

# CURRICULUM VITAE

Name: Rohit Dhakal

Current position: Post-doctoral fellow (Khanal's Lab, University of Alabama at Birmingham)

Highest qualification: PhD (City, University of London)

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## Academic record

Course	Name of institute	Name of Board/University	Year
PhD	L V Prasad Eye Institute	City, University of London	2019-2023
Fellowship in Clinical Optometry (Cornea and Contact lens)	L V Prasad Eye Institute, India	-	2014-2015
BS Optometry	NSHM Knowledge Campus, Durgapur, India	MS University, Tamil Nadu	2010-2014
Higher secondary (10+2)	Bhanu Memorial Higher Secondary School, Nepal	Higher Secondary Education Board, Nepal	2006-2008
SLC (10th)	Sagarmatha Secondary Boarding School, Nepal	SLC Board, Govt of Nepal	2006

## Scientific conference presentations in last 5 years (As a first author)

1. **Poster-** "Retinal electrophysiology responses to lens-induced myopia in juvenile tree shrews", Vision Science Research Center Research Retreat 2023, Alabama, USA
2. **Poster-** "Light exposure pattern in Indian children: an objective quantification using 'MyLyt' tracker", Indian Myopia Awareness & Research Conference 2022, Hyderabad, India
3. **Poster-** "Myope spends lesser time at intermediate light level than emmetrope", IMC 2022, Rotterdam, Netherland
4. **Poster-** "Does the spectral composition of ambient light vary between indoors and outdoors "in myopia perspective?", ARVO 2022, Denver, USA
5. **Poster-** "Validation of a wearable light tracking device: from a myopia perspective", Dr. EV Memorial Scientific Session 2022, Chennai, India
6. **Poster-** "Spectral composition of an ambient light varies with different locations and time of a day: a potential factor to impact myopia", IERG ARVO 2021, Hyderabad, India

7. **Paper-** "Spectral composition of ambient light varies with locations and time of a day: An impact to myopia", Eye Health in a Changing World – 2nd IVI International Optometry Conference 2021, India
8. **Paper-** "Is muscle thickness and its insertion site associated with myopia?", Eye Health in a Changing World – Virtual International Conference 2020, India Vision Institute, India
9. **Poster-** "A new ocular expansion model for myopia: an outcome based on anterior and posterior scleral thickness analysis", IERG ARVO 2019, Hyderabad, India

### **Awards, Membership and Honors**

1. 2023: **Best Poster Award-** "Retinal electrophysiology responses to lens-induced myopia in juvenile tree shrews", 1<sup>st</sup> VSRC Research Retreat 2023, Alabama, USA"
2. 2022: **ARVO International Travel grant-** 2022
3. 2021: **Best Poster Presentation Award-** "Spectral composition of an ambient light varies with different locations and time of a day: a potential factor to impact myopia", IERG ARVO 2021, Hyderabad, India
4. 2021: **Best Paper Presentation Award-** "Spectral composition of ambient light varies with locations and time of a day: An impact to myopia", Eye Health in a Changing World – 2nd IVI International Optometry Conference, 9<sup>nd</sup>-11<sup>th</sup> September 2021
5. 2020: **Best Paper Presentation Award-** "Is muscle thickness and its insertion site associated with myopia?", Eye Health in a Changing World – virtual international conference- India Vision Institute, 2<sup>nd</sup>-4<sup>th</sup> October 2020
6. 2018: **Best Poster Presentation Award-** "Anterior and posterior scleral thickness in High Myopes", 17<sup>th</sup> Dr E Vaithilingam Scientific Session, Shankara Nethralaya, Chennai, 24-25<sup>th</sup> February 2018
7. 2023-Present: **Member-** Association for Research in Vision and Ophthalmology (ARVO)
8. 2021-Present: **Member-** Cochrane collaboration

### **Publications**

**h-index= 7, i10-index= 7**

**Google scholar link:** <https://scholar.google.com/citations?user=Df0HNtUAAAAJ&hl=en>

### **Research papers in chronological order (Published in the last 5 years )**

1. Gupta SK, **Dhakar R**, Verkicharla PK. Biometry-Based Technique for Determining the Anterior Scleral Thickness: Validation Using Optical Coherence Tomography Landmarks. Trans Vis Sci Tech. 2024;13(1):25.
2. Verkicharla PK, Thakur S, Kekunnaya R, **Dhakar R** et al. The "IMPACT" myopia management guidelines. Indian J Ophthalmol. 2023 Jul;71(7):2882-2884.
3. Chamarty S, Gupta SK, **Dhakar R**, Verkicharla PK. Is There Any Association between Nutrition and Myopia?: A Systematic Review. Optom Vis Sci. 2023 Jul 3.

4. Manoharan MK, Thakur S, **Dhakal R** et al. Myopia progression risk assessment score (MPRAS): a promising new tool for risk stratification. *Sci Rep.* 2023 May 31;13(1):8858.
5. **Dhakal R**, Huntjens B, Shah R, Lawrenson JG, Verkicharla PK. Influence of location, season and time of day on the spectral composition of ambient light: Investigation for application in myopia. *Ophthalmic Physiol Opt.* 2023 Mar; 43(2):220-230.
6. **Dhakal R**, Rudrapankte JR, Chittajallu HSNS, Lawrenson JG, Huntjens B, Shah R, Verkicharla PK. Development and validation of a 'MyLyt' wearable light tracking device. *Ophthalmic Physiol Opt.* 2023 Jan;43(1):132-140.
7. Thakur, S., **Dhakal, R.**, Gupta, S.K., Verkicharla, P.K. (2022). Epidemiology and Pathogenesis of Myopia. In: Ramasubramanian, A. (eds) *Pediatric Ophthalmology. Current Practices in Ophthalmology.* Springer, Singapore.
8. **Dhakal R**, Huntjens B, Shah R, Lawrenson J, Verkicharla PK. Does the spectral composition of an ambient light vary between indoors and outdoors “in myopia perspective”? [ARVO abstract]. *Invest Ophthalmol Vis Sci.* 2022 June; 63(7),1890 – A0019P.
9. Verkicharla PK, Thakur S, Kammari P, **Dhakal R**, Das AV. Refractive development in individuals with ocular and oculocutaneous albinism. *Int Ophthalmol.* 2022 May 19; 1-9.
10. **Dhakal R**, Shah R, Huntjens B, Verkicharla PK, Lawrenson JG. Time spent outdoors as an intervention for myopia prevention and control in children: an overview of systematic reviews. *Ophthalmic Physiol Opt.* 2022 Jan 24; 42(3),545-558.
11. Thakur S, **Dhakal R**, Verkicharla PK. Short-Term Exposure to Blue Light Shows an Inhibitory Effect on Axial Elongation in Human Eyes Independent of Defocus. *Invest Ophthalmol Vis Sci.* 2021 Dec 1;62(15):22.
12. Vasudeva A, **Dhakal R**, Vupparaboina KK, Verkicharla PK. Do rectus muscle parameters vary between emmetropes and myopes? *Ophthalmic Physiol Opt.* 2021 Nov;41(6):1300-1307.
13. Lawrenson JG, **Dhakal R**. Response to 'Comment on: Cochrane corner: Atropine: an ancient remedy for a twenty-first century problem'. *Eye (Lond).* 2020 Sep 2.
14. Bhandary SK, **Dhakal R**, Sanghavi V, Verkicharla PK. Ambient light level varies with different locations and environmental conditions: Potential to impact myopia. *PLoS One.* 2021 Jul 7;16(7):e0254027.
15. Lawrenson JG, **Dhakal R**, Verkicharla PK et al. "Interventions for myopia control in children: a living systematic review and network meta-analysis." *Cochrane Database of Systematic Reviews* 2021.4 (2021): CD014758.
16. **Dhakal R**, Verkicharla PK. Short Review: Increasing time in outdoor environment could counteract the rising prevalence of myopia in Indian school going children. *Curr Sci.* 2020 Nov 9;119(10).

17. Lawrenson JG, **Dhakar R**. Cochrane corner: Atropine: an ancient remedy for a twenty-first century problem? Eye (Lond). 2020 Oct;34(10):1734-1736.
18. **Dhakar R**, Vupparaboina KK, Verkicharla PK. Anterior Sclera Undergoes Thinning with Increasing Degree of Myopia. Invest Ophthalmol Vis Sci. 2020 Apr 9;61(4):6.
19. Mundra J, **Dhakar R**, Mohamed A, Jha G, Joseph J, Chaurasia S, Murthy S. Outcomes of therapeutic penetrating keratoplasty in 198 eyes with fungal keratitis. Indian J Ophthalmol. 2019 Oct;67(10):1599-1605.
20. **Dhakar R**, Mohamed A, Chaurasia S, Ramappa M, Jalali S. Corneal Endothelial Cell Density in Uveal Coloboma Associated with Microcornea. Cornea. 2019 Jan;38(1):74-77.

### **Positions and Scientific Appointments**

2020-2022	Organizer, Indian Myopia Awareness & Research Conference (IMARC)
2020-May 2023	Consultant, Infor Myopia Centre (Prevention & Control), LVPEI, Hyderabad
2017-May 2023	Research associate, Myopia Research Lab, LVPEI, Hyderabad
2015-2017	Consultant, The Cornea Institute, LVPEI, Hyderabad

### **Software skills**

1. Proficient in using MS Office- Word processing (MS Word), Spreadsheets (MS Excel), and Presentation (MS PowerPoint)
2. Excellent Statistical skills- SPSS, Graphpad Prism
3. Excellent handling of referencing software- Endnote
4. Programming language- R (currently under training)
5. Graphic design software- Adobe Illustrator (Under training)

### **Other Skills and specialization**

1. Languages known- Nepali, Maithili, English, Hindi, Bengali, Oriya, Telugu
2. Teaching experience- Under-grad students (Bachelor in Optometry and Vision Science, and Post-graduation diploma in Optometry and Vision Science students)
3. Excellent skill in clinical optometry with specialization in fitting various types of CL (soft, GP, keraSoft, miniscleral, and scleral) in normal, irregular and ectatic cornea.
4. Excellent command on ocular diagnostic tools and instruments used for imaging anterior and posterior segment of eye (Topographer, pentacam, specular microscopy, confocal microscopy, slit-lamp photo & video, biometry, OCT- anterior and posterior, USG- A & B-scan, fundus photo, ERG).
5. Training- Good Clinical Practice (Exp: 26 Oct 2026)

### **References**

1. **Dr. Pavan K Verkicharla, PhD**  
 Scientist- Myopia Research Lab, Prof. Brien Holden Eye Research Centre  
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2. **Prof. John G Lawrenson, PhD**

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