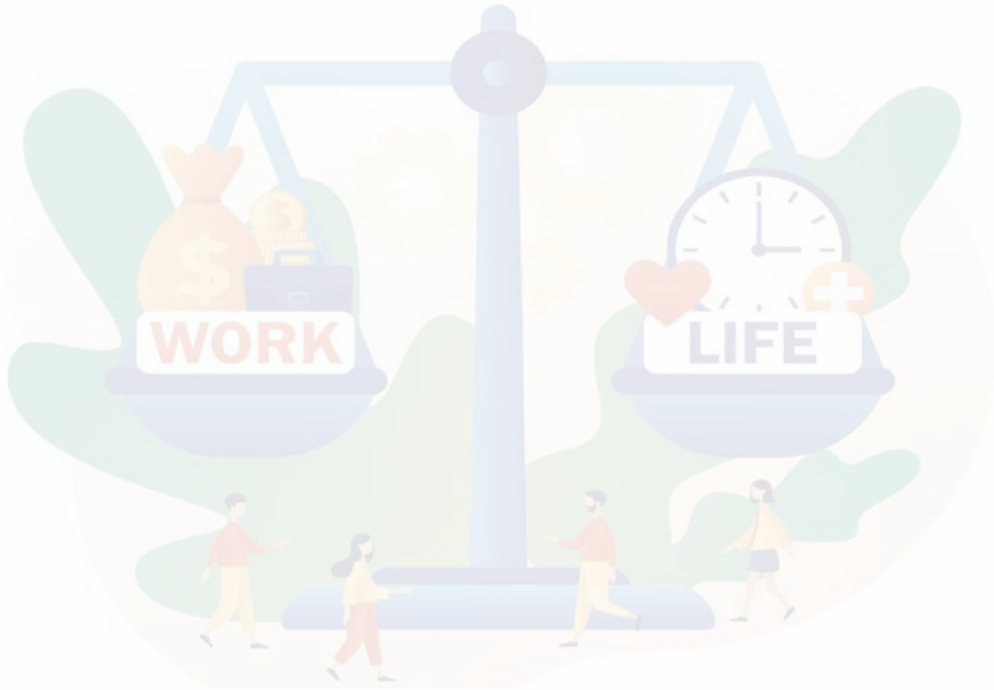


**RESIDENTIAL PROGRAMMES
ON**

Work Life Balance and Stress Management

**During:
September 04-08, October 2026
at Madurai and Rameswaram
(Tamil Nadu)**



Greater Noida Productivity Council

(Affiliated to National Productivity Council)

D-2/207, Krishna Apra Royal Plaza, Alpha-1, Commercial Belt
Greater Noida- 201308 (G.B. Nagar) NCR

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Introduction

Work life balance is a method which helps employees of an organization to balance their personal and professional lives. Work life balance encourages employees to divide their time on the basis on priorities and maintain a balance by devoting time to family, health, vacations etc along with making a career, business travel etc. It is an important concept in the world of business as it helps to motivate the employees and increases their loyalty towards the company. Working on a job for a company and making a career can be an extremely time consuming duty for any employee. Employees are busy at their offices throughout the day and sometimes even on weekends. This gives them very little time to interact with their family. Because of high pressure of work, often family members get neglected. Also, stressful jobs cause the health of employees to deteriorate. This is where work life balance come into the picture. Work life balance concept allows an employee to maintain a fine balance in the time he or she gives to work as well as to personal matters. By having a good balance, people can have a [quality of work life](#)

Programme Objective

- To make aware importance of Work life balance increases for the motivation of employees and helps them perform better at job
- It helps people to relieve their stress as they can spend leisure time with their near and dear ones
- Companies can maximise productivity from an employee who is rejuvenated and refreshed as compared to a over worked employee
- Healthy lifestyles can be maintained by having a work life balance.

Content

- Work life balance; Concept & approach
- Tools & Techniques to create a balance work & organizational life
- Understanding stress and its causes.
- Managing Stress: Relaxation techniques, yoga Concept and Pranayam.
- Managing Time and its strategies
- Emotional Intelligence and managing Stress.
- Positive Interpersonal relation for batter
- Stress and its effect on life
- sleeplessness & its effect on stressful life
- Case study & its presentation

Participant's Profile

All employees across all levels, working in Ministries, Central & State Government Departments, Central and State PSUs, Banks and financial institutions, Boards, Administrative Bodies, Co-operative Sector, Universities, Academic Institutions etc. This programme is also suitable for Research institutions, Agriculture department, GST department, Income tax Department, service and autonomus organizations, Hospitals & Health care institutions will be highly benefitted.

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

04-08 October 2026

Any Hotel/ Resort at Madurai & Rameswaram

Check in: 04 October 2026 12:00 noon onwards at Madurai
on 05 October 2026 in the afternoon transfer by mini bus to Rameswram
Check Out: From Rameswram on 08 October 2026, before 11:00 am

Participation Fee

Rs. 68,500/- (Sixty Eight Thousand Five Hundred Only)
+GST@18 (Equivalent to Rs. 80,830/-) per person (stay on single occupancy) witch is inclusive of board, lodge & program material cost.
Non Residential nomination fees Rs. 50,000/- +18% GST.

Delegate(s) accompanying with spouse will pay Rs 10,000/ for the whole duration which includes stay, bed tea, breakfast , Lunch & Dinner payable to hotel. Children between the age 05-12 will be charged Rs 8000/ and will share the parent's room.

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

ICICI Bank, Account No. 628401059872, Omega-1, G. Noida 201310
RTGS/NEFT/IFST Code ICIC0006284, GSTIN No. 09AACAG3904C1Z5

About Greater Noida Productivity Council (GNPC)

Greater Noida Productivity Council (GNPC) affiliated to National Productivity Council, which is under the Department of Promotion of Industry and Internal Trade, (DPIIT) Ministry of Commerce & Industry, Govt. GNPC was established with the objectives to propagate the Productivity Culture in the government, Central & State, PSUs Sector organizations in areas such as Industrial Engineering, Quality Management, Human Resources Management, Information Technology, Technology Management, Energy Management, sectors through the interventions of consultancy & the conduct of various modules of training/Workshops in India and abroad. GNPC is also associated with Asian Productivity Organisation (APO) Tokyo Japan in the conduct of consultancy and implementing the scheme of APO in India. Needless to mention apart from organising numerous domestic Training/workshops at different locations of India, for Executives/Non executives & Doctors through Hospital Administration programs, GNPC has conducted International Training /workshop of two weeks on "HR Challenges on Twenty first Century" at USA (SFO & New York), has also conducted nos of residential training program on various topics at Kathmandu (Nepal). GNPC has also organised during April-May 2022 two weeks workshop on "Water Engineering & Management" at Singapore & Australia for the Sr. Officials of Delhi Govt including IAS officers. Recently GNPC organised International Program for Defence personnels during 12-26 November 2024 on the topic "Innovation on Organisational Management" at USA covering learning exposure at places like U'sity of Southern California, Los Angeles, Pentagon, National Defence University, World Bank, IMF at Wasington DC, U'sity of St Johns, UN & Bloomberg a financial company at New York

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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