



उत्तरपूर्वीय पुलिस अकादमी / North Eastern Police Academy
(CBC & NABET ACCREDITED 'UTKRISHT'
ORGANISATION)

भारत सरकार / Govt. of India

गृह मंत्रालय / Ministry of Home Affairs

उमसाव / Umsaw, मेघालय / Meghalaya/ 793 123

Tele & Fax – 0364-2572036

Email : nepa-meg@nic.in :Website : www.nepa.gov.in



No. NEPA/Estt/RTI/187/2020/Vol-VI 4436-37 Dated 11 August, 2025.

To,

Shri Prakash Gadigeppa Kamatar
Mannur
Hosaritti, District Haveri
Karnataka
581213

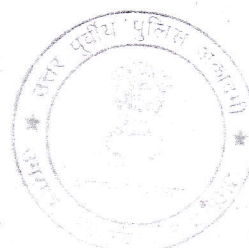
Sub: Information sought under Right to Information Act, 2005 - regarding

Sir,

With reference to the RTI Registration No. MHOME/R/T/25/04092 dated 15/07/2025 transferred by Ministry of Home Affairs and received by this office on 30/07/2025, it is to state that information sought is provided as under-

SN	Information Sought	Reply
1.	What is physical training course(PT Course) conducted by various Academies/Institutions established under Ministry of Home Affairs?	Information has already been provided by reply to your previous RTI Application dated 19/6/2025 vide letter No. NEPA/TRG/RTI/09/2017/3784 dated 11/07/25.
2.	What are the aim and objective of the physical training course?	Information has already been provided by reply to your previous RTI Application dated 19/6/2025 vide letter No. NEPA/TRG/RTI/09/2017/3784 dated 11/07/25.
3	If any police/prisons department personnel completed this course he became a physical training instructor in police/prison department training center?	Information has already been provided by reply to your previous RTI Application dated 19/6/2025 vide letter No. NEPA/TRG/RTI/09/2017/3784 dated 11/07/25.

[Handwritten signature]
11/8/25



4	What is the eligibility criteria for PT instructor in police training centre/academy.	Information does not exist, since there is no such post in the Academy.
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If you are not satisfied with the information provided you may file an appeal within 30 days from the date of receiving this information by post or mail whichever is earlier.

Further you are advised not to ask same information repeatedly defeating the aims and objectives of the provision of RTI Act 2005, which does not want the officers of organisation to remain busy in searching and collecting information and thus wasting precious government time.

Address of the First Appellate Authority

Director
North Eastern Police Academy
Umsaw, Umiam, Meghalaya
793123




 (Jitendra Kumar Dwivedi)
 DD(A)/CPIO, NEPA

Copy to:-

1. Shri D K Ghosh, CPIO and Deputy Secretary(Police-1), MHA, GOI, CCS-3 Building, Janpath Road, New Delhi.
2. AV section NEPA for uploading on NEPA website in RTI section.



उत्तर पूर्वीय पुलिस अकादमी / North Eastern Police Academy
(CBC & NABET ACCREDITED 'UTKRISHT' ORGANISATION)

भारत सरकार / Govt. of India

गृह मंत्रालय / Ministry of Home Affairs

उमसाव / Umsaw, मेघालय / Meghalaya/ 793 123

Tele & Fax – 0364-2572036

Email : training-nepa@gov.in : Website : www.nepa.gov.in



No. NEPA/TRG/RTI/09/2017/3784.

Dated 11-07-25

To,

Shri Prakash Gadigeppa Kamatar,
Mannur, Post- Hosaritti
District- Haveri
Karnataka
Email-pgkamatar2016@gmail.com
Mobile no. 8095200404

Sub: Information sought under Right to Information Act, 2005- regarding

With reference to your RTI Registration No. NEPAC/R/E/25/00003, Dated: 19/06/2025 received by this office on 23/06/2025, it is to state that information as provided by DPIO is given below:

SN	Information Sought	Reply																											
1.	What is Physical Training Course?	Physical Training Course is a course which train Police personnel to develop their physical and mental fitness through different physical exercise like endurance training, aerobic exercise, swimming, UAC, etc. It equips individuals with the knowledge and skills to promote physical fitness and health.																											
2.	What are the Aim and objectives of Physical Training Course conducted by NEPA?	The aim and objectives of Physical Training Course conducted by NEPA is to give training to maximum number of Police Personnel from various state Police and make them physically and mentally fit.																											
3.	What are FPET, BPET and Endurance Running Test in 2 nd class and 1 st class test? And it's detail information with Grading and Time.	<p>FPET, BPET and Endurance Running Test in 2nd class and 1st class test are the Test conducted to check the trainee improvement in endurance training at different level.</p> <p>Test details are as follows:</p> <p><u>2nd Class Test.</u> Total Marks: 160</p> <p>1. Endurance Test. 20 marks</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Particulars</th><th>Excellent</th><th>V. Good</th><th>Good</th><th>Sat</th></tr> </thead> <tbody> <tr> <td>10 km</td><td>45 min</td><td>50 min</td><td>55 min</td><td>60 min</td></tr> <tr> <td>Running</td><td>20 marks</td><td>16 marks</td><td>12 marks</td><td>10 marks</td></tr> </tbody> </table> <p>2. Ground work. 20 marks</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>I.</td><td>Forward Roll head spring</td><td>05 marks</td></tr> <tr> <td>II.</td><td>Hand spring</td><td>05 marks</td></tr> <tr> <td>III.</td><td>Cart Wheel Forward Roll</td><td>05 marks</td></tr> <tr> <td>IV.</td><td>Hand spring Drive Roll</td><td>05 marks</td></tr> </tbody> </table>	Particulars	Excellent	V. Good	Good	Sat	10 km	45 min	50 min	55 min	60 min	Running	20 marks	16 marks	12 marks	10 marks	I.	Forward Roll head spring	05 marks	II.	Hand spring	05 marks	III.	Cart Wheel Forward Roll	05 marks	IV.	Hand spring Drive Roll	05 marks
Particulars	Excellent	V. Good	Good	Sat																									
10 km	45 min	50 min	55 min	60 min																									
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II.	Hand spring	05 marks																											
III.	Cart Wheel Forward Roll	05 marks																											
IV.	Hand spring Drive Roll	05 marks																											

3. Vaulting & Agility.

10 marks

I.	Split Vault height 102 cm	05 marks
II.	Through vault height 120 cm	05 marks

4. Beam Work.

10 marks

I.	Beam Heaving, Slow Circle, 2 Turn2 Bends & Slow Circle	05 marks
II.	Beam Balance, Mount, 3steps Forward, Turn, 3 Steps Back & Dismount. (150 cm)	05 marks

5. Rope Work.

10 marks

I.	Rope Work 2 nd class (help of hand 12 feet Rope climb)	10 marks
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6. FPET (B Scale)

20 marks

Particulars	Excellent	V. Good	Good	Sat
3.2 km running	14.45 minutes	16.05 minutes	17.25 minutes	18.45 minutes
	08 marks	06 marks	04 marks	03 marks
6 feet wall	1 st attempt	2 nd attempt	3 rd attempt	
	03 marks	02 marks	01 marks	
9 feet wall	1 st attempt	2 nd attempt	3 rd attempt	
	03 marks	02 marks	01 marks	
Horizontal rope	1 st attempt	2 nd attempt	3 rd attempt	
	03 marks	02 marks	01 marks	
60 mtr sprint	08 sec	09 sec	10 sec	
	03 marks	02 marks	01 marks	

7. Obstacle.

20 Marks

Particulars	Excellent	V. Good	Good	Sat
Standard	50 sec	60 sec	70 sec	80 sec
Obstacle (PT Dress)	20 marks	16 marks	12 marks	10 marks

8. Written Test.

50 marks

I.	Physical Training Lecture.	25 marks
II.	Theory of games & sports.	25 marks

1st Class Test.

Total marks: 265

1. Endurance Test.

20 marks

Particulars	Excellent	V. Good	Good	Sat
	80 minutes	85 minutes	90 minutes	95 minutes

Running (PT Dress)				
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2. Ground work. 20 marks

I.	Forward Roll head spring	05 marks
II.	Cart Wheel Hand spring	05 marks
III.	Hand stand upstart	05 marks
IV.	Forward roll back hand stand	05 marks

3. Vaulting & Agility. 20 marks

I.	Split Vault (L) height 150 cm	05 marks
II.	Through vault(W) height 150 cm	05 marks
III.	Back scissors (W) height 150 cm	05 marks
IV.	Hollow back (W) height 150 cm	05 marks

4. Beam Work. 15 marks

I.	Beam Heaving (Slow Circle, 4 Turn 4 Bends & Slow Circle)	10 marks
II.	Beam Balance- Slow Circle Hook Mount, 3 Step Forward, 3 Turn & Dismount. (200 cm)	05 marks

5. Rope Work. 10 marks

I.	Rope Work 1 st class (help of hand along with L Position 12 feet Rope climb)	10 marks
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6. BPET (B Scale) 20 marks

Particulars	Excellent	V. Good	Good	Sat
5 km running	25 minutes	26.30 minutes	28 minutes	29.30 minutes
	08 marks	06 marks	04 marks	03 marks
Firemen lift 180 mtr	60 sec	70 sec	80 sec	
	03 marks	02 marks	01 marks	
Horizontal rope	1 st attempt	2 nd attempt	3 rd attempt	
	03 marks	02 marks	01 marks	
6 feet wall	1 st attempt	2 nd attempt	3 rd attempt	
	03 marks	02 marks	01 marks	
9 feet wall	1 st attempt	2 nd attempt	3 rd attempt	
	03 marks	02 marks	01 marks	

7. Obstacle. 20 marks

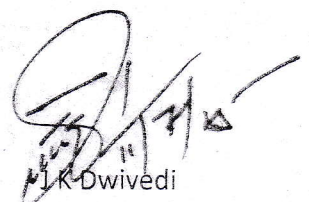
Particulars	Excellent	V. Good	Good	Sat
Standard Obstacle	50 sec	60 sec	70 sec	80 sec
(PT Dress)	20 marks	16 marks	12 marks	10 marks

		8. Instructional practice (IP)	20 marks
		I. Turn out & personal bearing	10 marks
		II. Arrangement & knowledge of class	05 marks
		III. Command & control	05 marks
		9. UAC	20 marks
		I. Kick And Defense	10 marks
		II. Punch and Defence	10 marks
		10. Written Test.	100 marks
		I. Physical Training Lecture.	40 marks
		II. Theory of games & sports.	40 marks
		III. BOXING	10 marks
		IV. UAC	10 marks
		4. If a Police/ Prisons department Personnel completed this course He became a Physical Training Instructor in Police/ Prisons training centre?	Appointing a person as physical training instructor in police depends upon the rules and regulations of the concerned State/Force. Object of PT course run by this Academy is to develop instructional capabilities and knowledge required for Imparting physical training. It does not guarantee detailment of person as Instructor.

If you are not satisfied with the information provided you may file an appeal to the First Appellate Authority within 30 days from the date of receiving this information by mail or physical means whichever is received earlier.

Address of the First Appellate Authority

Director
North Eastern Police Academy
Umsaw, Umiam, Meghalaya
793123


A.K. Dwivedi
Asth. Director (Law)
CPIO

Copy to: -

A V Section NEPA for uploading in NEPA website under RTI section.

