

# NILS

# TRAINING CALENDAR 2026



**NATIONAL INSTITUTE OF LABOUR STUDIES  
MINISTRY OF LABOUR**



**Training  
Programmes**



**Consultancy  
Services**



**Examination**



**Research and  
Publication**



**NATIONAL INSTITUTE OF LABOUR STUDIES**  
2nd Floor Labour Secretariat, Narahenpita, Colombo 05.



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National Institute  
of Labour Studies



## WORKERS' RIGHTS & FAIR WAGES

As we step into 2025, the National Institute of Labour Studies (NILS) reaffirms its dedication to empowering Sri Lanka's workforce. Building on a legacy of fostering knowledge, skills, and professional excellence, we envision a year of innovative training programs, impactful research, and collaborative efforts to uplift individuals and industries. Together, let us nurture talent, promote sustainability, and drive progress for future generations. May this New Year bring hope, growth, and success to all Sri Lankans as we work towards a thriving and empowered society.



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# 01

# JANUARY

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January 3 : Duruthu Full Moon Poya Day  
 January 15 : Tamil Thai Pongal Day



Poya Day



Public Holidays

29 - Provisions in the Shop and Office Act  
 30 - Filing System



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# CHILD LABOUR AWARENESS

February is dedicated to the critical fight against child labour. Our goal is to raise awareness and promote education as a powerful tool for change. We believe every child deserves a safe and happy childhood, free from exploitation and dangerous work. By supporting this cause, we can help protect vulnerable children and give them the opportunity to learn, play, and grow, building a brighter future for the next generation.



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02

FEBRUARY

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February 01 : Navam Full Moon Poya Day

February 04 : National Day

February 14 : Valentine's Day

February 15 : Mahashivarathri Day

February 18 : Ramadan Start



Poya Day



Public Holidays

5 - Leadership Skills Workshop  
 12 - Data Analysis Fundamentals  
 19 - Effective Presentation Techniques  
 26 - Project Management Basics



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# WOMEN IN THE WORKFORCE

Celebrating the vital role of women in our economy, this month highlights the importance of gender equality. We showcase the achievements of female professionals and leaders, encouraging environments where women can thrive and advance. Our focus is on breaking down barriers and fostering inclusive workplaces that value diversity. By empowering women, we not only create equal opportunities but also strengthen our industries and society as a whole.



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# 03

# MARCH

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22	23	24	25	26	27	28
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March 02 : Madin Full Moon Poya Day

March 21 : Happy Eid al-Fitr

 Poya Day

 Public Holidays

5 - Advanced Negotiation Skills  
 12 - Financial Planning for Non-Financial Managers  
 23 - Conflict Resolution and Team Building  
 30 - Digital Marketing Strategy



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## HEALTH & SAFETY AT WORK

Your well-being is our top priority. This month, we focus on promoting a culture of safety in every workplace. Learn about essential health and safety practices, from using protective equipment to following workplace regulations. Our programs are designed to help you identify risks and prevent accidents, ensuring a secure and healthy environment for everyone. A safe workplace is a productive workplace, where every individual can perform their best without fear.



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# 04

# APRIL

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April 01 : Bak Full Moon Poya Day

April 03 : Good Friday

April 05 : Easter Sunday

April 13 : Sinhala and Tamil New Year's Eve

April 14 : Sinhala and Tamil New Year's Day

● Poya Day ● Public Holidays

23 - Answering Audit Queries

25 - Professional Certificate Programmes on General Management & Labour Migration - Colombo

28 - Disciplinary Procedure

29 - Effective Handling of Personal Files

30 - Secretarial Skills Development



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## INTERNATIONAL LABOUR DAY / WORKERS' SOLIDARITY

May is a time to celebrate the collective strength and unity of workers. International Labour Day is a reminder of the significant contributions of the labour movement to our society. This month, we honour the achievements of workers everywhere and underscore the power of solidarity. Join us in recognizing how collective action and mutual support can lead to positive change, fairer conditions, and a more equitable future for all.



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# 05

# MAY

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May 1 : May Day  
May 10 : Mother's Day

May 1 : Vesak Full Moon Poya Day  
May 28 : Eid al-Adha

May 1 : Day after Vesak Full Moon Poya Day  
May 30 : Adhi Poson Full Moon Poya Day

● Poya Day ● Public Holidays

Updating soon



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# REMOTE WORK & DIGITAL EMPLOYMENT

The world of work is evolving, and so are we. This month explores the dynamic landscape of remote work and digital employment. We provide insights into modern work trends, including online jobs, flexible schedules, and the skills needed to succeed in a virtual environment. Our goal is to help you adapt to these changes and leverage new opportunities, ensuring you are well-equipped to navigate the future of work with confidence.



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# 06

# JUNE

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June 29 : Poson Full Moon Poya Day

● Poya Day ● Public Holidays

Updating soon



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# YOUTH EMPLOYMENT & INTERNSHIPS

Investing in the next generation is crucial for a prosperous future. This month is dedicated to creating opportunities for young people entering the workforce. We highlight the value of internships and skill-building programs that provide practical experience and mentorship. Our initiatives aim to bridge the gap between education and employment, equipping young workers with the tools and confidence they need to start their careers successfully.



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JULY

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July 29 : Esala Full Moon Poya Day

● Poya Day ● Public Holidays

Updating soon



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# SKILL DEVELOPMENT & TRAINING

In a rapidly changing world, lifelong learning is essential. This month, we champion the importance of upskilling and vocational training. Our programs offer pathways for you to acquire new competencies, enhance existing skills, and stay competitive in the job market. We believe that continuous education and professional development are key to career growth and personal success. Empower yourself with the knowledge to achieve your full potential.



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# 08

# AUGUST

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August 26 : Milad-Un-nabi  
 August 27 : Nikini Full Moon Poya Day

● Poya Day ● Public Holidays

Updating soon



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## EMPLOYMENT EQUALITY & DIVERSITY

An inclusive workplace is a strong workplace. This month, we celebrate the benefits of diversity and employment equality. Our goal is to promote environments where all individuals are valued and have equal opportunities to succeed, regardless of their background, gender, or ability. We believe that a diverse team brings a wealth of perspectives and ideas, driving innovation and fostering a more dynamic and collaborative work culture for everyone.



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# 09 SEPTEMBER

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September 26 : Binara Full Moon Poya Day

● Poya Day

● Public Holidays

Updating soon



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# LABOUR LAWS & LEGAL RIGHTS

Knowledge of your legal rights is the best form of protection in the workplace. This month provides essential information on labour laws and workplace policies. We help you understand your legal standing, from contracts to dispute resolution, empowering you to navigate your career with confidence. By raising awareness of these rights, we aim to ensure that every worker is treated fairly and with respect, fostering a just and transparent work environment.



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# 10

# OCTOBER

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October 25 : Vap Full Moon Poya Day ● Poya Day ● Public Holidays

Updating soon



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# GIG ECONOMY & FREELANCERS

The modern workforce is increasingly flexible. This month, we explore the rise of the gig economy and the world of freelance work. We provide insights into the trends, opportunities, and challenges faced by independent workers, from contract-based jobs to creative gigs. Our focus is on helping freelancers and gig workers navigate this landscape successfully, offering resources and support to thrive in this new era of employment.



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# 11

# NOVEMBER

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November 08 : Deepavali  
 November 24 : Il Full Moon Poya Day

● Poya Day ● Public Holidays

Updating soon



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## ENDING FORCED LABOUR & HUMAN TRAFFICKING

December closes the year with a powerful stand for freedom and human dignity. We raise awareness about the devastating realities of forced labour and human trafficking. Our mission is to advocate for a world where all individuals are free to choose their work and are treated with respect. Join us in this crucial fight to break the chains of exploitation and ensure every person has the fundamental right to liberty and safety.



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# 12 DECEMBER

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December 23 : Uduwap Full Moon Poya Day

December 25 : Christmas Day

● Poya Day

● Public Holidays

Updating soon



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# NILS E CALANDER 2026

**Thank You for your continued support of the  
National Institute Of Labour Studies!**

## **Acknowledgement and Credits**

We extend our sincere gratitude to the dedicated team and visionaries who brought the NILS 2026 Calendar to life.

### **Guidance and Leadership**

- Director General (Actg): Mrs. B.H.C. Shiromali
- Assistant Director: Mr. S.A.D. Priyantha Kumara

### **Concept Development & Implementation:**

- Mr. V.P.R.L. Vidanapathirana

### **DESIGN AND CREATIVE TEAM**

- Miss. M.T.P. Rashmini Perera
- Mr. D.K.D. Fernando

### **Video and Image Credits**

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The content showcased throughout this calendar captures the essence of our programs and the spirit of the National Institute of Labour Studies.

### **Important Notice**

**Course Dates:** Please be advised that some programme dates are subject to change due to unavoidable reasons. We kindly request that you confirm the dates with NILS before attending the courses.