

The physical standards are important for the job profile and the rigorous training at the NPA, which includes weekly run for 10 k.m. in 60 minutes, route march for 25 k.m. UAC, Horse riding, rock climbing, assault course, PT obstacles, rope climbing etc.

For IPS-

Height – Male 165 cm Pahari Male (general also) & ST (not the SC/ OBC) – 160 cm

Female 150 cm Pahari Female (general also) & ST (not SC/ OBC)- 145 cm

Chest – Male Minimum 84 cm. Expansion 5 cm.

Female Min 79 cm expansion 5 cm.

(Those can't expand the chest go to next service. If expansion is less during 1st Medical, i.e. just after interview; during second Medical, i.e. after the result, or appeal, expansion can be shown.)

Many people fail in this test of chest expansion. (I know some people who have cleared this exam during the second Medical Test, i.e. after the Medical Exam conducted after the declaration of Final result)

Eye sight – 6/6 or 6/9 distant vision for good eye.
6/12 or 6/9 for worst eye.

Near vision J 1 for good eye.
J2 for worst eye.

The correction is by lenses only.

High standard for the Colour-blind test.

No inherent night blindness.

Vision should stereoscopic.

Blood pressure (High) – Age 23 – 123, age 24 – 124,
age 25 – 122, age 28 – 124, age 30 – 125, age 32 – 126,
age 34 – 127.

Ladies should not be pregnant at the time of Medical Test.

Ear- good listening & normal ear cavity. 1000 to 4000 frequency hearing impairment shd not be more than 30 decibels.

Nasal- candidate should not stammer while speaking.