

NATIONAL PRODUCTIVITY COUNCIL, JAIPUR

announces Training Programme on

“Stress Management & Work Life Balance”

From September 23-27, 2024 at Mussoorie

INTRODUCTION

The pace of change is becoming faster, leading to higher degree of uncertainty, stress and strain on the officials at all levels of the organisation. Success of any organisation depends directly on the effectiveness of its people, executive stress has direct bearing on the performance and the health of the people. People react differently to stress at different times. Sometimes they thrive on it but sometimes they are unable to bear it. Sometimes they thrive on it but sometimes they are unable to bear it. It is important that executives/ officers learn about the sources and nature of stress and learn how to manage it to remain effective and healthy.

One common challenge that employees across various organizations seem to face is finding work life balance. We often think about work-life balance as the trade-off between time spent at work and time spent on other non-work activities. In an ideal world, this line of thinking goes, after work, we're able to do things that nourish us as people — whether that's spending time with friends, family, or engaging in a hobby. This idea of “balance” is easy enough to explain, but can become tough when it comes to implementation. This program shall focus on the aspects of work – life balance and strategies to implement them in real life.

OBJECTIVES

- To develop understanding about stress and stressors.
- To create awareness about the changes required to be able to cope up with stressful and burn out situation
- To learn and maintain a true balance between their personal and professional life.
- To provide life skills essential to maintain a healthy work life balance.

CONTENTS

- Changing work environment and its impact
- Stress and its effects on individual
- Causes of Stress and Stress Management Strategies
- Managing and supporting employee wellness
- Effective time Management Skills
- Nature and type of time wasters
- Work Life Balance

TARGET GROUP

The programme is designed for officials working across different functional areas of management including administration, finance, personnel & training/HRD, Purchasing, PA, PS attached to Sr. level officials from State and Central Governments Departments/Ministries, Public Sector Units, Financial Institutions and/or Academic and/or Research Institutions, Banks, Corporations, Autonomous Institutions etc. The details of the programme and their coverage are provided with brochure enclosed herewith.

PARTICIPANT FEE

The programme fees on residential basis is Rs. 60000 /- + 18% plus GST per participant. (Rs. Sixty Thousand Only + 18% GST. The Non-residential participation fees will be Rs. 44000/- + 18% plus GST per participant (Rs. Forty Four Thousand Only + GST. The residential participation fee includes the cost of accommodation, food stationery, course

material and professional charges. The programme is Residential/ Non Residential as opted.

FACULTY AND METHODOLOGY

The faculty would include from NPC & invited speakers from organizations of eminence. Methodology of the programme would be participative in nature with a focus on principal of adult learning.. The sessions would be expert-led, participant-centered conceptual deliberations, involving case studies, individual and group exercises.

VENUE & DATES:

Programme Dates & Venues	September 23-27, 2024 Mussoorie
Arrival day (Check in time at Hotel) Programme starts at	September 23, 2024 FN 1300 hrs. September 23, 2024 at 1600 hrs.
Departure day (Check out time at Hotel) Programme concludes at	September 27, 2024 FN 1000 hrs. September 27, 2024 at 1000 hrs.

Early Check-In and Late Check-out is subject to availability of rooms at the hotel

REGISTRATION:

Nominations along with participants details, name, designation, organisation, contact address, email, GST No. of organisation phone, mobile no. whether residential or non residential along with DD/Cheque/ECS details towards participation fee should reach NPC Jaipur at least 7 days before the start of the programme to:

**The Programme Director
National Productivity Council
SB-96, JLN Marg, Bapu Nagar, Jaipur – 302015, Rajasthan**

PAYMENT DETAILS:

- Fees to be paid by DD/Cheque in the name of NATIONAL PRODUCTIVITY COUNCIL payable at Jaipur
- PAN NO: AAATN0402F, GST No. 08AAATN0402F1Z6
- ECS Payment Details: State Bank of India, Bhawani Singh Road, Bapu Nagar, Jaipur - 302004
A/c No. 40084592614, NEFT/RTGS/IFSC No. SBIN0031477, Branch Code : 031477
- In case of ECS Payment, the payment details should be intimated accordingly

GENERAL INSTRUCTIONS:

- Kindly provide GST No. of the organisation for issuance of the bill..
- GST as per GOI Rules (presently @ 18%) as per the GoI guidelines.
- Overstay if any has to be settled by participants directly to the hotel.

FOR FURTHER DETAILS PLEASE CONTACT:

Programme Director

National Productivity Council
SB-96, JLN Marg, Bapu Nagar,
Jaipur – 302015, Rajasthan

Ph. 0141-2702935, 2703573 Mobile No: 8826628448

E-Mail: jaipur@npcindia.gov.in, himanshu.rg@npcindia.gov.in Website: www.npcindia.gov.in

Save Paper, Save Tree, Save Environment. Please don't print this e-mail unless you really need to.

NATIONAL PRODUCTIVITY COUNCIL, JAIPUR

CALENDAR OF TRAINING PROGRAMMES April 2024 - December 2024

No.	Title of the Programme	Duration & Dates	Level	Venue	Fee (R)& NR	pdf
1	Developing Managerial & Leadership Skills	July 22-26, 2024	Sr. & Middle Level	Udaipur	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
2	Advance Course on Secretarial Effectiveness, Capacity Building Programme	July 29 – August 2, 24	All Level	Puri	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
3	General Financial Rule GFR Tendering& Contract Management	August 17-21, 2024	Sr. & Middle Level	Udaipur	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
4	Administrative Effectiveness, Focus: Preventive Vigilance & e-Procurement	September 16-20, 2024	Sr. & Middle Level	Udaipur	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
5	Stress Management & Work Life Balance	September 23-27, 2024	All Level	Mussoorie	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
6	Finance & GFR for functional & Non Finance Executives	October 14-18, 2024	All Level	Jaipur	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
7	हिन्दी राजभाषा - टिप्पण, पत्र प्रारूप लेखन एवं हिन्दी टंकण (Hindi Official Language, Noting, Drafting and Unicode Typing)	October 21-25, 2024	All Level	Jaipur	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
8	Advance Course on Secretarial Effectiveness, Capacity Building Programme	November 18-22, 2024	Sr. & Middle Level	Udaipur	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
9	Administrative Effectiveness, Focus: POSH & RTI	December 9-13, 2024	Sr. & Middle Level	Goa	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	
10	Future Leadership Development Programme for organisational effectiveness & productivity	December 16-20, 2024	Sr. & Middle Level	Udaipur	Rs.60000/-+GST (R) Rs.44000/-+GST (NR)	

*The detailed brochure is available on www.npcindia.gov.in or would be available 10-12 weeks before commencement of the programme on request through mail. (Save Paper, Save Tree)

*The training programmes are residential (R) includes boarding and lodging arrangement for 4 nights, check-in day 1 (FN) check-out day 5 (FN) or non-residential (NR) includes working lunch, can be opted as per option.

*In General Programme starts at 1600 hrs. on day 1 and conclude at 1000 hrs. on day 5.

*Customised Training Module at Company premise/ neutral venue can be organised on above topics for 15-20 participants in each batch on mutually agreed dates, venue, financial implications and terms and condition

*Fee is excluding of GST and will be added as per applicable on fee at present @ 18%.

*Fee is to be paid by DD/ Cheque in the name of "National Productivity Council" Jaipur or through ECS

*Bank Name: Bank Name: State Bank of India, Bhawani Singh Road, Bapu Nagar, Jaipur 302004

*Bank Account No: 40084592614, Branch Code: 031477, IFCS/RTGS/NEFT Code:SBIN0031477,

*PAN No: AAATN0402F, TAN NO: JPRN00099B GST No: 08AAATN0402F1Z6

*Please let us know your tentative requirements; this would help us serve your better.

**For details please contact
Programme Director**

NATIONAL PRODUCTIVITY COUNCIL

SB-96, J.L.N.Marg, Bapu Nagar, JAIPUR 302004

Phone: 0141-2702935, 0141-2703573, 9414387196, 8826628448

e-mail:jaipur@npcindia.gov.in, Web: www.npcindia.gov.in

Save Paper, Save Tree, Save Environment. Please don't print this e-mail unless you really need to.