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Step Beyond Books: Learn, Apply, Master!

Join the holistic training program on 3H for
Postgraduate Trainees in Ophthalmology

April 21-26, 2025

Program Schedule: **April 21, 2025**

Day-1: Cornea and Anterior Segment



TIME	TOPIC	SPEAKER
7:00 - 8:15 a.m.	Case-based discussion : Looking beyond the eye	Dr Merle Fernandes
8:15 - 8:45 a.m.	Breakfast	
8:45 - 10:00 a.m.	Case-based discussion : Epi to Endo!	Dr Sayan Basu
10:00 - 10:15 a.m.	Break	
10:15 - 11:30 a.m.	Cornea surgical pearls	Dr Pravin Krishna
11:30 - 12 noon	Lunch Break	
12:00 noon - 1:00 p.m.	Innovation and all that's new in cornea	Dr Vineet Joshi
1:00 - 1:15 p.m.	Break	
1:15 - 2:00 p.m.	Case-based discussion: Spot what lies within?	Dr Anahita / Dr Mariya
2:00 - 5:00 p.m.	Hands On	Dr Kavya Chandran, Dr Mariya, Dr Anubha Rathi and Cornea fellows
5:00 - 5:30 p.m.	Tea Break with cornea faculty & fellows	
5:30 - 6:15 p.m.	Kera quiz	Dr Anubha Rathi, Dr Mariya and Dr Kavya Chandran
6:15 - 7:00 p.m.	Let's talk fellowship!	Dr Mariya, Deeksha, Tanmay, Shreya, Charuta



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Program Schedule: **April 22, 2025**

Day-2: Cataract & Refractive Surgery



TIME	TOPIC	SPEAKER
7:00 - 8:15 a.m.	Case-based discussion: The math in biometry	Dr Anubha Rathi
8:15 - 8:45 a.m.	Breakfast	
8:45 - 10:00 a.m.	Case-based discussion: PCR - Opening the chamber of secrets	Dr Siddharth Dikshit
10:00 - 10:15 a.m.	Break	
10:15 - 11:30 a.m.	Undiscovered cataract surgical pearls : Lets dive in!	Dr Siddharth Dikshit
11:30 - 12 noon	Lunch Break	
12:00 noon - 1:00 p.m.	Battling the bulge: Case-based scenarios on corneal ectasias	Dr Rashmi Deshmukh
1:00 - 1:15 p.m.	Break	
1:15 - 2:00 p.m.	Case-based scenarios on premium IOL planning: Ring a Ring of IOL	Dr Anuradha Kunapuli
2:00 - 3:00 p.m.	Specs on: Lets learn about refractive surgery pearls	Dr Anubha Rathi
3:00 - 5:00 p.m.	Hands On	Dr Rashmi Deshmukh and DrR Anubha Rathi + Cataract fellows
5:00 - 5:30 p.m.	Tea Break with cataract faculty & fellows	
5:30 - 6:15 p.m.	Phakic quiz - quiz for the strong hearted	Dr Anubha Rathi, Dr Siddharth Dikshit and Dr Rashmi Deshmukh
6:15 - 7:00 p.m.	Let's talk fellowship!	Aman, Priyam



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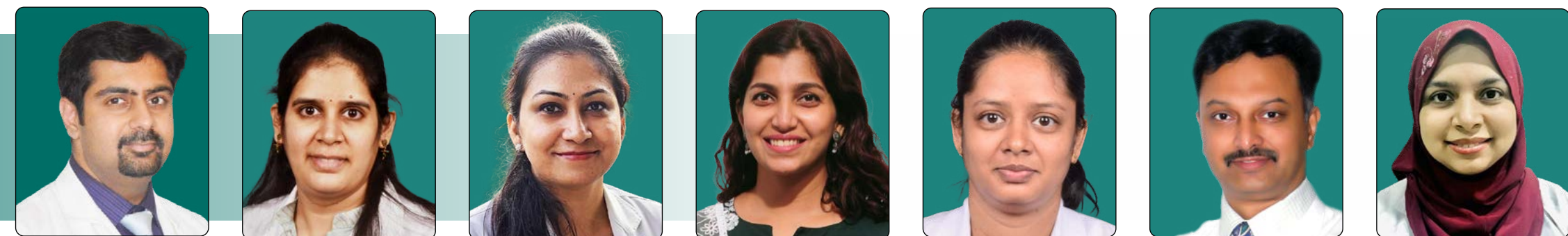
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Program Schedule: **April 23, 2025**

Day-3: Retina and Uvea



TIME	TOPIC	SPEAKER
7:00 - 8:30 a.m.	Basics of Retinal lasers, Intravitreal injections and Scleral tear repair	Dr Aditya Kapoor, Dr Cherukuri Navya
8:30 - 9:00 a.m.	Breakfast	
9:00 -10.30 a.m.	Hands on training: Scleral tears	Dr Prithvi Naveen
10.30 -11:00 a.m.	Tea Break	
11:00 a.m. -12:30 p.m.	Hands on training: Lasers in retina	Dr Ashwini Kulkarni
12:30 - 1.30 p.m.	Lunch Break	
1:30 - 3:00 p.m.	Hands on training: Injections in retina	Dr Akshita Aggarwal
3:00 - 3:30 p.m.	Tea Break	
3:30 - 4:30 p.m.	Pattern recognition in uveitis	Dr Soumyava Basu
4:30 - 5:30 p.m.	Systemic diseases and uveitis	Dr Shabtab Nasir
5:30 - 6:30 p.m.	Approach to investigations and diagnosis in uveitis	Dr Soumyava Basu



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Program Schedule: **April 24, 2025**

Day-4: Glaucoma



TIME	TOPIC	SPEAKER
7:00-8:00 a.m.	Winning patient trust by medical mindfulness: Medicine beyond books	Dr G Chandra Sekhar
8:00-8:45 a.m.	Take no pressure, measure it: Measuring IOP with various tonometers	Dr Vishwendra Pratap Singh Sisodia
8:45-9:30 a.m.	Looking beyond obvious, looking into mirrors: Gonioscopy in clinic	Dr Siddharth Dikshit
9:30-10:00 a.m.	TEA Break	
10:00-10:45 a.m.	Glaucoma in 3Ds: Disc, Discs and More Discs - Complete guide to a complete examination of optic nerve head	Dr Aparna Rao
10:45-11:20 a.m.	Fields: See, understand, know - Interpreting visual fields	Dr Sirisha Senthil
11:20-12:00 noon	Red OCTober: OCT my friend, or a devious stranger - Interpreting OCT and avoiding pitfalls	Dr Siddharth Dikshit
12:00-1:00 p.m.	The three musketeers: Correlating HVF, Disc, OCTs	Dr Siddharth Dikshit
1:00 - 2:00 p.m.	Lunch Break	
2:00-3:00 p.m.	From course to clinic: Clinical decision making in glaucoma	Dr Indu Pavani & Fellows
3:00-5:00 p.m.	An introduction to glaucoma surgery: From basics to advanced	Dr Siddharth Dikshit & Dr Rashmi Krishnamurthy
5:00 -5:30 p.m.	TEA Break	
5:30-7:00 p.m.	Hands On sessions: IOP with Goldmann Applanation, ICare, Perkins and Schiötz Tonometers, Gonioscopy in Clinics, Lasers: YAG & Beyond	Dr Manikanta D, Dr P Srihari Siddhartha



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Program Schedule: **April 25, 2025**

Day-5: Oculoplasty & Ocular Oncology



TIME	TOPIC	SPEAKER
8:00 - 9:15 a.m.	Rising above contemporary approaches: Current trends in blepharoptosis evaluation and surgery	Dr Devjyoti Tripathy
9:15-10:30 a.m.	Decoding radiological landscapes: Mastering CT & MRI scan interpretation	Dr Kavya M Bejjanki
10:30-11:45a.m.	Unfolding Pandora's box: A systematic navigation: Clinical and surgical approach to proptosis, a case-based analysis	Dr Swathi Kaliki
11:45 -1:00 p.m.	A systematic voyage: Unraveling the clinical and surgical pathways in dacryology	Dr Nandini Bothra
1:00 -2:00 p.m.	Lunch break	
2:00 -5:00 p.m.	Hands on session in oculoplasty	Dr Sanjana Molugu, Dr Suneetha Gavara
5:00 - 6:00 p.m.	Interesting case presentations in oculoplasty	Dr Tarjani Dave
6:00 -7:00 p.m.	Interesting case presentations in ocular oncology	Dr Vijitha S Vempuluru



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Program Schedule: **April 26, 2025**

Day-6: Pediatric and Neuro Ophthalmology



TIME	TOPIC	SPEAKER
7:00 - 8:15 a.m.	Seeing clearly: What matters in squint assessment	Dr Divya Natarajan
8:15 - 8:45 a.m.	Breakfast	
8:45 - 10:00 a.m.	Strabismus mastery: Vital pearls for every clinician	Dr Ramesh Kekunnaya
10:00 - 10:15 a.m.	Break	
10:15 - 11:30 a.m.	Vision matters: Critical pearls in pediatric cataract & efferent visual pathway	Dr Vivek Warkad
11:30 - 11:45 a.m.	Break	
11:45 - 1:00 p.m.	Decoding disc edema: A case-based approach	Dr Virender Sachdeva
1:00 - 2:00 p.m.	Lunch break	
2:00 - 5:00 p.m.	Hands on training in strabismus/ Interaction with fellows	Dr Aditi Parikh, Pediatric fellows