

Optometry (B.Optom / B.Sc. Optometry)

53 Crore Indians Need Vision Correction — Only 30,000 Optometrists Available

A Mentor's Complete Guide for Students from Western UP, India | 2025-26

COURSE SNAPSHOT

Optometrists examine eyes, diagnose refractive errors, prescribe corrective lenses, detect and manage eye diseases, and fit contact lenses. India has 53 crore people needing vision correction but only ~30,000 registered optometrists — the WHO recommends 1 per 5,000 population (India currently has 1 per 45,000).

Degree: B.Optom (4 years + 1 year internship) — this is the standard and the only internationally portable qualification. Do not accept 2-year diplomas as a substitute.

ELIGIBILITY

- 10+2 PCB or PCM minimum 50% (PCB strongly preferred).
- Some top institutions require 50-55%.
- Age: 17-25 years for most government institutions.
- No national-level entrance exam — most through state counselling or NEET rank (some states use NEET scores for allied health counselling).

ADMISSION TIMING

- Government institutions: April-May notification, July-August admission.
- LV Prasad Eye Institute: March-April application deadline.
- Private: Rolling May-September.

TOP INSTITUTIONS

Premier Institutions (Nationally):

- LV Prasad Eye Institute (LVPEI), Hyderabad — India's best optometry school. NBEMS accredited. High competition.
- Bausch & Lomb School of Optometry, Hyderabad — excellent placement record.
- Elite School of Optometry (BITS Pilani linked), Chennai — top-ranked.
- Manipal College of Health Professions, Manipal — Deemed University, B.Optom.
- AIIMS New Delhi — limited seats, central government.

Good Options for UP Students:

- Dr. Ram Manohar Lohia Institute of Medical Sciences (RMLIMS) Lucknow — government, affordable.

- Sharda University Greater Noida — functional eye department.
- GLA University Mathura — affordable, practical for western UP.
- Amity University Noida — premium fees, good industry connect.

Fee Range:

- Government/Deemed: Rs. 20,000-60,000/year. Private: Rs. 80,000-2,50,000/year.

FUTURE PROSPECTS

- Eye hospitals: Dr. Shroff's Charity Eye Hospital (Delhi), Vasan Eye Care, ICARE — large chains expanding.
- Private practice (own clinic) — most optometrists open independent shops within 5 years. Investment Rs. 3-8L for basic set up.
- Optical retail chains: Titan Eye+, Lenskart, Vision Express — clinical optometrist roles.
- Government eye health programmes: National Programme for Control of Blindness (NPCB) — district/PHC posts.
- Research: Brien Holden Vision Institute, LVPEI research wing — for science-inclined students.

International Pathways (Excellent):

- UK: College of Optometrists qualifying examination — GBP 35,000-55,000/year NHS.
- Australia: OCANZ assessment, PR via skilled migration list (Optometrist is on the SOL).
- Canada: NCOS assessment pathway.
- Gulf: UAE, Qatar, KSA — optometrists Rs. 1.5-3L/month, easy DHA/MOH exam pathway.
- New Zealand: NZ registration exam pathway, highly sought-after for PR.

TAKE-HOME SALARY GUIDE (Monthly)

Career Stage	Govt Sector (pm)	Private Sector (pm)	After PG/Specialisation
Fresher (0-2 yrs)	Rs. 20,000-32,000	Rs. 18,000-35,000	Rs. 40,000-65,000
Mid-level (3-6 yrs)	Rs. 35,000-55,000	Rs. 40,000-75,000	Rs. 70,000-1,20,000
Own Practice	—	Rs. 60,000-2,00,000+	Rs. 1,50,000-4,00,000+
Gulf/International	—	Rs. 1,50,000-3,00,000	Rs. 3,00,000-6,00,000

SPECIALISATION PATHWAYS

- M.Optom (2 years) — specialise in Contact Lens, Paediatric Optometry, Low Vision.
- Orthoptist training — squint and binocular vision specialist.
- Ophthalmic equipment sales/training — Alcon, J&J; Vision, Bausch & Lomb.
- Clinical research in ophthalmology — international pharma trials.

SCAM & PITFALL WARNINGS

- 2-year 'Diploma in Optometry' institutions — not internationally portable and often not NCAHP recognised. Insist on 4-year B.Optom.
- Fake 'DHA exam coaching' agents — UAE DHA exam registration is done directly at dha.gov.ae.

■ Optical shop internship scams — some shops offer 'unpaid 6-month internships' disguised as training; ensure formal admission in a college.

■ Private colleges without functional refraction labs and trial frame sets — visit the optical lab before admission.

■ Fake LVPEI admission agents — LVPEI admits only through their official website, no agents involved.

HOW TO VERIFY YOUR COLLEGE

✓ Optometry Council of India: ocioptometry.in.

✓ NCAHP recognition: ncahp.gov.in.

✓ LV Prasad Eye Institute: lvpei.org.

✓ UGC university list: ugc.ac.in.

✓ For Gulf licensing: DHA (UAE) dha.gov.ae, MOH (UAE) mohap.gov.ae, SCFHS (Saudi) scfhs.org.sa.

This guide is prepared as a mentor resource for students from western Uttar Pradesh, India. Always verify current information with official regulatory bodies before making admission decisions. Fees, salaries and policies change — use this as a direction guide, not the final word.