



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

पुनर्वास विशेषज्ञ

A Rehabilitation Specialist is a health professional who helps people recover from illness or injury and helps persons with mental or physical disabilities live independently. The three main types are occupational, physical 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/rehabilitation-specialist

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri · ब्लॉक समदड़ी · बालोतरा (Block Samdari · Balotra)

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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

A Rehabilitation Specialist is a health professional who helps people recover from illness or injury and helps persons with mental or physical disabilities live independently. The three main types are occupational, physical and speech rehabilitation. It is an allied-health field entered through an RCI-recognised degree or diploma. In 2026, demand is rising with disability rights and awareness.

2 At a glance

Minimum qualification	Rehab/physio/OT degree or diploma (RCI)
Income	₹28k-44k+ per month
Work mode	Hospital/centre/home, hands-on
Demand	Growing (2026)

3 What you need

INTERESTS

- Helping others
- Analysing problems
- Communicating with people

ABILITIES

- Patience and empathy
- Attention and observation
- Practical, physical work

KEY SKILLS

- Rehabilitation techniques (physio/OT/speech)
- RCI standards and medical ethics
- Multidisciplinary teamwork
- Patient assessment and care planning
- Communication and motivation skills
- Knowledge of assistive devices

4 How to get there

- 1 Complete Class 12 in Science (Physics, Chemistry, Biology)
- 2 Do a bachelor's in special education & rehabilitation/physiotherapy/occupational therapy (RCI-recognised)
- 3 Or do a diploma in rehabilitation/vocational rehabilitation
- 4 Register with the Rehabilitation Council of India (RCI)
- 5 Optional: a master's degree in a related field
- 6 Practise in a hospital/rehabilitation centre

MAIN EXAMS

- Institute/state entrance exams (physio/OT)
- RCI registration (mandatory to practise)

5 Where to study

GOVERNMENT INSTITUTES

- Composite Regional Centre for Persons with Disabilities — Sirohi, Rajasthan
- AIIMS Jodhpur (PMR व पुनर्वास) — Jodhpur, Rajasthan
- SMS Medical College — Jaipur, Rajasthan
- AIIMS New Delhi — New Delhi (<https://www.aiims.edu>)

PRIVATE INSTITUTES

- Indian Spinal Injuries Centre — New Delhi (<https://www.isiconline.org>)
- Faculty of Disability Management, RKM Vivekananda University — Coimbatore, Tamil Nadu
- Swikar Academy of Rehabilitation Sciences — Secunderabad

ONLINE

- IGNOU (दूरस्थ, दिव्यांगता/पुनर्वास) — Online (<https://www.ignou.ac.in>)
- Udemy (न्यूरो-रिहैबिलिटेशन) — Online (<https://www.udemy.com/course/cerebral-palsy-an-introduction-to-neurorehabilitation/>)

FEES

Courses cost about ₹12,000–2,40,000 per year; lower in government and RCI-recognised institutes.

SCHOLARSHIPS

- National Scholarship Portal (<https://scholarships.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in>)
- DEPwD Disability Scholarships (<https://depwd.gov.in>)

6 What the work is like

WHERE YOU WORK

Residential care facilities, outpatient centres, nursing homes, children's hospitals, special schools, group homes; private practice too.

WORK CULTURE

In hospitals, 6–7 days a week, 8–9 hours a day; shift systems possible; patient, hands-on work. Opportunities exist for persons with disabilities too.

WHO HIRES

- | | |
|--|--|
| • Government hospitals and CRC centres | • Rehab centres like Indian Spinal Injuries Centre |
| • Special schools and disability NGOs (like ADAPT) | • Nursing homes and children's hospitals |
| • Physiotherapy and rehabilitation clinics | • Own private practice |

DEMAND (2026)

With the Rights of Persons with Disabilities Act and health awareness, demand for rehabilitation specialists is rising; a shortage in India means opportunities across the country, including Rajasthan (2026).

7 Career growth

- 1 Trainee Therapist
- 2 Rehabilitation Specialist
- 3 Senior Specialist
- 4 Department / Centre Head

EARNINGS

Starting	₹28,000
Mid level	₹40,000
Senior level	₹60,000+

Approximate monthly income; higher possible with experience, specialisation and private practice.

8 The good parts · The challenges

The good parts

- Meaningful work — restoring people's independence
- Growing demand
- Private practice possible

The challenges

- Emotional and physical effort
- Patient progress can be slow
- Limited pay in some places

9 Real-life journeys

Dr. Deepak Sharan

Founder & CEO, RECOUP Neuromusculoskeletal Rehabilitation Centre, Bengaluru

Dr. Deepak Sharan is an orthopaedic surgeon and rehabilitation specialist who founded the RECOUP Neuromusculoskeletal Rehabilitation Centre in Bengaluru. Over more than 35 years he has performed surgery and rehabilitation for hundreds of children with cerebral palsy and treated large numbers of patients with work-related musculoskeletal disorders. He received the National Disability Award (2008) for his work in disability empowerment.

Dr. Deepak Sharan · <https://deepaksharan.com/about/>

Dr. Mithu Alur

Founder, ADAPT (formerly Spastics Society of India), Padma Shri

Dr. Mithu Alur pioneered disability rehabilitation and inclusive education in India after her daughter was born with cerebral palsy, founding the Spastics Society of India (now ADAPT). She was awarded the Padma Shri for this pioneering work — showing how rehabilitation can change society.

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

10 Sources & further reading

1. Rajasthan Career Guidance Portal — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%aa%e0%a5%81%e0%a4%a8%e0%a4%b0%e0%a5%8d%e0%a4%b5%e0%a4%be%e0%a4%b8-%e0%a4%b5%e0%a4%bf%e0%a4%b6%e0%a5%87%e0%a4%b7%e0%a4%9c%e0%a5%8d%e0%a4%9e/>
2. Rehabilitation Council of India (RCI) — <https://rehabcouncil.nic.in>
3. Dept. of Empowerment of Persons with Disabilities — <https://depwd.gov.in>
4. Indian Spinal Injuries Centre — <https://www.isiconline.org>



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