

RASHTRIYA RAKSHA UNIVERSITY

Pasighat Campus, Arunachal Pradesh
An Institution of National Importance
Ministry of Home Affairs, Government of India

Intensive Four-Week Training Programme

For

Police Aspirants: Written And
Physical Test Preparation

1st April To 30th April 2026



ABOUT RASHTRIYA RAKSHA UNIVERSITY

Rashtriya Raksha University, an Institution of National Importance of India, Pioneering National Security and Police University of India, Ministry of Home Affairs, Government of India, is established by the Parliament of India, Act No. 31 of 2020. The University aims to become an academic-research-training ecosystem for national security and police. Its endeavours focus on highly professional national security, police education, research, and training through its qualified civilian and security faculty, committed human resources, motivated participants and students, intellectually stimulating and professionally disciplined environment, and worldwide network, sharing, and exchange. It aims at providing security and strategic education in the contemporary and futuristic security and strategic studies and interdisciplinary areas. The University contributes to the vision of India of Peace, Prosperous, and Stable World in alliance with grand strategic cooperation between like-minded nations and promoting greater understanding between internal security officers, military and para-military forces, diplomats, civil servants, and civilians to promote the cause of the Nation. It adopts a two-tier approach, at the national and international levels, in its education, research and training, and extension to achieve capabilities to respond to the needs, expectations, and aspirations of the security and strategic institutions and forces as well as law-making, governance, judiciary, economy (agriculture-manufacturing-service sectors) and the civil society organizations.

ABOUT RASHTRIYA RAKSHA UNIVERSITY, PASIGHAT CAMPUS

With the first campus of Rashtriya Raksha University set up at Pasighat, Arunachal Pradesh, the campus aims to cultivate a new generation of highly skilled and ethical professionals capable of addressing complex security challenges, upholding the rule of law, and safeguarding the well-being of the nation and its citizens. Through comprehensive programs integrating academic excellence, practical training, and cutting-edge research in areas such as counterterrorism, intelligence analysis, cybercrime, border security, crisis management, and community policing, the university strives to be at the forefront of developing knowledge and best practices that enhance national security, promote public safety, and contribute to global security cooperation. By fostering interdisciplinary collaboration, international partnerships, and a culture of innovation, the campus endeavours to shape future leaders and practitioners in the field, instilling in them a strong sense of duty, professionalism, and respect for human rights while preparing them to adapt to emerging threats and navigate the complex landscape of national security in the 21st century.

ABOUT THE PROGRAM:

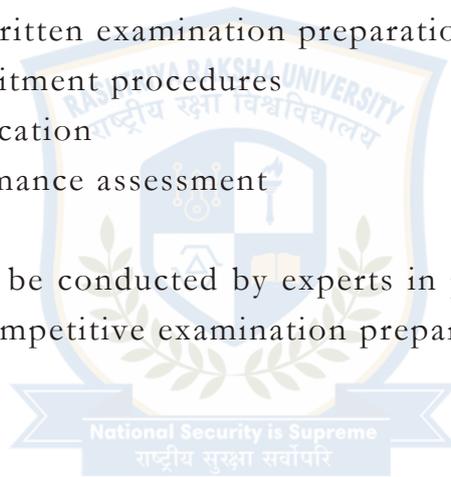
Recruitment into police and other law enforcement agencies involves a multi-stage selection process that candidates must successfully clear. These stages generally include a written examination, Physical Efficiency Test, Physical Measurement Test, medical examination, and document verification. However, many aspirants find it challenging to qualify in these stages due to a lack of proper guidance, structured preparation, and systematic physical training, which are essential for meeting the required standards of the recruitment process.

To address this gap, Rashtriya Raksha University, Arunachal Pradesh Campus is organizing a Comprehensive Integrated Police Aspirants Preparation Programme, a four-week intensive training programme designed to prepare aspirants for both written examinations and physical efficiency tests required for police recruitment.

The programme will provide:

- Structured physical training for Physical Efficiency Test events
- Classroom sessions for written examination preparation
- Guidance on police recruitment procedures
- Fitness and nutrition education
- Practice tests and performance assessment

The training programme will be conducted by experts in physical training, sports science, police administration, and competitive examination preparation.



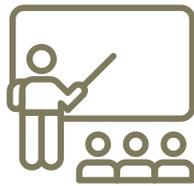
AIM OF THE PROGRAMME

The primary aim of this programme is to provide systematic training and academic guidance to police aspirants so that they can successfully qualify the written examination and physical efficiency tests required for police recruitment.



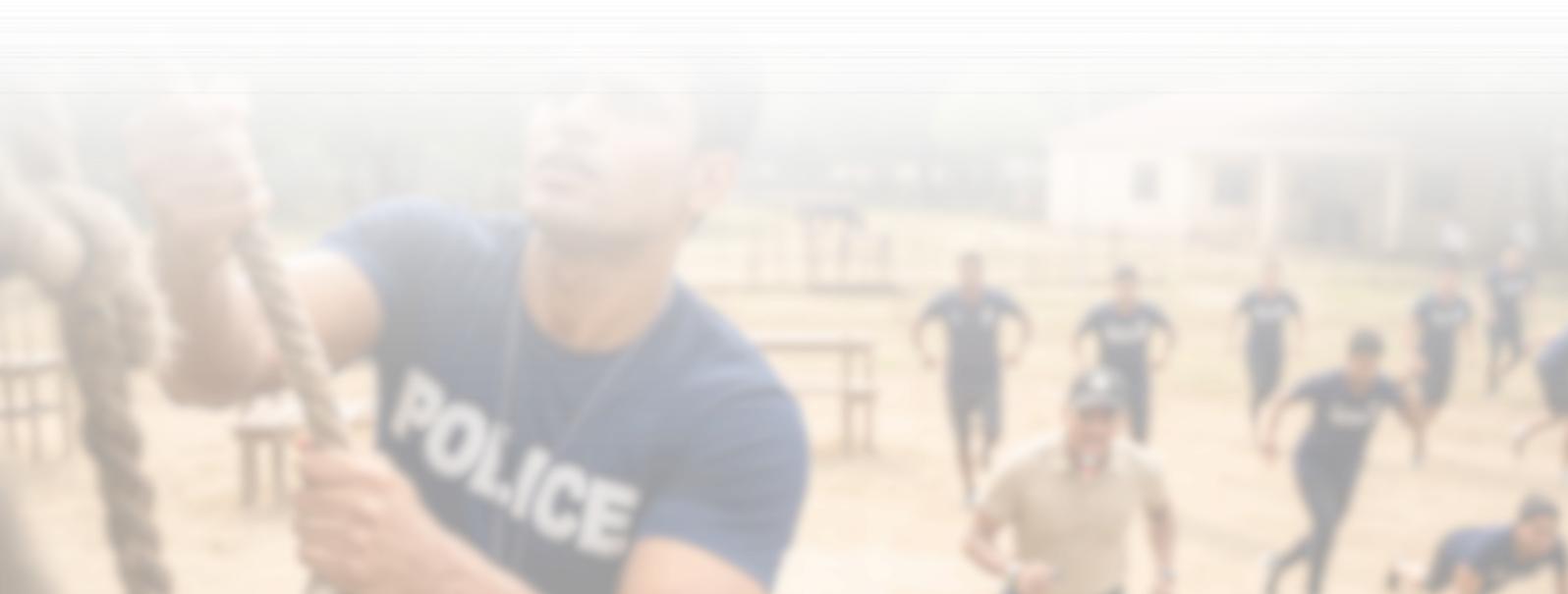
OBJECTIVES OF THE PROGRAMME

- To prepare aspirants for the physical efficiency tests required in police recruitment.
- To provide structured training for running, jumping, strength, and endurance development.
- To guide aspirants in preparing for written examinations such as general knowledge, reasoning, and basic aptitude.
- To enhance the overall fitness, discipline, and confidence of the participants.
- To provide awareness about police administration and recruitment procedures.



PARTICIPANTS

- Youth aspiring to join State Police, Central Armed Police Forces, and other law enforcement agencies.
- Participants should be medically fit and capable of undergoing physical training.
- Participants must bring sportswear and running shoes for training sessions.



FEESSTRUCTURE:

Sl No	Category	Registration Fee
1	RRU Student	Rs. 1700/- (Including GST)
2	Others	Rs. 2500/- (Including GST)

MODE OF PROGRAMME:

Offline / Practical and Classroom Based Training



Scan To Register

Or go to the link:

<https://shorturl.at/1OAgM>



CONTACT INFORMATION:



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<https://rru.ac.in/campuses/ar-unachal-pradesh>

ORGANISING COMMITTEE

Patron



Prof. (Dr.) Bimal N. Patel
Vice Chancellor,
Rashtriya Raksha University

Convenor



Dr. Moirangmayum Sanjeev Singh
Director (I/c)
RRU, Pasighat Campus, Arunachal Pradesh

Coordinator



Dr. Jateen Baruah
Teaching cum Research Officer (Physical Education)
RRU, Pasighat Campus, AP.

Co-coordinator



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RRU, Pasighat Campus, AP

Co-coordinator



Madin Hina
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RRU, Pasighat Campus, AP

Co-coordinator



Ms. Geyum Dabi
Sports Training Officer
RRU, Pasighat Campus, AP



RASHTRIYA RAKSHA UNIVERSITY

An Institution of National Importance

Pioneering National Security and Police University of India

Global Address for Security Education

Ministry of Home Affairs, Government of India.

Pasighat Campus

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