

CURRICULAM VITAE

AJEENA JAMES

Nedumpilly[H], Kuttikad P.O, Chalakudy

Thrissur, Kerala - 680724

Temporarily Address

BuildingNo.28, Dhahawi Tower, Floor 5, FlatNo.506

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PROFESSIONAL SUMMARY

Dedicated and compassionate Optometrist with over 5 years of experience in both hospital and optical settings. Skilled in conducting comprehensive eye examinations, fitting contact lenses, and managing refractive errors and ocular conditions. Experienced in working on public health projects like PHFI and Smart India for diabetic retinopathy screening. Proficient in using advanced diagnostic tools and committed to delivering excellent patient care.

EDUCATION

➤ **Bachelor of Science in Optometry**

Rayhan College of Optometry, Edappal, Malappuram

2010 - 2015 | Second Class

➤ **Higher Secondary Education**

Gov.Model Boys Higher Secondary School

2010 - 2012 | 67%

➤ **SSLC**

St.Sebastian HSS, Kuttikad 2009 - 2010 | 76

PROFESSIONAL EXPERIENCE

Optometrist

Safilo Opticals, Kodaly

June 2022 - July 2024

- Conducted routine eye exams and refractions
- Advised on lens selection and fitted contact lenses
- Managed optical sales and patient consultation

Optometrist - PHFI Project

Little Flower Hospital & Research Center

August 2016 - September 2019

- Screened diabetic patients for retinopathy
- Captured fundus images using portable cameras
- Coordinated with local health centers for follow-up

Optometrist - Smart India Project

Little Flower Hospital & Research Center

November 2018 - September 2019

- Conducted screenings in community centers
- Assisted in mobile ophthalmology units for underserved population

Intern Optometrist

Little Flower Hospital & Research Center

1 Year

- Rotations in various clinics: Retina, Glaucoma, Cornea, LASIK, Pediatric
- Hands-on experience with diagnostic equipment and patient management

CLINICAL SKILLS

- Retinoscopy & Subjective Refraction (JCC, Duochrome)
- Contact Lens Fitting (Soft, RGP, Toric)
- Slit Lamp & Tonometry (Applanation & NCT)
- OCT, Fundus Photography, Perimetry
- Autorefractometry, Lensometry, Keratometry
- A-Scan, Biometry, Pachymetry
- Orthoptic Evaluation & Instruments
- Community Eye Camps & School Screenings
- Low Vision & LASIK Patient Support

ADDITIONAL SKILLS & ATTRIBUTES

- Strong interpersonal and communication skills
- Empathetic and patient-centered care provider
- Punctual and able to work independently
- Familiar with hospital protocols and community outreach

LANGUAGES KNOWN

- English
- Malayalam
- German (Basic proficiency)

PERSONAL DETAILS

Date of Birth : 20 June 1995

Sex: Female

Marital Status: Married

Nationality: Indian

Hobbies: Listening to music, Gardening, Watching TV

REFERENCES

Mr. Anwar Shakeeb K

Principal, Rayhan College of Optometry, Edappal, Malappuram

Phone: +91-9846409242 | Website: www.rayhaneyehospital.in

Mrs. Mary Sebastian

Assistant Administrator, Little Flower Hospital, Angamaly

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