



## **DR. RAJESH R NAYAK**

Consultant - Ophthalmology

### **Qualification**

MBBS | MS (Ophthalmology) | DNB (Ophthalmology)

### **Overview**

Dr. Rajesh R Nayak is a highly distinguished ophthalmic surgeon in Mangalore. He is currently practising as the Professor and Head of the Department of Ophthalmology at Kasturba Medical College (KMC), Mangalore, under the Manipal Academy of Higher Education (MAHE). With more than 20 years of extensive clinical, surgical, and academic teaching experience, Dr. Rajesh has established himself as a prominent authority in comprehensive eye care, phaco refractive surgery, and complex anterior segment disorders. His expertise in advanced cataract management and anterior segment care has established him among the best ophthalmologists in Mangalore. Dr. Rajesh completed his initial medical training with an MBBS from Kasturba Medical College, Mangalore. He subsequently earned his Master of Surgery (MS) in Ophthalmology from the same prestigious institution, followed by a DNB (Diplomate of National Board) in Ophthalmology from the National Board of Examinations. This rigorous medical and surgical foundation has enabled him to blend advanced microsurgical techniques with high-level clinical research and mentorship for undergraduate and postgraduate medical trainees. At Kasturba Medical

College, Mangalore, Dr. Rajesh's clinical and research practice centres heavily on the anterior segment of the eye, advanced cataract management, and community-based eye care initiatives. He specialises in utilising state-of-the-art phacoemulsification techniques to perform safe, high-volume cataract interventions with optimised visual rehabilitation. His expertise in cataract and refractive surgery places him among the best eye specialists in Mangalore for patients seeking advanced ophthalmic care. Dr. Rajesh's therapeutic and procedural expertise encompasses micro-incision cataract surgeries, astigmatic corrections, complex intraocular pressure monitoring, and advanced pterygium excisions featuring sutureless, glue-free conjunctival autografts. Beyond regular surgical care, his academic contributions are extensive; he serves as a vital member of the Board of Studies at MAHE, the Curriculum Committee, and the Medical Education Department at KMC. He is deeply committed to investigating varied ophthalmic conditions, ranging from the screening profiles of diabetic retinopathy and visual field defects in neurological lesions to managing specialised ocular problems in children with cerebral palsy. Dr. Rajesh Nayak is actively affiliated with leading professional bodies, holding memberships in the All India Ophthalmological Society (AIOS), the Karnataka Ophthalmic Society (KOS), and the South Kanara Ophthalmic Committee (SKOC). A prolific author, he has published numerous milestone clinical papers in indexed international research journals.

### **Fellowship & Membership**

- Member – All India Ophthalmological Society (AIOS)
- Member – Karnataka Ophthalmic Society (KOS)
- Member – South Kanara Ophthalmic Committee (SKOC)
- Kasturba Medical College, Mangaluru; Member – Board of Studies
- MAHE; Member – Curriculum Committee

### **Field of Expertise**

- Comprehensive Eye Care
- Advanced Cataract Surgery (Phacoemulsification)
- Phaco Refractive Surgery
- Anterior Segment Disorders: Micro-incision Cataract Surgery
- Astigmatism Correction
- Glaucoma Evaluation and Intraocular Pressure Monitoring
- Pterygium Excision with Sutureless Glue-free Conjunctival Autograft
- Refractive Surgery
- Community Ophthalmology
- Diabetic Retinopathy Screening

### **Languages Spoken**

- English
- Hindi
- Kannada

### **Talks & Publications**

- Published numerous research papers in indexed national and international ophthalmology journals.
- Diabetic retinopathy screening
- Visual field defects in neurological lesions
- Anterior segment disorders
- Ophthalmic management in children with cerebral palsy