Curriculum Vitae

Raju Kaiti, M. Optom (Consultant Optometrist), Nepal Eye Hospital (NEH) Lecturer, National Academy of Medical Sciences (NAMS)

NHPC Regd. No. 8 OPT Bhaktapur Municipality-10, Népal

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OBJECTIVES

To serve our community with excellent primary eye care as well as groom my career with excellence in every field of Optometry, especially by spreading the knowledge of Optometry as a faculty and as a research worker.

STRENGTHS

- Good interpersonal and communication skills
- Innovative and flexible
- Hard working and passionate to work in a team
- Ability to generate new ideas, as well as cooperate with a host of diverse personalities
- Dependable team player with strong work ethics

PERSONAL DETAILS:

Father's name: Laxmi Prasad Kaiti

Date of Birth: 12 Dec 1987

Place of Birth: Bhaktapur municipality-10, Nepal

Sex:MaleNationality:NepaleseMarital Status:MarriedReligion:Hinduism

ACADEMIC OUALIFICATIONS:

Degree	University/Board	Year	Passed Division
Maters of Optometry	Amity University, Haryana	2014-2016	A+ (Distinction) Gold Medalist CGPA 9.95
Bachelor of Optometry	Institute of Medicine, TU, Nepal	2006-2010	First 73.44%
HSEB (10+2), Science (extra math passed)	HSEB- Khwopa Higher Secondary School (KHSS)	2003-2005	Distinction 80.5%
School Leaving Certificate (Genuine Secondary school)	His Majesty's Government Board, Nepal	2002	Distinction 81.87%

CLINICAL EXPERIENCE:

CLINICAL	EXPERIENCE:						
	B.P. KOIRALA LIONS CENTER FOR OPHTHALMIC STUDIES						
	Areas of exposure:						
	 Visual acuity and contrast sensitivity testing procedures 						
	General Out Patient Department (OPD)						
	Pediatric Ophthalmology Out Patient Department						
2006 2010	Refraction and ophthalmic dispensing						
2006 – 2010	Orthoptics and vision therapy						
	Low vision						
	Contact lens						
	• Specialty clinics (Cornea, Uveitis, Neuro-Ophthalmology, Retina,						
	Strabismus, Glaucoma)						
	Electrophysiological tests (ERG, VEP)						
	Community eye camps and school screening programs						
	ONE MONTH SHORT TERM OPTOMETRY RESIDENCY AT						
	SAGARMATHA CHAUDHARY EYE HOSPITAL, LAHAN						
	Areas of exposure						
	Screening OPD						
	Refraction /Low Vision						
2010	Pediatric OPD						
	• Special clinics (Retina, Cornea, Glaucoma)						
	• Operation theatre (observation) ECCE, SICS, Phacoemulsification,						
	Pediatric cataract, DCR, DCT, Trabeculectomy and Granuloma excision)						

- Exposure in **Corneal Donation** and **Refractive surgery Unit** as partial fulfillment of Masters of Optometry.
- Specialty topic of Post graduate in **Binocular Vision and pediatric optometry**.
- Participated in course design of **Optical Dispenser** organized by **CTEVT**.
- Observational visit to LVPEI, Hyderabad and Bausch and Lomb School of Optometry, Hyderabad from 11th November to 22nd November 2018 (in comprehensive eye clinics, cataract clinics, cornea clinics, low vision clinics, contact lens clinic, retina clinic).
- Fellow of Association of Schools and Colleges of Optometry (FASCO)- Vision Therapy (2020-2021)

Working Experience:

Consultant Optometrist, Dhulikhel Hospital, KU Hospital, Dhulikhel, Kavrepalanchowk April 2011 to March 2018

Consultant optometrist, Nepal Eye Hospital, Tripureshwor, Kathmandu April 9, 2018 to Present

Lecturer, National Academy of Medical Sciences (NAMS) 2020 July 16 to present

PRESENTATIONS:

- Presented a scientific paper titled "Ocular Morbidity in School Eye Screening Programme of Kathmandu Valley" on the occasion of 14th annual day celebration of B.P Koirala Lions Centre for Ophthalmic Studies, 2010.
- 2. Presented a poster titled "School Eye Screening in Kathmandu Valley" in the ESO International Vision science and Optometry Conference-EIVOC 2010, Chennai.
- 3. Presented a poster titled "Intra Vitreal Nematode" on the programme organized by BPKLCOS on 09th September, 2010.
- Presented a poster titled "Eye Donation" on the Programme organized by BPKLCOS on 12th March, 2010.
- 5. Poster presentation on "Refractive and binocular status in microscopists-A Hospital based Study" in 20th Asia Pacific Council of Optometry Conference in Malaysia, 2015.
- 6. Oral Presentation on "Pediatric Ophthalmic dispensing in different visual problems" at 2nd Continuing Optometric Education (COE) on 9th July 2016 organized by Nepalese Association of Optometrists.
- 7. **Oral presentation** on "Clinical profile of amblyopia and outcome of occlusion therapy in pediatric populations attending a referral hospital in Dhulikhel, Nepal" at **2nd World Council of Optometry Congress in Hyderabad, 2017**.
- **8. Oral presentation** on "Pattern and prevalence of Refractive error and secondary Visual impairment among the pediatric population attending Ophthalmology Department of a tertiary care Hospital in Dhulikhel, Nepal" at **2nd World Council of Optometry Congress in Hyderabad**, **2017**.
- 9. Poster presentation titled "Pattern of Refractive error and secondary visual impairment among pediatric population in a tertiary care Hospital in Nepal" at 1st All Nepal Optometry Conference, 2018.
- 10. Poster presentation titled "Knowledge and attitude on eye donation among undergraduate medical students of Kathmandu University School of Medical Sciences" at 1st All Nepal Optometry Conference, 2018.

- 11. Oral presentation on "Convergence Insufficiency-perception error" at Drishti-Con I: "Vision beyond 6/6", 2020.
- **12. Guest lecture at Asia Pacific Optometry Summit 2.0** (APOS-2022) on 30th April at The Fortune Park Pushpanjali in Durgapur, Calcutta, on the topic "Convergence Insufficiency-Perception Error".
- **13. Guest Speaker** at the **Vision Science Talk** platform (an initiative by <u>Vision Science Academy</u>), 25th September, 2022 on Topic "Role of atropine in Myopia Control".

PUBLICATIONS:

- 1. "Ocular morbidity in school children of Kathmandu Valley" in The Sight, 2009.
- 2. "Agreement of Synoptophore and prism Cover Test Measurement in Strabismus" in The Sight 2010.
- 3. "Visual impairment and low vision care in Diabetic Retinopathy-A review", in The Sight, 2011.
- 4. "Diabetes and Diabetic retinopathy" in The Sight, 2015.
- 5. "Smoking and its effects on eyes": published in Aasha Smarika, 2068 BS published by Nepal Cancer Relief Society, Bhaktapur and in local newspapers.
- 6. Marasini S, **Kaiti R**, Mahato R K, Gyawali R, Nepal B P; Informed consent in patients undergoing eye surgery: A qualitative study assessing their attitude, knowledge and anxiety level in a community-based hospital of Nepal; J Optom (2013) 6; 147-153.
- 7. Shrestha G S, **Kaiti R**: Visual functions and disability in diabetic retinopathy patients; J Optom (2014) 7; 37-43.
- 8. Amatya A, Sharma R, Karn D K, **Kaiti R**; Association of dry eye syndrome with oral Isotretinoin therapy for severe nodulocystic acne and recalcitrant acne vulgaris; Journal of Patan Academy of Health Sciences 2015 July;2(1):12-16.
- 9. "Optic Atrophy and Low vision management" in The Sight 2016.
- 10. Pradhan A, **Kaiti R**, Bhandari S, Dhungana P; Contact lenses for visual rehabilitation in bilateral nanophthalmos with retinal dystrophy-a case report; Nepal J Ophthalmol 2016; 8(16):178-181.
- 11. Shrestha P, **Kaiti R**; A Hospital Based Study of Pterygium in Tertiary Care Hospital of Nepal; *Kathmandu Univ Med J* 2016;55(3):192-7.

- 12. Pradhan A, **Kaiti R**, Dhungana P; Contact lens compliance amongst soft contact lens users; Guoji Yanke Zazhi(Int Eye Sci) 2017;17(5):834-840.
- 13. **Raju Kaiti** (2017) Pediatric Spectacle Dispensing- An overview. SF J Ocular Biology 1:1.
- 14. **Raju Kaiti.** "Uncorrected Refractive Error and Associated Childhood Visual Impairment-Any new steps for prevention?" Ophthalmology and Vision Science 1.4 (2017): 167-170.
- 15. Sthapit P R, **Kaiti R**, Khanal K, Shrestha P; Ocular manifestations in cases of Bell's Palsy; *IP International Journal of Ocular Oncology and Oculoplasty*, October-December, 2017;3(4):277-280.
- 16. Sameer Bhaila and **Raju Kaiti.** "Normative Data of Optic Nerve Head in Nepalese Population by Confocal Scanning Laser Ophthalmoscopy" EC Ophthalmology;9(8) (2018).
- 17. Ngakhushi R, **Kaiti R**, Bhattarai S, Shrestha GB. Prevalence of myopia and binocular vision dysfunctions in microscopists. Guoji Yanke Zazhi(Int Eye Sci) 2018;18(7):1180-1183.
- 18. **Kandel H, Kaiti R et al**; Living experiences of people with refractive error—A qualitative study from Nepal. June 2017 Investigative ophthalmology & visual science 58(8):3420.
- 19. Himal Kandel, Jyoti Khadka, Eva K. Fenwick, Mohan Krishna Shrestha, Sadhana Sharma, Binita Sharma, Kopila Kafle, Anish Kharal, **Raju Kaiti**, Purushottam Dhungana, Bhagavat Prasad Nepal, Suman Thapa, Ecosse Lamoureux, and Konrad Pesudovs. Constructing item banks for measuring Quality of Life in refractive error. Optom Vis Sci 2018; 95(7): 1-13.
- 20. **Kaiti R,** Pradhan A, Dahal HN, Shrestha P. Pattern and prevalence of Refractive Error and secondary Visual Impairment in Patients Attending a Tertiary Hospital in Dhulikhel, Nepal. *Kathmandu Univ Med J.* 2018; 62(2): 114-9.
- **21. Raju Kaiti**, *et al.* "Refractive Changes among Nepalese Youths Working in South Korea Under Employment Permit System". *EC Ophthalmology* 10.2 (2019): 136-140.
- **22. Raju K.** Contact Lens Induced Papillary Conjunctivitis- Review and A Case Report from Nepal. J Ophthalmol 2019, 4(1): 000172.
- 23. **Raju Kaiti.**, *et al.* "Evaluation and Management of Refractive Amblyopia with Associated Non Strabismic Binocular Vision Dysfunctions Through Vision Therapy: A Case Report from Nepal". *EC Opthalmology* 10.12 (2019): 01-08.

- 24. Joshi, S., & **Kaiti, R**. (2019). A Hospital Based Study of Profile of Anterior Uveitis in Tertiary Care Hospital of Nepal. *Med Phoenix*, 4(1), 1-7. https://doi.org/10.3126/medphoenix.v4i1.25744
- 25. Ranjila Shyangbo and **Raju Kaiti.** "Importance of Vision Screening in Children of Developing Countries Like Nepal". *EC Ophthalmology* 11.4 (2020): 54-56.
- 26. **Raju Kaiti et al**. "Convergence Insufficiency Perception Error: A Review Article", J Ophthalmol Clin Res, 2020 :4(2);8-11.
- 27. **Raju Kaiti**, *et al.* "Outbreak of Corona Virus, Ocular Involvement and Scenario in Nepal". *Acta Scientific Ophthalmology* 3.5 (2020): 46-47.
- 28. **Raju Kaiti, et al.** "Myopic Degeneration and it's Low Vision Management- A Review". *Acta Scientific Ophthalmology* 3.6 (2020): 13-17.
- 29. **Raju Kaiti,** Ranjila Shyangbo, Shruti Singh, Chanda Pandey. Visual Impairment and its Rehabilitation: A Review. Tr Ophtha Open Acc J 3(1)- 2020. TOOAJ.MS.ID.000152. DOI: 10.32474/TOOAJ.2020.03.000152.
- 30. **Raju Kaiti.**, *et al.* "Computer Vision Syndrome: Is it being Diagnosed and Managed Properly?". *Acta Scientific Ophthalmology* 3.7 (2020): 13-20.
- 31. **Raju Kaiti, et al.** Management of Accommodative Insufficiency with Optometric Vision Therapy: A Case Report. J Ophthalmol 2020, 5(1): 000189.
- 32. **Raju Kaiti.**, *et al.* "Personal Protective Equipment for Occupational Safety and Ocular Health A Review". *EC Ophthalmology* 11.7 (2020): 61-66.
- 33. **Raju Kaiti, et al.** Overview of a Screening Camp in Rural Area of Nepal-A Camp Report. J Ophthalmol 2020, 5(1): 000191.
- 34. **Raju Kaiti et al.** Profile of Custom Ocular Prosthesis Users in a Tertiary Eye Care Centre in Nepal. J Ophthalmol Clin Res 2020, 4(3):35-38.
- 35. **Raju K**, Manish D, Bikash K. Ocular Morbidity Among Chepang Children, An Indigenous Ethnic Group of Nepal. JOJ Ophthalmol. 2020; 8(3): 555739.DOI: 10.19080/JOJO.2020.08.555739
- 36. Manish Dahal, **Raju Kaiti**, Sabina Nepal, Ranjila Shyangbo, Grishma Dahal, Rekha Ghimire. Dry Eye Disease: A Comprehensive Review. Int J Conf Proc.2(3). ICP.000537.2020.

- 37. **Raju Kaiti** and Ranjila Shyangbo. "Perception and Scenario of Contact Lens Use in Developing Countries like Nepal". *Acta Scientific Ophthalmology* 3.11 (2020): 01-03
- 38. **Kaiti R**, Dhungel P, Pradhan A, Chaudhry M. Clinical profile of amblyopia and outcome of occlusion therapy in pediatric populations attending a referral hospital. Guoji Yanke Zazhi(Int Eye Sci) 2020,20(11):1858-1865.
- 39. Manish Dahal, Ranjila Shyangbo, **Raju Kaiti**. "Review Duane's retraction syndrome diagnosis and treatment". Optometry Times Practical chairside advice 2021; 13(2):19-23.
- 40. **Kaiti R**, Shyangbo R, Sharma IP, Dahal M. Review on current concepts of myopia and its control strategies. *Int J Ophthalmol* 2021;14(4):606-615.
- 41. **Kaiti R,** Dhungel P, Pradhan A, Chaudhry M; Assessment of Knowledge and Attitude on Eye Donation in Undergraduate Medical students in Kathmandu University School of Medical Sciences, Nepal. *Kathmandu Univ Med J.*2021;73(1):3-8.
- 42. Joshi Shrestha L, **Kaiti R**. A Hospital Based Study of Prevalence of Dry Eye in Tertiary Care Hospital of Nepal. *Kathmandu Univ Med J.* 2021;73(1):107-12.
- 43. Ranjila Shyangbo and **Raju Kaiti**. "Quarantine in COVID: A Necessary Public Health Care Measure?". *Acta Scientific Ophthalmology* 4.9 (2021): 31-34.
- 44. Awasthi S, Paudel P, Sharma A K, Bhattarai S, **Kaiti R,** Shyangbo R; Visual Status among Nepalese Civilian Pilots. J Ophthalmol 2021, 6(1): 000217.
- 45. Pant SR, Bhattarai S, Awasthi S, **Kaiti R**; Evaluation of effectiveness of Bilamellar Tarsal Rotation surgery in Trachomatous Trichiasis- A study from Nepal. J Ophthalmol 2021, 6(2): 000227.
- 46. Gokul, K. C., Kandel, H., Valiño, L., **Kaiti, R.,** Roy, P., Sohail, M., & Gurung, D. B. (2021). Computational study for temperature distribution in ArF excimer laser corneal refractive surgeries using different beam delivery techniques. *Lasers in medical science*, 10.1007/s10103-021-03420-z. Advance online publication. https://doi.org/10.1007/s10103-021-03420-z.
- 47. Sharma IP, Chaudhry M, Sharma D, **Kaiti R** (2021). Mobile health intervention for promotion of eye health literacy. PLOS Glob Public Health 1(10): e0000025. https://doi.org/10.1371/journal.pgph.0000025

- 48. Dahal M, Shyangbo R, **Kaiti R**. Optometric Vision Therapy in the management of Amblyopia associated with DRS- Type II: A case Report. *Optometry and Visual performance*.2022;10(1):26-30.
- 49. Shrestha T, Shrestha R, **Kaiti R.** Study of Characteristic Retinal Findings among Hypertensive Population Attending a Tertiary Care Hospital in Nepal. *Kathmandu Univ Med J.* 2022;77(1):3-6.
- 50. Shrestha P, **Kaiti R**, Shyangbo R, Dhakal K. Ocular Survey in Kathmandu University Medical Students. *Kathmandu Univ Med J.* 2022;77(2):88-92.
- 51. **Kaiti R**, Shyangbo R, Sharma IP. Role of Atropine in the control of Myopia Progression- A Review. Beyoglu Eye J. Ahead of Print: BEJ-07742 | DOI: 10.14744/bej.2022.07742
- 52. Koirala B, Chandan A, **Kaiti R**, Mahat M, Sitaula S. A Combined Intervention of Single Vision Plus Lens and Tropicamide in the treatment of Pseudomyopia: A perspective case report from Nepal. Beyoglu Eye J. Ahead of Print: BEJ-44127 DOI: 10.14744/bej.2022.44127
- 53. Shrestha P, **Kaiti R**, Shyangbo R. Blindness among Patients with Type II Diabetes Mellitus Presenting to the Outpatient Department of Ophthalmology of a Tertiary Care Centre: A Descriptive Cross-sectional Study. J Nepal Med Assoc 2022;60(254):877-80.
- 54. Shyangbo R, Bajgai P, **Kaiti R,** Pokharel GP. Normative Vascular Features on OCT Angiography in Healthy Nepalese Eyes. *Clin Ophthalmol*. 2022;16:3613-3624 https://doi.org/10.2147/OPTH.S389272.
- 55. **Kaiti R,** Dev M, Pradhan A, Shrestha J; Refractive and binocular status in microscopists: A hospital-based study (on review in Kathmandu University Medical Journal).
- 56. **Kaiti R,** Pradhan A, Shrestha J, Shrestha P; Pattern of Refractive error and prevalence of Refractive error blindness in pediatric patients attending Dhulikhel Hospital (on review in KUMJ).

ACHIEVEMENTS:

1. Received grant from Wide Open Vistas (WOV), USA, 2015, for proposal entitled: "Pattern of Refractive error and prevalence of visual impairment due to uncorrected Refractive error among the pediatric patients attending the Ophthalmology Department of Dhulikhel Hospital."

- 2. Received grant from Asia Pacific Council of Optometry for poster presentation in 20th APCO conference, Malaysia, 2015.
- 3. **Gold Medalist** from Amity University for Masters of Optometry (Practitioner), 2014-2016.
- 4. Merit Scholarship for Bachelor of Optometry by Institute of Medicine, Tribhuvan University, 2006-2010.
- 5. Received grant from Nepalese Association of Optometrists for 2nd World Congress of Optometry in Hyderabad (2017).
- 6. Received project grant of 15,000 Euro from Nepalimed (INGO) to start full-fledged Low Vision Clinic in Dhulikhel Hospital (2017).
- 7. **Eye Health Hero** (Future Leader)- 2021.

PARTICIPATION IN CONFERENCES/SYMPOSIUMS:

- 1. Participated in the First National Oculoplasty Conference Nepal, 2010.
- 2. Participated in the International Cornea Conference, Kathmandu, Nepal, 2010.
- 3. Participated in the ESO International Vision science and Optometry Conference-EIVOC 2010, Chennai.
- 4. Attended the symposium on Signature for better spectacles conducted in the ESO International Vision science and Optometry Conference-EIVOC 2010, Chennai.
- 5. Attended the symposium on Doing Research in clinical set up conducted in the ESO International Vision science and Optometry Conference-EIVOC 2010, Chennai.
- 6. Participated in the "Strabismus Symposium 2011" organized jointly by Nepal Eye Hospital, Nepal Netra Jyoti Sangh, Nepal Ophthalmic Society and Orbis Internationl-12th February, 2011.
- 7. Participated in the "First All Nepal Ophthalmological Conference-2011"-Feb. 17-18, 2011 at Mechi Eye Hospital.
- 8. Participated in the Symposium on 'Cataract and Oculoplasty'- 23rd April 2011 at Dhulikhel Hospital, KU.
- 9. Participated in the "Vitreo-retina symposium"-12th November 2011.
- 10. Participated in one day hands on training on Rose K lenses at TIO, jointly organized by Nepalese Association of Optometrists and David Thomas Contact Lenses Ltd. September 2015.
- 11. Participated in 20th Asia Pacific Council of Optometry Conference in Malaysia, October 2015.
- 12. Participated in 2nd World Council of Optometry (Hyderabad), **Speaker**, September 11-13, 2017.

- 13. Participated as a presenter in 1st All Nepal Optometry Conference (ANOC) in Kathmandu, Nepal.
- 14. Participated in Three days' workshop on Curriculum development of Master of Optometry Program from Jan 02 to 04, 2019 at Tilganga Institute of Ophthalmology, Kathmandu, jointly organized by Curriculum Development Center (Pokhara University) and Tilganga Institute of Ophthalmology.
- 15. Participated in two days "workshop on minimum requirements for Medical Laboratory Technology and Optometry" in 1st and 2nd February 2019 organized by Nepal Health Professional Council.

PROFESSIONAL RESPONSIBILITIES:

- Member of Nepal Optometry Students' Society (2008-2009)
- Life Time member of Nepalese Association of Optometrists (NAO)
- Member of Bhaktapur Health Society
- Past member of faculty at Kathmandu University School of Medical Sciences (KUSMS)
- Member of Nepal Health Professional Council
- Consultant Optometrist in Dhulikhel Hospital, KU from April 2011 to March 2018.
- Currently working as a consultant optometrist at Nepal Eye Hospital, Tripureshwor, Kathmandu (since April 9, 2018 till date).
- Member, Curriculum development for Masters in Optometry, Pokhara University.
- A Reviewer of International Journal of Ophthalmology (2017- present)
- An Associate Editorial member of **Open Access Journal of Ophthalmology.**
- An editor of "Acta scientific Ophthalmology".
- Reviewer of the journal Clinical Ophthalmology (2019), Dove press.
- Reviewer of the journal Clinical Epidemiology (2020), Dove press.
- **Faculty** for Proficiency Certificate Level in Ophthalmic Science, (CTEVT) and Bachelor in Optometry and Vision science (NAMS) in Nepal Eye Hospital
- Active member of scientific committee in 1st All Nepal Optometry Conference (ANOC)
- Lecturer, Optometry and Vision Science, National Academy of Medical Sciences
- Coordinator for Curriculum revision of Bachelor of Optometry and vision Science, National Academy of Medical Sciences (NAMS)
- Member in Curriculum design of Bachelor of Optometry and vision Science, Purwanchal University

- Member in Curriculum revision of bachelor of Optometry, Institute of Medicine, Tribhuvan
 University
- Reviewer of Optometry and Vision Science, Journal of American Academy of Optometry.
- **Coordinator** Bachelor of Optometry and Vision Science (NEH-NAMS)
- Reviewer of PLOS ONE Global Public Health.
- Resource Person- "Occupational Training of Trainers (ToT) Ophthalmic Science" at Training Institute for Technical Instruction (TITI) (2078/09/05 to 2078/09/15)
- Vice President of Nepalese Association of Optometrist (NAO) (2022-till now)
- **Reviewer** of case Reports in Ophthalmology
- **Reviewer** of Asia Pacific Journal of Public Health

Languages:

	Speaking	Writing	Reading
Newari	Excellent	Good	Good
Nepali	Excellent	Excellent	Excellent
English	Excellent	Excellent	Excellent
Hindi	Excellent	Good	Excellent

Computer Knowledge:

Computer skills	Microsoft Office and other general application
	 Work in data processing of different research works
	• Statistical package for social science (SPSS)
	 Internet/email & MS Access

I hereby declare that all the information furnished above is true to the best of my knowledge and belief. I will do my duties to the best of my ability.

References:

- Prof. Jeevan Kumar Shrestha, Head of Ophthalmology department, Kathmandu University Dhulikhel Hospital.
- Prof. Bhagwat Prasad Nepal, Head of Ophthalmology Department, Lumbini Medical College, Palpa, Kathmandu University.
- Professor Monica Chaudhry, Head of Department, Optometry and Vision Science, Ansal University, Haryana.

Dr. Purnima Rajkarnik Ophthalmology.	ar Sthapit,	Head	of	Oncology	Department,	Tilganga	Institute