

The midway mark – Looking back, moving forward

It has been six months since the new committee of the IFAS started functioning in Sep 2025 and it has been an eventful year so far. The theme this year of 'Stepping out – conquering bastions through research and innovation' is being lived to its fullest extent. The year started with multiple programs at various locations, notable among them being the largely successful Steps 2 walk at Kolkata and the IFAS participation at IOACON Guwahati. The IFAS representation at the Asian Federation of Foot and Ankle Surgeons' biennial conference at Singapore led to the successful bidding to get the next AFFAS conference to Kolkata in 2027 – a first for the IFAS. The Global arena was conquered by the Indo US Foot and Ankle Conference at Bangalore and the Global Foot and Ankle Summit at Goa. Both the programs were extremely well conducted and received and brought in global recognition for the IFAS and its members. The APOA at Jaipur was another feather in the cap. The invitation to Nepal for their Orthocon helped in fostering newer ties and friendships. The successful Mumbai Foot and Ankle conference kept the momentum going and there is the upcoming innovative Principles course at Bangalore. So the journey continues...



Dr S. M. Ajoy
IFAS President

On the research front, more bastions are conquered. The IFAS score – a patient reported outcome measure specially designed for our population and also applicable in our neighbouring countries saw the light of the day.... it is the culmination of years of hard work of many of our IFAS members – the Delphi methodology, the validation, the acceptance of the publication, the building of the score Calculator, the link on our website and the translation to all Indian languages and multiple Asian languages.... All the members involved deserve a standing ovation. One more success is the initiation of the consensus statement on Deltoid Injuries in ankle fractures during the Global summit at Goa, with more than 20 experts from around the world participating in the first round. Working groups are formed in five major areas to coordinate with all and all the members of our society are invited to contribute in the furthering of research and innovation. The IFAS website is being constantly updated and a new research corner has been started where currently few of our member contributions in major journals are mentioned. The idea is to include research publications from all our members which would open not just doors, but flood gates to global collaborations in different areas where our strengths can be put to good use and lead to further strengthening of our society.

The Annual IFASCON is fast approaching and phenomenal work is being done to formulate a wonderful scientific program, all inclusive and at the same time outstanding, progressive and visionary. We look forward to seeing every single member of the IFAS at the conference in August at Chandigarh.

I would like to conclude with a humble request to every IFAS member to actively contribute to the betterment of the society and my ears are always open to every single advice and suggestion.

Long live IFAS

Global Foot & Ankle Summit (GFAS) 2026

Dr Rahul Upadhayay

IFAS Co-opted Member
Course Chair, GFAS 2026



The recently concluded Global Foot & Ankle Summit (GFAS) 2026, held in Goa, marked a significant milestone in the advancement of foot and ankle surgery education in India. The summit brought together an exceptional gathering of experts, featuring 18 distinguished international faculty members from across the globe, making it one of the most diverse and truly global foot and ankle meetings hosted in the country.

The scientific program was thoughtfully curated around the central theme: "Revisions and Complications in Foot and Ankle Surgery." Through a series of engaging case-based discussions, the faculty and delegates explored complex real-world scenarios, sharing insights, strategies, and lessons learned from challenging cases. This interactive format allowed participants to gain practical perspectives from global leaders in the field.



Dr Girish Motwani

IFAS Co-opted Member
Course Chair, GFAS 2026

Continued in Page 2

IFAS Office Bearers 2025-2026

President Emeritus



Dr Sureshwar Pandey

Patrons



Dr S S Jha
Office



Dr Mandeep
Dhillon



Dr Rajiv Shah



Dr Ajoy S M
President



Dr Kumar
Shantanu Anand
Vice President



Dr Abhijit
Bandyopadhyay
Hon. Secretary



Dr Dennis
P Jose
Treasurer



Dr Kamal Dureja
Immediate
Past President (2024-25)



Dr T V Raja
Past President
(2023-24)



Dr Rajesh Simon
Past President (2022-23)



Dr Inderjit Singh
Immediate Past Secretary

Core Executive Committee



Dr Abhishek
Kini



Dr Aradhana
T Rathod



Dr Soura
Sekhar Saha



Dr Abdul
Gafoor P M



Dr Vishnu Senthil



Dr Siddhartha
Sharma



Dr Jagdish Sakhiya

Co-Opted Members



Dr Anuj Chawla



Dr Bhupesh
Mahawar



Dr Chetan
Oswal



Dr Dev
Galagali



Dr Girish
Motwani



Dr Rahul
Upadhyay



Dr Rajeev Anand



Dr J Partheeban



Dr Sreeganesh
Krishna Prabhu



Dr Shakti Swaroop

AFFASCON 2027 at Kolkata



Dr Abhijit Bandyopadhyay
Hon. Secretary, IFAS

It gives me immense pleasure to connect with you through this edition of the AFFAS Newsletter as we prepare for the upcoming 11th Asian Federation of Foot and Ankle Congress (AFFASCON 2027). We are delighted to share that the conference will be held

from 10th to 13th November 2027 in Kolkata, India, at the iconic Biswa Bangla Convention Centre.

AFFASCON has always served as a significant academic platform that brings together distinguished experts, clinicians, academicians, researchers, and industry partners from across Asia and beyond. The 2027 congress aims to further strengthen this tradition by creating an inspiring environment for knowledge exchange, collaboration, and the discussion of cutting-edge advancements in foot and ankle orthopaedics.

We are expecting delegates, faculty, and participants from across the globe, making this congress a truly international gathering of experts in the field of foot and ankle surgery. This global participation will foster meaningful scientific exchange, diverse perspectives, and new opportunities for collaboration and innovation. Through keynote lectures, symposia, panel discussions, and interactive sessions, the conference will offer valuable opportunities for learning, professional growth, and meaningful dialogue among colleagues from different parts of the world.

Kolkata, known for its rich cultural heritage, warm hospitality, and vibrant intellectual spirit, provides a wonderful setting for this important gathering. We are confident that the city will offer an enriching experience for all participants while creating a memorable backdrop for this prestigious congress.

As we move forward with the preparations, I warmly invite all members and colleagues to actively participate, contribute their expertise, and be a part of this exciting journey. Your support and involvement will play a vital role in making AFFASCON 2027 a truly impactful and memorable scientific event.

We look forward to welcoming you to Kolkata in November 2027 for what promises to be an outstanding academic and professional experience.



Global Foot & Ankle Summit (GFAS) 2026

Continued from Page 1

A historic highlight of the summit was the first-ever Delphi Consensus Meeting in India on Acute Deltoid Ligament Injury, conducted on Day 1 of the conference. This collaborative initiative brought together international experts to deliberate on key clinical questions and work towards consensus on the management of this challenging injury. The meeting represents an important step toward standardizing treatment approaches and contributing to future scientific publications.

The summit also featured a Rising star session where 2 emerging Foot and Ankle surgeons were selected for travelling fellowships fully sponsored by GFAS. Event also witnessed a large participation of women Foot and Ankle Surgeons which would inspire more young women to join the specialty and work towards a gender diverse field. Several hands-on workshops, giving delegates the opportunity to refine surgical techniques and interact closely with faculty in a practical learning environment. These sessions were particularly appreciated for their high educational value and practical relevance.

Beyond the academic program, the summit fostered camaraderie and networking among participants. A memorable gala dinner and dedicated faculty dinner were hosted, providing an opportunity for meaningful interactions in a relaxed setting and strengthening international professional relationships.

The course was jointly visioned and chaired by Dr Rahul Upadhyay and Dr Girish Motwani, with Dr Inderjit and Dr Dhruvin serving as Organising Secretaries. The event was efficiently coordinated under the leadership of Dr Mahendra Kudchadkar as the Local Organising Chairman.

The meeting received overwhelmingly positive feedback from both international faculty and delegates. Many faculty members described the summit as one of the most engaging and well-organized foot and ankle meetings they had attended, while delegate feedback ranked the course highly for its academic quality, relevance, and interactive format.

The success of GFAS 2026 reflects the growing global presence of the Indian foot and ankle community and reinforces India's ability to host world-class academic platforms. The summit has set a new benchmark for international collaboration, knowledge exchange, and high-level surgical education in the field of foot and Ankle surgery. the future of foot and ankle surgery.



My Experience in Parekh IFAS Ido-US

Prof. Selene Parekh

International Faculty, Parekh IFAS Indo-US Advanced Foot & Ankle



On behalf of our entire team, I want to extend my sincere and heartfelt thanks to each of you for your time, dedication, and generosity in making this year's meeting such a meaningful success.

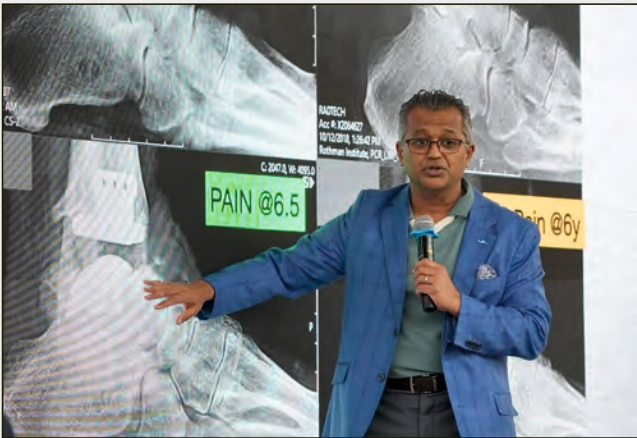
To our faculty, the Indian Foot and Ankle Society (IFAS), the local organizing committee, and our national and international colleagues—your commitment to education, collaboration, and service was evident in every lecture, discussion, clinic, and surgery. The open sharing of knowledge and experience across borders is what truly defines the spirit of this meeting.

Over the course of our time together, we were able to educate surgeons, care for patients who traveled from far and wide, and perform charitable surgical work—all while building lasting professional relationships and friendships. None of this would have been possible without your collective efforts, seamless coordination, and unwavering support.

Equally important were the moments of camaraderie and connection outside the lecture halls and operating rooms, which continue to strengthen the foundation of our global collaboration.

Thank you once again for your trust, your expertise, and your passion for advancing foot and ankle care worldwide. I am deeply grateful.

I look forward to seeing everyone again next year as we continue this important work together.



Indo-US Parekh Course, Bangalore

Somasundaram Sekar

Organising Secretary, Parekh IFAS Indo-US Advanced Foot & Ankle



Parekh IFAS Indo US Advanced Foot and Ankle Meet, 9th to 11th January 2026. An International academic and surgical platform dedicated to advancing the science and practise of Foot & Ankle.

Parekh Family Foundation had been conducting this program every year for 11 years, until the outbreak of Covid. After 5 years, the program has been restarted, in association with Indian Foot and Ankle Society.

Co organised by the Parekh Family Foundation and Indian Foot & Ankle Society, in collaboration with the Vydehi Institute Of Medical Sciences & Research Centre, Bangalore. 7 International Faculty from USA, with over 30 Indian National Faculty came together for this program.

Highlights included, Classroom based clinical

discussion, evaluation, surgical planning and Live Surgeries, along, with Workshops, Cadaveric training, and didactic lectures.

Alongside academic excellence, the meet also embraces community services with charity clinics and surgeries for the underserved patients.





IFAS Presidents & Secretaries

1980 - 1988	President	Prof Sureshwar Pandey
1988 - 1991	President	Prof B Mukhopadhaya
1991 - 1993	President	Dr AK Das
1993 - 1995	President	Dr H S Sandhu
1995 - 1997	President	Dr PT Rao
1997 - 2000	President	Dr P Rangachari
2000 - 2002	President	Prof R L Mittal
2002 - 2005	President	Dr W G Rama Rao
	Secretary	Dr S S Jha
2005 - 2007	President	Prof K P Srivastava
	Secretary	Dr S S Jha
2007 - 2009	President	Prof R Bhalla
	Secretary	Dr S S Jha
2009 - 2011	President	Dr S S Jha
	Secretary	Dr Manish Khanna
2011 - 2013	President	Dr AN Varma
	Secretary	Dr RA Agrawal
2013 - 2014	President	Dr Mandeep Dhillon
	Secretary	Dr R A Agrawal
2014 - 2015	President	Dr Rajiv Shah
	Secretary	Dr Sampat D Patil
2015 - 2016	President	Dr Balvinder Rana
	Secretary	Dr Sampat D Patil
2016 - 2017	President	Dr S R Sundararajan
	Secretary	Dr Rajesh Simon
2017 - 2018	President	Dr Sampat D Patil
	Secretary	Dr Rajesh Simon
2018 - 2019	President	Dr Nikesh Shah
	Secretary	Dr SM Ajoy
2019 - 2020	President	Dr Rajeev Vohra
	Secretary	Dr SM Ajoy
2020 - 2021	President	Dr Mahendra Kudchadkar
	Secretary	Dr Kumar Shantanu
2021 - 2022	President	Dr Malhar Dave
	Secretary	Dr Kumar Shantanu
2022 - 2023	President	Dr Rajesh Simon
	Secretary	Dr Inderjit Singh
2023 - 2024	President	Dr TV Raja
	Secretary	Dr Inderjit Singh
2024 - 2025	President	Dr Kamal Dureja
	Secretary	Dr Abhijit Bandyopadhyay
2025 - 2026	President	Dr SM Ajoy
	Secretary	Dr Abhijit Bandyopadhyay

PHARMED

India's No. 1 Trusted Brand in Tendinopathy*

In Advancing & Traumatic Tendinopathies
(Moderate to Severe Movement Restriction & Pain)

Tendocare® Forte⁺

L-Arginine SR 500 mg + Collagen Peptides Type I +
Sodium Hyaluronate + Chondroitin Sulfate Sodium + Vitamin C Tablets

Usage: 1 Tablet t.i.d. for 8 Weeks

India's No. 1 Trusted brand in Arthritis*

In the Management of Chronic OsteoArticular Diseases
(CODs) like Osteoarthritis & Rheumatoid Arthritis

Cartigen® PRO⁺

Undenatured Collagen Type II (CartiCol®) 50% 40 mg (yielding Undenatured Collagen Type II 20 mg)
Astaxanthin (AstaReal®) 10% 4 mg + Glucosamine Sulfate Potassium Chloride 1500 mg Tablets

Usage: Once daily

*This is only a reference and does not represent an endorsement. For the use of a Medication Product, U.S. & Third Party in a day. Consult your doctor for more information. For the use of a Medication Product, U.S. & Third Party in a day. Consult your doctor for more information.

DOACON 2025

A Masterclass in Foot & Ankle Excellence

Dr Inderjit Singh

Immediate Past Secretary, IFAS

Event Overview

The Indian Foot and Ankle Society (IFAS) took center stage on the final afternoon of DOACON 2025, delivering a high-impact specialty session. The two-hour program was characterized by its rapid-fire clinical updates and a packed hall of delegates, underscoring the growing interest in specialized foot and ankle care.

The session, moderated by Dr. Inderjit Singh and chaired by a distinguished panel including Dr. Gurinder Bedi, Dr. Rajat Chopra, Dr. Ravi Sauhta, and Dr. Shuvendu Roy, covered the full spectrum of the subspecialty.

Dr. Kamal Dureja opened the session with a comprehensive roadmap for ankle sprains, navigating the transition from conservative protocols to surgical intervention for chronic instability.

Dr. Puneet Agarwal presented a technically demanding talk on "Quadimalleolar" ankle fractures, emphasizing the importance of the posterior and stable syndesmotic reduction.

Dr. Rahul Upadhyay advocated for the Sinus Tarsi Approach, demonstrating how minimally invasive techniques can reduce wound complications in calcaneal fixations.

Dr. Vineet Arora highlighted the clinical "red flags" to avoid missing subtle Lisfranc injuries, which often lead to long-term disability if overlooked.

MIS Hallux Valgus: Dr. Hitin Mathur showcased the modern shift toward

Minimally Invasive Surgery for bunion correction, focusing on rapid recovery and cosmetic outcomes.

Tendoachilles: Dr. Babu Mohammed Rafi V provided a masterclass on the timing and technique of TA repairs, balancing open vs. percutaneous methods.

The session deep-dived into the collapsing foot, with Dr. Abhishek Jain clarifying the nuances between PCFD (Progressive Collapsing Foot Deformity) and traditional flat foot classifications.

Dr. Anuj Chawla concluded the expert talks with a rigorous discussion on Hindfoot Charcot, emphasizing limb salvage and stable internal/external fixation.

The "Foot & Ankle" block was notable for its robust Q&A session. The interaction between the audience and the chairpersons highlighted a significant interest in the transition toward Minimally Invasive Surgery (MIS) and the complexities of diabetic foot reconstruction. The session successfully bridged the gap between academic theory and practical "operating room" wisdom.

The IFAS session at DOACON 2025 stood out as a highlight of the conference, reinforcing the society's role in elevating the standards of orthopedic subspecialization in India. Continued growth and the exploration of new horizons in foot and ankle surgery.



Faridabad Orthopedic Association Clinical Update on Ankle Fractures

Event Title: CME on Comprehensive Management of Ankle Fractures

Dr Inderjit Singh
Immediate Past Secretary, IFAS



The Faridabad Orthopedic Association, in proud collaboration with the Indian Foot and Ankle Society (IFAS), successfully hosted a specialized CME focusing on the evolving landscape of ankle fracture management. The event served as a high-level academic exchange, bridging local expertise with international perspectives to enhance surgical outcomes in foot and ankle trauma.

The scientific program was meticulously curated to cover the spectrum of malleolar injuries, from syndesmotomic stability to complex pilon fractures.

The highlight of the evening was the presence of Dr. Balvinder Rana, Past President of IFAS. Currently based in the UK, Dr. Rana brought a wealth of

international experience to the forum. His keynote address provided a masterclass on the nuances of complex ankle trauma, contrasting traditional methods with contemporary evidence-based practices used globally.

The CME witnessed enthusiastic participation from orthopedic surgeons across the region. The interactive Q&A sessions fostered a deep dive into "tips and tricks" for managing osteoporotic ankle fractures and hardware selection.

The Faridabad orthopedic association extends its heartfelt gratitude to the IFAS leadership for their unwavering support in decentralizing academic excellence and ensuring that specialized knowledge reaches every corner of the orthopedic community.

This event reinforces the commitment of IFAS to foster academic growth through its "Under the IFAS Banner" initiative. We look forward to more such collaborations that elevate the standard of foot and ankle care in India.





PHARMED

To help improve muscle **Strength, Endurance & Recovery** in **Osteosarcopenia**

Recommend,

ImproSyn®

HMB 750 mg (Ca-Hydroxy Methyl Butyrate), L-Carnosine 150 mg, Astaxanthin (10%) 10 mg Tablets

Usage: One Tablet Twice Daily

1st Time In INDIA

Introducing

For Optimal Biological Repair in **Fractures**

FRACK® XT⁺

Each film coated bi-layered tablet contains L-Citrulline SR 250 mg, L-Arginine SR 250 mg, L-Glutathione 50 mg, Collagen Complex (Type I, II, & III) 150 mg, Cissus Quadrangularis 250 mg, Quercetin 50 mg, Boron 1.5 mg

Usage: 1 Tablet b.i.d. upto 12 weeks

★ This is only a trade mark and does not represent its true nature. b.i.d - Twice daily. Nutritional, Not for Medicinal Use. For the Use of a Healthcare Provider. Note: Additional information will be provided on request. For further information, please write to: medical@pharmed.in

Conference List 2026

Name of the Conference	Venue
May 2026	
Wisconsin Foot & Ankle Conference April 30th - May 2nd, 2026	Brookfield Conference Center Bengaluru, Karnataka, India
21st Malvern Diabetic Foot Conference 13th - 15th May, 2026	The Malvern Theatres, Grange Road, Great Malvern
28th Annual Georgia Foot & Ankle Summit 28th - 30th May, 2026	Inter Continental Buckhead Atlanta
June 2026	TBA
IOA-IFAS Foot & Ankle PAN India CME 14th June, 2026	
48th Seattle Summer Seminar TBA	TBA
August 2026	Hilton, Singapore
Combined Australian Orthopaedic Foot & Ankle Society (AOFAS) and the New Zealand Foot & Ankle Society (NZFAS) Conference 13th -16th August, 2026	
IFASCON 2026 (Indian Foot & Ankle Society Conference) 21st - 23rd August, 2026	Hotel Radisson Red, Chandigarh, India