

Physical Requirements for NDA

(a) 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.

(b) There should be no evidence of weak constitution, bodily defects or under weight. The candidate should not be overweight or obese.

(c) The minimum acceptable height is 157.5 cms. (162.5 cms for Air Force) F

Height and weight standards are given below :

Height/Weight Standards for Army/Air Force

Table-I

| Height in Cms. | Weight in Kgs. | |
|----------------|----------------|-------------|
| | 16-17 years | 17-18 years |
| 152 | 42.5 | 44 |
| 155 | 43.5 | 45.5 |
| 157 | 45 | 47 |
| 160 | 46.5 | 48 |
| 162 | 48 | 50 |
| 165 | 50 | 52 |
| 167 | 51 | 53 |
| 170 | 52.5 | 55 |
| 173 | 54.5 | 57 |
| 175 | 56 | 59 |
| 178 | 58 | 61 |
| 180 | 60 | 63 |
| 183 | 62.5 | 65 |

Height/Weight Standards for Navy

Table-II

| Height in Cms. | Weight in Kgs. | |
|----------------|----------------|----------|
| | 16 years | 18 years |
| 152 | 44 | 45 |
| 155 | 45 | 46 |
| 157 | 46 | 47 |
| 160 | 47 | 48 |
| 162 | 48 | 49 |
| 165 | 50 | 50 |
| 167 | 52 | 52 |
| 170 | 53 | 53 |
| 173 | 55 | 55 |
| 175 | 57 | 57 |
| 178 | 59 | 59 |
| 180 | 61 | 61 |
| 183 | 63 | 63 |

A \pm 10% (A \pm 6 Kg for Navy) departure from the average weight given in the table 1 above is to be considered within normal limit. However, in individuals with heavy bones and broad build as well as individuals with thin but otherwise healthy this may be relaxed to some extent on merit.

Note 1 : 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.

Note 2 : To meet special requirement as a pilot in the Air Force the acceptable measurements of leg length, thigh length and sitting height will be as under :-

| | Minimum | Maximum |
|----------------|-----------|-------------|
| Leg Length | 99.00cms. | 120.00 cms. |
| Thigh Length | - | 64.00 cms. |
| Sitting Height | 81.50cms. | 96.00 cms. |

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Physical Requirements for NDA

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On account of lower age of NDA candidates, a margin of upto 5.0 cm. in height, 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.

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. The measurement will be taken with a tape so adjusted that its lower edge should touch the nipple in front and the upper part of the tape should touch the lower angle of the shoulder blades behind. 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. It will, however, be done on the advice of surgical specialist wherever clinically indicated. Minor congenital defects which are not likely to interfere in the performance of military duties may be acceptable on merit.