

# KOA NEWS

OFFICIAL NEWSLETTER OF KERALA ORTHOPAEDIC ASSOCIATION

September 2018 [www.keralaortho.org](http://www.keralaortho.org)

## PRESIDENTIAL MESSAGE



### Together we will

Dear friends in KOA,

Our state has gone through one of the worst floods in recent times. It was disheartening to see the plight of humanity in the hands of nature's fury. The silver lining was the great effort put in by one and all, hand in hand. Together we shall rebuild a stronger, more resilient and beautiful Kerala.

I would like to remind you, to kindly give in your data for the KOA - IMA wellness initiative in the next few days, so that we can initiate the drive to make KOA a hundred percent wellness compliant society.

It is time yet again for the elections.

Indian Orthopaedic association election which is being held fully online needs the voices from Kerala to be heard, kindly register without fail and vote so that our voices can be heard in our National association. The purpose of elections is for everyone to exercise their franchise.

Our own state election is around the corner. Even though the present changes are sufficient to have a fair election, we should, in future make sure those of us who work in faraway places be able to participate.

The initiative of having planned pedestrian walkways is being mooted from Kochi on the day of Gandhi Jayanthi, October 2. Perhaps this great idea can be spread by our Orthopaedic fraternity in each of our districts to make Kerala a safer state.

Towards a vibrant and active KOA

Regards

**Dr. Sabin Viswanath**  
PRESIDENT KOA

## SECRETARIAL MESSAGE



Warm greetings from KOA, Keralites were facing the most dreaded disaster of the era.

I am very happy and proud that our members were in forefront when our state was in havoc. Happiness does not come from doing easy work, but from the after glow of satisfaction that comes after the achievement of a difficult task that demanded our best.

Very proud and happy about Madhyakerala club president **Dr.M C Tomichan** who has set the benchmark example of donating his ancestral property for the flood relief work.

We were forced to postpone OASISCON TO 26-28<sup>th</sup> October as floods made our airport to shut down and it hit kumarakom-our venue too. I sincerely seek the wholehearted support of all KOA members for the success of OASISCON.

This time as per our general body decision, we are implementing physical voting in regional clubs for KOA election. The updated clubwise voters list is already published. Election will be on 14<sup>th</sup> January 2019. Requesting all members to plan your schedule to exercise your franchise.

Our national association has kindly consented to hand over Rs.5 lakhs to KOA for flood relief works. Also our executive committee has decided to donate Rs.20 lakhs from our corpus fund. Each regional club is collecting donations from members to contribute to chief ministers relief fund.

I appeal all members to contribute generously for this noble cause. Let's recreate a stronger Kerala

Jai KOA

**Dr.Jijo Jose**  
HON.SECRETARY

## KOA JOURNAL

Dear All,

We have good response from our members in contributing articles to our prestigious journal. If anybody wish to send the article please do it at the earliest to "sureshorth@gmail.com", Submissions can be made online also. Link is "http://kjoonline.net".

Regards

**Dr. Suresh S. Pillai, Editor, KJO.**  
Mob: 9447391906

**Presidents Theme**  
**National: Train the young to enrich the future**  
**State: Our Health, Our Infrastructure**

# KOA ELECTIONS 2018-19.

Nominations are invited from the members of KOA, for the posts that are given below, in the executive committee of Kerala Orthopaedic Association. As per the KOA Special General Body ( Thrissur ) decisions from this year onwards we will have physical voting only at voting stations arranged in the different places or club headquarters... For the Election protocol please refer our website. The four zones and its election officers are Dr Sabin Viswanath ( Trivandrum , Kollam ) , Dr Tigy Thomas Jacob ( Kochi, MKOC, Alappuzha) Dr.Babu Joseph ( Thrissur , Palakkad, Malappuam ) and Dr Dominic K Puthoor ( Calicut, Kannur , Kasaragad ) . for any clarification or quires please contact the concerned Election Officers first, if not solved do contact the Chief Election Officer. The concerned club secretaries will be responsible for the smooth conduct of election in their clubs in close association with the concerned election officer of the respective zones.

1. President Elect - 1 post, term 1 year.
2. Vice- President - 1 post, term 1 year
3. Hon Secretary - 1 post, term 3 year
4. Hon Treasurer - 1 Post, term 3 year
5. Chariman , Travelling Fellowship - 1 post, term 2 years
6. Joint Secretaries - 2 posts, term 1 year ( One each from South & North zone )
7. I.T Secretary - 1 post , term 2 years
8. OASIS Vice President - 1 post, term (will subsequently become senior vice president and then president when our states turn comes )
9. OASIS Jt Secretary - 1 post, term 3yrs ( Become OASIS secretary general - will be there only when Kerala's turn arises )
10. OASIS Ex Comm Members 2 post, term 2 years
11. Cape Chairman 1 post, term 3 years
12. Cape Secretary 1 post, term 3 years

## Eligibility

- All candidates should be KOA and IOA Life Member
- President Elect should be more than 45yrs, 10 years KOA membership, 2 years executive committee membership
- Vice- President should be more than 40yrs, 5years KOA membership, 2 years executive committee membership
- OASIS Vice President candidates must be Past Presidents of State chapter or Past Secretary General of OASIS
- CAPE chairman-min age 45 and max 65 Max age limit to contest is 65 for all posts except president Elect of KOA
- Members of previous executive committees, who do not have 50% attendance will not be eligible.
- One member can propose/second only one candidate during the election process including the AGM for vacant posts, if any.
- All nominations should be forwarded by the respective district club President/ Secretary
- No member shall hold the same post in the executive for more than 3 consecutive years.

## ELECTION SCHEDULE

Election Notification	15 <sup>th</sup> September 2018
Last date for receipt of nomination papers by EC	31 October . 2018
Last date of informing the candidate (Scrutiny of nomination papers by EC)	5 <sup>th</sup> November 2018
Last date for withdrawal	10 <sup>th</sup> November 2018
List of candidates to be published in KOA website	15 <sup>th</sup> November 2018
Last date for sending the sample ballot papers to contestants	30 <sup>th</sup> November 2018
Last date for receipt of approved ballot paper	10 <sup>th</sup> December 2018
Date of election-	Monday, 14 <sup>th</sup> January 2019

Nomination forms can be downloaded from the official web site of KOA  
[www.keralaortho.org](http://www.keralaortho.org)

Duly filled nomination forms with necessary enclosures may be sent to the chief election officer in the address given below, preferably by registered Post- Acknowledgement Due so as to reach him at the latest by 31<sup>st</sup> October 2018 .

Professor .Dr. P Gopinathan.  
Chief Election Officer of KOA 2018-19, GMC Ortho Trust Hospital,  
CH Cross Road, East Nadakavu, Kozhikode – 673 011  
Mob: 9447059014, Email: [gopinathan.p@gmail.com](mailto:gopinathan.p@gmail.com)

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## Silver Jubilee & Prof. K.C Gopalakrishnan Orations of KOA 2019

Application are invited from the life members of the Kerala Orthopaedic Association, who has more than five years of membership, for Silver Jubilee Oration 2019 & any life member of KOA for Prof. K.C Gopalakrishnan Oration 2019. Orations will be for a duration of 20 minutes for Orations and 2 mts for introduction of orator and to be delivered on the 1<sup>st</sup> day of the conference (KOACON-2019) Kindly send the material for oration ( preferably full text as soft copy ) with the full bio-data of the presenter to the Presidnet of KOA in th efollowing address so as to reach him at the latest by 30<sup>th</sup> Nov. 2018.

The Age Limit for Prof. K.C Gopalakrishnan Oration is 50 and no age limit for silver junilee oration

**Dr. Sabin Viswanath**, President KOA, XXVIII/200A, "Kailasam", Pulimughal Road, Changapuzha Nagar PO, Ernakulam - 682033  
Email: sabinviswanath@yahoo.com, Mob: 9895116995,

## REBUILDING KERALA



As part of our efforts to help bring relief and to rebuild our flood-hit state TOS members have made these humble efforts

We have handed over a cheque for 2 Lakh Rupees directly to the Chief Minister towards the CMDRF. We have resolved to add another 2 Lakh Rupees to be handed over to KOA. So a total of 4 Lakh Rupees will be donated to CM- DRF.

Though we were far from the flood-hit areas, many of our members, notably Dr Binoy S, Dr Subin Sugath, Dr Pradeep Nair etc. took it upon themselves to attend the relief camps and offered medical assistance to those in need, even the most remote and inaccessible areas. Our members working in the Kerala Health Services were also actively involved in bringing Medical Aid to those in camps.

Many of our members were actively involved in collecting contributions in kind and organising of dispatch of materials from the capital to the affected areas.

All this is in addition to the financial aids that most of our members have sent personally and via other groups such as Hospitals, Residents Association, Rotary and such institutions.

Dr Anoop S Pillai  
Secretary  
Trivandrum Orthopaedic Society

### The Flood Relief Works of The Cochin Orthopaedic Society



COS Medical Team at Manjali Camps



Flood Relief Kit Distribution at Puthenvelikkara, Paravoor, under the aegis of the President of Cochin Orthopaedic Society

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Flood relief Activities of Calciut Orthopaedic Society with the help of other specialities and Hospitals under the leadership of Dr Aneen N Kutty

On 12/8/2018: Started collecting relief materials for flood victims, We were able to collect and distribute groceries and consumables like sanitary pads, dresses, gum boots, gloves, tents, Dettol, utensils, books and other study materials worth 10 lakhs with the help of generous contribution of our members, hospitals and medical associations like cardiology and neurology.

On 15/8/2018 to 20/8/2018: Distribution of relief materials at flood relief camps of Kozhikode and on 19/8/2018: Distribution of relief materials for flood relief camps at Wayanad



Dr Tomichan, President, Madhya Kerala Orthopaedic club handing over documents of 60 cent land worth 3 crores and a cheque for Rs 1Lakh to Chief Ministers flood relief fund

## A memorandum of One lakh people for Pedestrian Safety



As part of the Bone and Joint Day celebration, The Cochin Orthopaedic Society organized a pedestrian safety awareness program in Cochin. This is a part of the road safety awareness programme, a national programme initiated by the Indian Orthopaedic Society. A cycling rally of 20 kilometer and a walkathon was conducted to emphasize the importance of safe walkways and cycling tracks in our city. The rally was flagged off jointly by the Assistant Collector Prjna Patil ( IAS) and cine artist Shri Ramesh Pisharady .

More than 200 people participated in the cycle rally and walkathon, and distributed pedestrian safety pamphlets among the public.

The cycle rally started from IMA proceeded to Edapally, Kalamassery and back to IMA, Kochi , a stretch of 20 kilometer. The Walkathon was led by Assistant collector Sri: Prajna Patel ( IAS) and went around the Jawaharlal Nehru stadium and back to IMA house.

The Kerala Orthopaedic Association President Dr Sabin Viswanath addressed the gathering and highlighted the importance of healthy life styles by walking and cycling, at the same time reminded the government of their responsibility to provide safety to pedestrians and cyclist . He informed the public that a memorandum signed by one lakh people is being submitted to the government for pedestrian safety and the need for walkways and cycle tracks in our city based on the WHO guidelines.

Various organizations including Indian Orthopaedic Association, Kerala Orthopaedic Association, Indian Medical Association, Track " & Trail, Tripunithura Cycling club, The Bikers Club, Rotary Club of Tripunithura Royale, Chinmaya Vidyalaya Tripunithura joined the event. The meeting was attended by Dr Varghese Cheriyan , IMA Kochi President, Rotary District Governor Dr.A.VPathy, Rotary Thripunithura President Captain Harikumar, Chinmaya Director Dr Leela Ramanakutty and Mr. Rajith Track & Trail .

**Dr Venugopal.R**

Secretary , The Cochin Orthopaedic Society



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## Trivandrum Orthopaedic Society : Bone And Joint Day Celebration-2018

1. Inter School QUIZ competition\* To spread the message to School Students
2. Road Safety awareness Seminar \* was held on 3rd Friday at MCH Old auditorium.

### Talks on

1. First Aid in Orthopaedic injury,
2. First Aid in Head/ Chest / Abd injury.
3. Police Officer on Road Safety

### Target audience

- a. Student Police Cadets
  - b. Auto/Taxi Drivers ( Since they are usually the people who first arrive on the scene of RTA)
  - c. Nursing students, d. General Public
- Thiruvananthapuram Mayor Shri V K Prakash inaugurated the Seminar.

3. Distribution of Pamphlets for Road Safety Awareness\* among patients attending OPDs In the Hospitals of TVM
4. Members wore Badges of National Bone and Joint Day on 4th August
5. Standees/ Banners:-announcing National Bone and Joint Day were displayed at all the Hospitals
7. Public awareness campaign via visual media/ radio/ social media\*



## COS Medical Camp at Udayanapuram, Vaikom



COS Medical Camp at Udayanapuram, Vaikom, in association with National Bone and Joint day 2019

## Lourdes Hip Live

Ernakulam Lourdes Hospital Orthopaedic department along with Kerala Orthopaedic Association and Cochin Orthopaedic Society jointly conducted Hip Replacement live surgeries and Seminars (Lourdes Hip Live) on July 22 nd Sunday Morning 9 am in Lourdes conference Hall.

The Seminar was jointly inaugurated by Lourdes Hospital Director Fr. Shaiju Augustine Thoppil and Kerala Orthopaedic Association President Dr. Sabin Viswanath. Dr. Sabin Viswanath greatly appreciated the efforts taken by Lourdes Hospital to conduct such seminars and Live Surgeries. Many expert Arthroplasty surgeons from all over India performed live surgeries and seminars in Lourdes hospital along with Dr. John T. John, Head of Department, Orthopaedics, Lourdes Hospital. Over 150 delegates attended the conference.



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## Calicut Ortho Course 2018



Calicut ortho course was conducted on August 31st to September 2nd successfully at Jayaram Panicker hall, Calicut medical college. It was under the aegis of Kerala Orthopaedic association and Calicut Orthopaedic society

The course was inaugurated by Prof Rajendran, Principal Govt. Medical College, Kozhikode and was presided by Rajesh Purushothaman head of department, Department of Orthopaedic, Govt. medical college, Kozhikode

There were about 470 delegates from all over india .Thirty faculty from all over India participated in the course. TCMC provided 7.5 credit hours for the course.

Because of Nipah virus outbreak course was postponed from July to August 31 st. Flood was not affected in conducting the course. The course chairman was Dr Balaji Zacharia and course Organising Secretary was Dr Jeejesh Kumar T.K.

## KOA Traveling Fellowships 2019

Applications are invited from life members of KOA, for the under mentioned Travelling Fellowship Programmes of KOA

1. K.O.A. fellowships 2 Nos (Rs.20,000/- Each)
2. Dr.Vargheese Mathai Fellowship 1 No (Rs. 20,000/-)
3. Basic Research Fellowship 1 No. (Rs.20000/-)

Applicants should be below the age of 40 years as on 31-12-2018. However in case there are no eligible applicants below the age of 40yrs, age limit may be relaxed.

Application form can be downloaded from the official web site of KOA [www.keralaortho.org](http://www.keralaortho.org) Criteria for the selection is given in detail in the website. Criteria for the selection can be referred in the *Constitution and protocols of KOA*.

Duly filled application forms 1&2 and C.V. may be send to the Chairman, Traveling Fellowship Committee in the address given below, so as to reach him at the latest by **15<sup>th</sup> Nov.2018**

### Address for Communication:

**Dr.Shiju Majeed A**, Chairman, Travelling Fellowship Committee of KOA, H No: 133, Koikkal Lane, Kumarapuram, Medical College PO Trivandrum - 695 011, Mob: 9495688685 , email: [shiju78@live.com](mailto:shiju78@live.com) cc to : [keralaortho@gmail.com](mailto:keralaortho@gmail.com)

## KOA Forthcoming Events

Oct. 12 to 14th	TOPIC, TVM	MCH, TVM	Dr Shanavas EK
Oct 20 & 21st	AIMS # Course	AIMS, Kochi	Dr Chandrababu KK
Oct 26 to 28	OASISCON	Kumarakom	Dr. Tigy Thomas
Nov. 4th	CAPE KOA	IMA Kochi	Dr AA John
Nov. 11th	Adv CME of KOA	Calicut	Dr Suresh S Pillai
Nov. 26 to 1st Dec	IOACON-2018	Coimbatore	Dr. S Natesan
Dec 9th	MOTSCON	Peinthalmanna	Dr Jijo A.J
25-27 Jan 2019	KOACON2019	Kollam	Dr Ansu Anand

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## From The Desk of IT Secretary of KOA

Dear Friends

Greeting from the IT Department of the KOA

The Kerala Orthopaedic Association website "[www.keralaortho.org](http://www.keralaortho.org)" has been completely revamped with addition of new pages and facilities. There is an events bar on the right side of each page with information on coming academic events in the orthopaedic fraternity of Kerala.

I welcome suggestions on improvement on the website, which may be directly entered on to the "contact us" page of website

Thanking you  
With Warm Regards

Dr Mathew K.M  
IT Secretary of KOA

## OBITUARY



**Prof. Venugopalan Nair**



### 38th Annual Conference of KERALA ORTHOPAEDIC ASSOCIATION



**25 26 27**  
**January 2019**

#### KOACON 2019



##### Registration Tariff

Upto October 31<sup>st</sup>, 2018

	Member	Non Member	PG Student
Conference & CME	3650.00	5300.00	2000.00
Tax	660.00	1000.00	360.00
Incidental expenses	350.00	350.00	350.00
Banquet	2000.00	2000.00	2000.00
<b>Total</b>	<b>6660.00</b>	<b>8650.00</b>	<b>4710.00</b>
Accompanying person : Rs 2500/- +Banquet charge			



ALL COMMUNICATIONS SHOULD BE SEND TO :

Dr. Ansu Anand A., Manjula Bhavan, Behind Govt. L.P. School, Perumpuzha P.O., Kollam - 691504  +918078375446  [mail@koacon2019kollam.com](mailto:mail@koacon2019kollam.com)

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# || asthibhagam punarnireekshanam ||

# OASISCON

# 2018

KUMARAKOM  
BACKWATER RIPPLES CONVENTION CENTRE,  
**26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>, OCTOBER**

Registration Type	July 1 <sup>st</sup> to September 30 <sup>th</sup> , 2018	October 1 <sup>st</sup> Onward
Consultant	Rs 6500	Rs 7500
PG / Trainee	Rs 5250	Rs 5750
Accompanying Person above 12 years	Rs 4000	Rs 4500
Banquet	Rs 3000	Rs 4000

For Residential Package details please visit [www.oasiscon2018.com](http://www.oasiscon2018.com) or Call 9074477988

#### Bank Details

Account Name : MADHYA KERALA ORTHOPAEDIC CLUB	Branch : Thiruvalla, Pushpagiri
Account No : 0588073000000045	IFSC Code : SIBL0000588
Bank : South Indian Bank	<b>For RTGS / NEFT Transfer</b>

Aerial view of  
**BACKWATER RIPPLES**



For More Details Contact Conference Secretariat

Ph: 9074477988, Email : [registrations@oasiscon2018.com](mailto:registrations@oasiscon2018.com)