

PERCEIVED BENEFITS OF ISKSAA DELHI CSI FELLOWSHIP 2026

Greetings.

It gives me immense pleasure to share my experience regarding the ISKSAA DELHI CSI FELLOWSHIP 2026 at Center for Sports Injury (CSI), New Delhi under the mentorship of Dr Pushpinder Bajaj.

During my tenure, I had the unique opportunity to immerse myself in an advanced clinical environment. Dr Pushpinder Bajaj is not only a pioneer in the field of Arthroscopy but also an exceptional teacher and a great listener. His ability to break down complex surgical steps and his ever ready to reply attitude to our queries is truly remarkable. Here at CSI, we get to see some of the finest Arthroscopic surgical techniques- particularly Arthroscopic ACL reconstructions, using both hamstring & Bone Patellar Tendon Bone (BPTB) graft, both primary and revision; Arthroscopic Meniscus balancing surgeries, Arthroscopic assisted anterior talofibular ligament (ATFL) repair for chronic ankle instability, Arthroscopic Bankart's Repair, Remplissage, Latarjet and Arthroscopic Rotator cuff repairs. We also get to see and assist a good number of Total Knee Replacement (TKR) & Total Hip Replacement (THR) surgeries, both conventional & Robotic assisted.

Key highlights of my Fellowship included:

- Surgical Exposure: Assisting and observing advanced arthroscopic techniques in state-of-the-art modular OTS.
- Clinical Acumen: Gaining insights into patient selection, preoperative planning, and evidence-based post-operative protocols.
- Rehabilitation: Interacting with the dedicated Physiotherapy team at CSI, which provided a holistic understanding of sports medicine recovery.

Dr Pushpinder Bajaj's commitment to academic excellence and his approach to teaching have significantly boosted my confidence. I am also grateful to the entire CSI team for their constant support and for making this a career-defining experience. I will be forever grateful to Dr Pushpinder Bajaj to be a part of his team during this period of my ISKSAA DELHI CSI FELLOWSHIP 2026.

And I recommend this Fellowship to any Orthopaedic Surgeon looking to refine their skills in Arthroscopy, Sports Medicine & Joint replacement Surgeries.

With warm regards,

Dr Lalrinmawia

Email: docmoya2007@gmail.com