

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.



 **0112 786 548 / 071 795 7777**

 **info@nils.lk**

 **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.



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



01

JANUARY

SU	MO	TU	WE	TH	FR	SA
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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



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



011 2 786 548 / 071 795 7777



info@nils.lk



National Institute of Labour Studies



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.



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



011 2 786 548 / 071 795 7777

info@nils.lk

National Institute of Labour Studies

02

FEBRUARY

SU	MO	TU	WE	TH	FR	SA
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

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



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



011 2 786 548 / 071 795 7777



info@nils.lk



National Institute of Labour Studies



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.



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



03

MARCH

SU	MO	TU	WE	TH	FR	SA
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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



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



011 2 786 548 / 071 795 7777



info@nils.lk



National Institute of Labour Studies



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.



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



04

APRIL

SU	MO	TU	WE	TH	FR	SA
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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



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



011 2 786 548 / 071 795 7777



info@nils.lk



National Institute of Labour Studies



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.



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



05

MAY

SU	MO	TU	WE	TH	FR	SA
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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

- 04 – Preliminary Investigation
- 05 – Development of Supervisors
- 05 – Effective Communication Skills
- 06 – Writing Office Notes and Official Letters
- 07 – Procurement Documents
- 07, 08 – Skills Development for Drivers
- 11 – Filing and Record Management
- 12 – Leadership Skills Development
- 14 (Commencement) – Certificate in English for Office Management (10-day program)
- 20, 21 – Answering Audit Queries
- 26 – Influence of Judicial Decisions in Interpreting Labour Law



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





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.



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



06

JUNE

SU	MO	TU	WE	TH	FR	SA
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

June 29 : Poson Full Moon Poya Day

● Poya Day ● Public Holidays

- 02, 03 – Duty Training for Office Assistant Service (Public and Semi-Government)
- 03 – Maintenance of Government Vehicles
- 04 – Knowledge on Industrial Law
- 19 – Bidding Procedures
- 22 – Time Management
- 22, 23 – Procurement Process for Support Staff
- 23, 30 (& July 07) – Capacity Development for Administrative Officers
- 24 (Commencement) – Certificate Program in ICT & Artificial Intelligence (AI) for Office Productivity
- 26 (Commencement) – Certificate Course on Disciplinary Procedures (10-day program)



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





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.



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



011 2 786 548 / 071 795 7777

info@nils.lk

National Institute of Labour Studies

07

JULY

NILS

SU	MO	TU	WE	TH	FR	SA
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

July 29 : Esala Full Moon Poya Day

● Poya Day
 ● Public Holidays

- 01 – Filing and Record Management
- 02 – Salary Preparation for Public Officers
- 02 – Disciplinary Procedure (English Medium)
- 07 – Professional Development for Office Assistants and Drivers for a Quality Work Environment
- 09, 10 – Result Based Project Management
- 13, 14 – Professional Report Writing
- 14, 15 – Office Systems
- 16 – Effective Grievance Handling
- 16, 17 – Role of Accounting and Practical Usage
- 20 – Stores Management for Public Officers
- 21 – Preliminary Investigation
- 22 (& Aug 05, 12) – Procurement Process and Practical Usage
- 23 – Positive Thinking and Self-Motivation
- 24 – Investigation under Financial Regulation (F.R.) 104 regarding Damages and Losses
- 27 – Basic Stores Management
- 30, 31 – Office Management and Financial Regulations



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





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.



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



08

AUGUST

SU	MO	TU	WE	TH	FR	SA
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 26 : Milad-Un-nabi

August 27 : Nikini Full Moon Poya Day

● Poya Day
 ● Public Holidays

- Role and Responsibilities of Accounts Clerks
- 04 – Employees' Provident Fund (EPF) and Employees' Trust Fund (ETF)
- 05, 06 – Formal Disciplinary Inquiry Process
- 10, 11 – Office Systems
- 12 – Judicial Review of Labour Law
- 13, 14 – Skills Development for Drivers
- 17 – Salary Preparation for Public Officers
- 17 – Development of Supervisors
- 18 – Maintenance of Government Vehicles
- 19 – Filing and Record Management
- 20 – Preliminary Investigation
- 24 – Role and Responsibilities of the Leave Officer
- 25 – Bidding Procedures
- 28 – Investigation under Financial Regulation (F.R.) 104 regarding Damages and Losses
- 29 – New Trends in Labour Law
- 31 – Domestic Inquiry
- 31 – Writing Office Notes and Official Letters



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





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.



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



09 SEPTEMBER



SU	MO	TU	WE	TH	FR	SA
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

September 26 : Binara Full Moon Poya Day



Poya Day



Public Holidays

Updating soon



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



011 2 786 548 / 071 795 7777



info@nils.lk



National Institute of Labour Studies



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.



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



10

OCTOBER

SU	MO	TU	WE	TH	FR	SA
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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

Updating soon



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





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.



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



11

NOVEMBER



SU	MO	TU	WE	TH	FR	SA
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November 08 : Deepavali

November 24 : IL Full Moon Poya Day



Poya Day



Public Holidays

Updating soon



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



011 2 786 548 / 071 795 7777



info@nils.lk



National Institute of Labour Studies



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.



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



12 DECEMBER



SU	MO	TU	WE	TH	FR	SA
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December 23 : Uduwap Full Moon Poya Day

December 25 : Christmas Day

● Poya Day

● Public Holidays

Updating soon



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



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

All images and video content are Copyright by NILS.

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.