

ALISHA REGMI - OPTOMETRIST

OBJECTIVE

To attain a challenging, responsible and secure position of Optometrist, where there is ample scope for growth and where my skills would be put to maximum and optimum use. The objective is to make the patient more comfortable, cure them and help overcome them from their vision related problems and to promote them with positive health.

CURRICULUM VITAE

CONTACT INFORMATION

Applicant's Name : Alisha Regmi
Permanent Address : Tansen 3, Palpa, Nepal
Mobile Number : +977 -9864444391, 9810214791
E-mail Address : ralishaeta11@gmail.com

PERSONAL INFORMATION

Date of Birth : December 05, 1995 (19/08/2052)
Parents' Name : Mrs. Sushila Regmi / Mr. Pusker Raj Regmi
Gender : Female
Marital Status : Unmarried

CITIZENSHIP DETAILS

Citizenship : Nepalese
Citizenship Number : 1066/4247
Citizenship Issue Date : 2068/09/17
Citizenship Issue Place : Palpa

ACADEMIC QUALIFICATION

S.N	Level	Board/University	Institution	Division	Passed Year	Percentage (%)
1	Master of Optometry	The Tamilnadu Medical University Dr.MGR Medical university	The Sankara Nethralaya Academy (Unit of Medical Research Foundation), Chennai, India	First	2021	73.52
2	Bachelor of Clinical Optometry	Bharati Vidyapeeth Deemed University	Bharati Vidyapeeth Deemed University, Medical college, School Of Optometry, Pune, India	First	2017	69.61
3	+2 Science	HSEB Nepal	Millenium H.S.School Palpa, Nepal	Distinction	2013	70.60
4	S.L.C	Government of Nepal	New Horizon H.S.S.Tansen, Palpa, Nepal	Distinction	2011	87.13

LANGUAGES

Nepali, English, Hindi, Marathi, Tamil

PROFESSIONAL EXPERIENCES

- Working as Optometry lecturer in Himalaya Eye Institute, Pokhara from November 2022 to present.
- Worked as clinical optometrist and lecturer in Nepal Netra Jyoti Sangh Lumbini Eye Institute and Research Center (Shree Rana Ambika Shah Eye Hospital) Bhairahawa from November 2021 to October 2022.
- Worked as consultant optometrist in Kamal Nayan Eye Care and Opticals (Maharajgunj Road, Near Teaching Hospital, Kathmandu from January 2021 to October 2021)
- Worked as Contact lens consultant and Spectacle Lens consultant in A. Dinshaw and Co. Pune from June 2017 to July 2018
- Worked as an Intern Optometrist at Grant Medical Foundation Ruby Hall Clinic, Prabhudesai Eye Clinic, A.Dinshaw &Co. in Pune and Parekh Opticals in Nagpur.(2016-17)



DUTIES & RESPONSIBILITIES

- Attended out-patient department postings in various specialty: contact lenses, orthoptics, low vision and diagnostics departments.
- Worked in the project as an occupational optometrist in various camps for drivers, barbers, electronic part assemblers, IT professionals, automobile workers, etc.
- Conducted and participated in various community camps as school screening, refractive error screening, cataract screening, diabetic retinopathy screening camps, etc.
- Worked in frequent field visits, mass orientation and communication, data recording and compilation, monitoring and evaluating, planning and delivering care plans.

KEY COMPETENCIES

A) PERSONAL SKILLS

- Good at patients handling skills and listening skills.
- Able to counsel, communicate clearly and effectively with patients.
- Commitment to continuous improvement and learning.
- Good personal and social skills with an ability to work within team and individual.

B) PROFESSIONAL SKILLS

- Strong Knowledge of Optometry related skills.
- Ability to evaluate & analyze patients, visual problems and demands.
- Ability to use ophthalmic instruments in a safe, effective manner and interpret the reports.
- Knowledge in MS Office applications (Word, Excel, Power point)

C) SPECIALITY SUBJECTS

- Contact lenses
- Occupational Optometry
- Orthoptics
- Investigations

ACTIVITIES

- Completed training by Masterclass Optometry, Edumotivator Scholar 30 August 2015
- Attended the “World Optometry Day” 2016 at H.V.Desai College of Optometry, Pune.
- Completed training on Fitting & Dispensing Of Fresnel Prism by The Fresnel Prism and Lens Co. and Akriti Oculoplasty 14 February 2017.
- Attended workshop on Speciality Contact lenses at Bharati Vidyapeeth Deemed University, School Of Optometry on 23 to 25 January 2017
- Successful completion of Bausch and Lomb in campus program in year 2016-17
- Successful completion of the IACLE Student Trial Exam July 2017
- Participated in 18th Dr.E. Vaithilingam Memorial Scientific Session “The Imaging Conference 2019” and attended workshop on Glaucoma imaging workshop.
- Attended Research Methodology Biostatistics Workshop organized by Elite School of Optometry and Sankara Nethralaya Chennai from June 13-2019 to June 15-2019
- Attended a Rose K hands-on workshop conducted by Dr.Paul Rose and Ortho K hands-on workshop by GOV Lens Company on 21-22 February 2020
- Conducted an online survey among working population and students with aim to elicit the changes in work pattern due to COVID 19 locked down and understand the impact of usage of digital devices on Visual system and Musculoskeletal system. July 2020 (Presented in paper presentation in IVI-India Vision Institute International Virtual Conference & TradeFair-2020)

ACADEMIC ACTIVITIES

Activities	Year
Group study: Awareness among auto rickshaw drivers about the eye care (Presented in scientific poster at World Optometry Day 2015)	2015
Group study: A Survey based analysis on the working style and environment of chefs and the potential hazards they face on routine basis.	2016
Bachelor's submission topic: "Influence of presbyopic corrections on driving performance"	2016-17
Masters project topic: "Ergonomics and Visual Demand Assessment among Optometrists" (Part of it presented in paper presentation in Indian Optometric Association's Virtual conference-2020)	2018-21
Conducted classes and clinical training sessions for Bachelor's students (The Sankara Nethralaya Academy, Chennai)	2019-20
Part time Lecturer at Acchutha College of Optometry (The Tamil Nadu MGR university) Erode, Tamil Nadu.	2021-22
Conducting classes and clinical training sessions for BOVS NAMS' students and PCL in Ophthalmic Science students LEI & RC, Bhairahawa	2021-22
Conducting classes and clinical training sessions for B.Optom and M.Optom students in Himalaya Eye Institute, Pokhara.	2022 to present

AWARDS

- Awarded as the best paper presentation in "India Vision Institute – International Virtual Conference & Trade Fair- 2020" for scientific paper on "Changes in Work Pattern during COVID-19 lockdown and it's impact on eyes and body"
- Awarded as 1st runner up in paper presentation in Indian Optometric Association's Virtual conference-2020 for scientific paper on "Ergonomics Assessment and survey on Work-related Visual and Musculoskeletal Disorders among Optometrists"
- Awarded as the most Innovative Blog award on April 2021 and July 2021 by Vision Science Academy (UK) for blog entitled "Visual Ergonomics – there is a lot more to know" and "Meibomian Gland Dysfunction (MGD) with recent advanced technologies: Diagnosis and management" respectively.
- First prize, Scientific Poster Presentation, "Mega Event" World Optometry Day 2015, at Hari Jyot College of Optometry
- Second prize, Skit Competition "Digital Eye Strain-how it is affecting our lifestyle", World Optometry Day 2016 at H.V. Desai, Pune
- Third position holder in Bausch & Lomb Master Mind in Campus (MMIC) Program 2016-2017

PUBLICATIONS

- Original article in Clinical and Experimental Optometry entitled "Changes in work patterns during COVID-19 lockdown and its impact on the eyes and body" DOI: [10.1080/08164622.2022.2029682](https://doi.org/10.1080/08164622.2022.2029682)
- Blog entitled "Visual Ergonomics – there is a lot more to know" A.Regmi www.visionscienceacademy.org London, United Kingdom <https://visionscienceacademy.org/?s=visual+ergonomics>
- "Meibomian Gland Dysfunction (MGD) with recent advanced technologies: Diagnosis and management" A.Regmi www.visionscienceacademy.org London, United Kingdom <https://visionscienceacademy.org/meibomian-gland-dysfunction-mgd-with-recent-advanced-technologies-diagnosis-and-management/>

STRENGTH

- Good interpersonal and quick communication skills
- Confidence and determination
- Creative thinking and hard work
- Good at Practical aspects

INTERESTS

- Clinical practice
- Academics
- PhD
- Research
- Social Service

REFERENCES

Mr. Buddhi Prasad Sharma President – Nepal Netra Jyoti Sangh, Palpa Contact: +977-9847028026	Dr. Rashima Asokan HOD-Occupational Optometry Services, Senior Optometrist Sankara Nethralaya, Chennai, Contact: rashima@snmail.org
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DECLARATION

I hereby declare that the above given statements are true and correct to the best of my knowledge.

ALISHA REGMI