

Adeeba Zehra

To work in challenging and stimulating environment with opportunities to enrich my knowledge and skills which is contributing to the growth of organisation

Contact

Mobile-9118833374

Email-adeebazehra22@gmail.com

Add- Balaganj, Lucknow

Conference Attended

- Participate In National Optometry Conference The Bright Eye. (24* April 2025). In Jamia Hamdard University New Delhi.
- Participate in Sliver Line Workshop Specialty in Scleral Contact Lens (24" April 2025). In Jamia Hamdard University New Delhi.
- Participate in BAUSCH + LOMB Workshop Specialty in Soft Contact Lens workshop on Toric Contact Lens Fitting Pearls (24" April 2025). In Jamia Hamdard University New Delhi.
- Certificate Of Participation By Stufit Approach Private Limited (17 May 2023). In Lucknow.
- I'st National Optometry Conference Opto-I-Meet. (22""* &23"" September 2022). In Jamia Hamdard University New Delhi.
- Essentials of Spectacle Dispensing conducted by Essilor and
- Indian Vision Institute on (25th & 26th March 2022) in Era University.
- Cyber Crime and Cyber Security (13th & 17tr eceMBER 2021) in Era University
- Specialty Contact lens (24th & 25th
- November 2021) in Era
- Multifocal Contact Lenses (23rd September.2022).

Educational Background

Master of Optometry

Jamia Hamdard University, Delhi (2025)

Bachelor of Science in Optometry

Era university and Medical College, Lucknow (2023)

Intermediate

St. Joseph Inter College, Lucknow (2019)

High School

St. Joseph Inter College, Lucknow (2017)

Skills

- Comprehensive Eye Examination.
- Refraction.
- Handle Ophthalmic Instruments.
- History Taking.
- Patients Counseling.
- Streak Retinoscopy. (Dry, Wet).
- Slit Lamp Examination.
- HFA (Humphrey Field Analyser).
- FFA (Fundus Fluorescein Angiography).
- OCT (Optical Coherence Tomography).
- NCT (Noncontact Tonometer).
- Phoropter.
- Schiottz Tonometry.
- Syringing
- OT Assist (PHOCO, SICS).

Professional Experience

- Working at Swarn jyoti Eye Hospital as Senior Optometrist
- Taha polyclinic (Worked for 2 years.)
- Worked as an intern in lenskart for 6 months.
- Worked as intern in Era lucknow medical college for 6 Months
- Done many camp's at rural and urban areas

Personal Details

- Date Of Birth : 14/04/2001
- Language : Hindi & English
- Nationality : Indian
- Religion : Islam
- Marital Status : Unmarried
- Gender : Female
- Hobbies : Reading And Traveling