|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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  |