

IFAS Inland Fellowship Experience Report

Fellow Name: Dr. Akhil SR

Mentor: Dr. Rahul Upadhyay

Center: Foot and Ankle Injury Centre, Mahavir Jaipuriya Rajasthan Hospital, Jaipur

Duration: 1st November 2025 – 30th April 2026

Reflections on My Fellowship Journey

Completing the IFAS Inland Fellowship under the guidance of Dr. Rahul Upadhyay has been a transformative milestone in my surgical career. The program was meticulously structured to bridge advanced theoretical knowledge with high-volume, hands-on clinical and surgical practice.

During my tenure, I had the opportunity to participate in over 250 surgical procedures, acquiring comprehensive experience in managing complex traumatic injuries, pilon and calcaneal fractures, and elective reconstructive surgeries such as flatfoot corrections and hallux valgus management. A major highlight of the training was the hands-on exposure to modern sub-specialties, including Minimally Invasive Surgery (MIS) and diagnostic/therapeutic ankle arthroscopy.

Beyond the operating room, the clinical exposure in outpatient evaluation and inpatient rehabilitation provided a holistic understanding of long-term patient outcomes. The academic environment at the center encouraged evidence-based practice, allowing me to conclude two clinical studies and actively participate as a lead investigator in two ongoing randomized controlled trials (RCTs).

A definitive highlight stemming directly from this tenure was the opportunity to further expand my international exposure. Through the valuable referral and mentorship of Dr. Rahul Upadhyay, I was accepted for an **International Clinical Fellowship in Foot & Ankle Surgery at Sunway Medical Centre in Malaysia**. This international exposure served as an exceptional extension to my IFAS training, allowing me to observe global surgical workflows, advanced reconstructive protocols, and sub-specialty techniques in an international healthcare setting.

I express my deepest gratitude to my mentor, Dr. Rahul Upadhyay, the entire multidisciplinary team at Rajasthan Hospital, and the Indian Foot and Ankle Society (IFAS) for this invaluable opportunity. This fellowship has instilled in me the technical precision, confidence, and commitment required to deliver high-quality, specialized foot and ankle care.



