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नेत्र सहायक (चिकित्सा एवं स्वास्थ्य विभाग, राजस्थान)

The Ophthalmic Assistant works in the eye unit of government hospitals and health centres — testing vision, working out a spectacle prescription, checking eye pressure, spotting cataract and other conditions early, preparing...



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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



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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

The Ophthalmic Assistant works in the eye unit of government hospitals and health centres — testing vision, working out a spectacle prescription, checking eye pressure, spotting cataract and other conditions early, preparing patients before and after surgery, and running eye camps. Cataract is still a leading cause of blindness in Rajasthan and it is entirely treatable — the link that gets a patient to the camp and then to the operation is very often this post. The qualification is not a degree: Class 12 with physics, chemistry and biology or mathematics, then a two-year diploma in Ophthalmic Technology, and registration with the Rajasthan Para Medical Council. It is one of the few routes that takes a Class 12 science student to a skilled health-service post in two years.

2 At a glance

Minimum qualification	Senior Secondary (10+2) with physics, chemistry and biology or mathematics + a two-year diploma in Ophthalmic Technology from a State Government recognised institute + registration with the Rajasthan Para Medical Council
Recruiting body	Rajasthan Staff Selection Board (RSSB) / the Appointing Authority — Medical & Health Department
Age limit	Minimum 18. The upper age limit is not given here — that figure could not be read from the extracted text of these rules; see the advertisement — the upper limit is relaxed for reserved categories and for women (detail below)
Starting salary	Pay matrix level not officially confirmed — see the advertisement
Demand	100% direct recruitment; eye units and cataract camps across the state

3 What you need

INTERESTS

- An interest in eyes, vision and medical technology
- Direct contact with patients, and helping them
- A part in camps and field health programmes

ABILITIES

- Fine observation — noticing a small change in an eye
- Accuracy in measurement and numbers, because a spectacle prescription rests on it
- Patience with elderly and anxious patients

KEY SKILLS

- Vision testing and refraction — working out the spectacle number
- Checking eye pressure and spotting glaucoma early
- Identifying cataract and preparing a patient for surgery
- Using the slit lamp and other ophthalmic equipment
- Running eye camps and screening patients
- School vision-screening programmes and the blindness control schemes
- Records, follow-up, and explaining medication and after-care to the patient

4 How to get there

- 1 Pass Class 10, then take science in Class 11. This post needs both physics and chemistry, together with biology or mathematics — a choice made in Class 11, so know it in time.
- 2 Pass Class 12.
- 3 Do the two-year diploma in Ophthalmic Technology at a State Government recognised institute. Checking recognition before admission is essential — a diploma from an unrecognised institute is worthless at registration.
- 4 Register with the Rajasthan Para Medical Council. The rules make this the third compulsory condition of the qualification.
- 5 Apply online when the recruitment is advertised and complete the selection process.

- 6 After joining, keep the promotion ladder in view — Ophthalmic Assistant to Ophthalmic Assistant Grade-I, then Optometrist, and on to Ophthalmic Officer. Each step needs five years of experience, so it is a long but clear ladder.

MAIN EXAMS

- Selection is by the Board or the Appointing Authority. The marking scheme and syllabus are published in that cycle's advertisement.
- All three conditions are required together — the rules say: (1) Senior Secondary with the prescribed subjects, and (2) the two-year diploma in Ophthalmic Technology, and (3) registration with the Rajasthan Para Medical Council. Miss any one and the application is incomplete.
- Reservation for women — under these rules, in direct recruitment 50% of the posts of Nurse Grade-II and Public Health Nurse are reserved for women candidates and 30% of the remaining posts category-wise, of which one third is kept for widows and divorced women in the ratio of 80:20.
- Note — this post is not in the Schedules to the CET Rules 2022, so no CET is required for it.

- Relaxation in the upper age limit — 5 years for male candidates of the Scheduled Castes, Scheduled Tribes, Backward Classes, More Backward Classes and Economically Weaker Sections; 5 years for women candidates of the General category; and 10 years for women candidates of those same categories. Which means plainly that the bare figure printed against a post understates a reserved-category woman's eligibility by a decade — if you are in that category, work out your eligibility only after adding the relaxation. In Rajasthan, 30% of the posts in direct recruitment are reserved category-wise for women candidates. Widows and divorced women have no upper age limit at all — the rules say it in those words. It is Rule 13(9) of the Rajasthan State and Subordinate Services (Direct Recruitment by Combined Competitive Examination) Rules 1999, it appears again as the same proviso in the Rajasthan Medical & Health Subordinate Service Rules, and RPSC advertisements reproduce it. A widow must furnish a certificate of the death of her husband from the competent authority, and a divorced woman the proof of divorce. The exact terms of relaxation and reservation are given in that recruitment's own advertisement.

5 Where to study

GOVERNMENT INSTITUTES

- Government Senior Secondary Schools — Class 12 with physics, chemistry and biology or mathematics — In every block
- Government medical colleges — diploma in ophthalmic technology — Jaipur, Jodhpur, Bikaner, Ajmer, Udaipur and others (<https://ruhsraj.org/>)
- Rajasthan Para Medical Council — recognition and registration — Jaipur (<https://rajswasthya.rajasthan.gov.in>)

ONLINE

- राजस्थान पैरामेडिकल काउंसिल — मान्यता प्राप्त संस्थान एवं पंजीकरण — Check an institute's recognition here before taking admission (<https://rajswasthya.rajasthan.gov.in>)
- राष्ट्रीय अंधता एवं दृष्टिदोष नियंत्रण कार्यक्रम — भारत सरकार — Much of this post's work sits under this programme (<https://npcbvi.mohfw.gov.in/>)
- चिकित्सा एवं स्वास्थ्य विभाग, राजस्थान — The department this post belongs to (<https://rajswasthya.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=Xj4lCb9vGxpQnfls%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://ndli.iitkgp.ac.in/>)
- एन.सी.ई.आर.टी. — निःशुल्क पाठ्यपुस्तकें — The foundation for general knowledge, maths and science (<https://ncert.nic.in/>)

FEES

Schooling to Class 12 with science at a government school is close to free. The ophthalmic technology diploma costs very little at a government medical college and several times more at a private institute — so try the government route first and always check recognition. The registration fee runs to a few thousand rupees. Fee-reimbursement and scholarship schemes apply for SC, ST and OBC students. A practical point — the same qualification earns in private eye hospitals, optical shops and vision-screening centres, so the benefit of the study does not hang on a government selection.

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

WHERE YOU WORK

The eye unit of government hospitals, community and primary health centres, eye departments attached to medical colleges, and the cataract and vision camps held village by village. The school vision-screening programmes are part of this post's work too.

WORK CULTURE

The work mostly runs on hospital hours, so the routine is regular — a practical advantage of this post, particularly for women. But in the camp season field tours increase and camp days are very long, because hundreds of patients are screened in one day. The work needs both precision and patience: patients are often elderly, the testing takes time, and a wrong spectacle number leaves the patient no better off. The satisfaction is unusually plain — a patient who has had a cataract operation can see the next day, and your part in that chain is direct.

WHO HIRES

- Medical & Health Department, Government of Rajasthan
- The National Programme for Control of Blindness and Visual Impairment
- ESI, railway and other government hospitals
- Eye units of government hospitals and health centres
- Eye departments attached to the Medical Education Department
- Private eye hospitals and vision-screening centres (independently of any government selection)

DEMAND (2026)

Cataract is still a leading cause of blindness in Rajasthan and it is entirely treatable, so the state's eye-screening and camp structure runs permanently and Ophthalmic Assistants continue to be needed. Under the rules the post is filled 100% by direct recruitment, so the whole cadre is open to candidates from outside, and this row sits immediately after a notification of 19 July 2022, so it is recently amended and current. Two things to plan around. First, paramedical recruitments do not come round every year and this cadre is not large, so do not make it the only plan. Second, the qualification earns by itself: private eye hospitals, optical shops and vision-screening centres all take this diploma, so the wait for a government recruitment can be spent earning. 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.

7 Career growth

- 1 Ophthalmic Assistant — posted to the eye unit of a hospital or health centre
- 2 Ophthalmic Assistant Grade-I — 100% by promotion, on 5 years of experience on this post
- 3 Optometrist — 100% by promotion, on 5 years as Ophthalmic Assistant Grade-I
- 4 Ophthalmic Officer — 100% by promotion, on 5 years as Optometrist

EARNINGS

Starting	विज्ञप्ति में घोषित पे मैट्रिक्स स्तर के अनुसार
Mid level	₹35,000 – ₹45,000 (भत्तों सहित, ग्रेड-I एवं ऑप्टोमेट्रिस्ट स्तर पर)
Senior level	₹50,000 से अधिक (भत्तों सहित, नेत्र अधिकारी स्तर पर)

The promotion ladder on this post is unusually clear — Ophthalmic Assistant to Grade-I, then Optometrist, then Ophthalmic Officer, and under the rules every one of those steps is filled 100% by promotion. Which means nobody enters those posts from outside and the only people climbing are from this cadre. The condition is five years of experience at each step, so the progress is slow but certain. The starting figure is BASIC PAY, so that it can be compared directly against other careers. Dearness allowance (60% of basic since 1 January 2026) and house rent allowance are added on top of it, so take-home pay is appreciably higher. The mid-level and senior figures are approximate monthly income including allowances, not basic pay. Note — in Rajasthan a direct recruit is a probationer-trainee for the first 2 years and is paid a fixed remuneration, not the pay scale; dearness allowance and house rent allowance are not payable in those two years (Rajasthan Service Rules, rule 7(30A)). The full pay scale applies once probation is completed. The pay matrix level for this post could not be confirmed on this page from an official document — it is not in the service rules and not in the CET Rules 2022 schedule. No level is therefore stated here. The correct figure is printed in the official advertisement for the recruitment; check it there before applying. The figures above rest on the Rajasthan 7th pay matrix, which is what applies as of 17 August 2026. The Terms of Reference of the 8th Central Pay Commission were approved on 28 October 2025 and it must report within 18 months of its constitution. State governments normally adopt a Central Pay Commission with modifications, and later than the Centre does — so Rajasthan pay will be revised too, though by how much and when is not yet settled.

8 The good parts · The challenges

The good parts

- No degree needed — a two-year diploma after Class 12 is enough
- The whole ladder up to Ophthalmic Officer is filled 100% by promotion — nobody enters from outside
- Regular hospital hours, and the qualification earns in the private sector too

The challenges

- The cadre is not large and the recruitment does not come round every year
- Five years of experience for every promotion — the progress is slow
- Camp days are very long, and a diploma from an unrecognised institute is worthless at registration

9 Sources & further reading

1. Rajasthan Medical and Health Subordinate Service Rules, 1965 (Department of Personnel) — https://dop.rajasthan.gov.in/writer-eaddata/modulCategory/202310191130523544303Medical1965_merged.pdf
2. Medical & Health Department, Rajasthan — the Para Medical Council site is not currently reachable — <https://rajswasthya.rajasthan.gov.in>

3. National Programme for Control of Blindness and Visual Impairment — <https://npcbvi.mohfw.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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