

A Report on Faculty Development Programme

on

Work Life Balance

by

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on

02-01-17

Now a days Work Life Balance seems like an impossible feat. Technology makes workers accessible around the clock. Fears of job loss incentivize longer hours. They are feeling stress due to never ending work. Work Life Balance means the division of once time and focus between working and family or leisure activities.

Health and career experts share tips to help and find the balance that is right so Department of Commerce of the college has taken an initiative to invite Sri. Mahendranath Motha Clinical/ Educational Consultant & Sr Lecturer, University of Technology, Mauritius as a Resource Person to share his views on Work Life Balance.

Sri. Mahendranath in his lecture said that Work Life Balance is nothing but going to perfection in the work, climbing the ladder at work place as our family grow. Achieving balance, confidence and personal strength in our day to day life also need balance of work. When we are busy we make time for the crucial things in the life. So people need exercise and exercise is an affective stress reducer.

