



OVERVIEW STUDY OF WORK LIFE BALANCE AMONG THE EMPLOYEES OF SELECTED SOFTWARE COMPANIES IN PUNE

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Abstract:

Physical education and sports literacy stand as cornerstones for a healthier and more balanced society. The research underscores the importance of integrating comprehensive physical education programs in educational curricula and promoting sports literacy at all levels. Efforts should focus on addressing challenges through increased investment in sports infrastructure, training educators, and creating inclusive opportunities for sports participation. Ultimately, enhancing physical education and sports literacy not only nurtures healthier individuals but also cultivates stronger, more cohesive communities. The study explore the influence of physical activity on cognitive abilities and academic performance and evaluate the societal impact of promoting sports literacy among youth.

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Introduction:

The pursuit of a harmonious equilibrium between professional responsibilities and personal life is a timeless endeavor that significantly impacts individuals' overall well-being. In the contemporary landscape of fast-paced careers and evolving societal norms, the concept of Work-Life Balance has garnered paramount attention and interest across various sectors and demographics. At its core, Work-Life Balance refers to the delicate state wherein individuals manage their professional commitments alongside personal and familial responsibilities, hobbies, and leisure activities. It encapsulates the pursuit of a fulfilling existence that allows individuals to thrive in both their career domains and personal lives, fostering mental and emotional well-being. The significance of Work-Life Balance extends beyond the individual realm, permeating organizational structures and societal frameworks. Within the organizational context, fostering a culture conducive to

Work Life Balance has emerged as a pivotal factor in attracting and retaining talent, enhancing employee morale, and improving overall productivity. The present research paper embarks on an insightful exploration into this multifaceted subject to unveil its dimensions, significance, challenges, and implications in modern society. The study delves into the intricate interplay between work and personal life, dissecting the factors that influence this balance and the resultant effects on an individual's holistic quality of life. The paper scrutinizes various strategies and policies implemented by organizations to promote WLB, shedding light on their effectiveness and implications for both employees and employers.

The societal implications of Work-Life Balance resonate deeply in the fabric of communities and economies. The changing dynamics of family structures, gender roles, technological advancements, and globalization have contributed to a redefinition of traditional notions of

