**General Physical and Mental Standards**

* The candidate must be in good physical and mental health and free from any disease/disability which is likely in 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**

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| **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 |

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| **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 |

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| **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 ± 10% (A ± 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.