

**Permanent Address:**

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# Birendra Mahat – Nepal Health Professional Council (NHPC) License No.: A-168OPT

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## Career Objective

- To be acquainted with the national's infrastructure which supports and enhances my overall skills and knowledge and to support national objective(s) through structured and holistic research, planning, policy making and socio-medical development in eye health sector thereby actively involving in preventable blindness nationally and globally.

## Education

- Master of Optometry from Tilganga Institute of Ophthalmology, Kathmandu, Nepal. **(3.76 out of 4.00)**
- Bachelor in Optometry and Vision Science (BOVS) (2009-2013) from MS University, Tamil Nadu, India. **(79.65% - Gold Medalist)**
- 10+2 (HSEB-Science) (2006-2008)  
National Institute of Science & Technology (NIST) - **70.20%**
- School Leaving Certificate (SLC) (2006) Universal Higher Secondary School, Dhumbarahi, Kathmandu - **84.75%**

## Clinical Internship

- L V Prasad Eye Institute (LVPEI), Visakhapatnam, India  
Duration: 1st June 2012 – 30th July 2013

## Work Experience

- **Clinical Optometrist**  
Grande International Hospital, Dhapasi, Kathmandu.  
Duration: Sept 2015 – Dec 2017
- **Research Optometrist**  
Nepalese Association of Optometrists (NAO), Maharajgunj, Kathmandu.  
Duration: March 2015 – July 2017
- **Consultant Optometrist**  
Mechi Eye Hospital, Jhapa, Nepal. Duration: March 2014 – March 2015.

## Notable Achievements

- **Published a research paper** in Indian Journal of Ophthalmology (IJO) titled Choroidal thickness profile in healthy Indian children which was conducted during clinical internship  
*(Ref: Indian J Ophthalmol. 2015 Jun; 63(6): 474–477.doi: 10.4103/0301-4738.162577 PMID: 26265634)*
- **Conducted a project work involving 12,000 students** on ‘Visual Performances Among School Children of Kathmandu Valley’ as a Research Optometrist from Nepalese Association of Optometrists (NAO) funded by **Optometry Giving Sight** in the year 2015-16.  
*(Includes sensitizing the school teachers through awareness programs through presentations and managing the eye teaming and eye focusing problems of the students.)*
- **Conducted as a second researcher** with Dr. Gyan Bahadur Basnet at Grande International Hospital on “A Comparative Study of Interpupillary Distance between Aryan and Mongoloid ethnic groups in Kathmandu valley”
- **Served 4 years as an executive member** for Nepalese Association of Optometrists (NAO) 2014-2018.  
*(Actively participated in policy making activities in concurrent relation with Nepal Health Professional Council and Ministry of Health and Population)*
- **Conducted First All Nepal Optometry Conference (ANOC)** on October 5-6, 2018 themed as ‘Optometrists for Eye and Vision Care’ as **Organizing Secretary**.
- **A co-founder and co-editor for [www.eyehelthnepal.com](http://www.eyehelthnepal.com)**: a platform for eye health awareness. Also has the Facebook page and Youtube channel in the same name as Eye Health Nepal.
- **A co-founder and secretary for Nepal Myopia Society**, which will be legally established non-government organization in the last week of July 2020. Myopia is my area of interest and a sub-specialty practice.
- Currently conducting a descriptive study as a principal investigator on ‘**Screening of ocular health problem in COVID-19 infected Nepalese Population**’ which was forwarded by Institutional Review Committee (IRC) and then proposal was approved by Nepal Health Research Council (NHRC) on 12<sup>th</sup> June 2020. This includes enrollment of 710 cases.  
*(Ref: <http://nhrc.gov.np/>)*
- Conducted various national and international level optometric workshops, symposiums and eye health camps during my professional and student career life at Mechi Eye Hospital, Tilganga Institute of Ophthalmology and Metro Eye Care.

**Additional  
Educational  
Activities**

- Completed Advanced Writing English Level – 1 year course from Bishwobasha Campus, Exhibition Road, Kathmandu - (76.25%)
- A 3-weeks training on Advanced Excel at Institute of Tally and Accounting System (ITAS).
- Research Proposal Development and Data Analysis Training.

**Language  
Proficiency**

- English
- Nepali
- Hindi including Bangla and Telugu.

**Current  
Affiliations**

- Executive Director / Optometrist – Metro Eye Care <https://metroeyecare.com.np/>
- Life Member – Nepalese Association of Optometrists (NAO)
- Individual Member – World Council of Optometry (WCO)
- Advisor – Nepal Cancer Survivor Society (NeCaSS)

**Referees**

**Dr. Merle Fernandes**

Director, LV Prasad Eye Institute, Visakhapatnam.

Email: [merle@lvpei.org](mailto:merle@lvpei.org)

**Dr. Srijana Adhikari Nepal**

Pediatric Ophthalmologist, Tilganga Institute of Ophthalmology

Principal, Master of Optometry Program, Pokhara University

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**Prof. Dr. Govinda Prasad Paudyal / Mr. Krishna Gopal Shrestha**

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**Mr. Niraj Dev Joshi**

President, Nepalese Association of Optometrists (NAO)

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**Dr. Safal Khanal**

Proposed President for Nepal Myopia Society

Post-doc Fellow, University of Alabama Birmingham (UAB)

Ref: <https://www.uab.edu/optometry/home/people/staff/safal-khanal>

I, Birendra Mahat, hereby declare that the above-mentioned details are true as per best of my knowledge and memory of my life experiences. Signature: Birendra Mahat (self) Date: 14-06-2022; 12:35pm.

I remain.