

Ref: WBL/07/26

03.06.2026

**WORKSHOP ON WORK LIFE BALANCE & STRESS MANAGEMENT AT
SRINAGAR, JAMMU & KASHMIR**

National Academy of Human Resource Development (NAHRD) was established to deliver competency-enhancing learning to officials of Central Govt., State Govt., Public Sector Undertakings, Autonomous Bodies, Banks, Insurance Companies, etc. We have organized large number of workshops in the past, which have been very well attended and appreciated by officials of various organizations across the country.

Indian Institute of Tourism & Travel Management (IITTM), an autonomous institution under the Ministry of Tourism, Government of India, has been playing a significant role in strengthening the tourism and hospitality ecosystem through education, research, policy advisory, destination planning, infrastructure development studies, and capacity-building initiatives across the country.

A workshop on **Work Life Balance & Stress Management** is being organized by NAHRD in collaboration with IITTM from **01.07.2026** to **04.07.2026** at **Srinagar, J&K**.

In today's dynamic work environment, balancing professional responsibilities with personal well-being is essential for sustained performance and leadership effectiveness. This workshop is designed to help participants develop practical strategies for enhancing work-life balance, managing stress, improving productivity, and building emotional resilience. The program will also focus on strengthening leadership capabilities, interpersonal effectiveness, self-awareness, and emotional intelligence to enable participants to perform more effectively and contribute positively to organizational success. After the workshop, participants will have enhanced knowledge and skills in the following areas:

- Understanding work-life balance in the modern workplace
- Identifying stress triggers and workplace challenges
- Managing stress and enhancing emotional well-being
- Improving productivity through effective time management
- Strengthening self-awareness and emotional intelligence
- Building resilience in high-pressure situations
- Enhancing leadership, communication, and influence
- Developing delegation and decision-making skills
- Fostering a positive mindset for professional effectiveness

Workshop Methodology:

The workshop will be organized on highly participative lines. The training methods will include lectures, group discussions, practical exercises, presentations, case studies etc. Participants will have opportunity to have practical application of relevant rules/ regulations in such exercise.

Faculty

Subject experts having practical knowledge and understanding of the subject will be invited as faculty for the present subject.

Multiple workshops organized by NAHRD have been attended and appreciated by officers of organizations that includes but not limited to LIC of India, Reserve Bank of India, SEBI, Coal India Ltd., Indian Oil Ltd, BPCL, IITs, NITs, IIITs, IIMs, IHMs, NHPC, Bank of Baroda, SBI, JNPA, Indian Space Research Organization, Border Security Force, GIC of India, Delhi Metro Rail Corporation, Bharat Dynamics Ltd., Canara Bank, UCO Bank, AI Airport Services Limited, Rashtriya Chemicals & Fertilisers Limited, National Fertilizers Limited, MOIL Limited, RailTel Corporation Limited, GAIL (India) Limited, NTPC Limited, NLC India Limited, SIDBI, THDC India Limited, NHPC Limited, Jute Corporation of India, REC Limited, Grid Controller of India Limited, Hindustan Petroleum Corporation Limited and many more.

Participation Fee:

Single Occupancy.	– Rs. 74,000/- plus GST @ 18% per participant
Twin Sharing	– Rs. 65,000/- plus GST @ 18% per participant
Non-Residential	– Rs. 50,000/- plus GST @ 18% per participant

The participation fee for residential participants covers the cost of accommodation, meals & study material of the participants. Spouse/ family members are welcome on additional all- inclusive nominal charges in case nomination of the participant is on single occupancy. Twin Sharing is available only in case even number of participants of same gender from same organization. The participation fee for non-residential participants covers the cost of lunch & study material.

Venue: Golden Tulip, Sonwar Bangh, Srinagar, Jammu & Kashmir, 190001

Check In- 01.07.2026 (03:00 P.M)

Check Out- 05.07.2026 (11:00 A.M)

The workshop will commence at 9:30 A.M. on 02.07.2026 and will conclude at 5:30 P.M. on 04.07.2026. However, there will be an introductory session on 01.07.2026 after all participants have reported to the venue. In case of non-availability of rooms at training venue as on date of nomination, arrangements for stay shall be made in another property.

Nominations may be sent through post/ email by providing participants' name, designation, contact number & e-mail ID along with cheque/DD in favor of National Academy of Human Resource Development payable at New Delhi. Please note that participation fee is to be paid at the time of nomination. Registration form can be obtained from our website. In case of payment through electronic mode, details are as under:

Name of Beneficiary : National Academy of Human Resource Development
Bank : Kotak Mahindra Bank
A/c No : 8912179265
IFSC Code : KKBK0004620
PAN : AAJFN7963N
GSTIN : 07AAJFN7963N1ZF

For further information or clarification kindly contact:

Rohit Agarwal

Email- rohit@nahr.d.in
Phone- +91 9873057803

Vivek Manchanda

Email- vivek@nahr.d.in
Phone- +91 9650745789

Nomination once confirmed cannot be cancelled, however substitution of participant(s) is allowed. In case nominated participant is not able to attend the workshop due to any reason and no substitution is made, fees shall still be payable. In case fees have already been paid, same shall be liable to be forfeited.

Limited seats available for the present workshop and hence the nominations will be accepted on first-come-first-serve basis. Organizations are kindly requested to seek confirmation about availability before nominating. You are requested to kindly nominate officers and executives for the present workshop at the earliest and draw maximum benefit from the opportunity.

Thanks & Regards



For NAHRD