

# NDA Height, Weight & Chest Requirements for Boys and Girls

Meeting the **NDA height, weight, and chest requirements** is **mandatory** to clear the **medical examination** after the written exam and SSB interview. Even a high merit rank can be rejected if a candidate fails to meet the **prescribed physical standards**.

This article gives a **comprehensive, SEO-optimised, and easy-to-understand guide** to the **NDA 2026 height, weight & chest requirements for boys and girls**, including **relaxations, common causes of rejection, preparation tips, and FAQs**.

## Why NDA Physical Standards Are Important

- Ensures candidates can handle **rigorous NDA training**
- Prevents medical issues during military service
- Mandatory for **final merit selection**
- Same standards across **Army, Navy & Air Force (with minor variations)**

*Medical fitness is as important as written and SSB performance.*

## NDA 2026 Height Requirements (Minimum)

### Minimum Height for Boys

|           | Minimum Height |
|-----------|----------------|
| Wing      |                |
| Army      | 157 cm         |
| Navy      | 157 cm         |
| Air Force | 163 cm         |

### Minimum Height for Girls

|           | Minimum Height |
|-----------|----------------|
| Wing      |                |
| Army      | 152 cm         |
| Navy      | 152 cm         |
| Air Force | 163 cm         |

*Air Force has higher height requirements for both boys and girls.*

## Height Relaxation for Specific Categories

Height relaxation is allowed for candidates from **hilly and tribal regions**.

| Category | Height Relaxation |
|----------|-------------------|
| Gorkhas  | -5 cm             |

|  |                   |
|--|-------------------|
| Category   | Height Relaxation |
| Hill areas (J&K, Himachal, Uttarakhand, NE states) | -5 cm             |
| Lakshadweep  | -2 cm             |

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## NDA 2026 Weight Requirements (As per Height & Age)

Weight is checked in proportion to **height and age**. Below is a **general reference chart**.

### Weight Chart for Boys (Approximate)

| Height (cm) | Weight (kg) |
|-------------|-------------|
| 157         | 49-54       |
| 160         | 51-56       |
| 165         | 53-59       |
| 170         | 56-63       |
| 175         | 59-67       |
| 180         | 63-71       |

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### Weight Chart for Girls (Approximate)

| Height (cm) | Weight (kg) |
|-------------|-------------|
| 152         | 44-49       |
| 155         | 46-51       |
| 160         | 48-54       |
| 165         | 51-57       |
| 170         | 54-60       |
| 175         | 57-63       |

⚠ Being overweight or underweight beyond permissible limits can lead to medical rejection.

## NDA 2026 Chest Requirements (Boys Only)

Chest measurement is applicable **only for male candidates**.

| Requirement                | Measurement  |
|----------------------------|--------------|
| Minimum Chest (unexpanded) | 81 cm        |
| Chest Expansion            | Minimum 5 cm |

✓ Chest should be **well-developed and symmetrical**.

## Chest Requirements for Girls

- **No chest measurement requirement**
- General physical fitness is assessed instead

# Important Medical Fitness Points for NDA

Apart from height, weight & chest, candidates must ensure:

- **Normal blood pressure**
- **No deformities** (flat foot, knock knee, scoliosis, etc.)
- **Good eyesight** (as per service standards)
- **No permanent tattoos** on prohibited body parts
- **Normal hearing and speech**

## Common Reasons for Medical Rejection

- Overweight / underweight
- Chest expansion less than 5 cm (boys)
- Flat foot or knock knee
- Poor eyesight (beyond limits)
- Permanent tattoos in restricted areas
- Poor posture or spinal issues

## How to Improve Physical Measurements Naturally

### To Increase Chest Expansion

- Push-ups
- Pull-ups
- Deep breathing exercises
- Swimming

### To Manage Weight

- Balanced diet
- Daily running
- Avoid junk food
- Adequate sleep

□ Crash diets or extreme workouts are strongly discouraged.

## When Is Height, Weight & Chest Checked?

- After **SSB interview**
- During **military hospital medical examination**
- Final clearance before **joining NDA**

## Can Rejected Candidates Appeal?

Yes. Candidates declared **Temporary Unfit (TUF)** can apply for an **appeal medical board** within the specified time.

## Frequently Asked Questions (FAQs)

### Q1. Is height relaxation applicable for girls in NDA?

Yes, the same regional height relaxation rules apply to girls.

### Q2. Is chest measurement compulsory for NDA girls?

No, chest measurement is only for **boys**.

### Q3. Can I join NDA if I am slightly overweight?

A small variation may be allowed, but **excess weight can cause rejection**.

### Q4. Are NDA medical standards the same for all wings?

Mostly yes, but **Air Force standards are stricter**.

### Q5. Can height be increased naturally for NDA?

Height increase after a certain age is limited; focus on **posture and fitness**.

## Conclusion

Understanding the **NDA 2026 height, weight & chest requirements for boys and girls** is crucial to avoid last-stage disappointment. Start monitoring your physical standards early, follow a healthy lifestyle, and prepare well in advance to ensure **medical fitness along with academic success** □□□.

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