

DEPARTMENT OF OPTOMETRY

Name: A. Valarmathi

Qualification: B.S, M Phil (Optometry)

Designation: Senior Lecturer

Area of Research Expertise:

- Exploring the visual system of children with special needs
- Establish the effect of optometric management in children with special needs like Autism and Learning disability
- Understanding the impact of behavioral optometry in children with autism

Research Projects:

Completed:

- “Corneal thickness changes in contact lens wearers” – M Phil optometry
- “Comparing the efficiency of various binocular balancing tests” – B.S optometry
- Co-investigator in **AKSHA** Silicone Hydrogel lenses study – Funded project

Ongoing:

- Efficacy of vision therapy in children with special needs
- Eye movements in children with dyslexia using Development eye movement test

- Binocular vision function in children with anemia
- Measurement of Aniseikonia in ametropia

Awards and Recognitions:

- IVI Higher Education Scholarship for pursuing PhD
- Sri R Sivaraman Memorial Endowment Prize for best performance in Research project during August 2005 to July 2007
- Letter of appreciation in doing excellent refraction especially for children, November 2001
- Certificate of appreciation for Punctuality and devotion in clinical service during internship, March 2000
- Certificate of appreciation for creativity on the occasion of the world Optometry Day, March 1999

Memberships:

- Member – International Association of Contact Lens Educators
- Life Member, Indian Association of Pediatrics (IAP)
- Life Member, Indian Optometric Association (IOA) (LM-02704/017)
- Life Member, Optometry Association of Tamil Nanbargal (OATN) (LM No:180)
- Associate Member College of Optometrists in Vision Development (COVD)
- Member Optometry Council of India (OCI) (No:1220151156)
- Life Member ESOAA

Conferences/Seminars/Workshop/Training undergone:

CONFERENCE PRESENTATIONS:

- “Occurrence of myopia among rural and urban school going children” at the 37th All India Optometry Conference held between 30th March – 01 April 2018 at the Constitution club of India, New Delhi, India. The Paper won the best paper award under the free paper and research session on Community eye care
- “Novel vision assessment and intervention model in children with Autism Spectrum Disorder – A single subject design” at the International Autism Conference held between February 23-24, 2018 at Kokilaben Dhirubhai Ambani Hospital, Mumbai. Well received paper.
- CME on “Diabetic Retinopathy-Recent advances, paradigm shifts and future developments” on 14 th October 2017 at Sri Ramachandra University
- Guest Lecture on “Importance of Visual Hygiene” CME, September 2015 at Sri Ramachandra University
- Guest Lecture on “An Insight into Visual Perceptual Skills” CME, September 2015 at Sri Ramachandra University
- “Contact lens fitting in Megalocornea – a case report” Oral presentation at the 8th Dr.E.Vaithilingam Memorial Scientific session, March 29 2009
- “Lasik in Contact lens and Non-Contact Lens wearers” Oral presentation at the World Contact Lens Congress, April 8 2006
- “Designing a Visual acuity chart for Mass Screening Program” Oral presentation at the 3rd Dr.E.Vaithilingam Memorial Scientific session, March 14 2004. Awarded third prize for the paper presentation

- “Binocular Vision” Poster presentation at the 30th All India Optometry Conference, 24th – January 26 1999

SEMINARS/WORKSHOPS ATTENDED

- Application of Science and Technology for Empowerment of Differently Abled on 28th February 2017 at Sri Ramachandra University, Chennai
- Application of Digital Technology in Medical and Social Science Research on 26 & 27 November 2016 at SDS Institute of Behavioral Sciences
- Visual Information Processing Disorder & Management at Sankara College of Optometry, Bangalore on 23 - 24 November 2016
- Faculty development program at Sri Ramachandra University from 4 April – 6 April 2016
- Publishing Connect Author Workshop on 14th October 2015 at Sri Ramachandra University conducted by Mr. Bart Wacek (Publishing Director) and Hoglah Dasari (Publishing Content specialist) of Elsevier Publications
- Workshop on Grant writing and publication by Dr.Caven McLaughlin organized by SRU, 14th September 2015
- CME on “The Basics of Vision Therapy” on December 13 and 14, 2014 at Sankara College of Optometry, Bangalore, India in association with COVD
- Biostatistics and Scientific writing workshop, October 2014
- Basic epidemiology, statistics, spss and critical appraisal, July-Aug 2014
- Research methodology workshop conducted by India vision Institute in collaboration with African vision research institute on the 14th and 15th of

April 2014 at IIT alumni club, Chennai. The Facilitators were Prof Kovin Naidoo and Dr. Jyoti Jaggernath

- Pedagogy Training at Manipal, November 2011
- LAP 25, Low vision Awareness Program, LVPEI, April 2011
- Acuvue Product launch, Aamby valley city, February 2009
- Practice Management seminar at Bangkok, Thailand sponsored by Johnson and Johnson, June 2008
- Training in Fitting Reverse Geometry Lenses (Ortho-K lenses), 2007
- Training in making customized ocular prosthesis, 2001

Publications:

BOOK CHAPTER

- Valarmathi A, Chapter II on contact lens in “ESO’s OPTOMETRY Question Bank”, Published by Jaypee Brothers Medical Publishers (P) Ltd, 2012
- Valarmathi Arunachalam, Kalpana Suresh, Lakshmi Venkatesh, T. Santhanam. Novel vision assessment and intervention model in children with Autism Spectrum Disorder – A single subject design. In: Rubina Shankar Lal editor. “Autism Pathways to an Inclusive life”. Blue Rose Publishers. 2018; pp 45-52 [ISBN:978-93-87792-21-0].

PAPER PUBLICATIONS

- T.V.Subha, A.Valarmathi, V.Balamurali “Comparing the efficiency of various binocular balancing tests” Indian Journal of optometry Vol 12 (1) 2002

- Mahadevan R, Amudhaoli A. Valarmathi A “Retrospective study of contact lens fitting in Pellucid marginal degeneration” Eye Contact Lens 2008 Jul 34(4):207-10
- Rajeswari Mahadevan, Amudha oli Arumugam, Valarmathi Arunachalam, Brindha Kumaresan “Keratoconus – a review from a Tertiary eye care centre” J Optom. 2009; 02:166-72. - Vol. 02 Num.04