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**BY AWAN**  
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76054/Policy/DGMS-5A

16 Jul 2019

Headquarters  
Southern Command (Med)  
Eastern Command (Med)  
Western Command (Med)  
Central Command (Med)  
Northern Command (Med)  
South Western Command (Med)

**MANUAL ON MEDICAL EXAMINATION AND MEDICAL STANDARDS  
FOR ENTRIES INTO ARMY, TRG ACADEMIES AND MIL SCHOOLS**

1. There have been a large number of AOs/AIs/Policy letters on medical standards which are followed for various entries into Army ranging from a boy or girl of age 08 yrs to an Offr for extension of re-employment at the age of 56 yrs. This wide variation in age groups and especially with the addition of women entry as Offrs, soldiers and even at Military Schools has led to issue of a number of policies as and when an entry was introduced.
2. At the same time, the existing AOs/AIs & Policy letters on the subject are upto a vintage of 71 years old. Medical guidelines mentioned in these AOs/AIs and various policy guidelines issued over a period of time are almost similar except for certain differences in visual standards.
3. Apropos, a fresh "Manual on Medical Examination and Medical Standards for various entries into Army, Trg Academies and Mil Schools (including TA)" has been prepared and approved by the competent authority. The same is promulgated herewith as Appx to this letter for adoption with immediate effect.
4. This letter supersedes all the previous policies issued by DGMS (Army)/DGMS-5A on medical standards for various entries into Army, Trg Academies, RIMC & Mil Schools. Medical standards given in AOs/AIs shall be updated as and when these are revised.
5. It is requested to disseminate the same at all levels for adoption.

sd/xxx  
(Shishir Jain)  
Col  
Col Med (PS)  
for DGMS (Army)

Encls : As above.

Copy to

DGAFMS/DG-3A - Ref your SN No 41187/2(V)/DGAFMS/DG-3A dt 05 Sep 2017  
and SN No 9450/Phy Stdn/DGAFMS/DG-3A dt 13 Feb 2019.

AG Sectt  
DG MT-15  
DG Rtg

} For info please.

6. To be deemed 'Medically Fit' to perform Military duties, a candidate should be:-
  - (a) Free of contagious diseases that might endanger the health of other personnel and himself/herself.
  - (b) Free of medical conditions or physical defects that would entail excessive absence from duty for treatment and hospitalization.
  - (c) Capable of undergoing training and performing high demanding trg and duty of Armed Forces and free of any disabilities.
  - (d) Adaptable to Military environment without the necessity of geographical area limitations and capable of performing Military tasks without access to specialized medical care. He/she should be able to serve in any climate and terrain under austere conditions within the country as well as abroad.
7. The initial Medical Examination in respect of candidates will be conducted by.-
  - (a) Medical Officers (MOs) at a designated place.
  - (b) Specialist Officers at designated Military Hospitals in respect of candidates aspiring to be Cadets/Officers including women candidates.
8. The presence of a lady attendant will be ensured while examining a female candidate.
9. The guidelines enumerated in this manual are meant to be applied in conjunction with the standard methods of clinical examination.
10. **Applicability.** This manual applies to Medical Standards in respect of selection of candidates for recruitment as soldiers, admission of children to various Military/Sainik Schools/Sports Coys, selection of Cadets for various Trg Academies, MNS, Student Nurse, commissioning of Officers and any other entry into Army (including TA).
11. These guidelines are not exhaustive and any deformity/disease/disability/injury or any abnormality in function of any part of the body/body system will be a cause for rejection. The examining Medical Officer is responsible for 'Medical Fitness' and for their identification marks. Identification marks are to be noted concisely and clearly in the space allotted for the purpose in medical form in order to facilitate candidate's future identification.
12. Findings of this primary medical examination will be recorded on appropriate medical form i.e. AFMSF-2A for candidates aspiring to become soldiers and AFMSF-2 for all other categories. In case of fit candidates, the wording used will be "Fit in SHAPE-1".
13. **Principal points in Medical Examination of candidates.** In the examination of candidates, principal points to be attended to are as follows:-
  - (a) That the candidate is sufficiently intelligent.

- (b) That his/her hearing is good and that there is no sign of disease of ear, nose and throat.
- (c) That his/her vision with each eye is up to the required standard, his eyes are bright, clear and with no obvious squint or abnormality. Movements of eyeballs are full and free in all directions.
- (d) That his/her speech is without impediment.
- (e) That he/she possesses sufficient number of sound teeth for efficient mastication and his/her oral hygiene is satisfactory.
- (f) That he/she has no glandular swelling.
- (g) That his/her chest is well formed and that his heart and lungs are sound and healthy.
- (h) There is no organomegaly or hernias.
- (j) That his/her feet and toes are well formed.
- (k) That he/she has no congenital malformation or deformities.
- (l) That he/she does not bear remnants of previous acute or chronic disease pointing to an impaired constitution.
- (m) That he/she has no disease of the genito-urinary tract.
- (n) That he/she is free from any disease/disability and has perfect action of all the joints.
- (o) That he/she has not undergone any surgery.
- (p) That he/she has no abnormal growth/swelling.
- (q) That scars, if present, are healthy and not causing any functional limitations and aesthetic issues.

**GENERAL CONSIDERATIONS AND PRINCIPLES OF  
MEDICAL EXAMINATIONS**

14. **Medical Examination for entry into RIMC and Military School.**

- (a) All candidates after screening by DGMT will be subjected to a thorough medical examination at the nearest Service Hospital to assess whether they are mentally and physically fit to perform all types of activities.
- (b) Medical examination is carried out by 'Special Medical Board' and proceedings are documented in AFMSF-2.



(c) The validity period of Medical Examination shall be 180 days from the date of completion of Med Bd proceedings (i.e. date of endorsement by the Board).

(d) The concerned Specialist on receiving the candidate along with the review certificate will examine the candidate in detail and endorse his/her findings and opinion regarding fitness on the review certificate for the said disability in his/her own handwriting. A detailed justification will be endorsed by Specialist Officer at the time of appeal irrespective of whether candidate has been made FIT or UNFIT. Specialist will enter the findings in AFMSF-2, stamp the column with his rubber stamp and endorse date of examination and opinion. In case a Specialist finds another abnormality related to his own specialty, which is not mentioned in the review certificate, then he/she will mention the same and give opinion for the same too on the review certificate. In case, while examining the candidate, Specialist finds another abnormality that is not related to his own specialty and which is not mentioned in the review certificate, then he/she will mention the same on review certificate for further action.

(e) The decision of Appeal Medical Board will be final.

15. **Medical Examination for entry into Sainik School.**

(a) All candidates after screening will be subjected to thorough Medical Examination at nearest Civil Hospital (as directed by Board of Governors of Sainik School Society), to assess whether they are mentally and physically fit to perform all types of activities.

(b) Medical examination will be carried out by Civil MOs and Spl.

(c) Civil MOs or school authorities should apprise the candidates about their medical status including disabilities. The school authorities will inform them about the provision of appeal for an Appeal Med Examination at the nearest Service Hospital within the stipulated period as per prevailing regulations notified by the Sainik School Society and amended from time to time.

(d) The validity period of Medical Examination will be 180 days from the date of completion of Med Bd Proceedings (i.e. date of endorsement by Civil MO/Specialist).

(e) The concerned Specialist on receiving the candidate along with the review certificate will examine the candidate in detail and endorse his/her findings and opinion regarding fitness on the review certificate for the said disability in his/her own handwriting. A detailed justification has to be endorsed by Specialist Officers at the time of appeal irrespective of whether candidate has been made FIT or UNFIT. Specialist Officers at the time of appeal irrespective of whether candidate has been made FIT or UNFIT will enter the findings in AFMSF-2 and will stamp the column with his rubber stamp and endorse the date of examination and opinion. In case, a Specialist finds another abnormality related to his own specialty which is not mentioned in the review certificate, then he/she will mention the same and give opinion for the same too on the review certificate. In case, while examining the candidate, the Specialist finds another abnormality that is not related to his own specialty and which is not mentioned in the review certificate, then he/she will mention the same on the review certificate for further action.

(f) There will not be any more medical review/examination and decision of Appeal Medical Board will be final.

16. **Medical Examination for enrolment as Recruit.**

(a) All candidates after screening will be subjected to thorough Medical Examination by a Board of MOs detailed by competent authority in consultation with SRMO of Rtg Zone/SRMO of Regt Centre to assess whether they are medically fit to perform all types of duties, in any geographical locality in any climate anywhere in the world. The examining Board of MOs will record their findings in the prescribed form (AFMSF 2A).

(b) The Board of MOs will only specify FIT/UNFIT after the medical examination. The Presiding MO will apprise the candidates about their medical status including disabilities and also inform them about the provision of appeal for a review med exam at the designated Service Hospitals within the stipulated period as per prevailing regulations notified by the Rtg Dte from time to time.

(c) The validity period of a Medical Examination will be 180 days from the date of completion of Med Bd Proceedings (i.e. date of endorsement by Presiding MO).

(d) The concerned Specialist on receiving the candidate along with the review certificate will examine the candidate in detail and endorse his/her findings and opinion regarding fitness on the review certificate for the said disability in his/her own handwriting. A detailed justification will be endorsed by the Specialist Officer at the time of appeal irrespective of whether the candidate has been made FIT or UNFIT. The Specialist will stamp the review certificate with his rubber stamp and will endorse the date of examination and opinion. In case a Specialist finds another abnormality related to his own specialty which is not mentioned in the review certificate, then he/she will mention the same and give opinion for the same too on the review certificate. In case, while examining the candidate, the Specialist finds another abnormality that is not related to his own specialty and which is not mentioned in the review certificate, then he/she will mention the same on the review certificate for further action.

(e) The decision of the Appeal Medical Examination will be final.

17. **Medical Examination for commissioning as Offrs, MNS and entry as Cadets (including AFMC Cadets) in various Trg Academies for Officers and Student Nurse**

(a) **Special Medical Boards (SMB).** SMBs have been established under Govt Authority to ensure uniformity in Medical Examination of selected candidates for grant of commission into Armed Forces/enrollment into Pre Commission Training Academies. SMBs will be conducted at specified Hospitals nearest to SSB Centre or as specified from time to time by Rtg Dte. Following methodology will be adopted.-

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A.F.M.S.F 2 (Ver 2002)

**MEDICAL EXAMINATION REPORT ON ENTRY**

MEDICAL EXAMINATION HELD AT **CAPITAL HOSPITAL, BHUBANESWAR**

- |                                                             |                                         |
|-------------------------------------------------------------|-----------------------------------------|
| 1. Name in Full .....                                       | 2. Date of Birth .....                  |
| Roll No ..... Rank <b><u>CADET</u></b>                      | 3. Married or Single: <b><u>N/A</u></b> |
| (for service candidate only) Sex: <b><u>Male/Female</u></b> | 4. Hours Flown: <b><u>N/A</u></b>       |
| 5. Service: <b><u>ADMISSION IN SS BHUBANESWAR</u></b>       | 6. Trade: <b><u>CADET</u></b>           |
| 7. Permanent Address: .....                                 | 8. Identification Marks                 |
| .....                                                       | (a) .....                               |
| .....                                                       | (b) .....                               |

*Recent photograph of the candidate to be pasted here and then duly attested.*

**PERSONAL STATEMENT**

9. FAMILY HISTORY						
Relation	If Alive			If Expired		
	Age (Yrs)	Health		Cause of Death	Died (Yrs)	
Father						
Mother						
Brother/Sister						
"						
"						
"						
Any Family History of ⇒	Hypertension	Heart Disease	Diabetes	Bleeding Disorders	Mental Disease	Night Blindness

10. PERSONAL HISTORY			
Have your son suffered from any of the following illness / conditions?			
Illness	(Yes/No)	Illness	(Yes / No)
Chronic Bronchitis / Asthama		Discharge from Ears	
Pleurisy / Tuberculosis		Any other Ear Disease	
Rheumatism/Frequent Sore Throats		Frequent Cough & Cold / Sinusitis	
Chronic Indigestion		Nervous Breakdown/Mental illness	
Kidney/Bladder Trouble		Fits/Fainting Attacks	
STD		Severe Head Injury	
Jaundice		<i>(For female candidates only)</i>	
Air, Sea, Car, Train sickness		<i>Breast Disease/Discharge</i>	
Trachoma		<i>Amenorrhoea/Dysmenorrhoea</i>	
Night Blindness		<i>Menorrhagia</i>	
Laser treatment/Surgery for Eye		<i>Pregnancy</i>	
Any other Eye disease		<i>Abortion</i>	

Have you ever been rejected as medically unfit for any branch of the Armed Forces	(Y/N)
Have you ever been discharged as medically unfit from any branch of the Armed Forces	(Y/N)
Have you ever been admitted in hospital for any illness, operation or injury? If so, state the nature of the disease and duration of stay in hospital.	(Y/N)
Any other information you can give about your health?	
I hereby declare that I have answered as fully as possible all the questions about my family and personal health and that the information given is true to the best of my knowledge.	

Signature of Medical Officer .....

Date .....

Signature of Parent / Guardian

Date.....

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**EXAMINATION**

**MEDICINE**

11. (a)	Height without Shoe cms	(b)	Weight (actual) (acceptable)	Kg Kg	(c)	Leg Length ( <i>for pilots only</i> ) cms
(d)	Urine Examination	Appearance	Albumin	Sugar	Specific Gravity	
(e)	Blood Examination (i) Hb gm% (ii) Any other investigation carried out					
(f)	Physique					
(g)	Skin					
(h)	Abdomen ( <i>Liver &amp; Spleen</i> )					
(i)	Cardio Vascular System ( <i>Heart Size, Sounds, Rhythm, Arterial Walls, Pulse Rate and BP</i> )					
(j)	Respiratory System ( <i>including X-ray examination when applicable</i> )	Chest Measurements				
		Full Expansion	cms			
		Range of Expansion	cms			
(k)	Central Nervous System	Self Balancing				
		R				
		L				
(l)	Speech, Mental capacity & Emotional stability					
(m)	Endocrine conditions					
(n)	Any other abnormalities or conditions affecting physical capacity not already noted					
Remarks						
Date			Signature of Medical Specialist			

**SURGERY**

12 (a)	Upper Limbs (Fingers, hand, wrist, elbows, shoulder girdles, cervical and dorsal vertebrae)				
(b)	Lower Limbs (Hallux vagus rigidus rigidus, flat feet, joints, pelvis) & Gaits				
(c)	Lumbar and sacral vertebrae, coccyx and varicose veins				
(d)	Genito - urinary and perineum (Hydrocele, varicocele, undescended testes and haemorrhoids)				
(e)	Hernia & Muscle				
(f)	Breast				
Remarks					
Date			Signature of Surgical Specialist		







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**DENTAL**

15 (a) Total No. of Teeth	Missing / Unsaveable Teeth
(b) Total No. of Defective Teeth	U.R. 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 U.L.
(c) Total No. of Dental Point	L.R. 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 L.L.
(d) Condition of Gums	Missing teeth to be indicated by Horizontal Line (-) and Unsaveable teeth by cross (x) through the appropriate number
Remarks	
Date	Signature of Dental Officer

**GYNECOLOGY**

16 (a) Menstrual History	(b) LMP
(c) Nos. of Pregnancies	(d) Nos. of Abortions
(e) Nos. of Children	(f) Date of last Confinement
(g) Vaginal Discharge	(h) Prolapse
(i) USG Abdomen	
Remarks	
Date	Signature of Gynecologist

**FINDINGS OF MEDICAL BOARD / EXAMINATION**

Place			
Date	Member	Member	Signature of President

**FINDINGS OF THE SUBSEQUENT MEDICAL BOARD / EXAMINATION**

Place			
Date	Member	Member	Signature of President

**APPROVING AUTHORITY**  
(where applicable)

Place			Signature
Date	Member	Member	Rank & Designation