A slew of measures have been taken aimed at improving the fitness of Assam Police personnel, including regular and mandatory physical training (PT) and refresher courses. Also, a list of physically unfit police personnel is being prepared and the Police Department is likely to come up with some other alternatives for these police personnel.

Police personnel have to be active at work. For this, it is important that they remain physically fit. To ensure that police personnel of the Assam Police battalion and Assam Police headquarters stay in shape, physical training has been made mandatory. In addition, their Body Mass Index (BMI) is being monitored regularly.