



Ortho- One Orthopaedic Speciality Centre

Newsletter Updates January - March 2025

**Women's Day Celebration @
Rathinam College**



As part of our ongoing outreach efforts, Ortho-One celebrated International Women's Day with corporate women at Rathinam College.

□ **The event featured expert insights from:**

- **Dr. David V. Rajan** (MS Ortho, MNAMS (Ortho), FRCS(G) Arthroscopy Knee & Shoulder Surgery), **Chairman & Managing Director of Ortho-One- Special Guest**

Dr. M. Shyam Sundar (MS Ortho, FTJA, FASM, FSSM, FAOA, PGR), Shoulder and Elbow surgery, Joint replacement, and Sports medicine

□ **Guests of Honour included:**

- **Dr. Jayalakshmi Ramakrishnan**, Principal of Sri Ramakrishna Matriculation Hr. Sec. School.

- **Deepa Manoj, Deputy General Manager at Park Corporates.**

- **Lalitha G.S.**, Advocate at Bar Council of Tamil Nadu & Puducherry.

- **Logeshwari K.**, Manager at Clarus RCM.

□ The day included motivational talks, fun games, and enriching interactions, celebrating women's strength and wellness.

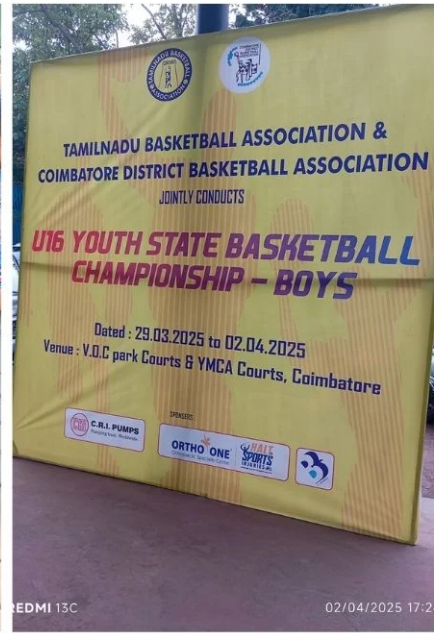
Palakkad Marathon 2025 - A Proud Partnership



Additionally, we established a **Sports Medicine consultation** booth during the **Palakkad Marathon Expo** on January 4, 2025. Ortho-One proudly served as the official **Sports Medicine Partner** for the **Palakkad Marathon**, which took place on **January 5, 2025**. We provided physiotherapy support to over **5,000 runners** at the finish line and were honoured

to receive a token of appreciation, presented to Dr. Shyam Sundar on behalf of our team.

□ Ortho-One's Sporting Presence: From Grassroots to Global Tracks



- Provided medical support at the **Youth U-16 Boys State Basketball Championship** held from **March 29 to April 2**.

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- Assisted **World Rally racer Martin Sesks** during the **Welfare Rally Races** from **March 11 to 13**.
 - Contributed to collegiate sports at the **Shri Eshwar College Sports Fest** from **February 14 to 16**.
 - Offered medical support at the **15th Orion Basketball Tournament** (February 17-23), where **Dr. Santosh Sahanand** served as **Chief Guest**.
 - Renewed our partnership with **First Kick School of Soccer**, supporting the **AIFF U-17 Elite League matches**

Reinforcing our commitment to empowering athletes and advancing sports healthcare across all levels.

Women's Day Celebration at Ortho-One Centre



Ortho-One Orthopaedic Speciality Centre proudly celebrated **International Women's Day** by honouring the strength and resilience of **women in healthcare**.

Our chief guest, **Ms. Doulath**, delivered an inspiring motivational speech that uplifted the spirits of all participants.

Mrs. Suneetha Rajan shared valuable insights on enhancing women's lives through self-care and empowerment.

The celebration included a fun-filled craft competition for Ortho-One's female staff, followed by a prize distribution for the winners, making the day both meaningful and memorable.

Educating to Prevent: Ortho-One's Ongoing Commitment to Sports Injury Awareness





Ortho-One conducted impactful **awareness sessions** to promote **injury prevention** and **athlete well-being**.

- On **February 7**, a special session was held at **First Kick School of Soccer** for **parents of football players**, where **Dr. Emil Cyril** and **Mr. Earnest Paul** emphasized the importance of **parental support**, covering topics like **injury**

management, nutrition, and mental well-being.

- On **February 8**, Ortho-One led an insightful workshop for **coaches and PE staff at SSVM Schools**, focusing on **injury prevention in sports**. The speakers shared **twelve essential steps** to reduce injury risk and enhance athlete care, equipping the staff with practical strategies to ensure a safer sports environment.
- Continuing this initiative, from **March 29 to April 2**, Ortho-One provided **sports medicine support** at the **Youth U-16 Boys State Basketball Championship** at VOC Park. **Dr. Emil Cyril** once again empowered the coaching community with his expertise on injury prevention, reinforcing Ortho-One's mission to nurture the next generation of athletes.



Ortho-One Orthopaedic Speciality Centre

Main Centre:

657, Trichy Road, Singanallur, Coimbatore -
641005, Tamil Nadu

Contact: (+91) 80818 00900, (+91) 422 4055100

Email: info@ortho-one.in

Ortho-One Orthopaedic Speciality Centre

Coonoor Branch:

72, Everserve Enclave, Sims Park Road, Coonoor,
Nilgiris- 643101, Tamil Nadu

Contact: (+91) 423 2231010 / (+91) 90954
99988

Email: coonoor@orthoone.in

Website: www.ortho-one.in



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