

**GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS**

**LOK SABHA  
UNSTARRED QUESTION NO. 53**

**TO BE ANSWERED ON THE 11<sup>th</sup> DECEMBER, 2018 / AGRAHAYANA 20, 1940  
(SAKA)**

**NEW PHYSICAL TRAINING REGIME OF CRPF**

**53. SHRI RAM CHARITRA NISHAD:**

**Will the Minister of HOME AFFAIRS be pleased to state:**

**(a) whether the Central Reserve Police Force (CRPF) has decided to redesign its old physical training regime to prepare tougher and agile soldiers for rendering hard duties in the States hit by Naxal violence and militancy and if so, the details thereof;**

**(b) whether the Government is considering to recruit over 21,000 fresh jawans; and**

**(c) if so, the details thereof?**

**ANSWER**

**MINISTER OF STATE IN THE MINISTRY OF HOME AFFAIRS  
(SHRI KIREN RIJJU)**

**(a): In its on-going efforts to modernize the physical training and make it suitable to the requirement on law and order and counter insurgency front, physical training modules have been revised by CRPF by incorporating new modules/topics, in consultation with expert physical trainers and field level officers.**

**The newly added topics/modules, inter-alia, include Aerobic & Anaerobic endurance, Circuit training, Causes and prevention of injuries, injury**

**management, Developing Cardio respiratory fitness, Psychological preparation of recruits and stress management etc.**

**(b) & (c): Recruitment in CAPFs is an ongoing process. CRPF has since indented vacancies at the level of Constable (General Duty) to the Staff Selection Commission for the year 2018.**

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