

A Study on “Work Life Balance” of Working People

Sharda Kumari¹ and Dr. Harish Purohit²

Research Scholar, Department of Commerce & Management¹

Associate Professor & Research Guide, Department of Commerce & Management²

Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan, India

Abstract: *It is challenging for both employee and employers to balance their work and family life. This conceptual paper on Work Life Balance give a frame on meaning and importance of Work Life Balance. The push and pull between family and responsibilities. In these the poor Work Life Balance will give suggestion to overcome those obstacles. In this paper, we highlighting about the Work Life Balance and to understand the reader in depth knowledge on balancing their own work and personal life.*

Keywords: Work Life Balance, People, Family, Responsibility, Knowledge

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