



SAARTHI • सारथी

करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

स्पोर्ट्स मेडिसिन फिज़िशियन

A Sports Medicine Physician is a medical specialist who treats and prevents injuries and improves the performance of athletes and physically active people. They diagnose problems like sprains, muscle and ligament injuries, stress...



Scan for everything on this career

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

career.gsssjethantri.in/#/career/sports-medicine-physician

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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

www.gsssjethantri.in • career.gsssjethantri.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 Sports Medicine Physician is a medical specialist who treats and prevents injuries and improves the performance of athletes and physically active people. They diagnose problems like sprains, muscle and ligament injuries, stress fractures, fatigue and overtraining, decide when an athlete can safely return to play, plan fitness and rehabilitation, and ensure anti-doping compliance. The path begins with an MBBS, followed by an MD or Diploma in Sports Medicine. With growing investment in cricket, Olympic sport, the IPL and national academies, it is a fast-rising and respected career in India.

2 At a glance

Minimum qualification	MBBS + MD/Diploma in Sports Medicine
Course duration	MBBS 5.5 years + PG 2–3 years
Starting salary	₹50,000–90,000/month
Work mode	Full-time at hospital/sports team/academy

3 What you need

INTERESTS

- Deep interest in sport, fitness and how the human body works
- Enthusiasm for science, medicine and new research techniques
- Helping people and supporting them to recover from injury

ABILITIES

- Quick decision-making and staying calm under pressure
- Good communication and empathy with athletes and coaches
- Sharp observation and clinical diagnostic reasoning

KEY SKILLS

- Diagnosing sports injuries and immediate field-side treatment
- Planning rehabilitation and return-to-play programmes
- Knowledge of anti-doping rules and sports-medicine ethics
- Emergency medicine and cardiac/concussion management
- Interpreting musculoskeletal ultrasound and imaging
- Injury prevention, fitness screening and load management
- Teamwork with physiotherapists, nutritionists and psychologists

4 How to get there

- 1 Take Science (Physics, Chemistry, Biology) in Class 11–12 and prepare for NEET UG.
- 2 Clear NEET UG and complete MBBS at a recognised college (e.g. SMS Medical College, Jaipur).
- 3 Complete the compulsory one-year internship and register as a doctor.
- 4 Clear NEET PG and pursue an MD or Diploma in Sports Medicine (SVNIRTAR, NSNIS Patiala, etc.).
- 5 Gain experience with a SAI centre, hospital or sports team and move towards a fellowship/sub-specialisation.

MAIN EXAMS

- NEET UG (national entrance test for MBBS admission)
- NEET PG (for admission to MD/Diploma Sports Medicine)

5 Where to study**GOVERNMENT INSTITUTES**

- एसएमएस मेडिकल कॉलेज (MBBS/PG) — Jaipur, Rajasthan (<https://www.careers360.com/colleges/sawai-man-singh-medical-college-jaipur>)
- राजस्थान यूनिवर्सिटी ऑफ हेल्थ साइंसेज (RUHS) — Jaipur, Rajasthan (<https://www.ruhsraj.org/>)
- स्वामी विवेकानंद राष्ट्रीय पुनर्वास संस्थान (SVNIRTAR) – MD/PG स्पोर्ट्स एवं रिहैब मेडिसिन — Cuttack, Odisha (<https://www.svnirtar.nic.in/>)
- नेताजी सुभाष राष्ट्रीय खेल संस्थान (NSNIS) – PG डिप्लोमा स्पोर्ट्स मेडिसिन — Patiala, Punjab (<https://nsnis.org/academic-courses/post-graduate-diploma-in-sports-medicine/>)
- वीएमएमसी एवं सफदरजंग अस्पताल – MD स्पोर्ट्स मेडिसिन — New Delhi (<https://www.vmmc-sjh.nic.in/>)

PRIVATE INSTITUTES

- MD स्पोर्ट्स मेडिसिन कॉलेजों की सूची (Careers360) — All-India (<https://medicine.careers360.com/colleges/list-of-md-in-sports-medicine-colleges-in-india>)
- Indian Scientific Skill Development (ISST) – स्पोर्ट्स मेडिसिन कोर्स — Pune, Maharashtra (<https://www.isst.co.in/2025/10/23/sports-medicine-career-your-ultimate-guide/>)

ONLINE

- मेडिकल काउंसलिंग कमेटी (MCC) – नीट यूजी/पीजी काउंसलिंग — Online (<https://mcc.nic.in/>)
- राष्ट्रीय आयुर्विज्ञान आयोग (NMC) — Online (<https://www.nmc.org.in/>)

FEES

MBBS fees at government medical colleges are roughly ₹15,000–60,000 per year, while private colleges can charge ₹8–25 lakh per year. MD/Diploma in Sports Medicine at government institutes is relatively affordable (a few thousand to a few lakh rupees); institutes like SVNIRTAR and NSNIS are cost-effective.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- SJE Rajasthan – Chief Minister Higher Education Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study – Medical/MBBS Scholarships (<https://www.buddy4study.com/scholarships/medical-scholarships>)

6 What the work is like

WHERE YOU WORK

Large hospitals and sports-medicine clinics, Sports Authority of India (SAI) centres, national sports teams, IPL and cricket franchises, sports academies, and grounds/stadiums.

WORK CULTURE

Hours can be irregular — evenings, weekends and emergency duty are common during matches, tournaments and travel. It is a fast-paced, team-based, high-pressure environment where you work alongside physiotherapists, coaches and nutritionists.

WHO HIRES

- Sports Authority of India (SAI) and national sports institutes
- Large multi-specialty hospitals and sports-medicine clinics

- National sports teams (cricket, hockey, football, Olympic contingent)
- Sports academies and high-performance training centres
- IPL and other league franchises
- Universities, medical colleges and sports-science institutes (teaching/research)

DEMAND (2026)

With rising investment in Indian sport, Olympic and IPL success, and growing public fitness awareness, demand for qualified sports-medicine specialists is rising fast. The country still has very few trained doctors in this field, so opportunities in SAI centres, hospitals and sports teams are steadily expanding.

7 Career growth

- 1 MBBS doctor (after internship)
- 2 MD/Diploma Sports Medicine – Junior Sports Physician
- 3 Team/Academy Sports Medicine Physician
- 4 Senior Consultant / Chief Medical Officer (national team)

EARNINGS

Starting	₹50,000–90,000/माह
Mid level	₹1,00,000–2,00,000/माह
Senior level	₹2,50,000–5,00,000+/माह

Reports indicate a sports physician in India starts around ₹8–12 lakh per year (~₹65,000–1,00,000/month), while senior consultants for national teams often earn over ₹30 lakh per year. Private practice, IPL franchises and overseas opportunities can raise income considerably.

8 The good parts · The challenges

The good parts

- A respected career combining a passion for sport and medicine
- A fast-growing field with few trained specialists and many openings
- Chance to work with and travel alongside elite athletes and teams

The challenges

- A long and costly education path (MBBS + PG + experience)
- Irregular hours, travel and high match-day pressure
- Limited PG seats and intense competition in India

9 Real-life journeys

Dr. Dinshaw Pardiwala

Chief Medical Officer, Indian Olympic contingent (Paris 2024) & sports medicine specialist

Based at Kokilaben Dhirubhai Ambani Hospital in Mumbai, Dr. Dinshaw Pardiwala is one of India's best-known sports medicine and arthroscopy specialists. At the Paris 2024 Olympics he served as Chief Medical Officer of the Indian contingent, caring for over 120 athletes and leading a 24-hour recovery and rehabilitation facility in the Games Village. He has treated top athletes including Rishabh Pant, PV Sindhu and Saina Nehwal. His story shows how, after MBBS, specialising in sports medicine can take a doctor to the point of saving the careers of the nation's finest athletes and becoming part of national pride.

National Herald · <https://www.nationalheraldindia.com/sports/paris-olympics-meet-dr-pardiwala-the-celeb-surgeon-in-charge-of-indian-contingent>

Dr. Harini Muralidharan

Sports medicine physician & team doctor of the Indian women's cricket team

Chennai-based Dr. Harini Muralidharan is a sports medicine specialist who completed a master's in sports medicine at Queen Mary University, London. After three years with Royal Challengers Bengaluru's women's team, she became team doctor of the Indian women's cricket team and was part of the medical support team during their historic 2025 ODI World Cup triumph. Her role in injury management, imaging and ultrasound, anti-doping oversight and athlete care was, in her words, like being a 'family doctor'. Her journey inspires girls who want to build a career in both medicine and sport.

ThePrint · <https://theprint.in/sport/unexpected-call-up-to-world-cup-glory-harini-muralidharans-journey-as-womens-cricket-team-doctor/2783365/>

10 Sources & further reading

1. Rajasthan Career Guidance – Sports Medicine — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%b8%e0%a5%8d%e0%a4%aa%e0%a5%8b%e0%a4%b0%e0%a5%8d%e0%a4%9f%e0%a5%8d%e0%a4%b8-%e0%a4%ae%e0%a5%87%e0%a4%a1%e0%a4%bf%e0%a4%b8%e0%a4%bf%e0%a4%a8/>
2. MD Sports Medicine College List – Careers360 — <https://medicine.careers360.com/colleges/list-of-md-in-sports-medicine-colleges-in-india>
3. PG Diploma Sports Medicine – NSNIS Patiala — <https://nsnis.org/academic-courses/post-graduate-diploma-in-sports-medicine/>
4. Sports Medicine Career Guide 2026 – ISST (salary) — <https://www.isst.co.in/2025/10/23/sports-medicine-career-your-ultimate-guide/>
5. How Sports Medicine Experts Fix India's Top Athletes – Forbes India — <https://www.forbesindia.com/article/lifes/how-sports-medicine-experts-fix-indias-top-athletes/93770/1>



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