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WORK LIFE BALANCE EMPOWERMENT OF WOMEN

SUBMITTED BY-

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ABOUT THE NGO

Youth Empowerment Foundation is association to provide guidance these bolts through their drives and projects. Engaging adolescents to develop, learn and be the torchbearers for what is to come is one of the significant effect's associations means to accomplish. YEF is a non-benefit association established in June 2017 by Mr. Rambabu Sharma. Roused by his own life venture, the originator alongside his group has established a solid framework to instruct the oppressed offspring of the general public and thus overcome any issues among them and the world. As clarified by the organizer himself in his story, destitution and training are inseparably connected, because individuals living in neediness might quit going to class, so they can work which leaves them without proficiency that they need for their vocations. Training in all various structures is a key for breaking the pattern of neediness. It increments food security, diminishes ailing health, upgrades way of life and further develops orientation balance. It shows youngsters what they can and ought to anticipate from grown-ups and thus additionally shows grown-ups the advantages of regarding their kids' privileges. With the various types of preparing and drives, for example, hamari PaathShala, Candle making, English learning, PC learning and preparing, YEF is giving a stage that will assist these kids with developing for themselves as well concerning the general public. Abilities instructed by YEF like an extra language, or some other expertise assist these youngsters with being all alone and henceforth be the most grounded mainstays of the general public in each perspective. It additionally assists with creating certainty which thusly adds to their brain advancement and emotional wellness. Having the option to admire themselves for their professions and being self-subordinate leaves them with a flash that draws out the most incredible in these kids.

We also distribute food packet and clothes to the migrant workers and help them by organization webinar how they reached home safely with the help of this NGO without any hesitation and made the poster also. We visualize an informed India where everyone has the amazing chance to develop and learn. Until we understand our secret potential, we trust that somebody will come and lift us from our antagonistic circumstance. That help is impermanent. What happens when nobody is free? we break. This is the narrative of each life that is attempting to make due. We neglect to understand their actual potential and left them there by giving a few cash and garments. They become subject to help and continue to sit tight for the following individual. Their life's stuck at same spot, position, and circumstance. Consider the possibility that, when there is no next individual, they enjoy wrongdoing to take care of themselves and their family - Hence we fizzle.

Our Vision

Distribute food and clothes to migrant labour and his family and help them to reach their home.

Our Mission

We plan to achieve our main goal by spreading instruction in each town or ghetto of India through a group of adolescents who are striving to construct and achieve our fantasy of an informed India. YEF is submitted for the YEF is focused on working for the up liftmen of oppressed. Strengthening of the young is the preeminent plan.

Establishment functions as a torchbearer and touches off the lights of trust in obscurity rooms of oppressed youngsters where huge number of dreams reside. YEF attempts to change over each bad dream into vivid dreams by uncovering the ability and ability squashed inside them.

Introduction

In recent years, the concept of work-life balance has gained significant attention as individuals strive to create a fulfilling life that encompasses both professional success and personal well-being. While this ideal is relevant for both men and women, achieving work-life balance holds particular significance for women, who often face unique challenges due to societal expectations and gender roles. This article delves into the importance of work-life balance empowerment for women, exploring the benefits it offers and the strategies that can help women navigate their personal and professional lives with harmony and fulfillment.

1. The Significance of Work-Life Balance Empowerment

- **Breaking Gender Stereotypes:** Historically, women have been expected to prioritize their familial responsibilities over their professional aspirations. By promoting work-life balance, women are empowered to challenge these stereotypes and pursue their career goals without compromising their personal lives.
- **Health and Well-being:** Juggling multiple roles and responsibilities can lead to stress, burnout, and adverse health effects. Work-life balance empowerment enables women to prioritize self-care, leading to improved physical and mental well-being.
- **Career Advancement:** A healthy work-life balance contributes to enhanced productivity, job satisfaction, and commitment, fostering career growth and advancement opportunities for women. Empowered women are better equipped to establish boundaries, negotiate flexible work arrangements, and seek supportive workplaces that value work-life integration.

II. Strategies for Achieving Work-Life Balances

- **Setting Priorities:** Women need to identify their values, goals, and priorities in both personal and professional spheres. By aligning their actions with their priorities, they can make informed choices and allocate time and energy accordingly.
- **Establishing Boundaries:** Clear boundaries are crucial for maintaining work-life balance. Communicating expectations with employers, colleagues, and family members helps set realistic limits and ensures that personal time and space are respected.
- **Nurturing Self-Care:** Prioritizing self-care is essential for women's well-being. Engaging in activities that promote relaxation, physical exercise, and emotional rejuvenation allows women to recharge and bring their best selves to both their personal and professional lives.
- **Seeking Supportive Networks:** Building a strong support system of family, friends, and mentors can provide encouragement, guidance, and assistance during challenging times. Connecting with like-minded individuals who share similar experiences and aspirations can foster a sense of belonging and provide valuable insights.

- **Embracing Flexibility:** Flexible work arrangements, such as remote work, flex-time, or job sharing, can be instrumental in achieving work-life balance. Women should explore and negotiate these options with employers to accommodate their unique circumstances and responsibilities.
- **Effective Time Management:** Adopting time management techniques, such as prioritizing tasks, delegating when possible, and avoiding multitasking, helps women make the most of their time, leading to increased efficiency and reduced stress levels.

III. Overcoming Societal Challenges

- **Cultural and Societal Expectations:** Traditional gender roles and societal expectations often place an undue burden on women to fulfil multiple roles. Empowering women in work-life balance requires challenging these norms, promoting gender equality, and advocating for supportive policies and practices.
- **Workplace Culture:** Organizations play a vital role in fostering work-life balance for women. Establishing inclusive policies, providing parental leave, offering childcare support, and promoting a culture of flexibility and understanding can empower women to balance their professional and personal responsibilities.
- **Equal Distribution of Domestic Responsibilities:** Addressing gender disparities in household chores and child-rearing responsibilities is crucial for empowering women in work-life balance. Encouraging equal distribution within families and promoting shared responsibilities creates a more equitable environment.

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