



Our ref: POWC/KFA/21/01

Date: 04 November 2020

From: Organising Secretary, Public Officers' Welfare Council

To: Supervising Officers i/c Ministries/Departments

Keep-Fit Activities 2021

The Public Officers' Welfare Council will be organising the following Keep-Fit Activities for public officers during period January to June 2021:

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

2. It is important to note that as from January 2021, 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 will start as from **11 January 2021** 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 | 1,000 |
| | Saturday – 09:10 to 10:10 hours | 1,000 |
| | Monday – 17:15 to 18:15 hours | 1,000 |
| 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 | 1,000 |
| | 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 | 1,200 |
| | Saturday – 12:40 to 13:40 hours | 1,200 |
| 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 | 1,200 |
| | Saturday – 16:10 to 17:10 hours | 1,200 |
| | Wednesday – 17:15 to 18:15 hours | 1,200 |
| Dress Code: T-Shirt, Legging/Tracksuit, Flat Shoes (Each participant should bring his/her own towel) | | |
| Pilates One hour session per week | Saturday – 15:00 to 16:00 hours | 1,200 |
| | 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.

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, 6th Floor, ATOM House, 16, Royal Street, Port Louis **on weekdays from 09:30 to 13:30 hours** as from Tuesday, 10 November 2020.

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. Participants should therefore indicate their mobile number so that they may be easily contacted whenever required.

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 will be entertained.

8. The Council reserves the right to cancel any activity in case of low participation or due to any unforeseen circumstances. Consequently, participation fees will be refunded.

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 Council's website: <http://www.powc.govmu.org>.



V. Ramburuth
Organising Secretary



Participation Form

Keep-Fit Activities 2021

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 16 January 2021 08:00 to 09:00 hours | | 1,000 | |
| | As from Saturday 16 January 2021 09:10 to 10:10 hours | | 1,000 | |
| | As from Monday 11 January 2021 17:15 to 18:15 hours | | 1,000 | |
| 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 16 January 2021 10:20 to 11:20 hours | | 1,000 | |
| | 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 16 January 2021 11:30 to 12:30 hours | | 1,200 | |
| | As from Saturday 16 January 2021 12:40 to 13:40 hours | | 1,200 | |
| Zumba One hour session per week | As from Saturday 16 January 2021 13:50 to 14:50 hours | | 1,200 | |
| | As from Saturday 16 January 2021 16:10 to 17:10 hours | | 1,200 | |
| | As from Wednesday 13 January 2021 17:15 to 18:15 hours | | 1,200 | |
| 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 16 January 2021 15:00 to 16:00 hours | | 1,200 | |
| | 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: