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Editor: **Dr Abhijit Bandyopadhyay Printed & Published by: Indian Foot and Ankle Society**





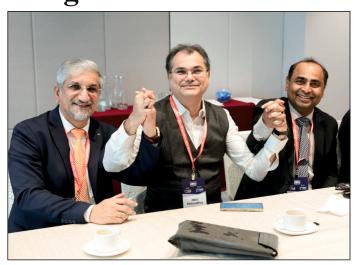


Dr Abhijit Bandyopadhyay Hon. Secretary, IFAS

he Asian Federation of Foot and Ankle Surgeons' 10th Biennial Conference was conducted at Singapore from the 30th October to 1st November 2025. The conference was conducted in a spectacular way and it is a matter of great pride for the IFAS to be a part of it. This year saw a very good representation from IFAS – a contingent of seven with each one having a role to play. Dr S M Ajoy was invited to speak on Tendon transfers for the Paralytic foot, Dr Rajesh Simon on Management of the Diabetic foot ulcers with Charcot feet, Dr Abhijit Bandopadhyay on Tendon releases and transfers for Ulcer healing in Diabetic feet, Dr Kamal Dureja moderated the session on Diabetic foot and Charcot Deformities where Dr Inderjit Singh spoke on Complications of Charcot fixations. Dr Anuj Chawla on a novel mini open technique for ATFL repair and Dr Soura Shekar Saha on Modification of Interpositional Arthroplasty Technique in Freiberg's Disease and Extrapolation of the Technique to Coalitions of Foot, presented posters. Needless to say -the academic proceedings and the arrangements were par excellence.

The icing on the cake however remains that India has been chosen to host the next -11th Biennial conference of the AFFAS in 2027. The venue chosen is the city of joy -Kolkata, which has good connectivity to the Asian countries and the required infrastructure to conduct the conference of this magnitude. Dr Rajesh Simon, as the Organising Chairman became the Vice President of the AFFAS, and will take over as President in 2027. Dr Abhijit Bandopadhyay will be the Organising Secretary and Dr S M Ajoy will be the Scientific Chairman for the conference. The exact dates for the same will be finalised during subsequent AFFAS Council meetings and every IFAS member's valuable contribution for the excellent conduct of the same is solicited. Building up on the hard work of the founder members and predecessors, this journey opens up new vistas for every IFAS member and as per the theme this year - 'Stepping out and conquering bastions' is becoming a reality.

Long live IFAS







The IFAS at the AFFAS – A success story

EDITORIAL







37th Annual National Conference of the **Indian Foot and Ankle Society (IFASCON 2025)** 28 – 31 August 2025 | Patna, Bihar A Grand Success!



Dr Rajeev Anand Co-Opted Member, IFAS Organising Secretary, IFASCON 2025, Patna

Ankle Society (IFAS) proudly hosted its 37th Annual National Conference -**IFASCON 2025** in Patna, marking yet another milestone in advancing education, research, and collaboration in foot and ankle surgery.

This landmark event brought together leading national and

international experts, creating an inspiring platform for knowledge exchange, innovation, and skill enhancement among orthopaedic professionals from across the globe.

Pre-Conference Workshops – 28th August 2025

Cadaveric Workshop: An intensive hands-on learning session attended by 70+ delegates, focusing on surgical anatomy, reconstructive techniques, and complex foot and ankle procedures.

3D Printing Workshop: A pioneering session with 120+ participants, demonstrating the transformative role of 3D printing in **personalized** orthopaedic care and surgical planning.

Conference Highlights – 29th to 31st August <u>2025</u>

Delegates: 700+ National and 5+ International **Participants**

Scientific Contributions: 100+ Abstracts and E-**Posters**

he Indian Foot & Inauguration: Graced by Chief Guest Dr. Sureshwar Pandey, with Guests of Honour Dr. Naveen Thakkar (President, IOA) and Dr. Rajeev Raman (Hon. Secretary, IOA).

> Special Session – "Stump the Masters": A lively and interactive session that challenged participants with real-life clinical cases, encouraging discussion, insight, and advanced problemsolving.

Leadership and Organization-

The grand success of IFASCON 2025 was the result of visionary leadership, collaborative spirit, and meticulous organization by the IFAS team:

Organising Secretary - Dr. Rajeev Anand: Ensured flawless coordination and a memorable conference experience through detailed planning and execution.

Scientific Chairman - Dr. Kumar Shantanu Anand: Designed a diverse and impactful scientific program balancing innovation, evidencebased practice, and clinical relevance

President – Dr. Kamal Dureja: Provided strategic guidance and leadership, continually elevating the academic and professional standards of IFAS.

Secretary – Dr. Abhijit Bandyopadhyay: Played a key role in academic coordination and fostering collaboration across IFAS chapters nationwide.

IFASCON 2025, Patna -

Where innovation met excellence, and collaboration shaped the future of foot and ankle surgery.













IFAS Office Bearers 2024-2025 President Emeritus Dr Sureshwar Pandey hantanu Anand ice President t President (2024-25)









Dr Siddartha

Dr Soura Sekhar Saha



Dr Abdul

Dr Jagdish Sakhiya















Foot and Ankle Week 2025 – Nationwide Highlights



Dr Vishnu Senthil Core EC Member, IFAS

he Indian Foot and Ankle Society (IFAS) successfully celebrated Foot and Ankle Week from November 2nd to 9th, 2025, marking a week of academic enrichment, clinical exchange, and collaborative learning.

This initiative was organised in partnership with the Tamil Nadu Orthopaedic Association, Tamil Nadu Foot and Ankle Society, National Foot and

Ankle Society (NFAS), Madras Orthopaedic Society, and Chengalpattu Orthopaedic Society.

Key Programme Centres

Madras Medical College – Institute of Orthopaedics Led by Prof. Tholkappian, Director, the centre hosted lectures, case discussions, and hands-on sessions, witnessing enthusiastic participation from postgraduates and consultants.

Foot and Ankle Institute – Parvathy Hospital Under the leadership of Dr. Muthukumar, Chairman, and Dr. Dharmarajan, Director – F&A Institute, the institute conducted focused modules on clinical evaluation, surgical principles, and emerging techniques.

VISA Hospital – Guided by Dr. T. V. Raja, Past President, IFAS, the centre conducted interactive workshops and multidisciplinary discussions.

Programmes by IFAS EC Members

Several IFAS Executive Committee members extended the celebrations through local events:

Dr. Parthiban – Sri Hospital

Dr. Velmurugan – SIMS Hospital

Dr. Arun Kumar Ramanathan – Apollo Hospital

Each centre contributed significantly through academic sessions, demonstrations, and knowledge-sharing activities.

A Collective Success

Global Foot and Ankle Summit (GFAS) 2026 – A Landmark Event for IFAS



Dr Rahul Upadhayay Core EC Member, IFAS Course Chair, GFAS 2026

he Indian
Foot and
Ankle
Society (IFAS) is
proud to announce
its first-ever Global
Foot and Ankle
Summit, scheduled
to be held from 27th
February to 1st
March 2026 in the
beautiful coastal city
of Goa, India. This
historic congress

marks a major milestone for IFAS, placing the society firmly on the global map and opening a new chapter of international collaboration and academic excellence.

The theme for the 2026 congress, "Revision Surgeries in Foot and Ankle Surgery," reflects one of the most challenging and rapidly advancing areas in our specialty. The summit will bring together leading experts from six continents, making it a truly global scientific congregation and an extraordinary

opportunity for learning, interaction, and exchange of ideas.

Designed for both foot and ankle specialists as well as general orthopaedic trauma surgeons, the event will feature:

- · High-end academic sessions
- Interactive case discussions
- **Keynote lectures** by world authorities
- Cutting-edge paper and poster presentations
- Opportunities to learn from more than 20 internationally renowned experts

The Global Foot and Ankle Summit promises to be a transformative experience—one that will elevate knowledge, refine skills, and strengthen global partnerships within the foot and ankle community.

We invite you to be part of this prestigious event in Goa. Save the dates and stay tuned for further details. This is an opportunity not to be missed.

For more details visit www.gfasummit.com







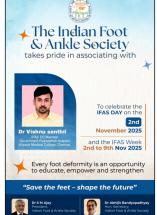
Foot and Ankle Week 2025 stands as a testament to the strength of collaboration across institutions and societies. IFAS extends heartfelt appreciation to all organisers, faculty, and participants for their commitment to advancing foot and ankle education in India















Steps2walk Update @ Kolkata



Dr Abhijit Bandyopadhyay Hon. Secretary, IFAS

he beautiful thing about learning is that no one can take it away from you. Always walk through life as if you have something new to learn, and you will.

It gives me immense pleasure to share with all of you that successfully we completed STEP2WALK @ KOLKATA.A fantastic whole week academic activities on foot and ankle pathology. We started with a great philosophy- that after end

of this STEP2WALK course everyone from faculties to delegates should learn and exchange new things for the benefit of our patients.

All the international faculties are excellent. Our national heroes are trying to deliver their Best. My brother Dr. Soura did a great job.

Lastly, Prof Mark Myerson who gave me this task to organize Step2walk in KOLKATA. 5 days with intense learning. Feel Good.

Theories...
Case based discussion...
Clinical Examination....
Cadaveric Workshop...
Live Surgery....
Post op Round and planning...



Dr Sudheer ReddyFaculty

Thank you everyone. This has been a fantastic program and I can't thank you all enough for making Steps2Walk a special organization.connect, the surgeries and the hospitality. Memories for a lifetime.

I don't have words enough to express my feelings of joy and gratitude.

Dr S M Ajoy Faculty

Thank you one and all for making it one of the best courses I have been on.

The camaraderie, Scientific content, the deliberations, the venue, the patient connect, the surgeries and the hospitality. Memories for a lifetime.

I don't have words enough to express my feelings of joy and gratitude.





Dr Thomas San GiovanniFaculty

Such wonderful hospitality and the time and effort to make this a success was obvious. You are all a component I thank you personally as well from Steps2Walk. I have made many new friendships which undoubtedly will last a lifetime.

My heartfelt thanks to everyone. It was a tremendous experience. The bonds made between us all so quickly is a testament to the souls of each and every one of us for a common good.



Dr Galda Prakash Delegate

I am Dr Prakash, thank the organisers of steps2walk teaching program for giving me chance learn in this prestigious program. It is my third time, in step 2program I attended in India. Every time I come and I learn and practice what I learnt in the step to walk. now, I am treating the patient with confidence the foot and ankle fractures and deformities. Every time I learned in this program, I feel very much great to towards the Professor emirates Mayerson sir and is extraordinary foreign faculty coming all the way from abroad and teaching us and making us capable of doing complicated Foot Ankle surgeries. Now I am seeing many foot and ankles surgeons are born in India because of step 2 walk training. once again through my heart I my gratitude for conducting this program and enriching us with great knowledge. This Calcutta organising team is very humble and generous meticulous in arrangements and case pooling. I could not find any mistake in this entire program. Thank you very much, sir.



Dr Nookala Srinivas Reddy

Delegate

An amazing and an extensive learning platform for foot and ankle aspirants both beginners and seniors. A game changer in our practice. Faculty is so esteemed and interactive and had a great passion to teach. Case discussions were so lively and informative. Lectures were pertinent. Anatomy cadavers and demonstration by the faculty reflected the real time scenario.

Conference venue for the first two days is of state of art quality.

Food is so sumptuous and reflected Bengal cuisine. Kudos to one and all.



Dr Mohammed Abed YasirDelegate

Amazing 5 days...From lectures to physical examination, cadaveric lab and finally surgeries...All mixed with absolute camaraderie. It was indeed a great bonding and learning experience.



Dr Rajesh Simon

Faculty

Amazing 5 days...From lectures to physical examination, cadaveric lab and finally surgeries...All mixed with absolute camaraderie. It was indeed a great bonding and learning experience.

Our local host and Secretary Dr Abhijit Bandyopadhyay was as usual in his best with infectious energy and excellent host. Can't thank him enough...We had some sumptuous culinary experience to top it all.

As chair of this course, I would thank personally each one of our foreign faculty Dr Lee McCluskey, Dr Thomas San Giovanni, Dr Ezequiel Palmanovich and Dr Sudhir Reddy for your time and teaching... Will be in touch for as long as I live.

My friends and brothers Ajoy and Sampat, thank you once again.

Saura and all the helping staff were wonderful

Hope you all enjoyed like we had

Thank you, Dr Mark Myerson, for letting this happen.



Dr Digvijay Agarwal Delegate

A very well organised conference and a 5 days academic feast. I sincerely thank Dr Abhijit sir, Dr Ajoy sir, Dr Rajesh Simon sir and Dr Sampat sir and all international faculty members for teaching so tremendously well and making us wiser in this art of foot and ankle surgery.

Sincere thanks to Dr Abhijit sir and his team for managing and arranging all the sessions, cadaveric course and surgeries so brilliantly well. You have all been outstanding.

Thanks & Regards.



Dr Sampat Dumbre Patil Faculty

Dear All, I wanted to take a moment to thank each of you for making this meeting a huge success. Your expertise, enthusiasm, and camaraderie made it a truly unforgettable experience. Looking forward to future collaborations. Dr Tom, Lee, Eziquel, and Sudheer thanks for sparing time away from home. Learn a lot from you all Ajoy and Rajesh are you are always - silent and strong pillars of any meeting. Abhijit - you have unmatched hospitality. Special thanks to Mark Myerson for his vision of steps2walk Best regards.



Dr Francisco Leon Garate Delegate

Thanks to all the organization for make these days possible for discussion and sharing knowledge. Hope to come back soon.



Dr Sudhir K Kapoor Delegate

A very well conducted and genuinely academic course. All praise for Dr Abhijit, Dr Rajesh, Dr Soura and other team members for the whole hearted efforts. The faculty, particularly from USA were pleasantly and whole heartedly willing to teach and pass all the fine points freely. My sincere thanks to everyone involved in organizing and conducting the course.



Dr Abhilash Bhadramma Rabindranath

Delegate

The program was well organised and properly structured. Enjoyed the hospitality.

Thanks to the entire faculty for your efforts.



Dr Yashwant Singh Tanwar Delegate

It was very well organised Sir and the case discussion were excellent.

Thank you to all especially Dr Abhijit, Dr Simon, Dr Ajoy and Dr Sampit.



Conference List 2026

Contenence List 2020			
Name of the Conference	Venue		
January, 2026			
Parekh IFAS Indo-US Advanced Foot & Ankle 9th - 11th January, 2026	Vydehi Institute of Medical Science and Research Center, Bengaluru, Karnataka, India		
Meet2026 Bahamas 12th - 16th January, 2026	Grand Hyatt Baha Mar, Nassau, Bahamas		
SeminarAOFAS Winter Meeting 2026 22nd - 24th January, 2026	Napa, California, USA		
February, 2026			
39th Annual Lake Tahoe Ski Seminar 5th - 7th February, 2026	Margaritaville Resort Lake Tahoe South Lake Tahoe, CA		
ACFAS 2026 23rd - 27th February, 2026	Las Vegas		
Global Foot & Ankle Summit 2026 27th February - 1st March, 2026	Novotel Goa Dona Sylvia Resorta, Goa, India		
March, 2026			
Seattle Lower Extremity Surgery Symposium (SLESS) 18th - 21st March, 2026	Cedarbrook Lodge (Lectures) St. Anne's Hospital (Labs)		
April, 2026			
U of T Foot and Ankle Meeting 1st - 4th April, 2026	Toronto, Ontario		
The Annual Ohio Foot & Ankle Scientific Seminar 26th April, 2026	Virtual		

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 HS Sandhu
1995 - 1997	President	Dr PT Rao
1997 - 2000	President	Dr P Rangachari
2000 - 2002	President	Prof R L Mittal
2002 - 2005	President	Dr WG Rama Rao
	Secretary	Dr SS Jha
2005 - 2007	President	Prof KP Srivastava
	Secretary	Dr SSJha
2007 - 2009	President	Prof R Bhalla
	Secretary	Dr SSJha
2009 - 2011	President	Dr SSJha
	Secretary	Dr Manish Khanna
2011 - 2013	President	Dr AN Varma
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	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 T V 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

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



To help improve muscle **Strength**, **Endurance** & **Recovery** in Fracture, Post-surgeries, Sarcopenia, OA & OP

Recommend,









Note: Additional information will be provided on request. For further information, please write to: medical@pharmed.in *0A- Osteoarthritis, OP-Osteoporosis

Parekh IFAS Indo-US **Advanced Foot and Ankle Meet**



Dr Somasundaram Sekar

Organising Secretary, Parekh IFAS Indo-US Meet 2026

arekh 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 Advanced Foot & Ankle 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.













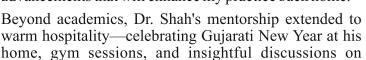






News on my International Visiting Fellowship under Prof Dr Ashish Shah at UAB, Birmingham, Alabama, USA

am honored to share that I've completed a 2-week international visitor fellowship in Foot & Ankle Orthopedics under the guidance of Prof. Dr. Ashish Shah at UAB, Birmingham, Alabama, USA. This experience at the prestigious University of Alabama at Birmingham, a hub for innovative research and interdisciplinary education, was truly enriching. I gained valuable hands-on skills in the OR and outpatient department at UAB-Medicine Hospital Highlands and St. Vincent Surgery Center, learning cutting-edge advancements that will enhance my practice back home.





Dr Bhupesh Mahawar

entrepreneurship. His humility and humanity made this a lifetime experience, leaving a memorable cultural impact. I sincerely appreciate the support of seniors, colleagues, and the IFAS family for making this dream come true.











