

# NDA Physical Standards Requirements

Candidates aspiring to join the National Defence Academy (NDA) must meet specific physical standards, including height, weight, vision, and other medical criteria. This article provides a comprehensive guide to these requirements, ensuring candidates understand the eligibility criteria.

## NDA Height and Weight Standards

A common area of confusion among applicants is the height requirement for NDA. Below, we break down the height and weight standards for both male and female candidates.

### Height & Weight Chart for Female Candidates

Minimum Height (cm)	Age: 17-20 years	Age: 20+1 day - 30 years	Age: 30+1 day - 40 years	Age: Above 40 years
140	43.1 kg	45.1 kg	47.0 kg	49.0 kg
150	48.8 kg	51.1 kg	54.0 kg	57.0 kg
160	56.3 kg	58.9 kg	61.4 kg	64.0 kg
170	64.3 kg	66.5 kg	69.4 kg	72.3 kg
180	72.1 kg	75.4 kg	78.6 kg	81.9 kg

### Height & Weight Chart for Male Candidates

Minimum Height (cm)	Age: 17-20 years	Age: 20+1 day - 30 years	Age: 30+1 day - 40 years	Age: Above 40 years
140	43.1 kg	45.1 kg	47.0 kg	49.0 kg
150	48.8 kg	51.1 kg	54.0 kg	57.0 kg
160	56.3 kg	58.9 kg	61.4 kg	64.0 kg
170	64.3 kg	66.5 kg	69.4 kg	72.3 kg
180	72.1 kg	75.4 kg	78.6 kg	81.9 kg

### Height Relaxation:

- Candidates from the North Eastern Hills of India, Garhwal, Kumaon regions, and Gorkhas will have a relaxed minimum height requirement (148 cm for females, 152 cm for males).
- Candidates applying for the Flying Branch must meet a minimum height of 163 cm.

## Additional Physical Requirements for Pilot Aspirants

- Sitting Height: 81.5 cm – 96 cm
- Thigh Length: Maximum 64 cm

- Leg Length: 99 cm – 120 cm

## **NDA Chest Measurement Requirements**

- A well-developed chest is essential.
- The minimum chest expansion after full inspiration should be at least 5 cm.
- The chest size when fully expanded should not be less than 81 cm.

## **NDA Vision Standards**

Vision standards differ for Army, Navy, and Air Force candidates.

### **Navy Vision Requirements**

- **Uncorrected without glasses:** 6/6, 6/9
- **Corrected with glasses:** 6/6, 6/6
- **Limits of Hypermetropia:** +1.5D
- **Limits of Myopia:** -0.75D
- **Colour Perception:** I
- **Binocular Vision:** III

### **Air Force Vision Requirements**

- **Minimum Distant Vision:** 6/6 in one eye and 6/9 in the other (correctable to 6/6 for Hypermetropia)
- **Colour Vision:** CPI
- **Hypermetropia:** +2.0D Sph
- **Manifest Myopia:** Nil
- **Astigmatism:** +0.75D Cyl (within +2.0D max)
- **Spectacle Users:** Not eligible for the Air Force

## Army Vision Requirements

- **Colour Vision:** CP-III (Defective Safe)
- **Distance Vision (Corrected):** Better Eye: 6/6; Worse Eye: 6/9
- **Myopia Limit:** Should not exceed -2.5D with astigmatism
- **Hypermetropia Limit:** Should not exceed +3.5D with astigmatism

## NDA Spinal and X-Ray Examination Standards

Candidates will be disqualified if diagnosed with any of the following conditions:

- Spina Bifida (other than SV1 & LV5 if completely Sacralised)
- Incomplete Sacralisation (Unilateral/Bilateral)
- Atlanto-occipital & Atlanto-axial anomalies
- Presence of Schmorl's node at more than one level
- Compression fracture of Vertebra
- Spondylolisthesis, Spondylosis, or Spondylolysis
- Scoliosis greater than 15 degrees (10 degrees for Army and Navy)
- Arthritis or spondylosis
- Granulomatous disease of the spine

## NDA Eligibility and Exam Preparation

To qualify for NDA, candidates must not only meet the physical standards but also excel in the written exam and SSB interview. For better preparation:

- Take NDA mock tests
- Solve previous years' NDA papers
- Stay physically and mentally fit through regular exercise

For further details, refer to the NDA notification and eligibility criteria available in the linked articles.

**Stay fit, stay prepared, and achieve your NDA dreams!**

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