

GOVERNMENT OF INDIA  
MINISTRY OF RAILWAYS  
(RAILWAY BOARD)

No. 97/Sec (Spl)/200/29

New Delhi, dated 2a.05.97

STANDING ORDER No. - 21

The Chief Security Commissioners,  
Railway Protection Force,  
All Indian Railways.

The Chief Security Commissioner,  
R.P.S.F.,  
Railway Board.

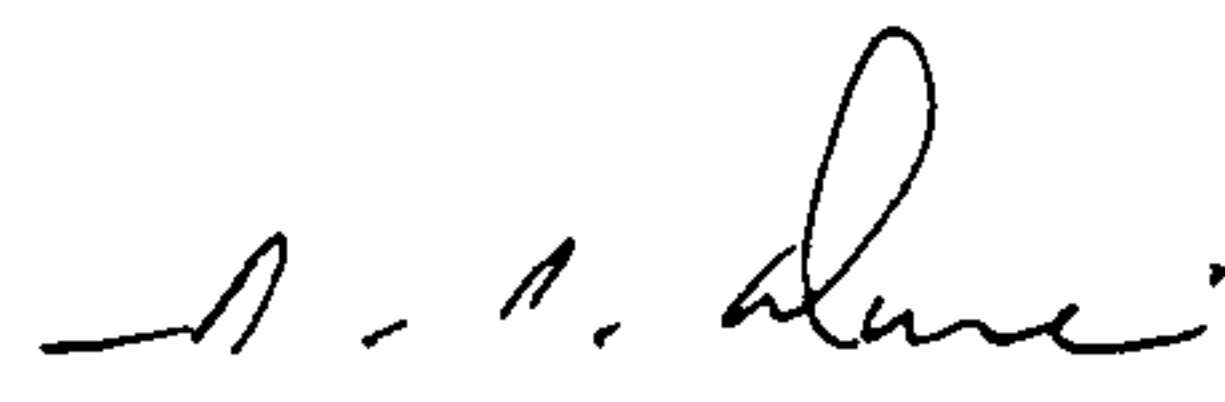
**Sub:- Physical Fitness Programme for RPF Personnel.**

1. Physical fitness of RPF officers and men is of prime importance to the organisation. Physically fit members of the Force would not only be more efficient in performance of their duties but would also enhance the prestige of the organisation as an efficient and dependable Force. It is, therefore, necessary that due importance be given to the physical fitness of all members of the Force.
2. For achieving these objectives, we should provide the following facilities to our men :
  - (a) **Sports:** Taking into consideration the number of men to be catered to and depending on the space available games and sports facilities like volley ball, badminton, basket ball, football, hockey and cricket should be provided.
  - (b) **Exercise facilities:** Mini gyms should be started where we have more than 20 men working or residing. Parallel and horizontal bars, dumbbells, skipping ropes, weight lifting equipments should be provided in these gyms.

At important stations multi- gyms with all the modern facilities should be provided so that those who are interested in developing expertise in this field could be benefited.

(c) Yoga classes: Yoga is one of the modern techniques of achieving better physical fitness. We should, therefore, start Yoga classes wherever requisite numbers of persons are available. Services of trained Yoga teacher should be utilised for this purpose.

3. Officers and men who are over-weight should be identified and got medically examined and advised suitable exercise and diet. It should be ensured that they stick to the prescribed diet and exercise. The progress in their physical fitness has to be closely monitored by recording their weight and measurements every quarter.
4. The physical condition of personnel should be described in detail in the ACRs in the column "Health".
5. The expenditure on account of various facilities like sports, exercise and Yoga etc. as mentioned above will be met from RSKN for which proposal should be immediately prepared and amount got sanctioned.

  
(A.P.DURAI) 20.5.97  
DG/RPF