



# Federation of National Postal Organisations

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**SIVAJI VASIREDDY**

Secretary General

No. FNPO/<sup>memo/meetings/Holiday</sup>/2026

03.07.2026

To  
The Secretary,  
Department of Posts,  
Dak Bhavan,  
New Delhi-110001.

Subject: Request for strict instructions prohibiting routine scheduling of official meetings, reviews and trainings on Sundays and other weekly holidays – reg.

Respected Sir,

The Federation of National Postal Organisations (FNPO) wishes to draw your kind attention to the increasing practice in certain Postal Circles and Divisions of convening business review meetings, trainings and other official programmes on Sundays and other notified weekly holidays, causing serious hardship to the operative staff.

A recent instance has been reported from Kolar Division, Karnataka Circle, where operative staff have been directed to attend a Business Review Meeting on Sunday, 05.07.2026. The Circle Union has already represented the matter to the Regional Administration, pointing out that such scheduling is contrary to the spirit of the Directorate's instructions and adversely affects the physical and mental well-being of employees.

Sir, operative staff in the Department of Posts are already working under tremendous pressure due to increasing business targets, shortage of manpower, expanding digital responsibilities and continuous public service commitments. Unlike many Central Government offices, they do not enjoy a five-day working week. Sunday remains the only assured weekly holiday available to spend time with family, attend personal commitments, recover from work-related stress and maintain their physical and mental health.

Routine scheduling of official meetings, review conferences and training programmes on Sundays defeats the very purpose of the weekly day of rest and is likely to have an adverse impact on employee morale, productivity and work-life balance. Such practices also create avoidable dissatisfaction among employees and are inconsistent with the principles of employee welfare expected in a progressive organisation.

Further, with the availability of digital platforms such as Google Meet and other virtual meeting facilities, many review meetings can conveniently be conducted online wherever unavoidable, thereby reducing expenditure on travel, saving productive working hours and minimising inconvenience to employees.

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In view of the above, FNPO requests your kind intervention to:

1. Issue comprehensive instructions to all Circles and Divisions that official meetings, business reviews, trainings and similar programmes shall not ordinarily be scheduled on Sundays or other weekly holidays.
2. Permit such scheduling only under exceptional and unavoidable circumstances, with the prior approval of the competent higher authority and with recorded reasons.
3. Encourage the use of virtual meeting platforms wherever feasible to minimise disruption to employees' weekly rest and family life.
4. Advise all Heads of Circles and Divisional Heads to strictly adhere to these instructions and ensure that employee welfare remains an integral part of administrative decision-making.

**FNPO firmly believes that employee welfare and organisational efficiency complement each other. Protecting the weekly day of rest will improve morale, reduce stress and ultimately enhance productivity and service delivery.**

We, therefore, request your kind and immediate intervention by issuing suitable Directorate instructions to all Postal Circles.

Yours sincerely,

  
**(SIVAJI VASIREDDY)**  
Secretary General