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October 2025

IAS NEWSLETTER



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Dr S Arumugam
President



Dr Rajeev Raman
Secretary



Dr Soumyadip Datta
Newsletter Committee



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Message from the President



Dear Colleagues,

It gives me great pleasure to welcome you to the relaunch of our vibrant monthly newsletter!

Amidst this dynamic phase of growth and transformation, it became clear that our Society needed a powerful and regular platform to share, educate, and inspire. This initiative aligns perfectly with our theme of “Bridging the Boundaries.”

We are proud to be led by our newly elected office bearers, who bring fresh energy, innovative ideas, and a unified vision. As we move ahead, it is evident that the collective efforts of our members and leadership can take us farther than ever before.

The year 2025 marks an exciting chapter for us on the international front. Our collaborations with ESSKA and ESSMA are gaining momentum, offering new opportunities for global exposure and meaningful academic exchange—connecting Indian arthroscopy to the world stage.

This newsletter will be much more than just updates. It will be a dynamic platform:

- A chronicle of our achievements
- A voice for our aspirations
- A vibrant resource for education, inspiration, and growth

On behalf of the Indian Arthroscopy Society, I warmly invite each one of you to be an active part of this new journey. Let’s make this newsletter a true reflection of the extraordinary energy, expertise, and enthusiasm that defines IAS.

Jai Hind!

Warm regards,

Prof. Arumugam S.

President, Indian Arthroscopy Society

IAS - IASCON (2022) Coimbatore Fellowship

IAS IASCON 2022, Coimbatore - Fellowship Report



Details of Fellow

Name: Dr Karen Maria Dsa (M.B.B.S , M.S Orth.)

Email: kdorthopaedicconsultant@gmail.com

Details of Mentor

Name: Dr S R Sundararajan

Name of Centre of Fellowship

Ganga Hospital , Coimbatore

Duration: 13/01/2025 to 09/02/2025

Speciality: Advanced Arthroscopy in knee, shoulder and Sports Injuries, Deformity corrections, Infections (Arthrodesis)

This fellowship was aimed at advancing my clinical acumen and surgical expertise in arthroscopy, with a particular focus on complex knee and shoulder procedures, as well as joint infections. Over the course of one month at Ganga Hospital, I engaged extensively in both outpatient and operative settings. I attended thrice-weekly clinics, where I evaluated imaging, discussed treatment plans, and interacted with over 500 patients alongside experienced mentors.

Surgically, I participated in approximately 120 procedures, including ACL reconstructions, rotator cuff repairs, meniscal repairs, high tibial osteotomies, and arthrodesis for infected joints, working under the guidance of Dr. S.R. Sundararajan, Dr. Ramakanth Gopalakrishnan, and Dr. Terrence Dsouza. These experiences significantly sharpened my technical abilities, enhanced my intraoperative decision-making, and deepened my understanding of meticulous surgical planning.

In parallel, I was actively involved in academic activities such as weekly clinical meetings, journal clubs, and case discussions, which reinforced principles of evidence-based practice and clinical reasoning. A key takeaway from this fellowship was the emphasis on discipline, time management, and efficiency in a high-volume surgical environment.

In parallel, I was actively involved in academic activities such as weekly clinical meetings, journal clubs, and case discussions, which reinforced principles of evidence-based practice and clinical reasoning. A key takeaway from this fellowship was the emphasis on discipline, time management, and efficiency in a high-volume surgical environment.

Although the brief duration limited research opportunities, the experience laid a strong foundation for future academic collaboration. Overall, this intensive training was transformative, expanding my clinical perspective, refining my surgical skills, and instilling a deeper appreciation for the high standards of arthroscopic surgery at Ganga Hospital.



IAS IASCON 2022, Coimbatore - Fellowship Report



Details of Fellow

Name: Dr. Aashiket Sable

Email: aashiketsable67@gmail.com

Details of Mentor

Name: Dr. SR Sundararajan, Senior Consultant
– Arthroscopy & Sports Injuries, Ganga
Hospital, Coimbatore

Name of Centre of Fellowship

Ganga Hospital, Coimbatore

Duration: 16/06/2025 to 16/07/2025 (4 weeks)

Speciality: Arthroscopy & Sports Injuries

I recently completed the IAS Coimbatore Fellowship under Dr. S. R. Sundararajan at the prestigious Ganga Hospital, Coimbatore — an experience that was truly transformative. The sheer volume and diversity of arthroscopic cases I witnessed was unparalleled. Dr. Sundararajan's clinical acumen, precise diagnostics, and ethical decision-making — operating only when truly indicated — left a deep impression on me. His lightning-fast yet meticulous surgical technique, combined with his patient-centered pre- and post-operative care, set a benchmark for excellence. Beyond knee and shoulder arthroscopy, I also had the opportunity to observe ankle arthroscopies and arthroplasty procedures, further enriching my learning. What stood out most was his humility, approachability, and the inclusive environment he fostered within his team. Even though I was there for a short time, he never let me feel left out. These four weeks have profoundly shaped my perspective, refining both my surgical and patient care skills. Dr. Sundararajan is not just a master surgeon — he's a true inspiration and a role model for every aspiring arthroscopy surgeon.



IAS IASCON 2022, Coimbatore - Fellowship Report



Details of Fellow

Name: Dr {Sqn Ldr} Sushant Sonarkar. D.Orth
MS.Orth

Email: sushantsonarkar@gmail.com

Co-Fellows – Dr Karen Dsa

Details of Mentor

Name: Dr SR Sundararajan MS.Orth

Sr Consultant

Ganga Hospital Coimbatore

Name of Centre of Fellowship

Ganga Hospital, Coimbatore

Duration: 13/01/2025 to 09/02/2025 (4 weeks)

Speciality: Knee ,Shoulder, Ankle Arthroscopy and Sports Injuries

We got to see and assist full hands on training a vast majority of knee ,shoulder, foot and ankle cases cases, both in clinics and in the operation theatre. Cases like Arthroscopic ACL, PCL, HTO, MENISCUS REPAIRS, Multiligament knee injuries

Arthroscopic Rotator Cuff Repair with Patch Augmentation , Lower Trapezius Tendon Transfer, Reverse Shoulder Arthroplasty Procedures, SLAP repairs were regularly done by our mentors while pointing out tips and tricks for our benefit. They patiently addressed all our queries.

Foot and Ankle wide Trauma and Corrective deformity and Arthroscopy cases



IAS - CASM Fellowship South Korea 2024 - 2025

IAS CASM Fellowship, Busan - Fellowship Report



Details of Fellow

Name: Dr Pinaki Das

Email: docpinakidas@outlook.com

Co-Fellow

Dr Kshitij Soni, Dr Rameshwar Datt, Dr Gunjar Jain

Name of Centre of Fellowship

Inje University Busan Paik Hospital Dongah
University Hospital GEO-IN Hospital , Busan

Details of Mentor

Name: Dr Lee Seung Jun, Director, GEO-IN Hospital , Busan

Name: Dr Kim Jung Han , Professor, Inje University, Busan Paik Hospital

Name: Dr Kim Chul Hong, Professor, Dongah University Hospital

Duration: 28/07/2025 to 1/08/2025

Speciality: Shoulder Arthroscopy and Sports Injuries

We got to see a vast majority of shoulder cases, both in clinics and in the operation theatre. Cases like Arthroscopic Rotator Cuff Repair with Patch Augmentation , Reverse Shoulder Arthroplasty Procedures, SLAP repairs were regularly done by our mentors while pointing out tips and tricks for our benefit. They patiently addressed all our queries.

IAS CASM Fellowship, Busan - Fellowship Report



Details of Fellow

Name: Dr Kshitij Soni

Email: drkshitijsoni@gmail.com

Co-Fellow

Dr Pinaki Das, Dr Rameshwar Datt, Dr Gunjar Jain

Name of Centre of Fellowship

Inje University Busan Paik Hospital Dongah
University Hospital GEO-IN Hospital , Busan

Details of Mentor

Name: Dr Lee Seung Jun, Director, GEO-IN Hospital , Busan

Name: Dr Kim Jung Han , Professor, Inje University, Busan Paik Hospital

Name: Dr Kim Chul Hong, Professor, Dongah University Hospital

Duration: 28/07/2025 to 1/08/2025

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IAS CASM Fellowship, Busan - Fellowship Report

**Details of Fellow**

Name: Dr Rameshwar Datt

Email: docpinakidas@outlook.com

Co-Fellow

Dr Pinaki Das , Dr Kshitij Soni, Dr Gunjar Jain

Name of Centre of Fellowship

Inje University Busan Paik Hospital Dongah

University Hospital GEO-IN Hospital , Busan

Details of Mentor

Name: Dr Lee Seung Jun, Director, GEO-IN Hospital , Busan

Name: Dr Kim Jung Han , Professor, Inje University, Busan Paik Hospital

Name: Dr Kim Chul Hong, Professor, Dongah University Hospital

Duration: 28/07/2025 to 1/08/2025

Speciality: Shoulder Arthroscopy and Sports Injuries

We got to see a vast majority of shoulder cases, both in clinics and in the operation theatre. Cases like Arthroscopic Rotator Cuff Repair with Patch Augmentation , Reverse Shoulder Arthroplasty Procedures, SLAP repairs were regularly done by our mentors while pointing out tips and tricks for our benefit. They patiently addressed all our queries.

IAS CASM Fellowship, Busan - Fellowship Report

**Details of Fellow**

Name: Dr Gunjar Jain

Email: drgunjarjain@gmail.com

Co-Fellow

Dr Pinaki Das , Dr Kshitij Soni, Dr Rameshwar Datt

Name of Centre of Fellowship

Inje University Busan Paik Hospital Dongah
University Hospital GEO-IN Hospital , Busan

Details of Mentor

Name: Dr Lee Seung Jun, Director, GEO-IN Hospital , Busan

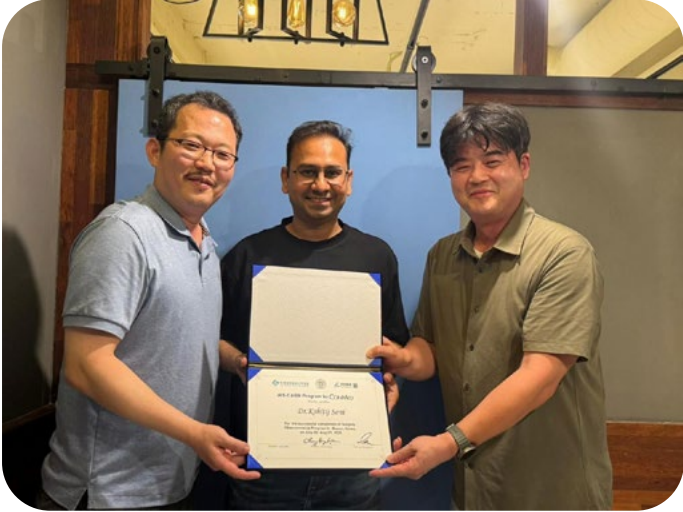
Name: Dr Kim Jung Han , Professor, Inje University, Busan Paik Hospital

Name: Dr Kim Chul Hong, Professor, Dongah University Hospital

Duration: 28/07/2025 to 1/08/2025

Speciality: Shoulder Arthroscopy and Sports Injuries

We got to see a vast majority of shoulder cases, both in clinics and in the operation theatre. Cases like Arthroscopic Rotator Cuff Repair with Patch Augmentation , Reverse Shoulder Arthroplasty Procedures, SLAP repairs were regularly done by our mentors while pointing out tips and tricks for our benefit. They patiently addressed all our queries.



**IAS - IRISH
Fellowship 2024 - 2025**

IRISH Fellowship 2024 – 2025 - Fellowship Report



Details of Fellow

Name: Dr. Kumar Shantanu
Email: sushantsonarkar@gmail.com
Co-Fellows – Dr Karen Dsa

Details of Mentor

Dr. Anant Mahapatra, FRCS (Tr & Orth)
Consultant Orthopaedic Surgeon –
Arthroscopy, Sports Medicine & Joint
Replacement

Name of Centre of Fellowship

Our Lady of Lourdes Hospital, Drogheda
(RCSI-affiliated Teaching Hospitals, Ireland)

I had the privilege of undertaking a 7 days Indo-Irish fellowship in arthroscopic surgeries and Sports Injuries in Ireland. It is a unique fellowship program, a collaboration of Indian Arthroscopy Society and Irish Arthroscopy fraternity, creating an opportunity for cross-border learning and knowledge exchange.

I express my heartfelt gratitude towards Dr. S. Arumugam (President, Indian Arthroscopy Society) for his support and leadership in making the fellowship collaboration possible. His vision and commitment to advancing arthroscopy have been truly inspiring, and we are grateful for the opportunities this initiative will create for learning and growth.

I am sincerely thankful to Dr. Rajeev Raman (Secretary Indian Arthroscopy Society) for his tireless efforts, dedication and constant support which have been instrumental in making these academic activities a success. I truly value his commitment to strengthening the society and fostering growth for all its members.

Dr. Anant Mahapatra is a highly respected orthopaedic surgeon with extensive expertise in arthroscopy and sports medicine. His commitment to precision, patient care, and academic excellence has made him a leading figure in this field, and it was an honour to train under his mentorship. I underwent a structured 7-day fellowship training under his guidance of RCSI-affiliated hospitals in Ireland. The training focused on sports injuries, arthroscopy, trauma, and joint replacement surgery. The program included clinical exposure, ward management, and active participation in operation theatres.



IAS - Gopalakrishnan Fellowship 2024 - 2025

IAS Gopalakrishnan - Fellowship Report

**Details of Fellow**

Name: Dr Rajesh Kumar Rajnish

Details of Mentor

Name: Dr. Arvind Prasad Gupta

Name of Centre of Fellowship

Paras HMRI Hospital, Patna, and Care
Mankind Hospital, Patna

Duration: June 15 - July 14, 2025

The IAS–Dr. Gopalakrishnan Inland Fellowship provided me with an excellent opportunity to enhance my knowledge and surgical skills in arthroscopy and sports injury management. Under the guidance of Dr. Arvind Prasad Gupta, I participated in preoperative planning in the outpatient department, assisted in the operating room intraoperatively, and learned about the postoperative rehabilitation with a focus on knee and shoulder arthroscopy. The fellowship provided valuable exposure to advanced techniques and perioperative decision-making in the management of shoulder and knee injuries.

During the fellowship, I contributed academically through:

Published: Rajnish RK, Yadav SK, Srivastava A, Gupta AP, Gupta S, Elhence A. Arthroscopic fixation versus open reduction and internal fixation for displaced tibial side posterior cruciate ligament avulsion fractures: A systematic review and meta-analysis. J Orthop. 2025 Aug; 66:271-281.

Case of the Month feature in the IAS Newsletter (June 2025) titled: Pan-labral Tear following Traumatic First-Time Shoulder Dislocation: Arthroscopic Management and Literature Review Finalization and drafting of a manuscript titled: Clinical and Radiological Outcomes of Arthroscopic Pullout Suture Fixation of Displaced Tibial Eminence Avulsion Fracture.

This fellowship marked a key milestone in my academic and professional journey. I would like to express my sincere gratitude to Dr. Arvind Prasad Gupta for his mentorship and to his entire team for their invaluable guidance and support throughout this enriching experience. I also extend my heartfelt thanks to the Indian Arthroscopy Society for providing me with this wonderful opportunity.



IAS Gopalakrishnan - Fellowship Report



Details of Fellow

Name: Dr. Asjad Mahmood
Assistant Professor, Orthopaedics
JPNATC, AIIMS, New Delhi

Details of Mentor

Name: Dr. Sachin Tapasvi

I had the privilege of completing a one-month IAS Gopalakrishnan Fellowship under the mentorship of **Dr. Sachin Tapasvi** at **Pune** in **May 2025**. The city's pleasant weather provided a refreshing break from Delhi's summer heat and offered a conducive environment for focused clinical learning. Over four weeks, I assisted in around 45 surgeries, gaining first-hand exposure to advanced procedures in knee ligament and meniscus surgeries and lower limb deformity corrections.

The fellowship was briefly interrupted by a government emergency order during the India–Pakistan conflict but was promptly resumed after reversal of the directive. Overall, the program proved immensely valuable in refining my technical proficiency, surgical decision-making, and academic insight in sports injury and reconstruction surgery. It was a truly enriching and rewarding learning experience.



IAS Gopalakrishnan - Fellowship Report



Details of Fellow

Name: Dr Vikas Saxena

Email: drvikasms@gmail.com

Details of Mentor

Name: Dr David V. Rajan,
Director, Ortho One Orthopaedic speciality
centre

Details of Co-Mentor:

Name: Dr. Santosh Sahanand, Clinical Director,
Ortho One Orthopaedic speciality centre.

Name: Dr. Shyam Sundar, Academic Director,
Ortho One Orthopaedic speciality centre.

Name of Centre of Fellowship

Ortho One Orthopaedic speciality centre,
Coimbatore, Tamil Nadu, India

Duration: 03/03/2025 to 29/03/2025

Speciality: Knee and Shoulder Arthroscopy and Sports
Injuries

I got to see a vast majority of Knee and shoulder cases, both in clinics and in the operation theatre. Knee Cases like Arthroscopic ACL and PCL reconstruction with either of BPTB, Hamstring and Peroneus graft, Revision ACL reconstruction, multi-ligament reconstruction, MPFL reconstruction, Meniscus repair, High tibial osteotomy with root repair were commonly being done. Shoulder cases like Arthroscopic Rotator Cuff Repair with or without Patch Augmentation, Reverse Shoulder Arthroplasty Procedures, SLAP repairs, Transosseous repair of rotator cuff were regularly done by our mentors while pointing out tips and tricks for our benefit. They patiently addressed all our queries. I also got the opportunity to attend and present in scientific seminars and Hands on workshop on bone models.



IAS - Awards



**Winner of
1st & 2nd Prize**

Dr Ramakanth Rajagopala Krishnan

Best Publish Paper Award



ARTICLE IN PRESS

MCL Repair, Isolated Suture-Tape-Bracing and No Repair for Grade III MCL Tears During ACL Reconstruction Have Similar Outcome for Combined ACL With MCL Injury: A 3-Arm Randomized Controlled Trial

Rajagopalakrishnan Ramakanth, D.Ortho., D.N.B.(Ortho), D.S.I.C.O.T. Fellowship Arthroscopy, Silvampatti Ramasamy Sundararajan, M.S.(Ortho), Bandlapally Sreenivasa Guptha Sujith, M.S.Ortho., F.N.B., Terence D'Souza, M.S.(Ortho), F.N.B., Palanisamy Arumugam, B.P.T., M.P.T., and Shanmuganathan Rajasekaran, M.S., D.N.B.(Ortho), M.Ch.(Liv), F.R.C.S.(Ed), Ph.D.

ARTICLE IN PRESS

Journal of ISAKOS XXX (XXXX) XXX

Contents lists available at ScienceDirect

Journal of ISAKOS

journal homepage: www.elsevier.com/locate/isakos

Original Research

Augmented suture pull-out with suture-button (triple fixation) yields less radiological residual laxity than suture pull-out technique alone-for arthroscopic reduction and internal fixation (ARIF) of posterior cruciate ligament avulsion fractures

Rajagopalakrishnan Ramakanth, D.Ortho, DNB(ortho), D.SICOT, Fellowship Arthroscopy^a, Silvampatti Ramasamy Sundararajan, MS(ortho)^{b,c}, Sameer Muhammed, MS(ORTHO) DNB(ortho)^c, Terence D'souza, MS(ORTHO), FN^b, Palanisamy Arumugam, BPT, MPT^c, Shanmuganathan Rajasekaran, MS, DNB(ortho), M.Ch(Liv), FRCS(Ed), FACS, PhD^b

^a Department of Arthroscopy and Sports Medicine, Ganga Medical Center & Hospital, Coimbatore, India

^b Department of Orthopedics and Spine Surgery, Ganga Medical Center & Hospital, Coimbatore, India

^c Ganga Medical Centre and Hospital Pvt Ltd, Orthopedics, Coimbatore, India



Dr Jai Thilak

Best Publish Video Award



Winner

Dr Jai Thilak, Amrita Institute of Medical Sciences, Kochi was awarded the IAS best published video technique 2024-25 at IASCON 25, Goa. The video article was on “Arthroscopic remnant preservation ACL recon using quadrupled semitendinosus autograft with internal brace: A current technique”, in Journal of ISAKOS, Vol 13, 2025 by Jai Thilak, Johncy Panicker.

**INDIAN ARTHROSCOPY SOCIETY**

(ESTABLISHED IN 1983 – REGISTERED UNDER SOCIETY ACT)



Join Indian Ligament Registry

**Registry Chairman:**

Prof. Arumugam S

Implementation Convener:

Dr. SR Sundararajan

Dr. Rajeev Raman

Co-Conveners:

Dr. Inderdeep Singh

Dr. Soumyadip Datta

Dr. Neha Godghate

Dr. Ram Chidambaram

Dr. Tirth Vyas

Development Team:

Dr. B Bhupesh Karthik

Dr. Prakash Ayyadurai

Indian Ligament Registry (ILR) is a nationwide Indian Arthroscopy Society (IAS) initiated database.

Steps to join ILR

1. Get Approval from IAS Secretary for creating ILR Login
2. Write to mdc.health.helpdesk@necsws.com with approval email for ILR account creation
3. Support team will create account and share password
4. Login to <https://ias.necsws.com>
5. Reset password on first login
6. Ready to start recording cases on ILR

Contact us

ILR users can contact the helpdesk

Ph: +91 2250323085 (Monday - Friday 8 am - 6 pm IST)

Email: mdc.health.helpdesk@necsws.com

Website: www.indianarthroscopy.co.in



IAS ONE

INDIAN ARTHROSCOPY SOCIETY

Academic to every nook & corner of India



Prof. Arumugam S

President, IAS



Dr. Rajeev Raman

Secretary, IAS

ACADEMIC CALENDAR

MAY-OCTOBER 2025

May-25 Knee - SRMS Bareilly

Jun-25 Knee Prog. with Live Surgeries - Tamluk

Jun-25 Knee - Dehradun

Jun-25 Shoulder - Aurangabad

Jul-25 Shoulder - Kumool

Jul-25 Knee - Rothak

Jul-25 Shoulder - Jamnagar

Jul-25 Knee - Udaipur

Aug-25 Shoulder - Dehradun

Aug-25 Knee Prog. with Live Surgeries - Salem

Aug-25 Shoulder - Kanpur

Aug-25 Knee - Indore

Aug-25 Shoulder - Patna

Aug-25 Knee - Tezpur

Sep-25 Knee - Kumool

Sep-25 Shoulder - Huballi

Sep-25 Knee - Ranchi

Oct-25 Shoulder Prog. with Live Surgeries - Mangalore

Oct-25 Knee - Bhubaneswar

Oct-25 Knee - Srinagar

Oct-25 Knee - Burdwan

Nov-25 Knee - Rourkela

Nov-25 Knee - Vijaywada



Dr. Bhupesh Karthik

IAS One - Convener



Dr. Inder Deep Singh

IAS One - Co-Convener



Dr. Sridhar Gangavarapu

IAS One Co-Convener

ACADEMIC PARTNER





Apply for

IAS MEMBERSHIP

Why to become IAS Member

**1. Join the family of Arthroscopy Surgeon
one of fastest growing Subspeciality**

2. Professional Recognition

3. Academic and Research Opportunities

**4. Educational and Training Programs
Fellowship opportunities Inland and
foreign Fellowship**

5. Networking and Collaboration

6. Leadership and Involvement

**7. Exclusive Access to Resources like
Indian Ligament registry**



Prof Arumugam S
President, IAS



Dr Rajeev Raman
Secretary, IAS



Dr Naresh Goud
Chair Membership and IT
Committee, IAS

*Membership fee
INR 5000.00*





IAS Academic Corner



Time to Showcase work



President
Dr. Arumugam.S



Secretary
Dr Rajeev Raman

Benefits

- **Presentation of your work on online platform**
- **Professional recognition by orthopaedic surgeons worldwide**
- **Academic involvement with experts across the globe**
- **Learning experience from leaders in arthroscopy**

Dr.Bhupesh Karthik

Coordinators
Dr.Sridhar Gangavarapu

Dr.Neha Godghate



Contact Us: 7416747485 / 9422705660



1st Chhattisgarh Arthroscopy Society Conference

CASCON 2025

Science. Skills. Sharing.

AGENDA

Shoulder | Patellofemoral Joint | Knee beyond the ACL

Saturday, 1st November, 2025

Hotel Babylon Capital, VIP Chowk, Raipur



Register Here

Registration is FREE but Mandatory

