

AGRA ORTHOPAEDIC SOCIETY

AGRA MOVES BETTER - 2026

DAILY ACTIVITY & MEDIA DOSSIER

25 AUGUST 2026

Air Force Station Agra & Agra Airport

BMD screening, workplace ergonomics and life-saving CPR across two high-duty workplaces

221 BMD screenings	2 Major workplaces	CPR Practical training
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Better Bones • Better Joints • Better Movement • Better Lives

01 / ACTIVITY SUMMARY

A Day Across Air Force & Airport

Combined BMD output	221 screenings across Air Force Station Agra and Agra Airport
Air Force screening sites	Air Force Hospital and MI Room; Air Force personnel and families
Air Force support	Mrs Manju Rajput, President AFFWA(L); Gp Capt Prashant Mishra; Dr Bhargav M.G.; AFFWA(L)
Air Force training	2 PM auditorium session - workplace ergonomics by Dr Rajiv Goyal; CPR by Dr Rajneesh Mishra; participation by Dr Sanjay Chaturvedi and Dr Sanjiv Vohra
Airport participants	Airport staff, CISF personnel, IndiGo staff and passengers
Airport support	Mr Vivek Sharma, Airport Director; Mr Sanjay Kumar, CISF; airport / CISF teams
Airport training	3 PM session on correct posture, ergonomics and prevention of neck/back musculoskeletal problems

02 / HIGH-DUTY WORKFORCE

Key Public-Health Messages

- Bone-health awareness is relevant during working age, not only in old age.
- Regular activity, balanced nutrition, adequate calcium/Vitamin D and appropriate follow-up support skeletal health.
- Ergonomics matters for prolonged sitting, standing, transport duties, ground work and other repetitive work demands.
- Early CPR by a trained bystander can be critical during a cardiac emergency; practical training strengthens workplace preparedness.

Screening interpretation

AOS explicitly described the BMD findings as screening results rather than a final diagnosis. Participants with abnormal values were advised medical evaluation and, where indicated, standard DEXA/DXA assessment.

03 / DOCUMENTATION

Evidence & Institutional Value

The contemporaneous 25 August press note records the combined total of 221 BMD screenings and separately documents the Air Force Station and Airport components, their partner institutions, faculty and training timings.

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; detailed 25 August 2026 press note in the journalist WhatsApp archive; follow-up photo messages documented in the WhatsApp record.
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: Armed Forces / uniformed-services outreach; airport/CISF occupational wellness; BMD screening; workplace ergonomics; CPR awareness

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