

MNS PHYSICAL STANDARDS : MEDICAL REQUIREMENTS & FITNESS TIPS

Cracking the written exam is only **half the journey** to becoming a Military Nursing Service (MNS) Officer. The **medical examination and physical fitness test** is the final and most critical stage that decides your selection. Every year, many academically strong candidates are rejected due to **minor medical or fitness issues** that could have been avoided with proper preparation.

In this detailed guide by **Victor Growth**, you will learn everything about the **latest MNS physical standards, medical requirements, disqualifying conditions, and proven fitness tips** to ensure you are **100% medically fit on the final medical day**.

Why MNS Physical & Medical Standards Matter

MNS officers serve in:

- High-altitude military hospitals
- Border medical units
- Field medical operations
- Emergency & disaster zones

This requires:

- Excellent physical endurance
- Perfect vision & hearing
- Strong mental stability
- Disease-free medical profile

Hence, the **Indian Army follows very strict medical standards** for MNS selection.

Stages Where MNS Medical & Physical Fitness Is Checked

1. **Initial Medical Screening after Interview**
2. **Detailed Medical Examination at Military Hospital**
3. **Final Medical Fitness Certification before Joining**

Failure at any stage leads to **immediate disqualification**, irrespective of exam marks.

MNS Physical Standards (Latest Official Norms)

1. Height Standards

- **Minimum Height:** 157 cm
- For candidates from hilly regions: 152 cm (as per approved relaxation)

2. Weight Standards

- Must be **proportionate to height and age**
- BMI must fall within **18.5 - 24.9**

3. Chest Measurement

- Well-developed chest with no deformity
- No respiratory restriction

☐ MNS Vision Standards (Very Important)

Vision Type	Requirement
Distant Vision	6/6 or 6/9
Near Vision	N6
Myopia	Up to -5.5D
Hypermetropia	Up to +3.5D
Colour Vision	CP-II (Normal)
LASIK Surgery	Allowed with conditions

☐ Conditions like night blindness, squint, retinal disorders may lead to rejection.

☐ MNS Hearing Standards

- Normal hearing in both ears
- Ability to hear whispered voice at **5-6 meters**
- No chronic ear infections or perforated eardrum

☐ General Medical Standards for MNS

The candidate must be **physically and mentally sound** with no permanent disabilities. The following are strictly checked:

- Normal blood pressure

- Normal heart rhythm
- Healthy lungs
- Normal kidney & liver function
- No neurological disorders
- No spinal deformities
- Normal menstrual health
- No contagious diseases

☐ **Common Medical Disqualification Reasons in MNS**

Many candidates fail due to **preventable issues**, such as:

- Flat foot or knock knees
- Scoliosis / spinal curvature
- Severe acne or skin diseases
- Varicose veins
- Asthma
- Diabetes
- Thyroid disorders
- Epilepsy
- Chronic sinusitis
- Tattoo in restricted areas
- Underweight or overweight BMI
- Poor posture

Tattoo Policy in MNS (Strictly Enforced)

- Tattoos are **NOT allowed** on:
 - Face

- Forearms
- Neck
- Any visible area in uniform
- Small tattoos may be allowed only if:
 - On inner forearm
 - Non-offensive in nature
 - Declared during medical exam

☐ **Mental & Psychological Fitness Standards for MNS**

Apart from physical fitness, MNS candidates are evaluated for:

- Emotional stability
- Stress handling capacity
- Decision-making under pressure
- Discipline & behavioural maturity
- Confidence & social adaptability

☐ **MNS Fitness Preparation Tips (6-12 Month Plan)**

Start your physical preparation **at least 6-12 months before the medical test.**

☐☐ **Daily Physical Routine**

- Brisk walk / jogging - 30 minutes
- Light stretching & mobility exercises
- Core strengthening exercises
- Breathing exercises for lung stamina

☐☐ **Yoga & Posture Correction**

- Surya Namaskar

- Cobra & Mountain pose for spine
- Anulom-Vilom & Pranayama for lung capacity

□□ Diet for Medical Fitness

- High-protein foods (pulses, eggs, curd)
- Green leafy vegetables
- Fruits rich in Vitamin C
- Adequate water intake
- Avoid junk food & crash dieting

□ Medical Preparation Checklist for MNS Aspirants

Before medical tests:

- Get full body check-up done
- Correct minor eyesight issues early
- Treat acne, skin & ENT problems
- Maintain proper sleep cycle
- Regularly monitor BMI
- Avoid extreme gym workouts causing injuries

Can Disqualified Candidates Appeal in MNS Medical?

Yes. Candidates declared temporarily unfit may be given:

- **Review Medical Board**
- **Appeal Medical Board**
based on Army medical rules.

However, final authority remains with the **Indian Army Medical Board**.

Why Choose Victor Growth for MNS Medical &

Fitness Guidance?

At **Victor Growth**, we prepare you not just for the exam—but for **final military selection success**:

- Detailed MNS medical guidance
- Fitness planning & monitoring
- Interview & psychological training
- Written exam + medical preparation under one roof
- Affordable Fee Structure
- Experienced defence exam mentors

Final Words

Many aspirants lose their MNS dream **not in the exam hall—but in the medical room**. With early preparation, correct fitness guidance, and disciplined lifestyle, you can **clear the MNS medical examination confidently and safely**.

Let **Victor Growth** guide you from **classroom to commissioning** as a proud **Military Nursing Officer** in the Indian Army.

Frequently Asked Questions (FAQs)

1. What is the minimum height required for MNS?

The minimum required height is **157 cm** (152 cm for certain hilly areas as per rules).

2. Is eyesight a major reason for MNS rejection?

Yes. Poor distant vision, night blindness, squint, or retinal issues often lead to rejection.

3. Are tattoos allowed in MNS?

Tattoos on **visible body parts are strictly prohibited**. Limited exceptions apply only to non-visible areas.

4. Can overweight candidates clear MNS medical?

No. Candidates must maintain a **normal BMI as per Army standards**.

5. Is asthma allowed in MNS medical?

No. **Asthma is a permanent ground of disqualification**.

6. How early should I start fitness preparation for MNS?

Ideally **12 months before the medical examination** for best results.

7. Does Victor Growth provide fitness guidance for MNS?

Yes. Victor Growth offers **complete MNS fitness, medical, interview & written exam preparation** under one structured program.

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