



UPOA TIMES

May – July 2022



SEPTEMBER 5, 2022

U.P. ORTHOPAEDIC ASSOCIATION

C-14, L-ROAD, MAHANAGAR EXTENSION, LUCKNOW, U.P. INDIA

226006

LIFE TIME ACHIEVEMENT AWARD



DR AJIT SAIGAL
VARANASI



DR G.K. SENGER
KANPUR

UPOA EXEMPLARY AWARD 2022



DR M.K.A. SHERWANI
ALIGARH

President UPOA: 2022-2023

DR ASHISH KUMAR

Secretary UPOA: 2022-2023

DR SANTOSH SINGH

Executive - 2022-23

Dr Ashish Kumar : President
Dr Anup Agrawal : President Elect

Dr Piyush Mishra } : Vice President
Dr Ashwani Sadana }

Dr Santosh Singh : Secretary
Dr Maneeshi Bansal : Treasurer
Dr Deepak Kumar } : Joint Secretaries
Dr Manoj Hirani }

Dr C.P. Pal : Editor JBJD

Dr Uttam Garg }
Dr Amit Jaiswal } : Members
Dr Ravi Garg } Executive
Dr Vipul Agarwal } Committee
Dr Ashutosh Agarwal }
Dr Brijesh Sharma }
Dr Ajeet Tiwari }
Dr Imran Akhtar }
Dr Shivam Sinha }

Dr Anup Agrawal } : Ex. Officio
Dr Sanjay Dhawan } Members

Dr Apoorva Agrawal } : State Representatives
Dr Maneeshi Bansal } to IOA

Dr Sanjiv Kumar : Quiz Master

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President's Message



To all the members of the UPOA family, I express my deepest appreciation for bestowing upon me the honour, the privilege, and the opportunity to be the 44th President of the UPOA.

I am deeply humbled. More so when I think of the stalwarts that have occupied this position in the past. This is such an honour. Being the president provides a great chance for me to work with the outstanding leadership of this association. We will work together in all spheres to maximize the association's effectiveness. I am very confident that the Executive Committee will continue to make great strides in fulfilling its mission of promoting professional education and research, and to assist the grooming and training of young orthopaedic surgeons in the region.

For me, honestly, it's not about individual accomplishments, individual positions and awards. It's about the opportunity to do something and contribute to the association. It's about trying to be part of a legacy and trying to develop that legacy forward

I am committed to the grooming of the future leaders of the orthopaedic community, in UP, India and in the Asia Pacific Region. I strongly believe that young surgeons have something unique to add to our association and our profession. This is primarily through their combination of energy, idealism and a never say die attitude. The Association should continue to support and encourage the young surgeons. Engagement with our young blood will be very important going forward. It is the best way to protect our legacy and improve professionalism and accountability. I hope that during my Presidency I can provide them this platform to rise and flourish.

I take this appointment as a call to serve the UPOA, more than as a personal honour. I believe that leadership is never an avenue to be self-serving but rather a platform to render service to association. I therefore pledge to serve you and the Association to the best of my ability in this one year.

Thank you

A handwritten signature in black ink, appearing to read 'Ashish Kumar'.

Dr Ashish Kumar

President UPOA

Lucknow

Secretary's Message



Dear Members,

Greetings from Lucknow. I will start by thanking the UPOA family for bestowing upon me the honour to serve as the secretary of UPOA. I will do my level best to serve UPOA with all truthfulness and dedication.

An academic association is judged by the quality of its scientific calendar. I would request all district orthopaedic clubs/societies to conduct symposia & workshops. Kindly conduct these events under the aegis of UPOA. This will enable greater participation as well as add points for UPOA as we compete for the coveted prize of best chapter of IOA. The executive of the UPOA will assist in whatever way possible and ensure that it is attended by one of the office bearers.

The rapidly growing internet highway has drastically transformed the learning mediums. One can easily find out whatever he needs to know, by simply browsing the internet, emailing or skypeing someone. But that can never replace the full meaning of the philosophy to be enlightened. For that, meaningful discussion and face to face encounters are necessary. This can only be facilitated by academic associations like the UP Orthopaedic Association, who organise frequent scientific events for the benefit of their members.

The official programs of the UPOA shall be designed for interacting with the experts from every subspeciality. The aim will be to share and enhance knowledge on the latest international research and developments in the field of orthopaedic and for interaction among peers.

Through the dedicated commitment of our colleagues of the UPOA, our mission remains "to serve the profession, champion the interests of our patients, and advance the highest quality of musculoskeletal care." I hope that each of you will embrace this mission and become involved in your association. Support its programs; volunteer to serve on a committee; participate in initiatives that are important to you and to your patients. Only by becoming so engaged you will realize the full value of your membership.

Let us embark on this fruitful journey together, shoulder to shoulder, to share a common idea and embrace a common goal to make UPOA the shining star of IOA.

Your vision will become clear only when you look into your heart. He who looks outside, dreams. He who looks inside, awakens."

Jai Hind

A handwritten signature in black ink, appearing to read 'Santosh Singh'.

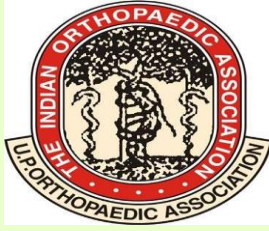
Dr Santosh Singh

Secretary UPOA

UPOA City Clubs 2022- 2023

City	President	Secretary
Agra	Dr Manvendra Sharma anitamsharma63@gmail.com Mob- 9897048048	Dr Shashi pal Sadana shashipalsadana@gmail.com Mob- 8864807912
Aligarh	Dr Naiyer Asif naiyerasif@gmail.com Mob- 9634560874	Dr Sumeet Singhal drsumeetsinghal@gmail.com Mob- 9837094448
Prayagraj	Dr Nikunj Agarwal drnikunj1963@gmail.com Mob- 9415289095	Dr Sachin Yadav sachin_27fun@yahoo.com Mob- 9621356513
Bareilly	Dr Manoj Kumar Hirani mkhyash@gmail.com Mob- 9897630931	Dr Aditya Maheshwari adityamaheshwari12@rediffmail.com Mob- 9837058508
Basti	Dr Satyender Rai satyendra.ra19@gmail.com Mob- 9415037909	Dr Sanjay Kumar Arora skarora08@rediffmail.com Mob- 9839887473
Deoria	Dr S K Aanand santosh_anand15@rediffmail.com Mob- 9670225997	Dr Mohd Arif arifmd4242@gmail.com Mob- 9598001123
Ayodhya	Dr Anil Kumar Jaiswal anil.renumemorial@gmail.com Mob- 9415048261	Dr G. K. Pandey govindgkpandey@gmail.com Mob- 9415058337
Ghaziabad	Dr Sanjay Jain gzbsjain@gmail.com Mob- 9810138397	Dr Rizwan Khan dr rizwan85@gmail.com Mob- 9910028412
Gorakhpur	Dr B B Tripathi drbbtripathi11@gmail.com Mob- 9721222336	Dr Amit Mishra mishradramit@gmail.com Mob- 9415154480
Jhansi	Dr Manoj Kankane manojkane@hotmail.com Mob- 9415030199	Dr Rajeev Bhadoria rajeevsingh.bhadauria@gmail.com Mob- 9415031443
Kanpur	Dr A.K. Agrawal drakagrwal@satyahospital.com Mob- 9415051052	Dr Chandan Kumar ck131980@gmail.com Mob- 9335313138
Lucknow	Dr S.K. Srivastava skorth@rediffmail.com Mob- 9839019913	Dr Shah Waliullah shahwali2008@gmail.com Mob- 9335716350

City	President	Secretary
Meerut	Dr Gyaneshwar Tonk gyaneshwartonk@gmail.com Mob- 9897600445	Dr. Ravinder Singh ravinder1987878@gmail.com Mob- 9557477772
Moradabad	Dr Deepak Rastogi deepsanjeewan@gmail.com Mob- 9837053968	Dr. Akshat Goel Dr.akshat.goel@gmail.com Mob- 8057047400
Muzaffar Nagar	Dr Vinit Minocha m_vinit@hotmail.com Mob- 9897242355	Dr Siddhartha Goel goelxrayofficial@gmail.com Mob- 9997040448
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Sultanpur	Dr Siddiqui Qadeer Ahmed drqas2001@yahoo.co.in Mob- 9415046279	Dr Amrit Pal Singh Arora amrit80sln@yahoo.com Mob- 7524020342
Mathura	Dr Nirvikalp Agrawal nirvikalp.aggarwal@gmail.com Mob- 9837472254	Dr Praveen Goyal praveenkumargoyal@gmail.com Mob- 9761055000
Hathras	Dr K.K. Varshney kamal16@gmail.com Mob- 9837107959	Dr R.K. Singh kinkersinghram@gmail.com Mob- 9627193971
Rai Bareilly	Dr Sanjeev Kumar Jaiswal drsanjeevjaiswal@yahoo.co.in Mob- 9415034906	Dr Niteesh Kumar Gupta drniteeshkumargupta@gmail.com Mob- 9975070766
Varanasi	Dr Rajendra Prasad Gupta dr.rajendra.pd.09@gmail.com Mob- 9415223574	Dr karma Raj Singh drkarmarotary@gmail.com Mob- 9506211111
Firozabad	Dr Jagdish Mittal jmittal30@gmail.com Mob- 9897085050	Dr Vipul Agarwal sarinavipul@yahoo.com Mob- 8171207989



UPOA Guidelines Under Aegis

Guidelines for the Academic Events to be conducted under the Aegis of UPOA

1. The said event should be organized with the involvement and approval of the local city club / society.
2. The Organizing Secretary must obtain, through an email, prior permission from the UPOA Secretary, at least a month before the event to ensure the availability of office bearers.
3. The dates should not coincide with other important official events of the IOA and UPOA.
4. A copy of the e-brochure should be sent to the UPOA Secretary for approval before it is circulated amongst the members. This is to ensure that all protocols are adhered to.
5. The event may not be organized under aegis of another association in addition to the UPOA (may be associated with other associations).
6. Flier should include- names of UPOA president, president elect and secretary with organising chairman and organising secretary, local club president and secretary.
7. The brochure should contain:
 - a. UPOA & Local City Club Emblem.
 - b. UPOA and IOA President Theme (IOA presidential theme of year 2022 is- SUCCESS WITH SURGICAL AND SOFT SKILLS) should be mentioned.
 - c. Under the aegis of U.P. Orthopaedic Association written prominently.
 - d. Names and Photos of UPOA President, President Elect & Secretary.
 - e. Scientific Programme
 - f. Local organizing committee
 - g. Office bearers of the local orthopaedic club
8. All members of UPOA should be informed by electronic media: Email, SMS, WhatsApp, & social media at least 2 weeks prior to the event.
9. The President and Secretary UPOA should be invited well in advance and their stay and local hospitality should be taken care of by the organisers.

10. *In-Case the President / Secretary are unable to attend, they will nominate either the President Elect or one of the Vice President/ any other office bearers of UPOA to deputize of their behalf. In such a scenario, the nominated officer shall be offered the same hospitality and position on the dais as the UPOA President/ Secretary.*
11. *No travel expenses are to be given to the UPOA office bearers.*
12. *INAUGURAL FUNCTION PROTOCOL (if any clarification call UPOA Secretary)*
 - i. *The inaugural function should preferably finish in 30 minutes.*
 - ii. *The function shall be presided by the President of the U.P. Orthopaedic Association*
 - iii. *Persons of eminence in the field of Orthopaedics should preferably be invited as the chief guest to inaugurate the conference.*
 - iv. *President IOA / Secretary IOA / Vice President IOA (in preferential order) should be/may be invited as guest of honour.*
 - v. *Not more than 9 persons will be on dais during the inaugural function. The President, Chief Guest, Guest of honour, President Elect, Secretary, Organising Chairman, Organising Secretary and President & Secretary of Local Orthopaedic Club should be on dais during the inaugural function.*
 - vi. *The dais may be expanded to 11 persons in the extra-ordinary circumstances if the event is being held in a educational institution to accommodate the appropriate university / college dignitaries.*
 - vii. *The first row in the conference hall during the event shall be reserved to the Dignitaries.*
 - viii. *Master of the Ceremony should be nominated by the organising secretary to conduct the inaugural function.*
 - ix. *Master of ceremony will conduct the inaugural function in following order.*
 - a. *Invocation- president UPOA, chief guest, guest of honour, president elect UPOA, secretary UPOA, president and secretary of local orthopaedic club, organising chairman and organising secretary.*
 - b. *Lighting of Lamp*
 - c. *Welcome Address by Chairman organising committee.*
 - d. *Secretary's report/speech.*

- e. *Presidential address*
 - f. *Guest of Honour's address*
 - g. *Address by chief guest*
 - h. *Vote of Thanks by organising Secretary*
 - i. *National Anthem.*
13. *A compulsory contribution of Rs 5000 shall be made to the UPOA at the time of event and Cheque/ DD is handover to who so ever will attend from UPOA office (or can do online transfer).*
14. *Report with photographs to be sent to secretary within 15 days of the event.*

Short Report for UPOA Times – in following headings preferably, within 15 days

- 1. Program name
 - 2. Date And Venue
 - 3. Number of Delegates
 - 4. Name of Chief Guest
 - 5. Name of guest of honour
 - 6. Any award given
 - 7. Special invites
 - 8. Any Remarks
 - 9. Few Photos
15. *Certificates should:*
- a. *Have logo of UPOA*
 - b. *Be signed by President and Secretary UPOA, president and secretary of local orthopaedic club, org chairman and org secretary.*
16. *Banner should have logo of UPOA and mentioned under the aegis of U.P. Orthopaedic Association prominently.*
17. *The organizing secretary should be present in the inaugural function of the subsequent UPORTHOCAN, to receive the certificate of appreciation.*
18. *Faculty selection should encourage members of UPOA.*
19. *Apply for MCI accreditation points.*

Dr Santosh Singh



UPOA Secretary

CATEGORIES FOR CITY CLUB AWARDS

Award	Eligible City Club	
1. Dr K.P. Srivastava Trophy	Above 76 members (4)	
	Agra (143 members) Lucknow (319 members)	Kanpur (130 members) Varanasi (133 members)
2. Dr M.K. Goel Trophy	51 to 75 members (5)	
	Aligarh (73 members) Ghaziabad (104 members) Meerut (84 members)	Allahabad (97 members) Gorakhpur (71 members)
3. Dhanendra Prasad Bhagwati Devi Trophy	26 to 50 members (4)	
	Bareilly (54 members) Moradabad (28 members)	Jhansi (36 members) Muzaffarnagar (27 members)
4. UPOA Trophy	1 to 25 members (8)	
	Basti (10 members) Etawah (19 members) Hathras (10 members) Saharanpur (22 members)	Deoria (16 members) Ayodhya (12 members) Mathura (23 members) Sultanpur (15 members) Firozabad (21 members)

CRITERIA FOR BEST CITY CLUB AWARDS

ACTIVITIES FROM 1 JANUARY TILL 31 DECEMBER REPORT TO BE SUBMITTED BEFORE 15 JANUARY	Max
Increase in number of members of UPOA-1 point for every new member	10
Increase in number of members of UPOA-1 point for every 1 new member	10
Academic Activities (Name with number of delegates)	
1) National Conference (IOACON)	15
2) State Conference / National Conference of Subspeciality Group of IOA	8
3) Mid Term Symposium	4
4) Instructional Courses / CME / Hands on Workshop (2 point per programme)	8
5) PG Crash Course	2
6) Clinical Meetings- 0.5 points for each meeting	6
Achievement of Individual Members (National & International)	
1) Guest lecture in National & International Conferences-2 point per presentation	6
2) Guest lecture in UPORTHOCON 1 point per presentation	4
3) Paper presentation in National & International Conference-1 point per presentation	3
4) Paper presentation UPORTHOCON – 0.5 point per presentation	2
5) Awards & Honours	2
6) Elections to higher posts (P/S=2; VP/E/T=1, E=0.5)	4
7) Inventions (techniques, instruments, implants)	1
8) Academic Literature (writing, editing, translating)	2
Newsletter	2
Regular Election of Office Bearers (Reporting of Activities to Hon Secretary UPOA)	4
Other Activities	3
1) Any welfare programme for public	
2) Slide projector, Overhead projector, laser pointer	
3) Activities connected with allied orthopaedic activities	
Chapter contribution to UPOA (10-50000 Rs = 2 points)	4

EVENTS HELD

2nd Knee & Shoulder Arthroscopy Meet, Agra

22nd May 2022,

Org. Sec.: Dr Rajat Kapoor, Dr Brijesh Sharma.

We have organised an event on 22nd May 2022. Details mentioned below in the following format.

1. Program Name - **2nd knee & Shoulder Arthroscopy Meet 2022.**
2. Date - **22 May 2022,**
Venue - **Auditorium, Sarojini Naidu Medical college, Agra**
3. Number of Delegates - **124**
4. Name of Chief Guest - **Prof. Dr. S.C. Sahu Sir, and Prof. Dr. K.K. Pruthi Sir.**
5. Name of guest of honour - **Dr. Atul Shrivastava President elect IOA**





अनुपम शर्मा और आर्युपम शर्मा को पुरस्कार प्रदान किया गया। डॉ. अरवि शर्मा ने प्रमुख अतिथि के रूप में भाग लिया।

खेल में लगी चोट को हल्के में न लें, भारी पड़ सकती है लापरवाही

एसएन मेडिकल कॉलेज में स्पोर्ट्स इंजरी व उसके इलाज पर कार्यशाला में विशेषज्ञों ने किया अग्रगण्य

अमर उजाला ब्यूरो

आगरा। बच्चों और युवाओं में खेलों के प्रति रोगी से रक्षण बढ़ रहा है। सरकारी भी खेलों को बढ़ावा दे रही है। खेलते समय चोट भी लगती है। स्पोर्ट्स इंजरी को हल्के नहीं लेना चाहिए, यह भारी पड़ सकता है। रविवार को एसएन मेडिकल कॉलेज में यूपी ऑर्थोपेडिक एसोसिएशन के वैनर शिबिर कार्यक्रम में विशेषज्ञों ने इस बारे में अग्रगण्य किया।

एसएन के अतिथि रोग विभाग व आगरा ऑर्थोपेडिक सोसाइटी की ओर से आयोजित कार्यशाला में अयोधन सचिव डॉ. रजत कपूर ने कहा कि खेलते समय घुटने और कंधे पर चोट लगने पर लोग महत्व रखकर और मसाल करारकर फिर से खेलना शुरू कर देते हैं। बाद में दिक्कतें शुरू हो जाती हैं। समय बह जाने पर एमआरआई कराई जाती है, इसके बाद पता चलता है कि घुटने के लिगामेंट



एसएन में रविवार को कार्यशाला का शुभारंभ करते अतिथि।

टूट गए हैं और कंधे की डिस्क्री फ्रैक्चर हैं। इस स्थिति में दृष्टान्त से इलाज संभव होता है।

आयोजन अग्रगण्य डॉ. रवींद्र पाल और सचिव डॉ. किशन शर्मा ने प्रतिभागियों का स्वागत किया। यूपी ऑर्थोपेडिक एसोसिएशन के अध्यक्ष डॉ. आर्युपम कुमार, मौलाना आज़मद मेडिकल कॉलेज नई दिल्ली के हेड डॉ. विनोद कुमार,

जोधपुर के एआईआईएमएस के डॉ. नितेश गहलोत ने विचार व्यक्त किए। इंडियन ऑर्थोपेडिक एसोसिएशन के वर्तमान अध्यक्ष निर्वाचित डॉ. अतुल श्रीवास्तव ने सहयोग दिया। डॉ. एससी साहू, डॉ. केके प्रवी, डॉ. अशोक विजय, डॉ. विपुल अग्रवाल, डॉ. अमृत सोहन, डॉ. विवेक मिश्र, डॉ. अश्वनी सदान आदि ने संबोधित किए।

दो खिलाड़ियों की लाइव सर्जरी की गई

कार्यशाला के दौरान दो खिलाड़ियों को लाइव सर्जरी की गई। कराटे खिलाड़ी 21 वर्षीय भाग्य शर्मा के घुटने में एक वर्ष पहले अग्रगण्य के दौरान चोट लग गई थी। लिगामेंट में चोट थी। दूसरी भारी हाथपु के रहने वाले वेटलिफ्टर सुभाष (27 वर्ष) की भी। उनके कंधे में चोट थी। घुटने की सर्जरी ऑर्थोस्कोपिक एसीएल लिगामेंट रीकनस्ट्रक्शन और कंधे में ऑर्थोस्कोपिक कार्कल रिपेयर विधि से विशेषज्ञ डॉ. दीपक जोशी, डॉ. विनोद जैन ने की। दोनों स्पोर्ट्स इंजरी सेंटर, नई दिल्ली के प्रोफेसर हैं।



यूपी ऑर्थोपेडिक एसोसिएशन, एर्युपी, एसएनएमसी और आगरा ऑर्थोपेडिक सोसाइटी की कार्यशाला का शुभारंभ करते अतिथि।

सर्जरी से फिर खेल सकेंगे खिलाड़ी

आगरा, कराटे संवाददाता। कराटे चैंपियन को खेलते समय घुटने में चोट आई। इसी तरह भारोत्तोलन खिलाड़ी का कंधा बुर-बार उतरता था। दोनों कई सालों से इन पोटों से परेशान थे। रविवार को एसएन मेडिकल कॉलेज की कार्यशाला में दोनों की ऑर्थोस्कोपिक सर्जरी की गई। अब दोनों जल्द ही मैदान में उतरेंगे।

यूपी ऑर्थोपेडिक एसोसिएशन, एर्युपी, एसएनएमसी और आगरा ऑर्थोपेडिक सोसाइटी की संयुक्त आयोजित कार्यशाला रविवार को एसएनएमसी के ऑडिटोरियम में हुई। इसमें कराटे और भारोत्तोलन

खिलाड़ियों का लाइव आपरेशन किया जाना था। घुटने की सर्जरी का ऑर्थोस्कोपिक एसीएल लिगामेंट रीकनस्ट्रक्शन और कंधे का कार्कल रिपेयर विधि से विशेषज्ञ स्पोर्ट्स इंजरी सेंटर के प्रोफेसर डॉ. दीपक जोशी और डॉ. विनोद जैन ने किया। एसएनएमसी में अब नई सिम्युलेशन मशीन आ गई है। विभागाध्यक्ष डॉ. सीपी पाल ने बताया कि खेलकूद के दौरान घुटने के लिगामेंट (घागे) टूट जाते हैं। दूरबीन विधि से आपरेशन संभव है। इसमें रिकवरी जल्द होती है। कार्यशाला के सचिव डॉ. रजत कपूर और डॉ. ब्रिजेश शर्मा ने अतिथियों का स्वागत किया।

डाक्टरों ने की शिरकत

केजीएमयू के हेड स्पोर्ट्स मेडिसिन और यूपी ऑर्थोपेडिक एसोसिएशन के अध्यक्ष डॉ. आर्युपम कुमार, मौलाना आज़मद मेडिकल कॉलेज दिल्ली के डॉ. विनोद कुमार, जोधपुर एमएस के डॉ. नितेश गहलोत, निवर्तमान अध्यक्ष डॉ. संजय धवन, आगरा ऑर्थोपेडिक सोसाइटी के अध्यक्ष डॉ. संजय प्रकाश, सचिव डॉ. वीके गुप्ता, डॉ. डीपी शर्मा, डॉ. एससी साहू, डॉ. केके प्रवी, डॉ. अशोक विजय, डॉ. आईए खान, डॉ. संजय चतुर्वेदी, डॉ. अश्वनी सदान, डॉ. रविकान्त, डॉ. हेमंत साहू, डॉ. मयूर गुप्ता, डॉ. अनुपम गुप्ता मौजूद रहे।

EVENTS HELD

Lucknow Cadaveric Knee Workshop & CME, Lucknow

26th June 2022,

Org. Sec.: Dr Praveen Kumar, Dr Uttam Garg.



NEXT CITY FOCUS

वर्कशॉप में सिखाया घुटने का ऑपरेशन

केजीएमयू में वर्कशॉप का हुआ आयोजन

lucknow@next.co.in

LUCKNOW (26 June): केजीएमयू में संवय को केडेवरिक वर्कशॉप के सहित घुटने के ऑपरेशन का गुरु सिखाया गया, जहाँ देश भर से आये डॉक्टरों ने केडेवरिक के घुटनों का ऑपरेशन करके असली ऑपरेशन का अनुभव हासिल किया, यह वर्कशॉप वेलफेयर सोसाइटी, एनाटमी विभाग और ऑर्थोपेडिक्स विभाग तथा उत्तर प्रदेश ऑर्थोपेडिक एसोसिएशन की ओर से आयोजित हुई, वर्कशॉप के संयोजक

डॉ. संवय कुमार श्रीवास्तव तथा डॉ. प्रवीण कुमार तथा डॉ. हर्ष मकड़ू थे, केजीएमयू में स्पोर्ट्स मेडिसिन विभाग के विभागाध्यक्ष प्रो. आशीष कुमार ने बताया कि ऐसी वर्कशॉप से डॉक्टरों को वास्तविक ऑपरेशन का अनुभव मिलता है, जो आगे असल में ऑपरेशन करने में मददगार साबित होता है, वहीं, एम्स नई दिल्ली के अपेक्स ट्रामा सेंटर के आर्यो एक्सपर्ट डॉ. विवेक त्रिखा ने बताया कि नई तकनीक और इलाज को विधियाँ इजाजत हो चुकी हैं, जिनसे हड्डियों के साथ लिगामेंट की चोट को भी पूरी तरह से ठीक किया जा सकता है.

LUCKNOW CADAVERIC KNEE WORKSHOP & CME - 2022

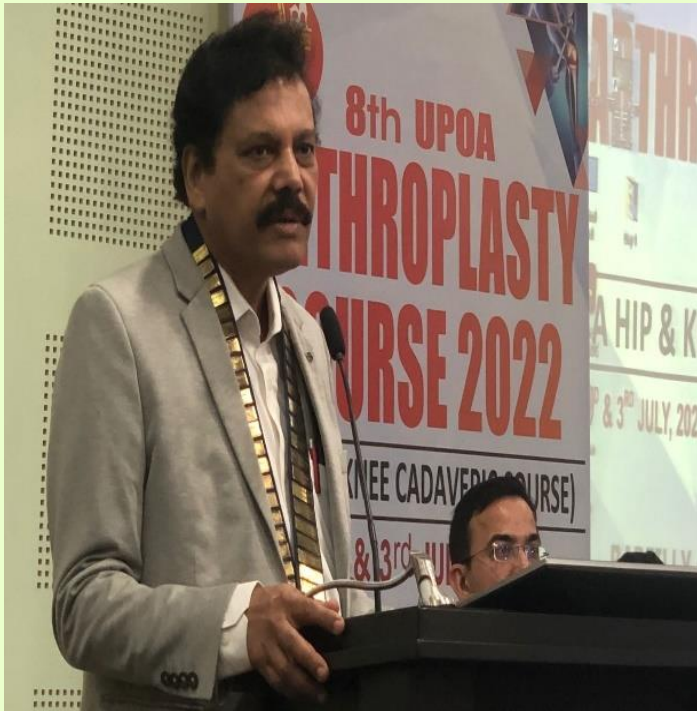
Jointly Lucknow Cadaveric Workshop Welfare Society (LCKWS)

June 26th 2022

Department of Anatomy, KGMU, Lucknow, Sunday 26th June 2022

EVENTS HELD

UPOA Arthroplasty Course, Bareilly
2nd to 3rd July, 2022,
Organizing Secretary- Dr Vinod Pagrani.



EVENTS HELD

Kanpur Arthroscopy Course, Kanpur

10th July 2022,

Organizing Secretary- Dr A.K. Agarwal.



LIST OF EVENTS HELD

1. 2nd Knee & Shoulder Arthroscopy Meet, Agra, 22nd May 2022, Org. Sec.: Dr Rajat Kapoor, Dr Brijesh Sharma.
2. Lucknow Cadaveric Knee Workshop & CME, Lucknow, 26th June 2022, Org. Sec.: Dr Praveen Kumar, Dr Uttam Garg.
3. UPOA Arthroplasty Course, Bareilly, 2nd to 3rd July, 2022, Organizing Secretary- Dr Vinod Pagrani.
4. Kanpur Arthroscopy Course, Kanpur, 10th July 2022, Organizing Secretary- Dr A.K. Agarwal.
5. Apex Academy Activity, Varanasi, 17th July 2022, Organizing Secretary- Dr Swaroop Patel.
6. UPOA Special Course, Firozabad, 7th to 8th August, 2022, Organizing Secretary- Dr Vipul Agarwal.
7. Pelvic Acetabular Cadaveric Course, Lucknow, 13th to 14th Aug 2022, Organizing Secretary- Dr Dharmendra Kumar.

FORTHCOMING EVENTS

1. 1st Kanpur Basic Paediatric Orthopaedic Course, Kanpur, 11th Sep 2022, Organizing Secretary- Dr Raghendra Tripathi.
2. MTS, Varanasi, 18th September, 2022 Organizing Secretary- Dr Amit Jaiswal.
3. Spine Conclave & Cadaveric Course 2022, Lucknow, 23th to 24th September, 2022 Organizing Secretary- Dr Shah Wali Ullah.
4. PGICL, Moradabad, 1th to 2th October, 2022, Organizing Secretary- Dr Amit Saraf.
5. UPOA Trauma Course, Lucknow, 16th October, 2022, Organizing Secretary- Dr Suresh Chand.
6. AAUP Arthroscopy, Lucknow, 5th to 6th November, 2022, Organizing Secretary- Dr Ashish Kumar.
7. Ghaziabad Orthopaedic Club Symposium, Ghaziabad, 13th November, 2022, Organizing Secretary- Dr Rizwan Khan.
8. 2nd Platescon, Prayagraj, 12th to 13th November, 2022, Organizing Secretary- Dr Maneeshi Bansal.
9. ePGCON, Kanpur, 21th to 22th January, 2023, Organizing Secretary- Dr Ravi Garg.
10. UPORTHOCAN 47th, Gorakhpur, 24th to 26th February, 2023, Organizing Secretary- Dr Amit Mishra.

RESEARCH GRANT CRITERIA

PERFORMA ASSESSMENT OF RESEARCH PROJECT FOR AWARD OF UPOA RESEARCH GRANT

Name of Applicant

Address

Present designation

Email id

Mobile no.

UPOA membership no.

IOA membership no.

With a purpose to encourage Research in Orthopaedics in the fields of Basic Science, Clinical Research, Development / Innovations of Instruments, Implants, Technique etc., UPOA has decided to provide some financial grant to the projects submitted by UPOA members. **For the year of 2014, the two applicants, Dr Ajay Singh from Lucknow and Dr Gyaneshwar Tonk from Meerut were sanctioned Rs. 50000/ each. We want more members to come forward to submit their research project and avail** UPOA financial research grant.

The brief introduction of guidelines as approved by executive committee of UPOA is as follows:

Amount of Grant and its distribution: No set limit. Committee will decide depending upon the project. The funds will be disbursed in two stages. 50% immediately after formalities of approval of project and rest after submission of final report.

Who can apply? Life member of UPOA residing and working in Uttar Pradesh.

How many projects can be approved in a year: No limit

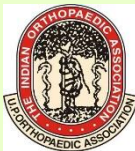
Time frame : Expected to complete the project in 3 years. Extension may be granted on valid reasons.

If beneficiary fails to complete the project or leaves the state permanently: He will return all the money received. He has to give an undertaking to this effect in writing.

Who will decide? Committee consisting of

- ◆ President
- ◆ President elect
- ◆ Immediate Past President
- ◆ Secretary UPOA
- ◆ Chairman, UPOA Research Grant Committee
- ◆ Members, UPOA research grant committee – 2

Submission of proposed project details along with Performa is mandatory.



Maximum Marks = 100

- 1. Post Graduate Qualifications in Orthopaedics** **5 Marks**
Recognized Qualifications: MS (Orth.)/ D.N.B. (Orth). (2 Marks Each)
Other Qualifications / Degree: M.CH. ORTH. /FRCS/ PHD. ORTH. (1 Mark Each)
- 2. Experience** **10 Marks**
Year After PG Qualifications 1 Mark Year Maximum Marks 7
Teaching Experience as Lecture / Asst. Professor Above 1 Mark per year Maximum Marks 3
- 3. Publications** **20 Marks**
 - I. Indexed Journal / IJO** Maximum 15 Marks
As Main Author 5 Marks per Publications
As Co-author 3 Marks per Publications
 - 11. Books** Maximum 5 Marks
As Main Author Per Book 5 Marks
As Associate Author Per Book 2.5 Marks
As Editor / Author of Monograph Per Book 5 Marks
As Contributing Author Per Book Chapter 2.5 Marks
As Co-author Per Book Chapter 2.5 Marks
- 4. Papers / Posters Presented Personally** **10 Marks**
International Conferences Abroad 3 Marks Per Paper / Poster
International Conferences in India / IOACON 2 Marks Per Paper / 1 Mark Per Poster
Subspeciality / State Chapter Conferences 1 Mark Per Paper / ½ Mark Per Poster
- 5. Guest Lectures / Lectures at CME / Workshops** **8 Marks**
International Conferences Abroad 4 Marks Per Lecture
International Conferences in India 4 Marks Per Lecture
IOACON/ Subspeciality / State Chapter Conferences 2 Marks Per Lecture
- 6. Research Projects Completed** **7 Marks**
Funded By an International/National Agency, Government Organization or University. 3.5 Marks Per Completed Project
- 7. Conferences Attended** **5 Marks**
International Conferences Abroad 2 Marks Per Conference
International Conferences in India / IOACON 1 Mark Per Conference
Subspeciality / State Chapter Conferences ½ Mark Per Conference
- 8. Organizational** **5 Marks**
Convenor of Organizing Secretary of International or National Meeting or Workshop / Office Bearer of National Organization. 2 Marks / Post Held
Convenor or Organizing Secretary / State Level Meeting / Office Bearer of National Organization. 1 Mark / Post Held
- 9. Medals. Prizes and Awards in Orthopaedics** **5 Marks**
IOA Medal. Prize or Award 2 Marks
Subspeciality / University / National / International Organization / others 1 Mark Each
- 10. Summarize in 150 words why your project should be considered for research Grant?** **25 Marks**
Points to be checked while analyzing the attached project
 - a) Originality / Innovation
 - b) Publications from project submitted
 - c) Honesty
 - d) Financial involvement
 - e) Scope and Usefulness to society

(Please attach the details of proposed project)

UP ORTHOPAEDIC ASSOCIATION

Fellowship Form

<https://forms.gle/87ZFLB3C7MK4SQTm9>

Fellowships	No. of fellowship Available	Tick the fellowship applied for
UPOA Exchange Fellowship	2	
UPOA Travelling Fellowship	2	
UPOA Visiting Fellowship (1 Teaching: 1 Non Teaching)	2	
Lucknow Pune Fellowship	2	
Varanasi Exchange Fellowship	1	
Ghaziabad International Fellowship (1 Teaching: 1 Non Teaching)	2	
Ghaziabad National Fellowship (1 Teaching: 1 Non Teaching)	2	
UPOA KGMU Paediatric Orthopaedics Fellowship	2	

1. Name
2. Age / Date of Birth
3. Designation
4. Membership No. of UPOA
5. Membership No. of IOA
6. Qualification

Degree	Year of Passing / College / University / Attempts
MBBS	
MS (Ortho) / D Ortho/DNB	

7. Number of conferences attended (Attach List)
UPCON / IOACON / International
8. Number of papers personally presented at
UPCON / IOACON / International (Attach List)
9. Number of articles published (Attach List with
Title, name of journal, page number & year)
10. Title of papers with abstract to be presented
(only for visiting & Exchange Fellowship)
11. Teaching / Service / practice experience
12. Any other academic awards / activities /
Related information

Date

Signature

Address

Phone Number

Mobile

Email

The last date for receipt of application forms is 30th July

Visit website www.upoa.net for more details & download fellowship application form

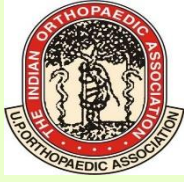
Send your applications forms with all relevant attachments to

Dr Santosh Singh

C-14, L-Road, Mahanagar Extension Lucknow-226006

Phone: 9415026189, 9918238999

E-mail: upoaoffice@gmail.com, orthosantosh@yahoo.co.in



UPOA - MEMBERSHIP FORM

To,

Dr Santosh Singh

Secretary UPOA

C-14, L-Road, Mahanagar Extension Lucknow-226006

Phone: 9415026189, 9918238999

E-mail: upoaoffice@gmail.com, orthosantosh@yahoo.co.in



Dear Sir,

I wish to join as member of UPOA. I am enclosing herewith a DD/Cheque of Rs 4000.00 towards membership as Life Member. Or Rs. 500.00 as Associate Member.

Name

Date of Birth

Address

.....

Telephone..... Mobile..... E-mail:

Qualification: Institution / University & Year of Passing

MBBS:

MS Ortho / D. Ortho

Present Status

Membership No. IOA:

Payment Details

DD/Cheque No..... Drawn On..... Amount..... Date.....

DD/Cheque in favour of **UP ORTHOPAEDIC ASSOCIATION**, payable at Lucknow

	Name	Signature	LM NO.
Proposed by			
Seconded by			

FOR OFFICIAL PURPOSE

Received by (Name)

Membership No. Allotted

Signature of Secretary UPOA

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

INDIAN ORTHOPAEDIC ASSOCIATION

MEMBERSHIP FORM

The Hon. Secretary

Indian Orthopaedic Association
IOA House, 69 Tughlakabad Inst. Area,
Behind Batra Hospital. M.B. Road,
New Delhi – 62
Ph: +91-11-29961434,9811967820
E-mail: hon.secretaryioa@gmail.com
Website: <http://www.ioaindia.org>

Dear Sir,

I wish to apply for the LIFE 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:

Email (1) (2)

Telephone Mobile No (1) (2)

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

P.G. 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:

The membership fee for life Member is Rs. 5,000/- and Associate Member have to pay Rs. 2,000/- in the first time during the Ortho training (PG) and 3,000/- after MS (Ortho) etc. qualification to become Life Member of IOA. Please make Draft in favour of "Indian Orthopaedic Association" payable at Ne.

(Associate Membership Fee for Overseas applicant who are eligible for only associate member is \$ 100 Hundred US Dollar.)

Please Attach:

- Certified Photocopy of life Membership Certificate of state chapter of Indian Orthopaedic Association.
- Please send the membership application Form and Demand Draft at the abovementioned address only.
- Certified Photocopy of the PG Degree/ Diploma to be sent along with application form.
- Certified Photo Copy of Medical Council Registration of orthopaedic PG Degree / Diploma to be sent along with the form.
- Certified copy from HOD is must. (This is for the ASSOCIATE member only).
- **Note:** Membership is subject to ratification in the subsequent AGM of the IOA. Allotment of membership no will follow the ratification /Association member have the right of attending scientific meeting and social events and engaging in all scientific discussion but they shall not business meetings and take part in elections.