|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Region** | **States** | **Height (in cms.)** | **Weight (in Kgs)** | **Chest (in cms.)** |  |
| Western Himalayan Region | J&K, HP, Punjab Hills (Area South & West of the Inter state Border between HP & Punjab and North and east of road of Mukerian, Hoshiarpur, Garhshankar, Ropar ) ,  Garhwal & Kumaon regions of Uttranchal. | 166  163\* | 48 | 77 |  |
|  |
|  |
| Eastern Himalayan Region | Nagaland, Manipur, Tripura, Mizoram, Meghalaya , Assam , Arunachal Pradesh , Sikkim and Hill Region of West Bengal ( Darjeeling   and Kalimpong Districts) | 160  157\* | 48 | 77 |  |
|  |
|  |
| Western Plains Region | Punjab, Haryana, Chandigarh , Delhi , Rajasthan and Western UP ( Meerut and Agra Division) | 170 | 50 | 77 |  |
|  |
|  |
| Eastern Plains Region | Eastern UP, Bihar, West Bengal , Jharkhand and Orissa | 169 | 50 | 77 |  |
|  |
|  |
| Central Region | Madhya Pradesh, Chattisgarh, Gujarat Maharashtra, Dadar, Nagar-Haveli, Daman and Diu | 168  167\* | 50 | 77 |  |
|  |
| Southern Region | Andhra Pradesh, Karnataka Tamil Nadu, Kerala, Goa And Pondicherry | 165 | 50 | 77 |  |
|  |

Note - \* for Sol Tech/Nursing Assistant

**Special Physical Standards**

|  |  |  |  |
| --- | --- | --- | --- |
| **Region- States- Category** | **Height (CMS)** | **Weight (Kgs)** | **Chest (CMS)** |
| Ladakhi | 157 | 50 | 77 |
| Gorkhas both Nepalese and Indians | 160 | 48 | 77 |
| Andaman, Nicobar Islands, Lakshadweep Group including Minicoy:- Settlers | 165 | 50 | 77 |
| Andaman, Nicobar Islands, Lakshadweep Group including Minicoy:- Locals | 155 | 50 | 77 |
| Tribals of recognised tribal areas | 162 | 48 | 77 |
| Brigade of the Guards | 173 | 50 | 77 |
| Med Arty | 170 | 50 | 77 |
| Corps of Military Police | 173 | 50 | 77 |
| Clerks GD/SKT | 162 | 50 | 77 |

Soldier Tradesmen - Normal Physical Stadards given above minus 1 cm in Chest and 2 Kgs in Weight.

The following are eligible for relaxations in physical standards :-

|  |  |  |  |
| --- | --- | --- | --- |
| **Candidate Profile** | **Height (in cms.)** | **Weight (in Kgs)** | **Chest (in cms.)** |
| (a) Sons of Servicemen/Ex-Servicemen/War Widows/ Widows of Ex-Servicemen. | 2 | 2 | 1 |
| (b) Adopted son/son-in-law of a War Widow, if she has no son. | 2 | 2 | 1 |
| (c) Outstanding sportsmen (National/State level sportsmen and those who have represented District / College / School in State / University / Board Championship and earned 1st /2nd position.) | 2 | 5 | 3 |