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

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

Minimum Height for Girls

Wing	Minimum Height
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

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

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

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

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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

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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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