

**No.C3/61694/2014**

Police Headquarters  
Thiruvananthapuram-10  
Dated: 11/06/2014

**Circular No. 12 /2014**

Sub: Physical fitness of Police officers/ personnel – instructions issued.

Occupational diseases amongst the Policemen and Officers have increased in recent times because of their work related stress and inability to devote time for personal health care. It is essential to set apart sometime in the day for healthy exercises. Therefore, it is instructed that, all District Police Chiefs will organize physical training programmes in all Police Stations/ Police Units under them. All Officers including District Police Chiefs must participate and supervise the physical training/ exercise programme in their jurisdiction. The physical exercise will be for thirty to forty minutes from 07.00 am to 07.45 am on Mondays and Thursdays. Those who are aged more than 50 years, physical training is optional. Before personnel are subjected to physical training, they may be advised to undergo medical checkup. This programme is mainly intended for improving the health of police officers and Policemen. This may be part Yoga and part simple PT exercises.

Physical training needs to be moderate exercises and should not by themselves cause any discomfort/ health issues. Services of trained instructors from within the Police department and outside may be used for the purpose. DPCs/ CMTs/ SPs/ DySPs, CIS, Sis may participate at their headquarters office/units. Simple physical activity schedules may be planned and carried out with everyones participation.

Officers of all ranks in Special units may attend the physical training at their headquarters.

We may commence this with effect from 1<sup>st</sup> July 2014.

  
**State Police Chief  
Kerala**

To:

- (1) All Officers in List 'B' with a request to explain the contents to all the subordinate Officers working under them
- (2) Stock File