

## FELLOWSHIP TESTIMONIAL

It was a privilege to attend the Delhi Travelling Fellowship under the guidance of Dr. Lalith Maini and his team. On the first day of our fellowship, we reported to our mentor at his centre in Maulana Azad Medical College. Sir warmly introduced us to the faculty and staff, making us feel welcomed from the beginning.

On the first day itself, we had the opportunity to observe several surgeries at MAMC. The academic discussions by Dr. Sumit Arora during the procedures were highly informative and helped us understand the finer aspects of surgical planning and execution. We also had the pleasure of having lunch with Dr. Lalith Maini sir before concluding the day.

From the following day onward, Dr. Lalith Maini sir and Dr. Keshav sir took great initiative in planning our daily schedule and coordinating visits to multiple high-volume orthopedic centres across Delhi.

During the two-week fellowship, we visited several reputed hospitals and sports injury centres including:

- \* Centre for Sports Injury under Dr. Pushendra Singh Bajaj
- \* Sports Injury Centre under Dr. Deepak Joshi
- \* Max Super Speciality Hospital, Saket under Dr. Ramneek Mahajan
- \* Indraprastha Apollo Hospital under Dr. Yatinder Kharbanda
- \* BLK-Max Super Speciality Hospital under Dr. Ishwar Bohra
- \* Indian Spinal Injuries Centre under Dr. Vivek Mahajan
- \* Max Super Speciality Hospital, Shalimar Bagh under Dr. Simon Thomas
- \* Artemis Hospital under Dr. IPS Oberoi

All the centres we visited were high-volume institutions performing advanced arthroscopy and arthroplasty procedures, including robotic-assisted surgeries. We were exposed to multiple robotic systems such as MAKO, VELYS, CORI, CUVIS, and ROSA.

In arthroplasty, we observed a wide spectrum of joint replacement procedures, including primary and revision surgeries involving the knee, hip, and shoulder, which provided valuable exposure to contemporary reconstructive techniques and perioperative decision-making.

In arthroscopy, we observed various knee, shoulder, and ankle arthroscopic procedures, including anterior cruciate ligament reconstruction using different graft options such as hamstring tendon grafts, quadriceps tendon grafts, peroneus longus grafts, and synthetic grafts. We also had the opportunity to observe advanced shoulder arthroscopic procedures including rotator cuff repair and Bankart repair.

One of the most valuable aspects of this fellowship was the opportunity to scrub in and assist in surgeries across multiple centres, which significantly enhanced our hands-on learning experience. Across all centres, the faculty were highly enthusiastic in teaching pre-operative planning, intra-operative execution, and post-operative follow-up protocols.

Overall, this fellowship provided exceptional academic and surgical exposure. We are sincerely grateful to Dr. Lalith Maini sir, Dr. Pushpendra Singh Bajaj sir, and all the faculty members for their guidance, hospitality, and effort in organizing such a comprehensive program.

***Dr Manohar T H***