



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

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करियर शीट · CAREER SHEET

दिव्यांग व्यक्ति की देखभाल करना

A Caregiver for Persons with Disabilities (non-clinical) is a dignified professional who helps children, teenagers and adults live their daily lives with respect and independence. They assist with bathing, dressing, eating and...



Scan for everything on this career

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

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

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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 Caregiver for Persons with Disabilities (non-clinical) is a dignified professional who helps children, teenagers and adults live their daily lives with respect and independence. They assist with bathing, dressing, eating and mobility, support therapy and exercise routines, and offer emotional encouragement that builds confidence. This is not medical treatment but respectful day-to-day living support, where patience, empathy and dignity matter most. With growing awareness and the rights of persons with disabilities, it is becoming a stable and deeply meaningful career.

2 At a glance

Minimum qualification	Class 10 pass + age 18 (NSQF Level 4)
Course duration	About 3–6 months
Starting salary	₹12,000–16,000/month
Work mode	Full-time care service at home/centre

3 What you need

INTERESTS

- A deep interest in serving and helping people
- Satisfaction in seeing persons with disabilities grow independent
- Keen to work in care, health and rehabilitation

ABILITIES

- Empathy and a kind, compassionate nature
- Patience and a calm temperament
- Physical fitness and stamina

KEY SKILLS

- Assisting movement and providing safe mobility support
- Helping with daily-living tasks like bathing, dressing and eating
- Clear and respectful communication (including sign language)
- Basic first aid and emergency alertness

- Providing emotional support and encouragement
- Supporting therapy, exercise and daily routines
- Maintaining hygiene, safety and simple records

4 How to get there

- 1 Complete Class 10 and reach the age of 18.
- 2 Enrol in a Healthcare Sector Skill Council 'General Duty Assistant'/'Home Health Aide' or disability-care NSQF Level 4 course.
- 3 Get trained in basic first aid, hygiene and safe mobility support.
- 4 Gain hands-on experience at a special school, rehabilitation centre or home-care agency.
- 5 With experience, move from caregiver to senior caregiver and supervisor.
- 6 In Rajasthan, NIOS, RSLDC and PMKVY centres also offer training and placement support.

5 Where to study

GOVERNMENT INSTITUTES

- राष्ट्रीय कौशल विकास निगम (NSDC) – प्रशिक्षण केंद्र खोजें — All-India network (incl. Rajasthan) (<https://www.nsdcindia.org/find-nsdc-training-centre>)
- जन शिक्षण संस्थान (JSS) — Various districts of Rajasthan (<https://nsdcindia.org/find-nsdc-training-centre-jss/>)
- एनआईओएस व्यावसायिक प्रशिक्षण केंद्र — Online / locate nearest centre (<https://voc.nios.ac.in/registration/locate-study-centre>)
- दिव्यांगजन सशक्तिकरण विभाग (DEPWD) – राष्ट्रीय संस्थान — All-India (NIEPID, NIEPMD etc.) (<https://depwd.gov.in/en/national-institutes/>)

PRIVATE INSTITUTES

- नारायण सेवा संस्थान – दिव्यांग सेवा एवं प्रशिक्षण — Udaipur, Rajasthan (<https://www.narayanseva.org/>)
- इंडियन रेड क्रॉस सोसाइटी – प्राथमिक चिकित्सा एवं होम केयर प्रशिक्षण — Rajasthan State Branch, Jaipur (<https://indianredcross.org/>)

ONLINE

- हेल्थकेयर सेक्टर स्किल काउंसिल – जनरल ड्यूटी असिस्टेंट — Online (NSDC) (<https://nsdcindia.org/general-duty-assistant>)

- हेल्थकेयर सेक्टर स्किल काउंसिल - होम हेल्थ एड — Online (NSDC) (<https://nsdcindia.org/home-health-aide>)
- स्किल इंडिया डिजिटल हब — Online (<https://www.skillindiadigital.gov.in/>)

FEES

Under most government schemes (NSDC, JSS, RSLDC, PMKVY) this training is free or very low-cost. Private Home-Health/GDA courses can cost roughly ₹5,000–25,000.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in/fresh/onlineInstituteSearchIndex>)
- Buddy4Study – ITI/Vocational Scholarships (<https://www.buddy4study.com/article/iti-scholarships>)
- सामाजिक न्याय एवं अधिकारिता विभाग, राजस्थान (दिव्यांगजन कल्याण) (<https://sje.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

Homes of persons with disabilities, home-care agencies, special schools, rehabilitation centres, day-care centres, NGOs and hospitals.

WORK CULTURE

Empathy, patience and dignity matter most in this work. It often involves 8–10 hours a day, 6 days a week; some roles include shifts or night duty. It is emotionally rewarding but physically demanding work.

WHO HIRES

- | | |
|---|---|
| • Home-care and attendant service agencies | • Special schools for children with disabilities and inclusive schools |
| • Rehabilitation and disability-service centres | • NGOs working for persons with disabilities (e.g. Narayan Seva Sansthan, Amar Seva Sangam) |
| • Hospitals, nursing homes and day-care centres | • Old-age homes and DEPwD National Institutes |

DEMAND (2026)

As India's population of persons with disabilities and older adults grows, and awareness of inclusion and care has risen sharply since the Rights of Persons with Disabilities Act, 2016, the demand for trained, sensitive caregivers remains steady across homes, special schools, rehabilitation centres and NGOs. It is a stable, dignified and meaningful career.

7 Career growth

- 1 Caregiver (Persons with Disabilities)
- 2 Senior Caregiver
- 3 Care Supervisor
- 4 Care-Agency Operator / Care Coordinator

EARNINGS

Starting	₹12,000–16,000/माह
Mid level	₹18,000–28,000/माह
Senior level	₹30,000–45,000+/माह

Per Indeed, a caregiver in India earns roughly ₹14,000–28,000/month. With experience, becoming a senior caregiver, supervisor or care coordinator — or starting one's own care agency — raises income. (Figures are indicative and vary by location, employer and experience.)

8 The good parts · The challenges

The good parts

- Dignified work that brings meaningful change to others' lives
- A path to stable employment even after Class 10
- Opportunity to grow into a supervisor or run your own care agency

The challenges

- Physically and emotionally demanding work
- Long hours, shifts or night duty may be required
- Pay can be limited at the entry level

9 Real-life journeys

S. Ramakrishnan

Founder-President, Amar Seva Sangam; Padma Shri (2020)

Despite being paralysed below the neck after an accident in 1975, S. Ramakrishnan never gave up. In 1981 he founded Amar Seva Sangam in Ayikudi, Tamil Nadu, providing free education, rehabilitation, therapy, care and vocational training to children and adults with disabilities. Today the organisation helps thousands of persons with disabilities in rural areas live independently. He was honoured with the Padma Shri in 2020. His journey shows how service, empathy and patience can build a dignified and inspiring life in the field of disability care.

Wikipedia · [https://en.wikipedia.org/wiki/S._Ramakrishnan_\(activist\)](https://en.wikipedia.org/wiki/S._Ramakrishnan_(activist))

Uma Tuli

Founder, Amar Jyoti Charitable Trust; Padma Shri (2012)

Trained in special education, Dr. Uma Tuli founded the Amar Jyoti Charitable Trust in Delhi in 1981, offering inclusive education, healthcare, rehabilitation, vocational training and sports-cultural opportunities to children with disabilities. She pioneered several initiatives to bring children with disabilities into the mainstream and was honoured with the Padma Shri in 2012. Her life inspires young people — especially girls — who wish to build a dignified career in disability care with empathy and a spirit of service.

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

10 Sources & further reading

1. Rajasthan Career Guidance – Caregiver for Persons with Disabilities (Non-Clinical) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%a6%e0%a4%bf%e0%a4%b5%e0%a5%8d%e0%a4%af%e0%a4%be%e0%a4%82%e0%a4%97-%e0%a4%b5%e0%a5%8d%e0%a4%af%e0%a4%95%e0%a5%8d%e0%a4%a4%e0%a4%bf-%e0%a4%95%e0%a5%80-%e0%a4%a6%e0%a5%87%e0%a4%96%e0%a4%ad/>

2. Healthcare Sector Skill Council – Home Health Aide (NSDC) — <https://nsdcindia.org/home-health-aide>
3. Department of Empowerment of Persons with Disabilities (DEPwD) – National Institutes — <https://depwd.gov.in/en/national-institutes/>
4. Indeed – Caregiver Salary (India) — <https://in.indeed.com/career/caregiver/salaries>
5. National Scholarship Portal — <https://scholarships.gov.in>

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