

RIKTA PAUL

Profile- “Sight is the noblest sense of man” which has been truly said by Sir Albrecht Durer. My responsibility towards the community is to provide the best eye care services and protect the sight of people those who are in need. I have had exposure in clinic, research and academia, nevertheless there is a passion for teaching and research within me, therefore; I would love to pursue these aspects in future.

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. I wish to acquire more knowledge and be an important part for the Optometry Community.

Personal details-

- ✓ Contact number- 9742314793
- ✓ Email ID- riktapaul48@gmail.com
- ✓ Date of birth- 4.08.1994
- ✓ Languages known- Bengali, English, Hindi
- ✓ 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, Adamas University, Barasat (July 2025- till present)
- ✓ Assistant professor, Swami Vivekananda University, Barrackpore (April 2024- June 2025)

- ✓ Assistant professor- Galgotias University, Noida, Uttar Pradesh (November 2023- April 2024)
- ✓ Assistant professor- IIMT University, Meerut, Uttar Pradesh (November 2021- September 2023)
- ✓ Assistant professor- Guru Nanak college of medical sciences, Dehradun, Uttarakhand (March 2021- October 2021)
- ✓ Clinical postings- PBMA's H V Desai Eye Hospital, Pune (August 2019- March 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)

Publication

1. Ocular morbidity pattern in Kashmir- A hospital-based study- Indian journal of clinical and experimental ophthalmology. <https://doi.org/10.18231/j.ijceo.2022.048>
2. Management of ocular aberration and convergence excess after laser-assisted in situ keratomileusis with vision therapy. [10.33545/26649926.2024.v6.i2b.241](https://doi.org/10.33545/26649926.2024.v6.i2b.241)
3. Association between quality of life and visual characteristics in people with diabetic retinopathy. [10.4274/gulhane.galenos.2024.26928](https://doi.org/10.4274/gulhane.galenos.2024.26928)
4. Causes of low vision in India: A narrative review [10.4274/gulhane.galenos.2024.26928](https://doi.org/10.4274/gulhane.galenos.2024.26928)
5. Quality of life in keratoconus patients: A narrative review. [10.33545/26649926.2024.v6.i2b.240](https://doi.org/10.33545/26649926.2024.v6.i2b.240)
6. Impact of optical correction aids on vision-related quality of life and mental health in myopic children: A narrative review
7. Recent advancements in low vision devices: A narrative review. [10.33545/27068919.2024.v6.i12a.1306](https://doi.org/10.33545/27068919.2024.v6.i12a.1306)
8. A comprehensive review of amblyopia treatment. <https://doi.org/10.22271/allresearch.2024.v10.i11d.12163>

Book Chapter:

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

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)

Academic Achievements-

- ✓ Presented poster virtually at EIVOC 2020 organized by Elite School of Optometry.
- ✓ 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 10th 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 Travel grant from Lotus College of Optometry, Mumbai for presentation at 10th Shree Naval P Balliwala Scientific Session (2019)

- ✓ 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)

Activities-

- ✓ Activities during internship- Rural cataract screening camps, School Screening camps, Presbyopia camps,
- ✓ Activities during job- rural camps in Mangalore and Tumkur district of karnataka, Industrial visit to LABS- Zeiss- Bangaluru , Essilor- Bangaluru, Classic Contact Lens- Bangaluru
- ✓ Activities during PG and Clinical postings- Acted in a documentary “Realize the real lies” based on consequences of online contact lens purchasing, poster making on Bioethics and Telemedicine, participated in IAPB photography competition 2018- “eye care everywhere”,
Attended camps and dispensed low vision devices at- Pune, Palghar, Dhule, Chalisgaon and Malegaon

Certifications-

- ✓ 41th 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
- ✓ 40th Low Vision Awareness Program (LAP), LVPEI Hyderabad- September 2019
- ✓ 10th 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
- ✓ 3rd Optosight by Naseema Institute of Optometry and Research, Bangaluru- May 2018
- ✓ 37th All India Optometry Conference in Delhi- march 2018
- ✓ 2nd 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, 3rd Optosight by Naseema Institute of Optometry and Research, Bangaluru- May 2018
- ✓ Dispensing Workshop, 3rd 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, independent case handling
- ✓ Specialty skills-
 - Low vision (evaluation, dispensing of devices, trial and training)
 - Binocular Vision evaluation (Orthoptics work up)
 - Clinical Diagnostics (Slit lamp, Tonometry, Optical Coherence Tomography, B Scan, Perimetry, ROP Screening, Ocular Response Analyser, Specular Microscopy, IOL Master, Diplopia charting, Hess Screening, Electrophysiological testing)
 - Statistical Data Analysis using Primer and Biostatistics' software
- ✓ Academia- Lectures, Invigilation and Question paper assortment
- ✓ Computer skills- MS Office
- ✓ Administrative skills- co-organized 3rd 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.