

## RABINDRA ADHIKARY

### Correspondence

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### Personal

Nationality: Nepali

Status : Married

*Opening Note:* I have worked in the eye care sector for more than a decade now and in these years I have closely observed the eye health system remaining in three tiers: primary, secondary and tertiary centers. I have also substantial exposure in executing community eye health projects: vision clinics, screening and comprehensive eye camps. I have completed my Master of Optometry in Tilganga Institute of Ophthalmology, the center of excellence and WHO collaborating center, I have witnessed the highest standards of eye care available in Nepal. Eye health ecosystem operates in the dynamics of politics, geography and economy and I am glad that I have got opportunities to work in the extremes maintaining the delicate balance between these dynamics and professional career. Life is full of learning processes, and I am open-minded in welcoming every diverse opportunity in the field of eye care that, definitely, enriches my calling as an optometrist.

### Academics

Degrees	Year (A. D.)	Institution	Division	Remarks
Masters of Optometry	2021	Tilganga Institute of Ophthalmology (P.U.)	3.67 GPA	
B. Optom	2009	Institute of Medicine (IOM)	First	
10+2 (Science)	2003	HSEB	Distinction	District Topper, Kavre
SLC	2001	Kushadevi Ma. Vi.	First	District Topper from government schools of Kavre

### Work Experience

I have gained valuable experience working in an international non-governmental organization "OneSight" as the **Technical Expert Consultant** from September 2021 to November 2021.

As a master student at Tilganga Institute of Ophthalmology, took charge of the refraction, contact lens clinic, and low vision clinic; supervised bachelor and diploma level students

Took lectures to the students of Bachelor of Optometry and Vision Science (BOVS) under National Academy of Medical Sciences (NAMSS) on Visual science and clinical optics. (20 hours)

Took lectures to the third year students of Ophthalmic Sciences of Tilganga Institute of Ophthalmology (10 hours) on Low vision and Ophthalmic Dispensing

As a Senior Optometrist at Reiyukai Eiko Masunaga Eye Hospital, Banepa, Kavre from 23<sup>rd</sup> February 2010-2019, and resumed the position after the completion of post-graduate degree in Optometry from the month of January 2022.

### **Community Outreach**

Took part in **OneSight** clinic as a project Co-lead from Better Vision Foundation, Nepal, at Okharpauwa, Kakani municipality, held on 18-22

Volunteered as an optometrist in Chepang Vision Care Mission 2018 held from September 23-26 September 2018 in Indiginous Chepang Community of Raksirang rural Municipality, Makwanpur.

Participated in Tsum Valley Medical Mission in 2016 as a volunteer optometrist to cater eye care needs of people of northern parts of Gorkha bordering Tibet

Volunteered as an Optometrist in a 10-days long FREE EYE CAMP jointly organized by Rotary Australia World Community Services Ltd and Community Development and Relief Agency (CDRA)-Nepal from 21<sup>st</sup>-31<sup>st</sup> October 2013. Eight optometrists came from Australia to take part in the camp

Organized, coordinated and participated in many vision clinics, free eye camps and eye health training sessions in many parts of country

### **Grants and Awards**

Peter Ackland Scholarship to participate in the International Eye Health short course offered by International London School of Hygiene and Tropical Medicine, July 2020

Travel Grant by Asia Pacific Council of Optometry, regional secretariat of World Council of Optometry to attend 20th Asia Pacific Optometry Congress, Kuala Lumpur, Malaysia, 2015.

Got a merit scholarship to study Bachelor of optometry program at Institute of Medicine 2005-2009

### **Participations**

International Eye Health short course offered by International London School of Hygiene and Tropical Medicine, July 2020

First All Nepal Optometry Conference organized by Nepalese Association of Optometrists on 5-6th October 2018

EYEXCEL Nepal, excellence in eye care training. Lumbini Eye Institute, Bhairahawa. July 25-28, 2018.

Vision Building and Strategic Planning Workshop. Lions Aravind Institute of Community Ophthalmology, Madurai. May 26- June 1. 2017

20th Asia Pacific Optometric Congress, Kuala Lumpur, Malaysia, on 9-11 October 2015

Hands-on workshop on RGP lenses organized by KU Teaching Hospital, Dhulikhel and convened by Michael Baartsii (Switzerland) on 5<sup>th</sup> April 2013

Symposium on “cataract and Oculoplasty” at Dhulikhel Hospital KUTH on 23<sup>rd</sup> April

First International Cornea Congress, Kathmandu held on 9<sup>th</sup> -10<sup>th</sup> Dec 2010

ESO International Vision Science and Optometry Conference-EIVOC 2010; Chennai, India held on Aug 12-14, 2010

Workshop and Symposium on “Signature for Better Spectacles” conducted in ESO International Vision Science and optometry Conference-EIVOC 2010. Chennai, India

Workshop on ophthalmic lens design, manufacture and dispensing organized by Essilor India in Okhla, New Delhi, Jan 2010

### **Scientific Presentations**

"Therapeutic contact lens in the management of corneal chemical burns in a resource-limited set up," oral paper on All Nepal Optometry Conference organized by Nepalese Association of Optometrists on 5-6th October 2018

"Ocular morbidity and refractive errors in the prisoners of a district penitentiary of Nepal" in 20th Asia Pacific Optometric Congress, Kuala Lumpur, Malaysia, on 9-11 October 2015

“Profile of children having horizontal comitant strabismus” in the ESO International Vision Science and optometry Conference-EIVOC 2010, Chennai, India

“Vitamin A deficiency” in the scientific program organized by BP Koirala Lions Center for Ophthalmic Studies on its 13<sup>th</sup> Anniversary Day Celebration on 9<sup>th</sup> September 2009.

### **Post/Position/Responsibilities**

The founding secretary of Better Vision Foundation, Nepal. 2018 - till date.

The Secretary: Nepal Optometry Students Society, 7<sup>th</sup> EB. 2007-2008

The Organizer: “Eye health education and vision testing training” as a first phase of “Little Optometrists Program in Nepal” in 2007

### **Languages**

Professional English writing and Fluent English Speaking

Expert Nepali and Conversational Hindi

### **Professional Licensure**

Registered as Master of Optometry of Specialization Level

NHPC registration no: 66 OPT