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करियर शीट · CAREER SHEET

खेल मनोवैज्ञानिक

A Sports Psychologist is the expert who trains an athlete's 'mind' as seriously as a coach trains the body. They work on focus, confidence, staying calm under pressure, bouncing back after defeat, recovering mentally from injury,...



Scan for everything on this career

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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 Sports Psychologist is the expert who trains an athlete's 'mind' as seriously as a coach trains the body. They work on focus, confidence, staying calm under pressure, bouncing back after defeat, recovering mentally from injury, and team spirit. Whether it is pre-match nerves or the tension of an Olympic final, a sports psychologist uses tools like visualisation, breathing control, goal-setting and mental rehearsal to help the athlete deliver their best. It is a growing career that unites a love of psychology with a love of sport.

2 At a glance

Minimum qualification	Bachelor's in Psychology + Master's/Diploma in Sports Psychology
Course duration	3 years (BA) + 2 years (MA) — about 5 years total
Starting salary	₹25,000–50,000/month
Work mode	Job with academy/team or private consulting practice

3 What you need

INTERESTS

- Deep interest in understanding the mind, emotions and behaviour
- Passion for sport and athletic performance
- Enjoy listening to others and helping them move forward

ABILITIES

- Ability to listen patiently and show empathy
- Sharp observation and judgement of mental states
- Staying calm under pressure and giving sound guidance

KEY SKILLS

- Psychological assessment (psychometric tests) and athlete profiling
- Techniques for focus, confidence and pressure management
- Mental recovery and rehabilitation support after injury
- Maintaining confidentiality and professional ethics
- Teaching visualisation, imagery and mental rehearsal
- Counselling on goal-setting and motivation
- Team building, communication and conflict resolution

4 How to get there

- 1 Pass Class 12 (any stream); Psychology or Biology as a subject helps.
- 2 Complete a Bachelor's in Psychology (BA/BSc) — admission may require CUET (UG).
- 3 Do a Master's (MA/MSc) or PG Diploma in Sports/Applied Sport Psychology — via CUET (PG) or the institute's own entrance test.
- 4 Gain experience through internships/supervised practice at academies, SAI centres or clubs.
- 5 For a clinical route, prefer RCI (Rehabilitation Council of India) recognised courses/registration.
- 6 Associate with a team/athlete or start a private consulting practice, and keep researching and updating.

MAIN EXAMS

- CUET (UG) — for admission to a Psychology Bachelor's
- CUET (PG) — for admission to a Psychology/Sports Psychology Master's
- Institute-level entrance tests (e.g. LNIPE, National Sports University, NSNIS Patiala)

5 Where to study**GOVERNMENT INSTITUTES**

- राजस्थान विश्वविद्यालय, मनोविज्ञान विभाग — Jaipur, Rajasthan (<https://www.uniraj.ac.in/>)
- राजस्थान केंद्रीय विश्वविद्यालय (CUET के माध्यम से PG मनोविज्ञान) — Ajmer, Rajasthan (<https://curajcuetsamarth.edu.in/pg/>)

- लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान (LNIPE) – खेल मनोविज्ञान विभाग — Gwalior, Madhya Pradesh (<https://www.lnipe.edu.in/details/departments-of-sport-psychology-1744205967159>)
- राष्ट्रीय खेल विश्वविद्यालय – MA खेल मनोविज्ञान — Imphal, Manipur
- नेताजी सुभास राष्ट्रीय खेल संस्थान (NSNIS/SAI) – खेल मनोविज्ञान PG डिप्लोमा — Patiala, Punjab (<https://nsnis.org/academic-courses/post-graduate-diploma-in-sports-psychology/>)
- निमहंस (NIMHANS) – मनोविज्ञान/क्लिनिकल कोर्स — Bengaluru, Karnataka (<https://www.nimhans.ac.in/academics/courses>)

PRIVATE INSTITUTES

- इंस्टिट्यूट ऑफ स्पोर्ट्स साइंस एंड टेक्नोलॉजी (ISST) – स्पोर्ट्स एंड एक्सरसाइज़ साइकोलॉजी डिप्लोमा — Pune, Maharashtra (<https://www.isstpune.com/courses/distance-diploma-in-sports-and-exercise-psychology/>)
- इंस्टिट्यूट ऑफ गुड मैन्युफैक्चरिंग प्रैक्टिसेज़ इंडिया (IGMPI) – स्पोर्ट्स साइकोलॉजी PG डिप्लोमा — New Delhi / distance (<https://igmpi.ac.in/sports-psychology>)

ONLINE

- भारतीय पुनर्वास परिषद (RCI) – पंजीकरण व मान्यता जानकारी — Online (All-India) (<https://rehabcouncil.nic.in/>)
- IGMPI – ऑनलाइन/दूरस्थ स्पोर्ट्स साइकोलॉजी कोर्स — Online (<https://igmpi.ac.in/sports-psychology>)

FEES

At government universities, BA/MA Psychology fees are usually very low (about ₹5,000–30,000 per year). Sports psychology courses at institutes like LNIPE, National Sports University and NSNIS Patiala can cost roughly ₹20,000–80,000 per year, while private-institute diplomas can range from ₹30,000 to ₹1,50,000.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- Rajasthan Scholarship Portal (<https://scholarship.rajasthan.gov.in/>)
- SJE Rajasthan – Social Justice & Empowerment Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study – Psychology & Higher Education Scholarships (<https://www.buddy4study.com/>)

6 What the work is like

WHERE YOU WORK

Sports academies, SAI (Sports Authority of India) centres, national and state teams, IPL and other league franchises, universities, hospitals/clinics, and private consulting practice.

WORK CULTURE

Work revolves around tournaments, training camps and one-to-one counselling; travel and irregular hours are common during big events. Confidentiality, patience and building trust with the athlete matter most. The field offers good opportunities for women and persons with disabilities too.

WHO HIRES

- Sports Authority of India (SAI) and national/state sports academies
- IPL and other professional league franchises
- Universities, colleges and research institutes
- National teams and federations (e.g. BCCI, Olympic Gold Quest, JSW Sports)
- Private sports academies, clubs and high-performance centres
- One's own private consulting practice (freelance/clinic)

DEMAND (2026)

As India chases success at the Olympics, Commonwealth Games and in leagues like the IPL, the importance of 'mental fitness' has risen sharply. SAI, national federations, OGQ and league teams now hire psychologists regularly, and demand is also growing in schools, colleges and private academies. It is still a relatively new but fast-growing field with a shortage of qualified professionals.

7 Career growth

- 1 Intern / Assistant Sports Psychologist
- 2 Sports Psychologist (academy/team)
- 3 Senior / Lead Mental-Performance Coach
- 4 Head Sports Psychologist / Consultant or Department Head

EARNINGS

Starting	₹25,000–50,000/माह
Mid level	₹70,000–1,00,000/माह
Senior level	₹1,20,000–2,00,000+/माह

Per industry reports (ISST, 2026), entry level is about ₹25,000–50,000/month, mid-career ₹70,000–1,00,000/month and senior level ₹1,20,000+/month. Private consultation fees run roughly ₹1,500–5,000 per session, which lifts top professionals' earnings considerably. Working with national teams and major league franchises pays the most.

8 The good parts · The challenges

The good parts

- A meaningful career uniting a love of sport and psychology
- A fast-growing field with a shortage of qualified professionals
- The satisfaction of directly shaping athletes' wins and confidence

The challenges

- Requires long study (Bachelor's + Master's + experience)
- Travel, irregular hours and high pressure during big events
- Few stable jobs early on; private practice takes time to build

9 Real-life journeys

Bhishmaraj Bam

Pioneering Indian sports psychologist (former Maharashtra DGP)

Bhishmaraj Bam, a former Director General of Police of Maharashtra, is regarded as a father figure of sports psychology in India. He coached the minds of Olympic and international shooters — Anjali Bhagwat, Suma Shirur and Jaspal Rana — as well as cricketers Sachin Tendulkar and Rahul Dravid and badminton coach P. Gopichand, teaching focus and mental toughness. Blending yoga with psychology, he wrote books such as 'Winning' and set up an academy in Nashik. He received a Lifetime Achievement Award from the Indian Association of Sports Psychology and Maharashtra's Shiv Chhatrapati Award. His life shows how 'training the mind' builds champions.

Monali Gorhe Foundation · <https://monaligorhefoundation.com/about-bhishmaraj-bam/>

Mugdha Bavare

Swimmer-turned-sports psychologist, MindSport (Mumbai)

Once a competitive swimmer, Mugdha Bavare turned her own career-transition experience into strength and chose the path of sports psychology. She began in 2006 with young players at the Mumbai Cricket Association and worked for nearly a decade with Olympic Gold Quest (OGQ), helping Olympic and Paralympic athletes prepare mentally. She has associated with JSW Sports and BCCI, runs her practice 'MindSport' and has authored a book. Her message — that 'the way an athlete thinks can make or break them' — inspires every young woman who wants to build a career in this field.

Forbes India · <https://www.forbesindia.com/article/lifes/the-way-an-athlete-thinks-can-make-or-break-them-mugdha-bavare/94823/1>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Sports Coach
- Sports Equipment Manager
- Sports Analyst

11 Sources & further reading

1. Rajasthan Career Guidance – Sports Psychologist — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%96%e0%a5%87%e0%a4%b2-%e0%a4%ae%e0%a4%a8%e0%a5%8b%e0%a4%b5%e0%a5%88%e0%a4%9c%e0%a5%8d%e0%a4%9e%e0%a4%be%e0%a4%a8%e0%a4%bf%e0%a4%95/>
2. LNIPE Gwalior – Department of Sport Psychology — <https://www.lnipe.edu.in/details/department-of-sport-psychology-1744205967159>
3. ISST – Sports Psychology Salary in India (2026) — <https://www.isst.co.in/2024/04/20/the-salary-game-earning-potential-in-sports-psychology-in-india/>
4. Forbes India – Sports Psychologist Mugdha Bavare — <https://www.forbesindia.com/article/lifes/the-way-an-athlete-thinks-can-make-or-break-them-mugdha-bavare/94823/1>



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