

DAY 6 – SATURDAY, 8TH AUGUST 2026

STRONG SURGEON • SAFE HANDS

National Orthopaedic Surgeons' Wellness Meet

Theme

Healthy Surgeon • Better Surgery • Better Life

IOA BONE & JOINT WEEK 2026
DAY 6 – SATURDAY, 8TH AUGUST 2026
STRONG SURGEON • SAFE HANDS
National Orthopaedic Surgeons' Wellness Meet
THEME: **Healthy Surgeon • Better Surgery • Better Life**

DURATION: 1 HOUR SEMINAR followed by Fellowship Dinner
VENUE: District Orthopaedic Association / Hospital / Medical College / Hotel / Club

OBJECTIVE
To conclude IOA Bone & Joint Week 2026 by bringing orthopaedic surgeons together to focus on:
✓ Surgeon wellness
✓ Work-life balance
✓ Burnout prevention
✓ Physical and mental health
✓ Professional networking
✓ Family bonding
✓ CSR recognition
A healthy surgeon is the foundation of excellent patient care.

ONE-HOUR PROGRAM

- 1 WELCOME & NETWORKING (10 MINUTES)**
• Welcome by District President/Secretary
• Brief overview of Bone & Joint Week activities
• Sharing of district achievements
- 2 SCIENTIFIC SESSION (20 MINUTES)**
Suggested Topic: **Work-Life Balance: The Key to a Healthy Orthopaedic Surgeon**
Suggested discussion points:
• Recognising burnout early
• Managing stress in a busy practice
• Physical fitness and musculoskeletal health
• Importance of sleep and recovery
• Time management
• Building a supportive team
• Family time and personal wellbeing
• Mindfulness and resilience
- 3 INTERACTIVE DISCUSSION (10 MINUTES)**
Open forum on:
• Challenges in modern orthopaedic practice
• Balancing professional growth with personal life
• Sharing practical wellness strategies
- 4 SAFE SURGEON WELLNESS PLEDGE (5 MINUTES)**
"I pledge to care for my own physical, mental, and emotional well-being; to maintain a healthy work-life balance; to support my colleagues; and to continue serving my patients with compassion, excellence, and integrity."
- 5 RECOGNITION & CLOSING (15 MINUTES)**
• Felicitate senior orthopaedic surgeons
• Recognise active CSR contributors
• Honour young surgeons who participated in Bone & Joint Week
• Group photograph

FELLOWSHIP DINNER
After the seminar, organize an informal fellowship dinner to:
• Strengthen professional relationships
• Encourage interaction between senior and young surgeons
• Share ideas for future CSR initiatives
• Celebrate the successful completion of Bone & Joint Week

OPTIONAL ADDITIONS
Districts may also include:
✓ Yoga or breathing session (10 minutes before the seminar)
✓ "Wellness Chumpline" recognition
✓ Presentation of Bone & Joint Week highlights
✓ Launch of the next district CSR calendar

WHAT EVERY DISTRICT NEEDS
✓ One meeting hall
✓ LCD projector (optional)
✓ One speaker/facilitator
✓ Safe Surgeon banner
✓ Attendance register
✓ Mobile phone for photographs
The program is intentionally simple so that every district can organize it with minimal effort.

DOCUMENTATION
Each district should submit:
• 5-10 photographs
• Group photograph
• Number of participating surgeons
• Brief report of the meeting
• Highlights of Bone & Joint Week activities
Upload photographs to the IOA CSRC WhatsApp Group.

SUBMIT REPORT
Email the report to: chairman.csirc@gmail.com

NATIONAL CLOSING MESSAGE
One District • One Meeting • One Stronger Orthopaedic Community
By concluding Bone & Joint Week with a Surgeons' Wellness Meet, every district reinforces that caring for the caregiver is essential to delivering the highest standards of patient care.

CAMPAIGN SLOGAN
"Healthy Surgeons Build a Healthier Nation."

CLOSING MESSAGE
"Together, let us celebrate six days of community service and conclude Bone & Joint Week 2026 by reaffirming our commitment to our patients, our profession, our colleagues, and our own well-being."

Strong Surgeon • Safe Hands • Better Life
THANK YOU FOR BEING THE STRENGTH BEHIND EVERY PATIENT'S RECOVERY

<https://youtu.be/B7FXSR-dqm4> **MOBILE VERSION**

<https://youtu.be/4s8WI0BL5tY>

PRESENTATION VERSION

Duration

1 Hour Seminar followed by Fellowship Dinner

Venue: District Orthopaedic Association / Hospital / Medical College / Hotel / Club

OBJECTIVE

To conclude **IOA Bone & Joint Week 2026** by bringing orthopaedic surgeons together to focus on:

- Surgeon wellness
- Work–life balance
- Burnout prevention
- Physical and mental health
- Professional networking
- Family bonding
- CSR recognition

ONE-HOUR PROGRAM

1. Welcome & Networking (10 Minutes)

- Welcome by District President/Secretary
- Brief overview of Bone & Joint Week activities
- Sharing of district achievements

2. Scientific Session (20 Minutes)

Suggested Topic

Work–Life Balance: The Key to a Healthy Orthopaedic Surgeon

Suggested discussion points:

- Recognising burnout early
- Managing stress in a busy practice
- Physical fitness and musculoskeletal health
- Importance of sleep and recovery
- Time management
- Building a supportive team
- Family time and personal wellbeing

- Mindfulness and resilience

3. Interactive Discussion (10 Minutes)

Open forum on:

- Challenges in modern orthopaedic practice
- Balancing professional growth with personal life
- Sharing practical wellness strategies

4. Safe Surgeon Wellness Pledge (5 Minutes)

"I pledge to care for my own physical, mental, and emotional well-being; to maintain a healthy work–life balance; to support my colleagues; and to continue serving my patients with compassion, excellence, and integrity."

5. Recognition & Closing (15 Minutes)

- Felicitate senior orthopaedic surgeons
- Recognise active CSR contributors
- Honour young surgeons who participated in Bone & Joint Week
- Group photograph

Fellowship Dinner AND DANCE ON THE 5 MIN SONG GIVEN

After the seminar, organize an informal fellowship dinner to:

- Strengthen professional relationships
- Encourage interaction between senior and young surgeons
- Share ideas for future CSR initiatives
- Celebrate the successful completion of Bone & Joint Week

OPTIONAL ADDITIONS

Districts may also include:

- Yoga or breathing session (10 minutes before the seminar)
- "Wellness Champion" recognition
- Presentation of Bone & Joint Week highlights
- Launch of the next district CSR calendar

WHAT EVERY DISTRICT NEEDS

- One meeting hall
- LCD projector (optional)
- One speaker/facilitator
- Safe Surgeon banner
- Attendance register
- Mobile phone for photographs

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Email the report to:

chairman.csrcioa@gmail.com

NATIONAL CLOSING MESSAGE

One District • One Meeting • One Stronger Orthopaedic Community

By concluding Bone & Joint Week with a **Surgeons' Wellness Meet**, every district reinforces that caring for the caregiver is essential to delivering the highest standards of patient care.

Campaign Slogan

"Healthy Surgeons Build a Healthier Nation."

Closing Message

"Together, let us celebrate six days of community service and conclude Bone & Joint Week 2026 by reaffirming our commitment to our patients, our profession, our colleagues, and our own well-being."

SAFE SURGEON • SAFE HANDS

Official Celebration Anthem – Bone & Joint Week 2026

From dawn till late beneath the light,
We heal with courage, skill and might.
Every fracture, every pain,
Restoring hope again and again.

Hands that comfort, hands that care,
Changing countless lives we share.
Every patient, every smile,
Makes our journey all worthwhile.

But every healer needs to know,
Strong hearts also need to grow.
Healthy minds and balanced days,
Help us serve in better ways.

Safe Surgeon... Safe Hands!
Together proudly we stand.
Indian Orthopaedic Association,
Leading healing across our nation.

Healthy surgeons, stronger care,
Hope and healing everywhere.
Burnout never wins today,
Together we will find the way.

Long surgeries and endless calls,
Silent pressure, rising walls.
Yet beside us friends remain,
Sharing laughter, easing strain.

Take a pause, breathe once again,
Renew the body, calm the brain.
Family, friendship, time to rest,
A healthy surgeon gives the best.

This Bone and Joint Week brings us near,
Celebrating every volunteer.
Six days serving every land,
Together walking hand in hand.

District to district, hearts unite,
Serving India with all our might.
Knowledge shared and friendships grow,
Together stronger as we go.

Safe Surgeon... Safe Hands!
Healing lives across the land.
Indian Orthopaedic Association,
Our profession, our inspiration.

Stand together, side by side,
With compassion as our guide.
Healthy body, peaceful mind,
Leave burnout far behind.

Tonight we celebrate our team,
Every surgeon, every dream.
Young and senior, one big family,
Bound by trust and unity.

Raise a smile, enjoy the night,
Celebrate this noble fight.
For every life we've helped to mend,
May friendship never end.

Safe Surgeon... Safe Hands!
Together proudly we stand!
Indian Orthopaedic Association,
The healing heart of our great nation.

Bone & Joint Week, shining bright,
Service, science, hope and light.
With wellness leading every day,
We'll keep burnout far away.

One Profession... One Family... One Purpose.
Healthy Surgeon • Better Surgery • Better Life.
Safe Surgeon • Safe Hands.
Indian Orthopaedic Association.
Together We Heal. Together We Thrive. Together We Celebrate!

Exactly 100 Words – Suno AI Prompt

Create an energetic celebratory dance-pop anthem with Indian percussion, modern electronic beats, powerful drums, brass accents and uplifting choir. Tempo 128 BPM with crystal-clear vocals and highly audible lyrics. Celebrate Bone and Joint Week and Safe Surgeon Safe Hands campaign of the Indian

Orthopaedic Association. Highlight surgeon wellness, burnout prevention, teamwork, friendship, gratitude, work-life balance, healing, compassion, fellowship, resilience, and joyful celebration. Include crowd singalong hooks, call-and-response choruses, festival energy, inspirational build-ups, triumphant finale, positive emotions, unity, dancing, smiling, applauding, confidence, hope, excellence, serving patients together, honoring every orthopaedic surgeon across India with pride, unforgettable melody, vibrant celebration forever together.