



BHAVANA – A Family of Elders

BHARATIYA VARISHTHA NAGARIK SAMITI

An all India secular, non-political, non-profit, non-government voluntary organization dedicated to the cause and care of Aged Persons and weaker section of society including Women, Physically & Mentally Challenged Persons and Destitute, registered at Lucknow under Societies Registration Act, 1860. Registration no. 662/2000-01

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JOINT PAIN MANAGEMENT WORKSHOP

Joint pain or stiffness in joints is the result of a disease called **Osteoarthritis**. It is the most common form of arthritis, affecting millions of people world-wide. It occurs when the protective cartilage on the ends of one's bones wears down over the time. Although osteoarthritis can damage any joint in one's body, the disorder most commonly affects joints in one's hands, knees, hips and spine.

Addressing the 200+ gathering assembled in the **Joint Pain Management Workshop** organized on Sunday, 29th April, 2019 by **Bharatiya Varishtha Nagarik Samiti (BHAVANA)** jointly with **The Institution of Engineers (India) U.P. State Centre** in Engineers Bhawan, M.G. Road, Lucknow, **Senior Consultant– Orthopaedics and Surgeon Dr. Sourav Shukla** gave a brief overview of osteoarthritis as above. He then consoled the gathering by saying that osteoarthritis can usually be effectively managed, although the underlying process can not be reversed. He said that staying active, maintaining a healthy weight and other treatments may slow the progression of the disease and help improve pain and joint function. Explaining all aspects of problems related to joints pain through multi media presentation **Dr. Sourav Shukla** said that the symptoms of osteoarthritis are pain, feeling of tenderness, stiffness, loss of flexibility, grating sensation and/or bone spurs in the affected joint(s). He said that in case of severity of problem, the ultimate remedy is replacement of affected joint through surgery.

Earlier in the day, Dr. Gaurav, Physiotherapist, demonstrated the exercises which are useful for maintaining good health of various joints of one's body.

In the interactive session, Dr. Sourav Shukla as well as Dr. Gaurav interacted well with the audience and gave replies to the satisfaction of each and every person.

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The Workshop started with lighting of inaugural lamp. Chairman, The Institution of Engineers (India) U.P. State Centre, Er. R.K. Trivedi delivered Welcome Address. Addressing the gathering, BHAVANA's President Sri V.K. Shukla explained the need and usefulness of organizing this Awareness Workshop. Vote of thanks was delivered by BHAVANA's Senior Vice President, Sri S.S. Saxena. He thanked Er. R.K. Trivedi, Chairman and Er. P.K. Chaurasia, Hony. Secretary of The Institution of Engineers (India) U.P. State Centre for making Engineers Bhawan available free of charge for this Workshop. He specially thanked **M/s Miracle Marcom Solutions, Noida and their on-site representative Sri Anshumaan Pandey for providing all-round support, including a financial support of ₹ 45000.00, to BHAVANA for this Awareness Workshop.** The programme was nicely compered by BHAVANA's Deputy General Secretary Sri Jagmohan Lal Jaiswal.

Just after the interactive session, as a mark of gratefulness, BHAVANA's President Sri V.K. Shukla felicitated Dr. Sourav Shukla by presenting a bouquet and a memento. He also felicitated Sri Anshumaan Pandey of M/s Miracle Marcom Solutions by presenting a bouquet and a memento.

The Workshop concluded with community dinner for all.



(V.K. Shukla)

President, BHAVANA