

INSTRUCTIONS TO THE COMPETENT MEDICAL AUTHORITY REGARDING PHYSICAL EXAMINATION OF CANDIDATES FOR APPOINTMENT IN OIL AND NATURAL GAS CORPORATION LIMITED.

1. Before taking up the Examination of a candidate, please verify that you are examining the same person whose photograph has been attested by the authorised officer of the Personnel Department who has directed the candidate to you for the medical examination.
2. Advise the candidate to complete the statement and declaration duly signed, in the prescribed proforma in your presence.
3. Go through the information/declaration given by the candidate and make a note of anything significant relating to his physical fitness. Countersign candidate's declaration thereafter.
4. Procedures to be followed for observing various parameters and their significance has been given below:

I. **AGE:** Co-relate age as certified in the Birth date certificate with the appearance of the candidate and note if the candidate's age appears to be more than what is certified.

II. **HEIGHT:** The candidate's height will be measured as follows:

He will remove his shoes and be placed against the standard with his feet together and the weight thrown on the heels and not on the toes or on the sides of the feet. He will stand erect without rigidity and with the heels, calves, buttocks and shoulders touching the standard. The chin will be depressed to bring the vertex of the head level under the horizontal bar, and the height will be recorded in cms/inches.

III. **WEIGHT:** The candidate will also be weighed on a standard scale, and his weight recorded in Kilograms, fractions will be ignored.

A table of standard weight for various age groups in relation to height is given below as a guide:

HEIGHT - WEIGHT TABLE

A. MALE (GENERAL) :

Height in Cms.	(Weight in Kilograms) (Age in Years)			
	18 – 22 years Kgs.	23 - 27 years Kgs.	28 - 32 years Kgs.	33 - 37 years Kgs.
140-145	48	49	51	52
146-150	50	52	54	55
151-155	53	54	57	58
156-160	55	57	58	61
161-165	58	60	63	64
166-170	62	64	67	68
171-175	66	68	71	73
176-180	70	72	76	78
181-185	74	77	80	82
186-190	80	82	86	88

Add 2 Kgs. in weight for every additional 3 cms. in height.

