tughlakabad Institutional Area
Behind Batra Hospital, M.B. Road, New Delhi-110062
Phone: +91 11 29961434, 9811967820
Email: hon.secretaryioa@gmail.com / ioahousedelhi@gmail.com
Website : www.ioaindia.org



Please Attach
Passport Size
Photograph Here

Dear Sir,
I wish to apply for the Life/Associate Membership of Indian Orthopaedic Association
(please fill the whole form in **BLOCK/CAPITAL LETTERS** only)

Name:

Postal Address:

State : Pin code: Date of Birth:

Other Address:

E-mail address:

Telephone: Mobile No:

PG Qualification: Details include Degree / Diploma / Pass out Year /College / Institution / Place / University etc.

PG Degree / Diploma:

MCI Registration No: Year :

State / Other Association of IOA Membership:
(No application will be entertained without state chapter membership).

I enclose the payment of RS: By Demand Draft No :

Place & Date: Signature:

Proposed by:

IOA Membership No: Signature:

Second by :

IOA Membership No LM _____: ...Signature:

The membership fee for **Life Member** is Rs. 5,000/- and **Associate Member** have to pay Rs. 2,000/- in the first term during the ortho training (PG) and Rs. 3,000/- after **MS (Ortho)** etc. Qualification to become Life Member of IOA. Please make Daft in favour of "**Indian Orthopaedic Association**" payable at **New Delhi**.

(Associate/Life Membership Fee for Overseas application which are eligible for only associate member is \$100 One Hundred US Dollar.)

Please attach:

- . Certificate Photocopy of Life Membership Certificate of state chapter of Indian Orthopaedic Association.
- . Please Sent the membership application Form and Demand Draft at the above mentioned address only.
- . Certified Photocopy of the PG Degree/ Diploma to be sent along with Application Form.
- . Certificate Photocopy of Medical Council Registration of Orthopaedic PG Degree / Diploma to be sent along with the form.
- . Certificate copy from HOD is must. (This is for the Association member only)

NOTE: Membership is subject to ratification in the subsequent in the subsequent AGM of the IOA. Allotment of membership no will follow the ratification. / Associate members have the right of attending scientific meeting and social events and engaging in all scientific discussion **but they shall not attend business meeting and take part in elections.**

Membership form will be sent only by respective State Hon. Secretary to IOA Office, New Delhi

TNOA Bone Health Awareness Fortnight

வலி

முளைத்த கிள்ளையோ,
முதுமையின் எல்லையோ,
மூட்டுவலி தொல்லையோ
முடியாத தொடர்கதையோ

இடை விடாத உடற்பயிற்சி,
தவிர்க்குமே தசை தளர்ச்சி,
மூட்டுக்கு தரும் புத்துணர்ச்சி,
உடலுக்கு ஆரோக்கிய கிளர்ச்சி!

நீச்சல், மிதிவண்டி தினம் ஒழுக்கு,
மூட்டுக்கு ஆரோக்கியம் பழகு,
உடலுக்கும் ஏற்படும் அழகு,
இல்லையேல் உலகை விலகு!

"ARTHRITIS MAY BE
A CRIPPLING JOINT PAIN,
SWIMMING OR CYCLING
WILL MAKE EVERYTHING FINE".

12.10.2020 - இன்று

மூட்டு வலி ARTHRITIS தினம்.

-மரு. ரெ. ராஜா, தஞ்சை.

