

East Central Railway

Office of the
General Manager(P)
Hajipur

No. ECR-HQ/Pers(Tour)/2/2022

Date: 04.08.2025

All PHODs/HODs
ECR/HJP

MD/CSSH/Patna

Sub: Meditation Retreat for Officers & Staff from 19 to 23 September organized by the Brahma Kumaris, Shantivan, Abu Road, Rajasthan.

Ref. (1) Railway Board's letter no. 2012/E(Trg)/12/17 Dated 13.08.2014
(Copy Enclosed).

(2) Chairperson/Brahmakumari letter dated 09.05.2025 (Copy Enclosed).

Copies of the above referred letters are being sent herewith for information and wide publicity among the Officers and Staff working under your control.

Employees desirous to undergo meditation programme (scheduled from 19th to 23rd September) may be permitted to undergo the above meditation programme as per extant orders circulated vide letter under ref. (i) above.

DA: As above

(Prabhat Kumar)

Assistant Personnel Officer/IR&W
For General Manager (P)

Copy to:-

- * Secy. To GM:- for kind information to GM.
- * PS-I To AGM:- for kind information to AGM.
- * Secy. To PCPO:- for kind information to PCPO.
- * CPO/A:- for kind information to CPO/A.
- * Dy.CPO/ GAZ, IR&W & MPP/ECR/HJP.
- * Branch Secretary/ECREU HQ Branch, AISCTREA & AIOBCREA HQ Branch.

} for kind information.



Transport & Travel Wing

Rajyoga Education & Research Foundation

National Coordinating Office:

Brahma Kumaris,
Ekta Bhoomi Gardens 1, F-Wing,
Off Dattapada Road, Prabhu Upvan Marg,
Borivali East, Mumbai 400066

Contact:

Email: ttwoffice@gmail.com
Cell: +91 916 799 5250
Web: www.wheelsforpeace.org

9 May 2025

To,

The General Manager, ECR, HJP.

SDGM, PFA, PCCM, PCEE, PCE, PCME, PCMD, PCOM, PCSO, PCPO, PCSC, PCSTE, PCMM, East Central Railway, Hajipur.

MD/CSSH, Patna. | All DRMs/ECR/DNR, DHN, DDU, SEE & SPJ

CAO(Con)/North & South/ECR/MHX/Patna

CWM/ECR/CRW-HRT, PD- MGS & Mechanical Workshop/SPJ

Chairman/RRB- Patna & MFP | Principal/ZRTI/MFP

Sub.: Request to nominate Officers & Staffs to participate in a Meditation Retreat 'Silver Reflections A Retreat for Joyous Renewal' from 19 to 23 September 2025.

Respected Divine Brother,

Kindly accept Greetings of Peace from Brahma Kumaris!

We write to you from the Transport Wing of the Brahma Kumaris, with regard to a National-level Conference on the theme "Silver Reflections: A Retreat for Joyous Renewal" from 19th to 23rd September 2025, for those seeking to dip into an experience of peace and positivity. This event earmarks the Silver Jubilee of the Transport & Travel Wing and is likely to host about 3000 persons from across India. This event is designed to provide the time, space, guidance and serene yet lively environment that will help participants take profound steps towards self-discovery and self-development.

In our previous retreats, several zones like WR, CR, ER, NR, SR, SER, SECR, WCR, NER, NCR, SWR, SCR, NWR, ECR including production units have nominated their officers and staffs to participate. As per Railway Board's Policy circulated vide Letter No. 2012/E(TRG)/12/17 dated 13.08.2014 (RBE No. 88/2014) participants are permitted to avail special casual leave and special passes once in a year for such programme which has been granted by the Controlling officer. Railway Board's letter & programme voucher is attached herewith for your ready reference.

We would also like to request you to nominate willing personnel to join this event. It will give them an opportunity to take a rejuvenating break to re-energise inner energies. Willing and Interested participants may view details at wheelsforpeace.org/retreat and register through a nearest Brahma Kumaris center.

We look forward to your positive response. Thank you.

With Divine Remembrances,

BK. Divya

BK Divyaprabha,

Chairperson,

Transport & Travel Wing, RERF, Brahma Kumaris,

Borivali, Mumbai

Mobile: (BK Kavita) +91 916 799 5251 | Email: ttwoffice@gmail.com



**Government of India (Bharat Sarkar)
Ministry of Railways (Rail Mantralaya)
(Railway Board)**

No. 2012/E(Trg)/12/17

New Delhi, dt. 13.08.2014

RBE NO. 88/2014

**The General Managers
All Indian Railways/PUs**

**The Director General
NAIR/Vadodara
RDSO/Lucknow**

**The Directors
IRISET/Secunderabad
IRICEN/Pune
IRJEEN/Nasik
IRIMEE/Jamalpur
IRITM/Lucknow
JRRPF/Lucknow**

- Sub:** Policy regarding participation of Indian Railways Personnel in Meditation/Yoga/Spiritual and other related programmes
- Ref:** (i) Board's letter no. 2012/E(Trg)/12/17 dt. 17.07.2012
(ii) Board's letter no. 2012/E(Trg)/12/17 dt. 26.10.2012
(iii) Board's letter no. 2012/E(Trg)/12/17 dt. 20.09.2013

Railway Board, vide circulars mentioned above, has issued policy regarding participation of Indian Railways personnel in Meditation/Yoga/Spiritual and other related programmes. It has now been decided to bring out a comprehensive policy circular regarding the above.


2. Following instructions may be followed:

- i) Special Casual Leave (SCL) upto a maximum of nine (09) days inclusive of four (04) days journey time would be allowed **once in a year for one such programme**, which would be granted by the respective Controlling officers to willing employees;
- ii) Special pass (as per entitlement) would be given **once in a year** to such Railway employee who has been granted SCL by the Controlling officer;
- iii) No TA/DA would be payable;
- iv) No programme fee would be payable by Railways; and
- v) The official willing to participate in such programmes would be spared subject to the convenience of the Administration.

3. Strict compliance to the above directives may be ensured by all concerned.

4. This supersedes all previous instructions/circulars on the subject.

5. This issues with the concurrence of the Finance Directorate of Railway Board.


(Padma Sharma)
Dy. Director(Training)
Railway Board