

These contacts ensure blue-collar workers in India can get help with job issues, legal problems, financial aid, health care, and worker rights.

1. Labor & Employment Support

1. **Ministry of Labour and Employment (MoLE) Helpline** – 14429 (Grievance redressal for workers)
2. **National Career Service (NCS) Helpline** – 1800-425-1514 (Job search & employment services)
3. **Labour Commissioner's Office (State-wise contact)** – Available on labour.gov.in
4. **eShram Helpline** – 14434 (For registration & benefits under the e-Shram card)
5. **Bharatiya Mazdoor Sangh (BMS) Worker Support** – +91-11-23350342

2. Legal Help & Worker Rights

6. **All India Trade Union Congress (AITUC)** – +91-11-23233120 (Worker protection & grievances)
7. **Indian National Trade Union Congress (INTUC)** – +91-11-23320575 (Labor law assistance)
8. **Free Legal Aid - National Legal Services Authority (NALSA)** – 15100 (Legal help for workers)
9. **Vidhik Sewa Helpline (Legal Aid in Hindi & Regional Languages)** – 1800-11-9090
10. **People's Union for Civil Liberties (PUCL)** – +91-11-26517814

3. Health & Safety Helplines

11. **Employees' State Insurance Corporation (ESIC) Helpline** – 1800-11-2526 (For insured workers' healthcare)
12. **Ayushman Bharat (PMJAY) Helpline** – 14555 (Health insurance & treatment for workers)
13. **National Institute of Occupational Health (NIOH)** – +91-79-22686351 (Workplace health & safety)
14. **Toll-Free Emergency Medical Services (Ambulance)** – 108
15. **National Mental Health Helpline (KIRAN)** – 1800-599-0019 (Counseling for mental health issues)

4. Financial & Social Security Assistance

16. **Employees' Provident Fund Organisation (EPFO) Helpline** – 1800-118-005 (Provident Fund queries)
17. **Pradhan Mantri Mudra Yojana (PMMY) - Financial Aid for Small Workers** – 1800-180-1111
18. **National Social Security Board (NSSB) for Unorganized Workers** – Contact via labour.gov.in
19. **State-Wise Ration Card Helplines** – Check PDS helpline at nfsa.gov.in

5. Skill Development & Training Helplines

20. **Skill India / Pradhan Mantri Kaushal Vikas Yojana (PMKVY) Helpline** – 088000-55555

21. **Jan Shikshan Sansthan (JSS) - Vocational Training** – Contact local JSS centers at jss.gov.in

22. **National Apprenticeship Promotion Scheme (NAPS) Helpline** – 1800-123-9626

6. Women & Child Workers' Protection

23. **Women Helpline (National Commission for Women - NCW)** – 1091 / 7827170170 (For harassment & abuse complaints)

24. **Child Labour Helpline (NCPCR - National Commission for Protection of Child Rights)** – 1098

7. Migrant Workers' & Disaster Relief Helplines

25. **Aajeevika Bureau (Support for Migrant Workers)** – +91-294-2451641

ITI and its information

Upon completing an ITI course, students can find job opportunities in various Public Sector Undertakings (PSUs) such as Railways, Telecom, KRCL, IOCL, BHEL, ONGC, NTPC, NALCO, and State PWDs. ITI programs are particularly advantageous for students looking to pursue short-term courses leading to immediate employment. The skills acquired specializing in trades such as electrical or mechanical work allow graduates to find jobs more easily in manufacturing and other sectors. Below is a categorized list of ITI courses based on the minimum qualifications required.

ITI Courses List after 8th Class

These courses cater to students who wish to step into the workforce early. Below are some ITI courses available after completing the 8th class:

S.No	Name of Course	Stream	Duration
1	Carpenter	Engineering	2 Semesters
2	Plumber	Engineering	2 Semesters
3	Sheet Metal Worker	Engineering	2 Semesters
4	Welder (Gas and Electric Welding)	Engineering	2 Semesters
5	Painter General	Non-Engineering	4 Semesters
6	Wireman	Engineering	4 Semesters
7	Leather Goods Maker	Non-Engineering	2 Semesters

S.No	Name of Course	Stream	Duration
8	Footwear Maker	Non-Engineering	2 Semesters

ITI Courses List after 8th Class

ITI Courses List after 10th Class

Students who have completed their 10th grade can pursue a variety of ITI courses. The following table lists the courses along with their durations:

Name of the Course	Stream	Duration
Tool & Die Maker	Engineering	3 years
Draughtsman (Mechanical)	Engineering	2 years
Diesel Mechanic	Engineering	1 year
Pump Operator	Engineering	1 year
Fitter	Engineering	2 years

ITI Courses List after 10th Class

ITI Courses List after 12th Class

After completing 12th grade, students can opt for various ITI courses, with durations of 1 year or 2 years. Below is an outline of the ITI engineering courses available:

ITI Courses for Engineering

1. Instrument Mechanic – 1 year
2. Architectural Assistant – 1 year
3. Marine Fitter – 1 year
4. Computer Hardware and Networking – 2 years
5. Mechanic Agricultural Machinery – 2 years

ITI Courses for Non-Engineering

1. Computer Operator and Programming Assistant – 1 year
2. Stenography English – 1 year
3. Library and Information Science – 1 year

4. Hospitality Assistant – 1 year
5. Catering Assistant – 1 year

ITI Courses List in Haryana

Listed below are the ITI courses available in Haryana for the year 2025, including their durations and the number of seats:

S.No	Name of the Trade	Duration of Course	Seats available
1	Architectural Assistant	2 Semesters	26

ITI Courses List in Haryana

Government ITI Courses List PDF

For detailed reference, download the ITI courses list or trades offered in government ITIs in PDF format from the link below.

[Download PDF](#)

ITI Merit List 2025 State Wise

Stay updated on the ITI merit list and counselling procedures for admissions into ITI institutes, along with the necessary documentation required during admission.

Assured ITI Merit List 2025 State Wise is accessible.