



दक्षिण रेलवे/SOUTHERN RAILWAY

No. P(R)673/Training/Vol.IV

प्रधानकार्यालय/ Headquarters Office
कार्मिक शाखा/ Personnel Branch
चेन्नई/Chennai - 600 003
दि./ Dated: 17-07-2015

आर बी ई सं/RBE No. 64 / 2015

पी बी सी सं/ PBC No:97 / 2015

All PHODs / DRMs / CWMs / CEWE / CAO / CPM / Dy.CPOs / Sr.DPOs /
DPOs / SPOs / WPOs / APOs of HQ / Divisions / Workshops / other Units,
etc.,


(As per mailing list -'A')

विषय/Sub:Mandatory Yoga Training for all officers / staff of
Indian Railways including RPF Personnel.

A copy of Railway Board's letter No.E(MPP)2015/3/10 dated 15-06-
2015 (RBE No. 64 / 2015) is enclosed for information, guidance and
necessary action.

Railway Board's letter dated 23-11-2001 & 13-11-2003 referred therein,
copy of which is enclosed for reference.

संलग्न/Encl: as above


(V.SRINIVASAN)
वरिष्ठ कार्मिक अधिकारी/नियम
Senior Personnel Officer/Rules
कृते मुख्य कार्मिक अधिकारी
For Chief Personnel Officer

प्रतिलिपि/Copy to : The Genl Secy / SRMU
The Genl Secy / AISCSTREA
The Genl Secy / AIOBCREA

The Genl Secy / NFIR



**GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
RAILWAY BOARD**

No.E(MPP)2015/3/10

New Delhi,

RBE No. 64/2015

dated: 15.06.2015

The General Managers,
All Indian Railways &
Production Units.

Director Generals,
NAIR/Vadodara.
RDSO/Lucknow

The Directors,
IRIEN/Nasik
IRICEN/Pune
IRISET/Secunderabad
IRIMEE/Jamalpur
IRITM/Lucknow
JR RPF Academy/Lucknow

Sub: Mandatory Yoga Training for all officers/Staff of Indian Railways including RPF Personnel.

Zonal Railways may kindly refer to Board's letter No. E(MPP)/2000/19/1/P/Meditation dated 23.11.2001 (RBE No.231/2001), vide which Yoga training was introduced for trainees in the Railway Training Centres. These instructions were reiterated and were made permanent vide Board's letter No. E(MPP)2009/19/1/P/(Meditation) dated 13.11.2003 (RBE No.194/2003).

It has been established that Yoga/Meditation courses help in improving levels of concentration, alertness and reduction in stress and hence with a view to provide greater thrust, it has been decided to cover all officers and staff including RPF personnel in the programme, for general well being of employees. Further, in Budget 2015-16, it was emphasized that training in Yoga will be imparted to the staff especially from RPF.

In the light of foregoing, Board has decided to include mandatory Yoga Training programmes in all the Centralized Training Institutes and Non-Gazetted Training Centres including RPF Training Centres. Accordingly, all the training programmes whether Initial, Refresher, Promotional or structured training programmes would provide for slots for Yoga training as per details specified below:

Less than 15 days Training Course	One hour* Yoga Training for the entire course
15 days to 8 weeks Training Course	One hour* Yoga Training per week (fraction of week to be ignored)
8 weeks to 30 weeks Training Course	One hour* Yoga Training Per week up to 8 weeks and thereafter 1 hour Yoga Training per fortnight (fraction of week/fortnight to be ignored).
30 weeks and above, up to total duration of training	One hour* per week up to 8 weeks and thereafter, one hour per fortnight for the balance period. (Fraction of week/fortnight to be ignored)

(*One hour duration can be split into 3x20 minutes or 4x15 min., or 2x30 min. etc.)

Accordingly, all Training Centres are advised to arrange these training programmes. In case necessary, tie up may be made with certified/Professional Yoga Centres/Trainers on payment basis as may be decided by the concerned General Managers of Zonal Railways, PUs and Heads of CTIs etc., in consultation with their Associate Finance under the Zonal Railways/CTIs budgetary powers. Necessary tie up as mentioned above may be finalized within 2 months and training on Yoga in terms of the aforesaid directions may be started immediately thereafter. There would be no exemption from attendance in this programme unless there are adequate reasons to be accepted by Head of Training Institution personally.


As regards the batch size, the minimum batch size should be 20, however, where more numbers are proposed to be covered in a batch, the same should be decided in consultation with the trainer. In so far as RPF personnel are concerned, RPF Directorate have already issued instructions vide their letter No.2013/Sec(E)/TRG(POL)-1/1 dated 19.3.2015. These instructions are subsumed and would form part of the aforesaid instructions for RPF personnel.

These instructions supersede all previous instructions on the subject of Yoga Training including the ceiling limit fixed for payment of remuneration to Yoga Instructors/Trainers, hired for the purpose.

As regards the number of officers/staff who are being imparted Yoga Training, monthly statement showing total number of officers/staff and RPF personnel trained per month will have to be sent to the Board on a continuing basis on the training programmes begin.

This issues with the concurrence of the Finance Directorate of Ministry of Railways.

Kindly acknowledge receipt of this letter.


(R.R.PRASAD) 11.6.2015
Exec. Director (T&MPP)
Railway Board.

No.E(MPP)2015/3/10

New Delhi,

dated: 15.06.2015

R.B.E. No. 231/2001

Subject : Introducing Yoga Training in Railway Training Centres.

[No. E(MPP)/2000/19/1/P/Meditation, dated 23.11.2001.]

With a view to introduce Yoga in the training centres on priority in view of Recommendation No. 5.7 of the Railway Safety Review Committee-98 (Part-I), it has been decided that yoga and meditation lessons be imparted to trainees in Railway Training Centres.

2. Accordingly, Board has approved to introduce Yoga on experimental basis for one year and the following action may be initiated by the Railways to introduce Yoga training in the training centres:-

- (a) all the training centres catering to safety categories may arrange yoga classes by engaging local agencies. Honorarium upto Rs. 250 p.m. would be payable to the instructor for this purpose.
 - (b) all training centres including those catering to safety categories may purchase a 30 minute audio cassette at an approximate cost of Rs. 75 per cassette. For this purpose number of such packages are available one of them being a 30 minutes audio cassette called "Yog Nidra" brought out by the Bihar School of Yoga, Munger (Bihar).
 - (c) Railways will have to make necessary budgetary provision to the training centre to meet the expenditure incurred on engaging instructor and for purchase of cassettes as explained above.
3. The above instructions may be implemented immediately.
 4. This issues with the concurrence of the Finance Directorate of the Ministry of Railways.

R.B.E. No. 194/2003

Subject : Introducing Yoga training in Railway Training Centres.

[No. E(MPP)2000/19/1/Pt (Meditation), dated 13.11.2003.]

In continuation of Board's letter of even number dated 23.11.2001 (*Bahri's 231/2001, p. 267*) 23.8.2002 (*Bahri's, 144/2002, p. 159*), 9.12.2002 and 13.1.2003 on the subject mentioned above, it has even decided that Yoga and meditation classes be imparted to trainees in Railway Training Centres on permanent basis beyond 31.12.2003. All other terms and conditions remain unchanged.

A quarterly report on the improvement in the level of concentration, alertness, reduction in tension and anxiety and general healthier life etc. of the trainees may be furnished to Board.

This issues with the concurrence of the Finance Directorate of Ministry of Railways.