

## ***Schedule of the Seminar***

- Registration : 9:00 to 10:00 a.m.
- Inaugural session : 10:00 to 11:00 a.m.
- Tea Break : 11:00 to 11:30 a.m.
- Technical Session I : 11:30 to 1:30p.m.
- Lunch Break: 1:30 to 2:00 p.m
- Technical Session II : 2:00 to 4:00 p.m.
- Valedictory Session : 4:00 to 4:30 p.m.

## ***Registration Fee (Non Refundable)***

- Faculty:Rs.200/-
- Research scholars: Rs.100/-
- Students: Nil

## ***Important dates:***

- Last date for full paper submission :  
10th Nov., 2022
- Communication for Acceptance of paper :  
12th Nov.,2022

## ***E-mail ID for sending Papers***

**wlwebinar.kalka22@gmail.com**

## **PATRON**

**Ms. Kamna**

Principal

## **CONVENOR**

Dr. Ragini  
Assistant Professor  
Department of Commerce

Ms. Anjna  
Assistant Professor  
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## **CO-CONVENOR**

Mr. Jaspal Singh Toor  
Assistant Professor  
Department of Commerce

Dr. Ravinder Kumar  
Associate Professor  
Department of Geography

## **Organising Secretaries**

Dr. Suman  
Assistant Professor  
Department of Commerce

Mr. Suresh  
Assistant Professor  
Department of Commerce

Dr. Indu  
Assistant Professor  
Department of Chemistry

Ms. Geeta  
Assistant Professor  
Department of Hindi

Ms. Navneet Nancy  
Assistant Professor  
Department of Psychology

Ms. Savita  
Assistant Professor  
Department of Commerce

Dr. Shabnam  
Assistant Professor  
Department of Computer Sc.



## **ONE DAY NATIONAL SEMINAR**

**ON**

## **WOMEN'S WORK LIFE BALANCE : Issues and Challenges**

**25th November, 2022**

**Organised By**

WOMEN STUDIES AND DEVELOPMENT CELL  
(under the Aegis of Internal Quality Assurance Cell)  
Smt. Aruna Asaf Ali Government Post  
Graduate College, Kalka

**Sponsored By**

DEPARTMENT OF HIGHER EDUCATION  
HARYANA

## About the College:



Smt. Aruna Asaf Ali Govt. Post Graduate College, Kalka is a multi-faculty co-educational institute which aims at providing quality education to students coming from different socio-cultural backgrounds. Distinguished by State Govt. as college with potential for excellence and accredited Grade 'B+' by NAAC. The institute imparts higher education in the faculties of Arts, Commerce and Science with post-graduation in Commerce, Hindi and Geography. Keeping pace with changing times, the college also offers bachelor courses in Computer Applications, Post-Graduation Diploma in Computer Application and Export Marketing. The college is blessed with a team of well-qualified and highly motivated faculty members. Located in the Shivalik range of Himalayas with spacious academic structure and campus, the college is equipped with facilities like Library, Laboratories, Smart Classrooms, Multimedia, Internet, Edusat, Language Lab, Auditorium and Sports Court for providing an atmosphere conducive in learning process.

## About the Seminar

Work life balance is a term used to describe the balance between an individual's personal and professional life. Work-life balance is about people having a measure of control over when, where and how they work. The dynamics of the work environment have exerted enormous pressure on working women as they need to cope with two jobs—one at the office and the other at home. So, working women are facing several mental, emotional and physical challenges to cope up with this double pressure. The office and family contribution has become very important to help women in maintaining this balance. There is a need for changes in organisational policies and ideologies in order to provide cohesive environment to the women. Further, the families viewpoint towards the primary role of women needs transformation. The aim of this seminar is to identify various factors affecting work life balance among Indian working women and highlight the issues and challenges faced by them.

### Sub Themes of Discussion

- Work life balance and industries
- Work life balance and HR strategies
- Work life balance and stress management
- Work life balance and Time Management
- Work life balance and Performance
- Work life balance and Nutrition
- Work life balance and Govt. Policies
- Work life balance and Human Behaviour
- Work life balance and Mental Health
- Work life balance and Reproductive System
- Attitude of men towards women's work life balance
- Any other topic related to the theme

## Guidelines for the Author :

- Abstract Should be 250 to 300 words followed by 3 to 4 Keywords.
- The title page of manuscript must contain the Title of the paper, Author's name, Designation, Affiliation, Contact no., E-mail ID and Correspondence Address.
- The paper should be a word file typed in Font Style - Times New Roman, Font size - 12, paragraph spacing - 1.5.
- Total length of the full paper should not exceed 3000 words including graphs, tables & appendices
- Submission of manuscript will imply that it has not been previously published & is not under consideration for publication elsewhere.
- All the Authors and Co-Authors must register separately and at least one has to present the paper.
- Abstract or paper can be sent in English or Hind language only.
- The paper should certify that the work is original and free from any kind of Plagiarism.

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