

JAMSHEENA.K

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BSc. OPTOMETRY

jamshi0519@gmail.com

CAREER OBJECTIVE

Looking for a challenging role as an Optometrist so that I can use my skills and capabilities through sincere dedication and hard work for successful career.

SKILLS AND EXPERIENCES

Academic Experiences

- Complete 1st,2nd,3rd year BSc Optometry at Al Salama Eye Research Foundation, Perinthalmanna.
- Internship at Vasan Eye Care Hospital, Cochin (1 year Bsc Optometry Internship Programme).
- Attended Eye Camps & School Screening programmes organized by Al Salama Eye Research Foundation, Perinthalmanna & Vasan Eye Care Hospital, Cochin.

Practical Skills

- Streak Retinoscopy
- Non Contact Tonometer
- Perimetry (HFA)
- Auto Refractometer
- Lensometry (Automated & Manual)
- Keratometry (Automated & Manual)
- Fundus Photo
- Optical Coherence Tomography(OCT)
- Orb-scan
- Abberometry

- CCT
- A-Scan
- Orthoptic Instruments
- Contact lens management
- Spectacle Dispensing

CLINICAL ROTATION

- Refraction Clinic
- Optical Shop
- Ophthalmic Pharmacy
- OT Observation

CONFERENCE ATTENDED

- Attended 'EYEDIA 2K17' Seminar conducted by AL SALAMA EYE RESEARCH FOUNDATION, Perinthalmanna. Optometry Council of India(OCI) has accredited Eyedia 2K17 programme for IOCE credits
- CME on OPTHALMIC GADGETS by Carlzeiss India (Bangalore) under the guidance of Berin Lawrance.

PROJECTS

1- “VISUAL STATUS OF KERATOCONUS PATIENTS BEFORE AND AFTER TREATMENT”

DURATION: 3 MONTHS

GUIDE: OPTOM ATHIRA K.S (MSc OPTOMETRY)

2- “INCIDENCE OF NUCLEAR SCLEROSIS FORMATION IN DIABETIC AND NON-DIABETIC PATIENTS”

DURATION: 6 MONTHS

GUIDE: OPTOM ATHIRA K.S (MSc OPTOMETRY)

AL SALAMA EYE RESEARCH FOUNDATION PERINTHALMANNA

STRENGTH

- Passionate of work
- Communication skills

AREAS OF INTERESTS

- Refraction
- Biometric procedures
- Contact lenses
- Spectacle Dispensing
- Orthoptics
- LASIK

EDUCATIONAL QUALIFICATION

Degree/Course: BSc.OPTOMETRY(2015-2019)

AL SALAMA EYE RESEARCH FOUNDATION PERINTHALMANNA MALAPPURAM
KERALA

UNIVERSITY: BHARATHIAR

PLUS TWO(2015): K.P.S.M.M.H.S.S VARODE OTTAPALAM PALAKKAD KERALA

SSLC(2013): K.P.S.M.M.H.S.S VARODE OTTAPALAM PALAKKAD KERALA

PERSONAL DETAILS

FATHER: HAMEED

MOTHER: SUHARA

DATE OF BIRTH: 13/06/1996

GENDER: FEMALE

PERMANENT ADDRESS:

KARANAM KOTTIL HOUSE

THOTTAKKARA (PO),OTTAPALAM

PALAKKAD (DT)

KERALA

PIN: 679102

Nationality: INDIAN

Marital Status: Single

Languages Known:

Malayalam (Speaking, Reading and writing),

English (Speaking, Reading and Writing)

Hindi (Speaking, Reading and Writing),

Tamil (Speaking)

Arabic (Reading and Writing)

DECLARATION

I hereby declare that all the details furnished here are true to the best of my knowledge and belief.

JAMSHEENA.K

Place: Ernakulam(Chittoor)