

Office of the CGDA, West Block-V, R.K. Puram, New Delhi-110605

Pr. IFA Wing

Instruction No. 8 of 2008.

No. PIFA/Policy/2006-SAG

Dated 20.03.2008

To

All PCsDA/CsDA/IFAs

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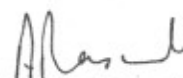
Subject: Setting up of Fitness Centers at Air Force Stations under AFFIT Programme

This office vide letter of even no. dated 26th April 2007 had called for the comments and practice being followed by IFAs in Air Force on the above mentioned subject.

The comments received from IFAs(AF) were examined and matter was taken up with MOD(Fin) for clarification on whether setting up of fitness centers in domestic areas of PBORs and Officers under "AFFIT" programme issued vide Air HQ letter No. AirHQ/26495/16/AFFIT/Med-7 dated 17.10.05(Copy enclosed) require prior approval of MoD(Fin)/IFA(Air HQ) or such cases can be covered under the delegation made under Schedule-XVI(E) to GOI, MOD letter no. Air HQ/95378/1/Fin P/2331/US(RC)/Air-II/06 dated 14.7.06.

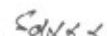
The clarification from the Ministry is yet to be received. In the meantime, it is enjoined that pending clarification/decision from the MOD(Fin), proposals involving setting up of fitness centers in Mess and Domestic Areas may not be concurred.

Pr. IFA has seen.


(Anuradha Prasad)
Jt. CGDA(IFA)

Copy to

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Air Headquarters
R K Puram
New Delhi - 66

Air HQ/26495/16/AFFIT/Med-7

17 Oct 05

HQ WAC, IAF
HQ EAC, IAF
HQ CAC, IAF
HQ SWAC, IAF
HQ SAC, IAF
HQ TC, IAF
HQ MC, IAF

(For AOC-in-C)

AFFIT PROGRAM: FIT AND HEALTHY AIR WARRIOR

1. Maintaining health and fitness of Air Force personnel is an essential prerequisite for a physically and mentally efficient work force to achieve a high level of productivity. It can be considered an investment in the man behind the machine and a low cost force multiplier. There are other tangible benefits of good health like less attrition of men from work place, better quality of life for all IAF personnel, less Stress, Suicides and Alcoholism and less strain on the existing health care delivery system. Of late there has been increasing trend of lifestyle related mortality and morbidity amongst AF personnel, especially PBOR.

2. It is in this context that a comprehensive physical fitness program has been developed at this HQs which has been designated "AFFIT" (Acronym for Air Force Fitness). The program comprises of promotion and maintenance of 3 key attributes: -

- (a) Physical fitness
- (b) Healthy diet
- (c) Life style intervention.

3. For physical fitness the aim would be to improve and maintain physical fitness and then evaluate the level of physical fitness achieved through conduct of PFR tests.

1. For improving physical fitness three modalities are recommended: -
- (a) Home based exercises guidelines.
 - (b) Organizational exercise schedules: Station/ Unit PT/ Games.
 - (c) Establishment of Fitness Centers in each HQ/ Station/ Unit.

5. Home based exercises. In today's fast paced AF society, time and effort for organized physical activities may be limited. Hence the emphasis of AFFIT is to promote individuals to adopt home-based exercises. The guidelines for which have been defined in the enclosed CD in PowerPoint and VCD format. The CD especially contains special exercises for improving spinal health in our aircrew, which is one of the most important causes of low medical category amongst our aircrew. Fitness Walking, Jogging Cycling, Swimming are the other personal physical fitness programs, which can be promoted, and guidelines for the same are elucidated in the enclosed AFFIT booklet.

6. Organizational exercise schedules: Station/ Unit PT/ Games. There is need to reintroduce these activities in a well-defined organized manner within the work and time constraints of each Station/ Unit.

7. Fitness Centers. These Centers can be set up (depending upon staff and strength of unit) at Airmen's Mess, SNCOs Mess, PBOR Domestic Area, and Officers Domestic Area. Each Fitness Centers will be equipped with standardized equipment: Treadmills/ Exercycles/ Cross Trainers etc. These eqpt will be procured through the Sports channel under Code Head 795/01, for which funds will be provided for by this HQ (AFSCB) to the respective Command HQ. Each center will cost about Rs 6 lakhs for the selected eqpt, which can be, sourced either locally or centrally from agencies suggested by AFSCB. In the first phase the AF Stations that have been selected in each Command are specified in Appendix 'A'. In the first year one Center in the selected Stations can be established so that at the end of 4 years there will be 4 such centers in each selected Station. Details of establishing these Centers are laid down in the enclosed AFFIT booklet.

8. Development of Walking Trails/ Jogging/ Cycling Tracks in a Station, which should be accessible to all. These can be established from within unit resources or on the Works channel. Perimeter Roads, Parks, Play grounds, Sports grounds already available in the Stations can be suitably identified/ signposted/ modified.

9. Healthy Diet. Dietary advice and monitoring of diet in messes, supper bars and, on a personal basis, at home is an essential component of AFFT. Guidelines for a healthy diet for IAF personnel are given in the booklet. These may be implemented through Logistics/ Catering/ AFWWA channel with periodic monitoring by the administration.

10. Life style interventions. These would include Weight and Waist (W&W) management, monitoring of cardiovascular and cancer risk factors, and modalities to reduce stress to include home based yoga program and psychological support groups for husbands and wives in the Stations. This may be implemented through a locally formulated working group comprising of SMO and AFWWA representatives who will establish a structured well defined helpline with full confidentiality. All psychiatric cases, alcoholism cases and cases of stress noted by either peers or spouses should be brought under the ambit of the Lifestyle Management Program. Further details are elucidated in the booklet.

11. Suitable directions may kindly be issued for compliance and monitoring during staff visits.

12. For AFSCB. Please allocate Rs 24 lakhs for immediate allotment to HQ WAC, HQ EAC, HQ CAC, and HQ SWAC for setting up one center in the selected Stations in their respective Commands. When further budgetary allocation is received, the requirements of other Command HQ, as specified in Appendix 'A', may be fulfilled in a phased manner. Budgetary allocation for the next 5 years may also be planned accordingly.


(HS Garkhan)
Air Mshl
AOA

Encl: - Appendix 'A'

Copy to: -

VCAS
DCAS
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AOM
DG(I&S)
DGMS(Air)
AA to CAS
AFSCB
All units