



RASHTRIYA RAKSHA UNIVERSITY
Pioneering Security and Police University of India
(Under the Ministry of Home Affairs, Government of India)

ITEC PROGRAMS – 2022-23

Name of the program: (Virtual) of 5 Days duration – Health and Fitness Awareness program for Security Officers (Virtual)

No of Session – 5 Sessions

Duration : 2 hours/ day

Timing of the Session - 3:00 pm – 5:00 pm (Indian Standard Time)

Target Stakeholders – Law Enforcement Officers: Police Personnel , Security officials and Armed Forces Officers

Eligibility – Should be Inservice Officers

(c) Course Synopsis

The 5 days virtual course is an attempt to create awareness of the health and fitness components which are a very critical component for the Security Personnel. The ignorance of health and fitness not only hamper the occupational performance of an individual but also impact national security as a whole. Therefore, a course has been outlined to create health and fitness awareness to optimize occupational health, and the experts of the specialized domain are being called to collaborate and explain the best practices followed by the Indian National Security Forces, the program focuses on –

- Preparatory protocol of training
- Psychological challenges of security personnel and interventions to overcome
- Maintaining the general health and fitness
- Nutrition and Diet
- Latest trends followed for training
- Indian Training Academies fitness regime
- Recovery Methods
- First Aid and CPR
- Monitoring and Assessment of Physical Parameters

- **Note:** Theoretical sessions - The theoretical session (virtual) will include detailed explanations of all the aforementioned topics (i.e., assessment of fitness, psychological profiling, nutritional profiling, etc.). In addition, the course will also include detailed explanations of all the sciences involved in maintaining health and fitness (e.g., strength, conditioning, nutrition, psychology, etc.).

(d) The Programme details: -

S. No.	Session Expert	Topic	Outcome
1	Dr. Gaurav Singh Kushwah	Planning a Fitness training session	Designing a training regime based on individual needs and specific demands.
2	Tanvi Singh	Psychological challenges in Law enforcement	Identify, assess and learn to overcome the challenges
3	Dr. Rohit Kumar Thapa	Strength and Conditioning for Law enforcement	Development of strength with a variety of exercise and movement correction
4	Mr. Avinash Kharel	Modern trend and scientific approach to build fitness	Training and Assessments of the fitness parameters and recommendations for improvement
5	Ankur Singh Saini	Protocols to perform Warming up and cooling down.	Different styles of warming up in indoor and outdoor premises with variations
6	Mr. Ravindra Singh Rajpurohit	Resistance training	Development of resistance training with varied methods
7	Ms. Richa Sharma	Region, season, food, and its power	Understanding of Nutrition, diet, calories requirements.
8	Mr. Gaurav Singh	Endurance Training	How to focus and maintain cardiac health and lungs capacity.
9	Mr. Pushpendra Narvariya	Gait analysis of Law enforcement officers	Posture correction, its advantages and loss of muscles function due to poor posture
10	Red Cross Expert	Prevention and Rehabilitation of injuries	First Aid, CPR, and rescue methods