



B.O.N.E

Vol. I
(2026-27)
Jan - April
2026

BIHAR ORTHOPAEDIC ASSOCIATION NEWS EXTRACT

Dr. Amulya Kr. Singh
President, BOA

Dr. (Prof.) Rajeev Anand
President Elect, BOA

Dr. (Prof.) Ritesh Runu
Hon. Secretary, BOA

FROM THE SECRETARY'S DESK



Dear Esteemed Members

Greetings from the Bihar Orthopaedic Association.

It gives me immense pleasure to present this quarterly edition of our Association newsletter BONE. This publication reflects the vibrant academic activities, professional achievements, and collective efforts of our members across the state. Over the past few months, the Association has continued to actively promote academic excellence, professional development, and collaborative learning through CMEs, workshops, conferences, and fellowship activities. The enthusiastic participation of our members has strengthened the spirit of unity and scientific advancement within the orthopaedic fraternity of Bihar.

I sincerely appreciate the dedication and hard work of all office bearers, organizing committees, and members who have contributed towards the successful conduct of various academic and social initiatives. Special congratulations to our young orthopaedic surgeons and postgraduate students for their growing involvement in research, presentations, and skill enhancement programs.

This newsletter serves not only as a record of our activities but also as a platform to share achievements, ideas, innovations, and experiences. I encourage all members to actively contribute articles, case discussions, research updates, and reports for future editions so that this publication becomes a stronger voice of our Association. As we move forward, let us continue working together with commitment, integrity, and professionalism for the advancement of orthopaedic care, education, and service to society.

I extend my best wishes to all members and their families for good health, happiness, and continued success.

With warm regards,

Prof. (Dr.) Ritesh Runu
Honorary Secretary
Bihar Orthopaedic Association

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BIHAR ORTHOPAEDIC ASSOCIATION

Academic - Activity (Jan – Apr 2026)

HipCon–2026

HipCon–2026, organized by **Jeevandan Health Institute of Orthopaedic Surgery, Patna** in association with the **Bihar Orthopaedic Association**, was successfully conducted on **10th and 11th January 2026** at **Hotel Chanakya, Patna**. The conference emerged as a landmark academic event dedicated exclusively to the evolving field of **Hip Arthroplasty**, bringing together renowned orthopaedic surgeons, academicians, and young practitioners from across the country.



The scientific theme of the conference, ***“From Complex Primary to Revision – Mastering Every Challenge in Hip Arthroplasty,”*** reflected the comprehensive nature of the deliberations. The organizing committee was led by **Dr. Rajeev Anand** as Organising Chairman and **Dr. Ashwini Gaurav** as Organising Secretary, under the guidance and support of senior BOA members.

The conference featured an outstanding faculty panel including distinguished hip surgeons such as **Dr. S.K.S. Marya, Dr. Rajeev Kr Sharma, Dr. A.S. Prasad, Dr. Sujit Tripathi, and Dr. P.K. Raju**, among others. Over two days, experts shared their valuable experience through focused lectures, case-based discussions, panel discussions, and video demonstrations.

The scientific sessions covered a wide spectrum of challenging topics including:

- Complex primary and revision total hip arthroplasty
- Periprosthetic fractures
- Hip instability and dual mobility hips
- Acetabular bone defects and augments
- Infected THR and two-stage revision
- Cementless cup removal techniques
- Custom acetabular components and mega prosthesis
- Periprosthetic fracture classifications and reconstruction strategies

One of the major attractions of HipCon–2026 was the dedicated workshop sessions on **Acetabular Metal Augments** and **Revision Femoral Stems**, supported by industry collaboration. These hands-on academic interactions offered participants exposure to contemporary implant systems and revision strategies.



The inaugural lecture titled “**Journey in Hip Land**” delivered by **Dr. S.K.S. Marya** was highly inspiring and received enthusiastic appreciation from the audience.

HipCon–2026 concluded on a highly successful note with appreciation from delegates for its excellent scientific content, smooth organization, and focused academic discussions. The conference significantly contributed to advancing knowledge and strengthening expertise in hip arthroplasty among orthopaedic surgeons in Bihar and across India.

BOACON 2026

The **52nd Annual Conference of the Bihar Orthopaedic Association** was successfully organized by the **Koshi Orthopaedic Club** from **13th to 15th February 2026** at **Preksha Grih, Saharsa, Bihar**. The prestigious annual conference brought together eminent orthopaedic surgeons, academicians, postgraduate students, and delegates from across the country for three days of enriching scientific exchange and professional camaraderie.

Under the leadership of **Dr. Jitendra Kumar Singh (Organising Chairman)**, **Dr. Bhuvan Kumar Singh (Scientific Chairman)** and **Dr. Sanjay Kumar Gupta (Organising Secretary)**, the conference showcased a comprehensive scientific program covering trauma, arthroplasty, arthroscopy, paediatric orthopaedics, spine surgery, deformity correction, orthopaedic oncology, sports injuries, and recent technological advances in orthopaedics.



The pre-conference workshop day featured highly interactive **hands-on workshops** on **High Tibial Osteotomy (HTO), IOA Hand Course, Arthroscopy, Distal Femur Nailing, and Arthroplasty**. Faculty members demonstrated practical surgical techniques on bone models and training sessions were conducted, which was greatly appreciated by delegates and young surgeons.

BOACON 2026 was inaugurated on 13th Feb 2026 by Dr. Lalit Maini as Chief Guest and Dr. Rajeev Raman as Guest of Honour. A major highlight of the conference was the prestigious oration sessions. The **Prof. B. Mukhopadhaya Oration** was delivered by

Prof. (Dr.) Lalit Maini on the topic *“From Screen to Scalpel – The Digital Transformation in Orthopaedics,”* while the Prof. Dr. R. C. Ram Oration was delivered by Prof. (Dr.) Biswajit Sahu on *“Ankle Fractures: Bridging the Gap Between Art and Science in Treatment.”* A keynote lecture was presented by Prof. (Dr.) Vishal Kumar on *“ Publish to Flourish”*. These sessions received tremendous appreciation for their academic depth and visionary insights.

The scientific sessions covered a broad range of challenging and contemporary orthopaedic topics including:

- Complex trauma around the knee
- Tibial plateau and distal femur fractures
- Arthroscopy and ligament reconstruction
- Advanced arthroplasty techniques and biomechanics
- Paediatric fracture management
- Spine trauma and cervical disorders
- Orthopaedic oncology and limb salvage
- Deformity correction using Ilizarov techniques
- Artificial Intelligence and digital transformation in orthopaedics

Special emphasis was given to evidence-based practice, case discussions, complication management, and modern surgical innovations.



The conference also encouraged active academic participation from postgraduate students through **PG paper presentations, competitive paper sessions, e-poster presentations, and the BOACON PG Quiz**, conducted under the guidance of senior

faculty members. The PG Quiz, coordinated by **Dr. Anup Kumar**, generated enthusiastic participation and academic excitement among young orthopaedic trainees. **The winners of quiz were Dr. Jahansha A and Dr. Abhishek Sinha from AIIMS Patna.**

Dedicated sessions on AI in Orthopaedics, social media in clinical practice, and robotics in arthroplasty reflected the conference's focus on future-oriented learning and technological advancement.

Apart from the rich academic deliberations, BOACON 2026 also provided an excellent platform for networking, collaboration, and strengthening professional bonds among orthopaedic surgeons across Bihar and India. The inauguration ceremony, faculty dinner, gala dinner, and valedictory session added warmth and enthusiasm to the conference atmosphere. The event was marked with change of baton from **Dr. Upendra Kumar** to **Dr. Amulya Kumar Singh** as *President* and from **Dr. Pravin Kumar** to **Dr. Ritesh Runu** as *Secretary* of Bihar Orthopaedic Association.



BOACON 2026 concluded on a highly successful note, leaving participants inspired by the quality of scientific discussions, excellent organization, and the spirit of academic excellence. The conference reaffirmed the Bihar Orthopaedic Association's commitment to advancing orthopaedic education, innovation, and patient care in the region and beyond.

Anup Masters Course (AMC 2026)

The **7th Annual Anup Master's Course** was successfully organized on **28th February and 1st March 2026** at the **Hazaribag College of Dental Sciences & Hospital (HCDSH), Hazaribagh, Jharkhand**. The conference emerged as one of the premier orthopaedic academic events in Eastern India, bringing together eminent national and international faculty, orthopaedic surgeons, researchers, physiotherapists, and postgraduate trainees on a common platform of learning and innovation.



The conference was organized by the **Anup Institute of Orthopaedics and Rehabilitation** under the leadership of **Dr. Ashish Singh**, Organising Chairman. The event was conducted in collaboration with both the **Jharkhand Orthopaedic Association** and the **Bihar Orthopaedic Association**.

Conference Theme was “Preservation of Joint to Advanced Arthroplasty”

The theme highlighted the evolving spectrum of modern orthopaedic practice — from biologic joint preservation techniques and minimally invasive procedures to advanced arthroplasty and complex reconstruction surgeries.



AMC 2026 featured a comprehensive scientific programme with:

- Live academic discussions
- Saw bone workshops on Reverse Shoulder Replacement, Dual Mobility Cup in Total Hip Replacement, Total Knee Replacement techniques.
- Panel discussions and debates
- Joint preservation sessions and orthobiologics, which covered Stem cell therapy and PRP in osteoarthritis, Cartilage restoration techniques, Bone marrow aspirate concentrate (BMAC), Osteochondral defect management, ACL reconstruction combined with high tibial osteotomy, Biologics in sports injuries and regenerative medicine.
- Arthroplasty and reconstruction lectures
- AI and social media applications in orthopaedics

Renowned faculty from across India and abroad delivered insightful lectures, including:

- **Dr. Vishal Kumar (PGIMER, Chandigarh)**
- **Dr. Chirag Thonse (Manipal Hospitals, Bangalore)**
- **Dr. Vivek Verma (Max Hospital, New Delhi)**
- **Dr. Darshan Sonawane (Sancheti Hospital, Pune)**
- **Dr. Ravi Teja Rudraraju (Apollo Hospitals, Hyderabad)**
- **Dr. Rajeev Raman (Manipal Hospital, Kolkata), Secretary IOA.**
- International Faculty **Dr. Ashok Kumar (UAE)**, a Board-Certified Regenerative Medicine expert was also in the team.

The scientific programme also included advanced arthroplasty and limb reconstruction sessions featuring:

- Direct Anterior Approach in THR
- Reverse Shoulder Arthroplasty
- THR in acetabular fractures
- Robotic Total Knee Arthroplasty
- Biological reconstruction in tumour surgery
- Complex knee deformity management and revision arthroplasty techniques.

Another important attraction was the dedicated session on the **use of Artificial Intelligence and Social Media in Orthopaedics**, where speakers discussed practical applications of AI in clinical practice and strategies to enhance patient engagement and education in the digital era.

The prestigious **Late Mrs. Pushpanjali Singh Oration** by **Dr. Vishal Kumar** on **“Biologics for Knee – Latest Trends and the Future”** added immense scientific value to the conference proceedings.

AMC 2026 concluded with a successful valedictory session, leaving participants enriched with updated scientific knowledge, practical insights, and meaningful professional networking opportunities. The event reinforced AMC’s growing reputation as a distinguished academic platform promoting innovation, research, and excellence in orthopaedic care.

9th Bihar Arthroscopy Course – 2026

Theme was - Advancing Excellence in Arthroscopy and Sports Injury Management

The **9th Bihar Arthroscopy Course – 2026** was successfully organized on **14th and 15th March 2026** at **Lemon Tree Premier, Exhibition Road, Patna**. The prestigious two-day academic and surgical training program brought together leading arthroscopy and sports injury experts from across the country, providing a comprehensive platform for learning, discussion, and hands-on academic exchange in the field of knee and shoulder arthroscopy.

The course was conducted under the leadership of **Dr. John Mukhopadhya (Organizing Chairperson)** with the support of the **Bihar Orthopaedic Association**. The

organizing team included **Dr. Amulya Kumar Singh (President, BOA)**, **Dr. Ritesh Runu (Secretary, BOA)**, **Dr. Arvind Prasad Gupta (Organizing Secretary)** and **Dr. Janki Sharan Bhadani (OREF India Secretary & Convenor)**.



The scientific program featured an excellent blend of **live surgical demonstrations, expert panel discussions, master lectures, and case-based interactive sessions**, attracting enthusiastic participation from orthopaedic surgeons, sports injury specialists, and postgraduate trainees.

The course covered a wide spectrum of contemporary topics in arthroscopy and sports medicine, including:

- Meniscus repair and preservation strategies
- ACL reconstruction and revision techniques
- PCL reconstruction approaches
- Management of multiligament knee injuries
- Osteotomy and cartilage restoration procedures
- Patella instability and knee preservation surgery
- Shoulder instability management
- Arthroscopic rotator cuff repair and reconstruction
- Reverse Shoulder Arthroplasty (RSA)
- Management of proximal humerus fractures

One of the major attractions of the course was the **live surgical sessions**, where expert faculty demonstrated advanced arthroscopic techniques and shared practical tips for handling complex clinical scenarios. Interactive panel discussions and master lectures further enriched the academic experience by emphasizing evidence-based decision making and modern surgical innovations.

The event provided an outstanding opportunity for delegates to update their knowledge, refine surgical concepts, and interact closely with experienced arthroscopy surgeons. The active participation of young orthopaedic surgeons and postgraduate students added academic vibrancy to the course.

The **9th Bihar Arthroscopy Course – 2026** concluded on a highly successful note, receiving appreciation for its high-quality scientific content, excellent organization, and focused training modules. The course significantly contributed to promoting advanced arthroscopy education and sports injury management in Bihar and eastern India.

GOFCON 2026

The **14th Conference of the Global Orthopaedic Forum** was successfully organized from **27th to 29th March 2026** at **Hotel Maurya, Patna**, under the aegis of the **Bihar Orthopaedic Association**. The conference brought together eminent national and international orthopaedic experts, academicians, researchers, and young surgeons for three days of high-quality scientific deliberations and academic exchange.

The conference was conducted around the central theme:

“Shaping the Future – Lessons Learnt from Mistakes”



This thought-provoking theme emphasized learning from surgical challenges, complications, and clinical experiences to improve patient outcomes and future orthopaedic practice.

The organizing committee was led by distinguished orthopaedic leaders including **Dr. Vinod Thakur (Organizing Committee Chairman)**, **Dr. Ritesh Runu (Joint Organizing Chairman)**, **Dr. Amulya Kumar Singh (Honorary Secretary)**, **Dr. Ashok Kumar Sinha (Reception Committee Chairman)**, and **Dr. Firoz Alam (Joint Organizing Secretary)**.

The conference included lectures by eminent faculty such as **Dr. Navin Thakkar**, **Dr. D. D. Tanna**, **Dr. Vijay Goni**, **Dr. Shekhar Srivastava**, **Dr. W. Gadegone**, **Dr. C. S. Yadav**, **Dr. Prasham Shah**, and **Dr. Carlota Alonso (Spain)** among many others. Their sessions provided valuable insights into modern orthopaedic techniques, complication management, and future directions in musculoskeletal care.

One of the highlights of the conference was the series of prestigious guest lectures:

- **Dr. Prasham Shah** delivered an enlightening lecture on *“Ozone in Musculoskeletal Disorders”*
- Former international cricketer **Mr. Amilar Dayal** spoke on *“Shaping the Future – Lessons Learnt from Mistakes”*
- **Dr. Navin Thakkar**, President of the Indian Orthopaedic Association, presented his expert views on *“Distal Femur Fractures – Medial Invisible Instability: A Thought Process”*
- International faculty **Dr. Carlota Alonso (Spain)** delivered an inspiring lecture on *“Shaping the Future Orthopaedic Surgeons.”*

The scientific sessions addressed several contemporary and complex orthopaedic topics including:

- AI in orthopaedic practice
- Complex trauma and revision surgeries
- Arthroplasty failures and reconstruction strategies
- ACL and arthroscopy techniques
- Paediatric trauma management
- Spine trauma and minimally invasive spine surgery
- Foot and ankle injuries
- Ilizarov techniques and deformity correction
- Periprosthetic fractures and geriatric trauma
- Robotics and advanced technology in joint replacement

The conference was highly interactive, with lively group discussions, expert panel debates, and practical case-based learning that greatly benefited delegates and postgraduate trainees.

Special oration sessions such as the **Prof. H. R. Singh Oration** by **Dr. D. D. Tanna** and the **Dr. B. N. Singh Oration** by **Dr. S. K. Tyagi** added immense academic value and inspiration to the conference proceedings.



The inauguration and valedictory ceremonies were graced by distinguished dignitaries including **Mr. Ashok Choudhary, Hon'ble Minister of Rural Development**, **Miss Shreyasi Singh, Hon'ble Sports Minister**, and **Mr. Sanjay Singh, Hon'ble Minister of PHED**, reflecting the growing recognition of orthopaedic education and healthcare initiatives in Bihar.

GOFCON 2026 concluded on a highly successful note with overwhelming appreciation from participants for its outstanding scientific content, international participation, excellent organization, and vibrant academic atmosphere. The conference further strengthened GOF's vision of promoting innovation, education, and global collaboration in orthopaedics.

CME on Trauma and Degenerative Conditions of Spine

The **1st CME on Spine** organized by the **Spine Society of Bihar** in collaboration with the **Bihar Orthopaedic Association** was successfully held on **19th April 2026** at **Hotel Lemon Tree, Patna**. The academic event brought together leading spine surgeons, orthopaedic specialists, faculty members, and postgraduate students for an intensive scientific programme focused on trauma and degenerative conditions of the spine.



The CME was conducted under the leadership of **Dr. (Prof.) Rajeev Anand** – President, Spine Society of Bihar, **Dr. Amulya Kumar Singh** – President, Bihar Orthopaedic Association, **Dr. (Prof.) Mahesh Prasad** – Secretary, Spine Society of Bihar, **Dr. (Prof.) Ritesh Runu** – Secretary, Bihar Orthopaedic Association and **Dr. (Prof.) Rakesh Choudhary** – Chairman, Scientific Committee.

The scientific programme commenced with welcome addresses by senior faculty and office bearers of SSB, followed by a series of highly informative academic sessions.

Highlights of the Scientific Sessions

The CME featured comprehensive lectures and case discussions on:

- Traumatic and degenerative spine disorders
- Evolution and future of spinal instrumentation
- Osteoporotic spine fractures
- Accuracy and complications of pedicle screw placement
- Cervical spine injuries and ACDF techniques
- Adolescent idiopathic scoliosis and deformity correction
- Long versus short segment fixation in lumbar scoliosis

- UBE TLIF and advanced minimally invasive spine surgery
- Pain procedures and targeted therapy in lumbar radiculopathy
- Surgical video demonstrations and challenging case presentations.



One of the major attractions of the CME was the participation of distinguished faculty from different institutions, including **Dr. Kiran Mukhopadhyay (Kolkata)** and **Dr. Dhiraj Sonawane (Mumbai)**, who delivered expert talks on spine deformity correction, halo gravity traction, and complex surgical cases. The programme also included video demonstrations, panel interactions, and practical discussions aimed at improving surgical decision-making and clinical outcomes.

The inaugural ceremony was graced by:

- **Prof. Dr. Bindey Kumar**, Vice Chancellor, Bihar University of Health Sciences and Director, IGIMS, as Chief Guest
- **Prof. Dr. Girish Kumar Choudhary**, Chairman, Bihar State University Service Commission, as Guest of Honour.

The Spine CME 2026 reflected the growing academic strength of the Spine Society of Bihar and reaffirmed its commitment to advancing spine care education, surgical excellence, and collaborative learning in the field of orthopaedics and spine surgery.

Formation of Patna Orthopaedic Society

A significant milestone in the academic and professional advancement of orthopaedic practice in the region was achieved with the formal formation of the **Patna Orthopaedic Society** on **26th April 2026** at **Hotel Panache, Patna**.



The meeting witnessed enthusiastic participation from senior orthopaedic surgeons, academicians, and young practitioners from Patna and surrounding areas. The society was established with the objective of promoting academic activities, professional collaboration, continuing medical education, research, and advancement of orthopaedic care in the region.

During the meeting, **Dr. Jibendu Choudhary** was unanimously nominated as the **President** of the newly formed society, while **Dr. Arnab Sinha** was unanimously nominated as the **Secretary**. The members expressed confidence that under their leadership, the society would play an important role in strengthening academic interaction and fostering unity among orthopaedic surgeons in Patna.



The gathering concluded with discussions on future academic programmes, CME activities, workshops, and collaborative initiatives aimed at enhancing orthopaedic education and patient care standards. The formation of the Patna Orthopaedic Society was widely appreciated as a progressive step toward building a strong local academic forum for orthopaedic professionals.

The **Keshav Nail** designed by **Dr. A.K. Sinha**, past President Bihar Orthopaedic Association and senior orthopaedic surgeon, Keshav Hospital, Patna, was patented by Intellectual Property Office United Kingdom. The design of interlocking femoral nail is improvised by Dr. Sinha and multilock options in the distal end has been added which makes it versatile. It can be used in comminuted distal femur fractures where it was not thought off previously.

Innovations



Dr. R.C. Thakur, senior orthopaedic surgeon at Chapra was awarded at IOACON Guwahati for his **“Innovative Technique for suprapatellar nailing.”** His technique reduces the soft tissue trauma, reduces C arm exposure and same jig for nailing can be used for extraction.



Dr. Anjani Kumar Singh, Senior orthopaedic surgeon has been awarded six patents for his instrument designs by Govt of United Kingdom and European Union.

- 1. Closed method for pedicle screw fixation**
- 2. 3D Bone Manipulating, Twist Resisting Distractor-Compressor**



Dr. Surya Prakash, Senior Consultant Orthopaedic Oncologist at Mahavir Cancer Sansthan, Patna, presented a rare case series involving nineteen patients with **Extraskkeletal Ewing Sarcoma**, an uncommon and aggressive malignancy. He is using innovative **3D-printing-assisted surgical planning and reconstruction** for complex oncological procedures. With advanced 3D-printing technology, Periacetabular chondrosarcoma was accurately localized, resected and reconstructed. This enables precise tumour clearance while preserving critical anatomical structures and optimizing postoperative function.

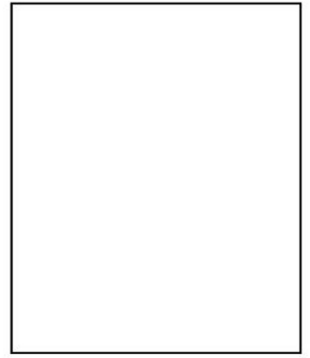


Printed on behalf of Bihar Orthopaedic Association

MEMBERSHIP OF BIHAR ORTHOPAEDIC ASSOCIATION

To

The Secretary
BOA Building, IMA Premises,
South East Gandhi Maidan
Patna-800 004



Dear Sir

I wish to apply for the **LIFE/ FULL/ ASSOCIATE** Membership of BOA.

I am enclosing herewith a crossed cheque/bank draft no..... dated
of (Name of Bank) (Rs.30/-as bank charges for outstation cheques).

Use Block Letters only

Name

Postal Address

City- State Pin Phone nos. STD

Resident Clinic What's App No.

Mobile E-mail

(Change of address, Phone, Email should be immediately notified to the Secretary)

Date of Birth

Date of Marriage

Qualifying Degree

With year and institution

Post Graduate degree and / or diplomas

Place & No. of Registration

Present appointment

Including nature of orthopaedic work

List of publications

(if space insufficient
attach a separate sheet)

Proposed by Dr.

Signature

Membership No.

Seconded by Dr.

Signature

Membership No.

Date

Signature of the Applicant

The membership fee for Life Membership is Rs. 3,000/- and full membership is Rs. 1500/- (yearly) and Associate member have to pay Rs.3,000/- (Yearly). Please make Draft in favour of "Bihar Orthopaedic Association" payable at Patna.

Account Holder Name :- Bihar Orthopaedic Association

Account Number :- 11049769831

IFSC :- SBIN0000152

Account Address :- IMS BUILDING, SOUTH EAST GANDHI MAIDAN PATNA-800004

PLEASE NOTE:

- ❖ Please send the membership application Form and Demand Draft/Cheque at the above mentioned address only.
- ❖ Certified Photocopy of the PG Degree / Diploma and Medical Council Registration to be sent along with Application Form.
- ❖ Certified copy from HOD is must.(This is for the ASSOCIATE member only)

NOTE: Membership is subject to ratification in the subsequent GB of the BOA. Allotment of membership no will follow the ratification. Members will get proper information up to 2nd week of March after ratification the membership no.

Associate members have the right of attending scientific meeting and social events and engaging in all scientific discussion but they shall not attend business meetings and take part in elections.

SCAN & PAY

