



## WORK LIFE BALANCE

*Pramod Kumar Debta*

*Assistant Professor, The Pharmaceutical College Barpali, Bargarh, Odisha, India*

### **ABSTRACT**

*Most of the people of the world earn their livelihood from service sectors i.e. on employment sectors. The employer and the employee are now facing the challenges of work life balance. It has been a headache of human resource manager that how work life balance of the employees will be maintain properly. Many factors have been focused in this article. These factors will help the company /organisation to improve the productivity and profitability. This article will help the human resource manager to solve the reasons of work life imbalances finally help the employer to rectify the process of management of employees.*

**KEYWORDS:** *Yoga and Pranayam, Job Commitment Mental Stress, Adaptability.*

---

### **Article History**

**Received: 29 Feb 2020 / Revised: 11 Mar 2020 / Accepted: 28 Mar 2020**

---