

**MEDICAL STANDARDS AND PROCEDURE OF MEDICAL EXAMINATION FOR  
JCOs/OR ENTRIES INTO ARMY**

1. Aim:

Aim of this literature is to familiarize the general population on medical standards for enrolment of Junior Commissioned Officers/Other Rank (JCOs/OR) into Army through various types of entries. This literature also serves the purpose of placing information in public domain as per the policy of Information Commission under RTI Act -2005

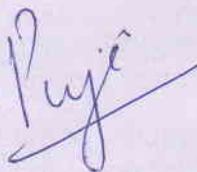
2. Introduction:

(a) The primary responsibility of the Armed Forces is defending territorial integrity of the nation. For this purpose Armed Forces should always be prepared for war. Armed Forces candidates undergo rigorous training in preparation for war. Armed Forces also assist civil authorities if required whenever the need arises like in the case of disasters. To carry out such tasks Armed Forces requires candidates with robust mental and physical health. Such candidates should also be capable of withstanding rigorous stress and strain of service conditions to perform their military duties in adverse terrain and uncongenial climate incl sea and air, in remote areas, in austere conditions with no medical facilities. Medically unfit candidates due to disease/disability can not only drain precious resources but can also jeopardize lives of other members of the team during operations. Therefore only medically fit JCOs/OR are selected who emerge fit to be trained for war.

(b) The Armed Forces Medical Services are responsible for ensuring selection of '**Medically Fit**' individuals into the Armed Forces.

(c) All Armed Forces candidates regardless of occupational specialty, unit assignment, age or gender should have a basic level of general '**Medical fitness**' when inducted into service. This basic level of fitness can then be used as a benchmark to train personnel for further physically demanding occupational specialties or unit assignments. This will enhance deployable combat readiness.

(d) Medical examinations are carried out meticulously by Medical Officers of Armed Forces Medical Services. These Medical Officers are well oriented to specific working conditions of Armed Forces after undergoing basic military training. Medical examinations are finalized by the Board of Medical Officers. The decision of the Medical Board is final. In case of any doubt about any disease/disability/injury/genetic disorder etc noticed during enrolment/commissioning, the benefit of doubt will be given to State.



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Medical Standards.

3. Medical standards described in the following paragraphs are general guidelines. They are not exhaustive in view of the vast knowledge of disease. These standards are subject to change with advancement in the scientific knowledge and change in working conditions of Armed Forces due to introduction of new eqpt/trades. Such changes will be promulgated from time to time by policy letters by competent authorities. Medical Officers, Spl Medical Officers and Medical Boards will take appropriate decisions based on following guidelines and principles.

4. To be deemed 'Medically fit', the candidate must be in good physical and mental health and free from any disease/syndrome/disability likely to interfere with the efficient performance of military duties in any terrain, climate, season incl sea and air, in remote areas, in austere conditions with no medical aid. Candidate also should be free of medical conditions which require frequent visit to medical facilities and use of any aid / drugs.

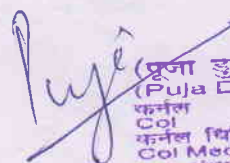
- (a) It will, however, be ensured that candidate is in good health. There should be no evidence of weak constitution, imperfect development of any system, any congenital deformities/ diseases/syndrome or malformation.
- (b) No swelling/s including tumours/cyst/swollen lymph node/s anywhere on the body. No sinus/es or fistula/e anywhere on the body.
- (c) No hyper or hypo pigmentation or any other disease/syndrome/disability of the skin.
- (d) No hernia anywhere on the body.
- (e) No scars which can impair the functioning and cause significant disfigurement.
- (f) No arterio-venous malformation anywhere in/on the body.
- (g) No malformation of the head and face including asymmetry, deformity from fracture or depression of the bones of the skull; or scars indicating old operative interference and malformation like sinuses and fistulae etc.
- (h) No impairment of vision including color perception and field of vision.
- (j) No hearing impairment, deformities/disabilities in ears vestibule-cochlear system.
- (k) No impediment of speech due to any aetiology.
- (l) No disease/disability/ congenital anomaly/syndrome of the bones or cartilages of the nose, or palate, nasal polyps or disease of the naso-Pharynx, uvula and accessory sinuses. There should be no nasal deformity and no features of chronic tonsillitis.
- (m) No disease /syndrome/disability of the throat, palate tonsils or gums or any disease or injury affecting the normal function of either mandibular joint.
- (n) No disease /syndrome/disability of the heart and blood vessels incl congenital genetic , organic incl hypertension, and conduction disorders.
- (o) No evidence of pulmonary tuberculosis or previous history of this disease or any other disease/syndrome/disability chronic disease of the lungs and chest including allergies /immunological conditions, connective tissue disorders, musculoskeletal deformities of chest.

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- (p) No disease of the digestive system including any abnormality of the liver, pancreas incl endocrinal, congenital, hereditary or genetic diseases/syndromes and disabilities.
- (q) No diseases/syndrome/disability of any endocrinal system, reticuloendothelial system.
- (r) No diseases/syndrome/disability genitor-urinary system including malformations, atrophy/hypertrophy any organ or gland.
- (s) No active, latent or congenital venereal disease.
- (t) No history or evidence of mental disease, epilepsy, incontinence of urine or enuresis.
- (u) No disease/deformity/syndrome of musculo-skeletal system and joints incl skull, spine and limbs.
- (v) There is no congenital or hereditary disease/ syndrome/disability.
5. Based on the above mentioned guidelines usual medical conditions which lead to rejection are:-

- (a) **Musculo Skeletal Deformities** : Musculo skeletal deformities of spine, chest and pelvis, limbs eg scoliosis, torticollis, kyphosis, deformities of vertebrae, ribs, sternum, clavicle, other bones of skeleton, mal-united fractures, deformed limbs, fingers, toes and congenital deformities of spine.
- (b) **Deformities of Limbs** : Deformed limbs, toes and fingers, deformed joints like cubitus valgus, cubitus varus, knock knees , bow legs, hyper mobile joints, amputated toes or fingers and shortened limbs.
- (c) **Vision and eye** : Myopia, lesions of cornea, lens, retina, squint and ptosis.
- (d) **Ears, Nose and Throat** : Sub standard hearing capability, lesions of pinna, tympanic membranes, middle ear, deviated nasal septum, congenital abnormalities of lips palate, peri-auricular sinuses and lymphadenitis/ adenopathy of neck. Hearing capacity should be 610 cm for Conversational Voice and Forced Whispering for each ear.
- (e) **Chest** : Tuberculosis, or evidence of tuberculosis, lesions of lungs, heart, musculo skeletal lesions of chest wall.
- (f) **Abdomen and genito urinary system** : Hernia, undescended testis, varicocele, organomegaly, solitary kidney, horseshoe kidney & cysts in the kidney/ liver. Gall bladder stones, renal and ureteric stones, lesions/deformities of urogenital organs, piles, sinuses and lymphadenitis/pathy.
- (g) **Nervous system** : Tremors, speech impediment and imbalance.
- (h) **Skin** : Vitiligo, haemangiomas, warts, corns, dermatitis, skin infections and hyperhydrosis.

  
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6. **Height and Weight:** Height requirement varies as per the stream of entry. Weight should be proportionate to height as per the chart given below:-

Height (cm)	Minimum weight for all ages (Kg)	Age: 17 to 20 yrs	Age: 20+01 day- 30 yrs	Age: 30 + 01 day - 40 yrs	Age: Above 40 yrs
		Weight (Kg)	Weight (Kg)	Weight (Kg)	Weight (Kg)
		Maximum permissible weight			
140	35.3	43.1	45.1	47.0	49.0
141	35.8	43.7	45.7	47.7	49.7
142	36.3	44.4	46.4	48.4	50.4
143	36.8	45.0	47.0	49.1	51.1
144	37.3	45.6	47.7	49.8	51.8
145	37.8	46.3	48.4	50.5	52.6
146	38.4	46.9	49.0	51.2	53.3
147	38.9	47.5	49.7	51.9	54.0
148	39.4	48.2	50.4	52.6	54.8
149	40.0	48.8	51.1	53.3	55.5
150	40.5	49.5	51.8	54.0	56.3
151	41.0	50.2	52.4	54.7	57.0
152	41.6	50.8	53.1	55.4	57.8
153	42.1	51.5	53.8	56.2	58.5
154	42.7	52.2	54.5	56.9	59.3
155	43.2	52.9	55.3	57.7	60.1
156	43.8	53.5	56.0	58.4	60.8
157	44.4	54.2	56.7	59.2	61.6
158	44.9	54.9	57.4	59.9	62.4
159	45.5	55.6	58.1	60.7	63.2
160	46.1	56.3	58.9	61.4	64.0
161	46.7	57.0	59.6	62.2	64.8
162	47.2	57.7	60.4	63.0	65.6
163	47.8	58.5	61.1	63.8	66.4
164	48.4	59.2	61.9	64.6	67.2
165	49.0	59.9	62.6	65.3	68.1
166	49.6	60.6	63.4	66.1	68.9
167	50.2	61.4	64.1	66.9	69.7
168	50.8	62.1	64.9	67.7	70.6
169	51.4	62.8	65.7	68.5	71.4
170	52.0	63.6	66.5	69.4	72.3
171	52.6	64.3	67.3	70.2	73.1
172	53.3	65.1	68.0	71.0	74.0
173	53.9	65.8	68.8	71.8	74.8
174	54.5	66.6	69.6	72.7	75.7
175	55.1	67.4	70.4	73.5	76.6
176	55.8	68.1	71.2	74.3	77.4
177	56.4	68.9	72.1	75.2	78.3
178	57.0	69.7	72.9	76.0	79.2
179	57.7	70.5	73.7	76.9	80.1
180	58.3	71.3	74.5	77.8	81.0

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Height (cm)	Minimum weight for all ages (Kg)	Age: 17 to 20 yrs	Age: 20+01 day- 30 yrs	Age: 30 + 01 day - 40 yrs	Age: Above 40 yrs
		Weight (Kg)	Weight (Kg)	Weight (Kg)	Weight (Kg)
		Maximum permissible weight			
181	59.0	72.1	75.4	78.6	81.9
182	59.6	72.9	76.2	79.5	82.8
183	60.3	73.7	77.0	80.4	83.7
184	60.9	74.5	77.9	81.3	84.6
185	61.6	75.3	78.7	82.1	85.6
186	62.3	76.1	79.6	83.0	86.5
187	62.9	76.9	80.4	83.9	87.4
188	63.6	77.8	81.3	84.8	88.4
189	64.3	78.6	82.2	85.7	89.3
190	65.0	79.4	83.0	86.6	90.3
191	65.7	80.3	83.9	87.6	91.2
192	66.4	81.1	84.8	88.5	92.2
193	67.0	81.9	85.7	89.4	93.1
194	67.7	82.8	86.6	90.3	94.1
195	68.4	83.7	87.5	91.3	95.1
196	69.1	84.5	88.4	92.2	96.0
197	69.9	85.4	89.3	93.1	97.0
198	70.6	86.2	90.2	94.1	98.0
199	71.3	87.1	91.1	95.0	99.0
200	72.0	88.0	92.0	96.0	100.0
201	72.7	88.9	92.9	97.0	101.0
202	73.4	89.8	93.8	97.9	102.0
203	74.2	90.7	94.8	98.9	103.0
204	74.9	91.6	95.7	99.9	104.0
205	75.6	92.5	96.7	100.9	105.1
206	76.4	93.4	97.6	101.8	106.1
207	77.1	94.3	98.6	102.8	107.1
208	77.9	95.2	99.5	103.8	108.2
209	78.6	96.1	100.5	104.8	109.2
210	79.4	97.0	101.4	105.8	110.3

**Note** : Weight for height chart given above is for all categories of candidates. This chart is prepared based on the BMI. The chart specifies the minimum acceptable weight that candidates of a particular height must have. Weight below the minimum specified will not be acceptable in any case.

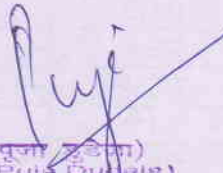
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7. Visual stds for JCOs/OR entry are as follows:-

S.No.	Grade	Standards
(a)	SOL GD/CNP/DVR	Uncorrected VA 6/6 & 6/6
<b>S.No</b>	<b>Grade</b>	
GP-I	SOL GD INF SOL GD TA SOL GD (AFV), GUNNER (GD), GUNNER (ARMY AD), DMT, DS, DPMT, MP SOL GD Drivers (other than animal Transport drivers) & equivalent	BCVA 6/6 & 6/6 Myopia - Nil Hypermetropia $\leq +1.0$ DS, including max astigmatism $\leq \pm 0.5$ D Cyl LASIK and equivalent not permitted. Colour vision. CP II
GP-II	SOL Cik/SKT, APS, DSC, Sol Tech, NA, Sol Tdn, JCO (Catering), RT, Sep Pharma, Sol GD not part of GP-I & equivalent	Uncorrected VA 6/36 & 6/36 BCVA 6/6 & 6/6 Myopia $\leq -2.5$ D Sph, including max astigmatism $\leq \pm 2.0$ D Cyl Hypermetropia $\leq +2.5$ D Sph including max astigmatism $\leq \pm 2.0$ D Cyl LASIK and equivalent not permitted Colour vision. CP II

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dt 27 Apr  
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BCVA - Best Corrected Visual Acuity