



Our ref: POWC/KFA/20/01

Date: 25 November 2019

From: Organising Secretary, Public Officers' Welfare Council

To: Supervising Officers i/c Ministries/Departments

Keep-Fit Activities 2020

The Public Officers' Welfare Council is organising the following keep-fit activities for public officers:

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

2. The sessions will start as from 11 January 2020 at the Civil Service House, Gymkhana, Vacoas as per table below:

Activities	Groups	Fees per participant (MUR)
Yoga One hour session per group per week	Saturday - 0845 to 0945 hours	750
	Saturday - 1000 to 1100 hours	750
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her own mat and towel)		
Tai Chi One hour session per week	Saturday - 1115 to 1215 hours	800
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel)		
Zumba One hour session per group per week	Saturday - 1230 to 1330 hours	1050
	Saturday - 1345 to 1445 hours	1050
	Wednesday - 1715 to 1815 hours	1050
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own mat and towel)		
Bolly Aero One hour session per group per week	Saturday - 1500 to 1600 hours	1050
	Saturday - 1615 to 1715 hours	1050
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her own mat and towel)		

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3. The fees mentioned above represent amount payable for 20-week sessions which will be conducted by qualified instructors. Each group will be comprised of 20 persons.

4. Public officers interested to participate in the keep-fit activities are requested to fill in the participation form at annex A and submit same to the Organising Secretary, Public Officers' Welfare Council, 6th Floor, ATOM House, 16, Royal Street, Port Louis as from **Monday 02 December 2019 on weekdays from 0930 to 1430 hours** together with:

- (i) the exact fees; and
- (ii) photocopy of a recent payslip/top part of payslip indicating the name, paysite code and National Identity Card number or any written evidence/document attesting that the applicant is a serving public officer.

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 session(s) may be postponed in case of bad weather conditions or any unforeseen circumstances. Therefore, participants' mobile number is prerequisite so that they may be easily contacted after working hours, including Saturdays.

7. Cancellation will be accepted in exceptional cases supported by documentary evidence. An administrative fee of MUR 200 per participant will be retained. Once the activities have started, no cancellation will be entertained.

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

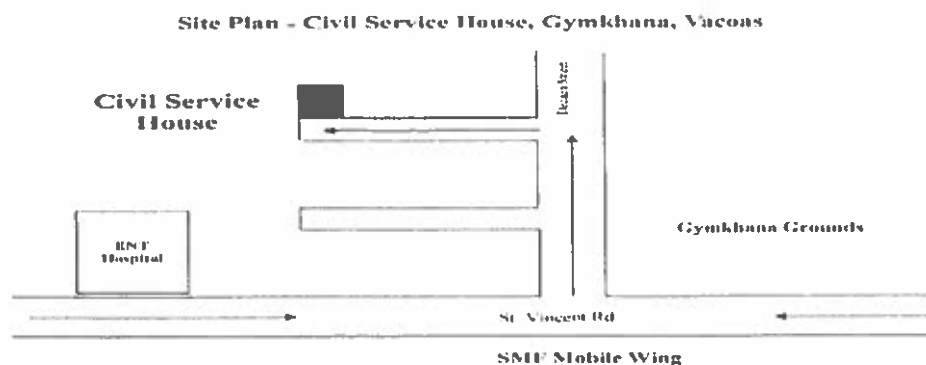
9. It would be appreciated if this circular letter could be brought to the attention of public officers serving in your Ministry/Department.

10. This circular letter is posted on the Council's website: <http://www.powc.govmu.org>.



S. Bundhoo
Organising Secretary

Copy to: Presidents of Staff Welfare Associations





Participation Form

Keep-Fit Activities 2020

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:

Please tick (✓) where appropriate

Activities	Groups	Fees per participant (MUR)
Yoga One hour session per week	As from Saturday 11 January 2020 0845 to 0945 hours <input type="checkbox"/>	750
	As from Saturday 11 January 2020 1000 to 1100 hours <input type="checkbox"/>	750
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 11 January 2020 1115 to 1215 hours <input type="checkbox"/>	800
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel)		
Zumba One hour session per week	As from Saturday 11 January 2020 1230 to 1330 hours <input type="checkbox"/>	1050
	As from Saturday 11 January 2020 1345 to 1445 hours <input type="checkbox"/>	1050
	As from Wednesday 15 January 2020 1715 to 1815 hours <input type="checkbox"/>	
Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own mat and towel)		
Bolly Aero One hour session per week	As from Saturday 11 January 2020 1500 to 1600 hours <input type="checkbox"/>	1050
	As from Saturday 11 January 2020 1615 to 1715 hours <input type="checkbox"/>	1050
Dress Code: T-Shirt, Legging/Tracksuit (Each participant should bring his/her own mat and towel)		

Date:..... Signature of Applicant:

For office use only
For office use only

Amount Paid _____

Receipt No. _____

Payment _____
Effectuated by: **Cash:**

Cheque: _____

Bank Card:

Cheque No: _____

