

## CURRICULUM VITAE

MR. BINESH GAUTAM

S/O: TULA PRASAD GAUTAM

ADDRESS: Imadol, Mahalaxmi-1, Lalitpur, Nepal

Mobile no: +977-9849130246

EMAIL ID: [alwaysbg@gmail.com](mailto:alwaysbg@gmail.com)



### CAREER OBJECTIVE

- To work efficiently in any kind of challenging atmosphere by utilizing the gained knowledge and talents for the betterment and continuous growth of oneself and the working organization.

### CORE COMPETENCIES

- A High level of Commitments towards work and punctuality
- Adaptable to changing work, culture and environment
- Good academic background
- Always enthusiastic to learn and hard working

### EDUCATIONAL QUALIFICATION

COURSE	INSTITUTION	BOARD/ UNIVERSITY	YEAR OF COMPLETION	PERCENTAGE /GPA
10 <sup>th</sup> (Sec Level)	Suryodaya Sai Secondary School, Imadol, Lalitpur, Nepal	Nepal Government/ Ministry of Education	2008	88.38 %
12 <sup>th</sup> (Higher Sec Level)	Capital H S S, Koteshwor, Kathmandu, Nepal	H.S.E.B	2010	78.4 %
B.Sc. Optometry	Sankara College of Optometry, Bengaluru, India	Rajiv Gandhi University of Health Sciences	2018	78 %
M. Optometry	Himalaya Eye Institute	Pokhara University	2021	3.97 GPA

## PROFESSIONAL EXPERIENCES

---

- 1 year experience as an Intern at Sankara Eye Hospital, Bengaluru and Sankara Eye Hospital, Guntur and was posted in all the speciality clinics of Optometry such as Low vision, Binocular vision, Contact lens, Ocularist and Pediatric and gained enough confidence to deal with the patient.
- Besides, been a part of various Eye camps: Marketing Camps, MRVP camps, screening camps, Out-reach camps and speciality screening camps held by Sankara Eye Hospital, Bengaluru and Guntur.
- Have theoretical as well as practical knowledge for Refraction, Anterior and Posterior segment examination, Cataract investigation, Corneal Topography, LASIK investigation and counselling, Keratometry, HFA field test and aberrometry and confident in prescribing and dispensing different types of Spectacles and Contact lenses.
- Worked as a founder and Consultant Optometrist at Lubhu Eye Care and Optical since February 2019.
- Founder and President at an educational platform called ForOptom and have also conducted various symposiums, workshops and online lectures on various optometry topics.
- Worked as a consultant optometrist at Trinetra Eye Care Center Pvt Ltd, Pokhara since June 1<sup>st</sup> 2019 to February 15 2022.
- Vice chairman and founder of Non-Government organization called Vision Together Nepal and successfully conducted several eye health screening and surgical camps (Trek & Treat) through the organization in remote parts of Nepal.
- Actively involved in fitting and dispensing advanced contact lenses (SEED Ortho K lenses) in various hospitals and clinics in and around Kathmandu.
- Conducted lectures on different optometry topics for bachelors of optometry students in Himalaya Eye Institute, Pokhara and also involved in conducting various lectures and webinars in different online educational platforms.
- Working as a central committee member of 8<sup>th</sup> executive committee of Nepalese Association of Optometrists (NAO).
- Working as a consultant optometrist and managing eye department at Mahalaxmi Hospital Pvt. Ltd., Mahalaxmi-8, Lalitpur since September 2022.

## CLINICAL EXPOSURE

---

- Patient Communication
- Glasses and Contact Lens Prescription
- Higher Patient Care
- Eye Examination
- Instrumentation
- Patient Education

## PROJECT WORKS COMPLETED

---

- B.Sc. Optometry Research “**STUDY ON RESPONSE TIME AND ACHIEVED STEREOPSIS IN TWO DISPARITY LEVELS OF VARIOUS STEREOACUITY CHARTS AND ITS RELATION WITH PHORIA STATUS**”
- M Optometry Thesis entitled “**AN ONLINE SURVEY ON PSYCHOLOGICAL IMPACT OF COVID-19 ON EYE CARE PRACTITIONERS WITH RESPECT TO PRACTICE AND FINANCE**”

## PARTICIPATIONS, CONFERENCES AND PRESENTATIONS

---

- Participated in **World Optometry Day** Program held in March 2015 AND March 2017 at Naseema Institute of Optometry and Research, Bengaluru, India.
- Participated in **HORIZON-2017 CME Program** held in April 2017 at Bejan Singh Institute of Ophthalmology, Kanyakumari, Tamil Nadu, India accredited with 5 CE credits by OCI.
- Actively Participated in intercollegiate Optometry Quiz competition and stood **first** at **HORIZON-2017 CME Program** held in April 2017 at Bejan Singh Institute of Ophthalmology, Kanyakumari, Tamil Nadu, India.
- Successfully completed BAUSH AND LOMB MASTER MIND program in the academic year 2017.
- Participated in the **ASCO-CME on Dispensing** held on 4<sup>th</sup> March 2018 at **Sankara College of Optometry**, Bengaluru, India accredited with 5 CE credits by OCI.
- Actively Participated in intercollegiate Optometry Quiz competition **VASAN EYEQ 2018** held in March 2018 and gained **3<sup>rd</sup> position** among various Optometry colleges.
- Participated in the **CME on Low Vision Rehabilitation** held at Aravind Eye Hospital, Salem, Tamil Nadu on May 19-20, 2018 accredited with 25 CME credits by Dr MGR Medical University, Chennai.

- Participated in the **Advanced Contact Lens Training Program, B+Lieve 2018** conducted at Sankara College of Optometry, Bengaluru on 26-27 August, 2018 accredited with 5 CE credits by OCI.
- Participated in **1st All Nepal Optometry Conference** held on October 5<sup>th</sup> and 6<sup>th</sup> at Hotel Malla, Kathmandu, Nepal.
- Actively presented an oral presentation on **“Study on Response Time and Achieved Stereopsis in Two Disparity Levels of Various Stereoacuity Charts and Its Relation with Phoria Status”** at **1st All Nepal Optometry Conference** held on October 5<sup>th</sup> and 6<sup>th</sup> at Hotel Malla, Kathmandu, Nepal.
- Actively participated in **CME on Traumatic and Acquired Brain Injuries helped with Optometric Vision Therapy by ASCO** held in October 27<sup>th</sup> and 28<sup>th</sup>, 2018 at **Sankara College of Optometry**, Bengaluru, India accredited with 20 OCI Credit points and 12 hours of CE certified by COVD.
- Organised and participated in **ForOptom, a one day symposium on Contact Lens and Vision Therapy** held in May 25, 2019 at DECC Hall, Tripureshwor, Kathmandu, Nepal.
- Organised and participated in **ForOptom, a COVD certified 3 days’ Workshop on Vision Therapy** held from 14<sup>th</sup> to 16<sup>th</sup> November, 2019 at Hotel Golden Gate, Pokhara
- Actively participated in a symposium on **“Current Updates on Refractive errors & Management”** organized by Tilganga Institute of Ophthalmology on 27<sup>th</sup> Dec 2019.

---

### COMPUTER SKILLS AND TRAINING

- Basic Computer Skills including MS Office, HTML and Internet skills
- Photoshop and basic Graphic Designing
- IBM SPSS v 23.00

---

### STRENGTHS

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Positive Attitude</li> <li>• Keen to take Responsibilities</li> </ul> | <ul style="list-style-type: none"> <li>• Smart working</li> <li>• Cooperative</li> </ul> |
|--|--|

## KEY SKILLS

---

- Good Communicator
- Good Team Worker
- Good Leader
- Strong Competitor

## LANGUAGES

---

- Nepali
- English
- Hindi
- Kannada
- Telegu

## FIELD OF INTEREST

---

- B V & Vision Therapy
- Academics/Tutor
- Contact Lens
- Low Vision
- Business & Marketing
- Social welfare
- Geriatric Optometry
- Pediatric Optometry

## HOBBIES

---

- Playing guitars and Listening to Music
- Travelling and visiting new places
- Recreations and sports activities

## PERSONAL INFORMATION

---

- NAME: Binesh Gautam
- Gender: Male
- D.O.B: 09-08-1992
- Father's Name: Tula Prasad Gautam
- Mother's Name: Ratna Kumari Gautam
- Education: Master's Degree
- Marital Status: Unmarried
- Nationality: Nepalese
- Religion: Hindu
- Blood Group: O +ve

## REFERENCES

---

1. **Mr. Niraj Dev Joshi**, President, Nepalese association of Optometrists, Nepal.  
Contact: +977- 9841406785
2. **Mr. Aditya Goyal**, Principal, Sankara College of Optometry, Bengaluru, India  
Contact: +91-9798430033
3. **Dr. Gyan Bahadur Basnet**, Immediate Past Secretary, Nepalese Association of Optometrists, Assistant Professor, Himalaya Eye Institute, Nepal  
Contact: +977-9867602555
4. **Mr. Puspa Raj Khanal**, Registrar, Nepal Health Professional Council, Nepal  
Contact: +977- 9851086586

## DECLARATION

---

I hereby declare that the above mentioned information is correct to the best of my knowledge and I bear the responsibility for the correctness of the above mentioned particulars.

**BINESH GAUTAM**



**Date: 28/12/2022**