

## **RIKTA PAUL**

**Profile-** Teaching and research in optometry are two of my greatest passions, and I am deeply committed to both. Enthusiastic about using creative research projects and interactive classroom activities to encourage critical thinking and intellectual curiosity among students. Proficient in mentoring, pedagogical strategies, and curriculum building.

**Objective-** To work with an organization where I can put my knowledge and skills into action which will help in developing me as an individual and also, helps in the growth of the Institution for whom I promise to work with utmost dedication and be a significant part of it.

### **Personal details**

- ✓ Contact number- 9742314793
- ✓ Email ID- [riktapaul48@gmail.com](mailto:riktapaul48@gmail.com)
- ✓ Date of birth- 4.08.1994
- ✓ Languages known- English, Hindi, Bengali
- ✓ Residence- Agartala, Tripura

### **Education-**

- ✓ Pursuing PhD from CT university, Ludhiana, Punjab (2021)
- ✓ Postgraduation aggregate- 71% from Dr D Y Patil Vidyapeeth, Pune (2018-2020)
- ✓ Undergraduate aggregate- 60% from Tripura Central University (2013-2017)
- ✓ Higher Secondary examination- 70% from Tripura Board of Secondary Education (2013)
- ✓ Secondary examinations- 73% from Tripura Board of Secondary Education (2011)

### **Employment-**

- ✓ Assistant professor- Swami Vivekananda University, Barrackpore (April 2024- till present)
- ✓ Assistant professor- Galgotias University, Greater Noida (September 2023- April 2024)
- ✓ Assistant professor- IIMT University, Meerut (November 2021- September 2023)
- ✓ Assistant professor- Guru Nanak College of Paramedical Sciences, Dehradun (March 2021- October, 2021)
- ✓ Clinical postings- PBMA's H V Desai Eye Hospital, Pune (August 2019- April 2020)
- ✓ Clinical postings- ~~Natasha Eye Care and Research Centre, Pune (January 2019- April 2019)~~

- ✓ Naseema Institute of Optometry and Research as lecturer from August 2017 to July 2018
- ✓ Internship from- Narayana Nethralaya, Bangaluru (July 2016- July 2017)

### **Projects undertaken-**

- ✓ Impact of diabetic retinopathy on vision related quality of life (2020), Supervised Mrs. Sushmita Banerjee (Dr D Y Patil Vidyapeeth, Pune) and Dr Kalyani VKS (PBMA's H V Desai Eye Hospital, Pune)
- ✓ Retrospective data on causes of low vision and major assistive devices prescribed in a hospital based low vision clinic in Pune, Maharashtra (2019) Supervised by, Mrs. Sushmita Banerjee (Dr D Y Patil Vidyapeeth, Pune) and Mr Mahadev Shegunashi (PBMA's H V Desai Eye Hospital, Pune)
- ✓ Evaluating three different methods of determining addition in presbyopes (2017) Supervised by, Mr. Vijay Kumar (Narayana Nethralaya, Bangaluru)
- ✓ Correlation of Macular Pigment Optical Density with Ganglion Cell Complex and Retinal Nerve Fibre layer in Normal Indian Population (2016) Supervised by, Mr. Mukund Chaitanya Akkali (Narayana Nethralaya, Bangaluru)

### **Research and Publication**

1. Saeed A, Razvi J, Dubey G, Kumari V, Ali J, Bano S, Chhugan M, Kamat O S, Sharma K, Paul R, Ocular morbidity pattern in Kashmir – A hospital-based study. *Indian J Clin Exp Ophthalmol* 2022;8(2):239-244. <https://doi.org/10.18231/j.ijceo.2022.048>
2. Paul, R., Karmakar, S., Banerjee, S. (undefined). Association between quality of life and visual characteristics in individuals with diabetic retinopathy. *Gulhane Medical Journal*, undefined(undefined), -. doi:10.4274/gulhane.galenos.2024.26928.
3. Manna, P., Karmakar, S., Mondal, A., Sarbajna, P., Paul, R., & Mudi, M. (2024). Management of ocular aberration and convergence excess after laser-assisted in situ keratomileusis with vision therapy. *Eye & ENT Research*.
4. Rikta Paul. Quality of life in keratoconus patients: A narrative review. *Int. J. Biol. Sci.* 2024;6(2):104-106. DOI: [10.33545/26649926.2024.v6.i2b.240](https://doi.org/10.33545/26649926.2024.v6.i2b.240)
5. Rikta Paul. Causes of low vision in India: A narrative review. *Int. J. Biol. Sci.* 2024;6(2):107-111. DOI: [10.33545/26649926.2024.v6.i2b.241](https://doi.org/10.33545/26649926.2024.v6.i2b.241)
6. Rikta Paul. A comprehensive review of amblyopia treatment. *Int J Appl Res* 2024;10(11):227-231. DOI: [10.22271/allresearch.2024.v10.i11d.12163](https://doi.org/10.22271/allresearch.2024.v10.i11d.12163)

7. Rikta Paul. Recent advancements in low vision devices: A narrative review. Int J Adv Acad Stud 2024;6(12):06-09. DOI: [10.33545/27068919.2024.v6.i12a.1306](https://doi.org/10.33545/27068919.2024.v6.i12a.1306)

### **Book Publication**

1. **Chapter 1** History of contact lens Contact lens practice manual (ISBN-978-93-340-7136-8)
2. **Chapter 9** Ocular complication of contact lens Contact lens practice manual ((ISBN-978-93-340-7136-8)

### **Academic Achievements-**

- ✓ Presented a research paper on “the burden on diabetic retinopathy on vision-related quality of life: a systematic review”, organized by GD Goenka University, 2024.
- ✓ Panelist at “Women’s eye health and safety month- a panel discussion” organized by the department of optometry, School of health and Allied Sciences, ARKA JAIN University, Jamshedpur (Jharkhand) on 25<sup>th</sup> April, 2023.
- ✓ Presented poster at 19<sup>th</sup> Dr.E Vaithilingam memorial scientific session organized by Elite school of optometry, 25<sup>th</sup> to 28<sup>th</sup> March, 2021 on Retrospective data on causes of low vision and major assistive devices prescribed in a hospital based low vision clinic in Pune, Maharashtra

- ✓ Presented orally at virtual conference organized by Indian optometric association in December, 2020 on “Vision related quality of life in patients with diabetic retinopathy”
- ✓ Presented orally at 10<sup>th</sup> Shree Naval P Balliwala Scientific Session organized by Lotus College of Optometry, Mumbai in March, 2019 on “Correlation of Macular Pigment Optical Density with Ganglion Cell Complex and Retinal Nerve Fibre layer in Normal Indian Population”
- ✓ Received “Dr. B.R Ambedkar Memorial Award” from Directorate for Welfare of Schedules caste and Other Backward Classes for commendable performance in higher secondary examination (2013)
- ✓ Received “Dr. B.R Ambedkar Memorial Award” from Directorate for Welfare of Schedules caste and Other Backward Classes for commendable performance in secondary examination (2011)

#### **Co-curricular Achievements-**

- ✓ Winners in group dance competition organized by Indian Optometry Association 2018 in New Delhi. (Theme- Eye Donation)
- ✓ Runner’s up in group dance competition organized by Naseema Institute of Optometry and Research, 2017 in Bangaluru (Theme- Mental Health)

#### **Faculty Development Program**

- ✓ Attended 5-day Faculty development program on IPR and entrepreneurship Organized by Adamas University in collaboration with Swami Vivekananda University, Barasat from 5<sup>th</sup> may to 12<sup>th</sup> may, 2024.
- ✓ Attended 7-day online Faculty development program on “Research Methodology: A Quantitative Analysis Approach” Organized by School of Hotel Management Catering and Tourism, IIMT University, Meerut from 18/03/2023 to 25/03/2023.
- ✓ Attended 7 days Faculty development program on “Professional Ethics in Multidisciplinary Profession” in IIMT College of Allied Medical Sciences, Meerut from 24<sup>th</sup> April- 1<sup>st</sup> May, 2023.
- ✓ Attended FDP webinar on “Recent Technological Trends in Science, Management and Technology” organized by School of Basic Sciences and Technology from 1<sup>st</sup> to 7<sup>th</sup> February, 2022.

## **Certifications-**

- ✓ 1<sup>st</sup> International conference on health care researches and technologies (ICHRT) 2024 conference organized by Swami Vivekananda University, Barrackpore.
- ✓ 3<sup>rd</sup> national optometry conference 2023 organized by IIMT University, Meerut, Uttar Pradesh.
- ✓ 6<sup>th</sup> low vision conference 2023 organized by C.L Gupta Eye Institute, Moradabad, Uttar Pradesh
- ✓ Uttara-opto-con 2022 organized by Uttarakhand optometric association.
- ✓ 41<sup>th</sup> virtual Low Vision Awareness Program (LAP) organized by LVPEI, Hyderabad- September 2020
- ✓ Diabetic Retinopathy Workshop for optometrists organized by Dr D Y Patil Institute of Optometry and Visual sciences, Pune, February 2020
- ✓ Rose K Wet lab session organized by College of Optometry PBMA's H.V Desai Eye Hospital, Pune, February 2020
- ✓ Seminar on Orthokeratology lenses by OK Vision, Pune, February 2020
- ✓ 40<sup>th</sup> Low Vision Awareness Program (LAP), LVPEI Hyderabad- September 2019
- ✓ 10<sup>th</sup> Shree Naval P Balliwala Scientific Session-: Lotus College of Optometry-, Mumbai March, 2019
- ✓ Continuous Optometry Education- Recent Advancements in Contact Lens, Dr D Y Patil Institute of Optometry and Visual Sciences, Pune- October 2018
- ✓ 3<sup>rd</sup> Optosight by Naseema Institute of Optometry and Research, Bangaluru- May 2018
- ✓ 37<sup>th</sup> All India Optometry Conference in Delhi- march 2018
- ✓ 2<sup>nd</sup> Optosight- World Optometry Celebration by Naseema Institute of Optometry and Research, Bangaluru, 2017
- ✓ 3rd EIVOC organized by Elite School of Optometry, Chennai- August 2015
- ✓ 1st North East Optometry Conference organized by Tripura Institute of Paramedical Sciences- January 2014
- ✓ Binocular Vision Workshop, 3<sup>rd</sup> Optosight by Naseema Institute of Optometry and Research, Bangaluru- May 2018
- ✓ Dispensing Workshop, 3<sup>rd</sup> Optosight by Naseema Institute of Optometry and Research, Bangaluru- May 2018
- ✓ Low Vision Workshop; 1st North East Optometry Conference, Tripura 2014

### **Skills-**

- ✓ Comprehensive skills- Patient handling and preliminary work up (history taking, vision, refraction, slit lamp and tonometry)
- ✓ Specialty skills-
  - Low vision (evaluation, dispensing of devices, trial and training)
  - Binocular Vision evaluation (Orthoptics work up)
  - Clinical Diagnostics (Optical Coherence Tomography, B Scan, Perimetry, ROP Screening, Ocular Response Analyser, Specular Microscopy, IOL Master, Diplopia charting, Hess Screening, Electrophysiological testing)
- ✓ Academia- Lectures, Invigilation and Question paper assortment
- ✓ Computer skills- MS Office
- ✓ Administrative skills- co-organized 3<sup>rd</sup> Optosight by Naseema Institute of Optometry and Research, Bangaluru, 2018

### **Strengths-**

- ✓ Conduction and execution of research
- ✓ Leadership qualities
- ✓ Communication skills
- ✓ Presentation skills
- ✓ Persistent, courteous and considerate to my colleagues
- ✓ Good at time management

I declare, all the above-mentioned details about me are true to the core.

Thank you.