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The Supervisor (Woman) sits at the point where the Integrated Child Development scheme meets the ground — with 20 to 25 anganwadi centres below her to inspect, supplementary nutrition to monitor, vaccination and health check-ups...



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श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



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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

The Supervisor (Woman) sits at the point where the Integrated Child Development scheme meets the ground — with 20 to 25 anganwadi centres below her to inspect, supplementary nutrition to monitor, vaccination and health check-ups to support, records to keep for pregnant and nursing women and for children up to six, and anganwadi workers to train. Understand one thing first, because the whole application turns on it: under the service rules 100% of these posts are filled by direct recruitment, but half from the open market and half from among serving Anganwadi Workers. The board advertises the two halves separately, so before applying, check which half the notification is for.

2 At a glance

Minimum qualification	Graduation in any subject + a computer qualification ("O" Level, CCC, COPA/DPCS, a degree/diploma/certificate in computers, Senior Secondary with computer science, or RS-CIT) + CET Graduate Level
Recruiting body	Rajasthan Staff Selection Board (RSSB), Jaipur
Age limit	Minimum 18 for the Subordinate Service posts (21 for State Service). The upper limit 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	Posts in every project area; 100% direct recruitment, but half reserved for Anganwadi Workers

3 What you need

INTERESTS

- An interest in the health and nutrition of women and small children
- Teaching others and giving guidance
- Field work that means going from village to village

ABILITIES

- Winning the trust of village women and speaking with sensitivity
- Keeping the work of many centres organised at once
- Fairness and accuracy in inspection and records

KEY SKILLS

- Nutrition, spotting malnutrition, and growth monitoring
- Supporting vaccination and health check-up camps
- Online entry on the Poshan Tracker and departmental portals
- Knowing and implementing schemes such as Pradhan Mantri Matru Vandana
- Monitoring supplementary nutrition distribution and its records
- Training and supervising anganwadi workers and helpers
- Community work on child marriage, female foeticide and girls' education

4 How to get there

- 1 Pass Class 12, then complete graduation. Subjects such as social work, home science, sociology or psychology are useful for promotion later.
- 2 First settle which half you are a candidate for — the open market or the Anganwadi Worker quota. The two are advertised separately and the eligibility differs.
- 3 Qualify the RSB CET Graduate Level examination; the score stays valid for 3 years.
- 4 Apply online through the SSO portal when the advertisement is issued, and take the written examination — under the rules this post is filled by written examination, with the scheme and syllabus laid down in Schedule-III.
- 5 After document verification, join in a project area and take charge of the anganwadi centres under you.

MAIN EXAMS

- CET Graduate Level (RSSB) — the Supervisor of the Integrated Child Development Subordinate Service is named in Schedule-I of the CET Rules 2022. The score stays valid for 3 years.
- Two separate advertisements — one for the 50% open-market posts and one for the 50% Anganwadi Worker quota. In 2024 the board issued the full advertisement for the Anganwadi Worker quota. Always check which half a notification is for before applying.
- The Supervisor written examination — under the service rules it is conducted by the Appointing Authority or the Board, in accordance with the scheme and syllabus specified in Schedule-III.
- The examination scheme (Schedule-III) — the paper is objective (multiple choice), 200 marks, 3 hours. It is set at graduation standard, with special focus on nutrition, health, and early childhood care and education. Under the rules a SEPARATE examination is conducted for the open market and for the Anganwadi Worker quota.

- A special provision on the computer qualification — an Anganwadi Worker who holds none of the listed computer qualifications may still apply, but she must acquire one and produce the certificate within ONE YEAR of the date of recruitment; failing that, her recruitment to the post of Supervisor is deemed null and void. This latitude is for Anganwadi Workers only, not for open-market candidates.
- 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 colleges of Rajasthan — graduation, including home science and sociology — In every district (<https://hte.rajasthan.gov.in/>)
- Anganwadi centres — the work itself, seen from inside, before you supervise it — In every village and ward
- Women and Child Development Department, Rajasthan — Jaipur and district offices (<https://wcd.rajasthan.gov.in/>)

ONLINE

- महिला एवं बाल विकास विभाग, राजस्थान — योजनाएँ एवं आंगनवाड़ी ढाँचा — The department this post belongs to (<https://wcd.rajasthan.gov.in/>)
- पोषण अभियान एवं पोषण ट्रैकर — भारत सरकार — The system the daily work runs on (<https://poshantracker.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://ndl.iitkgp.ac.in/>)
- एन.सी.ई.आर.टी. — निःशुल्क पाठ्यपुस्तकें — The foundation for general knowledge, maths and science (<https://ncert.nic.in/>)

FEES

Graduation at a government college costs roughly Rs 3,000 - 15,000 a year. CET and the written examination cost a few hundred rupees, with a concession for reserved categories. No expensive professional course is needed. If you are already an Anganwadi Worker, half the posts are reserved for you and the experience itself becomes a large part of the preparation — which is the most practical thing about this post.

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 Child Development Project Officer's office and the 20 to 25 anganwadi centres in your circle — across villages, dhanis and urban wards. Most of the work is touring and inspection, and little of it is at a desk.

WORK CULTURE

This post is for women, and the reason is the nature of the work — direct contact with pregnant and nursing women, adolescent girls and small children. Touring means reaching remote dhanis, often by your own means. The load rises sharply around nutrition distribution, vaccination drives, surveys and inspection reports, and the deadlines for online entry add a pressure of their own. The satisfaction is that the effect of this work shows up not in a statistic but in a child's weight and in whether she reaches school.

WHO HIRES

- Women and Child Development Department, Government of Rajasthan
- Child Development Project Officer offices
- District women and child development offices
- Integrated Child Development Services (ICDS) projects
- The implementation units of Poshan Abhiyaan and schemes such as Mukhyamantri Rajshree
- Adolescent girls' and child protection programmes

DEMAND (2026)

The anganwadi network reaches every village in Rajasthan and Supervisor posts are sanctioned in every project area, so the cadre is permanent. But one caution when reading the numbers: even though the rules fill 100% of the posts by direct recruitment, half of them are for serving Anganwadi Workers. Which means that for a candidate from the open market only half the posts are genuinely open — and that is the honest figure. On the other side, for a woman already working as an Anganwadi Worker this is the clearest promotion route there is, and competition within that half is limited. 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 Supervisor (Woman) — posted to a project area, responsible for 20-25 anganwadi centres
- 2 Senior Supervisor — 100% by promotion, on 5 years of experience on this post
- 3 Child Development Project Officer (CDPO)
- 4 Deputy Director and district-level posts, through promotion

EARNINGS

Starting	विज्ञप्ति में घोषित पे मैट्रिक्स स्तर के अनुसार
Mid level	₹35,000 – ₹45,000 (भत्तों सहित, कुछ वर्षों बाद)
Senior level	₹50,000 से अधिक (भत्तों सहित, सी.डी.पी.ओ. स्तर पर)

A travelling allowance is payable separately for field tours, which matters in practice on this post because so much of the work is touring. Note also that an Anganwadi Worker's honorarium is far below this post's pay — moving from worker to supervisor makes a large difference to income. 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

- Half the posts reserved for serving Anganwadi Workers — a clear route up
- A post created for women, with promotion running up to CDPO
- The work shows its effect directly on children's nutrition and girls' education

The challenges

- For an open-market candidate only half the posts are genuinely available
- Constant touring to remote dhanis, often by your own means
- Constant pressure from nutrition targets and online-entry deadlines

9 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.

- Supervisor (Women Empowerment) — Directorate of Women Empowerment, Rajasthan
- Rural Development Specialist

- Hostel Superintendent (Minority Affairs Department, Rajasthan)

10 Sources & further reading

1. Rajasthan Integrated Child Development (State and Subordinate) Service Rules, 1998 (Department of Personnel) — https://dop.rajasthan.gov.in/writereaddata/modulCategory/202308310358197528975woman1998_merged.pdf
2. CET Rules 2022 — Supervisor in Schedule-I — https://dop.rajasthan.gov.in/writereaddata/modulCategory/202307180332158017147CET-18-7-2023_merged.pdf
3. Women and Child Development Department, Government of Rajasthan — <https://wcd.rajasthan.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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