

# MEDICAL TEST REQUIREMENTS FOR NDA II 2026 CANDIDATES

## Overview: NDA Medical Examination 2026

The **National Defence Academy (NDA) medical test** is a crucial stage after clearing the written exam and SSB interview. Only medically fit candidates are eligible to join the **Indian Army, Navy, and Air Force**.

The medical examination ensures that candidates are physically and mentally capable of handling the demanding life in the armed forces.

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## Key Highlights of NDA Medical Requirements

- Conducted by **Military Medical Board**
- Applicable for **Army, Navy & Air Force**
- Includes:
  - Physical Standards
  - Vision & Eye Test
  - ENT Examination
  - Dental Check
  - Internal Organ Evaluation
- Temporary unfit candidates can apply for **Review Medical Board (RMB)**

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## 1. Height & Weight Standards (NDA II 2026)

### Minimum Height Requirements

- Army: **157 cm**
- Navy: **157 cm**
- Air Force: **162.5 cm**

*(Relaxation for candidates from hilly regions & North-East states)*

### Weight Standards

- Weight should be proportional to height and age
- Underweight and overweight candidates may be rejected

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## 2. Vision Standards for NDA

### For Army & Navy

- **6/6 in one eye and 6/9 in the other**
- Correctable to 6/6

## For Air Force (Strict Standards)

- **6/6 in both eyes**
- No color blindness
- CP-II color vision required

## Disqualifications

- Myopia > -2.5 D
- Hypermetropia > +3.5 D
- Night blindness
- Squint

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## 3. Ear, Nose & Throat (ENT) Standards

Candidates must have:

- Clear speech and hearing ability
- No chronic ear infections
- No nasal blockage or sinus issues
- No throat diseases

### Common Reasons for Rejection:

- Deviated Nasal Septum (DNS)
- Chronic sinusitis
- Hearing loss

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## 4. Dental Standards

- Minimum **14 dental points required**
- Healthy gums and teeth
- No severe cavities or infections

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## 5. General Physical Fitness

Candidates must be free from:

- Bone deformities
- Joint issues
- Hernia
- Piles (severe cases)
- Skin diseases

### Special Conditions Checked

- Flat Foot (Not allowed)
- Knock Knees (Not allowed)

- Spine deformities (Scoliosis, Kyphosis)
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## 6. Internal Organ Examination

Doctors check:

- Heart (ECG if required)
  - Lungs (Chest X-ray)
  - Abdomen (Liver, spleen)
  - Blood pressure
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## 7. Blood & Urine Tests

Includes:

- Blood sugar levels
  - Hemoglobin
  - Infection screening
  - Kidney function
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## 8. Tattoos Policy for NDA

### Allowed Areas

- Inner forearm
- Back of palm

### Not Allowed

- Neck, face, or visible body parts
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## 9. Medical Standards for Female Candidates

Female candidates must meet:

- Same general standards as males
  - No gynecological issues
  - Fit reproductive health
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## 10. Temporary vs Permanent Rejection

### Temporary Unfit (TR)

- Minor issues like:
  - Underweight
  - Minor infections
- Can apply for **Review Medical Board**

## Permanent Rejection (PR)

- Serious conditions like:
  - Color blindness
  - Flat foot
  - Chronic diseases

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## 11. NDA Medical Test Procedure (Step-by-Step)

1. Reporting at Military Hospital
2. Document Verification
3. Physical Measurement
4. Eye & ENT Examination
5. Blood & Urine Tests
6. X-ray & ECG
7. Final Medical Board Decision

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## 12. Tips to Clear NDA Medical Test

- Maintain **ideal body weight**
- Exercise daily (running, push-ups)
- Avoid junk food
- Get eyes tested early
- Fix minor dental issues
- Sleep properly

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## Common Reasons for NDA Medical Rejection

- Flat Foot / Knock Knees
- Poor eyesight
- Overweight / Underweight
- Dental issues
- Chronic diseases
- Tattoos in restricted areas

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## FAQs: NDA II 2026 Medical Test

### 1. Is LASIK surgery allowed for NDA?

No, LASIK is **not allowed** for NDA candidates.

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### 2. Can I join NDA with spectacles?

Yes, for Army & Navy (within limits), but **not for Air Force** in most cases.

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### 3. What is the minimum height for NDA?

Minimum is **157 cm**, but Air Force requires **162.5 cm**.

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#### 4. Is color blindness allowed in NDA?

No, especially for Air Force and Navy.

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#### 5. What happens if I fail the medical test?

You may be declared:

- **Temporary Unfit** → Apply for Review Medical
- **Permanent Unfit** → Not eligible

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#### 6. Are tattoos allowed in NDA?

Only in **specific areas** like inner forearm.

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#### 7. Can underweight candidates qualify?

No, but they may get **temporary rejection** and time to improve.

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#### 8. How long does NDA medical take?

Usually **3-5 days**.

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### Conclusion

The **NDA II 2026 medical examination** is designed to select candidates who are physically and mentally fit for a career in the armed forces. Proper preparation, early medical checkups, and a disciplined lifestyle can significantly increase your chances of clearing the medical stage.

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