NDA 2026 Eligibility Criteria: Age, Height, Education & Nationality

Victor Growth

The **National Defence Academy (NDA) 2026 examination**, conducted by the **Union Public Service Commission (UPSC)**, is the gateway for candidates aspiring to join the **Indian Army, Navy, and Air Force** as commissioned officers.

Before applying, it is extremely important to understand the **NDA 2026 eligibility criteria**, as even a small mismatch in age, education, or physical standards can lead to disqualification at later stages.

This article explains **NDA 2026 eligibility in detail**, covering **age limit, educational qualification, nationality, and height & physical standards**, along with FAQs at the end.

NDA 2026 Eligibility Criteria – Overview

To be eligible for NDA 2026, a candidate must satisfy **four mandatory conditions**:

1. **Nationality**
2. **Age Limit**
3. **Educational Qualification**
4. **Physical & Medical Standards (Height, Weight, Vision, etc.)**

Failure to meet **any one** of these criteria will result in rejection.

NDA 2026 Nationality Criteria

A candidate applying for NDA 2026 must be:

- A **Citizen of India**, or
- A **Subject of Nepal**, or
- A **Subject of Bhutan**, or
- A **Tibetan refugee** who came to India before 1 January 1962 with the intention of permanent settlement, or
- A **Person of Indian Origin (PIO)** who migrated from Pakistan, Sri Lanka, Myanmar, Kenya, Uganda, Tanzania, Zambia, Malawi, Zaire, Ethiopia, or Vietnam with the intention of permanently settling in India.

Candidates other than Indian citizens must produce a certificate of eligibility issued by the Government of India.

NDA 2026 Age Limit (Most Important Criteria)

Age is one of the **strictest eligibility conditions** for NDA.

NDA 1 2026 Age Limit

- Candidates must be **born between 2 July 2007 and 1 July 2010** (both dates inclusive)

NDA 2 2026 Age Limit

- Candidates must be **born between 2 January 2008 and 1 July 2011** (both dates inclusive)

Important Points

✔ Minimum age: **16.5 years**
✔ Maximum age: **19.5 years**
 No age relaxation for any category
 Married candidates are **not eligible**

NDA 2026 Educational Qualification

Educational eligibility depends on the **wing applied for**.

Wing-wise Educational Qualification

Wing	Required Qualification
Army Wing	12th pass from any recognized board
Air Force Wing	12th pass with **Physics & Mathematics**
Naval Wing	12th pass with **Physics & Mathematics**
Naval Academy	12th pass with **Physics & Mathematics**

 Candidates **appearing in Class 12** are also eligible to apply, provided they produce proof of passing during admission.

NDA 2026 Height & Physical Standards

Candidates must be **physically and medically fit** according to NDA standards.

Minimum Height Requirement

For Male Candidates

Victor Growth

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

For Female Candidates

- Army & Navy: **152 cm**
- Air Force: **162.5 cm**

□□ Height relaxation is applicable for candidates from hilly regions and certain categories.

Weight Standards

Weight must be **proportionate to height and age** as per official medical standards. Overweight or underweight candidates may be declared **medically unfit**.

Chest Measurement (For Males)

- Minimum chest expansion: **5 cm**
- Chest should be well-developed

Vision Standards (Key Requirement)

- Normal vision standards apply
- No permanent body tattoos except permitted areas
- Candidates using spectacles are **not eligible for Air Force flying branch**

NDA 2026 Medical Standards – Key Points

- No history of mental illness
- No hearing impairment
- Normal blood pressure
- No permanent deformities
- No chronic diseases

Medical fitness is checked during the **SSB Medical Examination** stage.

Victor Growth

NDA 2026 Marital Status Rules

✔ Only **unmarried** male and female candidates are eligible
 Marriage during training leads to **disqualification and discharge**

Who is NOT Eligible for NDA 2026?

- Married candidates
- Candidates outside the age limit
- Candidates without required educational subjects
- Medically unfit candidates
- Candidates with incorrect details in application form

Victor Growth

Why NDA Eligibility Criteria Are Strict?

The NDA training is **physically demanding, mentally challenging, and discipline-oriented**. Strict eligibility ensures that only candidates capable of handling **military life and leadership responsibilities** are selected.

Frequently Asked Questions (FAQs)

Q1. What is the minimum age for NDA 2026?

A: 16.5 years.

Q2. What is the maximum age limit for NDA?

A: 19.5 years.

Q3. Can girls apply for NDA 2026?

A: Yes, both male and female candidates are eligible.

Q4. Is Mathematics compulsory for NDA?

A: Mathematics is compulsory for all candidates. Physics & Maths are mandatory for Navy and Air Force.

Q5. Is there any height relaxation in NDA?

A: Yes, for candidates from hilly regions and certain categories.

Q6. Can 12th appearing students apply for NDA 2026?

A: Yes, they can apply provisionally.

Q7. Is there any category-wise age relaxation?

A: No, NDA does **not provide age relaxation**.

Q8. Are tattoos allowed in NDA?

A: Only small tattoos on permitted body parts are allowed.

Final Words

Understanding the **NDA 2026 eligibility criteria** is the first and most crucial step in your defence career journey. Before applying, carefully verify **age, education, height, and nationality** to avoid rejection at any stage.

Facebook

Instagram

Youtube

Victor Growth