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करियर शीट · CAREER SHEET

शारीरिक शिक्षक (पी.टी.आई.)

A Physical Training Instructor, commonly called a PTI, trains children in sports, exercise, yoga and healthy living in government schools. In Rajasthan, Grade III posts are filled by the Rajasthan Staff Selection Board, and you...



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श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
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श्रीमती संघमित्रा

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



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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

A Physical Training Instructor, commonly called a PTI, trains children in sports, exercise, yoga and healthy living in government schools. In Rajasthan, Grade III posts are filled by the Rajasthan Staff Selection Board, and you need a C.P.Ed, D.P.Ed or B.P.Ed after Class 12. For students who are good at sport, this is the most direct way to turn that interest into a government job.

2 At a glance

Minimum qualification	C.P.Ed, D.P.Ed or B.P.Ed after Class 12, from a recognised institution
Recruiting body	Rajasthan Staff Selection Board (Grade III); RPSC for Physical Education Lecturer and Coach posts
Starting salary	About Rs 23,700/month on probation; then Pay Matrix Level 10 (basic about Rs 33,800 plus allowances)
Demand	Good — hundreds to thousands of posts advertised from time to time; Khelo India has raised the focus on school sport
Age limit	18–40 for Subordinate Service posts under the rules; relaxation applies — the upper limit is relaxed for reserved categories and for women (detail below)

3 What you need

INTERESTS

- A deep interest in sports, exercise and physical activity
- Curiosity about health, fitness and yoga
- Enjoying teaching and encouraging children on the playing field

ABILITIES

- Good physical fitness, stamina and agility
- Maintaining discipline and handling a large group
- Leadership and the ability to build a team

KEY SKILLS

- Rules and techniques of games such as kabaddi, kho-kho, volleyball and athletics
- Preparing the playground and maintaining equipment
- Organising sports competitions at school, block, district and state level
- Self-defence and fitness training for girl students
- Conducting yoga, exercise and group drills at morning assembly
- First aid and immediate care for sports injuries
- Spotting talented players and training them over the long term

4 How to get there

- 1 Practise one sport regularly while still in school and take part in block and district competitions.
- 2 Pass Class 12 — any stream is acceptable.
- 3 Do a C.P.Ed or D.P.Ed from a recognised institution; after graduation a 2-year B.P.Ed is an even better option.
- 4 Apply online when the Rajasthan Staff Selection Board issues the PTI Grade III recruitment notification.
- 5 Sit the written exam, which covers physical education along with general knowledge of Rajasthan; working knowledge of Hindi is required.
- 6 To go further, do an M.P.Ed and try the RPSC Physical Education Lecturer or Coach recruitment.
- 7 Age — For State Service posts: 21 attained and 40 not attained. For Subordinate Service posts: 18 attained and 40 not attained. Relaxation in the upper age limit — 5 years for male candidates of the SC, ST, Backward Classes, More Backward Classes and EWS; 5 years for General-category women; and 10 years for women of those same categories. That is the standing position in the service rules; what applies in a particular recruitment is fixed by that recruitment's advertisement, so read the notification before applying. (source: Rajasthan Educational (State and Subordinate) Service Rules, 2021)

MAIN EXAMS

- PTI Grade III recruitment exam — conducted by the Rajasthan Staff Selection Board; questions from physical education, general knowledge of Rajasthan and educational psychology.
- Institute or university entrance tests plus a physical fitness test for admission to C.P.Ed, D.P.Ed and B.P.Ed.
- Relaxation in the upper age limit — 5 years for male candidates of the Scheduled Castes, Scheduled Tribes, Backward Classes, More Backward Classes and Economically Weaker Sections; 5 years for women candidates of the General category; and 10 years for women candidates of those same categories. Which means plainly that the bare figure printed against a post understates a reserved-category woman's eligibility by a decade — if you are in that category, work out your eligibility only after adding the relaxation. In Rajasthan, 30% of the posts in direct recruitment are reserved category-wise for women candidates. Widows and divorced women have no upper age limit at all — the rules say it in those words. It is Rule 13(9) of the Rajasthan State and Subordinate Services (Direct Recruitment by Combined Competitive Examination) Rules 1999, it appears again as the same proviso in the Rajasthan Medical & Health Subordinate Service Rules, and RPSC advertisements reproduce it. A widow must furnish a certificate of the death of her husband from the competent authority, and a divorced woman the proof of divorce. The exact terms of relaxation and reservation are given in that recruitment's own advertisement.
- School Lecturer (Physical Education) and Coach exams — conducted by the Rajasthan Public Service Commission; coach posts in athletics, basketball, handball, kabaddi, table tennis and volleyball are also advertised.
- CTET (optional) — for becoming a physical education teacher in Kendriya Vidyalayas and Navodaya Vidyalayas.

5 Where to study

GOVERNMENT INSTITUTES

- Government Physical Education College (B.P.Ed, D.P.Ed) — Jodhpur (<https://www.gpecjodhpur.com/>)
- Lakshmibai National Institute of Physical Education (LNIPE) — Gwalior (<https://lnipe.edu.in/>)
- University of Rajasthan — Department of Physical Education — Jaipur (<https://www.uniraj.ac.in/>)

PRIVATE INSTITUTES

- NCTE-recognised private B.P.Ed, D.P.Ed and M.P.Ed colleges — Across Rajasthan (<https://web.ncte.gov.in/>)
- Banasthali Vidyapith — physical education and sports (women only) — Banasthali, Tonk

ONLINE

- SWAYAM — free physical education and sports science courses — Online (free) (<https://swayam.gov.in/>)
- DIKSHA — health and physical education teaching material — Online (free) (<https://diksha.gov.in/>)
- NCTE — list of recognised physical education colleges — Online (<https://web.ncte.gov.in/>)
- आर.एस.एस.बी. — पिछले प्रश्न-पत्र, उत्तर कुंजी व पाठ्यक्रम (निःशुल्क) — The Staff Selection Board's own site — the most reliable free preparation material there is (https://rsmssb.rajasthan.gov.in/show_archived?menuName=Xj4lCb9vGxpQnfls%2FxlZ2g%3D%3D)
- 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

D.P.Ed and B.P.Ed at a government physical education college cost little, usually a few thousand rupees a year; private colleges can charge several times more. Sports shoes, kit and equipment are an additional expense. The recruitment exam application fee runs to a few hundred rupees, with concessions for reserved categories.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- Rajasthan Post-Matric Scholarship (Social Justice & Empowerment Dept.) (<https://sje.rajasthan.gov.in/>)
- Rajasthan Higher & Technical Education — Online Scholarship (<https://hte.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

The playgrounds, gymnasium and assembly ground of government schools — most of the work is outdoors. You travel with children to block, district and state level sports competitions, so there is regular movement.

WORK CULTURE

A more active and open atmosphere than other teachers have; the day starts with morning assembly and exercise. There is less burden of correcting notebooks, but greater responsibility for sports days, competitions and children's safety. You spend long hours on the field in heat and sun.

WHO HIRES

- Rajasthan School Education Department — PTI in government schools
- Sainik Schools, Army schools and residential schools
- Rajasthan State Sports Council and Khelo India centres
- Kendriya Vidyalaya Sangathan and Navodaya Vidyalaya Samiti
- Private schools and sports academies
- Physical trainer roles in the police, army and paramilitary forces, and the fitness industry

DEMAND (2026)

Thousands of government schools in Rajasthan have sanctioned physical education posts, and recruitment for hundreds to thousands of posts is announced from time to time. Growing emphasis on Khelo India, Fit India and school sports competitions has raised the importance of the post. Competition is somewhat lower than for teacher recruitment, but physical fitness and a sports record matter. 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 Physical Training Instructor Grade III — in charge of sport and exercise in the school
- 2 Physical Training Instructor Grade II — by promotion, in a senior secondary school

- 3 Physical Training Instructor Grade I — a senior post in larger schools
- 4 School Lecturer (Physical Education) — through RPSC after an M.P.Ed
- 5 District Sports Officer and posts in sports administration

EARNINGS

Starting	₹33,800 (मूल, लेवल-10)
Mid level	लगभग 45,000 से 55,000 रुपये प्रतिमाह (पे-मैट्रिक्स लेवल 10, भत्तों सहित)
Senior level	लगभग 70,000 रुपये से 1 लाख रुपये प्रतिमाह (व्याख्याता शारीरिक शिक्षा व खेल अधिकारी बनने पर)

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. Note — in Rajasthan a direct recruit is a probationer-trainee for the first 2 years and is paid a fixed remuneration, not the pay scale; dearness allowance and house rent allowance are not payable in those two years (Rajasthan Service Rules, rule 7(30A)). The full pay scale applies once probation is completed. The PTI Grade III post sits in Pay Matrix Level 10 (grade pay 3,600), the same as a Third Grade Teacher. After probation, dearness allowance, house rent allowance and other allowances are added, and pay rises considerably on becoming Grade II, Grade I or a Lecturer. The figures above rest on the Rajasthan 7th pay matrix, which is what applies as of 16 August 2026. The Terms of Reference of the 8th Central Pay Commission were approved on 28 October 2025 and it must report within 18 months of its constitution. State governments normally adopt a Central Pay Commission with modifications, and later than the Centre does — so Rajasthan pay will be revised too, though by how much and when is not yet settled.

8 The good parts · The challenges**The good parts**

- A direct way to turn a love of sport into a permanent government job
- Eligibility comes from a short course right after Class 12
- An open setting, an active lifestyle and the chance to bring out children's talent

The challenges

- Long hours on the field in sun, heat and all weather
- You must stay physically fit, and there is a risk of injury
- Posts per school are limited and recruitment is not announced regularly

9 Real-life journeys

Padma Rathour

Physical Training Instructor (PTI), Government School, Dabar Banmori Kalan, Kota

Padma Rathour, herself a former state-level player, began her service as a physical training instructor in 2002 at the government upper primary school in Sarola village, Sultanpur, and now works in Kota district. She has taken 300 to 400 students to state-level kabaddi competitions and trained over 2,000 girl students and women teachers in self-defence. At the state-level teachers' felicitation in Jaipur in 2024 the Chief Minister and the Education Minister honoured her with a citation, a shawl and a cash award.

Dainik Navajyoti · <https://dainiknavajyoti.com/rajasthan/kota/education-s-charioteers--keep-the-arrow-of-endeavor-alive-in-the-quiver-of-determination--a-pti-shapes-the-nation-s-future-on-the-sports-field/article-154946>

K. P. Thomas

School sports teacher, Koruthodu, Kottayam (Kerala)

K. P. Thomas was a sports teacher at a village school in Kottayam district from 1979 to 2005, and from there he gave the country international athletes. He moved Anju Bobby George away from distance running into the jump events, where she became India's only World Championships medallist; Shiny Wilson and Jincy Phillip were also his students. In 2013 he received the Dronacharya Award, becoming the first physical education teacher-cum-coach in India to win it.

Wikipedia · [https://en.wikipedia.org/wiki/K._P._Thomas_\(coach\)](https://en.wikipedia.org/wiki/K._P._Thomas_(coach))

R. D. Singh

Director of Physical Education, Government College, Hanumangarh (Rajasthan)

R. D. Singh was Director of Physical Education at the government college in Hanumangarh from 1980 to 2014. He spotted Devendra Jhajharia's talent at a school sports competition in 1997 and went on to make him a Paralympic gold medallist. He also trained para-athletes such as Jagseer Singh, Sandeep Singh Maan and Deepa Malik. In 2007 he received the Dronacharya Award, becoming India's first awardee in the para-sports category.

Wikipedia · https://en.wikipedia.org/wiki/R._D._Singh

10 Sources & further reading

1. Rajasthan Staff Selection Board — PTI recruitment — <https://rssb.rajasthan.gov.in/>
2. RPSC — Physical Education Lecturer and Coach posts — <https://rpsc.rajasthan.gov.in/>
3. NCTE — B.P.Ed, D.P.Ed and M.P.Ed regulation — <https://web.ncte.gov.in/>

4. Lakshmibai National Institute of Physical Education, Gwalior — <https://lnipe.edu.in/>

5. Government Physical Education College, Jodhpur — <https://www.gpecjodhpur.com/>

6. 8th Central Pay Commission — Cabinet approval of the Terms of Reference (PIB, 28 October 2025) — <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2183289>

7. Rajasthan Educational (State and Subordinate) Service Rules, 2021 (Department of Personnel, Rajasthan) — <https://dop.rajasthan.gov.in/writereaddata/modulCategory/202402130428529716391EducationstateSub2021erged.pdf>

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