

**Medical Fitness Certificate for Standard of Physical Fitness
for Apprenticeship Training in POWERGRID**

Name of the Candidate-

Father Name-

Date of Birth/Age-

Recent passport
size photo as
uploaded in
application form

Photo to be
attested by
Medical Officer

Permanent identification marks

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SN	Standard of physical fitness	Observation of Medical Officer
1	A candidate should be free evidence of any contagious or infectious disease. He should not be suffering from any disease which is likely to be aggravated by service or is likely to render him unfit for service or endanger the health of the public. He should also be free from evidence of tuberculosis in any form, active or healed.	
2	<u>Height, Weight And Chest-</u> Candidates should satisfy the following minimum standards, namely: - HEIGHT: 137 centimeters; Weight: 25.4 Kilogram; Chest expansion should not be less than 3.8 centimeters irrespective of size of chest: Provide that where a candidate does not satisfy the said minimum standards but is certified in writing by a Medical Officer not below the rank of an Assistant Surgeon (Gazetted), to be physically fit for being engaged as an apprentice in a particular trade under the Apprentices Act,1961, he may be engaged as an apprentice in that trade.	
3	<u>EYES-</u> There should be no evidence of any morbid condition of either eye of the lids of either eye which may be liable to risk of aggravation of recurrence. Standard of Vision (A) Visual acuity: Candidates having vision in one eye shall eligible to undergo apprenticeship training (B) Colour vision: Not required	
4	<u>EARS-</u> Hearing must be good in both ears and there should be no sign of suppurative disease. No hearing aid shall be permitted.	
5	<u>SKIN-</u> There should be no evidence of acute or chronic skin disease or chronic ulceration.	
6	<u>SPEECH:</u> Speech should preferably be without impediment.	

7	<u>ALIMENTARY SYSTEM:</u> 1. Candidates should have sufficient number of natural teeth (in healthy state) for mastication. 2. Spleen should not be palpably enlarged and there should be no evidence of tenderness in the splenic area. 3. Liver should not be palpable or tender. 4. There should be no oral sepsis. 5. There should be no sugar in the urine. 6. Candidates should not be suffering from haemorrhoids, fissures in and testis anal hernia or bubonocele or ischio-rectal abscess or hydrocele.	
8	<u>CARDIO VASCULAR SYSTEM:</u> 1. Blood pressure should not exceed 85 diastolic and 140 systolic. 2. Candidates with low blood pressure (i.e. systolic below 100) should be rejected. 3. There should be no sign of any cardiovascular disease.	
9	<u>RESPIRATORY SYSTEM:</u> Candidates should be free from all diseases of respiratory system. There should be no deformity of chest which may cause impediment to breathing.	
10	<u>GENITO URINARY SYSTEM-</u> There should be no evidence of genito urinary disease or any abnormality.	
11	<u>SKELETAL SYSTEM:</u> 1. The function of all limbs should be within normal limits. 2. There should be no evidence of serious deformity of the spinal column or of the extremities.	
12	<u>NERVOUS SYSTEM:</u> There should be no evidence of any disease of nervous system or of any mental disease.	
13	<u>GLANDULAR SYSTEM:</u> There should be no evidence of tuberculosis or other disease of the glandular system including the endocrine glands.	

Above medical fitness certificate should be signed by Government authorised Doctor (Gaz), not below rank of Asst. Surgeon of Central/State Hospital.

Signature of Medical Officer

Name of Medical Officer

Registration No... ..

Designation

Name of Central/State Govt. Hospital

Seal of Medical Officer signing the certificate.....