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Verification and red-flags checklist

Eight checks to run before you pay, resign or travel. Built from official guidance. Print it, tick it off, share it with your family.

THE CHECKLIST

Tick each one before you pay

- [ ] **1. Use only a registered or licensed recruiter**
  Ask for the original Registration Certificate issued by the Protector General of Emigrants and check it on eMigrate. Do not deal with sub-agents. In the Philippines, look the agency up in the DMW directory and check that its licence shows as valid.

- [ ] **2. See the paperwork before you pay**
  Ask for the Demand Letter and Power of Attorney from the foreign employer. Read the contract. Pay by demand draft or cheque and take a receipt. The MEA says an agent's service charge cannot be more than ₹20,000 per emigrant.

- [ ] **3. Verify the job offer itself**
  In the UAE, private-sector offers use the MOHRE-approved job offer form with a serial number and barcode. Elsewhere, confirm the employer through official channels before you resign or travel.

- [ ] **4. Start your licence with the regulator yourself**
  Each destination has an official regulator. Australia's Board says its Self-check cannot be completed by a third party or agent on your behalf.

- [ ] **5. Travel on the right visa**
  The visa should match the category you were recruited for. The MEA treats being told to go on a tourist visa and "convert" it later as grounds for a complaint.

- [ ] **6. Get emigration clearance if it applies**
  ECR passport holders and nurses travelling for work to the 18 designated countries, including Saudi Arabia, the UAE and Qatar, must obtain clearance on eMigrate. Check with your Protector of Emigrants before you travel.

- [ ] **7. Keep your passport, and copies of everything**
  Do not part with your passport. Photocopy all its pages. Carry a copy of your signed contract in English. Do not sign any other contract or any blank paper.

- [ ] **8. Save the numbers before you fly**
  Your embassy, your migrant-worker helpline and your destination's labour ministry. See the numbers below.

Sources, checked 9 October 2026: Ministry of External Affairs (India), Emigration Abroad for Employment · Ministry of External Affairs (India), Recruiting Agents (RAs) · Ministry of External Affairs (India), Complaints against Recruiting Agents (FAQ) · eMigrate, registered recruiting agents list · Department of Migrant Workers (Philippines), Licensed Recruitment Agencies · Gulf News, UAE MOHRE warning on fake job offers, 2 Oct 2026 · Nursing and Midwifery Board of Australia, Completing the Self-check · Embassy of India, Riyadh, FAQs on ECR and non-ECR

RED FLAGS

If you see any of these, stop and check

⚠ **An agent who cannot show a valid registration**
If you cannot find them on eMigrate or the DMW list, stop.

⚠ **Payment requested before any paperwork**
Ask for the demand letter and contract first.

A fee above the cap

MEA guidance caps the service charge at ₹20,000 per emigrant.

"Come on a visit visa, we will convert it"

The MEA treats this as grounds for a complaint.

Your passport is taken

Never hand it over. Do not sign blank papers, or papers you cannot read.

Offers that arrive only through social media

The Ranchi case reported by India Today (2 Oct 2026) began with an advertisement on social media. Those are allegations reported by the paper.

Pressure to resign or decide today

Australia's Board advises against irreversible decisions such as resigning or moving until registration is approved.

An agent offering to complete your registration for you

Regulators may require you to do the first step yourself.

NUMBERS TO SAVE

Official helplines

Numbers as published in the sources below, checked 9 October 2026. Confirm them on the official site before relying on them.

8002471234

Indian Embassy in Riyadh, Pravasi Bharatiya Sahayata Kendra (24x7)

1348

Philippines DMW hotline (Metro Manila). (02) 1348 elsewhere, +632 1348 from overseas

600590000

UAE MOHRE contact centre

920019393

Saudi Commission for Health Specialties call centre

Sources: Mint, Indian Embassy in Riyadh advisory, 8 Oct 2026 · SunStar, DMW hotline report, 21 Sep 2026 · Gulf News, UAE MOHRE warning on fake job offers, 2 Oct 2026 · Saudi Commission for Health Specialties, services guide

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