

BRANCH NEWS

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BANGALORE BRANCH

08.08.2016– Inhouse Training Program: In-house training program conducted at Chennai for Executives of Mahindra First Choice Services on on “Warehouse Management” on 8th August 2016 at their Chennai Unit. Mr. P.L. Mohan, Sr. Faculty handled the session. Program ended with very good interaction sessions and received excellent feed back from the participants.



A view of Participants



Mr. D. Lakshmaiah, Hon. Treasurer, presenting Finance statement in AGM

31st August 2016 Annual General Body Meeting : The Annual General Body Meeting of IIMM, Bangalore Branch was held on 31.08.2016 @ 6.30 p.m. at Woodlands Hotel. As it was a working day and with the local traffic, the meeting finally commenced @ 6.45 p.m.

Hon. Secretary – Mr. K.V. Sudheendra confirmed the quorum. There were about 60 members who attended the AGM. The meeting commenced with a formal invocation rendered by Mr. S.M. Nagaraj. Mr. M.S. Shankar Narayanan, Branch Chairman welcomed the members and gave insights of achievement /activities during the year and programs planned for the future.

Mr. K.V. Sudheendra, Hon. Secretary presented the Annual Report for the year 2015-16. He highlighted various activities of the Branch and special events conducted during the year. The report was proposed for adoption by Mr. H. R. T. Chari and seconded by Mr. Ahobala Rao, senior member. The report was unanimously adopted.

Mr. D. Lakshmaiah, Hon. Treasurer presented the Income & Expenditure and Balance Sheet for the year 2015-16, which was proposed for adoption by Mr. P.S. Sathish another senior member and was seconded by Mr. Abdul Kader. It was resolved that M/s A.N. Sriram and Associates would continue to be our Internal Auditors. Subsequently, office bearer clarified a point raised by Mr. G.S. Raju with regards the remuneration to be paid for the internal auditors by the branch, to which Mr. Shankar Narayanan, Branch Chairman clarified that professional fees being paid to Internal auditor is Rs.9,000/- which was fixed in previous year and same would continue for the current year too.



Mr. H.R. Gowri Shankar Sr. Faculty Handling the Session on 23.09.2016



Mr. K.P. Rajendran, Sr. Faculty Handling the Session



Mr. Srinivas V. Rao, Vice Chairman, Proposing Vote of Thanks on 31.08.2016



Mr. T.K. Ramasubbu, Sr. Faculty Handling the session



Office Bearers Clarifying points raised by members in AGM on 31.08.2016



Teacher's day celebration on 6th September 2016 - Welcoming Faculty with bouquet

Mr. C. L. Kapoor, National Awardees and Branch Adviser, suggested EC to take up the following points to implement current year along with other Educational & Professional development activities:

- GST Seminar to be arranged at the earliest
- Short Term courses with reasonable fees to be conducted
- Increase Institutional Membership
- Skill Development Programs
- SCALE 2016

Mr. H.R.T. Chari, Distinguished member suggested following points to take action:

- Large Scale Institutional Membership & Membership Subscription renewals
- Have a tie-up with colleges

Mr. Subramani, VP (South) suggested:

- Recognition of courses by the PSU's – Meet PSU's with letter;
- Mission 100 – Opening of more branches to reach more professional activities – more professionals increase membership – development of Regional Branches

Mr. C. Subbakrishna, Former National President, addressed the gathering and he has announced that he has decided to donate a sum of Rupees One Lakh to IIMM Bangalore Branch as Corpus fund, to be utilized for prize / presentation every year on the occasion for honoring rank holder's. The Program for which this will be instituted will be discussed and finalized. Mr. HRT Chari suggested unused office space for renting out, it was also clarified by the former National President that the Institute is not empowered to sub-let the unused premises as it would amount to earning of an income. As IIMM being a non-profitable institution, renting out of unused premises is ruled out. He also indicated that there must be good participation for NATCOM from Bangalore branch.

On a point raised by Mr Chari on KSOU issues, Mr. Srinivas V. Rao, Branch Vice Chairman clarified that recently there was meeting held between IIMM Bangalore and VC of KSOU, upon which it was revealed that the KSOU had to complete certain documentations and need to be submitted to UGC, which is in process and within a month's time, a positive results from UGC can be expected, based on which KSOU will guide us further. Hence, we need to wait for the official notification from KSOU in this regards for some more time.

The Vice Chairman further appealed to all the members present in the meeting for their participation in forthcoming programs and requested them to share with others as well and make the programs a grand success.

Finally, Mr. Srinivas Rao thanked all members for their co-operation and participation and expected them to continue in future. He also thanked all the Committee members and National Presidents, Senior Members, Faculty and Students for their continued encouragement co-operation and support. He also thanked Industries, Private and Public Sectors and Government organizations

for their continued support and co-operation and giving an opportunity to conduct in-house training programs, Consultancy and sponsoring delegate for executive development programs and SCALE. He also thanked the Branch Staff for their excellent co-operation and support in the growth of activities of the Institute. The AGM concluded with dinner.

6th September 2016 – Teachers Day Celebration: To commemorate Teachers Day, a Faculty meeting was organised on 6th September 2016 at IIMM Conference Hall. Faculty Members and Students were invited for this program. Mr. M.S. Shankar Narayanan, Branch Vice Chairman welcomed them with a Bouquet and invited Faculty and Students to share their experiences. Mr. T Mr. H.R.T.Chari, Distinguished Member and Sr Faculty and other faculties shared their views and suggestion.

15th and 16th September – Two Days Workshop: Two days workshop on “Introduction to Supply Chain Management” conducted for executives of ARIB Technology on 15th and 16th September 2016 at Their Venue at Ariba Technologies, Jaymahal Vilas Extn. Corporate Office, Bangalore. About 20 participants were attended the program. Mr. C.Subbakrishna, Mr. M.S.Shankar Narayanan, Dr.A.K.Bandopadyaya and Mr. P.L. Mohan Sr. Faculty handled the sessions. Program ended with very good interaction sessions and received excellent feedback from the ARIBA Executives.

22nd and 23rd September 2016 – Two Days Workshops: Two days workshop on “International Trade” was organized on 22nd and 23rd September 2016 at IIMM Conference Hall, Bangalore. Mr. C.Subbakrishna, Mr. M.S.Shankar Narayanan, Mr. Abdul Kader and Mr. H.R. Gowri Shankar, Sr. Faculty handled the session. Program ended with very good interaction sessions and received excellent feedback from the participants.

MUMBAI BRANCH

Award won by IIMM, Mumbai student: We are proud to share with you all that a brilliant student from IIMM, Mumbai Branch Ms Jane Nazareth, presently working as Head Logistics and Factory Supplies in Siemens Ltd., Mumbai Won the “Exemplary Women Leadership Award” at 10th Express, Logistics & Supply Chain Leadership Awards recently held in Mumbai.

The 10th Leadership Awards in the area of Express, Logistics and Supply Chain (ELSC) was organized by B2B Kamikaze and Future Supply Chain. The Siemens Export Control & Customs (ECC) team emerged winner for the 4th consecutive year at the ELSC Leadership awards.

IIMM, Mumbai Branch extends hearty Congratulations to Ms Nazareth on her success.

In House Training: 3 Day Workshop at Tata Power at Mundra Plant during 3rd to 5th September, 2016 on ‘Hazardous Material Handling & Procurement’. (Since held)

In-house Training Program at -ACC Ltd, Thane on ‘Maintenance Spares/ Warehouse Management’ scheduled on 10th October, 2016

One day In House Program on ‘Supply Chain Risk Management’ for Reliance India Ltd Fixed in November 2016. Confirmation of date is awaited.

Forthcoming MDPs:

- One day Workshop on ‘Sourcing Managing & Procurement of Services On 8th Oct. (Since held)
- One Day Interactive Workshop on ‘GST’ scheduled on 19th October, 2016
- One day Workshop on ‘Warehousing & Stores Management’ on 17th November, 2016
- A 5 sessions Certificate course on ‘SCM’ from 17th to 19th December, 2016

PUNE BRANCH

Admissions : Pune Branch completed admission for July 2016 batch of GDMM. Inaugural session for GDMM Classes started from 17th July 2016. Till date GDMM admissions are: Regular - 24, Correspondence - 1

Currently we have 50 participants attending the classes in this semester including the previous semester students. Pune Branch also supported DSM & DIT admissions.

Annual General Meeting AGM : The Annual General Meeting of IIMM Pune Branch was held on 28th May 2016 at IIMM office. The proceedings as per the agenda given in the notice of the meeting were conducted smoothly. Mr. K R Nair, Branch Chairman, welcomed the members and gave a brief report of the important activities carried out during last year. Mr. Hitendra Admuthe, Vice Chairman, gave a brief report of the activities carried out by the branch during the year 2015-16 to the member’s present. Mr. Amit Borkar, Hon. Treasurer, put before the committee accounts for the year 2015-16. He also highlighted the income for the year 2015-16.

After discussion, he requested approval of the members for the audited statement of accounts for the year 2015-16. The annual accounts was passed unanimously. It was decided that M/S Chandabhoy&Jassoobhoy be appointed as auditors for the year ending 31st March 2017. Their remuneration would be fixed by National Headquarters. The resolution was passed, duly proposed by Mr. NarhariWagh and seconded by Mr. Vijay Kharose.

Training Programmes : Pune Branch won prestigious award from ThyssenKrupp PSM Academy, West Germany for Training to their Procurement professionals in India, against a Global competition. So far we have conducted Five in house workshops at ThyssenKrupp Industries India and one more is slated for September 2016. (The first one was conducted in February 2016).

The workshops were attended by 50 participants from Nashik, Mumbai & Pune Plants of ThyssenKrupp.

Sl	Date	Topic / Type
1	7 th & 8 th June 2016	Advanced Negotiation Management -In-House MLS Workshop
2	28 th & 29 th June 2016	Sourcing & Supply Strategy -In-House MLS Workshop

3	31 July & 1 Aug 2016	Developing Supply Strategy -In-House MLS Workshop
4	9 th & 10 th Aug 2016	Cost Price Analysis -In-House Workshop
5	13 th & 14 th Sept.*	Advance Negotiation management -In-House MLS Workshop

IIMM Family Get-Together : A Gala evening program was organized for IIMM Pune members on 6th August 2016 at Jawaharlal Nehru SanskrutikBhavan. It was well attended by nearly 150 members with their families. The main event was light music & orchestra followed by a sumptuous dinner.



Young Materials Manager Competition - YMM - 2016 : Pune Round of this competition was conducted on Saturday 17th Oct., 2016 at IIMM, Pune Branch on the **THEME: "GST – A Key Factor to Enhance Competitiveness & Profitability"**. Nominations were received from 7 teams, out of this 2 teams were chosen for final presentation representing Companies like, Thermax Ltd., John Deere India, Godrej & Boyce, Mercedes-Benz I Pvt Ltd & SKF India Ltd.

The Distinguished Jury of Pride for this YMM competition, chosen from our Senior Members were:-

1. Mr. Mohan Nair, Past Chairman of Pune Branch.
2. Mr. Manish Deoghare, CPM & CPSM, Director – Global Procurement, BMC Software Inc .
3. Cdr. Kaushik Chakrabarty, PMP, (Retd) Indian Navy & Management Consultant & Faculty for GDMC course.
4. Mr. S K Murthy: Director Education IIMM Pune Branch.

Jury Team awarded scores based on 5 important Criteria:- Substance, Clarity of Presentation, Quality of Slides, Team Coordination and Question & Answer session. All the presentations were very good. It was indeed a very close contest.

The Jury Team, declared the following Results for the YMM competition Pune Round :-

The Winners : Godrej & Boyce Mfg Co Team - Mr. Omkar Waikar & Mr. Tushar Patil

The Runnerup : Mercedes-Benz I Pvt Ltd Team – Ms. Priyanka Shinde & Mr. Wasim Jamadar

Our hearty Congratulations to both the teams, who will now represent Pune Branch at the National Finals to be held at Hyderabad Natcom in 24th Nov 2016 and we wish them the Very Best..!



Evening Lecture on Inventory Management – The Lean Way : Pune Branch organized an evening lecture on **Inventory Management – The Lean Way** on Saturday, October 15th 2016 at IIMM Office. Speaker Mr. Ganesh Gopal is Managing Director - India, Middle East & Africa, M/s. Tranter India Pvt. Ltd. The lecture received overwhelming response and around 50 members attended. It was very well appreciated by members.



Chairman Mr. K R Nair welcomed everyone present and briefed everyone present on branch activities and forthcoming programs. National Councilor Mr. Terrence

Fernandes introduced Mr. Ganesh Gopal to members present and welcomed him on behalf of branch. Mr. Suhas Gawas concluded the session with a vote of thanks.



Palmistry, Vaastu, Feng Shui, Positive Vibrations & Dreams, Signs, Symbols Predictions, etc. The Programme got coverage in Newspapers like The Times of India, Vadodara Edition with appreciation from audience & request for repeating such talks wherein following photos display highlights of the Event.



Dr. Shruti Shah being welcomed with Flower Bouquet by Mrs. Anagha Purohit, wife of Mr. Anand Purohit- Chairman, Vado. Br. also seen in the photo.



Dr. Shruti Shah delivering talk on topic.



Dr. Shruti Shah being felicitated with Memento by Mr. Malay Mazumdar-V.P.(West) Also, seen Mr. V.B. Harani-Invitee Member who delivered Vote of Thanks.

VADODARA BRANCH

Evening Talk in JUL'16 End : An Evening Talk was organised on 22nd Jul.'16 with Topic '**Change Your Vibrations, Change Your Life**' by **Dr. SHRUTI SHAH** who has done Diploma in Doctor of Naturopathy Science (N.D.Sci.) & is Special Educator from MP Bhoj Open University. Her profession comprises of Medical Astrologer, Reiki Grand Master, Aura Reader, Palmistry & Land Scanning and Past Life Therapist. She is associated with Mr. Bejan Daruwala and is practicing Alternative & Holistic Healing Therapy. Her Spiritual Medicine includes Medical Astrology, Reiki, Past Life Therapy, Theta Healing, Pranic Healing, Dowsing, Astrology, Palmistry, Numerology, Vaastu, Feng Shui, Emotional Freedom, Technique EFT, Core Abundance, Access the Bars, Crystal Therapy, Tarrot & Angel Card Reading, Dreams, Signs & Symbols Predictions. She has conducted Workshops at Bal Bhavan Society, Adult Education Centre of MSU, Society of Power Engineers, All India Radio, special Education / Medical Centres, various Clubs & in many Schools. The talk imparted knowledge on following points

- **How to get Peace in Life?**
- **'How to get free from Fear, Stress & Negativity?'**
- **'How to Purify own Thoughts?'**
- **How to Enhance Inner Peace?'**

And Much More. It provided information to Individuals about '**You are Your Creator!!**'

The EC Members & Students comprising of more than 45 persons participated to enhance their knowledge on Astrology, Reiki, Past Life Therapy, Pranic Healing,

Annual General Meeting in AUG'16 : The 53 Annual General Meeting of Vadodara branch was held on **16 Aug.'16** in Hotel Surya Palace wherein **Shri Parimal Vyas**, Vice Chancellor of M.S. University was **Chief Guest**. The Members alongwith their spouse attended the programme wherein Balance Sheet of F.Y.2015-16 was passed by members. The Branch Activity Report for 2015-16 was presented to Members wherein benchmark event of National Convention, NATCOM 2015 was organized at Vadodara.

Shri Parimal Vyas delivered talk on connectivity between Academic Institutes & Industries for progress & development of students. The Programme was followed by Dinner wherein about **160 persons** joined. The following photos depict Event Memories.



The Members attended the programme with their Spouses



Mr.Anand Purohit presenting Activity Report for 2015-16. Also, seen in photo, Mr.Tushar Trivedi-Vice Chairman, Mr.R.Desai-Hon.Secretary. Mr.S.Nair-Hon.Treasurer at Dais.



Shri Parimal Vyas being welcomed with Flower Bouquet by Mr.Lalbhai Patel-Imm.Past National President



Shri Parimal Vyas being felicitated with Memento by Mr.Lalbhai Patel. Also, seen Mr.Anand Purohit in the Photo.

Evening Talk in SEPT'16 :

An Evening Talk was organised on **12th Sept'16** with Topic '**GST From Materials & SCM Point Of View**' by **Mr.D.S.MAHAJANI** who is M.Com and Member of Institute of Cost & Management Accountants of India (ICWAI), Kolkata and Institute of Company Secretaries of India (ICSI), New Delhi. He holds more than 23 years of professional experience in Indirect Taxation matters. During the period of his service, he worked for Companies like General Electric, United Phosphorus Ltd & Kansai Nerolac Paints Ltd.

Currently, he is working as General Manager (Taxation) and Company Secretary for Transpek-Silox Industry Pvt. Ltd., Vadodara. During his professional journey, he gained experience in Company Law, Insurance & Risk Management of Mid-sized Cos.,to MNCs. He also regularly writes articles on GST & other subjects in professional journals & websites.

The talk imparted knowledge on Goods & Service Tax by providing information to trade & industry professionals for getting ready about GST implementation in the Country. The programme details got published in local newspaper to spread awareness about topic.

The Members alongwith EC Members comprising of more than 30 persons participated in the Talk to enhance their knowledge & to know facts about Goods & Services Tax wherein following photos display Event highlights -



Mr.D.S.Mahajani being welcomed with Flower Bouquet by Mr.Anand Purohit-Chairman, Vado.Br. alongwith Mr.Lalbhai Patel-Imm.Past National President



The Audience engrossed in the Talk.



Mr.D.S.Mahajani being felicitated with Memento 'by Mr.Lalbhai Patel. Also, seen Mr.Anand Purohit who delivered Vote of Thanks.

Shri R.J.Sarvaiya Memorial Evening Talk in OCT'16 : An Evening Talk in memory of Shri R.J.Sarvaiya was organised on **12th Oct.'16** with Topic '**BETTER PLANT PERFORMANCE BY SYNERGY OF PROJECT, MAINTENANCE & MATERIALS MGMT.**' by **Mr.S.J.DESAI** who acquired Degree in Mechanical Engineering from Morvi College of Gujarat University in 1966 & has also done an Abridged Course of MBA from M.S.University, Baroda.

After serving initially for 4 years in Caustic Soda Plant of Birla Group at Porbandar, he joined IPCL in 1970 & continued till 2004. After long journey of 34 years, he retired as Executive Director cum Site President of IPCL/RIL Dahej Complex. He covered all main functional areas of large Hydrocarbon process plants & successfully carried out the assignments of Project Management, Operations, Maintenance, General Management, etc. of Plants, off-sites, Utilities, Power Plants, Turbo Machineries, etc. at all three complexes i.e. Baroda, Nagothane & Dahej. He also rendered expert services to ONGC, URAN & NNPC, Nigeria.

He has travelled in India & abroad working with many local & international licensors, Engg. Consultants, Mfrs., Contractors, etc. He was on the Board of Directors at GCPTCL, Dahej, President of Dahej Ind. Assoc. & president of Bharuch District Mgmt. Assoc. After retirement in 2004-05, he is still very much active in sharing his knowledge & experience with industries as Consultant & carrying the flag of IIFE activities as its Chairman. The talk imparted knowledge on better plant performance by synergizing the Project Management Maintenance Management & Materials Management.

Plant Performance & ultimately overall organizational performance is everyone's concern. This is more so due to technological upgradation, competition, tight margins, etc. Therefore, there is an increasing pressure to perform on all related activities particularly direct functions like Project Implementation, Operation & Maintenance and Materials Management.

Few of these aspects were briefly covered during the talk alongwith explanation about importance of timely &

experience based appropriate decisions & practices that help in reliable life cycle performance of assets so as to get optimum return on investment.

The Members alongwith EC Members comprising of more than 25 persons participated in the Talk to know the facts about Better Plant Performance wherein following photos depict Event highlights -



Shri K.C.Joshi offering flowers at the Photo of Shri R.J.Sarvaiya



Shri S.J.Desai being welcomed with Flower Bouquet by Shri Anand Purohit-Chairman



Shri S.J.Desai being felicitated with Memento by Shri Lalbhai Patel-Imm.Past National President





EXECUTIVE HEALTH

WHY WE ARE SO MUCH KNEED DOWN BY OUR KNEES!

DR DEEPAK GOYAL

Arthroscopy, Cartilage & Sports Knee Surgeon,
Saumya Healthcare, Ahmedabad, clinic@knee.in

There have been an ever increasing incidence of knee joint pains, osteoarthritis and knee joint replacement surgeries in the last two decades. Historically Indians are a hard working population and our forefathers never had such big issue with their knees as present generation has. Ever wonder, what has brought this change? Why are we put down to the knees by our knees, itself!

Human knee joints are indeed a complex joint that is made up of four bones, two discs, four major ligaments, cartilage covering the bone ends & over 15 muscles and tendons crossing the knee joint. Humans are the only species that are blessed to stand and walk upright; thanks to our knee joints and other changes in our body during evolution. We can run, dance, play, work and do lots of other activities that are unique to humans. But all these unique activities are possible due to complex but excellent structure of the knee joint that is gifted to humans by nature. Unfortunately, present generation has abused this marvelous gift instead of making a good use of it; the very much reason for increased knee joint pains in the present generation.

There are various reasons that can damage our knee joints; on some reasons we don't have any control, some requires preventive steps from us and other reasons require timely treatment to stop its progression. These reasons are listed below.

1. With increasing age, the wear and tear increases. As we grow old, our body also does. Some changes develop in the knee joints also; and practicality speaking we don't have any control on age. However with increasing age, we should take more care of our knee joints. One should realize that an ageing joint is not only ageing but is also amenable to even minor injuries. Hence, knee joint requires special care and some sort of maintenance therapy that can be in the form of mild physiotherapy or rehabilitation. A regular yearly visit to the doctor and checking health of the knee joints is not a bad idea. This will allow us to know if something is brewing up inside and we will be able to take care of the knees in time.
2. Modern lifestyle is the biggest killer of the knee joints. India has fast adopted western lifestyle but selectively. We adopted all the luxuries but left the physical work out that westerners do regularly. Long back, we also stopped the hard work that our ancestors used to do. In total, we selected the better of the two worlds and that has resulted in ever increasing obesity and resultant knee joint damage at an early age.
3. The high level of competition in India and extra-long hours of working put undue stresses on our body. We just forget to take care of our body in the zeal of achieving better than others, but end up losing ourselves in that zeal. The knees take the biggest burnt since we sit for long hours in an odd posture in front of computer or in meeting and then run around to meet the targets with an overweight body; both puts extra load on the knee joints.
4. Unguided hard-work or training is again a culprit. Many players and professionals practice their discipline without a proper coach or a guide. Sometimes the coach or the guide himself is not properly trained or qualified. Playing or working under half trained guide or without a guide puts our knees at a great risk. A well trained coach is always aware what type of body movements can lead to what type of injury and what to do in case of any injury to the knee, on field and after the field. Same is the scenario for well trained guides in different professions who have good knowledge of protective gears and ways to avoid injuries.
5. Working under stress is not good either. It does not allow your body to relax or breathe in between the hard work loads. Cooling

down with a relaxed mind is necessary for self healing of small injuries.

6. Even though we take all the precautions, still injuries can happen. Sometimes the injuries are minor and sometimes major. But we must understand that all the injuries are different from each other. We should not compare Mr X's injury with Mr Y's injury and start treating ourselves. We shouldn't also compare treatment and recovery of Mr X with Mr Y. Best thing is to go to the doctor who can only identify the injury and the best treatment for it. Nothing can replace a good detailed history that is revealed by patient to doctor and a good clinical examination done by patient. As there are four bones, four major ligaments, two discs and a whole cartilage covering in the knee joint; it is important to identify the exact tissue that is injured. X-rays are good to diagnose only bony injuries and not soft tissue injuries. Ligaments, discs and cartilage require a good quality MRI for proper diagnosis. Family physicians and fracture surgeons are generally not trained to diagnose soft tissue injuries like ligament injuries, cartilage injuries or disc (meniscus) injuries. An orthopedic surgeon with special interest in knee injuries, an arthroscopy surgeon or a sports surgeon are the doctors who are trained for diagnosis of such injuries.
7. The relationship between thigh bone and leg bone keep on changing from birth till old age. Generally, a child has some amount of bow legs when he is born and gradually these bowing decreased and legs become straight. Throughout the adolescence till end of the middle age, legs remain straight and then again some bowing starts. This is a usual physiological pattern. However some has different bony configuration like knock knees, excessive bow legs or deformities in the knees not consistent with their age. Such abnormal bone relation puts unequal distribution of forces inside the knee joint and resultant early wear and tear. Such deformities must be brought into notice of an orthopedic surgeon. It may not require anything but just the observation or sometimes it may require some sort of correction. The relation between knee cap (patella) and the thigh bone (femur) is equally important.
8. There are some diseases on which humans have no control, but these diseases can damage the knee joint e.g. rheumatoid arthritis, gout, pigmented villonodular synovitis etc. One must identify such diseases and start an early treatment to prevent the knee joints. Enough precautions and exercises should also be done to keep knees strong and fit. The problem starts when we decide not to follow the medical advice, since modern medicine doesn't have guaranteed cure for some of these diseases. We start following other methods that too have no guarantee. While modern medicine is aware of its limitations there alternative means is not; and that can cause uncontrolled flare up of the existing disease.

While reason no. 1 is not under control, reasons no 2-5 are very much under control. However all these reasons from 1-5 require some sort of preventive steps from our side. Reasons no 6- 8 can occur to anyone and are difficult to predict or prevent. However these reasons require definitive treatment under proper guidance.

A combination of awareness, prevention and extra care in timely treatment can help knee joints getting worn out before time. The knees are for standing up and not for kneeling down. We must do our best to save the knee joints, a greatest gift to mankind by nature.

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