

Medical Examination Procedure at Services Selection Board [SSB]

Recommended candidates appear before the medical board for carrying out their **medical board after the SSB results**. It takes 4 to 5 days time for the concerned **Military Hospital** to complete the medical board and after that the candidates are dispersed. NDA candidates are examined both for Army and Navy unless otherwise instructed and endorsement of fitness status will be made accordingly.

President of the medical board will guide the candidates for Appeal/Review Medical Board procedures. Candidates may seek the advice of President Special Medical Board for review/appeal in case they have been declared unfit.

Procedure of Appeal Medical Board

The Appeal Medical Board will be held at one of the following hospitals

1. Base Hospital, Delhi Cantt.
2. Command Hospital, Southern Command, Pune.
3. Command Hospital, Eastern Command, Kolkata.
4. Command Hospital, Central Command, Lucknow.
5. Command Hospital, Western Command, Chandimandir.
6. Command Hospital, Air Force, Bangalore.
7. Command Hospital, Northern Command, C/o 56 APO.
8. INHS, Ashvini, Mumbai.

The candidates will report for medical examination within the stipulated period i.e., 42 days from the date last examined by the Special Medical Board for re-examination along with the receipted copy of the MRO/TR as directed by the President Medical Board.

The Endeavour will be to complete the Medical Board in one day.

Review Medical Board

In case of candidate being declared unfit by the Appeal Medical Board, he/she may challenge the proceedings and may be granted review of medical proceedings based on the merit of the case. Any candidate desiring for a review should address the request to Recruiting Directorate (Personnel & Coord), Army Headquarters, West Block III, RK Puram, New Delhi with a copy to the President of Appeal Medical Board within one day of the holding of Appeal Medical Board. The application for RMB are routed through DG AFMS. The decision for grant of RMB is with DG AFMS, and is not a matter of right. RMBs are conducted at R&R Hospital Delhi Cantt and AFMC, Pune.

Stay During the Medical Examination

The recommended candidates after the declaration of SSB results will stay in the Selection Centres in the lines earmarked for the recommended candidates for their medical examination by the Military Hospital. The candidates will be allotted fresh medical chest numbers for the purpose.

Candidates who go for Appeal Medical Board or have to get their medical examination done at a later date due to some unavoidable reasons will do so under their own arrangements.

Discipline during Medical Examination

It is utmost important that recommended candidates maintain proper discipline during their stay in Selection Centres during their conduct of medical examination. The candidates are required to put on their medical Chest Number (with Red Cross) whenever they are present in the campus of Selection Centres.

PHYSICAL FITNESS STANDARD AT IMA/OTA

- Running : 2.4 KM in 15 minutes
- Push ups: 13 Nos
- Sit ups: 25 Nos
- Chin ups: 6 Nos
- Rope climbing: 3-4 metres

Candidates are advised to build themselves up by physical training, sports, running, swimming etc, so that they meet the training goals successfully.

Ideal Age, Height and Weight for Male: It should be within permissible limits (+ or – 10%) of the ideal weight as per correlation table between age, height and average weight given below in recording fraction lower than 0.5 kg will be noted and 0.5 kg above will be recorded as 1 kg:

Height and Weight Standards for Men:-

Height in Cm	Weight in KG (Age Range in Years)			
	Age 15-17	18-22	23-27	
152 – 158	46 – 49	47 – 50	50 – 54	
159 – 165	50 – 53	51 – 55	55 – 59	

166 – 171	54 – 56	56 – 59	60 – 64	
172 – 178	57 – 60	59 – 63	64 – 69	
179 – 183	61 – 63	64 – 66	69 – 72	
184 – 185	64	67 – 68	73 – 74	

Height and Weight Standards for Women

Height in Cm	Weight in KG (Age Range in Years)	
	Age 20-25	26-30
148 – 151	43 – 45	46 – 48
152 – 155	46 – 48	49 – 51
156 – 160	49 – 51	52 – 55

161 – 165	52 – 54	55 – 58
166 – 171	55 – 58	59 – 62
172 – 176	59 – 61	63 – 66
177 – 178	62 – 63	

Note : A 10% variation on either side of average is acceptable

Medical Standards

- The candidate should be free from wax (EARS), DNS, Hydrocele/Phimosis. Defective Colour Vision, LASIK Surgery, Over/Under Weight, Under Chest, Piles, Gynecomastia, Tonsillitis, Veri-Cocele And Aids.
- You should be able to read 6/6 in a Distant Vision Chart
- Colour Vision Standard should be CP-III
- Minimum 14 Dental Points With Sound Teeth

Physical standards	Minimum Height	Minimum Weight
Women	152 CM	42 KG
NDA & 10+2 TES (Under Graduate)	152 CM	43 KG

Entry Men) CDSE, TGC, UES, NCC SPL AMC, RVC ETC. (Graduate Entry Men)	157 CM	45 KG
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Vision Standards for Indian Air Force Flying Branch

Joining **Indian Air Force flying branch** is a challenging task, not only the selection process, but the medical standard required for Indian Air force flying branch is a tough nut to crack. In this post we will discuss more about the eye or **vision related standards required for flying branch** (Pilot entry). We all know that for flying, vision plays a very important role so the medical standards for IAF flying branch is higher than any other entry/branch.

Indian Air Force Vision Medical Standards

- One must have 6/6 in one eye and 6/9 in other, which can be correctable to 6/6 only for hypermetropia.
- **Vision Defects**
 - Manifest hypermetropia must not exceed +2.0D Sphere.
 - No Myopia.
 - Astigmatism must be +0.75 D Cyl with +2.0 D maximum
- **Near Vision** must be N-5 each eye.
 - Near vision is determined using "Times Roman" type and is assessed at reading distance (30-50 cm) and at 100 cm. The 100-cm distance is important in the aircraft cockpit and similar environments and for users of CRT displays. When two values are shown, such as N5 and N14, the first value refers to the reading distance (30-50 cm) and the second value to the 100-cm distance.
 - Color Vision must be CP-1(ML T). **Color Perception-1:** The correct recognition of coloured lights shown through the paired apertures

on the Holmes-Wright lantern at LOW BRIGHTNESS at 6 metres (20 feet) distance in complete darkness.

LASIK Surgery

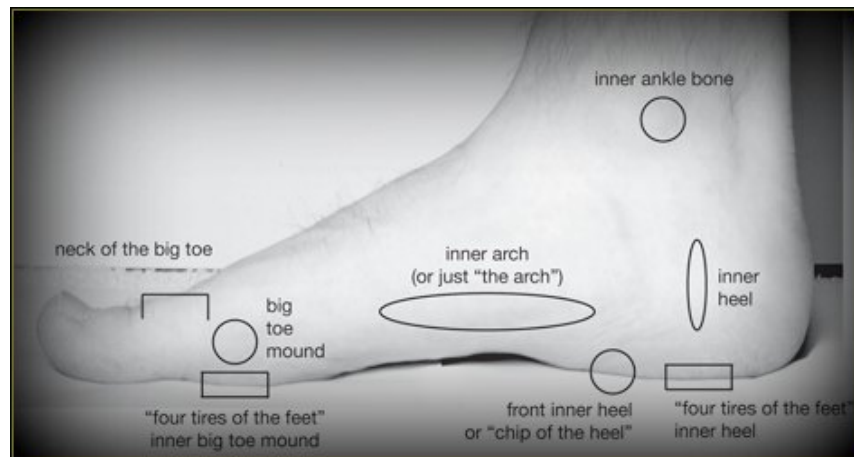
- LASIK Surgery for correction of vision is admissible in Transport and Helicopter streams of Short Service Commission (Flying Branch) If the following conditions are fulfilled at the time of Air Force medical examination.
- LASIK Surgery should not have been carried out before the age of 20 years.
- The axial length of the eye should not be more than 25.5 mm as measured by IOL master.
- At least twelve months should have lapsed post uncomplicated stable LASIK. No history or evidence of any complication.
- The post LASIK corneal thickness as measured by a corneal pachymeter should not be less than 450 microns.
- Individuals with high refractive errors ($>6D$) prior to LASIK are to be excluded.
- Candidates must not suffer from colour or night blindness.

Ocular Muscle Balance: Eyes should be well aligned and should have normal binocular vision. No manifest squint permissible. Convergence must be adequate. Ocular movements full and free Ocular muscle balance can be tested with the cover test, the Maddox rod or an approved vision tester.

- **At 6 meters**
 - Exophoria 6 prism Diopters
 - Esophoria 6 prism Diopters
 - Hyperphoria 1 prism Diopters
 - Hypophoria 1 prism Diopters
- **At 33 cm**
 - Exophoria 16 prism Diopters
 - Esophoria 6 prism Diopters
 - Hyperphoria 1 prism Diopters
 - Hypophoria 1 prism Diopters

What Is Flat Foot And Its Treatment

Flat feet or **flat foot** sometimes becomes a serious problem during **SSB interview medicals**. You may often find a candidate who has got TR[**temporary rejection**] due to flat foot in medical examination. However, a person doesn't feel much pain and is able to do regular day to day activity, but it is considered as one of the reasons to be unfit for defence forces.



What is Flat feet aka Flat Foot:

Ans: One can have flat feet when the arch on the inside of his/her feet is flattened, which results in the entire sole of foot to touch the ground during standing position.

What are the cause of Flat feet aka Flat Foot:

Ans: You may notice that a baby born with flat feet, and with time our feet develop an arch, for some of us it may not develop during childhood. Age, accidents or injury can be one of the other reasons for flat feet.

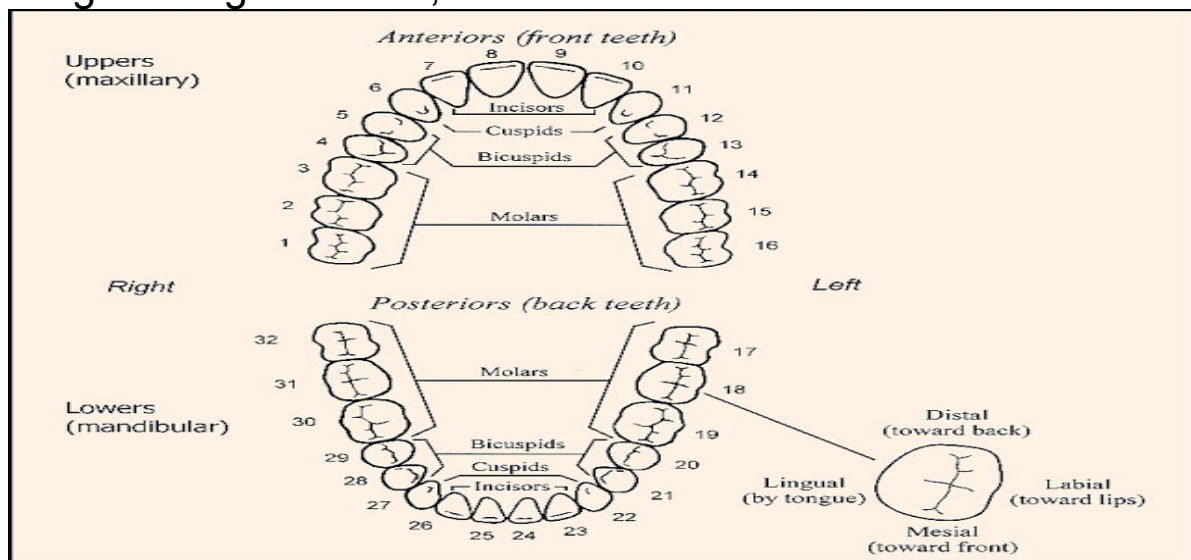
How to detect Flat feet aka Flat Foot:

Ans: It is possible to detect just by looking at your feet or foot, which actually happens during medicals. Medical officer may ask you to keep your toes on ground and lifting your heel to certain level, from this he can check the amount of arch on your feet.

What are 14 Dental Points

Medical test (**Dental Points**) is conducted by **SSB medical board** for recommended candidates after **SSB interviews**, it is a very crucial part of the selection procedure, generally, in each batch, the medically unfit rate goes up to 45% – 55 %.

Candidate can be declared unfit medically for one or various health issues. Aspirants must go for proper body check-ups before proceeding towards interviews, also a regular monthly check is mandatory. **14 dental points** are one of the must-have things during medicals, let's talk more about it.



Something about point system on teeth:

- Teeth which are not considered necessary for efficient work are given with 1 point each.
- Teeth assumed to be essential are allotted with 2 points each.
- Each incisor, canine, 1st and 2nd premolars holds 1 point provided their corresponding lower teeth are present.
- Each 1st and 2nd molar and well developed 3rd molar holds 2 points provided they are in good opposition to corresponding teeth in the lower jaw.
- If 3rd molar is not well developed, it holds only 1 point.

When we have all 16 teeth intact in the upper jaw with a good functional opposition to corresponding teeth present in the lower jaw, the total points can be 20 to 22 (based on 3rd molars are well developed or not).

Conditions for 14 dental points:

- When we have all 16 teeth intact in the upper jaw with a good functional opposition to corresponding teeth present in the lower jaw, the total points can be 20 to 22 (based on 3rd molars are well developed or not).
- Any 4 of the 6 anterior and any 6 of the 10 posteriors. When following teeth will be present in the upper jaw and in good functional opposition to corresponding teeth in the lower jaw.
- Provided there are at least 14 dental points in the mouth, all these teeth must be sound and repairable. The minimum number of points required is to be medically fit are 14 points.

Conclusion:

In very rare cases, aspirant may have less than 14 dental points, but few may have damaged teeth due to some accident or any other health issues. Though there are very rare cases of getting unfit due to less dental points, as said precaution is better than cure. It is advisable to go for proper oral cleanup before medical examinations.

Knock Knees Problem And Treatment [SSB Interview Medical]

Knock knees can be one of the reasons to be **unfit for Indian army** or Indian defence forces. If you have knock knees then you will be declared as unfit during **ssb interview medical examination**. This medical condition is very rare, but few candidates may have knock knees, also, sometimes candidates misunderstands about knock knees problem and take tension unnecessarily.

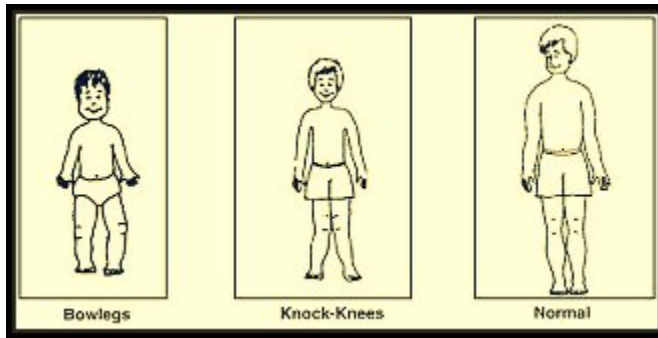
Let's discuss what is knock knees and how it affects your medical extermination in ssb interviews.

What are knock knees?

Knock knees are deformities at the knee, in which knees of a standing person touches each others but not the ankles. In other words, in a normal standing position, a person with knock knees has gap between ankles but not between knees.

Do I have knock knees problem?

Most of the candidates are not aware of the procedure by which a medical officer check knock knees, so they just keep worrying by checking themselves in different ways. The correct way is to stand simply and keep very little gap(3 inches) between your ankles, check whether your knees are touching or no, even if it is touching a little, it is just normal. Real knock knees problem won't let your ankles touch each other. Check the below picture for more clarity on this.



Treatment and Exercise for Knock Knees

Knock knees problems basically starts from childhood and gets cured by its own as we start growing, but some of us do not get the proper development of bones which leads to knock-knees. This problem won't let us to walk or run freely, which makes it a reason to be unfit for Indian armed forces. Candidates with little knock knees can start exercising and yoga to cure this problem, few of the exercise and treatments for knock knees are:

- Take vitamin D and calcium supplements, vitamin C supplements.
- Virasana, or hero pose, is effective in treating flat feet and knock knees.
- Keep a block between thighs and try to move your legs as close as you can, hold it for 3 mins, keep repeating.
- In a standing position, bring the legs 4 feet apart and stretch the arms out to the side. Turn the right toes to the right and deeply bend the right knee. Activate the arches and keep the right knee touching the wall. Hold for 30 seconds and repeat on the other side.
- For more on knock-knees treatment do refer: livestrong.com

Do not misunderstand this problem, hope this article clears most of your doubts you are suggested to consult

a physician for proper care and treatment, this post is just for basic information on knock knees.

Sweaty Palms In SSB

If you have sweaty palms, it may create a problem for you in medical examination which happens after ssb interview for recommended candidates. Medical officer check palms to make sure the candidate is not suffering from **Hyperhidrosis**.

Hyperhidrosis is a condition in which you may suffer from excessive sweating of the hands, feet and armpits etc.

How to Avoid Sweaty Palms & Feet (Hyperhidrosis)

To check for Hyperhidrosis, medical officer examines your palms, you may be asked for closing your fist for sometime and later asked to grab a finger tightly in your palm. The medical officer will try to free his finger from your palm, and if it happens easily, its because your palms are sweaty and guess what, you may have sweaty palm. But don't freak out, getting little amount of sweat on our palm is very common, but some of us actually have Hyperhidrosis.

Not going much into medical terms, let me simplify this article, what all we need is a cure for sweaty palm. Before going further, let's see some facts about sweating and sweaty palm.

1. Sweating helps the body stay cool and it is very natural.
2. We sweat more in warm temperatures, when we exercise, or in response to situations that make us nervous, angry, embarrassed, or afraid.
3. Someone with Hyperhidrosis, may sweat without any trigger and he has overactive sweaty glands.
4. Hyperhidrosis affects between 1 and 2% of the world's population.

Treatment for sweaty Palm:

“Having to deal with sweaty palms is a frustrating problem, but luckily there are a number of natural treatments that can help stop or reduce sweating and treat some of the underlying causes. Nat mur. is a great solution that helps reduce excessive sweating and clamminess. Lupulus as well as Castoreum and Argentum Nitricum help to address sweating, especially when related to nervousness, panic, anxiety, or obsessive thoughts. Lastly, the ingredient Syphilinum helps to control fluid levels in the body, while also helping to control body odor, which commonly accompanies excessive sweating.”

Bottom Line:

Do not worry, as said, this problem is not so common and if your hands sweat it could be perfectly normal, but if you think it sweats more and looks unnatural, please consult a doctor.

Disclaimer: All treatments mentioned above are just for reference purposes, you are suggested to consult a doctor before going through any treatment process.