

Important information for candidates appearing in Medical Examination for Civil Services Examination-2015.

Before approaching the CSMB for medical examination, candidates are expected to prepare themselves well in advance to avoid any adverse consequences as per instructions detailed below:

- i. The candidate should note that the candidates having Body-Mass-Index (BMI) greater than 30 would be declared temporary unfit by the Central Standing Medical Board. Therefore, the candidates should calculate their BMI well before appearing for Medical Examination. The formula for calculating BMI is provided below:

$$BMI = \frac{\text{Weight (in Kgs)}}{(\text{Height (in meters)})^2}$$

For illustration, suppose the weight of a candidate is 80 kgs, and the height of the candidate is 5 feet 6 inches. The height of the candidate in meters would be 1.6764 m. Then the BMI of the candidates would be:

$$BMI = \frac{80}{1.6764^2} = \frac{80}{2.81} = 28.47 \text{ (approx)}$$

- ii. Candidate should submit to the Chairman of the Medical Board Ten passport size photographs with white background.
- iii. Candidate should come fasting for 10 hours or more on the day of Medical Examination.
- iv. Candidate should come without taking any medicine on the day of Medical Examination.
- v. Candidate should bring along the spectacles, if any, being used by him/her along with the prescription for the same.
- vi. Candidate using Contact Lenses should stop using them at least 48 hours before the medical examination.
- vii. Candidate should bring along Hearing Aid, if any, being used by him/her and its latest audiometry report.
- viii. Candidate belonging to Physical Handicapped (PH) category is advised to bring along the appliances being used by him/her for his/her disability.
- ix. Candidate should bring along prescription for any kind of medicine being taken by him/her on regular basis.
- x. Candidate should bring along records of any surgical procedure he/she has undergone in the past.

- xi. Candidate should bring along the 'Disability Certificate', if any, issued to him/her by any Disability Medical Board in the past.
- xii. Any other relevant record a candidate may like to bring to the notice of the Central Standing Medical Board.
- xiii. The candidate will be required to make a statement as per format provided at para-21 prior to his/her Medical Examination and must sign the Declaration appended thereto.