Medical Standards in CAPF: Things Every Aspirant Should Know

The **CAPF Assistant Commandant Exam 2026** is one of India's most prestigious defence exams conducted by UPSC. While aspirants usually focus on the written exam and physical tests, many underestimate the importance of **medical standards**. Even after qualifying in Paper I, Paper II, and PET (Physical Efficiency Test), candidates can be **disqualified in the medical examination** if they don't meet the required standards.

This article explains the **medical standards in CAPF**, common reasons for disqualification, and what aspirants must do to stay medically fit for the selection process.

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Why Medical Standards Matter in CAPF

- **Mandatory Stage**: Every shortlisted candidate must undergo medical and physical standard tests.
- **Ensures Combat Readiness**: CAPF officers need to be in peak physical and mental health to handle demanding duties.
- **Final Selection Factor**: Many aspirants with excellent academic and physical scores are rejected due to medical unfitness.

General Medical Standards for CAPF Aspirants

1. **Height Requirement**
    - **Male**: Minimum 165 cm
    - **Female**: Minimum 157 cm
    - Relaxations available for candidates from certain regions/categories (as per UPSC notification).
2. **Chest (Only for Males)**
    - Unexpanded: 81 cm
    - Expanded: 86 cm (minimum expansion 5 cm)
3. **Weight**
    - Must be proportionate to height and age as per medical charts.
4. **Vision Standards**

- **Distance Vision**: 6/6 and 6/9 (without correction, i.e., without glasses).
- **Near Vision**: N6 (good eye), N9 (worse eye).
- Spectacles, contact lenses, and LASIK/other corrective surgeries are **not permitted**.

5. **Hearing Standards**
   - Candidate should be able to hear a whisper at 610 cm in each ear.
   - No history of ear disease or discharge.
6. **Dental Health**
   - Good set of teeth with sufficient number of natural teeth in proper alignment.
7. **General Health Conditions**
   - No knock-knees, flat foot, varicose veins, or squint in eyes.
   - Normal blood pressure and cardiovascular health.
   - No chronic diseases such as diabetes, tuberculosis, asthma, epilepsy, or hypertension.
   - No past history of mental illness.

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Common Reasons for Medical Disqualification in CAPF

- Eye defects (myopia, hypermetropia, LASIK surgery).
- Flat foot or knock knees.
- Overweight or underweight beyond permissible limits.
- Hearing impairments.
- Chronic illnesses like asthma or uncontrolled diabetes.
- Visible physical deformities or scars affecting functional capacity.

How to Stay Medically Fit for CAPF

- **Regular Health Checkups**: Visit a doctor at least 6 months before PET to rule out hidden conditions.

- **Maintain Ideal Weight**: Follow a balanced diet and exercise to stay within BMI range.
- **Eye Care**: Avoid late-night strain; protect eyes from injury. Aspirants with refractive errors must consult ophthalmologists early.
- **Posture & Foot Health**: Avoid footwear that damages arch support. Practice barefoot exercises on grass.
- **Cardio Health**: Maintain stamina with running, yoga, and breathing exercises.
- **Avoid Substance Use**: Stay away from smoking, alcohol, and performance enhancers.

Pre-Medical Preparation Checklist

✔ Full body check-up 3–6 months before PET.
✔ Ensure no untreated dental or ear conditions.
✔ Maintain daily exercise + proper diet.
✔ Monitor blood pressure and weight.
✔ Treat any skin conditions, infections, or allergies early.

How Victor Growth Coaching Helps in Medical & Fitness Preparation

At **Victor Growth Coaching, Kochi**, we guide aspirants not just academically but also for **physical and medical fitness**:

- **Pre-Medical Guidance Sessions** to help aspirants understand medical standards.
- **Fitness Programs** to keep aspirants in ideal shape (height-weight ratio, stamina, strength).
- **Expert Mentorship** on lifestyle, diet, and posture improvement.
- **Mock PET & Medical Counselling** to simulate real exam conditions.
- **Affordable Fee** and structured coaching for CAPF written + PET + Medical + Interview.

With **14+ years of expertise** in Defence and UPSC coaching, Victor Growth ensures aspirants clear all stages of CAPF selection confidently.

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FAQs on Medical Standards in CAPF

Q1. Can candidates with spectacles apply for CAPF?
No, candidates must meet vision standards **without correction** (6/6 and 6/9). Spectacles or LASIK surgery are not accepted.

Q2. Is there height relaxation for CAPF aspirants?
Yes, relaxation is given to candidates from certain categories and hilly/tribal regions as per UPSC rules.

Q3. Can a candidate with flat foot qualify?
No, flat foot is a common reason for rejection in CAPF medical tests.

Q4. What is the ideal weight for CAPF?
Weight should be proportionate to height and age, as per medical charts. Both underweight and overweight candidates may be disqualified.

Q5. Can asthma or past respiratory diseases cause rejection?
Yes, chronic asthma or other respiratory conditions may lead to medical unfitness.

Q6. Can women aspirants clear CAPF medical standards?
Yes, women candidates are assessed with slightly different criteria (height, weight, chest not applicable). Many women have cleared CAPF medicals successfully.

Q7. Does Victor Growth provide medical guidance for CAPF?
Yes, Victor Growth Coaching provides **medical awareness sessions, fitness training, and expert advice** to help aspirants stay compliant with CAPF medical standards.

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