



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

ऑक्यूपेशनल थेरेपिस्ट

Occupational therapists (BOT) help people of all ages relearn everyday tasks — bathing, writing, walking, returning to work — after injury, illness or disability. They focus on improving whole lives, not just treating a disease....



Scan for everything on this career

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

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

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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

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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)
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

Occupational therapists (BOT) help people of all ages relearn everyday tasks — bathing, writing, walking, returning to work — after injury, illness or disability. They focus on improving whole lives, not just treating a disease. In 2026 demand in rehabilitation and paediatrics is rising.

2 At a glance

Minimum qualification	BOT (4.5 years) after 10+2 Science
Work mode	Hospital/rehab centre; hands-on work with patients
Demand	High (rehab, paediatrics, elder care)
Top earning	₹10–15 lakh/year or more

3 What you need

INTERESTS

- Helping people solve their problems
- Teaching and training people
- Studying human behaviour and the body

ABILITIES

- Patience and empathy
- Creative problem-solving
- Comfortable talking to all kinds of people

KEY SKILLS

- Assessing a patient's abilities
- Assistive devices and adaptations
- Child development and mental health
- Record-keeping and tracking progress
- Rehabilitation and therapy planning
- Anatomy and neurology knowledge
- Working in a team and with families

4 How to get there

- 1 Complete 10+2 Science (Physics, Chemistry, Biology)
- 2 Do the 4.5-year BOT (Bachelor of Occupational Therapy) degree
- 3 Take NEET or the institute entrance for admission
- 4 Complete the compulsory internship
- 5 Do MOT (master's) to specialise

MAIN EXAMS

- NEET (for BOT admission in many colleges)
- IPU CET / institute entrance tests
- Postgraduate entrance for MOT

5 Where to study

GOVERNMENT INSTITUTES

- AIIMS Jodhpur — Jodhpur, Rajasthan
- SMS Medical College — Jaipur, Rajasthan
- AIIMS New Delhi — New Delhi
- Seth G.S. Medical College (KEM Hospital) — Mumbai, Maharashtra

PRIVATE INSTITUTES

- Bhagwant University — Ajmer, Rajasthan
- Manipal College of Health Professions — Manipal, Karnataka
- Christian Medical College (CMC) — Vellore, Tamil Nadu

ONLINE

- Coursera (rehabilitation courses) — Online (<https://www.coursera.org>)
- Udemy (Occupational Therapy) — Online (<https://www.udemy.com/topic/occupational-therapy/>)

FEES

About ₹15,000–50,000/year at government institutes; ₹1–6 lakh/year at private colleges. Online courses range from free to ₹30,000.

SCHOLARSHIPS

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

6 What the work is like

WHERE YOU WORK

Hospitals, nursing homes, medical colleges, rehabilitation centres, special schools and NGOs

WORK CULTURE

Not a desk job; hands-on work with patients; 5–6 days a week, ~8 hours; own practice possible

WHO HIRES

- | | |
|--|---|
| • Government hospitals and medical colleges | • Rehabilitation and disability centres |
| • Special schools and early-intervention centres | • Private hospitals (Apollo, Fortis) |
| • Elder-care and home-care services | • Own private practice |

DEMAND (2026)

Demand is high in 2026; road accidents, stroke, autism and a growing elderly population are rapidly increasing the need for rehabilitation services.

7 Career growth

- 1 Trainee / intern
- 2 Occupational therapist
- 3 Senior occupational therapist
- 4 Head of department
- 5 Rehabilitation director / superintendent

EARNINGS

Starting	₹2.5-4 लाख/वर्ष
Mid level	₹4-8 लाख/वर्ष
Senior level	₹8-15 लाख/वर्ष या अधिक

Earnings grow with experience, specialisation and private practice; pay abroad is higher.

8 The good parts · The challenges

The good parts

- Meaningful work making people independent
- Varied settings from hospitals to schools
- Growing demand and overseas opportunities

The challenges

- Physically tiring work
- Results come slowly; patience needed
- Awareness in India is still limited

9 Real-life journeys

Dr. Anil K. Srivastava

Occupational therapist, former President of AIOTA

Dr. Anil Srivastava served as President of the All India Occupational Therapists' Association (AIOTA). He campaigned to include occupational therapy in national health and education policies and to win statutory recognition for therapists.

Business Standard (ANI) · https://www.business-standard.com/article/news-ani/inclusion-of-occupational-therapy-in-health-policies-among-other-demands-of-aiota-119110900877_1.html

Kamala V. Nimbkar

Founder of occupational therapy in India, first President of AIOTA

Kamala V. Nimbkar set up India's — and Asia's — first occupational therapy training centre at KEM Hospital, Mumbai, in 1950 and became the first President of AIOTA in 1952. She is regarded as the mother of the profession in India.

Annals of International Occupational Therapy (Healio) · <https://journals.healio.com/doi/10.3928/24761222-20190314-01>

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.

- Naturopath
- Speech & Language Therapist
- Dance Therapist

11 Sources & further reading

1. Rajasthan Govt career guidance — <https://cg.rajasthan.gov.in/careerguidance/>
2. All India Occupational Therapists' Association (AIOTA) — <https://www.aiota.org>
3. Rehabilitation Council of India (RCI) — <https://rehabcouncil.nic.in>
4. National Scholarship Portal — <https://scholarships.gov.in>



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