

AOS | UPOA | IOA

AGRA ORTHOPAEDIC SOCIETY

AGRA MOVES BETTER 2026

ACTIVITY DOSSIER

Thursday, 6 August 2026

Community bone-health screening • women's health outreach • safe movement and fall-prevention awareness

SUBMITTED TO

Uttar Pradesh Orthopaedic Association (UPOA) | Indian Orthopaedic Association (IOA) | Founding Partners

One Hour | One Day | One Activity | One Community Impact

Prepared by Agra Orthopaedic Society

01 / ACTIVITY SUMMARY

Community partnerships turn screening into sustained prevention

A factual record of AOS outreach documented on 6 August 2026

2

community outreach settings documented

58

BMD screening registrations visible

3

community partner organisations documented

1

digital media coverage link supplied

Programme overview

Agra Orthopaedic Society continued its month-long “Agra Moves Better - 2026” campaign with community-based bone-health screening, counselling and practical awareness. The supplied photographs document outreach with women's and service organisations, while the campaign posters reinforce posture, injury prevention, healthy growth, fall prevention and bone-strength messages.

Activity components recorded

- Bone mineral density screening and individual risk counselling.
- Awareness on strong bones, posture, safe movement and fall prevention.
- Community engagement with Shri Maheshwari Mahila Mandal, Lions Club Sparkle Surbhi and Inner Wheel Club of Agra Midtown.
- Campaign display material linking the local activity to Bone & Joint Week / Agra Moves Better - 2026.
- Digital media coverage reference supplied from Jan Darpan Times.



Community awareness alongside BMD screening

DOCUMENTED SCOPE

The public copy uses 11 activity photographs and an anonymised screening summary. Two patient-identifying register photographs are retained only as supporting evidence and are not reproduced.

Women's community outreach: screening plus practical awareness

Documented with Shri Maheshwari Mahila Mandal and Lions Club Sparkle Surbhi

COMMUNITY PARTNERS

Shri Maheshwari Mahila Mandal, Agra | Lions Club Sparkle Surbhi



Interactive bone-health awareness session



Community group participation



Lions Club collaboration during the camp

What the photographs document

- BMD testing integrated with a community meeting rather than functioning as a stand-alone test desk.
- Visible AOS/UPOA/IOA campaign posters on posture, injury prevention, safe steps and bone health.
- Direct interaction with women participants and service-club members.
- A prevention-first format: identify risk, explain meaning, encourage safer daily movement and follow-up.

Why this format matters

The 6 August activity demonstrates the campaign's community model: take musculoskeletal-health messages to existing social organisations, combine screening with explanation, and use familiar local networks to carry prevention messages beyond the event itself.

03 / SAFE STEPS & COMMUNITY SCREENING

Inner Wheel collaboration: bone health, mobility and fall-prevention messaging

Documented with Inner Wheel Club of Agra Midtown



Inner Wheel Club of Agra Midtown - activity record



BMD screening in a clinical/community setting

Campaign messages visible on site

- Safe Steps India - prevent falls and protect lives.
- Bone & Joint Week / Agra Moves Better branding linking local outreach to the citywide campaign.
- Screening supported by one-to-one interaction rather than only numerical reporting.
- Older adults and women engaged in a setting suited to discussion of balance, mobility and fracture prevention.

Public-health emphasis

Fall prevention, safer movement and early identification of possible low bone density are especially relevant in community outreach because fracture risk is shaped by both bone strength and the likelihood of falling.



Screening equipment in use during the outreach

04 / SCREENING EVIDENCE

58 BMD screening registrations documented

An anonymised administrative summary from the two supplied camp sheets

31

entries visible on screening sheet 1

27

entries visible on screening sheet 2

58

total documented registrations

What can be stated from the supplied evidence

- Two photographed BMD camp sheets dated 06/08/26 contain 31 and 27 registration entries respectively.
- The participants recorded are predominantly women, consistent with the community groups shown in the activity photographs.
- The visible T-scores include multiple low values, supporting the programme's emphasis on counselling and clinical follow-up where appropriate.
- Patient names, ages and individual T-scores are intentionally not reproduced in this public/shareable dossier.

PRIVACY CLASSIFICATION

Public/shareable dossier. Patient-identifying source registers are retained separately as supporting evidence and should not be circulated in open WhatsApp, social-media or public-report copies.

Clinical interpretation note

Portable or peripheral BMD camp measurements are screening tools. An abnormal screening result should be interpreted in clinical context and, where indicated, followed by formal assessment such as central DXA rather than being treated as a stand-alone diagnosis.



Registration and screening interaction



Participants during the community camp

Digital coverage and evidence trail

A compact record for UPOA / IOA reporting and partner circulation

JAN DARPAN TIMES

Digital coverage reference - 6 August activity

User-supplied public coverage link: [Open Jan Darpan Times coverage](#)

The link is included as a media-reference item. A full-page digital coverage reference annexure follows; the linked article itself is not altered or reinterpreted.



SCAN TO OPEN

Evidence register

Evidence item	Quantity	What it documents
Activity photographs	11	Community sessions, partner participation, campaign posters and BMD interactions.
Screening-register photographs	2	Two camp sheets showing 31 + 27 registrations; excluded from the public photo annexure for privacy.
BMD registrations	58	Administrative screening count derived from the two supplied camp sheets.
Community organisations	3	Shri Maheshwari Mahila Mandal; Lions Club Sparkle Surbhi; Inner Wheel Club of Agra Midtown.
Digital media link	1	Jan Darpan Times coverage link supplied for the 6 August activity record.

RECORD NOTE

Counts in this dossier reflect the files and link supplied for 6 August. No reach, readership, viewership or advertising-value estimates are claimed.

Press and digital coverage retained with the activity record

Media visibility is documented separately so the activity narrative remains clean and concise

Jan Darpan Times - online coverage supplied for the 6 August 2026 activity record. The original report remains accessible through the source link and QR code.

JAN DARPAN TIMES

ONLINE MEDIA COVERAGE | 6 AUGUST 2026 ACTIVITY



DIGITAL COVERAGE REFERENCE

Agra Moves Better - 2026 | Community bone-health screening and awareness activity

Publication: Jan Darpan Times

Source supplied by AOS for the 6 August activity dossier.

Open the original online report using the QR code or clickable link in the dossier.



SCAN TO OPEN

SOURCE URL

<https://jandarpantimes.blogspot.com/2026/08/aos-45-80.html>

REFERENCE CARD - NOT A WEBPAGE SCREENSHOT. ORIGINAL ARTICLE REMAINS AT THE SOURCE LINK.

INFORMATION ONLY - MEDIA COVERAGE REFERENCE

Original online report: [Open Jan Darpan Times coverage](https://jandarpantimes.blogspot.com/2026/08/aos-45-80.html)

6 August activity statement

Prepared for circulation to UPOA, IOA and founding partners

Agra Orthopaedic Society records the 6 August programme as part of Agra Moves Better - 2026 and the wider Bone & Joint Day/Month public-awareness effort. The day’s evidence shows a community-facing model that combines screening with education, collaboration with established local organisations, safe-movement messaging and responsible documentation.

Campaign leadership Dr Atul Kulshreshtha - President, AOS Dr Sanjay Chaturvedi - Secretary, AOS Dr D. V. Sharma - Chairman, Public Awareness / Agra Moves Better - 2026	Community collaborators Shri Maheshwari Mahila Mandal, Agra Lions Club Sparkle Surbhi Inner Wheel Club of Agra Midtown
Founding partners Indian Medical Association Agra Police Lions Clubs International UPOA IOA	Activity support Participating community leaders, screening personnel, volunteers, clinic/support teams and all beneficiaries who engaged with the awareness programme.

CAMPAIGN OUTCOME

Screening + explanation + community partnership = a stronger pathway from awareness to safer movement, early risk recognition and timely follow-up.

Official contact

Agra Orthopaedic Society | aosagra.com | aosagra@gmail.com

Better Bones | Better Movement | Better Agra

User-supplied newspaper clipping added to the 6 August dossier

This clipping is reproduced exactly as supplied, for information and institutional record only.



Hindi print-media clipping reporting women-focused camp findings at Apna Ashram, Rajamandi, under Agra Moves Better - 2026.

User-supplied newspaper clipping on BMD screening findings

This clipping is reproduced exactly as supplied, for information and institutional record only.

हर पांच में चार महिलाओं में कमजोर हड्डी के संकेत

आगरा, वरिष्ठ संवाददाता। आगरा ऑर्थोपेडिक सोसाइटी के जनजागरूकता अभियान 'आगरा मूव्स बेटर-2026' के तहत आयोजित दो बोन मिनरल डेंसिटी (बीएमडी) जांच शिविरों में 45 महिलाओं की जांच की गई। प्रारंभिक रिपोर्ट में करीब 80 प्रतिशत महिलाओं में हड्डियों की कमजोरी के संकेत मिले।

इनमें 50 प्रतिशत महिलाओं में ऑस्टियोपीनिया और 30 प्रतिशत में ऑस्टियोपोरोसिस के लक्षण पाए गए। केवल 20 प्रतिशत महिलाओं की रिपोर्ट सामान्य रही। एक शिविर अपना घर अन्नपूर्णा महिला आश्रम, न्यू राजा मंडी

और दूसरा वरिष्ठ अस्थिरोग विशेषज्ञ डॉ. अशोक विज के क्लिनिक पर लगाया गया। सोसाइटी के सचिव डॉ. संजय चतुर्वेदी ने बताया कि रजोनिवृत्ति के बाद हार्मोनल बदलाव के कारण महिलाओं की हड्डियां तेजी से कमजोर हो सकती हैं। इससे बचाव के लिए संतुलित एवं प्रोटीनयुक्त आहार, कैल्शियम और विटामिन-डी का पर्याप्त सेवन, नियमित धूप और वजन वहन करने वाले व्यायाम जरूरी हैं। डॉ. अशोक विज ने महिलाओं से नियमित शारीरिक गतिविधि अपनाने और समय-समय पर बीएमडी जांच कराने की अपील की।

Hindi print-media clipping reporting that four out of five screened women showed signs of weak bones, with osteopenia and osteoporosis patterns highlighted in the BMD camps.