

## NOTICE

East Central Railway

Office of the  
General Manager (P)  
Hajipur

No. ECR/IR&W/Misc/15

Date 26.05.2015

ALL CONCERNED

SUB: Meditation, Yoga and Ayurveda programme during 27 May to 05 June 2015

As desired by MR, a fortnight long programme on Passenger and customer facilitation are being organised from 26.05.15 to 09.06.15 all over Indian Railways. In the light of same, the following awareness programmes are being organised at E.C.Railway HQ at Vaishali Rly Prekshagrih:-

Sl.No.	Programme	Date	Time	Venue
1	Stress and Yoga Management By Brahmakumari	27 May '15 and 28 May '15	11.30 to 13 hrs.	Vaishali Rly Prekshagrih
2	Acupressure and Colour Therapy By Expert	29 May '15	--do--	--do--
3	Yoga, Ayurveda, Acupressure By Patanjali	02 June '15 to 05 June '15	--do--	--do--

All concerned are invited to attend the above programme and those interested to perform aasans may come loosely dressed (Kurta-pajama) & carrying one bed sheet.

All PHODs/CHODs are requested to spare interested staff for the said programme.

(Rupesh Chandra)  
APO/IR&W  
for GM(P)/HJP



पूर्व मध्य रेल/मुख्यालय  
द्वारा आयोजित

(उपभोक्ता पखवाड़ा)

योग एवं आयुर्वेद प्रोग्राम

- ❖ मेडिटेशन, स्ट्रेस प्रबंधन - 27 एवं 28 मई 2015  
(ब्रह्माकुमारी द्वारा)
- ❖ एक्यूप्रेशर एवं कलर थेरापी - 29 मई 2015  
(एक्सपर्ट द्वारा)
- ❖ योग एवं आयुर्वेद - 02 से 05 जून 2015  
(पतंजलि द्वारा)

समय : 11.30 से 13.00 बजे तक

समय : वैशाली प्रेक्षागृह / पूमरे / हाजीपुर