

## Resume

### Personal particulars:

Name : Anjali Mehta  
Current Address : B 119, First Floor, Sarvodaya Enclave, New Delhi 110017  
Permanent Address : C4/4, Safdarjung Development Area, New Delhi 110016  
Date of Birth : 3 Aug 1968  
Place of Birth : Delhi  
Nationality : Indian

### Family Details:

*Husband:* Engineer/MBA. Entrepreneur, set up an insurance distribution company, Secure Now insurance distributors.

*Children:* Two. A daughter and a son aged 20 and 16 years, respectively.

### Interests:

These include: music, travelling, writing, reading and social work.

### Languages Spoken:

Hindi, English and French (diploma from Bhartiya Vidya Bhavan 1992-94)

### Contact Phone Numbers:

41829414, 23716314 (R)  
9810088831, 9811158553, Email: [mehtanjali@gmail.com](mailto:mehtanjali@gmail.com)

### Websites:

[www.eyeclinikdelhi.com](http://www.eyeclinikdelhi.com)  
[www.sagartrust.com](http://www.sagartrust.com)

**Educational Particulars:**

<b>Year</b>	<b>Institution</b>	<b>Degree</b>
<b>1974 - 82</b>	<b>St. Mary's Convent, Nainital</b>	<b>I.C.S.E</b>
<b>1982 - 86</b>	<b>Army Public School, New Delhi</b>	<b>A.I.S.S.C.E</b>
<b>1986 - 91</b>	<b>Armed Forces Medical College, Pune</b>	<b>M.B.B.S</b>
<b>1993</b>	<b>Military Hospital, Abohar</b>	<b>D.N.B Part I</b>
<b>1996 - 98</b>	<b>Army Hospital, Delhi</b>	<b>D. O. (Ophthalmology)</b>
<b>1998 - 99</b>	<b>Research and Referral (Army) Hospital, Delhi</b>	<b>D.N.B (Ophthalmology)</b>

**Work Experience:**

**Was an officer in Army Medical Corps from 1991 to 1995 . I left active service at the rank of Captain. Thereafter, I pursued a Civilian career and specialized in Ophthalmology.**

<b>Year</b>	<b>Institution</b>	<b>Description</b>
<b>Army Career</b>		
<b>1991 - 1992</b>	<b>Base Hospital, Delhi Cantonment</b>	<b>Internship in hospital with 1000 beds, Rank: Lieutenant, Designation: General Duty Medical Officer</b>
<b>1992 - 1994</b>	<b>Military Hospital, Abohar</b>	<b>Medical officer in a 49 bed hospital: Complete responsibility of MI room, family/medical/surgical wards;  Attended 2 month Army training course for Medical Officers (Medical Officers Basic Course –Lucknow), Rank: Captain, Designation: General Duty Medical Officer</b>

1994 - 1995	Armed Forces Clinic, Delhi	Medical officer in charge of conducting OPD for officers and other ranks, Rank: Captain, Designation: General Duty Medical Officer
January - February 1996	Armed Forces Clinic (Ophthalmologic department), Delhi	Observership in Ophthalmology prior to post-graduation
<b>Civilian Career</b>		
1996 – 1998	Army Hospital, New Delhi	Diploma in Ophthalmology from Delhi University; University topper Thesis topic “Automated perimetry for the evaluation of lesions of the visual pathway and fundus”.
1998 - 1999 December	Research and Referral (Army) Hospital, New Delhi	DNB (part 2)
January, 2000	Dr. Shroffs Clinic, Delhi	Associate with Dr. Noshir Shroff
February – March, 2000	Samsung Medical Hospital, South Korea	6 weeks observership with rotation in all sub-specialties of Ophthalmology including cornea, glaucoma, oculoplasty, retina, and strabismus and paediatric ophthalmology
May – July, 2000	Lok Kalyan Samiti, Delhi	Consultant (Jr.). Independent OPD
July - October, 2000	Batra Hospital, New Delhi	Senior resident post
November 2000 – August 2001	Six months sabbatical from clinical work – maternity and post-maternity leave	
August 2001 to January 2004	Icare research and training hospital, Noida	Consultant responsible for:  (a) Conducting independent OPD (b) Establishing and maintaining Oculoplasty department (trained under senior plastic surgeon at Icare) (c) Camp surgery (mainly Phaco, IOL, Oculoplasty) (d) Training and teaching (DNB

		<b>students and doctors from other hospitals in IOL surgery)</b>
<b>July 2003 to August 2003 (During Icare tenure)</b>	<b>All India Institute of Medical Sciences (A.I.I.M.S)</b>	<b>Observership in Oculoplasty under Prof. S.M. Betharia</b>
<b>January 2004 – June 2004</b>	<b>Sabbatical from clinical work – maternity and post-maternity leave</b>	
<b>June 2004 – October 2004</b>	<b>Navjyoti Eye Centre (Dr. Vivek Pal), Daryaganj</b>	<b>Consultant</b>
<b>November 2004 till May 2008</b>	<b>Icare research and training hospital, Noida</b>	<p><b>Senior Consultant – Departmental incharge of Oculoplasty. Responsible for developing and overseeing all Oculoplasty work</b></p> <p><b>Camp surgery (mainly Phacoemulsification, SICS , A wide range of all oculoplasty surgeries)</b></p> <p><b>Training and teaching (DNB students and doctors from other hospitals in Phaco, ECCE, SICS surgery)</b></p> <p><b>Administrative duties: OPD in charge for two years-responsible for overseeing working of OPD and managing over 20 general duty assistants</b></p>
<b>August 2008 till Sep2012</b>	<p><b>Vasundhara Eye clinic, Dwarka (Own private practice)</b></p> <p><b>Bensups Hospital Dwarka</b></p> <p><b>Aryavir Hospital , Gurgaon</b></p>	<p><b>Established and managed own eye clinic in Dwarka, Vasundhara eye clinic, with morning and evening OPD timings and providing comprehensive eye care.</b></p> <p><b>Also had bi-weekly attachments at two places:</b></p> <ol style="list-style-type: none"> <li><b>(1) Bensups hospital, a large multispeciality hospital in Dwarka and</b></li> <li><b>(2) Aryavir – a high volume Charitable eye hospital in Gurgaon (stopped this from January 2011).</b></li> </ol>

<b>Sep 2012 till Jan 2015</b>	<b>Vasundhara Eye clinic, Dwarka</b>  <b>Rockland Hospital, Dwarka</b>	<b>Private practice. Managing comprehensive eye care clinic in Dwarka.</b>  <b>Rockland Hospital ...bi-weekly attachment</b>

<b>Jan 2015 till May 2016</b>	<b>Vasundhara Eye Centre, Dwarka</b>	<b>Private Practice. Main surgeon in charge of own private practice providing comprehensive eye care</b>	
<b>August 2018 till date</b>	<b>Vasundhara Eye Centre, Dwarka</b>  <b>Oculoplasty consultant at Karuna Sindhu Eye Hospital, Bakkarwala</b>  <b>Visiting Consultant: Aakash Hospital, Dwarka</b> <b>Ayushman Hospital, Dwarka</b>	<b>Private Practice. Main surgeon in charge of own private practice providing comprehensive eye care (OPD and surgery).</b>  <b>Conduct weekly oculoplasty OPD and perform oculoplasty surgeries.</b>  <b>Conduct private surgeries and minor retinal procedures.</b> <b>Twice a week OPD and surgeries.</b>	

**Professional Capabilities:**

- 1. Close to twenty five years experience in general ophthalmology (inclusive of post graduation).**
- 2. Twenty years experience in phacoemulsification (cataract) surgery.**
- 3. Seventeen years experience in oculoplasty. Sole responsibility for oculoplasty in a 100 bedded eye hospital for 3 years. Currently conducting the weekly oculoplasty OPD at Karuna Sindhu Hospital, Najafgarh since 2018.**

**Teaching capabilities:**

- Over five years experience in teaching DNB students as part of faculty.
- Co-guide for thesis of DNB candidate.
- Vast experience in training and teaching national and international ophthalmologists in all types of cataract surgery ( phacoemulsification, ECCE, SICS)

### Academics.

- Regular participation at national and local conferences.
- Presented own papers at DOS, AIOS and Oculoplasty conferences.
- Presentations as invited faculty at DOS.
- One paper published in International journal (Orbit)
- Three papers published in National peer reviewed journals (Indian journal Ophthalmology) as well as others in non-peer reviewed journals.
- Reviewed papers for two international journals (OPRS , MEAJO)

### Administrative capabilities.

- Over 25 years experience in personnel management, initially as an Army officer and subsequently overseeing the working of OPD staff at Civilian Hospitals.
- Experience in setting up and running own private practice.

### Camps and social work

I have vast experience in conducting OPD and Surgical camps in Urban and rural areas. Have own registered trust, Sagar trust ([www.sagartrust.com](http://www.sagartrust.com)) since 2009. The trust provides high quality free ophthalmic care to marginalized groups like daily wage labourers, sex workers and those living in resettlement colonies at their doorstep. We work with local NGO partners and seek to establish long term networks that the patients can leverage. The trust has tax exemption vide 80 G .The trust has conducted over 140 camps so far, screened over 16000 patients and conducted several free/low cost surgeries and distributed hundreds of free spectacles. The camps are holistic -ophthalmic cum gender based and follow the WHO guidelines of integrated, people centered health care. The detailed activities can be found on the trust website -[www.sagartrust.com](http://www.sagartrust.com).

Since 2013, I have been working for women's safety and empowerment as part of a platform called the Justice Seekers which is a platform where several working and retired professionals and women's NGO'S collaborate on women related issues. Some of the issues I have worked extensively on are amendments in Juvenile Justice Laws, justice for Nirbhaya's parents and children's awareness of women's safety issues. I am a member of several women's advisory and advocacy groups and speak and write on women's issues. I have worked citizen's initiative on the need for speed and accountability in the Judiciary,

helping sex-workers, and passage of the women's representation bill in parliament (as a member of the National alliance for the WRB). I received the 'women for social change award' by Women Ophthalmic Society, India, in November 2017. I led the 'social initiative programme' of the women ophthalmic society in 2019. I am part of complaints committees for medical and educational institutions.

#### **Ophthalmic Publications:**

**1. Anjali Mehta, Mithilesh Chandra**

**Rare Orbitocranial Tumour in an Adult**

**Orbit (Amsterdam, Netherlands) 28(5):285-9 · October 2009**

**2. Anjali Mehta Nitin Puri,**

**An unusual variation in the anatomy of the uncinat process in external dacryocystorhinostomy**

**Indian J Ophthalmol. 2008 Sep-Oct; 56(5): 413–416.**

**3. Anjali Mehta, Aparna Rao Apoorva Khanna,**

**Sudoriferous cyst of the orbit of adult origin after trauma**

**Indian J Ophthalmol. 2008 May-Jun; 56(3): 235–237.**

**4. Anjali Mehta**

**Unusual markings on an intraocular lens postoperatively**

**Indian J Ophthalmol. 2012 May-Jun; 60(3): 241–242.**

**5. Anjali Mehta, Sudipta Ghosh, Aparna Rao. Ductal Cysts of Lacrimal Glandular Tissue .  
DJO 2007 Jan-Mar; 12(4): 89-92**

#### **Non ophthalmic writing**

**I am a frequent writer for newspaper columns on various social issues and occasional articles on the lighter side of life. Most of the articles can be found on my blog, which has the following address: [anjalimehta.blogspot.com](http://anjalimehta.blogspot.com)**