

# BANGALORE ORTHOPAEDIC SOCIETY TARANGA

October 2025 | 1st Issue



## INTRODUCTORY EDITION

*Presenting the first edition of BOS Taranga –  
the official magazine of the Bangalore  
Orthopaedic Society, celebrating our journey,  
our people, and our purpose.*

BOS Chronicles  
The Origins Story  
Members' Achievements  
Young Orthopods Corner  
Upcoming Events

**Edited By: Dr. Satvik N Pai**

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# PRESIDENT'S MESSAGE

*Dr. Subodh Shetty*

Dear Esteemed Members of the Bangalore Orthopaedic Society,

It gives me immense pride and joy to pen this message for the inaugural edition of BOS Taranga. Our society has always stood as a beacon of academic excellence, professional camaraderie, and service to the community. BOS Taranga is envisioned as a vibrant platform that captures this spirit—where we share knowledge, celebrate achievements, and strengthen our bonds as a fraternity.

As I take on the responsibility of leading BOS, my vision is to bridge generations while honouring our legacy. We are fortunate to have stalwarts who have laid a strong foundation, and equally fortunate to have enthusiastic young orthopaedicians eager to carry that torch forward.

**My vision is to bridge generations while honouring our legacy. My efforts will be to create opportunities for collaboration across age groups, nurture academic growth, and ensure BOS continues to be an inspiration for other city orthopaedic societies.**



My efforts will be to create opportunities for collaboration across age groups, nurture academic growth, and ensure BOS continues to be an inspiration for other city orthopaedic societies.

I warmly invite every member to contribute—be it through academic participation, mentorship, innovation, or supporting our society's larger vision. Together, let us make BOS not just a society, but a thriving family that upholds the highest standards of orthopaedics and community service.

*Subodh Shetty*

President, BOS





# FROM THE SECRETARY'S DESK

*Dr. Shashank G Reddy*

It is a pleasure to reach out to you through the launch edition of BOS Taranga. This magazine is a new step in showcasing the work of our society and bringing our members closer together.

As we look ahead, my vision for BOS is to continue expanding opportunities for learning, collaboration, and professional growth. We will strive to make our monthly CMEs and annual conference more engaging, inclusive, and accessible, while also introducing new formats such as workshops, interactive quizzes, and speciality-focused sessions.

Equally important is our commitment to encouraging the active participation of postgraduate students and young surgeons, who represent the future of our society.

With your support, I am confident BOS will continue to grow as a vibrant academic and professional community, and a society we can all be proud of.

Organising Secretary, BOS

**We will strive to make our monthly CMEs and annual conference more engaging, inclusive, and accessible, while also introducing new formats such as workshops, interactive quizzes, and speciality-focused sessions.**



# EDITOR'S NOTE

*Dr. Satvik N Pai*

It gives me great pleasure to present the inaugural edition of BOS Taranga, the official magazine of the Bangalore Orthopaedic Society. This initiative was conceived as a way to chronicle our activities, showcase the achievements of our members, and capture the vibrant spirit of BOS.

The aim of this magazine is to create a common platform for knowledge, camaraderie, and inspiration. While it will document the events, CMEs, and conferences of our society, we also hope it will bring together the voices of our members—through viewpoints, case discussions, and lighter moments. In doing so, Taranga seeks not just to inform, but also to engage and connect.



Looking ahead, we hope for BOS Taranga to evolve into a thematic publication, with each edition highlighting a particular aspect of orthopaedics—be it innovation, training, or ethical practice—while still retaining our regular sections. With the support of the Executive Committee and contributions from our members, I am confident this magazine will become an integral part of the BOS identity.

A handwritten signature in black ink that reads "Satvik N Pai". The signature is fluid and cursive.

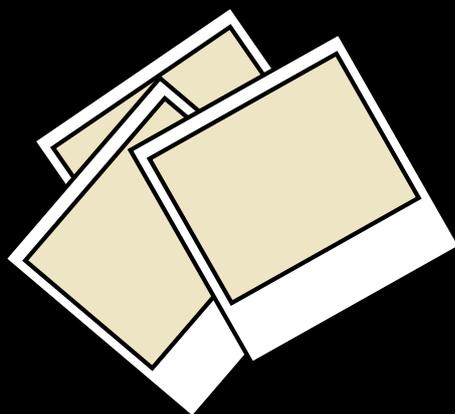
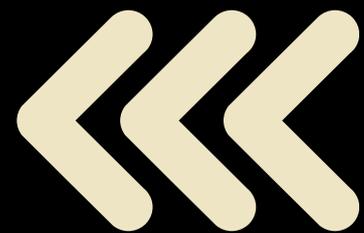
Editor, BOS Taranga

**While BOS Taranga will document the events and achievements of our society and members, I also hope it will bring together the voices of our members and add to the ethos of the BOS.**



# BOS CHRONICLES

**BOS Chronicles is a reflection of the journey we have taken together over the past few months—from April to September 2025—captured through glimpses of our events and activities. This section is not just about looking back; it is about celebrating the energy, enthusiasm, and participation that make BOS what it is.**



**We encourage members to share photographs and moments from every event held under the BOS umbrella. Not only will fellow members enjoy seeing these snapshots, but it also helps us catalogue and preserve the legacy of BOS for years to come. Together, these chronicles tell the story of our association, one event at a time.**

The 28<sup>th</sup> Annual Conference of the Bangalore Orthopaedic Society was conducted at NIMHANS Convention Centre with great pomp and splendour. It also marked the handing over of the BOS offices from the 2024-25 Executive Committee to the committee of 2025-26. It was 2 days packed with an academic feast. Dr. Avinash Parthasarathy, President BOS presented the long list of activities and events conducted during his tenure of from 2024-25. Dr. Subodh Shetty, took over as President of BOS for 2025-26 and addressed the audience with his plans for the upcoming year.



# *CME On Revision Knee Arthroplasty*

*26th April, 2025*

Was held at ESI Medical College & PGIMS. The CME was attended by more than 50 plus delegates and the programme was a grand success.



The May Monthly Meet of BOS was held at the Ramanashree Hotel, Richmond Road. The Speciality theme for the meeting was Spine Surgery. It included a Hands-On Bone Model and Endoscopic Workshop for Spine Procedures.



## *Ilizarov and External Fixators in Paediatric Orthopaedics CME*

*17th May, 2025*

A comprehensive one day CME on role of Ilizarov and External Fixators in Paediatric Orthopaedic problems was conducted at Indira Gandhi Institute of Child Health.



## *Elbow Cadaveric Workshop*

*23rd May, 2025*

Organised at M.S. Ramaiah Advanced Learning Centre



The June Monthly Meet of BOS was held at the Ramanashree Hotel, Richmond Road. The highlight of the meeting was a very lively panel discussion on various controversies in Arthroplasty. It saw leading joint replacement surgeons from across the city enthusiastically discuss various protocols and practices in arthroplasty.



The 5th IOA-IFAS Foot and Ankle Course was conducted at BGS Global Institute of Medical Sciences.



Was held at JW Marriott, Vittal Mallya Road



## *BOS July Monthly Meet*

*13<sup>th</sup> July, 2025*

The July Monthly Meet of BOS was held at the Chancery Pavilion. The highlight of the meeting was undoubtedly the launch of GLOW, the Female Orthopaedic Surgeons wing of BOS, and a hugely successful academic session that followed. It included the first BOS Post Graduate Quiz being conducted by Dr. Satvik Pai, and participation by a large number of post graduates. Dr. HPC Kincha was felicitated for his achievements and contributions, marking the celebration of him taking over as the President of the Indian Society of Hip and Knee Surgeons (ISHKS) for 2025-26. The session concluded with a very interesting talk by Dr Jithesh Shetty (Dermatologist) on care of skin for orthopaedic surgeons.





# BOS Bone and Joint Week Celebration

3rd August, 2025

Bone and Joint Week Celebrations were held at St. Johns Medical College Auditorium. It started with a Yoga session early in the morning. It was followed by a Cyclathon and Walkathon in Koramangala, with the Cyclathon ending in Yodha Park. The event was graced by eminent dignitaries like Shri Ramalinga Reddy (Minister of Transport), Rev Fr Jesudass (Director, St. Johns), IOA Presidents Dr. Anup & Dr. Ajith, KOA President Dr. Anil, Mr. Eshan (Athletic champion, Mr. Poonacha (Hockey champion), Mr. Verkey (hockey champion).



## *BOS August Monthly Meet*

*3rd August, 2025*

The August Monthly Meet of BOS was held at the Hotel Renaissance, Race Course Road. It included a Arthralgia session and a session on Arthroscopy. An Indian Orthopaedic Association Session, presided by the IOA Presidents Dr. Anup Agarwal and Dr. Ajith Shinde was also conducted. It also included a felicitation of Dr. Rajiv Naik.



## *Mithracon*

*10th August, 2025*

Sports Medicine, Arthroscopy and Arthroplasty CME organised by Mithra Multispeciality Hospital, Bangalore. Held at Hotel Radha Regent.

## *BOS 'Go Green' Initiative*

*15th August, 2025*

BOS celebrated India 's 79th Independence Day by supporting the 'Go Green' Initiative to raise awareness on environment preservation and sustainability. The campaign was organised by Sanjay Gandhi Institute of Trauma and Orthopaedics.



## *IGICH Club Foot Workshop*

*21st August, 2025*

Held at Indira Gandhi Institute of Child Health



Members of the Bangalore Orthopaedic Society and Karnataka Orthopaedic Association had an unforgettable family tour to Russia. The trip was to build bonds beyond orthopaedics, and it truly did. It was a wonderful opportunity to strengthen friendships and create lifelong memories. From Moscow's iconic Red Square to the St. Peterburg's stunning palaces, it was a perfect mix of exploration, culture, and camaraderie. The BOS Winter Conference was also held during this trip, which included talks by eminent Russian Orthopaedic Surgeons. They were able to share their experiences and unique perspectives on dealing with complicated orthopaedic conditions.



Held at Akash Medical College. The theme was Foot and Ankle Orthopaedics. It also included a live saw bone workshop on Foot and Ankle Orthopaedics.



*BMCRI Arthroplasty Course*

*19th-20th September , 2025*

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Held at Victoria Hospital, organised by Bangalore Medical College and Research Institute. Included re-live surgeries and hands on saw bone workshop.

*RRMCH CME on Unicondylar Knee  
Replacement and Saw Bone Workshop*

*24th September , 2025*

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Held at Rajarajeshwari Medical College and Hospital

*Recent Advances in Orthobiologics CME &  
Workshop*

*26th September , 2025*

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Held at Sri Devaraj Urs Medical College, Kolar

*SPARSH Arthroplasty Course*

*26th-28th September , 2025*

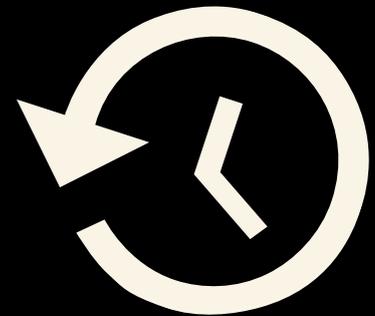
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Held at SPARSH Hospital, Infantry Road.

# BANGALORE ORTHOPAEDIC SOCIETY- THE ORIGIN STORY

Today, the Bangalore Orthopaedic Society (BOS) stands tall as a well-established association with over 1000 registered members. Yet, many of our younger members may not be aware of how it all began—the vision, the challenges, and the dedication of the founding members who laid the foundation for what we are today.



To bring this history alive, we requested one of our seniormost members, Dr. Badrinath, who witnessed it all first-hand, to narrate the story of BOS's early days. Despite the lack of written records from that time, he has taken the effort to recall the events as accurately as possible. He also acknowledged the help given by Dr Rajkumar, Dr Sridhar Murthy, Dr Uday, Dr Bharath Raju and Dr Sunil V H for the compilation of this article.

This article is more than just a history lesson— it is the origin story of our association, a tribute to the visionaries who shaped it, and a reminder of the founding principles that continue to guide BOS in its journey forward.

Let us join Dr. Badrinath as he turns back the clock for us.

# BOS - THE ORIGIN STORY

## DR. BADRINATH

The History of Orthopaedics as a separate speciality in Bengaluru dates back to 1956 ,when Dr H K Srinivasa Murthy (right image) was appointed as the Head of the Department of Orthopaedics in Victoria Hospital, attached to Bangalore Medical College.



The events that led to the development of Orthopaedics in Bengaluru and subsequently establishment of Bangalore Orthopaedic Society can be described in 5 stages.

Stage 1: From 1956 to 1960.

During this period there were very few Orthopaedic Surgeons in Bengaluru and hence there were no academic activities..By establishing the Department of Orthopaedics in Victoria Hospital, Dr H K Srinivasa Murthy could rightly be called the Father of Orthopaedics in Bengaluru.



## Stage 2: From 1960 to 1970

This period saw many Orthopaedic Surgeons trained elsewhere coming to Bengaluru .Prof M Y Rai (UK),Prof S T Nagalinga Setty (AIIMS),Prof T.V Mariappa (AIIMS),Prof S Gyanchand (UK), Prof V H Hanumanthaiah (KGMC,Lucknow),Prof DN Erappa Reddy (UK), Prof M N Shivaprakash(AIIMS),Prof G V Rangan(Kanpur)to name a few,each of whom became a legend later.There was no official society and academic activity was confined to attending National Conferences and having informal bedside discussions.



## Stage 3: From 1970 to 1985

This period saw the passing out of many Orthopaedic Surgeons from Govt Medical Colleges in Karnataka and from KMC,Manipal. Due to the concerted efforts of Prof T V Mariappa, the M S (Orthopaedics) course was started in 1969 in KMC,Hubballi. Prof T R Nagaraj and Prof N Krishnappa were the first to graduate followed by Prof J S Hegde from BMC in 1973 with Prof M Y Rai as his guide. This opened the flood gates and many more Orthopaedic Surgeons graduated from Karnataka.This instigated Dr H K Srinivasa Murthy and Prof M Y Rai to start scientific meetings of Orthopaedic Surgeons, where difficult cases were discussed. However, there was no regular programme as such .

#### Stage 4: From 1985 to 1997

During this period, Prof V H Hanumathaiah saw the need for academic activities. He took the lead and founded the Bangalore Orthopaedic Society (BOS) under the aegis of KOA, and was later registered. Prof N Krishnappa, Prof N Ramesh, Dr Raj Kumar, Dr Syed Jameel and Dr Sridhar Murthy helped tremendously in establishing the BOS. Now meetings of members was more regular with 6 to 7 meetings every year, mostly in the evenings, starting at about 7 pm. Attendance was moderate as some consultants felt this timing affected their private practice. Meetings were held in BMC, IMA, Private Medical Colleges, Clubs and Jayanagar Orthopaedic Centre (JOC). Case Discussions were held. Presentations used to be simple with the presenter reading the case report or presenting cases on slides packed in a casserole. I remember Prof Rai presenting a case with a few details of the history and clinical examination and then put up the x-rays on a view box for the diagnosis which was difficult for us. The diagnosis was Eosinophilic Granuloma of the spine or Coxa Plana as described by Prof Rai.

#### Stage 5: 1997 to present date :

In 1997, Dr Sridhar Murthy took over officially as President of the BOS till 1999. He was appointed by general consensus of senior members. Dr Muralidhar was appointed Secretary of BOS. Now BOS took off with regular monthly meetings and annual BOS Conferences. It was during this period that Prof V.H Hanumanthaiah graciously transferred the proceeds (about Rs 26 lakhs) of IOACON 1994 of which he was the Organising Secretary, to the BOS. This amount was used to purchase a site in Koramangala (45feet x70feet) in 1996 with the intent of building a BOS Bhavan. This decision was taken after long discussions between Prof V H Hanumanthaiah, Prof N Krishnappa, Prof N Ramesh, Dr Syed Jameel, Dr Sridhar Murthy, Dr Muralidhar and a few others. Renewal of BOS Registration was done in 1997. For the next few years, Presidents were nominated by a group of senior members. Meetings were regular and now Private Medical Colleges took the lead to host the meetings. However as more and more members expressed their desire to lead the BOS, annual elections were introduced a few years later. Democratic principles were scrupulously followed and modern voting methods were introduced including scrapping of ballot papers more recently.



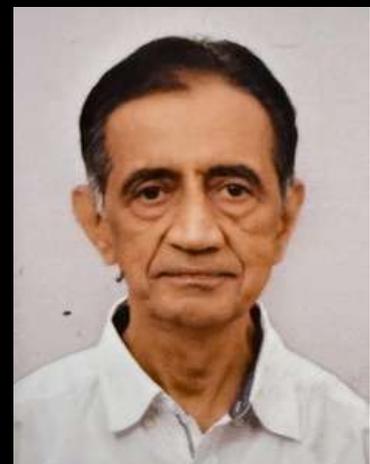
Current day BOS Monthly Meets organised in large halls with lots of orthopaedicians and post graduates from across bangalore attending



From Left to Right:  
Dr. Badrinath, Dr. Rajendra, Dr. M V  
Rai.

All the Presidents have upheld the fine traditions of their predecessors. Senior members now felt that the BOS Site was not big enough to construct a large building to accommodate nearly 700 active BOS Members, which was growing every year. A consensus of approval was taken and the Koramangala site was sold in 2021 and a new BDA site measuring 6000 sq feet was purchased in 2023 in Banashankari 6th Stage opposite RV College of Architecture. Plans are under way to commence construction of a new BOS Bhavan soon in order to serve the academic needs of our members. The decision to honour Senior Members is commendable and heartwarming. I still remember Prof T V Mariappa being felicitated at a meeting in BTC. Dr R.Rajkumar escorted Prof T V Mariappa. I cannot name all the previous Presidents but I want to state emphatically that they have all contributed to the growth of BOS in their own ways, which is now of international standards. The starting of regular annual winter conferences abroad, the introduction of regular workshops, CME programmes, live surgery screening, with the aim of highlighting the latest trends in orthopaedics and encouraging the growth of Sub Specialties has increased the academic brand of BOS. Members from Corporate Hospitals, Govt and Private Medical Colleges, practising Orthopaedic Surgeons and Post Graduates are regular participants, contributors and hosts to BOS activities. In this context I must mention Dr Subodh Shetty and his team, the current office bearers who are doing a great job, which will serve as a model for future office bearers of the BOS . We all hope and pray for the continued growth of BOS .

JAI HIND, JAI KARNATAKA, JAI KOA and JAI BOS



**DR. BADRINATH**

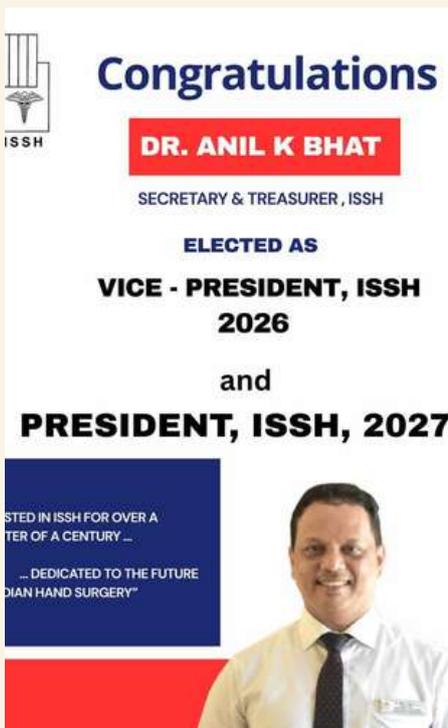
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# BOS MEMBER ACHIEVEMENTS

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At BOS, we take pride in celebrating the achievements of our members—whether in academics, clinical practice, research, or leadership. These accomplishments not only highlight individual excellence but also serve as an inspiration for the entire orthopaedic community. We are certain that many more of our members have noteworthy milestones to share, and we warmly encourage you to e-mail them to us at [BOStaranga@gmail.com](mailto:BOStaranga@gmail.com), so we can feature them in future editions and celebrate them together as a community.

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**Congratulations**

**DR. ANIL K BHAT**  
SECRETARY & TREASURER, ISSH

**ELECTED AS**  
**VICE - PRESIDENT, ISSH**  
**2026**

and  
**PRESIDENT, ISSH, 2027**

... DEDICATED TO THE FUTURE  
OF INDIAN HAND SURGERY™



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## Dr. Anil K Bhat

Dr. Anil K Bhat has been elected as the President of the Indian Society of surgery of the Hand (ISSH) for 2027. He will serve as the Vice President of ISSH for 2026.

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Celebrating the appointment of

**Dr. Anil K Bhat**

**Dean**

**Kasturba Medical College, Manipal**

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He has also taken over as Dean of Kasturba Medical College, Manipal.

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## BOS MEMBER ACHIEVEMENTS

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### **Dr. Rajiv Naik**

delivered a talk in the “Legends” Section of SICOT at the 45<sup>th</sup> SICOT World Congress held in Madrid, Spain on 3-5<sup>th</sup> September 2025. He was also felicitated for his contributions over several decades to BOS during the BOS August Monthly Meet.

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### **Dr. H P C Kincha**

Dr. HPC Kincha took over as the President of the Indian Society of Hip and Knee Surgeons of India in April 2025.

He was also felicitated by the BOS during the July Monthly Meet, to not only mark this wonderful achievement that is a moment of pride for entire BOS Community, but also for his vast contributions to BOS and Orthopaedics.



## BOS MEMBER ACHIEVEMENTS

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### **Dr. Deepak S & Dr. B S Jayaram**

Dr. Deepak Shivanna and Dr. B S Jayaram were awarded the IMA Doctor's Day Award by the IMA Bangalore Branch on 17<sup>th</sup> July, 2025

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### **Dr. Ajoy S M**

Dr. Ajoy S M has taken over as President of the Indian Foot and Ankle Society (IFAS) for the year 2025-2026.



## BOS MEMBER ACHIEVEMENTS

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### **Dr. Shivakumar**

Dr. Shivakumar was awarded the Teacher of the Year award for his lifetime contributions and impact made as a teacher by the State Indian Medical Association on 7<sup>th</sup> September, 2025.

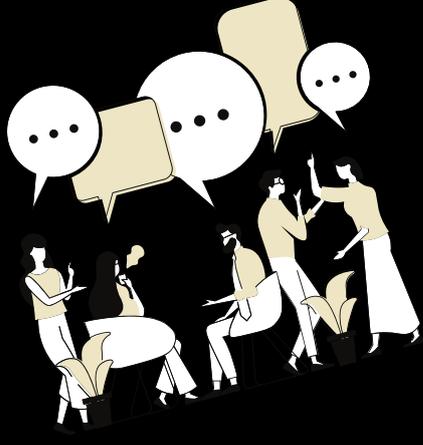


### **Dr. Bharath Raju G**

Dr. Bharath Raju was appointed as the Chairman of IOA Centre State Relationship Committee.



# ***BOS GYANA MANDIR***



We are happy to share that BOS has started a dedicated WhatsApp group called BOS Gyana Mandir, created exclusively for academic discussions. This forum allows members to post queries, share experiences, and engage in meaningful conversations on clinical dilemmas.

The aim is to encourage fruitful discussions, provide inputs for managing difficult cases, decode clinical mysteries, and foster collective learning. Open to both junior and senior members, the group ensures that there is always something new to learn for everyone. We encourage more members to join and participate actively, so that together we can continue to grow and learn as a community.

We already have more than 400 members part of the whatsapp group. We encourage everyone to participate so that we can get multiple perspectives and innovative ideas.

# **THURSDAY TANTRUMS**

A tradition started on the group is Thursday Tantrum where we have one of our BOS Members share an interesting case. It can be a rare or common case, the aim is to invite opinions, get different perspectives and try to collectively take away some learning points for the case.



We have had some wonderful cases and discussions started already. We thank Dr. Rajiv Naik, Dr. Jayanth Sampath, Dr. Darshan Kumar Jain, Dr. Lokesh H, Dr. Amrithlal Mascarenhas, Dr. Prakashappa T.H, and Dr. Vinay Kumaraswamy for sharing their interesting cases that has led to lively debates on the group.

Looking forward to continue this academic tradition

# The Lighter Side of BOS



They say “All work and no play makes Jack a dull boy”—and we couldn’t agree more! While BOS has always been a hub for academic exchange and professional growth, it is also a community where friendships are built, stories are shared, and life outside orthopaedics is celebrated.

The Lighter Side of BOS is dedicated to all things non-academic—be it hobbies, travel reflections, humour, social work, or personal passions. This open forum is a space for our members to share the experiences, insights, and pursuits that make them who they are beyond the operating room. After all, BOS is not just an academic association; it is also a vibrant social gathering of orthopaedic surgeons in our city.



Through this section, we hope to encourage interactions, spark conversations, and showcase the many dimensions of our members’ lives outside orthopaedics.

# Cycling



I am an orthopaedic surgeon practising in Channapatna. I am also an avid cyclist with more than 60,000 km of riding experience since 2012. Over the years, cycling has taken me to many places, but one journey that remains etched in my memory is my first expedition on the iconic Manali–Leh–Khardung La route in 2019.

This route, known for its extreme challenges, covers 520 kilometers one way and crosses five legendary high passes — Rohtang La, Baralacha La, Nakeela, Tanglang La, and finally Khardung La, the second highest motorable road in the world at 17,982 feet.

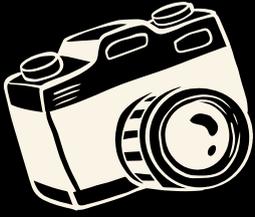
The toughest challenge was altitude sickness, combined with constantly changing weather, steep climbs, and tricky descents. Yet, the breathtaking landscapes — from lush greenery in Manali to the stark, sandy mountains of Ladakh — made every struggle worthwhile.

What made this expedition truly memorable was the camaraderie of my co-riders and the sense of achievement at every pass we conquered. The exhilaration of this journey inspired me to return to the Himalayas for two more cycling expeditions in later years, including Shimla–Spiti–Manali and a second Manali–Leh–Khardung La ride.

For me, this journey was not just about cycling; it was about resilience, friendship, and the sheer joy of exploring the world on two wheels.



**Dr Shankar TV**  
Channapatna



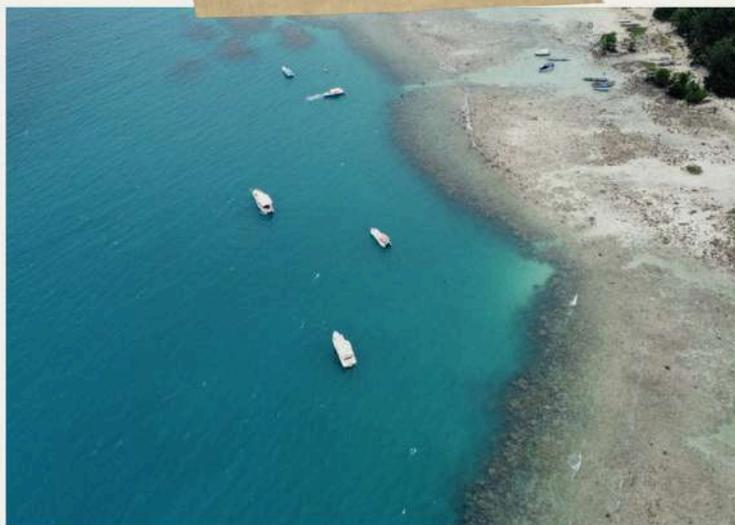
# Photography



**MALABAR SQUIRREL  
SHOT AT THIRUPATHI**



**LAXMANPUR BEACH, NEIL'S ISLAND,  
ANDAMAN (DRONE SHOT)**



**NEMI BEACH, HAVELOCK'S ISLAND,  
ANDAMAN.**

by  
Dr.Lokesh Holagundi  
Narayana Health City,  
Bommasandra



# Badminton



Dr Santosh H R, is currently working in the Department of Orthopaedics at Victoria Hospital, Bangalore. But he is also a state and national badminton champion in government level and doctors(IMA) level.



**Dr Santosh H R**  
Bangalore  
Medical College



He started playing badminton in 1987 in the under 12 category. Since then he has been the Karnataka State Champion 6 times and National Champion 2 times in sub junior and junior level. He was coached in the beginning by his father and later on even by one of India's finest badminton players Prakash Padkone.

Even though the time he has been able to dedicate to badminton has decreased after taking up orthopaedics, he has continued to participate in state and national level government and doctors level from 2005 and has won in both formats since then.



His victories and achievements have been reported in several state and national newspapers over the years. He has been granted many Karnataka state awards as well.

# Young Orthopods' Corner



The Young Orthopod's Corner has been created to give our younger members a platform to actively engage with BOS and its activities. The early years of an orthopaedic career can be both exciting and challenging—whether it is mastering academics, finding mentors, discovering fellowship opportunities, or simply connecting with peers facing similar hurdles. BOS aims to be a guiding hand in this journey, helping young orthopods learn, grow, and build lasting networks.

Our youth are the ones who will shape the future of the association, and this section is dedicated to empowering them. We encourage senior members to share their insights, advice, and resources to guide the next generation. At the same time, we invite young members to take an active role, contribute to this space, and make the most of the opportunities it offers.

In this section, Orthopaedic subspecialty fellowship offers can be shared, as well articles by those who have completed a certain fellowship and want to share their experience, especially for fellowships undertaken outside Bangalore. Such articles will significantly help others in making their choices. It is also for young orthopods to share their own research works and publications, enabling them to get a boost in their academic journey.



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# PG QUIZ

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# RESULTS

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## **Sapthagiri Medical College and SGIOT share the spoils of the first BOS PG Quiz**

The first BOS Post Graduate Quiz was conducted on 13<sup>th</sup> July during the July Monthly BOS Meet. We saw 45 post-graduates from different institutions across Bangalore fight it out for the title. It was the first of the two BOS PG Quizzes to be held this year.

Dr. Karthik M V from Sapthagiri Institute of Medical Sciences & Research Centre (SIMSRC) bagged the first place. Dr. Sanjay K from Sanjay Gandhi Institute of Trauma and Orthopaedics (SGITO) came in second place.

The next BOS PG Quiz will be held during the November BOS Monthly Meet on November 2<sup>nd</sup>, 2025 . Each round is not just a test of knowledge but a chance for post graduates to sharpen their skills, gain recognition, and move one step closer to the Grand Finals to be held during BOSCON 2026, to fight for the title of BEST BOS POST GRADUATE.

Orthopaedic postgraduates, here is your chance to put your hard work and knowledge to the test. The BOS Quiz is not just a competition — it is an academic challenge that sharpens your clinical reasoning, strengthens your exam preparation, and places you among the best minds in Bangalore. Register now and take the first step towards securing your place in the Grand Finals at BOSCON 2026. Scan the QR Code on the poster to register.

**BOS COMMITTEE 2025-26 PRESENTS**

# BOS Post Graduate quiz

Lets find the Best Young Orthopods

## Schedule

2 Sessions During BOS Monthly Meets in- July, and November 2025.

Finals during BOSCON in March 2026

## Participants

Open to all Ortho PGs (MS & DNB) in Bengaluru

## Scoring

Cumulative Scores of both Sessions. Top 6 Candidates get selected for final round to be held during BOSCON 2026.

Each Finals Candidate is allowed to pick a teammate from the same institute for the Final Round. The teammate chosen must compulsorily have also appeared for atleast 1 session of the quiz.

## PRIZES

**For BOS Quiz Final Round during BOSCON**

- Winning Team Candidates receive Medals, Certificates and BOS Associate Membership.
- Winning Team Institute Receives a Trophy.
- 2nd and 3rd Place teams receive Medals and Certificates.

**For BOS Monthly Quiz**

Winner and Runner Up of each Session will receive a certificate

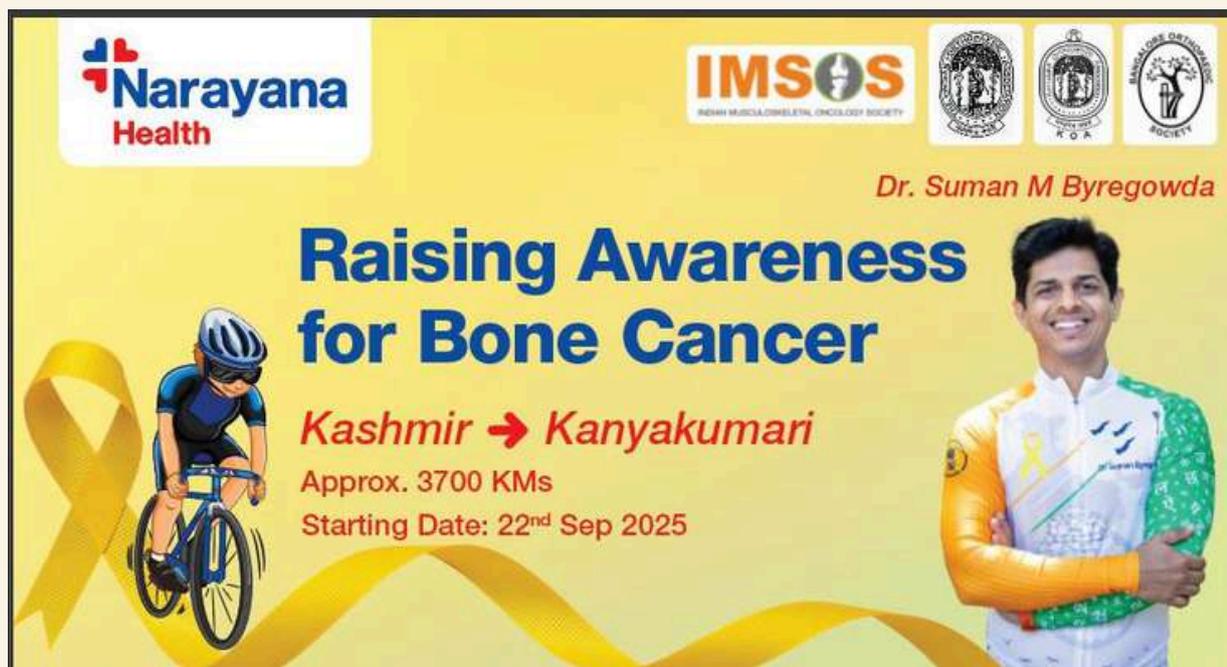
Scan the QR Code and fill the form to Register

Registration is free, but compulsory

For Queries, WhatsApp: Dr. Satvik N Pai 9986099798

**NEXT QUIZ DURING NOVEMBER BOS MONTHLY MEET**

# Raising Awareness for Bone Cancer



**Dr. Suman Byregowda, a Senior Orthopaedic Oncologist from Narayana Health, Bangalore, and a proud member of the BOS, embarked on an inspiring cycling journey this Dussehra — from Kashmir to Kanyakumari, covering approximately 3,700 km — to raise awareness about bone cancer. His journey began on 22nd September 2025.**

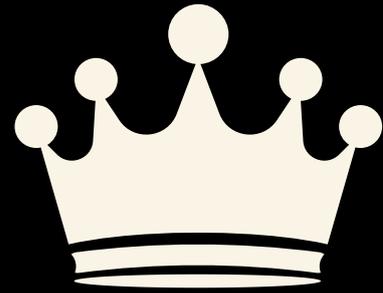
**You can follow his incredible adventure and receive daily updates on:**

**📺 YouTube: Dr Suman Byregowda 📷 Instagram: @suman\_m\_b**

**On behalf of all BOS members, we extend our best wishes to Dr. Suman Byregowda for this noble and impactful mission.**



# Legends of BOS



A legend is someone whose life and work leave an impact far beyond their time, inspiring generations to come. In this section, we honour the stalwarts of the Bangalore Orthopaedic Society who have shaped our association and the orthopaedic community at large.



Rather than being just a record of accolades and positions held, these articles aim to capture a more personal side—insights from those who knew them closely and witnessed different phases of their journey. By reflecting on their values, character, and even their lives beyond Orthopaedics, we hope to paint a fuller picture of who they were as individuals.

Through these stories, we aim not only to pay respect to their immense contributions and the invaluable guidance they offered to countless BOS members but also to present their lives as a source of inspiration. Their dedication, vision, and spirit remind us of the path they paved—and the footsteps we can aspire to follow.

# DR. V H HANUMANTHAIAH

By Dr. Badrinath

Prof Hanumanthaiah V H was a Professor, Teacher and Mentor to hundreds of Orthopaedic Surgeons in Karnataka and outside. Prof Hanumanthaiah served as Prof and HOD in Ballary, Mysuru and Bengaluru Medical Colleges. Prof also served in KMC, Hubballi. He was awarded a Colombo Plan Fellowship to study at Glasgow University, UK for 1 year in Prosthetics and Orthotics. He served as the Director of the prestigious Sanjay Gandhi Institute of Orthopaedics and Traumatology. He took voluntary retirement in 1987 and started the Jayanagar Orthopaedic Centre (JOC), first of its kind in the private sector. He was the founder President and a pioneer of the Bangalore Orthopaedic Society and a founder member and President of Karnataka Orthopaedic Association. He conducted the IOA conference at Ashoka Hotel, Bengaluru in 1994, which was a tremendous success. Prof Hanumanthaiah's other achievements are too many to enumerate here.



I was Prof VH Hanumanthaiah's student, when I was doing my post graduation. He was professionally very sound. He was extremely confident and practical in his work and never hesitated to give a diagnosis in the OPD or in the wards. He would straightaway give his diagnosis, no dodging, no fence sitting. He was a workaholic. He never wasted time in idle talk and gossip. OPDs were extremely busy with a large number of patients coming from Mysuru and Chitradurga regions (fresh and operated), such was his skill and reputation. He started OT surgery very early and by the time we entered the OT, he would have completed an operation under local anaesthesia. Prof VH Hanumanthaiah was a strict disciplinarian inside the hospital but outside he was relaxed and jovial.



# DR. V H HANUMANTHAIAH



Prof Hanumanthaiah continued to be very active after his retirement looking after JOC, which attracted many patients. I used to visit Prof Hanumanthaiah every year when I came to Bengaluru on annual leave. He used to interrupt his practice and talk to me with affection and wish me good luck. Prof kept abreast with modern trends in Orthopaedics and thus contributed to improvement in patient care. He used to invite Sub Speciality renowned surgeons to JOC to evaluate selected patients and operate on them if necessary. This contributed in a large measure to the development of Sub Specialities and Sub Speciality surgeons in Karnataka.

Sadly Prof V.H Hanumanthaiah passed away in 2014. I and many others were privileged to have trained under Prof V H Hanumanthaiah ,who was an outstanding surgeon and great person.

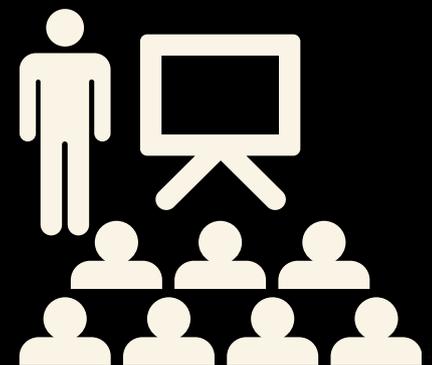


# Upcoming Events



The Upcoming Events section is designed to be a common platform where organisers of conferences, CMEs, and academic programs conducted under the aegis of BOS can showcase their events. This not only helps organisers reach a wider audience and boost registrations, but also gives BOS members the convenience of finding all relevant academic opportunities in one place, making it easier to plan their schedules.

We encourage all future event organisers to bring their programs under the BOS umbrella and to make use of this section for promotion. It is a mutually beneficial initiative—while organisers gain greater visibility, members stay updated on valuable learning opportunities. By streamlining this process, we strengthen BOS as an association, foster collaboration, and ensure that our members never miss out on academic growth.



# Namma Hand Surgery Club

## Inaugral CME

### October 18th 2025

The focused group led by Dr Bharath K Kadadi , is aimed at minimising complications in Hand,wrist and upper limb surgeries; to improve patient outcomes and satisfaction. Inviting all orthopaedic surgeons for this Inaugral CME and interesting case discussions.

*Namma*  
**HAND  
SURGERY  
CLUB**

**BANGALORE ORTHOPAEDIC  
SOCIETY**

**JOIN US**

**Inaugural CME  
Announcement!**

18th October 2025  
730pm onwards  
@Hotel Richmond Ramanashree

# Ramaiah Post Graduate Foundation Skills Cadaveric Course

November 1<sup>st</sup> & 2nd 2025

**RAMAIAH** | ADVANCED  
LEARNING CENTER

**Ramaiah Post Graduate  
Foundation Skills  
in Orthopaedic Surgery**

November 1st & 2nd, 2025

**Surgical approaches to upper  
and lower limb - Cadaver Training**

Venue : Ramaiah Advanced Learning Center

## Contact details :

Secretary to Chief, RALC  
080 2218 2819 | [info@msralc.org](mailto:info@msralc.org) | web: [www.msralc.org](http://www.msralc.org)

**Dr Darshan Kumar A. Jain**  
Consultant Hand & Upper Limb Surgeon  
Sapiens Clinic, Bangalore

+91 9844994342 | [jaindarshan81@gmail.com](mailto:jaindarshan81@gmail.com)

# Bangalore Knee Conference

November 22nd & 23rd 2025

Under the Aegis of



**BANGALORE 2025**  
**KNEE CONFERENCE**

**EDITION 3**  
**22<sup>nd</sup> & 23<sup>rd</sup>, November 2025**  
**Venue : RadissonBlu Atria Bengaluru**

**ARTHROSCOPY  
MEETS  
ARTHROPLASTY**

SCAN TO REGISTER



THE QR CODE GENERATOR

[www.bangalorekneeconference.com](http://www.bangalorekneeconference.com)

# CALL FOR SUBMISSIONS



**As we bring you the first edition of BOS Taranga, we are already looking ahead to the next issue, planned for March 2026. This magazine is meant to be a collective voice of our community, and its richness depends on the contributions of our members. Your articles, write-ups, and reflections not only add depth and variety to the magazine but also help us record the achievements, milestones, and spirit of BOS for years to come.**

# Contribute to BOS Taranga

We warmly invite you to contribute to the upcoming edition under the following sections:

- Expert Opinions – Share your insights on clinical, academic, or other aspects of Orthopaedics.
- BOS Chronicles – Glimpses of BOS events and activities.
- Member Achievements – Any professional milestones and accolades you received in the last year. This can also include awards, guest lectures delivered and new leadership posts held.
- Publications, International Conferences, Complex/Novel Surgical Techniques- Any publications in Pubmed Indexed Journals, Talks given/Papers presented at International Conferences, and complicated/rare/new surgical techniques can be shared with a brief write up.
- Young Orthopedist's Corner – A space for BOS Members less than 35 years of age/post-graduates to voice their thoughts and experiences. Fellowship offerings, fellowship experiences can also be shared.
- Lighter Side of BOS – Hobbies, reflections, travel, art, social work, humour, and all things beyond Orthopaedics.
- Upcoming Events – Announcements and promotions for conferences, CMEs, and workshops under the aegis of BOS.

We encourage all members—senior and junior alike—to participate actively. Every contribution, whether academic or personal, strengthens BOS Taranga and helps us grow as an active, vibrant, and connected association.

**Please send in your submissions by February 1st, 2026 to the email id: [BOSTaranga@gmail.com](mailto:BOSTaranga@gmail.com).**

Together, let us continue to make BOS Taranga a magazine that reflects the spirit, achievements, and vision of the Bangalore Orthopaedic Society.

# **SPONSORS AND ACKNOWLEDGEMENTS**



**We extend our heartfelt thanks to all BOS members who contributed articles, write-ups, photographs, and information that have brought this magazine to life. Your enthusiasm and support ensure that BOS Taranga truly reflects the spirit and diversity of our association.**

**We also gratefully acknowledge our sponsors, whose generous support has made it possible to print and share physical copies of this magazine.**

**To each and every contributor and supporter—thank you for being part of this journey and for helping us take the first step in what we hope will become a long and meaningful tradition.**

# BOS EXECUTIVE COMMITTEE FOR 2025-26



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President



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Organising Secretary



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