

**RESIDENTIAL PROGRAMME**  
**ON**  
**Managing Stress and Evaluating its**  
**Environmental Impact**  
**on the**  
**Organizations & Individual**

**At**  
**Kathmandu (Nepal)**  
**During: 23-27 September 2024**



**Organized by**  
**Greater Noida Productivity Council**  
*(Affiliated to National Productivity Council)*

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Greater Noida-201308 (G.B. Nagar) NCR  
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## Introduction

All living being feel Stress, dead do not. Stress is defined as a state of psychological and physiological imbalance resulting from the disparity between situational demand and individual's ability & motivation to meet those needs. **Dr. Hans Selye**, one of the leading authorities on the concept of stress, described stress as the rare of all wear and tear caused by life. Stress is unavoidable and can be either positive or negative.

This Programme will identify factors of causing stress & how to manage their stress and make their life peaceful and better so that they are able to deliver better results in their work life & family life also. This programme is also designed to evaluate its environmental impact on organization.

## Programme Objective

- Understand stress and stressors
- Create awareness to modify behavioural pattern in response to stressful events and situations to avoid & measure stress.
- understand importance of time with regards to stress.

## Course Content

- Changing Global socio-economic environment and its impact on life.
- Understanding stress and its causes.
- Stress and its effect on life., Sleeplessness & its effect on stressful life.
- Managing Stress : Relaxation techniques, yoga concept and Pranayam.
- Managing Time and its strategies
- Emotional Intelligence and managing Stress
- Managing Conflict and Stress
- Measuring effect of stress on organization & individual
- Stress & performance

## Participant's Profile

For maintaining greater efficiency and long healthy life the programme will be useful for all levels of official & Employees from government departments public Sectors, Agriculture Sectors, Banks, Insurance Companies, Financial Institutions, Pollution control Boards, Service Sectors, Cooperative sector, Education Institute, research organization, Health care, organizations, MS, Doctors, Paramedical Staff etc.

## Methodology

The methodology of programme will be participative in nature. The sessions will be based on conceptual discussion, experience learning, case studies, group discussion, learning games and films also.

## Venue & Dates

**Kathmandu (Nepal) Any hotel/resorts**

**23-27 Sept 2024**

**Check in: 23 Sept 2024, at 12:00 Noon**

**Check Out: 27 Sept 2024 before 11:00 am**

## Participation Fee

Rs. 62,500/- ( Sixty two Thousand Five Hundred Only)

+ GST@18 (Equivalent to Rs. 73,750/- ) per person

which is inclusive of boarding, lodging & programme material cost.

Delegate(s) accompanying with spouse will pay Rs 10,000 for the whole duration which includes stay, bed tea, breakfast , Lunch & Dinner. Children between the age 04-12 will be charged Rs 6000/ and will share the parent's room. Extra Bed will cost Rs. 4000/- per Day.

for ECS and on line payment, Bank details is as such

**ICICI Bank, Account No. 628401059872, Omega 1, Gr.Noida 201308**

**RTGS/NEFT/IFST Code ICIC0006284, GSTIN No. 09AACAG3904C1Z5**

## **About Greater Noida Productivity Council (GNPC)**

GNPC is a nonprofit making organization registered under the societies registration act, 1860 (Registration No. 034160 and is affiliated to National Productivity Council. The constitution of GNPC comprises of a tripartite agreement among employers, employees and government representatives. The council is devoted to enhance Productivity in Industrial as well as service oriented organizations through high-tech scientific applications and major focus on Technical and Managerial consultancy, Productivity Improvement, Lean Manufacturing & Energy Management. GNPC also conducts In- company training on various technical and non-technical topics for improving living standards of people in country. GNPC undertakes to organize Training Programmes on different topics for senior, middle and Junior level executives at different locations in India .

## **Organisations sponsored in our previous programmes**

Currency Note Press, Ex-Im Bank of India, THDC, North Gujrat University, Ministry of Health & Family Welfare, New Delhi, South Eastern Coalfields Ltd, DoPT, ICAR, KRIBHCO, UP Agri Deptt, RCF Ltd, NTPC, IOL Bongoigaon, RBI, WAPCOS Ltd, NDMC, YASHAD Pune, HINDALCO, HLL BEL, KSPCB, Bangalore, GB Pant Hospital Delhi, Safdarjang Hospital Delhi etc.

### **For Enquiry**

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and write to

Dr. R.D. Mishra, Director

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