

East Central Railway

Office of the
General Manager (P)
Hajipur

No. ECR/HRD/Welfare/322/Misc/Part-III

Date 06.08.2015

All CHODs/PHODs/ECR/HJP
Divisional Railway Manager
E. C. Railway,
DNR, DHN, MGS, 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 National Seminar-cum-Retreat on "Speed, Safety & Spirituality."

Ref: Program Co-ordinator- Transport Wing, Brahma Kumaris, Patna's letter dtd.20.07.2015(Copy Enclosed)

Transport & Travel Wing, Rajyoga Education and Research Foundation Brahma Kumaris, Mount Abu have intimated that National Seminar-cum-Retreat on "Speed, Safety & Spirituality" is being organised for operators, senior executive and managers associated with Travel, Tourism, Railways and Transport sectors from 25th to 29th September'2015 at Brahma Kumaris, Shantivan, Mount Abu.

This information may be circulated for information of the Officers/Staff of your division/workshop/department. The application of the willing Officer/Staff may be forwarded to this office latest by 26th of August'2015 for further course of action.

Instruction circulated vide Railway Board's letter No. 2012/E(TRG)/12/17 dtd.17.07.2012, 26.10.2012 & 20.09.2013 are furnished below for information, guidance & necessary action:-

- (i) Special Casual Leave up to a maximum of 09 days inclusive of 04 days journey time would be allowed once in a year to any willing employee for only one such programme;
- (ii) Special Pass (as per the entitlement) would be given once in a year to any willing employee;
- (iii) No TA/DA would be payable;
- (iv) No programme fee would be payable by Railways and
- (v) The personnel willing to participate in such programme would be spared subject to the convenience of the administration.

DA - As above

Rupesh Chandra
(Rupesh Chandra)
APO (IR&W)
For General Manager (P)

(271) (2) (139 IRM) - 92

From: - B.K. Sanjay
Program Co-ordinator -Transport Wing, Brahma Kumaris
Patna, Bihar

To
The Chief Personnel Officer
East Central Railway
Hajipur

Subject: - Participation of ECR employees in 13th National Conference cum
Meditation Retreat from 25th to 29th September 2015 at Shantivan, Mt. Abu.

Sir,

With regard to the subject as above please find attached the brochure and registration form for Brahma Kumaris annual Transport Wing Program at Shantivan, Abu Rd. Also find attached policy letter from Railway Board related to participation of Indian Railways employees in such programs.

You are hereby requested to kindly issue a letter for ECR employees to this effect regarding nomination for participation in this year program.

Thanking you

Encl: As above.

Yours truly

B.K. Sanjay
(B.K. Sanjay) 20/7/15

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25/7/15

OS/IRW
put up in file
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Plan Issue O/L

17/7/12



भारत सरकार Government of India
रेल मंत्रालय Ministry of Railways
(रेलवे बोर्ड) (Railway Board)

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

रेल भवन, नयी दिल्ली - 110001, तिथि: 17.07.2012
Rail Bhavan, New Delhi - 110001, Dated: 17.07.2012

The General Managers
All Indian Railways/PUs

The Director General,
RSC/Vadodara;
RDSO/Lucknow.

The Directors,
IRISCT, Secunderabad;
IRICEN, Pune;
IRIEEN, Nasik;
IRIMEE, Jamalpur;
IRITM, Lucknow;
JRRPF Academy, Lucknow.

Sub: Policy regarding participation of Indian Railways personnel in
Meditation/Yoga/Spiritual and other related Programmes.

The issue of formulating a uniform policy for participation of Indian Railways personnel in spiritual programmes, meditation/yoga and other related training programmes has been under consideration of the Board for some time. Board has now decided that the following facilities/ privileges would be admissible to the participants:-

- (i) Special Casual Leave (CL) up to a maximum of 5 days would be allowed once in a year to any willing employee for only one such programme;
 - (ii) Special Pass (as per the entitlement) would be given once in a year to any willing employee;
 - (iii) No TA/DA would be payable;
 - (iv) No programme fee would be payable by the Railways; and
 - (v) The personnel willing to participate in such programmes would be spared subject to the convenience of the Administration.
2. Strict compliance to the above directives may be ensured by all concerned.
 3. This supersedes all previous instructions/ circulars on the subject.
 4. This issues with the concurrence of the Finance Directorate of Railway Board.

(Padma Sharma)
Dy. Director/Training
Railway Board

Copy to:

G(Pass)/RB - for issue of Special Passes to willing personnel from working in Railway Board's office.

2. FE(Spl), ERB-I, Cash-I, Cash-III for information.

* Now 9 days inclusive of journey time & 4 days.

(4) 90

GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
(RAILWAY BOARD)

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

New Delhi, dated: 20.09.2013

The General Managers
All Indian Railways/Production Units

The Director General,
National Academy of Indian Railways,
Vadodara.
RDSO, Lucknow.

Directors
IRISET/Secunderabad
IRJEN/Pune
IRIEN/Nasik
IRIMEE/Jamalpur
IRITM/Lucknow
JRRPF/Lucknow

Sub: Policy regarding participation of Indian Railways Personnel in
Meditation/Yoga/Spiritual and other related Programmes.

Ref: Board's letter of even No. dated 17.07.2012

In continuation of the policy circulated vide letter under reference and in supersession of letter of even no. dated 26.10.2012, the Board has decided to grant Special Casual Leave (SCL) for journey time also. The SCL would be maximum of 09 days inclusive of 04 days journey time.

This issues with concurrence of Finance Dte of Railway Board.

DA: Copy of letter No. 2012/E(Trg)/12/17
dated 17.07.2012.


(Padma Sharma)
Dy. Dir/E (Trg.)
Railway Board.

Copy to:

1. PPS to Secretary/Railway Board.
2. JS(G) and JS Railway Board.
3. ERB-I, ERB-II, ERB-III, ERB-IV, ERB-V, ERB-VI, E(W), E(G), Welfare and G (Pass), F(E)Spd.
4. The Secretary General, FROA, Room No. 256-A, Rail Bhawan, New Delhi with 5 spares.
5. The General Secretary, IRPOF, Room No. 268, Rail Bhawan, New Delhi with 5 spares.
6. The General Secretary, AIRF, 4, State Entry Road, New Delhi, with 35 spares.
7. The General Secretary, NFIR, 3 Chelmsford Road, New Delhi with 35 spares. (Ref: their letter No. III/26-B/NFIR, dated 10.08.2013).
8. The Secretary General, AIRPFA, Room No. 256-D, Rail Bhawan, New Delhi.
9. The Secretary, RBSS Group 'A' Association, Room No. 402, New Delhi.
10. The Secretary, RBSS Group 'B' Association, Room No. 423, New Delhi.
11. All Members, Departmental Council and Secretary Staff side National Council 13-C, Ferozeshah Road, New Delhi with 90 spares.
12. General Secretary, All India Scheduled Castes & Scheduled Tribes Railways Employees Association, 171/B-3 Basant Lane Railway Colony New Delhi with 15 spares.
13. RBCC, for updating on website.

CONNECT WITH BRAHMA KUMARIS

Learn Meditation: Brahma Kumaris centres worldwide offer a weekly foundation course in RajYoga Meditation, one hour a day for the duration of a week. Find your nearest Brahma Kumaris centre at www.learnmeditationonline.org or learn online at www.learnmeditationonline.org

Peace of Mind Channel: Watch Awakening with Brahma Kumaris and other spiritual shows on this 24/7 TV Channel on Tata Sky, Reliance, Videocon, Hathway and www.pmtv.in

Receive Thought for Today: Start your day with a valuable thought. Receive a Pearl of Wisdom in your inbox daily, subscribe at www.brahmakumaris.org

TRANSPORT WING ACTIVITIES

Railways: We offer training programmes on topics like Stress Management, Building Harmonious Relationships, Value for Values and other topics, besides other awareness activities like de-addiction camps, safety exhibitions, health check-up camps etc.

Roadways: We conduct Training Programmes, Quiz Contests, Awareness Drives, Competitions, Educational Programmes, health check-up camps, de-addiction campaigns, social media campaigns, pictorial exhibitions to share Public Interest Messages and various other activities addressing the important cause of road safety.

Tourism: We facilitate Spiritual Tourism by inviting tourists to take a recreational break by visiting Brahma Kumaris retreat centers and enjoying view, peace and happiness through meditation.

Speed, Safety, Spirituality 25th to 29th September 2015

PROGRAMME SCHEDULE

FRIDAY, 25TH SEPTEMBER, 2015

07:00 am	Health in your Hands
9:30 am-01:45 pm	Registration
04:00-5:00 pm	Inaugural Session
05:00 pm	

SATURDAY, 26TH SEPTEMBER, 2015

07:00 am	Meditation Session - I - Know the Eternal Traveler
09:30 am	Technical Session - I Meeting Pressures with Pleasure
11:30 am	Technical Session - 2 Spiritual Life-Skills for Safety
04:30 pm	Group Dynamics with Games
06:15 pm	Meditation - Traffic Control of the Mind
08:45 pm	Cultural Evening

SUNDAY, 27TH SEPTEMBER, 2015

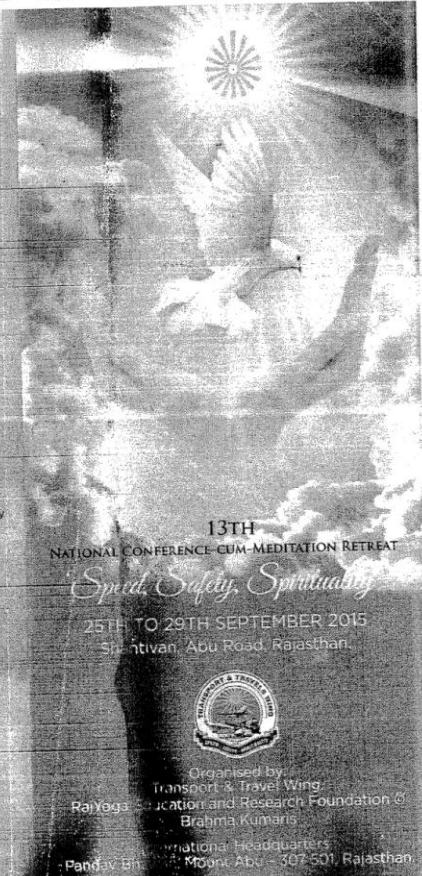
07:00 am	Meditation Session - II The Eternal Companion
09:30 am	Technical Session - 4 Kindling Self-Motivation
11:30 am	Celebrating UN World Tourism Day - In a Spiritual Way
04:30 pm	Technical Session - 5 Service with a Smile
06:00 pm	Meditation - Exploring Inner World of Silence
08:45 pm	Memory Management

MONDAY, 28TH SEPTEMBER, 2015

07:00 am	Meditation Session - III RajYoga - the Journey to regain Inner Powers
09:30 am	Technical Session - 5 Purpose of Life
11:00 am	Experience Sharing and Q & A
12:00 noon	Lunch followed by - Slight Seeing - Abu Darshan

TUESDAY, 29TH SEPTEMBER, 2015

07:00 am	Meditation Session - IV Journey towards A Golden Era Good bye for a New Beginning
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13TH
NATIONAL CONFERENCE CUM-MEDITATION RETREAT
Speed, Safety, Spirituality
25TH TO 29TH SEPTEMBER 2015
Silentivan, Abu Road, Rajasthan.



Organised by:
Transport & Travel Wing,
RajYoga Education and Research Foundation of
Brahma Kumaris
International Headquarters
Moon, Abu - 307-501, Rajasthan
- Pandav Bh.

This conference cum retreat has been organized to enable participants to find time and space to explore the missing links between Speed and Serenity. It is designed to help one develop the skill of keeping calm, composed and relaxed, even at fast times by revisiting the landscape of spiritual wisdom. It creates an opportunity to learn the art of ancient Rajyoga meditation in the guidance of experienced spiritual mentors. The regular practice of Rajyoga meditation facilitates inner healing, enhances awareness, improves mutual understanding and fosters harmonious growth.

This small interval in time can prove to be the turning point in the expedition of your life. We cordially welcome you to this retreat to relax, refresh, and recharge.

This programme is an invitation to all professionals from Transport, Travel and Tourism sectors. We invite Leaders, Bureaucrats, Executives and Administrators to add value to the event and show the course for practical application of spiritual wisdom. Managers, Officers, Entrepreneurs, Business Heads, Owners, Operators, Trainers and support staff are invited to become skilled at the art of blending spiritual ethics with professional expertise.

Participation in the event is available by prior registration on a first-come, first-serve basis. To register, please visit:

www.wheelstorpeace.org/Conference2015

Any registration may be considered as final only after you receive a note of approval from the wing office. If you may choose to register offline, then you may submit the registration form to nearest Brahma Kumaris centre.



Pitashree Brahma Baba
Founder of
Brahma Kumaris



Dadi Janki
Chief of
Brahma Kumaris

INQUIRIES:

Chairperson:

B K Omprakash, Mount Abu
Ph.: 094141 54222
Email - omprakash@bkivv.org

National Co-ordinator:

B K Divyaprabha, Mumbai
Ph.: 022-28704370 Cell: 09870500526
Email - ttwooffice@gmail.com

Head Quarters Co-ordinator:

B K Suresh Sharma, Mount Abu
Ph.: 02974-228101; Fax: 238951, 228116
Cell: 09414153366
Email - hqoffice.ttw@gmail.com

TRANSPORT & TRAVEL WING

One of the 19 wings of Rajyoga Education & Research Foundation - a sister organization of Brahma Kumaris.

Offers voluntary activities to personnel associated with transport, travel, tourism sectors.

Aims to strengthen the foundation of human values, to maximize efficiency alongside sense of satisfaction, by organizing professional trainings, seminars, conferences and other programmes.

Has been actively addressing key issues like safety, travel-stress, addictions and travel ethics since 14 years.

BRABHMA KUMARIS

International socio-spiritual organization established in 1936

More than 9000 branches across 137 countries

International Headquarters at Mount Abu, Rajasthan

UN member of the UN; has general consultative status with ECOSOC and UNICEF

Recipient of one International and six national peace messenger awards

Aims at World Transformation through Self-Transformation