

Work Life Balance- A Grain of Rice Module

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Abstract- *Work-life balance refers to the level of prioritization between one's personal life and professional life. Of late, corporations have started demanding a bigger share of their employees' time, which has started affecting the personal life of many. A short descriptive study is attached. This paper explores the cost of tradeoff between personal and professional lives that everyone goes through and tries to identify the real meaning of work by taking a broader view of life and the small part which work plays in it, and then finally understand importance of maintaining a perfect balance between work and life for a satisfactory life.*

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Delusion between right and wrong and the path towards truth in Life – Explore.

To see what is right and not to do it is want of courage.... Confusious

I. INTRODUCTION

Right and wrong are the two ends of the thread and the knot which is tied with these two ends is life. Life when formulated with fractions of organized behavior is prone to risk under the shades of decisions. The knot tied stays intact when the decisions are acknowledgeable among the source. Source being the family and the elements being the individuals that is performing Life since the time of its entry in to the world. The discipline under which the life is distinguished and harbored under the values and values under the differences between right and wrong. Man at the very verge of survival would fail to value anything that has to do with right or wrong so where does right or wrong grant any support to values. It is when sophistication comes under action hence providing us the fact that work life balance is applicable to all. This trivial issue lies among the successful yet dissatisfied, happy yet discontented, gifted yet lamenting machines, like you and me.

Trending Taboo

Success lies in human mind's perspective, so human always tend to push success further away with the effort to reach the place where they were before, yet success seems too far still. This mechanical stereotype is hard to be broken, speak about understanding it before making an effort to break

it. As a person among the society filled with taboos as such, one has to realize this aversion before it breaks him/her inside out. Work life balance helps the society to travel towards making one realize the state of addiction to the above-mentioned stereotype and push him to venture into a truth in finding himself a remedy to be a part of that truth.

Understanding WORK and Unveiling LIFE

Work Life Balance, as the word itself it means that balancing work and life simultaneously. Firstly, one must understand that work is just a part of the life we will and not the life itself. Work helps one find a living; it helps an individual to live without dependence. Life is a different ball game altogether, it is the individual himself. From the birth until the burial, phases that a man goes through defines the word life that he lived. It is his moments in the world, which had him, own this very existence called Life. One should maintain a perfect balance between work and life in order to experience the speck of fast moving life in the present world scenario.

Let the force be with family

Most affected group line in the fault made by the lack of work life balance is the families. A single person can manage his work with his life no matter how ambitious and work addicted he is. The family man as soon as he is married he devotes his life to the rest of his family that he had been knotted to. Now his devotedness towards work crisscross with life resulting in the bombardment of a thin strand called family, which is stuck in this whole lump of flesh called over-rated work. It is for the family that the individual work and it is the same family, which gets affected because of the suffocation made by the work. This results in the destruction of the same life for which he started working. The contradiction, which is questioned here, is the work, which meant to make a living, had been resulted in taking away one's living and this is the present case scenario of most of the city dwelling families in the world. If these problems were not undertaken by the necessary actions by the individuals, who are stuck deep the result would be much worse. So make a call to the home phone and start with a hello.

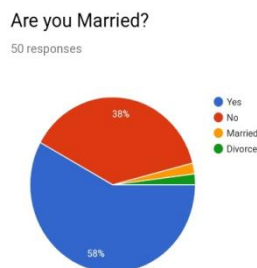
Unfolding the missed purpose

In case of the families where both the husband and the wife works, it is the children which is affected the most. Without knowing the love of the parents and without knowing the reason of its birth the child just starts living the life, which the parents never had. In case of the people who are in a relationship yet not married, the effect of work life balance does not play much role. As there is no life commitment in a relationship, which both the husband and wife and not just an individual, the relationship, take happen to stay intact until it leads to marriage and the intensity of responsibilities spike towards a different level. It is the roof that matters, two different roofs doesn't matter, one roof under which two different lives dwelling with an effect of much more possible life interference matters the most.

A rice grain is better than a mechanical brain

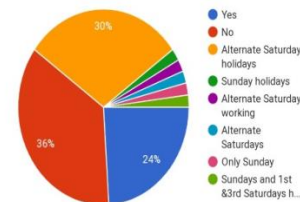
Work must be just the tool, which helps us live a better life. It must not interfere with the order in which the regularity of the life works. The mechanical life, which is fed to the people by the influence of money, must be restructured. Everyone must finally understand that it is the life that matter and life that depends on that individual that matters. The existence depends on the life that we live and the work is just a factor that influence the living towards a better standard. Considering the peace of mind and the people who depends on an individual, he/she must maintain the work in its limits. By maintaining a work life balance one can save a lot more than money, he/she can save the love of his/her family, he/she can save his/her marriage, he/she can render his/her attention to his family which can stop a lot of problem from being ignited.

A study done in private educational institution with total employees of 120 and the sample for the short research is 55. Educational field is considered to be a balanced one when it comes to work life balance. Let us check the findings of the same.



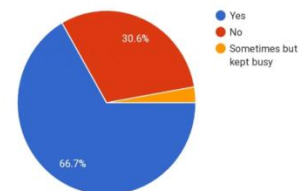
Are Saturday and Sunday holidays?

50 responses



Are you enjoying your Job?

36 responses



II. CONCLUSION

Live the life for its simple nature. Nature has its own cycle going on, but never raised a complaint or go wrong in its activities, nature just dwell there doing its duty in running the world. The world is run by the nature not by the human who had been running behind delusion. If only the human race understand the purpose of life which to love oneself and to love others like you love yourself a pioneering question will be asked in which the prime reason for his stress in work will be questioned which would go like this, For who's family is he working? His family's welfare or his Boss's family welfare? Even his Boss needs a living, but not at the extent of putting another family at stake. So cut some slack, keep cool and start your balance. Now is the better time to begin. However, creating a harmonious work-life balance is critical to improving not only our physical, emotional and mental health, but also our career health.

REFERENCES

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 [2] Ashley, The Importance of Work-Life Balance -- And How to achieve it, Forbes, Oct 22, 2018.