



Programme Code:-DPC/RTP/2025-26/12



## MANAGEMENT DEVELOPMENT RESIDENTIAL PROGRAMME ON



## MANAGING STRESS MANAGEMENT & ANGER THROUGH MENTAL HEALTH

From  
25<sup>th</sup> to 30<sup>th</sup>  
August 2025

At  
Udaipur-cum-Kumbhalgarh  
(Via Nathdwara & Haldi  
Ghati)

ORGANISED BY



# DELHI PRODUCTIVITY COUNCIL

Plot No.2, Institutional Area, Sector 9, Dwarka, New Delhi – 110077

Tel.:011-45575733-34, Mob: 9818663122 / 9871737438

E-mail: dpctraining2020@gmail.com / dpc\_1959@rediffmail.com

Website: [www.delhiproductivitycouncil.com](http://www.delhiproductivitycouncil.com)

## ABOUT DELHI PRODUCTIVITY COUNCIL (DPC)

**Delhi Productivity Council (DPC)** is a non-for-profit autonomous Techno-Managerial organization, was established in 1959 and is affiliated with **National Productivity Council** (under the **Department for Promotion of Industry and Internal Trade, Ministry of Commerce & Industry, Govt. of India**) and the **Delhi Administration, Govt. of N.C.T. of Delhi** for promoting productivity culture in India.

DPC has been providing consultancy and training services in the field of Productivity, Vigilance, Human Resources Management, Information Technology, Finance, Security, Safety, etc., to the Government and Public & Private Sector Organization for almost six decades.

## ABOUT THE PROGRAMME

**Mental health** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

**Stress** is part of life in a fast-paced society. However, contrary to popular belief, stress is not always bad. We need some stress to stimulate us. Some levels of stress are beneficial (called eustress). It helps us to set and achieve goals, as well as perform at a higher level. It is estimated that stress is a factor in up to 70% of visits to physicians. Therefore, an important part of healthy living is to learn to bring stress to beneficial levels.

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

People can experience different types of mental illnesses or disorders, and they can often occur at the same time. Mental illnesses can occur over a short period of time or be episodic. This means that the mental illness comes and goes with discrete beginnings and ends. Mental illness can also be ongoing or long-lasting.

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.

## CONTENTS

- ❖ Understanding stress
- ❖ Causes of Stress
- ❖ Understanding your working environment
- ❖ Avoid Burnout
- ❖ How Mentally Fit are you?
- ❖ Introduction & Components to Mental Health
- ❖ Attitude Formation and Change
- ❖ Personality Traits
- ❖ Qualities of Emotional Intelligence
- ❖ Levels of Mind, Energy & Mental Programming
- ❖ Exercise to build resilience and Mental Strength

## PARTICIPANTS

The Programme is meant for Employees across all levels (Junior, Middle & Senior) Executives, Managers, Officers, Engineers, Under Secretaries, Section Officers, Dealing Assistants, Officers from Finance, Administration, Security, Projects, HR, Purchase, Commercial, Personnel departments, PS/PA, Stenographer working in Ministries, Central Govt. Offices / State Govt. or Public & Private Sector Undertakings, Subordinate Offices of the GoI., Union Territories, Nationalized Banks & Financial Institutions, Boards, Administrative Bodies & Cooperative Sectors and others.

## COMPLETION CERTIFICATE

A completion certificate will be given to the participant(s) at the end of the programme.

## VENUE, DATE & TIME

**Venue:** Udaipur-cum-Kumbhalgarh (Raj.)

**Date:** 25<sup>th</sup> to 30<sup>th</sup> August 2025

**Check in time:** 12 noon on 25<sup>th</sup> August 2025 &

**Check-out time:** 10:00 a.m. on 30<sup>th</sup> August 2025

## PROGRAMME FEE

### 1. FEE FOR RESIDENTIAL PARTICIPANT(S)

For Member(s) of DPC – Single Basis	For Non-Member(s) of DPC – Single Basis
Rs.75,000/- plus GST@18% per participant	Rs.78,000/- plus GST@18% per participant

### 2. FEE FOR NON-RESIDENTIAL PARTICIPANT(S)

**Fee for Non-Residential – Rs. 52,500/- plus GST@18% per participant**

### 3. FEE FOR TWIN SHARING BASIS

**Fee for Twin Sharing – Rs. 45,000/- plus GST@18% per participant**

**Note - \* Bulk Nomination(s) for 5 or more participants – 1 Participant is complementary.**

## FACILITIES & SERVICES

### (I) RESIDENTIAL PARTICIPANTS:

- Participants will get room, bed tea (in room service), breakfast, lunch, dinner and tea during programme time, Programme Kit & Sightseeing.
- Extra's in Room Services to be paid by the Participants to the hotel directly. Services like STD calls, Laundry, Drinks / Mineral Water, Snacks, Food in Room & Extra Bed, etc.
- Participants **accompanying the spouse** will have to pay extra **Rs. 3000/- per day inclusive (all Meals)** directly to the hotel.
- Participants will have to make their **own travel arrangements to reach the programme venue.**
- For Check-in before and check-out after the programme dates, the extra Hotel charge will be borne by the Participants.

**NOTE:** Kindly carry your photo ID for self and family (if accompanying)

## **(II) NON-RESIDENTIAL PARTICIPANTS:**

- Participants will get programme Kit, Lunch, Tea during programme sessions and Sightseeing.

**(III) AIRPORT TRANSFER:** To be arranged by the participants at their own cost.

### **REGISTRATION FOR THE PROGRAMME**

Please send us the name(s) of the participant(s) through electronic remittances i.e., e-mail at: **dpctraining2020@gmail.com** / **dpc\_1959@rediffmail.com** along with the participant(s) fee as per following –

#### **MODE OF PAYMENT**

- The fee may preferably be transferred by Bank Draft/Cheque/RTGS/NEFT/IMPS/ECS in favour of Delhi Productivity Council to our A/c. No. 1502002100002418 with Punjab National Bank, Dwarka, Sector-10, New Delhi – 110075.
- IFSC Code: PUNB0444700 & MICR CODE 110024244, CURRENT A/c Type.
- DPC PAN CARD NO.: AAATD0844P
- GSTIN NO.: 07AAATD0844P1ZJ

The participation fee is non-refundable once the nomination(s) is confirmed. However, substitutions can be made, or the fees can be adjusted against future nominations. DPC reserves its right to cancel or postpone the programme for any reason whatsoever and in such case of cancellation / postponement any fees paid to DPC shall be refundable in full or can be carried forward for adjustment against nominations to future programme(s).

*Please feel free to contact for any Query at below address –*

#### **PLEASE ADDRESS YOUR ENQUIRIES TO:**

Shri Sanjeev Bhardwaj,  
Asst. Director (Training),  
C/o DPC Institute of Management,  
Plot No. 2, Institutional Area,  
Sector – 9, Dwarka, New Delhi – 110077  
Mob: 9818663122

**LAST DATE FOR RECEIVING NOMINATIONS: 14<sup>TH</sup> AUGUST 2025.**

*For the best outcome, we intend to limit the programme intake to 15 participants and therefore request you to send your nominations at the earliest.*



# DELHI PRODUCTIVITY COUNCIL

(A tripartite autonomous organization under NPC & Delhi Admn., Govt. of NCT of Delhi)

Plot No.2, Institutional Area, Sector 9, Dwarka, New Delhi – 110 077.

Tel. No. 011-45575733, 45575734

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## APPLICATION FORM FOR NOMINATIONS

**Title of Programme:** Managing Stress Management & Anger through Mental Health

**Programme Code:** DPC/RTP/2025-26/12

**Programme Date:** 25<sup>th</sup> to 30<sup>th</sup> August 2025

**Programme Duration:** 6 Days & 5 Nights

**Location:** Udaipur-cum-Kumbhalgarh (Raj.)

*Details of Nominated Participation:*

S. No.	Name of Delegate	Designation	Mobile No.	Email ID	Official Address for Correspondence

**Details of Nominating Authority:**

*Name:*

*Designation:*

*Organization:*

*Address:*

*Contact Number:*

*Email ID:*

**Signature**

**Details of Proof of payment of Programme fee (RTGS/NEFT Details like Cheque / DD no.):**

**Payment Particulars -**

✚ **ECS Payment Details:** Punjab National Bank, Dwarka, Sector-10, New Delhi Branch;

A/c No. 1502002100002418, IFSC Code: PUNB0444700

✚ In case of ECS Payment, the payment details should be intimated accordingly along with UTR number.

✚ DD/Cheque should be drawn in the name of Delhi Productivity Council payable at New Delhi.

✚ Programme Fees per Participant plus GST to be paid in advance.

✚ PAN No. AAATD0844P

✚ GSTIN: 07AAATD0844P1ZJ



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