

# Indraprastha

R I President: Jenifer E. Jones    Dist. Governor : Ashok Kantoor    President : Rtn.: Vinod Sawhney

YEAR OF CHARTER 1939

Indraprastha No 6/22-23, 18<sup>th</sup> August

## Independence Day with Interact Club – Faridabad



We have  $\frac{3}{4}$  Interact and Rotaract Clubs which need to be nurtured. Our Interact Club started last year with Modern School, Faridabad celebrated Independence Day on 13<sup>th</sup> August 2022 where Union Minister of State Shri Krishan Pal Gurjar unfurled the National Flag at an impressive ceremony in this school. Modern School was also decked with flowers and paintings by young children. Our Interacts managed the show. Afterwards colourful cultural programs of dancers were presented by children to highlight the efforts of our Freedom Fighters who had fought the British to get us out of the slavery and attain independence. Overall it was a great show.









## Independence Day with our own School at Kusumpur Pahari, Vasant Vihar

On 15<sup>th</sup> August, we celebrated the Independence Day with our own school where around 35 children participated with the sound bytes of Jan Gana Man and wore Tricolour Cap, bands and waved our National Flag. Copies with Pencils / Color Pencils were distributed to them along with chocolates and refreshments which all children enjoyed with us. It was a great satisfaction to see them so happy and look colorful along with few of their parents also watching them so happy.





## KNOW YOUR SPEAKER : DR. ABHISHEK VAISH



Dr Abhishek Vaish is an Orthopaedic Surgeon at one of the biggest corporate hospitals (Indraprastha Apollo Hospitals) of India and Delhi-NCR.

Dr. Abhishek has had an illustrious academic career throughout. He passed his MBBS, with the flying colours and got six distinctions and gold medals. He subsequently got four master's degrees in a short span of few years, including MS, MCh, DNB, and Dip SICOT. He is a highly qualified young Orthopaedic Surgeon with a strong academic background. He has been appointed as the youngest Orthopaedic Consultant till date in Indraprastha Apollo Hospital in the department of Orthopaedics. He

also has keen interest in Research and Academics. He has authored 189 papers and written several chapters for medical books. He is also on the Editorial board of several Orthopaedic journals and a recipient of several distinguished awards and fellowships.

Dr. Vaish has worked with us at Indraprastha Apollo Hospitals, New Delhi in various positions, firstly as a Senior Orthopaedic Registrar, then as an Attending Consultant, and is now working as a full time Orthopaedic Consultant, since 1st July 2022. His colleagues and patients recognise him to be intelligent, reliable, sincere and hardworking. He has shown leadership qualities through teaching undergraduates, postgraduates, and nurses. He gets along well with his senior and junior colleagues and other hospital staff.

Dr. Abhishek has been awarded with the gold medal for his podium presentation, during the Annual Conference of Indian Orthopaedic Association (IOA) in 2016. He has attended several International and National conferences and presented his work as podium and poster presentations. In addition, Dr Abhishek is a member of numerous national and International organizations, like SICOT, Indian Orthopaedic Association, Delhi Orthopaedic Association, Indian Cartilage Society, and Indian Medical Association.

He believes in treating the diseases from its root cause instead of just focusing on the symptoms, and specialises in Cartilage regeneration, 3D printing, and Robotic joint replacement surgeries.

He has vastly travelled the world to acquire clinical expertise in minimally invasive surgical techniques, from the masters in this field like Prof. Mats Brittberg, AA Shetty etc. He has visited various countries like USA, UK, Sweden, France, Thailand, Malaysia, Singapore, Mauritius, Nepal, Italy etc.

Lunch Meeting  
will be held on  
25<sup>th</sup> August  
with  
Dr. Abhishek  
As Speaker



### The 4-Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it Build **GOODWILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?

Happy Anniversary  
K.S Vaidyanathan  
21<sup>st</sup> August

President	: Vinod Sawhney
Immediate Past President	: Radhika Backliwal Narain
Secretary & PE	: Sandeep Chopra
Vice President	: Neera Gupta
Vice President	: Saroja Vaidyanathan
Joint Secretary	: Surinder Thapar
Treasurer	: Anil Jain
Director	: H S Poddar
Director	: Veena Hora
Director	: K S Vaidyanathan
Director	: Rohit Jain
Director	: Col. A.T. Gajraj
Director	: Rippu Daman Sudershan
Director	: J P Shukla
Club Advisor	: Giridhar Govind
Club Advisor	: Umesh Dayal
Club Trainer	: Suresh Bhasin
Sgt-at-arms	: M M Janveja

HAPPY  
BIRTHDAY

Agam Kumar Gupta  
18<sup>th</sup> August  
Sandeep Chopra  
19<sup>th</sup> August  
Dr. Arvind Lal  
22<sup>nd</sup> August  
Abnash Mahajan  
23<sup>rd</sup> August