

UPOA Times

Newsletter of UP Orthopaedic Association

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June 2013



IOA President's Theme : UNITE TO LEARN LEARN TO UNITE

UPOA Secretariat

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Dedicated to Prof. U S Mishra



___19__ to 6th June 2013

Prof Udai Shankar Mishra did MBBS from Prince of Wales Medical College Patna in 1958, FRCS from Royal college of Surgeons and M.Ch Ortho from Liverpool, England in 1958. He was trained in different hospitals in UK from 65-69.

In 1969 he came back to India and joined BHU Varanasi as pool officer. He became lecturer in 1970 and joined medical college of Allahabad and soon got promoted to Reader in 1975. He was selected to the post of Prof and Head of Orthopaedics in BRD Medical College, Gorakhpur. He occupied the chair of Head of Department of Orthopaedic in K G Medical College, Lucknow in 1986 and retired in 1996. During his stay in Lucknow he had additional charge of Director-Professor of Department of Physical Medicine and Rehabilitation and Honorary consultant to Northern Railways.

Dr Mishra had more than thirty publications and has contributed to many books including Campbell's Operative Orthopaedics. He delivered prestigious Prof BN Sinha Oration and Dr Anil Gupta Memorial Lectures .

During his 38 years of teaching he was examiner to most universities of this country for MS, DNB and PhD in orthopaedics .He was technical expert in Public Services Commission, AIIMS, AMU and many more.

He was member executive IOA, President of this association, Fellow of British Orthopaedic Association and Founder member of AFICOT and ASAMI. Dr Mishra was awarded Hon Fellowship of IOA in 2007. He was given LIFE TIME ACHEIVEMENT AWARD of UP Orthopaedic Association Lucknow.

UP ORTHOPAEDIC ASSOCIATION felt proud to have such a teacher in our association We at the office of UP Orthopaedic association salute the departed soul and stand in mourning as an extended family of Late Prof U S Mishra.

Dr Dharendra Singh
President

Dr Atul Srivastava
Hon. Secretary



Dr. Sanjay Chaturvedi
Organizing Secretary
IOACON 2013

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Conference Secretariat

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President
Dr Dharendra Singh, Ghaziabad

President Elect
Dr. R A Agarwal, Gorakhpur

Hon. Secretary
Dr Atul Srivastava, Agra

Past President
Dr Kapil Kulshrestha, Allahabad

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Dr Ajay Singh, Lucknow

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Dr Mazhar Abbas, Aligarh

Treasurer
Dr Anup Agarwal, Lucknow

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Dr Achal Swami, Ghaziabad
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Dr Amit Rastogi, Varanasi
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Dr S M Sharma, Meerut

Chairman Inland Fellowship
Committee
Dr K K Pruthi, Agra

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President's Message/....

The President envisages UPOA to be a pioneer organization in many core areas including scientific activities and research raising the academic standards in the near future.

Dear friends and respected seniors,

I feel honoured to serve the biggest chapter of IOA and with this come the responsibility to do justice to my duties as a President. I have realised that UPOA has to be a pioneer organisation in many fields.

I wish to work on areas where we are lacking.

We are planning to have at least one workshop/scientific activity from each club of UPOA.

A scientific committee has been formed to look after the contents of any symposium or conference so as to increase the academic standards. We have included basic science and research in our curriculum this year.

The membership growth has to come from each district both for UPOA and IOA. This can be made possible by efforts of President and Secretary of the districts.

Another area of focus is of Physiotherapist prescribing treatment and investigations to patients and taking advantage of the prefix Dr. which is an unethical practice. We have been instructed by our head office (I have been made national convener) to stop this in our state with the help of government agencies.

To accomplish these goals your active support, suggestions and co-operation is of utmost importance and I am sure I will be getting this from all quarters.

Please feel free to communicate with me.

With warm wishes

Long live UPOA

Dhirendra Singh
President
UP Orthopaedic Association



“ The art of medicine is to be properly learned only by its practice and its exercise.”

Thomas Sydenham

Secretary's Message/....

The secretary envisages UPOA as the largest and the most prestigious association of the IOA .

Dear Members,

Greetings from Agra, the City of Love

At the very outset, I pay my sincere gratitude to all the members for giving me the opportunity to serve the largest and the most prestigious association of the IOA , the UPOA. I am truly aware of the responsibility and shall leave no stone unturned to live up to your expectations and the confidence and trust bestowed upon me.

We move forward with our IOA Presidents theme

“UNITE TO LEARN LEARN TO UNITE”

The contributions of various city clubs is the strength of our association and I appeal to the office bearers of the city clubs to actively participate and contribute in the activities of the UPOA. Try and make all orthopaedic surgeons in and around your city, the members of UPOA and the IOA and hold regular academic meets, symposia, workshops and social and public awareness programmes.

An association is judged by the quality of its scientific calendar and academic events. I request all members to actively participate in our academic activities, learn the art of record keeping and present their work. There is an old but all important saying,

“PUBLISH OR PERISH”

Last but not the least, I seek blessings from my teachers and seniors, guidance and co operation from my colleagues and suggestions from our youngsters, to help us achieve our common goal.

Long Live UPOA

Long Live IOA

Jai Hind

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“It takes five years to learn when to operate and twenty years to learn when not to.”

Secretary's Report 2012

Dear Friends,

Greetings from Lucknow.

At the outset, I wish to thank you all for bestowing upon me the honour, the privilege, and the opportunity to serve as the secretary of UPOA.

I am humbled to have had the opportunity to serve as the secretary of our prestigious association. It gave me an opportunity to learn from the wisdom of the past presidents &

Seniors and make new friends. Only after assuming the office of the Secretary of UPOA, did I realize how fortunate I was. This office gave me a platform to interact with august gathering of Orthopaedic surgeons who excel in their sphere of work. Before I could blink, my three year tenure is over. But these past 3 years have been an enjoyable & enlightening journey. I have tried with full sincerity and dedication to live upto your expectations. It was my endeavor to make the UPOA, the shining star of IOA.

Aim High.....dream big.....and try even harder. UPOA wishes to congratulate its members who excelled in the different competitive categories.



Orations

Dr. B. N. Sinha Oration
Dr. K. P. Srivastava Oration
Dr. T. P. Srivastava Oration
Ghaziabad Oration
Dr. Anil Gupta Lecture
Dr. Abbas Ali Khan Memorial Lecture

Dr. Ashok Gupta, Ghaziabad
Dr. S. K. S. Marya, New Delhi
Dr. N. K. Agarwal, Ludhiana
Dr. J. Maheshwari, New Delhi
Dr. S. C. Goel, Varanasi
Dr. Mohammad Farooq, New Delhi

Awards

Lifetime Achievement
Dr. A. K. Gupta Medal
President's Medal
P. G. Gold Medal
Bhagwan Prasad Medal
Quiz Winners

Dr. U. K. Jain, Lucknow
Dr. Saurav Shukla, Lucknow
Dr. Sohail Ahmad, Aligarh
Dr. Mohammad Faizan, Aligarh
Dr. C. P. Pal, Agra
Dr. Raghav Singh, Lucknow
Dr. Abhishek Agarwal, Lucknow
Dr. Raghav Singh, Lucknow
Dr. Rajat Ranjan, New Delhi

Poster Winners

UPOA City Clubs Awards:

Dr. K. P. Srivastava Trophy
Dr. M. K. Goel Trophy
Dhanendra Prasad Bhagwati Devi Trophy

Lucknow Orthopaedic Club
Ghaziabad Orthopaedic Club
Faizabad Orthopaedic Club

Fellowships:

UPOA Travelling Fellowship

UPOA Visiting Fellowship

UPOA Exchange Fellowship

Dr. Rajat Ranjan, Lucknow
Dr. Sankalp Pandey, Varanasi
Dr. M. J. Khan, Aligarh
Dr. Achal Swami, Ghaziabad
Dr. Raghav Singh, Lucknow
Dr. Abhishek Agarwal, Lucknow

Varanasi Exchange Fellowship
Lucknow Pune Fellowship

Dr. Saurabh Agarwal, Jhansi
Dr. Gyaneshwar Tonk, Meerut
Dr. Rohit Nath, Kanpur

Constitution & Blue Book:

Today every academic organization has a constitution which is a vital document, according to which the association carries out its operations. Constitution protects the rights of the members. It can also be deemed as the fundamental underlying framework of running of the association. And the purpose of the Blue book was to streamline the functioning of the association & organization of academic events. This written document is an effort towards fulfilling this preamble. This published document is after the latest amendments approved by the special AGM and ratified in the AGM on 18.02.2012 in Kanpur

Academic Events:

UPOA strives to improve the quality of surgical training in all parts of the state by formulating a comprehensive scientific calendar the coming year. With this in my mind, I wish to congratulate the following for their efforts in conducting various scientific activities in the past one year

UPORTHOCON 2011	Kanpur	Dr. AS Prasad
International Ortho Conclave	Ghaziabad	Dr. Apoorva Agarwal
3rd UP Trauma Course	Lucknow	Dr. Anup Agarwal
Asia Pacific Foot Conference	Agra	Dr. V. K. Gupta
CME On Arthroplasty	Lucknow	Dr. Vineet Agarwal
Workshop on Juxta Articular #s	Gorakhpur	Dr. Ambuj Srivastava
UPOA Mid Term Symposium	Faizabad	Dr. S. M. Dwivedi
PGICL	Varanasi	Dr. S. K. Saraf
Club Foot Symposium	Jhansi	Dr. Saurabh Agarwal
Dr TP Srivastava Oration	Varanasi	Dr. Amit Rastogi

I now, take this opportunity to thank the executive of the UPOA for all their help, co-operation and suggestions. I would also like to place on record my sincere appreciation for the vision & guidance of the three presidents I had the opportunity to work under. Thank you Dr. D. K. Gupta, Dr. Ashok Gupta, & Dr. Kapil Kulshresha for bearing with me.

At the end, I wish to thank a few of my seniors and friends who have stood by me, encouraged in all my endeavors, and made me capable enough to be standing here in front of you: my teacher & mentor Prof Iraqi, my father figure Dr. P. R. Mishra, my philosopher & guide, Dr. H.K. T. Raza, my respected seniors Dr. Vineet Sharma & Dr. Sanjeev Awasthi, my predecessor & elder brother Dr. Dharendra Singh & my friends Dr. Brijesh Yadav, Dr. Shah Alam Khan, & Dr. Atul Srivastava. Last but not the least, I want to thank the most important people in my life.....my parent, my wife Asna & my son, Ahmad.

I am certain that under the incoming president & secretary, the dynamic duo, this association will all go on to achieve far better things than I could. I will end by saying:

Thanking you once again.

Forever yours.

Dr Jamal Ashraf
Past Secretary UPOA
wjashraf@gmail.com

UP Orthopaedic Association



Dear Colleagues,

Greetings from Editorial Board, JBJD

At the outset, I would like to thank you all for giving me the opportunity to serve the UP Orthopaedic Association as Editor of the Journal of Bone and Joint Diseases. I will try my level best to take the standard of our journal to new heights.

To maintain the quality of our journal and to improve it further, I need the support of all the members of UPOA.

I extend an invitation to all our members to submit their best original research articles and interesting case reports for review and consideration of publication.

I hope to recruit quality articles and expand the academic appeal of our journal.

I look forward to increased submission of articles from our members.

Interested authors should contact me at, editorbjbd@gmail.com.

Yours sincerely

Dr. Mazhar Abbas

Editor, Journal of Bone and Joint Diseases

Department of Orthopaedic Surgery

J. N. Medical College

Aligarh Muslim University

Aligarh (UP) 202002

09412065828

MCI Accreditation:

19 credit hours earned

SICOT Lucknow 8 points

HTO Kanpur 3 points

CME THR Agra 4 points

Workshop Gorakhpur 4 points

List of City Clubs Presidents and Secretaries UPOA 2012-13

S.No	City	President	Secretary
1	Agra	Dr. J K Jain jkjain_1151@rediffmail.com, 9411850645	Dr. A K Gupta akgupta1571962@yahoo.co.in, 9412257373
2	Aligarh	Dr. Virender Kr. Chaudhary drchowdhry@hotmail.com, 9837029293	Dr. Pradeep Varshney pradeepmedha@gmail.com, 9358254969
3	Allahabad	Dr. K. D. Tripathi tripathikd02@yahoo.com, 9415235183	Dr. Harish Chandra Singh harish.c.singh@rediffmail.com, 9415361328
4	Bareilly	Dr Arvind Agarwal arvindkagarwal@rediffmail.com, 9837057791	Dr. S. K. Kaushik drskkaushik08@gmail.com, 9837132567
5	Basti	Dr. Satyendra Rai satyendra.rai19@gmail.com, 9415037909	Dr. Sanjay Kumar Arora skarora08@rediffmail.com, 9839887473
6	Deoria	Dr. S. P. Gupta deoriaorthoclub@gmail.com, 5568-22198	Dr. Vipin Behari Shukla vbshukla@hotmail.com, 9415213051
7	Faizabad	Dr. Anil Verma anil.renumemorial@gmail.com, 9415048261	Dr. G. K. Pandey govindgkpandey@gmail.com, 9415058337
8	Ghaziabad	Dr. Achal Swami achalswami@yahoo.in, 9810053009	Dr. Saurabh Agarwal drsaurabhingzb@gmail.com, 9873761552
9	Gorakhpur	Dr. Ravi Kant drkantravi@yahoo.com, 9336403171	Dr. Ambuj Srivastava drambuj_srivastava@yahoo.co.in, 9451912597
10	Jhansi	Dr. Ashok Dixit adixit_1953@yahoo.com, 9415030092	Dr. Manoj Kankane manojkankane@hotmail.com, 9415030199
11	Kanpur	Dr. R. K. Shukla 9839030837	Dr. Dipankar Seth dipankerseth@gmail.com, 9839032455
12	Lucknow	Dr. Kamal Mehra dr_kmehra@yahoo.com, 9415087555	Dr. Anup Agarwal dranup2@rediffmail.com, 9415018365
13	Mathura	Dr. R K Gupta drkgmtr@yahoo.com, 9412777833	Dr. Shobhit Gupta shobhitdr71@gmail.com, 9412278844
14	Meerut	Dr. Anil Sharma dranilkumarsharma786@gmail.com, 9837072108	Dr. Gyaneshwar Tonk gyaneshwartonk@gmail.com, 9897600445
15	Moradabad	Dr. Ajay Pant drajay.pant@gmail.com, 9897147983	Dr. Ankur Goel drankurgoel@yahoo.com, 9760016105
16	Muzaffarnagar	Dr. Vineet Minocha m_vinit@hotmail.com, 9897242355	Dr. Lalit Bana 9760024742
17	Saifai	Dr. T. K. Jha drtkjha@gmail.com, 9415215187	Dr. Sunil Kumar sksrimsnr@gmail.com, 9415085394
18	Saharanpur	Dr. Ashok Agarwal drashokagarwal55@gmail.com, 9412232689	Dr. Shashi Kant Saini drshashikantmsortho@gmail.com, 9319388182
19	Sultanpur	Dr. Rajendra Kapoor drkapoor.slw@gmail.com, 9415046050	Dr. C. L. Rastogi drclrastogi@gmail.com, 9415046494
20	Varanasi	Dr. Amit Rastogi dramitrastogi@gmail.com, 9415202610	Dr. Amit Jaiswal dramitkgmc@yahoo.com, 9415087330

Minutes of Executive Committee meeting held at Aligarh, on 22nd February 2013 presided over by Dr. Kapil Kulshrestha – President UPOA

Obituary None

Election Officer

Dr. Dharendra Singh declared results of election as follows

President Elect – Dr. R. A. Agarwal,

Vice-Presidents – Dr. Ajay Singh & Dr. Apoorva Agarwal

Secretary – Dr. Atul Srivastava

Editor – Dr. Mazhar Abbas

Executive Members – Dr. Rajeev Anand, Dr. N. K. Agarwal, Dr. Saurabh Agarwal

Treasurer's Report :

Dr. T.P.S. Lamba presented report: – **Passed**

Dr. Lamba proposed to raise affiliation charges – **Deferred**

Editors Report:

Presented by Dr. Amit Rastogi – **Passed.**

Efforts of Dr. Rastogi & the new format of journal appreciated.

Fellowship committee

Report was presented by Dr. Jamal Ashraf.

Ghaziabad UPOA International (2) & National (2) to be started this year.

Dr. Naresh Chand proposed that Dr Jamal Ashraf be made Chairman Fellowship Committee for 3 years to streamline the new introduced fellowships: **Passed**

President IOA's Theme:

Unite to Learn; Learn to Unite.

All members were requested to conduct educational programmes on the presidential theme.

Membership No 1391 to 1434 ratified in executive. List published elsewhere.

Bid

UPTHOCON 2014 :	Dr. Pramendra Maheshwari	– Absent.
	Dr. Jamal Ashraf & Anup Agarwal proposed to conduct It in Jim Corbett Area	- Approved
MTS 2013:	Dr. Ambuj Srivastava (Gorakhpur)	- Approved
PGICL 2013:	Dr. Mazhar Abbas (Aligarh)	- Approved

Awards

Prof. K. P. Srivastava Trophy:

Lucknow Orthopaedic Club

Prof. M. K. Goel Trophy:

Ghaziabad Orthopaedic Club

Dhanendra Prasad Bhagwati Trophy

Faizabad Orthopaedic Club

Constitution & Blue Book:

The house congratulated Dr Jamal Ashraf on this mammoth task.

IOACON 2013, Agra

In the absence of Dr. Sanjay Chaturvedi, Dr. Ashok Vij elaborated the proposed conference plans. The house congratulated the members of AOS on their hard work.

Any Other matter:

Dr. S. M. Sharma objected to the procedure adopted for selecting the Lifetime Achievement Awardee: The President read out the constitutional provisions for the same. Objection over-ruled

Dr. Jamal Ashraf

Minutes of General Body Meeting held at Aligarh, on 22nd February 2013 presided over by Dr. Kapil Kulshrestha – President UPOA

Obituary None

Treasurer's Report :

Dr. T P S Lamba presented report: **Passed**
Dr. Lamba proposed to raise affiliation charges. **Deferred.**

Editors Report:

Presented by Dr. Amit Rastogi – **Passed.**
Efforts of Dr. Rastogi & the new format of journal appreciated.

Membership No **1391 to 1434** ratified by GBM

Bids

UPTHOCON 2014: Dr. Anul Agarwal (Lucknow) - **Approved**
Conference proposed in Jim Corbett Area, Uttarakhand
A few members opposed. House approved.
MTS 2013: Dr. Ambuj Srivastava (Gorakhpur) - **Approved**
PGICL : Dr. Mazhar Abbas (Aligarh) - **Approved**

Awards

Prof. K. P. Srivastava Trophy	Lucknow Orthopaedic Club.
Prof. M. K. Goel Trophy	Ghaziabad Orthopaedic Club
Dr. A. K. Gupta Gold Medal	Dr. Amit Jaiswal, Varanasi
Presidents Medal	Dr Ajay Singh, Lucknow
PG. Gold Medal	Dr Abhishek Agarwal Lucknow
Poster presentation	Dr Shahwaliullah Lucknow
	Dr Gaurav Gupta Aligarh

IOACON 2013, Agra

In the absence of Dr. Sanjay Chaturvedi, Dr. Ashok Vij elaborated the proposed conference plans. The house congratulated the members of AOC on their hard work. Dr. K. K. Pruthi invited all members to come and be a part of the organising team.

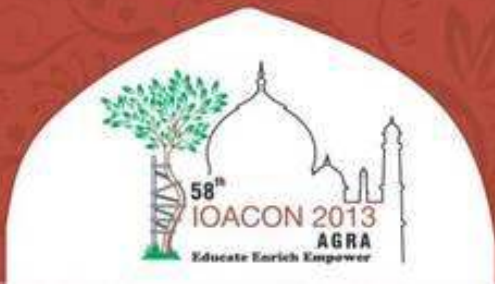
Election Officer

Dr. Dharendra Singh declared results of election as follows

President Elect	– Dr. R. A. Agarwal,
Vice-Presidents	– Dr. Ajay Singh & Dr. Apoorva Agarwal
Secretary	– Dr. Atul Srivastava
Editor	– Dr. Mazhar Abbas
Executive Members	– Dr. Rajeev Anand, Dr. N. K. Agarwal, Dr. Saurabh Agarwal

Other Matters

1. Dr. S. M. Sharma objected to the procedure adopted for selecting the Lifetime Achievement Awardee. The President read out the constitutional provisions for the same. House debated extensively over it. **Objection over-ruled.**
2. Dr. Naresh Chand informed the house that the executive has decided to nominate Dr Jamal Ashraf s the fellowship committee: **Approved**



Annual Conference of The Indian Orthopaedic Association

3 - 8 December, 2013

Jaypee Palace Hotel & International Convention Centre

Dear Friends / Colleagues,

On behalf of the Agra Orthopaedic Society, U P Orthopaedic Society and Indian Orthopaedic Association, it is our pleasure to invite you to attend the 58th Annual Conference of the Indian Orthopaedic Association (IOACON 2013) scheduled from 3rd– 8th December 2013 at Jaypee Palace Hotel & Convention Centre, Agra. The IOACON 2013 will commence with workshops on 3rd and 4th December, CME on the 5th December, followed by three days of conference from 6th to 8th December 2013.

IOACON 2013 is expected to be attended by more than 5000 delegates from all over the world which should generate interest for the entire Orthopaedic community to submit the abstracts and present their papers at a platform which has reputed faculties from all over the globe. To make it convenient we have introduced the procedure of online abstract submission, available on the link: <http://www.ioaconagra.org/abstract-submission>. **We are happy to inform you all the abstracts accepted for evaluation are entitled for a flat 15% discount on the conference registration.**

Registration facility is available now on the conference web-site www.ioaconagra.org. You may register at the earliest and avail discount benefits. To Register online, please visit <http://in.eregnow.com/ticketing/register/IOACON2013>.

We look forward to receive abstracts from you to make IOACON 2013 an interactive conference that would provide an insight into the latest advances in Orthopaedics. We also have a host of exciting events for your entertainment and leisure. In view of the rich Culture and Heritage Agra is known for - the conference will surely be an all-round enriching experience for you.

We look forward to welcoming you and your families to Agra.

With warm regards,

Dr. Sanjay Chaturvedi
Organizing Secretary
IOACON 2013

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Conference Secretariat

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www.ioaconagra.org

www.facebook.com/groups/ioaconagra2013/

IOACON 2013 goes green.

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IOACON 2013 goes green



UP ORTHOCON 2014

XXXVIII Annual Conference of UP Orthopaedic Association

Date : 7th, 8th, 9th February 2014

Dear Colleagues

Greetings from Lucknow.



On behalf of the Organising Committee and the Lucknow Orthopaedic fraternity, we welcome you to the 38th Annual Conference of UP Orthopaedic Association - UPORTHOCON 2014. We feel very honoured and humbled on being granted this historical conference, which will be conducted for the first time outside the state of Uttar Pradesh.

The conference will be held in the vicinity of Jim Corbett National Park. This region can boast of world class facilities for tourists. It has dense green forests, wild life and landscapes for eco-tourism, and a river for adventure tourism. The conference will be spread over four wonderful resorts: Woodcastle, Corbett Hideaway, Riverview Retreat and Aranya Club Mahindra.

The highlights of this congress are going to be the scientific program and camaraderie. We are going to have prominent speakers from across the globe. The aim is to have ample time for discussions, deliver the best scientific material and provide clear cut carry home messages.

The schedule for further communication will be:

Information Brochure:	15th August, 2013
Last date for receiving abstracts	30th November, 2013
Intimation of Acceptance of papers	20th December, 2013
Final Programme	1st January, 2014



Please visit the website, www.uporthocon2014.in for regular updates.

With your support, we are determined to make this conference a huge success. The preparations have already begun..... we are waiting to welcome you to a once in a lifetime experience.

Dr Vineet Sharma
Org. Chairman

Dr Anup Agarwal
Org Secretary

Conference Secretariat

Sushrut Hospital & Trauma Center, Sector D, Priyadarshni Yojna, Sitapur Road, Lucknow 226020

Ph: 9415018365, 9415160454

Events Held Recently

UPOORTHOCON - 2013 Aligarh

The 37th annual conference of UPOA-UPOORTHOCON-2013 was organized from **22nd to 24th February, 2013** at Aligarh. A total of 422 delegates attended the conference and more than 75 faculty members were present to share their knowledge to the younger orthopaedic generation.

Two workshops on Total Knee Replacement and Trauma Around Knee were conducted on 22nd of February, 2013. The workshop on Knee Arthroplasty covering the basics of Total Knee Arthroplasty was attended by 57 delegates and the workshop on Trauma Around Knee by 58 delegates. Dr. K.B. Attri, Dr. B.G. Nair, Dr. K.K. Pruthi, Dr. V.D. Chauhan were among main faculty members. Delegates in both the workshops practiced the techniques on plastic saw bone models.

The conference was inaugurated by the chief guest Padmshri Prof. P. K. Dave and Guest of Honor Dr. S.K.S. Marya from Delhi.

The notable national faculty were Padmshri Prof. P. K. Dave, New Delhi, Dr. D. D. Tanna, Mumbai, Dr. Ashok Johari, Mumbai, Dr. S.K.S. Marya, New Delhi, Dr. Nischal Chug, Dr. K.B. Attri, Dr. B.G. Nair, Dr. C.S. Yadav, and Dr. Anil Jain, New Delhi. Many Ex Presidents of UPOA were also present during the conference.

The lifetime achievement award was given to Dr. U.K. Jain from Lucknow and many other awards were presented by our dynamic secretary Dr. Jamal Ashraf who was also the organizing secretary for the conference.

On both the days the hectic scientific programme feast was followed by a good entertainment programme and sumptuous dinner.

The conference was supported by 98 stalls and scientific exhibition and very well supported by corporate partners.



Events Held Recently

SICOT 2013, Lucknow

Orthopaedic surgeons always seek to base their decisions on the best available evidence. The advent of randomized controlled trials have led to a rapid increase in the quality & quantity of clinically valid evidence, diagnosis, prognosis & treatment. The ability to track down, critically appraise and incorporate evidence into clinical practice has been termed, 'evidence based medicine'

SICOT India, under the aegis of UPOA, conducted a two day comprehensive scientific programme, "Orthopaedic Update & Evidence Based Medicine" on **March 23-24, 2013** in Lucknow. It was granted 8 credit hours by the UP Medical Council.

The scientific deliberations were attended by 212 delegates and top class faculty from all over the country. Dr Jamal Ashraf was the Organizing Secretary.

Dr Ashok Johari Past President IOA and Course Chairman Prof U K Jain along with Dr Atul Srivastava also graced the event.



Open Wedge High Tibial Osteotomy Symposium & Hands on Workshop, Kanpur

A Symposium on open wedge high tibial osteotomy was conducted by the Kanpur Orthopaedic Association on **April 14th** at Kanpur. Dr Dinesh Thakkar and Dr Sanjai Rastogi were the faculty in this event. Dr Sanjai Rastogi was the Organizing Chairman and Dr Gaurav Bhalla was the Organizing Secretary for the event.

The Course focused on new developments in Knee Osteotomy. It educated the participants about the technique of Open Wedge High Tibial Osteotomy, fixation with Tomo Fix and to enhance their skills through the workshop. Case based lectures were discussed interactively between faculty members and course participants.

Dr Dharendra Singh President UPOA also graced the occasion.

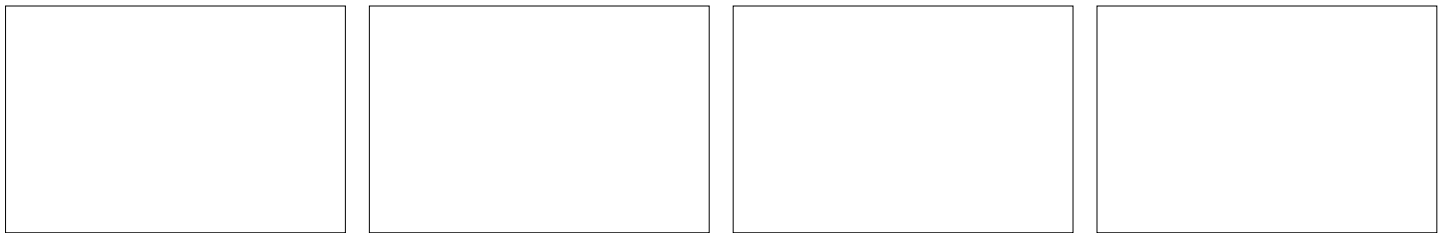


Events Held Recently

Agra Arthroplasty Essentials - CME on Primary Hip Replacement

The CME was organized by Agra Orthopaedic Society on 12th May 2013 in Agra (U.P.) at Hotel Amar Convention Hall, Agra. Dr Anup Khare was the organizing chairman and Dr Amrit Goyal was the organizing secretary for the event. This one day educational event aimed at providing basics of hip replacement for practicing orthopaedic surgeons. The emphasis was on practical issues and case based discussions. Eminent faculty from outside such as Dr Surya Bhan, Ex Prof. & HOD AIIMS & now consultant Primus Hospital, Delhi and Dr Anil Arora, Ex Prof. UCMS, Delhi and now Consultant Max Hospital, Delhi and Dr I A Khan, Dr Anup Khare and Dr Amrit Goyal from Agra gave lectures on basics of hip replacement and difficult primary hip replacements.

More than 70 delegates from Agra and neighbouring areas such as Mathura, Aligarh, Firozabad etc. attended this academic feast. The highlight of the event was its interactive format in which the delegates could bring their cases for discussions with the faculty and the house. The event was accredited with UP Medical council which has granted 4 credit hours to this one day CME.



Workshop on Pelvi Acetabular fractures, Gorakhpur

1st Gorakhpur Cadaveric Workshop was conducted in B.R.D. Medical College on **12th May 2013** by Gorakhpur Orthopaedic Club under the aegis of UPOA. The inaugural function was chaired by Principal B.R.D. Medical college Dr K. P. Kushwaha and President Elect UPOA Dr R. A. Agrawal. Faculty included Dr Ramesh Sen from PGI Chandigarh, Dr Prasoon K Shamsbery from Sahara Hospital, Lucknow, Dr Saurav Shukla from Vivekand Hospital, Lucknow, Dr Ashok Yadav Asst. Prof. B.R.D. Medical College and Dr Ashar Ali Khan from Gorakhpur. Pelvi Acetabular Radiology & classification were discussed in brief followed by live demonstration on cadavers. Tricks for fracture reduction and fixation were discussed.

Around 44 delegates participated in the workshop from all over U.P. The workshop was accredited with MCI and 4 credit hours were awarded. Organizing Chairman was Dr Ravikant and Organizing Secretary was Dr Pawan Pradhan for the event.

Dr R A Agarwal President Elect UPOA and Dr Anup Agarwal Treasurer blessed the event with their graceful presence.



Forthcoming Events

Presidents and Secretaries Meet	Mathura	16th June	
Orthopaedic Knowledge Update on Fractures around knee joint	Mathura	16th June	
Workshop on Pelvi Acetabular Fractures	Agra	30th June	Dr Ashok Vij
Midterm Symposium CEZCON	Varanasi	12 - 13 July	Dr Amit Rastogi
Kanpur Hand Trauma Course	Kanpur	3 - 4 August	
Social Gathering and Family Meet		3rd August	Various city clubs
Bone and Joint day		4th August	Various city clubs
UPOA Knee Course	Lucknow	12 - 13 October	Dr Saurav Shukla
PGICL UPOA 2013	Aligarh	8 - 10 November	Dr Mazhar Abbas
IOACON 2013	Agra	3 - 8 December	Dr Sanjay Chaturvedi
UPCON 2014, Jim Corbett National Park,		7-9 February	Dr Anup Agarwal

UPOA Life Time Achievement Awardees

2008	Prof. K. P. Srivastava	Agra
2009	Prof. U. S. Mishra	Lucknow
2010	Prof. Y. Mohindra	Meerut
2011	Prof. P. K. Dabral	Jhansi
2012	Prof. S. A. Sadiq	Aligarh
2013	Prof. U. K. Jain	Lucknow

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UPOA website is in the process of being regularly updated and made more functional and user friendly. Members may forward their updated addresses and emails immediately to the Hon. Secretary at upoaoffice@gmail.com so that data may be updated.

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List of New Members - UPOA 2012-2013

S.No	M. Number	Name	City	Mobile
1	1391	Keshav Gupta	Aligarh	9897198719
2	1392	Saurabh Agarwal	Lucknow	9415577666
3	1393	Aditya Maheshwari	Bareilly	9412604349
4	1394	B. M. Agrawal	Bareilly	9837140347
5	1395	Gopal Tiwari	Lucknow	7607227037
6	1396	Satyendra Kumar Shukla	Lucknow	9415147967
7	1397	Ramesh Chandra Sharma,	Lucknow	9044465666,
8	1398	Arpit Goyal	Agra	9868086167 ,
9	1399	Avinash Rastogi	Meerut	9568968996
10	1400	Iqtedar Ali	Lucknow	8874113100
11	1401	Pravin Gupta	Jaipur	9935155414
12	1402	Mohammad Jeshan Khan	Aligarh	9997453384
13	1403	Mohammad Faizan	Sambhal	9045642644
14	1404	Gaurav Gupta	Kanpur	9719572211
15	1405	Amrit Goyal	Agra	8979002051
16	1406	Amit Gupta,	Bulandsahar	9837271444
17	1407	Saurabh Chawla,	Kanpur	9838075332
18	1408	Ashok Kumar Chaudhary,	Sant Kabir Nagar	9936618454
19	1409	Shiva Om Bhoo	Gorakhpur	9838597700
20	1410	Vijai Kumar Gupta	Sant Kabir Nagar	9554117890
21	1411	Albert D'souza	Ghaziabad	9953120030
22	1412	Shitij Kacker	New Delhi	9953092669
23	1413	Rajesh Goyal	Agra	9557932568
24	1414	Prashant Kumar Shukla	Allahabad	9415064132
25	1415	Nagendra Gaur	Mathura	9837159784
26	1416	Bhaskar Tiwari	Mathura	8808585765
27	1417	Shobhit Gupta	Mathura	9412278844
28	1418	Atul Kumar Haritwal,	Mathura	9410616777
29	1419	Anoop Ambesh	Agra	9411877722
30	1420	Brijesh Sharma	Agra	9412286111
31	1421	Atul Agarwal	Agra	9412893294
32	1422	Prakhar Gupta	Agra	9759669339
33	1423	Anubhav Agarwal	Agra	9719100700
34	1424	Gaurav Rajpal	Agra	7500017775
35	1425	Jitendra Mangwani		
36	1426	Palash Gupta	New Delhi	9810143845
37	1427	Anil Taneja	Meerut	9837053567
38	1428	Rahul Nehra	Meerut	9837052678
39	1429	Ajay Veer Garg	Meerut	9837890998
40	1430	Shailender Kumar	Meerut	9956108745
41	1431	Awak Varun Mittal	Agra	9548216784
42	1432	Vijay Gupta	Agra	7500045455
43	1433	Amar Nath Saraswat	Kanpur	9839035423
44	1434	Ramapati Shukla	Gorakhpur	9415259032

The Physiotherapist – A Menace

With the advent of newer implants, better imaging facilities and joint replacements, orthopaedic surgery has become one of the most sought after discipline of medical science and with such a growth we see more and more people trying to join this branch directly and indirectly for commercial gains.

The “Physiotherapist” is one of the biggest menace to orthopaedics in recent times .The mushrooming growth of paramedical colleges allowed by Government has given birth to a large population of physiotherapists, so much so that we come across a PHYSIOTHERAPIST in every nook and corner of a city. These paramedics take pride in adding the prefix Dr to their names .Any medical graduate knows how much labour is required to acquire this .The MCI clearly states that Physiotherapy is not a system of treatment unlike Unani ,Ayurvedic Homeopathy and Allopathy, and that is the reason a Physiotherapist cannot use the prefix Dr. before his name. The crux of the problem lies here. For society they are Doctors and they advertise that the can treat all aches and pains of patients. They are easily available and with lesser fees, these physiotherapists prescribe imaging investigations like Digital X ray CT Scan, MRI and BMD, blood investigations like Vitamin D3 estimation etc. for reasons known to all of us. They prescribe medicines like pain killers muscle relaxants without knowing the pharmacological properties of drugs.

All medical graduates are taught Pharmacology for one and a half year and later in life keep studying it every day to keep themselves abreast with latest drugs. But these physiotherapists start prescribing them like quacks who copy prescription papers of Medical Doctors. This little knowledge of pharmacology and Imaging modalities of a physiotherapist which brings out such prescriptions is a dangerous trend which is being accepted by the society. For orthopaedic surgeons, these patients en route to a physiotherapist are most difficult to treat. We and all government agencies are trying to stop Quacks developing but the menace of Physiotherapist is bigger and unfortunately government aided. This will tarnish the image of medical profession further as these physiotherapist also write Dr and media tries to sensationalize any event related to any doctor ,be it physio or Orthopaedic surgeon

What should be done...

The members of UPOA should ask all the physiotherapists working with them or at their hospital/nursing homes, not to write Dr in front of their names and half the job is done. The members of UPOA, Local orthopaedic clubs along with Indian Medical Association should report about all physiotherapist, naturopaths and osteopaths who are prescribing imaging and drugs, to local Government agencies. We must educate each patient regarding the duties and job of a physiotherapist.

The Executive Committee of IOA has nominated me, your president, to combat the menace of physiotherapists in INDIA and with your support, I can do it. Hope to have a clean future for new generation of orthosurgeons,

Long live UPOA.

Dr Dharendra Singh
President UPOA



Fellowships

The process of learning is through interactions with those who are experience and this most important aspect is of top most priority for us. The fellowship of UPOA will have a sea change and we want maximum competition in this field.

UPOA Travelling Fellowship (2)

Eligible member of the association (one each from teaching & non teaching group) below 40 years of ago will be selected and sent to Kolkata coinciding with the visit J & J fellow of IOA. A sum of Rs. 3000.00 shall be paid to each fellow to cover the expenses. The Secretary will try to arrange the local hospitality at the centres. The fellow will submit the report to the secretary which will be published in the journal. They will be given a certificate at the inaugural function of UPCON.

UPOA Visiting Fellowship (2)

This fellowship shall be given to eligible members of the association (one each from teaching(<45 years) & non teaching group (<50 years)). The selected persons will present two papers in orthopaedic clubs. The visiting fellow will submit his report to the Secretary along with the papers to be published in the journal. He will be presented a certificate at the inaugural function o UPCON. He will also be given 2nd AC travelling expenses. UP OA Visiting Fellowship for the non teaching group has been named as Dr. Bhola Nath Memorial Visiting Fellowship; UP OA visiting Fellowship for teaching group has been named as Dr. A. N. Srivastava Memorial Visiting Fellowship.

UPOA Exchange Fellowships (2)

Baburan Fellowship

The fellowship shall be given to bonafide post graduate students who are at least associate members of UPOA. They will attend the annual conference of MP chapter of IOA. The Local hospitality and registration charges will be met by the host chapter on reciprocal basis, travel expenses (2nd AC) will be given by UPOA. The fellow shall be required to present a paper at the conference. They shall submit their report to the secretary for publication in journal. They shall be given a certificate in the inaugural functional of UPCON.

Varanasi Exchange Fellowship (1)

The selected fellow will visit Ahmedabad during the visit of Johnson & Johnson fellows. The will be presented a certificate at the inaugural function of UPCON. A sum of Rs. 3000.00 shall paid to the fellow to cover the expenses.

Lucknow Pune Fellowship (2)

This fellowship shall be given to a life member of UPOA(<40 years). He will also be presented a certificate at the inaugural function of UPCON. The time of visit of the selection will be coordinated with Prof. OP Singh, Lucknow. Two fellows will be selected & sent to Pune at Sancheti Institute for 7 days as observers on their hospitality. The travel expenses will be borne by UPOA.

Ghaziabad Fellowship (2)

This fellowship shall be given to two selected fellows (one from a teaching institute & one from non teaching stream) who will visit an International Orthopaedic Center at a mutually agreeable date. They will be presented a certificate at the Inaugural function. A sum of Rs. 50,000/—(Fifty Thousand) shall be paid to the fellows to cover the expenses. The selection Committee of this fellowship will consist of President, Secretary of Association and President of Ghaziabad Orthopaedic Club

The last date for receipt of application forms is 15th September 2013

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

Send your applications forms with all relevant attachments to

Dr Atul Srivastava

1/114-B, Babu Gulab Rai Marg, Delhi Gate, Agra-282002

Mobile No.+91-9897076867

Email Id. atul_ortho68@yahoo.in, upooffice@gmail.com



UP ORTHOPAEDIC ASSOCIATION

Fellowship Form

Fellowships	No. of fellowships 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 Foreign Fellowship (1 Teaching : 1 Non Teaching)	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 Fellowships)
11. Teaching / Service / Practice Experience
12. Any other Academic Awards / Activities /
Related Information

Date.....

Signature

Address.....

Phone Number.....

Mobile.....

Email.....

Send Completed application form to Dr Atul Srivastava , Secretary UPOA before 15th Sept.,2013

Dr Atul Srivastava
1/114-B, Babu Gulab Rai Marg, Delhi Gate, Agra-282002
Mobile No.+91-9897076867
Email Id. atul_ortho68@yahoo.in, upoaoffice@gmail.com



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Dr. Atul Srivastava
Secretary UPOA

1/114 B, Babu Gulab Rai Marg Delhi Gate Agra-282 002

Ph. 9897076867, 9359928191, 9837021279

E-mail : atul_ortho68@yahoo.co.in, upoaoffice@gmail.com

Dear Sir,

I wish to join as a member of UPOA. I am enclosing herewith a DD/Cheque of INR 2500.00 towards membership as life Member. Or Rs. 500.00 as Associate Member

Name : _____

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Telephone : _____ Mobile : _____

Date of Birth : _____ Email : _____

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MS Ortho / D. Ortho :	
Present Status	

Membership No. IOA : _____

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Amount _____ Date _____

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