

GOVERNMENT OF INDIA  
MINISTRY OF RAILWAYS  
(RAILWAY BOARD)

BY FAX

No. 98-Sec(Spl.)/200/29      New Delhi, dt. 23-3-1998

The Chief Security Commissioners,  
All Indian Railways

The Chief Security Commissioner/RPSF.

STANDING ORDER No. 50.

Sub: Physical fitness of RPF personnel.

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In Standing Order No. 21 dated 20-5-1997, detailed instructions had been given to initiate steps to bring about awareness among RPF personnel on the need for regaining and maintaining physical fitness. We have also spent considerable funds from RSKN and Sports Fund in setting up facilities for physical fitness programmes at the Post level and above.

2. However, the efforts made so far do not appear to have shown visible results. In almost all the railways visited by the undersigned, at least one out of every three RPF officers and men is found to be over-weight. Men and officers in uniform with protruding stomachs cut a sorry figure and become an object of ridicule amongst the public due to absence of physical agility and energy.

3. Our physical fitness programme has not made a dent because there has been no change in the dietary habits of men and officers. It is seen that wherever we are running departmental Messes in Battalions, barracks, Training Institutions etc. only two meals (lunch and dinner) are cooked and served. In view of the long gaps between meals, RPF personnel tend to over-eat.

4. It is, therefore, directed that, w.e.f. 1st April, 1998, in all such departmental Messes, the following changes will be introduced in the dietary pattern.

- (i) There will be a break-fast in the morning followed by lunch at noon and dinner in the evening. The existing quantity of rice and wheat at lunch and dinner should be reduced suitably in view of the addition of breakfast.

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(ii) Additional dishes of vegetables and/or pulses should be introduced to reduce the in-take of rice and wheat.

(iii) A Dietician may be consulted to lay down the menu taking into account the age, physical exertion, calorific requirement, availability of local seasonal vegetables, pulses, etc.

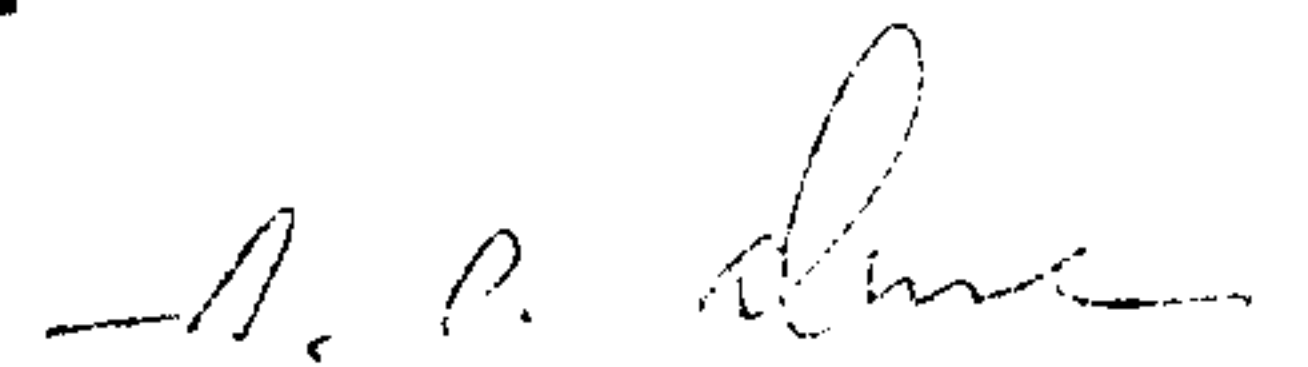
5. RPF officers and men with protruding stomachs should be identified and served with notices to present themselves with flat stomachs within a period of three months. They may consult a doctor about the exercises they should take up and the diet they should adopt. If they do not comply, the matter should be taken up for suitable disciplinary action or barring them from further promotions. Such personnel will be informed in writing that physical fitness is a condition for taking up higher responsibilities.

6. Principals conducting promotional courses should strictly implement the out-door programme and disqualify trainees who do not pass the Out-door tests.

7. No rewards should be sanctioned to the RPF men for good turn-out unless they present a trim figure in uniform.

8. Men and officers who are allotted duties to be performed in the presence of the public, VIPs, senior officers etc., should be carefully selected from the point of view of both intelligence and physical fitness.

8. Men and officers who are in the habit of drinking should be specifically counselled in writing to leave the habit in the interest of their own health and professional advancement.



(A.P. Durai) 23.3.70  
Director General/RPF

Copy to All DSCs/Commandants/Principals  
of RPF Academy & Zonal Training Centres.