

UP POLICE MEDICAL EYE TEST: MASTER GUIDE 2026

Official Visual Standards & Rules

1. Overview: The 3 Crucial Stages of Eye Testing

UP Police Medical examination mein aankhon ki janch sabse sakt hoti hai. Candidates ko mukhya roop se teen (3) stages se guzarna padta hai:

- Distance Vision Test: Door ki drishti (Snellen Chart dwara).
- Near Vision Test: Nazdeek ki drishti (Reading cards dwara).
- Color Vision Test: Rangon ki pehchan (Ishihara plates dwara).

2. Distant Vision: 6/6 vs 6/9 (Rules)

Official notification ke anuroop, entry-level posts (Constable/SI) ke liye bina chashme ke nimnlikhit standards anivarya hain:

- Better Eye (Sahi Aankh): 6/6. Candidate ko 6 meter ki doori se chart ki standard line bina kisi blur ya hesitation ke padhni hoti hai.
- Worse Eye (Khamiyukt Aankh): 6/9. Yadi ek aankh 6/6 hai, toh dusri aankh minimum 6/9 honi chahiye. Yadi dono aankhein 6/9 hain, toh UNFIT mana jayega.

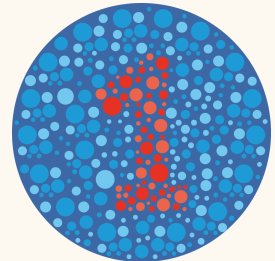
3. The 6-Meter Rule

Medical center mein Snellen Chart ko deewar par aankh ke level par lagaya jata hai. Candidate aur chart ke beech ki sateek doori exactly 6 Meter (lagbhag 20 Feet) hoti hai. Ghar par practice karte samay is doori ka kadi tarike se palan karna chahiye.

4. Near Vision Test

Ground duty aur documentation ke liye near vision ka sahi hona zaroori hai. Is test mein abhyarthen ko ek printed card 14-inch (35 cm) ki doori se padhne ke liye diya jata hai.

- Better Eye: N6 standard hona chahiye.
- Worse Eye: N9 standard hona chahiye.



5. Color Blindness: Ishihara Test

Police vibhag mein signals aur field duty ke liye rangon ki pehchan ati-mahatvapurna hai. Doctor ek Ishihara Book dikhate hain jismein rang-birange dots ke beech numbers chhupe hote hain. Color blindness ka koi compromise nahi hai; pakde jane par candidate turant UNFIT ghoshit hota hai.

6. Lasik Surgery 2026: Rules & Eligibility

- UP Police official rules mein natural vision ki maang karti hai.
- Yadi surgery karwayi hai, toh wah medical date se kam se kam 6 se 12 mahine purani honi chahiye.
- Medical board advanced machines (Slit Lamp) se surgery detect kar sakta hai. Aise cases mein final nirnay Medical Officer ke aadhin hota hai.

7. Major Rejection Points (Aankhon Ki Bimariyan)

In conditions mein aspirants ko seedha bahar (reject) kar diya jata hai:

- Squint (Bhengapan): Dono aankhon ka ek disha mein na dekhna.
- Cataract (Motiabind): Aankh ke lens ka dhundhla hona.
- Night Blindness (Rataundhi): Andhere ya kam roshni mein na dekh paana.



8. Home Testing Guide (PDF Chart Use)

- PDF ko A4 size paper par High Quality print karein.
- Chart ko ek aisi deewar par chipkayen jahan paryapt roshni ho.
- Deewar se exactly 6 meter (20 feet) naap kar nishan lagayen.
- Apni ek aankh ko halke hath ya card se dhakein aur chart ki lines padhein. Phir dusri aankh se dohrayen.

9. Medical Day Checklist

- **KYA KAREIN:** Paryapt neend (8 ghante) lekar jayen. Ankhon ko thande aur saaf pani se dho kar jayen.
- **KYA NA KAREIN:** Line mein lagte waqt aankhon ko hathon se na ragdein (No Rubbing). Chart padhte waqt aksharon ka andaza (guessing) lagane ki koshish bilkul na karein.

10. Pro Tips: Aankhon Ki Roshni Aur Diet

- **Diet (Aahar):** Apni diet mein Vitamin A, Omega-3 shamil karein. Gajar, palak, aur ande khayen.
- **20-20-20 Rule:** Screen par padhai karte waqt har 20 minute mein 20 feet door kisi cheez ko 20 second ke liye dekhein.

11. Q&A / Summary

Medical test aapki mehnat ka aakhiri padav hai. Ghabrana nahi hai, confident rehna hai.

- **Q:** Kya chashma lagakar padhna allowed hai? **Ans:** Nahi, physical medical round mein entry level par chashma strictly prohibited hai.
- **Q:** Kya Lasik pakda jata hai? **Ans:** Haan, advanced checking mein pakda ja sakta hai.

