

PHYSICAL AND MEDICAL CONDITIONS FOR FITNESS

1- HEIGHT AND WEIGHT

S.No.	Height (INCHES)	Min Weight (Kg)	Max Weight (Kg)	MINIMUM EXPANDED CHEST (CM)
1	58	37	65	78.5
2	59	38	68	79
3	60	39	69	79
4	61	41	72	79
5	62	42	74	79.5
6	63	44	77	79.5
7	64	45	80	79.5
8	65	46	82	80
9	66	48	85	80
10	67	49	87	80
11	68	51	90	81
12	69	52	92	81
13	70	54	95	82.5
14	71	55	97	82.5
15	72	57	100	82.5
16	73	58	103	82.5
17	74	60	106	82.5
18	75	61	108	84
19	76	63	112	87

(YOUR WEIGHT CORRESPONDING TO YOUR HEIGHT MUST BE BETWEEN THE MINIMUM AND MAXIMUM LIMITS AT THE TIME OF MEDICAL FITNESS TESTS.)

2- VISION:

CORRECTED	UNCORRECTED
+3.0 /-3.5	6/6 (good eye) and 6/9 (worse eye)

3- CANDIDATE MUST NOT BE COLOR BLIND