

INTEGRAL COACH FACTORY, CHENNAI – 38.

No. PB/DAPJ.Inst/338/Vol.I

Dated: 30.01.2019.

CIRCULAR No. 01/2019

Sub: Basic Horse Riding Training Programme.

ICF Administration has been promoting the health & wellness of its employees and their family members by opening up Gyms and Acupressure Parks in Offices and Colonies. In furtherance of this policy, it is proposed to impart basic horse riding training programme to employees and their family members at a concessional rate. Horse Riding, a good exercise and an adventurous sport will be conducted at the Horse Riding Track inaugurated on 31.12.2018, situated next to the Tennis Court behind Kamar and Tholkappiar Kalyana Mandapams. The training programme will be conducted by M/s Venkey Horse Riding School, Chennai – 23.

The training programme details are as follows.

1. Programme fees - Rs.1000/- (for employees and their family members)
Rs.4000/- (for outsiders)
2. Venue - Horse Riding Track
3. Timing - 06.00 to 09.00 hrs & 16.00 hrs to 19.00 hrs
4. Duration - 15 classes (30 minutes per class)

The classes will commence from 31.01.2019. The application forms can be collected from Dr. APJ Abdul Kalam Institute after remitting the prescribed fees for the programme.

Employees and their wards are encouraged to avail this opportunity but are advised to join the programme after assessing their own health conditions. They are further advised to wear the safety gear, adhere strictly to the rules and regulations of the M/s Venkey Horse Riding School and abide by the instructions of the trainer as horse riding involves risk to life and limbs like any other adventurous sport.

This circular may be given wide publicity.



**Hon. Secretary
Dr APJ Abdul Kalam Institute**