

ARADHANA EYE INSTITUTE  
(Website:[www.aradhanaeyecare.com](http://www.aradhanaeyecare.com))

## PROSPECTUS 2020



1<sup>st</sup> Cross, Ganga Nagar, Kuriathy, Manacaud  
Thiruvananthapuram - 695 009

**PHONES:** 8547239496, 9995650426  
9526041136, 9995637543

# **PROSPECTUS - 2020**

## **DIPLOMA COURSE IN OPHTHALMIC ASSISTANCE (DOA)**

**APPROVED BY GOVT. OF KERALA  
(vide G.O. M.S. No. 282/2012/H & FWD  
dated 25..08..2012)**

**AND**

## **DIPLOMA COURSE IN OPTOMETRY (D.Opt.)**

**APPROVED BY:  
BHARATH SEVAK SAMAJ  
PROMOTED BY  
GOVERNMENT OF INDIA**

### **THE TRUST**

Aradhana Trust is a charitable Trust, founded by Drs. Philip and Sara Kuruvilla, registered with the Government. The chief aim is to give

preventive and curative eye care to the people in and around Trivandrum. The main Centres of activity are Aradhana Eye Institute, Manacaud, Trivandrum, Aradhana Eye Hospital at Padmavilasom Road, Fort, Trivandrum and Aradhana Eye Clinic at Vattappara. The Trust is also committed to train personnel for ophthalmic care.

All leading Eye care centers in India and abroad require trained personnel for doing routine eye tests, operating sophisticated investigational and therapeutic gadgets, operation theatre assistance, supporting nursing services etc. The courses are designed to bridge the gap between the demand and availability of skilled human resource in this vital area. Naturally it follows that more career opportunities will be created.

## **THE COURSES**

- (1) **DIPLOMA COURSE IN OPHTHALMIC ASSISTANCE RECOGNIZED BY THE GOVT. OF KERALA** for students of Indian Citizens of Kerala origin who have passed Higher Secondary, VHSE, +2 or equivalent examination with Physics, Chemistry and Biology as elective with a minimum of 40% marks put together. This is a 2 year course. After the course one year internship is strongly recommended, but optional.

There are 10 seats for this course. Allocation of five seats is by the management (Management Quota) and the rest of the five will be by the Kerala Government according to rank obtained by the candidate.

- (2) **DIPLOMA COURSE IN OPTOMETRY RECOGNIZED BY THE BHARATH SEVAK SAMAJ WHICH IS PROMOTED BY THE GOVT OF INDIA** for students of any origin who have completed +2 or equivalent examination. This is a 2 year course. After the course one year internship is strongly recommended, but optional.

For this course, all candidates are selected by the Management.

**There is no guarantee for admission for internship in Aradhana Institutions for either of the courses.**

### **OTHER ELIGIBILITY CRITERIA for the course:**

1. Seats are available only for ladies.

2. The candidates must be physically fit.
3. The applicants shall have completed 17yrs. of age as on 31.12.2019.
4. The final selection will be based on a written test and an interview.

## **APPLICATION**

Application forms & prospectus can be had from the office of the Aradhana Eye Institute on payment of Rs. 50/- or it can be downloaded from the net:

[www.aradhanaeyecare.com](http://www.aradhanaeyecare.com)

**Completed Application forms must reach the Director, Aradhana Eye Institute on or before MONDAY, 19th October 2020, with a fee of Rs.400/-**

Incomplete application forms will be rejected. There will be no communication from the Aradhana Eye Institute in such cases.

**Enclosures:** (Attested copies enough at this stage)

1. Copies of mark sheets of qualifying examination.
2. A character and conduct certificate from the Head of the Institution last attended.
3. Transfer Certificate from the school / college last attended.
4. Copy of SSLC/10<sup>th</sup> Class Certificate as proof of date of birth.

## **ENTRANCE WRITTEN TEST, INTERVIEW AND SELECTION:**

- All candidates applying for Management seats of Diploma in Ophthalmic Assistance and Optometry will have to appear for a written test on **SATURDAY, 24<sup>th</sup> OCTOBER, 2020 at 10 AM**. It will be of multiple choice type on Physics, Chemistry, Biology and English **(30 questions in each subject; 30 marks each; total 120 marks)**
- The candidates for the courses will also be interviewed at Aradhana Eye Institute, Manacaud, Trivandrum, on the **same day by 3 PM (30 marks: grand total 150 marks)**
- Simultaneously, there will be a medical checkup of the candidates at the hospital.
- A RANK LIST will be prepared based on the performance of the candidates.
- The candidates will be allotted seats according to rank and their choice.
- The decision of the Board of selection shall be final and legally binding.
- The results will be announced by the same evening **(24<sup>th</sup> OCTOBER, 2020)**
- The selected candidates will have to hand over all the original certificates to the institution. These certificates will be returned to the candidates after the completion of the course.
- Classes start on **TUESDAY, 3<sup>rd</sup> NOVEMBER, 2020**.
- Those who wish to stay in the hostel must report on **MONDAY, 2<sup>nd</sup> November, 2020**.

## FEES+

<b>Management seats of Kerala Govt approved course</b>	
<b>1<sup>st</sup> year: Tuition fee</b>	Rs. 55,000
<b>Special fees</b>	Rs. 10,000
<b>Caution Deposit</b>	Rs. 5,000
<b>2<sup>nd</sup> year: Tuition fee</b>	Rs. 55,000
<b>Special fees</b>	Rs. 7,500
<b>BSS approved Course:</b>	
<b>1<sup>st</sup> year: Tuition and Special fees</b>	Rs. 25,000
<b>Caution Deposit</b>	Rs. 5,000
<b>2<sup>nd</sup> year: Tuition fee</b>	Rs. 20,000

***N.B. Fee structure may vary according to the notification of Govt.***

*Tuition and special fees once paid will not be refunded.*

Selected Candidates have to pay the required fees before 1 pm on or before **28<sup>th</sup> November, 2020**. If this payment is not made by that time, the candidate will forfeit her seat.

Caution deposit (minus any expenses incurred by her) will be refunded to the candidate after completion of the course/Internship period. ***If the candidate leaves before completing the course or the Internship period, the caution deposit will not be refunded.***

## ACCOMMODATION

Limited accommodation facility is available for lady candidates. Rs. 1,200/- per month will be charged. Food expenses will be borne by the candidates.

## RULES RELATING TO DISCIPLINE / RESPONSIBILITIES

1. All students are required to attend the hospital throughout the course.
2. Students will be posted to attend special duties in the wards, operation theatre, OPD and outreach programme of the hospital and peripheral hospitals for practical training in rotation. **This includes night duties.**
3. Every student is required to attend lecture and practical training. A minimum of 80% attendance is required for eligibility to be sent up for examination.
4. **Leave**
  - a) One day off per week.
  - b) Students are discouraged from taking leave. 25 days of leave per year are allowed including national holidays/ hospital holidays & harthai days and for illness.
  - c) No extra sick leave is permissible.
  - d) Student will not be sent up for examination if leave taken, is more than 25 days per year.
  - e) As hospital comes under “essential services” to people, the hospital will work on all harthai days. Students are required to come to hospital on all harthai days.

*Application for leave must be submitted to the office well in advance and the applicant should avail leave only after the leave is sanctioned except in special emergency circumstances.*

***The students are expected to mark their attendance daily in the register/machine.***

5. Uniform

All students are expected to be in uniform during duty hours.

6. All students shall record their local and permanent residential addresses in the office. Change in address, if any, shall be intimated immediately.

7. Students are not supposed to loiter in or outside the premises, nor can they bring friends into the campus without permission.

8. Students must not obtain employment elsewhere in any capacity during their training period. No student can enroll for any other course, degree etc., during the student period without prior permission from the authorities.

9. Students are not permitted to use mobile phones during duty hours. However they can see SMS messages.

10. **Record Book**

Practical work like refraction / retinoscopy and theatre/OPD techniques is an important part of the course. Each student is required to have done at least 50 retinoscopy/ refraction under the supervision of an Ophthalmologist / Senior Optometrist. Practical record book containing the above information is to be submitted during the practical examination.

11. During internship, stipend will be given as decided by the management.

12. Infringement of rules and regulations, breach of discipline, willful damage to the institution property, misconduct or disobeying the legitimate orders of Director/Teachers by a student, may make her liable for strict disciplinary action as per the rules of the institution, which may even amount to expulsion from the institution.



# SYLLABUS

The following subjects will be covered for both courses:

## **PART I -PAPER I- BASIC SCIENCES IN OPHTHALMOLOGY & VISUAL OPTICS**

- i) Anatomy
- ii) Physiology of Vision
- iii) Microbiology
- iv) Pharmacy
- v) Vision Testing
- vi) Optical Systems of normal & abnormal eyes

## **PART I - PAPER II –OPTICS AND REFRACTION & OPHTHALMIC EQUIPMENTS**

- i) Physics of Optics
- ii) Refraction
- iii) Ophthalmic Equipments & Techniques

## **PART II - PAPER I – HEALTH EDUCATION, COMMUNITY OPHTHALMOLOGY& COMMON EYE DISORDERS**

- i) Common Eye Disease
- ii) Glaucoma
- iii) Injuries
- iv) Community Ophthalmology
- v) Organisation of camps in rural areas
- vi) Eye Banking
- vii) Rehabilitation of the blind

## **PART II - PAPER II OPHTHALMIC TECHNIQUES, OPTICS & REFRACTION (SQUINT, MUSCLE BALANCE – SURGICAL INSTRUMENTS & THEATRE STERILIZATION) – GLASSES**

- i) Glasses – measuring IPD, Various types of spectacles glasses, Decentering, Transposition, Multifocal & Progressive glasses.
- ii) Surgical Instruments : Care and Sterilization of instruments, making of swabs, pads, eye bandaging
- iii) Theatre sterilization, Pre and post-operative care of patients

iv) Squint and Muscle Balance

1. Basics of Squint and Binocular Single Vision
2. PHORIAS
3. TROPIAS – ESOTROPIA – EXOTROPIA
4. Measurement of Squint – Use of Prism Bar
5. Refraction in Squint
6. Basic management of Squint
7. AMBLYOPIA and its management
8. Accommodation and Convergence

Nursing and English will also be taught.

**The responsibilities of an Ophthalmic Assistant/Optomtrist will include :**

1. Taking case history
  2. Testing visual acuity for errors of refractions
  3. Giving pre and post-operative care to eye patients
  4. Data entry in computer
  5. Instilling eye drops and medications
  6. Measuring lens power
  7. Doing preoperative tests
  8. Sterilizing & care of surgical instruments
  9. Testing colour vision
  10. Instructing patients about contact lens wear
  11. Testing for ocular motility disorders including binocular vision
  12. Doing initial investigation before the Ophthalmologist sees them
  13. Giving first aid treatment to emergency eye patients
  14. Performing tonometry and Humphrey Field Analysis
  15. Making appointments, receiving patients and performing general secretarial functions and record keeping
  16. Maintenance of Ophthalmic equipment
  17. Preparing operation theatre and assisting the Ophthalmic surgeon in the theatre in all routine eye surgery
  18. Assisting the Ophthalmic surgeon in the OPD and in the ward
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## **DATES TO REMEMBER:**

- Completed Application form must reach AradhanaEye Institute office on or before **MONDAY, 19<sup>th</sup> October, 2020.**
- Written test : **10 AM on SATURDAY, 24<sup>th</sup> OCTOBER, 2020 at ARADHANA EYE INSTITUTE**
- Interview : **3 PM on SATURDAY, 24<sup>th</sup> OCTOBER, 2020 at ARADHANA EYE INSTITUTE**
- Announcement of results: **same evening**
- Classes start at **9 am on TUESDAY, 3<sup>rd</sup> NOVEMBER, 2020**

## **FOR MORE INFORMATION CONTACT:**

**ARADHANA EYE INSTITUTE  
GANGA NAGAR I CROSS ROAD, KURIATHY,  
MANACAUD (P.O.)  
THIRUVANANTHAPURAM-695009**

**PHONES : *8547239496, 9995650426  
9526041136, 9995637543***

## CONSULTANTS

Dr. Philip Kuruvilla, MBBS (Vellore) DOMS, FOPAI, FORCE  
(Founder and President, Aradhana Trust and CEO)

Prof. Dr. P.J. Thomas, MBBS, MS. (formerly Director,  
Regional Institute of Ophthalmology, Trivandrum,  
Principal & Director of Academics, AEI)

Dr. Sara Kuruvilla, MBBS (Vellore), DOMS, (Co-founder,  
Director & Ophthalmic Consultant)

Dr. Chinnu Mary Abraham, MBBS, MS, DO., (Consultant)

Dr. Lakshmi .P. Moorthy, MBBS, DNB, FIG (Oph), MNAMS.,  
(Glaucoma Consultant)

Dr. Ashish George Kuruvilla, MBBS, MS(Vellore),DNB, FRCS(Glasglow)  
(Anterior Segment Surgeon & Medical Retina Specialist;  
Medical supt)

Dr. Ashok Nataraj, MBBS, MS, DO, DNB, FMRS  
(Vitreo Retinal Surgeon)

Dr. Thomas Chacko MS, DO, FVRS  
(Vitreo Retinal Surgeon)

Dr. Divya Ann Kuruvilla MBBS, D.A., (Vellore)  
(Anaesthesiologist)

Dr. Jane Anna Koshy, MBBS, MS (Consultant)

Dr. Shabna A, MBBS, DO, DNB (Oph), FICO (Consultant)

Dr. Anna Kurien, MBBS, MS (Consultant)