



# SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

## वृद्धावस्था परामर्शदाता

Geriatric counselors give older adults mental, emotional and social support for a dignified, healthy old age. They help with loneliness, stress, memory issues and family adjustment.



### Scan for everything on this career

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

[career.gsssjethantri.in/#/career/geriatric-counselor](https://career.gsssjethantri.in/#/career/geriatric-counselor)

### राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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

[www.gsssjethantri.in](https://www.gsssjethantri.in) · [career.gsssjethantri.in](https://career.gsssjethantri.in)



#### 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

Geriatric counselors give older adults mental, emotional and social support for a dignified, healthy old age. They help with loneliness, stress, memory issues and family adjustment.

## 2 At a glance

|                       |                                           |
|-----------------------|-------------------------------------------|
| Minimum qualification | Bachelor's + counselling diploma/master's |
| Avg salary            | ₹4-12 LPA                                 |
| Work mode             | Old-age homes, hospitals, clinics         |
| Demand                | Fast-growing (ageing population)          |

## 3 What you need

### INTERESTS

- Working with and for people
- Interest in social service and mental health
- Solving others' problems

### ABILITIES

- Strong language, listening and writing ability
- Grasping relationships and causes between issues
- Understanding people's emotions and behaviour

### KEY SKILLS

- Active listening and empathy
- Psychological assessment and counselling techniques
- Coordinating with family and caregivers
- Patient communication with the elderly
- Recognising dementia and depression
- Maintaining confidentiality and ethics

## 4 How to get there

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- 1 Complete Class 12 in any stream
- 2 Do a bachelor's in psychology/social work
- 3 Do a master's/MSW in social work or psychology
- 4 Do a diploma or certificate in counselling
- 5 Complete supervised internship experience
- 6 Check course duration and accreditation before enrolling

### MAIN EXAMS

- CUET-UG (for bachelor's admission)
- CUET-PG (for MA Psychology/Counselling)
- TISSNET (TISS counselling/social-work courses)
- NIMHANS entrance (mental-health courses)

## 5 Where to study

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### GOVERNMENT INSTITUTES

- University of Rajasthan (Dept. of Psychology) — Jaipur (<https://www.uniraj.ac.in>)
- Regional Institute of Education (NCERT) — Ajmer (<https://rieajmer.raj.nic.in>)
- Jai Narain Vyas University (Dept. of Psychology) — Jodhpur (<https://www.jnvu.co.in>)

### PRIVATE INSTITUTES

- JRN Rajasthan Vidyapeeth (Deemed University) — Udaipur
- Mahatma Jyoti Rao Phoole University — Jaipur
- Manipal University Jaipur — Jaipur (<https://jaipur.manipal.edu>)

### ONLINE

- IGNOU (MA Psychology / Counselling) — Pan-India / Online (<https://www.ignou.ac.in>)
- TISS (MA Counselling / Social Work) — Distance / Campus (<https://www.tiss.edu>)
- NIMHANS (PG Diploma / M.Phil, mental health) — Bengaluru (<https://nimhans.ac.in>)

### FEES

Course fees roughly ₹50k-₹1 lakh per year; varies by institute and course.

**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 (<https://www.vidyalakshmi.co.in>)

**6 What the work is like**

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**WHERE YOU WORK**

Old-age homes, hospitals and community centres, mental-health centres, rehab centres, private clinics, government departments and NGOs.

**WORK CULTURE**

About 6-7 days a week, 8-9 hours a day in hospitals; shifts possible. Opportunities for persons with disabilities; private practice also possible.

**WHO HIRES**

- Old-age homes and senior-care centres
- Rehabilitation centres
- Private clinics and online counselling platforms
- Hospitals and mental-health centres
- NGOs and government social-justice departments

**DEMAND (2026)**

India's elderly population runs into crores in 2026 and is rising fast, steadily increasing demand for geriatric counselling.

**7 Career growth**

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- 1 Senior geriatric counselor
- 2 Department head
- 3 Teacher/Professor
- 4 Researcher

## EARNINGS

|              |                 |
|--------------|-----------------|
| Starting     | ₹4-5 लाख/वर्ष   |
| Mid level    | ₹7-10 लाख/वर्ष  |
| Senior level | ₹12-18 लाख/वर्ष |

Salary indicative; depends on experience, institute and private practice.

## 8 The good parts · The challenges

### The good parts

- Respected, meaningful social work
- Rising demand and job security
- Scope for private practice

### The challenges

- Emotionally draining
- Sometimes long, irregular hours
- Dealing with serious illness/loss

## 9 Real-life journeys

### Dr. Manu Sharma

Psychiatrist & geriatric mental-health specialist, Geetanjali Medical College & Hospital, Udaipur

After an MD in Psychiatry from Father Muller Medical College, Dr. Manu Sharma is an associate professor and consultant in Udaipur. With 13+ years' experience he focuses on geriatric mental health, neuropsychiatry and cognitive behaviour therapy.

Geetanjali Hospital · <https://www.geetanjalihospital.co.in/our-expert/psychiatric/dr.-manu-sharma>

### Dr. Soumya Hegde

Geriatric psychiatrist, Nightingales Centre for Ageing & Alzheimer's, Bengaluru

Dr. Soumya Hegde is a well-known Indian geriatric psychiatrist specialising in anxiety, depression and dementia care for older adults. She counsels families and caregivers and raises public awareness on elderly mental health.

Neurology Academy / White Swan Foundation · <https://neurologyacademy.org/profiles/dr-soumya-hegde>

## 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
- De-addiction Counselor
- Rehabilitation Counselor

## 11 Sources & further reading

1. Rajasthan Career Guidance (Govt source) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%b5%e0%a5%83%e0%a4%a6%e0%a5%8d%e0%a4%a7%e0%a4%be%e0%a4%b5%e0%a4%b8%e0%a5%8d%e0%a4%a5%e0%a4%be-%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/>
2. National Scholarship Portal — <https://scholarships.gov.in>
3. Rehabilitation Council of India (RCI) — <https://rehabcouncil.nic.in>
4. Vidya Lakshmi education-loan portal — <https://www.vidyalakshmi.co.in>



### And 770+ more careers — the whole portal

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