

# RESUME

## GOPIKA S KUMAR



### Contact

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### PERSONAL PROFILE

Date of birth	26-09-1995
Gender	Female
Marital status	Single
Mother tongue	Malayalam
Fathers name	Shibukumar.K.S
Nationality	Indian
Languages known	English, Malayalam, Hindi, Tamil

### OBJECTIVE

To secure a challenging career opportunity to utilize my experience in eye care management and teaching skills.

### PROFESSIONAL SKILLS

- Strong decision maker
- Thorough knowledge of the various aspects of the eye care management.
- Excellent communication skills written and verbal
- Service-focused
- Expertise in computer applications
- Ability to multitask efficiency in high pressure environments

### ACHEIVEMENTS

- Completed one year internship at Regional Institute of Ophthalmology, Govt.Medical College Thiruvananthapuram
- Participated in various CME's
- Attended many eye camps
- Computer Skills

## ACADEMIC PROFILE

DEGREE/ COURSE	INSTITUTE	UNIVERSITY /BOARD	AGGREGATE %	YEAR OF PASSING
Master of Optometry	Little Flower Institute of Medical Science and Research, Angamaly	Kerala University of Health Sciences, Thrissur	68%	2019
BSc Optometry	Regional Institute of Ophthalmology, Govt.Medical College Thiruvananthapuram	Kerala University of Health Sciences, Thrissur	65%	2017
PLUS TWO	New Higher Secondary School, Nellimoodu	Kerala Board HSE	93%	2013
SSLC	St.Chrysostom's GHSS Nellimoodu	Kerala Board	87%	2011
Diploma in Desktop Publishing	Global net Computer Education, Nellimoodu	Indian Computer Education Society	77%	2011

## CLINICAL SKILLS & EXPERIENCE

Clinical experience gathered during the duration of course and one year internship period.

**Refraction:-**Preliminary work up(History,Visual acuity assessment)-Fogging-Duochrome test-Auto Refractometer-Lensometer-Retinoscopy(Dynamic,Static)-Post Mydriatic test-Prescription of spectacles and counselling.

**Contact lens:** - Preliminary work up-Keratometry-Fitting -Counselling and advices.

**Cornea:-** Preliminary work up-Foreign body removal-Specular microscopy-Dry eye evaluation-Corneal Topography-Slit lamp photography-counselling for keratoplasty.

**Glaucoma:-** Preliminary work up-Schiotz Tonometry-Applanation Tonometry – Assisted and observed Gonioscopy- Assisted and observed Yag PI - Optical coherence Tomography-Pachymetry- Perimetry fields [Humphrey Field Analyser]

**Retina:-**Preliminary work up –Fundus photography,Anterior segment photography-Fundus Fluorescien angiography-Indocyanin Green angiography-Optical Coherence Tomography

**Low vision:-**Low vision management of low vision clients with magnification of optical and non optical aids

**Pre-Operative work:-**IOL power calculation [A-scan,Keratometry,Lenstar]

**Operation Theatre:-**Observed and Assisted Anesthesia (Peribulbar block, Facial Block), Cataract Surgery (Small Incision cataract surgery, Phacoemulsification), Glaucoma Surgery, Retinal Surgery (Scleral buckling, Pars plana vitrectomy), Corneal Surgery (C3R surgery, Keratoplasty, Amniotic membrane graft Transplantation), Pterygium excision Surgery, Lid surgeries (Ptosis surgery, Correction of entropion and ectropion), Probing, Orbital surgery, Squint Surgery. Minor surgeries - Chalazion I&C, wound tear repair.

**Community Outreach programme :-** Eye Camps and school screening camps

**Teaching experience:-** Lectured Optometry Students during the course period of Master of Optometry.

## **PROJECT DETAILS**

1. Clinical Profile of Esotropia in Regional Institute of Ophthalmology (UG thesis)
2. Clinical study on Pediatric Ocular Trauma (During Internship)
3. The Effect of Caffeine on tear secretion (PG thesis)

## **PROFESSIONAL TRAINING CLASSES ATTENDED**

1. 'Ananthanayanam' CME on Refraction and spectacle lenses at Govt. Medical College Thiruvananthapuram.
2. 'Sunday Conversations' CME on Clinical Refraction conducted at Gitanjali Eye and ENT Hospital Thiruvananthapuram
3. Ahalia Continuing Medical Education (ACME 2016) on optometry clinical evaluation conducted at Ahalia School of Optometry Palakkad.
4. Horizon-2017 accredited by Optometry Council of India (OCI) held at Bejan Singh Institute of Ophthalmology, Tamilnadu.
5. VUE 2k18 conducted by Little Flower Institute of Medical Sciences & Research Centre Angamaly
6. LF ACADEMIA 2019: RETINA conducted by Little Flower Institute of Medical Sciences & Research Centre Angamaly
7. OPTIKA 2k19 continuing Optometry educational program on Binocular vision and neuro Optometry organized by Giridhar Eye Institute, SSM Eye Research Foundation & Susruta School of Optometry & Visual Sciences, Ernakulam.

## **DECLARATION**

I hereby declare that the above information furnished by me is true to the best of my knowledge and I bear the responsibility for the correctness of the above mentioned particulars.

GOPIKA.S.KUMAR

Place: Thiruvananthapuram

Date: 02/12/2019