



RAKTIM DAS

PERSONAL DETAILS

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Address-

Department of Optometry
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LANGUAGES

Assamese - Highly Proficient
English - Highly Proficient
Hindi - Highly Proficient
Bengali - Proficient
Mizo - Proficient

HOBBIES

Playing Tabla
Guitar
Mandolin
Acting in Drama

Professional Experience

1. Regional Institute of Paramedical & Nursing Sciences (RIPANS), Aizawl
Optometrist (Contractual) — Aug 2013 – Present

Over 12 years of teaching experience

Subjects handled: Contact Lens, Visual Optics, Pediatric Optometry, Low Vision, Dispensing Optics.

Responsibilities: Teaching & demonstration, paper setter, internal & external examiner

2. Jorhat Lions Eye Hospital

Optometrist — Aug 2010 – Aug 2013

Refraction and dispensing contact lenses

Community optometry, Ocular workup using slit lamp.

3. Sri Sankaradeva Nethralaya, Guwahati

Internship (1 year) — Aug 2009 – July 2010

Refraction and contact lens dispensing (Soft & Toric, RGP, ROSE K)

Community optometry

Ocular workup (Slit Lamp, Biometry, Perimetry, OCT, FFA)

Optical dispensing

Education

Desh Bhagat University, Mandi Gobindgarh, Punjab

Master of Optometry.

NSHM Knowledge Campus, Durgapur (WBUT)

Bachelor of Optometry — 2006–2010

Mangaldai Govt. Higher Secondary School (AHSEC)

10+2 (Science) — 2000–2002

Mangaldai Govt. Higher Secondary School (SEBA)

10th — 1999–2000

Certifications and Workshops

1. Certificate Course in Optical Sales (Essilor Simlo, DLP) – NSHM Knowledge Campus

2. Workshop on Contact Lens – Acu-View

3. Attended a Rose K Hands-on Workshop conducted by Mr. Paul Rose at Sri Sankaradeva Nethralaya, Guwahati on 22nd February 2020.

4. Three-day Workshop on Contact Lens Fitting, CL Gupta Eye Institute, Moradabad (21–23 May 2022)

5. Guwahati Eye Institute.

Vocational Training (1 month) — July 2008

Refraction

Other Experience

Contact Lens Trainer at Civil Hospital and Synod Hospital, Durtlang, Aizawl.