**CURRICULUM VITAE**

 **SHILPA SARA JOSEPH Ph : 8056277997, 7736349460**

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**CAREER OBJECTIVE**

To work along with an organisation/institution that helps me to grow as an optometrist, academician & researcher and to contribute to the growth of institution

**PROFILE SYNOPSIS**

* More than two and half years of experience as faculty in optometry
* Certified member of optometry Council of India (Reg no : 062015802)
* Has Msc degree in optometry (Manipal University)
* Good clinical skills acquired during rigorous internship training in top institutions in India (LVPEI Hyderabad, Manipal university , Manipal )

**PERSONAL DETAILS**

Date of Birth : 21 June 1992

Languages known : English, Malayalam, Hindi (speak, write & read)Tamil, Telugu

Nationality : Indian

Address : Shilpa Sara Joseph

 Chirakuzhiyil (H), Meenachil , Pala

**WORK EXPERIENCE:**

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| **Institute**  | **Period**  | **Post**  | **Work description** |
| **Vasan institute of ophthalmology and vision science, coimbatore** | **February 2017 – may 2018**  | **Faculty** | * **Handled theory classes for 1st , 2nd and 3rd year and practical for 2nd year BSc optometry**
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| **Inlife institute of vision science and management , coimbatore** | **August 2018 – December 2019** | **Teaching faculty****(Optometry incharge )** | * **Handled theory and practical classes for 2nd and 3rd years**
* **Guided all the third year academic projects**
* **Implemented and guided journal and case presentations for 2nd and 3rd year students**
* **Headed various eye camps conducted in and around Coimbatore in association with Zeiss international and Rotary club**
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**SUBJECTS HANDLED :**

Ocular diseases ,Visual optics , Optometric instruments ( theory and practicals ), Optometric optics and Dispensing optics, Contact lens (theory and practicals), Low vision aids (theory and practicals), Ocular anatomy , general anatomy and physiology, systemic diseases , Occupational optometry

**ACADEMIC CREDENTIALS**

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| **Degree** | **Institute/University** | **Year of completion** | **Marks** |
| Masters inOptometry | School of Allied Health Sciences, Manipal University, Manipal, India | 2016 June  | 74%(2nd rank in university) |
| Bachelors in Clinical Optometry | School of Allied Health Sciences,Manipal University,Manipal, India | 2014 June | 73.16% |
| 12th | Carmel CMI school, shoranur, kerala (CBSE syllabus) | 2010 March | 71.4% |
| 10th | Carmel CMI school, shoranur, kerala (CBSE syllabus) | March 2008  | 84% |

**ACADEMIC PROJECTS:**

* **Title**: “Comparison of frame measurements with ophthalmic anthropometric values in school going children”

Study Period: January 2015 – April 2016

Brief description of the project: The project work aimed to compare thirteen ophthalmic anthropometric measurements with corresponding frame measurements of spectacles worn by children aged 5 to 15 years to see if the fitting of the spectacle were adequate. It was found from the results that nine out of the thirteen ophthalmic anthropometric measurements had statistically significant difference from their corresponding frame measurements. The clinical significance of this difference was not explored

* **Title**: “Effect of monocular cues and induced anisometropia on stereo acuity measured using Titmus and Frisby stereotests”

Study Period: December 2012 – April 2013

Brief description of the project : Aim of the project was to find the effect of monocular cues and anisometropia on stereoacuity and also to compare the effects of monocular cues of dominant and non dominant eyes in stereopsis. This was done by measuring stereoacuity binocularly , monocularly and by inducing myopic, hyperopic and astigmatic anisometropia. It was found that there is no clinically significant effect of monocular cues on stereoacuity measurement, but a drop in stereoacuity was observed while anisometropia was induced, and the drop was high for higher powers induced. No significant difference was observed between monocular cues exhibited by dominant and non dominant eyes

**WORKSHOP ATTENDED/ ACHIEVEMENTS**

* Participated and won the second place in the quiz competition organized by the DEPARTMENT OF OPTOMETRY, SOAHS, MANIPAL on the occasion of world Optometry Day celebration on 27th march 2012 at Shirdi SaiBaba Hospital Auditorium
* Participated and secured first place in quiz competition conducted as a part of workshop on contact lenses by Alcon Ltd
* Successfully completed IACLE student Trial examination in 2016
* Participated and won first place for best poster presentation in the Student Research Poster Competition 2016 organized by Manipal University Students Research Forum
* Attended talks by DR. Lea and DR. Premnandini on low vision evaluation and visual acuity assessment in specially abled children conducted in LV Prasad Eye institute
* Successfully completed the sub speciality exam for interns and fellow optometrists conducted by LV Prasad Eye Institute and was selected along with limited number of students to attend speciality classes in low vision , behavioral optometry (psycho visual perceptions) and biostatistics for 6 months during internship
* Attended seminar by Dr. Charanya Ramachandran on “developments in ocular stem cell therapies”
* Participated in quiz competition conducted for optometry colleges by Bausch and Lomb school of optometry, Hyderabad , representing School of Allied Health Sciences , Manipal , on the occasion of World Optometry Day

**TRAINING/ INTERNSHIPS ATTENDED**

* Underwent 9 months of internship on optometry skills( Cornea, Contact lens, Uvea, Retina, Low vision, Oculoplasty, Opticals & dispensing) at LV Prasad Eye Institute, Hyderabad (July 2013 – April 2014)
* Underwent 3 months training on optometry skills at Kasturba Medical Hospital Manipal, (from May 2014 to July, 2014)
* Attended teachers training program on teaching techniques and integration of research skills organized by IIVM institute , Coimbatore