



PUBLIC OFFICERS' WELFARE COUNCIL
Promoting the welfare of Public Officers and their families

Our ref: POWC/KF/22

Date: 28 July 2022

From: Organising Secretary, Public Officers' Welfare Council

To: Supervising Officers i/c Ministries/Departments

Keep-Fit Activities 2022

The Public Officers' Welfare Council will be organising the following Keep-Fit Activities for public officers as from **Saturday 27 August 2022**:

- (i) Yoga;
- (ii) Tai Chi;
- (iii) Zumba;
- (iv) Bolly Aero; and
- (v) Pilates.

2. The Keep-Fit Activities organised by the POWC will be opened to all public officers as well as their close family members; that is, wife or husband as applicable and their children above the age of 12.

3. The activities will be carried out by sessions and is due to start as from **Saturday 27 August 2022** at the Civil Service House, Gymkhana, Vacoas as per table below:

Activities	Groups	Fee per participant* (MUR)
Yoga One hour session per group per week	Saturday - 08:00 to 09:00 hours	650
	Saturday - 09:10 to 10:10 hours	650
	Monday - 17:15 to 18:15 hours	650
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her own mat and towel)		
Tai Chi One hour session per week	Saturday - 10:20 to 11:20 hours	700
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel)		
Bolly Aero One hour session per group per week	Saturday - 11:30 to 12:30 hours	850
	Saturday - 12:40 to 13:40 hours	850
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her towel)		
Zumba One hour session per group per week	Saturday - 13:50 to 14:50 hours	850
	Saturday - 16:10 to 17:10 hours	850
	Wednesday - 17:15 to 18:15 hours	850
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel)		

P.T.O

Level 12, SICOM Building II, Corner Chevreau and Reverend Jean LeBrun Streets, Port Louis

Tel: 208 6658 / 208 0157 Fax: 208 6659

Email: powc@govmu.org Website: <http://powc.govmu.org>

Pilates One hour session per week	Saturday - 15:00 to 16:00 hours	850
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own mat and towel)		

*The fee payable is per participant and for a total of 14 sessions per activity.

4. Public officers, who wish to benefit from the Keep-Fit Activities, are invited to fill in the Participation Form as at annex A and submit same to the Organising Secretary, Public Officers' Welfare Council, Level 12, SICOM Building 2, Corner Chevreau and Reverend Jean LeBrun Streets, Port Louis **on weekdays from 09:30 to 13:30 hours as from Tuesday 02 August 2022.**

Participant should also bring along:

- (i) photocopy of a recent payslip/top part of payslip indicating the name, paysite code and National Identity Card (NIC) number or any written evidence/document attesting that the applicant is a serving public officer;
- (ii) photocopy of birth certificates/NIC for close family members where applicable.

5 The enlistment for the keep-fit activities will be made on a **first come first served basis.**

Payment can be effected by bank card, cash or cheque to the order of "Public Officers' Welfare Council"


6. Please note that occasionally session(s) may be postponed during bad weather conditions or due to any unforeseen circumstances. It is imperative that participants give their mobile number for relaying any important message.

7. Cancellation of an application before the start of any activity may be considered exceptionally, subject to such requests being fully justified. In such cases, an administrative fee of MUR 200 per participant will be retained. After the start of an activity, **no cancellation and no swapping** will be allowed.

8. The Council reserves the right to cancel any activity in case of low participation or due to any unforeseen circumstances and participants will be refunded accordingly.

9. It would be appreciated if arrangements could be made at your end for the contents of this Circular Letter be brought to the attention of public officers serving in your Ministry/Department.

10. This Circular Letter is also posted on the POWC's website: <http://www.powc.govmu.org>.


S. Bundhoo
Organising Secretary

Copy to: Presidents of Staff Welfare Associations



Participation Form

Keep-Fit Activities 2022

Name of Applicant: *Mr./Mrs./Miss

(*Delete as appropriate and surname in block letters)

Designation:

Ministry/Department:

Tel (Off): Tel (Res): Tel (Mob):

Residential Address:

Email Address:

Information for close family members (Husband/wife and children above 12 years)

SN	Name	Relationship	NIC No.	Age
1				
2				
3				

Please tick (✓) where appropriate.

Activities	Groups	Please tick (✓) where appropriate	Fees per participant (MUR)	Number of participants
Yoga One hour session per week	As from Saturday 27 August 2022 08:00 to 09:00 hours		650	
	As from Saturday 27 August 2022 09:10 to 10:10 hours		650	
	As from Monday 29 August 2022 17:15 to 18:15 hours		650	
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her own mat and towel)				
Tai Chi One hour session per week	As from Saturday 27 August 2022 10:20 to 11:20 hours		700	
	Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel)			
Bolly Aero One hour session per week	As from Saturday 27 August 2022 11:30 to 12:30 hours		850	
	As from Saturday 27 August 2022 12:40 to 13:40 hours		850	
Zumba One hour session per week	As from Saturday 27 August 2022 13:50 to 14:50 hours		850	
	As from Saturday 27 August 2022 16:10 to 17:10 hours		850	
	As from Wednesday 31 August 2022 17:15 to 18:15 hours		850	
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own mat and towel)				
Pilates One hour session per week	As from Saturday 27 August 2022 15:00 to 16:00 hours		850	
	Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own mat and towel)			
GRAND TOTAL				

Date:.....

Signature of Applicant:

For office use only

Amount Paid _____

Receipt No. _____

Payment Effected
by:

Cash:
Bank Card:

Cheque:
Cheque No:

