



3H Retreat for Postgraduate Trainees in Ophthalmology

Turn knowledge into skill through learning-by-doing

Head | Hands | Heart

May 4 – 9, 2026

Cornea and Anterior Segment

Day-1: Monday, May 4, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 8:15 a.m.	Introduction to 3H Emergencies in Cornea 	Dr Anubha Rathi / Dr Deeksha Thorat	<ul style="list-style-type: none"> Orientation Briefing Case-based Learning 	<ul style="list-style-type: none"> Understand and triage corneal emergencies and learn to manage early-stage presentations
8:15 - 8:45 a.m.	Breakfast			
8:45 - 10:00 a.m.	Ocular Surface Evaluation 	Dr Mariya Bashir	<ul style="list-style-type: none"> Case-based Learning Cognitive Scaffolding 	<ul style="list-style-type: none"> Understand the normal and abnormal ocular surface and its evaluation Learn how to diagnose common ocular surface pathologies
10:00 - 11:00 a.m.	An Encounter with Corneal Ulcer 	Dr Poornima Tandra	<ul style="list-style-type: none"> Interactive Didactic Cognitive Scaffolding 	<ul style="list-style-type: none"> Understand clinico-microbiological correlation to manage corneal ulcers
11:00 - 11:15 a.m.	Tea Break			
11:15 - 12:30 p.m.	How to Take Care of Corneal Grafts 	Dr Merle Fernandes	<ul style="list-style-type: none"> Expert Teaching Clinical Reasoning Pattern Recognition 	<ul style="list-style-type: none"> Understand the measures to be taken post graft, evaluate graft rejection signs and predict outcomes via case-based scenarios
12:30 - 1:00 p.m.	What is Cornea Fellowship? 	Dr Pravin Vaddavalli	<ul style="list-style-type: none"> Mentorship & Role Modeling Professional Identity Formation 	<ul style="list-style-type: none"> Reflect on career pathways, academic growth, and professional development in cornea
1:00 - 2:00 p.m.	Lunch			
2:00 - 3:00 p.m.	Briefing about Wet Lab Stations Division into Groups 	Sourabh Das and Cornea Fellows	<ul style="list-style-type: none"> Cognitive scaffolding 	<ul style="list-style-type: none"> Understand the basics of each corneal procedure
3:00 - 6:00 p.m.	Wet Lab Stations: <ol style="list-style-type: none"> Gram Staining and Slides Preparation Station  Corneal Perforations Station <ol style="list-style-type: none"> Glue BCL AMG / Tenon's patch graft Corneal Tear Repair Station Penetrating Keratoplasty Station 	Dr Anubha Rathi / Dr Deeksha Thorat / Cornea Fellows	<ul style="list-style-type: none"> Deliberate Practice Wet Lab Training Psychomotor Skill Development 	<ul style="list-style-type: none"> Observe and understand the treatment of microbial keratitis and corneal perforations. Perform the steps and improve skills in staining techniques, corneal tear repair, and penetrating keratoplasty



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Pediatric ophthalmology, Strabismus and Neuro-ophthalmology

Day-2: Tuesday, May 5, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 8:15 a.m.	Strabismus Spotlight: Real Cases, Real-Time Observation at Bedside 	Dr Divya Natarajan / Dr Aditi Parikh / Orthoptics Team	<ul style="list-style-type: none"> • Experiential Learning • Bedside Clinical Immersion • Observational Learning 	<ul style="list-style-type: none"> • Perform motor and sensory examination in strabismus systematically using evidence-based protocols
8:15 - 8:45 a.m.	Breakfast			
8:45 - 10:00 a.m.	Strabismus Roadmap: Mastering Evaluation Through Step-by-Step Clinical Reasoning 	Dr Vivek Warkad / Dr Divya Natarajan	<ul style="list-style-type: none"> • Case-Based Learning • Cognitive Scaffolding 	<ul style="list-style-type: none"> • Apply structured critical thinking to justify clinical decisions in strabismus
10:00 - 12:00 noon	Grip, Snip, Align: Simulation-Based Strabismus Surgery on Model Eyes 	Dr Aditi Parikh / Dr Divya Natarajan	<ul style="list-style-type: none"> • Deliberate Practice • Simulation-Based Learning • Wet Lab Training • Psychomotor Skill Development 	<ul style="list-style-type: none"> • Perform strabismus surgical steps with improved precision, with better tissue handling
12:00 - 1:00 p.m.	Clouds in Little Skies: Decoding Pediatric Cataracts Through Clinical Pearls 	Dr Ramesh Kekunnaya	<ul style="list-style-type: none"> • Expert Teaching • Clinical Reasoning • Pattern Recognition • Evidence Integration 	<ul style="list-style-type: none"> • Recognize pediatric cataract patterns and integrate clinical pearls with evidence to guide timely evaluation and management
1:00 - 2:00 p.m.	Feast with Insights: Reflective Dialogue Over Lunch with Experts 	Pediatric Faculty	<ul style="list-style-type: none"> • Reflective Practice • Mentorship • Professional Identity Formation 	<ul style="list-style-type: none"> • Interact with pediatric faculty to gain insights into career paths
2:00 - 3:45 p.m.	Neuro-Ophthalmology Pearls: Clinical Gems for Diagnostic Mastery 	Dr Virender Sachdeva	<ul style="list-style-type: none"> • Expert Masterclass • Clinical Decision-Making • Diagnostic Reasoning 	<ul style="list-style-type: none"> • Apply key neuro-ophthalmology pearls to sharpen diagnostic reasoning and make confident clinical decisions in common neuro-ophthalmic cases
3:45 - 4:00 p.m.	Reflection Break			
4:00 - 6:00 p.m.	Quiz Medley: Gamified Assessment for Competency Validation 	Dr Divya Natarajan/ Dr Aditi Parikh	<ul style="list-style-type: none"> • Game-Based Learning • Role-playing • Team-Based Learning • Knowledge Integration 	<ul style="list-style-type: none"> • Integrate knowledge and identify gaps through gamified, team-based assessment • Understand how to empathize with your patient



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Retina and Uvea

Day-3: Wednesday, May 6, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 8:15 a.m.	Red Flags & Retinal Maps: Identifying Types of Retinal Detachment and Locating the Break 	Dr Arpitha Kalava	<ul style="list-style-type: none"> Image-Based Analysis Diagnostic Reasoning Drills Pattern Recognition Under Time Constraint Interactive Polling 	<ul style="list-style-type: none"> Analyze fundus images to differentiate rhegmatogenous, tractional, and exudative retinal detachments Apply configuration-based reasoning (including Lincoff principles) to localize the primary break; and justify your diagnostic conclusions with structured clinical reasoning
8:15 - 8:45 a.m.	Breakfast			
8:45 - 10:00 a.m.	Draw the Detachment: Fundus Mapping 	Dr Vishal Sanjay Jadav	<ul style="list-style-type: none"> Visual Reconstruction Deliberate Practice Diagnostic Mapping Case-Based Discussion 	<ul style="list-style-type: none"> Accurately translate fundus photographs into schematic retinal drawings, identify break location and extent of detachment
10:00 - 11:30 a.m.	Stop the Detachment Before It Starts: RRD Prevention & Prophylactic Laser 	Dr Arpitha Kalava	<ul style="list-style-type: none"> Case-Based Risk Stratification Simulation-Based Laser Practice Evidence Appraisal Preventive Decision Algorithms Counselling Role-Play 	<ul style="list-style-type: none"> Analyze risk factors to identify patients requiring prophylactic treatment, evaluate indications for laser in lattice/retinal holes, demonstrate safe peripheral laser application
11:30 - 1:00 p.m.	Blocked Veins & Blurred Vision: RVO Pearls for Rapid Clinical Decisions 	Dr Arpitha Kalava	<ul style="list-style-type: none"> Microlearning Rapid-Fire Case Vignettes Imaging Decode Drills Interactive Poll-Based Reasoning 	<ul style="list-style-type: none"> Analyze clinical and imaging findings to differentiate CRVO, BRVO, and HRVO Learn to interpret OCT and FFA using structured pearls Learn to stratify ischemic risk; and justify initial management decisions based on evidence-informed reasoning
1:00 - 2:00 p.m.	Lunch			
2:00 - 3:15 p.m.	Edema Strategy Lab: Anti-VEGF, Steroids & Injection Skills Workshop 	Dr Ronnie Abhishek	<ul style="list-style-type: none"> Case-Based Decision Trees Simulation-Based Injection Practice Competency Checklist Assessment Guided Feedback 	<ul style="list-style-type: none"> Understand how to select appropriate pharmacologic agent based on OCT and ischemic status Learn to mark correct intravitreal injection site according to lens status and understand proper needle entry angle and depth on simulation Perform injection using aseptic protocol and manage immediate complications safely.
3:15 - 3:30 p.m.	Reflection Break			
3:30 - 7:00 p.m.	Uveitis with Insight: Uveitis 101, Learning Uveitis Through Storytelling, Pattern Recognition in Uveitis 	Dr Anup Kelgaonkar / Dr Vishal Sanjay Jadav / Dr Ronnie Abhishek	<ul style="list-style-type: none"> Algorithm Mapping Clinical Storytelling Image-Based Pattern Drills Case Discussions 	<ul style="list-style-type: none"> Classify uveitis systematically, extract diagnostic clues from clinical narratives, recognize key inflammatory patterns on slit-lamp and fundus imaging, differentiate masquerade syndromes, and justify differential diagnoses using structured clinical reasoning



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Glaucoma

Day-4: Thursday, May 7, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
8:30 - 10:00 a.m.	Common Clinical Situations in Open Angle Glaucoma 	Dr P Srihari Siddhartha/ Dr Siddharth Dikshit	<ul style="list-style-type: none"> Case-Based Learning Cognitive Scaffolding 	<ul style="list-style-type: none"> Understand and critically analyze common clinical presentations of open angle glaucoma
10:00 - 10:15 a.m.	Tea Break			
10:15 - 10:45 a.m.	Looking Beyond Mirrors: Gonioscopy in OPD & OR 	Dr Siddharth Dikshit	<ul style="list-style-type: none"> Interactive Didactic Cognitive Scaffolding 	<ul style="list-style-type: none"> Understand the role of Gonioscopy in OPD and OR Understand various presentations and how to interpret them
10:45 - 11:30 a.m.	Playing the Field: Interpreting Visual Fields in Glaucoma 	Dr Siddharth Dikshit	<ul style="list-style-type: none"> Experiential Learning Reflective Practice Cognitive Scaffolding 	<ul style="list-style-type: none"> Apply structured critical thinking to make clinical decisions based on visual fields in glaucoma
11:30 - 12:15 p.m.	Red OCTober: OCT - My Friend or a Devious Stranger? 	Dr K Gowri Pratinya	<ul style="list-style-type: none"> Experiential Learning Cognitive Scaffolding 	<ul style="list-style-type: none"> Apply structured critical thinking to make clinical decisions based on OCT in different cases of Glaucoma
12:15 - 1:00 p.m.	Common Clinical Situations in Angle Closure 	Dr Siddharth Dikshit	<ul style="list-style-type: none"> Case-Based Learning Cognitive Scaffolding 	<ul style="list-style-type: none"> Learn to critically analyze different clinical presentations of angle closure glaucoma and how to manage them
1:00 - 2:00 p.m.	Lunch			
2:00 - 2:30 p.m.	Eagle Eyes: Subtle Signs Often Missed in the Clinic 	Dr Siddharth Dikshit	<ul style="list-style-type: none"> Experiential Learning Reflective Practice Observational Learning 	<ul style="list-style-type: none"> Apply keen observational skills to various critical scenarios and interpret them correctly
2:30 - 4:30 p.m.	Glaucoma Surgeries 	Dr Indu Pavani/ Dr P Srihari Siddhartha / Dr Rashmi Krishnamurthy/ Dr Sirisha Senthil	<ul style="list-style-type: none"> Expert Teaching Video-based Learning Experiential Learning 	<ul style="list-style-type: none"> Demonstrate techniques and steps of various glaucoma surgeries through various surgical videos
5:00 - 5:30 p.m.	Tea Break			
5:30 - 6:30 p.m.	Live Demo Session in Glaucoma Clinic 	Dr P Srihari Siddhartha/ Dr Sushma Tulava	<ul style="list-style-type: none"> Experiential Learning Simulation-Based Laser Practice Bedside Learning 	<ul style="list-style-type: none"> Engage effectively & execute basic steps in tonometry, gonioscopy and lasers with proper technique



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Oculoplasty

Day-5: Friday, May 8, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 7:10 a.m.	Welcome & Introduction 	Faculty Panel	<ul style="list-style-type: none"> Orientation Briefing 	<ul style="list-style-type: none"> Understand the objectives, structure, and expectations of the 3H Oculoplasty program
7:10 - 8:10 a.m.	Reframing Epiphora: Precision Evaluation in the Modern Era 	Dr Nandini Bothra	<ul style="list-style-type: none"> Interactive Didactic Cognitive scaffolding 	<ul style="list-style-type: none"> Learn how to perform systematic lacrimal evaluation and differentiate causes of Epiphora using structured clinical reasoning
8:10 - 8:40 a.m.	Breakfast			
8:40 - 9:40 a.m.	Orbital Imaging as a Clinical Language 	Dr Sanjana Molugu	<ul style="list-style-type: none"> Image-Based Learning Diagnostic Mapping 	<ul style="list-style-type: none"> Interpret orbital imaging effectively and integrate radiological findings into clinical decision-making
9:40 - 9:55 a.m.	Tea Break			
9:55 - 10:55 a.m.	Conjunctival Mass: Benign Lesion or Life-Threatening Tumor? 	Dr Vijitha S Vempuluru	<ul style="list-style-type: none"> Expert Masterclass Case-based Learning 	<ul style="list-style-type: none"> Learn to differentiate benign from malignant orbital lesions and formulate evidence-based management plans
10:55 - 11:55 a.m.	Orbit Under Threat: Trauma in Oculoplasty 	Dr Lavanya Maddi	<ul style="list-style-type: none"> Scenario-Based Learning 	<ul style="list-style-type: none"> Recognize orbital trauma patterns and prioritize timely intervention strategies in acute settings
11:55 - 12:55 p.m.	Eyelid Mastery: Ptosis & Lid Malpositions Simplified 	Dr Tarjani Dave	<ul style="list-style-type: none"> Interactive Teaching Cognitive Scaffolding 	<ul style="list-style-type: none"> Evaluate ptosis and eyelid malpositions accurately and plan appropriate surgical correction strategies
12:55 - 1:40 p.m.	Professional Growth in Oculoplasty	Prof. Javed Ali	<ul style="list-style-type: none"> Mentorship Dialogue 	<ul style="list-style-type: none"> Reflect on career pathways, academic growth, and professional development in Oculoplasty
1:40 - 2:40 p.m.	Lunch			
2:40 - 5:00 p.m.	Wet Lab: Suturing, Canalicular Tear & Marginal Tear Repair 	Dr Sanjana Molugu / Dr Lavanya Maddi	<ul style="list-style-type: none"> Deliberate Practice Wet Lab Training Psychomotor Skill Development 	<ul style="list-style-type: none"> Demonstrate improved suturing skills and perform basic tear repair techniques with precision and confidence
5:00 - 5:30 p.m.	Prize Distribution & Closing 	Faculty Panel	<ul style="list-style-type: none"> Recognition Ceremony 	<ul style="list-style-type: none"> Consolidate learning, celebrate participation, and reinforce key take-home messages



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Cataract

Day-6: Saturday, May 9, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 8:00 a.m.	Power of Numbers: Learning the Math of Biometry 	Dr Anubha Rathi	<ul style="list-style-type: none"> Interactive Didactic Expert Teaching Cognitive Scaffolding 	<ul style="list-style-type: none"> Understand the basics of biometry and how to read and interpret a biometry scan
8:15 - 8:45 a.m.	Breakfast			
8:45 - 10:45 a.m.	Video Showcase: Learning Cataract through surgical Pearls 	Dr Anuradha Kunapuli	<ul style="list-style-type: none"> Case-Based Learning Video-based Learning Cognitive Scaffolding 	<ul style="list-style-type: none"> Understand tips and tricks to perform a safe cataract surgery in simple-to-complex case scenarios
10:45 - 11:00 a.m.	Tea Break			
11:00 - 12:00 noon	Battle the Bulge: Case-based approach to diagnose and manage Keratoconus 	Dr Priyam Gupta	<ul style="list-style-type: none"> Case-Based Learning Clinical Reasoning 	<ul style="list-style-type: none"> Be able to identify red flag signs on topography and learn management strategies of Keratoconus
12:00 - 1:00 p.m.	Lunch			
1:00 - 4:00 p.m.	Learning by Doing at Wet Lab Stations (Basic, Standard and Advanced) 	Shefali R Pandey and Cataract Educators	<ul style="list-style-type: none"> Deliberate Practice Wet Lab Training Psychomotor Skill Development 	<ul style="list-style-type: none"> Get an elaborate hands-on experience in performing cataract surgery from steps (basic) to as close to real as possible small incision cataract surgery in an animal eye model (Advanced)