



PUBLIC OFFICERS' WELFARE COUNCIL
Promoting the welfare of Public Officers and their families
Operating under the aegis of the Ministry of Public Service and Administrative Reforms

Our ref: POWC/KFA/25/1

Date: 26 May 2026

From: Welfare Events Organiser, Public Officers' Welfare Council
To: Supervising Officers i/c Ministries/Departments

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity." – John F. Kennedy

Keep-Fit Activities 2026 - Batch 2

- The Public Officers' Welfare Council will be organising the following Keep-Fit Activities for Public Officers and their families (Children should be above 12 years old) as follows:
 - Yoga** (as from **27 June 2026** on **Saturdays**)
 - Zumba** (as from **24 June 2026** on **Wednesdays** and **27 June 2026** on **Saturdays**)
 - Pilates** (as from **27 June 2026** on **Saturdays**)
- The activities will be carried out by sessions at the Civil Service House, Gymkhana, Vacoas as per table below:

Activities	Groups	Fee per participant* (MUR)
Yoga One hour session per week	Saturday as from 27 June 2026 08:00 hours to 09:00 hours	1,500
	<hr/>	
Zumba One hour session per group per week	Wednesday as from 24 June 2026 17:15 hours to 18:15 hours	1,500
	Saturday as from 27 June 2026 10:45 hours to 11:45 hours	1,500
<hr/>		
Pilates One hour session per week	Saturday as from 27 June 2026 09:30 hours to 10:30 hours	1,500
	Saturday as from 27 June 2026 12:00 hours to 13:00 hours	1,500
<hr/>		
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own mat and towel)		

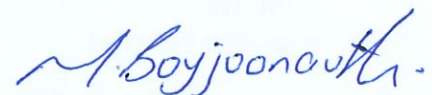
**The fee payable is per participant and for a total of 20 sessions per activity.*

- Public Officers, who wish to benefit from the Keep-Fit Activities, are invited to fill in the Participation Form at **Annex A** and submit same to the Welfare Events Organiser, Public Officers' Welfare Council, Level 12, SICOM Building 2, Corner Chevreau and Reverend Jean LeBrun Streets, Port Louis on week days as from **Monday 1st June, 09:30 hours to 14 00 hours.**

Payment will be received on a first come first served basis and can be effected by bank card, cash or cheque to the order of "Public Officers' Welfare Council".

Participants 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.
4. 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 and email address for relaying any important message.
 5. 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.
 6. The Council reserves the right to cancel any activity in case of low participation or due to any unforeseen circumstances. Participants will be refunded accordingly.
 7. It would be appreciated if arrangements could be made at your end for the contents of this Circular Letter to be brought to the attention of Public Officers serving in your Ministry/Department. A copy thereof has also been posted on POWC's Website and Facebook Page.



M. D. Boyjoonauth (Mrs.)
Welfare Events Organiser

Copy to: Presidents of Staff Welfare Associations





PUBLIC OFFICERS' WELFARE COUNCIL
Promoting the welfare of Public Officers and their families
Operating under the aegis of the Ministry of Public Service and Administrative Reforms

Participation Form

Annex A

Keep-Fit Activities 2026 - Batch 2

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:

Close family members (Children should be 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	Saturday as from 27 June 2026 08:00 hours to 09:00 hours		1,500	
Zumba One hour session per week	Wednesday as from 24 June 2026 17:15 hours to 18:15 hours		1,500	
	Saturday as from 27 June 2026 10:45 hours to 11:45 hours		1,500	
Pilates One hour session per week	Saturday as from 27 June 2026 09:30 hours to 10:30 hours		1,500	
	Saturday as from 27 June 2026 12:00 hours to 13:00 hours		1,500	
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.: