



RUCHIKA SAH

CAREER OBJECTIVE

To seek challenging assignment and responsibility, with an opportunity for growth and career advancement enabling to extract the best out of me which is conducive to learn and grow as professional, thereby directing my future endeavors as an asset to the Institute

PERSONAL DETAILS

ADDRESS:

Hanumannagar -05, Saptari, Nepal

CURRENT ADDRESS:

Biratnagar, Nepal

CONTACT NO:

+91-8882263359

+977-9810520991

EMAIL:

ruchikasah38@gmail.com

DATE OF BIRTH:

24th March, 1997

Father's name: Mr. Manoj Kumar Sah

Mother's name: Mrs. Asha Devi Sah

STRENGTHS

- Team leader
- Quick Learner
- Excellent Presentation and Communication Skill
- Good grasp in theory

ACADEMIC QUALIFICATIONS

- SUSHANT UNIVERSITY ERSTWHILE ANSAL UNIVERSITY, GURUGRAM, INDIA
 - Course: **Masters Of Optometry**
 - Division: **First Division**
 - Year: **2019 – 2021**
- NSHM COLLEGE OF MANAGEMENT AND TECHNOLOGY DURGAPUR, INDIA
 - Course: **Bachelor in Optometry**
 - Division: **Distinction**
 - Year: **2014-2018**
- ARNIKO AWASIYA HIGHER SECONDARY SCHOOL, BIRATNAGAR, NEPAL
 - Course: **10+2**
 - Division: **First Division**
- MOUNT MANASLU SECONDARY SCHOOL, NEPAL
 - Course: **SLC**
 - Division: **First Division**

JOB EXPERIENCE

- C L GUPTA EYE INSTITUTE, MORADABAD, U.P, INDIA
 - **Hired Post:** Consultant Optometrist
 - **Work:** OPD & Academic
 - **Duration:** June 2018 to June 2019, September 2021 to January 2022
 - **Key Responsibility:**
 - Teaching and Training.

LANGUAGES

- English
 - ✓ Proficient
- Nepali
 - ✓ Proficient
- Maithili
 - ✓ Very good Command
- Hindi
 - ✓ Proficient

HOBBIES

- Playing Games
- Travelling
- Cooking
- Dancing

REFERENCES

Mr. Mosaib Omaer
Head of Optometry Department
C.L. Gupta Eye Institute,
Moradabad, U.P
mossab@clgei.org

- Clinical Optometry (General)
- Diagnostic Skills

- **Job Location:** Moradabad, UP, India

➤ RAMLAL GOLCHHA EYE HOSPITAL FOUNDATION, BIRATNAGAR, NEPAL

- **Hired Post:** Consultant Optometrist
- **Work:** OPD & Research
- **Duration:** February 2021 - Present
- **Key Responsibility:**
 - Teaching
 - Clinical Optometry (General)
- **Job Location:** Biratnagar, Nepal

INTERNSHIP

- 5 Months Diagnostic and Contact Lens training from CL Gupta Eye Institute, Moradabad, India
 - **Term: 05/01/2021 - 05/05/2021**
- 12 months Clinical Internship from C L Gupta Eye Institute, Moradabad, India
 - **Term: 10/07/2017 - 20/07/2018**
- 1 Months Clinical training in Birat Eye Hospital, Biratnagar, Nepal on **2015**

SKILLS AND ABILITY

1. Good communication & interpersonal skills.
2. Teaching and Training.
3. Clinical Optometry (General)
4. Diagnostic Skills.
5. Management skills

EXTRA CURRICULAR ACTIVITIES

- Annual inter college optometry competition on June 28th 2017 for the participation in the grand finale of Titan Eye plus shield.
- Cataract Quality Improvement Intensive Project (CATQIIP) organized by **The Fred Hollows Foundation.**

DECLARATION

I hereby declare that all the information furnished are correct to the best of my Knowledge

Ruchika Sah.

Date: 20 December ,2022
