



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

पुनर्वास परामर्शदाता

A Rehabilitation Counselor is a health professional who helps people recover from illness or injury and return to daily life. They enable persons with mental or physical disabilities to live independent, self-reliant lives.



Scan for everything on this career

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

career.gsssjethantri.in/#/career/rehabilitation-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 Rehabilitation Counselor is a health professional who helps people recover from illness or injury and return to daily life. They enable persons with mental or physical disabilities to live independent, self-reliant lives.

2 At a glance

Minimum qualification	BA/MA Psychology/Social Work + RCI course
Duration	3-5 years
Starting salary	₹3.5-5 LPA
Work Area	Hospitals, rehab centres, NGOs

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 patience
- Understanding needs of persons with disabilities
- Coordination with team and family
- Rehabilitation planning and assessment
- Communication and counselling skills
- Problem-solving and motivation

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 an RCI-recognised course and obtain RCI registration

MAIN EXAMS

- CUET-UG / CUET-PG (for central universities)
- Entrance test for RCI-recognised courses

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan (Dept. of Psychology) — Jaipur (<https://www.uniraj.ac.in>)
- NIEPID (Nat. Inst. for Empowerment of Persons with Intellectual Disabilities) — Secunderabad (<https://niepid.nic.in>)
- NIMHANS — Bengaluru (<https://www.nimhans.ac.in>)
- 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 (Disability Studies / Psychology) — Distance/Online (<https://www.ignou.ac.in>)
- TISS (Social Work / Disability Studies) — Mumbai / Online (<https://www.tiss.edu>)
- NIMHANS Digital Academy — Online

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, rehabilitation centres, educational institutions, old-age homes, private clinics and government/non-government organisations.

WORK CULTURE

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

WHO HIRES

- | | |
|--|--|
| • Rehabilitation and disability centres | • Hospitals and mental-health institutions |
| • Special schools and educational institutions | • NGOs and community organisations |
| • Government disability-welfare departments | • Own private practice |

DEMAND (2026)

Thanks to the Rights of Persons with Disabilities Act and a growing focus on inclusive education and employment, demand for RCI-registered rehabilitation counselors is steadily rising in 2026.

7 Career growth

- 1 Senior Rehabilitation Counselor
- 2 Head of Department
- 3 Teacher/Professor and Researcher
- 4 Consultant

EARNINGS

Starting	₹3.5-5 LPA
Mid level	₹6-8 LPA
Senior level	₹10-14 LPA+

Pay varies by government institution, experience and specialisation. Figures are indicative.

8 The good parts · The challenges

The good parts

- Satisfaction of transforming lives of persons with disabilities
- Stable government and institutional opportunities
- Career in teaching and research too

The challenges

- Emotionally challenging
- Requires patience for slow progress
- RCI registration is mandatory and procedural

9 Real-life journeys

Dr. Reeta Peshawaria

Rehabilitation Psychologist & Disability Specialist

Dr. Reeta Peshawaria is a senior rehabilitation psychologist in India who worked for many years at the National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID). She developed assessment tools and training programmes for children with intellectual disabilities and their families, and continues to contribute through her fellowship and centre.

Manovikas eGyanshala · https://manovikasfamily.org/gyanshala/our_team/dr-reeta-peshawaria/

Prof. M. Thomas Kishore

Professor of Clinical Psychology, NIMHANS (Intellectual Disability & Rehabilitation)

Prof. M. Thomas Kishore is a Professor of Clinical Psychology at NIMHANS, Bengaluru, researching and training in intellectual and developmental disabilities, specific learning disability and rehabilitation. He has done important work on disability assessment and certification policies in India.

Manovikas eGyanshala · https://manovikasfamily.org/gyanshala/our_team/thomas-kishore/

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
- TeleHealth Counselor

11 Sources & further reading

1. Rajasthan Career Guidance (official source) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%aa%e0%a5%81%e0%a4%a8%e0%a4%b0%e0%a5%8d%e0%a4%b5%e0%a4%be%e0%a4%b8-%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-rehabilitation-counselor/>
2. NIRF India Rankings — <https://www.nirfindia.org/Rankings/2025/Ranking.html>
3. Rehabilitation Council of India (RCI) — <https://rehabcouncil.nic.in/>
4. NIEPID — <https://niepid.nic.in>



And 770+ more careers — the whole portal

Interest and aptitude tests, government jobs, skill courses and a CV builder — free, no login, and it works offline.

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