



Remya Edachery

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Designation: Consultant in Pediatric ophthalmology, Strabismus and Neuro Ophthalmology
at Payyanur Co -Operative Hospital, Payyanur

Professional Summary

To be a competent Pediatric ophthalmologist, Strabismologist and Neuro ophthalmologist.

To attain proficiency in managing complex strabismus and Pediatric cataracts.

To be an enthusiastic research scholar

To be a proficient teacher

Core Qualifications

Management of Pediatric eye diseases

Surgical management of strabismus

Prescription of glasses for refractive errors in children

Phacoemulsification cataract surgery

Small incision cataract surgery

Surgical treatment of pterygium with graft

Probing of nasolacrimal duct for congenital nasolacrimal duct obstruction

Educational qualifications

Fellowship of the Royal College of Surgeons (Glasgow) (2025)

Fellow All India Collegium of Ophthalmology in Neuro Ophthalmology (2025)

MRCSEd- Membership of Royal College of Edinburgh (2023)

FAICO(Fellow All India Collegium of Ophthalmology in Pediatric Ophthalmology & Strabismus)- 2022

Fellowship in Pediatric ophthalmology, strabismus and Neuro ophthalmology (FPOS) (2019 January- 2020 May)- Narayana Nethralaya, Bangalore Bangalore

Fellow of International Council of Ophthalmology FICO (2020)

DNB Ophthalmology (2014)

MS Ophthalmology (2010 May—2013 May)- Minto Eye Hospital, Regional Institute of Ophthalmology, Bangalore Medical College and Research Institute

MBBS (2002 -2008)- Govt. Medical College Kozhikode

Work Experience

July 2020 – Present

Co operative Hospital - Payyanur, Kerala

Consultant in Cataract, Pediatric ophthalmology, Strabismus and Neuro ophthalmology

July 2020 - November 2021

Payyanur Eye Foundation

Consultant in Pediatric ophthalmology, strabismus and neuro ophthalmology

July 2020- November 2021- Visiting consultant Pediatric ophthalmologist and strabismologist at Suresh Babu Eye Foundation, Kasaragod

January 2019 - May 2020

Narayana Nethralaya , Bangalore

clinical fellow Pediatric ophthalmology

September 2016 - December 2018

Co operative Hospital - Payyanur, Kerala

Consultant ophthalmologist

August 2016 - September 2016

West Lions Hospital, Bangalore - Bangalore

Short term Fellow

Training in phacoemulsification cataract surgery

January 2015 - July 2016

SIMS comtrust Eye Hospital - Kanhangad

Consultant

November 2014 - November 2014

Little Flower Eye Hospital, Angamaly - Ernakulam

Short term training in small incision cataract surgery

August 2013 - April 2015

Ahalia Eye foundation Hospital - Kozhikode

Consultant ophthalmologist

Accomplishments

Smt.Gangamma Memorial Gold medal awarded for securing 1st rank in MS Ophthalmology examination, Bangalore Medical College and research institute.

Second rank in MS ophthalmology in 2013 from Rajiv Gandhi University of Health Science

Best paper award in the "refraction and contact lens" section in KOS 2019- " Assessment of myopia progression in Pediatric age group- widening our horizon'

Third prize for the photography competition by Cochin Ophthalmic Club.

Winner of thr quiz for general ophthalmologists in Drishti 2023

First prize for the free paper “Assessing the control of Intermittent divergent squint (IDS) in children- A correlation between New Castle Score (NCS) and amount of deviation” in the midterm SPOSI CON 2024 held at Calicut.

First prize for interesting case session “An unusual case of combined (external and internal) ophthalmoplegia with ataxia” in the midterm SPOSI CON 2024 held at Calicut.

Member of the winning team of the YOLK scientific program in Drishti 2024

Second prize for the physical poster at the 7th Indian Neuro Ophthalmology Society annual conference 2025 held in Jaipur

Winner of 3 modules of KSOS KJO webinar series- Myopia, ataract and Retina

Professional Affiliations

MBBS and MS degree registered in Travancore Cochin Medical Council.

Professional Society Memberships

IMA- Indian Medical Association

AIOS – All India Ophthalmological Society (E17796)

KSOS- Kerala Society of Ophthalmic Surgeons (1498)

SPOSI-Strabismus and Pediatric Ophthalmology Society of India

WSPOS- World Society of Pediatric Ophthalmology and Strabismus

INOS- Indian Neuro Ophthalmological Society (To be ratified)

Certifications

Research methodology work shop by Kerala Society of Ophthalmic Surgeons (KSOS)

Participant of Leadership development Program by KSOS in 2022 and facilitator in 2023

Basic course in biomedical research by ICMR

Reviewer for Kerala Journal of Ophthalmology

Assistant editor of Kerala Journal of Ophthalmology (2022- Present)

Workshops on research methodology at Sengupthas Research Academy

Work shop on video editing by Sengupthas Research Academy

Participant and facilitator in KSOS LDP programme

AIOS LDP graduate

Teaching and Training activities

Chief Instructor of an IC in Drishti 2024: Non strabismic binocular vision anomalies

Speaker in an IC on optic neuritis in Drishti 2024

Speaker in an IC in strabismus- Non strabismic binocular vision anomalies in AIOS mid term 2024 at Dehradun

Moderator for a free paper session in Neuro ophthalmology in AIOS midterm 2024 at Dehradun

Speaker in the KSOS X files pediatric ophthalmology session

Speaker in a YOSI session in AIOS 2024

Speaker in the PG teaching program in Pediatric ophthalmology by KSOS "Eye lights" held at Comtrust Eye Hospital, Calicut on May 26th 2024

Speaker in the national myopia conference Myocon, Bangalore: Myopia stance in today's world

Speaker in the neuro ophthalmology conference "Neurophilia Ophthalmica" by KSOS

Chief instructor for the Instruction course in strabismus "Conquering pediatric eye examination" in KSOS 2023

Mentor for the Teachers of tomorrow programme in Drishti 2023

Speaker in the YOSI debate in AIOS 2023

Speaker in the debate in midterm SPOCON 2023

Speaker in the Instruction course on strabismus simplified in YOSI forum in AIOS 2022

Speaker in Instruction course on research methodology in KSOS 2022

Presentations

- 1) Assessment of myopia progression in Pediatric age group- widening our horizon.
Dr.Remya E, Dr.Jyoti Matalia - KOSCON 2019, Karnataka Ophthalmic society
Conference 2019 November Belgavi
- 2) A mission- Next generation's vision. Dr.Remya E, Dr. Jyoti Matalia - KOSCON 2019,
Karnataka Ophthalmic society Conference 2019 November Belgavi
- 3) Effectiveness of overminus spectacles in improving control of Intermittent
Divergent Squint (IDS). Dr. Remya E, Dr. Jyoti Matalia - KOSCON 2019, Karnataka
Ophthalmic society Conference 2019 November Belgavi
- 4) Loss of initiation of horizontal saccades with preservation of gaze: An unusual
manifestation of pontine cysticercosis. Dr Remya E, Dr Jyoti Matalia Eye on the future
conference, LVPEI Hyderabad February 2020
- 5) Over minus therapy- A promising treatment option in Intermittent Divergent Squint
(IDS) Dr.Remya E, Dr. Jyoti Matalia, Dr. Pratibha Panmand, Drishti 2020 virtual
conference

- 6) Charting the course of the unpredictable: An artificial intelligence based study of myopic progression. Dr.Remya E, Dr. Jyoti Matalia, Dr. Pratibha Panmand, KSOS Drishti 2020 virtual conference
- 7) Role of overminus spectacles in Intermittent Divergent Squint (IDS) in improving binocularity. Dr. Remya E, Dr.Jyoti Matalia, Dr.Pratibha Panmand, Bhujang Shetty AIOC 2021
- 8) Optical coherence tomography angiography as prognostic tool in anisometropic amblyopia. Dr Remya E, Dr. Aditi Sapovadia, Dr Jyoti Matalia, Dr Pratibha Panmand, AIOC 2021
- 9) Spontaneous resolution of an indirect carotico cavernous fistula; timely intervention restored the vision and salvaged the eye. Dr Remya, Dr Pushpangadan P, Dr Preethi Nair Dr tony Fernandes Video session-, Drishti 2022
- 10) An unusual case of external and internal ophthalmoplegia. Case presentation, POSN 5 Baroda
- 11) Screen Time and Outdoor activities: "Unravelling their impact on Childhood Myopia Dr.Remya E, Dr.Pushpangadan P, Dr.Preethi Nair KSOS Drishti 2023 Thrissur
- 12) Awareness about pediatric eye examination : An online cross sectional study from North Kerala, Dr Remya E, Dr Pushpangadan P, Dr Preethi Nair, Drishti 2023 Thrissur
- 13) A stitch in time saves nine! A rare case of carotico cavernous fistula---Timely intervention preserved the vision and salvaged the eye. Dr Remya E, Dr Pushpangadan P, Dr Preethi Nair, E poster Drishti 2023 Thrissur
- 14) Keratitis in a recent measles outbreak in North Kerala. Remya E, AIOS Midterm Dehradun
- 15) A correlation between Newcastle Control Score (NCS) and the amount of deviation in IXT. E poster Remya E, AIOS Midterm Dehradun
- 16) Assessing the control of Intermittent divergent squint (IDS) in children- A correlation between New Castle Score (NCS) and amount of deviation. Dr Remya E, WSPOS V Kuala Lumpur, Malaysia
- 17) Post covid presentation of acute acquired comitant esotropia (AACE) from a secondary eye care hospital in South India. Dr Remya E, E Poster village, WSPOS V Kuala Lumpur, Malaysia

- 18) A hatrick of failures followed by "success".Dr Remya E, Poster, WSPOS V Kuala-Lumpur, Malaysia July 2024
- 19) Assessing the control of Intermittent divergent squint (IDS) in children- A correlation between New Castle Score (NCS) and amount of deviation Dr Remya E, SPOSICON Midterm, Kozhikode, May 2024
- 20) An unusual case of combined (external and internal) ophthalmoplegia with ataxia. Dr Remya E, SPOSICON Midterm, Kozhikode, May 2024
- 21) A stitch in time saves nine. Dr Remya E, Noel Moniz competitive case presentation January 2024, Kochi
- 22) Revealing critical neurological conditions through ocular clues. Dr Remya Edachery, one case one pearl session, Pediatric Ophthalmology and Strabismus network 6, September 2024 Bangalore
- 23) A hatrick of failures followed by "success." Dr Remya E Drishti 2024 Cochin
- 24) Eyes Wide Open: The Keratitis Spike in a recent measles outbreak in North Kerala. Dr Remya E, Dr Pushpangadan P, Dr Preethi Nair, Drishti 2024 Cochin
- 25) A timely slice saves his eye. Physical poster, Dr Remya E, Indian Neuro Ophthalmology Society Conference 2025 Jaipur
- 26) Is It Posterior Ischemic Optic Neuropathy or Diabetic Papillopathy? A Diagnostic Challenge in a Diabetic Patient. Physical poster, Dr Remya E, Indian Neuro Ophthalmology Society Conference 2025 Jaipur
- 27) The silent descent: A sinister tale of ptosis. Dr Remya E, Dr Fairouz PM, Dr Hridya H, Eyecancerconnect 2025 September

Participation in Conferences

- Eyecancerconnect 2025, MCC Thalassery
- Indian Neuro Ophthalmology Society 2025, Jaipur
- Scintillans 2025
- August Ophthalmica 2025
- Drishti 2024 Kochi
- POSN Grand rounds 6 September Bangalore

- AIOC midterm at Dehradun
- World Congress of Pediatric Ophthalmology and Strabismus V, Kuala Lumpur July 11-13 2024
- Midterm SPOSICON 2024, Kozhikode
- AIOC 2024 Kolkata
- Noel Moniz award session January 2024
- Drishti 2023 Thrissur
- AIOC 2023 Kochi
- Pediatric ophthalmology, strabismus network (POSN) 5 Grand rounds at Baroda
- Drishti 2022 Kozhikode
- AIOC 2022 Mumbai
- AIOC 2021 Virtual conference
- Eye Future 2020, Hyderabad by LVPEI
- Drishti in 2021 Virtual conference
- KOSCON 2019 Belagavi
- ROPE CME series conducted by Narayana Nethralaya
- Post graduate education programme Eye- PEP 2012 conducted by LV Prasad Eye Institute, Hyderabad
- CME on Retinopathy of Prematurity at BMC&RI Bangalore August 2012
- Drishti 2013 Kozhikode
- BOS Summit 2012 conducted by Bangalore Ophthalmic Society (BOS)
- KOSCON 2011
- AIOC 2012 Kochi

Publications

Case report in Kerala Journal of Ophthalmology –"Trochlear nerve palsy with contralateral Horner's syndrome: A rare case post trauma"

Journal review in Kerala Journal of Ophthalmology / Volume 35 / Issue 1 / January-April 2023- Review of "A randomized trial evaluating efficacy of overminus lenses combined with prism in the children with intermittent exotropia"

Curated article summaries: Kerala Journal of Ophthalmology.36(3):303-304, Sep-Dec 2024

Areas of Interest

Comitant and Incomitant Strabismus

Paralytic strabismus

Myopia

Neuro ophthalmology

Leadership qualities

Secretary of the IMA Payyanur Academy of Medical Science (AMS) forum (2022-23)

Member of LOC and scientific committee in AIOC 2023

Vice president and Secretary AMS IMA Payyanur branch (2023-24)

Vice President IMA Payyanur (2024- 25)

Secretary Ophthalmic Society of Kannur (2023-Present)

Extracurricular activities

I enjoy Zumba for fitness and wellness, passionate about travelling and exploring new cultures: interested in home gardening and nature care.