

Instruction Course Handout IC- 262- Grab 'Em by The Eyeballs!

Topics and Co- Instructors-

1) **Introduction- Dr Tulika Ghoshal**- 5 minutes

There are numerous courses for all the theoretical aspects of Ophthalmology for post-graduate students and newcomers. BUT guidance for extra-curricular skills often falls by the wayside. This instruction course will pilot these rookies to absorb some essential credentials so that they may forge their own pathways in their ophthalmological journey of life.

The essential abilities of creating a killer presentation, an informative but artistic video, an eye catching poster and the art of public speaking to be able to present these to an audience are not easily acquired. These skills have to be acquired during busy post-graduate lives.

2) **How to Make a Poster- Dr Aditya Pradhan**- 13 minutes

Purpose & Audience Define your poster's goal- research data, case studies, or education- and tailor language complexity to your audience, whether specialists or a mixed crowd.

Content & Layout Follow a logical structure- title → introduction → methods → results → conclusions → references. Use bullet points, concise text, and brief captions. Stick to standard dimensions (commonly 36 × 48 inches), a grid layout, and adequate margins for visual breathing room.

Design Principles Apply clean, sans-serif fonts (min. 24 pt body, 36 pt+ headings), limit to two font types, and maintain high text-background contrast. Use a restrained colour palette aligned with institutional branding. Incorporate high-resolution images directly relevant to your message and use white space to avoid clutter.

Printing & Display Choose matte finishes to minimise glare, request print proofs for colour accuracy, and transport posters in protective tubes. Arrive early, bring essential supplies, and display contact details prominently.

Key Takeaway A well-planned physical poster combines clarity, professional design, and logical flow to maximise viewer engagement and effectively communicate your research.

3) **How to make a Killer PPT- Dr Tulika Ghoshal**- 13 minutes

Creating an outstanding PowerPoint presentation is **not** that difficult.

Aims of this talk- how to-

- Create effective slides meant for a target audience
- Keep it simple with clear messaging and smart designs
- Use the white space effectively and
- Aim for clarity over cleverness.

Audience- Novice and experts alike and those in between- everyone can learn something!

4) **How to Make a Video- Dr Anurag Mishra**- 13 minutes

To make a perfect video for a presentation, there are several aspects we have to keep in mind. For instance, we have to stick to the context, stick to the time and stick to the format. Steps have to be taken to ensure beforehand that the video is running properly and glitch free. It is one aspect of making presentations which often doesn't receive its due importance but should be discussed more.

5) **How to Present a Presentation with Presence- Dr Doel Biswas**- 13 minutes

To make a scientific presentation is a task but to present that presentation at the podium before a learned gathering is an art. In my brief instruction course I share the tips and tricks of how to present a scientific presentation in a riveting spellbinding manner that leaves an indelible impact upon the audience's minds!

Discussion- 18 minutes.