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Join our holistic training program in 3H for Postgraduate Trainees in Ophthalmology



October 26 – 31, 2026

Cornea and Anterior Segment

Day-1: Monday, October 26, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 7:05 a.m.	Introduction to 3H 	Dr Divya Natarajan	Orientation Briefing	Understand the objectives, structure, and expectations of the 3H program
7:05 - 8:15 a.m.	Approach to corneal ulcers 	Dr Poornima Tandra	- Case-Based Learning - Pattern Recognition - Clinical Reasoning	Understanding clinico-microbiological correlation to approach in managing corneal ulcers
8:15 - 8:45 a.m.	Breakfast 		- Informal Peer Learning - Community Building	-
8:45 - 10:00 a.m.	Ocular surface evaluation 	Dr Mariya Bashir	- Interactive Didactic - Case-Based Learning - Cognitive Scaffolding	Understand the normal and abnormal ocular surface and its evaluation. Diagnosis of common ocular surface pathologies
10:00 - 11:00 a.m.	Ocular Trauma 	Dr Sushank Bhalerao	- Case-Based Learning - Pattern Recognition - Clinical Reasoning	Understand how to triage ocular emergencies, understand various classifications, clinical assessment, investigations and surgical decision-making for open and closed globe injuries.
11:00 - 11:15 a.m.	Tea Break			
11:15 - 12:30 p.m.	How to take care of corneal grafts 	Dr Tanmay Gokhale	- Expert Teaching - Clinical Reasoning - Pattern Recognition - Interactive Didactic	Understand post graft, recognize signs of graft rejections and predict outcomes via case-based scenarios
12:30 - 1:00 p.m.	What is a Cornea Fellowship? 	Dr Pravin Vaddavalli	- Mentorship & Role Modeling - Professional Identity Formation	Reflect on career pathways, academic growth, and professional development in cornea
1:00 - 2:00 p.m.	Lunch Break		- Reflective Practice - Mentorship - Professional Identity Formation	
2:00 - 3:00 p.m.	Briefing on Wet Lab Stations and division into groups 	Dr Sourabh Das / Cornea fellows		Self-explanatory
3:00 - 6:00 p.m.	Wet Lab Stations: 1. Gram staining and slides station 2. Corneal perforations station a. Glue BCL b. AMG/ Tenon's patch graft 3. Corneal tear repair 	Dr Anubha Rathi / Dr Poornima Tandra / Cornea fellows	- Deliberate Practice - Wet Lab Training - Psychomotor Skill Development	Observe & Understand the treatment for microbial keratitis and corneal perforations. Perform steps and improve skills for staining techniques, corneal tear repair and penetrating keratoplasty



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Pediatric Ophthalmology, Strabismus and Neuro-ophthalmology

Day-2: Tuesday, October 27, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 7:30 a.m.	From muscle to motility: Anatomy, Axes and Actions of Extraocular Muscles	Dr Amol Aashish Bansal	Model-based demonstration	Learn about extraocular muscle anatomy and action
7:30 - 8:30 a.m.	The Foundation First: Binocular Vision Concepts to Understand Strabismus	Dr Divya Natarajan	- Interactive Didactic - Cognitive Scaffolding	Learn the concept of binocular vision and sensory evaluation of strabismus
8:30 - 9:00 a.m.	Breakfast & Networking		- Informal Peer Learning - Community Building	
9:00 - 10:00 a.m.	Detective Vibes: Learning Neuro-ophthalmology through Interactive Case-Solving	Dr Virender Sachdeva	- Interactive Didactic - Case-Based Learning - Cognitive Scaffolding	Understand case-based approach to afferent pathway disorders in Neuro-ophthalmology
10:00 -11:00 a.m.	Ride the Neural Highway: 3D Cranial Nerve Mapping & Localization	Dr Divya Natarajan / Dr Aditi Samirbhai Parikh / Dr Virender Sachdeva	- Cognitive Scaffolding - Reflective Practice - Case-Based Learning	Trace cranial nerves III, IV, and VI through the cranium and understand their clinical applications
11:00 - 12:30 p.m.	Prisms, Planes & Perception: Clinical pearls in Motor Evaluation in strabismus	Dr Ramesh Kekunnaya	- Interactive Didactic - Case-Based Learning - Cognitive Scaffolding	Learn motor evaluation in a case of strabismus
12:30 - 1:30 p.m.	Clearing the clouds in little eyes: Diagnostic & Surgical Pearls in Pediatric Cataracts	Dr Vivek U Warkad	- Clinical Reasoning - Pattern Recognition	Pearls in the evaluation and management of pediatric cataract
1:30 -2:30 p.m.	Lunch with experts	Pediatric faculty	- Mentorship - Transformative Learning - Professional Identity Formation	
2:30 - 4:00 p.m.	The Living Clinic: Bedside Examination in Strabismus & Neuro-Ophthalmology	Dr Vivek U Warkad / Dr Divya Natarajan	- Experiential Learning - Bedside Clinical Immersion - Observational Learning	Learn ands-on bedside evaluation of strabismus and neuro-ophthalmology cases
4:00 - 5:00 p.m.	Tension, Track & Tie: Hands-On Motility Evaluation & Muscle Surgery on Simulation Models	Dr Aditi Samirbhai Parikh / Dr Divya Natarajan	- Deliberate Practice - Simulation-Based Learning - Wet Lab Training - Psychomotor Skill Development	Practice hands-on training of strabismus Surgery on eye models
5:00 - 6:00 p.m.	Walk in My Vision: A Gamified Deep Dive into Visual Impairment & Compassion	Dr Divya Natarajan / Dr Aditi Samirbhai Parikh	- Game-Based Learning - Team-Based Learning - Knowledge Integration	Game-based empathy rounds/ Deliberate failure rounds



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Retina and UVEA

Day-3: Wednesday, October 28, 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	- Image-Based - Pattern Recognition	Differentiate rhegmatogenous, tractional, and exudative retinal detachments; apply configuration-based reasoning (including Lincoff principles) to localize the primary break.
8:15 - 8:45 a.m.	Breakfast & Networking			
8:45 - 10:00 a.m.	Draw the Detachment: Fundus Mapping 	Dr Arpitha Kalava	- Visual Reconstruction - Case-Based Discussion	Accurately translate fundus photograph into schematic retinal drawings, identify the retinal break location and extent of detachment
10:00 - 12.00 noon	Stop the Detachment Before It Starts: RRD Prevention & Prophylactic Laser 	Dr Arpitha Kalava, Dr Ronnie Abhishek	- Laser Practice - Counselling Role-Play	Analyze risk factors to identify patients requiring prophylactic treatment, evaluate indications for laser in lattice/retinal holes.
12.00 - 1:00 p.m.	Blocked vessels & Blurred Vision: Rapid Clinical Decisions and Discussions 	Dr Arpitha Kalava	- Microlearning Pearls - Reasoning - Observation skills and curiosity	Understand clinical and imaging findings, observations through micropearls in Retinal vein and artery occlusions
1:00 - 1:30 p.m.	Lunch Break			
1.30 - 2:45 p.m.	Edema Strategy Lab: Anti-VEGF, Steroids & Injection Skills Workshop 	Dr Ronnie Abhishek, Dr Arpitha Kalava	- Injection Practice - Guided Feedback	Perform intravitreal injection using aseptic protocol and manage immediate complications safely.
2:45 - 3:00 p.m.	Reflection Break			
3:00 - 7:00 p.m.	Uveitis with insight: Uveitis 101, Learning uveitis through storytelling, Pattern recognition in uveitis 	Dr Anup Kelgaonkar, Dr Ronnie Abhishek	- Clinical Storytelling - Image-Based Pattern Drills	Extract diagnostic clues from clinical narratives, differentiate masquerade syndromes, and justify differential diagnoses using structured clinical reasoning



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Glaucoma

Day-4: Thursday, October 29, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00–8:00 a.m.	Clinical Acumen in Ophthalmology: No Scope for Compromise 	Dr G Chandra Shekar	- Expert Masterclass - Clinical Storytelling - Reflective Learning - Professional Role Modelling	Recognize the importance of meticulous clinical examination, disciplined reasoning and professional responsibility in avoiding diagnostic and management errors.
8:00 - 8:30 a.m.	Breakfast & Networking			
8:30–10:00 a.m.	Opening Up: Common Case Scenarios in Open Angle Glaucoma 	Dr Neha Yadav	- Case-Based Learning - Clinical Reasoning - Decision-Making Algorithms - Interactive Discussion	Evaluate common open-angle glaucoma scenarios, interpret relevant clinical findings and formulate an appropriate investigation and management plan.
10:00–10:30 a.m.	Tea Break			
10:30 a.m.–12:00 noon	Closed Case: Common Case Scenarios in Angle Closure 	Dr Siddharth Dikshit	- Case-Based Learning - Gonioscopic Reasoning - Pattern Recognition - Clinical Decision-Making	Differentiate mechanisms and stages of angle closure, interpret clinical and gonioscopic findings, and select appropriate management strategies.
12:00–1:00 p.m.	Emergencies in Glaucoma 	Dr Akshay Bhandary	- Scenario-Based Learning - Rapid Decision-Making - Emergency Algorithms - Problem Solving	Recognize glaucoma emergencies, prioritize immediate management and formulate a safe stepwise approach to prevent irreversible visual loss.
1:00 - 1:30 p.m.	Lunch Break			
2:00–3:00 p.m.	The Three Musketeers: Correlating Glaucoma Diagnostics! 	Dr Siddharth Dikshit	- Image-Based Learning - Data Interpretation - Diagnostic Correlation - Pattern Recognition	Correlate optic disc, OCT and visual-field findings, identify structure–function agreement or discordance, and integrate investigations into clinical decision-making.
3:30–4:30 p.m.	Glimpse: An Introduction to Modern Glaucoma Surgery 	Dr Siddharth Dikshit	- Video-Based Learning - Surgical Decision-Making - Interactive Demonstration - Cognitive Scaffolding	Understand the principles and indications of contemporary glaucoma surgery and develop a framework for selecting an appropriate surgical approach.
4:30 - 5:00 p.m.	Tea break			
5:00–6:00 p.m.	See It to Believe It: Glaucoma Clinical Demonstration 	Dr Sowmya Andole	- Bedside Clinical Immersion - Demonstration - Experiential Learning - Guided Observation	Perform a structured glaucoma evaluation, integrate examination and investigation findings, and translate them into a practical diagnosis and management plan.



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Oculoplasty

Day-5: Friday, October 30, 2026

Time	Topic	Speaker	Educational Strategies	Learning Outcomes: In this session, you will
7:00 - 7:10 a.m.	Welcome & Introduction 	Faculty Panel	- Orientation Briefing - Goal Alignment - Academic Framing	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 Suneeta Gavara	- Interactive Didactic - Case-Based Discussion - Clinical Algorithm Mapping	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	- Image-Based Learning - Diagnostic Reasoning - Problem-Solving Dialogue	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 Kavya M Bejjanki	- Expert Masterclass - Clinical Decision-Making - Pattern Recognition	Differentiate benign from malignant conjunctival lesions and formulate evidence-based management plans
10:55 - 11:55 a.m.	Orbit Under Threat: Trauma in Oculoplasty 	Dr Milind Naik	- Scenario-Based Learning - Emergency Simulation Thinking - Applied Clinical Strategy	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 Swati Singh	- Interactive Teaching - Surgical Planning Discussion - Algorithm-Based Learning	Surface-Oculoplasty Clinic: Evaluation and management of eyelid & eyelash malpositions
12:55 - 1:40 p.m.	Professional Growth in Oculoplasty 	Dr Nandini Bothra	- Mentorship Dialogue - Reflective Practice - Professional Identity Formation	Reflect on career pathways, academic growth, and professional development in Oculoplasty
1:40 - 2:40 p.m.	Lunch Break 			
2:40 - 5:00 p.m.	Wet Lab: Suturing, Canalicular Tear & Marginal Tear Repair 	Dr Sanjana Molugu / Dr Suneetha Gavara	- Deliberate Practice - Wet Lab Training - Psychomotor Skill Development	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	- Recognition Ceremony - Reflective Closure - Motivational Address	Consolidate learning, celebrate participation and reinforce key take-home messages



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Cataract and Refractive Surgery

Day-6: Saturday, October 31, 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 through a Case-Based Approach 	Dr Anoohya Vuyyuru	- Interactive Didactic - Expert teaching	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 surgery pearls through video-based approach 	Dr Anuradha Kunapuli	- Case based Learning - Interactive Didactic - Cognitive scaffolding	Understanding tips and tricks to perform cataract surgery in simple to complex scenarios
10:45 - 11:00 a.m.	Tea Break			
11:00 - 12:00 noon	Specs on to Specs Off: Basics of refractive surgery 	Dr Priyam Gupta	- Case based Learning - Interactive Didactic - Cognitive scaffolding	Understand the basics of different refractive procedures and patient selection
12:00 - 1:00 p.m.	Lunch + Interaction			
1:00 - 4:00 p.m.	Learning by Doing: Stations for beginner, intermediate and advanced learners 	Dr Anuradha/ Dr Anubha / Shefali R Pandey and cataract educators	- Deliberate Practice - Wet lab training - Psychomotor skill development	Get practical tips in performing cataract surgery in a realistic surgical setting using animal eyes