

## **Height And Weight Standards for Men**

Height In Cms	Age Range (years)			
152 – 158	46 – 49	47 - 50	50 - 54	54 - 58
159 – 165	50 - 53	51 - 55	55 - 59	59 - 63
166 - 171	54 - 56	56 - 59	60 - 64	63 - 66
172 - 178	57 - 60	59 - 63	64 - 69	67 - 71
179 - 183	61 - 63	64 - 66	69 - 72	72 - 74
184 - 185	64	67 - 68	73 - 74	75

## **Height And Weight Standards for Women**

Height in Cms	Weight in Kg Age Range (Years)	
148 - 151	43 - 45	46 - 48
152 - 155	46 - 48	49 - 51
156 - 160	49 – 51	52 - 55
161 - 165	52 - 54	55 - 58
166 - 171	55 - 58	59 - 62
172 - 176	59 - 61	63 - 66
177 - 178	62 - 63	-----

## **Height And Weight Standards For Indian Air Force**

Height in Cms	Weight in Kg Age Range (Years)	
148 - 151	43 - 45	46 - 48
152 - 155	46 - 48	49 - 51
156 - 160	49 – 51	52 - 55
161 - 165	52 - 54	55 - 58
166 - 171	55 - 58	59 - 62
172 - 176	59 - 61	63 - 66
177 - 178	62 - 63	-----

*Note:- These are generally the Medical Parameters, however, candidates are advised to go through the NOTIFICATIONS issued by UPSC/AIR FORCE/ NAVY/ ARMY for each entry and read the latest standards as per their respective entry.*

### ***Vision***

- ***Distant Vision 6/6 without spectacles.***
- ***Near Vision N-5 each eye.***
- ***Color Vision CP-I(ML T).***
- ***Manifest Hyper metropia must not exceed + 2.00 Dsph "Myopia - Nill" and Astigmatism***

*+ 0.75 DSph.*

*Vision Standards for the Flying Branch Short Service Commission: -*

- *Visual Acuity 6/6 in one eye and 6/9 in other, correctable to 6/6 only for hypermetropia.*
- *Manifest Myopia - Nil.*
- *LASIK Surgery for correction of vision is admissible in Transport and Helicopter streams of Short service Commission (Flying Branch)*

## ***INDIAN NAVY***

*Visual Standards for Navy:-*

- (a) Uncorrected without glass 6/12*
- (b) Corrected with glass 6/6*
- (c) Limits of Myopia -3.5*
- (d) Limits of Hypermetropia +2.5*
- (e) Binocular vision III*
- (f) Limits of Colour Perception I*

## ***INDIAN ARMY***

*The candidate should be able to hear forced whisper at 610 cm distance, Distant Vision in*

*better eye must be 6/6 (corrected) and worse eye 6/18 (corrected), and myopia or hypermetropia of not more than 3.5 D in any one meridian. Colour vision should be defective safe and normal field of vision.*

**We also conduct SSB Interview, NDA and CDS written coaching for details call @ [9822003552](tel:9822003552)**