



Ikshana

Comprehensive Capsule for
Post Graduates

Program Overview

Objective: This program aims to provide ophthalmology post graduates a unique on-site learning experience, enabling them to acquire essential skills, confidence in comprehensive ophthalmology and understanding of best practices in cataract surgery. Additionally, the program aims to bridge the gap between theory and practice, and complement their training to meet global standards.

Course Structure: The course includes practical oriented theory classes, Video Assisted Surgical Training (Vast), hands-on training in clinical examination techniques, diagnostic procedures and investigations, dry and wet lab training for both Manual Small Incision Cataract Surgery (SICS) and phacoemulsification, live OT observation.

Duration:

10 days on campus
(2 phases - Fundamental for 1st year post graduates & Advanced for final year post graduates) 5 days each

Course format: In person

Expected Outcome: Participants will gain proficiency in clinical evaluation and diagnostic techniques in all sub specialities, practical insights in SICS and learn fundamental phacoemulsification techniques.

Eligibility Criteria

I, II/III year resident doctors (MS/DNB)
of the participating institutes, who
can produce the following
documents.



Letter of Approval/
Recommendation from the
respective institute's Head of
Department/institute



(OPTIONAL)
Logbook of all cases that
they have operated

Course Structure

- Theory Classes

- In all sub-specialities and cataract surgery steps (SICS and phacoemulsification). Special talks on, 'Being a professional' and 'Achieving academic excellence'

- Quiz

- OSCE

- Group presentation

- Dry Lab Hands-On Training

- **Retina** (B Scan, OCT, Retina lasers & Indirect ophthalmoscopy)
- **Glaucoma** (HFA Fields, Gonioscopy and OCT)
- **Cataract** (Immersion and Applanation biometry, IOL master, keratometry, surgery instruments, microscope orientation, hand eye coordination, and suturing)
- **Paediatrics and squint** (Retinoscopy, Orthoptics, Hess and diplopia charting and squint evaluation)
- **ORBIT** (proptosis and ptosis evaluation, ocular prosthesis)
- **Cornea** (Pentacam, ASOCT, contact lens and dry eye work up)

- Live Surgery Demonstration

- SICS and phacoemulsification

- Wet Lab Hands-on Training

- SICS and phacoemulsification including wound construction, CCC, nucleus management, Cortex aspiration, IOL implantation

- Video Assisted Surgical Training (Vast)

- Cornea, Retina, Orbit and strabismus

- Pre and Post Course Test

- Mock Examination for final year post graduates

Course Offerings

Learn from the Best, Train with the Latest

Learn from experienced faculty and expert speakers, bringing years of knowledge and clinical excellence to the table.



Master the Skills, Elevate Your Practice

Hands-on practice sessions with the latest equipments.





Collaborative Learning, Real-World Application

Engage in group work and case discussions for practical insights.

Surgical Precision at Your Finger Tips

Gain experience in both dry and wet lab surgical practice sessions.



Witness Excellence in Action

Live operation theatre demonstrations and analysis for a deeper understanding.



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