



UPOA TIMES

— NEWS LETTER OF UP ORTHOPAEDIC ASSOCIATION —



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MAY - AUGUST 2026



**NEWS LETTER OF
UP ORTHOPAEDIC ASSOCIATION**

Registered Under the Societies Act 21/1860,
Reg. No 1102/1999-2000



IOA President Theme

FELLOWSHIP AND TRAINING FOR ALL
BONE AND JOINTS IN SAFE HANDS



UPOA President Theme

EVERY BONE COUNTS –
ORTHOPAEDIC EXCELLENCE
ACROSS U.P.



Dr. Santosh Singh
President UPOA



Dr. Amit Jaiswal
Secretary UPOA

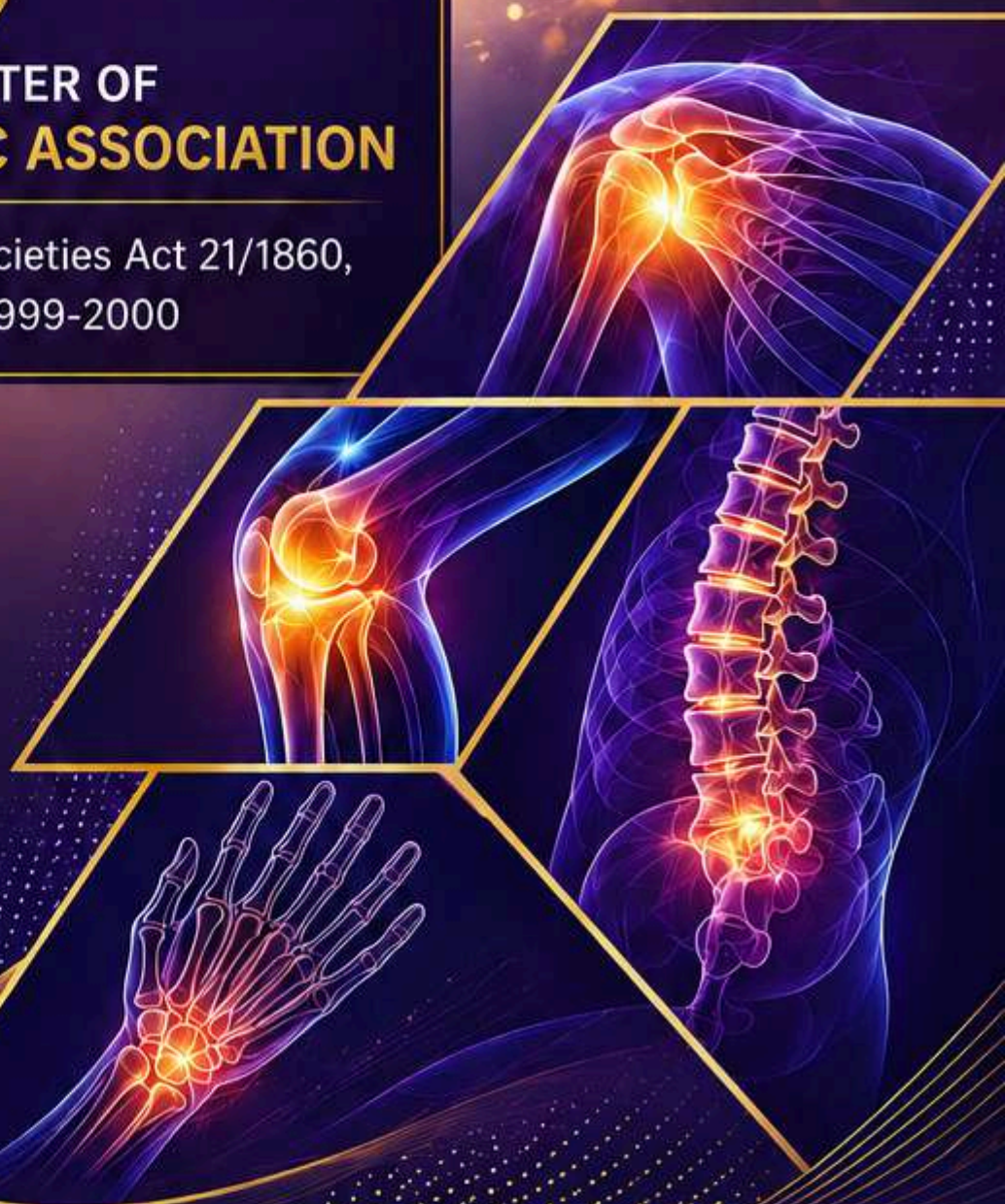


Secretariat Address-

D 58/7-38 Bhagwandas Colony
Rathyatra, Orthomax Hospital, Varanasi, 221010



Secretariat Ph.: 9415087330
UPOA Office Ph.: 9415679511
Email: upoaoffice@gmail.com





UPOA EXECUTIVE COMMITTEE

2026 - 2027

President	Dr Santosh Singh	Lucknow
President Elect	Dr Ashutosh Agarwal	Varanasi
Hon. Secretary	Dr Amit Jaiswal	Varanasi
Imm. Past President	Dr Piyush Kumar Misra	Prayagraj
Vice President	Dr Amit Mishra	Gorakhpur
Vice President	Dr Vipul Agarwal	Firozabad
Treasurer	Dr Amrit Goyal	Agra
Joint Secretary	Dr Madhusudan Mishra	Lucknow
Joint Secretary	Dr R.P. Singh	Lucknow
Joint Secretary	Dr Shivam Sinha	Varanasi
Editor JBJD	Dr Deepak Kumar	Lucknow
Member Executive	Dr Rizwan Khan	Ghaziabad
	Dr Rajat Kapoor	Agra
	Dr Praveen Kumar	Lucknow
	Dr Anupam Srivastava	Varanasi
	Dr K.S. Dinkar	Agra
	Dr Sunil Kumar	Saifai
	Dr Arun Kapoor	Agra
	Dr Harish Kumar	Agra
	Dr Ravi Singh Khanka	Lucknow
Quiz Master	Dr Sanjay Yadav	Varanasi
Web Master	Dr Sanjiv Kumar	Lucknow
IOA Representative	Dr Sanjay Dhawan	Agra
	Dr Vinod Pagrani	Bareilly



UPOA President's Message



It is a profound honour for me to assume the responsibility of serving as the President of the Uttar Pradesh Orthopaedic Association. I extend my sincere gratitude to our respected seniors, past presidents, executive members, and colleagues for their trust and support. This association has been built through decades of dedication, academic excellence, and professional integrity, and it is a privilege to carry this legacy forward.

My vision for our association is guided by the principles of truth, transparency, and collective progress. An institution grows stronger when its functioning is fair, accountable, and transparent. I am committed to ensuring that the association continues to function with clarity, openness, and respect for every member. The dignity and credibility of our professional body must always remain our highest priority.

Academic growth will remain the cornerstone of our mission. Orthopaedics is an ever-evolving field, and it is our responsibility to keep ourselves updated with the latest advancements in knowledge and surgical skills. Through academic conferences, workshops, skill development programs, and collaborative learning platforms, we will continue to strengthen the scientific foundation of our association.

A key focus of my tenure will be the empowerment and mentorship of young orthopaedic surgeons. They are the future of our specialty, and their energy, innovation, and dedication must be encouraged and guided. By providing them opportunities for academic exposure, leadership participation, and professional development, we will help shape a stronger and more progressive orthopaedic community.

Equally important is the spirit of unity, mutual respect, and collaboration within our fraternity. With the wisdom of our seniors and the enthusiasm of our younger colleagues, we can collectively elevate the standards of orthopaedic practice and education across our state. **My Presidential Theme is EVERY BONE COUNTS – ORTHOPAEDIC EXCELLENCE ACROSS U.P.**

Let us work together with commitment and integrity to take the Uttar Pradesh Orthopaedic Association to greater heights.

Dr. Santosh Singh

President, Uttar Pradesh Orthopaedic Association (UPOA)



UPOA Secretary's Message



It is a great honour to serve as the Secretary of the Uttar Pradesh Orthopaedic Association (UPOA). I extend my heartfelt gratitude to our respected seniors, office bearers, executive members, and colleagues for their continued trust and support.

UPOA represents a strong and diverse community of orthopaedic professionals, and I believe its true strength lies in the active involvement and contribution of every member. As Secretary, my endeavour will be to facilitate better communication, stronger coordination, and greater engagement across our fraternity.

Through a vibrant calendar of academic programmes, conferences, CME activities, workshops, fellowships, and educational initiatives, we will continue to create opportunities to learn, share experience, and enhance our clinical skills.

We will also encourage our young orthopaedic surgeons and postgraduate students to actively participate in the academic and professional activities of UPOA, giving them a platform to learn, contribute, and grow.

Our responsibility extends beyond our fraternity. By promoting awareness about bone and joint health, prevention, early diagnosis, and timely treatment, we can make a meaningful difference to the communities we serve.

I look forward to working together with every member of UPOA in the spirit of service, cooperation, and continuous learning.

Together, let us keep UPOA connected, active, and committed to better orthopaedic care and a healthier society.

Dr. Amit Jaiswal

Secretary, Uttar Pradesh Orthopaedic Association (UPOA)

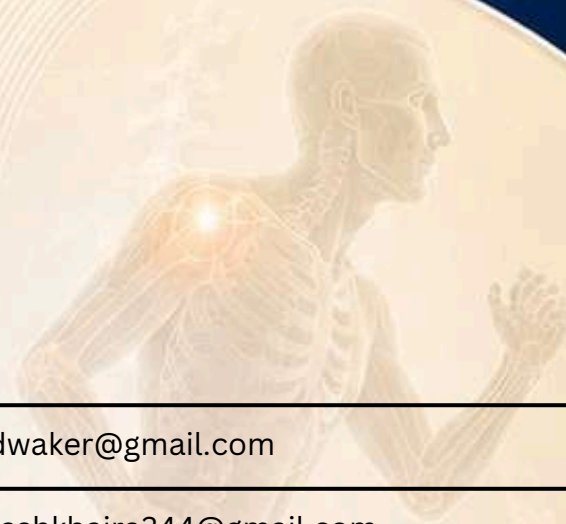


UPOA CITY CLUBS 2026-2027

Agra	President	Dr. Atul Kulshrestha	9897023343	dratulkulshrestha83@gmail.com
	Secretary	Dr. Sanjay Chaturvedi	9412261575	drsanjaychaturvedi@gmail.com
Aligarh	President	Dr. Fazal UR Rehman	8279617784	khanfazal660@gmail.com
	Secretary	Dr. Abhishek k singh	9990008764	draksterminator@gmail.com
Ayodhya	President	Dr. Anil Kumar	9415048261	anil.renumemorial@gmail.com
	Secretary	Dr. G. K. Pandey	9415058337	govindgkpandey@gmail.com
Bareilly	President	Dr. Alok Sharma	9837025380	dr.aloksharmably.70@gmail.com
	Secretary	Dr. Sumit Mehra	9711488078	drsumitmehra2014@gmail.com
Basti	President	Dr. Satyandra Rai	9415037909	satyendra.ra19@gmail.com
	Secretary	Dr. Sanjay Kumar Arora	9839887473	skarora08@rediffmail.com
Deoria	President	Dr. S K Anand	9670225997	santosh_anand15@rediffmail.com
	Secretary	Dr. Mohd Arif	9598001123	arifmd4242@gmail.com
Firozabad	President	Dr. Jagdish Mittal	9897085050	jmittal30@gmail.com
	Secretary	Dr. Vipul Agarwal	8171207989	sarinavipul@yahoo.com
Ghaziabad	President	Dr. V. K. Batra	9560728484	drvkbatra1976@gmail.com
	Secretary	Dr. Bhavishya Handa	9910101001	bhavishyahanda80@gmail.com
Gorakhpur	President	Dr. S.K. Tripathi	9839295344	gsvmsanjay@gmail.com
	Secretary	Dr. Bhartendra Jain	9936311005	dr_bharat98@yahoo.co.in
Greater Noida	President	Dr. Anil Pratap Singh	9811211396	drsinghap@gail.com
	Secretary	Dr. Vikas Saxena	9650412610	drvikasms@gmail.com
Hathras	President	Dr. K.K. Varshney	9837107959	kamal16@gmail.com
	Secretary	Dr. R.K. Singh	9627193971	kinkersinghram@gmail.com
Jhansi	President	Dr. Rajeev Singh Bhadoriya	9415031443	rajeevsingh.bhadauria@gmail.com
	Secretary	Dr. Paras Gupta	9616581304	parasorthomlb@gmail.com
Kanpur	President	Dr. Ravi Garg	9793033111	dr_ravi_garg@yahoo.com
	Secretary	Dr. Ajeet Tiwari	9140599481	kanpurhandclinic@gmail.com
Lucknow	President	Dr. Shubh Mehrotra	9335905655	shubhmehrotra@hotmail.com
	Secretary	Dr. Sanjiv Kumar	9695539134	sanjeevkumar98@gmail.com



UPOA CITY CLUBS 2026-2027



Lalitpur	President	Dr. Arvind Diwakar	9795233768	ddwaker@gmail.com
	Secretary	Dr. Akash R Khaira	7018038796	akashkhaira344@gmail.com
Meerut	President	Prof. Parvez Ahmad	9412025121	drahmedparvez@yahoo.com
	Secretary	Dr. Kritesh Mishra	7906665765	mishrakritesh@gmail.com
Moradabad	President	Dr. Najamul Huda	9837119336	hudanajamul@gmail.com
	Secretary	Dr. Shobhit	8318914945	chit1bit@yahoo.com
Muzaffarnagar	President	Dr. Vinit Minocha	9897242355	m_vinit@hotmail.com
	Secretary	Dr. Siddhartha Goel	9997040448	goelxrayofficial@gmail.com
Mathura	President	Dr. Adesh Sharma	8958596128	adeshsharma123@gmail.com
	Secretary	Dr. Bhaskar Tiwari	8808585765	drbhaskartiwariortho@gmail.com
Prayagraj	President	Dr. Rakesh Chandra	9415214703	dr.rakeshchandra@yahoo.com
	Secretary	Dr. Nimish Agrawal	7007758570	drnimishag@gmail.com
Raebareli	President	Dr. Gaurav Kumar Upadhyay	9891085913	raebareliorthopaedicclub@gmail.com
	Secretary	Dr. Arshad Ahamad	9044948874	raebareliorthopaedicclub@gmail.com
Saifai	President	Dr. R.S. Yadav	9410045241	dayalortho@gmail.com
	Secretary	Dr. Ajay Kr. Rajput	9582342414	dr.ajayrajput@gmail.com
Saharanpur	President	Dr. ShashiKant Saini	9319388182	24shashikant@gmail.com
	Secretary	Dr. Rahul Singh	9634157970	drrahuls90@yahoo.com
Sultanpur	President	Dr. Siddiqui Qadeer Ahmed	9415046279	drqas2001@yahoo.co.in
	Secretary	Dr. Amol Rebello	9598473459	dramol2002@gmail.com
Varanasi	President	Dr. Shivam Sinha	9453048787	shivamortho81@gmail.com
	Secretary	Dr. Sanjay Yadav	9560754591	drsanjay.pgi@gmail.com



GUIDELINES FOR THE OFFICIAL ACADEMIC EVENTS OF UPOA

1. The date & venue should be decided and informed to UPOA Office earliest so that it can be displayed on website.
2. The date should not coincide with other important official events of IOA and major festivals of UP.
3. A copy of the e-brochure should be sent to the UPOA Secretary for approval before it is circulated amongst the members. This is to ensure that all protocols are adhered too.
4. The event must not be organized under aegis of any other association.
5. Flier should include- names of UPOA president, UPOA president elect, UPOA secretary, organising chairman, organising secretary, local club president and secretary.
6. The brochure should contain:
 - a. UPOA & City Club Emblem.
 - b. IOA Presidential Theme - **FELLOWSHIP AND TRAINING FOR ALL – BONE AND JOINTS IN SAFE HANDS.**
 - c. UPOA Presidential Theme- **EVERY BONE COUNTS – ORTHOPAEDIC EXCELLENCE ACROSS U.P.**
 - d. Names and Photos of UPOA President, President Elect & Secretary.
 - e. Scientific Programme
 - f. Local organizing committee
 - g. Office bearers of the local orthopaedic club
7. All members of UPOA should be informed by electronic media: Email, SMS, WhatsApp, & social media at least 4 weeks prior to the event.
8. The President, President Elect and Secretary UPOA should be invited well in advance and their stay and local hospitality should be taken care of by the organisers.
9. In case the President / Secretary are unable to attend, they will nominate either the President Elect or one of the Vice President/ any other office bearers of UPOA to deputize on their behalf. In such a scenario, the nominated officer shall be offered the same hospitality and position on the dais as the UPOA President/ Secretary.
10. INAUGURAL FUNCTION PROTOCOL -
 - i. The inaugural function should preferably be finished within 30 minutes.
 - ii. The function shall be presided by the President of the U.P. Orthopaedic Association
 - iii. Person of eminence in the field of Orthopaedics should preferably be invited as the guest of honour.
 - iv. President IOA / President Elect IOA / Vice President IOA / Secretary IOA (in preferential order) may be invited as a Chief guest.
 - v. During the inaugural function, the number of persons on the dais should not be more than 9. The President, Chief Guest, Guest of honour, President Elect, Secretary, Organising Chairman, Organising Secretary and President & Secretary of Local Orthopaedic Club should be on the dais during the inaugural function.
 - vi. The dais may be expanded to 11 persons in the extra-ordinary circumstances if the event is being held in an educational institution to accommodate the appropriate university / college dignitaries.
 - vii. The first row in the conference hall during the event shall be reserved to the dignitaries.
 - viii. Master of the Ceremony should be nominated by the organising secretary to conduct the inaugural function.
 - ix. The Master of ceremony will conduct the inaugural function in following order-
 - a. Invocation- President UPOA, Chief Guest, Guest of Honour, President Elect UPOA, Secretary UPOA, President and Secretary of local orthopaedic club, Organising Chairman and Organising Secretary.
 - b. Lighting of Lamp
 - c. Welcome Address by Organising Chairman.
 - d. UPOA Secretary's report/speech.
 - e. UPOA Presidential address
 - f. Guest of Honour's address
 - g. Address by chief guest
 - h. Vote of Thanks by organising Secretary
 - i. National Anthem.



Podium
Master of
Ceremony

Seating Arrangement	Organising Secretary	Club Secretary	UPOA Secretary	Chief Guest	UPOA President	Guest of Honor	UPOA President Elect	Club President	Organising Chairman
Call on Dias and bouquet (In this order)	9	7	5	2	1	3	4	6	8

11. To maintain the decorum of UPOA events, only designated and approved dignitaries on the Dias must be invited during the lamp lighting ceremony. No any other persom will be permitted except dignitaries on the Dias.
12. Event contribution to UPOA will be minimum 8% of total collection of registration and sponsorship charges (to be collected on behalf of the course).
13. Details of Bank Account of UPOA
Account Name: U.P. Orthopaedic Association
Bank: State Bank Of India
Account No: 30323729681
Branch: Lucknow Main Branch
Tarawali Kothi, Moti mahal Marg, Hazratganj, Lucknow :226001
IFSC: SBIN0000125
14. Short report with photographs should be sent to secretary within 15 days of the event. Report should include-
1. Program name
 2. Date And Venue
 3. List of Faculty (Name, Phone No. & Email id)
 4. List of Delegates (Name, Phone No. & Email id)
 5. Name of Chief Guest
 6. Name of guest of honour
 7. Any award given
 8. Special invitees
 9. Any Remarks
 10. Few Photos
- Final audited report must be sent to the secretary within 6 months of the event.
15. Certificates (Delegates and Faculty) should:
- a. Have logo of UPOA
 - b. Be signed by President and Secretary UPOA, org chairman and org secretary.
16. Banner should have logo of UPOA.
17. The organizing secretary should be present in the Inaugural Function of the subsequent UPORTHOCON, to receive the certificate of appreciation.
18. Faculty selection should be done in consultation with scientific committee and UPOA Officials. Please do not commit to any faculty without UPOA approval. In faculty selection please encourage the members of UPOA.
19. Outside UP faculty should not be more than 50%.
20. Apply for MCI accreditation points.
21. MTS Audited Report should be presented in Next UPORTHOCON and Audited Report of UPORTHOCON should be presented in next MTS by the Organising Secretary (or by the Organising Chairman).
22. Any other information will be sent to you time to time as decided by EC.
23. Certificates and mementos will not be distributed on stage. They can be distributed at any other place within the same hall.




Dr Santosh Singh
UPOA President


Dr Amit Jaiswal
UPOA Secretary



GUIDELINES FOR THE ACADEMIC EVENTS TO BE CONDUCTED UNDER THE AEGIS OF UPOA

1. The Organizing Secretary must obtain, through an email, prior permission from the UPOA Secretary, at least a month before the event to ensure the availability of office bearers.
2. The dates should not coincide with other important official events of the IOA and UPOA.
3. A copy of the e-brochure should be sent to the UPOA Secretary for approval before it is circulated amongst the members. This is to ensure that all protocols are adhered too.
4. The event may be organized under aegis of another association in addition to the UPOA with prior permission.
5. Flier should include- names of UPOA president, president elect, secretary, organising chairman, organising secretary, local club president and secretary.
6. The brochure should contain:
 - a. UPOA & City Club Emblem.
 - b. IOA Presidential Theme - **FELLOWSHIP AND TRAINING FOR ALL – BONE AND JOINTS IN SAFE HANDS.**
 - c. UPOA Presidential Theme- **EVERY BONE COUNTS – ORTHOPAEDIC EXCELLENCE ACROSS U.P.**
 - d. “Under the aegis of U.P. Orthopaedic Association” should be written prominently (Below the title of program).
 - e. Names and Photos of UPOA President, President Elect & Secretary.
 - f. Scientific Programme
 - g. Local organizing committee
 - h. Office bearers of the local orthopaedic club
7. All members of UPOA should be informed by electronic media: Email, SMS, WhatsApp, & social media at least 2 weeks prior to the event.
8. The President and Secretary UPOA should be invited well in advance and their stay and local hospitality should be taken care of by the organizers.
9. In case the President / Secretary are unable to attend, they will nominate either the President Elect or one of the Vice Presidents/ any other office bearers of UPOA to deputize on their behalf. In such a scenario, the nominated officer shall be offered the same hospitality and position on the dais as the UPOA President/ Secretary.
10. INAUGURAL FUNCTION PROTOCOL
 - i. The inaugural function should preferably be finished within 30 minutes.
 - ii. The function shall be presided by the President of the U.P. Orthopaedic Association
 - iii. Person of eminence in the field of Orthopaedics should preferably be invited as a chief guest to inaugurate the conference.
 - iv. President IOA / Secretary IOA / Vice President IOA (in preferential order) should be/may be invited as a guest of honour.
 - v. During the inaugural function, the number of persons on the dais should not be more than 9. The President, Chief Guest, Guest of honour, President Elect, Secretary, Organising Chairman, Organising Secretary and President & Secretary of Local Orthopaedic Club should be on dais during the inaugural function.
 - vi. The dais may be expanded to 11 persons in the extra-ordinary circumstances if the event is being held in educational institution to accommodate the appropriate university / college dignitaries.
 - vii. The first row in the conference hall during the event shall be reserved for the dignitaries.
 - viii. Master of the Ceremony should be nominated by the organising secretary to conduct the inaugural function.
 - ix. The Master of ceremony will conduct the inaugural function in following order-
 - a. Invocation-president UPOA, chief guest, guest of honour, president elect UPOA, secretary UPOA, president and secretary of local orthopaedic club, organising chairman and organising secretary.
 - b. Lighting of Lamp
 - c. Welcome Address by Chairman Organising committee.
 - d. Secretary's report/speech.
 - e. Presidential address
 - f. Guest of Honour's address
 - g. Address by chief guest
 - h. Vote of Thanks by Organising Secretary
 - i. National Anthem.



Podium
Master of
Ceremony

Seating Arrangement	Organising Secretary	Club Secretary	UPOA Secretary	Chief Guest	UPOA President	Guest of Honor	UPOA President Elect	Club President	Organising Chairman
Call on Dias and bouquet (In this order)	9	7	5	2	1	3	4	6	8

11. To maintain the decorum of UPOA events, only designated and approved dignitaries on the Dias must be invited during the lamp lighting ceremony. No any other persom will be permitted except dignitaries on the Dias.

12. A compulsory contribution of Rs 5000 shall be made to the UPOA before the event or Cheque/ DD should be handed over to who so ever would attend from UPOA office (or can do online transfer).

13. Details of Bank Account of UPOA -

Account Name: U.P. Orthopaedic Association
Bank: State Bank Of India
Account No: 30323729681
Branch: Lucknow Main Branch
Tarawali Kothi, Moti mahal Marg, Hazratganj, Lucknow :226001
IFSC: SBIN0000125



14. Short report with photographs should be sent to secretary within 15 days of the event. Report should include-

- 1. Program name
- 2. Date And Venue
- 3. List of Faculty (Name, Phone No. & Email id)
- 4. List of Delegates (Name, Phone No. & Email id)
- 5. Name of Chief Guest
- 6. Name of guest of honour
- 7. Any award given
- 8. Special invitees
- 9. Any Remarks
- 10. Few Photos

15. Certificates (Delegates and Faculty) should:

- a. have logo of UPOA and mentioned under the aegis of U.P. Orthopaedic Association prominently.
- b. be signed by President and Secretary UPOA, president and secretary of local orthopaedic club, org. chairman and org. secretary.

16. Banner should have logo of UPOA and mentioned under the aegis of U.P. Orthopaedic Association prominently.

17. Scientific program must not be less than 4 hours duration.

18. The organizing secretary should be present in the GBM of the subsequent UPORHOCN to receive the certificate of appreciation.

19. Faculty selection should encourage members of UPOA.

20. Apply for MCI accreditation points.

21. Certificates and mementos will not be distributed on stage. They can be distributed at any other place within the same hall.

Dr Santosh Singh
UPOA President

Dr Amit Jaiswal
UPOA Secretary



CATEGORIES FOR CITY CLUB AWARDS

Award	Eligible City Club			
Dr K.P. Srivastava Trophy	Above 75 members (8)			
	Agra	163	Kanpur	147
	Lucknow	370	Varanasi	152
	Ghaziabad	103	Prayagraj	109
	Meerut	87	Gorakhpur	81
Dr M.K. Goel Trophy	51 to 75 members (2)			
	Aligarh	74	Bareilly	67
Dhanendra Prasad Bhagwati Devi Memorial Trophy	26 to 50 members (6)			
	Moradabad	38	Jhansi	40
	Mathura	33	Muzaffarnagar	26
	Saifai	29	Greater Noida	34
UPOA Trophy	1 to 25 members (9)			
	Ayodhya	18	Raebareli	22
	Basti	12	Saharanpur	24
	Deoria	16	Sultanpur	19
	Firozabad	21	Lalitpur	11
	Hathras	10		



**ACTIVITIES FROM 1 JANUARY 2026 TILL 31 DECEMBER 2026
(REPORT TO BE SUBMITTED before 10 January 2027 ,5.00 PM)**

Total No of IOA members in City Chapter:

Dr K.P. Srivastava Trophy	>75		Dr M.K. Goel Trophy	51-75	
Dhanendra Prasad Bhagwati Devi Memorial Trophy	26-50		UPOA Trophy	<25	

C	Academic Activities organised by the club (Name with number of delegates attach as pdf in seperate zip file)	55	No of activities	Marks
1	National Conference (IOACON)	15		
2	UPORTHOCON / National Conference of Sub -speciality Group of IOA	10		
3	Mid Term Symposium	6		
4	UPOA official courses	4		
5	Under the aegis of UPOA - Instructional Courses / CME / Hands on Workshop (2 point per programme)	10		
6	PG Course	4		
7	Clinical club Meetings - 0.5 points for each meeting	6		



D	Academic achievement of Members of the club (National & International)	30	No of Lectures	Marks
1	Guest lecture in National & International Conferences - 2 point per presentation	10		
2	Guest lecture in UPORTHOCON - 1 point per presentation	4		
3	Paper presentation in National & International Conference -1 point per presentation	4		
4	Paper presentation in UPORTHOCON - 0.5 point per presentation	2		
5	Awards & honours from orthopaedics societies	2		
6	Elections to higher posts in either IOA or other National/International association (P/S=2; VP/E/T=1, E=0.5)	4		
7	Inventions (techniques, instruments, implants)	2		
8	Academic Literature (writing, editing, translating)	2		

		35	
E	Regular Election of Office Bearers (Reporting of Activities to Secretary UPOA)	6	
F	Bone & Joint Day Activities	25	
G	Chapter contribution to UPOA (5000-20000 Rs = 2 points)	4	

TOTAL MARKS OBTAINED:

NOTE:

1. Total Maximum Marks are 150
2. To be eligible for the Award, the City chapter must have submitted its annual report on time (before 10th January 2027, 5.00 pm)
3. While computing points if the figure is not in round figures, then the next higher digit should be awarded, say 1.5 should be counted as 2
4. Please Fill the above form and send to upoaoffice@gmail.com as separate sheet
5. Send proof of all activities as attachments marked as A, B, C1, C2 or D1, D2 and so on and send all attachments as Zip file at upoaoffice@gmail.com.

Signature
Secretary City Chapter



UPOA EVENTS HELD

1. Proximal Tibia Fixation Course -2026, Lucknow, 24th May 2026, Org. Sec.: Dr. Sanjiv Kumar.
2. IATSCON 2026, Varanasi, 27th-28th June 2026, Org. Sec.: Dr. Amit Jaiswal.
3. UPOA PGICL 2026, Gorakhpur, 11th -12th July 2026, Org. Sec.: Dr. Atil Kumar Lal.
4. ORTHO EDGE 2026, Varanasi, 25th-26th July 2026, Org. Sec.: Dr. Unmesh Chakraverty.
5. IAS JoPP 2026, Greater Noida, 29th August 2026, Org. Sec.: Dr. Prateek Rastogi.
6. 12th UPOA Arthroplasty Course, Lucknow, 30th August 2026, Org. Sec.: Dr. Mayank Mahendra.

UPOA FORTHCOMING EVENTS

1. 4th Saifai Arthroplasty Update, Saifai 19th September, 2026, Org. Sec.: Dr. Harish Kumar.
2. UPOA MID Term Symposium 2026, Saifai, 20th September 2026, Org. Sec.: Dr. Harish Kumar.
3. 12th UPOA Trauma Course 2026, Lucknow, 04th October 2026, Org. Sec.: Dr. Deepak Kumar.
4. Bareilly Ilizarov Course, Bareilly, 10th-11th October 2026, Org. Sec.: Dr. Sumit Mehra.
5. 51th UPORTHOCON 2027, Kanpur, 19th - 21st February 2027, Org. Sec.: Dr. Ravi Garg.
6. 13th UPOA Special Course 2027, Gorakhpur, April 2027, Org. Sec.: Dr. Sudhir Shyam Kushwaha.
7. UPOA PGICL 2027, Firozabad, July 2027, Org. Sec.: Dr. Vipul Agarwal.
8. 13th UPOA Arthroplasty Course 2027, Varanasi, August 2027, Org. Sec.: Dr. Shivam Sinha.



Proximal Tibia Fixation Course 2026, Lucknow

The **Lucknow Orthopaedic Society** successfully conducted the **Proximal Tibia Fixation Course 2026** on **24th May 2026**. The course was directed by **Dr. Mukesh Jain**, with **Dr. Shubh Mehrotra** as the Course Chairman and **Dr. Sanjiv Kumar** as the Course Secretary.

Around **90 orthopaedic surgeons** participated in the course. A **Sawbone Workshop**, supported by **DePuy Synthes**, was one of the major highlights of the scientific program.

The event was attended by **Dr. Santosh Singh, President, UPOA**, along with **Dr. Anup Agarwal, Dr. Jamal Ashraf, Dr. Vineet Sharma, Dr. Ashish Kumar**, and many other orthopaedic surgeons.

The course was highly appreciated for its interactive format, with sessions conducted according to the pace of the audience rather than a fixed schedule. **Dr. Sanjiv Kumar** and **Dr. Imran Akhtar** presented interesting clinical cases, leading to engaging academic discussions. Overall, the course was a great success and was well appreciated by all the participants.





IATSCON 2026, Varanasi

1. Program name: IATSCON 2026
2. Date and Venue: 27th–28th June 2026 & Apex Super Speciality Hospital, Varanasi
3. No. of Faculty: 40
4. No. of Delegates: 155
5. Name of Chief Guest: Prof. Satya Narayan Sankhwar (Director, IMS BHU, Varanasi)
6. Name of Guest of Honour: Dr Santosh Singh (UPOA President)





UPOA PGICL 2026, Gorakhpur

1. **Program name:** UPOA Post Graduate Instructional Course Lectures 2026
2. **Date and Venue:** 11th -12th July 2026 at the BRD Medical College Auditorium, Gorakhpur
3. **No. of Faculty:** 39
4. **No. of Delegates:** 76
5. **Name of Chief Guest:** Dr. Manglesh Srivastava
6. **Name of Guest of Honour:** Dr. Dharmendra Kumar





ORTHO EDGE 2026, Varanasi

The **Orthoedge – Knee Masterclass 2026** was successfully organised on **25th and 26th July 2026** at **Hotel Surya, Varanasi**, with the support and academic patronage of the **Uttar Pradesh Orthopaedic Association (UPOA)**.

The programme brought together **47 faculty members and 237 delegates**, providing an excellent platform for academic exchange, contemporary updates and interactive learning in the field of knee surgery and arthroscopy.

Dr. Anup Agrawal graced the occasion as the **Chief Guest**, while **Dr. Atul Srivastava** was the **Guest of Honour**. The scientific programme featured two medal sessions, along with engaging academic presentations and discussions.

The **Best Paper Award** was presented to **Dr. Shahanshah** for his presentation titled “Beyond the Hamstring: Comparative Study of Peroneus Longus Autograft in ACLR.” The **Best E-Poster Award** was conferred upon **Dr. Emil George** for his presentation titled “Solitary Osteochondroma of the Lateral End of Clavicle.”

The programme was awarded **6 CME credit points**, further enhancing its academic value. The successful completion of Orthoedge – Knee Masterclass 2026 reflects the organisers’ commitment to promoting quality academic education and meaningful professional collaboration. The organisers expressed their sincere appreciation to **UPOA** for its valuable support in making the programme a success.





IAS JoPP CME 2026, Greater Noida

- 1. Program name:** Indian Arthroscopy Society – Joint Preservation Program (IAS JoPP) CME 2026
- 2. Date and Venue:** 29th August 2026 & Jaypee Greens Golf & Spa Resort, Greater Noida, Uttar Pradesh
- 3. No. of Faculty:** 43
- 4. No. of Delegates:** 162
- 5. Name of Chief Guest:** Brig. (Dr.) Rakesh Kumar Gupta, Director, GIMS, Greater Noida
- 6. Name of Guest of Honour:** Dr. Ajay Singh, Vice Chancellor, UPUMS, Saifai
- 7. Special Invites:** Senior office bearers and distinguished members of the Indian Arthroscopy Society (IAS), Uttar Pradesh Orthopaedic Association (UPOA), Greater Noida Orthopaedic Association (GNOA) and faculty members of Government Institute of Medical Sciences, Greater Noida, were invited to grace the occasion.
- 8. Remarks:** The IAS Joint Preservation Program (JoPP) CME 2026 was successfully organised by the Greater Noida Orthopaedic Association under the aegis of the Uttar Pradesh Orthopaedic Association, in association with the Indian Arthroscopy Society.

The program witnessed enthusiastic participation from orthopaedic surgeons, faculty members and delegates and included focused academic sessions on contemporary concepts and techniques in arthroscopy and joint preservation surgery.

A major highlight of the program was the live surgical demonstration conducted from the operation theatres of Government Institute of Medical Sciences (GIMS), Greater Noida, with live transmission to the conference venue. The live surgical sessions provided an excellent opportunity for interaction between the operating surgeons, faculty and delegates.

The scientific sessions featured expert lectures, discussions and practical insights from distinguished faculty, with emphasis on evidence-based approaches and advances in joint preservation and arthroscopic surgery.

The organising team expresses its sincere gratitude to UPOA, IAS, GNOA, GIMS administration, invited faculty, delegates, sponsors and all members of the organising team for their valuable support and contribution towards the successful conduct of the program.





12th UPOA Arthroplasty Course 2026, Lucknow

1. **Program name:** 12th UPOA Arthroplasty course 2026
2. **Date and Venue:** 30th August 2026 at the Hotel Clarks Awadh, Lucknow
3. **No. of Faculty:** 26
4. **No. of Delegates:** 85
5. **Name of Chief Guest:** Dr. O. P. Singh
6. **Name of Guest of Honour:** Dr. Vineet Sharma
7. **Special Invities:** Senior members and mentors of LOS





UPOA RESEARCH GRANT

RESEARCHER - DR. SANJIV KUMAR

A Comparative study of Evaluation of Intranasal Tapentodol and intravenous Tramadol for post operative analgesia after Orthopaedic surgery -A randomised study.

Abstract

Background

Effective postoperative pain control following orthopaedic surgery procedures done under spinal anaesthesia, is essential for early mobilization, rehabilitation, and improved functional recovery. Intranasal Tapentodol, because of its rapid onset of action and dual analgesic mechanism, may serve as an effective adjunct to multimodal analgesia in orthopaedic surgery procedures.

Materials and Methods

This prospective randomized blinded comparative study was conducted on 80 patients undergoing orthopaedic surgery procedures under spinal anaesthesia at King George's Medical University. Patients were randomly allocated into two groups of 40 patients each. Group A received conventional postoperative analgesia consisting of intravenous paracetamol and injection Tramadol (Group A) as rescue analgesic drug, whereas Group B received intravenous paracetamol and intranasal Tapentodol spray (Group B) as rescue analgesic drug. Postoperative pain was assessed using the Visual Analogue Scale (VAS) at 6, 12, 18, and 24 hours after surgery. Rescue analgesic requirement, mobilization comfort, sedation, postoperative nausea and vomiting, and adverse effects were also evaluated.

Results

Patients receiving Intranasal Tapentodol spray (Group B) as rescue analgesic drug demonstrated significantly lower postoperative VAS scores at all assessment intervals compared to the Tramadol group. Group B also showed reduced rescue analgesic consumption and longer duration before first rescue analgesia. Early mobilization and physiotherapy were better tolerated in the intranasal Tapentodol group with improved patient comfort during movement. The incidence of postoperative nausea and vomiting was lower in Group B as compare to group A, while no major complications or significant adverse effects related to intranasal administration were observed.

Conclusion

Intranasal Tapentodol spray is a safe and effective adjunct to multimodal analgesia following orthopaedic surgery procedures. It provides superior postoperative pain relief and improved rehabilitation comfort during the first 24 postoperative hours.



UPOA FELLOWSHIP REPORT 2022

UPOA Lucknow Pune Exchange Fellowship

DR. KRITESH MISHRA, Meerut

Designation: Associate Professor, Department of Orthopaedics, LLRM Medical College, Meerut

Duration: 16 June 2026 – 23 June 2026

Host Institute: Sancheti Hospital, Pune

Fellowship Supervisor: Dr. Parag Sancheti

I had the privilege of participating in the UPOA Lucknow–Pune Exchange Fellowship at Sancheti Hospital, Pune, from 16th to 23rd June 2026. The fellowship provided valuable exposure to contemporary orthopaedic practices in a high-volume tertiary care centre, with a focus on arthroplasty, sports medicine, shoulder surgery, and paediatric orthopaedics.

Under the guidance of Dr. Parag Sancheti, I observed and participated in academic discussions and operative planning with an experienced team of consultants, including Dr. Kailas Patil, Dr. Sunny Gugale, Dr. Ashutosh Ajri (Shoulder & Arthroscopy), and Dr. Sandeep Patwardhan (Paediatric Orthopaedics).

The surgical exposure included Primary Total Knee Replacement, Robotic-Assisted Total Knee Replacement, Primary and Revision ACL Reconstruction, Meniscus Repair, Shoulder Replacement, and Arthroscopic Rotator Cuff Repair. In addition, I attended outpatient clinics, case discussions, and academic sessions that emphasized evidence-based decision-making, meticulous pre-operative planning, modern surgical techniques, and enhanced recovery protocols.

The fellowship significantly enhanced my understanding of robotic arthroplasty, ligament reconstruction, meniscal preservation, shoulder arthroscopy, and efficient operating theatre workflow. The interaction with faculty and residents provided valuable insights that will positively influence my clinical practice, surgical skills, and resident teaching.

I sincerely thank the Uttar Pradesh Orthopaedic Association (UPOA) for providing this excellent learning opportunity. I am especially grateful to Dr. Parag Sancheti and the entire faculty, residents, and staff of Sancheti Hospital for their warm hospitality, mentorship, and commitment to academic excellence.

The fellowship was an enriching and rewarding experience, and I look forward to implementing the knowledge and skills gained to improve patient care and contribute to orthopaedic education in my institution.



sancheti

Sancheti Institute for Orthopaedics & Rehabilitation
&
Sancheti Advanced OrthoCare Hospital
16, Shivajinagar, Pune - 411005.

UPOA OBSERVERSHIP

CERTIFICATE

Is awarded to

DR. KRITESH MISHRA

Kanpur, UP

for a successful completion of UPOA Observership
from 16th June 2026 to 23rd June 2026.

DR. K. H. SANCHETI
Founder President

DR. PARAG SANCHETI
Professor and Chairman

DR. ATUL PATIL
Departmental Chair

DR. DARSHAN SONAWANE
Professor & HOD



UPOA FELLOWSHIP REPORT 2023

UPOA Ghaziabad National Fellowship

DR. ANUP MAURYA, Lucknow

FELLOW AND MENTOR DEMOGRAPHICS

- Name: Dr. Anup Maurya
- IOA Life Membership Number: LM-15452
- UPOA Life Membership Number: LM-2139
- Host Training Center: Tejasvini Hospital, SSIOT, Mangalore
- Host Mentor: Dr. Shailesh Pai
- Fellowship Period: 04 July 2025 to 15 July 2025

OVERVIEW OF CLINICAL & SURGICAL EXPOSURE

During my intensive fellowship at Tejasvini Hospital (SSIOT), I was exposed to a high-volume trauma registry under the guidance of Dr. Shailesh Pai. I actively participated in pre-operative planning discussions, fracture mapping and intra and post-operative management protocols. My surgical exposure specifically concentrated on complex polytrauma stabilization and specialized pelvis-acetabular reconstructions. However I was able to attend spine cases, arthroplasty and general trauma cases also during my fellowship.

LOGBOOK OF SURGICAL CASES

I acted as the first assistant to my host mentor, Dr. Shailesh Pai, across all major pelvic reconstructions and polytrauma procedures listed below:

1. Pelvic Ring Fracture - Ilio-inguinal approach, learned safe exposure and tactile digital reduction manoeuvres
2. Combined Pelvic Ring and Acetabular Fracture- Ilio-inguinal Approach
Discussed and learned the decision making, choice of implants, fixation and reduction techniques
3. Polytrauma Case (High-Energy Lower Extremity) - Skeletal Traction, Debridement, Masquelet Technique of Spacer application, Bridge plating. Multilock Humerus Nailing, Prioritized damage control orthopaedics (DCO) and sequential timing for definitive fixations.
4. Complex intra-Articular Proximal Tibia Fractures – ORIF with plating, observed and learned the exposure and reduction techniques
5. Hip Replacement Arthroplasty – modular bipolar HRA using Hardinge approach

7. Fracture Neck of Femur - CRIF with FNS
8. Humerus Nutlock for segmental Fracture Humerus
9. Comminuted Distal Femur - ORIF with plating
10. Comminuted Fracture Proximal Radius - ORIF with Plating
11. Syndesmotic Injury Ankle - Application of Fibulink syndesmotic repair system
12. Intertrochanteric Fracture fixation using PFNA II
13. Assisted in Robotic Assisted Total Knee replacement Surgeries
14. Bi-portal Arthroscopic Lumbar Discectomy
15. Spine Injury Case – Unilateral Dislocation of C5-C6; External Garden Well Tongs Application, Reduction and ACDF, Perfected the anterior spine exposure and ACDF Technique
16. Supra-Patellar Nailing of Tibia Fractures

RESEARCH INITIATIVES

Topic: Radiological Outcomes of Multilock Humerus Nailing in Fractures of Humeral Shaft

PERCEIVED BENEFITS

The short fellowship at Tejasvini Hospital significantly advanced my technical proficiency in high-energy trauma. Under Dr. Shailesh Pat's expert mentorship, I assisted in complex reconstructions using pelvic approaches, gained critical insights into pelvic anatomy, neurovascular safe zones, and strategic reduction windows. Observing systematic damage control orthopaedics in multi-trauma patients has refined my clinical decision-making. This specialised exposure bridges the gap between basic trauma care and advanced pelvic reconstruction, equipping me with the skills necessary to optimize high-volume pelvic trauma management protocols at my home institution to directly benefit our local patient community.


Sign of Mentor

Date: 18/07/2016


Sign of Mentee



Tejasvini Hospital



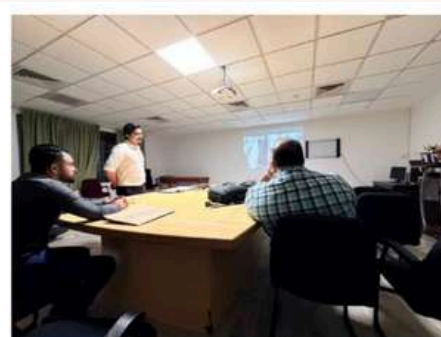
Candid moments with Mentor



In OT with Mentor



Clinical Case planning and Discussions





UPOA FELLOWSHIP REPORT 2023

UPOA Ghaziabad International Fellowship

DR. SURESH CHAND, Lucknow

Date of Visit: 2nd & 3rd September, 2025

Place of Visit: Hospital Infantil Universitario Niño Jesús, Madrid, Spain

Mentor: Prof. Ignacio Martinez,
Head, Neuro-orthopaedics Unit

1. Introduction & Objectives

I was privileged to be awarded the *Ghaziabad International Fellowship* for the year 2023–2024. This fellowship provided me with valuable opportunities for academic enrichment, clinical exposure, and skill advancement in paediatric orthopaedics.

The objectives of the fellowship were:

- To gain exposure to advanced techniques in paediatric orthopaedics, particularly hip preservation and clubfoot management.
- To observe and learn from international experts in clinical and surgical practices.
- To enhance research collaboration and develop academic partnerships.
- To bring back the acquired knowledge and apply it to improve patient care at KGMU, Lucknow.

2. Clinical & Academic Exposure

During my visit, I observed outpatient clinics dealing with cerebral palsy, DDH, clubfoot, and limb deformities. I also participated in surgical demonstrations, including hip reconstructions, osteotomies, and complex deformity corrections.

In addition to clinical work, I attended workshops and academic discussions with international experts. I was privileged to contribute as **faculty in the clubfoot workshop**, and presented my research on **smartphone-based gait analysis**, which received encouraging feedback for potential collaborative studies.

3. Skills, Techniques & Key Learnings

- Exposure to **exoskeleton-assisted gait training** for children with cerebral palsy.
- Observed the use of **osteogenic pastes, allografts, and advanced fixation techniques** in hip and limb surgery.
- Learned practical nuances of **multidisciplinary patient evaluation** involving orthopaedics, neurology, physiotherapy, and rehabilitation teams.
- Gained insights into **research ethics, systematic data collection, and team-based patient management** with strong family counseling and follow-up care.
- Understood how **international collaboration** can accelerate the adoption of innovative practices in India.

4. Application in Uttar Pradesh & Future Directions

The fellowship experience will directly support:

- Expanding hip preservation and clubfoot programs at KGMU.
- Introducing low-cost gait analysis methods for wider clinical application.
- Strengthening academic collaborations for research publications and training modules.

5. Acknowledgements & Conclusion

I express my sincere gratitude to the **UPOA Fellowship Committee, President, and Secretary UPOA** for awarding me this fellowship, and to my mentors and colleagues for their constant guidance and support.

The *Ghaziabad International Fellowship* has been a **practice-changing academic journey**. The knowledge and skills acquired will not only enrich my clinical practice but also help deliver **world-class paediatric orthopaedic care** to patients at KGMU, Lucknow.





UPOA FELLOWSHIP REPORT 2024

UPOA Lucknow Pune Exchange Fellowship

DR. ARPIT SINGH, Lucknow

I am grateful to UPOA for Providing me lucknow pune exchange fellowship.

I am deeply grateful to Dr Parag Sancheti for his exceptional hospitality and for personally providing excellent accommodation during my fellowship.

- The clinical experience was invaluable, as I had the privilege of assisting in several advanced knee arthroscopy, shoulder, and arthroplasty surgeries.
- The academic environment was top-tier; I actively participated in clinical classes and benefited from the high-level intellectual exchange.
- Beyond the hospital, I thoroughly enjoyed exploring the vibrant city of Pune and its refreshing weather.
- This exchange has been a significant milestone in my professional journey, blending rigorous surgical training with a warm cultural experience.





UPOA FELLOWSHIP REPORT 2025

UPOA Visiting Fellowship

DR. VENKATESH SINGH, Prayagraj

Hereby, I, Dr. Venkatesh Singh, would like to provide an insight into my experience during my stay as a fellow at Primus Superspeciality Hospital under the guidance of my mentor, Dr. C. S. Yadav Sir, in New Delhi.

In the month of February (16th to 21st), I had the privilege to work at such a high-volume centre, which taught me skills of proper pre-operative planning, intricate details of each surgical step, careful patient selection, standard protocols, systematic approach, and basic and advanced technical aspects in the field of Joint Replacement and Orthopaedics.

I would like to extend my gratitude and respect towards Dr. C. S. Yadav Sir, who was very welcoming and easily approachable for any doubts and had immense knowledge and support for young surgeons like me.

His wholesome and honest approach was a lesson not found commonly these days. His teachings were invaluable—something I will always hold close to my heart and mind. Ideas regarding patient management, care, outcomes, successful results and complications, and how to deal with each were on display at every corner at the setup.

I would definitely recommend anyone who is interested to learn about basic and advanced knowledge in the field of Orthopaedics to go to this centre and learn under Dr. C. S. Yadav, who has plethora of knowledge and a very friendly environment.

I would like to thank UPOA for providing me this opportunity.



Dr. Venkatesh Singh
MBBS
DNB, MS, Orthopaedics





UPOA FELLOWSHIP REPORT 2025

UPOA Visiting Fellowship

DR. YUVRAJ VIMAL, Maharajganj

I am pleased to submit my report on the UPOA Visiting Fellowship at Shalby Hospital, Ahmedabad, undertaken from 20th to 28th February 2026. During the fellowship, I had the privilege of working under the guidance of Dr. Vikram Shalby and interacting with the renowned arthroplasty surgeon Dr. J. A. Pachore. The fellowship provided valuable exposure to contemporary concepts and best practices in hip and knee arthroplasty.

The fellowship offered extensive opportunities to observe primary, complex primary, revision, and robotic-assisted hip and knee replacement procedures performed by Dr. Vikram Shalby's surgical team. Although Dr. Vikram Shalby was not the operating surgeon, he actively participated in preoperative planning, case discussions, and postoperative reviews. He generously explained the surgical techniques, rationale behind implant selection, decision-making process, and management of challenging cases, making each procedure an excellent learning experience.

I was particularly impressed by Dr. Vikram Shalby's methodical approach to patient evaluation and his ability to simplify complex concepts during academic discussions. His emphasis on meticulous planning, attention to detail, evidence-based practice, and patient-centred care provided valuable insights into modern arthroplasty. Interactions with Dr. J. A. Pachore and other members of the arthroplasty team further enriched my understanding of surgical planning, operative techniques, and long-term patient outcomes. The entire team at Shalby Hospital was welcoming, supportive, and always willing to share their knowledge, creating an outstanding learning environment.

This fellowship has significantly enhanced my knowledge of modern arthroplasty practices and will positively influence my clinical practice, teaching, audit, and research activities. I sincerely thank UPOA for providing this outstanding learning opportunity.





UPOA FELLOWSHIP REPORT 2025

UPOA Lucknow Pune Exchange Fellowship

DR. NAMAN KANODIA, Kanpur

I am deeply grateful to have had the opportunity to participate in the **UPOA Lucknow–Pune Exchange Fellowship at Sancheti Hospital, Pune, from 16th to 23rd June 2026.**

The fellowship offered an enriching exposure to contemporary orthopaedic practice in a high-volume tertiary care centre, with focused learning across arthroplasty, sports medicine, shoulder surgery, and paediatric orthopaedics.

Academic & Surgical Exposure

Under the guidance of Dr. Parag Sancheti, I had the opportunity to observe surgical procedures, participate in academic discussions, and gain valuable insights into operative planning and clinical decision-making alongside an experienced team of consultants, including:

- Dr. Kailas Patil
- Dr. Sunny Gugale
- Dr. Ashutosh Ajri – Shoulder & Arthroscopy
- Dr. Sandeep Patwardhan – Paediatric Orthopaedics

The surgical and clinical exposure included:

- Primary Total Knee Replacement
- Robotic-Assisted Total Knee Replacement
- Primary and Revision ACL Reconstruction
- Meniscal Repair and Preservation
- Shoulder Replacement
- Arthroscopic Rotator Cuff Repair

In addition to operative exposure, I attended outpatient clinics, case discussions, teaching sessions, and academic meetings, which reinforced the importance of evidence-based decision-making, meticulous pre-operative planning, contemporary surgical techniques, and enhanced recovery protocols.

Key Learning

The fellowship significantly broadened my understanding of:

Robotic arthroplasty | Ligament reconstruction | Meniscal preservation | Shoulder arthroscopy | Surgical planning | OT workflow & efficiency

Equally valuable was the opportunity to interact with the faculty and residents, gaining insights into their approach to patient care, surgical training, academic practice, and resident education.

Gratitude

I sincerely thank the Uttar Pradesh Orthopaedic Association (UPOA) for providing this exceptional learning opportunity.

My special thanks to Dr. Parag Sancheti, along with the entire faculty, residents, and staff of Sancheti Hospital, for their warm hospitality, mentorship, and unwavering commitment to academic and clinical excellence.

This fellowship was a truly enriching and rewarding experience, providing not only valuable surgical and academic learning but also an opportunity to reflect on and refine my own clinical practice.

I look forward to incorporating these learnings into my practice, strengthening surgical skills, enhancing resident teaching, and ultimately contributing to better patient care and orthopaedic education at my institution.

Grateful for the experience. Inspired by the learning. Committed to taking it forward.





UPOA FELLOWSHIP REPORT 2025

UPOA Ghaziabad National Fellowship

DR. RISHABH AGARWAL, Saifai

I sincerely thank UPOA for giving me the opportunity to undergo the Joint Replacement Fellowship at Primus Hospital, New Delhi, under the guidance of Prof. (Dr.) C. S. Yadav, from 12 January 2026 to 24 January 2026. The fellowship was a wonderful learning experience for me.

From the very first day, I was given the opportunity to scrub in and assist in surgeries, which made the training very practical. During these two weeks, I was exposed to a large number of total knee replacement surgeries, including both primary and revision cases. I also had the opportunity to observe and assist in both conventional and robotic total knee replacement procedures, which helped me understand different surgical techniques and planning.

Apart from the operating room experience, I learned about patient evaluation, pre-operative planning, implant selection, peri-operative management, and post-operative rehabilitation. The faculty was very supportive and always encouraged discussion and learning.

I sincerely thank UPOA, Prof. (Dr.) C. S. Yadav, and the entire team at Primus Hospital for their guidance and support throughout the fellowship. The experience has improved my understanding of joint replacement surgery and has increased my confidence in arthroplasty. I would highly recommend this fellowship to young orthopaedic surgeons who are looking for practical, hands-on training in joint replacement surgery.





UPOA FELLOWSHIP REPORT 2025

UPOA KGMU Paediatric Orthopaedic Fellowship

DR. ABHISHEK JAIN, Agra

Report of Fellowship

Name of Fellowship: UPOA KGMU PAEDIATRIC ORTHOPAEDIC FELLOWSHIP (2025-26)

Details of Fellow

Name:-	DR. ABHISHEK JAIN
Address:-	HIG. PLOT No.9, TAJNAGRI PHASE-1, FATEHABAD ROAD, AGRA - 282001
Phone No:-	8765514025, 8218461943
Email:-	coslyte@gmail.com

Details of Centre

Name:-	DEPARTMENT OF PAEDIATRIC ORTHOPAEDICS, KGMU
Consultant Name:-	DR. VIKAS VERMA (PROF & HEAD)
Address:-	ORTHOPAEDIC SUPERSPECIALITY BLOCK, KGMU, CHOWK, UP - 226003
Phone No:-	7839317083
Email:-	surgeonvikas@yahoo.co.in

Centre of Fellowship:

Date of Start:- 27/04/2026

Date of Finish:- 11/05/2026

Speciality:- PAEDIATRIC ORTHOPAEDICS

This is to certify that above mentioned fellow have completed his fellowship under my mentorship. He actively participated in the clinical activities during this period.


DR. VIKAS VERMA
MS (Orthopaedics) PH.D
Associate Professor & Head
Department of Paediatric Orthopaedics,
K.G.M.U., Lucknow


Signature of fellow



Department of Paediatric Orthopaedics

King George's Medical University, Lucknow - 226003, India

Ref. No.: 4595/Paed.Ortho.

Date: 11/05/2026

CERTIFICATE OF EXPERIENCE

TO WHOM IT MAY CONCERN

This is to certify that **Dr. Abhishek Jain** successfully completed a 15-day fellowship in Paediatric Orthopaedic under the Uttar Pradesh Orthopaedic Association (UPOA) fellowship program at King George's Medical University, Lucknow.

Duration: 27th April 2026 to 11th May 2026

During his tenure, Dr. Abhishek actively participated in various academic activities, including:

- Attending Outpatient Department (OPD) sessions and plaster room duty.
- Observing surgical procedures in the Operation Theatre (OT).
- Managing emergency cases.
- Attending Journal Clubs.

His conduct was found to be good, and he demonstrated a keen interest in learning paediatric orthopaedic procedures.

We wish Dr. Abhishek the best of luck in his future endeavours and hope that the experience gained during his observership will benefit his professional growth.

Sincerely,


Dr. Vikas Verma
Head of Department
Department of Paediatric Orthopaedics
King George's Medical University
Lucknow





UPOA FELLOWSHIP REPORT 2025

UPOA KGMU Trauma Fellowship

DR. SUMEDH KUMAR, Noida

I am pleased to submit this report of UPOA-KGMU Trauma fellowship 2025 in Orthopaedic Surgery at King George's Medical University (KGMU), Lucknow. This fellowship was under the guidance of Prof. Dr. Ashish Kumar sir Head of orthopaedic surgery and Dr Sanjiv Kumar sir Additional Professor and convenor of this fellowship. I was given a very warm welcome by everyone in the department, they ensured personally that my time there was comfortable and that I had a hospitable stay. At the very onset, I would like to express my gratitude towards UP Orthopaedic Association for making this fellowship programme possible.

During the fellowship, I had the opportunity to observe and participate, in a structured academic and clinical environment, in multiple orthopaedic subspecialty procedures. The department's integrated super-specialty setup includes orthopaedic surgery alongside focused units such as sports medicine and paediatric orthopaedics, reflecting a comprehensive approach to musculoskeletal care. This helped me appreciate the multidisciplinary planning, patient evaluation, surgical decision-making, and postoperative rehabilitation protocols followed in a high-volume tertiary care teaching centre.

A major strength of the fellowship was exposure to Ortho-spine and arthroplasty procedures, where I observed principles of preoperative planning, implant considerations, operative workflow, and rehabilitation strategies. KGMU has also reported advanced joint reconstruction work such as revision knee and hip arthroplasty, highlighting the department's growing expertise in complex replacement surgery. Exposure to advanced surgeries for scoliosis, degenerative and traumatic spine conditions widened the horizons for me.

The fellowship also provided valuable academic stimulation through case discussions, ward rounds, operation theatre teaching, and interaction with experienced faculty members and residents. The teaching atmosphere encouraged critical thinking, evidence-based decision making, and systematic clinical documentation. For all potential future fellows, I would wholeheartedly recommend applying for this fellowship programme for a holistic perspective on the sub-specialities of orthopaedics under the guidance of the stalwarts of orthopaedics while experiencing the warm spirit of lucknowi-khidmat which is deeply ingrained in the department and its faculty.

Overall, this fellowship at King George's Medical University, Lucknow, was immensely beneficial for my professional growth. It enhanced my clinical perspective, strengthened my academic orientation, and improved my understanding of subspecialty-based orthopaedic care. I believe the knowledge and experience gained during this fellowship will positively contribute to my teaching, surgical practice, and future academic work in orthopaedics.

Case 1: Adolescent Idiopathic Scoliosis



Intra Operative:

Deformity correction done using pedicle screws and rods, under neuro-monitoring.



Case 2:

Post-operative case of primary TKR with aseptic loosening



Intra operative:

Revision Total Knee Arthroplasty; Picture showing severe Bone Defects of the distal femur and proximal tibia.



Post-operative x-rays:





UPOA FELLOWSHIP REPORT 2025

Dr. U.S. Mishra International Fellowship

DR. KUMAR KESHAV, Lucknow

Dr. Kumar Keshav, Additional Professor, Department of Orthopaedics, SGPGIMS, Lucknow, was awarded the UPOA Dr. U. S. Mishra International Fellowship 2026. He undertook a four-week fellowship from 8 May to 12 June 2026 under the mentorship of Dr. Neil Sheth, MD, FACS, Orthopaedic Chair & Fellowship Director, Pennsylvania Hospital, University of Pennsylvania (Penn Medicine), Philadelphia, USA.

The primary objective of the fellowship was to gain advanced exposure to the Direct Anterior Approach (DAA) for Total Hip Arthroplasty, along with complex primary and revision joint arthroplasty. The fellowship provided immersive clinical and operative exposure, with participation in Primary THA through DAA, Unicompartamental Knee Arthroplasty (UKA), Total Knee Arthroplasty (TKA), and complex revision hip and knee arthroplasty. Particular emphasis was placed on patient positioning, surgical exposure, component planning, troubleshooting and management of compromised bone stock.

A major learning point was the meticulous pre-operative planning followed at Penn Medicine. Each case was evaluated comprehensively, including patient factors, BMI, investigations, previous procedures, detailed templating, implant requirements and availability of backup instrumentation. Challenging cases were discussed in advance with Dr. Sheth using bone models and implants, reinforcing a systematic and evidence-based approach to complex arthroplasty.

The fellowship also offered valuable lessons in surgical mentorship and medical education. Dr. Sheth's "10x Academic Impact" philosophy emphasized active teaching, progressive responsibility and close supervision of trainees. His approach to patient care was equally inspiring, with strong emphasis on empathy, communication and patient-centred care. His practice of personally reassuring patients before surgery and communicating with relatives after surgery highlighted that excellence in surgery must go hand-in-hand with compassion.

Exposure to the department's research infrastructure was another important component. A structured system was used to track ongoing manuscripts, clinical studies, authorship, grants and regulatory milestones, while detailed operative databases enabled rapid retrieval of patient and implant-related information. These systems provided practical models for strengthening academic productivity and research organization at SGPGIMS.

Beyond clinical learning, the fellowship offered broader professional perspectives on time management, work-life balance, global collaboration and social responsibility. Academic activities included participation in research meetings, literature review and the Anterior Hip Foundation Meeting in Nashville, alongside cultural visits to New York and Washington, D.C.

FUTURE IMPLEMENTATION AT SGPGIMS

Dr. Keshav plans to incorporate the fellowship learnings by continuing DAA for selected primary THA, introducing UKA in appropriately indicated patients, implementing structured pre-operative planning and research-tracking systems, strengthening resident/fellow teaching, maintaining comprehensive patient records, and developing new research and collaborative publications.

The fellowship was a valuable blend of advanced surgical training, academic mentorship, research exposure and patient-centred professional learning, providing several practical insights that can be translated into clinical and academic practice at SGPGIMS.





UPOA FELLOWSHIP REPORT 2025

Dr. R.K. Shukla International Fellowship

DR. HARISH KUMAR, Saifai

UPOA Dr. R. K. Shukla International Fellowship 2026

It is a matter of immense pride and privilege for me to successfully complete the UPOA Dr. R. K. Shukla International Fellowship 2026, conducted from 23 March to 10 April 2026 at Bhumibol Adulyadej Hospital, Bangkok, Thailand, under the mentorship of Dr. Rahat Jarayabhand, Senior Consultant and an internationally renowned Pelvi-Acetabular Trauma Surgeon.

At the outset, I express my heartfelt gratitude to the visionary leadership of the **Uttar Pradesh Orthopaedic Association (UPOA)** for creating such an outstanding opportunity for orthopaedic surgeons from Uttar Pradesh to receive world-class international training.

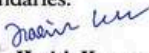
I would especially like to thank **Dr. Santosh Singh**, President, UPOA, for his constant encouragement and unwavering support. My sincere appreciation also goes to **Dr. Amit Jaiswal**, Honorary Secretary, UPOA, whose exceptional guidance, meticulous coordination with my mentor, and continuous support at every stage of the fellowship made this opportunity possible. From the initial communication to the successful completion of the fellowship, Dr. Amit Jaiswal Sir remained available whenever guidance was needed. I am truly grateful for his efforts and dedication.

My deepest gratitude goes to my mentor, **Dr. Rahat Jarayabhand**, for his generosity in sharing his immense knowledge, surgical expertise, and clinical wisdom. His passion for teaching, humble nature, and meticulous surgical techniques left a lasting impression on me. Throughout the fellowship, the exposure offered was comprehensive across the entire spectrum of **pelvi-acetabular trauma surgery**. The weekly academic schedule consisted of **4 operating theatre days and two outpatient clinic days**, providing an ideal balance of surgical exposure and clinical decision-making.

During this period, I observed, assisted, and learned the management of a wide variety of complex pelvic and acetabular trauma cases. I had the opportunity to gain firsthand experience with all the major surgical approaches to the acetabulum, including: **Iliioinguinal Approach, Iliiofemoral Approach, Modified Stoppa Approach and Kocher-Langenbeck Approach**. One of the most valuable aspects of the fellowship was the opportunity to scrub in for numerous procedures and actively participate in surgical discussions. Dr. Rahat meticulously demonstrated each surgical step, explained the rationale behind every decision, and clarified every doubt with remarkable patience. This interactive learning environment significantly enhanced my understanding of fracture patterns, surgical planning, reduction techniques, fixation strategies, and complication avoidance.

I also had the opportunity to observe and assist in procedures involving: **Femoral head fractures, Sacroiliac (SI) joint injuries, Complex pelvic ring injuries and Various pelvic reconstruction procedures**. The large surgical volume, diverse case mix, structured teaching, and continuous mentor interaction made this excellent academic experience. The knowledge and surgical principles that I have acquired during these three weeks will undoubtedly enhance my clinical practice and ultimately benefit my patients back home.

Once again, I bow with deep respect and heartfelt gratitude to the Uttar Pradesh Orthopaedic Association (UPOA). It is far more than just a professional association—it is a dynamic platform that empowers orthopaedic surgeons of Uttar Pradesh to learn, grow, innovate, and gain world-class training and exposure. Through its visionary leadership and commitment to academic excellence, UPOA continues to shape the future of orthopaedic surgery and inspire generations of surgeons to achieve greater heights. I sincerely hope that UPOA continues this remarkable initiative for many years to come, enabling more young orthopaedic surgeons to learn, train, and practice advanced orthopaedic surgery beyond national boundaries.


Dr. Harish Kumar
Additional Professor,
Department of Orthopaedics,
UPUMS, Saifai, Etawah,
Uttar Pradesh, India



Orthopaedic Department Bhumibol Adulyadej Hospital

CERTIFIED THAT

Dr. Harish Kumar

HAS SERVED WITH DISTINCTION AS A

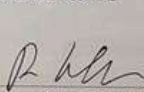
Fellowship in Orthopaedic Trauma

23 March 2026 to 10 April 2026

TO THE SATISFACTION OF THE OFFICERS AND STAFF OF
THE ORTHOPAEDIC DEPARTMENT, BHUMIBOL ADULYADEJ HOSPITAL,
BANGKOK THAILAND




Rahat Jarayabhand M.D.
Group Captain,
Head of Orthopaedic Trauma Unit


Pisanu Phalakornkul M.D.
Group Captain,
Director, Orthopaedic Department





RESEARCH GRANT CRITERIA

PROFORMA ASSESSMENT OF RESEARCH PROJECT FOR AWARD OF UPOA RESEARCH GRANT

Name of Applicant

Address

Present designation

Email id

Mobile no.

UPOA membership no.

IOA membership no.

With a purpose to encourage Research in Orthopaedics in the fields of Basic Science, Clinical Research, Development / Innovations of Instruments, Implants, Technique etc., UPOA has decided to provide some financial grant to the projects submitted by UPOA members.

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

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

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

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

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

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

Who will decide? Committee consisting of

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

Submission of proposed project details along with Proforma is mandatory.



Maximum Marks = 100

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



UPOA MEMBERSHIP FORM

To
Dr. Amit Jaiswal,
Honorary Secretary,
U.P. Orthopaedic Association,
Secretariat Address-D 58/7-38 Bhagwandas colony Rathyatra, Orthomax Hospital, Varanasi, 221010
Phone: 9415087330, 9415679511
E-mail: upoaooffice@gmail.com

Dear Sir,
I wish to apply for the Life/Associate Membership of UP Orthopaedic Association.

Name.....
Date of Birth PAN No.....Aadhar Card No.....
Address.....
Telephone..... Mobile..... E-mail:

Qualification	Institution	University	Year of Passing
MBBS			
MS Ortho / D. Ortho			
DNB			

Present Status.....
Membership No. IOA:

Payment Details

Account Name: U.P. Orthopaedic Association
Bank: State Bank of India
Account No: 30323729681
Branch: Lucknow Main Branch
IFSC: SBIN0000125



DD/Cheque No/Online Transaction No.....Bank Name.....
Amount.....Date.....

DD/Cheque/Online Transaction in Favour of UP ORTHOPAEDIC ASSOCIATION, payable at Lucknow

	Name	Signature	LM NO.
Proposed by			
Seconded by			

Date.....
Signature of Applicant
FOR OFFICIAL PURPOSE
Received by (Name)
Membership No. Allotted

Signature of Secretary UPOA

The Membership Fees for Life Member is Rs. 4000/- and Associate Member is Rs. 500/-.
Please attach:
·Please Sent the membership application Form and Demand Draft at the abovementioned address only.
·Certified Photocopy of the PG Degree/ Diploma to be sent along transaction details with Application Form.
·Certificate Photocopy of Medical Council Registration of Orthopaedic PG Degree / Diploma to be sent along with the form.



UTTAR PRADESH ORTHOPAEDIC ASSOCIATION (UPOA)

**YOUR UPOA MEMBERSHIP
IS JUST A CLICK AWAY**



Membership Benefits

- 1. Concessional participation fee in UPOA conferences and other related academic activity.*
- 2. Concessional participation fee in various UPOA hands on workshops.*
- 3. Awareness and opportunity to apply for National (9) and International (5) Orthopaedic Fellowships through UPOA.*
- 4. UPOA Official Journal JBJD - opportunity to publish your original research work in peer reviewed journal.*
- 5. Opportunity to Gold Medal Session in Annual Conference.*
- 6. Grant for research in the field of orthopaedics.*
- 7. Present scientific papers in conferences of UPOA.*
- 8. Vote in the elections of UPOA and to participate in the General Body Meetings.*
- 9. Leadership opportunity - contest in the elections of UPOA.*
- 10. Access to UPOA News Letters.*
- 11. Access to UPOA Journal JBJD.*

Dr. Santosh Singh
President UPOA

Dr. Ashutosh Agarwal
President Elect UPOA

Dr. Amit Jaiswal
Secretary UPOA

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Indian Orthopaedic Association (IOA)

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- Mentorship programmes
- Hands on training programmes
- Cadaveric Workshops
- Indian Journal of Orthopaedics
- Guest nation at international meets
- Grants for research in Orthopaedics
- National conference presentations

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