



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

डांस थेरेपिस्ट

A dance/movement therapist uses dance and physical movement to improve people's physical, emotional and mental health. It is a creative therapy that helps children, adults and persons with disabilities.



Scan for everything on this career

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

career.gsssjethantri.in/#/career/dance-therapist

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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

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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 dance/movement therapist uses dance and physical movement to improve people's physical, emotional and mental health. It is a creative therapy that helps children, adults and persons with disabilities.

2 At a glance

Minimum qualification	Psychology graduate + DMT course
Course duration	Diploma/PG: 1–3 years
Avg. salary	₹18,000–₹45,000/month
Work mode	Session-based, in-person

3 What you need

INTERESTS

- A strong desire to help others
- Understanding the human mind and emotions
- Dance, music and creative expression

ABILITIES

- Creative and empathetic thinking
- Leading groups and communication
- Skill in dance/body movement

KEY SKILLS

- Dance movement therapy techniques
- Session planning and assessment
- Group facilitation
- Patience and emotional balance
- Knowledge of psychology and human behaviour
- Empathy and active listening
- Working with different ages and persons with disabilities

4 How to get there

- 1 Complete 10+2 in any stream.
- 2 Complete a bachelor's degree in Psychology.
- 3 Take a diploma or PG specialisation in Dance Movement Therapy.
- 4 Practise dance/movement and complete a supervised internship.
- 5 Gain experience with a school, rehab centre or NGO.
- 6 Start independent practice or your own therapy studio.

MAIN EXAMS

- No national entrance exam; institute-level selection/interview.

5 Where to study

GOVERNMENT INSTITUTES

- Tata Institute of Social Sciences (TISS) — Mumbai (<https://www.tiss.edu>)
- University of Rajasthan – Dept. of Psychology — Jaipur (<https://www.uniraj.ac.in>)

PRIVATE INSTITUTES

- Creative Movement Therapy Association of India (CMTAI) — Delhi/Bengaluru (<https://www.cmtai.org>)
- Symbiosis School of Liberal Arts — Pune
- Women's Christian College – Expressive Dance Therapy — Chennai

ONLINE

- CMTAI – Foundation courses (online) — Online (<https://www.cmtai.org>)
- Udemy – Dance/Movement Therapy basics — Online (<https://www.udemy.com>)

FEES

Course fees range from about ₹37,000 to ₹3,00,000 per year, depending on the institute.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- Rajasthan SSO / Mukhyamantri Uchch Shiksha Chhatravriti (<https://sso.rajasthan.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)

- Vidya Lakshmi Education Loan (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Schools, universities, hospitals, rehabilitation centres, old-age homes, NGOs and private therapy studios.

WORK CULTURE

Work happens in sessions; hours depend on the workplace. You can also start your own studio. Opportunities exist for persons with disabilities.

WHO HIRES

- Special and inclusive schools
- Rehabilitation and disability institutions
- Old-age homes and hospice/palliative care
- Hospitals and mental-health centres
- NGOs and community organisations
- Independent/private therapy practice

DEMAND (2026)

A growing field as awareness of mental health and alternative therapies rises in India. Trained specialists are still few, so opportunities for qualified therapists are increasing.

7 Career growth

- 1 Trainee Dance Movement Therapist
- 2 Dance Therapist
- 3 Senior Therapist
- 4 Programme Supervisor/Director

EARNINGS

Starting	₹18,000/माह
Mid level	₹30,000/माह
Senior level	₹45,000+/माह

Income depends on the organisation, experience and number of private sessions. Independent practice can charge higher per-session fees.

8 The good parts · The challenges

The good parts

- A unique blend of creativity and service.
- Meaningful impact on people's lives.
- Freedom to start your own studio/practice.

The challenges

- Limited formal training and recognition in India so far.
- Early income can be uncertain.
- Emotionally demanding work.

9 Real-life journeys

Tripura Kashyap

Dance Movement Therapist; Co-founder, CMTAI

A pioneer of creative movement therapy in India who, after training in the USA, returned to develop therapy for children with disabilities and autism.

Serendipity Arts · <https://serendipityarts.org/artist/tripura-kashyap/>

Syed Sallauddin Pasha

Therapeutic dance-theatre director; Founder, Ability Unlimited Foundation

A Bharatanatyam/Kathak dancer who pioneered 'Miracle on Wheels' therapeutic dance-theatre for persons with disabilities.

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

Sohini Chakraborty

Dance Movement Therapist; Founder-Director, Kolkata Sanved

A sociologist-turned-DMT practitioner who developed the 'Sampoornata' model to rehabilitate survivors of trafficking.

Kolkata Sanved · <https://kolkatasanved.org/staff/sohini-chakraborty/>

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.

- Occupational Therapist
- Speech & Language Therapist
- Naturopath

11 Sources & further reading

1. Rajasthan Career Guidance Portal — <https://cg.rajasthan.gov.in/careerguidance>
2. CMTAI (Creative Movement Therapy Association of India) — <https://www.cmtai.org>
3. TISS Mumbai — <https://www.tiss.edu>
4. National Scholarship Portal — <https://scholarships.gov.in>



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