



## आशा सहयोगिनी — राष्ट्रीय स्वास्थ्य मिशन, राजस्थान

The ASHA Sahyogini is the first link in the health system in a village or an urban ward — she is the person families call first and the one who connects them to the system. Registering pregnant women and taking them for...



### Scan for everything on this career

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

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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

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The ASHA Sahyogini is the first link in the health system in a village or an urban ward — she is the person families call first and the one who connects them to the system. Registering pregnant women and taking them for check-ups, getting deliveries done in an institution, making sure newborns and infants are immunised, identifying malnourished children, getting a sick person to a treatment centre, and carrying information about family planning and hygiene from door to door — all of that is her work. In Rajasthan the ASHA Sahyogini's post is attached to an Anganwadi centre: vacancies are advertised by the name of the centre she will serve, and she works alongside both the Anganwadi Worker and the ANM. One thing should be known at the outset, and the department states it itself: an ASHA is NOT a state employee. In the department's own words she is a service worker who receives an honorarium and incentive-reimbursement, and the advertisement adds that this must be stated explicitly in her selection order.

## 2 At a glance

|                       |                                                                                                                                                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Minimum qualification | At least Class 10 pass from a recognised board. Women only, and the applicant MUST be married. She must be a resident of the same revenue village as the Anganwadi centre being filled — in an urban area, of the same ward |
| Recruiting body       | National Health Mission, Medical & Health Department, Rajasthan — the advertisement is issued by the district Chief Medical & Health Officer and applications are submitted at the Block CMO office                         |
| Age limit             | Minimum 21 and maximum 40 years on the date the advertisement is issued. Up to 45 for Scheduled Castes, Scheduled Tribes, widows, divorced and deserted women, and specified categories of disability                       |
| Starting salary       | A monthly honorarium plus task-based incentive reimbursement — the rates are set by the Government of India and the state government. This is an honorarium, not a salary                                                   |
| Demand                | Recruitment is district-wise and centre-wise, and comes up when the post at that centre falls vacant — there is no annual state-level recruitment                                                                           |

### 3 What you need

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#### INTERESTS

- Work connected with health and the care of mother and child
- Persuading people, and standing by them when they need it
- Working among the families of one's own village or ward, going from door to door

#### ABILITIES

- The ability to win trust and to talk about sensitive matters — persuading a family about delivery, immunisation and family planning is the hardest part of this work
- Literacy and record-keeping, because registration, reports and entries on a mobile phone are her responsibility
- Staying calm and deciding correctly in an emergency, because in childbirth and serious illness time is the biggest factor

#### KEY SKILLS

- Registering, checking on and following up pregnant and nursing women
- Ensuring newborns and infants are immunised
- Recognising common illnesses and referring the patient to the right level of care
- Maintaining records and making entries on the health portal
- Preparing a family for an institutional delivery and going with them to the hospital
- Identifying malnourished children and connecting them to a treatment centre
- Carrying information on family planning, nutrition and hygiene from door to door

### 4 How to get there

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- 1 Pass Class 10 from a recognised board. This is one level below the Anganwadi Worker and Helper (Class 12), so for women whose schooling stopped after Class 10 this is the route available in the same village where the Anganwadi post is out of reach.

- 2 Check that you meet the marriage condition — it is the condition on this post that surprises people most. The advertisement says in one line that the applicant must be married. This is the exact opposite of the Anganwadi post, where a court order makes married and unmarried women equally eligible. An unmarried woman cannot apply for this post however fully she meets every other condition.
- 3 Apply for the centre in your own area. In a rural area she must be a resident of the same revenue village or ward as the Anganwadi centre being filled; in an urban area, of the same ward. A widow, divorced or deserted woman is treated as a local resident at either her marital or her parental place, as applicable.
- 4 Assemble the documents that add marks in advance, because selection is not by examination but from a merit list of marks given for documents. What the advertisement asks for shows what counts: the highest educational qualification and the Secondary marksheet, a B.Ed/NTT/DPSE diploma, ANM/GNM/Ayurved Nursing training, RSCIT or PGDCA, previous work experience as an ASHA, BPL/Antyodaya eligibility, and certificates of widowhood, desertion or divorce and of category.
- 5 A toilet at home and its regular use — a declaration to that effect is compulsory in the application form, exactly as for the Anganwadi post.
- 6 The application form is available free from the concerned Block CMO office. Submit the completed form with documents in two copies, in person or by registered post, at that office by the last date — and be sure to take the receipt. The centre-wise list of vacancies and the detailed eligibility are on the Block CMO office notice board and the district website.

#### MAIN EXAMS

- There is no examination and no interview. Selection is from a merit list built by assigning marks to documents, and the marks are fixed by the annexure to the directorate's circular of 13-07-2022. That annexure is not published with the advertisement — so the most practical advice is to ask for it at the Block CMO office by quoting the circular's date, because a document asked for by its date is usually produced, and a question phrased as "how are the marks worked out" usually is not.
- Reservation is decided from that centre's own figures, not from a district roster. Where 50 per cent or more of the population in a panchayat's coverage area is Scheduled Caste, Scheduled Tribe or minority, a woman of that class is given preference, and the count is made mainly from the Anganwadi survey register. So two centres in the same district can stand differently.

- Understand the structure of the income before applying, because it differs from the Anganwadi Worker's honorarium. An ASHA receives a monthly honorarium PLUS "incentive reimbursement" — part fixed and part according to the tasks actually performed, at rates set by the Government of India and the state. In practice that means the income is not the same month to month, and depends partly on how many deliveries, immunisations and other activities occurred in the area. That is why no single figure is printed on this page — take the current rate list from the block office.
- One provision for women who married into Rajasthan from another state, which is rarely explained: if the applicant was a resident of another state and married in Rajasthan, then after migration she does not carry her earlier category benefit and is treated as General. That does not make her ineligible — she may apply, but not with the benefit of reservation.
- The date on which age is reckoned is different here too: age is counted on the date the advertisement is issued, not on 1 January as in most Rajasthan direct recruitments. Since each district issues its own advertisement at its own time, a candidate close to 40 should check her date against the advertisement and not against an assumption.

## 5 Where to study

### GOVERNMENT INSTITUTES

- Rajasthan Board of Secondary Education — the Class 10 qualification this post requires — Ajmer, Rajasthan (<https://rajeduboard.rajasthan.gov.in/>)
- Rajasthan State Open School — for completing Class 10 or 12 after a break in schooling — Jaipur, Rajasthan (<https://education.rajasthan.gov.in/>)
- Block Chief Medical Officer offices — where the form is obtained and submitted, and where the evaluation circular can be asked for — in every block (<https://health.rajasthan.gov.in/>)
- Vardhaman Mahaveer Open University, Kota — RSCIT through the RKCL centres, one of the qualifications the application asks about — Kota, Rajasthan (<https://www.vmou.ac.in/>)

### ONLINE

- चिकित्सा एवं स्वास्थ्य विभाग, राजस्थान — राष्ट्रीय स्वास्थ्य मिशन एवं आशा से जुड़े आदेश — to understand which programme the post belongs to (<https://health.rajasthan.gov.in/>)
- आर.एस.एस.बी. — पिछले प्रश्न-पत्र, उत्तर कुंजी व पाठ्यक्रम (निःशुल्क) — The Staff Selection Board's own site — the most reliable free preparation material there is ([https://rsmssb.rajasthan.gov.in/show\\_archived?menuName=Xj4ICb9vGxpQnfLs%2FxlZ2g%3D%3D](https://rsmssb.rajasthan.gov.in/show_archived?menuName=Xj4ICb9vGxpQnfLs%2FxlZ2g%3D%3D))

- विभागीय सेवा नियम (कार्मिक विभाग) — पद की योग्यता व आयु मूल दस्तावेज़ में पढ़ें — The Department of Personnel publishes the service rules for every cadre. Read these before any coaching material — qualification, age and the method of recruitment are settled here and nowhere else. (<https://dop.rajasthan.gov.in/>)
- स्वयं (SWAYAM) — भारत सरकार के निःशुल्क ऑनलाइन कोर्स — Free (<https://swayam.gov.in/>)
- राष्ट्रीय डिजिटल पुस्तकालय (NDLI) — Free books and study material (<https://ndl.iitkgp.ac.in/>)
- एन.सी.ई.आर.टी. — निःशुल्क पाठ्यपुस्तकें — The foundation for general knowledge, maths and science (<https://ncert.nic.in/>)

#### FEES

In cost terms this is among the most accessible routes on this portal. Class 10 at a government school is close to free, and if schooling was interrupted it can be completed through the Rajasthan State Open School. Applying is free — the form is given without charge at the Block CMO office, there is no examination fee because there is no examination, and the application is submitted at the office rather than online. Cost arises only where you choose to add marks, and even there the cheapest option is RSCIT. Courses such as ANM and GNM are expensive, but their value reaches well beyond this post — they are themselves routes into regular health posts, so choose them for yourself and not only for this application.

#### SCHOLARSHIPS

- Mukhyamantri Anuprati Coaching Yojana (free coaching, apply via SSO) (<https://sso.rajasthan.gov.in/signin>)
- Rajasthan Social Justice and Empowerment Dept scholarships (<https://sje.rajasthan.gov.in/>)
- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- Buddy4Study scholarship search (<https://www.buddy4study.com>)

## 6 What the work is like

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#### WHO HIRES

- National Health Mission (NHM), Medical & Health Department, Rajasthan
- Administratively under the Block Chief Medical Officer, controlled by the district Chief Medical & Health Officer

**DEMAND (2026)**

Vacancies come up continuously and in small numbers, district by district and centre by centre. A single district advertisement usually carries a few dozen posts spread across different centres in different blocks. In practice that means the number that matters to you is not the state or district total but whether the post at the Anganwadi centre in your own village or ward is vacant — and there is only one way to know that: watch the Block CMO office notice board and the district website regularly. One thing to be clear about — the "demand" described above counts posts, not your chance of getting one. Selection is by open competition and the number of applicants runs to many times the number of posts, so most candidates are not selected in any given recruitment. That is not an argument against this career; it is an argument against making it your only plan. Keep studying or building a skill alongside your preparation, so that the year is not lost whichever way the result goes.

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**7 Career growth**

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- 1** There is no promotion within this post, and that should be said plainly. An ASHA Sahyogini is an honorarium worker and not a state employee, so the seniority and promotion provisions of regular service do not apply. What experience does buy is marks: work done as an ASHA counts in later selections.
- 2** The real route runs through added qualifications towards regular health posts, and from this post that route is naturally visible. The ANM course — what Rajasthan's service rules now call Health Worker (Female) — can be done after Class 10 and leads to a REGULAR government post with a pay scale and pension. For a woman who, while working as an ASHA, finds that this work suits her, that is the logical next step, and this portal carries a full page on it.
- 3** A second route opens on completing Class 12: the Anganwadi Worker's post, whose minimum qualification is Class 12 and whose honorarium is higher and fixed; and beyond it the Lady Supervisor, half of whose posts are reserved for serving Anganwadi Workers and which is a regular pay-scale government post. So a route to regular service exists even starting from Class 10 — it is long, but it is not imaginary.

## EARNINGS

|              |                                                                                                    |
|--------------|----------------------------------------------------------------------------------------------------|
| Starting     | मासिक मानदेय + कार्य-आधारित प्रेरक प्रतिपूर्ति राशि (दर सूची खण्ड कार्यालय से)                     |
| Mid level    | आय स्थिर नहीं — यह क्षेत्र में हुई गतिविधियों की संख्या पर भी निर्भर करती है                       |
| Senior level | इस पद में आगे कोई स्तर नहीं — आगे का रास्ता ए.एन.एम. अथवा आंगनबाड़ी-पर्यवेक्षक की दिशा में जाता है |

A single monthly figure is deliberately not given on this page, and the reason should be stated: an ASHA is paid in two parts — a monthly honorarium, and incentive reimbursement paid according to the tasks performed, at rates the Government of India and the state fix from time to time. Printing one number would misdescribe that structure. What is worth knowing in practice is that the income is not the same every month, and that the current rate list is available at the Block CMO office — it should be looked at before applying. In the department's own words an ASHA is not a state employee but a service worker receiving an honorarium and incentive reimbursement, and the advertisement requires this to be stated explicitly in her selection order. This figure is an HONORARIUM, not a salary — and it is the most important thing about the post to understand first. Dearness allowance, house rent allowance, annual increments, pension and the other benefits of a pay scale do not apply to an honorarium; what is sanctioned is what is paid. The rate changes when the state government issues an administrative and financial sanction, usually in compliance with a budget announcement — not on the recommendation of a pay commission. That is why this page says nothing about the 7th or 8th Pay Commission: neither applies to this post.

## 8 The good parts · The challenges

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### The good parts

- Available at Class 10 and in one's own village, this is one of very few such routes — no transfer, no distant posting, no examination and no coaching.
- The work gives real experience in health, and that experience carries forward — work as an ASHA earns marks in later selections, and gives the confidence to move towards a course such as ANM.
- The standing and trust this work carries in a village are real. In childbirth, immunisation and illness, she is often the person families depend on.
- Selection is on marks for documents, so effort shows a return — adding one inexpensive qualification such as RSCIT raises the marks directly.

### The challenges

- This is not a government post, and the department says so itself. Being an honorarium worker means no pay scale, no dearness allowance, no pension and no security of service.
- Part of the income is task-based, so it is not the same every month. In an area with fewer deliveries and activities the income is lower — which is particularly hard in places where the population is thinly spread.
- The requirement to be married closes this post entirely to unmarried women, however fully they meet every other condition. The condition is in the advertisement and no alternative to it is stated.
- The hours are not fixed. Deliveries and emergencies do not keep to day or night, and the burden falls on the person families turn to first.
- The post is tied to that centre. The vacancy must be at the centre in your own village or ward, so it is entirely possible to be fully eligible and have no opportunity for years.

## 9 Sources & further reading

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1. Chief Medical & Health Officer, Alwar — advertisement 04/2026 dated 14-08-2026 for vacant ASHA Sahyogini posts (the eligibility, age, marriage condition and selection process are in this document) — [https://jankalyanfile.rajasthan.gov.in/Files/Content/UploadFolder/OrderEntry/DisttALW/2026/Recruitment\\_Related/O\\_140826\\_543c2698-e005-4174-a0e2-fb73821527ec.pdf](https://jankalyanfile.rajasthan.gov.in/Files/Content/UploadFolder/OrderEntry/DisttALW/2026/Recruitment_Related/O_140826_543c2698-e005-4174-a0e2-fb73821527ec.pdf)
2. Medical & Health Department, Rajasthan — the National Health Mission and the ASHA programme — <https://health.rajasthan.gov.in/>

3. National Health Mission, Government of India — the ASHA programme and the incentive rates — <https://nhm.gov.in/>
4. Rajasthan Staff Selection Board (official) — <https://rssb.rajasthan.gov.in/>
5. Department of Personnel, Rajasthan — service rules — <https://dop.rajasthan.gov.in/>
6. 8th Central Pay Commission — Cabinet approval of the Terms of Reference (PIB, 28 October 2025) — <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2183289>

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