

Paramita Deb

Assistant Professor, Adamas University
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OBJECTIVE

To secure an Assistant Professor of Optometry position at a reputable institution where I can apply my knowledge and expertise in the field to promote student learning and contribute to academic research.

EXPERIENCES

23rd September 2024-Present: Assistant Professor, Adamas University

1. Gave captivating lectures, seminars, and tutorials that improved student performance in the classroom.

1st March 2022-14th August 2024: Assistant Professor, Brainware University.

1. Assisted in the planning and development of teaching materials workbooks, and class projects.
2. Delivered engaging lectures, seminars, and tutorials, increasing class productivity.
3. Coordinated with colleagues in continuous reviews and curriculum development, ensuring students receive high-quality courses.
4. Maintained an extensive knowledge of current research, ensuring teaching met academic standards.
5. Led students in assigned classes in the absence of the main teacher.
6. Support teachers in setting, administering, and grading assignments and communicate students' progress to parents.

18th Feb. 2019– 10th January 2022: Assistant Professor, Sharda University, Greater Noida

- Provided support as program Coordinator and Lab-In charge.

1st July 2017 to 2nd February 2019: Optometrist, Ahooja Eye and Dental Institute, Gurgaon

- Diagnosed vision defects, diseases, or abnormalities, providing appropriate solutions and support when needed.
- Participated in audit research activities to promote evidence-based practice, develop service, and maintain efficiency.
- Communicated sensitive issues to patients, and provided counseling and support role to patients, relatives, or carers.

INTERNSHIPS/PROJECTS

1st July 2014 to 30th June 2015: Laxmi Eye Institute, New Panvel, Mumbai,

1. Co-Relation between the Visual Field Index and Retinal Nerve Fiber Layer Thickness in Glaucoma and Normal Patients.
2. Sensitivity and Specificity of OCT in Diagnosis and Progression of Glaucoma.

10th January 2017 to 13th April 2017: Optique Optical Center, Vasant Lok, New Delhi.

1. Success of one goes Fit of Soft Toric Contact Lens on healthy Cornea.

14th April 2017 to 31st May 2017: Amity Medical School, Amity University, Haryana

1. Impact of Refractive Error Correction on Industries Workers

EDUCATION

1. **Amity University**, Manesar, Haryana, 2015-2017
 - Mater of Optometry: Optometry
2. **Tripura Institute of Paramedical Sciences**, Agartala, Tripura, 2011-2015
 - Bachelor of Optometry: Optometry and Vision Science.
3. **Mohanpur class XII school**, Mohanpur, 2011
 - 10+2 stage: Science Group

PUBLICATION

1. Copyright "Ophthalmic lens" © ,2021, paramita deb, Reg. No- L-103375/2021
2. Review of article: Paramita Deb¹, Jaskaran Singh², et.al. Forensic Optometry. A new tool for forensic Identification. Indian J Forensic Med Pathol. 2021;14(3 Special):667-668
3. Razia Bano¹, Rakesh Yadav², Gaurav Dubey^{3*}, Pinaki Adak², Deepak Gupta¹, Yasmeen Shahid², Jamshed Ali⁴, Om Shankar Kamat⁴, Paramita Deb⁴. Prevalence of dry eye among Tirthankara Mahaveer University paramedical students, Moradabad, Uttar Pradesh. Int J Res Med Sci 2022; 10:873-8.
4. Paramita Deb¹, Manisha Saha². Impact of refractive error correction on the performance of industrial workers. Int J Health Sci Res. 2022; 12(6):307-311.
5. Manisha Saha¹, Paramita Deb². Tutoring contact lens care: an integral part of an optometrist in the eye health system. Int J Health Sci Res. 2022; 12(6):27
6. Manisha Saha¹, Paramita Deb² Case Study: The significance of properly mounting the bifocal lens segment height to remove discomfort from spectacles. IJRAR; vol 10; Issue 2- May 2023.
7. **Patent**-Design Patent-Application Number-347086-001
8. **2 Patent**- Application Number- 202231068177 A and 202331035645 A

9. Paramita, D. Aparajita, K. Manisha, S. and Nice, "G. *A brief overview of scleral contact lens*" JBD publication; ISBN NO.: 978-93-92330-67-4
10. Nice, G. Gaurav Kumar, B. Phani Krishna, A. Paramita, D. and Manisha, S. "*A comprehensive review on ocular symptoms among microscope users: Causes and Management*" JBD publication; ISBN NO.: 978-93-92330-67-4
11. Manisha, S. Paramita, D. and Nice, G. "*Soft toric contact lenses: When and how to prescribe?*" JBD publication; ISBN NO.: 978-93-92330-67-4

SEMINARS/CONFERENCES

1. Participate in an International conference from 8th December to 10th December 2023, organized by Brainware University, Barasat
2. Organizing One-day Online Workshop on Assessment and Management Non-Strabismic Binocular Dysfunction in Routine Clinical Practice at Brainware University, 5th November 2022
3. Participate in an International Webinar: Role of Social Network Analysis (SNA) in index case Tracking at Noida International University, 25th January 2022.
4. Attended AOE (AIIMS Optometry Explorer) from February 20th to 21st, 2021.
5. Attended an online international workshop on Intellectual Property Rights from 9th February to 13th February 2021, jointly organized by MOE- Institution Innovation Council DDU chapter and Internal Quality Assurance Cell, Deen Dayal Upadhyaya College, University of Delhi.
6. Attended faculty development program on Outcome-based Teaching Learning process at Sharda University from 11th to 16th January 2021

AREA OF INTEREST

1. Cornea and contact lens
2. Low vision and Rehabilitation
3. Dispensing and public health

PERSONAL DETAILS

Father's name: Mr. Kanu Deb

Mother's name: Mrs. Saraswati Gope

Date of birth: 26/09/1993

Marital Status: Married

Nationality: India