



KOA NEWS

OFFICIAL NEWSLETTER OF KERALA ORTHOPAEDIC ASSOCIATION

www.keralaortho.org

MARCH 2022



PRESIDENTIAL MESSAGE

Dear KOA members,

The Third wave of The Pandemic was unleashed with considerable fury and vigor, jeopardizing our expectation of a physical annual conference for the time being. With the concurrence of KOA Executive committee, we have postponed KOACON 2022 to 11,12 and 13 of March-2022 with abundant optimism, hoping that the Corona Virus will not play, spoil sport, again; and if it does ,we will get the proceedings over with a virtual or hybrid conference with all the programs.

We have come to the end of another KOA year and new office bearers have been elected and ready to take over. Though the initial half of this year was rather sedate due to the enforced restrictions, the latter part of the year was hectic and eventful.

We had two CMEs of KOA , the basic CME at Alleppy on degenerative Disc diseases in early November and advanced CME on Geriatric Fracture at Thrissur in late November. Both were well attended and conducted on Physical platform. I was fortunate to inaugurate both and be physically present at both venues. The CME on geriatric fractures was conforming to the presidents theme for this year – “**Fractures in Elderly**” and was noted by participation of faculty from all over the state and had very active interaction.

I was able to visit the District clubs of Kottayam, Thrissur, Kochi, Trivandrum, Alleppy, Kollam and Malappuram during my tenure as President. Especially gratifying was the visit to Malappuram Orthopaedic Society where the inauguration of new premises acquired by them could be inaugurated by KOA President. Thanks to all district club officials for having KOA officials in their meeting.

Another big event to be cherished for long, was the official inauguration of our own meeting hall and office, **KOA CHAMBERS** at Kochi in December. We did the official inauguration in presence of several past KOA officials and the inauguration was done by senior most past president present. **Dr.K.P.RAMKUMAR**. This marks a milestone in history of KOA as we can have a premise in well reputed locality with earning potential for our academic activities. Full credit to building committee headed by Dr. Tajan and our Secretary and Treasurer.

This year's KOA Election has been concluded, sticking to all the formalities instructed in new KOA protocol. I wish to place on record, our appreciation to the commendable job done by CEO-Dr.Ramakrishnan, all state presidents and secretaries and those who substituted as returning officers to conclude the election without hassle. I congratulate all the new office bearers and executive committee members who have been chosen by esteemed members and greet them to our prestigious association as officials.

The KOA inter district Cricket tournament was conducted at Kotta Maidan, Palakkad in a grant way. I was fortunate to inaugurate the event. The arrangements were superb and quality of cricket played was excellent. Applauses to Palakkad Orthopaedic Society who conducted the event, all the teams who participated and a big cheer to the winner of Prof.Sunny Pazhayattil Trophy for this year-The '**Kochi Machans**' and the runner up-'**Thrissur Tuskers**.'

The much awaited KOACON- 2022 AT Palakkad is scheduled from March11th to 13th,2022 and if the Omicron variant does not play spoil sport, we will have a conference with all past glory and fan fare. I implore each and every member to participate and deliberate in earnest and let harmony and commraide prevail in KOA.

It has been a great experience to be officiating as President of KOA and I personally thank each and every member. I had a great executive committee with Dr.Bhaskar Subin Sugath as Secretary and Dr.Ansu Anand as Treasurer. I thank both of them and all the members of executive committee for their marvelous cooperation.

So it is time to bid adios from this post. Wishing each and every member a successful academic and professional career and prosperous, and healthy personal life.

Jai KOA

Dr.RAMMOHAN.K.P

PRESIDENT

Kerala Orthopaedic Association

Presidents Theme

National: Success with Surgical and Soft Skills

State: Fractures in Elderly-Stabilize, support and Rehabilitate



SECRETARIAL MESSAGE

Respected teachers and dear friends,

2022 started off with the 3rd wave of Covid but things are now settling down and we have learned to "Live with Covid"

KOA President in his message have briefed you in detail the activities of KOA in the last three months. It was a real welcome change to have our academic activities back in there physical form.

The lukewarm response towards the KOA benevolent fund is really disappointing. I believe this is due to lack of awareness among our members regarding the significance of KOA KBF and the benefits it offers. I request all club officials to encourage their members to join KBF and the payment for the same can be made online through our website.

The new office bearers have been elected and I will be completing my tenure at KOACON 2022. I would like to place on record my sincere thanks to my President, Dr Jacob P.J, Dr Cheriyan Kovoov & Dr Ram Mohan K.P, KOA treasurer and dear friend Dr Ansu Anand A and all the executive committee members for all the support & guidance given to me over the past three years.

KOACON 2022 at Palakkad would be a great opportunity for all us to meet once again in person and have a good academic feast and camaraderie. Hoping to see you all on March 11 – 13 @ Malampuzha.

Last but not the least my thanks and gratitude to Arun K.M & Abin Sudheer Office Secretary and Accountant of KOA for all the help provided in ensuring smooth functioning of KOA office.

It was a great honour and privilege to serve you all as secretary of KOA .

Jai KOA,
Dr Subin Sugath
Hon Secretary

KOA JOURNAL OF ORTHOPAEDICS

Greetings from the Editors Desk,

The submission of original research articles for the koa journal is low which is hampering the timely publication of the journal. We are getting case reports and review articles but there is a lack of research studies. Please consider sending your research papers to KOA.

Wishing all the very best this year to all and best wishes for the upcoming KOA conference.

Dr. Ashok Ramakrishnan
Editor, KJO, Mob: 9895510872



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KOA ANNUAL GENERAL BODY MEETING

Dear KOA Life Member,

Notice is hereby given for the Annual General Body meeting of the Kerala Orthopaedic Association (KOA) to be held at Hotel Tripenta , Malampuzha, Palakkad from 4:00 PM onwards on Saturday 12th March 2022. Kindly requesting you to attend the same and take an active part in the deliberations.

AGENDA

1. Meeting Called to Order
2. Silent Prayer
3. Obituaries
4. President's Remarks : **Dr. Ram Mohan K.P**
5. Report of the Secretary : **Dr.Subin Sugath**
6. Minutes of the AGM held at Kochi on 31/01/2021 : **Dr.Subin Sugath**
7. Ratification of KOA Ex committee meeting decisions
8. Audited Accounts of the year 2020-2021 : **Dr.Ansu Anand A**
9. Treasurers Report & Budget for the year 2022 : **Dr Ansu Anand A**
10. Accounts of KOACON-2021, Kochi : **Dr.Subin Sugath/ Dr Ansu Anand**
11. Report of KJO : **Dr.Ashok Ramakrishnan**
12. Report of IT Secretary : **Dr.Rijesh .P**
13. Report of KOA Travelling Fellowships : **Dr. K.R Prathap Kumar**
14. Long Term Planning committee Report : **Dr.Binoy.S**
15. Report of KOACON 2022 : **Dr.Tajan P.J**
16. Decision of venue of KOACON 2023 & 2024
17. Decision of the venues for KOA CMEs
18. Decision regarding CTICs
19. KOA Building committee report : **Dr Tajan P.J**
20. Matters regarding CAPE-KOA : **Dr VijayamohanS/ Dr Shareef AJ**
21. Matters regarding OASIS : **Dr.Aneen N Kutty**
22. Matters Regarding IOA : **Dr Ajith Kumar MN**
23. Reg KOA Benevolent Fund : **Hon. Secretary**
24. Reg IOACON 2024 : **Org Secretary, IOACON 2024.**
25. Ratification of new memberships of KOA of the year 2021-22
26. Report of District Club Secretaries
27. Announcement of results of Election : **Dr.Ramakrishnan S**
28. Election for the vacant posts of executive committee, if any
29. Any other matter relating to KOA with permission of the chair
30. Vote of Thanks : **Hon. Secretary**
31. National Anthem

With Warm Regards,
Yours in KOA

Sd/-

Dr.Subin Sugath

Hon. Secretary, KOA

Dated:: 19th February 2022

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BASIC CME of KOA. Alappuzha (14.11.2021)

Alappuzha Orthopaedic Society organized Basic CME on Degenerative disc disorders at Hotel Royale Park on 14-11-2021. The CME was inaugurated by Dr. Ram Mohan K P (President, KOA). Dr. Mohammed Ashraf was the Organizing Chairman and Dr. Sethu KP was the Organizing Secretary. The CME had didactic discussions on the basics of spine surgery and a hands-on bone model workshop. More than 75 delegates attended the CME. Faculty included Dr. Shiju Majeed, Dr. Suresh Pillai, Dr. Ranjith Unnikrishnan, Dr. Ashok Ramakrishnan, Dr. Jim F Vellara, Dr Ammer S Theruvath, Dr. Ranjith K R and Dr. Maneesh Stephen .



Adv CME of KOA , Thrissur 2022



Advanced CME of Kerala Orthopaedic Association organized by Trichur Orthopaedic Society was conducted on 21 November 2021 at Hotel Ashoka Inn, Thrissur. Welcome speech was done by Dr. Antony Joseph Thoppil, the organizing Chairman. Chief guest , Honourable minister for Devasom and backward welfare Sri. K. Radhakrishnan inaugurated the CME. Presidential Address was delivered by Dr. K,P Ram Mohan, Course Director and KOA President. Dr U Sudheer organizing Secretary proposed the vote of thanks. Academic programme started at 9 and finished by 5:30. There were 125 delegated attending for various parts of Kerala. There were 26 faculties.

CAPE KOA

When we took over in charge of Cape - KOA we decided to completely revamp the structure and conduct of Cape . We realized that this has huge potential and can be a boon for the youngsters if properly executed . So we decided to give more importance to hands-on training and also get faculty who are friendly and are interested in knowledge sharing to students with a companion attitude. Also we aimed at offering the courses to the budding surgeons at very comfortable bottom rates. Aim was to conduct all courses as cadaveric workshops. First course conducted at Ramaiah was a huge hit . Rest all courses were accepted very warmly by our young population . For all the courses the seats got fully booked within a few days after its first announcement. Even Though the Covid struck us badly torpedoing all our plans we could conduct 6 cadaver workshops and one CME on paediatric orthopaedics . One course on spine and another one on pelvis which was planned in Amrita immediately after the second wave had to be cancelled due to non availability of cadaver . Looking back we feel our decision to change the format to cadaver workshops was well accepted and is the best way to hand hold our young surgeons to sub specialty training . With great pride we are concluding our tenure and handing over the charge to next office bearers . We express our sincere gratitude to all the stakeholders who helped us to conduct all these courses successfully. Thank you



Presidents Theme

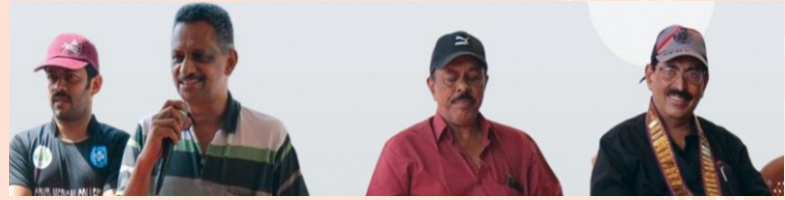
National: Success with Surgical and Soft Skills

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KOA PL



Prof. Sunny Pazhayattil Trophy KOA Premier League inter district Cricket tournament was conducted at Fort Maidan, Palakkad on 15th & 16th January 2022. The Palakkad Orthopaedic Society conducted the same in an excellent manner and quality of cricket played was excellent. We thank all the teams who participated and a big cheer to the winner of this year-The 'Kochi Machans' and the runner up-'Thrissur Tuskers.'

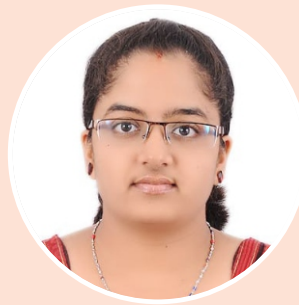


OASISCON 2021, SALEM

OASISCON 2021, SALEM QUIZ RUNNER UP



Honouring Dr E G Mohan Kumar



Dr. Harshitha H Udupa



Dr. Rahul Chandran

IOACON 2021, GOA



IOACON 2021 was held at GOA, Shyamaprasad Mukherjee Stadium from 21 to 25th December 2021. Adv Shreshtharan Pillai, honorable governor of Goa, inaugurated IOACON. More than 8000 delegates attended physically and it went on very well.

KOA TRAVELLING FELLOWSHIPS 2021-2022

Applications are invited from life members of KOA, for the under mentioned Travelling Fellowship Programmes of KOA for the year 2022.

1. **K.O.A. fellowships 2 Nos (Rs.40,000/- Each)**
2. **Dr. Vargheese Mathai Fellowship 1 No (Rs. 40,000/-)**
3. **Basic Science Research Fellowship 1 No. (Rs.40,000/-)**

Applicants should be below the age of 40 years as on 31-12-2022. 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". 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 email/send to the Chairman, Travelling Fellowship Committee in the address given below, so as to reach him that the latest by 9th April 2022. In case there are no Applicants below the age of 40yrs, applicants above this age limit may also be considered. Those who have already applied for the fellowship need not to be resent. Thank you.

Address for Communication:

Dr. K.R Prathap Kumar Chairman, Travelling Fellowship Committee of KOA, Dept. of Orthopaedics, Sunrise Hospital, Sea Port - Air Port Road, Thrikkakara, Kakkand-682030, Ernakulam, Mob: 9895057554

Email: prat Kumar@hotmail.com cc to keralaortho@gmail.com

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Inauguration of “ KOA CHAMBERS”



Our own “ KOA CHAMBERS”, the 7008 sq. feet hall at IMA house, Kochi was inaugurated by Dr Ramkumar K.P, senior past president of KOA on 12th Dec. 2021. As you all will agree our association as we see now has been built by the selfless efforts of our previous office bearers.. During this auspicious function, KOA honoured its past President, Secretaires and Treasurers for their contribution in making us what we are today. KOA President , Dr Ram Mohan , Hon Secretary Dr. Subin Hon Treasurer Dr Ansu Anand , KOA Building Committee Chairman Dr Tajan.P.J and Dr. Kuriipe & Dr Narayanan (IMA, Kochi) were present during the function.



AWARDS AND HONOURS

Prof. PA Alexander Life Time Achievement award 2021



D.Lazar. J Chandy

KOA Meritorious Award 2021



Dr. Wilson Iype



Dr. Vikraman C.S,
Trivandrum

KOA Honorary Fellows



Dr. Mammen Alexander,
Kochi



Dr. Koshy George T,
Thrissur

KOACON 2022

Prof. K.I George Orations



Dr Jacob P.J



Dr C. Cheriyan Koor.

KOA Silver Jubilee Oration



Dr. Anilkumar.V

Prof. K.C Gopalakrishnan Oration



Dr. Shibu John

KOA BENEVOLENT FUND (KOA KBF)

Respected Teachers & Dear Friends

The covid pandemic helped all of us to realize how vulnerable we all are as humans even in this age of advanced technology. It just takes a simple diagnostic test to change one's life forever.

IMA has initiated many novel schemes which have been the backbone of our fraternity in the event of unforeseen circumstances and no words can express our gratitude to IMA for the same.

Most of the benefits are only given after death of the member to his bereaved family. In view to help our life members suffering from an unexpected illness, the KOA general body held during the KOACON-2021 approved the proposal of the KOA executive committee to start the KOA Benevolent Fund. (KBF) .

The following are the guidelines approved by the GB of KOA regarding KBF.

1. KBF is open only to life members of KOA
2. The members will have to pay a joining fee of Rs: 1000/- and an annual fee of Rs: 500 for KBF.
3. The central committee of KBF will review the applications for support from KBF members and release the appropriate amount subject to a maximum of Rs: 1.5 Lakh
4. All claims will be settled at the end of calendar year of KOA
5. The diseases to be covered under the scheme and amount to be dispersed will be the sole discretion of the central committee of KBF.
6. The central committee of KBF will be constituted by President of KOA, Secretary of KOA, Treasurer of KOA, President Elect of KOA, Imm Past President of KOA

The financial constraints of a small body like KOA restricts disbursement to multiple applicants in case of calamities as we had last year. Hence the need for pooling our resources in case of an eventuality to a fellow member and that is what KBF attempts to do so that ready disbursal can be done without tasking our members at each and every event

Please log on to keralaortho.org for joining the scheme and renewal payments or make your payment to the following Bank account of KOA.

Account Name: Kerala Orthopaedic Association

Account no: 50200030952557

IFC Code : HDFC0000510

HDFC Bank , Bannerji Road Branch, Ernakulam- 682018.

Kindly email your payment details to koakbf@gmail.com

KOA kindly requests all life members who have not joined KBF to do so, so that all of us can strive together to help a member in need.

One for All, All for One. "TO CARE AND TO PROTECT"

Thanks & Regards

Dr Ram Mohan KP
President

Dr Subin Sugath
Secretary

Dr Ansu Anand A.
Treasurer

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KOACON - 2022

41ST ANNUAL CONFERENCE OF KERALA ORTHOPAEDIC ASSOCIATION

CONFERENCE DATES

11 MARCH
FRIDAY

12 MARCH
SATURDAY

13 MARCH
SUNDAY

CONFERENCE HIGHLIGHTS

- CONTINUING MEDICAL EDUCATION
- ORATIONS
- EMINENT FACULTIES
- AWARD PAPERS
- FREE PAPERS & POSTER PRESENTATION
- CASE BASED PANEL DISCUSSIONS
- ORTHOPAEDIC QUIZ
- MUSICAL & CULTURAL NIGHTS

**VENUE : HOTEL TRIPENTA
MALAMPUZHA, PALAKKAD**

FOR MORE DETAILS : **DR. TAJAN P.J.**

ROBINSON ROAD, PALAKKAD - 678 001, CONTACT: 9946565165

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