

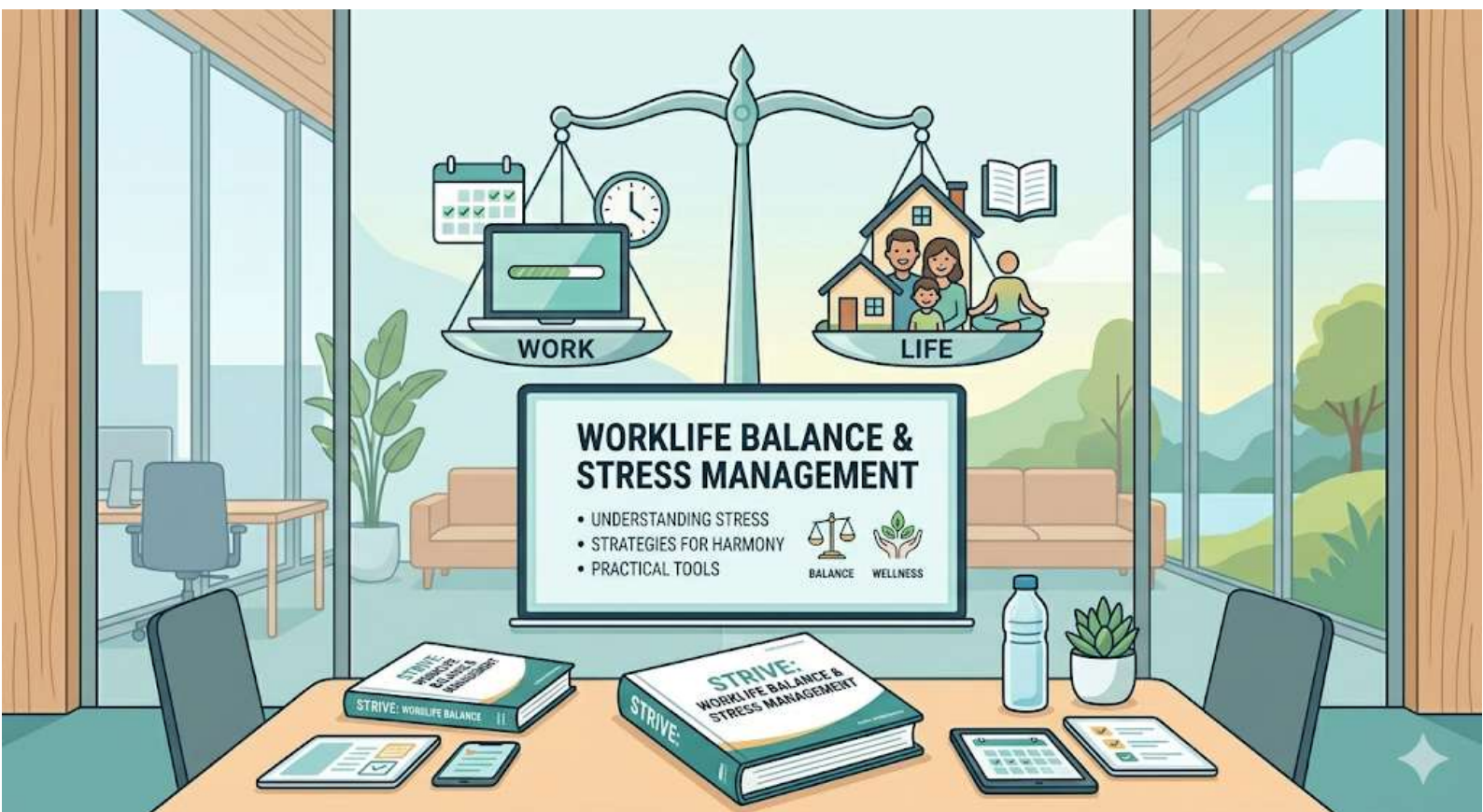
TRAINING PROGRAM ON

Work Life Balance and Stress Management

SRI VIJAYAPURAM, A&N ISLANDS

26th Oct 2026-30th Oct 2026

PROGRAM CODE: T2627GUW04



1. ABOUT NATIONAL PRODUCTIVITY COUNCIL

National Productivity Council (NPC) is an autonomous organization under the Department of Promotion of Industry and Internal Trade, Ministry of Commerce & Industry, Government of India. The present expertise available in NPC has a resource base of professionals from fields such as Economics, Industrial Engineering, Human Resource Management, Energy, Environment, IT, Project Monitoring and Evaluation, Research Studies and Baseline Surveys. In addition, the services of external professionals and subject matter specialists are also sought on a need basis, depending upon the nature and scope of work. NPC extends services from its headquarters in New Delhi and 12 regional offices across the country, manned by more than 100 full-time professionals. NPC has professionals from diverse fields to provide Consultancy, Capacity Building and Project Monitoring Unit (PMU) services to various organizations including Central Government Ministries and State Governments.

2. PROGRAMME THEME

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.

3. LEARNING OBJECTIVES

This training program shall focus on imparting lessons to the participants to Realize the advantages of a work-life balance and to try & maintain a true balance between their personal and professional life. The objective of this program is to provide life skills essential to maintain a healthy work life balance and to become more productive at their workplaces.

4. BROAD PROGRAM COVERAGE

The Training program shall tentatively cover the following aspects:

- ❖ Identify the signs of an unbalanced life and its effects
- ❖ Managing and supporting employee wellness
- ❖ Effective Time management skills
- ❖ Stress and Anger management
- ❖ Goal-setting skills
- ❖ Setting SMART Goals in life

5. METHODOLOGY

The methodology of the training program would be participative in nature. The sessions would be based on conceptual deliberations, case studies, success stories and group exercises/discussions.

6. PARTICIPANTS' PROFILE

All employees including middle & Senior management levels working in Ministries, Central & State PSUs, Central & State Government Departments and other manufacturing and process industries.

7. FACULTY

The faculty for the training programme may comprise senior NPC Experts & other renowned and experienced Trainers from the respective field. The training methodology will have a focus on interactive discussions, small group activities, business games, exercises, role plays, videos, and presentations.

8. PROGRAMME FEE & VENUE

Programme Code	T2526GUW06	
Program Venue	Shillong, Meghalaya	
Programme Fee	Residential Participants ₹ 75,000/- plus 18% GST	Non-Residential Participants ₹ 60,000/- plus 18% GST
For Residential Participants	Check-in at the hotel: 12 noon onwards on 26 th October 2026 Check-out from Hotel: Before 11 am on 30 th October 2026	

9. PAYMENT DETAILS

Program fee inclusive of GST to be paid in advance and proof of payment to be attached along with the application form.

- **ECS Payment Details:** State Bank of India, New Guwahati Branch; A/c No. 39754600161, IFSC: SBIN0000221
- DD/Cheque should be drawn in the name of NATIONAL PRODUCTIVITY COUNCIL payable at GUWAHATI
- PAN No: AAATN0402F, GSTIN: 18AAATN0402F1Z5

As per GOI notification No. 9/2017-Integrated Tax (Rate) dated 28.06.17, Sr. No. 75, Heading 9992 (at page no. 19 of the notification) No GST is applicable where Services are provided to the Central Government, State Government, UT Administration under any training programme for which total expenditure is borne by the Central Government, State Government, UT Administration.

10. HOW TO APPLY

Please apply in the prescribed application format enclosed with this brochure. Nominations may be sent to the following address:

The Training Coordinator
National Productivity Council
First Floor, NERAMAC Complex,
Panjabari Road (Near Six-Mile Flyover),
Six-mile, Guwahati, Assam 781022
Email Id: guwahati@npcindia.gov.in, mk.lilhare@npcindia.gov.in
Tel: +91-9806020294

Last date for receiving nominations: 16th October 2026

11. GENERAL INSTRUCTIONS

- ❖ Due to a limited number of seats, it is recommended to send the nominations as per the attached format at the earliest, for ensuring availability. Acceptance of the nominations is subject to the seat availability and receipt of the programme fee latest by the last date for nominations.
- ❖ The Residential programme fee covers the professional fees towards training, board & lodge of the Participant(s). The fee once deposited is non-refundable, however, substitutions are allowed.
- ❖ Each participant should carry their ID cards and necessary letters/orders issued by their department for attending the training program.
- ❖ The Non-Residential programme fee covers the professional fee for training, lunch and refreshments during the training program. The fee once deposited is non-refundable, however, substitutions are allowed. Boarding and lodging facilities shall not be provided to Non-residential participants.
- ❖ NPC shall not bear any charges towards participants' to & fro travel from their residence/place of stay and the training program venue. All participants shall make their own arrangements to reach the venue on time as per the programme schedule.
- ❖ Participants are requested to assure their health and safety during the training period and NPC will not be liable for medical expenses incurred by the participants during the program.
- ❖ NPC will not provide boarding and lodging before and after the dates of the programme. Participants planning to stay longer than the scheduled duration should arrange the same at their own cost.
- ❖ Settlement of additional bills: The hotel will be instructed to open a separate folio for each participant. Participants may directly settle their additional dues regarding a family member, laundry, telephone, mini bar, room service, overstay etc. with the hotel before checkout.
- ❖ The participants shall be awarded a Certificate of Participation on successful completion of the programme.
- ❖ Any other terms and conditions apply as may be notified by NPC at any point of time.
- ❖ Referring to GST guidelines, you are requested to confirm the applicability of GST payment for your department.
- ❖ Participants are required to follow the necessary COVID protocols during training.



NATIONAL PRODUCTIVITY COUNCIL
First Floor, NERAMAC Complex, Panjabari Road, Six Mile, Guwahati – 781022
guwahati@npcindia.gov.in

APPLICATION FORM FOR NOMINATIONS

Title of Programme:

Programme Code:

Programme Duration:

Location:

Details of Nominated Participants:

S. No	Name of Delegate	Designation	Mobile No.	Email ID	Official Address for correspondence
1					
2					
3					
4					
5					

Details of Nominating Authority:

Name:

Designation:

Organization:

Address

Contact Number:

Email ID:

Signature

Details of Proof of payment of Programme fee (*RTGS / NEFT Details; Cheque, DD*):

Payment Particulars

- **ECS Payment Details:** State Bank of India, New Guwahati Branch; A/c No. 39754600161, IFSC: SBIN0000221
- In case of ECS Payment, the payment details should be intimated accordingly along with UTR number
- DD/Cheque should be drawn in the name of NATIONAL PRODUCTIVITY COUNCIL payable at GUWAHATI
- Programme Fees per Participant plus GST to be paid in advance
- PAN No: AAATN0402F, GSTIN: 18AAATN0402F1Z5