

About Greater Noida Productivity Council (GNPC)

Greater Noida Productivity Council (GNPC) is a techno-managerial Consultancy organisation, affiliated to National Productivity Council, Gol, is promoting productivity culture in all the segment of societies like Industrial, service Sector, Manufacturing, Education, Cooperative, Banking, Water utility, Agriculture, sectors of economy etc. GNPC provides Consultancy and Training in the areas of Human Resources Management, Industrial Engineering & undertakes research besides Productivity promotion programs of the NPC, & Asian Productivity Organisation, Japan.

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, Delhi Govt. etc.

For Enquiry

Email: director@gnpcouncil.in, info@gnpcouncil.org,
gnpcouncil@gmail.com

and write to
Dr. R.D. Mishra, Director

Greater Noida Productivity Council
D-2/207, Krishna Apra Royal Plaza, Alpha-1, Commercial Belt
Greater Noida- 201308 (G.B. Nagar) NCR
Mob: 0120- 4504142, 9415474544

RESIDENTIAL WORKSHOP

ON

Work Life Balance and Stress Management

During:

02-06, February 2026

at

Madurai & Rameswram (TN)



GREATER NOIDA PRODUCTIVITY COUNCIL

(Affiliated to National Productivity Council, Gol)

D-2/207, Krishna Apra Royal Plaza
Alpha-1, Commercial Belt, Greater Noida- 201308
Ph: 0120- 4504142 (M) 9415474544, 9540352026

E-mail- Director@gnpcouncil.in, info@gnpcouncil.org, gnpcouncil@gmail.com
Web: gnpcouncil.org

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, Agriculture Department 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

02-06, Feb. 2026, Madurai & Rameswram

Any Hotel/ Resort at Madurai & Ramswram

Check in: 02 Feb. 2026 12:00 noon onward at Madurai

Check Out: 06 Feb. 2026 before 11:00 am from Rameswram

Participation Fee

Rs. 69,000/- (Sixty Nine Thousand Only)
+GST@18 (Equivalent to Rs.81,420 /-) per person
with is inclusive of board, lodge program material cost.

Delegate(s) accompanying with spouse will pay Rs 8000/ 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 6000/ and will share the parent's room.

Last Date of Nomination:- 15 January 2026

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

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