

# BONE & JOINT WEEK 2020 ~ REPORT



**Indian Orthopedic Association** is celebrating **Bone and Joint day** on **4th August** since 2012. Bone and Joint day is not a mere celebration but an opportunity where we sensitize society about the increasing impact of musculoskeletal conditions and promote cost-effective prevention and treatment. This day reminds us to reassess and evaluate the performance of orthopedic fraternity to achieve improved bone health of the masses and define the areas where collective efforts are needed by Indian Orthopedic Association, state chapters, city clubs/association and each member of orthopedic family with the help of health planners, policy makers to prevent /treat musculoskeletal disorders and alleviate suffering of the masses. It will bring about a perceptible change in the thought process among concerned and lives of citizens at large.

**IOA'S President theme for 2020 is :**

**" PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE "**

This year **Indian orthopedic association** gave guidelines to celebrating the **BONE AND JOINT DAY** and advised to do **week long activities from 1st August 2020 to 7th August 2020.** *As per the advice of Indian orthopaedic association ,*  
**YOU CAN'T BE A CELEBRITY OVERNIGHT**

*successfully conducted the following events in association with* **INDIAN ORTHOPEDIC ASSOCIATION** , **TAMILNADU ORTHOPEDIC ASSOCIATION** , **COIMBATORE ORTHOPEDIC SOCIETY**, **SUBAM CLINIC Coimbatore.**

## **1.ONLINE CAMPAIGN :**

To create an awareness among the people, **YCBACO** conducted an online campaign from August 1st to August 7th ,2020. Posters containing facts about bone and Tips for improving bone health were posted on **YCBACO** facebook and Instagram page.

**Incharge :Mr.GUNALAN. N**

**Coordinator : Ms. SHINDYA .B**



YOU CAN'T BE A CELEBRITY OVERNIGHT



## BONE AND JOINT DAY

(Week long activities from 1/8/20 to 7/8/20)

4th August 2020

- Bones function as the skeleton of the human body, allow body parts to move and protect organs from impact damage.
- Bones make up around 15% of person's total body weight.
- Adult human have 206 bones in the body.
- Bones produce red and white blood cells.



**THE FACTS**



@celebrity.overnight



celebrityofficial2014@gmail.com



@ycbaco

Day 1 (01.08.2020)



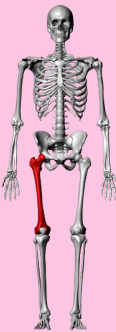
**YOU CAN'T BE A CELEBRITY OVERNIGHT**



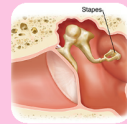
## **BONE AND JOINT DAY**

(Week long activities from 1.8.20 to 7.8.20)

**4th August ,2020**



- *The femur or thigh bone is strongest and longest bone in the body.*
- *stapes in the middle ear, is the smallest and lightest bone.*
- *Bones are made up of calcium, phosphorous, sodium and other minerals, as well as the protein collagen.*



### **FACTS ABOUT BONE**



@celebrity.overnight



celebrityofficial2014@gmail.com



@yebaco

**Day 2 (02.08 2020)**



## YOU CAN'T BE A CELEBRITY OVERNIGHT

### Best foods for stronger bones



spinach



Broccoli



Almonds



sesame seeds



Flax seeds



Bok choy



Dairy products



Fish



Meat



@celebrity.overnight



celebrityofficial2014@gmail.com



@ycbaco

Day 3 (03.08.2020)



**YOU CAN'T BE A CELEBRITY OVERNIGHT**

COLETTA COLLEGE OF ORTHOPAEDIC SURGERY  
UNIVERSITY OF CALicut  
FACULTY OF MEDICINE & BIOMEDICAL SCIENCES  
SUBAM CLINIC

**NATIONAL**  
**BONE & JOINT DAY**




**AUGUST 4<sup>th</sup> 2020**

**IOA President's  
Theme for  
Bone & Joint Day 2020:  
Prevention of Deformity  
in Degenerative Disease**

 [celebrity.overnight](#)  [celebrityofficial2014@gmail.com](mailto:celebrityofficial2014@gmail.com)  [@ycbaco](#)

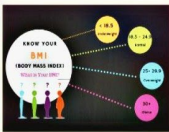




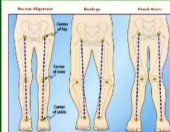


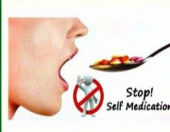
**Day 4 (04.08.2020)**

**YOU CAN'T BE A CELEBRITY OVERNIGHT**

**BONE AND JOINT DAY** 4th August 2020  
 IOA'S president theme for 2020 :  
**prevention of deformity in degenerative disease**

**TIPS FOR PREVENTION OF DEFORMITY IN DEGENERATIVE DISEASE**

 <p><b>Maintain ideal weight (BMI 18 to 25)</b></p>	 <p><b>Regular weight bearing Exercise</b></p>	 <p><b>Healthy Diet with adequate intake of Calcium &amp; Vitamin D</b></p>
 <p><b>Improve muscle strength</b></p>	 <p><b>Avoid overuse and misuse</b></p>	 <p><b>Correction of Malalignment of Legs</b></p>
 <p><b>Use appropriate braces</b></p>	 <p><b>Avoid injury</b></p>	 <p><b>Consult the Doctor early</b></p>

**Day 5 (05.08.2020)**





**YOU CAN'T BE A CELEBRITY OVERNIGHT**



**BONE AND JOINT DAY 4th August ,2020**

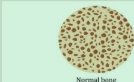
(Week long activities from 1.8.20 to 7.8.20)

## **OSTEOPENIA :**

Osteopenia means having brittle,weaker than normal bones.It occurs when bones become weaker and lose minerals, therefore becoming less ' dense', more fragile and more prone to breaks.

### **RISK FACTORS :**

- Being a woman, especially following menopause.
- Eating a poor diet
- Not getting enough sunlight.
- History of an eating disorder.
- Sedentary lifestyle.
- Smoking cigarettes and drinking large amount of alcohol.
- Obesity
- Family history of fractures or bone disorders.
- patient under steroidal treatment



Normal bone



Osteopenia



@celebrity.overnight



celebrityofficial2014@gmail.com



@ycbaco

**Day 6 (06.08.2020)**



# YOU CAN'T BE A CELEBRITY OVERNIGHT



## BONE AND JOINT DAY 4th August, 2020

Week long activities from 18.20 to 7.8.20

### Calcium rich foods for stronger bone



Almonds



Amaranth grain



Asparagus



Apricots (dried)



Artichokes



Baked beans (haricot)



Blackberries



Blackstrap molasses



Blackcurrants



Bok choy



Brazil nuts



Bread (wholemeal)



Broccoli



Chickpeas



Cinnamon



Edamame (soya beans)



Fennel



Kale



Kidney beans



Olives



Oranges



Sesame seeds (and other seeds)



Soya milk (fortified)



Spring greens



Tofu



Swede



Walnuts



Watercress



@celebrity.overnight



celebrityofficial2014@gmail.com



@yebacc

Day 7 (07.08.2020)

## **2.WEBINAR :**

*YCBACO have successfully Conducted a webinar through zoom app.Firstly poster regarding webinar along with registration link was posted on ycbaco facebook and Instagram page.And we have received entries through google forms. The following details of the webinar are:*

**DATE: 06.08.20**

**TIME : 5.00 PM**

**MODE OF DELIVERY : ZOOM APP**

**SPEAKER : DR. JEFF WALTER RAJADURAI  
MBBS,MS(ORTHO) CONSULTANT  
ORTHOPEDIC & JOINT REPLACEMENT  
SURGEON , Coimbatore.**

**TOPIC : " LOVE YOUR BONES"**

**EVENT COORDINATOR : Ms. RUPA MANNU.**

*We have received 162 entries from various colleges and from various states.And our team successfully issued the certificates to the registered people.*

**IOA GOVERNOR**

**IMA**

**IMA**

**ORTHOPAEDIC SOCIETY**

**SUBAM CLINIC**

**BONE AND JOINT DAY**  
4<sup>th</sup> AUGUST 2020

**IOA President's Theme for Bone & Joint Day 2020: Prevention of Deformity in Degenerative Disease**

**Dr. Jeff Walter Rajadurai**  
Consultant Orthopaedic & Joint Replacement Surgeon, Coimbatore.

**TOPIC**  
**LOVE YOUR BONES**

**Webinar on**  
6<sup>th</sup> August 2020  
@ 5p. m.

Register through the given google form link in the description.

Zoom id and password will be mailed to your respective email id.

*Poster designed for a webinar which was posted in our social media pages.*

# CERTIFICATE OF PARTICIPATION



This certificate is presented to

for his/her active participation in the webinar on the topic

**“LOVE YOUR BONES”**

Organised by

**YOU CAN'T BE A CELEBRITY OVERNIGHT**

On 6th August, 2020

DR. JEFF WALTER RAJADURAI.  
CEO & FOUNDER

YOU CAN'T BE A CELEBRITY OVERNIGHT

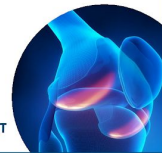
DR. BIJUVIN RAJ  
DIRECTOR OF MEDICAL & DENTAL WING

YOU CAN'T BE A CELEBRITY OVERNIGHT

MS. RUPA MANNU

EVENT CO-ORDINATOR

YOU CAN'T BE A CELEBRITY OVERNIGHT



AN INITIATIVE BY THIRAVUGAL CULTURAL AND EDUCATIONAL TRUST

*The above one is the model of the certificate which was issued to the registered candidates.*

### **3.E-PAMPHLETS DISTRIBUTION**

:

**E- PAMPHLETS** *containing information about bone health were distributed or shared through social media to the general public and we have received good responses from people for this event.*

**Event coordinator : Mr. A.KIFAYATHULLA.**

### **4. HEALTH EDUCATION :**

*Health education means any combination of learning experiences designed to help individuals and communities improve their health , by increasing their knowledge or influencing their attitudes.*

*As per the advice of our **CEO & FOUNDER OF YCBACO DR. JEFF WALTER RAJADURAI** ,All medicos & paramedicos present in the **YCBACO** gave health education regarding bone health to their family , friends and neighbours with adequate safety measures for Covid- 19 .*

**Event coordinator : Ms.SHINDYA .B**

## **5. FACEBOOK LIVE DISCUSSION :**

*In YCBACO history , for the first time we organised a facebook live discussion on bone health. It was a more interactive and informative session. We have received huge responses from the people and it was one of the notable successful*

programs conducted by our YCBACO.

**YOU CAN'T BE A CELEBRITY OVERNIGHT**

**BONE AND JOINT DAY**  
**4th August, 2020**  
Week long activities from 1.8.20 to 7.8.20

**DISCUSSION ON BONE AND JOINT HEALTH**

JOIN US ON FACEBOOK LIVE

**f Live**

**TODAY AT 5.00 PM**

@celebrity.overnight celebrityofficial2014@gmail.com @ycbaco

Poster designed for facebook live.



**DATE : 02.08.2020**

**TIME : 5.00 PM**

**TOPIC : DISCUSSION ON BONE HEALTH**

**MODERATORS : DR. AFNA, MBBS .,***Panimalar medical college and Hospital, Chennai*

**DR.SHARON ROSE, MBBS.,**  
*Community and health hospital , CMC ,Vellore.*

**SPEAKERS : DR. RANJAN, MBBS.,** *Vinayaka mission medical college & Hospitals , Karaikal.*

**DR. PRIYANKA SELVAM,**  
**MBBS.,** *VGM Hospital , Coimbatore.*

**Ms. SHINDYA.B ,** *Vellore.*

**Mr. GIFTSON,** *Physiotherapist.,CMC*  
,  
*Vellore.*

**COORDINATOR AND HOST : Mr. GUNALAN. N**

*The discussion actually happened in the Zoom app but it was live streamed in our YCBACO Facebook page with the help of our YCBACO Technical team friend **Mr. ANTONY PRAKASH RAJ**. This event started with introductory speech given by Mr. Gunalan and then Dr. Ranjan spoke about paediatric bone health and then moderators Dr. Afna and Dr. Sharon Rose highlighted some points regarding paediatric bone health , then Ms. Shindya asked some questions regarding Postmenopausal women bone health, then Dr. Priyanka Selvam answered for that question and spoke in a detailed manner about postmenopausal bone health , then our moderators highlighted some points regarding postmenopausal women bone health. After that ,Mr. Giftson spoke about "What are the Exercises available to improve our bone health", he talked about the availability of exercise for childrens , adults and for elderly people and then speakers and moderators answered to the questions asked by the audience in the facebook live comment section*

## **VOTE OF THANKS :**

*Vote of thanks was given by ycbaco communication team senior coordinator **Ms.RUPA MANNU** . She has thanked all speakers and moderators. She has thanked **INDIAN ORTHOPEDIC ASSOCIATION ,TAMILNADU ORTHOPEDIC ASSOCIATION , COIMBATORE ORTHOPEDIC SOCIETY , SUBAM CLINIC Coimbatore and entire YCBACO FAMILY and finally she thanked CEO & FOUNDER OF OUR YCBACO DR. JEFF WALTER RAJADURAI.***

*We hope that these events might produce some awareness among people about their Bone health and we would like to thank our entire **YCBACO FAMILY** for their cooperation and support.*

**Regards,**  
*B & J week Events Team,*  
**YOU CAN'T BE A CELEBRITY  
OVERNIGHT.**

**REPORT PREPARED BY : Mr. N.GUNALAN.**

**Ms.RUPA MANNU.**

**Ms. SHINDYA .B .**

**REPORT UPDATED ON : 21. 08. 2020.**

**VERIFIED BY : Dr. JEFF WALTER  
RAJADURAI M. S (ortho) ., ( CEO &  
FOUNDER OF YCBACO).**

**AUTHORISED BY : Dr. BIJIVIN RAJ MDS.,  
PhD ( DIRECTOR OF MEDICAL AND  
DENTAL WING)**

