



**Haritha. K**  
**04 Years' Experience as OPTOMETRIST**  
**MOH Eligibility letter Ref No: 179366**

**Mob No. +971 56 563 9635**  
**Email: [harithajayan689@gmail.com](mailto:harithajayan689@gmail.com)**

**Career Objective:** To serve the community with commitment, dedication, and to the best of my abilities and to gain immense practical exposure and become professionally trained to handle critical situations in the field of Optometry.

### **Educational Qualification:**

MSc Optometry – Al Salama Eye Research Foundation – Final Year Examination completed, Waiting for Result.

BSc Optometry – Al Salama Eye Research Foundation – Passed out in 2015. (Second Class)

HSE – Board of Higher Secondary Examination Kerala - Passed out in 2011. (77%)

### **Working experience:**

Hospital Name: **EYE POINT Eye Clinic and Opticals - Pattambi, Kerala, India**

Designation : Optometrist

Duration : 01<sup>st</sup> February 2018 to 05<sup>th</sup> January 2020

Hospital Name: **Al Salama Eye Hospital, Perinthalmanna, Malappuram, Kerala, India**

Designation : Optometrist

Duration : 09<sup>th</sup> January 2016 to 15<sup>th</sup> January 2018

### **OPTOMETRY SKILL AND PROCEDURES**

- Refraction (Objective, Subjective & AR)
- Prescription of spectacles
- Prescription of low vision aids
- History taking of an ophthalmic case
- Contact Lens (Fitting, Fit assessment, follow up)
- Slit-lamp examination for optometry practice
- Lasik work up (Pentacam, Orbscan)
- Squint & Orthopedic evaluation
- Automated lensometer
- Keratometry
- Calculation of IOL power using A scan (Haagstreit, Lenstar & Biomedix)
- Tonometry (Schiotz, Applanation, Tonopen & Non-contact Tonometer)
- Visual field analysis (HFA, octopus)
- Optical Coherence Tomography
- Knowledge in the electronic medical recording.

- Fundus camera
- Fundus fluorescein angiography
- Lacrimal syringing
- Pachymetry
- Ocular surface evaluation
- First Assistant to Major & Minor surgical procedures (SICS, PHACO, MIVS, chalazion, etc.)

**Soft Skills:**

Excellent organizational skill  
Ability to Communicate with Patient  
Proficient in Computer Skill  
Excellent Time Management Skill  
Excellent Leadership and Teamwork attributes.

**Key Achievements:**

- Attended different conferences organized at various centers in south India,
- " A clinical refresher in refraction"- at Eye Foundation, Coimbatore, Tamil Nadu.
  - OPTICON-2014 "- At Giridhar eye hospital, Ernakulam
  - Attained membership in Graduate Optometric Association.
  - Done a Thesis on the topic of "Pattern and distribution of ocular injuries."
  - Done a Thesis on the topic of "Efficacy of home-based vision therapy in symptomatic convergence insufficiency patients"
  - Attended Various Charity Work Coordinated by Al Salama Charitable Eye hospital, a subsidiary of Al Salama Eye Hospital.
  - Attended more than 300 eye camps on Cataract detection, Diabetic Retinopathy Screening, and Refractive Error correction under the community ophthalmology wing of Al Salama Eye Hospital, Perinthalmanna

**Personal Details:**

Nationality – Indian  
Date of Birth – 13/05/1994  
Marital Status – Married  
Languages – English, Hindi, Tamil & Malayalam

**Passport Details:**

Passport No – R1151973  
Date of issue – 06/06/2017  
Date of expiry – 15/06/2027

**Declaration**

I hereby declare that the above-mentioned details are true and correct to the best of my knowledge and belief.

Date :

Haritha. K

Location: