



COLLEGE OF MARITIME STUDIES

**JOIN BEST
NDA COACHING**
**AFTER 10TH AND
12TH AT CMS
PUNE**



NDA + 11th + 12th

**Best NDA Coaching
in India Awarded No. 1**



Join NDA After 12th

Highlights

Duration: 6 months (for 12th pass)
Examination: Twice a Year (NDA 1/2)
Complete preparation under seasoned faculties
Special written notes (As per NDA Pattern)
Conceptual learning in English along with NDA question bank
Thorough studies and practice of GK
Access to our online platform to test your progress, daily practice and relevant mocks per week
Free SSB Training.

Is Six Months enough for NDA Preparation?

YES, six months are more than enough if you prepare with us. We will complete the entire syllabus on micro level along with previous year questions and their solution. We will give your preparation a finishing touch with carefully designed Mock papers, after all Mocks are the most important part of preparation. We understand what you will need to crack NDA and we will make sure 100% guarantee that you crack it either NDA or else Merchant Navy.

EXTRA FACILITIES



Food and
Accommodation



Indoor &
Outdoor Game



GYM



Camping



Join NDA After 10th



11th + 12th with Defence & Merchant Navy Preparation- Two Years Residential Program

Highlights :

- ⊗ Duration: 2 Years
- ⊗ Examination: Twice a Year (NDA 1/2)
- ⊗ Good percentages in class XII
- ⊗ Selection in Defence NDA OR Merchant Navy within six months after class 12th result
- ⊗ Ultimate Goal: - Making better human beings

What Do You Learn ?

- ⊗ Schooling (11th & 12th)
- ⊗ Coaching of Defence + Merchant Navy
- ⊗ SSB-Interview Preparation
- ⊗ Physical Training & Sports / Games
- ⊗ Drill & Parade Training
- ⊗ Spoken English & Computer Knowledge
- ⊗ Online Test Series (As per NDA Pattern)
- ⊗ Educational Trips & Picnic / Movies
- ⊗ Extra-curricular Activities
- ⊗ Quiz, Debate, Singing, Dancing, Playing Guitar & Casio participation in Cultural Programme, Guest Lecture, Social Work, PDP Classes, Marathon
- ⊗ Weekly Unit Test & Science Practical





NDA Physical Standards

⚙️ NDA Eligibility Criteria 2022: Physical Standards

Candidates must be physically fit according to the physical standards for the NDA exam.

⚙️ Height & Weight for Army and Air Force

The minimum height prescribed is 157 cms (For Air Force it is 162.5 cms). Certain exceptions are applicable for candidates based on the region from where they belong.

Height (in cms)	Weight (in kgs)		
	16-17 years	17-18 years	18-19 years
152	42.5	44.0	45.0
155	43.5	45.3	47.0
157	45.0	47.0	48.0
160	46.0	48.0	49.0
162	48.0	50.0	51.0
165	50.0	52.0	53.0
167	51.0	53.0	54.0
170	52.5	55.0	56.0
173	54.5	57.0	58.0
175	56.0	59.0	60.0
178	58.0	61.0	62.0
180	60.0	63.0	64.5
183	62.5	65.0	66.5

For Gorkhas and candidates belonging to hills of North-Eastern areas of India, Garhwal, and Kumaon, the minimum height will be 5 cms less than the figure mentioned above. For candidates belonging to Lakshadweep, the minimum height standard is reduced by 2 cms.





NDA Physical Standards

⚓ Height and Weight requirements for Navy

	16 years	18 years	20 years
152	44	45	46
155	45	46	47
157	46	47	49
160	47	48	50
162	48	50	52
165	50	52	53
167	52	53	55
170	53	55	57
173	55	57	59
175	57	59	61
178	59	61	62
180	61	63	64
183	63	65	67

Candidates who wish to be pilot need to fulfill the following requirements.

- Leg Length: The minimum of 99 cms and maximum of 120 cms
- Thigh Length: Maximum of 64 cms
- Sitting Height: The minimum of 81.50 cms and maximum is 96 cms





Visual Standards for Navy & Air Force

⚓ Height and Weight requirements for Navy

- The distance vision (corrected) of candidates should be 6/6 in the better eye and 6/9 in the worse eye
- Myopia should not be more than 2.5 D
- Hyper metropia not more than 3.5 D including astigmatism
- Air Force candidates must not wear spectacles

Candidates can check below the visual standards for Navy and Air Force.

Uncorrected without glass	6/6	6/6, 6/9
Corrected with glass	6/6	6/6 (only for Hypermetropia)
Limits of Myopia	-0.75	Nil
Limits of Hypermetropia	+1.5	+2.00 D Sph
Limits of Colour Perception	I	Nil
Binocular Vision	III	Nil
Manifest Myopia	N.A.	Nil Re
Tinoscopic Myopia	N.A.	0.5
Colour Vision	N.A.	CP-I (MLT)
Astigmatism	N.A.	+0.75 Cyl (within + 2.0 D.Max)
Near Vision	N.A.	N-5 each eye

Candidates must not suffer from any of the following minor conditions:

- Wax (Ears)
- Deviated Nasal Septum
- Hydrocele / Phimosis
- Condition of Overweight / Underweight
- Under Sized Chest
- Piles
- Tonsillitis
- Gynaecomastia
- Varicocele





Nda Exam Complete Info

Visual standards for NDA :

- ✿ NDA – Vision Standard For ARMY
- ✿ Distance Vision (Corrected) Better Eye 6/6; Worse Eye 6/9
- ✿ Colour vision CP-III (Defective Safe).
- ✿ Myopia should not be more than -2.5D
- ✿ Hypermetropia should not be more than +3.5D
- ✿ NDA -Vision Standards for Air Force
- ✿ Candidates who wear spectacle Not eligible for Air Force
- ✿ Minimum distant vision 6/6 in one eye and 6/9 in other
- ✿ correctable to 6/6 only for Hypermetropia
- ✿ Colour vision CPI Hypermetropia: +2.0 D Sph Manifest Myopia: Nil Retinoscopic Myopia
- ✿ : 0.5 in any Meridian permitted Astigmatism : + 0.75 D Cyl (within + 2.0 D.Max)
- ✿ NDA – Vision standard for Navy
- ✿ Uncorrected without glass -6/6, 6/9
- ✿ Corrected with glass – 6/6, 6/6
- ✿ Limits of Myopia – -0.75
- ✿ Limits of Hypermetropia – +1.5
- ✿ Binocular vision – III
- ✿ Limits of colour perception – I

Physical Conditioning :

The aspiring candidates are advised to be in the good physical condition by following the routine mentioned below.

1. Running 2.4 km in 15 minutes
2. Skipping
3. Pushups and sit ups (minimum 20 each)
4. Chin ups (minimum 08)
5. Rope climbing 3-4 metres





Best NDA coaching next to NDA Pune Khadakwasala

Fee Particulars:

Duration	Course Fees	Batch Commencement	Eligibility
6 Months	75,000/-	1st May 2022	12th pass out or else Appearing Candidate Can Apply
12 Months	1,50,000/-	1st June 2022	12th pass out or else Appearing Candidate Can Apply
24 Months (Residence Programme)	6,66,000/-	1st June 2022	After 10th Candidate can apply – 11th STD & 12th STD Schooling / College + NDA Coaching will be Provided.
24 Months (Non Residence Programme)	2,85,000/-	1st June 2022	After 10th Candidate can apply – 11th STD & 12th STD Schooling / College + NDA Coaching will be Provided.

- ☛ Candidate From Defence Back ground are Eligible for – 10% Discount in Course Fees
- ☛ Fees paid in 1 instalment will be eligible for 5% Discount in Total Course Fees.

CONTACT US:



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Pune – 411023

