

TAMIL NADU GENERATION AND DISTRIBUTION CORPORATION LIMITED.

SECRETARIAT BRANCH  
144, Anna Salai,  
Chennai-2.

**Memorandum No.13349/A9/A92/2014-1 Dated : 25-09-2014.**

Sub: TANGEDCO – Conducting of Yoga (Sky Yoga)  
Classes for the employees of TANGEDCO/  
TANTRANSO by The World Community  
Service Centre – Orders – Issued.

Ref: i) From the CEO/The World Community Service  
Centre, Chennai letter dated 20.02.2014.  
ii) From certain officials letter dt.Nil.  
iii) From the President/The World Community  
Service Centre, Chennai letter dated  
04.08.2014.

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The Chief Executive Officer, World Community Centre, Chennai has stated that Yoga classes (Sky Yoga) is being imparted in the following Government sectors after office hours:-

- (i) Revenue Department all over Tamil Nadu.
- (ii) District Collectors.
- (iii) Tamil Nadu Housing Board.
- (iv) Education Department.
- (v) Police Academy.

2. The Chief Executive Officer, The World Community Service Centre, Chennai has further stated that the Government of Tamil Nadu has included the above Programme in the syllabus for the School children between 2<sup>nd</sup> & 8<sup>th</sup> standard and the Anna University has included the same for MBA students. By imparting the above training course, the stress factor could be eliminated and the efficiency of the staff will improve besides keeping good health & mental stability. The training programme of SKY YOGA Package is as follows:-

A) Total Training Hours – 18 hours.

a) Daily 1½ hours – 12 days

(or)

b) 6 hours - 3 days

B) This course could be conducted in Sub Divisional level deputy staff (40 to 50 persons per batch). The classes can be

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Conducted either at TNEB office premises or in any of their nearest SKY YOGA centers.

C) The course can also be conducted through training centre in distribution and generation station.

D) 3 days package Special Training programmes are also available at their Temple of consciousness, Aliyar Campus. The fees for this Training has been fixed at Rs.1,250/- which includes boarding and lodging facilities for 3 days.

3. The President, The World Community Service Centre by making the same request of Chief Executive Officer, has requested to extend the above training to the employees of TANGEDCO / TANTRANSCO after office hours as in the case Government employees and for issue of necessary orders in this regard.

4. The request of the office bearers of The World Community Service Centre, Chennai has been examined and it was approved by the competent authority.

5. Hence, all the officers of TANGEDCO and TANTRANSCO incharge of their office premises are instructed to make necessary arrangements to conduct the yoga classes by The World Community Service Centre and to provide space for conducting yoga classes at free of cost. They are further instructed to give permission for the above training programme subject to the condition that yoga classes should be conducted outside office working hours i.e. 10.30 am to 5.00 pm and also to ensure that fee of Rs.250/- shall be collected from each participant by The Community Service Centre for the items A, B & C as mentioned in para 2.

6. The receipt of the memo shall be acknowledged.

(BY ORDER OF THE CHAIRMAN CUM MANAGING DIRECTOR)

S.CHINNARAJALU,  
SECRETARY.

To  
All Chief Engineers  
All Superintending Engineers  
Copy to:  
The Chairman cum Managing Director's table.  
The Managing Director/TANTRANSCO/Chennai.

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All Directors/TANGEDCO/TANTRANSCO.  
The Director General of Police/Vigilance/TANGEDCO/Chennai-2.  
The Secretary/TANGEDCO/Chennai-2.  
The Chief Financial Controller/General and Revenue/Chennai-2 .  
The Chief Internal Audit Officer/Audit Branch/TANGEDCO/Chennai-2.  
The Legal Advisor/TANGEDCO/Chennai-2.  
The Executive Assistant to Chairman Cum Managing Director's Office.  
The Industrial Relations Advisor/TANGEDCO.  
The Chief Medical Officer/Head Quarters Dispensary/Chennai-2.  
The Chief Public Relation Officer/TANGEDCO  
The Deputy Chief Engineer/Personnel/Administrative Branch.  
All Deputy Secretaries/Secretariat Branch/TANGEDCO  
The Chief Executive Officer/President,  
The World Community Service Centre.

// TRUE COPY // FORWARDED BY ORDER//

  
SECTION OFFICER.

  
26/9/14