



ऑक्यूपेशनल थेरेपिस्ट — व्यावसायिक चिकित्सा (राजस्थान)

The Occupational Therapist is the health worker who gets a patient back to living their own daily life. A physiotherapist concentrates mainly on restoring movement and strength; an occupational therapist concentrates on whether...



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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 Occupational Therapist is the health worker who gets a patient back to living their own daily life. A physiotherapist concentrates mainly on restoring movement and strength; an occupational therapist concentrates on whether the person can dress, eat, write, return to work or go back to school by themselves. The work covers patients after a stroke, an injury, arthritis or surgery, children with congenital or developmental disability, and mental health cases — and treatment involves not only exercise but assistive devices, retraining in everyday tasks, and the changes needed at home and at the workplace. In Rajasthan the post sits in the para-medical cadre of the Medical & Health Department and is recruited by the Rajasthan Public Service Commission. It is one of the posts reachable through Class 12 science and a diploma — a route into clinical work that does not require the long and expensive road of an MBBS.

2 At a glance

Minimum qualification	Senior Secondary with science (Biology or Mathematics) or equivalent + a Diploma in Occupational Therapy from an institute recognised by Government (Service Rules 1965, Group B, para-medical cadre)
Recruiting body	Rajasthan Public Service Commission (RPSC), Ajmer — department: Medical & Health
Age limit	18 to 40 years, reckoned on the 1st of January following the last date for applications (Service Rules 1965, rule 10) — the upper limit is relaxed for reserved categories and for women (detail below)
Starting salary	The pay matrix level is not given in the service rules — see the advertisement
Demand	100% by direct recruitment; the Senior Occupational Therapist post above it is filled 100% by promotion

3 What you need

INTERESTS

- Helping people, and work connected with health
- An interest in disability, rehabilitation and assistive devices
- Practical, hands-on treatment

ABILITIES

- Patience — improvement comes over weeks and months, not days
- Practical ingenuity — improvising devices and solutions from what is available
- The ability to explain to the patient and to the family alike

KEY SKILLS

- Assessing and retraining the activities of daily living
- Intervention in child development and developmental disability
- Hand therapy and fine-motor training
- Patient records and documenting progress
- Rehabilitation after stroke, injury and surgery
- Making and using splints, assistive devices and adapted equipment
- Advising the changes needed in the home and workplace environment

4 How to get there

- 1 Pass Class 12 with science — biology or mathematics. This condition applies from 2021; before that the rules asked only for Secondary (Class 10), and the requirement was raised to Senior Secondary. The older condition is still visible in a footnote in the rules, but it does not apply.
- 2 Complete a Diploma in Occupational Therapy from an institute recognised by Government. Confirm the recognition when choosing a college, because the rule's condition is precisely "an institute recognised by Government" — a diploma from an unrecognised institute does not make you eligible.
- 3 Note that the rule for this post does not state a requirement of registration with the Rajasthan Para Medical Council, although some neighbouring posts in the same Schedule — ECG Technician and Ophthalmic Assistant — do state one explicitly. Registration is nonetheless useful in practice, so check what that cycle's advertisement asks for.

- 4 Your age must be between 18 and 40.
- 5 Apply online when the RPSC advertisement appears.

MAIN EXAMS

- Recruitment is by the Rajasthan Public Service Commission and the post is filled 100% by direct recruitment. The Commission's advertisement list shows two cycles for this post — "OCCUPATIONAL THERAPIST 2015" and "OCCUPATIONAL THERAPIST 2022", the latter with a document as late as 11-09-2023. Those dates make plain that recruitment does not come at regular intervals.
- The practical consequence is that since 2021 this post is closed to Class 10 candidates and Class 12 with science is required. Anyone preparing on the basis of older information, or an older advertisement, should check this change.
- One point about the qualification is recorded here deliberately, because it is very easy to get wrong when reading these rules. Two qualifications appear in print for this post — "Secondary or equivalent + diploma" and "Senior Secondary with science + diploma". The first sits inside a "Substituted for" footnote, meaning it is the old, replaced condition; it was changed by a notification of 29-10-2021. Today's condition is the Senior Secondary one.
- The promotion structure is simple — the Senior Occupational Therapist post above it in the same Schedule is filled 100% by promotion and requires five years of service as Occupational Therapist.

- Note — this post is not in the Schedules to the CET Rules 2022, so a CET score is not required for it. It is a Commission post, not a Board post.
- 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.

5 Where to study

GOVERNMENT INSTITUTES

- Government medical colleges and their allied health / para-medical courses — Jaipur, Jodhpur, Bikaner, Ajmer, Udaipur, Kota (<https://rajswasthya.rajasthan.gov.in/>)
- All India Institute of Physical Medicine and Rehabilitation — occupational therapy, a Government of India institution — Mumbai, Maharashtra (<https://aiipmr.gov.in/>)
- National Institute for Locomotor Disabilities and other National Institutes under the Department of Empowerment of Persons with Disabilities — National institutes of the Government of India (<https://disabilityaffairs.gov.in/>)
- Government senior secondary schools — Class 12 with biology or mathematics — In every block

ONLINE

- चिकित्सा एवं स्वास्थ्य विभाग, राजस्थान — This is the department the post belongs to (<https://rajswasthya.rajasthan.gov.in/>)
- राजस्थान पैरामेडिकल काउंसिल — मान्यता-प्राप्त पाठ्यक्रम एवं संस्थान — For checking a college's recognition (<https://rajswasthya.rajasthan.gov.in/>)
- Rehabilitation Council of India — recognised rehabilitation courses — Government of India (<https://rehabcouncil.nic.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)
- विभागीय सेवा नियम (कार्मिक विभाग) — पद की योग्यता व आयु मूल दस्तावेज़ में पढ़ें — The Department of Personnel publishes the service rules for every cadre. Read these before any coaching material — qualification, age and the method of recruitment are settled here and nowhere else. (<https://dop.rajasthan.gov.in/>)
- 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

This is one of the clinical-side posts that costs comparatively little to reach — Class 12 science at a government school is close to free, and the diploma that follows is shorter than a degree. Two things to check when choosing a college: that the institute is recognised by Government, and how its fees compare with government or medical-college-affiliated courses, because the same diploma costs several times more at private institutions. Rajasthan's scholarships and state schemes such as Anuprati apply on this route. One practical point: the diploma is not confined to this government post — rehabilitation centres, private hospitals, special schools and elder care all have demand for it.

SCHOLARSHIPS

- Mukhyamantri Anuprati Coaching Yojana (free coaching, apply via SSO) (<https://sso.rajasthan.gov.in/signin>)
- Rajasthan Social Justice and Empowerment Dept scholarships (<https://sje.rajasthan.gov.in/>)
- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- Buddy4Study scholarship search (<https://www.buddy4study.com>)

6 What the work is like

WHERE YOU WORK

The physical medicine and rehabilitation departments of government hospitals, district hospitals, hospitals attached to medical colleges, rehabilitation centres, and programmes run for children with special needs.

WORK CULTURE

The work is slow and relationship-based. The same patient comes back for weeks or months, and improvement shows in small steps — first holding a spoon, then eating unaided, then managing buttons. The result is very concrete and visible directly in the patient's life, but it demands patience, and that is hard for people who want to see results at once. On the other side, there is unusual room for ingenuity: ready-made equipment is not always available in government hospitals, so making a splint or an assistive device out of ordinary materials is a normal skill in this profession. Working with the family is integral too — explaining what has to change at home matters as much as the treatment itself.

WHO HIRES

- Medical & Health Department, Rajasthan
- District hospitals and hospitals attached to medical colleges
- Rehabilitation centres and special schools
- Disability programmes of the Social Justice and Empowerment Department

DEMAND (2026)

The need for rehabilitation is growing — road accidents, stroke cases, an ageing population and the identification of children with developmental disability all build demand for this skill, and rehabilitation has been given more room in government programmes since the disability rights legislation. The cadre is nonetheless very small, and that should be said plainly: the Commission's list shows only two cycles for this post, 2015 and 2022. Planning around it as a sole target would be unwise. The sound approach is to treat the occupational therapy diploma as a profession in its own right — demand is steady in rehabilitation centres, private hospitals, special schools and elder care — with this government post as one option within it, applied for when an advertisement appears. The number of posts describes the department's requirement, not your chances of selection. 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 Occupational Therapist — the entry post, 100% by direct recruitment
- 2 Senior Occupational Therapist — 100% by promotion, on five years of service as Occupational Therapist
- 3 Supervisory responsibility in a hospital rehabilitation department
- 4 Taking a further degree (B.O.T. or M.O.T.) also opens teaching and specialist routes

EARNINGS

Starting	विज्ञप्ति में घोषित पे मैट्रिक्स स्तर के अनुसार
Mid level	₹40,000 - ₹55,000 (भत्तों सहित, कुछ वर्षों बाद)
Senior level	₹65,000 से अधिक (भत्तों सहित, वरिष्ठ ऑक्यूपेशनल थेरेपिस्ट स्तर पर)

The 1965 service rules do not give a pay matrix level for this post, so no starting figure is printed on this page — it will be in that cycle's advertisement. The mid-level and senior figures above are approximate and are not confirmed from any official document; read them as a direction, not a promise. Note that this is a diploma-level para-medical post, so its pay sits below the clinical posts requiring a degree or a postgraduate qualification. The starting figure is BASIC PAY, 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 pay matrix level for this post could not be confirmed on this page from an official document — it is not in the service rules and not in the CET Rules 2022 schedule. No level is therefore stated here. The correct figure is printed in the official advertisement for the recruitment; check it there before applying. The figures above rest on the Rajasthan 7th pay matrix, which is what applies as of 17 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

- Entry to clinical work through Class 12 and a diploma — the long MBBS road is not required
- The result of the work shows directly and concretely in a patient's life
- The same diploma also works in rehabilitation centres, private hospitals and special schools
- A simple, clear promotion structure — the senior post on five years of service

The challenges

- A very small cadre — only two cycles in the Commission's list, 2015 and 2022
- The qualification was raised to Senior Secondary in 2021, so relying on older information is risky
- Being a diploma-level post, the pay sits below clinical posts requiring a degree
- Results in treatment come slowly — the work asks for patience

9 Sources & further reading

1. Department of Personnel, Rajasthan — Medical & Health Subordinate Service Rules, 1965 — <https://dop.rajasthan.gov.in/>
2. Rajasthan Public Service Commission — advertisements, including Occupational Therapist 2015 and 2022 — <https://rpsc.rajasthan.gov.in/advertisements>

3. Medical & Health Department, Rajasthan — <https://rajswasthya.rajasthan.gov.in/>
4. Rehabilitation Council of India — <https://rehabcouncil.nic.in/>
5. Rajasthan Staff Selection Board (official) — <https://rssb.rajasthan.gov.in/>
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>

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