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"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

ऑप्टोमेट्रिस्ट

An optometrist is an eye-care specialist who tests eyes, measures vision defects and prescribes glasses/lenses. They train through B.Optom (Bachelor of Optometry) to build a career in eye care.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/optometrist

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श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास • व्याख्याता (इतिहास)
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विशेष धन्यवाद • SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) • रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) • रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

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कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) • रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

An optometrist is an eye-care specialist who tests eyes, measures vision defects and prescribes glasses/lenses. They train through B.Optom (Bachelor of Optometry) to build a career in eye care.

2 At a glance

Minimum qualification	Class 12 (PCB) + B.Optom
Course duration	B.Optom: 4 years (incl. internship)
Avg. salary	₹15,000–₹55,000/month
Work mode	Clinic/hospital, in-person

3 What you need

INTERESTS

- Helping others and healthcare
- Precision and attention to detail
- Working with instruments/gadgets

ABILITIES

- Good communication and patient handling
- Scientific/analytical thinking
- Steady hands and accuracy

KEY SKILLS

- Eye examination and refraction
- Contact lens fitting and advice
- Anatomy and understanding of eye diseases
- Operating optical instruments
- Binocular vision and vision therapy
- Patient counselling and record-keeping

4 How to get there

- 1 Complete 10+2 in Science (PCB).

- 2 Enrol in a Bachelor of Optometry (B.Optom).
- 3 Complete the mandatory internship during the course.
- 4 Start at a hospital, eye-care chain or optical store.
- 5 Advance with M.Optom or a specialisation (e.g., vision therapy).

MAIN EXAMS

- State/institute-level admission (some states use NEET or a university test).

5 Where to study

GOVERNMENT INSTITUTES

- AIIMS – Optometry — New Delhi / Jodhpur (<https://www.aiims.edu>)
- SMS Medical College — Jaipur
- RNT Medical College — Udaipur

PRIVATE INSTITUTES

- Elite School of Optometry (Sankara Nethralaya) — Chennai
- Manipal College of Health Professions — Manipal
- Amity University — Gurugram

ONLINE

- IGNOU (distance) — Online/Distance (<https://www.ignou.ac.in>)
- Udemy – Diploma in Optometry (supplementary) — Online (<https://www.udemy.com/course/diploma-in-optometry/>)

FEES

Course fees range from about ₹12,000 to ₹2,04,000 per year (lower at government institutes).

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- Rajasthan SSO / Mukhyamantri Uchch Shiksha Chhatravriti (<https://sso.rajasthan.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)
- Vidya Lakshmi Education Loan (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Eye hospitals, eye clinics, spectacle/lens stores, optical chains and private practice.

WORK CULTURE

In clinics, 6–7 days a week, 8–9 hours a day; shifts possible. Private practice is an option. Opportunities exist for persons with disabilities.

WHO HIRES

- Eye hospitals and eye-care institutes
- Multi-speciality hospitals
- Community/rural eye-care programmes
- Optical retail chains (Lenskart, Titan Eye+, etc.)
- Contact lens/optical manufacturers
- Independent private practice

DEMAND (2026)

Demand for eye care is rising fast due to increased screen time and an ageing population. The expansion of optical retail creates strong opportunities for optometrists.

7 Career growth

- 1 Junior Optometrist
- 2 Optometrist
- 3 Senior Optometrist / Clinic Head
- 4 Specialist / Educator / Practice Owner

EARNINGS

Starting	₹15,000/माह
Mid level	₹30,000/माह
Senior level	₹55,000+/माह

Income depends on experience, specialisation and location. Higher in metros and in private practice.

8 The good parts · The challenges

The good parts

- Stable healthcare field with rising demand.
- Clear path to private practice/entrepreneurship.
- Direct impact by improving people's vision.

The challenges

- Long standing hours and repetitive testing.
- Starting salary can be modest.
- Reliance on ophthalmologists for serious cases.

9 Real-life journeys

Dr. Jameel Rizwana Hussaindeen

Optometrist; Head of Binocular Vision & Vision Therapy, Sankara Nethralaya

The first Indian to become a Diplomate of the American Academy of Optometry, specialising in binocular vision.

openPR · <https://www.openpr.com/news/1361555/first-indian-recipient-american-academy-of-optometry-diplomate-proud-to-be-bitsian-jameel-rizwana-hussaindeen.html>

Dr. R. Krishna Kumar

Optometrist and educator; former Principal, Elite School of Optometry

A veteran Indian optometrist who led the Elite School of Optometry for 16 years and now advises the Optometry Council of India.

Optometric Association of Tamil Nanbargal (OATN) · <https://www.oatn.in/invited-speakers/>

10 Sources & further reading

1. Rajasthan Career Guidance Portal — <https://cg.rajasthan.gov.in/careerguidance>
2. Optometry Council of India — <https://optometrycouncilofindia.org>
3. PayScale – Optometrist (India) — <https://www.payscale.com/research/IN/Job=Optometrist/Salary>
4. AIIMS — <https://www.aiims.edu>



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