



SAARTHI • सारथी

करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

पेशेवर खिलाड़ी

A professional athlete builds a career out of one sport — athletics, wrestling, kabaddi, hockey, cricket, shooting, archery or para-sports — and competes at school, district, state, national and international level. The path is...



Scan for everything on this career

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

career.gssjsjethantri.in/#/career/professional-athlete

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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

www.gssjsjethantri.in • career.gssjsjethantri.in



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

A professional athlete builds a career out of one sport — athletics, wrestling, kabaddi, hockey, cricket, shooting, archery or para-sports — and competes at school, district, state, national and international level. The path is one of gruelling morning-and-evening training, discipline, careful nutrition and fighting through injuries, climbing step by step from a village or district ground to SAI academies, Khelo India, the state sports council and on to the Asian Games or Olympics. Earnings are very uneven: most athletes make very little at first, but if the hard work pays off a sports-quota government job brings stability, and top professionals earn respect, recognition and a large income.

2 At a glance

Start age	Best spotted at school age (8–14 years)
Key requirement	Physical fitness, discipline and district/state trials
Starting salary	Often only a scholarship/stipend ₹0–10,000/month
Work mode	Full-time training and competitions; short career span

3 What you need

INTERESTS

- Deep interest in sport, running, jumping and physical challenges
- A dream of representing the state or country
- A hunger to win and to keep improving oneself

ABILITIES

- High physical fitness, strength and stamina
- Mental toughness to recover from injury and defeat
- Discipline, patience and staying calm under pressure

KEY SKILLS

- Mastery of the technique and rules of one's sport
- Managing nutrition, sleep and recovery
- Disciplined coordination with coach and team
- Injury prevention and basic first-aid awareness
- Regular fitness, strength and conditioning training
- Competition strategy and handling match pressure
- Time management — balancing studies and sport

4 How to get there

- 1 Show your talent by playing in school games and district/state tournaments.
- 2 Get selected through SAI training centres, Khelo India or National Sports Talent Hunt (NSTH) trials and join an academy/hostel.
- 3 Train regularly under a qualified coach and use Khelo India scholarships and state sports council academies.
- 4 Make the state team, perform at national championships and get noticed by the national sports federation.
- 5 Win national medals, enter TOPS/national camps and progress towards international events like the Asian Games/Olympics.
- 6 Alongside, secure a stable job through sports-quota recruitment in Railways, Army, Police or PSUs.

MAIN EXAMS

- SAI/Khelo India and National Sports Talent Hunt (NSTH) selection trials
- District, state and national sports federation selection/ranking competitions

5 Where to study

GOVERNMENT INSTITUTES

- SAI प्रशिक्षण केंद्र (STC), जयपुर — Jaipur, Rajasthan (<https://web.kheloindia.gov.in/sai-training-centre-jaipur>)
- जयपुर स्पोर्ट्स अकादमी (खेलो इंडिया) — Jaipur, Rajasthan (<https://web.kheloindia.gov.in/jaipur-sports-academy>)

- राजस्थान राज्य क्रीड़ा परिषद — अकादमी व हॉस्टल — Jaipur and statewide, Rajasthan (<https://yas.rajasthan.gov.in/content/raj/sports/rajasthan-state-sports-council/en/documents/academy---hostels.html>)
- भारतीय खेल प्राधिकरण (SAI) — All-India network (<https://sportsauthorityofindia.nic.in/>)
- राष्ट्रीय खेल प्रतिभा खोज पोर्टल (NSTH) — Online / nearest SAI centre

PRIVATE INSTITUTES

- राजस्थान रॉयल्स क्रिकेट अकादमी — Nagaur and statewide, Rajasthan (<https://www.rajasthanroyals.com/academy>)
- गुरु हनुमान अखाड़ा व निजी कुश्ती/एथलेटिक्स अकादमियाँ — Delhi/NCR and Rajasthan (<https://www.wfi.co.in/>)

ONLINE

- खेलो इंडिया पोर्टल — Online (<https://web.kheloindia.gov.in/>)
- पैरालंपिक कमेटी ऑफ इंडिया (पैरा-खेल) — Online (<https://www.paralympicindia.com/>)

FEES

At SAI training centres, Khelo India academies and Rajasthan State Sports Council hostels, selected athletes usually get training, food, boarding and equipment free or heavily subsidised, plus a stipend. Private academies can charge ₹30,000 to ₹2–3 lakh a year, and good equipment, travel and coaching add significant extra cost.

SCHOLARSHIPS

- Khelo India Athlete Scholarship (<https://web.kheloindia.gov.in/>)
- Target Olympic Podium Scheme (TOPS) (https://sportsauthorityofindia.nic.in/sai_new/target-olympic-podium)
- National Sports Talent Hunt (NSTH) – SAI
- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in>)

6 What the work is like

WHERE YOU WORK

Sports academies, SAI centres, stadiums, national camps, state and national tournaments and competition venues in India and abroad.

WORK CULTURE

Twice-a-day hard training, strict discipline and a fixed fitness/diet routine. Much of the year is spent away from home in hostels and camps, travel is heavy and competitive pressure is constant. Para-sports offer equal opportunities too.

WHO HIRES

- Sports Authority of India (SAI) and Khelo India centres
- Indian Army, paramilitary forces (CRPF/BSF) and state police
- Professional leagues and franchises (IPL, PKL, ISL, hockey leagues, etc.)
- Indian Railways, ONGC, oil companies and other PSUs (sports-quota jobs)
- National sports federations and the Rajasthan State Sports Council
- Corporate sponsorships and brand endorsements

DEMAND (2026)

Khelo India, TOPS and rising sports budgets mean talented athletes in India get more recognition and support than ever. Professional leagues (cricket, kabaddi, football, wrestling) and sports-quota jobs have expanded opportunities. Yet very few reach the top — so demand is really for the very best athletes, and competition is extremely tough.

7 Career growth

- 1 District/school-level athlete
- 2 State-level athlete (state team)
- 3 National athlete (national medals/camps)
- 4 International/professional athlete (Asian Games, Olympics, pro leagues)

EARNINGS

Starting	प्रायः ₹0–10,000/माह (छात्रवृत्ति/स्टाइपेंड)
Mid level	₹25,000–60,000/माह (खेल कोटा नौकरी/राज्य-राष्ट्रीय स्तर)
Senior level	शीर्ष पेशेवर/अंतरराष्ट्रीय: ₹1 लाख–कई करोड़/वर्ष

Honestly, most athletes earn very little in the early years — income depends mainly on scholarships, stipends or prize money. Real financial stability usually comes from a sports-quota job in Railways/Police/Army/PSUs (₹25,000–60,000/month + allowances). Only a handful of top athletes earn crores from league contracts, sponsorships and awards. This inequality persists in 2026.

8 The good parts · The challenges

The good parts

- The pride and recognition of representing state/country
- Sports-quota government jobs and cash awards for winning medals
- Fitness, discipline and lifelong strength of character

The challenges

- Income is uncertain — despite huge effort most never reach the top
- Constant risk of serious injury that can even end a career
- A sports career is short; studies/a plan for life after retirement are essential

9 Real-life journeys

Sundar Singh Gurjar

Para-javelin thrower (F46), Paralympic bronze medallist — Karauli, Rajasthan

From Karauli district in Rajasthan, Sundar Singh Gurjar was a promising junior javelin thrower until a 2015 accident, when a falling metal sheet severed his left hand. He thought his career was over, but he refused to give up and returned through para-athletics. Training hard under his coach, he won gold at the 2017 and 2019 World Para Athletics Championships and bronze at both the Tokyo 2020 and Paris 2024 Paralympics, and was honoured with the Arjuna Award. His journey shows that even after a serious injury, discipline and courage can carry an athlete to the very top.

Paralympic Committee of India · <https://www.paralympicindia.com/sundar-singh-gurjar/>

Bhawna Jat

20km race-walk athlete, Olympian — Kabra village, Rajsamand, Rajasthan

Born into a farming family in the small village of Kabra in Rajsamand district, Bhawna Jat was the youngest of three children. Financial hardship forced her to leave her studies, and in her early days she practised barefoot, training at dawn to avoid social scrutiny. She got a job with Indian Railways in 2016 and kept working at race walking. In February 2020 she broke the national record in the 20km race walk (1:29:54) at the National Open Championships and qualified for the Tokyo Olympics. Her story inspires every rural girl to believe that even from a humble start, one can reach the Olympics.

Olympics.com · <https://www.olympics.com/en/news/how-indian-racewalker-bhawna-jat-kept-her-racewalking-dream-on-course>

10 Sources & further reading

1. Rajasthan Career Guidance – Athlete — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%96%e0%a4%bf%e0%a4%b2%e0%a4%be%e0%a4%a1%e0%a4%bc%e0%a5%80/>
2. Sports Authority of India (SAI) — <https://sportsauthorityofindia.nic.in/>
3. Khelo India Portal — <https://web.kheloindia.gov.in/>
4. Target Olympic Podium Scheme (TOPS) — https://sportsauthorityofindia.nic.in/sai_new/target-olympic-podium
5. Rajasthan Youth Affairs & Sports Department — <https://yas.rajasthan.gov.in/content/raj/sports/rajasthan-state-sports-council/en/home.html>



And 770+ more careers — the whole portal

Interest and aptitude tests, government jobs, skill courses and a CV builder — free, no login, and it works offline.

career.gsssjethantri.in