

## ANU THERESA BENNY



### Personal details

Date of Birth	: 22 August 1996
Age	: 22 years
Sex	: female
Nationality	: Indian
Religion & Caste	: Christian, RC
Marital Status	: Single

**Mobile**  
: +918301975264

Email:  
[anubenny2014@gmail.com](mailto:anubenny2014@gmail.com)

Languages Known      English,  
                                 Malayalam,  
                                 Tamil  
                                 Hindi

### Position Applied For

Optometrist

### Career Objective

- Seeking appropriate position to utilize my abilities and skills in the progressive health care organization that offers professional and personal growth while being resourceful and flexible.

### Personal Skills/Strength

- Positive thinking, leadership quality, Belief in God, Self-confidence, Good communication skill, Adjustable to situations and Willingness to learn.

### Academic Qualification

Institution	Course	Year of pass
Little flower institute Of Medical Science & Research center (LIMSAR), Angamaly	BSC OPTOMETRY	2019
St. Joseph higher secondary school, karimannoor	HSE	2014
St. Joseph higher secondary school, karimannoor	SSLC	2012

### Experience

One year Internship at LITTLE FLOWER HOSPITAL & RESEARCH CENTER Angamaly , Kerala , India

**Permanent  
Address:**

**Mattathilanickal  
(H)  
Cheppukulam  
P.O  
Thodupuzha  
Idukki  
PIN: 685581**

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**Clinical Rotations**

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- Refraction Clinic
- Cornea Clinic
- Contact Lens Clinic
- Uvea Clinic
- Retina Clinic
- Glaucoma Clinic
- Orthoptics Clinic
- Paediatric Clinic
- Ultra Sound Techniques
- Optical Shop & Medical Workshop
- Neuro Ophthalmology
- Low Vision Clinic
- OT Observation
- Community Ophthalmology, attended camps & School Screening Programmes
- LASIK

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**Practical Skills**

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- Streak Retinoscopy
- Slit lamp Biomicroscopy
- Tonometry ( Non-Contact & Applanation Tonometry)
- Biometry (A Scan & IOL Master)
- Perimetry (HFA)
- Auto Refractometer
- Lensometry (Automated & Manuel)
- Keratometry (Automated & Manuel)
- Orthoptic Instruments
  - PBCT
  - Maddox Rod
  - Maddox Wing
  - Synaptophore
  - TNO Stereo test
  - Bagolini striated glass
  - RAF Ruler for NPC & NPA

- Corneal Topography
- Contact Lens Management (soft, soft Toric,RGP, Rose –K)
- Pachymetry
- Electrodiagnostic Device (ERG,VEP)
- Fundus Flurorescein Angiography
- Optic Coherence Tomography
- Specular Microscopy
- Dispensing of Low Vision Aids & Spectacles
- Prosthetic Clinic

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### **Achievements**

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Won prizes in Cultural & Sports event at school and college levels.

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### **Camps & Conference attended**

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- Eye Camps & School Screening programme organized by Little Flower Hospital , Angamaly in associated with Lions & Rotary Club's
- Attended REACH (REFRACTIVE ERROR AMONG CHILDREN) programme and engaged in health education classes for school students, conducted by ORBIS , in association with Little flower hospital and research centre,Angamaly
- Participated in Continuing Medical Education Programme on RECENT ADVANCES IN OPTOMETRY conducted by Ahalia Foundation Eye Hospital,Palakkad
- Participated In Continuing Medical Education Program On REFRACTION AND SPECTACLE LENSES Held At Regional Institute Of Ophthalmology, Thiruvananthapuram

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**Project**

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- COMPARISON OF OCULAR PARAMETERS USING IOL MASTER AND A-SCAN IN INDIVIDUALS WITH DIFFERENT REFRACTIVE ERRORS

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**Academic interest**

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Refraction  
Orthoptics  
Dispensing  
Instruments  
Teaching

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**Declaration**

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I, hereby declare that the above mentioned details are true and can be verified with the necessary certificates if needed.

Thodupuzha

Anu Theresa Benny