

# Dr. Araniko Pandey

16/06/2016

General Ophthalmologist, NMC Regd. No. : 8713



## PERSONAL PROFILE

**Name** | Dr. Araniko Pandey

**Age/sex** | 32 years/male

**Nationality** | Nepalese

**Marital status** | Unmarried

**Hometown** | Kathmandu, Nepal

**Father's name** | Mr. Achyut Pandey

**Mother's name** | Mrs. Maya Pandey

**Workplace** | Lumbini Eye Institute, Bhairahawa, Nepal

**Contact** | Mobile: +977-9841165718

**Contact (work)** | Phone: 00+977-71-523827, Fax: 00+977-71-520668

Email: [aranikopandey@gmail.com](mailto:aranikopandey@gmail.com)

Follow me on Twitter: [@Araniko\\_Pandey](https://twitter.com/Araniko_Pandey)

## EDUCATION

**Adarsha Yog Hari Madhyamik Vidhyalaya**

1999

School Leaving Certificate, Ministry of Education

**National College for Higher Education**

2001

10+2, Higher Secondary Education Board

**Nepal Medical College**

2009

MBBS, Kathmandu University

**Universal College of Medical Science/Lumbini Eye Institute**

2015

MD, Tribhuvan University

## EXPERIENCE

### Intern | Nepal Medical College

1<sup>st</sup> Sep 2008 – 31<sup>st</sup> Aug 2009

Major responsibilities: Rotatory internship in all the departments including, Medicine, Surgery, Gyne/Obs, Emergency, Orthopedics, Pediatrics, Psychiatry, ENT and Ophthalmology.

### Medical Officer | Shahid Gangalal National Heart Center

21<sup>st</sup> Apr 2010 – 30<sup>th</sup> Jul 2011

Major Responsibilities: Duties posted as day and night shifts in various departments including; Emergency, Ward, CCU, TMT, MICU, Outpatient department.

### Medical Officer | Rural Out-reach Health Camps

Attended health camps organized by Shahid Gangalal National Heart Center to rural hilly areas of Nepal, viz. Dhading, Dhangadhi, Dadeldhura and Baitadi, 2011

### Residency | MD, Ophthalmology

Exposure in general ophthalmology and sub-speciality clinics and surgery in departments of cornea, orbit and oculoplasty, glaucoma, vitreo-retina, pediatric ophthalmology, strabismus and neuroophthalmology, investigative ophthalmology, community ophthalmology and systemic ophthalmology.  
2013 - 2015.

### Presently | General Ophthalmologist, Lumbini Eye Institute

Major responsibilities: General ophthalmology clinic, cataract post-operative clinic and cataract surgery (manual SICS).

## PUBLICATIONS

Author (view point) | **Scenario of health camps in Nepal**

Pandey A, Paudel P, Paudel L. Scenario of Health Camps in Nepal. J Nepal Health Res Counc. 2011 Apr;9(18):86-8.

Co-author (original article) | **Clinical profile of toxic keratoconjunctivitis after ocular trauma with insect.**

Patel S, Dhakhwa K, Rai SKC, Bhattarai B, Pandey A Badhu BP. CLINICAL PROFILE OF TOXIC KERATOCONJUNCTIVITIS AFTER OCULAR TRAUMA WITH INSECT. JUCMS. 2013;01:41-4.

Author (case report) | **Idiopathic juxtafoveolar telangiectasis type 1A. A case report.**

Pandey A, Anand A, Singh S, Chandra A. IDIOPATHIC JUXTAFOVEOLAR TELANGIECTASIS TYPE 1A. A CASE REPORT. JUCMS. 2014;2(07):38-40.

## EXTRA

Author | **Article in national daily newspaper.**

One about impact of political unrest in health sector of Nepal (in Nepali) and another about education entitled: "A never ending story" (in English).

Musician, Composer, Arranger, Lyricist, Vocalist, Guitarist | **Music**

I have performed and recorded plenty of songs as a solo and as a band, in a team.

## **PARTICIPATION**

Online course | **Introduction to cataract surgery; University of Michigan.**

Online course | **Global blindness: Planning and managing eye care services.**

<https://www.futurelearn.com/statements/sol4q5f>

Conference | **72nd AIOC, IJO Diamond Jubilee Conference, 2014, Agra, India.**

Conference | **Western regional ophthalmic conference, Bhairahawa, Nepal, 2015.**

Conference | **Conquering heart diseases in the himalayan region, 2010, Nepal.**

Training | **JNMA training on scientific writing, 2013.**

Associate Resource Person | **Grant/Proposal Writing Workshop 2011, Organized by Nepal Society of Obstetrician and Gynecologists.**

Presentation of my idea "Vision for Vision: VVN" | **IDEA studio, TV reality show, 2014, Nepal.**

CME | **Glaucoma, Challenges in manual SICS, various online medscape CME.**

Poster presentation | **Assessment of visual morbidity amongst diabetic retinopathy at tertiary eye care center, Nepal: A cross-sectional descriptive study; ARVO 2016, Seattle, Washington.**

### **ACHIEVEMENTS**

ICO Exams | **The Basic Science Examination in Ophthalmology**

Passed, 2015

Organized CME | **Challenges in manual SICS**

Lumbini Eye Institute, 2015

Elective 3 months course | **Journal of Nepal Health Research Council(JNHRC)**

Mar – May 2011

### **FUTURE PROJECTS**

- Principal Investigator** | **Assessment of visual outcome in cases with intraoperative complications during cataract surgery.**
- Principal Investigator** | **Learning curve for manual small incision cataract surgery: From residency and beyond.**
- Principal Investigator** | **Vision for vision Nepal: A novel approach to reach the underprivileged population with avoidable blindness.**
- Principal Investigator** | **Sociodemographic and clinical profile of patients presenting with alcohol induced optic neuropathy at Lumbini Eye Institute.**
- Research Group** | **Epidemiological pattern of suppurative keratitis in 100 consecutive cases at Lumbini Eye Institute.**
- www.distantresearchcollaboration.edu** | **Distant Research Collaboration, is a concept about an online platform where researchers throughout the world can sign up, log in and collaborate for research.**

