

**Physical standard vide DGMS-5A letter No
76054/DGMS-5A(Policy) dt 19 Aug 2008**

The decision by the Medical Board will be final. Mandatory information that the candidates should know is as follows:-

1. **Height** - The height of the candidates will be measured by making her stand against the standard with her feet together. The weight should be thrown on the heels and not on the toes or outer sides of the feet. She will stand erect without rigidity and the heels, calves, buttocks and shoulders touching the standard, the chin will be depressed to bring the vertex of the head level under the horizontal bar, and the height will be recorded in centimeters. Decimal fractions lower than 0.5cm will be ignored; 0.5cm will be recorded as such 0.6cm and above will be recorded as one cm. The minimum height for a women candidate is **148cm. In case of candidates belonging to the North East and hilly areas like, Gorkhas, Nepalese, Assamese, Garhwalis, etc the height be relaxed by 5cm and weight commensurate with reduced height.**

2. **Weight** The minimum acceptable weight is 39 Kg. The height and weight chart as per the age is attached as Annexure 1.

Note: It is not possible to lay down precise standards for weight in relation to height and age. The correlation table is, therefore, only a guide and cannot be applied universally. A 10 percent departure from the average weight given in the table is to be considered within normal limits. There may nevertheless be some individual who according to the above standards, may be overweight but from the general build of the body are fit in every respect. The overweight in such cases may be due to heavy bones and muscular development and not due to obesity. Similarly, for those who are under weight, the criteria should be the general build of the body and proportionate development rather than rigid adherence to the standards, in the table

1. **Visual Standards:**

The minimum acceptable standards of visual acuity are given below :-

	Better eye	Worse eye
Distant vision (corrected)	6/6	6/18

Myopia of not more than minus – 5.5 D including astigmatism

Manifest hypermetropia of not more than plus 3.5 D including astigmatism.

- Notes :-
- (i) Fundus and Media to bwe healthy and with in normal limits.
 - (ii) No undue degenerative signs of vitreous or chorioretina to be present suggesting progressive myopia.
 - (iii) Should have good binocular vision, fusion faculty and full field of vision in both eyes.
 - (iv) There should be no organic disease likely to cause exacerbations or deterioration of vision.

Field of vision - Normal in each eye as tested by confrontation test.

Colour vision - A cadditate for grant of commission in Army should possess the minimum standard of CP-3 (Defective safe) at the time of joining the service.

In all cases, where glasses are worn and where a candidate is examined by an Ophthalmologist, power of lenses must be noted.

Annexure 1

FEMALE AVERAGE WEIGHT IN KILOGRAMS FOR DIFFERENT AGE GROUPS AS HEIGHTS (10% VARIATIOBN ON EITHER SIDE OF AVERAGE ACCEPTABLE)

HEIGHT IN CENTIMETERS	AGE IN YEARS						
	20	25	30	35	40	45	50
(WEIGHT IN KILOGRAMS)							
148	39	41	43	44	45	46	47
150	40	42	43.5	45	46	47	48
153	42	43.5	45	47	48	48	49.5
155	43	44	46	48	49	49.5	50
158	45	46	48	49.5	50	52	52
160	46	47	49	51	51.5	52.5	53
163	47	49	51	52	52	54	55
165	49	51	53	54	55	56	57
168	50	52	54	56	57	58	59