



BOMBAY
ORTHOPAEDIC
SOCIETY



WIROC 2023

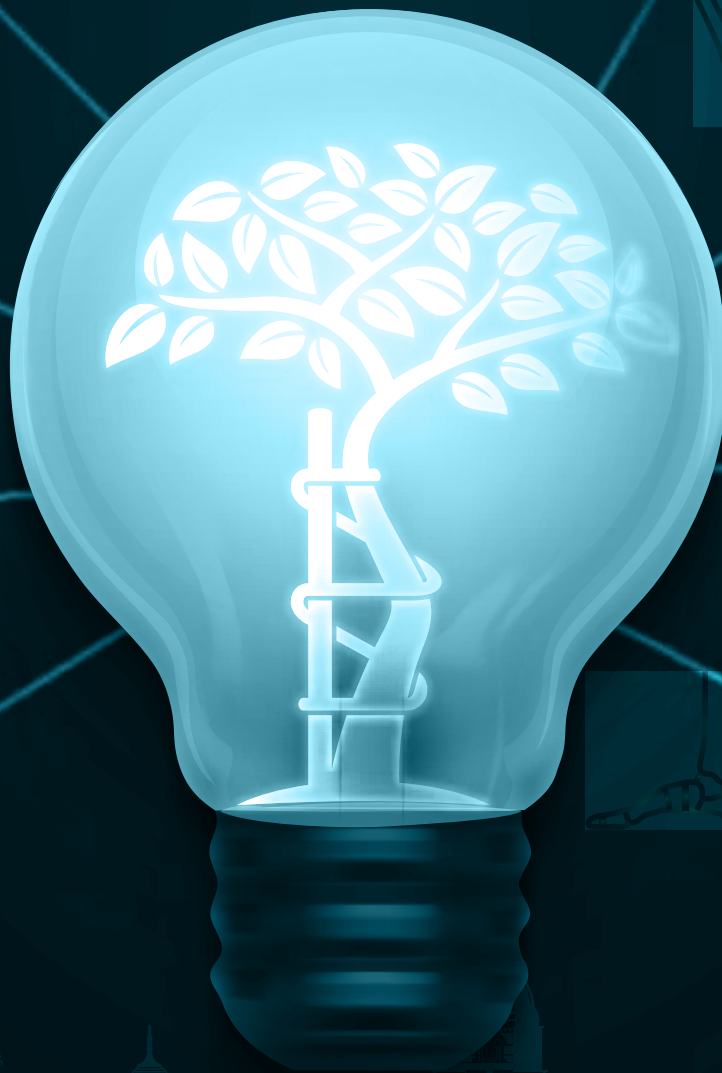
The Classique

THEME: BREVIS, LONGUS & MAGNUS

58TH ANNUAL CONFERENCE OF BOMBAY ORTHOPAEDIC SOCIETY

DATES: 27TH TO 31ST DECEMBER 2023

VENUE: THE WESTIN MUMBAI POWAI LAKE



www.wiroc.in

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MESSAGE FROM ORGANISING CHAIRMAN

As Mumbai welcomes the pleasantly cool and festive month of December this year, we at the Bombay Orthopaedic Society will be fully geared to welcome you to its flagship event of the society, the academic diamond, WIROC 23 - The Classique.

The Classique will be hosted at the Westin, Powai Lake, from 27th to 31st December.

We are creating a veritable academic feast, where you will be treated to the best and the brightest of current orthopaedic practice. There will be live surgical sessions, prestigious orations and lectures, debates and workshops. All manner of unbiased academic content will be showcased to meet the need and suit the taste of each delegate.

"Brevis Longus Magnus" is our theme.

As part of this eclectic endeavour issues addressed will span the spectrum from the "routine" to the "cutting edge" to the bulk of the "state-of-the-art work".

We, the WIROC Committee earnestly solicit your contribution and active participation at this landmark conference and help make it a memorable event.

It is only your enthusiasm which motivates and energises us to move across the gamut of "Brevis Longus Magnus", creating a new benchmark for this conference of international repute.

Please mark the dates 27th to 31st December '23 for the academic event of the season!



Dr. Sanjay Dhar
Organising Chairman

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MESSAGE FROM ORGANISING SECRETARIES

Dear Delegates,

Warm greetings!!!

Under the able leadership of Hon. BOS President Dr. Sanjay Dhar and the entire Executive Council, we would like to cordially welcome you to the most prestigious annual conference of Bombay Orthopaedic Society, "WIROC 2023 - The Classique"!

We continued to grow and adapt through the hardest of times; and now it is an exciting time for all orthopaedic fraternity as we are getting to normalcy.

This academic extravaganza would be one of its kind in the country where everyone would have opportunity to share and present their ideas, thoughts, developments thus contributing to the ever-advancing field of orthopaedics.

We are planning a resplendent exhibition of scientific content mixed with entertainment, social networking and enterprise. The thematic talks, plenary sessions, workshops, innovative techniques, poster and papers presentations will drive you through the multi-sectoral aspects of the orthopaedic world. Mesmerising entertainment programs will make your evenings memorable.

We invite you and your family to this wonderful gathering and we ensure that you will go back with rich information and as a proud stakeholder of the orthopaedic world.

We look forward to seeing you all soon.

Jai Hind, Jai Maharashtra.



Dr. Pradip Nemade
Organising Secretary



Dr. Sandeep Biraris
Organising Secretary

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BOS EXECUTIVE COUNCIL



Dr. Sanjay Dhar
President



Dr. Rajesh Gandhi
Imm. Past President



Dr. Mohan Desai
President Elect



Dr. Naushad Hussain
Vice-President



Dr. Neeraj Bijlani
Hon. Secretary



Dr. Satish Mutha
Hon. Treasurer



Dr. Pradip Nemade
Executive Council Member



Dr. Sandeep Biraris
Executive Council Member



Dr. Dhiraj Sonawane
Executive Council Member



Dr. Anoop Dhamangaonkar
Executive Council Member



Dr. Chasanal Rathod
Executive Council Member



Dr. Parag Lad
Executive Council Member

SCIENTIFIC ADVISORS

Dr. Mandar Agashe
Dr. Vikas Agashe
Dr. Vaibhav Bagaria
Dr. Neeraj Bijlani
Dr. R. M. Chandak
Dr. Kshitij Chaudhary
Dr. Aditya Daftary
Dr. Bibhas Dasgupta
Dr. Mohan Desai
Dr. Arvind Goregaonkar
Dr. Ashish Gulia
Dr. Sujata Iyer

Dr. Bhavin Jhankaria
Dr. Prashant Kamble
Dr. Narayan Karne
Dr. R. C. Khandelwal
Dr. Abhishek Kini
Dr. Pradeep Kothadia
Dr. Rujuta Mehta
Dr. Parag Munshi
Dr. Taral Nagda
Dr. Dinshaw Pardiwala
Dr. Aseem Parekh
Dr. Mangal Parihar

Dr. Hemant Patankar
Dr. Atul Patil
Dr. Sampat Dumbre Patil
Dr. Eknath Pawar
Dr. Ajay Puri
Dr. Chasanal Rathod
Dr. Prakash Samant
Dr. Nilen Shah
Dr. Darius Soonawala
Dr. Anand Thakur
Dr. Agnivesh Tikoo
Dr. Roshan Wade

Abstract

GENERAL GUIDELINES

At WIROC THE CLASSIQUE, the organizers wish to encourage more delegates to present their work. With this in mind, abstracts can be submitted for submission in 10 broad categories. The best abstract in every category will be selected for presentation at the Masalawala Best paper session.

RULES

- ✔ The deadline for submission of abstracts in any category is **August 31**.
- ✔ Abstract submission can ONLY be done through the WIROC THE CLASSIQUE website - wiroc.in
- ✔ Only registered delegates are allowed to submit abstract.
- ✔ The same paper cannot be submitted for presentation in two different categories.
- ✔ A delegate can make only 1 presentation in each category.
- ✔ Only the lead author of the paper can make a scientific presentation at WIROC THE CLASSIQUE. Presenting author and no one else from the team gets a certificate for presentation.
- ✔ The names of authors and the lead author cannot be changed after submission.
- ✔ Please do not mention name of author or institution anywhere in the abstract or else, it will mean automatic disqualification.
- ✔ The submitted scripts will be reviewed by a panel of experts in a blinded and coded fashion; WIROC THE CLASSIQUE Scientific Committee will intimate the delegate about the acceptance or rejection of the paper.
- ✔ The decision of the scientific committee is final regarding selection of your abstract for presentation at the conference.
- ✔ The WIROC THE CLASSIQUE Committee reserves the right to withdraw a paper at any time.

CRITERIA FOR DISQUALIFICATION

Automatic disqualification occurs if:

- ✔ Disclosure of author(s) name(s) or affiliation(s) directly or indirectly anywhere in the text of the paper.
- ✔ Previously published study.
- ✔ Papers previously presented in WIROC.
- ✔ Plagiarized / doctored study.

STEPS FOR ABSTRACT SUBMISSION

- ✔ Log on to the WIROC THE CLASSIQUE website - wiroc.in
- ✔ Click on Abstracts.
- ✔ Read the general guidelines.
- ✔ Click on the category in which you want to submit the abstract.
- ✔ Read the guidelines for abstract submission in that category.
- ✔ Now upload your abstract/ video.
- ✔ Once it is uploaded, then press the submit button on the screen.
- ✔ Only, if you get a dialogue box on the screen that your "Abstract has been submitted successfully" has your abstract been successfully uploaded.

FREE PAPER PODIUM PRESENTATION

Scientific research that you have conducted can be presented as Free Papers. If the paper is selected, then you will get an opportunity to make a podium presentation of your work at WIROC THE CLASSIQUE.

The reviewers of the Free Papers score the papers based on various criteria. If your paper is amongst the 6 best papers scored by the reviewers, your paper will be automatically selected for competing in the Masalawala Best Paper session. Once selected for Masalawala Best Paper Session, you are required to submit full paper along with master chart within one week. Not submitting Full Paper & Master chart within stipulated time will result in disqualification of the paper from Masalawala Best Paper Session.

RULES

- ✓ The deadline for submission of abstracts is **August 31**.
- ✓ Submit Abstract (400 words) in plain text format.
- ✓ The abstract should be structured as title, introduction, materials & methods, results and conclusions. It should include five keywords.
- ✓ Indicate which one of the categories the paper may be included:
- ✓ Arthroscopy & Sports Medicine (Shoulder / Knee)
- ✓ Joint Replacement (Hip / Knee / Shoulder)
- ✓ Trauma & Reconstructive Surgery (Upper Limb / Lower Limb / Pelvi Aectabulam)
- ✓ Tumour
- ✓ Foot & Ankle
- ✓ Infections & Metabolic
- ✓ Paediatric Ortho
- ✓ Spine
- ✓ Hand
- ✓ Miscellaneous
- ✓ It is mandatory for the author/s to submit on demand a Master chart of study data to WIROC THE CLASSIQUE Scientific Committee. The master chart should be verified and countersigned by the Head of Department in cases where the work has been done in a teaching institute or when the manuscript is a multicenter study. Failure to produce the Master chart may invite disqualification.
- ✓ Full text submission guidelines: The author/s should submit the full text of the abstract within one week of the intimation of acceptance of the manuscript. It has to be a Word document and divided into Introduction, materials and methods, Results, Discussion and conclusion. The full text should be a maximum 4000 words excluding the references and figure legends. The referencing should be standard Vancouver style. A maximum of six figures and 2 tables can be added and should be embedded in the word document. The manuscript should be entirely blinded and there should be no mention of the author names, affiliations, etc.

VIDEO PODIUM PRESENTATION

At WIROC THE CLASSIQUE, we will be running an OPEN Theatre where videos made by delegates will be presented by the delegates. The videos must highlight routine or innovative procedures, newer technique or even examination of a patient.

The videos will be reviewed by our reviewers. The 4 best videos will be selected for presentation in the Best Video Competition at WIROC THE CLASSIQUE. The rest of the selected videos will get a presentation during the open theatre session.

RULES

- ✔ Video & Abstract submission deadline is **August 31**.
- ✔ Both a written abstract and a video must be submitted for evaluation.
- ✔ Written abstract must explain what the video is aiming to demonstrate (150 words).
- ✔ Manufacturer's demo videos are not allowed and will mean automatic disqualification.

TECHNICAL SPECIFICATIONS FOR THE VIDEO FILE ARE AS FOLLOWS

- ✔ File format: .mp4
- ✔ Duration: Maximum 8 minutes
- ✔ The 16:9 widescreen aspect ratio is preferred. Please edit in the native format of your camera if you can. 4:3 is acceptable. However, please do not "stretch" your video.
- ✔ The maximum video size allowed as an abstract is 500 mb
- ✔ Patient Privacy: Identifying information, including patients' names, initials, or hospital numbers, must not appear. This typically happens in pre and post-operative radiographs, and MRIs. Written consent must be obtained from each person appearing in the work.

INTERESTING CASE / INNOVATIVE IDEA PODIUM PRESENTATION

An interesting case / series of cases either because it is an unusual presentation or an unexpected outcome or innovatively treated is ideal for presentation during this session. If selected, you will get a podium presentation to highlight your case. The best presentations will be selected for the BEST CASE session at WIROC THE CLASSIQUE.

RULES

- ✔ The deadline for submission of abstracts is **August 31**.
- ✔ Submit Abstract (300 words) in English in plain text format.
- ✔ The abstract should be structured as title, introduction, materials & methods, results and conclusions. It should include five keywords.
- ✔ Submission of abstract is online only. Details of submission process in general guidelines.

PRESENT YOUR PUBLICATION

This is a new session in which you can present your published work about which you can be proud of. The published work must not be presented in any previous WIROC or at National / International /Conferences.

RULES

- ✓ The article has to be published in a pubmed indexed journal between July 1st, 2022 to December 31st, 2023
- ✓ Abstract, full text pdf as well as pubmed citation should be submitted.
- ✓ Submission of all the details will be online only on wiroc.in

E-POSTER SESSION

An E-poster is a short powerpoint presentation detailing your scientific work. At WIROC THE CLASSIQUE, your PPT will be uploaded onto computers at the conference venue and will be open for viewing by delegates during the course of the conference.

Judges will select the 5 best posters. The lead author of these posters will get an opportunity to make a 2 min presentation to the judges at the poster display area. There will be an award for Best Poster.

All posters carry the same weightage as Free Papers. Poster presenters will receive an acknowledgement certificate from WIROC THE CLASSIQUE.

RULES

- ✓ The deadline for submission of abstracts is **August 31**.
- ✓ Submit Abstract (300 words) in English in plain text format.
- ✓ The full paper should be structured as title, introduction, materials & methods, results and conclusions. It should include five keywords.
- ✓ There is a prize for the Best Poster.

YOUNG SURGEON'S FORUM

If you are a young surgeon (<45 years of age on or before 31st December 2023), who is doing some outstanding clinical/ basic science work that you wish to showcase at WIROC THE CLASSIQUE, this is your chance. If selected for this prestigious award, you will get a podium presentation during the Plenary Session at WIROC THE CLASSIQUE. Only original work conducted in India can be submitted for consideration.

RULES

- ✓ Only full papers will be considered for the award
- ✓ Submit Full Paper in English in plain text format
- ✓ The full paper should be structured as title, introduction, materials & methods, results and conclusions. It should include five keywords.
- ✓ Forum submission deadline is **August 31**.
- ✓ Submission of forum is online only. Details of submission process in general guidelines

VETERAN SURGEON'S FORUM

If you are a senior clinician (>45 years of age on or before 31st December 2023), who is doing some outstanding clinical / basic science work that you wish to showcase at WIROC THE CLASSIQUE, this is your chance. If selected for this prestigious award, you will get a podium presentation during the plenary session at WIROC THE CLASSIQUE.

RULES

- ✓ Only full paper submissions will be considered
- ✓ Submit Full Paper in English in plain text format
- ✓ The full paper should be structured as title, introduction, materials & methods, results and conclusions. It should include five keywords.
- ✓ The deadline for submission of abstracts is **August 31**.
- ✓ Submission of forum is online only. Details of submission process in general guidelines

SCIENTIFIC HIGHLIGHTS

DR. R. J. KATRAK ORATION

Topic: The Game Changer



Dr. R. J. Katrak



Dr. Anant Joshi

DR. K. T. DHOLAKIA EPONYMOUS LECTURE

Topic: Indigenous Medical Device Innovation:
Idea to Impact



Dr. K. T. Dholakia



Dr. B. Ravi

DR. A. K. TALWALKAR SYMPOSIUM

Topic: Muscle & Tendon Injuries



Dr. A. K. Talwalkar



Dr. Dinshaw Pardiwala
Convener



Dr. K. S. Masalawala



YOUNG SURGEONS
FORUM



VETERAN SURGEONS
FORUM



BEST POSTER
PRESENTATION



RECOGNITION OF BOOKS
AND PUBLICATIONS



PG QUIZ



INNOVATIVE VIDEO
TECHNIQUES



SAW BONE & CADAVERIC
WORKSHOPS

TOWNHALL SESSIONS

- Present your cases and x-rays in a free for all
- An evening with no holds barred discussion .. (Though time bound)
- Definite take home messages at the end of every case
- Cases would be submitted and screened by the scientific committee
- **Last Date for submission of cases is 31st November 2023**



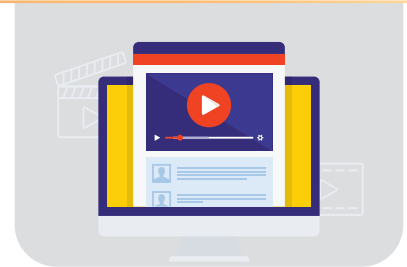
5 MINUTE STAR SPEAKERS

- Do you want to be heard?
- Do you have the skill and the oratory to convey your viewpoint in 5 minutes?
- Send your 5- minute elegant presentations (recorded) on any orthopaedic topic, WIROC will provide you the podium
- Presentation would be screened by the scientific committee
- **Last date for submission is 31st August 2023**



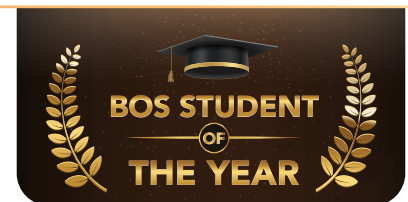
WIROC CINEMA

- Interested in displaying your skill set or technical TIP or an innovative surgical procedure in high quality 4K/HD video
- We will provide you the podium to present
- Cool and relaxed atmosphere for discussion with your peers
- **Send your videos by 31st August 2023**



STUDENT OF THE YEAR

- Watch Gladiatorial Academic Duel in the Prime Area
- Selected after detailed two rounds of elimination process
- See the future of Indian Orthopedics at display



BOS RISING STAR OF THE YEAR

- An exciting display of oratorical skills and impressive body of work by young prodigies who can be the future legends in Orthopaedics



LIGHTENING TALKS

- Do you have an orthopaedic/ non orthopaedic talk to lighten the mood?
- Any lifetime experiences to share.
- Mindfulness sessions
- Wellness sessions for orthopods
- Extracurricular skill to showcase.
- **Send your entries by 31st August 2023**



PRE-CONFERENCE WORKSHOPS

WEDNESDAY, DECEMBER 27, 2023

WORKSHOP NAME	FEES	SEATS	VENUE	CONVENORS
Primary Trauma Course (in collaboration with Primary Trauma Care Foundation, UK)	₹ 2,000 + ₹ 360 (GST) = ₹ 2,360	40	Apollo Hospital, Navi Mumbai	Dr. Ravi Badge, Dr. Nitin Jagasia, Dr. Gaurav Kanade
Meniscal Repair Workshop (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	TNMC & Nair Charitable Hospital, Mumbai	Dr. Kumar Dussa, Dr. Prashant Gedam
UKR Workshop	₹ 2,000 + ₹ 360 (GST) = ₹ 2,360	20	The Westin Mumbai Powai Lake	Dr. Rahul Deshmkh, Dr. Miten Sheth
Basic Orthoskills Workshop	₹ 2,000 + ₹ 360 (GST) = ₹ 2,360	40	The Westin Mumbai Powai Lake	Dr. Sujata Aiyer, Dr. Anand Thakur
HTO Workshop	₹ 2,000 + ₹ 360 (GST) = ₹ 2,360	20	Mangal Anand Hospital, Chembur, Mumbai	Dr. Mangal Parihar, Dr. Divya Ahuja
Robotic Technology Workshop	₹ 2,000 + ₹ 360 (GST) = ₹ 2,360	30	Sir H. N. Reliance Hospital, Mumbai	Dr. Vaibhav Bagaria, Dr. Ashish Phadnis
Hip Exposures, Hip Preservation & Osteotomies (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	MGM Medical College, Navi Mumbai	Dr. Tushar Agrawal, Dr. Deepak Jain

POST-CONFERENCE WORKSHOPS

SUNDAY, DECEMBER 31, 2023

WORKSHOP NAME	FEES	SEATS	VENUE	CONVENORS
ACL Reconstruction (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	KEM Hospital, Mumbai	Dr. Rajendra Phunde, Dr. Sandeep Biraris
Shoulder Replacement (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	KEM Hospital, Mumbai	Dr. Mohan Desai, Dr. Roshan Wade
Pelvi-Acetabular (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	KEM Hospital, Mumbai	Dr. Pradip Nemade, Dr. Shaligram Purohit
Hand Surgery (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	KEM Hospital, Mumbai	Dr. Prashant Kamble, Dr. Kiran Ladkat
Basic Arthroplasty (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	Sir J. J. Group of Hospitals, Mumbai	Dr. Eknath Pawar, Dr. Sandeep Gawhale
Advanced Spine (Cadaveric)	₹ 8,000 + ₹ 1,440 (GST) = ₹ 9,440	20	Sir J. J. Group of Hospitals, Mumbai	Dr. Dhiraj Sonawane, Dr. Naved Ansari, Dr. Om Patil
Acetabular Reconstruction THR	₹ 2,000 + ₹ 360 (GST) = ₹ 2,360	20	Saifee Hospital, Mumbai	Dr. Abhijit Kale, Dr. Shakir Kapadia

Note: Conference registration is mandatory to attend workshops

NON-RESIDENTIAL PACKAGE

Category	1st April to 30th July, 2023	1st Aug. to 31st Oct., 2023	1st Nov. to 30th Nov., 2023	Late & Spot
BOS Member	Rs. 11,000 + Rs. 1,980 (18% GST) = Rs. 12,980	Rs. 12,000 + Rs. 2,160 (18% GST) = Rs. 14,160	Rs. 13,000 + Rs. 2,340 (18% GST) = Rs. 15,340	Rs. 14,000 + Rs. 2,520 (18% GST) = Rs. 16,520
Non-Member	Rs. 13,000 + Rs. 2,340 (18% GST) = Rs. 15,340	Rs. 14,000 + Rs. 2,520 (18% GST) = Rs. 16,520	Rs. 15,000 + Rs. 2,700 (18% GST) = Rs. 17,700	Rs. 16,000 + Rs. 2,880 (18% GST) = Rs. 18,880
PG Student*	Rs. 11,000 + Rs. 1,980 (18% GST) = Rs. 12,980	Rs. 11,000 + Rs. 1,980 (18% GST) = Rs. 12,980	Rs. 11,000 + Rs. 1,980 (18% GST) = Rs. 12,980	Rs. 11,000 + Rs. 1,980 (18% GST) = Rs. 12,980
Accompanying Person	Rs. 11,000 + Rs. 1,980 (18% GST) = Rs. 12,980	Rs. 12,000 + Rs. 2,160 (18% GST) = Rs. 14,160	Rs. 13,000 + Rs. 2,340 (18% GST) = Rs. 15,340	Rs. 14,000 + Rs. 2,520 (18% GST) = Rs. 16,520

The above package includes

Conference Registration Fee + Lunches on Thursday, Friday, Saturday (28th – 30th December, 2023) + Conference Dinner on Thursday (28th December, 2023) + Gala Banquet Dinner on Friday (29th December, 2023) + Visit to Trade Exhibition + Conference Gift

*Certificate from HOD is mandatory



RESIDENTIAL PACKAGE (3 NIGHTS / 4 DAYS)

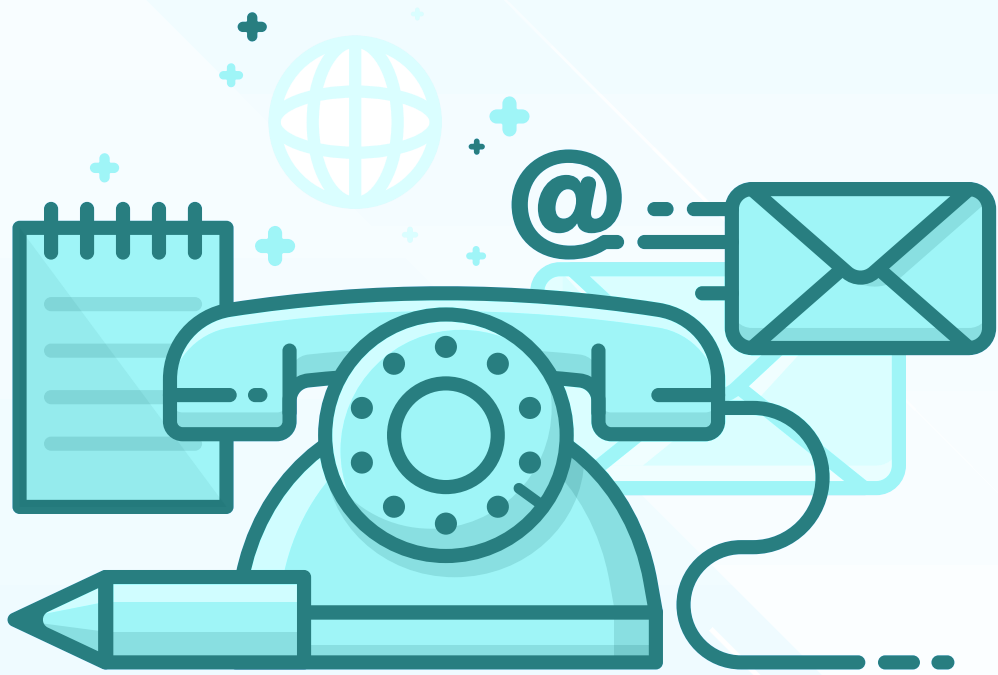
Category	1 st April to 30 th July	1 st Aug. to 31 st Oct.	1 st Nov. to 30 th Nov.	Late & Spot
BOS Member (Twin-Sharing)	Rs. 24,000 + Rs. 4,320 (18% GST) = Rs. 28,320	Rs. 25,000 + Rs. 4,500 (18% GST) = Rs. 29,500	Rs. 26,000 + Rs. 4,680 (18% GST) = Rs. 30,680	Rs. 27,000 + Rs. 4,860 (18% GST) = Rs. 31,860
BOS Non-Member (Twin-Sharing)	Rs. 25,000 + Rs. 4,500 (18% GST) = Rs. 29,500	Rs. 26,000 + Rs. 4,680 (18% GST) = Rs. 30,680	Rs. 27,000 + Rs. 4,860 (18% GST) = Rs. 31,860	Rs. 28,000 + Rs. 5,040 (18% GST) = Rs. 33,040
Accompanying Person	Rs. 24,000 + Rs. 4,320 (18% GST) = Rs. 28,320	Rs. 25,000 + Rs. 4,500 (18% GST) = Rs. 29,500	Rs. 26,000 + Rs. 4,680 (18% GST) = Rs. 30,680	Rs. 27,000 + Rs. 4,860 (18% GST) = Rs. 31,860
BOS Member (Single Room)	Rs. 33,000 + Rs. 5,940 (18% GST) = Rs. 38,940	Rs. 34,000 + Rs. 6,120 (18% GST) = Rs. 40,120	Rs. 35,000 + Rs. 6,300 (18% GST) = Rs. 41,300	Rs. 36,000 + Rs. 6,480 (18% GST) = Rs. 42,480
BOS Non-Member (Single Room)	Rs. 34,000 + Rs. 6,120 (18% GST) = Rs. 40,120	Rs. 35,000 + Rs. 6,300 (18% GST) = Rs. 41,300	Rs. 36,000 + Rs. 6,480 (18% GST) = Rs. 42,480	Rs. 37,000 + Rs. 6,660 (18% GST) = Rs. 43,660

The above package includes

Room at The Westin Mumbai Powai Lake (Check-In on 27th December, 2023 at 03.00 pm | Check-Out on 30th December, 2023 at 12.00 noon) + Conference Registration Fee + Breakfast on Thursday, Friday & Saturday (28th December 2023 – 30th December 2023) + Lunches on Thursday, Friday, Saturday (28th December 2023 – 30th December 2023) + Conference Welcome Dinner on Wednesday (27th December, 2023) + Conference Dinner on Thursday (28th December, 2023) + Gala Banquet Dinner on Friday (29th December, 2023) + Visit to Trade Exhibition + Conference Gift

PAYMENT DETAILS

Please send DD / At Par Cheque, in favour of "BOMBAY ORTHOPAEDIC SOCIETY" payable at Mumbai.
Delegates can register online on www.wiroc.in (Online charges as applicable)



CONFERENCE SECRETARIAT

WIROC 2023

C/o Vama Events Pvt. Ltd. Kohinoor Square Phase I, B Wing,
Office No. 1004, 10th Floor, N. C. Kelkar Road, Shivaji Park, Dadar West,
Mumbai 400 028. Email: wiroc@bombayorth.com