
DEEPENDRA KUMAR SAH

Janakpur-25, Dhanusha , Province-2 (45600), Nepal | deepusah@gmail.com

+9779841611913

Summary

Licensed Optometrist with 12 years of experience owning and running successful practice, servicing over 25000 patients annually. Reputable for quality of care and options as well as proper referral of patients to additional specialists for more complex cases. Skilled in care and diagnosis of patients ranging from children to geriatrics.

Skills

- Diagnosis and treatments
 - Contact lenses prescription
 - Eyeglasses adjustments
 - Eye examinations
 - Strong clinical judgment
 - Patient-oriented
 - Hands-on clinical instruction
 - Vision tests
 - Teaching for graduate students
 - Teaching for PG (MD) students
-

Experience

- Optometrist** **July 2014 till now**
Department of Ophthalmology, Shree Birendra Hospital, Chhauni, Nepal army
- Optometrist** **09/2011 to 01/2014**
Al Jaber Optical - Mall Of The Emirates **Dubai, Dubai**
in Al Jaber Optical and eye clinic, Dubai, UAE for 27 months.
- Optometrist (Vision Specialist)** **05/2010 to 05/2011**
Nepal Medical College, Teaching Hospital **Central Development Region**
 - In eye department of Nepal Medical College & Teaching Hospital, Jorpati, Kathmandu, Nepal for 1 year
- Optometrist** **12/2009 to 04/2010**
Janaki Medical College & Teaching Hospital **Janakpur**
 - Janakpur, Dhanusha, Nepal for 5 months
- Optometrist** **06/2009 to 11/2009**
Chandeshwori Eye Clinic **Kathmandu , Province No. 3**
 - As a private practitioner(optometrist) in Chandeshwori Eye Clinic, Jorpati, Kathmandu, Nepal for 6 months
-

Education and Training

- Bachelor of Science: Optometry**
T. U. Teaching Hospital (2009 June) Kathmandu, Central Development Region, Nepal
- Master of Science: Optometry**
Bharati Vidyapeeth Deemed University Pune, India (2020 November) Pune, MH
-

Activities and Honors

- Held 1st position in Inter-City tournament of Cricket in Janakpur, Nepal, in 1999 and performed the role of team Skipper.
- Held 1st Position in Volleyball in Intradepartmental Knock Out match in 2006 in Institute of Medicine, Kathmandu, Nepal.
- Participated in Table-Tennis tournament in Institute of Medicine, Kathmandu, Nepal in 2007.
- Held 2nd position in Badminton tournament of Interdepartmental tournament in Shree Birendra Military Hospital in 2017

Accomplishments

- **Research**

["Efficacy of Pencil Push Up Exercise in Convergence Insufficiency", in Medical Journal of BPKIHS, Dharan, Nepal in 2011]

["Ocular and Visual defects in children with Down Syndrome" for completion of Master Degree in Optometry.]

Certifications

Level	Board	Passed year(A.D.)
SLC(school leaving certificate)	Ministry of education, Government of Nepal	2001
10+2 (science)	Higher secondary education board(HSEB)	2003
Bachelor of Optometry(B.Optom)	Tribhuvan University (TUTH), IOM, Nepal	2009
Master of Optoemtry(M.Optom)	Bharati Vidyapeeth (DU), Pune, India	2020

Languages

Nepali, English, Mathili, Hindi

Conference, seminars and trainings

S.N.	CONGRESS/CONFERENCE/TRAINING	DATE (A.D.)	ADDRESS
1.	Recent Advancements in Contact lenses	24 th Sep 2018	Pimpri, Pune, India
2	Advance Cardiac life support	11 Oct to 13 Oct 2017	Shree Birendra Hospital, Chhauni, Nepal
3.	Technical Officer Basic Course-20	1 st Dec 2015 to 3 rd March 2016	Nepalese Military Academy, Kharipati, Nepal
4.	Symposium on "Cataract and Oculoplasty"	23 rd April 2011	Dhulikhel Hospital, KU, Nepal
5.	Strabismus Symposium 2011	12 th February 2011	Nepal Eye Hospital, Kathmandu, Nepal
6.	International Cornea Conference	December 9-10, 2010	Nepal Ophthalmic Society, Kathmandu, Nepal
7.	First National Oculoplastic Conference	October 28-29, 2010	Nepal Ophthalmic Society, Kathmandu, Nepal
8.	16 th Asia Pacific Optometric Congress	3-7 October 2007	Marriot resort Hotel, Goa, India

Social Services

- Participated in PACIFIC ANGEL Medical and Engineering Mission, 2017 in Gorkha, Nepal, organized by joint effort of Nepalese army, Government of Nepal and American Air Force.
- Participated in Health camp in Purano Jhanga VDC, Sindhuli, Nepal in March 12, 2011 organized by NGO (PROTECT NEPAL).
- Eye screening camp in Nala VDC, Banepa, Nepal on 15th January 2011 organized by Lions Club International of Rajbiraj, Nepal.
- School Health Camp in Kathmandu, Nepal on September 2, 2006 organized by Bharosa Multipurpose Co-operative Ltd and Nepal Medical Students Society.
- General Health Camp, Bhaktapur, Nepal on 28th July 2007 organized by Independent Garbage Cleaners' Union of Nepal