CURRICULUM VITAE



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Date of Birth : 05-11-1986

Nationality : Indian

Languages Known : English, Malayalam, Hindi, Tamil and Kannada

**OBJECTIVE:**

To be a faithful, committed and dedicated professional having consistency which will be benefited for the company’s growth as well as my career improvement.

**EDUCATIONAL QUALIFICATION:**

**DEGREE** : **Master of Optometry**

YEAR OF PASSING : **2013**

UNIVERSITY : Manipal University

INSTUTION : Manipal College of Allied Health Sciences

PERCENTAGE : 67%

**DEGREE** : **Bachelor of Optomery**

YEAR OF PASSING : **2010**

UNIVERSITY : Manipal University

INSTUTION : Manipal College of Allied Health Sciences

PERCENTAGE : **60.28%**

**COURSE**  : **XII**

YEAR OF PASSING : 2004

UNIVERSITY : Kerala Board.

INSTUTION : M.G.M HSS, Nayathode.

PERCENTAGE : **66.5%**

**COURSE**  : **X**

YEAR OF PASSING : 2002

UNIVERSITY : Kerala Board.

INSTUTION : Vidyadhiraja Vidya Bhavan EMHS, Aluva

PERCENTAGE : **68.2%**

**CLINICAL SKILLS:**

* Can perform comprehensive eye examination
* Perform Retinoscopy and subjective correction utilizing Duochrome and Jacksons cross cylinder
* Contact lens fitting, assessment and dispensing of Soft, RGP and Toric lenses and specialty fittings including Rose-K, Presbyopic and Colour vision contact lens fitting.
* Colour Vision and Stereopsis Evaluation
* Strabismus evaluation
* Perform HFA, Topogarph, Keratometry(both automated and manual), A-scan, Pachymetry, Applanation, NCT and Schitoz tonometry, Fundus Photography, Direct and Indirect Opthalmoscopy, Pupillometer, Tangent Screen and Exophthalmometer.

**AREA OF INTEREST:**

* Contact lens Practice
* Low Vision Evaluation

**ACADAMIC ACTIVITIES:**

* Attended workshops on Optometry Update and Contact lens essential for Beginner.
* Attended Rose K training lecture given by Dr Paul Rose
* Attended 28th &29th Low Vision Awareness program from LV Prasad Eye hospital
* Attended Progressive addition fitting training from Varilux Acadamey
* Attended community Eye screening programs in rural areas in and around Manipal
* Attended Children Eye screening for school going children for age of 3 yrs to 16 yrs of Government, Private & Residency schools where I was involved with the organizing
* Served in the team of Optometrists providing eye care for school children in school eye camps conducted by the Sarva Shikshana Abhiyana, Karnataka
* Attended Teaching Training conducted by India Vision Institute “ EyeTeach Clinician to Educator”
* Attended workshop on Biostatistics, Research methodology & Scientific writing by Brien Holden vision institute in collaboration with African research institute
* Attended workshop conducted by Orbis International on ‘Competency based Assessment’
* Attended Optometry Update 2016 organized by Government Medical College, Calicut and delivered a talk on ‘fitting Soft Toric contact lenses’.

**EXTRACURRICULAR ACTIVITIES:**

* Represented Manipal University in All India Inter Health University Athletic Championship in the year 2008.
* Represented Manipal College of Allied Health Science in Cricket, Badminton, Volleyball and Athletics in all my academic years.
* Actively participated in several sports events (cricket, football, volleyball, badminton and athletics) both in school and college levels and represented MCOAHS in all the above sports an all-academic years
* Participated in several onstage and offstage events for arts day both in school and college levels. Represented college for UTSAV (an event conducted by university) and FLAVA

**WORK EXPERINCE:**

* Completed my one year internship in Kasturba Hospital Manipal, its constituent hospitals in Udupi, Manglore and Karkala, Prasad Nethralaya, Udupi and Nethradhama Diagnostic Centre, Mangalore. (June 2010 – July 2011)
* Worked as Optometrist at Kasturba Medical College, Manipal and its constituent hospitals in Udupi & Karkala along with **Masters in Optometry** ( August 2011 – July 2013)
* Currently working as **Optometrist** cum lecturer at Little Flower Institute Of Medical Science & Research, Little Flower Hospital, Angamaly (From August 2013)

**POSITION HELD:**

* **ASCO** (Association of Schools & Colleges in Optometry) –Kerala State Representative – Since November 2013
* **FCO India Chapter**(Fellowship of Christian Optometrist) – Wise President since September 2014
* **OCI** (Optometry Council of India) – Member since September 2014

**PROJECTS SUBMITTED:**

* Mini Project on “**Computer Vision Syndrome**”
* Final year UG project on “**Recognition versus Resolution: A Comparison of Visual Acuity Results Using Two Alternative Test Chart Optotype**”
* PG project on “**Knowledge, Awareness and Perception towards Eye Donation among Literate Working Population”**