

CELEBRATION OF BONE AND JOINT DAY 2023 AT MSSSP

~ Harsimrat Kaur (X-B), Harpreet Kaur (X-B) & Gurnoor Kaur (X-B) ~

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On August 4, 2023, the **Modern Senior Secondary School** in Patiala hosted "**Bone and Joint Day**" 2023, which was sponsored by the **Indian Orthopaedic Association**. This wonderful day was enthusiastically celebrated. The purpose of the event was to educate students on the value of maintaining healthy bones and joints, sensitize them to the topic of bone and joint health, and encourage physical exercise to ward off

They engaged the pupils by doing a variety of practical demonstrations, such as chest compression and rescue breathing. After the presentation, there was an interactive session where students could ask professionals for help with their unique problems.

The mission: Save Road Accident Victims helped Bone and Joint Day achieve its goal of increasing awareness of bone and joint health. The occasion inspired kids to lead better lifestyles while

musculoskeletal problems.

Under the direction of **Dr. Dharminder Singh Orthopaedics GMC, Patiala**, renowned **Drs. Gurnik Singh and Sukhjinder Singh** began the event with an amazing talk. They shared their insightful knowledge on bone and joint health, common issues people face, and preventative measures to maintain strong bones and healthy joints.



also teaching them the value of strong bones and joints.

It was admirable how engaged and enthusiastic the students were. They would undoubtedly put into practice the maxim "**Each One, Train One, Save One.**"

The modern family expressed their sincere gratitude to the eminent physicians for their crucial assistance in planning such an informative event.



