

Dear Students,

Congratulations, and welcome to exciting world of Optometric Education!

We're so pleased that you have selected unique and challenging optometry programme offered by collaborative initiative of two giants in their respective fields, SASTRA University and Elite School of Optometry/ Sankara Nethralaya, units of Medical Research Foundation. You're setting out on an exciting and fulfilling journey at the university campus initially and then at Medical Research Foundation, and some of the most memorable times of your life will be spent here in both the places. You'll have many opportunities to explore novel ways of thinking and to expand your insight into the world around you.

B. Optom programme offers a wide range of programs and activities to encourage and support your success. No doubt you will gain maximum knowledge and training in the field of optometry with the able guidance of top class faculty members. I have one important message to each one of you. *One of the foremost greatest challenge is time management. We are living in a world with too many activities competing at the same time and time is the only resource equally given to all. Your success in life is determined on how well you spend your time. Poor time management could be a major source of stress, frustrations, conflicts and regrets in life.* Always prepare a time budget on how to spend your time – have a time schedule, stick to your routine and do not delay an action /procrastinate. Make the most out of the time you have, because there will be no time.

Once again I wish each one of you a great success in your career and enjoy preparing yourself in the next four years only to join the team that make a difference in the lives of millions of deserving population who are suffering from avoidable blindness.

Best wishes,

Dr. Vasan K S

Managing Director

Sankara Nethralaya,