



Programme Code: -DPC/RTP/2026-27/2



**MANAGEMENT DEVELOPMENT RESIDENTIAL PROGRAMME  
ON**



**STRESS MANAGEMENT**

18<sup>th</sup> to 21<sup>st</sup>  
May 2026

AT  
Srinagar (J&K)

**ORGANISED BY**



**DELHI PRODUCTIVITY COUNCIL**

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

Tel.:011-45575734, Mob: 9818663122 / 7042662227

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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

The stress may be understood as ‘the adverse reaction people experience due to excessive pressure or other types of demand placed upon them’.

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 level of stress is beneficial (called eustress). It helps us to set and achieve goals, as well as perform at a higher level. With the rise of globalized and connected economy, the competition has increased many folds on the businesses to increase the performance continually for sustaining the competition which translates to individual employee stress due to increased expectation from organizations. Further, the rise of digital society and increasing reliance on electronic communication technologies mean that people are no longer having as many face-to-face conversations as possible that help put life and its problems into perspective.

It is estimated that stress is a factor in up to 70% of visits to Physicians, as the stress is increasing in today’s business and social environment leading to changes in the individual behaviour, attendance or performance in the workplace, it has become prerogative for the employers to recognize the problem to facilitate employees to work efficiently and effectively by handling the individual employee stress effectively enabling improvement in employee productivity in order to sustain organizational performance.

Therefore, an important part of healthy living is to learn to bring stress to beneficial levels. To help, we have specially designed this programme to address these common workplace causes in the following areas: -

- Factors related to the job
- Role in the organization
- Relationships at work
- Improved performance

## CONTENTS

- Understanding Stress & its early signs (Causes of Stress)
- Understanding your working environment
- Gain a balance between professional goals and personal time
- Avoid Burnout & Relaxation Techniques
- Set goals and prioritize them to determine if activities are goal directed.

## METHODOLOGY

Methodology of the training programme would be participative in nature. The sessions would be based on Interactive lectures, Group discussions and role plays, Case studies and real-life simulations & Self-assessment tools and reflection exercises.

## PARTICIPANTS

The Programme is meant for All levels of Executive (Junior, Middle & Senior) i.e., Dealing Assistants, PA/PS, Stenographer, Section Officers, Middle & Senior level Executives in an organization at various function areas of HR, Administration, Personnel departments, Vigilance, Finance, Security, Projects, Purchase, Commercial, 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:** Srinagar (J&K)

**Date:** 18<sup>th</sup> to 21<sup>st</sup> May 2026

**Check in time:** 12 noon on 18<sup>th</sup> May 2026 &

**Check-out time:** 10:00 a.m. on 21<sup>st</sup> May 2026

## PROGRAMME FEE

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

<b>Fee for Single occupancy - Rs. 56,200/- plus GST@18% per participant</b>	<b>Fee for Twin Sharing - Rs. 42,700/- plus GST@18% per participant</b>
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**Note** – As your company is one of the eminent clients of DPC, Council has decided to offer you a special discount on course fees, i.e., if you nominate **Five (5) participants** – **One participant** will be complementary i.e., Sixth participant(s) can participate free of cost as **OBSERVER** on **Twin Sharing Basis**.

## 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](mailto:dpctraining2020@gmail.com)/[dpc\\_1959@rediffmail.com](mailto: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: 8<sup>TH</sup> MAY 2026**

*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.

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## APPLICATION FORM FOR NOMINATIONS

**Title of Programme: Stress Management**

**Programme Code: DPC/RTP/2026-27/2**

**Programme Date – 18<sup>th</sup> to 21<sup>st</sup> May 2026**

**Programme Duration: 4 Days & 3 Nights**

**Location: Srinagar (J&K)**

### *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

