

अनुक्रमांक

Roll Number

All that is required is to blacken completely the circle marked 'A' below the Booklet Series and below the subject code blacken completely the Circles for "0" (in the first vertical column) and "1" (in the second vertical column). You should then encode the Roll No.081276. Do it thus similarly:

0	8	1	2	7	6
●	○	○	○	○	○
①	①	●	①	①	①
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⑤	⑤	⑤	⑤	⑤	⑤
⑥	⑥	⑥	⑥	⑥	●
⑦	⑦	⑦	⑦	●	⑦
⑧	●	⑧	⑧	⑧	⑧
⑨	⑨	⑨	⑨	⑨	⑨

Important : Please ensure that you have carefully encoded your subject. Test Booklet series and Roll Number:

*This is just illustrative and may not be relevant to your Examination.

APPENDIX-IV

Guidelines with regard to Physical Standards for Candidates for Combined Defence Services Examination.

Note-I : CANDIDATES MUST BE PHYSICALLY FIT ACCORDING TO THE PRESCRIBED PHYSICAL STANDARDS. THE STANDARDS OF MEDICAL FITNESS AND THE GUIDELINES FOR THE SAME ARE GIVEN BELOW :

A NUMBER OF QUALIFIED CANDIDATES ARE REJECTED SUBSEQUENTLY ON MEDICAL GROUNDS. CANDIDATES ARE, THEREFORE, ADVISED IN THEIR OWN INTEREST TO GET THEMSELVES MEDICALLY EXAMINED BEFORE SUBMITTING THEIR APPLICATIONS TO AVOID DISAPPOINTMENT AT THE FINAL STAGE.

Note-II: Permanent body tattoos are only permitted on inner face of forearm i.e from inside of elbow to the wrist and on the reverse side of palm/back (dorsal) side of hand. Permanent body tattoos on any other part of the body are not acceptable and candidates will be barred from further selection. Tribes with tattoo marks on the face or body as per their existing custom and traditions will be permitted on a case to case basis.

1. A candidate recommended by the Services Selection Board will undergo a medical examination by a Board of Service Medical Officers. Women candidates will undergo Medical Examination by a Medical Board comprising male/female doctors/specialists/Gynaecologist. There will be a Lady Medical Officer as

Member of Board. Only those candidates will be admitted to the Academy who are declared fit by the Medical Board. However, the candidates declared unfit will be intimated by the President of the Medical Board and procedure for request for an Appeal Medical Board (AMB) will also be intimated to the candidate.

Candidates who are unfit may apply for Appeal Medical Board (AMB) to be completed within 42 days of SMB and may request for Review Medical Board (RMB) within one day of completion of Appeal Medical Board. Candidates declared unfit by AMB will be intimated by the President AMB about procedure of challenging the findings of AMB. The candidates will also be intimated that holding Review Medical Board (RMB) will be granted at the discretion of DGAFMS based on the merit of the case and that RMB is not a matter of right. The candidate should address the request for RMB if he/she so desires to ADG Rtg. (CDSE) Army HQ., West Block-III, R.K. Puram, New Delhi-110066 and DMS(MB)/DGMS (Air), Air HQ, R.K. Puram in case of AF candidates and a copy of the same is handed over to the President of AMB. The O/o the DGAFMS will inform the date and place (Delhi and Pune only) where the candidate will appear for a RMB. The candidate must be physically fit according to the prescribed physical standards which are summarized below:

- (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 duties.
- (b) There should be no evidence of weak constitution, bodily defects or over weight.
- (c) The minimum acceptable height for male candidates is 157.5 cms. (157 cms for Navy and 162.5 cms for Air Force). For Women candidates minimum acceptable height is 152 cms. For Gorkhas and individuals belonging to hills of North-Eastern region of India, Garhwali and Kumaon, the Minimum acceptable height will be 5 cms less. In case of candidates from Lakshadweep, the minimum acceptable height can be reduced by 2 cms.

These concessions are not applicable for Navy and Air Force. Height and Weight standards are given below for Army and Navy only. Interpolation for weights against height not mentioned may be done.

Height and Weight Standards (Males)

Height in Centimetres (Without shoes)	Weight in Kgs.		
	18 years	20 years	22 years
152	44*	46	47
155	46	48@	49
157	47	49	50
160	48	50	51
162	50	52	53
165	52	53	55

168	53	55	57
170	55	57	58
173	57	59	60
175	59	61	62
178	61	62	63
180	63	64	65
183	65	67	67
185	67	69	70
188	70	71	72
190	72	73	74
193	74	76	77
195	77	78	79

*45 for Navy @ 47 for Navy

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

Height and Weight Standards (Females)

Height in (Without shoes)	Weight in Kgs. Centimetres		
	20 years	25 years	30 years
148	39	41	43
150	40	42	43.5
153	42	43.5	45
155	43	44	46
158	45	46	48
160	46	47	49
163	47	49	51
165	49	51	53
168	50	52	54

The acceptable weight for Air Force candidates will be $\pm 10\%$ of the average weight given below:—

MALE IDEAL WEIGHTS IN KG FOR DIFFERENT AGE GROUPS AND
HEIGHTS
FOR FAT % (<20) OF NORMAL INDIVIDUALS
FOR AIR FORCE

Ht. in mm	Age Range							
	15-17	18-22	23-27	28-32	33-37	38-42	43-47	>48
1520	46	47	50	54	54	54	55	54
1530	47	47	51	55	55	54	56	54
1540	47	48	51	56	55	55	57	55
1550	48	49	52	56	56	56	57	56
1560	48	49	53	57	57	56	58	56
1570	49	50	54	58	58	57	58	57
1580	49	50	54	58	58	58	59	58
1590	50	51	55	59	59	59	60	58
1600	51	52	56	59	60	59	60	59
1610	51	52	56	60	60	60	61	60
1620	52	53	57	61	61	61	62	60
1630	52	54	58	61	62	61	62	61
1640	53	54	59	62	63	62	63	62
1650	53	55	59	63	63	63	64	62
1660	54	56	60	63	64	64	64	63
1670	54	56	61	64	65	64	65	64
1680	55	57	61	65	65	65	65	65
1690	55	57	62	65	66	66	66	65
1700	56	58	63	66	67	67	67	66
1710	56	59	64	66	68	67	67	67
1720	57	59	64	67	68	66	68	67
1730	58	60	65	68	69	69	69	68
1740	58	61	66	68	70	69	69	69
1750	59	61	66	69	71	70	70	69
1760	59	62	67	70	71	71	71	70
1770	60	62	68	70	72	72	71	71
1780	60	63	69	71	73	72	72	71
1790	61	64	69	72	73	73	73	72
1800	61	64	70	72	74	74	73	73

1810	62	65	71	73	75	75	74	73
1820	62	66	72	74	76	75	74	74
1830	63	66	72	74	76	76	75	75
1840	64	67	73	75	77	77	76	75
1850	64	68	74	75	78	77	76	76
1860	65	68	74	76	78	78	77	77
1870	65	69	75	77	79	79	78	77
1880	66	69	76	77	80	80	78	78
1890	66	70	77	78	81	80	79	79
1900	67	71	77	79	81	81	80	79
1910	67	71	78	79	82	82	80	80
1920	68	72	79	80	83	82	81	81
1930	68	73	79	81	83	83	81	82
SD	6.0	6.3	7.1	6.6	6.9	6.8	5.8	7.26

- (d) In your own interest you are advised to undergo a preliminary medical check up for wax in ears, refractory error of eyes, fungal infection of skin etc. before reporting for the SSB interview.
- (e) Chest should be well developed. 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.
- (f) There should be no disease of bones and joints of the body.
- (g) A candidate should have no past history of mental breakdown or fits.
- (h) 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.
- (i) There should be no sign of functional or organic disease of the heart and blood vessel. Blood pressure should be normal and candidates be free from AIDS.
- (j) The muscles of abdomen should be well developed and 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.
- (k) Un-operated hernias will make a candidate unfit. If operated, this should have been done at least six months prior to the present examination and healing is completed.
- (l) There should be no hydrocele, varicocele or piles.
- (m) Urine examination will be done and any abnormality, if detected will be a cause for rejection.

- (n) Any disease of the skin which is likely to cause disability or disfigurement will also be a cause for rejection.
- (o) For a male candidates the minimum acceptable visual acuity are distant Vision (corrected) better eye 6/6 and worse eye 6/18. (For Air Force without glasses only) Myopia of not more than minus 3.5 D and Manifest hypermetropia of not more than plus 3.5 D including Astigmatism. For women candidates the minimum acceptable visual acuity are distant Vision (corrected) better eye 6/6, worse 6/18, Myopia of not more than minus 5.5 D including Astigmatism. Manifest hypermetropia of not more than plus 3.5 D including astigmatism. Internal examination of the eye will be done by means of ophthalmoscope to rule out any disease of the eye. A candidate must have good binocular vision. The colour vision standard will be CP-II for Army. A candidate should be able to recognise red and green colours.
- (p) Visual Standards for Navy
- | | |
|---------------------------------|------|
| (a) Uncorrected without glass | 6/12 |
| (b) Corrected with glass | 6/6 |
| (c) Limits of Myopia | -1.5 |
| (d) Limits of Hypermetropia | +1.5 |
| (e) Binocular vision | III |
| (f) Limits of Colour Perception | I |
- (q) For women candidates if pregnancy is detected at any stage after selection at SSB or during training will debar the candidates from grant of commission and cost recovered from the date of joining OTA till the date of debar on confirmation of pregnancy from Military Hospital Authorities.

RADIAL KERATOTOMY and LASER SURGERY: Candidates who have undergone or have the evidence of having undergone Radial Keratotomy to improve the visual acuity, will be permanently rejected for all the three services.

In order to detect PRK/LASIK all the candidates at SMB will be subjected to the measurement of Axial length by A-Scan biometer.

Candidates who have undergone LASER Surgery for correction of refractive error will be considered for commission in Army if they fulfill following criteria:—

- (i) Age more than 20 years.
- (ii) Uncomplicated stable LASIK/Excimer (PRK) laser procedure done for Myopia or Hypermetropia, with stable refraction for a period of six months after the procedure.
- (iii) A healthy retina.
- (iv) Corrected vision should be 6/6 in better eye and 6/9 in worse eye, with maximum residual refraction of ± 1.50 in any meridian for myopia or hypermetropia.

(v) Axial length within permissible limits.

NOTES : The candidates will be asked to declare at the time of medical examination that he/she has undergone LASER procedure as above. He/she will be subjected to a thorough corneal and retinal evaluation by the ophthalmologist. However he/she will be declared unfit at the SMB and those found to be within the acceptable limits for approval as above will be advised to undergo an Appeal Medical Board. During AMB he/she will be subjected to a thorough corneal and retinal evaluation as also scrutiny of the records by a Senior Adviser in Ophthalmology.

(r) The candidates should have sufficient number of natural and sound teeth. A minimum of 14 dental points will be acceptable. When 32 teeth are present, the total dental points are 22. A candidate should not be suffering from severe pyorrhoea.

(s) X-Ray examination of the chest will include the lower part of cervical spine for presence of cervical ribs. X-Ray examination of other parts of spine will be taken if the SMB considers it necessary.

(t) Carrying angle of elbow should not be more than 15° and 18° among males and females respectively.

2. In addition to the above, the following medical standards will be applicable in respect of Air Force candidates only:

(a) Anthropometric measurements acceptable for Air Force are as follows :

Height	162.5 cms.
Leg Length	Min. 99 cms. & Max. 120 cms.
Thigh Length	Max. 64 cms.
Sitting Height	Min. 81.5 cms. & Max. 96 cms.

(b) X-ray of Chest is compulsory.

(c) Visual Standards for Air Force :

Candidates who habitually wear spectacles are not eligible for Air Force. Minimum distant vision 6/6 in one eye and 6/9 in other correctable to 6/6 only for

Hypermetropia	Colour vision CP-1
Hypermetropia	: +2.0 d Sph
Manifest Myopia	: Nil
Retinoscopic Myopia:	-0.5 in any meridian permitted
Astigmatism	: +0.75 D Cyl (with + 2.0 D-Max)

Maddox Rod Test

- (i) at 6 meters— Exo-6 prism D
Eso-6 prism D
Hyper-1 prism D
Hypo-1prism D
- (ii) at 33 cms— Exo-16 prism D
Eso-6 prism D
Hyper-1 prism D
Hypo-1 prism D

Hand held Stereoscope—All of BSV Grades

Convergence—up to 10 cm

Cover test for distant and near—Lateral divergence/convergence recovery rapid and complete Radial Keratotomy, (RK) Photo Refractive Keratotomy (PRK) surgery for correction of refractive errors are not permitted for any Air Force duties. Candidates having undergone cataract surgery with or without IOL implants will also be declared unfit.

Binocular Vision—Must possess good binocular vision (fusion and stereopsis with good amplitude and depth).

Candidates who have undergone LASIK surgery are not considered fit for permanent commission in flying branch in IAF.

(d) Hearing Standards :

- (i) Speech test : Whispered hearing 610 cms. each ear.
- (ii) Audiometric Test : Audiometric loss should not exceed +20 db in frequencies between 250 Hz and 8000 Hz.

(e) Routine ECG should be within normal limits.

3. The following conditions detected on X-ray examination will be disqualifying for entry to Army and Navy:

- (a) Granulomatous disease of spine.
- (b) Arthritis/Spondylosis
- (c) Scoliosis more than 10° degree as measured by Cobb's Method.
- (d) More than mild Kyphosis/Lordosis.
- (e) Spondylolisthesis/Spondylosis.
- (f) Herniated nucleus pulposes.
- (g) Compression fracture of Vertebra.
- (h) Sacralisation Disease.
- (i) Cervical ribs with demonstrable neurological or Circulatory deficit.
- (j) Presence of Schmorl's node at more than one level.

- (k) Atlanto-occipital and atlanto-axial anomalies.
- (l) Incomplete Sacralisation Unilateral or Bilateral.
- (m) Spinabifida other than SV 1 and LV 5.
- (n) Any other abnormality, if so considered by specialist.

Spinal Conditions for Air Force

Past medical history of diseases or injury of the spine or sacral joints, either with or without objective signs which have prevented the candidate from successfully following a physically active life, is a case for rejection for commissioning in IAF. History of spinal fracture/prolapsed intervertebral disc and surgical treatment for these conditions will entail rejection. The following conditions detected during medical exam will disqualify a candidate for Air Force service.

- (a) Granulomatous disease of spine
- (b) Arthritis/Spondylosis
 - (i) Rheumatoid arthritis and allied disorders
 - (ii) Ankylosing spondylitis
 - (iii) Osteoarthritis, spondylosis and degenerative joint diseases
 - (iv) Non articular rheumatism (e.g. lesions of the rotator cuff, tennis elbow, recurrent lumbago etc.)
 - (v) Miscellaneous disorders including SLE, dermatomyositis, polymyositis, vasculitis.
- (c) Spondylolisthesis/spondylolysis/spondylosis
- (d) Compression fracture of vertebrae
- (e) Scheurman's disease (Adolescent kyphosis)
- (f) Loss of cervical lordosis when associated with clinically restricted movements of cervical spine.
- (g) Unilateral/bilateral cervical ribs with demonstrable neurological or circulatory deficit.
- (h) Scoliosis more than 15 degree as measured by Cobb's method.
- (i) Degenerative Disc Disease.
- (j) Presence of schmorl's nodes at more than one level.
- (k) Atlanto—occipital and atlanto-axial anomalies.
 - (l) Hemi vertebrae and/or incomplete block (fused) vertebrae at any level in cervical, dorsal or lumbar spine and complete block (fused) vertebrae at more than one level in cervical or dorsal spine.
 - (m) Unilateral Sacralisation or lumbarisation (Complete or incomplete) at all levels and bilateral incomplete sacralisation or lumbarisation.
 - (n) Any other abnormality if so considered by the specialist.

4. The Medical standards for candidates of Naval Aviation Branch will be the same as for flying duties of Air Force except limit of myopia is -0.75 D and limits of hypermetropia is +1.5D

5. Detection of any disability in the course of a special test carried out prescribed for one service, may render the candidate unfit for any other service(s), if so considered as disqualifying by Medical Board.

6. Physical Conditioning : Prospective candidates are advised to keep themselves in good physical condition by following the under mentioned routine :—

- (a) Running : 2 to 4 Km. in 15 minutes
- (b) Skipping
- (c) Pushups & Sit-ups : Minimum 20 each
- (d) Chin ups : Minimum 08
- (e) Rope Climbing : 3 to 4 metres.

APPENDIX-V

(Brief Particulars of service etc.)

Pay Scale of Army Officers and equivalent ranks in Air Force and Navy

(i) Pay

(a) Rank	Pay Band (Rs.)
Lt to Major	15,600—39,100/- (PB-3)
Lt Col to Maj Gen	37,400—67,000/- (PB-4)
Lt Gen HAG Scale	67,000/- (annual increment @ 3%)—79,000/-
HAG + Scale*	75,500/- (annual increment @ 3%)—80,000/-

(*Admissible to 1/3rd of total strength of Lt. Gens.)

VCOAS/Army	80,000/- (fixed)
Cdr/Lt Gen (NFSG)	
COAS	90,000/- (fixed)

(b) In addition to Pay, Grade Pay will also be given as under :

Lt	Rs. 5,400/-
Capt	Rs. 6,100/-
Maj	Rs. 6,600/-
Lt Col	Rs. 8,000/-
Col	Rs. 8,700/-
Brig	Rs. 8,900/-
Maj Gen	Rs. 10,000/-