

UPSC Medical Test

If a candidate doesn't meet certain prerequisites of the UPSC medical test, then he/she won't get selected. This IAS medical test is one of the most important factors in the selection of candidates for Civil Services. Candidates are required to fulfill all the requirements for smooth and timely service allocation.

The candidates have to present at Central Standing Medical Board (CSMB). CSMB is constituted to conduct UPSC medical test to determine a candidate's physical and mental status. On the basis of the examination, the candidate will be recommended as fit or unfit for all services.

Preparing for IAS physical test is as important as preparing for UPSC Prelims, UPSC Mains, and the personality test. Candidates must keep their health in check so that they won't face any complications during the medical test.

Categories of Services for IAS Medical Test

Before going any further, candidates need to understand the categories of services first for the IAS Medical Test. The categories are divided into two types- Technical and Non-technical. Below we have covered the services that are part of both technical and non-technical categories.

- **Technical services:** Indian Railway Traffic Service (IRTS), Indian Police Service (IPS), Delhi Andaman and Nicobar Police Service (DANIPS), Pondicherry Police Service (PONDIPS), Railway Protection Force (RPF).
- **Non-technical services:** Indian Administrative Service (IAS), Indian Foreign Service (IFS), Indian Audit & Accounts Service (IA&AS), Indian Revenue Service (Customs and Central Excise), Indian Civil Accounts Service, Indian Railway Accounts Service, Indian Railway Personnel Service, Indian Defense Accounts Service, Indian Revenue Service (Income Tax), Indian Ordnance Factories Services, Indian Postal Service, Indian Defense Estates Service, Indian Postal & Telegraph Accounts and Finance Service, Indian Corporate Law Services, Indian Information Service, Indian Trade Service, DANICS, PONDICS, Armed Forces Headquarters (AFHQ) Civil Service.

Designated Hospitals for UPSC Medical Test

Medical tests for IAS and other services would be conducted in seven designated hospitals in Delhi, namely:

1. Safdarjung Hospital
2. Ram Manohar Lohia Hospital
3. Lok Nayak Jai Prakash Narayan Hospital
4. Suckheta Kriplani Hospital
5. Guru Teg Bahadur Hospital
6. Deen Dayal Upadhyay Hospital
7. BR Ambedkar Hospital.

Physically Handicapped Candidates would be examined in five hospitals as per their application for CSE Prelim, namely:

1. Safdarjung Hospital
2. Ram Manohar Lohia Hospital
3. LHMC
4. Guru Teg Bahadur Hospital
5. Lok Nayak Jai Prakash Narayan Hospital.

Lady candidates would be examined by a lady doctor in all of the above-mentioned seven hospitals.

Tips for UPSC Medical Test

On the day of the medical examination, candidates should come fasting for 10 hours or more. Candidates must not take any medicine upon the arrival of the UPSC medical test. If the candidates are using a hearing Aid, spectacles should bring the same and ensure to bring the prescription for the same.

- If a candidate is using contact lenses, they are advised to quit using them no less than 48 hours before the IAS physical test. The candidate also has to bring all the medical records of any surgical procedure he/she has gone through it before.
- Candidate from the Physical Handicapped category needs to bring along all the appliances used by him/her and also bring the 'Disability Certificate' if any issued by a Disability Medical Board in the past.
- Pregnant candidates would be fit for all types of services except the services that require physical training. Those who require physical training will be declared 'fit' after the confinement.

How to Prepare for UPSC Medical Test?

Before going to the Central Standing Medical Board for UPSC medical test, the candidates need to prepare themselves properly so that they can avoid complications and unfriendly outcomes. Candidates need to start working out a few months before the commencement of the medical test for UPSC. If you are preparing for IPS, don't start at the last minute. Start early which would help to fabricate your stamina and wellness.

Tests Conducted during UPSC Medical Exam

The tests conducted during the UPSC medical test are as follows:

- Blood and Urine Test- Blood and Urine samples will be taken for certain tests.
- Blood Pressure - Candidates shouldn't get overstressed otherwise, the doctor may ask questions that would lead to further tests. Usually, the doctor asks the candidate to jump a certain number of times before him/her.
- Diabetes Mellitus - Candidates will be tested for fasting blood sugar and HbA1C after 8-10 hours of fasting to rule out the presence of Diabetes Mellitus.
- Hearing Ability - Candidates' hearing ability must be good, and the doctor will also test for the presence of any disease in the ear. if the defect in hearing can be remediable by a hearing aid or operation then the candidate won't be declared unfit on that account, provided that he/she has no disease in the ear.
- X-ray- chest X-ray and other tests are also conducted to check for a hernia. Bone density will also be measured by various tests.
- Lungs and Heart - The doctor will check if the heartbeat and lungs are normal by using a stethoscope. The doctor may ask you to breathe faster or normally.

IAS Physical Test

At the hospital when the candidates enter the hospital they need to fill up a form. This form includes details of the earlier appearance of the candidate before any medical board, earlier vaccinations they

have been given, details of any surgery they have undergone, and the details of the health conditions of their family.

Standard Height and Weight for the UPSC Medical Test

During the weight measurement the fractions of half a kilogram is rounded into zero and more than a half KG will be rounded into one. The chest and height of the candidates during the UPSC medical test should be measured twice before coming to a final decision.

Criteria	Normal	Required
Blood Pressure	120/80 mmHg	20 plus-minus considerable
Blood Sugar	Less than 140 mg/dl	Less than 140 mg/dl

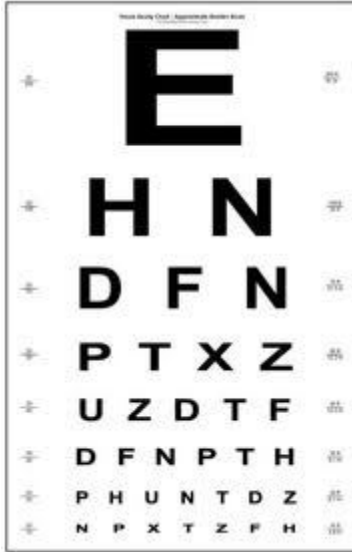
The chest, height requirements for each service are as follows:

Service	Gender	Chest	Height	Chest Expansion
Indian Police Service, Group 'A' post in Railway Protection Force and other Central Police Services Group 'A' & Group 'B'	Men	84 cm	165 cm [For ST (except SC/ OBC) – 160 cm]	5cm
	Women	79 cm	150 cm[For ST (except SC/ OBC)- 145 cm]	5 cm
Indian Railway Traffic Service	Men	-	84 cm	5cm
	Women	-	79 cm	5 cm

Candidates must remember that the relaxed minimum heights are only for the candidates from Scheduled Tribes and races such as Gorkhas, Kumaonis, Garhwalis, Assamese, and Nagaland Tribal, etc. whose average height is distinctly lower.

Medical Test for UPSC: Ophthalmic Test

Normal Vision- The candidates have to identify the following letters from at a given distance.



The UPSC medical test standard for Near and Distant Vision for Technical and Non-technical services is given below:

	Technical Services		Non-Technical Services	
	Better eye (corrected vision)	Worse eye	Better eye (corrected vision)	Worse eye
Distant vision	6/6 or 6/9	6/12 or 6/9	6/6 or 6/9	6/18 to Nil or 6/12
Near vision	J1**	J2**	J1** J2	J3 to Nil** J2
Types of corrections permitted	Spectacles, CL and Refractive Surgery* like Lasik, ICL, IOL, etc.		Spectacles, CL, and Refractive Surgery like Lasik, ICL, IOL, etc.	

Limits of refractive permitted	+4.00 D (including cylinder)-Non-Pathological Myopia +4.00 D (including cylinder) (Hypermetropia)	None but without
Color vision requirements	High-Grade	Low-grade
Binocular vision needed	Yes	No

UPSC Medical Test: Color Vision

During this UPSC Medical Test candidates have to identify the character correctly. Additionally, there will be some mazes where the candidates trace the path according to the color correctly. The color perception should be graded into higher and lower grades depending on the aperture in the lantern as mentioned in the below table.

Grade	Higher Grade Color Perception	Lower Grade Color Perception
Distance between the lamp and the candidate	16 ft	16 ft
Size of aperture	1.3 mm.	13 mm.
Time of exposure	5 seconds	5 seconds

- High grade is required for the IPS, and other police services, 1RTS, and RPF
- Low-grade vision is accepted for the rest of the services

Candidates can also appeal a decision of the medical board if they think an adverse report has been given. In this case, another board in another government hospital will be instituted.