

# NDA Eligibility Criteria 2026: Age, Qualification & Physical Standards

The **National Defence Academy (NDA)** is one of the most prestigious institutions in India that trains future officers for the **Indian Army, Navy, and Air Force**. Every year thousands of students apply for the NDA exam conducted by the **Union Public Service Commission (UPSC)**.

Before applying for the exam, candidates must clearly understand the **NDA eligibility criteria 2026**, which include **age limit, educational qualifications, nationality requirements, and physical standards**.

Students preparing with the **best NDA coaching in Kerala** are always advised to check the eligibility criteria carefully to ensure they meet all the requirements before starting their preparation journey.

This detailed guide explains everything about **NDA eligibility criteria for 2026**.

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## Overview of NDA Exam 2026

The NDA exam is conducted **twice a year** to select candidates for admission into the National Defence Academy.

The selection process includes two stages:

1. **Written Examination**
2. **SSB Interview (Services Selection Board)**

Only candidates who meet the **official eligibility criteria** can apply for the exam.

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## NDA Age Limit 2026

Age limit is one of the most important eligibility factors for NDA.

For **NDA 2026**, candidates must fall within a specific age range set by UPSC.

### Age Requirement

Candidates must be between **16.5 years and 19.5 years** at the time of joining the academy.

This means applicants should be born approximately between the following dates (expected):

- For **NDA 1 2026** – Born between **July 2, 2007 and July 1, 2010**

- For **NDA 2 2026** – Born between **January 2, 2008 and January 1, 2011**

These dates may vary slightly based on the official UPSC notification.

## Important Points

- Only **unmarried male and female candidates** are eligible.
- Candidates must remain unmarried during training.
- Marriage during the training period is not allowed.

Students preparing at the **best NDA coaching in Kerala** are usually guided early about age eligibility to avoid missing application opportunities.

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## NDA Educational Qualification 2026

Educational qualification requirements depend on the **defence wing** chosen by the candidate.

### For Army Wing of NDA

Candidates must have passed **Class 12 (Higher Secondary)** from a recognized board.

Students from **any stream (Science, Commerce, or Arts)** are eligible for the Army wing.

### For Air Force and Naval Wings of NDA

Candidates must have passed **Class 12 with Physics and Mathematics**.

Students who studied **Science stream with Maths and Physics** can apply for these wings.

### Students Appearing in Class 12

Candidates who are **currently studying in Class 12** are also eligible to apply for the NDA exam.

However, they must submit proof of passing the exam before the final selection.

Students preparing with the **best NDA coaching in Kerala** often start preparation during **Class 11 or early Class 12**.

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## NDA Nationality Criteria

To apply for NDA 2026, candidates must satisfy one of the following nationality conditions:

- A **citizen of India**

- A subject of **Nepal or Bhutan**
- A Tibetan refugee who came to India before January 1, 1962
- A person of Indian origin who migrated from certain countries to permanently settle in India

However, most applicants are **Indian citizens**.

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## **NDA Physical Standards 2026**

Apart from academic eligibility, candidates must meet **strict physical fitness standards** to join the armed forces.

These standards ensure that candidates are physically capable of handling the demands of military training.

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## **NDA Height Requirements**

Minimum height requirements vary slightly for different wings.

### **Army Wing**

Minimum height: **157 cm**

### **Air Force Wing**

Minimum height: **162.5 cm**

### **Navy Wing**

Minimum height: **157 cm**

There are **height relaxations for candidates from certain regions**, including hill areas and North-Eastern states.

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## **NDA Weight Standards**

Weight should be proportionate to height and age.

For example:

Height	Weight (Approx)
157 cm	49 kg
160 cm	50 kg
165 cm	53 kg
170 cm	56 kg
175 cm	59 kg

These values may vary slightly depending on medical guidelines.

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## Vision Standards for NDA

Good eyesight is essential for defence officers.

### General Vision Requirements

- Good binocular vision
- No serious eye diseases
- Ability to read distant objects clearly

### Air Force Vision Requirements

Air Force candidates have stricter standards:

- Correct vision standards
- No color blindness
- High visual acuity

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## General Physical Fitness Requirements

Candidates should be in **excellent physical condition**.

They should not have:

- Serious bone or joint diseases
- Heart problems
- Hearing impairment
- Severe skin diseases
- Chronic illnesses

Candidates are advised to maintain **regular exercise and fitness routines** during preparation.

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## NDA Medical Examination

Candidates who clear the **SSB interview** must undergo a detailed **medical examination** conducted by military doctors.

The medical test checks:

- Height and weight
- Vision and hearing
- Dental health
- Blood pressure
- Overall physical fitness

Candidates who fail the medical exam cannot join the academy even if they pass the written exam and SSB.

Students preparing through the **best NDA coaching in Kerala** are usually guided on maintaining physical fitness along with academic preparation.

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## Importance of Checking NDA Eligibility Before Preparation

Understanding eligibility criteria early helps students:

- Choose the correct subjects in school
- Plan their NDA preparation timeline
- Maintain proper physical fitness
- Avoid application rejection due to eligibility issues

Many aspirants join the **best NDA coaching in Kerala** during school years to ensure they meet all requirements before applying.

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## Tips for NDA Aspirants

To improve your chances of success:

- Start preparation during **Class 11 or Class 12**
- Build strong fundamentals in **Mathematics and English**
- Read newspapers daily for **current affairs**
- Practice **previous year question papers**
- Maintain regular **physical fitness training**

A balanced preparation strategy is essential for clearing both the **written exam and the SSB interview**.

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## Conclusion

Understanding the **NDA eligibility criteria 2026** is the first step for any defence aspirant. Candidates must meet the requirements related to **age, educational qualification, nationality, and physical standards** before applying for the exam.

Students aiming to join the armed forces should begin preparation early and maintain both **academic excellence and physical fitness**.

Enrolling in the **best NDA coaching in Kerala** can provide structured preparation, expert guidance, and regular mock tests that significantly improve your chances of clearing the NDA exam.

With dedication and consistent effort, achieving the dream of becoming an officer in the Indian Armed Forces is absolutely possible.

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## Frequently Asked Questions (FAQs)

## 1. What is the age limit for NDA 2026?

Candidates must be between **16.5 and 19.5 years** of age to apply for the NDA exam.

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## 2. Can students from commerce or arts stream apply for NDA?

Yes. Students from **any stream** can apply for the **Army wing**, but **Physics and Mathematics are required for Air Force and Navy wings**.

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## 3. Can Class 12 students apply for NDA?

Yes. Students who are **appearing for Class 12 exams** can apply for NDA.

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## 4. What is the minimum height required for NDA?

Minimum height requirement is generally **157 cm for Army and Navy**, and **162.5 cm for Air Force**.

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## 5. Is physical fitness important for NDA?

Yes. Candidates must meet strict **medical and physical standards** because defence training requires strong physical endurance.

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## 6. How can I prepare effectively for NDA?

Students should focus on **Mathematics, English, General Knowledge, mock tests, and physical fitness**. Joining the **best NDA coaching in Kerala** can provide expert guidance and structured preparation.

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