



SAARTHI • सारथी

करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

खिलाड़ी

An athlete or professional sportsperson builds a career on discipline, fitness and talent, representing their state and country. In Rajasthan the path opens through SAI, Khelo India, State Sports Council academies and...



Scan for everything on this career

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

career.gsssjethantri.in/#/career/athlete

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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)
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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

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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

An athlete or professional sportsperson builds a career on discipline, fitness and talent, representing their state and country. In Rajasthan the path opens through SAI, Khelo India, State Sports Council academies and sports-quota jobs. Success takes years, so keeping up education alongside sport is wise.

2 At a glance

Entry age	8–14 yrs (early start helps)
Selection	Trials & tournament performance
Main route	SAI/Khelo India academy + sports-quota job
Income reality	Most via jobs/coaching; top pros via contracts/prize

3 What you need

INTERESTS

- Sport and physical activity
- Fitness and healthy lifestyle
- Competition and proving oneself

ABILITIES

- Physical strength and stamina
- Mental toughness and discipline
- Quick reflexes and body control

KEY SKILLS

- Sport-specific technique
- Diet and recovery management
- Injury prevention and rehab
- Consistent hard training
- Performing under pressure
- Goal-setting and time management

4 How to get there

- 1 Play at school and district-level events
- 2 Attempt SAI/Khelo India and state academy trials
- 3 Train regularly under an academy or coach
- 4 Win medals at state and national tournaments
- 5 Secure sports-quota jobs in railways/police/army/PSU
- 6 Keep studying for coaching/administration fallback

5 Where to study

GOVERNMENT INSTITUTES

- SAI Training Centre, Jaipur — Jaipur, Rajasthan (<https://web.kheloindia.gov.in/sai-training-centre-jaipur>)
- SAI Training Centre, Jodhpur — Jodhpur, Rajasthan (<https://web.kheloindia.gov.in/sai-training-centre-jodhpur>)
- Rajasthan State Sports Council Academies (SMS Stadium) — Jaipur, Rajasthan (<https://rssc.rajasthan.gov.in/content/raj/sports/rajasthan-state-sports-council/en/home.html>)
- SAI National Centres of Excellence (NCOE) — Various cities, India (https://sportsauthorityofindia.nic.in/sai_new/ncoe)

PRIVATE INSTITUTES

- Inspire Institute of Sport (JSW) — Vijayanagar, Karnataka
- Reliance Foundation Youth Sports — Pan-India programme

ONLINE

- Khelo India digital resources — Online (<https://kheloindia.gov.in/>)
- NSNIS Patiala coaching courses — Online/Patiala

FEES

Government SAI/Khelo India and state academies often provide training, boarding and lodging free or very cheaply. Private academies and personal coaching can be costly (thousands to lakhs of rupees per year).

SCHOLARSHIPS

- Khelo India Athlete Scholarship (<https://kheloindia.gov.in/>)
- Target Olympic Podium Scheme (TOPS) (<https://sportsauthorityofindia.nic.in/>)
- Rajasthan R-TOPS (₹25,000/month for Olympic prospects) (<https://sports.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

Training academies, stadiums, national camps, and competition venues across India and abroad; many athletes play for departmental teams (railways, police, army).

WORK CULTURE

A demanding routine of morning-evening practice, strict diet and constant evaluation; you must keep improving while managing discipline and injuries.

WHO HIRES

- | | |
|--|--|
| • Indian Railways (sports quota) | • Police and paramilitary forces |
| • Indian Army/Air Force/Navy | • Public sector units (ONGC, banks, oil companies) |
| • State sports departments and academies | • Private leagues, clubs and sponsors |

DEMAND (2026)

Competition is very high and few reach the elite level. But steady openings are growing in sports-quota jobs, coaching and the fitness industry.

7 Career growth

- 1 District/school-level player
- 2 State academy/SAI trainee
- 3 State and national medallist
- 4 International athlete (Asian/Olympic)
- 5 Coach, selector or sports administrator

EARNINGS

Starting	₹0–15,000/mo
Mid level	₹30,000–70,000/mo
Senior level	₹1,50,000+/mo

Income is uncertain. Most athletes earn through sports-quota jobs or coaching. Only a few top pros earn crores via prize money, contracts and endorsements. This is why keeping up education matters.

8 The good parts · The challenges

The good parts

- Honour of representing your state and country
- Jobs, cash rewards and benefits on winning medals
- Builds fitness, discipline and confidence

The challenges

- Fierce competition and uncertain income
- Injury risk and short career span
- Grinding routine and personal sacrifice

9 Real-life journeys

Devendra Jhajharia

Paralympic gold-medallist javelin thrower

Born into a farming family in Churu district, Rajasthan, Devendra lost his left arm to a live wire at age nine. Practising with a wooden javelin, he won Paralympic gold at Athens 2004 and Rio 2016 and received the Khel Ratna award.

Olympics.com · <https://www.olympics.com/en/news/who-is-devendra-jhajharia-five-things-to-know-about-india-s-double-paralympic-go>

Avani Lekhara

Paralympic gold-medallist shooter

From Jaipur, Rajasthan, Avani was left using a wheelchair after a road accident. Taking up shooting, she won gold at the Tokyo 2020 and Paris 2024 Paralympics, becoming the first Indian woman to win two Paralympic golds.

Olympics.com · <https://www.olympics.com/en/news/paris-2024-paralympics-shooting-avani-lekhara-india-gold-medal>

Krishna Poonia**Commonwealth gold-medallist discus thrower**

Raised in a farming family and representing Rajasthan, Krishna Poonia grew strong working on the land. She won discus gold at the 2010 Commonwealth Games, becoming the first Indian woman to win a track-and-field gold there.

CNN · <https://edition.cnn.com/2015/02/04/sport/krishna-poonia-athlete-activist-india/index.html>

10 Sources & further reading

1. Sports Authority of India (SAI) — <https://sportsauthorityofindia.nic.in/>
2. Khelo India — <https://kheloindia.gov.in/>
3. Rajasthan State Sports Council — <https://rssc.rajasthan.gov.in/content/raj/sports/rajasthan-state-sports-council/en/home.html>
4. Rajasthan Sports & Youth Affairs Dept. — <https://sports.rajasthan.gov.in/>

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