



Webinar Title: **Stress Management for Improving Productivity!**

Registration Fee (including GST):- **Rs.99/-**

About Webinar Program: -

**Life' is one of the widest terms we have come across. Broadly, our life can be divided into three spheres, personal-social-& professional. Ideally, we all want to excel in all these three spheres. Life cannot be all satisfying but it is possible to live the life with near-excellence and the meaningful aspects of life that drive us to excellence are very easy to be associated with. We are all familiar with them, understand them, appreciate them and often practice them. Stress can be good and can help in development of skills however prolonged stress can affect your health and ability to cope with life.**

Webinar Course Coverage :-

**Stress is a common phenomenon. While it is not possible to eliminate stress from our Life, it can certainly be reduced as also we can learn to cope with the remaining stress. The techniques of stress management will be discussed during the training.**

Register to learn (Key Webinar' in bullet points):

- **Conceptual Understanding of Stress**
- **Stress Management Strategy**
- **Diversions for Pleasure**
- **Meditation: An effective stress buster**

Thanks & Regards

NPC Team

Course conducted by Group/ Regional Directorate Name:- **Economic Services**

Name & Designation of Course Coordinator:- **Dr. Rajat Sharma, Director (ES)**

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