

NDA Height & Weight for Army and Air Force

NDA height prescribed is 157 cms (For Air Force it is 162.5 cms). Certain exceptions are applicable for candidates based on the region from where they belong. NDA height for girls is 157 cms.

NDA Height (in cms)	NDA Weight (in kgs)		
	16-17 years	17-18 years	18-19 years
152	42.5	44.0	45.0
155	43.5	45.3	47.0
157	45.0	47.0	48.0
160	46.0	48.0	49.0
162	48.0	50.0	51.0
165	50.0	52.0	53.0
167	51.0	53.0	54.0
170	52.5	55.0	56.0
173	54.5	57.0	58.0
175	56.0	59.0	60.0
178	58.0	61.0	62.0
180	60.0	63.0	64.5
183	62.5	65.0	66.5

For Gorkhas and candidates belonging to hills of North-Eastern areas of India, Garhwal, and Kumaon, the minimum height will be 5 cms less than the figure mentioned above. For candidates belonging to Lakshadweep, the minimum height standard is reduced by 2 cms.

NDA Requirements for Height and Weight for Navy

NDA Height (In cms)	NDA Weight (in kgs)		
	16 years	18 years	20 years
152	44	45	46
155	45	46	47
157	46	47	49
160	47	48	50
162	48	50	52
165	50	52	53
167	52	53	55
170	53	55	57
173	55	57	59
175	57	59	61
178	59	61	62
180	61	63	64
183	63	65	67