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करियर शीट • CAREER SHEET

ट्रेनर

A Trainer teaches people new skills and sharpens existing ones in a classroom, workshop or industry setting. Working with companies, NGOs, skill-development centres or ITIs, trainers prepare trainees for jobs through hands-on...



Scan for everything on this career

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

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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 Trainer teaches people new skills and sharpens existing ones in a classroom, workshop or industry setting. Working with companies, NGOs, skill-development centres or ITIs, trainers prepare trainees for jobs through hands-on demonstrations, practice sessions and feedback. With the Skill India Mission expanding, demand for qualified trainers keeps growing in 2026.

2 At a glance

Minimum qualification	Class 10 pass + age 18 (NSQF Level 5)
Course duration	3 months – 1 year (including CITS)
Starting salary	₹20,000–24,000/month
Work mode	Institute/corporate job or independent trainer

3 What you need

INTERESTS

- Helping others learn
- Having deep interest in a subject or skill
- Communicating and interacting with people

ABILITIES

- Clear and effective communication ability
- Ability to work well with a team
- Attention to detail while working

KEY SKILLS

- Curriculum and session planning
- Assessing trainees and giving feedback
- Patience and ability to motivate people
- Using digital tools for online/blended training
- Giving practical demos and hands-on training
- Public speaking and presentation skills
- Deep technical knowledge of the subject/trade

4 How to get there

- 1 Complete Class 10 and reach the age of 18.
- 2 Gain experience or an ITI/diploma in a trade or subject, since expertise in that field comes before becoming a trainer.
- 3 Take the NSQF (National Skills Qualification Framework) Level 5 'Trainer' course, offered at NSDC/JSS centres.
- 4 To become an ITI/government trainer, complete the Craft Instructor Training Scheme (CITS) at an NSTI/IToT — the NCVT-recognised standard pathway.
- 5 In Rajasthan, RSLDC (Rajasthan Skill & Livelihoods Development Corporation) also offers trainer opportunities and training.
- 6 Keep upgrading your skills with experience and stay updated with new techniques.

MAIN EXAMS

- CITS (Craft Instructor Training Scheme) admission/selection test at NSTI/IToT

5 Where to study

GOVERNMENT INSTITUTES

- National Skill Training Institute (NSTI) – CITS Programme — Jaipur and other cities (all-India NSTI network) (<https://dgt.gov.in/en/CITS>)
- राजस्थान कौशल एवं आजीविका विकास निगम (RSLDC) — Jaipur, Rajasthan (<https://livelihoods.rajasthan.gov.in/rsldc/>)
- जन शिक्षण संस्थान (JSS) — Various districts of Rajasthan (<https://nsdcindia.org/find-nsdc-training-centre-jss/>)
- राजस्थान सरकार संचालित वोकेशनल विद्यालय — Rajasthan (statewide)

PRIVATE INSTITUTES

- Institute of Trainers of Trainers (IToT), निजी भागीदार केंद्र — Various cities (<https://dgt.gov.in/en/CITS>)
- Career Point Institute of Skill Development (RSLDC Partner) — Kota, Rajasthan (<http://www.cpsid.in/collaboration/rsldc.asp>)

ONLINE

- एनएसडीसी – एनएसडीसी ट्रेनिंग सेंटर खोजें — Online (<https://www.nsdcindia.org/find-nsdc-training-centre>)

- स्किल इंडिया डिजिटल हब — Online (<https://www.skillindiadigital.gov.in/>)
- एनआईओएस व्यावसायिक शिक्षा (Trainer/Vocational courses) — Online (<https://voc.nios.ac.in/registration/locate-study-centre>)

FEES

Under most government schemes (NSDC, JSS, RSLDC, CITS) trainer courses are free or very low-cost. Private trainer-certification or soft-skills courses can cost about ₹5,000–30,000.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in/fresh/onlineInstituteSearchIndex>)
- Buddy4Study – ITI/Vocational Scholarships (<https://www.buddy4study.com/article/iti-scholarships>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

NGOs, field-level offices of companies, ITIs/skill centres, corporate training departments and independent workshops.

WORK CULTURE

Trainers can also work independently, tying up with multiple institutes on a set schedule. Typically 5-6 days a week, 8-9 hours a day, with shift duty and overtime common. This field also offers opportunities for persons with disabilities.

WHO HIRES

- Government ITIs and NSTIs
- NGOs and community skill-development organisations
- State skill development corporations like RSLDC
- Government skill missions (RSLDC, PMKVY, NSDC centres)
- NSDC-affiliated training partner institutes
- L&D (Learning & Development) departments of corporates
- Self-employment as an independent/freelance trainer

DEMAND (2026)

With Skill India, PMKVY and the fact that only about 15% of India's ~95,000 ITI instructor posts are CITS-trained, there is strong, growing demand for certified trainers. Demand for corporate soft-skills and sales trainers is also rising steadily.

7 Career growth

- 1 Assistant Trainer
- 2 Trainer
- 3 Training Supervisor
- 4 Trainer-in-charge / Master Trainer

EARNINGS

Starting	₹20,000–24,000/माह
Mid level	₹28,000–45,000/माह
Senior level	₹60,000–₹80,000+/माह

Per NCS, a Trainer's average income is about ₹20,000–31,000/month. By comparison, PayScale shows the average Corporate Trainer salary in India at about ₹5.9 lakh/year (roughly ₹49,000/month), rising to about ₹9.9 lakh/year with experience — so income can exceed the government estimate with specialisation and in the corporate sector.

8 The good parts · The challenges

The good parts

- Satisfaction of shaping others' careers and skills
- Flexibility to work across sectors (technical, sales, soft skills)
- Opportunity for extra income as an independent/freelance trainer

The challenges

- Constant speaking and long sessions can be tiring
- May require travel and working across different locations
- Must continuously update yourself with new techniques and curriculum

9 Real-life journeys

Suresh Mansharamani

Sales trainer and business mentor, founder of Tajurba

Suresh Mansharamani is a serial entrepreneur and sales trainer with over 42 years of experience, and a winner of the Best Sales Trainer of the Year award. Through group trainings, one-on-one coaching and role-play sessions, he helps entrepreneurs and salespeople break through performance barriers. He founded Tajurba, a business-networking company that has helped thousands of entrepreneurs grow, and is a TEDx speaker and Presidential Awardee.

The Statesman · <https://thestatesman.com/inspiration-hub/inspiration-story-indian-sales-trainer-mr-suresh-mansharamani-1503036534.html>

Dr. Seema Rao

India's first woman commando trainer

Dr. Seema Rao, also called the 'Wonder Woman of India', is India's first woman commando trainer. A qualified doctor by training, she has spent 30 years training over 20,000 soldiers, paramilitary and police personnel in close-quarter battle, unarmed combat and reflex-fire techniques — without taking any payment. She has received India's Nari Shakti Puraskar and has featured on Forbes India's W-Power list.

Wikipedia / drseemarao.com · https://en.wikipedia.org/wiki/Seema_Rao

10 Sources & further reading

1. Rajasthan Career Guidance – Trainer — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%9f%e0%a5%8d%e0%a4%b0%e0%a5%87%e0%a4%a8%e0%a4%b0/>
2. Craft Instructor Training Scheme (CITS) – DGT — <https://dgt.gov.in/en/CITS>
3. Rajasthan Skill & Livelihoods Development Corporation (RSLDC) — <https://livelihoods.rajasthan.gov.in/rsldc/>
4. NSDC – Find Training Centre — <https://www.nsdcindia.org/find-nsdc-training-centre>
5. National Scholarship Portal — <https://scholarships.gov.in>



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