

Physical & Medical standards for Armed Forces - Army, Navy & Air Force

Are you applying for a job in the Indian Defense services? If yes, then along with clearing the written tests, you need to qualify certain medical and physical standards. In order to join the three branches of the prestigious Indian Armed Forces: The Indian Army, The Indian Navy and The Indian Air Force, you have to undergo the medical and physical examination held by various medical boards of the Indian Armed Forces. Here's a list of the physical & medical standards for Armed Forces - Army, Navy and Air Force. Take a look at this list of Physical & Medical standards for Armed Forces before you apply for any of their exams.

Height - Physical & Medical standards for Armed Forces

The height requirements specified by the medical standards for Armed Forces are as follows:

- For male candidates, height should not be **less than 157.5 cm**
- For female candidates, height should not be **less than 152 cm**

However, in case of candidates that fall under the category of Gorkhas, Nepalese, Assamese and Garhwalis (or belonging to the North East and other hilly areas), the height will be relaxed by 5 cm.

Weight - Physical & Medical standards for Armed Forces

The weight requirements specified by the medical standards for Armed Forces are as follows:

- For male candidates:

Age/ Height (cm)	15	16	18	20	22	24	26	28	30	32	34	36	38	40
152	43	44	45	46	47	48	48	49	49	50	50	50	51	51
155	44	45	46	47	49	50	50	51	51	52	52	52	53	53
157	45	46	47	49	50	51	51	52	53	53	53	54	54	55
160	46	47	48	50	51	52	53	53	54	54	56	56	56	57
162	47	48	50	52	53	54	54	55	55	56	56	57	57	58
165	48	50	52	53	55	56	56	57	57	58	58	58	59	59
168	51	52	53	55	57	58	58	58	59	59	60	60	61	61
170	52	53	55	57	58	59	60	60	61	61	62	62	62	63
173	54	55	57	59	60	61	62	62	62	63	64	64	65	65
175	56	57	59	61	62	62	63	64	65	64	66	67	67	67
178	58	59	61	62	63	64	65	66	67	67	68	69	69	70
180	60	61	62	64	65	66	67	68	69	70	71	71	72	72
183	62	63	65	67	67	68	70	71	72	72	73	74	75	75
185		66	67	69	70	71	72	73	74	75	76	77	77	78
188		68	70	71	72	74	75	76	77	78	79	80	81	81
190		70	72	73	74	76	78	79	80	81	82	82	83	84
193		72	74	76	77	78	80	81	82	83	84	85	86	87
195		75	77	78	79	81	82	83	85	86	87	88	89	90

- For female candidates:

Age/ Height (cm)	17-18	20	25	30	35	40	45	50	55	60
148	36	38.5	41	42.5	44	45	46.5	47	48.5	49
150	38.5	40.5	41.5	43.5	45	46	47	48	49	50

153	40.5	42	43.5	45.5	46.5	48	48.5	49.5	50.5	52
155	42	43	44.5	46	47.5	49	49.5	50	51.5	52.5
158	43	45	46.5	48	49.5	50.5	51.5	52	53	54.5
160	45	46	47.5	49	50.5	51.5	52.5	53	54	55.5
163	46	47.5	49	50.5	51.5	52.5	53	54	55.5	56.5
165	47.5	49	51	52	53	54	55	56	57	58
168	49	50	52	54	55.5	57	58	59	60	61
170	50	51	53	55	56	58	59	60	61	62
173	52	53	55	56	57	59	60	61	62	63
175	53.5	55	56.5	57.5	59	60.5	62	63	64	65

However, in case of candidates belonging to the North East and hilly area like Gorkhas, Nepalese, Assamese and Garhwalis, the weight standards would differ depending on their height.

Chest - Physical & Medical standards for Armed Forces

The chest requirements specified by the medical standards for Armed Forces are as follows:

- All candidates are expected to have well-formed chests.
- For male candidates, the minimum range of expansion on inhalation, should be 5 cm.

Note:

While recording the measurements, readings having:

- Less than 0.5 cm will be recorded as 0.0 cm
- 0.5 cm will be recorded as 0.5 cm
- More than 0.5 cm will be recorded as 1 cm.

Physical conditions - Physical & Medical standards for Armed Forces

The physical requirements specified by the medical standards for Armed Forces are as follows:

1. Wax in the ears is not permitted.
2. You **should not have any skin disease** i.e. Acne vulgaris, warts, fungal infection.
3. No dental cavities including temporary filling and minimum 14 dental points.
4. You should **not have undergone hernia/abdominal operation** in past one year.
5. No hydrocele, varicocele, piles.
6. Any disease of bones and joints of the body would lead to immediate rejection.
7. You **should not have any past history of mental breakdown or fits**.
8. **Normal hearing ability** is required.
9. Signs of functional or organic disease of the heart and blood vessel would lead to rejection.
10. **Normal blood pressure** is required.

Vision Standards - Physical & Medical standards for Armed Forces

You must meet the following visual standards for entering the Executive Branch:

Criteria	NDA/10+2 /INA/ Aviation (Observer/ Pilot)	GSES/ NCC (Spl)/ SCC (GSX) Hydro	NAIC	Law/ Logo/ EDU	ATC

Uncorrected Vision	6/6,6/9	6/12,6/12	6/60,6/60	6/60,6/60	6/9,6/9
Corrected Vision	6/6,6/6	6/6,6/6	6/6,6/12	6/6,6/12	6/6,6/6
Limits of Myopia	-0.75	-1.5	-3.5	-3.5	-0.75
Limits of Hypermetropia	+1.5	+1.5	+3.5	+3.5	+3.0
Limits of Colour Perception	I	I	II	III	II
Binocular Vision	III	III	III	II	III

You must meet the following visual standards for entering the Technical Branch:

Criteria	Common Entry 10+2 (INAC)	Graduate Entry (UNIV/ SSC)	Naval Constructor/ Architect
Uncorrected Vision without glasses	6/6,6/9	6/24,6/24	6/60,6/60
Corrected Vision with glasses	6/6,6/6	6/6,6/6	6/12,6/12
Limits of Myopia	-0.75	-3.5	-3.5
Limits of Hypermetropia	+1.5	+3.5	+3.5
Binocular Vision	III	III	III
Limits of Colour Perception	I	II	II

Tattoos - Physical & Medical standards for Armed Forces

You not permitted to have permanent tattoos on any part of their body except on:

1. Inner face of forearms
2. Reverse side of palm or back

However, candidates belonging to tribal communities/from tribal areas, as declared by the Government of India are permitted to have permanent body tattoos on any part of the body as per existing customs and traditions of the said tribe to which a candidate belongs.

As per standards, you can appeal to the medical board for reconsideration if declared unfit after proper treatments for conditions like underweight, overweight, etc. within the stipulated period.

We hope these physical and medical standards help you understand the eligibility criteria for various defense forces. Do comment below if you have more information on this topic. Also, here are some ongoing recruitments that you can apply to:

[Indian Navy Recruitment](#)

[List of Ongoing Recruitment 2017](#)

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