

GOVERNMENT OF INDIA  
MINISTRY OF RAILWAYS  
(RAILWAY BOARD)

RBE No. 231 /2001

No.E(MPP)/2000/19/1/P/Meditation New Delhi, dated 23.11.2001

The General Manager  
(All Indian Railways/PUs)

Sub:-Introducing Yoga training in Railway Training Centres.

1.0 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.

2.0 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.

3.0 The above instructions may be implemented immediately.

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

Kindly acknowledge the receipt.

(R. Mukundan)  
Director(Training)  
Railway Board

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No.E(MPP)2000/19/1/Pt(Meditation) New Delhi, dated 23.11.2001

Copy for information to:-

- (i) Director of Audit (All Indian Railways including PUs)
- (ii) FA&CAOs (CR, ER, NR, NE, NF, SR, SCR, SER, WR, CLW, DLW, DCW, ICF, RCF & W&AP)

  
For Financial Commissioner/Railways

No.E(MPP)2000/19/1/Pt(Meditation) New Delhi, dated 23.11.2001

1. The General Secretary, NFIR, 3 Chelmsford Road, New Delhi for information with 35 spares.
2. The General Secretary, AIRF, 4 State Entry Road, New Delhi for information with 35 spares.
3. The Secretary General, FROA, R.No.256-A, Rail Bhawan, New Delhi for information with 5 spares.
4. The Secretary General, IRPOF, R.No.268, Rail Bhawan, New Delhi for information with 5 spares.
5. All Members, Departmental Council and National Council and Secretary Staff Side National Council, 13-C, Ferozeshah Road, New Delhi(90 spares)
6. The Secretary General, All Indian RPF Association, Room No.256, Rail Bhawan, New Delhi-110 001 for information with 5 spares

  
for Secretary/Railway Board.

Copy to :- FE(Spl), F(X)II and E(Trg) Branches of Railway Board