



CURRICULUM VITAE

Name : Dr. Shruti Nishanth

Credentials : M.S, DNB, FICO, MRCS[Edin],
PhD Student [Maastricht University]

Registration No. : 92814

Designation : Executive Director,
Paediatric Ophthalmologist,
Squint specialist & Neuro-ophthalmologist
Joint Editor-Tamil Nadu Ophthalmic Association
2020 – 2022

Birthdate : 14.02.1988

Address : **M.N. Eye Hospital, No. 781, T.H. Road,**
Tondiarpet, Chennai - 60021

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Organizational Membership

All India Ophthalmologic Society
AIOS Reg. No. : D14491

Tamilnadu Ophthalmic Association
TNOA Reg No. : S1548

Strabismus and Pediatric Ophthalmological Society of India
SPOSI : Life member 795

World Society of Paediatric Ophthalmology and Strabismus
WSPOS : Life member

Member – American Academy of Ophthalmology – 2017

Member Asia Pacific Association of Cataract & Refractive Surgeons
(APACRS) – 2018

Member of Royal College of Surgeons [Edinburgh] – since 2019

Member – Association for Research in Vision & Ophthalmology
(ARVO) – 2022

Education :

• School :

L.K.G to Std. 10 : Jeevana School, Madurai
Std. 11 and Std.12 – T.V.S. matric Higher Secondary School, Madurai

• Medical Qualifications

✓ M.B.B.S

Date granted : **29.04.2011**
Period of study : September 2005- May 2011
Medical college : Government Kilpauk Medical college, Chennai

✓ **M.S. Ophthalmology**

Date granted : June 2014
Institution : Aravind Eye Hospital, Madurai
University : Tamilnadu Dr.MGR Medical University, Chennai
Period of Study : 2011-2014

✓ **Fellowship in Paediatric Ophthalmology and Strabismus**

Period : October 2014- December 2015
Institute : Sankara Nethralaya, Chennai

✓ **Consultant – Paediatric Ophthalmology & Strabismus**

✓ Period : January 2016 – till current date
✓ Institute : M.N. Eye Hospital, Chennai

Special Training in Low vision Assessment & Rehabilitation :
LV Prasad Eye Institute : 2016

Cleared prestigious FICO exam by International Congress of Ophthalmology
– 2016, Member of ICO and WOC

Special Training in Visual assessment & Rehabilitation in Special Children :
ICOUNT Training, Vidya Sagar, Chennai – 2017

Member of Royal College of Surgeons, Edinburgh. - 2019

Honors :

1. Class 10 - All India National Rank no.13 in ICSC Exam
2. Class 12 – Madurai District First Rank – Tamilnadu State board Exam
3. M.B.B.S. - Distinction in Ophthalmology
4. Awarded “2nd Certificate” Position for medal exam in the subject of ENT during year 2008-09 at Government Kilpauk Medical College

5. Winner –Best Poster of Tamil Nadu Ophthalmic Association, 2019 :
Rehabilitation of Inferior Altitudinal Hemianopia with Peli Prisms
6. Best Paper of Paediatric Ophthalmology Session in Tamil Nadu Ophthalmic Association, 2019 : Dichoptic Therapy in management of Amblyopia
7. Holds a patent for developing a novel wearable device for measuring dynamic sunlight exposure in children – LUMINO SunDial
8. Winner, Paper presentation– 2nd Indian Myopia Awareness and Research Conference, October 2021:
Title: ‘A novel wearable device for the monitoring sunlight in children’
9. Runner-up, Ph.D Student in Clinical Research Category- 10 th Li Ka Shing Foundation International Ophthalmic Graduate Student Forum, December 2021
Title : ‘Accuracy of a novel wearcable device for measuring dynamic sunlight exposure in children’
10. Poster presentation at Association for Research in Vision & Ophthalmology, May 2022
Title : Accurate measurement of outdoor activities in children with myopia :
Development of an affordable wearing device
11. Best Paper in Community Ophthalmology, AIOS 2022
12. Best paper in Paediatric Ophthalmology, TNOA 2022
13. Poster presentation at International Myopia Conference, Rotterdam, 2022

Presentations :

Post graduate :

- ✓ E-Poster, AIOS

Comparison of efficacy and safety of 0.25 and 0.5 ml of triamcinolone acetate in the treatment of Refractory Vernal Keratoconjunctivitis

- ✓ Free Paper
Malignant Melanoma - Varied manifestations of a single disease
- ✓ Paper poster :
Keratomycosis caused by *Scedosporium Apiospermum* : A case series
- ✓ Free paper :
Visual outcome of optic nerve sheath fenestration in patients with papilledema
- ✓ E- Poster :
Treatment profile of patients with Sturge-Weber syndrome having Glaucoma
- ✓ Free paper : AAPOS meeting in Jaipur 2016:
The Separated Twins – Marcus Gunn Jaw Winking in the absence of ptosis : A case series
- ✓ Free paper, APCRS :
Influence of age on efficacy, predictability and safety of Secondary intraocular lens implantation in children
- ✓ E-Poster, AIOS, 2016
TRI'cky squint : A case report
- ✓ Video, TNOA, 2015:
Paediatric cataract with pre-existing posterior capsular dehiscence
- ✓ E- Poster : WSPOS, 2015, Barcelona, Spain :
Low vision Care in patients with ROP sequelae: A case series
An interesting case report of patient of squint with bilateral ectopic maculae

Post – fellowship :

- ✓ Poster : TNOA, 2016
An interesting case of exotropia with external ophthalmoplegia

- ✓ E-poster 2017 WSPOS 2017, Hyderabad:
The curious case of Accommodative Spasm!
- ✓ Free Paper WSPOS 2017 , Hyderabad:
Comparison of Spot photoscreener and Automated Refractometer in differently abled children

Detection of Amblyopia Risk Factors in children & screening in young adults with SPOT photoscreener
- ✓ Free Paper TNOA 2017/AIOS 2018:
Yokoyama procedure for myopic strabismus fixus: A stitch in time!
- ✓ Free Paper TNOA 2017/AIOS 2018:
Detection of Amblyopia Risk Factors in children & screening in young adults with SPOT photoscreener
- ✓ E-poster TNOA 2017/AIOS 2018:
Comparison of Spot photoscreener and Automated Refractometer in differently abled children
- ✓ E-Poster TNOA 2017/AIOS 2018:
The curious case of Accommodative Spasm!
- ✓ Interesting Case Presentation of Rehabilitation with Peli Prism in POSN [Paediatric Ophthalmology & Strabismus Network] : Chennai, 2018
- ✓ Best Poster of Tamil Nadu Ophthalmic Association, 2019 : Rehabilitation of Inferior Altitudinal Hemianopia with Peli Prisms
- ✓ Best Paper of Paediatric Ophthalmology Session in Tamil Nadu Ophthalmic Association, 2019 : Dichoptic Therapy in management of Amblyopia
- ✓ Poster at ARVO 2022, Title : Accurate measurement of outdoor activities in children with myopia : Development of an affordable wearing device

Invited Talks :

- ✓ **Lecture at NIEPMED, Chennai :** (Special Children School)
Visual disorders in differently – abled children – under the instruction & guidance of Dr.Meenakshi.S, Director-Academics,Sankara Nethralaya - 2015
- ✓ **Cataract Update, 2015**
Closed globe IOL repositioning techniques
- ✓ MCOA, 2017 : Dilute Atropine for Myopia Progression
- ✓ TNOA, 2017 : Asthenopia in children
- ✓ IIRSI, 2018 :Paediatric Cataract :
The Should do's, The Can do's and The Never do's
- ✓ MCOA, 2019 : Recent Advances in Adult Amblyopia
- ✓ TNOA,2019 : Neuro-rehabilitation of Paralytic Strabismus
- ✓ TNOA, 2019 : Prescribing glasses in children : 7 pearls
- ✓ OPHTHAFUSION, 2019 : Amblyopia Management:
Patching Regimens, Dichoptic Therapy & App-based exercises in Amblyopia
- ✓ TOSCON, 2019 : Evaluating a child's eye – 10 pearls to rule them all!
- ✓ AIOS, 2020 : Tackling Myopia: The Indian Perspective
- ✓ AIOS, 2020 : How to be a social Media Savvy Ophthalmologist
- ✓ Invited Lecture, 2020 : PES Institute of Medical Sciences and Research, Bangalore: Evaluation of Strabismus
- ✓ Strabismus Super Series webinar, 2020 : Inferior oblique surgeries
- ✓ KSOS+TNOA ARC, 2020 : A challenging case of Nystagmus surgery
- ✓ TNOA ARC PG Update in Paediatric Ophthalmology, 2020 : The role of Refractive Errors in Squint

- ✓ TamilNadu Journal of Ophthalmic Sciences and Research (TJOSR) – Research Methodology Workshop, 2020 – Kickstarting your publishing career
- ✓ PSOS Monsoon Spice “Eye of the Storm” Challenging Scenarios : Thoughtful Solution August 23, 2020
- ✓ Pondichery Ophthalmic Association : The Science behind Myopia
- ✓ KSOS (Kerala Society of Ophthalmic Surgeons) - IOL power calculation for paediatric cataract – In pursuit of Emmetropia
- ✓ Myopia – Genetics & Environment
- ✓ IIRSI – 2021 : Multifocality in Paediatric Myopia
- ✓ Impact of Refractive error on Strabismus
- ✓ AIOS – ARC : Managing the Second pandemic : Myopia
- ✓ All Gujarat Ophthalmic Society : Advances in Myopia Control
- ✓ OPTEVE – Optometry Enlightenment in Vision Enhancement, Mahatma Gandhi Institute of Medical Sciences – March 29, 2022 – Title : Fundamental Techniques for Paediatric Squint Evaluation
- ✓ Kolkata Ophthalmic Association, April 3, 2022 - Title : Advances in Myopia control

International Invited Talks:

- ✓ Myopia Conference, Russian Ophthalmological Society, November 19, 2021 – Title: Efficacy of Dilute Atropine
- ✓ International Online-Conference on Ophthalmology EAST-WEST, Ufa Eye Research Institute, Russia June 2-3, 2022 – Title : Myopia Control – What works?
- ✓ National Eye Institute, Rockville, Washington DC on April 29, 2022

Title: Paediatric Myopia

- ✓ Refereeravond , Maastricht, Netherlands, September 7, 2022
Title: The Science Behind Myopia

Non-Ophthalmic Presentations :

- ✓ Digital Eye Strain: Rotary Club of Adyar, 2019
- ✓ ‘C’ a better version of yourself: Rotary Club of Adyar, 2020

Publications :

- ✓ Contact lens in Keratoconus – Journal of TNOA
- ✓ New and Complex Strabismus surgeries, Insight, Sankara Nethralaya
- ✓ Post – Refractive surgery Contact lens, Is there hope? – Journal of TNOA
- ✓ Chapters in Preferred Practice Patterns in Paediatric Ophthalmology: History taking in children and Amblyopia
- ✓ Journal Scan and Photo Quiz for 3 editions: TNOA Journal of Science and Research
- ✓ Zepto cataract : The Way Forward : TNOA Journal of Science and Research
- ✓ Black to White : Keratopigmentation, TNOA Journal of Science and Research
- ✓ 2019, Asia-Pacific Journal of ophthalmology : New IOL – T-Flex for secondary IOL implantation.
- ✓ 2020 - Alam MS, Nishanth S, Ramasubramanian S, Swaminathan M, Mukherjee B. The rare phenomenon of Marcus-Gunn jaw winking

without ptosis: Report of 14 cases and review of the literature. *Indian J Ophthalmol.* 2020;68(6):1132-1135. doi:10.4103/ijo.IJO_1099_19

- ✓ 2021 - Padavettan C, Nishanth S, Vidhyalakshmi S, Madhivanan N, Madhivanan N. Changes in vergence and accommodation parameters after smartphone use in healthy adults. *Indian J Ophthalmol.* 2021 Jun;69(6):1487-1490.

Surgical Experience :

- ✓ Experienced cataract surgeon – performed over 8000 cataract surgeries.
- ✓ Performed over 500 squint surgeries
- ✓ Performed over 100 paediatric cataracts.
- ✓ Conducted more than 600 free school screening camps and special children screening programmes in and around Chennai, Kanchipuram and Tiruvallur districts.
- ✓ Provided free glasses and performed free surgeries for more than 500 children with visual disability.
- ✓ Rehabilitated more than 100 special children visual and vocational free of cost.

Conference Attended,

- ✓ “Opthafusion 2014 at The Eye Foundation, Coimbatore on November 2014
- ✓ “3rd World Congress” of Prediatric Ophthalmology & Strabismus at Barcelona, Spain, on September 2015.
- ✓ “4th World Congress” of Prediatric Ophthalmology & Strabismus at , Hyderabad, India on December 2017.

- ✓ Participated “ The 2nd GRAND ROUND in Prediatric Ophthalmology & Ocular Motility at Bombay Hospital Mumbai on November 2019
- ✓ Participated in the pre conference at 5th annual Conference of Strabismus & Pediatric Ophthalmological Society of India(SPOSI) at Chennai, India on December 2019.
- ✓ Active Participation in “Impulse 2016” pediatric Neuro Ophthalmology symposium at LV Prasad Eye Institute Hyderabad on October 2016.
- ✓ Participated in “Parivarthan 2017” A combined Orbit, Oculoplasty, Pediatric Ophthalmology and strabismus update conducted by Sankara Eye Foundation , India on March 2017.
- ✓ Merited “1st Prize-UG Quiz” in the completion conducted during Breast Feeding Week at Department of pediatrics Kilpauk Medical College & Hospital.
- ✓ Attend Orthoptic and Binocular vision Anomaly workshop in “Pediatric Ophthalmology and strabismus Network (POSN) at Sankara Nethralaya , Chennai on October 2018
- ✓ Undergone workshop on research methodology at Lions Aravind Institute of community Ophthalmology at Madurai, India On August 2011.

Hobbies:

- ✓ Enjoys dancing
 - Awarded “2nd Place in Dance” An Intra College Cultural Fiesta”Vanavil 2007” at Kilpauk Medical College on April 2007

- Winner – Ms.Vaanavil , in Intra College Cultural Fiesta”Vanavil 2008” at Kilpauk Medical College
- Participated and winner in Couples Category in DANCE OF DISTRICT 3232 at Rotary Club of Adyar on September 2019
- Winner 2nd prize in – Life Beyond Ophthalmology – All India Dance Competition – Couples Category
- ✓ Writes poetry in her spare time
- ✓ Enjoys star gazing and astrophotography
- ✓ Learnt American Sign Language through an online short course
- ✓ Learnt ‘Communication with children with visual disability’ – an online course to better understand and communicate with children with disability.
- ✓ Editor of monthly bulletin for Rotary Club of Adyar, Chennai – Banyan Tree in the year 2021-22

Special Interest:

- ✓ Paediatric myopia, in which she is pursuing her PhD
- ✓ Artificial Intelligence and Deep Learning in Myopia
- ✓ Nystagmus and Complex strabismus surgeries
- ✓ Visual Disability in Special Children:
 - Dr.Shruti has a special interest in rehabilitation of children with visual and multiple disabilities. She has visited special

schools around Chennai, evaluated their children and provided them with visual therapy and also vocational rehabilitation, school admission in integrated schools, and counseled the families for support and strength.

- ✓ Neuro-optometry and Binocular vision anomalies
- ✓ Low vision
- ✓ Dr.Shruti is passionate about eye donation and participates in several awareness programmes in the city. Her interest developed after seeing a lot of children suffering from corneal blindness, which can be treated by surgery that involves corneal transplantation. However, due to the lack of awareness, there are several children who still wait for their surgeries due to lack of donor corneas. This prompted Dr.Shruti to take up the mission to spread awareness in the city.