

NEET Dress Code for Female 2024

NTA has issued NEET Dress Code 2024 for female candidates. As per the NEET Dress Code 2024, clothes with heavy embroidery, excessive pockets, and high heels are not allowed.

Highlights:

- No candidate is permitted to wear full-sleeved or dark-colored clothes in NEET.
- Candidates wearing customary dress Burqa have to report at 12:30 PM along with the NEET 2024 admit card.
- Sarees for girls are not allowed in NEET 2024.
- In a recent ruling, the Madras High Court directed the NTA to make sanitary pads available near toilets at all NEET exam centers across India.

NEET Dress Code for females states that they can wear light half-sleeved tops or kurta with salwar or trousers. Jeans are NOT allowed. Only low-heeled sandals and flip-ons are allowed for footwear.

[NTA Guidelines for NEET 2024](#) also state that items such as Mobile phones, Bluetooth, Earphones, microphones, pagers, Health bands, and metal bands are NOT allowed in the exam center.

[NEET 2024 Admit Card](#) has been released. You can download your NEET 2024 hall ticket till May 5, 2024. It is mandatory to carry the NEET 2024 admit card, valid ID proof, and a passport-sized photograph to the exam center.

What can I wear in the NEET 2024 exam?

NTA has issued a specific NEET Dress Code 2024 for female candidates appearing for the NEET exam. Failure to adhere to the NTA instructions will lead to the disqualification of the candidate from the exam.

According to the NEET Dress Code 2024 female candidates can wear light-coloured half-sleeve tops with salwar or trousers.

- Jeans/ Track Pants/ Leggings/ Jeggings are NOT allowed in the NEET exam.
- You must wear no/low-heeled sandals or slippers for the exam. Shoes are prohibited.
- Hairpins, heavy earrings, pendants, and nose rings are strictly restricted.
- You must avoid heavy embroidery, brooches, flowers, big buttoned tops, and fancy clothes with inner pockets in your attire.

- Heavy metallic watches, wristbands, or any form of jewelry are not allowed in NEET 2024.

Is black T-shirt allowed in NEET?

As per the latest guidelines by the NTA, it is advised to wear light-colored clothes in the exam. Dark-colored clothes can be used for other purposes that harm the sanctity and fairness of the exam.

NEET Dress Code 2024 for Females

Out of the 23,81,833 candidates registered for NEET 2024, over 13 lakh candidates are females. Therefore, it becomes essential to follow the NTA guidelines and NEET Dress Code 2024 for females for smooth exam conduction. Also, the recent NTA guidelines state that girls will undergo the frisking process in a closed area by female staff.

NEET DRESS CODE FOR FEMALE CANDIDATES



❌ WHAT NOT TO WEAR?

-  Hairpins and bands
-  Ornaments like heavy earrings, pendants, nose rings
-  Shoes that are entirely closed & feet are not at all visible must be strictly avoided
-  Trackpants
-  Any dress item with heavy embroidery is to be avoided
-  Big buttoned tops & fancy skirts with inner pockets are not to be worn
-  High heeled sandals, especially with block / platform heels, are not to be worn
-  Big wrist watches where there can be a possibility to hide chits and study materials
-  Jeans is advised not to be worn

✅ WHAT TO WEAR?

-  Salwar
-  Trousers
-  Sandals / Flip On
-  Burqa / Hijab (this will come under customary clothing, as mentioned below)
-  Light-half sleeved tops and tees can be worn
-  Light (not in terms of color) Kurtas with no inner pockets
-  Sandals with no or low heels
-  Clear framed power spectacles



The list of items allowed in the NEET Dress Code 2024 for females is given below:

What is allowed?	What is not allowed?
Salwar	Hairpins and bands
Trousers	Ornaments like heavy earrings, pendants, nose rings
Sandals/ Flip-on	Shoes that are entirely closed and the feet are not at all visible must be strictly avoided
Burqa / Hijab (this will come under customary clothing, as mentioned below)	Any dress item with heavy embroidery is to be avoided
Light-half-sleeved tops and tees can be worn	Big buttoned tops and fancy skirts with inner pockets are not to be worn.
Light (not in terms of color) Kurtas with no inner pockets	High-heeled sandals, especially with block/platform heels, are not to be worn
Sandals with no or low heels	Big wristwatches where there can be a possibility to hide chits and study materials
Clear-framed power spectacles	Jeans is advised not to be worn
-	Trackpants
-	Leggings / Jeggings

Sanitary Pads at all NEET Exam Centers

As per the recent ruling, the Madras High Court has directed the NTA to make sanitary pads available near toilets at all NEET examination centers across India. Moreover, the court has also ordered the testing agency to provide suitable toilet facilities and water amenities to candidates.

This comes after a petition that was filed by a 19-year-old suffering from a medical condition that makes it difficult for her to control her urge to pee.

Are bras for girls allowed in NEET?

Yes, bras are allowed in NEET as NTA does not explicitly mention the same under the prohibited items in NEET dress code. However, there are certain points you must keep in mind based on experiences in past NEET exams.

In 2022, for example, 100 female candidates were asked to remove their bras at an exam center in Kerala. This was due to the metal hooks present in their inner-wear. This sparked a big controversy after which NTA had to allow these students for a re-exam.

Now, to avoid any such circumstances on NEET 2024 exam day, it is highly suggested that you wear either a sports bra or any other that does not have metal components like hooks.

Are jeans allowed in NEET 2024 for females?

No, jeans are not allowed in NEET 2024. As per the NEET Dress Code 2024, it is recommended to wear trousers for women and men. You can pair the trousers with a light half-sleeved shirt or top. Females can even wear simple kurtis.

Can we wear saree for NEET exam?

No. Sarees are not allowed as per the NEET Dress Code 2024. Girls should prefer plain and simple clothes such as salwar, trousers, half-sleeved tops or T-shirts.

Can I wear kurti in NEET exam?

You can wear plain and simple half-sleeved kurtis. NTA has strictly prohibited heavy embroidery on clothes, brooches, flowers, ornaments, jewelry, and pendants. For bottoms, go for a salwar or trousers. Jeans are prohibited.

NTA NEET Dress Code 2024: Customary Attire

The Delhi High Court has provided some relaxation to the candidates who will not be able to follow the NEET Dress Code 2024 due to their religious beliefs. They are required to select the 'Customary Dress' option while filling out the NEET application form 2024.

Applicants with the Customary Dress must report an hour early to the exam center. This will ensure proper frisking and security checks to maintain the decorum and sanctity of the exam.

NEET 2024 Dress Code for Muslim Girls

Female NEET applicants are allowed to wear a burka as their traditional wear during the NEET 2024 exam, given that they declare their choice during the application process. This relaxation in the dress code is also provided by the Delhi High Court keeping in mind the candidates' religious beliefs.

Why is it important to follow NTA NEET Dress Code 2024?

Everyone must follow the NEET Dress Code 2024 and cooperate in the frisking and security check procedures for the smooth conduction of the exam. Frisking is checking someone through your hands to see if they're hiding anything. NTA has announced the dress code for NEET 2024 to make it easier during frisking.

- a. Light clothes with long sleeves are not permitted. However in case, candidates come in cultural/ customary dress at the Examination Centre, they should report at least an hour before the last reporting time i.e. 12.30 pm so that there is enough time for proper frisking without any inconvenience to the candidate while maintaining the sanctity of the examination.
- b. Slippers, sandals with low heels are permitted. Shoes are not permitted.
- c. **In case of any deviation required due to unavoidable (medical, etc.) circumstances, specific approval of NTA must be taken before the Admit Cards are issued.**

10.2.2 It is desired that the candidates follow instructions issued by the NTA strictly. This will help NTA in the fair conduct of the examination.

Note: The NTA believes in the sanctity and fairness of conducting the examination, however, it also believes in the sensitivity involved in frisking (girl) candidates and will issue comprehensive instructions accordingly to the staff and other officials at the Examination Centres. The frisking of the female candidates will be done inside a closed enclosure by female staff only.

The purpose of NEET Dress Code 2024 is given below:

- Easier for frisking and security checks.
 - Lesser pockets/ ornaments/jewelry/ complex clothes mean fewer ways of hiding chits or textual materials.
 - Provides less distraction and utmost focus on the exam.
 - Maintains a certain uniformity among candidates.
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Things to carry in the NEET 2024 exam

The things to carry in the NEET 2024 exam are mentioned below:

- Printout of the NEET 2024 Admit Card with a passport-size photo (same as the one in the application form) affixed to it.
- One passport-size photo for the Attendance Sheet.
- Valid Original ID proof.
- PwBD Certificate (if applicable)
- One postcard size (4" X6") color photograph with white background should be pasted on the Proforma downloaded with the Admit Card and should be handed over to the invigilator at the exam center.

Also check [Documents Required at NEET exam center](#)

NTA NEET Instructions: Barred Items

You will be subjected to extensive frisking before entering the exam hall. The staff will use metal detectors for security checks. NTA has issued a list of barred items to the exam center.

The below-mentioned items are not allowed in the exam hall under any circumstance:

- Study-related material: textual material (printed or written), bits of papers, Geometry/Pencil Box, Plastic Pouch, Calculator, Pen, Scale, Writing Pad, Pen Drives, Eraser, Calculator, Log Table, Electronic Pen/Scanner, etc.
 - Electronic and communication devices: Mobile Phone, Bluetooth, Earphones, Microphone, Pager, Health Band, etc.
 - Bags: Bags or Wallet, Goggles, Handbags, Belt, Cap, etc.
 - Jewelry/ Ornaments: Ornaments or metallic items such as Watch/Wristwatch, Bracelet, Camera, etc
 - Eatables: food items opened or packed, water bottles, etc.
 - Miscellaneous: Any other thing that has the potential to harm the decorum of the exam such as communication devices like microchips, cameras, bluetooth devices, etc.
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NEET 2024 Exam Rules and Regulations

Every student in the NEET exam center must follow the following rules and regulations for disciplined exam conduct.

- Do not carry barred items to the NEET exam center:

Items such as textual material (printed or written), bits of paper, Geometry/Pencil Box, Plastic Pouch, Calculator, Pen, Scale, Writing Pad, Pen Drives, Eraser, Calculator, Log Table, Electronic Pen/Scanner, electronic devices, eatables, bags, and wallets are barred by the NTA.

- Follow the NEET Dress Code 2024:

NTA has issued the NEET Dress Code 2024 in its official notification. You must strictly adhere to it. Candidates with customary dress section must reach the NEET exam center at 12:30 pm.

- Do not scribble or damage your NEET 2024 Answer Sheet:

NEET 2024 is going to be conducted in pen-and-paper mode. Once, you reach the exam hall, the invigilators will hand over the test booklet. You should not damage your NEET 2024 answer sheet.

- Fill in your details in NEET OMR correctly:

Pay extra attention while filling out your [NEET OMR sheet](#). The details should be correct and the same as in the NEET admit card and application form.

- Keep your NEET Admit Card 2024 safe:

You must keep your admit card safe and secure as it will be presented to the invigilators at the NEET exam center. The photograph that you paste on the admit card must be same as in the application form and attendance sheet.

- Do not try to contact other candidates:

You must not try to talk to other candidates inside the exam hall. Do not use any unfair means or practices during the NEET 2024 exam as there may be legal repercussions.

Mistakes to avoid on the NEET 2024 exam day

Here are some common mistakes that students make on the NEET 2024 exam day. YTopu should avoid them for the smooth conduction of the exam.

- Arriving at the NEET exam center late:

[NEET 2024 exam center](#) will open two hours before the examination starts, i.e., 12 pm. The last entry will be allowed at 1:30 pm. No entry after this time will be allowed. Therefore, it is advised to reach the exam center well before time.

- Forgetting your NEET Admit Card 2024:

You will not be allowed to take the NEET exam without the [NEET admit card 2024](#). You must make sure that your admit card is with you before leaving for the NEET exam center.

- Not following the NEET Dress Code 2024:

You must be in line with the NTA guidelines of the NEET Dress Code 2024. Also, make sure that you do not have any of the barred items mentioned above. Be very cautious of the things that you take to the NEET exam center.

- Manage your time well:

It is common to get overwhelmed during the NEET 2024 exam especially if you're not getting the answer. Do not dwell too much on one question. Move to the next question instead. Manage your time well.

With just one day left for NEET 2024 examination, you can revise all the important concepts by taking the Collegedunia [NEET Mock Test Series](#).
