

**NATIONAL COUNCIL FOR TRAINING & SOCIAL RESEARCH  
NEW DELHI - INDIA**



## **HEALTH, SUSTAINABILITY AND SMART CITIES WITH OUR TRAINING PROGRAMME ON**

Public health, Food, Civil Supplies, Lifestyle- Related Diseases Prevention” & “Smart and Sustainable Cities” under Capacity Building program

### **WHERE**

1 Day in New Delhi + 7  
Days International: **Sydney,  
Melbourne, and Wollongong  
(Australia)**

### **VISIT US**

1702, KSN Tower, Plot No 12-14,  
Sector 3, Vasundhara, Ghaziabad -  
201012

### **CONNECT**

[info@nctsr.in](mailto:info@nctsr.in), [www.nctsr.in](http://www.nctsr.in)  
Central line & WhatsApp  
+91-9212114923

# About us



The National Council for Training & Social Research (NCTSR), serves as an autonomous body supporting various sectors of the Indian industry. Our core mission is to enhance the skills and knowledge of government officers from Central, State, and subsidiary services. By doing so, we contribute to the effectiveness and efficiency of administrative services within central and state governments.

We offer specialised programs empowering executives in government and the corporate sector with global insights. Through collaborations with international partners, our Capacity Building program spans leadership, managerial skills, and smart city development, equipping participants to address global challenges and drive urban sustainability.

## Training sessions



Unlock your team's potential with our dynamic training sessions. Dive into interactive learning experiences that empower your employees with practical skills and knowledge. Our engaging sessions are designed to foster growth, boost productivity, and drive success. Join us on a journey to harness untapped potential and achieve remarkable results.

### METHODOLOGY



Our sessions are **highly participative** in nature. They encompass a variety of engaging elements such as conceptual discussions, real-life case studies, inspiring success stories, and interactive group exercises and discussions.

### FACULTY



Our team comprises **senior experts** from NCTSR who bring knowledge and experience, complemented by renowned trainers specialists in their respective fields. Together, they ensure the highest level of expertise and guidance in our programs.

### PARTICIPANTS



Our training is designed for officials from various sectors and **government departments**, including administration, finance, HR, procurement, and more. Both at state and central levels, benefit from our comprehensive program.

# 1. PROGRAMME THEME

Welcome to our comprehensive 8-day program focusing on "Public Health, Food, Civil Supplies, Lifestyle-Related Diseases Prevention" and "Smart and Sustainable Cities" under the Capacity Building program by the National Council for Training & Social Research (NCTSR). Our mission is to empower government officers to address global health challenges, promote sustainable urban development, and drive wellness.

- Public health strategies and policies.
- Nutritional aspects of food supply and lifestyle diseases prevention.
- Smart city technologies for healthier and more sustainable living.
- Leadership and managerial skills for integrated wellness programs.



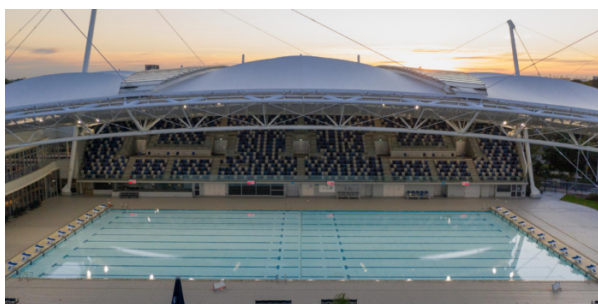
**Royal Botanic Garden (Sydney)**

Explore the Royal Botanic Garden, a lush oasis in the heart of Sydney, showcasing urban greenery and sustainable landscaping for healthier city living.



**Sydney Fish Market (Sydney)**

Visit the Sydney Fish Market to understand sustainable food sourcing, emphasizing the role of local food supplies in promoting public health.



**Melbourne Sports and Aquatic Centre (Melbourne)**

Explore the Melbourne Sports and Aquatic Centre, highlighting the importance of fitness and recreation in a smart city, promoting a healthier lifestyle.



**Nan Tien Temple (Wollongong)**

Discover the Nan Tien Temple, where spirituality and mindfulness support well-being, aligning with lifestyle-related diseases prevention.

# Schedule



## Day 1 (Delhi, India)

- Morning: Program Inauguration & Overview
- Afternoon: Introduction to Public Health and Smart Cities
- Evening: Welcome Dinner

## Why Sydney?



**Offers insights into urban green initiatives and sustainable food practices** that benefit public health, aligning with our training objectives.

## Day 5 (Melbourne, Australia)

- Morning: Fitness and Smart Urban Planning
- Afternoon: Nutritional Lifestyle Promotion
- Evening: Queen Victoria Market Visit

## Why Wollongong?



**Offers unique experiences related to wellness, spirituality, and urban greenery,** enhancing participants' understanding of the training topics.

## Day 2 (Sydney, Australia)

- Morning: Sydney's Green Initiatives for Public Health
- Afternoon: Sustainable Food Practices and Urban Wellness
- Evening: Royal Botanic Garden Visit

## Day 6 (Wollongong, Australia)

- Morning: Spirituality and Wellness
- Afternoon: Green Spaces and Health Promotion
- Evening: Nan Tien Temple Visit

## Day 3 (Sydney, Australia)

- Morning: Promoting Fitness in Smart Cities
- Afternoon: Sustainable Food Sourcing
- Evening: Sydney Fish Market Visit

## Why Melbourne?



**Focus on fitness and local food supplies** complements the training's themes of public health and sustainable living

## Day 7 (Wollongong, Australia)

- Morning: Mindfulness and Wellness
- Afternoon: Urban Greenery and Public Health
- Evening: Wollongong Botanic Garden Exploration

## Day 4 (Melbourne, Australia)

- Morning: Wellness through Sports and Recreation
- Afternoon: Local Food Markets for Public Health
- Evening: Melbourne Sports and Aquatic Centre Visit

## Day 8 (Wollongong, Australia)

- Morning: Group Presentations & Certification
- Afternoon: Farewell Lunch & Networking
- Evening: Program Conclusion

### 1. Public Health Promotion

Equip participants with the knowledge and tools to develop and implement public health policies, emphasising sustainable food supplies, fitness, and well-being.

### 2. Lifestyle-Related Diseases Prevention

Highlight the importance of healthy lifestyles, promoting fitness, nutritional practices, and urban greenery in preventing lifestyle-related diseases.

### 3. Smart and Sustainable Cities

Empower participants to integrate smart city technologies for wellness, promoting sustainable urban living, and improving overall health and public well-being.

## 2. PAYMENT DETAILS

Upon receiving confirmation of your nomination, we kindly request that you proceed with making the payment in advance. Along with this, please ensure that you enclose the completed Registration Application Form. Your prompt attention to these matters will help facilitate a smooth registration process.

**Beneficiary Name:** National Council for Training & Social Research  
**Bank Name:** Bank Of Maharastra  
**Branch:** Greater Noida, Uttarpradesh  
**Currant A/C No:** 60459800655  
**IFSC Code:** MAHB0001294  
**MICR CODE (9 Digit No.):** 110014031

## 3. HOW TO APPLY

Please apply in prescribed application format enclosed with this brochure.

Nominations may be sent to the following address:

National Council for Training & Social Research  
1702, KSN Tower, Plot No 12-14, Sector 3, Vasundhara, Ghaziabad - 201012  
Emails: [info@nctsr.in](mailto:info@nctsr.in) / [info@nctsr@gmail.com](mailto:info@nctsr@gmail.com) / [www.nctsr.in](http://www.nctsr.in)  
Ph. +91-120-2682107 / 2682110 / 2682111 Fax No: +91-120-2682109  
WhatsApp: +91-9212114923

## 4. GENERAL INSTRUCTIONS

- Please ensure that candidate names and passport photocopies are submitted at least 45 days in advance. This allows the National Council for Training &

Social Research (NCTSR) to make necessary arrangements for travel, accommodations, faculty booking, visa processing, and program planning.

- For accompanying spouse and/or children (aged 5 to 12 and above), the estimated charges for the entire duration will be INR 3,69,000 plus 18% GST. Payment should be made in advance to NCTSR.
- Nominations will be accepted based on seat availability and receipt of the participation fee by the specified deadline.
- Please be aware that NCTSR will not provide accommodations before or after the designated program dates. Participants needing extended stays must arrange accommodations independently.
- The participation fee is non-refundable. However, substitutions can be made or fees adjusted for future nominations.
- Due to limited seats, it is advisable to submit nominations using the attached format as soon as possible to ensure availability. Nominations will be accepted based on seat availability and timely payment.
- Participants must carry their ID cards and relevant letters/orders from their department for program attendance.
- Participants are responsible for their health and safety during the study tour. NCTSR is not liable for participants; medical expenses incurred during the program.
- Participants will be required to settle additional bills directly with the hotel, such as those for family members, laundry, telephone, minibar, room service, and overstay, before checking out.
- Successful participants will receive a Certificate of Participation upon program completion.
- An optional Business Class airfare add-on is available upon request for an extra charge of INR 1,96,000.000.
- The participants shall be awarded Certificate of Participation on successful completion of the programme.

The Council strongly encourages potential participants and their respective management teams to proactively communicate in advance. You can specify any specific issues or areas of concern that you would like to see covered in the course materials or addressed during the study tour. These suggestions should naturally

align with the scope and focus of the program's subject matter. Your input will greatly contribute to tailoring the content to your needs and ensuring a more effective and relevant learning experience.

### **Inclusions**

1. Program Management Charges: This encompasses all aspects of program administration, including faculty compensation and study tour infrastructure expenses.
2. Travel Arrangements: It covers the cost of economy class airfare, luxurious AC coach transfers, and visits to various destinations. The package also includes return airport transfers, ensuring seamless travel experiences.
3. Visa and Clearances: The fee incorporates the expenses associated with visa procurement and related clearances.
4. Accommodation: Participants will be accommodated in a comfortable 4-star hotel. The package covers the stay cost.
5. Meals: Daily breakfast, lunch, and dinner are provided throughout the study tour.
6. Insurance: Travel, medical, delay, and baggage loss insurance coverage is extended to each participant.
7. Site Visits: Participants will have the opportunity to engage in insightful site visits.

Rest assured, the study tour professional fee covers these extensive services to ensure a comprehensive and enriching experience for each participant.

### **Study tour participant**

The program is designed for a diverse group of professionals including officials from Central/State/Union Territory governments, Public Sector Undertakings (PSUs), autonomous bodies, boards, corporations, and various departments. It also caters to individuals holding positions such as Director General, Chairman, Managing Director, Director, General Manager, Managers, Chief Engineer/Engineers, Chief Executive Officers, Executives, Finance Officers, Decision Makers, Urban Planners, Architects,

Landscape Architects, representatives from cultural organisations, and elected officials.

Participants will have the opportunity to engage in a comprehensive itinerary that includes a range of activities. This encompasses visits to various projects, interactions with city officials, on-site inspections of ongoing projects, and meetings with community leaders. The program focuses on cities undergoing significant transformation and the revitalization of underdeveloped neighbourhoods.

The site visits are thoughtfully planned to provide firsthand exposure to facilities offering essential services to urban areas. This hands-on experience aims to offer participants valuable insights into the operational aspects and challenges of these facilities, contributing to a deeper understanding of urban development dynamics.

### **Change of Schedule**

- The mentioned program is scheduled to proceed as planned and will not be subject to alterations,
- postponements, or cancellations, unless unforeseen circumstances arise that are beyond our control.
- For any inquiries related to the Study Tour, please feel free to reach out to our Central Line at +91-
- 9212114923.
- We kindly request your cooperation in promptly submitting nominations, as the program has limited
- availability. Registrations will be accepted on a first-come, first-served basis.
- Your assistance in this matter is greatly appreciated, and we eagerly await your confirmation and any further
- responses at your earliest convenience.



## National Council for Training & Social Research

### REGISTRATION APPLICATION FORM

#### KNOWLEDGE CO-CREATION PROGRAM

#### Details of the training

Dates: From \_\_\_\_\_ To \_\_\_\_\_  
Topic: \_\_\_\_\_  
Venue: \_\_\_\_\_

#### Details of nominated participants

Name: \_\_\_\_\_  
Designation: \_\_\_\_\_  
Organization/Department: \_\_\_\_\_  
Office Address: \_\_\_\_\_  
City: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Telephone: (Off.) \_\_\_\_\_ (Res.) \_\_\_\_\_  
Fax: \_\_\_\_\_ Mob No.: \_\_\_\_\_ State: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_