

## *Curriculum Vitae*

*Ajit Kumar Thakur, M. Optom.*

Mechi Eye Hospital  
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VDC Matsari-6, Rauthat  
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**Date of Birth:** 29 Jan 1984  
**Place of Birth:** VDC Matsari, Rauthat, Nepal  
**Sex:** Male  
**Nationality:** Nepali

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### **Position and Affiliation**

- 1) **General Secretary of Drishti Eye Care System (DECS)**
- 2) **Senior Optometrist and OPD Incharge of Mechi Drishti Eye Hospital, Birtamode**

### **Academic Qualifications:**

<b>Degree</b>	<b>University/Board</b>	<b>Passed Year</b>	<b>Passed Division</b>
<b>LLB (Bachelor of LAW)</b>	Tribhuvan University	2022	Second
<b>Master in Clinical Optometry</b>	Chitkara University	2016	First
<b>Bachelor of Optometry</b>	Institute of Medicine, Tribhuvan University, Nepal	2008	First
<b>10+2 (Higher Secondary); Science</b>	Public Youth Higher Secondary School	2001	First
<b>School Leaving Certificate (High School)</b>	His Majesty's Government Board, Nepal	1999	First

### **Research Activities:**

<b>Topic</b>	<b>Conducted at</b>	<b>Position</b>
<b>Efficacy of Low Vision Devices in ARMD patients: A hospital based study</b>	BP Koirala Lions Center of Ophthalmic Studies	Presented in 17 <sup>th</sup> APOC, Hongkong
<b>Astigmatism after small-incision sclerocorneal cataract extraction and intraocular lens implantation in children</b>	Sagarmatha Choudhary Eye Hospital, Lahan	Presented in EIVOC in Chennai
<b>Knowledge, Attitude and Practice (KAP) of community people on eye care at Sindhupalchok, Chautara</b>	VDC Chautara, Sindhupalchok, Nepal	Presented in Community department, Institute of Medicine

<b>Profile of Low Vision Clinic in Eastern Region of Nepal: A Retrospective Study</b>	Mechi Eye Hospital, Jhapa	Published in British Journal of visual impairment <b>2011 29: 215 British Journal of Visual Impairment</b>
<b>Unilateral retinitis pigmentosa- A case report</b>	Sagarmatha Choudhary Eye Hospital, Lahan, Nepal	Published in <i>Clin Exp Optom</i> 2010; 93: 2: 102-104
<b>Performance of Frequency Doubling Technology Perimetry (FDT) in diagnosing Glaucoma</b>	Mechi Eye Hospital, Jhapa	Presented in 1 <sup>st</sup> All Nepal Ophthalmological Conference in 2011
<b>Ocular manifestations in Herpes Zoster Ophthalmicus</b>	Institute of Medicine, Nepal	Published in <i>Nepal J ophthalmol</i> 2011; 3 (6) : 165-171
<b>Ocular Manifestations in HIV Positive and AIDS Patients in Nepal</b>	Institute of Medicine, Nepal	Published in <i>International Journal of Clinical Medicine</i> , 2012, 3, 14-21
<b>Clinical Accuracy of the Nidek ARK-1 Autorefractor</b>	Drishti Eye Hospital	Optometry & Vision Science Ma17-2019 Volume Pre Publication
<b>Prevalence of Glaucoma in Birtamode Municipality</b>	Drishti Eye Hospital	Ready for submission Journal of Epidemiology
Ocular surface symptoms among individuals exposed to ambient levels of traffic derived air pollution—a cross-sectional study N Paudel, S Adhikari, S Manandhar, A Acharya, A Thakur, B Shrestha,	Drishti Eye Hospital	F1000Research 6
Ocular Manifestations among Systemic Tuberculosis Cases: A Hospital Based Study from Nepal S Bhatta, A Thakur, DN Shah, M Choudhary, N Pant,	Institute of Medicine	Journal of Tuberculosis Research 7 (04), 202
Outcome of relaxing retinectomies in management of failed rhegmatogenous retinal detachment surgery cases with proliferative vitreoretinopathy changes. S Bhatta, VR Saravanan, KA Kumarswamy, N Pant, A Thakur		Eye, 1-2 <a href="#">Eye</a> (2020)

## **Work Experience:**

### **• Organization:**

- *Sagarmatha Choudhary Eye Hospital, Lahan, Nepal (Hospital Run by CBM, Germany)*

**Duration:** 1 year 4 months (From March 2009 to July 2010)

**Post:** Full time Optometrist and Research Optometrist

### **Major Responsibilities:**

- To perform optometric examination of all the attending patients.
- To perform Binocular Vision evaluation and prescribe required therapy.
- To perform contact lens evaluation and aftercare.
- To perform Low Vision evaluation and provide Low vision aids.
- To perform the post operative refractive care of the patients undergoing surgery.
- To supervise and conduct all the research activities of the department.
- To supervise and conduct the Community care and Outreach program of the department.
- To conduct theory and practical classes of Ophthalmology for the students of Proficiency Certificate Level (PCL) Nursing studying at hospital.

### **• Organization:**

- *Mechi Eye Hospital, Anarmani-7, Jhapa, Nepal (Hospital Run By Eye Care world-wide, Netherland)*

**Duration:** From August 2010

**Post:** Full time Optometrist

### **Major Responsibilities:**

- To perform optometric examination of all the attending patients.
- To perform contact lens evaluation and care of the patients wearing the contact lenses.
- To perform Low Vision evaluation and provide Low vision aids.
- To perform the post operative refractive care to the patients undergoing surgery.
- To supervise and conduct the Community care and Outreach program of the department.
- To perform all the glaucoma diagnostic procedures such as HFA, Ultrasonic pachymeter.
- To perform Ultrasonography and Fundus Fluorescein Angiography.
- To perform A scan, Keratometry and Axial length calculation.

### **Organization:**

***Drishti Eye Hospital, Anarmani-7, Jhapa***

**Major Responsibilities:**

- To perform optometric examination of all the attending patients.
  - To perform contact lens evaluation and care of the patients wearing the contact lenses.
  - To perform Low Vision evaluation and provide Low vision aids.
  - To perform the post operative refractive care to the patients undergoing surgery.
  - To supervise and conduct the Community care and Outreach program of the department.
  - To perform all the glaucoma diagnostic procedures such as HFA, Ultrasonic pachymeter.
  - To perform Ultrasonography and Fundus Fluorescein Angiography.
  - To perform A scan, Keratometry and Axial length calculation.
  - To formulate study design and actively participated in research activities.  
Actively involved in treatment protocol making for the hospital
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**Teaching Experience**

- Taking Theory as well as Practical classes in Ophthalmology for the Proficiency Certificate Level (PCL) Ophthalmology students and nursing.
- Actively participated in making a syllabus of Refraction Training to the eye health workers.

**Publications:**

**View my all publication on**

**<https://scholar.google.com/citations?hl=en&user=lpq1hDIAAAAJ>**

**Research Publications:**

- **Thakur Ajit, Puri Lila R. Unilateral retinitis pigmentosa. Clin Exp Optom 2010; 93: 2: 102–104**
- **Thakur Ajit. ‘Low vision service in Nepal-an overview’ –Journal of Visual Impairment and Blindness.2011(April);105:4**
- **Thakur Ajit, Joshi Purushottam. Profile of Low Vision Clinic in Eastern Region of Nepal: A Retrospective Study. British Journal of Visual Impairment, Vol 29(3): 215–226**
- **Puri L R, Shrestha GB, Shah DN, Chaudhary M, Thakur A ‘Ocular manifestations in Herpes Zoster Ophthalmicus’ Nepal J ophthalmol 2011; 3 (6) : 165-171**
- **Joshi Purushottam, Ajit K. Thakur, Meenu Choudhary, Sashi Sharma, Dev Narayan Shah. Ocular Manifestations in HIV Positive and AIDS Patients in Nepal. International Journal of Clinical Medicine, 2012, 3, 14-21**

- Ajit Thakur. Abstracts of Poster Presentations of the 17th Asia-Pacific Optometric Congress, Hong Kong ‘**Low vision service for patients with age-related macular degeneration: a report from Nepal**’ *Clin Exp Optom* 2010; 93: 3: 189–203
- Clinical Accuracy of the Nidek ARK-1 Autorefractor, Paudel Nabin, Adhikari Sameep, Thakur Ajit, Shretha Bhairaja, Lougman James; *Optometry and Vision Science* May 17 (Pre publication)
- Ocular surface symptoms among individuals exposed to ambient levels of traffic derived air pollution—a cross-sectional study N Paudel, S Adhikari, S Manandhar, A Acharya, A Thakur, B Shrestha, *F1000Research* 6
- Ocular Manifestations among Systemic Tuberculosis Cases: A Hospital Based Study from Nepal S Bhatta, A Thakur, DN Shah, M Choudhary, N Pant, *Journal of Tuberculosis Research* 7 (04), 202
- Outcome of relaxing retinectomies in management of failed rhegmatogenous retinal detachment surgery cases with proliferative vitreoretinopathy changes. S Bhatta, VR Saravanan, KA Kumarswamy, N Pant, *A Thakur Eye*, 1-2

#### **Other Publications:**

- “**Can Myopia Progression be controlled- a review article** Vol. 2 (1), Feb 2008. Official publication of Nepalese Association of Optometrist.
- ‘**Treatment of Paediatric Cataract- A team Approach**’ 2009. Annual Official Publication of Nepal Optometry Students’ Society.
- Thakur Ajit, Joshi Purushottam. Astigmatism after small-incision sclerocorneal cataract extraction and intraocular lens implantation in paediatric population: a report from Nepal. *The Sight*, Vol 7. Issue-7

#### **Paper Presentations:**

- 1) **Efficacy of Low Vision Devices in ARMD patients’** in 17<sup>th</sup> Asia Pacific Optometry congress held in **Hong Kong** (5-7 November 2009)
- 2) ‘**Astigmatism after small-incision sclerocorneal cataract extraction and intraocular lens implantation in children-A report from Nepal**’ in Elite School of Optometry International vision and Optometry Conference held in Chennai (12<sup>th</sup>-14<sup>th</sup> August 2010)

- 3) **Prevalence of Glaucoma in Birtamode Municipality: A cross sectional study from Nepal, Presented in ARVO Brisbane in 2017.**
- 4) **OCTA; An important diagnosing tool for chorioretinal pathology;Presented in World OCTA conference held in Rome, Italy**
- 5) **Low vision profile of ARMD patients'** in a scientific ceremony held on the occasion of **10<sup>th</sup> glorious year of Nepal Optometry Student Society** (2008 October)
- 6) Efficacy of low vision devices in ARMD patients' in a scientific meeting held on the occasion of **12<sup>th</sup> annual day celebration of B. P. Koirala Lions Center for Ophthalmic Studies.**(2008 October)
- 7) Presented a paper on '**Low Vision Service at Sagarmatha Choudhary Eye Hospital**' in a work shop of Eastern Regional Eye Care Program (13<sup>th</sup> June 2009)
- 8) Presented a paper on Frame Selection in a 5<sup>th</sup> Eastern Regional Ophthalmic Conference (July 2010)
- 9) Presented a paper on 'Performance of Frequency Doubling Technology Perimetry (FDT) in diagnosing Glaucoma taking Humphrey Visual Field Analyzer (HVA) as a Standard' in 1<sup>st</sup> All Nepal Ophthalmic Conference in 2011.

### **Editorial Experience**

- 1) Edited an Article of **Journal of Neuroscience and Behavioral Health** as a Guest Editor.
- 2) Chief Editor of a book entitled 'Mechi Eye Protocol'- first edition has already published

### **Participations in Seminars/ symposium/workshop and others:**

- 1) Participated in **16<sup>th</sup> Asia Pacific Optometry Congress held in Goa,India,3-7<sup>th</sup> October,2007**
- 2) Participated in 3<sup>rd</sup> Eastern Regional Eye Conference in Biratnagar
- 3) Participated in a work shop on Research Methodology from August 22-27, 2011 at Aravinda Eye Hospital, Madhurai.

- 4) Had got **2 month certificate course for ‘USG and FFA’** training at Aravinda Eye Hospital, Madhurai, India in 2012.
- 5) Had got short term training on OCT angio from Nanjing University, Nanjin China in 2018.

### **Community Involvement:**

- Participated in various school screening camps in Kathmandu valley organized by Nepal Optometry Student Society
- Worked in School screening program run by Plan international
- Involved in organizing different Community programs including several surgical camps in different remote areas of Nepal .

### **Languages:**

- Nepali, Maithili, Bhojpuri, English and Hindi.

### **Computer Knowledge:**

- Microsoft Office and other general applications.
- Work in data processing of different research works
- Statistical package for social science (SPSS)

### **Referees:**

- ❖ **Prof. Dr Anand Kumar Sharma**  
BPKLCOS, Institute of Medicine  
Tribhuvan University Teaching Hospital, Kathmandu, Nepal.  
Executive Director, BPKLCOS  
E-mail [dr.anandasharma@gmail.com](mailto:dr.anandasharma@gmail.com)
- ❖ **Dr Bhairaja Shrestha, MD Ophthalmology**  
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