



PUBLIC OFFICERS' WELFARE COUNCIL

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Date: 16 June 2016

From: Organising Secretary, Public Officers' Welfare Council

To: Supervising Officers i/c Ministries/Departments

Heartfulness Relaxation and Meditation Workshop

The Public Officers' Welfare Council, operating under the aegis of the Ministry of Civil Service and Administrative Reforms, is organising a two-hour **Heartfulness Relaxation and Meditation Workshop** for Public Officers in August 2016.

2. Heartfulness relaxation is a simple and practical way to learn to relax and discover the unlimited resources of the heart. Through the workshop, Public Officers can develop calmness from within leading to better concentration, inner balance and true wellness. At the work place, this can result in:

- Individuals that are more focused, committed and keep their motivation and skill level high
- Individuals who can manage changes and have a work-life balance
- Teams that are better integrated and more effective
- A healthier and more productive work environment.

3. The workshop will be held at the Sir Harilall Vaghjee Memorial Hall, New Government Centre, Port Louis on Wednesday 24 August 2016 from 1200 to 1330 hours.

4. In this context, each Ministry/Department/Division and Staff Welfare Association is requested to delegate their representatives to the workshop by filling the enclosed participation form (Annex A) and submit same to the Organising Secretary, Public Officers' Welfare Council, 6th Floor, Atom House, 16, Royal Street, Port Louis by **Friday 29 July 2016 at latest**.

5. Following this Introductory Session, the Representatives present may then liaise with the Trainers for the organisation of sessions at their respective organisations.

6. It would be appreciated if the contents of this circular letter could be brought to the attention of all officers serving in your Ministry/Department/Division.

7. The circular letter has also been posted on the website of the POWC: <http://powc.govmu.org>

8. For any additional information, please call on 208 6658 or 208 0157.

S.Bundhoo
Organising Secretary

Copy to: Presidents of Staff Welfare Associations
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