

INTEGRAL COACH FACTORY, CHENNAI-38

No.PB/LW/SBF/110/12/REC

Office of the PCPO

Date: 21.01.2019

CIRCULAR

Sub: Utilisation of GYM facilities at AOC/Shell

Based on the requests received from the employees, well equipped Air Conditioned modern Gym has been constructed above the Administrative Office Canteen Shell and same was inaugurated on 28.12.2018 for the use of all ICF employees.

The facilities of the GYM can be utilised from 23.01.2019 and the Gym timings for all the employees are as follows:


On weekdays:

1. Morning : 7:00 AM to 9:00 AM
2. Evening : 4:30 PM to 7:00 PM

On Saturday:

1. Morning : 7:00 AM to 9:00 AM

It may be noted that employees are required to show their ID Cards to the nominated caretaker and fill entry and exit timings in the register maintained in the Gym.


SPO/Welfare