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करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

आई.टी.बी.पी. अधिकारी

The Indo-Tibetan Border Police (ITBP) is a Central Armed Police Force that guards the India-China border high in the Himalayas. As an Assistant Commandant, an ITBP officer leads troops, patrols rugged snow-bound terrain, and...



Scan for everything on this career

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

career.gsssjethantri.in/#/career/itbp-officer

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर
Principal, GSSS Jethantri · Master Trainer



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)
Designed & developed · Lecturer (History)

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

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



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

The Indo-Tibetan Border Police (ITBP) is a Central Armed Police Force that guards the India-China border high in the Himalayas. As an Assistant Commandant, an ITBP officer leads troops, patrols rugged snow-bound terrain, and handles rescue and disaster response. It is a career of national service, courage and leadership.

2 At a glance

Minimum qualification	Graduate degree
Selection exam	UPSC CAPF (AC)
Starting salary	From ₹56,100/month
Work mode	High-altitude border, outdoors

3 What you need

INTERESTS

- Interest in serving the nation and guarding borders
- Helping people and leading a team
- Working outdoors in challenging environments

ABILITIES

- High physical fitness and stamina
- Giving and following clear instructions
- Courage, discipline and quick decision-making

KEY SKILLS

- Mountaineering and high-altitude operations
- Search, rescue and disaster response
- Map reading and navigation
- Physical and mental resilience
- Weapon handling and combat training
- Leadership and team management
- First aid and survival skills

4 How to get there

- 1 Complete a graduate degree in any stream from a recognised university.
- 2 For officer entry, take the UPSC CAPF (Assistant Commandant) exam.
- 3 Clear the written test, physical efficiency test, medical and interview stages.
- 4 Check the age limit (usually 20–25 years) and physical standards; relaxation for reserved categories.
- 5 Complete officer training at the ITBP Academy, Mussoorie.
- 6 Alternatively, join at constable level through the SSC GD recruitment.

MAIN EXAMS

- UPSC CAPF (Assistant Commandant)
- SSC GD Constable

5 Where to study

GOVERNMENT INSTITUTES

- किसी भी यू.जी.सी.-मान्यता प्राप्त विश्वविद्यालय अथवा महाविद्यालय से स्नातक — The CAPF Assistant Commandant examination is at graduate level — the degree may be from any recognised institution; no particular college is required.

PRIVATE INSTITUTES

- SSB and physical training institutes — Major cities

ONLINE

- SWAYAM / NPTEL — Online (<https://swayam.gov.in/>)
- CAPF AC preparation platforms — Online
- स्वयं (SWAYAM) — भारत सरकार के निःशुल्क ऑनलाइन कोर्स — Free (<https://swayam.gov.in/>)
- राष्ट्रीय डिजिटल पुस्तकालय (NDLI) — Free books and study material (<https://ndl.iitkgp.ac.in/>)
- एन.सी.ई.आर.टी. — निःशुल्क पाठ्यपुस्तकें — The foundation for general knowledge, maths and science (<https://ncert.nic.in/>)

FEES

Tuition up to a graduate degree ranges roughly from ₹6,000 to ₹10,00,000 depending on the institution. Officer training at the ITBP Academy is government-funded, with a stipend after selection. (Figures are indicative and may change.)

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)
- Vidya Lakshmi (education loans) (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

The ITBP guards the 3,488 km India-China border from Ladakh to Arunachal Pradesh. Officers serve across 60+ battalions, sectors and frontier headquarters, often at high-altitude and remote posts.

WORK CULTURE

The work is disciplined and demanding — about 8–9 hours a day in a shift system, mostly outdoors. Officers serve in harsh weather and high altitude, but with a strong sense of camaraderie and pride.

WHO HIRES

- | | |
|---|---|
| • Indo-Tibetan Border Police (ITBP) | • Ministry of Home Affairs, Government of India |
| • National Disaster Response Force (NDRF) | • Other CAPFs (BSF, CRPF) |
| • Special security and VIP protection units | • UN peacekeeping missions (on deputation) |

DEMAND (2026)

With rising border-security needs, ITBP maintains a steady demand for officers and personnel. New recruitment happens every year through regular UPSC CAPF and SSC GD drives. One thing to be clear about — the "demand" described above counts posts, not your chance of getting one. Selection is by open competition and the number of applicants runs to many times the number of posts, so most candidates are not selected in any given recruitment. That is not an argument against this career; it is an argument against making it your only plan. Keep studying or building a skill alongside your preparation, so that the year is not lost whichever way the result goes.

7 Career growth

- 1 Assistant Commandant
- 2 Deputy Commandant
- 3 Commandant
- 4 Deputy Inspector General (DIG)
- 5 Inspector General (IG)
- 6 Additional Director General (ADG)
- 7 Director General (DG)

EARNINGS

Starting	₹56,100 (मूल, लेवल-10)
Mid level	₹78,800–1,31,100/month
Senior level	₹1,44,200–2,25,000/month

The starting figure is BASIC PAY — the entry basic at pay matrix Level 10 — so that it can be compared directly against other careers. Dearness allowance (60% of basic since 1 January 2026) and house rent allowance are added on top of it, so take-home pay is appreciably higher. The mid-level and senior figures are approximate monthly income including allowances, not basic pay. Assistant Commandant pay begins at Pay Matrix Level-10 (₹56,100); the total is higher with allowances. High-altitude and hardship allowances are paid separately. (Figures are indicative and may change.) The figures above rest on the 7th Central Pay Commission matrix, which is what applies as of 16 August 2026. The Union Cabinet approved the Terms of Reference of the 8th Central Pay Commission on 28 October 2025, and it must report within 18 months of its constitution. It has not reported yet, so no revised pay scale exists — but these figures will change. Dearness allowance has been 60% of basic pay since 1 January 2026.

8 The good parts · The challenges

The good parts

- Stable government job with good pay and pension benefits.
- The pride of serving the nation and respect in society.
- Opportunities for mountaineering, leadership and adventure.

The challenges

- Physically hard life at high altitude and in harsh weather.
- Long postings at remote posts, away from family.
- Risk and the pressure of emergency duties.

9 Real-life journeys

Prakriti

Assistant Commandant, ITBP (first woman combat officer)

From Samastipur, Bihar, Prakriti cleared the UPSC CAPF exam on her first attempt in 2016 after graduating in electrical engineering. When the government opened combat roles to women, she chose ITBP as her first preference and became one of the force's first women combat officers.

The Hans India · <https://www.thehansindia.com/posts/index/National/2018-03-07/Meet-Prakriti-ITBPs-first-woman-officer-in-combat-role/364208/>

Aparna Kumar

DIG, ITBP and mountaineer

IPS officer Aparna Kumar serves in the ITBP and is the first Indian woman to conquer the Seven Summits and both poles. She climbed Mount Everest in 2016. Her story shows how ITBP opens high-altitude and adventure opportunities for women too.

Wikipedia · https://en.wikipedia.org/wiki/Aparna_Kumar

Ratan Singh Sonal

ITBP Officer (Second-in-Command) and Mountaineer

Born in a small hill village of Pithoragarh, Uttarakhand, Ratan Singh Sonal rose through the Indo-Tibetan Border Police to summit Mount Everest twice (in 2009 and 2019), along with tough peaks like Dhaulagiri. Leading an ITBP team, he carried out the daring high-altitude 'Operation Daredevil' at 21,000 feet near Nanda Devi to recover the bodies of foreign climbers. From an ordinary background, this fearless officer's journey shows students that with grit and discipline even the highest Himalayan challenges can be conquered.

Daijiworld · <https://daijiworld.com/news/newsDisplay?newsID=603796>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- BSF Officer (Border Security Force)
- SSB Officer (Sashastra Seema Bal)
- Agniveer

11 Sources & further reading

1. Rajasthan Career Guidance Portal — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%86%e0%a4%88-%e0%a4%9f%e0%a5%80-%e0%a4%ac%e0%a5%80-%e0%a4%aa%e0%a5%80-%e0%a4%85%e0%a4%a7%e0%a4%bf%e0%a4%95%e0%a4%be%e0%a4%b0%e0%a5%80-itbp-officer/>
2. ITBP Official Website — <https://itbp.nic.in/>
3. UPSC Official Website — <https://upsc.gov.in/>
4. SSC Official Website — <https://ssc.gov.in/>
5. 8th Central Pay Commission — Cabinet approval of the Terms of Reference (PIB, 28 October 2025) — <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2183289>



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