

The National Defence Academy (NDA) is the premier joint defence service training institute of the Indian Armed Forces, where cadets from the Indian Army, Indian Navy, and Indian Air Force train together before moving on to their respective service academies for further pre-commission training. Located in Khadakwasla, Pune, Maharashtra, NDA holds the distinction of being the first tri-service academy in the world. Its alumni include notable figures such as 3 Param Vir Chakra recipients and 12 Ashoka Chakra recipients, and it has produced 27 service Chiefs of Staff to date. Remarkably, the current Chiefs of Staff of the Army, Navy, and Air Force are all NDA alumni from the same course. The 145th course, which graduated on 30 November 2023, consisted of 188 Army cadets, 38 Naval cadets, 37 Air Force cadets, and 20 cadets from friendly foreign countries. A significant milestone was reached in August 2021 when the Supreme Court of India allowed female candidates to appear for the NDA entrance examination.

The establishment of NDA was influenced by experiences from World War II. Field Marshal Claude Auchinleck, then Commander-in-Chief of the Indian Army, led a committee around the world to study various military academies, ultimately recommending the creation of a Joint Services Military Academy in India, modeled after the United States Military Academy at West Point. Following India's independence in August 1947, the Chiefs of Staff Committee acted on these recommendations, initiating plans for a permanent defence academy and setting up an interim training academy, the Joint Services Wing (JSW), at the Armed Forces Academy (now the Indian Military Academy) in Dehradun on 1 January 1949. Initially, Army cadets would spend two years at the JSW before further training at the Military wing of the Armed Forces Academy, while Navy and Air Force cadets went to the Britannia Royal Naval College Dartmouth and the Royal Air Force College Cranwell in the UK.

The funding for NDA partly came from a £100,000 gift received by Lord Linlithgow, the then Viceroy of India, from the Sudanese Government as a war memorial for the sacrifices of Indian troops in World War II. India's share of this gift, amounting to £70,000, was used towards the construction of the academy. The foundation stone was laid by Prime Minister Jawaharlal Nehru on 6 October 1949, and construction began the same month with a revised estimated cost of Rs 6.45 crores. The National Defence Academy was formally commissioned on 7 December 1954, with the inauguration ceremony held on 16 January 1955, and the 10th JSW program was subsequently transferred from Clement Town, Dehradun to NDA Khadakwasla.

The National Defence Academy (NDA), with the motto "Sēvā paramō dharma" which translates to "Service Before Self," is a premier defence service training institute established on 7 December 1949. Currently, Vice Admiral Ajay Kochhar, AVSM, NM serves as the Commandant. The academy is located in Khadakwasla, Pune, Maharashtra, about 17 km south-west of Pune city, and north-west of Khadakwasla Lake with the Sinhagad Fort providing a scenic backdrop. The campus spans 7,015 acres of the 8,022 acres donated by the Government of former Bombay State, selected for its proximity to the Arabian Sea, military establishments, an operational air base at Lohagaon, and its favorable climate. The existence of an old combined-forces training center and a disused mock landing ship, HMS Angostura, further influenced the selection of this site. The administrative headquarters, named the Sudan Block, honors the sacrifices of Indian soldiers in Sudan during the East African campaign and was inaugurated by the Ambassador of Sudan to India, Rahmatullah Abdulla, on 30 May 1959. The Sudan Block is a three-story basalt and granite structure with Jodhpur red sandstone, featuring a blend of arches, pillars, verandahs, and a dome, with a foyer of white Italian marble flooring and interior wall paneling.

The NDA offers an extensive infrastructure for comprehensive cadet training, including spacious classrooms, well-equipped labs, three Olympic-size swimming pools, gymnasiums, 32 football fields, two polo grounds, a cricket stadium, and numerous squash and tennis courts. The academic year is divided into two terms, Spring (January to May) and Autumn (July to December), with cadets undergoing training for a total of six terms before graduation. Cadet selection involves a written exam conducted by the UPSC annually, followed by interviews by the Services Selection Board assessing general aptitude, psychological testing, team skills, leadership qualities, physical and social skills, and medical tests. About 400,000 applicants sit for the exam each year, with approximately 6,300 invited for interviews, and finally, 300-350 selected to attend the course. Applicants must be between 16½ and 19½ years of age. Those who join the Air Force through the flying branch must also pass the Computerized Pilot Selection System (CPSS). Upon successful completion of the program, cadets are sent to their respective training academies for one year before being commissioned: army cadets to the Indian

Military Academy (IMA) in Dehradun, air force cadets to the Air Force Academy (AFA) in Dundigal, Hyderabad, and naval cadets to the Indian Naval Academy (INA) in Ezhimala, Kerala.

At the National Defence Academy (NDA), cadets are allotted to one of the 18 Squadrons, which are organized into five Battalions. The Squadrons in No. 1 Battalion are Alpha, Bravo, Charlie, and Delta, while No. 2 Battalion includes Echo, Foxtrot, Golf, and Hunter. No. 3 Battalion consists of India, Juliet, Kilo, and Lima, and No. 4 Battalion comprises Mike, November, Oscar, and Panther. No. 5 Battalion includes Quebec and Romeo. Each squadron houses approximately 100 to 120 cadets from both senior and junior courses. In 2012, the Defence Ministry of India sanctioned the creation of three new squadrons—16th, 17th, and 18th—named with the initials "P," "Q," and "R" respectively, due to the increasing number of cadets joining annually. The prestigious Inter Squadron Championship Trophy is awarded to the best squadron, which holds the Champion banner for one term and carries it during parades and sports meets. Each squadron has a unique nickname, individual identity, rich history, and mascot, instilling the NDA's motto "Service before Self" in cadets as they learn the importance of prioritizing the squadron's needs above their own.

Academically, the NDA offers a full-time, residential undergraduate program, awarding cadets a Baccalaureate degree (Bachelor of Arts or Bachelor of Science) and a Bachelor of Technology degree for Naval Cadets after three years of study. Naval cadets complete their fourth year of B.Tech at the Indian Naval Academy, while Air Force cadets complete theirs at the Indian Air Force Academy. Cadets can choose between the Science stream, which includes physics, chemistry, mathematics, and computer science, and the Humanities (Liberal Arts) stream, which offers history, economics, political science, geography, and languages. The academic curriculum is divided into three categories: the Compulsory Course, the Foundation Course, and the Optional Course. In the Compulsory Course, cadets study English, foreign languages (Arabic, Chinese, French, or Russian), physics, chemistry, mathematics, computer science, history, political science, economics, and geography, with all cadets required to take basic classes in these subjects except for foreign languages. The Foundation Course, mandatory for all, comprises Military Studies (covering military history, military geography, weapons systems, and armaments) and General Studies (covering geopolitics, human rights, Laws of Armed Conflict, and environmental sciences). The Optional Course focuses on subjects specific to the cadet's chosen Service. Cadets spend the first four semesters on the Compulsory and Foundation Courses and take the Optional Course during the fifth and sixth semesters, with the possibility of transferring to other Service academies for these courses.

Training at the NDA spans three years, culminating in graduation with a Bachelor of Arts, Bachelor of Science, or BSc (Computer Science) degree from Jawaharlal Nehru University and the University of Delhi, with the first course to be awarded degrees being the 46th course in 1974. In addition to academic training, cadets are also trained in outdoor skills such as drill, physical training (PT), and various sports, along with foreign languages up to the lower B1 level according to international standards.

The Air Force Training Team (AFTT) at the NDA aims to train Air Force cadets in the basics of military aviation through ground and flying training. Ground training utilizes modern training aids, aircraft models, and aero-engine cross-sections. Flying training includes a minimum of eight sorties on the Super Dimona aircraft, along with exposure to deflection firing through skeet shooting. Cadets also visit key Air Force training establishments, such as the Air Force Academy, Air Wing at Indian Armament Technology, Air Base at Pune, and College of Military Engineering, to gain first-hand experience of aviation activities. The AFTT, formed in late 1956, initially focused on gliding and has since evolved to include flying training on various aircraft. The Sedberg T-21B glider was a mainstay, allowing cadets to earn their 'Wings' after solo flights. In 2001, the induction of the Super Dimona aircraft marked a significant improvement in training quality. The AFTT facility includes a "gliderdrome" runway, expanded to accommodate advanced training needs.

Army cadets at the NDA receive basic military skills training in weapon handling, firing, field engineering, tactics, and map reading. This foundational training prepares them for further instruction at the Indian Military Academy (IMA) and various service courses. Training methods include theoretical and practical approaches, incorporating classes, lectures, demonstrations, and exercises. Cadets participate in several camps: Camp Green Horn in the second term, Camp Rover in the fourth term, and Camp Torna in the sixth term, which focuses on practical leadership in simulated field conditions, drawing inspiration from historical military victories.

The Naval Training Team (NTT), the oldest at the NDA, trains V and VI term naval cadets in specialist service subjects both theoretically and practically. Upon completing three years at the NDA, naval cadets move to the Indian Naval Academy (INA) for their final year of training, where they commence their M.Sc degree. The training emphasizes navigation, seamanship, and communication, with 328 theoretical classes conducted using modern teaching methods, including 3D models, Computer Assisted Instruction (CAI), and Computer Based Training (CBT) packages. Practical training occurs at the Watermanship Training Centre at Peacock Bay, utilizing facilities like TS Ronnie Pereira, an in-house scale model of a warship. Cadets visit Mumbai for an orientation, where they tour various ships, submarines, and repair facilities, and attend the NBCD School for fire fighting and damage control training. The VI term cadets also participate in the Open Sea Whaler Sailing Expedition at the Naval Academy, Ezhimala, fostering competitive spirit and adventurism. Additionally, they engage in Camp Varuna, gaining practical sailing experience and applying theoretical knowledge. The Watermanship Training Centre offers yachting, kayaking, windsurfing, rowing, water-skiing, and ship modeling activities.

Alumni of the National Defence Academy (NDA) have played pivotal roles in every major conflict involving India since the academy's establishment. Their distinguished service is reflected in the numerous gallantries awards they have received, including 3 Param Vir Chakras, 31 Maha Vir Chakras, 160 Vir Chakras, 12 Ashok Chakras, 40 Kirti Chakras, and 135 Shaurya Chakras. Furthermore, the NDA has produced a significant number of top military leaders, with 11 Chiefs of Army Staff, 10 Chiefs of Naval Staff, and 4 Chiefs of Air Staff among its esteemed alumni.

The National Defence Academy has the unique distinction of being the first joint training institution in the world that trains future officers of all the three Services in the spirit of jointmanship that proved so essential to success, in the battlefield, during the II World War. The founding fathers of NDA were seized of this significant idea and were given the mandate of establishing a National War Academy on the lines of USMA, WestPoint. The onus of transforming this idea into reality fell upon the Amarnath Jha Committee constituted in 1945 by the Govt. of India. On May 2, 1945, a press communiqué stated the task cut out for the committee. It was that of establishing a Military Academy for the education and basic training of all the future officers of the Royal Indian Navy, the Indian Army and the Royal Indian Air Force. Moreover, it clearly spelt out the academic dimension thus "Education upto the University standard will be imparted at the Academy and will embrace a comprehensive course in such general subjects, History, Modern languages, Science and Engineering as well as in purely military subjects. Stress will be laid on the development of character, self-reliance, leadership and self-discipline which are essential qualities ... for officers in the armed forces...."

The Committee thus drew up a two-year course syllabus for the ISW in 1948, fixing the ratio of Academic subjects to Service subjects as 2:1. A majority of Indian Universities recognized this syllabus as equivalent to Intermediate Science (FA – Freshman of Arts). The emphasis the committee laid was not merely on qualifying for a degree but on the holistic development of the whole personality of the cadets defining its objective as that of producing cadets who at the end of their course of training would "have the requisite educational standard and shall have acquired the mental, moral and physical qualities essential to his progressive and continual development as an officer of the fighting force, together with any basic service training considered necessary" It is these salient points that became the seed and foundational principles by which all academic training at NDA has been guided till date. Following this the syllabus saw several revisions, significantly, one by the Mahajani Committee in 1969 and another by the Committee for the Review of the Training of Officers of the three Services (CORTOS) in 1986. The aim was to update the training of cadets to keep pace with the ever-changing academic and military environment and the upsurge in information and communication technology. The present syllabus of NDA is the result of periodic reviews by two Committees, namely, the Inter-Services Study Group (ISSG) constituted by the Chiefs of Staff Committee on 2004, 2013 and 2017 as well as the Academic Study Groups (ASG) that were constituted along with each ISSG. Today in keeping with the changing military scenario of NDA offers a liberal arts degree as well as degrees in Science, Computer Science and B.Tech. all of which is well supplemented by training in Service subjects, rigorous physical and equestrian training as well as the impartation of moral and leadership qualities that is the essence of soldiering.

To produce academically sound graduates through the offering of graduate programs in Sciences, Computer Science, Social Science and Engineering so that each cadet becomes mentally, morally and

physically sound, cognitively empowered prudent leaders, able to skillfully handle, men and material in the context of ever-evolving battle-field scenarios.

To steadfastly strive to instill a spirit of inquiry and a thirst for knowledge by providing cadets with necessary resources and infrastructure so that they continuously broaden the horizons of their learning, realize their full mental, moral and physical potential and bloom into well rounded personalities, reflecting the ethos of the Armed Forces.

To seek to make NDA a Military Institution of academic excellence by continuously interacting with the academic environment at large and by adopting the latest and the best practices in Educational and Technological developments.

The National Defence Academy is recognized by the Jawaharlal Nehru University, New Delhi, for the award of B.A./B.Sc./B.Sc (Computer Science) for Army Cadets and B Tech degree for Navy and Air Force Cadets. NDA has been recognized by Jawaharlal Nehru University (JNU), New Delhi since 1973. NDA has academic autonomy in the registration of Cadets, preparation of degree syllabi, the conduct of classes, examination, invigilation, evaluation, and compilation/publishing of results. NDA Academic Committee Meeting is convened in 6th week and 21st week to monitor the Academic performance/training at NDA. Commandant, NDA is the Chairman of Committee and Principal is the member Secretary. JNU nominates four external members to this Committee for the tenure of 2 years. JNU Scrutiny Team scrutinizes academic results every term. Results are then approved in the ACM. NDA is recognized by the AICTE (All India Council for Technical Education) for the conduct of B.Tech. programme in Applied Electronics and Communication, Mechanical Engineering, and Computer Science and Information Technology. NDA is presently implementing the B Tech (AEC) programme only. Mechanical Engineering shall commence as per the requirements of the Indian Navy and Air Force. Extension of approval by AICTE is a yearly process.

The Education Branch at the National Defence Academy (NDA) is responsible for the academic training of cadets, ensuring they undergo a rigorous regimen consisting of seven periods across eight cycles, each lasting 13 days. Cadets are assigned projects and tasks, and they undergo mid-term and semester examinations, leading to degrees in BA, BSc, BSc (Computer Science), and partial completion of the BTech degree, which is finalized at the finishing academies. The branch's activities encompass a range of responsibilities, including assessment, evaluation, scrutiny, and publication of results, liaising with Jawaharlal Nehru University for syllabus approval and result ratification, coordinating Academic Committee Meetings, revising syllabi based on recommendations, organizing the Grand Convocation ceremony, and providing academic counseling. Additionally, the branch publishes the NDA Journal, Trishakti. Co-curricular activities are also a focus, with the branch conducting events such as the Inter-Battalion English and Hindi Debates, Inter-Squadron Public Speaking Competition, Quiz Competition, and English and Hindi plays. Cadets are encouraged to engage in creative expression and utilize their leisure time productively through various hobby clubs. The Education Branch is led by the Principal, who serves as both the academic and administrative head, supported by the Vice-Principal, Registrar, and a General Staff Officer from one of the services. Administratively, the branch oversees the functioning of all departments and faculty, maintains service records of civilian academic officers, handles service matters related to them, and procures books and stationery for cadets through the CFS stores.

The teaching faculty of NDA consists of highly qualified permanent civilian officers selected by the UPSC who are designated as Professors, Associate Professors and Assistant Professors and their Service counterparts are drawn from the three Services.

Faculty members actively participate in Faculty Development Programmes as mandated by the UGC. They keep abreast of the latest developments in their field by attending seminars and conferences, Orientation and Refresher courses and also showcase their scholarship by publishing papers in peer reviewed journals of National and International repute.

To join the National Defence Academy (NDA), candidates must pass the entrance test held twice a year, NDA-I and NDA-II. Notifications are issued in January and June, with exams conducted in April

and September. The Union Public Service Commission (UPSC) manages the examination process, and interested candidates can apply online at the official website <http://www.upsonline.nic.in>.

Eligibility criteria for joining the NDA require candidates to be unmarried males or females who are either citizens of India, subjects of Nepal, Tibetan refugees who came to India before January 1, 1962, or individuals of Indian origin who migrated from certain countries with the intention of permanently settling in India.

The age limit for joining NDA is restricted to unmarried male and female candidates between the ages of 16½ to 19½.

The minimum educational qualification required for joining NDA varies by service branch. For the Army, candidates must have passed the 12th standard (10+2 pattern) or equivalent examination from a State Education Board or University. For the Air Force and Navy, candidates must have passed the 12th standard (10+2 pattern) with Physics, Chemistry, and Mathematics from a State Education Board or University.

The examination pattern for joining NDA includes a written test followed by an Intelligence and Personality Test. The written test comprises two papers: Mathematics and the General Ability Test. Candidates who pass the written test undergo an interview and selection process conducted by the Services Selection Board (SSB).

The Services Selection Board (SSB) utilizes a two-stage selection procedure based on Psychological Aptitude Test and Intelligence Test. Candidates who qualify in stage one are admitted to the second stage for further testing.

Upon successful completion of the SSB tests, candidates are placed in a merit list based on their total marks from the written examination and SSB test. Final allocation to the Army, Navy, or Air Force depends on the number of available vacancies, eligibility, medical fitness, and candidate preferences.

Cadets joining NDA must carry several documents, including an income certificate, risk certificate, legal agreement bond, supplementary legal agreement bond, original educational certificates and marksheets, domicile certificate, data entry form, proficiency certificates, Aadhar Card, PAN Card, passport size photographs, and Jawaharlal Nehru University (JNU) admission form with required documents.

For further queries regarding NDA, candidates can contact the academy via email at [adjt.nda@nic.in](mailto:adjt.nda@nic.in) or call the landline number 020-25291700.

**Acknowledgement Form:** Immediately upon receipt of the Joining Instructions, candidates must forward the acknowledgement form by email to [dir-recruiting6-mod\[at\]nic\[dot\]in](mailto:dir-recruiting6-mod[at]nic[dot]in) or sign and send it to the following address: Jt Director Rtg 'A', Dte Gen of Rtg (NDA Entry), West Block III, RK Puram, New Delhi – 110 066.

**Documents to be Carried by the Candidates While Joining NDA:** Upon arrival at NDA, candidates must hand over the following documents to the Reception Officer, failing which they may not be admitted to the Academy: an income certificate showing the exact income of parents/guardian from all sources duly signed by the proper authorities, a risk certificate on non-judicial stamp paper, a legal agreement bond on non-judicial stamp paper, a supplementary legal agreement bond for cadets unable to produce the original Xth and XIIth certificates and marksheets. On joining, candidates will deposit the original 10th and 10+2 education certificates and marksheets along with five attested copies of each. Without these, training at NDA will not commence. Additionally, a domicile certificate issued by a competent authority, a data entry form, proficiency certificates in outdoor activities/sports (if any), Aadhar Card with five attested copies, five copies of the PAN Card, two recent passport size photographs, and the Jawaharlal Nehru University (JNU) admission form in duplicate, with two passport size photographs,

two copies of the 10th and 12th class passing certificates and marksheets, and two copies of the Aadhar Card are required.

**Certificate of Joining:** Upon selection for admission to the National Defence Academy, the following are required at the beginning of each term: either a bank draft from the State Bank of India, NDA Branch, Pune (Code No 1269) in favour of "Cadets Accounts, NDA" (with the candidate's name and UPSC number written on the reverse of the draft), or an online payment in favour of "Cadets Accounts, NDA" (Account No. 10056175653, Branch SBI NDA, IFSC: SBIN0001269). The Journal/UTR receipt, with the cadet's name, UPSC number, and course number, should be brought or forwarded.

**Vaccination:** Candidates should be vaccinated against the Chickenpox virus before joining and produce a medical certificate duly signed by an authorized medical practitioner. Those who are not vaccinated will receive two shots of the Chickenpox vaccine at an interval of 6-8 weeks at the Academy. Upon joining, cadets will receive government-provided vaccines, including Injection TT (two doses), Injection Typhoid (two doses), and Injection Hepatitis B (three doses). If exposed to any infectious or contagious disease, candidates must inform the Adjutant, National Defence Academy, immediately after receiving the Joining Instructions and not join until formal permission is granted.

**Tattoo Check:** A thorough check for permanent body tattoos of all cadets will be conducted at Military Hospital, Khadakwasla, upon arrival. Any deviation from the provided details may result in the cancellation of the cadet's candidature.

**Risk Certificate:** Candidates or their parents/guardians cannot claim compensation for any injury, bodily infirmity, or death sustained during training or medical treatment at the National Defence Academy.

**COVID-19 Precautions:** The Academy has implemented measures to contain the spread of COVID-19, including providing masks and immunity-boosting tablets to cadets. Medical staff strictly monitor the cadets, and adequate infrastructure for quarantine, hospitalization, and post-recovery care is available.

**Legal Agreement Bond:** Parents or guardians must execute a Legal Agreement Bond on non-judicial stamp paper and hand it over to the Adjutant, National Defence Academy, upon arrival. If a cadet cannot furnish the bond upon arrival, ten days of training charges will be deducted from their account. Essential items of clothing will be provided until the bond is submitted. If the bond is not received within ten days, the cadet will be sent home for up to seven days to collect it. The bond must be submitted within 25 days, or the cadet's candidature will be canceled. The Risk Certificate and Legal Agreement Bond should be signed by the father of the candidate. If the father is not alive, the mother should sign, or the guardian if both parents are not alive.

**Supplementary Legal Agreement Bond:** Candidates who do not submit their original educational certificates must provide a declaration on non-judicial stamped paper, signed by parents/guardians, and hand it over to the Reception Officer upon arrival. This agreement should not be executed until the candidate has received joining instructions.

**Prohibited Items:** Cadets are not allowed to bring mobile phones and peripherals, credit/debit/ATM cards, portable TVs, computers (except issued thin clients, tabs, or e-book readers), DVD players, iPods with cameras, MP3 players that can act as storage devices, cigarettes, alcohol, unauthorized drugs, or extra money beyond the authorized pocket money.

**Parental Guidance:** Parents are not allowed to stay at NDA premises while their ward is under training. Visiting is allowed on Sundays and holidays with prior permission. Parents should not send extra money beyond the authorized pocket money and should continuously motivate their ward to excel in all training facets. Prohibited items should not be provided to cadets.

**Leave and Vacations:** No leave of absence is granted during training except on medical grounds or extreme compassionate grounds at the Commandant's discretion. Family functions should be planned during term breaks in June and December. The Academy closes for approximately four weeks in June and December for vacations. Cadets may be permitted to proceed home during vacations based on

their training progress. They are entitled to free railway conveyance on warrant by AC III to their home stations and back.

**Scholarships:** Several scholarships are available to cadets at the Academy, with terms of eligibility and application forms provided upon arrival. States/Union Territories/Boards offering scholarships include Maharashtra, Haryana, Pondicherry, Andhra Pradesh, Chandigarh, Kerala, Assam, Himachal Pradesh, Uttarakhand, West Bengal, Odisha, Tamil Nadu, Gujarat, Delhi, Manipur, Karnataka, and Uttar Pradesh. Additional scholarships include Biharilal Mandakini Cash Prize, Col Kendall Frank's Memorial Scholarship, Sir Parshuram Bhau Patwardhan Scholarship, Fg Offr DV Pintoo Memorial Scholarship, Major V Damale Memorial Scholarship, and Smt Vijaya Rajgopalan Scholarship.

**International Cadets:** The Indian Mission in the countries of participating nationals is responsible for initial documentation of trainees and forwarding requisite documents to MEA/DAs/Defence Protocol & Foreign Liaison Division for submission to the Adjutant Branch, NDA. Required documents include the nominal roll/details of cadets from FFCs, security clearance certificate, biographical details, photocopy of the passport, medical examination certificates, and an undertaking certificate for attending courses in India.

**Candidates to Ensure Their Eligibility for the Examination:** Candidates applying for the examination must ensure that they fulfill all the eligibility conditions for admission. Admission at all stages of the examination will be provisional, subject to the prescribed eligibility conditions. The mere issuance of an Admission Certificate does not imply that the candidature has been finally cleared by the Commission. Verification of eligibility with reference to original documents occurs only after the candidate has qualified for the interview/Personality Test.

**How to Apply:** Candidates must apply online using the website [upsconline.nic.in](http://upsconline.nic.in). It is essential to first register on the One Time Registration (OTR) platform available on the Commission's website before proceeding with the online application for the examination. OTR registration is required only once in a lifetime and can be done at any time throughout the year. Candidates who are already registered can directly proceed to fill out the online application for the examination.

**Modification in OTR Profile:** If a candidate needs to make changes to their OTR profile, it is allowed only once in their lifetime after registration on the OTR platform. The option to change OTR profile data is available until seven days after the closure of the application window of their first final application for any Examination of the Commission. If a candidate, after registering for OTR, applies for the first time in this examination, they can make modifications within this timeframe.

A candidate is required to specify clearly in the Online Application Form the Services for which they wish to be considered, in the order of their preference (1 to 4). They are also advised to indicate as many preferences as they wish to opt for so that due consideration can be given to their preferences when making appointments, based on their rank in the order of merit. Candidates should note that they will be considered for appointment only to those services for which they express their preferences and for no other services. No request for addition or alteration in the preferences already indicated by a candidate in their application will be entertained by the Commission. However, the Commission has decided to extend the facility of making corrections in any field of the application form for this examination. This window for modifications will remain open for a specified period. During this time, if a candidate wants to carry out any change in their OTR profile, they should log into the OTR platform and make the necessary changes. No changes in the OTR profile can be made by visiting the modification window in the application form. Admission to the above courses will be made based on the results of the written examination conducted by the Commission, followed by an intelligence and personality test by the Services Selection Board for candidates who qualify in the written examination.

**Educational Qualifications:** For the Army Wing of the National Defence Academy, candidates must have passed the 12th Class under the 10+2 pattern of School Education or an equivalent examination conducted by a State Education Board or a University. For the Air Force and Naval Wings of the National Defence Academy and the 10+2 Cadet Entry Scheme at the Indian Naval Academy, candidates must

have passed the 12th Class with Physics, Chemistry, and Mathematics under the 10+2 pattern of School Education or an equivalent examination conducted by a State Education Board or a University. Candidates who are currently appearing in the 12th Class examination can also apply for this examination. Candidates who qualify the SSB interview but are unable to produce the original Matriculation/10+2 or equivalent certificate at the time of the SSB interview must send duly self-attested photocopies to the Directorate General of Recruiting, Army HQ, West Block III, R.K. Puram, New Delhi, and for Naval Academy candidates to Naval Headquarters, DMPR, OI&R Section, Room No. 204, 'C' Wing, Sena Bhavan, New Delhi, by the specified date; otherwise, their candidature will be canceled. Candidates who have already presented their Matriculation and 10+2 pass or equivalent certificates in original during the SSB interview and have had them verified by the SSB authorities are not required to submit additional copies. Certificates in original issued by the Principals of Institutions are acceptable where Boards/Universities have not yet issued certificates. Certified true copies or photostat copies of such certificates will not be accepted. In exceptional cases, the Commission may consider a candidate who does not possess the prescribed qualifications if their qualifications are deemed adequate by the Commission. Candidates appearing in the 11th Class exam are not eligible for this examination. Those who are allowed to appear in the examination but have not yet qualified the 12th Class or equivalent examination must submit proof of passing by the prescribed date, with no extensions granted for delays in Board/University Examinations or result declarations. Candidates debarred by the Ministry of Defence from holding any type of Commission in the Defence Services are not eligible for admission to the examination, and their candidature will be canceled if admitted. Candidates who have previously failed the CPSS/PABT are now eligible for Air Force in Ground Duty branches if they indicate their willingness in the Online Application Form available on the Commission's website.

**Conditions of Eligibility:** A candidate must be an unmarried male or female and must be either a citizen of India, a subject of Nepal, or a person of Indian origin who has migrated from Pakistan, Burma, Sri Lanka, or East African countries including Kenya, Uganda, the United Republic of Tanzania, Zambia, Malawi, Zaire, Ethiopia, or Vietnam with the intention of permanently settling in India. For candidates falling under the categories of a subject of Nepal or a person of Indian origin, a certificate of eligibility issued by the Government of India is required, except for Gorkha subjects of Nepal who are not required to provide this certificate.

Candidates must be born not earlier than July 2, 2005, and not later than July 1, 2008, to be eligible. The date of birth accepted by the Commission will be that recorded in the Matriculation or Secondary School Leaving Certificate or in a certificate recognized by an Indian University as equivalent to Matriculation. Certificates related to age, such as horoscopes, affidavits, or birth extracts from Municipal Corporations, will not be accepted. The date of birth as recorded in the Matriculation or equivalent certificate must be accurate, and no changes will be permitted after submission of the application. In the event of an inadvertent error in the date of birth in the Online Application Form, a request for correction can be made along with supporting documents, but only up to the date of the National Defence Services & Naval Academy (I) Examination. All communications regarding this should include the name and year of the examination, registration ID, roll number (if received), the candidate's full name in block letters, complete postal address, and a valid, active email ID.

Candidates should exercise due care when entering their date of birth in the Online Application Form. Disciplinary action may be taken if a discrepancy is found at any subsequent stage. Once the online application form is submitted, no additions, deletions, or changes are allowed after the closure of the modification window. Candidates must also undertake not to marry until they complete their full training. A candidate who marries after applying, regardless of success in the examination, will not be selected for training. Similarly, a candidate who marries during training will be discharged and will be liable to refund all expenditure incurred by the Government.

All candidates who have successfully qualified in the written examination are required to register themselves online on the Directorate General of Recruiting website, using the same email ID provided to UPSC during their online application. Candidates must ensure that their email IDs are valid and active. After registration, candidates will be allotted Selection Centres through the aforementioned website. For any issues or queries, candidates should contact the Directorate General of Recruiting through the provided telephone numbers or via the feedback/query module on their profile.



Candidates who have passed the written test do not need to submit their original certificates of age and educational qualifications to the Directorate General of Recruiting or the Naval Headquarters. However, all candidates called for the SSB interview must bring their original Matriculation Certificate or an equivalent examination certificate. Candidates who have passed the 10+2 examination must also bring their original 10+2 pass certificate or mark sheet to the SSB interview. Original documents will be verified and returned after the interview. If any claims made by the candidates are found to be incorrect, they may face disciplinary action from the Commission. This includes various offenses such as obtaining support through illegal means, impersonation, submitting false documents, using unfair means during the examination, misbehaving in the examination hall, or possessing electronic devices. Those found guilty of such offenses will be disqualified from the examination and may face further penalties, including being barred from future examinations or government employment. No penalty will be imposed without first giving the candidate an opportunity to make a representation in writing and considering any representation submitted. Additionally, anyone found colluding with candidates in committing or abetting such misdeeds will also be subject to similar actions.

The Commission will not enter into correspondence with candidates regarding their candidature except in specific circumstances. Eligible candidates will receive an e-Admit Card seven days before the examination, which will be available for download from the UPSC website. Candidates must have their Registration ID, Date of Birth, or Roll Number (if received) to download the e-Admit Card. No Admit Card will be sent by post. If a candidate does not receive the e-Admit Card or any other communication about their candidature before the examination, they should immediately contact the Commission. Information regarding this can be obtained from the Facilitation Counter at the Commission's Office either in person or by phone. If the Commission does not receive communication from the candidate regarding the non-receipt of the e-Admit Card before the examination, the candidate will be responsible for not receiving it.

Candidates must hold a certificate of admission for the examination; therefore, it is crucial to check the e-Admit Card for errors and report any discrepancies to UPSC immediately. Admission to the examination is provisional and subject to verification of eligibility conditions. If a candidate receives an e-Admit Card for another candidate due to a processing error, they should notify the Commission to receive the correct e-Admit Card. The decision of the Commission regarding the acceptance of applications and eligibility is final. Sometimes, the name on the e-Admit Card may be abbreviated due to technical reasons. Candidates must ensure that their email IDs given in the online applications are valid and active.

All communications to the Commission must include specific details: name and year of the examination, Registration ID, Roll Number (if received), full name in block letters, and postal address as given in the application. Communications lacking these details may not be addressed. Any correspondence received after the examination without the candidate's full name and roll number will be ignored. Candidates who have changed their address after submitting their applications should promptly notify the new address to the appropriate headquarters based on their first choice of service: Army Headquarters for Army candidates, Naval Headquarters for Naval Academy candidates, and Air Headquarters for Air Force candidates. Failure to comply with this instruction may result in the candidate not receiving the summons letter for the Services Selection Board interview. After clearing the written examination, candidates should log on to the relevant websites to check their SSB Centre and interview date: [www.joinindianarmy.nic.in](http://www.joinindianarmy.nic.in), [www.joinindiannavy.gov.in](http://www.joinindiannavy.gov.in), and for Air Force candidates, also register on [www.joinindianarmy.nic.in](http://www.joinindianarmy.nic.in) for AFSB and date selection.

Candidates whose names have been recommended for an interview by the Services Selection Board should address any enquiries or requests related to their interview by contacting the respective service headquarters or visiting their websites after 20 days from the announcement of the written results. For those with the Army as their first choice, enquiries should be directed to Army Headquarters, AG's Branch, RTG (NDA Entry), West Block-III, Wing-1, R.K. Puram, New Delhi – 110 066, or through the website [joinindianarmy.nic.in](http://joinindianarmy.nic.in). Candidates with the Navy/Naval Academy as their first choice should contact Naval Headquarters, Directorate of Manpower & Recruitment, O.I. & R. Section, Room No. 204, 'C' Wing, Sena Bhavan, New Delhi-110011, or by email at [officer@navy.gov.in](mailto:officer@navy.gov.in) and through the website [joinindiannavy.gov.in](http://joinindiannavy.gov.in). Those with the Air Force as their first choice should reach out to Dte of Personnel (Officers), Air Headquarters, (VB) Room No 838, 'A' Block, Defence Offices Complex, Kasturba Gandhi Marg, New Delhi-110001, or by phone at 23010231 Extn 7645/7646/7610.

Candidates are required to report for the SSB interview on the date mentioned in their call-up letter. Requests for postponing the interview will only be considered under exceptional circumstances and if administratively convenient, with the Army Headquarters being the sole deciding authority. Such requests should be addressed to the Administrative Officer of the Selection Centre from where the call letter was received. No action will be taken on letters sent to the Army, Navy, or Air Headquarters. SSB interviews for candidates who have qualified in the written examination are expected to take place between July and September, or as scheduled by the Recruiting Directorate. For information regarding the merit list, joining instructions, or any other queries related to the selection process, candidates should visit the website [www.joinindianarmy.nic.in](http://www.joinindianarmy.nic.in).

The Union Public Service Commission will prepare a list of candidates who achieve the minimum qualifying marks in the written examination, as determined by the Commission. Those who qualify will appear before a Services Selection Board for an Intelligence and Personality Test. Candidates for the Army/Navy wings of the NDA and the 10+2 Cadet Entry Scheme of the Indian Naval Academy will be assessed on their potential to be officers. Additionally, candidates for the Air Force will need to pass the Computerised Pilot Selection System (CPSS), and those with the Air Force as one of their choices will undergo CPSS if they qualify the SSB and are willing.

A two-stage selection procedure, including a Psychological Aptitude Test and an Intelligence Test, has been introduced at Selection Centres/Air Force Selection Boards/Naval Selection Boards. All candidates will undergo a stage-one test on the first day of reporting. Only those who pass stage one will proceed to stage two and additional tests. Candidates who advance to stage two must submit their original certificates and one photocopy each of their Matriculation pass certificate or equivalent for date of birth verification, and their 10+2 pass certificate or equivalent for educational qualification.

Candidates who participate in the Services Selection Board tests do so at their own risk and cannot claim any compensation or relief from the Government for any injuries sustained during the tests. Parents or guardians of candidates must sign a certificate acknowledging this condition.

Candidates for the Army/Navy/Naval Academy and Air Force must meet the minimum qualifying marks separately in both the written examination and the Officer Potentiality Test, as determined by the Services Selection Board. Additionally, candidates for the Air Force and those who qualify for the flying branch must separately qualify the CPSS. Qualified candidates will then be listed in a single combined list based on their total marks from the written examination and Services Selection Board tests. Final selection and allocation for admission to the Army, Navy, Air Force, or the 10+2 Cadet Entry Scheme of the Indian Naval Academy will depend on the number of available vacancies, eligibility, medical fitness, and merit-cum-preference of the candidates. Candidates eligible for multiple Services/Courses will be considered based on their order of preference. Once allocated to a Service/Course, they will not be considered for other remaining Services/Courses.

It is important to note that every candidate for the Air Force's flying branch undergoes the Computerised Pilot Selection System (CPSS) only once. The grades from this test are valid for all subsequent interviews with the Air Force Selection Board. Candidates who fail the CPSS cannot apply for admission to the National Defence Academy Examination for the flying branch of the Air Force or the General Duties (Pilot) Branch or Naval Air Arm. Those who have previously taken the CPSS should apply for the Air Force Wing only if they have been notified of having qualified. If a candidate has failed or not been tested for CPSS, they may be considered for the Ground Duty branch of the IAF, Navy, Army, and NAVAC based on their choices.

The form and manner of communicating the examination results to individual candidates will be decided by the Commission at its discretion, and the Commission will not engage in correspondence regarding the results. Success in the examination does not guarantee admission to the Academy; candidates must demonstrate to the appointing authority that they are suitable in all respects for admission.

Candidates who were admitted to an earlier course at the National Defence Academy or the 10+2 Cadet Entry Scheme of the Indian Naval Academy but were removed due to a lack of officer-like qualities or for disciplinary reasons will not be considered for readmission to the Academy. However, candidates who were previously withdrawn from the National Defence Academy or the Indian Naval Academy on

medical grounds or who voluntarily left the Academy may be eligible for readmission, provided they meet the medical and other prescribed conditions.

Details regarding the examination scheme and syllabus, guidelines for filling out the online Application Form, special instructions for objective-type tests, physical standards for admission to the National Defence Academy and the Naval Academy, and brief particulars about the services for candidates joining these academies are provided in Appendices I, II, III, IV, and V, respectively.

The scheme of the examination outlines that the written examination will consist of Mathematics and General Ability Test, with respective durations of  $2\frac{1}{2}$  hours each and maximum marks of 300 and 600. This totals to 900 marks, with an additional 900 marks allocated for the SSB Test/Interview. The papers for all subjects will be in the form of objective-type questions only, and the question papers for Mathematics and part "B" of the General Ability Test will be provided bilingually in Hindi and English. Questions will involve the metric system of weights and measures where necessary. Candidates are required to write their answers by hand, and the use of a scribe is not permitted. The Commission reserves the right to set qualifying marks for any or all subjects in the examination. Candidates are not allowed to use calculators or mathematical or logarithmic tables during the examination and should not bring these items into the examination hall.

The syllabus for Paper-I of the examination, which covers Mathematics, is extensive and detailed. It includes Algebra, where candidates will need to understand the concept of sets, operations on sets, Venn diagrams, De Morgan laws, Cartesian products, relations, and equivalence relations. The representation of real numbers on a line, complex numbers with their basic properties, modulus, argument, and cube roots of unity are also included. Knowledge of the binary system, conversion between decimal and binary systems, arithmetic, geometric, and harmonic progressions, quadratic equations with real coefficients, and the solution of linear inequalities of two variables by graphs is required. Additionally, candidates should be proficient in permutations and combinations, the binomial theorem and its applications, and logarithms and their applications.

Matrices and determinants cover the types of matrices, operations on matrices, determinants of matrices, and their basic properties. Understanding the adjoint and inverse of square matrices and their applications in solving systems of linear equations using Cramer's rule and matrix methods is essential.

Trigonometry will involve angles and their measures in degrees and radians, trigonometric ratios, identities, sum and difference formulae, multiple and sub-multiple angles, and inverse trigonometric functions, with applications including height and distance and properties of triangles.

Analytical Geometry of two and three dimensions includes the Cartesian coordinate system, distance formula, equations of lines, circles, parabolas, ellipses, and hyperbolas, eccentricity and axis of a conic, and points in three-dimensional space, including direction cosines and ratios, and the equations of planes and spheres.

Differential Calculus covers real-valued functions, domain, range, graphs, composite functions, one-to-one, onto, and inverse functions, limits, continuity, and derivatives. It also includes derivatives of functions, their applications in problems of maxima and minima, and second-order derivatives.

Integral Calculus and Differential Equations include integration as the inverse of differentiation, integration by substitution and parts, and the evaluation of definite integrals. It also covers the definition of order and degree of differential equations, formation, and solution of first-order and first-degree differential equations, with applications in problems of growth and decay.

Vector Algebra involves vectors in two and three dimensions, their magnitudes and directions, unit and null vectors, vector addition, scalar multiplication, scalar product, and vector product. Applications include work done by a force and the moment of a force, as well as geometric problems.

Statistics and Probability cover the classification of data, frequency distribution, cumulative frequency distribution, graphical representations like histograms and pie charts, measures of central tendency

such as mean, median, and mode, variance, standard deviation, correlation, and regression. Probability topics include random experiments, outcomes, sample space, events, and the definitions of probability, including classical and statistical approaches, elementary theorems, conditional probability, Bayes' theorem, random variables, and binomial distribution with examples of random experiments.

Paper-II of the examination, known as the General Ability Test, encompasses a broad range of topics and is divided into two main parts: English and General Knowledge. Part 'A' focuses on English and is designed to assess the candidate's understanding of the language and their proficiency in using it effectively. This section evaluates grammar, vocabulary, comprehension, and cohesion in extended texts. Part 'B' covers General Knowledge, which is further divided into several sections. Section 'A' on Physics includes topics such as physical properties and states of matter, density, pressure, motion, force, and Newton's laws of motion. It also covers gravitation, work, power, energy, heat effects, sound waves, light propagation, and basic electrical principles. Section 'B' on Chemistry deals with physical and chemical changes, elements, mixtures, symbols, and chemical equations. It also covers properties of gases, preparation of various elements, and basic concepts like valency and atomic weights. Section 'C' on General Science explores the difference between living and non-living things, cell structure, human body functions, common epidemics, and the solar system. Section 'D' encompasses history and political science, including Indian history, the freedom movement, and the basics of the Indian Constitution and Five Year Plans. It also addresses global historical events such as the Renaissance, various revolutions, and the impact of science and technology on society. Section 'E' on Geography covers the Earth's shape, movements, weathering, earthquakes, ocean currents, atmospheric conditions, climate types, and regional geography of India. Lastly, Section 'F' on Current Events tests knowledge of recent significant events in India and worldwide, as well as prominent personalities in various fields. Each section of Part 'B' has a specific weightage, with Physics, Chemistry, and History having significant portions of the total marks, while Geography and Current Events also play important roles.

The Selection Board Service (SSB) procedure for evaluating candidates consists of a two-stage process: Stage I and Stage II. Candidates who successfully clear Stage I are permitted to proceed to Stage II. Stage I includes the Officer Intelligence Rating (OIR) tests and the Picture Perception & Description Test (PP&DT). Selection at this stage is based on the combined performance in these tests. Stage II, which takes place over four days, involves a series of assessments including an interview, Group Testing Officer (GTO) tasks, psychological tests, and a final conference. The evaluation in Stage II is conducted by three different assessors: the Interviewing Officer (IO), the Group Testing Officer (GTO), and the Psychologist. Each of these assessors evaluates the candidate's performance holistically across all tests without a separate weightage for each test. Marks are allotted by considering the overall performance of the candidate in all assessments, including the Conference, which contributes to the final recommendation. The tests are designed to assess the presence or absence of Officer Like Qualities and the candidate's trainability. Based on these evaluations, candidates are either recommended or not recommended for further consideration.

Candidates seeking admission to the National Defence Academy must meet the prescribed physical standards, as detailed in the existing guidelines. These guidelines are subject to change, and many qualified candidates are rejected later on medical grounds. To avoid disappointment, candidates are advised to undergo a medical examination before submitting their applications. This examination will help identify and rectify minor defects or ailments, which can expedite the final medical examination conducted at the Military Hospital after being recommended by the Services Selection Board (SSB).

Common defects and ailments that could affect eligibility include wax in the ears, deviated nasal septum, hydrocele or phimosis, overweight or underweight conditions, undersized chest, piles, gynecomastia, tonsillitis, and varicocele. Permanent body tattoos are permitted only on the inner face of the forearm, from the inside of the elbow to the wrist, and on the reverse side of the palm or back of the hand. Tattoos on any other part of the body are not acceptable, and candidates with such tattoos will be barred from further selection. Exceptions may be made for tribal candidates with traditional tattoos on the face or body, on a case-by-case basis, as determined by the Commandant of the Selection Centre.

Civilian candidates appearing for any type of commission in the Armed Forces are entitled to outpatient treatment for injuries sustained or diseases contracted during the examination by the Selection Board.

They are also eligible for inpatient treatment at public expense in the officer's ward of a hospital if the injury occurred during the tests, if the disease was contracted during the examination and there is no suitable accommodation in a local civil hospital, or if the Medical Board requires hospitalization for observation. However, they are not entitled to special nursing.

Candidates recommended by the SSB will undergo a medical examination conducted by a Board of Service Medical Officers. Only those declared fit by the Medical Board will be admitted to the academy. The proceedings of the Medical Board are confidential and will not be disclosed. Candidates declared unfit will be informed by the President of the Medical Board and will be given instructions on how to request an Appeal Medical Board. If the candidate remains unfit after the Appeal Medical Board, they will be informed about the option to request a Review Medical Board.

Medical standards and procedures for the Army, Navy, and Air Force (including Flying Branch and Ground Duty Branch) are detailed in the respective annexures available on the official websites of the Army, Air Force, and Navy. The Directorate General of Recruiting has no involvement in the Medical Boards, and the procedures advised by the competent medical authorities will be strictly followed.

The medical examination of female candidates for admission to the National Defence Academy follows the same general methods and principles as for male candidates, with some specific considerations. A detailed menstrual, gynecological, and obstetric history is obtained from the candidate through a questionnaire. The examination includes a thorough physical and systemic assessment, conducted by a Lady Medical Officer or Lady Gynecologist. This examination involves inspecting the external genitalia, hernial orifices, perineum, and checking for any signs of stress urinary incontinence or genital prolapse outside the introitus, as well as evidence of breast lumps or galactorrhea.

For unmarried female candidates, a speculum or per vaginal examination is not performed. An ultrasound scan of the abdomen and pelvis is mandatory during the initial medical examination. Any abnormalities in the external genitalia are evaluated on a case-by-case basis. Significant hirsutism, especially with male-pattern hair growth and radiological evidence of Polycystic Ovary Syndrome (PCOS), can lead to rejection.

Certain conditions will result in a female candidate being declared unfit, including primary or secondary amenorrhea, severe menorrhagia or dysmenorrhea, stress urinary incontinence, congenital elongation or prolapsed cervix, pregnancy, complex ovarian cysts of any size, simple ovarian cysts larger than six cm, endometriosis, adenomyosis, submucous fibroids of any size, fibroids causing pressure on the ureter, single fibroid uterus larger than three cm or multiple fibroids causing distortion of the endometrial cavity, congenital uterine anomalies (except arcuate uterus), acute or chronic pelvic infections, disorders of sexual differentiation, and any other condition deemed unfit by the gynecologist.

Conversely, conditions considered fit include a unilocular clear ovarian cyst up to six cm and minimal fluid in the pouch of Douglas. Candidates who have undergone laparoscopic surgery or laparotomy can be accepted as fit if they are asymptomatic, with normal ultrasound findings, benign histopathology of removed tissues, and no evidence of endometriosis. Fitness is considered twelve weeks after laparoscopic surgery, once the wound has fully healed, and one year after laparotomy.

The primary responsibility of the Armed Forces is to defend the nation's territorial integrity, which requires maintaining readiness for war and being prepared to assist civil authorities during disasters. To achieve these objectives, the Armed Forces personnel undergo rigorous training and must exhibit robust mental and physical health. This ensures their ability to endure the intense stress and strain associated with service conditions, including operations in adverse terrain, challenging climates, and remote areas with limited medical facilities. A medically unfit individual could not only deplete valuable resources but also endanger the lives of fellow team members during operations. Hence, only medically fit candidates are selected for training to prepare for war.

The Armed Forces Medical Services are tasked with ensuring that only medically fit individuals are admitted into the Armed Forces. Regardless of their occupational specialty, unit assignment, age, or gender, all personnel must meet a basic level of medical fitness when inducted. This baseline fitness

allows for further training in more physically demanding roles or assignments, thereby enhancing overall combat readiness.

Medical examinations are conducted with meticulous care by Armed Forces Medical Services Officers, who are trained to understand the specific working conditions of the Armed Forces. These examinations are finalized by a Board of Medical Officers, and their decision is considered final. In cases where there is uncertainty regarding a disease, disability, injury, or genetic disorder observed during enrolment or commissioning, the benefit of doubt is given to the candidate.

**Medical standards for officer entries into the Army are provided as general guidelines:** acknowledging that they may evolve with advances in scientific knowledge and changes in the Armed Forces' working conditions due to new equipment or trades. These guidelines are periodically updated through policy letters by competent authorities, and decisions are made by Medical Officers, Specialist Medical Officers, and Medical Boards based on these principles.

To be deemed 'Medically fit,' a candidate must be in good physical and mental health, free from any disease, syndrome, or disability that could interfere with military duties in various terrains, climates, and conditions, including remote areas with no medical facilities. The candidate should also be free from conditions requiring frequent medical visits or the use of aids or drugs.

Specifically, the following criteria must be met:

The candidate should be in good health with no evidence of a weak constitution, imperfect development of any system, congenital deformities, diseases, syndromes, or malformations.

There should be no swelling, tumors, cysts, or swollen lymph nodes, nor any sinuses or fistulae.

The candidate should not have any skin conditions involving hyperpigmentation, hypopigmentation, or other diseases.

There should be no hernias, scars that impair functioning or cause significant disfigurement, or arterio-venous malformations.

Malformations of the head and face, including asymmetry, deformities from fractures, or scars indicating old surgeries, are unacceptable.

Vision impairment, including issues with color perception and field of vision, is not allowed.

Hearing impairment or deformities in the vestibulo-cochlear system are disqualifying.

Speech impediments of any origin will result in disqualification.

There should be no disease, disability, or congenital anomalies of the nasal structures, including nasal polyps, deformities, or chronic tonsillitis.

Diseases or disabilities affecting the throat, palate, tonsils, gums, or mandibular joints are not acceptable.

The heart and blood vessels must be free of disease, including congenital, genetic, organic conditions, hypertension, and conduction disorders.

There should be no evidence of pulmonary tuberculosis or other chronic lung diseases, including allergies, immunological conditions, or musculoskeletal deformities of the chest. The digestive system should be free of diseases, including abnormalities of the liver, pancreas, and endocrine or genetic disorders. Endocrinal, reticuloendothelial, and genito-urinary systems should not have diseases, malformations, or atrophy/hypertrophy of organs or glands. There should be no active, latent, or congenital venereal diseases. Mental health conditions, including epilepsy, incontinence

of urine, or enuresis, will be disqualifying. Musculoskeletal system and joints, including the skull, spine, and limbs, should be free from disease or deformity. There should be no congenital or hereditary diseases or syndromes.

Psychological examinations are part of the SSB selection process. Any abnormal traits observed during the medical examination will be grounds for rejection.

Based on the outlined guidelines, certain medical conditions commonly lead to rejection. These include musculoskeletal deformities of the spine, chest, and pelvis, such as scoliosis, torticollis, kyphosis, deformities of the vertebrae, ribs, sternum, clavicle, and other bones, as well as mal-united fractures, deformed limbs, fingers, toes, and congenital spinal deformities. Deformities of the limbs, including deformed joints like cubitus valgus or varus, knock knees, bow legs, hypermobile joints, amputated toes or fingers, and shortened limbs, also lead to rejection.

In terms of vision and eye conditions, issues like myopia, hypermetropia, astigmatism, lesions of the cornea, lens, or retina, squint, and ptosis are disqualifying. Hearing impairments, substandard hearing capability, lesions of the pinna, tympanic membranes, or middle ear, deviated nasal septum, and congenital abnormalities of the lips, palate, peri-auricular sinuses, and lymphadenitis of the neck are also grounds for rejection. Specifically, hearing capacity should be 610 cm for conversational voice and forced whispering in each ear.

Dental conditions that can lead to rejection include incipient pathological conditions of the jaws that are progressive or recurrent, significant discrepancies between the upper and lower jaw affecting mastication or speech, symptomatic temporomandibular joint clicking and tenderness, a mouth opening of less than 30 mm, dislocation of the TMJ on wide opening, potentially cancerous conditions, submucous fibrosis with or without restriction of mouth opening, poor oral health such as visible calculus, periodontal pockets, bleeding gums, and loose teeth (more than two mobile teeth). Cosmetic or post-traumatic maxillofacial surgery or trauma renders a candidate unfit for at least 24 weeks from the date of surgery or injury, whichever is later. Malocclusion of teeth affecting mastication, oral hygiene, nutrition, or efficient performance of duties can also lead to rejection.

Chest conditions leading to rejection include tuberculosis or evidence of tuberculosis, lesions of the lungs, heart, and musculoskeletal lesions of the chest wall. For the abdomen and genitourinary system, conditions such as hernia, undescended testis, varicocele, organomegaly, solitary or horseshoe kidney, cysts in the kidneys or liver, gall bladder stones, renal and ureteric stones, lesions or deformities of urogenital organs, piles, sinuses, and lymphadenitis are disqualifying. Nervous system issues such as tremors, speech impediments, and imbalance are also grounds for rejection. Skin conditions including vitiligo, hemangiomas, warts, corns, dermatitis, skin infections, growths, and hyperhidrosis can also lead to disqualification.

For entry into the Armed Forces, female candidates must meet a minimum height requirement of 152 cm. However, Gorkhas and candidates from the Hills of the North Eastern region of India, Garhwal, and Kumaon are accepted with a minimum height of 148 cm. An allowance of 2 cm for growth is provided for candidates who are below 18 years old at the time of examination. For the Flying Branch, the minimum height requirement is 163 cm, with additional anthropometric standards such as sitting height, leg length, and thigh length also applied.

The weight for height charts used for all categories of personnel are based on Body Mass Index (BMI). These charts specify the minimum acceptable weight for candidates of a given height. Weights below the minimum specified are not acceptable. The maximum acceptable weight is categorized by age. Weights above the acceptable limit may be permitted for candidates with documented evidence of participation in body building, wrestling, or boxing at the national level. In such cases, the following criteria must be met: the Body Mass Index (BMI) should be below 25; the Waist-Hip Ratio should be below 0.9 for males and 0.8 for females; the Waist Circumference should be less than 90 cm for males and 80 cm for females; and all biochemical metabolic parameters should be within normal limits.

For candidates below 17 years of age, height and weight guidelines will be followed as per the "Indian Academy of Paediatrics growth charts for height, weight, and BMI for 5 to 16 years old children," which are amended from time to time.

The weight for height charts mentioned apply to all categories of personnel and are based on Body Mass Index (BMI). These charts specify the minimum acceptable weight for candidates of a particular height, with weights below the minimum not being acceptable. The maximum acceptable weight is categorized by age, and weights exceeding the acceptable limit may be permitted for candidates with documented evidence of participation in body building, wrestling, or boxing at the national level. In such cases, the Body Mass Index (BMI) must be below 25; the Waist-Hip Ratio should be below 0.9 for males and 0.8 for females; Waist Circumference should be less than 90 cm for males and 80 cm for females; and all biochemical metabolic parameters must be within normal limits. For candidates below 17 years of age, height and weight will follow the guidelines set by the 'Indian Academy of Paediatrics growth charts for height, weight, and BMI for 5 to 16 years old children,' as updated.

The minimum height required for male and female candidates entering the Armed Forces is 157 cm, or as decided by the respective recruiting agency. However, Gorkhas and candidates from the Hills of the North Eastern region of India, Garhwal, and Kumaon are accepted with a minimum height of 152 cm. An allowance of 2 cm for growth is provided for both male and female candidates below 18 years old at the time of examination. The minimum height requirement for the Flying Branch is 163 cm, with additional anthropometric standards such as sitting height, leg length, and thigh length also required.

For all officer entries and pre-commission training academies, the following investigations will be carried out: a complete haemogram, urine routine examination (RE), chest X-ray, and ultrasound of the abdomen and pelvis. The examining medical officer or medical board may request any additional investigations deemed necessary.

The standards for vision vary depending on the type of entry and the age of the candidate. For 10+2 entries, NDA (Army), TES, and equivalent, the maximum uncorrected vision allowed is 6/36 in each eye, with best corrected visual acuity (BCVA) of 6/6 in both eyes. For graduate and equivalent entries such as CDSE, IMA, OTA, UES, NCC, TGC, and others, the uncorrected vision allowed is 6/60 in each eye, with BCVA also at 6/6 in both eyes. For postgraduate and equivalent entries like JAG, AEC, APS, RVC, TA, AMC, ADC, SL, and similar, the maximum uncorrected vision is 3/60 in each eye, and BCVA should be 6/6 in both eyes.

Myopia limits are stricter with increasing qualifications. For 10+2 entries, myopia must be less than -2.5 diopters (D) spherical, including a maximum astigmatism of  $\pm 2.0$  D cylindrical. For graduate entries, myopia should be less than -3.5 D spherical, with similar astigmatism limits. For postgraduate entries, myopia can be less than -5.5 D spherical, with a maximum astigmatism of  $\pm 2.0$  D cylindrical.

Hypermetropia standards also vary. For 10+2 entries, hypermetropia should be less than +2.5 D spherical, including a maximum astigmatism of  $\pm 2.0$  D cylindrical. For graduate entries, the limit is less than +3.5 D spherical, and for postgraduate entries, it should be less than +3.5 D spherical as well, with similar astigmatism limits.

Lasik or equivalent kerato-refractive procedures are not permitted for 10+2 entries but are allowed for graduate and postgraduate entries, subject to specific conditions. Candidates who have undergone such procedures must provide a certificate or operative notes specifying the date and type of surgery. Without this certificate, candidates may be rejected with a specific endorsement of "Unfit due to undocumented Visual Acuity corrective procedure."

To be considered fit post-Lasik, candidates must meet several criteria: they should be over 20 years old at the time of surgery, have undergone the procedure at least 12 months prior, possess a central corneal thickness of at least 450 micrometers, an axial length by IOL Master of 26 mm or less, and residual refraction of  $\pm 1.0$  D or less (provided this is acceptable in the applied category). Additionally, the retina should be healthy, and corneal topography and ectasia markers may be included as additional criteria.



Candidates who have undergone radial keratotomy are permanently unfit 10. Form to be used for medical board proceedings is AFMSF-2A. 11. Procedure of Medical Examination Board: Medical Examination Board for selection for officers and pre-commissioning training academies are convened at designated Armed Forces Medical Services Hospitals near Service Selection Boards (SSB). These Medical Boards are termed as 'Special Medical Board' (SMB). Candidates who clear SSB interview are referred to Armed Forces Medical Services Hospital with identification documents. Staff Surgeon of Hospital will identify the candidate, guide the candidate to fill the relevant portions of the AFMSF2, organize investigations and examination by Medical, Surgical, Eye, ENT, Dental specialists. Female candidates are examined by Gynaecology Specialist also. After examination by Specialists, the candidate is brought before Medical Board. Medical Board once satisfied with findings of Specialists will declare fitness of candidate. If any candidate is declared 'Unfit' by SMB, such candidates can request for 'Appeal Medical Board' (AMB). Detailed procedure for AMB will be provided by President SMB. 12. Miscellaneous aspects: (a) Clinical methods of examinations are laid down by O/O DGAFMS. (b) Female candidates will be examined by female medical officers and specialists. In case of non availability they will be examined by Medical Officer in the presence of female attendant. (c) Fitness following surgery: Candidates may be declared fit after surgery. However, there should not be any complication; scar should be healthy, well healed and attained required tensile strength. The candidate shall be considered fit after 01 year of open/laparoscopic surgeries for hernia and twelve weeks of laparoscopic abdominal surgery for cholecystectomy. For any other surgery, fitness shall be considered only after 12 weeks of the laparoscopic surgery and 12 months after an open surgery. Candidate shall be unfit for any surgeries for injuries, ligament tear, and meniscus tear of any joint, irrespective of duration of surgery

For officer entries into the Navy, candidates recommended by the Services Selection Board (SSB) will undergo a medical examination conducted by a Board of Service Medical Officers. Only candidates declared fit by this Medical Board will be admitted to the Academy. Candidates who are declared unfit will be informed by the President of the Medical Board about their results and the procedure for an Appeal Medical Board (AMB). The AMB must be completed within 42 days of the Special Medical Board.

If a candidate is declared unfit by the Appeal Medical Board, they may request a Review Medical Board (RMB) within one day of the AMB's completion. The President of the AMB will provide information on the procedure for challenging the AMB's findings. Candidates are also informed that the sanction for holding an RMB is at the discretion of the Directorate General of Armed Forces Medical Services (DGAFMS), based on the merit of the case, and an RMB is not an automatic right. If a candidate wishes to request an RMB, they must address their request to the Directorate of Medical Policy and Revalidation (DMPR), Integrated Headquarters Ministry of Defence (Navy), Sena Bhawan, Rajaji Marg, New Delhi – 110011, and provide a copy to the President of the AMB. The DGAFMS office will inform the candidate about the date and location of the RMB, which will be held in Delhi or Pune only.

During the Special Medical Board, the following mandatory investigations will be conducted: a complete haemogram, urine routine examination/microscopy, chest X-ray in the posteroanterior view, ultrasound of the abdomen and pelvis, liver function tests, renal function tests, X-ray of the lumbosacral spine in anterior-posterior and lateral views, and an electrocardiogram (ECG). The Medical Officer or Medical Board may also request additional investigations as needed based on the candidate's condition.

For entry into the Navy as an officer, candidates must meet specific physical standards to ensure they are fit for duty. Candidates are required to be in good physical and mental health, free from any disease or disability that could affect their ability to perform duties effectively both ashore and afloat, under both peace and war conditions, and in any part of the world.

Candidates should not show any signs of a weak constitution, bodily defects, or underweight. Additionally, they should not be overweight or obese. These standards are designed to ensure that all candidates can handle the physical demands of naval service and perform their duties efficiently.

For male candidates entering the Navy as officers, there are specific weight and height standards. The minimum and maximum weight for height are standardized for all personnel. Candidates with a weight

below the minimum specified will not be accepted. However, candidates with a weight higher than the specified limit may be considered in exceptional cases, particularly those with documented evidence of body building, wrestling, boxing, or a muscular build. For such candidates, the following criteria must be met: the Body Mass Index should not exceed 25, the Waist to Hip Ratio should be less than 0.9, and all biochemical parameters, including fasting and post-prandial blood sugar, blood urea, creatinine, cholesterol, and HbA1C%, should be within normal limits. Fitness determination must be conducted by a Medical Specialist.

The minimum acceptable height for male candidates is 157 cm. However, certain relaxations are permissible for candidates from specific regions and exceptionally talented sports individuals. The minimum height requirement for candidates from the Ladakh region, Andaman & Nicobar Islands, Lakshadweep, Minicoy Islands, Gorkhas, Nepali, Assamese, Garhwali, Kumaoni, Uttarakhand, Bhutan, Sikkim, and the North East Region is 152 cm. Additionally, exceptionally talented sports candidates may be accepted with a minimum height of 155 cm.

Notes for Female Candidates:- (a) The minimum and maximum weight for height will be standard for all categories of personnel. Candidates with weight below the minimum specified will not be accepted. (b) Candidates with weight higher than specified will be acceptable only in exceptional circumstances in case of candidates with documented evidence of body building, Wrestling, boxing or muscular build. In such cases, the following criteria are to be met : (i) Body Mass Index should not be more than 25. (ii) Waist : Hip Ratio less than 0.8 for female. (iii) All biochemical parameters such as blood sugar Fasting and Post Prandial, blood urea, creatinine, cholesterol, HbA1C%, etc are within normal limits. (c) The fitness can only be given by a Medical Specialist. (d) The minimum acceptable height for female Candidates is 152 cms. However, relaxation in height is permissible to candidates holding domicile of areas as mentioned below: Srl No. Category Minimum Height for Female Candidates (i) Tribals from Ladakh Region 150 Cm (ii) Andaman& Nicobar, Lakshdweep and Minicoy Islands 150 Cm (iii) Gorkhas, Nepali, Assamese, Garhwali, Kumaoni and Uttarakhand 147 Cm (iv) Bhutan, Sikkim & North East Region 147 Cm (e) The above relaxation in height will not be applicable to candidates seeking entry as officers into the Navy in Pilot/ Observer specialisations of the Executive branch. 51 6. During the medical examination of candidates, the following principal points will be ensured:- (a) The candidate is sufficiently intelligent, although the responsibility on this point rests with the Enrolling Officer. The Medical Officer will bring to the Enrolling Officer's notice any deficiency he/she may observe during the examination. (b) The hearing is good and that there is no sign of any disease of ear, nose or throat. (c) Vision in either eye is up to the required standard. His/ her eyes are bright, clear and with no obvious squint or abnormality. Movements of eye balls should be full and free in all directions. (d) Speech is without impediment. (e) There is no glandular swelling. (f) Chest is well formed and that his/her heart and lungs are sound. (g) Limbs of the candidates are well formed and fully developed. (h) There is no evidence of hernia of any degree or form. (j) There is free and perfect action of all the joints. (k) Feet and toes are well formed. (l) Absence of any congenital malformation or defects. (m) He/she does not bear traces of previous acute or chronic disease pointing to an impaired constitution. (n) Presence of sufficient number of sound teeth for efficient mastication. (p) Absence of any disease of the Genito-Urinary tract.

Candidates often fail to disclose relevant family medical histories due to ignorance or fear of rejection. In such cases, the Recruiting Medical Officer should document any significant history of conditions such as fits, leprosy, epilepsy, or tuberculosis in the relevant section of AFMSF-2A. A thorough clinical examination is crucial to detect any signs of organic disease or physical deformity. The Recruiting Medical Officer must either reject the candidate or record the condition in the appropriate column if it is of an acceptable nature.

Major defects that typically lead to rejection include weak constitution, imperfect development, congenital malformation, and muscular wasting. It is important to assess muscular wasting based on its impact on function. Malformations of the head, such as deformities resulting from fractures or skull bone depressions, are also grounds for rejection. For scoliosis, a Cobb's angle of 15 degrees at the lumbar spine and 20 degrees at the dorsal spine is the threshold. Scoliosis will be deemed unfit if deformity persists upon full spine flexion with movement restrictions or due to structural abnormalities.

Skeletal deformities, whether hereditary or acquired, that impair bone or joint function are grounds for rejection. However, a rudimentary cervical rib without symptoms is acceptable. Asymmetry of the torso or limbs, abnormalities in locomotion, and deformities of the feet and toes also lead to disqualification.

Regarding finger joints, candidates must be examined for hyper-extensibility. Any extension of fingers bending backwards beyond 90 degrees is considered hyper-extensible and unfit. Other joints such as the knee, elbow, spine, and thumb should also be checked for hyper-laxity. Even isolated hyper-extensibility in finger joints can result in rejection due to potential future ailments from strenuous physical training.

For mallet finger, characterized by loss of extensor function at the distal interphalangeal joint, candidates who cannot fully extend the distal phalanx will be deemed unfit. However, candidates with less than 10 degrees of extension lag, without trauma or functional deficits, may be declared fit. Fixed deformities of fingers lead to disqualification.

Polydactyly and simple syndactyly can be assessed for fitness 12 weeks post-operation if there is no bony abnormality, the wound is healed, and the scar is supple. Complex syndactyly and polymazia are grounds for rejection. Hyperostosis Frontalis Interna is acceptable if no other metabolic abnormalities are present.

For healed fractures, all intra-articular fractures, particularly of major joints like the shoulder, elbow, wrist, hip, knee, and ankle, whether or not they have been treated surgically or with implants, are considered unfit. Extra-articular injuries, both with and without post-operative implants, are also deemed unfit. Extra-articular injuries of long bones managed conservatively must be evaluated for issues like soft tissue involvement, alignment problems, mal-union, non-union, or any potential disabilities that might arise under physical stress. Candidates with well-consolidated and remodeled fractures after conservative treatment, showing no malalignment or other issues, may be considered fit at the discretion of the Surgical Specialist or Medical Board.

Cubitus Recurvatum, defined as an elbow hyperextension of greater than 10 degrees, is deemed unfit. Cubitus Valgus is assessed by measuring the carrying angle of the elbow. This measurement involves using a manual goniometer to gauge the angle between the arm and forearm. Though there isn't a uniform method for measuring the carrying angle, it is generally done by identifying bony landmarks on the acromion, medial and lateral epicondyles of the humerus, and the distal radial and ulnar styloid processes. Radiographic evaluation for cubitus valgus is recommended if there is a history of trauma, scarring around the elbow, asymmetry of angles, neurovascular deficits, restricted range of motion, or if deemed necessary by an orthopedic surgeon.

Hyperextension of the elbow joint is a common condition, but if the elbow cannot return to within 10 degrees of the neutral position, it is considered an impairment. Normal elbow extension is 0 degrees, and up to 10 degrees of hyperextension is acceptable if there is no history of trauma. Exceeding 10 degrees of hyperextension is deemed unfit.

For medical standards regarding eye conditions:

Deformities or morbid conditions of the eye or eyelids that could worsen or recur are disqualifying. Manifest squint of any degree, active trachoma or its complications, and visual acuity below prescribed standards are also grounds for disqualification.

For the NDA/NA entry, visual standards require uncorrected vision of 6/12 and corrected vision of 6/6 in both eyes. The limits for myopia are -1.0 D Sph, and for hypermetropia, +2.0 D Sph. Astigmatism is acceptable within these myopia and hypermetropia limits at +1.0 D Cyl. Binocular vision III and color perception I are required.

Candidates who have undergone kerato-refractive surgery (PRK, LASIK, or SMILE) can be considered fit for most branches, except special cadres like submarine, diving, and MARCO, under specific conditions. The surgery must have been performed after the age of 20 and at least 12 months prior to the examination. The candidate must provide a certificate detailing the type of surgery, date, and pre-

operative refractive error. Post-surgery, candidates must meet certain criteria, including an axial length by IOL Master of 26 mm or less, a central corneal thickness of 450 microns or more, and residual refraction of +1.0 D Sph or Cyl. The pre-operative refractive error should not exceed  $\pm 6.0$  D, and retinal examination must be normal. Radial Keratotomy is disqualifying for all branches.

For ptosis, candidates may be considered fit if they have had surgery with no recurrence, a clear visual axis, normal visual fields, and the upper eyelid is at least 2 mm below the superior limbus. Those with mild ptosis, clear visual axis, normal visual fields, and no aberrant degeneration or head tilt may also be considered fit without surgery.

Exotropia is disqualifying. Anisocoria, where the size difference between pupils is greater than 1 mm, is also disqualifying. Heterochromia Iridum is disqualifying. Sphincter tears are acceptable if the size difference between pupils is less than 1 mm, pupillary reflexes are brisk, and no pathology is observed in the cornea, lens, or retina. Pseudophakia is disqualifying. Lenticular opacities that cause visual deterioration or are in the visual axis or within a 7 mm area around the pupils are disqualifying, though small, stationary opacities in the periphery may be acceptable if they do not affect the visual axis or field and are less than 10 in number.

Optic nerve drusen and high cup disc ratio ( $>0.2$ ) with abnormal visual fields are disqualifying. Candidates with keratoconus are disqualified. Lattice degeneration is assessed by extent and presence of holes or flap tears. Disqualifying conditions include single circumferential lattice extending more than two clock hours, two circumferential lattices each more than one clock hour, radial lattices, or lattices with atrophic holes/flap tears. Candidates with a single circumferential lattice without holes, less than two clock hours, or two circumferential lattices each less than one clock hour, or those post-laser with delimitations meeting these criteria, may be considered fit.

For ear, nose, and throat assessments:

**Ear:** Candidates should not have any history of recurrent earache, tinnitus, vertigo, or hearing impairment. Diseases of the external ear such as atresia, exostosis, or neoplasms that prevent a thorough examination of the tympanic membrane are unacceptable. Unhealed perforation of the tympanic membrane, aural discharge, or signs of acute or chronic suppurative otitis media are also grounds for disqualification. Candidates should be able to hear a forced whisper at a distance of 610 cm with each ear separately. Current otitis media will result in rejection. Healed chronic otitis media may be acceptable if it is properly assessed by an ENT specialist and the Pure Tone Audiometry (PTA) and tympanometry are normal. Residual perforation, residual hearing loss, or any type of tympanoplasty beyond Type 1, as well as any implanted hearing devices, will render a candidate unfit. Bony growths in the external auditory canal like exostosis or osteoma will also be grounds for rejection.

**Nose:** Conditions affecting the bones or cartilages of the nose, marked nasal allergy, nasal polyps, atrophic rhinitis, and diseases of the accessory sinuses or nasopharynx will disqualify a candidate. Simple nasal deformities or minor septal deviations that do not interfere with the nasal airway are acceptable, but septal perforations greater than 1 cm or those associated with nasal deformity, crusting, epistaxis, or granulation are grounds for rejection. Nasal polyposis, which is often associated with allergies or infections and may require long-term management, will also result in disqualification.

**Throat:** Diseases affecting the palate, tongue, tonsils, gums, or mandibular joints that impact normal function are disqualifying. Simple tonsil hypertrophy without a history of tonsillitis is acceptable. Any disease of the larynx or impediment of speech, including pronounced stammer, will render a candidate unfit.

For dental conditions, it is essential that candidates have a sufficient number of natural and sound teeth to ensure efficient mastication. A candidate must possess at least 14 dental points to be acceptable. These points are allocated as follows: central incisors, lateral incisors, canines, first premolars, second premolars, and underdeveloped third molars each count for 1 point; first molars, second molars, and fully developed third molars each count for 2 points. Therefore, if all 32 teeth are present, the total count can reach 22 or 20 points, depending on the development of the third molars. Additionally, a candidate must have at least 4 of the 6 anterior teeth and 6 of the 10 posterior teeth in good functional apposition.

in each jaw. All these teeth must be sound or repairable. Severe pyorrhea will result in rejection unless the condition can be cured without extraction of teeth, in which case the candidate may be accepted based on the dental officer's assessment. Artificial dentures are not considered in the dental points calculation.

Regarding the neck, candidates with enlarged glands due to tuberculosis or other diseases, or diseases of the thyroid gland will be rejected. Scars from operations for removing tubercular glands are not a cause for rejection as long as there has been no active disease in the past five years and the chest is clinically and radiologically clear.

For chest conditions, candidates will be rejected for congenital or acquired chest deformities, if chest expansion is less than 5 cm, or if there is significant bilateral or unilateral gynecomastia in males, which can be evaluated for fitness 12 weeks post-operation.

In terms of skin and sexually transmitted infections (STIs), candidates with skin diseases unless they are temporary or trivial, scars that cause disability or marked disfigurement, or hyperhidrosis of the palms, soles, or axillae will be rejected. Congenital, active, or latent STIs are also disqualifying. For old healed scars over the groin or genital areas suggestive of past STIs, blood tests for STIs, including HIV, will be conducted to rule out latent STDs.

For the respiratory system, candidates with a history of chronic cough or bronchial asthma, evidence of pulmonary tuberculosis, or diseases of the bronchi, lungs, or pleurae detected on chest radiological examination will be disqualified. An X-ray of the chest will be carried out on entry into service or at the time of granting a permanent commission for short service commissioned officers.

Regarding the cardiovascular system, candidates with functional or organic diseases of the heart or blood vessels, presence of murmurs or clicks on auscultation, tachycardia (pulse rate persistently over 96/min at rest), bradycardia (pulse rate persistently below 40/min at rest), or any abnormality of peripheral pulses will be rejected. Blood pressure consistently above 140/90 mm Hg will also result in rejection. Candidates with high blood pressure will undergo 24-hour Ambulatory Blood Pressure Monitoring (24h ABPM) to distinguish between white coat hypertension and persistent hypertension. If 24h ABPM is normal and there is no target organ damage, the candidate may be considered fit following cardiologist evaluation. Any ECG abnormalities detected during the medical examination will be grounds for rejection, though benign abnormalities such as incomplete right bundle branch block, T wave inversion in inferior leads, T inversion in V1-V3 (persistent juvenile pattern), or left ventricular hypertrophy by voltage criteria may exist without structural heart disease. In such cases, echocardiography should be performed to rule out structural heart disease, and the opinion of a senior adviser or cardiologist should be sought. If echocardiography and stress tests (if needed) are normal, the individual may be deemed fit.

For abdominal conditions, candidates will be rejected if there is evidence of any disease of the gastrointestinal tract, enlargement of the liver, gall bladder, or spleen, tenderness upon abdominal palpation, a history of peptic ulcer, or previous extensive abdominal surgery. All candidates entering through officer entry must undergo an ultrasound examination of the abdominal and pelvic organs to detect any abnormalities in the internal organs.

For post-operative assessments, candidates who have had hernia surgery may be declared fit if 24 weeks have elapsed since the operation, the general tone of the abdominal musculature is good, and there has been no recurrence of the hernia or complications. For other conditions, candidates may be considered fit if they have been operated on for conditions such as open cholecystectomy after 24 weeks, laparoscopic cholecystectomy after 8 weeks with normal liver function tests and histopathology, appendicectomy after 4 weeks with normal histopathological findings, pilonidal sinus after 12 weeks, fistula-in-ano, anal fissure, and grade IV hemorrhoids after 12 weeks with satisfactory recovery, and hydrocele and varicocele after 8 weeks post-operation with satisfactory treatment and recovery. Agenesis of the gall bladder will be acceptable if no other abnormalities of the biliary tract are present, with MRCP conducted for such cases.

For the genito-urinary system, any evidence of disease of the genital organs or malformations of the kidneys or urethra will disqualify a candidate. Bilateral undescended testis, or a unilateral undescended testis retained in the inguinal canal or at the external abdominal ring, unless corrected by surgery, is also disqualifying. Absence of one testis is not a reason for rejection unless it has been removed due to disease or affects the candidate's physical or mental health. Incontinence of urine and nocturnal enuresis, abnormal urine examination results such as albuminuria or glycosuria, and certain conditions like renal calculi (regardless of size or number), calyceal dilatation, bladder diverticulum, or simple renal cysts larger than 1.5 cm, are criteria for rejection.

For the central nervous system, candidates with organic diseases, tremors, history of fits, or recurrent headaches or migraines will be disqualified. Additionally, any history or evidence of mental disease or nervous instability in the candidate or their family will result in rejection.

In lab investigations for hematology, candidates with polycythemia, defined as a hemoglobin level exceeding 16.5 g/dL in males or 16 g/dL in females, will be deemed unfit. Monocytosis, where the absolute monocyte count exceeds 1000/cu mm or constitutes 10% or more of the total white blood cell count, is also a disqualifying factor. Eosinophilia, characterized by an absolute eosinophil count of 500/cu mm or more, will render a candidate unfit.

For women candidates, pregnancy or any gynecological disorders such as primary or secondary amenorrhea, dysmenorrhea, or menorrhagia are grounds for disqualification. All women candidates must undergo an ultrasound examination of the abdominal and pelvic organs to identify any internal abnormalities.

Certain minor defects may be accepted for Navy candidates if noted in the medical forms upon entry. These include knock knees with a separation of less than 5 cm at the internal malleoli, mild curvature of legs that does not affect walking or running (with an intercondylar distance not exceeding 7 cm), mild stammering that does not impair expression, mild degrees of varicocele or varicose veins, and any other slight defect that does not cause functional disability and is unlikely to interfere with the individual's efficiency as an officer or sailor. Remedial operations, if required, should be performed before entry. The final decision regarding the necessity of any operation rests with the private medical advisor, and the government will not be liable for the outcomes or expenses associated with such procedures.

The medical standards for candidates entering the NDA for the Air Force, covering both flying and ground duty branches, outline specific physical and health requirements to ensure that individuals are capable of enduring the rigorous demands of training and service. These guidelines are designed to be applied alongside standard clinical examination methods.

Candidates must meet fundamental physical fitness standards to endure the physical and mental strains of the training and service. The standards are uniform across branches, but aircrew candidates face stricter requirements in areas such as visual acuity, anthropometry, and certain physical attributes.

The initial medical examination results are recorded on AFMSF – 2 and include several components:

1. **Questionnaire:** Candidates must complete and sign a questionnaire truthfully, emphasizing the importance of accuracy. Any undetected disabilities or significant health histories not disclosed could lead to disqualification before commissioning.
2. **Medical and Surgical Examination:** This includes a thorough review of overall health, a dental check-up, and a gynecological examination for female candidates.
3. **Ophthalmic Examination:** To assess visual health and acuity.
4. **Ear, Nose, and Throat Examination:** To identify any issues related to these areas.

USG abdomen examinations are mandatory for all candidates during the medical check-up before commissioning. Additionally, medical fitness will be monitored periodically during training at NDA/AFA to ensure ongoing suitability for service.

Candidates for the Air Force must meet specific general physical standards to ensure they are fit for the demands of the service. These standards include a thorough assessment of any residual effects from old fractures or injuries, with particular attention to spinal injuries, nerve damage, and the presence of large keloids, which could indicate unsuitability for employment. Minor, well-healed surgical scars and localized birthmarks are acceptable unless they cause functional limitations or significant disfigurement. Subcutaneous swellings such as lipomas are generally acceptable unless they cause functional impairment or significant disfigurement. Cervical ribs are acceptable if there is no neurovascular compromise, which should be documented. Cranio-facial deformities that interfere with the fitting of military gear are considered unfit, as are major deformities even after corrective surgery. Candidates with a history of extensive abdominal, cranial, or thoracic operations are usually deemed unfit.

Regarding measurements and physique, candidates should have a well-proportioned chest with a minimum circumference of 77 cm and an expansion of at least 5 cm. The height requirements vary by branch; for the Flying Branch, a minimum height of 162.5 cm is required, with specific measurements for sitting height, leg length, and thigh length. For Ground Duty branches, the minimum height is 157.5 cm, with some relaxations for candidates from certain regions. Body weight must be within 10% of the ideal body weight, with underweight candidates needing a detailed examination to rule out health issues. Weight above the prescribed limit may be accepted under exceptional circumstances if it is documented that the candidate is engaged in bodybuilding, wrestling, or boxing, and meets criteria for body mass index, waist-to-hip ratio, waist circumference, and biochemical metabolic parameters.

For female candidates joining the Air Force through the NDA, the minimum height requirements for different branches are specified, with a minimum height of 162.5 cm for the Flying Branch. The acceptable measurements for leg length, thigh length, and sitting height for aircrew include a sitting height between 81.5 cm and 96.0 cm, a leg length ranging from 99.0 cm to 120.0 cm, and a maximum thigh length of 64.0 cm. For Ground Duty branches, the minimum height is 152 cm, with reduced height requirements for candidates from certain regions—147 cm for Gorkhas and individuals from North-Eastern regions and hilly areas of Uttarakhand, and 150 cm for those from Lakshadweep.

Regarding body weight, female candidates must adhere to the weight chart provided in Appendix 'B,' with a permissible variation of 10% from the ideal body weight. Weight is rounded to the nearest 0.5 kg. Candidates who are underweight by more than 10% will undergo a detailed examination to rule out conditions like tuberculosis, hyperthyroidism, or diabetes. If no health issues are found, the candidate will be declared fit. For candidates exceeding the weight limit, exceptions may be made for those with documented evidence of bodybuilding, wrestling, or boxing, provided they meet specific criteria: a BMI below 27, a waist-to-hip ratio below 0.9 for males and 0.8 for females, a waist circumference under 94 cm for males and 89 cm for females, and normal biochemical metabolic parameters.

In the assessment of the cardiovascular system, a thorough history of symptoms such as chest pain, breathlessness, palpitations, fainting attacks, giddiness, rheumatic fever, ankle swelling, chorea, and frequent sore throats or tonsillitis is crucial. These symptoms can provide important insights into the cardiovascular health of a candidate.

Pulse assessment involves evaluating the rate, rhythm, volume, tension, and regularity of the pulse. The normal pulse rate ranges from 60 to 100 beats per minute (bpm), and the pulse should be counted for a full minute. It is important to compare the pulsations in the radial and femoral arteries and to palpate other peripheral pulses, such as those in the carotid, popliteal, posterior tibial, and dorsalis pedis arteries on both sides. Any discrepancies should be documented. Persistent sinus tachycardia (over 100 bpm) and persistent sinus bradycardia (under 60 bpm) are grounds for rejection. However, if bradycardia is considered physiological, the candidate may be declared fit after evaluation by a medical specialist or cardiologist.

Blood pressure readings are critical, as candidates may experience White Coat Hypertension—a temporary increase in blood pressure due to the stress of medical examinations. To address this, repeated measurements should be taken under relaxed conditions. A candidate with a blood pressure consistently greater than or equal to 140/90 mmHg will be rejected.

Cardiac murmurs are assessed to determine their significance. Organic cardiovascular diseases are indicated by diastolic murmurs. Short systolic murmurs of an ejection systolic nature that diminish upon standing and are not associated with a thrill, especially if the ECG and chest radiograph are normal, are often functional. Doubts regarding murmurs should be referred to a cardiologist.

A properly recorded 12-lead ECG should be evaluated by a medical specialist, focusing on wave patterns, amplitude, duration, and timing. All ECG abnormalities are grounds for rejection, except incomplete right bundle branch block (RBBB), which can occur without structural heart disease. In cases of incomplete RBBB, a 2D echocardiogram should be performed to rule out underlying structural heart disease, and the opinion of a Senior Adviser or cardiologist should be sought.

Candidates with a history of cardiac surgery or interventions are considered unfit for service.

In evaluating the respiratory system, it is crucial to consider the candidate's history of pulmonary conditions such as tuberculosis, pleurisy with effusion, recurrent expectorant cough, hemoptysis, frequent bronchitis, asthma, spontaneous pneumothorax, and chest injuries. Spirometry or Peak Expiratory Flow Rate tests may be used to assess obstructive airway disease if suspected. Any indication of lung pathology should be investigated further with relevant tests, including X-rays, CT scans, or immunological tests. Doubtful cases should be referred to a Senior Adviser or Pulmonologist for final fitness determination.

For candidates with a history of pulmonary tuberculosis, any residual scarring evident on a chest radiogram will lead to rejection. However, old treated cases with no significant residual abnormalities may be accepted if treatment was completed more than two years prior, provided that a CT scan, fiberoptic bronchoscopy, and additional tests such as USG, ESR, PCR, and Mantoux test are normal. Final fitness decisions for these cases will be made at the Appeal or Review Medical Board.

Evidence of significant residual pleural thickening from past pleurisy with effusion will be grounds for rejection. Similarly, a history of recurrent cough, wheezing, or bronchitis could indicate chronic bronchitis or other chronic respiratory issues, which would be assessed as unfit. Pulmonary function tests and expert opinions from a Medical Specialist or Chest Physician may be required in such cases.

Candidates with a history of bronchial asthma or recurrent allergic rhinitis will be rejected. Radiographic evidence of disease in the lungs, mediastinum, or pleurae will also result in rejection. In cases of thoracic surgery, such as lung resection, candidates will be considered unfit, although other major thoracic surgeries will be evaluated on a case-by-case basis.

For the gastrointestinal system, a comprehensive assessment includes asking about past ulceration or infection of the mouth, tongue, gums, or throat, and recording any major dental alterations. The examiner should inquire about symptoms such as heartburn, dyspepsia, peptic ulcer pain, chronic diarrhea, jaundice, biliary colic, indigestion, constipation, bleeding per rectum, and any abdominal surgery.

A thorough examination of the oral mucosa, gums, and any restriction of mouth opening is necessary. Signs of liver cell failure (e.g., hair loss, parotidomegaly, spider naevi, gynaecomastia, testicular atrophy, flapping tremors) or malabsorption (e.g., pallor, nail and skin changes, angular cheilitis, pedal edema) will result in rejection.

Candidates with recent or ongoing gastro-duodenal disabilities, including acid-peptic disease or peptic ulcers, will be rejected. Any past surgery involving significant loss of an organ (excluding vestigial organs or gall bladder) will also lead to rejection. Liver disease, particularly if there is a history of jaundice or abnormal liver function, requires full investigation. Candidates with viral hepatitis or other forms of jaundice will be rejected, although they may be reconsidered after six months if fully recovered, with normal liver functions and negative HBV and HCV status.

Candidates with a history of recurrent jaundice and hyperbilirubinemia are unfit. Diseases of the spleen, such as partial or total splenectomy, will render a candidate unfit. For hernia, the presence of inguinal, epigastric, umbilical, or femoral hernias will result in rejection. However, candidates with a well-healed



surgical scar from hernia repair, after six months and with no evidence of recurrence and good abdominal wall musculature, may be considered fit.

For abdominal surgery, a candidate with a well-healed scar from conventional abdominal surgery will be deemed fit one year after successful surgery, provided there is no risk of recurrence of the underlying condition, no evidence of incisional hernia, and the abdominal wall musculature is in good condition. Candidates who have undergone laparoscopic cholecystectomy will be considered fit if eight weeks have elapsed since the surgery, provided they are asymptomatic, with normal liver function tests and abdominal ultrasound results, and there is no intra-abdominal collection or residual gall bladder. Other laparoscopic abdominal procedures may also be accepted after eight weeks if the candidate is symptom-free, recovery is complete, and there are no residual complications or recurrence.

Regarding anorectal conditions, the examiner should perform a digital rectal examination to check for hemorrhoids, sentinel piles, anal skin tags, fissures, sinuses, fistulae, prolapse, rectal masses, or polyps. Candidates are considered fit if they only have external skin tags or if they have undergone rectal surgery for polyps, hemorrhoids, fissures, fistulae, or ulcers, provided there is no residual or recurrent disease. Candidates will be deemed unfit if they have rectal prolapse even after surgical correction, active anal fissures, hemorrhoids (external or internal), anal fistula, anal or rectal polyps, anal stricture, or fecal incontinence.

For ultrasonography of the abdomen, the liver is deemed fit if it shows normal echo-anatomy, with a liver span not exceeding 15 cm in the mid-clavicular line, solitary simple cysts up to 2.5 cm in diameter (with normal liver function tests and negative hydatid serology), and solitary hepatic calcifications less than 1 cm without evidence of active disease. Unfit conditions include hepatomegaly exceeding 15 cm in the mid-clavicular line, fatty liver grades 2 and 3 (or grade 1 with abnormal liver function tests), solitary cysts larger than 2.5 cm or with thick walls, septations, papillary projections, calcifications, or debris, multiple hepatic calcifications or cysts, any hemangioma, portal vein thrombosis, or evidence of portal hypertension.

For the gall bladder, the candidate is fit if the echo-anatomy is normal, post-laparoscopic cholecystectomy candidates are fit if eight weeks have passed with no residual gall bladder or intra-abdominal collection and well-healed wounds, and post-open cholecystectomy candidates are fit one year after surgery under similar conditions. Candidates are unfit if they have cholelithiasis, biliary sludge, choledocolithiasis, polyps, choledochal cysts, gall bladder masses, gall bladder wall thickness greater than 5 mm, septate gall bladder, persistently contracted gall bladder on repeat ultrasound, or incomplete cholecystectomy.

For the spleen, any candidate with a spleen larger than 13 cm in longitudinal axis, space-occupying lesions, or asplenia is considered unfit. Those who have undergone partial or total splenectomy are also unfit, regardless of the reason for the operation. Concerning the pancreas, candidates are unfit if there are any structural abnormalities, space-occupying lesions or masses, or features of chronic pancreatitis such as calcifications, ductal abnormalities, or atrophy.

In the peritoneal cavity, candidates are unfit if there is ascites, solitary mesenteric or retroperitoneal lymph nodes larger than 1 cm (though a single retroperitoneal lymph node smaller than 1 cm and normal in architecture may be considered fit), two or more lymph nodes of any size, or any mass or cyst. For major abdominal vasculature, any structural abnormality, focal ectasia, aneurysm, or calcification of the aorta or inferior vena cava will be considered unfit.

The ophthalmic system is a critical component in evaluating candidates, especially those applying for flying duties, where visual defects and medical ophthalmic conditions are significant causes of rejection. A thorough eye examination is essential. Personal and family history of visual issues, such as squint or the need for spectacles, is crucial as these conditions can be hereditary. Candidates wearing spectacles or those with defective vision must be thoroughly assessed. Manifest squint is a disqualification for commissioning, although small horizontal latent squint or phoria, such as exophoria or esophoria, may be deemed fit by specialists, while hyperphoria, hypophoria, or cyclophoria are disqualifying. Ptosis that

interferes with vision or visual fields disqualifies a candidate until surgical correction is successful for at least six months, though mild ptosis not affecting vision may be acceptable if the central 30 degrees of the visual field is adequately assessed.

Uncontrollable blepharitis, particularly with eyelash loss, generally makes a candidate unsuitable. Severe blepharitis and chronic conjunctivitis are assessed as temporarily unfit until their response to treatment is evaluated. Ectropion and entropion are disqualifying, although mild cases that do not affect daily functioning may be accepted based on the ophthalmologist's opinion. Progressive pterygium is a cause for rejection, whereas regressive, non-vascularized pterygium occupying less than 1.5 mm of the peripheral cornea may be accepted after a slit lamp examination. Nystagmus, other than physiological nystagmus, is disqualifying.

Naso-lacrimal occlusion causing epiphora or a mucocoele is a reason for rejection unless surgery provides relief lasting at least six months and post-operative syringing shows patent results. Uveitis, including iritis, cyclitis, and choroiditis, often recurs and candidates with a history or evidence of permanent lesions should be rejected. Corneal scars and opacities are disqualifying unless they do not affect vision. Lenticular opacities should be carefully assessed; opacities that cause visual deterioration, are in the visual axis, or within 7 mm around the pupil, which may cause glare, are not acceptable. Small, stationary lenticular opacities in the periphery, such as congenital blue dot cataract, not affecting the visual axis or field, may be considered fit if fewer than ten in number and if the central area of 4 mm remains clear. Visual disturbances associated with migraines should be assessed according to the central nervous system guidelines, and conditions like diplopia or nystagmus require thorough examination as they might have physiological causes.

Night blindness, which is primarily congenital, can also be an early symptom of certain eye diseases, requiring thorough investigation before a final assessment. Since tests for night blindness are not routinely conducted, a certificate confirming the absence of this condition is mandatory for each candidate, as outlined in Appendix 'A' to the notification. A confirmed case of night blindness disqualifies a candidate from service. Additionally, any restriction in the movement of the eyeball in any direction, as well as undue depression or prominence of the eyeball, requires detailed evaluation.

Retinal lesions must be assessed carefully. A small healed chorio-retinal scar in the peripheral retina that does not affect vision and is not associated with other complications may be considered fit by a specialist. Similarly, a small lattice in the peripheral retina without complications can be deemed fit. However, any lesion in the central fundus will be deemed disqualifying. Visual acuity and color vision standards for both male and female candidates are detailed in Appendices 'B' and 'C' of the notification, and failure to meet these standards will result in rejection.

In cases of myopia, if there is a strong family history of the condition, particularly if the visual defect is recent, physical growth is still expected, or if the fundus appearance suggests progressive myopia—even if the visual acuity is within acceptable limits—the candidate should be declared unfit. Candidates who have undergone refractive surgeries such as Photo Refractive Keratotomy (PRK) or Laser In-Situ Keratomileusis (LASIK) may be considered fit for commissioning in the Air Force provided they meet specific criteria. These include having the surgery performed only after the age of 20, an axial eye length of no more than 25.5 mm as measured by an IOL master, a minimum of 12 months post-uncomplicated and stable PRK/LASIK with no complications, and a post-surgery corneal thickness of at least 450 microns as measured by a corneal pachymeter. Candidates with high refractive errors greater than 6 diopters prior to LASIK are excluded. Radial Keratotomy (RK) for refractive error correction is not permitted for Air Force duties, and candidates who have undergone cataract surgery, with or without intraocular lens implants, are also deemed unfit.

For commissioning, individuals with manifest squint are deemed unfit. The assessment of latent squint or heterophoria, especially for aircrew, primarily focuses on fusion capacity, as it reflects the ability to maintain binocular vision under stress and fatigue. Convergence is assessed using the RAF rule, with objective convergence averaging between 6.5 to 8 cm; values of 10 cm or more are considered poor. Subjective convergence, which indicates the endpoint of binocular vision under stress, should not

exceed 10 cm beyond the limit of objective convergence, especially when the objective convergence is at or above 10 cm.

Accommodation, particularly in myopes, must be evaluated with corrective glasses in place. Acceptable accommodation values vary with age, ranging from 10-11 cm for individuals aged 17-20 years to 18.5-27 cm for those aged 41-45 years.

Ocular muscle balance is dynamic and can be influenced by factors such as concentration, anxiety, fatigue, hypoxia, drugs, and alcohol. Thus, the final assessment should consider all the tests together. For instance, candidates who are just beyond the maximum limits of the Maddox Rod test but exhibit good binocular response, objective convergence close to subjective convergence, and full recovery on cover tests may be accepted. Conversely, candidates within the Maddox Rod test limits but showing poor fusion capacity, incomplete recovery on cover tests, and poor subjective convergence should be rejected. Detailed standards for ocular muscle balance assessment for male and female candidates are provided in Appendices 'D' and 'E' respectively to the notification.

Any pathological findings in the media, such as the cornea, lens, vitreous, or fundus, that are likely to progress, will be grounds for rejection. These examinations should be conducted using a slit lamp and ophthalmoscopy under mydriasis to ensure thorough evaluation.

For male candidates at initial entry into the Indian Air Force, the visual standards vary depending on the branch and medical category. For those in the A1G1 F (P) category, including candidates at the NDA and AFA who are applying for flying branches, the maximum limits for refractive error are +1.5D for hypermetropia, no myopia, and +0.75D for astigmatism (within a maximum of +1.5D). Retinoscopic myopia should be nil. The visual acuity must be 6/6 in one eye and 6/9 in the other, correctable to 6/6, but only for hypermetropia. The color vision requirement is CP-I.

For candidates in the A4G1 10+2/NDA entry for ground duty branches, such as AE(L), Adm, and Lgs, the maximum limits for refractive error are +2.5D for hypermetropia, -2.5D for myopia, and +/- 2.0D for astigmatism. Uncorrected visual acuity must be 6/36 in each eye, with the best-corrected visual acuity at 6/6 in both eyes. Color vision standards are CP-II for AE(L)/Adm and CP-III for Lgs.

Ocular muscle balance for personnel covered under these categories should adhere to Appendix D of the Chapter. Additionally, visual standards for Air Wing candidates at NDA and flight cadets of F (P) at AFA should conform to the A1G1 F (P) standard. The sphero-cylindrical correction factors provided include the specified astigmatic correction, and a minimum correction up to the prescribed visual acuity standard can be accepted.

For female candidates at initial entry into the Indian Air Force, the visual standards differ based on the branch. For those applying to the flying branch, the maximum allowable refractive errors are +1.5D for hypermetropia, no manifest myopia, and +0.75D for astigmatism (within a maximum of +1.5D). Retinoscopic myopia should be nil. Visual acuity must be 6/6 in one eye and 6/9 in the other, correctable to 6/6, but only for hypermetropia. The color vision requirement for this category is CP-I.

For female candidates applying for ground duty branches, the maximum refractive errors are +2.5D for hypermetropia, -2.5D for myopia, and +/- 2.0D for astigmatism. Uncorrected visual acuity must be 6/36 in each eye, with the best-corrected visual acuity at 6/6 in both eyes. The color vision standards are CP-II for AE(L) and Adm, and CP-III for Lgs.

For male candidates applying for flying duties, the standard of ocular muscle balance is evaluated through several tests. The Maddox Rod Test at 6 meters determines that candidates are fit if the results are exophoria up to 6 prism diopters, esophoria up to 6 prism diopters, hyperphoria up to 1 prism diopter, and hypophoria up to 1 prism diopter. Any results exceeding these thresholds or showing uniocular suppression with hyperphoria or hypophoria greater than 2 prism diopters are deemed temporarily unfit, while those with greater deviations or uniocular suppression beyond 2 prism diopters are considered permanently unfit. Similarly, the Maddox Rod Test at 33 cm requires exophoria up to 16 prism diopters, esophoria up to 6 prism diopters, hyperphoria up to 1 prism diopter, and hypophoria up to 1 prism

diopter for fitness. Deviations beyond these limits or significant uniocular suppression are categorized as temporarily or permanently unfit.

In the Hand Held Stereoscope test, candidates who exhibit all grades of binocular single vision (BSV) are considered fit. Those with poor fusional reserves or absence of stereopsis are deemed unfit. Convergence is assessed with candidates being fit if they can converge up to 10 cm, temporarily unfit if they can only do so up to 15 cm with effort, and permanently unfit if convergence is beyond 15 cm with effort.

Finally, the cover test for distance and near evaluates latent divergence and convergence. Candidates are fit if they demonstrate rapid and complete recovery. Those with compensated heterophoria or tropia that might improve with treatment or persists even after treatment are temporarily unfit, while persistent compensated heterophoria without improvement is considered permanently unfit.

For female candidates seeking flying duties, the standard of ocular muscle balance is rigorously assessed through various tests. The Maddox Rod Test at 6 meters requires exophoria up to 6 prism diopters, esophoria up to 6 prism diopters, hyperphoria up to 1 prism diopter, and hypophoria up to 1 prism diopter to be considered fit. Exceeding these thresholds or showing uniocular suppression with hyperphoria or hypophoria greater than 2 prism diopters will result in temporary unfitness. Results beyond these limits or significant uniocular suppression are considered permanently unfit.

The Maddox Rod Test at 33 cm has similar requirements, with exophoria up to 16 prism diopters, esophoria up to 6 prism diopters, hyperphoria up to 1 prism diopter, and hypophoria up to 1 prism diopter being the fit criteria. Deviations beyond these limits or uniocular suppression beyond 2 prism diopters lead to temporary or permanent unfitness.

In the Hand Held Stereoscope test, candidates must exhibit all grades of binocular single vision (BSV) to be deemed fit. Those with poor fusional reserves or absence of stereopsis are considered unfit. For convergence, candidates who can converge up to 10 cm are considered fit, while those who can only converge up to 15 cm with effort are temporarily unfit. Those requiring effort beyond 15 cm for convergence are permanently unfit.

Finally, the cover test for distance and near assesses latent divergence and convergence recovery. Candidates are fit if recovery is rapid and complete. Compensated heterophoria or tropia that might improve with treatment or persists even after treatment is deemed temporarily unfit, whereas persistent compensated heterophoria without improvement is considered permanently unfit.

Selected candidates for the Army, Navy, and Air Force undergo preliminary training, both academic and physical, at the National Defence Academy (NDA), an inter-service institution, for a period of three years. During the first two and a half years, the training is common for all cadets. Upon passing out, cadets receive degrees from Jawaharlal Nehru University, Delhi. Army cadets are awarded a B.Sc, B.Sc (Computer), or B.A degree. Naval and Air Force cadets receive a B. Tech degree or B.Sc/B.Sc (Computer), with the B. Tech degree awarded after completing additional pre-commissioning training at respective institutions, ships, or aircraft.

Naval Academy cadets undergo preliminary training for four years at the Indian Naval Academy, Ezhimala. Those from the 10+2 Cadet Entry Scheme are awarded a B. Tech degree upon successful completion of their training.

After passing out from the NDA, Army cadets proceed to the Indian Military Academy, Dehra Dun; Naval cadets to the Indian Naval Academy, Ezhimala; Air Force cadets and Ground Duty-Non Tech streams to the Air Force Academy, Hyderabad; and Air Force Ground Duty-Tech stream cadets to the Air Force Technical College, Bengaluru.

At the Indian Military Academy, Army cadets, known as Gentlemen/Lady Cadets, receive rigorous military training for one year to prepare them for leadership roles in infantry units. Upon completion, they are granted a Permanent Commission as Lieutenants, subject to medical fitness in "SHAPE" one.

Naval cadets selected for the Executive Branch receive additional training at the Indian Naval Academy, Ezhimala, for one year and are promoted to the rank of Sub-Lieutenant upon successful completion. Those from the 10+2 Cadet Entry Scheme undertake a four-year B.Tech course in various engineering disciplines, with the B.Tech degree awarded by Jawaharlal Nehru University upon successful completion.

Air Force Flying Branch cadets undergo one and a half years of flying training. After a year of basic flying training, they are granted a Permanent Commission (on probation) as Flying Officers for six months. Their Permanent Commission is confirmed upon successful completion of a conversion course for pilots. Air Force Ground Duties Branch cadets are granted a Permanent Commission (on probation) as Flying Officers for six months after completing training at the Air Force Academy, with their commission confirmed upon successful completion of the probationary period.

Upon joining the Academy, selected candidates will undergo a preliminary examination in English, Mathematics, Science, and Hindi. The examination standards for English, Mathematics, and Science will align with those of the Higher Secondary Examination of an Indian University or Board of Higher Secondary Education. The Hindi paper will assess the standard of Hindi knowledge attained by the candidates at the time of their entry into the Academy. Candidates are strongly advised to continue their studies after the competitive examination to maintain their preparedness for these preliminary tests.

For the NDA exam, different subjects require specific books to aid in preparation:

**English:** To build a strong foundation in grammar and vocabulary, candidates can refer to "Objective General English" by SP Bakshi, "Wren & Martin High School English Grammar and Composition," and "Word Power Made Easy" by Norman Lewis.

**Physics:** The Physics section generally covers topics from Classes 11 and 12, such as electricity and mechanics. Candidates should use the NCERT books for these classes to prepare effectively.

**Chemistry:** For Chemistry, which also draws from Classes 11 and 12, focusing on topics like hydrogen, oxygen, carbon dioxide, acids, bases, oxidation, and reduction, the NCERT books are essential for study.

**General Science, History, Geography:** The questions in these sections are related to the syllabus of Classes 9 and 10. A useful resource for General Knowledge is "Objective GK" by Sanjiv Kumar.

**Current Affairs:** Current Affairs questions typically cover events from the past six months. Candidates can stay updated with resources such as "Pratiyogita Darpan" and "Manorama Yearbook."

**Mathematics:** The Mathematics section includes topics like Integral Calculus, Differential Equations, Trigonometry, Algebra, Vector Algebra, Matrices and Determinants, Analytical Geometry, Statistics, and Probability. Candidates should use NCERT books for Classes 11 and 12, and can supplement their study with additional reference books tailored to these topics.

The NDA exam is held twice a year, with NDA 1 and NDA 2. The notification for NDA 1 is typically released between December and January, and the exam is conducted in April. For NDA 2, the notification comes out around May to June, with the exam taking place in September.

To effectively prepare for the NDA exam, consider these strategies:

Start with **clearing the basic concepts**. Establishing a strong foundation in the fundamental topics will make it easier to understand more complex material later on. Stick to a few key reference books to avoid confusion and ensure a deep understanding of the syllabus.

**Choose the best NDA books.** Select study materials and books recommended by experts and previous toppers. This will help cover all the essential topics efficiently and increase your chances of scoring well.

**Solve mock tests and previous year question papers.** Practice with these resources to familiarize yourself with the exam format and question types. This will help you gauge the difficulty level, identify areas of strength and weakness, and improve your time management skills.

**Stay updated with current affairs.** Regularly read newspapers and magazines to keep abreast of global events. Prepare and revise current affairs notes to ensure you perform well in the general studies section.

**Manage your time effectively.** Prioritize high-weightage topics and develop a balanced study schedule. Incorporate regular breaks to maintain focus and avoid burnout.

**Revise regularly.** Create concise notes for important topics and review them frequently. This practice will help reinforce your memory and is especially useful during last-minute revisions before the exam.

To prepare effectively for the NDA exam, it is crucial to understand the syllabus and exam pattern, which covers Mathematics and the General Ability Test (GAT). Here are the subject-wise preparation tips:

For Mathematics, it is essential to grasp both basic and advanced concepts. Focusing on short-cut techniques, theorems, and formulas can significantly enhance calculation speed. Practicing with previous years' question papers and sample papers helps in identifying strong and weak areas, allowing for targeted improvement.

In the General Ability Test, which is a scoring section, the syllabus is divided into English and General Knowledge. The General Knowledge section includes Physics, Chemistry, General Science, Social Studies, Geography, and Current Events. For English, reading newspapers and English books is recommended to reinforce grammar and vocabulary rules, while practicing mock papers can yield better results. In Physics, mastering fundamental concepts and solving previous years' papers will aid in understanding trending topics. For Chemistry, focusing on core theories and revising formulas using notes is key. History preparation should involve reading NCERT books to grasp fundamentals and preparing short notes for quick revision. In Geography, understanding basic concepts from the latest syllabus and learning maps and diagrams can help maximize scores. Staying updated on current events by reading newspapers and making short notes for quick revision is important for the Current Events section.

The General Knowledge section of Paper II is divided into English (Part A) and General Knowledge (Part B). The General Knowledge portion has a weightage distribution as follows: Physics constitutes approximately 25% of the marks, Chemistry 15%, General Science 10%, History 20%, Geography 20%, and Current Events 10%. Specifically, Physics has 25 questions worth 100 marks, Chemistry has 15 questions worth 60 marks, General Science has 10 questions worth 40 marks, History has 20 questions worth 80 marks, Geography has 20 questions worth 80 marks, and Current Events has 10 questions worth 40 marks.

To effectively prepare for the NDA exam, candidates should develop a well-structured study plan that aligns with the latest syllabus and exam requirements. It is crucial to allocate more time to higher-weightage topics to ensure thorough preparation. For a balanced approach, dedicate specific days to different subjects. For instance, Mondays can focus on Algebra and Determinants for Mathematics, while also covering English and Physics for the General Ability Test. Tuesdays might be reserved for Trigonometry and Analytical Geometry in Mathematics, with Chemistry and General Science in the General Ability Test.

Incorporating a routine of reading newspapers daily helps in staying updated with current affairs. Wednesdays could be allocated to Differential and Integral Calculus in Mathematics, along with History and Geography for the General Ability Test. Thursdays can be devoted to Vector Algebra and Statistics in Mathematics, and revising English and Physics. Fridays can revisit Algebra and Trigonometry while also covering Chemistry and General Science. Saturdays might focus on Analytical Geometry and Calculus, alongside History and Geography. Sundays should be reserved for revising all topics covered during the week and practicing mock tests and previous papers to assess progress and application of concepts.

Preparing for the NDA exam at home involves familiarity with the syllabus and exam pattern, covering core concepts thoroughly, and choosing recommended books and resources. Regular newspaper reading helps in staying informed about current events. To strengthen preparation, candidates should attempt mock tests and review previous year question papers.

For those preparing without coaching, it's essential to understand the NDA exam pattern and syllabus, create a study plan based on topic weightage and difficulty, and stay updated with daily current affairs. Utilizing online study materials and practicing extensively with mock and previous year papers can significantly enhance preparation levels.

To excel in the NDA exam, candidates should focus on the following important topics across various subjects. For Mathematics, the key areas include Algebra, Matrices and Determinants, Trigonometry, Analytical Geometry of Two and Three Dimensions, Differential Calculus, Integral Calculus and Differential Equations, Vector Algebra, and Statistics and Probability.

In General Ability, essential subjects encompass English, Physics, Chemistry, General Science, History, Freedom Movement, Geography, and Current Events.

For Physics, candidates should be familiar with Physical Properties and States of Matter, Mass, Weight, Volume, Motion of Objects, Measurement of Electrical Power, and Primary and Secondary Cells.

Chemistry topics include Physical and Chemical Changes, Elements, Mixtures and Compounds, Symbols, Formulae and Simple Chemical Equations, and the Law of Chemical Combination (excluding problems), as well as the Properties of Air and Water.

General Science requires understanding the differences between living and non-living entities, the Basis of Life including Cells, Protoplasm, and Tissues, and Growth and Reproduction in Plants and Animals.

In History, focus on the Freedom Movement in India, Elementary Study of the Indian Constitution and Administration, Five-Year Plans of India, Panchayati Raj, Co-operatives, and Community Development, as well as Bhudhan.

Geography covers The Earth, its Shape and Size, Latitudes and Longitudes, the Concept of Time, the International Date Line, Movements of the Earth and Their Effects.

Lastly, Current Events involve knowledge of significant events that have occurred in India in recent years, as well as important global events.