

INDIAN SPACE RESEARCH ORGANISATION
VIKRAM SARABHAI SPACE CENTRE
THIRUVANANTHAPURAM

**PRELIMINARY MEDICAL FITNESS FOR RECRUITMENT OF
FIRE SERVICE PERSONNEL**

[To be issued by a Government Medical Officer (Allopathy) of the rank of Asst. Surgeon or above]

DATE OF MEDICAL EXAMINATION:		
PLACE OF MEDICAL EXAMINATION		
NAME OF THE CANDIDATE:		
AGE:	SEX : MALE/ FEMALE/ TRANSGENDER	
CATEGORY: GENERAL / GORKHAS & HILL TRIBES		
HEIGHT:cm	WEIGHT:kg	BMI:.....kg/m ²
WAIST:cm	HIP :cm	WAIST/HIP RATIO :.....
CHEST		
INSPIRATION: (cm)	EXPIRATION: (cm)	EXPANSION: (cm)
PULSE RATE:	B.P:	RESPIRATORY RATE:

- i) Certified that I have Physically examined Shri/Smt/Kum son/daughter of having Aadhar Card No. a candidate who has applied for the post of in ISRO Fire Service on
- ii) During the Physical Examination, I have taken into account the Physical Fitness Standards and criteria for disqualification mentioned overleaf and I hereby declare that Shri/Smt/Kum as Medically Fit to be considered for selection to the post of..... It is also certified that the Candidate is medically fit to undergo the Physical Efficiency Tests mentioned overleaf.

Date:

Signature
[Medical Officer (Allopathy)]

Seal

Name :
 Qualification :
 Medical Council Reg. No. :
 Name of Medical Council :
 Designation Official Address :

**PHYSICAL FITNESS STANDARDS [FOR PRELIMINARY MEDICAL EXAMINATION]
FOR RECRUITMENT TO ISRO FIRE SERVICE**

Parameter	Men		Women & Transgender
	General category	Gorkhas & Hill Tribes	
Height (minimum)	165 cm	160 cm	155 cm
Weight (minimum)	50 kg BMI 18-28	46 kg BMI 18-28	43 kg BMI 18-28
Waist to Hip Ratio	≤1	≤1	≤1
Chest on Expiration (min.)	81 cm	76 cm	Not Applicable
Chest on inspiration (min.)	86 cm	81 cm	Not Applicable
Chest Expansion (min)	5 cm	5 cm	5 cm
Heart Sounds	Normal	Normal	Normal
Respiratory Systems	Normal	Normal	Normal
Neurological System	Normal	Normal	Normal
Musculo-skeletal system	No clinical evidence of disease	No clinical evidence of disease	No clinical evidence of disease

Criteria for Disqualifications (in Preliminary Medical Examination)

Any of the following present in the candidate will be a disqualification:

- Knock knee, bow legs, flat foot, any physical deformity of spine or any limb, congenital or acquired.
- Blood pressure more than 140/90 mmHg with evidence of damage to target organs.
