



Hands | Head | Heart

# 3H Retreat for Postgraduate Trainees

Learning by Doing: *Blending Skills, Knowledge & Compassion*

📅 November 3-8, 2025

📍 Kallam Anji Reddy Campus, Banjara Hills, Hyderabad

✉️ sethumathi@lvpei.org | ☎️ +91 99511 26890

## Cornea and Anterior Segment

**Day-1: Monday, November 3, 2025**

Time	Topic	Speaker
07:00 - 08:15 a.m.	Case-Based Discussions: Spotters in Cornea	Mariya Bashir Doctor
08:15 - 08:45 a.m.	<b>Breakfast</b>	
08:45 - 10:00 a.m.	Opening a Mixed Bag of Keratitis	Poornima Tandra
10:00 - 10:15 a.m.	<b>Tea Break</b>	
10:15 - 11:30 a.m.	Pearls of Corneal Laceration Repair	Anubha Rathi
11:45 - 01:00 p.m.	What Should You Know Before You Choose Cornea: Fellowship Tips	Pravin K Vaddavalli
01:00 - 2:00 p.m.	<b>Lunch Break</b>	
02:00 - 03:00 p.m.	Different Strokes of Keratoplasty	Merle Fernandes
03:00 - 06:00 p.m.	Hands-on session (Wet Lab)	Shefali Pandey, Anubha Rathi, Mariya Bashir Doctor, and cornea fellows
06:00 p.m. onwards	Faculty-Fellow Interactions over <b>Tea</b>	All faculty and fellows



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## Oculoplasty & Ocular Oncology

**Day-2: Tuesday, November 4, 2025**

Time	Topic	Speaker
07:00 - 08:00 a.m.	Practical Insights into CT and MRI for Oculoplastic Disorders	Kavya M Bejjanki
08:00 - 08:30 a.m.	<b>Breakfast</b>	
08:30 - 09:30 a.m.	Clinical Evaluation and Surgical Pearls of Eyelid Diseases	Milind Naik
09:30 - 10:30 a.m.	Evaluation of the Lacrimal Drainage Pathway and Management Strategies	Nandini Bothra
10:30 - 10:45 a.m.	<b>Tea Break</b>	
10:45 - 11:45 a.m.	Systematic Clinical Approach of Proptosis	Tarjani Dave
11:45 a.m. - 12:45 p.m.	Principles of Ocular Oncology	Swathi Kaliki
12:45 - 01:00 p.m.	<b>Group Photograph</b>	
01:00 - 02:00 p.m.	<b>Lunch Break</b>	
02:00 - 05:00 p.m.	Hands-on Wet Lab – Practicing Oculoplastic Surgical Techniques	Sanjana Molugu, Suneetha Gavara
05:00 - 05:30 p.m.	Tea with the Experts	Oculoplasty Faculty
05:30 - 06:30 p.m.	Play time: Fun Sessions with Gamification	Sanjana Molugu, Suneetha Gavara
06:30 - 07:00 p.m.	Interaction with Fellows	Oculoplasty Fellows



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## Pediatric and Neuro Ophthalmology

**Day-3: Wednesday, November 5, 2025**

Time	Topic	Speaker
07:00 - 07.30 a.m.	The Art of Observation: Clarifying the Problem in Strabismus	Divya Natarajan
07.30 - 08.30 a.m.	Step-by-Step: Demonstrating Strabismus Evaluation	Divya Natarajan
08.30 - 09.00 a.m.	<b>Breakfast</b>	
09.00 - 10.30 a.m.	Learn Neuro-Ophthalmology with the Experts	Virender Sachdeva, Prem S. Subramanian
10:30 - 11.00 a.m.	<b>Tea Break</b>	
11.00 - 12.00 noon	Little Eyes, Big Challenges: Pediatric Cataract Explained	Ramesh Kekunnaya
12.00 noon - 01.30 p.m.	“The Strabismus Puzzle – An Active Learning Case”	Divya Natarajan, Vivek Warkad,
01.30 - 02.00 p.m.	<b>Lunch Break</b>	
02.00 - 05.00 p.m.	“Hands and Eyes Aligned: Learn Strabismus Surgery Step by Step”	Divya Natarajan, Vivek Warkad, Fellows
05.00 - 05.30 p.m.	<b>Tea Break</b>	
05.30 - 07.00 p.m.	Combined Session: Case Discussion	Prem Subramanian



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## Glaucoma

**Day-4: Thursday, November 6, 2025**

Time	Topic	Description	Speaker
08:00 - 08:30 a.m.	Take No Pressure, Measure it	Measuring IOP with various Tonometers	Vishwendra Pratap Singh Sisodia
08:30 - 09:30 a.m.	Eagle Eyes	Subtle Signs often missed in Clinics	Siddharth Dikshit
09:30 - 10:00 a.m.	Looking beyond the Obvious, Looking into Mirrors	Gonioscopy in Clinics and OR	Siddharth Dikshit
11:00 - 11:30 a.m.	<b>Break</b>		
10:00 - 11:00 a.m.	Red OCTober: OCT my friend, or a Devious Stranger	Interpreting OCT and Avoiding Pitfalls	Gowri Pratinya Kolipaka
11:00 a.m. - 12:00 noon	Putting the Pieces in Place	Correlating clinical findings & diagnostics to reach a diagnosis	Siddharth Dikshit
12:00 noon- 01:00 p.m.	Treating Glaucoma	Case-based discussions	Indu Pavani Velamala
01:00 - 02:00 p.m.	<b>Lunch Break</b>		
02:00 - 02:30 p.m.	Treatment Beyond Medications	Communication with a patient with Glaucoma	Siddharth Dikshit
02:30 - 03:00 p.m.	Lasers in Glaucoma	Lasers in open and closed angles	Sowmya Andole
03:00 - 05:00 p.m.	Glaucoma Surgeries	MIGS Filtration Surgeries Implants in Glaucoma	Indu Pavani Velamala P Srihari Siddhartha Siddharth Dikshit Sirisha Senthil
05:00 - 05:30 p.m.	<b>Tea Break</b>		
05:30 PM - 06:30 PM	Live Demo Session	IOP Measurement, Gonioscopy, Lasers in Glaucoma	P Srihari Siddhartha



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## Cataract & Refractive Surgery

**Day-5: Friday, November 7, 2025**

Time	Topic	Speaker
07:00 - 08:15 a.m.	Case-Based Discussions: The Math in Biometry	Anubha Rathi
08:15 - 08:45 a.m.	Breakfast	
08:45 - 10:00 a.m.	Undiscovered Cataract Surgical Pearls: Let's Dive In!	Aman Agarwal
10:00 - 10:15 a.m.	<b>Tea Break</b>	
10:15 - 11:30 a.m.	Case-Based Discussions : PCR and its Management: Chamber of Secrets!	Priyam Gupta
11:30 - 12:30 p.m.	Battling the Bulge: Case-Based Scenarios on Corneal Ectasias	Rashmi Deshmukh
12:30 - 01:15 p.m.	<b>Lunch Break</b>	
01:15 - 01:45 p.m.	Case-Based Scenarios on Managing Cataract with Pre-existing Astigmatism	Anuradha Kunapuli
02:00 - 03:00 p.m.	Specs Off: Let's Learn about Refractive Surgery – Pearls on Case Selection and Surgical Options	Anubha Rathi
03:00 - 06:00 p.m.	Hands-on	Cataract Educators, Anubha Rathi, Aman Agarwal, Priyam Gupta
06:00 - 06:15 p.m.	<b>Tea Break</b>	
06:15 - 07:00 p.m.	Quiz and Fellowship Talk	Aman Agarwal, Priyam Gupta



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## Retina and Uvea

**Day-6: Saturday, November 8, 2025**

Time	Topic	Speaker
07:00 - 08:00 a.m.	Workshop on Empathy	Arpita Kalava
08:00 - 08:30 a.m.	<b>Breakfast</b>	
08:30 - 10.30 a.m.	Active Learning - Diabetic Retinopathy, Retinal Vein Occlusions	Aditya Kapoor
10.30 - 11:00 a.m.	<b>Tea Break</b>	
11:00 a.m. - 12:30 p.m.	Diagnostic Modalities	Ronnie Abhishek
12:30 - 1:30 p.m.	<b>Lunch Break</b>	
01:30 - 03:00 p.m.	Hands-on – Scleral Tear Repair and Intravitreal Injections	Sumanth Vinayak Sharma
03:00 - 03:30 p.m.	<b>Tea Break</b>	
03:30 - 05:00 p.m.	Learning the Basics of Uveitis through Storytelling	Ronnie Abhishek & Anup Kelgaonkar
05:00 - 06:30 p.m.	Infections of Retina	Avinash Pathengay & Anup Kelgaonkar