

MEDICAL STANDARDS FOR ADMISSION TO TSWR SAINIK SCHOOL

- (a) The candidate must be in good physical and mental health and free from any disease/disability which is likely to interfere with the efficient performance of Military duties.
- (b) There should be no evidence of weak constitution, bodily defects or under weight. The Candidate should not be overweight or obese.
- (c) The minimum acceptable height is 157 cms.
- (d) Individual's weight is considered normal if it is within $\pm 10\%$ departure from average weight. However, in individuals with heavy bones and broad build as well as individuals with thin build but otherwise healthy this may be relaxed to some extent on merit.
- (e) Chest should be well developed. Fully expanded chest should not be less than 81 cms. The minimum range of expansion after full inspiration should be 5 cms. The measurement will be taken with a tape so adjusted that its lower edge should touch the nipple in front and the upper part of the tape should touch the lower angle of the shoulder blades behind. X-Ray of the chest is compulsory and will be taken to rule out any disease of the chest.
- (f) There should be no maldevelopment or impairment of function of the bones or joint.
- (g) Past medical history of diseases or injury of the spine or sacro iliac joints, either with or without objective signs which have prevented the candidate from successfully following a physically active life, is a cause for rejection. History of spinal fracture/prolapsed intervertebral disc and surgical treatment for these conditions will entail rejection.
- (h) A candidate should have no past history of mental breakdown or fits.
- (i) The hearing should be normal. A candidate should be able to hear a forced whisper with each ear at a distance of 610 cms in a quiet room. There should be no evidence of present or past disease of the ear, nose and throat. Audiometric test will be done. Audiometric hearing loss should not be greater than 20 db in frequencies between 250 and 8000 Hz. There is no impediment of speech.

(j) There should be no signs of functional or organic disease of the heart and blood vessels. Blood pressure should be normal.

(k) There should be no enlargement of liver or spleen. Any evidence of disease of internal organs of the abdomen will be a cause for rejection.

(l) Un-operated hernias will make a candidate unfit. In case of Hernia which has been operated, a minimum of 6 months must have passed prior to final medical examination before commencement of the course.

(m) There should be no hydrocele, varicocele or piles.

(n) Urine examination will be done and any abnormality if detected will be a cause for rejection.

(o) Any disease of skin which is likely to cause disability or disfigurement will also be a cause for rejection.

(p) Visual standards:- The distance vision (corrected) should be 6/6 in better eye and 6/9 in worse eye. Myopia should not be more than 2.5 D and hypermetropia not more than 3.5 D including Astigmatism. Internal examination of the eye will be done by means of ophthalmoscope to rule out any disease of the eye. A candidate must have good binocular vision. The colour vision standard will be (CP-III). A candidate should be able to recognise red and green colours. Candidates will be required to give certificates that neither he nor any member of his family has suffered from congenital night blindness. Candidates who have undergone or have the evidence of having undergone Radial Keratotomy, to improve the visual acuity will be permanently rejected for all the Services. Candidates who have undergone Laser Surgery for correction of refractive error are also not acceptable to defence services.

(q) The candidates should have sufficient number of natural and sound teeth. A minimum of 14 dental points will be acceptable. When 32 teeth are present, the total dental points are 22. A candidate should not be suffering from severe pyorrhoea.

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