

Inviting Proposals from Agencies for Resilience Building and Personality Enhancement Sessions 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 agencies to conduct Resilience Building and Personality Enhancement Sessions for the finalists representing India at WorldSkills Asia 2025.

The WorldSkills Asia competition, to be held in November 2025 in Taiwan, is a prestigious international event that brings together young skilled professionals from Asian countries to compete in various vocational skills. Representing India at 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.

These sessions aim to enhance the participants' mental strength, emotional stability, and self-assurance, enabling them to perform with focus, composure, and confidence under competitive pressure.

Scope of Work:

Details of Services

Services Delivery Duration and Place: The sessions are scheduled to take place from 21st to 24th November 2025 in New Delhi/NCR. However, services may not be required on all days. The exact dates for each activity will be shared upon receiving the initial proposal.

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 3-day program. The sessions should include the following components, adapted to the participant age group and competition context:

1. Yoga and Basic Neurotherapy sessions

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

2. Calm Energy and Mindfulness

- Awareness practices to center attention and enhance focus.
- “Energy reset” techniques for use before competition rounds.

3. Resilience Training

- Understanding emotional triggers and stress responses.
- Developing a growth mindset – seeing challenges as opportunities.
- Practical coping mechanisms for anxiety, disappointment, or fatigue.

4. Sound Healing Therapy Session

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

Training Objectives:

The objective of this program is to prepare the participants holistically for the challenges of competing internationally by helping them:

- Strengthen self-confidence and belief in their abilities.
- Cultivate calm energy and mindfulness to maintain focus under pressure.
- Develop mental resilience to manage competition stress and setbacks effectively.
- Build positive mindset and emotional regulation for sustained performance.
- Learn practical tools to stay grounded, optimistic, and motivated throughout their journey.

Proposal Requirements:

Interested agencies/experts are required to submit the following:

1. **Profile / Company Background:** Overview, key areas of expertise, and relevant experience.
2. **Facilitator Profiles:** Credentials, certifications, and past assignments of proposed trainers.
3. **Proposed Approach & Methodology:**
 - Detailed session plan (themes, activities, and duration).
 - Description of tools or techniques to be used.
4. **Commercial Proposal:** Detailed quotation with cost breakup (facilitator fee, material cost, travel, etc.).

Submission Details:

- **Deadline for Submission:** 10th 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.