



National Productivity Council

Training Programme
on
The Productivity Edge: Stress-Free Work-Life Balance
PROGRAMME CODE: (T2526ORI01)



05-09 May 2025 (Shimla)

1. ABOUT NPC

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, services of external professionals and subject matter specialists are also sought on need basis, depending upon the nature and scope of work. NPC extends services from its headquarter at 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 organisations including Central Government Ministries and State Governments.

2. PROGRAMME THEME

In an era of relentless deadlines and increasing demands, achieving a harmonious balance between work and personal life is no longer a luxury but a necessity for sustainable productivity and well-being. The National Productivity Council (NPC), Bhubaneswar, is delighted to host the training program "*The Productivity Edge: Stress-Free Work-Life Balance*" from 5th May to 9th May 2025, set against the serene backdrop of Shimla, Himachal Pradesh.

This program is thoughtfully designed to help participants understand the dynamics of stress management and its pivotal role in enhancing both individual and organizational productivity. Through immersive sessions, engaging workshops, and practical insights, participants will discover effective strategies to mitigate workplace stress, manage time efficiently, and foster a healthy work-life equilibrium.

Shimla's tranquil environment provides the perfect setting for self-reflection and learning, allowing participants to rejuvenate while acquiring tools for achieving resilience, mindfulness, and emotional intelligence. The program also emphasizes fostering a supportive organizational culture that prioritizes employee well-being as a cornerstone for sustained growth.

Join us for this transformative five-day experience in Shimla, where professional excellence meets personal fulfilment. Let's pave the way to a future where productivity thrives in harmony with balance and well-being.

3. LEARNING OBJECTIVES

This training program prepares participants to:

- Recognize Stress Effects on Productivity and Well-Being
- Analyse Stressors and Triggers
- Master Mindfulness, Relaxation, and Time Management
- Build Emotional Intelligence and Resilience
- Develop Work-Life Balance Strategies
- Enhance Prioritization and Delegation Skills
- Foster Well-Being-Centric Organizational Cultures
- Make Sound Decisions Under Pressure
- Set Boundaries for Focus and Balance
- Create Personalized Stress Management Plans.

4. BROAD PROGRAMME COVERAGE

The following topics shall be covered during the training:

- Understanding Stress and Its Impact
- Identifying Workplace and Personal Stressors
- Stress Management Strategies
- Time Management and Prioritization
- Work-Life Balance Principles
- Cultivating Mindfulness
- Building a Supportive Organizational Culture
- Developing Action Plans
- Leveraging the Natural Environment
- Interactive Activities and Case Studies

5. METHODOLOGY

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

Officials from Central & State Government Departments, Academic Institutions, Public Sector Undertakings, Private Sector Units, Co-operative Sector Organizations, Financial Institutions, NBFCs, Corporations.

7. FACULTY

The faculty for the training programme will comprise of senior NPC Experts & other renowned and experienced Trainers from the respective field.

8. PROGRAMME FEE & VENUE

Program Code	T2526ORI01	
Program Venue	Shimla	
Programme Fee	Residential Participants ₹65,000 /- + 18% GST	Non-Residential Participants ₹45,000 /- + 18% GST
For Residential Participants	Programme starts on 5th May 2025 at 1500 hrs. Check in for Residential Participants: 5th May 2025 (1200 noon) Check out for Residential Participants 9^h May 2025 (10.00 hrs after breakfast)	

9. PAYMENT DETAILS

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

- **ECS Payment Details:** State Bank of India, OUAT Branch, Bhubaneswar; A/c No. **40020636385**, IFSC Code. **SBIN0003341**
- DD/Cheque should be drawn in the name of NATIONAL PRODUCTIVITY COUNCIL payable at BHUBANESWAR
- NPC'S PAN No: AAATN0402F, NPC'S GSTIN: 21AAATN0402F3ZG

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 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.

HOW TO APPLY

- Please apply in prescribed application format enclosed with this brochure. Nominations may be sent to the following address:
- Last date for Receiving of nominations: **(31st March 2025)**

Shri Shyama Prasad ,
Dy. Director (IE) & Programme Coordinator: ,
NPC Bhubaneswar
9439494141 (Mob)/ 0674 2397380/81
Email: shyama.prasad1@npcindia.gov.in
,bhubaneshwar@npcindia.gov.in



NATIONAL PRODUCTIVITY COUNCIL
A/7 Surya Nagar , Bhubaneswar-751003

APPLICATION FORM FOR NOMINATIONS

Title of Programme: **The Productivity Edge: Stress-Free Work-Life Balance**

Program Code: T2526ORI01

Programme Duration: **05-09 May 2025**

Venue/ Location: **Shimla**

Select Participation on Residential Basis

OR Non-Residential Basis

Details of Nominated Participants:

S. No	Name of Delegate	Designation	Mobile No.	Email ID	Participant Organisation Address (kindly provide full address of correspondence)
1					
2					
3					
4					
5					

Details of Nominating Authority:

S. No	Name of Nominating Authority	Designation	Mobile No.	Email ID	Nominating Authority Organization Address (kindly provide full address of correspondence)
1					

Select, if Organization is GST Exempted **OR** Exempted

Select, if Organization is Not GST

SELF DECLARATION ON GST EXEMPTION (OPTIONAL)

As per GST 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 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.

- I/We hereby declare that we meet all the conditions stipulated in the aforementioned GST notifications and qualify for exemption from GST payment for the training program mentioned above.
- I/We acknowledge that any breaches or non-compliance with the specified conditions may result in the collection of GST, interest, and penalty amounts by NPC on behalf of the GST department at a later stage whenever the GST department raises the same to NPC.
- I/We also declare that it is the responsibility of the participant organization to verify their eligibility to avail the benefit, and NPC is not responsible for checking the eligibility. *I certify that the above information is correct

Signature: _____ Date: _____ and Place: _____

For Organisation who are Not Exempted and having GST registration GST No. (Mandatory) _____
(Kindly provide the GST number of organisation on which GST Invoice to be raised)
Organisation PAN No. (Optional) _____
Organisation TAN No. (Mandatory on TDS deduction)) _____

DECLARATION

*I certify that the above information is correct

Signature: _____ Date: _____ and Place: _____

10. GENERAL INSTRUCTIONS

- ❖ Due to limited number of seats, it is recommended to send the nominations as per attached format at the earliest, for ensuring the availability. Acceptance of the nominations is subject to the seat availability and receipt of 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 towards training, lunch and refreshments during the training program. The fee once deposited is non-refundable, however, substitutions are allowed.
- ❖ 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 arrangement 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 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 separate folio for each participant. Participants may directly settle their additional dues regarding family member, laundry, telephone, mini bar, room service, overstay etc. with the hotel before checkout.
- ❖ The participants shall be awarded Certificate of Participation on successful completion of 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.