



Self-attested
Photograph of the
candidate is to be
securely pasted
here.

SAINIK SCHOOL_____

MEDICAL EXAMINATION REPORT

PERSONAL STATEMENTS

1. Name of the candidate in Full (IN BLOCK LETTERS): _____
2. Name of the Father/Mother /Guardian (IN BLOCK LETTERS): _____
3. Date of Birth:

D	D	M	M	Y	Y	Y	Y
---	---	---	---	---	---	---	---
4. Age: _____ years _____ months _____ days
5. Gender (Male/Female): _____
6. Blood Group of candidate: _____
7. Identification Marks:

(a) _____

(b) _____
8. Permanent Address: _____
9. Allotted date of Medical Examination (as per AISSAC 23 portal):

DD	MM	YYYY
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10. Allotted Place of Medical Examination (as per AISSAC 23 portal): _____

11. Family Details:

Name	Relation	If, Alive		If, Expired	
		Age (Years)	Health	Cause of Death	Year of Death
	Father				
	Mother				
	Grandfather				
	Grandmother				
	Brother/Sister				
	Brother/Sister				
	Brother/Sister				

12.

(a)	Tuberculosis		
(b)	Diabetes		
(c)	Hemophilia		
(d)	Mental Disease		
(e)	Hypertension		
(f)	Heart Disease		
(g)	Bleeding Disorder		
(h)	Night Blindness		

13.


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14. Have you ever suffered from any of the following?

Illness	Yes or No	If yes, at what age?	Illness	Yes or No	If yes, at what age?
Chronic Bronchitis/Asthma			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			(For Female candidates only)		
Air, Sea, Car, Train Sickness			Breast Disease / Discharge		
Trachoma			Amenorrhea / Dysmenorrhea		
Night Blindness			Menorrhagia		
Laser Treatment/surgery for Eye			Pregnancy		
Any other Eye disease			Abortion		

15. Have you ever been admitted for any illness, operation or injury? If so, state the nature of disease and duration of stay in hospital.

S No	Nature of Disease (in brief)	Duration of Stay in Hospital

16. Any other information you want to give about your health.....

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17. **Details of Vaccinations (attach vaccination card for reference): -**

Recommended Age	Vaccine	Dose	Yes/No	If Yes, Date of Vaccination
Birth	BCG	Single Dose		
	OPV	Zero Dose		
	Hep B	Birth Dose		
6 Weeks	(DTaP + Hib + IPV) + Hep B or (DTwP + Hib + Hep B) + OPV	1 st Dose		
	PCV (Pneumococcal Conjugate)	1 st Dose		
10 Weeks	(DTaP + Hib + IPV) + Hep B or (DTwP + Hib + Hep B) + OPV	2 nd Dose		
	PCV (Pneumococcal Conjugate)	2 nd Dose		
	Rotavirus (Rotarix)	2 nd Dose		
14 Weeks	(DTaP + Hib + IPV) + Hep B or (DTwP + Hib + Hep B) + OPV	3 rd Dose		
	PCV (Pneumococcal Conjugate)	3 rd Dose		
9 Months	Measles, OPV, JE-1, Vitamin A	1 st Dose		
12 Months	Hepatitis A	1 st Dose		
15 Months	MMR (Measles + Mumps + Rubella)	1 st Dose		
	Varicella (Chicken Pox)	1 st Booster		
	PCV (Pneumococcal Conjugate)	1 st Booster		
16-18 Months	DTaP + Hib + IVP or (DTwP + Hib) + OPV	1 st Booster		
	JE – 2	2 nd Dose		
	Vitamin A (2 nd to 9 th Dose, every 6 months up to the age of 5 years)	2 nd Dose		
18 Months	Hepatitis A	2 nd		
2 Years	Typhoid	1 st		
4 ½ -5 Years	Dtap / DTwP / OPV	2 nd Booster		
	MMR	2 nd Booster		
	Varicella	2 nd Booster		
	Typhoid	2 nd Booster		
10-12 Years	Tda / Td	3 Doses		
	HPV (0, 1 & 6) for girls	3 Doses		
Any Other Vaccination given, not mentioned above				

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18. **Declaration.** I hereby declare that I have provided all details to the best of my knowledge about my family and personal health and that the information given is true to the best of my knowledge. If any of the information provided is found to be wrong, the candidature of my ward will be forfeited at any stage even after admission in Sainik School_____.

Signature of Candidate:.....

Name of Candidate:

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Signature of Father/Mother/Guardian:

Name of Father/Mother/Guardian:

Date:

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MEDICAL EXAMINATION FORM**1. MEDICINE**

(a) Height without shoes _____ CMs		(b) Weight (actual) _____ Kg		
(c) Urine Examination	Appearance	Albumin	Sugar	Sp. Gravity
(d) Blood Examination	(i) Hb gm%		(ii) Any other investigation carried out	
(e) Physique				
(f) Skin				
(g) Abdomen (Liver & Spleen)				
(h) Cardiovascular System (Heart Size, Sounds, Rhythm, Arterial Walls, Pulse Rate and BP)				
(i) Respiratory System (including X-ray examination when applicable)			Chest measurements	
			Full Expiration - _____ Cms	
			Range of expansion _____ Cms	
(j) Central Nervous System			Self-Balancing	
			R	
			L	
(k) Speech, Mental capacity & Emotional stability				
(l) Endocrine conditions				
(m) Any other abnormalities or conditions affecting physical capacity not already noted				
Note :- As per Sainik Schools Society Rules and Regulations 1997, no standards of height, weight and chest measurement will be applicable at the time of admission for Sainik Schools				

It is certified that:-		
S No	Test	Remarks of Medical Specialist
1.	There is no evidence of weak constitution imperfect development, serious malformation, or obesity	
2.	There is no malformation of the head, deformity from fracture or depression of the boned of the skull	
3.	There is no sign of functional or organic disease of the heart and blood vessels.	
4.	There is no evidence of pulmonary tuberculosis or previous history of this disease or any other chronic disease of the lungs	
5.	There is no fistula and / or fissure of the anus of evidence of hemorrhoids	
6.	There is no disease of the kidneys. All cases of Glycosuria and Albuminuria will be rejected	
7.	There is no disease of the skin unless temporary or trivial. Scars which by their extent or position cause or are likely to cause disability or marked disfigurement are a cause for rejection.	
8.	There is no active latent or congenital venereal disease.	
9.	There is no history or evidence of mental disease of the candidate or his family. Candidates suffering from epilepsy, incontinence of urine or enuresis will not be accepted.	
10.	There is no impediment of speech	
Remarks		
Date		
Signature of Medical Specialist		

2. SURGERY: -

(a) Upper Limbs (Fingers, hand wrists, elbows, shoulder girdles, cervical and dorsal vertebrae)
(b) Lower Limbs (Hallux valgus rigidus, flat feet, joints, pelvis) & Gait
(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

It is certified that :-

S No	Test	Remarks of Surgery Specialist
1.	<p><u>Flat Feet:</u> - The candidate is passing the Flat Feet test as per the examination mentioned below:-</p> <p>(a) <u>Method of examination.</u></p> <p>(i) The candidate will be examined bare footed standing erect and the presence or absence of normal arch of the feet should be noted.</p> <p>(ii) Candidate should be asked to stand on toes with the feet and heels kept separated and the restoration or otherwise of the arch noted.</p> <p>(iii) Candidate should be made to skip on forefoot and the suppleness and springiness of the feet observed. Tarsal joints will be examined for suppleness or movements.</p> <p>(b) <u>Acceptable for admission.</u></p> <p>(i) Milder degrees of flat foot where the arches of the feet are restored on standing on toes, with supple and painless feet should not be a bar to acceptance.</p> <p>(ii) Degrees of flat foot where the arch does not re-appear on standing on toes and where the feet are rigid should be a permanent cause for rejection.</p>	

2.	<p><u>Knock Knee.</u> The candidate is passing the Knock Knee test as per the examination mentioned below: -</p> <p>(a) <u>Method of Examination.</u></p> <p>(i) The candidates will be examined standing erect.</p> <p>(ii) The knee joints will be kept fully extended with feet parallel and the patella facing directly forward.</p> <p>(iii) The distance between the medical malleoli will be measured with medical femoral condyles touching each other.</p> <p>(iv) Any associated deformity of the feet or hip or genu recurvatum will be looked for at the same time.</p> <p>(b) (i) Milder degree of knock knee when the distance between the malleoli is not more than two inches will not be a bar to acceptance provided there is no other associated disability. This will be considered as a minor disability and recorded as such. The candidates should be able to stand to attention with shoes or boots without flexing overlapping of either knee.</p> <p>(ii) Marked degrees of knock knee with the distance between the malleoli more than two inches will be unfit for acceptance.</p> <p>(iii) If a candidate is able to stand to attention without flexion of knees irrespective of any intermalleolar measurements, such candidates can safely be declared as fit.</p>	
3.	There is no maldevelopment or impairment of function of the bones or joints: X ray spline will be taken to find out maldevelopment.	
4.	There is no enlarged gland due to tubercular or due to other disease in the neck and other parts of the body and that the thyroid glands are normal.	
<p>Note: Scars of operation are not cause of rejection provided that there has been no active disease within THE PRECEDING FIVE YEARS AND THE CHEST IS CLINICALLY AND RADIOLOGICALLY CLEAR.</p>		
5.	There is no evidence of any disease of the digestive system including any abnormality of the liver and spleen and there is no abdominal tenderness or palpation.	
6.	Inguinal hernia (unoperated) or tendency thereto will be a cause for rejection	

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	Note: In the case of candidates who have been operated for hernia, they may be declared fit provided.	
	(i) One year has elapsed since the operation (Documentary proof is to be furnished by the candidate)	_____
	(ii) general tone of the abdominal musculature is good; and	_____
	(iii) there has been no recurrence of the hernia or complication connected with the operation	_____
7.	There is no hydrocele or definite varicocele or any other disease or defect of the genital organs.	_____
Note:		
	(i) A Candidate who has been operated for a hydrocele will be accepted if there are no abnormalities of the cord and testicle and there is no evidence of filariasis:	
	(ii) Undescended intra-abdominal testicle on the one side should not be a bar to acceptance or candidates of admission to Sainik School provided the other testicle is normal and there is no untoward physical or psychological effect due to the anomaly. Undescended testis retained in the inguinal canal or at the external abdominal ring however may be a bar to acceptance unless corrected by operation	
8.	There is no fistula and / or fissure of the anus of evidence of hemorrhoids.	_____
Remarks		
Date		Signature of Surgery Specialist

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3. EYE:-

(a) Distant Vision	R	L	(b) Near Vision	R	L	(c) CP
Without Glasses			Without Glasses			
With Glasses			With Glasses			
(c) Any evidence of Trachoma/its complications or any other disease.						
(d) Binocular Vision & Grade						
SPECIAL EXAMINATION WHEN APPLICABLE						
Manifest Hypermetropia, Myopia R& L			Cover Test			
Diaphragm Test (PD Moddox Wing Test)			Fundi & Media			
Fields			Night Visual Capacity			
Convergence		C	Cms	Accommodation		R
		SC	Cms			L

It is certified that: -		
S No	Test	Remarks of Eye Specialist
1.	Candidate is having the eyes Standards as mentioned below for Sainik Schools: Standard –I 6/6 & 6/6 Standard –II Uncorrected VA 6/18 & 6/18 BCVA. 6/6 & 6/6 Myopia ≤ -1.25 D Sph, including max astigmatism $\leq \pm 0.5$ D Cyl Hypermetropia $\leq +1.25$ D Suh, including max astigmatism $\leq \pm 0.5$ D Cyl LASIK & equivalent not permitted. Colour vision - CP II	
2.	There is no squint or morbid condition of the eye of the lids which is liable to a risk of aggravation or recurrence; and	
3.	There is no active trachoma or its complication and sequela.	
Remarks		
Date:		
Signature of Eye Specialist		

4. EAR, NOSE & THROAT:

(a) Ear			
(i) Hearing	R	L	Both
FW	Cms	Cms	Cms
CV			
(ii) External Ear (wax)	R	L	
(iii) Middle ear (Tympanic Membrane & Eustachian Tube)			
(iv) Inner Ear (Cochlea & Vestibular Apparatus)			
(v) Audiometry Record (Special exam when applicable)			
(b) Nose			
(c) Throat			

It is certified that: -		
S No	Test	Remarks of ENT Specialist
1.	<p>The candidate passing the hearing test mentioned below:-</p> <p>Hearing will be tested by speech-test. Where required audiometric records will also be taken.</p> <p>Speech test. The candidate should be able to hear forced whisper with each ear separately standing with his back to the examiner at a distance of 610 cms, in a reasonable quiet room. The examiner should whisper with the residual air, at the end of an ordinary expiration.</p> <p>Audiometric Records. The Candidate will have no loss of hearing in either ear at frequency 128 to 4096 cycles per second (Audiometry reading between +10 and -10).</p>	
2.	<p>There is no impaired hearing, discharge from or disease in either ear, unhealed perforation of the tympanic membranes or signs of acute or chronic suppurative otitis-media or evidence of radical or modified radical mastoid operation</p>	
<p>Note: A soundly healed perforation without any impairment of the mobility of the drum and without impairment of hearing should not be a bar to acceptance.</p>		

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3.	There is no disease of the bones or cartilages of the nose or nasal polypus or disease of the nasopharynx and accessory sinuses.	_____
4.	There is no enlarged gland due to tubercular or due to other disease in the neck and other parts of the body and that the thyroid glands are normal.	_____
Note: Scars of operation are not cause of rejection provided that there has been no active disease within THE PRECEDING FIVE YEARS AND THE CHEST IS CLINICALLY AND RADIOLOGICALLY CLEAR.		
5.	There is no disease of the throat palate, tonsils or gums or any disease or injury affecting the normal function of either mandibular joint.	_____
Note: Simple hypertrophy of the tonsils, if there is no history of attacks of tonsillitis is not a cause for rejection.		
Remarks		
<div style="display: flex; justify-content: space-between; align-items: flex-end;"> <div>Date:</div> <div>Signature of ENT Specialist</div> </div>		

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5. DENTAL

(a) Total No of Teeth	Missing / Unsavaeable Teeth	
(b) Total Defective Teeth	U. R. 8 7 6 5 4 3 2 1	1 2 3 4 5 6 7 8 U.L
(c) Total Dental Points	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 Unsavaeable Teeth by a Cross (X) through the appropriate number	

It is certified that: -

S No	Test	Remarks of Dental Surgeon
1.	<p>Dental condition of the candidate is as per the standard mentioned below: -</p> <p>Dental Conditions. It should be ensured that a sufficient number of natural and sound teeth are present for efficient mastication.</p> <p>(a) A Candidate must have minimum of 14 dental points to be accepted as fit. In order to assess the dental condition of an individual, points are allotted as under for teeth in good apposition with corresponding teeth in the other jaw.</p> <p>(i) Central incisor, lateral incisor, canine, 1st and 2nd premolars and underdeveloped third molar 1 point each.</p> <p>(ii) 1st and 2nd molar and fully developed third molar 2 points each. When all 32 teeth are present there will be a total count 22 points.</p> <p>(b) The following teeth in good functional apposition must be present in each jaw:</p> <p>(i) any four of the six anterior</p> <p>(ii) Any six of the ten posteriors</p> <p>(c) Candidates suffering from severe pyorrhea will be rejected. Where the state of pyorrhea is such that if the opinion of the Dental Officer is that it can be cured without extraction of teeth, the candidates may be accepted.</p>	

Remarks

Date:

Signature of Dental Surgeon

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6. GYNAECOLOGY (For female candidates)

(a) Mensural History	(b) LMP
(c) No of Pregnancies	(d) No of Abortions
(e) No of Children	(f) Date of last conception
(g) Vaginal Discharge	(h) Prolapse
(h) USG Abdomen	
Remarks Date: _____ Signature of Gynecologist _____	

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REMARKS OF MEDICAL BOARD

It is certified that _____ (Name of Candidate)
 son of/daughter of _____ (Name of
 Father/Mother/Guardian) has been examined by a Medical Board of above mentioned Doctors as per
 the medical standards laid down in this proforma and he/she is found **FIT / UNFIT** _____
 for admission to **Sainik School** _____ as a cadet.

If candidate is found **UNFIT**, reason/s for same.....

.....

.....

Place:

Date

(SEAL)

CMO / Civil Surgeon

NOTED BY CANDIDATE AND PARENTS/GUARDIAN

Name of Candidate		Signature of Candidate	
Name of Father/Mother /Guardian		Signature of Father/Mother/ Guardian	
Date		Date	