



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

नशा मुक्ति परामर्शदाता

A De-addiction Counselor helps people recover from drug and alcohol addiction and adopt a healthy lifestyle. Through counselling, behavioural therapy and rehabilitation, they support both the patient and the family.



Scan for everything on this career

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

career.gsssjethantri.in/#/career/de-addiction-counselor

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 De-addiction Counselor helps people recover from drug and alcohol addiction and adopt a healthy lifestyle. Through counselling, behavioural therapy and rehabilitation, they support both the patient and the family.

2 At a glance

Minimum qualification	BA/MA Psychology/Social Work + Addiction Counselling
Duration	3-5 years
Starting salary	₹4-5 LPA
Work Area	De-addiction & rehab centres

3 What you need

INTERESTS

- Working with and for people
- Organising things and planning
- Solving problems

ABILITIES

- Strong word, language and writing ability
- Understanding relationships between things
- Understanding people's emotions and behaviour

KEY SKILLS

- Empathy and non-judgemental listening
- Motivational interviewing skills
- Confidentiality and ethics
- Understanding of addiction and CBT
- Crisis management
- Working with family and community

4 How to get there

- 1 Complete Class 12 in any stream (Psychology subject is helpful)
- 2 Do a Bachelor's (BA Psychology / BSW) in psychology or social work
- 3 Do a Master's (MA Psychology/Counselling) or a Diploma in Counselling
- 4 Gain practical experience through supervised internship
- 5 Take specialised addiction-counselling certification (e.g. NIMHANS/NDDTC)

MAIN EXAMS

- CUET-UG / CUET-PG (for central university admission)
- University entrance tests (RU, NIMHANS, TISSNET)

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan (Dept. of Psychology) — Jaipur (<https://www.uniraj.ac.in>)
- NIMHANS (Centre for Addiction Medicine) — Bengaluru (<https://www.nimhans.ac.in>)
- NDDTC, AIIMS — Ghaziabad/Delhi (<https://www.aiims.edu>)
- Regional Institute of Education (NCERT) — Ajmer

PRIVATE INSTITUTES

- Janardan Rai Nagar Rajasthan Vidyapeeth University — Udaipur
- Mahatma Jyoti Rao Phoole University — Jaipur
- Manipal University Jaipur — Jaipur

ONLINE

- IGNOU (Psychology / Social Work) — Distance/Online (<https://www.ignou.ac.in>)
- NIMHANS Digital Academy (Addiction Medicine) — Online
- TISS (Social Work) — Mumbai / Online (<https://www.tiss.edu>)

FEES

Course fees range from about ₹50,000 to ₹1 lakh per year, varying by institution.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study (<https://www.buddy4study.com>)
- Vidya Lakshmi Education Loan Portal (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Hospitals and community centres, mental-health centres, de-addiction and rehabilitation centres, educational institutions, private clinics and government/non-government organisations.

WORK CULTURE

Usually 6-7 days a week and 8-9 hours a day, with possible shifts and emergencies. You can also run your own private practice.

WHO HIRES

- | | |
|--|------------------------------------|
| • De-addiction and rehabilitation centres | • Government and private hospitals |
| • Social Justice & Empowerment dept. projects | • NGOs and community organisations |
| • School/college and workplace wellness programmes | • Own private practice |

DEMAND (2026)

Rising substance-use problems and the government's Nasha Mukh Bharat campaign are increasing demand for trained de-addiction counselors in 2026.

7 Career growth

- 1 Trainee De-addiction Counselor
- 2 Team Leader / Supervisor
- 3 Senior De-addiction Counselor

EARNINGS

Starting	₹4-5 LPA
Mid level	₹6-8 LPA
Senior level	₹10-14 LPA+

Pay varies by institution, experience and location. Figures are indicative.

8 The good parts · The challenges

The good parts

- Satisfaction of helping someone rebuild their life
- Growing social need and demand
- Stable opportunities in government and NGO sector

The challenges

- Emotional stress and disappointment of relapse
- Sometimes aggressive/difficult patients
- Irregular hours and emergencies

9 Real-life journeys

Dr. Pratima Murthy

Psychiatrist & Addiction Specialist, former Director NIMHANS

Dr. Pratima Murthy is a senior psychiatrist and addiction-medicine specialist at NIMHANS, Bengaluru, and served as the institute's Director. She has done outstanding work in de-addiction and mental health and was honoured with the WHO Regional Director's Special Recognition Award on World No Tobacco Day 2021.

NIMHANS · https://www.nimhans.ac.in/faculty/dr_pratima

Dr. Atul Ambekar

Addiction Psychiatrist, NDDTC, AIIMS Delhi

Dr. Atul Ambekar is a professor at the National Drug Dependence Treatment Centre (NDDTC), AIIMS Delhi. A leader in addiction psychiatry, de-addiction treatment and policy, he played a key role in the national survey 'Magnitude of Substance Use in India'.

AIIMS New Delhi · https://www.aiims.edu/index.php/en/component/content/article/201-national_drug_dependence_treatment_center/1479-dr-atul-ambekar

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.

- Marriage & Family Counselor
- Rehabilitation Counselor
- TeleHealth Counselor

11 Sources & further reading

1. Rajasthan Career Guidance (official source) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%a8%e0%a4%b6%e0%a4%be-%e0%a4%ae%e0%a5%81%e0%a4%95%e0%a5%8d%e0%a4%a4%e0%a4%bf-%e0%a4%aa%e0%a4%b0%e0%a4%be%e0%a4%ae%e0%a4%b0%e0%a5%8d%e0%a4%b6%e0%a4%a6%e0%a4%be%e0%a4%a4%e0%a4%be-deaddiction-coun/>
2. NIRF India Rankings — <https://www.nirfindia.org/Rankings/2025/Ranking.html>
3. NIMHANS - Centre for Addiction Medicine — <https://www.nimhans.ac.in>
4. NDDTC, AIIMS — <https://www.aiims.edu>



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