

AGRA ORTHOPAEDIC SOCIETY

AGRA MOVES BETTER - 2026

DAILY ACTIVITY & MEDIA DOSSIER

24 AUGUST 2026

Strong Girls • Strong Bones • Healthy Future

Chandrawati Kanya Vidyalaya: BMD screening for students, teachers and women

1 School site	3 Participant groups	BMD Bone-health screening
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Better Bones • Better Joints • Better Movement • Better Lives

01 / ACTIVITY SUMMARY

School & Women's Bone-Health Programme

Venue	Chandrawati Kanya Vidyalaya, Agra
Participants	Students, teachers and women from the school/community setting
AOS faculty	Dr Sanjay Chaturvedi / AOS team
Partner	School administration
Programme	BMD screening with age-appropriate guidance on building and preserving bone strength

02 / LIFECOURSE PREVENTION

Why School-Age Bone Health Matters

- Bone-health habits should begin in childhood and adolescence, not after osteoporosis appears in later life.
- Balanced food with adequate protein and calcium, Vitamin D and regular outdoor physical activity help support skeletal health.
- Sports and weight-bearing exercise are especially relevant while young people are building peak bone mass.
- Low camp-screening values should be interpreted in the context of age and risk factors and should not be self-labelled as osteoporosis.

Campaign message

“मजबूत बेटियां • मजबूत हड्डियां • स्वस्थ भविष्य” - strong girls, strong bones, healthier futures.

03 / DOCUMENTATION

Press & Chronology Record

The 24 August press note documents the Chandrawati Kanya Vidyalaya programme and explicitly announces the Air Force Station and Agra Airport activities for the next day, 25 August. This fixes the chronology and avoids the earlier media-date confusion around the aviation/uniformed-services outreach.

No independently embedded media file is available in the supplied WhatsApp export. The contemporaneous press note and master activity register are retained as the primary documentation sources.

EVIDENCE CONTROL

Documentation & Submission Record

Evidence base	AOS Final Master Activity Register; 24 August 2026 press note in the journalist WhatsApp archive; print coverage was referenced in the archive but the clipping image itself is not embedded in the exported chat.
Privacy	Public/shareable dossier. Patient-identifying BMD registers, phone numbers and individual results are excluded.
Clinical caveat	Portable/camp BMD is a screening tool. Low screening values are not a stand-alone diagnosis of osteopenia/osteoporosis; clinical assessment and central DXA may be indicated.
Suggested filing	UPOA/IOA: school outreach; girls' / women's bone health; BMD screening; osteoporosis prevention; healthy growth

AOS leadership: Dr Atul Kulshreshtha, President | Dr Sanjay Chaturvedi, Secretary | Dr Sanjiv Vohra, Treasurer | Dr D. V. Sharma, Chairman - Public Awareness