



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

डेंटो ओरल हाइजीनिस्ट

A Dento-Oral Hygienist is a dental allied healthcare professional who specialises in oral health and hygiene. Key duties include removing plaque and germs from teeth, applying decay-preventive treatments such as fluorides 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 Dento-Oral Hygienist is a dental allied healthcare professional who specialises in oral health and hygiene. Key duties include removing plaque and germs from teeth, applying decay-preventive treatments such as fluorides and sealants, charting patients' medical and dental history, and taking and developing dental X-ray films. Working alongside dentists, they play a key role in preventing oral disease by educating patients on correct brushing and flossing habits.

2 At a glance

Minimum qualification	Class 12 (Science stream)
Minimum Age	18 years
NSQF Level	Level 5
Course Duration	1-2 years

3 What you need

INTERESTS

- Interest in helping people and contributing to healthcare
- Interest in science, human anatomy, and hygiene-related subjects
- Interest in precise, hands-on clinical procedures

ABILITIES

- A caring nature and patience while helping and treating patients
- Ability to follow clear instructions from dentists and seniors accurately
- Strong attention to detail, especially regarding hygiene and safety standards

KEY SKILLS

- Safe and correct use of dental instruments and equipment
- Following infection-control and sterilisation protocols

- Taking and developing dental X-ray films
- Medical and dental record charting and documentation
- Time management and maintaining a clean, organised workspace
- Patient communication and ability to explain oral hygiene practices
- Coordinating with dentists and clinic staff as part of a team

4 How to get there

- 1 Complete Class 12 with Science stream (Physics-Chemistry-Biology)
- 2 Candidate must be at least 18 years of age at the time of admission
- 3 Enrol in an NSQF Level 5 Dento-Oral Hygienist training programme at a government or recognised institute
- 4 Complete 1-2 years of theory, practical training, and mandatory on-the-job training (OJT)
- 5 Clear the NSQF assessment/certification exam on course completion
- 6 Register with the relevant State Dental Council or NCAHP to practise professionally

MAIN EXAMS

- There is no separate competitive entrance exam — passing Class 12 in the Science stream and being 18+ years old is the main eligibility (this is a more advanced requirement than most other NSQF Level 4 vocational trades). At the end of training, candidates take an NSQF-aligned theory and practical assessment. Registration with the State Dental Council (under the Dental Council of India framework) or the newer National Commission for Allied and Healthcare Professions (NCAHP) may be required to practise professionally.

5 Where to study

GOVERNMENT INSTITUTES

- NSDC – Find a Training Centre — Nationwide (search online) (<https://nsdcindia.org/find-nsdc-training-centre>)
- Jan Shikshan Sansthan (JSS) Training Centres — Across India, including Rajasthan (<https://nsdcindia.org/find-nsdc-training-centre-jss/>)
- NIOS Vocational Study Centre Locator — Nationwide (<https://voc.nios.ac.in/registration/locate-study-centre>)
- AICTE NSQF-सूचीबद्ध सेंटर सूची (PDF) — Nationwide (<https://www.aicte-india.org/>)

- RUHS College of Dental Sciences, Jaipur (राजकीय डेंटल कॉलेज) — Jaipur, Rajasthan (<https://ruhsraj.org/dental-college/>)

PRIVATE INSTITUTES

- Jaipur Dental College – Dental Hygienist Course (2-वर्षीय डिप्लोमा) — Jaipur, Rajasthan (<https://jdc.ac.in/dental-hygienist-course/>)
- Darshan Dental College and Hospital — Udaipur, Rajasthan (<https://darshandentalcollege.org/>)
- Rajasthan Dental College & Hospital — Jaipur, Rajasthan (<https://rdchjaipur.com/admission.html>)

ONLINE

- NSDC Skill India Digital पोर्टल — Online (<https://www.skillindiadigital.gov.in/>)
- NIOS ऑनलाइन वोकेशनल कोर्स सामग्री — Online (<https://www.nios.ac.in/online-course-material/vocational-courses.aspx>)

FEES

Most government NSQF training run through NSDC, Jan Shikshan Sansthan (JSS), and NIOS is free or available at minimal cost. However, the 2-year Dental Hygienist diploma at private dental colleges has variable fees depending on the institute (for example, one private dental college in Jaipur charges roughly ₹1.5 lakh per year), so it is important to confirm the fee structure with the specific college before enrolling.

SCHOLARSHIPS

- National Scholarship Portal (राष्ट्रीय छात्रवृत्ति पोर्टल) (<https://scholarships.gov.in/fresh/onlineInstituteSearchIndex>)
- Buddy4Study – ITI/Vocational छात्रवृत्तियां (<https://www.buddy4study.com/article/iti-scholarships>)

6 What the work is like

WHERE YOU WORK

Hospitals, dental clinics, orthodontic clinics, periodontist (gum specialist) clinics, and long-term care facilities.

WORK CULTURE

Typically 8-9 hours daily, 5-6 days a week. Shift duty and overtime are common, especially in busy clinics. The field offers opportunities for persons with disabilities as most work is seated and takes place in a controlled clinical setting.

WHO HIRES

- Government hospitals and dental colleges
- Orthodontic and periodontic specialty clinics
- Old-age homes and long-term care institutions
- ESIC, Railway & military hospitals (AFMS); RPSC/RSMSSB recruitment
- Private dental clinics and polyclinics
- Corporate dental care chains
- School health and community oral-health outreach programmes

DEMAND (2026)

Demand for qualified dental hygienists in India is rising steadily as oral-health awareness grows and the number of dental clinics expands across urban and semi-urban areas. According to Dr. Keerthilatha Pai, Dean of Manipal College of Dental Sciences, qualified dental hygienists are hard to find and demand for them is very high. Opportunities are also available in West Asia (Gulf countries) with Indian qualifications.

7 Career growth

- 1 Helper / Dental Office Assistant
- 2 Assistant Dental / Dento-Oral Hygienist
- 3 Senior Dental / Dento-Oral Hygienist

EARNINGS

Starting	₹7,000-10,000/माह
Mid level	₹12,000-18,000/माह
Senior level	₹20,000-25,400/माह

As per government data, the indicative salary range is ₹7,000 to ₹25,400 per month (source: payscale.com). Independent sources (Careers360) indicate starting salary is around ₹10,000/month, and it can rise significantly with experience, city, type of employer (government/private), and additional skills.

8 The good parts · The challenges

The good parts

- Chance to start a career quickly after a relatively short training period, with potential to set up one's own practice later
- Stable demand and job security within the growing healthcare sector
- Job satisfaction from directly helping people and improving their health

The challenges

- Long hours of standing or bending over patients can cause physical strain
- Occupational exposure risk from infection and sharp instruments
- Starting salary can be relatively low, especially in smaller towns

9 Real-life journeys

Dr. Karunesh Kumar Gautam

Dental Hygienist

Dr. Karunesh Kumar Gautam, a resident of Amodha Khas village in Basti district, was selected as a Dental Hygienist by the Uttar Pradesh Subordinate Services Selection Commission (UPSSSC). Despite limited resources, he achieved this milestone through hard work, and the news brought celebration to his family and village, with sweets distributed to mark the occasion. Local residents called his achievement an inspiring example for the youth of the region.

Dainik Bhaskar · <https://www.bhaskar.com/local/uttar-pradesh/basti/amorhakhas/news/basti-amodha-khas-dr-karunesh-gautam-dental-hygienist-selection-137845627.html>

Sabhya Katiyar

Dental Hygienist

Sabhya Katiyar of Kanpur Nagar was selected as a Dental Hygienist by the Uttar Pradesh Subordinate Services Selection Commission (UPSSSC). After receiving her appointment letter from Chief Minister Yogi Adityanath at Lok Bhavan, Lucknow, she called it a proud day of her life and said she would carry out her professional responsibilities with complete honesty and dedication.

Hindustan (Live Hindustan) · <https://www.livehindustan.com/uttar-pradesh/lucknow/story-uttar-pradesh-recruitment-success-yogi-s-transparent-process-boosts-youth-confidence-201777811960719.html>

10 Sources & further reading

1. Rajasthan Govt Career Guidance Portal — <https://cg.rajasthan.gov.in/careerguidance/hi/career/डेंटो-ओरल-हाइजीनिस्ट/>
2. PayScale – Dental Hygienist Salary (India) — https://www.payscale.com/research/IN/Job=Dental_Hygienist/Salary
3. NSDC – Find a Training Centre — <https://nsdcindia.org/find-nsdc-training-centre>
4. Careers360 – Career as Dental Hygienist — <https://school.careers360.com/articles/career-as-dental-hygienist>
5. Jaipur Dental College – Dental Hygienist Course — <https://jdc.ac.in/dental-hygienist-course/>



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