



KOA NEWS

OFFICIAL NEWSLETTER OF KERALA ORTHOPAEDIC ASSOCIATION

JAN 2024

www.keralaortho.org



PRESIDENTIAL MESSAGE

Esteemed Members of Kerala Orthopaedic Association

Greetings from the office of the KOA President.

We have come to the end of another KOA year and new office bearers have been elected and ready to take over. As President of KOA, I have travelled to various districts and had an opportunity to interact with many of our members.

Our Scientific and Social activities are back to normal after a gap created by the Pandemic. Almost every week we have Academic programmes organised by District Chapters and institutions

This year we had two new programmes .. The First Annual Sports meet of Kerala Orthopaedic Association(CALLUS) was held at Perinthalmanna in October which was well organised by Malappuram Orthopaedic Society under the able leadership of Dr Reas Ali Aryadan and Dr. Fajish Farook. It was well attended by our members.

First KOA PGCON to enable our post graduates to present more papers was conducted at Kottayam in November by Central Travancore Orthopaedic Society. under the leadership of Dr.Mathew K M, Prof.Tigy Thomas Jacob and Dr Samson S. Congratulations to our Post Graduates Dr.Mahesh and Dr.Akhil who won the IOACON PG Quiz at Lucknow.

We could Purchase one more apartment at IMA House, Kochi (KOA Lounge) and it will be available to our members at a reduced rate from February First onwards. I request all Orthopaedic Surgeons to become members of KOA and IOA. Also request our young orthopaedic fraternity to make use of our two programmes-the webinar series to enhance theoretical skills and the Mentorship programme for hands-on skill augmentation. Next KOACON is being hosted by the Central Travancore Orthopaedic Society and we are gearing up for a grand event. I request maximum participation from our members. This year we lost seven KOA members including two past presidents, Prof. Vishwanathan M K and Dr. Lazar J Chandy. Dr. Lazar was also past vice president of IOA and Organising chairman of IOACON2016.

It has been great experience to be officiating as President of KOA and I personally thank each and every member. I had great executive committee with Dr. Antony Joseph Thoppil as Hon. Secretary and Dr. Jiju Nuuman as Hon. Treasurer. I thank both of them and all the members of executive committee for their marvellous co-operation. I also place on record my thanks to our office staffs Arun K M and Abin Sudheer for their constant support.

Wish every member of KOA a healthy and prosperous times ahead .
Jai KOA.

Dr. Tajan P.J., President, KOA



SECRETARIAL MESSAGE

Respected KOA members,

It has truly been a remarkable year for KOA. The inaugural KOA Sports Meet, Callus - 2023, was a grand success with enthusiastic participation from all clubs. Kudos to the Malappuram Team for flawlessly orchestrating this event, leaving everyone thoroughly delighted.

The maiden edition of KOA PG CON, hosted by the Central Travancore Orthopaedic Society, garnered substantial participation from postgraduates across Kerala and beyond. The PG Teaching program was executed with finesse, and I extend my heartfelt congratulations to our PGs who clinched victory at the IOACON 2023 PG Quiz, a testament to their excellence. My sincere appreciation to CTOS for the seamless organization of KOAPGCON.

Presidents Theme

National: "Strong Bones Stronger Nation"

State: " Stay Strong & Be Strong "

In a significant development, KOA has acquired an additional flat at IMA House, Cochin (404). This will soon be available for KOA members at a nominal rent on a first-come, first-served basis.

Our academic initiatives continue to thrive with well-attended programs. The Advanced CME at Trichur received widespread acclaim for its quality.

Looking ahead, the KOA Premier League is set to unfold in the second week of January. Best wishes to all participating teams for a thrilling tournament.

As we approach the eagerly anticipated KOACON - 2024 at Backwater Ripples, Kumarakom, from 26th to 28th January, I urge all KOA members to actively participate in our flagship event. Let's collectively contribute to making it a resounding success.

Yours Sincerely

Dr. Antony Joseph Thoppil, Hon. Secretary KOA



TREASURERS MESSAGE

Esteemed Teachers and Dear Colleagues,

Greetings from the KOA!

Reflecting upon the year 2023, it brings immense pride to acknowledge the whirlwind of academic and economic triumphs that have graced our Association. Throughout the year, I had the privilege of attending numerous knowledge-enhancing programs

organized by the Kerala Orthopaedic Association (KOA) in Kerala. A heartfelt salute goes out to all the district chapters of KOA for orchestrating exceptional academic initiatives, fostering the growth of our members and postgraduate students.

In my role as the Treasurer of KOA, it brings me immense pride and joy to share that post-pandemic, our KOA Chambers at IMA House have generated a steady income. Additionally, we have successfully acquired another studio apartment at IMA, Kochi, designated exclusively for our members at a nominal rate. Detailed information on this will be communicated to all our esteemed members shortly.

This year marked the inception of two flagship programs – "CALLUS," a sports meet for our life members, and "KOAPGCON," designed for our postgraduate members. The KOA Executive Committee extends its heartfelt appreciation to Dr. Reas Ali and Fajish of Malappuram, as well as Dr. Samson, Dr. Mathew KM and Dr. Tigy Thomas of the CTOS, for their invaluable contributions to these initiatives. Notably, the Kerala Orthopaedic Association stands as a trailblazer, potentially being the first specialty organization in India to organize such a grand sports event exclusively for its members.

As we continue to blend the artistic finesse of surgical expertise with academic excellence, let us look forward to 2024 with a future filled with continuous growth, collaboration, and groundbreaking achievements within the field of orthopedics. Although we have great achievements in 2023, we lost seven esteemed life members, including two past presidents of KOA, Dr. MK Viswanathan & Dr Lazar J Chandy.

Wishing you all a prosperous and fulfilling year ahead.

Warm regards,

Jai KOA,

Dr Jiju A Nuuman, Hon Treasurer

KOA Webinars Series

The 1st Webinar after the KOACON 2023 was held on 1st March 2023 and it was organised by the Ouilon Chapter of the KOA on "Elbow Fractures" all the KOA Webinar videos are stored in the KOA site and you can make use of it at any time. The next one was organised by the Trivandrum Chapter, topic "Revisiting Ankle Injuries, What We Must Know!" and the last one was organised by Pathanamthitta chapter of the KOA, on December 7, 2023, Topic: Explore the intricacies of Tendoachilles Injuries. All the KOA Webinar Videos will be available on one click from the "KOA Webinar" tab in our site (www.keralaortho.org).

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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 the Backwater Ripples, Kumarakom from 4:30 PM onwards on Saturday 27th January 2024.. 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. Tajan.P.J
5. Report of the Secretary :Dr.Antony Joseph Thoppil
6. Minutes of the AGM held at Alappuzha on 4th Feb. 2023 :Dr.Antony Joseph Thoppil
7. Ratification of KOA Ex committee meeting decisions
8. Audited Accounts of the year 2022-2023 :Dr.Jiju A Nuuman
9. Treasurers Report & Budget for the year 2024 :Dr Jiju A Nuuman
10. Accounts of KOACON-2023, Alapuzha :Dr.Moh. Ashraf/ Dr Unnikrishnan.J
11. Report of KJO :Dr.Balaji Zacharia
12. Report of IT Secretary :Dr.Kurian Alappat
13. Report of KOA Travelling Fellowships& Mentorship :Dr. Jijo Jose
14. Long Term Planning committee Report :Dr.Binoy.S
15. Report of KOACON 2024 :Dr.Tomichan MC/ Dr Rajesh V
16. Report of KOACON 2025 :TVM Secretary / Org Secretary
17. Report of KOA Sports Meet :Dr Reas Ali / Dr Fajish F
18. Report of KOAPGCON :Dr Tigy Thomas / Dr Samson S .
19. Decision of venue of KOACON 2026.
20. Decision of the venues for KOA CMEs
21. Decision regarding CTICs
22. Report of KOA Buildings
- 23.. Reg KOA Webinar Series
24. Matters regarding CAPE-KOA :Dr Shanavas EK/ Dr Anoop S Pillai
25. Matters regarding OASIS/ OASISCON-2024 :Dr.Vasudevan.P.N
26. Matters Regarding IOA : Dr Ajith Kumar MN/ Dr. Ansu Anand A
27. Reg KOA Benevolent Fund :Dr Sasikumar C
28. Ratification of new memberships of KOA of the year 2023-24
29. Report of District Club Secretaries
30. Announcement of results of Election :Dr.Aneen N Kutty .
31. Election for the vacant posts of executive committee, if any
32. Any other matter relating to KOA with permission of the chair
33. Vote of Thanks :Hon. Secretary
34. National Anthem

With Warm Regards,

Yours in KOA

Sd/-

Dr.Antony Joseph Thoppil

Hon. Secretary, KOA

Dated:: 4th January 2024.

Presidents Theme

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The "CALLUS 23": Inaugural Sport Meet of KOA @ Perinthalmanna

Dear Esteemed Members,

Warm greetings from the office of CALLUS!

We are delighted to share the success of the inaugural sports meet, "CALLUS 23 - Sports to Unite Orthos," organized by the Malappuram Orthopaedic Society under the umbrella of the Kerala Orthopaedic Association. The event took place on the 28th and 29th of October 2023 in the vibrant hospital city of Perinthalmanna.

The two-day extravaganza unfolded across two venues, with Day 1 featuring thrilling cricket and football matches at Maulana's indoor turf. On Day 2, the event continued with an invigorating marathon and engaging indoor games. The turnout was exceptional, with nearly 200 of our esteemed members participating in this grand affair.

We are pleased to announce that the Calicut Orthopaedic Society emerged as the overall champions, showcasing exceptional sportsmanship, while the Cochin Orthopaedic Society displayed commendable prowess to secure the runner-up position. Congratulations to both teams!

Our heartfelt gratitude goes out to Dr. Tajan, President of KOA, Dr. Antony Thoppil, Honorary Secretary of KOA, Dr. Jiju Nuuman, Honorary Treasurer of KOA, Dr. Ramakrishnan, Immediate Past President of KOA, and Dr. Aneen, President-Elect of KOA, along with the entire executive committee for their unwavering support and encouragement.

We extend our sincere appreciation to each participant for contributing to the success of CALLUS 23. Your enthusiasm and spirit made the event truly memorable.

Looking forward to more such spirited gatherings in the future!

Dr Reas Ali (Organising Chairman), Dr Fajish F (Organising Secretary)



KOAPGCON.. First Edition @ Kottayam



Inaugurating the first edition of the KOA PGCON, a visionary initiative conceptualized by Dr. Samson S and seamlessly executed by the CTOS under the dynamic leadership of Dr. Tigy Thomas & Mathew KM marked a significant milestone in the academic landscape. The inaugural KOA PGCON unfolded as a symphony of intellectual pursuits, uniting postgraduates and esteemed educators in a forum that seamlessly blended academic rigor.

The academic panorama of the 1st KOAPGCON featured a plethora of PG teaching sessions, PG Quiz, poster & paper presentations

The inaugural ceremony of the KOAPGCON was graced by the eminent presence of Dr. Tajan PJ, the esteemed President of KOA, who officiated the commencement of this scholarly extravaganza. Joining the dignitary lineup were Prof. P.S. John, Dr. Jiju A. Nuuman, Dr. Aneen N. Kutty, Dr. Georgy S. Kuruvilla Dr. Samson S. The success of the program was echoed in the resonating applause and positive feedback from both participating

Additional CME of KOA @ Pathanamthitta on 24th Sept. 2023

One day CME on complex elbow injuries organized by orthopaedic society of Pathanamthitta conducted at Parumala hospital on 24th September 2023. It was conducted as an additional CME of KOA and inaugurated by His Holiness Dr Yohanon Mar Chrisostomos. Keynote address given by Prof P S John, Pushpagiri Medical College. Donation to KOA Benevolent fund by Orthopedic society of Pathanamthitta handed over to Treasurer Dr Jiju A Nuuman by POS President Dr Suresh koshy



Advance CME of KOA At Thrissur (14th & 15th Oct. 2023).

The Advanced CME of KOA 2023 was conducted at Hotel Ashoka Inn, Thrissur on 14th and 15th of October 2023., Topic..Advanced Nailing Techniques. This was conducted with 3 live surgery sessions. Org.Chairman Dr.Rammohan.K.P & Org.Secretary Dr.Ajithkumar.M.N

The CME had 3 talks by invited Faculty on Saturday, 14th evening. The invited out of State faculty are Dr.Shivsankar, past president of IOA from sholapur. Dr.Devendra Agraharam from Ganga Hospital, Coimbatore & Dr.Shilendra Pai., Tejaswini Hosp, Manglore.

Inauguration was done by KOA President Dr Tajan P.J and felicitations by Dr.Shivsankar, KOA Secretary Dr Antony J Thoppil & by Dr Jiju A Nuuman , KOA Treasurer.



Live surgeries on Comminuted Sub Trochanteric fracture, closed nailing , Supracondylar Nailing in segmental Tibia fracture & Proximal Humerus Nailing were held. Various faculty from state along with guest faculty deliberated. Program attended by about 140 delegates.

MOTSCON 2023, Malappuram



MOTSCON 2023 organised by Dept of Orthopaedics, MES Medical College Perinthamanna under the aegis of KOA and MOS was conducted successfully on 12/11/2023 Sunday at College auditorium. This time topic was Primary Total Knee Arthroplasty- Basics to learners. This time CME conducted with live surgeries and first time in Kerala MOTSCON team streamed live robotic knee replacement. Welcome address given by CME chairman Prof C M Kumaran. CME was inaugurated by Hon President Dr Tajan P J, keynote address given by our Duty Medical Superintendent Dr Hameed Fazal Gafoor. Felicitated by Prof V Ramachandran Associate Dean MES Medical College, Dr Reas Ali Aryadan President Malappuram Orthopaedic Society and Dr Fajish Secretary Malappuram Orthopaedic Society. Vote of thanks given by Dr Gijo A J Organizing Secretary MOTSCON 2023.

Cochin International Orthopaedic Summit - CIOS 2023

The Cochin Orthopaedic Society conducted their fourth biennial international conference- CIOS 2023 (30th September - 1st October) at Grand Hyatt, Kochi. The theme of the conference was Challenges in Orthopaedics. The program was inaugurated by Honourable Justice Mrs. Sophy Thomas . Organising Chairman was Dr R Venugopal and Organising Secretary Dr Sujit Jos.

Pre-conference Cadaveric workshops on Shoulder and Knee Arthroscopy , Arthroplasty , Pelvi acetabular and Foot & Ankle sessions were conducted on the 28th and 29th of September 2023 at Government Medical College, Kalamassery.



Residential CME of KOA conducted at Wayanad



The first residential CME of KOA was conducted at Vythiri holiday resorts, Vythiri on 6th Jan 2024 by Wayand Ortho Society associated with OASIS . CME on TKR -update of basics was conducted by experts from state and national level. We had 68 registrations. All the basic aspects of TKR were cover by experts in the field. The CME was conducted under the leadership of Dr Aneen Kutty, Org President, Dr Ajith .K president WOS, Dr Nithyanand Rao President OASIS, Dr Roshan Kumar Sec gen OASIS, Dr Manjunath Treasurer OASIS, Dr Antony Joseph KOA Secretary graced the occasion. More than 10 talks and a panel discussion was part of CME. The CME ended with a gala dinner .

Dr Suresh K, Org Secretary Work Up Waynad, Secretary WOS

INSIGHT 2023

On November 5th, 2023, the INSIGHT 2023-14th Annual Continuing Medical Education (CME) on Bone and Soft Tissue Tumors was conducted at the Indian Medical Association (IMA) House, Kochi. The program was conducted under the aegis of the Kerala Orthopaedic Association, Indian Musculoskeletal Oncology Society, Trivandrum Orthopaedic Association, and Cochin Orthopaedic Society. The inauguration ceremony was graced by the presence of esteemed personalities such as KOA President Dr. Tajan P J, Secretary Dr. Antony Joseph Thoppil, Treasurer Dr. Jiju A Nuuman, COS President Dr. Dennis P Jose, Secretary Dr. Jiss Joseph Panakkal, and TOS Secretary Dr. E Kaiser Ennis.



The CME, spanning a day, was accredited by KSMC and awarded 2 CME credit hours. The primary objective of the CME was to provide a comprehensive understanding of the underlying pathophysiology, diagnostic approaches, and treatment options available for bone and soft tissue tumors. The faculty list included some of the eminent Orthopaedic Oncosurgeons from the country, and the event was attended primarily by young and enthusiastic Orthopedic surgeons from across the state.

The INSIGHT team extends its sincere appreciation for your unwavering support, which has been a driving force behind our journey thus far.

Regards

Dr Subin Sugath. Dr Sreeraj Rajan. Dr Ebin Rahman. (TEAM INSIGHT)

KOA Journal of Orthopaedics

Greetings from KJO.

The second issue July to December 2023 is now available online. There are some very interesting articles in this issue. From a state journal we are gradually becoming a national one. We have two articles from outside states. I appeal to everyone to submit articles to our journal and also encourage your friends abroad to do the same. I have completed my tenure. I thank every member of KOA for giving this opportunity. My sincere thanks to the president, Secretary, editorial team and executive Committee members for their support and guidance.

Wishing all success to the next editor.

KJO Website Link : <https://journals.lww.com/KJOR/pages/default.aspx>

With regards

Dr. Balaji Zacharia, Editor KJO

IOA Report

Respected Teachers and dear colleagues

As you all know, honourable high court of Delhi has appointed retd justice J R Midha as administrator of IOA on 20 th October 2023. IOA 2023 held at ekana sports academy, Lucknow from 14 December to 17 December successfully under the observation of administrator. IOA 2023 elections will be held only after rectifying the voters list under the observation of administrator

Dr Ajith Kumar MN / Dr Ansu Anand A

Report from the IT Secretary

Greetings from the IT wing of KOA.

Online Photo Gallery for KOA has started. The official social media page of Kerala Orthopaedic Association has begun in Facebook. We plan to cover future events of KOA in social media. The next step is make 'skill lab in a bag' project. A sneak peek will be shown in KOACON 2024 KOA General Body meeting. We hopefully would achieve it by second quarter of 2024. Online KOA video library www.koaweb.in is expanding as more webinars are being conducted. We welcome academic content from the KOA members to make it more valuable.

Exciting times ahead.

Regards

Dr Kurian Alappatt. IT secretary KOA, Mobile : 9567056148. Email: drkurian@live.com

Awards & Honours

**Prof. P.A Alexander
Life Time Achievement
Award 2023**



Dr V V George

**KOA Meritorious
Award**



Dr V.I Simon

KOA Honorary Fellows



Dr. Manuel V Joseph



Dr Dinesh K.



Dr. M.A Thomas

**Prof.K.I George
Oration**



Dr. Ramakrishnan S

**KOA Silver
Jubilee Oration:**



Dr.Bipin Theruvil

**Prof. K.C Gopalakrishnan
Oration :**



Dr John Thayyil John.

**Winners
IOACON PG Quiz 2023**



Dr Akhil S R



Dr Mahesh S

**Please follow link for
KOA Forthcoming Events**

<https://docs.google.com/spreadsheets/d/1v8zQ6XX5uFyseQFk7zq1ZQTbVRKwuuXA/edit?usp=sharing&oid=110938413981217623704&rtpof=true&sd=true>

OBITUARY



Dr. Vijay Gopal. P
Tirur

OBITUARY



Dr Lazar J Chandy
Ernakulam

OASISCON-2024

**Annual Conference of
Orthopaedic Association of
South Indian States**

**KPM Tripenta, Malampuzha,
Palakkad, Kerala**

**On August 30,31 &
September 1, 2024**

BLOCK YOUR DATES

**Abstract Submission &
Registration Starting Soon**

Dr. Vasudevan P.N.
Organising Chairman

Dr. Tajan P.J
Organising Secretary



KOACON 24 *functio supremo*

@ Enchanting Kottayam



43rd

Annual Conference

2024 JANUARY 26, 27, 28

@ Backwater Ripples, Kumarakom

DAY-1

- ▶ **PROF P A ALEXANDER MEMORIAL CME**
- ▶ **INTRAARTICULAR FRACTURES -**
functio supremo
- ▶ **CONFERENCE INAUGURATION**

**CONFERENCE
DINNER**

**CHITHRA
MUSICAL NITE**

DAY-3

CONFERENCE DAY 2

- ▶ **KC JACOB PG GOLD MEDAL**
- ▶ **VENUGOPALAN NAIR CONSULTANT GOLD MEDAL**
- ▶ **KOA QUIZ**
- ▶ **INVITED TALKS**
- ▶ **SPECIALITY**
 - shoulder scopy
 - hip plasty
- ▶ **VALEDICTORY FUNCTION**

DAY-2

CONFERENCE DAY 1

- ▶ **KOA ORATIONS**
- ▶ **INVITED TALKS**
- ▶ **PK SURENDRAN GOLD MEDAL**
- ▶ **KOA VIDEO GOLD MEDAL**
- ▶ **POSTER GOLD MEDAL**
- ▶ **SPECIALTY SESSIONS**
 - Knee Scopy, Knee Plasty
 - Pelviacetabular, Spine
 - Paediatrics
 - Foot and Ankle
 - Hand
- ▶ **PG TEACHING**
- ▶ **GENERAL BODY KOA**
- ▶ **Free Papers**

BANQUET

**GOWRI LAKSHMI
MUSICAL DHAMAKKA**