

# CURRICULAM VITAE

## Anup Subedi

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### Personal Details :

Father's Name : Hiramani Upadhaya  
Mother's Name : Jamuna Paudel  
Gender : Male  
Date of Birth : 20/02/1996  
Nationality : Nepalese  
Language Known : English, Nepali, Hindi  
Hobbies : Reading, Traveling, Football  
Permanent Address : BA.NA.PA-3, Baglung, Nepal  
Marital Status : Single

### Career Objective:

To contribute in the field of optometry, applying synergistic approach by being a part of esteemed organization, to achieve a challenging and career prospective placement, where I can gain higher knowledge, learn new and novel technique and seeking a position to utilize my skills and abilities in the ophthalmic procedure and teaching where I can develop myself as a high-class optometrist while being resourceful, innovative and flexible.

### Educational Qualifications:

**Master of Optometry-** Himalaya Eye Institute, Pokhara University, Nepal, 2021.

**Bachelor of Optometry (B.Sc. Optometry)-** AJ Institute of Medical Science, Rajiv Gandhi University of Health Science, India, 2018.

**Higher secondary -** Xavier International College, Higher Secondary Education Board, Nepal, 2013.

**School Leaving Certification-** Holy Child School, SLC Board, Nepal, 2011.

### **Working Areas:**

- Refraction.
- Ophthalmic Dispensing and prosthesis.
- Binocular vision.
- Contact lens.
- Low Vision.
- Paediatric Optometry.
- Ocular Diseases.
- Neuro-Optometry.

### **Skills set:**

- Fluent in English, Nepali, Hindi.
- Teaching skills.
- Computer knowledge.

### **Strengths:**

- Good interpersonal and communication skills, leadership, Innovative and flexible, Self-motivated, solution builder, High Degree of integrity, Dynamic and Dedicated.

### **Projects & Activities:**

- Working as an Assistant professor in Himalaya Eye Institute and Hospital, pokhara since November 2021.
- Thesis in bachelor : A Qualitative Study Based On 3D Movies as To Find Whether It Can Be Use as Screening Tools for Convergence Insufficiency or Not.
- Thesis in master: Knowledge and Attitude of Refractive Error Correction Methods in Patients Visiting Eye Hospital.
- Published article in peer reviewed journal" Evaluation of tear break up time in eye cosmetic use and non-cosmetic user female" Belbase U, Subedi A, DMJ.Vol.2 No.1 oct.-Mar.2019/020.
- Have done 1 year internship in A.J. hospital & research centre, Mangalore, Karnataka, India.( from feb 2017 to feb 2018)
- Worked as an optometrist (volunteer) in Himalaya Eye Hospital. (From May 2018 to May 2019).
- Achieved dean list with 3.93GPA in master of optometry 2021.
- Achieved overall 5<sup>th</sup> rank in Rajiv Gandhi University of health science in B.Sc. optometry academic year 2013-2018. (6<sup>th</sup> in 1<sup>st</sup> year, 6<sup>th</sup> in 2<sup>nd</sup> year, 5<sup>th</sup> in 3<sup>rd</sup> year).
- Presented scientific presentation- Rapid fire in 16<sup>th</sup>Dr. E. Vaithilingam Memorial Scientific Session at Elite school of optometry, Sankara Nethralaya, Chennai.

- Presented research paper in First All Nepal Optometry Conference, held on Kathmandu Nepal, from 5-6 October, 2018 organized by Nepalese association of Optometrists.
- Awarded Elite school of optometry- Essilor Travel Grant for scientific presentation in 16<sup>th</sup> Dr. E. Vaithilingam Memorial Scientific Session (18<sup>th</sup> to 19<sup>th</sup> August 2016).
- Participated in CME “Insight into IOL’s” held on 24<sup>th</sup> January 2016 in AJ Institute of Medical Science.
- Participated in 15<sup>th</sup> Dr. E. Vaithilingam Memorial Scientific Session at Elite school of optometry, Sankara Nethralaya, Chennai from 6<sup>th</sup> to 7<sup>th</sup> August 2016.
- Participated in 16<sup>th</sup> Dr. E. Vaithilingam Memorial Scientific Session at Elite school of optometry, Sankara Nethralaya, Chennai from 18<sup>th</sup> to 19<sup>th</sup> August 2016.
- Participated in workshop on “Diabetic Retinopathy for Optometrists” Conducted on 18<sup>th</sup> December 2017, Manipal Academy of higher education.
- Participated in First All Nepal Optometry Conference, held on Kathmandu Nepal, from 5-6 October, 2018 organized by Nepalese association of Optometrists.
- Participated in workshop on “customized ocular prosthesis hands-on training on making ocular prosthesis” Dristi Eye Care Center, Kathmandu, Nepal, conducted on 25<sup>th</sup>&26<sup>th</sup> January 2019.
- Participated in the National conference on revitalizing National Health system Of Nepal in Federal Era: Pathway to Achieve Sustainable Development Goals on 8-9 July, 2019 at Pokhara, Nepal.
- Participated in ForOptom, A COVD certified 3days’ workshop on vision therapy held at Hotel Golden Gate, Pokhara from 14<sup>th</sup> to 16<sup>th</sup> November, 2019.
- Participated in Eyexcel workshop, held at hotel the white lake, tansen, palpa from 30<sup>th</sup> may to 1<sup>st</sup> june, 2022.
- Participated in different community level eye camp such as school screening camp, ocular OPD camp, cataract camp.
- Participated in different Quiz, Model making, poster presentation competition & Sports related activity and won some awards.

**I hereby declare that all the information furnished above is true to the best of my knowledge.**

**Anup Subedi**