

NATIONAL DEFENSE ACADEMY AND NAVAL ACADEMY

Physical Standard

A number of candidates who clear the initial selection process are rejected on Medical examination. It is therefore advisable to understand the requirements and get themselves medically examined before appearing for exams just to avoid any disappointments.

Medical Examination Process

- A candidate recommended by the Services Selection Board will undergo a medical examination by a Board of Service Medical Officers. The proceedings of the Medical Board are confidential and the candidate declared unfit are intimated by the President of the Medical Board. The candidate is also intimated about the procedure for Appeal Medical Board and also about the provision of Review Medical Board.

Candidates must be Physically and Mentally fit according to the prescribed standards. **The detailed guidelines are given below.**

Minor Ailments

- Candidates are also advised to rectify minor defects/ailments in order to speed up finalization of medical examination conducted at the Military Hospital
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- The following are considered common minor ailments:
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Wax (Ears)	Deviated Nasal Septum	Hydrocele/Phimosis
Overweight/Underweight	Under sized Chest	Piles
Gynaecomastia	Tonsillitis	Varicocele

General Physical and Mental Standards

- The candidate must be in good physical and mental health and free from any disease/disability which is likely to interfere with the efficient performance of military duties.
- A candidate should have no past history of mental breakdown or fits.
- There should be no evidence of weak constitution, bodily defects or under weight.
- The candidate should not be overweight or obese.
- Chest should be well developed.

- Fully expanded chest should not be less than 81 cms.
- The minimum range of expansion after full inspiration should be 5 cms.
- X-Ray of the chest is compulsory and will be taken to rule out any disease of the chest.
- There should be no disease of bones and joints of the body.
- X-ray of spine of candidates will not be carried out as a routine except for Air Force unless advised by surgical specialist.
- Routine ECG and EEG for Air Force candidates must be within normal limits.

Height and weight standards

Height/Weight Standards for Army/Air Force			
Height (in cm)	Weight (in kg)		
	16-17 years	17-18 years	18-19 years
152	42.5	44	45
155	43.5	45.5	47
157	45	47	48
160	46.5	48	49
162	48	50	51
165	50	52	53
167	51	53	54
170	52.5	55	56
173	54.5	57	58
175	56	59	60

178	58	61	62
180	60	63	64.5
183	62.5	65	66.5

Height/Weight Standards for Army/Air Force			
Height (in cm)	Weight (in kg)		
	16 years	18 years	20 years
152	44	45	46
155	45	46	47
157	46	47	49
160	47	48	50
162	48	50	52
165	50	52	53
167	52	53	55
170	53	55	57
173	55	57	59

175	57	59	61
178	59	61	62
180	61	63	64
183	63	65	67

Special Requirements for Air Force Pilot	
Leg length	99.00cm – 120.00cm
Thigh length	Max 64.00cm
Sitting height	81.50cm – 96.00cm

- Minimum acceptable height will be 157.5 cms. (162.5 cms for Air Force)
- For Gorkhas and individuals belonging to hills of North Eastern regions of India, Garhwal and Kumaon, minimum acceptable height will be 152.5 cms.
- For candidates from Lakshadweep, minimum acceptable height can be reduced by 2 cms.
- $A \pm 10\%$ ($A \pm 6$ Kg for Navy) departure from the average weight given in the table 1 is considered within normal limit.
- For individuals with heavy bones and broad build as well as individuals with thin but otherwise healthy, this limit may be further relaxed to some extent on merit.
- Height relaxable upto 2.5 cm (5 cm. for Navy) may be allowed where the Medical Board certifies that the candidate is likely to grow and come up to the required standard on completion of his training.
- On account of lower age of NDA candidates, a margin of 2.5 cm. in leg length (minimum) and 1.0 cm. sitting height (minimum) may be given provided it is certified by the Medical Board that the candidate is likely to grow and come upto the required standard on completion of his training in NDA.

Teeth Conditions

- The candidates should have sufficient number of natural and sound teeth.
 - A minimum of 14 dental points will be acceptable.
 - A candidate should not be suffering from severe pyorrhoea.

Ear, Nose and Throat Conditions

- The hearing should be normal.
- A candidate should be able to hear a forced whisper with each ear at a distance of 610 cms in a quiet room.
- There should be no evidence of present or past disease of the ear, nose and throat.
- Audiometric test will be done for AF. Audiometric loss should not exceed +20 db in frequencies between 250Hz and 4000 Hz.
- There is no impediment of speech.

Vision Standards

For Naval Candidates:

Uncorrected without glass	6/6
Corrected with glass	6/6
Limits of Myopia	-0.75
Limits of Hypermetropia	+1.5
Limits of Colour Perception	I
Binocular Vision	III

- Ocular Muscle Balance Heterophoria with the Maddox Rod Test must not exceed:
 - At 6 meters
 - Exophoria 8 prism dioptres,
 - Esophoria 8 prism dioptres.
 - Hyperphoria 1 prism dioptres.
 - At 33 cm
 - Exophoria, 16 prism dioptres.
 - Esophoria 6 prism dioptres.
 - Hyperphora 1 prism dioptres

For Air Force Candidates

- Candidates who habitually wear spectacles are not eligible for air force

Uncorrected without	6/6, 6/9
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glass	
Corrected with glass	6/6 (only for Hypermetropia)
Limits of Myopia	Nil
Limits of Hypermetropia	+2.00 D Sph
Colour Vision	CPI (MLT)
Astigmatism	+0.75 Cyl
Near Vision	N-5 each eye

- Binocular Vision Must possess good binocular vision (fusion and Stereopsis with good amplitude and depth)
- Ocular Muscle Balance Heterophoria with the Maddox Rod Test must not exceed:
 - At 6 meters -
 - Exophoria 6 prism dioptries.
 - Esophoria 6 prism dioptries.
 - Hyper/Hypophoria 1 prism dioptrie.
 - At 33 cms. -
 - Exophoria 16 prism dioptries.
 - Esophoria 6 prism dioptries
 - Hyper/Hypophoria 1 prism dioptries.

Spine Conditions

- The following past medical history is disqualifying for Air Force duties:
 - Disease or injury of the spine or sacroiliac joint either with or without objective sign which has prevented the candidate from successfully following a physically active life.
 - Prolapse intervertebral disc and surgery for the condition.
- Thorough Clinical examination of the spine including its shape, local tenderness if any, spinal movements etc. is to be carried out. For candidates for aircrew duties only, X-ray of lumbosacral cervical spine (AP and Lateral views); is to be carried out.
- Mild Kyphosis or Lordosis where deformity is barely noticeable and there is no pain or restriction of movement will not preclude acceptance.
- In case of noticeable Scoliosis or suspicion of any other abnormality or spinal deformity, more than mild, appropriate X-rays of the spine are to be taken and the Examinee referred for specialist's advice.

- The following conditions detected on X-ray examination will be disqualifying for entry to Armed Forces.

Granulomatous disease of spine	Arthritis/spondylosis	Scoliosis more than 15 degree as measured by Cobb's Method (10 degree for Army)
More than mild Kyphosis/Lordosis	Spondylolisthesis/Spondylosis.	Herniated nucleus pulposus
Compression fracture of Vertebra	Sacroiliac Disease	Cervical ribs with demonstrable neurological or Circulatory deficit
Presence of Schmorl's node at more than one level	Atlanto-occipital, and atlanto-axial anomalies	Incomplete Sacroiliac Unilateral or Bilateral
Spina bifida other than SV 1 and LV 5	Any other abnormality, if so considered by specialist	

Other Physical Ailments

- There should be no signs of functional or organic disease of the heart and blood vessels.
- Blood pressure should be normal.
- There should be no enlargement of liver or spleen.
- Any evidence of disease of internal organs of the abdomen will be a cause for rejection.
- Un-operated hernias will make a candidate unfit. In case of Hernia which has been operated, a minimum of 6 months must have passed prior to final medical examination before commencement of the course.
- There should be no hydrocele, varicocele or piles.
- Urine examination will be done and any abnormality if detected will be a cause for rejection.

- Any disease of skin which is likely to cause disability or disfigurement will also be a cause for rejection.