

Inviting Proposals from Agencies for Conducting Team-Building and Mindfulness Program for 23 Finalists – WorldSkills Asia 2025

Introduction:

Beauty & Wellness Sector Skill Council (B&WSSC) a recognized Awarding Body of National Council for Vocational Education & Training (NCVET), promoted by CII, with financial support from the National Skill Development Corporation (NSDC), under the aegis of Ministry of Skill Development and Entrepreneurship (MSDE).

B&WSSC invites proposal from qualified agencies to provide comprehensive team building program for 23 finalists for WorldSkills Asia 2025.

The WorldSkills Asia competition is a prestigious international event that brings together young skilled professionals from Asian countries to compete in various vocational skills. Representing India on an international stage is a significant achievement and an opportunity to showcase our nation's talent and dedication to skill development. However, the intense preparation and high-pressure environment of such a competition can be challenging for participants.

This program aims to enhance confidence, mental composure, teamwork, and cultural readiness of the participants through engaging experiential activities and holistic wellness practices.

Scope of Work:

Details of Services

Services Delivery Duration and Place: 21st to 24th November 2025, Delhi/NCR

Participants: 23 competitors, both male and female, who will represent India in WorldSkills Asia 2025 between the age group 17 to 22

Services Required:

The selected agency shall design and implement an integrated 4-day program covering the following areas:

1. Yoga for Focus and Mind-Body Balance

- Daily sessions focusing on pranayama, mindfulness, flexibility, and posture alignment.
- Techniques to improve concentration, breathing control, and calmness under competition stress.

2. Mindfulness and Meditation Workshops

- Guided meditation, visualization, and breathwork to enhance emotional regulation and performance focus.
- Short “reset routines” participants can practice independently during competition days.

3. Sound Healing Therapy Session

- Immersive sound bath experience to aid relaxation and reduce anxiety.
- Introduction to sound vibrations for energy balancing and mental clarity.

4. Pottery and Art Therapy

- Hands-on creative workshop to encourage patience, focus, and mindfulness through tactile art
- Helps participants manage pre-competition anxiety through calming engagement.

5. Cross-Cultural Readiness and Sensitization Session

- Orientation on global etiquette, intercultural communication, and professional conduct.
- Focus on understanding international norms and adapting to multi-cultural environments, particularly in Taiwan.

6. Team-Building and Fun and Engagement Activities

- Outdoor/indoor group exercises focusing on trust, coordination, communication, and collaboration.
- Sessions to lighten the atmosphere, encourage bonding, and keep energy levels high while reinforcing teamwork and positivity.
- Activities may include:
 - Problem-solving challenges
 - Leadership and decision-making games
 - Communication relay
 - Collaborative task to build unity and collective purpose.

Training Objectives:

1. Build strong interpersonal connections and team synergy among finalists.
2. Equip participants with emotional resilience and stress management tools.
3. Enhance focus, mindfulness, and positivity before international competition.
4. Promote cross-cultural awareness and professional etiquette.
5. Boost motivation, confidence, and overall well-being.

Proposal Requirements:

1. Company/Agency Profile:

- Brief background of the agency and relevant experience.
- Details of similar programs or workshops conducted in the domains of team building, wellness, or youth engagement.

2. Approach and Methodology:

- Proposed session plan for each day (with duration and objectives).
- Outline of props, techniques, and facilitators to be engaged.

3. Team Composition:

- Profile of the team members who will be involved in the sessions.
- Qualifications and relevant experience of each team member.

4. Budget:

- Comprehensive budget for the 4-day program.
- Cost breakdown by component (facilitator fees, materials, logistics, etc.).

Eligibility criteria:

- Minimum 10 years of experience in organizing team building programs.
- Proven track record in working with youth, skill development, or corporate team-building.
- Ability to conduct sessions fluently in English and Hindi.
- Certified practitioners will be preferred.
- Recognition or awards in the domain will be an added advantage.

Submission Details:

- **Deadline for Submission:** 1st November, 2025 latest by 5:30 p.m.
- **Submission Method:** Proposals should be submitted via email to Swarleen.kaur@bwssc.in and rahul.malik@bwssc.in with cc to ceo@bwssc.in

The proposal can also be submitted in person to our office at the following address:

Beauty & Wellness Sector Skill Council

5B, Upper Ground Floor, Himalaya House

Kasturba Gandhi Marg, Connaught Place, New Delhi 110001

- **Contact Information:** For any queries, please reach out at Swarleen.kaur@bwssc.in

B&WSSC reserves the right to accept or reject any proposal and to make the final selection based on the best interests of the organization and its participants.