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# Do mergers increase efficiency?: A study with reference to Sun Pharmaceutical Industries Limited

### Vilasa, Shivakmar Deeneb

<sup>a</sup>Faculty Gurukul Degree College, Kalaburagi, India

<sup>b</sup>Asst. Professor, Dept. of Commerce, School of Business Studies, Central University of Karnataka, Kalaburagi, India

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## RESEARCH ARENA

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# WORK LIFE BALANCE OF WOMEN EMPLOYEES IN BPO SECTOR, INFOSYS MYSORE

Dr. Veena Ishwarappa Bhavikatti\* Miss. Shruti J Myageri\*

#### **ABSTRACT**

The Paper was carried out to study the importance of a balanced professional and personal life of employees of BPO sector, Infosys Mysore. Objective being to recognize key need to strike this balance, to understand the personal issues of female jobseekers on their professional job, to analyze a basic impression of imbalance on work gratification, work productivity with performance, to study the challenges faced by women and ascertain measures which the organization took with a view to support their employees strike an equilibrium. The study was confined to the employees of BPO Sector, Infosys Company. The study was limited within Mysore campus. The study also included finding the role of strategic measures taken by the company in supporting the workers to have a balance between their personal life and professional life. Data for research was found through questionnaire. Based on the results, the final conclusions were made. It was found that flexible work schedule does have an impact on the performance, motivation and retention of employees to some extent.

Keywords: Work Life Balance, Personal Life, Professional Life, Performance.

#### Introduction

The label "work life balance" is newly started as its initial usage was made in US and UK during the latter part of 1970s-1980s. Work life balance is a label that is generally made use to describe the equilibrium between the personal and professional life of any individual. Zone considering personal life and excluding professional life can include aspects like family time, self-attentiveness, personal space, societal duties, and spare moments with friends and near ones, etc. The growing technology and development has made it possible to reduce the time of professional work with the usage of smart phones, advance software, meetings and conference through video calls, electronic mails, etc. Such advancements have bought in a very different perspective of doing professional work eliminating the classic nine to five work schedules. Going through a hectic working schedule having no personal space, extreme work load, unfriendly professional environment has proven to have a negative impact not only on the physical life of the employee but also disturbing his/her mental and emotional peace. This was recognized as the call of the hour by many organization sin various countries and likewise initiative steps were taken to improve the conditions of employees and allow them to have a good balance between work life and family life.

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- To examine the key need of work life balance in Infosys BPO, Mysore.
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