

Ortho-One Orthopaedic Specialty Centre

Newsletter updates OCTOBER - DECEMBER 2024

Pongal Wellness: Let the Sun Brighten Your Day and Health

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**Start your day with the
blessings of the Sun.**

Morning sunlight is enriched with a natural source of Vitamin D, The essential vitamin that promotes strong bones, supports your immune system, and uplifts your mood.

ORTHO ONE
Orthopaedic Speciality Centre

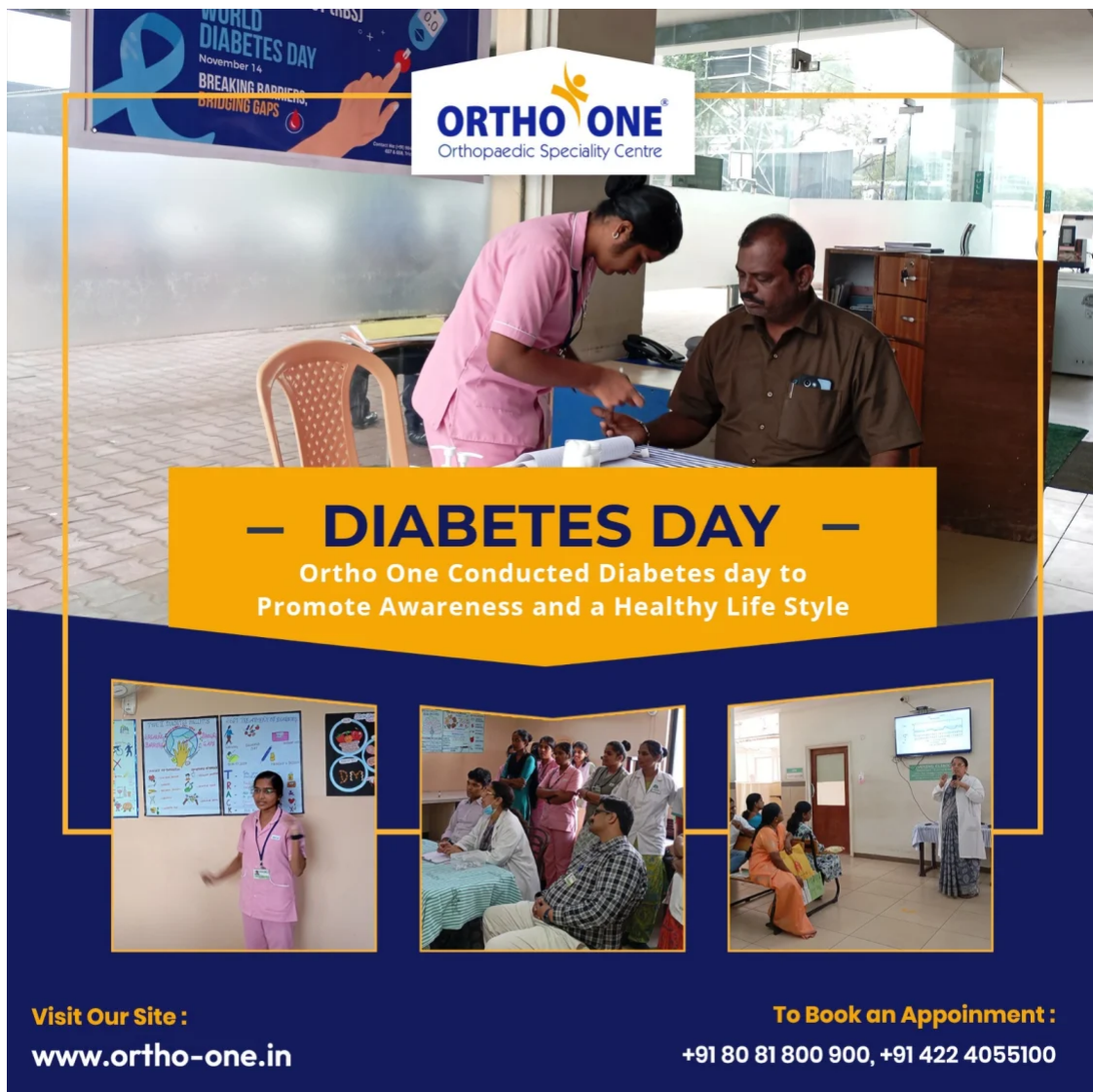
**HAPPY
Pongal**



Start your day with the golden rays of morning sunlight!

A natural source of Vitamin D, it strengthens your bones, boosts immunity, and brightens your mood. Soak in the sunshine and embrace wellness. Let the radiance of the morning sun energize your Pongal celebrations with health and positivity! Spending a few moments in the morning sunlight can enhance your overall well-being and bring warmth to your festive spirit. This simple habit can uplift your energy and keep you active throughout the day.

Raising Awareness on World Diabetes Day



— DIABETES DAY —
Ortho One Conducted Diabetes day to Promote Awareness and a Healthy Life Style

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Ortho-One Orthopaedic Speciality Centre observed World Diabetes Day with an awareness program aimed at promoting healthy lifestyle practices and effective diabetes management. Our Dr. Elizabeth Philip, Diabetologist, led the session, emphasizing the connection between uncontrolled diabetes and symptoms such as bone and joint pain or stiffness. When diabetes is not well-controlled, bones and joint pain or stiffness can be primary symptoms. Our doctor advised checking HbA1c levels if you experience such symptoms, highlighting the importance of early detection. The program encouraged proactive health measures and inspired participants to work toward healthier living and a future free from diabetes.

Ortho-One Spine Surgical Boot Camp :2024



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A platform where innovation meets expertise! The Spine Surgical Boot Camp, conducted under the aegis of TNOA, was a resounding success, bringing together the best in orthopaedic education and spine care. This event showcased a perfect blend of cutting-edge knowledge and hands-on learning, with participants benefiting from engaging lectures and practical demonstrations. Ortho-One proudly conducted an interactive practical session, further solidifying our commitment to excellence in orthopaedic education and patient care. At Ortho-One, we strive to push the boundaries of learning, ensuring better outcomes for doctors and patients!

Christmas Celebration at Ortho-One



This Christmas, Ortho-One was brimming with joy and festive cheer as we came together to celebrate the season with a variety of exciting programs. The day was filled with laughter, camaraderie, and unforgettable moments that brought our team closer.

A standout highlight was the Star Employee Awards, where we recognized and honoured our exceptional team members for their dedication and outstanding contributions. These were truly heartwarming moments, celebrating the spirit of excellence and teamwork. As we look ahead, let's continue spreading the joy and strengthening our team bond. Together, we can achieve great things!

Duathlon: Run, Ride, Conquer!



Ortho-One proudly sponsored and supported the exciting Duathlon as a Sports Medicine Partner and an enthusiastic fitness promoter. Held at Jenneys Residency, the event featured around 200 participants taking on the dual challenge of 7.5 km running and 40 km cycling.

The event was divided into two categories:

- Pro Category: 40 km cycling
- Beginner Category: 20 km cycling

Ortho-One was honoured to ensure the health and safety of all participants, empowering them to push their limits and achieve their goals.

We are especially proud of Dr Shyam sunder, our very own orthopaedic surgeon and sports medicine specialist, who successfully completed the Pro Category event, showcasing excellence both in the field of surgery and sports!

RAK 5.0, Cyclathon Challenge: Explore and Experience!



Ortho One are the proud title sponsor of a unique cycling event, RAK 5.0, whose theme is to visit 20 railway stations in 30 days. This is not a competition; but an experience designed for cycling enthusiasts to explore the scenic beauty and culture of stations around Coimbatore, Mettupalayam, Pollachi, Palakkad, and Tirupur.

Coimbatore Marathon 2024: Let's Ko

Kovai!



On December 15th, 2024, the city came alive with the energy of the Coimbatore Marathon, where over 21,000 participants ran for a cause. Ortho-One was proud to contribute dedicated volunteers to this inspiring event, which was part of the 'Let's Ko Kovai' initiative.

Our team was on the ground, supporting runners and ensuring a smooth and successful marathon experience. Being a part of such a massive community event truly reflects our commitment to promoting health and fitness across Coimbatore.



On November 17th, Ortho-One proudly supported the

Speed Thrills at the Car Race Event

exhilarating national Car Racing championship Event as the official Medical Partner. Held at the Kari Motors Speedway Race Track, the event featured around 200 participants competing in the Above 18 Open Category, open-wheel formula car racing and the Indian racing league, showcasing their skills and passion for speed.



Senior Zonal Basketball Camp: A Slam Dunk Event

Ortho-One was honoured to be the Sports Medicine Partner for the Senior Zonal Basketball Camp held at the iconic VOC Basketball Court. Dr. David V Rajan graced the event as a chief guest, adding immense value to the event. This partnership reaffirms Ortho-One's dedication to supporting athletes by ensuring their health and fitness during such high-energy tournaments.



YUVA Kabaddi Series Tournament

Ortho-One proudly supported the YUVA Kabaddi Series as their Sports Medicine Partner for this month-long event. The tournament, held at Karpagam College of Engineering, was a thrilling showcase of talent and determination.



All India Doctor's Badminton Championship

Ortho-One proudly served as the Sports Medicine Partner for the prestigious national Badminton Tournament, bringing together talented players across India. Held at Hindustan College, the event showcased skill, determination, and sportsmanship.



Ortho-One was the proud

Under -13 Kids Sports Camp

sports medicine partner with SM Academy for a two-day camp dedicated to under-13 footballers from across the state. Held at the Podanur Railway Ground, this camp was an opportunity to nurture young talent, providing expert guidance and support to ensure their fitness and performance on the field.



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