

Curriculum Vitae

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Curriculum Vitae



13, CHAMELI VILLA, Near Agrawal Public School
Indore, MP.
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Arun Bhargava

Work Experience

Feb 2012- Till Today Director and Chief Vitreo Retinal Surgeon, Retina Speciality Hospital, Indore

This was founded by Dr. Arun Bhargava in Feb 2012 and in last 4 years it has strived towards excellence. With more than 10 peripheral associates it is the only specialised centre in Central India which deals with retinal disorders. With a team of 4 retinal surgeons, it has many accomplishments; some of which includes starting community diabetic camps, in house Neonatal ICU treatments for retinopathy of prematurity, Introducing State of art micro incisional retinal surgeries and providing rehabilitation services to retinal patients. The centre in previous 4 years, have seen more than 15000 retinal patients and more than 4000 retinal surgeries. We hope to provide and extend our services to all parts of Madhya Pradesh and aim to extend retinal services par at excellence to any best centre in the world.

March 2008- 2012 Academic Director & Head of Retina and Vitreous Services, Shree

Swaminarayan Gurukul Eye Institute, Rajkot, Gujarat, India.

This 100 bedded hospital is one of the largest tertiary eye care hospital catering to the state of Gujarat. The hospital has a large cache of patients with retinal diseases. The daily turnover of outpatients department with retinal diseases approximates in the range of nearly 4000 patients per month. The surgical load amounts to nearly 125 retinal surgeries per month. The hospital is well equipped with latest equipment. This hospital helped me in growing in confidence in treating retinal patients, performing complex retinal surgeries and leading a team of 4 retinal surgeons. We are mainly involved in clinical research, primarily focused on 23 G and 25 G vitrectomy and intravitreal bevacizumab involving in retinal diseases. We are also involved with Diabetic Retinopathy project involved



in providing free diagnostic and therapeutic services. This would also lead to create the first database for this region and help in future studies.

Principle Investigator of Saurashtra Diabetic Retinopathy Project funded by the World Diabetic Foundation. The project is aimed at spreading awareness and management of Diabetes related complication. This is the first study related to Diabetes and Diabetic Retinopathy in Gujarat.

Principal Investigator of Orbis project in Shree Swaminarayan Gurukul Eye Institute.

Oct 2007- March 2008 Associate Consultant, Shri Bhagwan Mahavir Vitreo Retina Department Sankara Nethralaya, Chennai, Tamil Nadu, India.

Areas of work included managing Vitreo Retinal out patients and OT. Surgical skills included vitrectomies, scleral buckling and macular surgeries. Efficient in handling instruments like HRA, Spectral Domain OCT, Lasers including the PASCAL, Diode and Nd YAG, FFA, ICG, Ultrasound, Microperimeter, Macular Pigment Optical Densitometer and Vitreous Fluorometer.

During the period was actively involved in the statistical analysis of data of epidemiological research projects namely Chennai Glaucoma Study (CGS), Sankar Nethralaya Diabetic Retinopathy Epidemiological and Molecular Study Project (SN DREAMS-I) and in writing of research papers for these projects. During this period I, was also involved in the designing of the ongoing epidemiological projects like SNDREAM-III and Age Related Macular degeneration project (Sankara Nethralaya Chennai Age Related Eye Study- SN CARE).

Education

September 2008

Moorfields Eye Hospital, London, UK.

Short term observer in course for Advanced Macular Treatment.



Oct 2005-Sep 2007 **Shri Bhagwan Mahavir Vitreo-Retinal Department, Sankara Nethralaya, Chennai, Tamil Nadu, India.**

Clinical Fellowship in Vitreo-Retinal services

In the fellowship had extensive exposure to wide range of retinal disorders including cases of diabetic retinopathy, macular diseases, intra-ocular tumors, vitreo-retinal disorders including macular disorders, and uvea cases. During the fellowship, we had the opportunity of assisting and performing retinal surgeries like retinal detachment surgery, macular hole surgery, surgeries for tractional retinal detachment, vitreous haemorrhage and brachytherapy for intraocular tumors.

The areas of research included age related macular degeneration, retinitis pigmentosa.

Aug 2005-Sep 2005 **Shree Swami Narayan Gurukul Eye Institute, Rajkot, Gujarat, India.**

Clinical Trainee in Vitreo Retina services

Underwent basic training in vitreo-retinal department during this short tenure. The department is well equipped for posterior segment patients and is the main referral center for patients all across Gujarat.

July 2005-Aug 2005 **Retinal Foundation, Ahmedabad, Gujarat, India.**

Observer in Vitreo-Retinal Services

Worked as an observer in the prestigious retinal foundation of Dr. Nagpal. It helped me to learn the basics and practice of Vitreo-retinal disorders.

2002-July 2005 **Shri MP Shah Medical College, Jamnagar, Gujarat.**

M.S. (Ophthalmology)

Department is well equipped and established for both anterior and posterior segments. It also has reputable units for glaucoma, retina and strabismus

Declared university topper amongst students passing out in FY 2005



Worked in wide range of diagnostic and therapeutic procedures like slit lamp examination, gonioscopy, slit lamp biomicroscopy with 78 and 90D, direct and indirect ophthalmoscopy, retinoscopy, tonometry, gonioscopy, visual field examination, biometry, ultrasonography, fundus fluorescein angiography, microscopic examinations for microorganisms, DCG, synaptophore, prism bar, hess screen, orthoptics, Nd Yag laser capsulotomy and intra vitreal injection

Assisted in various operations like Phacoemulsification, Small Incision Cataract surgeries, Trabeculectomies, Retinal Detachment Surgeries, Vitrectomies, Lensectomies, Squint surgeries, Keratoplasties, Corneo-scleral lacerations, Intra-ocular foreign body removal, oculoplastics.

Worked in performing operations like Exta capsular cataract extraction with posterior capsular intraocular lens, Small incision cataract surgery (Blumenthal and viscoexpression), Phacoemulsification, Anti glaucoma surgery (trabeculectomy), surgery, Keratoplasty (penetrating), corneal and scleral perforation repair, Pterygium excision, Scleral patch grafting, Ptosis surgery, Entropion and ectropion correction, Dacryocystorhinostomy, Enucleation and evisceration

Developed thesis on '**Comparative study of anisometropic amblyopics and its association with microtropia**'

2001-2002 One year rotatory internship at District Hospital Mathura, U.P.

1996-2001 King George Medical College Lucknow, U.P.

Gold medallist in ophthalmology

Ranked amongst top 10 students in final professional

Additional Qualification



2008 Fellow of Royal College of Physicians and Surgeons (Glasgow) U.K.

2004 International Council of Ophthalmologists U.K.

Passed first step

2005 International Council of Ophthalmologists U.K.

Passed second step

2005 Diplomate of National Board New Delhi

Passed in first attempt

Personal Information

Date of Birthday: 14 September, 1978

Marital Status: Married

Areas of Interest

Diabetic Eye camps and community retina services

Macular disorders

Intra-ocular tumors

Micro Incisional VR Surgeries

Key Co-curricular Activities

2005 Life Line Express Mithapur Gujarat

Selected to managed out door and indoor patients and perform operative procedures in the train. It was truly an unbelievable and rich experience. In a span of seven days operated on more than 350 patients for cataract



Participated extensively in diagnostic and therapeutic camps organized by the Department of Ophthalmology, Shri M.P.Shah Medical College in Saurashtra and Kutch in association with various non governmental organizations

Enjoy traveling, reading science fictions, playing tennis, squash and basketball. Enjoy working on computers and statistics. Had the opportunity of representing at the state level in Squash tournaments.

Presentations:

- 2009 **Conducted Surgical Workshop on Sutureless Vitrectomy** **Indore, MP**
- 2009 **IV Indian AMD Congress** **Amby Valley**
Free Paper Presentation on Lucentis related complication
- 2009 **Middle East Asian African Congress of Ophthalmology** **Baharain**
Free Paper Presentation on Sutureless Vitrectomy for Endophthalmitis
- 2008 **Vitreo Retinal Society of India** **Calcutta, West Bengal**
Free Paper presentation on Avastin for RVO
- 2008 **Gujarat Ophthalmic Society** **Baroda, Gujarat**
Free Paper Presentation on Avastin for RVO and Endophthalmitis
- 2007 **Vitreo-Retinal Society of India** **Mussorie, Uttranchal**
Free paper presentation on Intra-Ocular FB and its managemnt
- 2007 **American Academy of Ophthalmology**
(Co-authored in paper on Epidemiology in ARMD in South Indian population)
- Dec 2006 **Vitreo-Retinal Society of India** **Cochin, Kerala**
Free paper presentation on topic "**Photodynamic Therapy for Best Vitelliform Disease in pediatric age group**"
- Mar 2007 **Seri- ARVO** **Singapore**
Co-authored Free Paper Presentation on topic "**Clinical Profile of Sarcoidosis: Correlation with Serum Angiotensin Converting Enzyme**"



April 2007

Delhi Ophthalmic Society

Delhi

Paper Presentation on "**Clinical Profile of Sarcoid related uveitis**"

Paper Presentation on "**Correlation of Sarcoid Uveitis with Serum Angiotensin Converting Enzyme**"

Poster Presentation on "**Sarcoid Uveitis and its manifestations**"

April 2004

Delhi Ophthalmic Society

Delhi

Paper Presentation on '**Comparative study of anisometropic amblyopias and its association with microtropia**'

Publications:

Co-authored a chapter on "**Fundus Fluorescein Angiography and Indocyanine Green Angiogram for Macular Disorders for book on Macular Disorders by Dr. Sandeep Saxena**"

House Publication-Insight-"**Retinitis pigmentosa with Coats Reaction-April 2006**"

Epidemiology of Macular Hole in South Indian Population, Accepted in Clinical experimental Ophthalmology.

Epidemiology of Retinitis Pigmentosa in rural and urban South Indian Population Accepted in Ophthalmic Epidemiology.

The role of spectral domain Optical coherence tomography in relation to congenital retinoschisis and macular hole. Accepted in Ophthalmic Surgeries, Lasers and imaging.

Under review:

- 1) **Epidemiology of ARMD and risk factor analysis in South Indian population in Clinical and Experimental Ophthalmology.**
- 2) **Epidemiology and risk factors for Diabetic Retinopathy in rural South Indian population in Journal of Diabetes Care**



- 3) **Role of microalbuminuria in Diabetic Retinopathy in Clinical and Experimental Ophthalmology.**
- 4) **Case Report on choroidal Melanoma with macular hole in BJO**

Presenatation given in training Courses and Conferences:

October 2002	Phacocarnival Rajkot	
March 2003	CME on Squint: Diagnosis and Treatment	Rajkot
October 2003	National orientation module on Low vision Aravind Eye Hospital.	Madurai, Tamil Naidu
September 2003	CME on Role of Triamcilone. Module on TPT	Ahmedabad
January 2004	All India Ophthalmic Society	Varanasi, U.P.
March 2004	CME on Ocular Surface Disorder	Jamnagar
April 2004	Delhi Ophthalmic Society	New Delhi
May 2004	Diabetes in ophthalmics Asopalav Retinal Foundation	Ahmedabad, Gujarat
September 2004	Paediatric ophthalmology, Swaminarayan Hospital	Rajkot, Gujarat
October 2004	CME on Glaucoma and recent advancements	Jamnagar
December 2004	Gujarat Ophthalmic Society	Surat, Gujarat
July 2005	Ahmedabad Ophthalmic Society	Ahmedabad, Gujarat
July 2005	Revision Course in Ophthalmology Sankara Nethralya	Chennai, Tamil Nadu
August 2005	Advance Vitreo-retinal conference	Ahmedabad, Gujarat



November 2008	American Academy of Ophthalmology	Atlanta, USA
March 2009	MEACO	Baharian
OCT 2009	MP State Ophthalmic Society	Bhopal, MP
September 2010	AVTT	Zuri , Kumarlom, Kerala
Nov 2010	MP state Ophthalmic Society	Chitrakoot, MP
Oct 2012	MP SOS	Indore , MP
Nov 2013	MPSOS	Jabalpur, MP
Oct 2015	MPSOS	Ujjain, MP

Membership

- All India Ophthalmic Society
- Delhi Ophthalmic Society
- American Academy of Ophthalmology
- Vitreo Retinal Society of India
- Gujarat Ophthalmic Society
- MP State Ophthalmic Society
- Indore Divisional Ophthalmic Society

Dr. Arun Bhargava,

MS, DNB, FRCS, FMRF, FICO.

