

RASHTRIYA RAKSHA UNIVERSITY

Proposed Training Program under ITEC scheme, MEA

Name of the School: School of Physical Education and Sports

Name of the Program: Physical fitness course for Security Personnals

Training Mode: Online/Virtual Mode

Duration of the program: 3 days

Teaching Lectures total : 6 hours

Teaching Lectures per day : 1

Hours per Lecture: 2 hours(1.5 hr of lecture followed by 30 minutes of discussion)

Eligibility Criteria: Personals serving in Internal Security Organisations

Target Audience: Police Officials, Government Officials, Law Enforcement officials, Forensic Lab Officials, Investigating officers

Intake : Minimum 10 & Maximum 30 Officials

Language of Instruction: English

Modules / Topics: Physical fitness course for Security Personnals

Learning Outcome : Maintaining security personnel physical fitness standards, physical fitness standards improve officer and organizational safety, Physically fit security personnel take less time to perform basic crime prevention tasks.

Evaluation / Assessment : Online Questionnaire assessment.

Name of the Faculty : 1. Dr. Gaurav Singh Kushwah I/c Director SPES

2. Mr. Gaurav Singh, Assistant Professor, SPES

3. Ms. Tanvi Singh, Assistant Professor, SPES

4. Mr. Avinash Kharel, Assistant Professor, SPES

CV of the faculty which shall be uploaded on ITEC site: Dr. Gaurav Singh Kushwah

[Dr. Gaurav Singh Kushwah](#)

The other Experts can also be called, if this program get approved).