

ISKSAA Fortis Delhi travelling fellowship 2025

It was a great experience to be a part of ISKSAA. I am indebted to Dr. Pushpinder Bajaj (president) and Dr. Lalit Maini (chairman) of ISKSAA, who gave me the platform to learn from good surgeons in the field of arthroplasty and arthroscopy.

I would like to thank the executives of ISKSAA for granting me ISKSAA FORTIS-DELHI TRAVELLING FELLOWSHIPS 2025.

During my fellowship, I spent 2 week (3rd to 16th February 2025) in Fortis Hospital, Vasant Kunj, Delhi under guidance of Dr. Gurinder Bedi sir.

Dr. Bedi sir is a great teacher and an excellent clinician. He is dedicated, hard working gentleman with good leadership qualities. He is very friendly with fellows and staff, and under his guidance everything was managed efficiently from IPD to OPD as well as OTs. I am also thankful to other members of Dr. Bedi sir team viz. Dr. Vishwadeep Sharma sir and Dr. Shuvendu P. Roy sir.

During my fellowship tenure, I had an opportunity to sit with Dr Bedi sir at outpatient clinic and learnt about counselling skills and how to interact with different patients effectively. I had seen a wide variety of cases coming from different parts of India as well as international patients like OA knee patients, patients with sports injury, spine patients, difficult trauma cases etc.. Apart from clinical examination, I got opportunity to discuss and understand X-rays, MRI and CT scans of multiple cases in radiology department. Dr. Bedi sir also organises seminar (Breakfast session) every Wednesday and we discussed difficult cases and their planning about management and different surgical options. I also had the opportunity to observe Dr. Bedi sir and team in knee and hip arthroplasty (TKR,THR, revision THR, UKR) surgery and learnt various surgical techniques. I also had opportunity to observe TKR in difficult cases like extraarticular valgus deformity and patella baja.

Dr. Vishwadeep sir taught me from basic positioning and draping to portal formation and how to use different arthroscopic instruments in knee and shoulder arthroscopy surgery. He explained me tips and tricks of arthroscopic repair of rotator cuff tear/bankart lesion/remplissage, arthroscopic ACL reconstruction, identifying and repairing ramp lesion, hamstring graft preparation and how to repair meniscus root/bucket handle tear. Dr. Shuvendu Roy sir is a specialist of foot and ankle surgery and I got exposure and learning about multiple trauma patients from pre-operative planning to intra-operative and post-operative management of every case. I also got opportunity to observe revision Arthroplasty cases and difficult trauma cases during my tenure. During the tenure I also observed spine surgeries like microdiscectomy in a patient with PIVD done by Dr Bedi sir and team.

At the end, after a good overall exposure in the field of Arthroplasty, Arthroscopy & Sports medicine and Trauma at Fortis, Vasant kunj, New Delhi, I returned back with a lot of memories, experience and support of Dr Gurinder Bedi sir and Team.

I would again like to thank Dr Lalit Maini and Dr Pushpinder Bajaj for giving me this opportunity for clinical exposure in the fields of Arthroplasty and Arthroscopy and looking forward for more such oppurtunities at upcoming ISKSAA Fellowship programmes.

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