

DAY 2 – TUESDAY, 4TH AUGUST 2026

STRONG BONE & HORMONE ALLIANCE

"Healthy Bones • Healthy Hormones • Healthy Life"

Theme

Prevent Osteoporosis Before the First Fracture



IOA BONE & JOINT WEEK 2026

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STRONG BONE & HORMONE ALLIANCE

"Healthy Bones • Healthy Hormones • Healthy Life"

THEME: PREVENT OSTEOPOROSIS BEFORE THE FIRST FRACTURE



ONE HOUR COMMUNITY PROGRAM

1 Welcome & Introduction (5 Minutes)



Introduce the IOA Bone & Joint Week and explain that osteoporosis is a silent disease which is often detected only after a fracture.

2 Bone Health Awareness Talk (20 Minutes)



Simple Topics

- What is Osteoporosis?
- Why do bones become weak?
- Bone health in women after menopause
- Osteoporosis in men
- Importance of Calcium
- Importance of Vitamin D
- Importance of Protein
- Weight-bearing exercise
- Early diagnosis
- Preventing fractures

Keep the talk simple with patient-friendly language.

3 Bone Health Risk Assessment (20 Minutes)



Every participant completes a Bone Health Checklist. Identify people with:

- ✓ Age >50 years
- ✓ Early menopause
- ✓ Previous fractures
- ✓ Long-term steroid use
- ✓ Diabetes / Thyroid disorders
- ✓ Smoking
- ✓ Alcohol
- ✓ Sedentary lifestyle
- ✓ Family history of osteoporosis

Advise high-risk individuals to consult an orthopaedic surgeon for further evaluation.

4 Exercise Demonstration (10 Minutes)



- Brisk walking



- Sit-to-Stand exercise



- Heel raises



- Wall push-ups



- Balance exercise (standing on one leg with support)

5 Bone Health Pledge & Group Photograph (5 Minutes)



Bone Health Pledge

"I pledge to maintain healthy bones through proper nutrition, regular exercise, adequate sunlight, and timely medical consultation. I will encourage my family and community to prevent osteoporosis and protect bone health."

Group photograph.

OPTIONAL OPD ACTIVITY (SAME DAY)

Throughout the day:
Every woman above 45 years and every man above 50 years should receive 2 minutes of bone health counselling during routine consultations.



FIVE GOLDEN RULES

-  Consume adequate calcium.
-  Get 20–30 minutes of sunlight regularly.
-  Walk or exercise for at least 30 minutes daily.
-  Maintain muscle strength and balance.
-  Check your bone health before the first fracture.

IDEAL VENUES



- Orthopaedic Clinics
- Hospitals
- Rotary Clubs
- Lions Clubs
- Senior Citizen Associations
- Women's Groups
- Corporate Offices
- Housing Societies

MATERIAL REQUIRED



- One awareness poster
- Bone health checklist
- Patient education leaflet
- Projector (optional)
- Registration sheet

DOCUMENTATION



Every chapter should submit:

- 5–10 photographs
- One group photograph
- Number of participants
- Number of high-risk individuals identified
- One-page activity report

SUBMIT & SHARE



Share photographs in the IOA CSRC WhatsApp Group and email the report to:

chairman.csrcioa@gmail.com

NATIONAL MESSAGE

One Hospital • One Hour • One Bone Health Session

If every orthopaedic surgeon conducts just one one-hour session, IOA can educate thousands of women, men, and senior citizens across India about osteoporosis prevention before the first fracture occurs.



CAMPAIGN SLOGAN



STRONG BONES TODAY... INDEPENDENT TOMORROW.



CALCIUM SUNLIGHT EXERCISE STRENGTH BALANCE



Website: www.ioaindia.org

Indian Orthopaedic Association

IOA Orthov

IOA India

ioaindia

<https://youtu.be/vKO2lj7vK-g> MOBILE VERSION

<https://youtu.be/kMj1Zg12EuA> PRESENTATION VERSION

ONE HOUR COMMUNITY PROGRAM

1. Welcome & Introduction (5 Minutes)

Introduce the IOA Bone & Joint Week and explain that osteoporosis is a **silent disease** which is often detected only after a fracture.

2. Bone Health Awareness Talk (20 Minutes) MAKE PPT IN LOCAL LANGUAGE, ADD SONG IN PPT

Simple Topics

- What is Osteoporosis?
- Why do bones become weak?
- Bone health in women after menopause
- Osteoporosis in men
- Importance of Calcium
- Importance of Vitamin D
- Importance of Protein
- Weight-bearing exercise
- Early diagnosis
- Preventing fractures

Keep the talk simple with patient-friendly language, AND PLAY THE SONG TOO.

3. Bone Health Risk Assessment (20 Minutes)

Every participant completes a **Bone Health Checklist**.

Identify people with:

- ☒ Age >50 years
- ☒ Early menopause
- ☒ Previous fractures
- ☒ Long-term steroid use
- ☒ Diabetes / Thyroid disorders
- ☒ Smoking
- ☒ Alcohol
- ☒ Sedentary lifestyle
- ☒ Family history of osteoporosis

Advise high-risk individuals to consult an orthopaedic surgeon for further evaluation.

4. Exercise Demonstration (10 Minutes)

Teach five simple exercises:

- Brisk walking
- Sit-to-Stand exercise
- Heel raises
- Wall push-ups
- Balance exercise (standing on one leg with support)

5. Bone Health Pledge & Group Photograph (5 Minutes)

Bone Health Pledge

"I pledge to maintain healthy bones through proper nutrition, regular exercise, adequate sunlight, and timely medical consultation. I will encourage my family and community to prevent osteoporosis and protect bone health."

OPTIONAL OPD ACTIVITY

Throughout the day:

Every woman above **45 years** and every man above **50 years** should receive **2 minutes of bone health counselling** during routine consultations

EDUCATIONAL MESSAGE

Five Golden Rules

-  Consume adequate calcium.
-  Get 20–30 minutes of sunlight regularly.
-  Walk or exercise for at least 30 minutes daily.
-  Maintain muscle strength and balance.
-  Check your bone health before the first fracture.

IDEAL VENUES

- Orthopaedic Clinics
- Hospitals
- Rotary Clubs
- Lions Clubs
- Senior Citizen Associations

- Women's Groups
- Corporate Offices
- Housing Societies

MATERIAL REQUIRED

- One awareness poster
- Bone health checklist
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DOCUMENTATION

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Share photographs in the **IOA CSRC WhatsApp Group** and email the report to:

chairman.csrcioa@gmail.com

NATIONAL MESSAGE

One Hospital • One Hour • One Bone Health Session

If every orthopaedic surgeon conducts just one one-hour session, IOA can educate thousands of women, men, and senior citizens across India about osteoporosis prevention before the first fracture occurs.

Campaign Slogan

"Strong Bones Today... Independent Tomorrow."

"STRONG BONES TODAY"

Official IOA Bone & Joint Week 2026 Anthem

Theme: *Strong Bone & Hormone Alliance*

Duration: ~2 minutes

Style for Suno AI: Inspirational • Indian Contemporary • Orchestral • Folk Percussion • Children's Choir • Female & Male Vocals • Grand Finale

Every step we take today,
Builds tomorrow's brighter way.
Healthy bones, a stronger heart,
A healthier life is where we start.

Sunlight shining, morning bright,
Exercise gives strength and light.
Calcium, protein every day,
Keep weak bones so far away.

Before the fracture...
Before the pain...
Let's build our bones,
Again and again!

Strong bones today...

Independent tomorrow...

Together we'll rise,
Leaving behind every sorrow.

Indian Orthopaedic Association,
Leading India's bone health mission.
Orthopaedic surgeons hand in hand,
Building a stronger, healthier land!

Every mother, every father,
Every daughter, every son,
Healthy habits every morning,
Bone protection for everyone.

Walk together, stand up tall,
Strong bones matter most of all.
From every village, every town,
Healthy India will be known.

Check your bones before they break,
One small step is all it takes.
Screening early, knowledge shared,
Shows our families someone cared.

Healthy hormones, stronger bones,
Keep us active as we grow.

Move with confidence each day,
That's the IOA way!

Strong bones today...

Independent tomorrow...

Together we'll rise,
Leaving behind every sorrow.

Indian Orthopaedic Association,

Serving every generation.

Orthopaedic surgeons proudly say,

"Healthy bones begin today!"

Raise your hands...

Take the pledge...

Stand together...

Edge to edge...

Strong Bone & Hormone Alliance!

Healthy Bones • Healthy Hormones • Healthy Life!

Indian Orthopaedic Association

One Nation... One Mission...

Strong Bones Today... Independent Tomorrow! 🧩

USE CHAT GPT TO TRANSLATE INTO REGIONAL LANGUAGE, THIS SONG CAN BE GIVEN THE PROMPT IN SUNO.AI APP

Suno AI Prompt (100–120 words)

Create a **2-minute inspirational Indian anthem** for the **Indian Orthopaedic Association** promoting the **Strong Bone & Hormone Alliance** campaign during **IOA Bone & Joint Week 2026**. The song should begin softly with piano and flute, gradually building into an uplifting orchestral arrangement featuring acoustic guitar, strings, tabla, dhol, and Indian percussion. Include warm male and female lead vocals with a children's choir joining in the chorus. The mood should be hopeful, energetic, and emotionally inspiring. Emphasize osteoporosis prevention, healthy bones, sunlight, exercise, calcium, vitamin D, early screening, and the role of **orthopaedic surgeons** as guardians of bone health. End with a powerful choir singing: **"Strong Bones Today... Independent Tomorrow!"**