



Lipika Kalita

Optometrist (M. Optom)

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A devoted and proactive optometrist with a passion for meeting the needs of students and patients and the ability to multitask and collaborate well with others. I believe in a student as well as a patient-centered approach that is characterized by compassion and friendliness. I desire to be a lifelong learner and progress into a prime optometric practitioner.

Professional Experience

- 09/2020 – 01/2021 **Clinical Optometrist (Part-time), Optical Outlets**
Job profile included comprehensive eye examination, binocular vision training, contact lens trials, pediatric eye evaluation, co-management of post-op cataract and refractive surgeries, and patient counseling.
- 09/2019 – 09/2020 **Clinical Internship, Sri Sankaradeva Nethralaya**
1-year rotatory internship in several tertiary eye care center departments, including Strabismus & Pediatrics, LASIK LASER Clinic, Glaucoma, Uvea, Oculoplasty, Cornea, and Retina. I was exposed to special procedures such as optical dispensing, biometry, contact lenses, LVA, orthoptics, electrodiagnostic procedures, and perimetry. The internship also involved community eye care services, such as vision screening camps held around the city and in outlying districts of Assam.

Education

- 2020 – 2022 **Master of Optometry,**
Manipal, India *Manipal College of Health Professions, Manipal Academy of Higher Education*
- 2016 – 2020 **Bachelor of Optometry, Sri Sankaradeva Nethralaya**
Guwahati, India

Languages

English | Hindi | Assamese | Bengali

Research Projects

- 2021 – present **Evaluation of tear film characteristics in young adult population,**
Manipal, India *Post-Graduate Research Project*
- 2019 – 2020 **The effect of red green duochrome in myopic astigmatism in age group of 10-20 years old,**
Guwahati, India *Under-Graduate Research Project*

Skills

Comprehensive Eye Examination	Binocular Vision and Orthoptics Assessment
Specialty Contact Lens Fitting and Assessment	Low Vision Assessment and Management
Assessment and Interpretation of Ocular Diseases	Teamwork and Organizational Skills
Leadership and Management	Pediatric Eye Examination
Community eye screening skills	Evidence Based Practice

Course & Training

2022	Epidemiology: The Basics of Public Health, <i>The University of North Carolina at Chapel Hill - Coursera</i>
2021	Learning to Teach Online, <i>University of New South Wales - Coursera</i>
2020	Introduction to Systematic Review and Meta-Analysis, <i>Johns Hopkins University - Coursera</i>
2020	Soft Contact Lenses for Astigmatism, <i>CooperVision</i>
2019 – 2020	Bausch + Lomb, <i>Mastermind In-campus</i>

Conferences & Workshop attended

2022 Chennai, India	20th Dr.E. Vaithilingham Memorial Scientific Session, <i>Elite School of Optometry</i>
2021 Manipal, India	Advanced Contact Lens Fitting and Trouble Shooting, <i>Manipal Academy Of Higher Education</i>
2020 Guwahati, India	ROSE K Hands-on Workshop by Dr. Paul Rose, <i>Sri Sankaradeva Nethralaya</i>
2020 Manipal, India	Advances In Glaucoma Research And Clinical Sciences, <i>Manipal Academy Of Higher Education</i>
2019 Delhi, India	GRAVITY (Gravity Rounds On Advanced Vision Innovation & Therapy, <i>Sushant School Of Health Sciences, Ansal University</i>
2019 Guwahati, India	ACOVS-2019, <i>Sri Sankaradeva Nethralaya</i>
2019 Guwahati, India	30th Annual Conference of Oculoplastics Association of India, <i>Sri Sankaradeva Nethralaya</i>
2019 Shillong, India	Optical Dispensing, <i>Bansara Eye Care Centre, Shillong</i>
2018 Delhi, India	AIIMS Optometry Explorer, <i>All India Institute of Medical Sciences</i>
2018 Hyderabad, India	54th Indian Contact Lens Program, <i>L V Prasad Eye Institute</i>
2018 Guwahati, India	VISION 2020: The Right to Sight- INDIA 14th Annual Conference, <i>Sri Sankaradeva Nethralaya</i>
2017 Guwahati, India	Optometry Annual Symposium, <i>Assam Downtown University</i>

Awards & Honors

2022	Poster Competition- Runner-Up , Manipal Academy Of Higher Education
2021	Scholar's Scholarship , Manipal Academy of Higher Education
2018	Student's Scholarship , Sri Sankaradeva Nethralaya
2017	Student's Scholarship , Sri Sankaradeva Nethralaya
2017	100% Attendance Award , Sri Sankaradeva Nethralaya
2014	Anundoram Borooah Award 2014 , Education (Secondary) Department, Government of Assam

Area of Interests

Academics

Research

Clinics

Community and Public Health Activities

Hobbies

Reading

Writing

Singing

Video Editing