

Common Medical Reasons for MNS Rejection & How to Prepare

Every year, **thousands of MNS aspirants clear the written exam but fail in the final medical stage.** This is one of the most heartbreaking realities of the **Military Nursing Service (MNS) selection process.** The **Indian Army follows extremely strict medical standards** because MNS officers serve in **war zones, disaster areas, high-altitude locations, and emergency field hospitals** where only the **fittest candidates can survive and perform efficiently.**

In this complete guide by **Victor Growth**, you will learn:

- ☐ The **most common medical reasons for MNS rejection**
- ☐ **Temporary vs permanent disqualifications**
- ☐ **How to prepare medically for MNS**
- ☐ **Preventive fitness and health strategies**
- ☐ What to do after **temporary medical unfitness**

This article is a **must-read for every serious MNS aspirant.**

Why Medical Fitness Is So Critical for MNS Selection

MNS officers must be:

- Physically strong
- Mentally stable
- Free from chronic illness
- Capable of performing under extreme stress
- Fit for emergency and battlefield conditions

Even **minor medical issues can lead to disqualification**, regardless of how high your exam score is.

☐ Most Common Medical Reasons for MNS Rejection

1. Vision & Eye-Related Problems (Very Common)

☐ Common Causes of Rejection:

- Myopia beyond permissible limit
- Hypermetropia beyond limit

- Squint
- Night blindness
- Retina disorders
- Colour vision deficiency
- Corneal opacity

□ **How to Prepare:**

- Get a **complete eye check-up at least 6-12 months in advance**
- Avoid excessive screen time
- Use proper lighting while studying
- Correct refractive errors early
- If LASIK is done, ensure it meets Army medical guidelines and recovery period

2. Overweight or Underweight (BMI Rejection)

Incorrect BMI is one of the **top causes of temporary medical unfitness**.

□ **Rejection Reasons:**

- BMI below 18.5 (Underweight)
- BMI above 24.9-25 (Overweight)
- Improper height-weight proportion

□ **How to Prepare:**

- Maintain balanced diet
- Avoid crash dieting
- Follow a regular walking/jogging routine
- Include protein-rich food
- Monitor BMI monthly

3. Orthopaedic Problems (Bones & Posture Issues)

□ Common Orthopaedic Disqualifications:

- Flat foot
- Knock knees
- Bow legs
- Scoliosis
- Kyphosis
- Lordosis
- Limb length discrepancy
- Restricted joint movement

□ How to Prepare:

- Start **posture correction exercises early**
- Practice yoga and back-strengthening exercises
- Avoid sedentary lifestyle
- Consult an orthopaedician at least one year before attempt
- Use proper footwear

4. Skin Diseases & Severe Acne

□ Disqualification Causes:

- Severe acne
- Eczema
- Psoriasis
- Chronic fungal infections
- Keloids and scars affecting duty

□ **How to Prepare:**

- Visit a skin specialist early
- Maintain personal hygiene
- Avoid steroid creams without prescription
- Keep skin dry and infection-free
- Treat fungal infections completely before medical exam

5. ENT Problems (Ear, Nose & Throat)

□ **Common ENT Rejections:**

- Deviated nasal septum (severe)
- Chronic sinusitis
- Hearing loss
- Perforated eardrum
- Recurring tonsillitis

□ **How to Prepare:**

- Get complete ENT check-up
- Avoid frequent infections
- Treat sinus & ear problems early
- Protect ears from loud noise
- Maintain nasal hygiene

6. Respiratory Disorders

□ **Disqualification Causes:**

- Asthma
- Chronic bronchitis

- Reduced lung capacity
- Chest deformity

□ **How to Prepare:**

- Asthma is **permanent disqualification**
- Practice deep-breathing exercises
- Improve lung strength through jogging & yoga
- Avoid smoking and polluted environments

7. Cardiac & Blood Pressure Issues

□ **Common Reasons:**

- High BP
- Low BP
- Heart murmurs
- Irregular heartbeat
- ECG abnormalities

□ **How to Prepare:**

- Maintain stress-free lifestyle
- Regular BP monitoring
- Healthy low-oil diet
- Adequate sleep
- Avoid energy drinks and stimulants

8. Endocrine & Metabolic Disorders

□ **Disqualification Causes:**

- Diabetes

- Thyroid disorders
- Hormonal imbalance

□ **How to Prepare:**

- Regular blood tests
- Proper medical treatment if borderline
- Control sugar & stress levels
- Maintain regular exercise routine

9. Gynecological & Menstrual Health Issues

□ **Issues That Cause Rejection:**

- Irregular menstruation due to disease
- Polycystic Ovarian Disease (PCOD)
- Severe anemia
- Uterine abnormalities

□ **How to Prepare:**

- Regular gynecological check-up
- Iron-rich diet
- Proper medical treatment
- Regular physical activity
- Maintain healthy body weight

10. Dental & Oral Health Issues

□ **Rejection Causes:**

- Major dental caries
- Missing teeth

- Severe gum disease
- Incorrect bite alignment

□ **How to Prepare:**

- Complete dental check-up
- Fill cavities early
- Maintain oral hygiene
- Correct serious alignment issues beforehand

11. Tattoo Policy Violations

□ **Rejection Due to:**

- Tattoos on face, neck, or visible parts of body
- Offensive tattoos
- Multiple visible tattoos

□ **How to Prepare:**

- Avoid getting tattoos
- If already present, verify permitted areas under Army rules
- Get medical confirmation before exam

12. Mental & Psychological Health Issues

□ **Psychological Disqualifications:**

- Severe anxiety disorders
- Clinical depression
- Emotional instability
- Inability to handle stress

□ **How to Prepare:**

- Practice meditation & mindfulness
- Maintain positive social environment
- Avoid exam panic
- Stay mentally active & confident
- Take professional guidance if needed

□ **Temporary vs Permanent Medical Rejection in MNS**

Temporary Unfitness (Can Be Corrected)

- Overweight/underweight
- Minor BP issues
- Mild skin infections
- Minor ENT infections
- Recent surgery recovery case

Permanent Unfitness (Not Correctable)

- Asthma
- Epilepsy
- Major heart disease
- Degenerative spine disorders
- Severe vision defects beyond limits

□ **What to Do If You Are Declared Temporarily Unfit?**

Candidates may be given:

- **Review Medical Board**
- **Appeal Medical Board**

Steps:

1. Follow exact correction treatment suggested by Army doctors
2. Submit medical fitness certificate from Government Hospital
3. Present yourself for re-examination as per schedule

However, **final authority always rests with Army Medical Board.**

☐ Complete Medical Preparation Strategy for MNS (6-12 Months Plan)

- ☐ Full body check-up every 6 months
- ☐ Eye, ENT, Dental, Gyne & Orthopaedic screening
- ☐ BMI monitoring
- ☐ Daily walking / jogging
- ☐ Yoga & posture correction
- ☐ Balanced nutrition
- ☐ Adequate sleep
- ☐ Stress-controlled lifestyle

☐ How Victor Growth Helps You Avoid Medical Rejection

At **Victor Growth**, we provide:

- ☐ Complete MNS medical awareness program
- ☐ Pre-medical screening guidance
- ☐ BMI, posture & fitness monitoring
- ☐ Special medical preparation sessions
- ☐ Medical rejection prevention counselling
- ☐ Interview & psychological preparation
- ☐ Affordable Fee Structure
- ☐ Proven defence medical-guidance system

We prepare students not only to **clear the written exam—but to pass the final medical hurdle confidently.**

Final Words

Medical rejection is the most painful yet most preventable reason for MNS failure. With **early health screening, disciplined physical routine, and correct medical guidance**, most rejections can be completely avoided.

Do not wait until the last moment. Start your **medical fitness journey today**—because

your dream of wearing the MNS uniform depends on it.

Let **Victor Growth** guide your preparation from **exam hall to final medical clearance**.

Frequently Asked Questions (FAQs)

1. What is the most common medical reason for MNS rejection?

Improper **BMI and eyesight problems** are the two most common reasons for medical rejection.

2. Is asthma allowed in MNS medical?

No. **Asthma is a permanent disqualification** for MNS.

3. Can overweight candidates clear MNS with weight loss later?

Yes. If declared **temporarily unfit**, candidates may be given time to reduce weight and reappear for medical board.

4. Is LASIK surgery allowed for MNS?

Yes, but only under **specified Army medical conditions** and complete recovery period.

5. Are minor scars allowed in MNS medical?

Yes, as long as they **do not affect functional movement or cosmetic appearance in uniform**.

6. Does poor eyesight always lead to permanent rejection?

Not always. Mild refractive errors within permissible limits are allowed.

7. Does Victor Growth help in medical fitness preparation?

Yes. Victor Growth offers **complete end-to-end MNS medical preparation, denial prevention, and review-board guidance**.

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