



DR. SHEETAL BALLAL

Consultant - Ophthalmology, Cataract & Refractive Surgery

Qualification

MBBS | DNB (Ophthalmology)

Overview

Dr. Sheetal Ballal is a Distinguished Ophthalmologist and Consultant at Manipal Hospital Old Airport Road, Bangalore. She has her MBBS in Ophthalmology and her DNB, and she is also a Fellow in Ultrasound Emulsification and Refractive Surgery (RGUHS). She is a member of the Indian Medical Association, All India Ophthalmology Association, Karnataka Ophthalmology Association, and Bangalore Ophthalmology Association. She has all the qualities of a good ophthalmologist: visuospatial awareness, manual dexterity, and a thorough understanding of biomechanical concepts. Her skills and traits allow her to use more than just technical skills. Human factors research shows that surgeons need non-technical skills such as communication, teamwork, decision-making, leadership, and situational awareness. She also has excellent hand-eye coordination as she performs various surgical procedures on her patients' eyes. Dr. Sheetal Ballal has performed phacoemulsification with foldable lens, small incision cataract surgery, scleral fixated lens, and refractive procedures (LASIK) - including advanced surface ablation, flap procedures, femtoLASIK, DCR, entropion, and ectropion surgeries. She is fluent in English,

Kannada, and Hindi. She actively listens to her patient's concerns and expectations and explains concepts appropriately. This is an important way to show respect for patients while improving satisfaction and safety. Dr. Sheetal is the an acclaimed Bangalore eye specialist. Dr. Ballal conducts accurate examinations and performs a variety of medical procedures to diagnose, treat, and prevent eye diseases in her patients. Dr. Sheetal Ballal has had a lot of success in that field. From 2015, she served on the Executive Committee of the Bangalore Ophthalmological Association until 2017, and from 2017, she served as Treasurer until 2021. In 2016, she was the Organising Secretary of the NETRASHAALA – PG Update Program, and in 2017, she was a member of the Organising Committee of the NETRASHAALA – PG Update Program. She also served as the Organising Secretary of the Bangalore Ophthalmology Society Annual Meeting (BOSSUMMIT 2018). This doctor has presented several papers and posters at various national and state conferences and published them in national journals. She is a guest speaker at regional conferences and positions herself as the leader of the team. She has enjoyed great success in her career and is an inspiration to many aspiring ophthalmologists. She has given a talk on 'Air pollution can play havoc with your eyes. Here's how. Her interdisciplinary practice and teamwork are the modern tenets for effective management in ophthalmology, and this has been made even more clear by the COVID-19 pandemic. Some of the services provided by her include lens/treatment for keratoconus, vision therapy exercises, lazy eye exercises, mini scleral contact lenses, eye patch therapy, vision therapy, eye exercises for double vision, and scleral contact lens.

Fellowship & Membership

- Fellowship in Phacoemulsification and Refractive Surgery (RGUHS)
- Member of Indian Medical Association

- Member of All India Ophthalmic Society
- Member of Karnataka Ophthalmic Society
- Member of Bangalore Ophthalmic Society

Field of Expertise

- Phacoemulsification with foldable lens
- Small incision Cataract Surgery
- Scleral Fixated Lens
- Refractive procedures (LASIK)- Advanced surface ablation, Flap procedures, Femto Lasik, DCR, Entropion, Ectropion Surgeries

Languages Spoken

- English
- Kannada
- Hindi

Awards & Achievements

- Served as Member Executive Committee of Bangalore Ophthalmic Society 2015- 2017
- Served as Treasurer of Bangalore Ophthalmic Society from 2017-2019
- Re-elected as Treasurer of Bangalore Ophthalmic Society from 2019-2021
- Organizing secretary for NETRASHAALA – PG update program in 2016
- Part of Organizing Committee for NETRASHAALA – PG Update program 2017, served as Organizing Secretary of Annual Conference of Bangalore Ophthalmic Society (BOSSUMMIT)

2018)

Talks & Publications

- Paper and poster presentations in various national and state conferences
- Publications in a National journal
- Guest lectures at regional conferences
- Air pollution can play havoc with your eyes. Here's how- Dr Sheetal Ballal, consultant- Ophthalmology, Manipal Hospital, Old Airport Road. [Click Here](#)