

BALLAL'S HEALTHCARE

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# CURRICULUM VITAE

A BRIEF PROFILE ON DR. ARJUN BALLAL

Dr. Arjun Ballal, a distinguished orthopedic surgeon at Ballal's Healthcare in Udupi, Karnataka, recognizes the importance of guiding patients through the intricate phases of pre and postoperative care.

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[www.drarjunballal.com](http://www.drarjunballal.com)

# PERSONAL INFORMATION

*I am Dr. Arjun Ballal, a dedicated and accomplished Orthopaedic Surgeon with a strong academic and professional background. Born on May 8, 1986, in Udupi, Karnataka, India, I am the son of Dr. N. Vijay Ballal. My residential address is Beedu House, Beedu Marg, Ambalapady, Udupi-576103, Karnataka, and my professional address is Consultant Orthopaedic Surgeon at 'Ballal Healthcare,' Sweeny Complex, Near Khushi Hotel, Kalyanpur, Santhekatte, Udupi-576106, Karnataka.*

*I completed my schooling at Little Rock Indian School, Brahmavar, Udupi, from 1990 to 2002, and my pre-university education at Poornaprajna Pre-university College, Udupi, from 2002 to 2004. I pursued my MBBS at Kasturba Medical College, Mangalore, graduating in 2009. Following this, I completed my compulsory housemanship in 2010 at Govt. Wenlock Hospital and Govt. Lady Goschen Hospital, Mangalore. I achieved the Fellow of Academy of General Education (FAGE) from Manipal University in 2010.*

*From March 1, 2010, to February 28, 2012, I worked as a registered medical practitioner in Ballal Clinic, Santhekatte, Udupi, as an associate of Dr. N. Vijay Ballal. Subsequently, I served as a Medical Officer at Adarsha Multispeciality Hospital, Udupi, from March to April 2012. I pursued my postgraduation in the Department of Orthopaedic Surgery at K.S. Hegde Medical Academy, Mangalore, from 2012 to 2015, and graduated as the topper of the batch in orthopaedic surgery (Nitte university) in 2015.*

*My professional journey includes diverse experiences, such as working as a Registrar in the Department of Orthopaedic Surgery at ARS Hospital, Tirupur, Tamil Nadu, from June 10, 2016, to July 30, 2016. Additionally, I undertook an observership in Arthroscopy and Sports Medicine with hands-on training under Dr. Clement Joseph at Gleneagles Global Hospital, Chennai, Tamil Nadu, from August 7, 2016, to October 6, 2016.*

*I am an active member of various professional associations, including the Indian Orthopaedic Association (LM 10775), Karnataka Orthopaedic Association (A 106), Canara Orthopaedic Society, European Society of Sports Traumatology, Knee Surgery, and Arthroscopy (ESSKA), and Udupi Forum of Orthopaedic Surgeons (UFOS), where I currently serve as the Secretary. I am also affiliated with AO Trauma.*

*My contributions to orthopaedics extend beyond clinical practice. I have presented research papers at esteemed conferences, including KOACON 2014, IOACON 2014, OASISCON 2015, and TNOACON 2016. These presentations covered topics ranging from arthroscopic techniques to the management of fractures. I have been recognized with awards such as 'Top Peer Reviewer 2019' for placing in the top 1% of reviewers on the Publons global reviewer database.*

*In addition to podium presentations, I have co-authored posters and published numerous papers in reputed journals, including NUJHS, IJHSR, JCDR, and JAJS. My research spans diverse areas of orthopaedics, showcasing my commitment to advancing the field.*

*I actively participate in conferences, workshops, and teaching programs. I have attended international conferences on radiobiology and numerous national conferences organized by associations like KOACON, ISSHCON, IOACON, OASISCON, and TNOACON. Furthermore, I have completed various AO Trauma courses, showcasing my dedication to continuous learning.*

*Beyond my clinical and research achievements, I have held editorial roles as an Associate Editor for BMC Surgery, Academic Editor for Medicine, and Section Editor for Arthroscopy and Sports Medicine in the Indian Journal of Orthopaedics. Additionally, I serve as a peer reviewer for several prestigious journals, including Indian Journal of Orthopaedics, Bone and Joint Research, and EFORT Open Reviews.*

*In recognition of my contributions to healthcare and academics in Orthopaedics, I was felicitated at the Budokan National Karate Championship in 2020. I hold a blue belt in Karate, reflecting my commitment to both physical and academic excellence.*

*This comprehensive overview reflects my multifaceted journey as an Orthopaedic Surgeon, showcasing my commitment to clinical excellence, research, and education in the field of orthopaedics.*

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# **Dr. Arjun Ballal, M.S. Ortho**

## **Personal Information**

- Date of Birth: 5/8/1986
- Address (Residence): S/O Dr. N. Vijay Ballal, Beedu House, Beedu Marg, Ambalapady, Udupi-576103, Karnataka, India
- Address (Work): Consultant Orthopaedic Surgeon, 'Ballal Healthcare,' Sweeny Complex, Near Khushi Hotel, Kalyanpur, Santhekatte, Udupi-576106, Karnataka, India. Also visiting Orthopaedic consultant to several hospitals.
- Email: 5arjunballal@gmail.com
- Phone: 0820-2525216
- Mobile: +91-9739283932

## **Education:**

- Schooling: Little Rock Indian School, Brahmavar, Udupi (1990-2002)
- Pre-University: Poornaprajna Pre-university College, Udupi (2002-2004)
- MBBS: Kasturba Medical College, Mangalore (2004-2009)
- FAGE (Fellow of Academy of General Education): Manipal University, Manipal (2010)
- MS Orthopaedic Surgery: K.S. Hegde Medical Academy, Mangalore (2012-2015)

## **Professional Experience:**

- Compulsory Housemanship: Govt. Wenlock Hospital and Govt. Lady Goschen Hospital, Mangalore (2009-2010)
- Registered Medical Practitioner: Ballal Clinic Santhekatte, Udupi (2010-2012)
- Medical Officer: Adarsha Multispeciality Hospital, Udupi (March-April 2012)
- Postgraduation: Department of Orthopaedic Surgery, K.S. Hegde Medical Academy, Mangalore (2012-2015)
- Consultant Orthopaedic Surgeon: Ballal Healthcare, Udupi (2012-present)
- Registrar: ARS Hospital, Tirupur, Tamil Nadu (June 2016-July 2016)
- Observership in Arthroscopy and Sports Medicine: Gleneagles Global Hospital, Chennai, Tamil Nadu (August 2016-October 2016)

## **Memberships:**

- Indian Orthopaedic Association (LM 10775)
- Karnataka Orthopaedic Association (A 106)
- Canara Orthopaedic Society
- European Society of Sports Traumatology, Knee Surgery, and Arthroscopy (ESSKA)
- Udupi Forum of Orthopaedic Surgeons (UFOS) - Serving as Secretary
- AO Trauma

### **Presentations:**

- Presented papers at various conferences on Arthroscopy and Orthopaedic surgery.
- Invited talks on topics like 'Randomised Controlled Trials in Orthopaedics' and 'On field management of sports injuries.'

### **Awards and Honors:**

- Awarded 'Top Peer Reviewer 2019' in 'CROSS-FIELD' and 'CLINICAL MEDICINE' on Publons global reviewer database.
- Gold medal winner for the best postgraduate paper at IOACON 2014.
- Selected for presentations at prestigious conferences such as OASISCON and KOACON.

### **Publications:**

- Authored and co-authored numerous research papers published in renowned journals.
- Editorial roles in BMC Surgery and Indian Journal of Orthopaedics.
- Peer reviewer for several esteemed journals including Bone and Joint Research and Journal of Arthroscopy and Joint Surgery.

### **Conferences and Workshops:**

- Active participation in national and international conferences, teaching programs, CMEs, and workshops.
- Completed various AO Trauma courses.
- Teaching and Academic Contributions:
- Associate Editor for BMC Surgery and Academic Editor for Medicine.
- Reviewer for multiple indexed journals in the field of Orthopaedics and related areas.

### **Additional Information:**

- Awarded and felicitated for contributions to healthcare and academics in Orthopaedics at the Budokan National Karate Championship in 2020.
- Holds a blue belt in Karate.

**References and detailed portfolio available upon request.**

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