

IMCNM/COMMITTEE NO 27/ WORKSHOP/ 2017-18/

7.3.2018

Dear Members

IMC, Navi Mumbai jointly with The Image Canvas is conducting a half day workshop on **“Building Stress free Teams”** on Wednesday 21.3.2018 from 2 pm to 5 pm at IMC Conference room 601/602, 6th Floor, Commodity Exchange Bldg, Sector 19-A, Vashi, Navi Mumbai 400705

Objective of the workshop	Preventing Burnout Gain an insight into the use of emotional intelligence Managing irrational beliefs; Effective Time Management
Workshop will include	Recognize your stress triggers Manage inner well being Power of subconscious mind Effective personal habits Relaxation techniques
Who should attend	Good for all Team members at all Ranks, all Departments, Quality Professionals

The Workshop will be conducted by Ms Kanchan Purohit and Ms Binda Kanayalkar, of ‘The Image Canvas’.

Ms Kanchan Purohit is a first generation Entrepreneur of Engineering Company, Neptunus Power Plant Services Pvt Ltd. ([www.neptunus-power.com](http://www.neptunus-power.com)) She is an Image Consultant, facilitative trainer and NLP Master. Kanchan consults individuals and conducts training workshops in areas of Appearance, Behavior and Communication ([www.image-canvas.com](http://www.image-canvas.com))

Ms Binda Kanayalkar is an HR Professional (ex- Exxon Mobil) ,Yoga trainer and Wellness Coach. Binda has over 32 years of diverse experience in the space of wellness. She shares her varied learning with Communities, working with NGOs, Corporate and Individuals (Counseling),

Your investment for the wellness and efficacy of your Organisation is at an OFFER, up for GRABS! Limited seats (On first come first basis)

- Per person, for a single person, Rs 1100 plus 18% GST.
- For 2 participants from an organisation, 15 % discount. You pay Rs 935 plus 18% GST per participant!
- For 3 participants from an Organisation, 25 % discount, you pay Rs 825 plus 18% GST per participant “

Interested person may fill in the attached registration form along with DD/Bankers cheque favouring “IMC Chamber of Commerce & Industry” and send to:

Anil Panchal, Sr Manager, IMC Chamber of Commerce & Industry

616/617, Commodity Exchange Bldg, Sector 19A, Vashi, Navi Mumbai, 400 705

Tel + 91-22-27842466, Telefax + 91-22-27842467, Cell No 9769064636

Email: [imcvashi@imcnet.org](mailto:imcvashi@imcnet.org)

With regards

Arvind Pradhan, Director General

**Half day workshop on  
"Building Stress free Team"  
Organised jointly by IMC, Navi Mumbai and The Image Canvas**

**Time and date: 2 to 5.00 pm on Wednesday March 21, 2018  
Venue: IMC Conference room, 601/602, 6th Floor, Commodity Exchange Bldg,  
Sector 19-A, Vashi, Navi Mumbai 400705 (Above Union Bank of India)**

PARTICIPANT REGISTRATION FORM

Name of Organisation: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_ Fax \_\_\_\_\_ Email: \_\_\_\_\_

The following persons will attend from our organization.

Sr. No.	Name	Designation	Contact No.	Email ID
1				
2				
3				
4				

**Workshop fee:**

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We enclose a DD/Bankers Cheque No \_\_\_\_\_ dt. \_\_\_\_\_ drawn on \_\_\_\_\_ for Rs \_\_\_\_\_ payable at Mumbai in favors of "IMC Chamber of Commerce & Industry"

OR Payment through Electronic Fund Transfer (NEFT/RTGS) :

<b>Beneficiary</b>	<b>IMC Chamber of Commerce and Industry</b>
<b>Name of the Bank</b>	<b>Union Bank of India</b>
<b>Branch</b>	<b>Veer Nariman Road Branch, Churchgate, Mumbai</b>
<b>Current A/c No</b>	<b>319501010036589</b>
<b>IFSC code</b>	<b>UBIN0531952</b>

PAN NO: AAATI0047H GST No 27AAATI0047H1ZY

Contact person: \_\_\_\_\_ Designation \_\_\_\_\_

Signature with seal of company: \_\_\_\_\_ Date \_\_\_\_\_

Please send filled up form along with the payment to:

Mr. Anil Panchal, Sr. Manager  
IMC Chamber of Commerce & Industry, 616/617, The Commodity Exchange Bldg, Sector 19A,  
Vashi, Navi Mumbai 400705, ☎ 022- 27842466, Fax 022-27842467  
✉ [imcvashi@imcnet.org](mailto:imcvashi@imcnet.org)