

## SEMINAR ON WORK LIFE BALANCE

- Name of the College : Sri Durga Malleswara Siddhartha Mahila Kalasala  
Organised Department : Commerce  
Title of the Programme : Seminar on Work life Balance
- Date of the Programme : 2-1-2017  
Details of Resource Person : Dr.Mahendra Nath Motah, Sr. Lecturer in Mauritius University.
- Brief Report of the Program : Dr.Mahendra Nath Motah, said that work life balance and self-management are more important than time management. Economic, social and legal factors effect on work life balance. Personal lives are influenced by Facebook, What's app and Other social media. Due to these reasons people are not balancing their work life. He also advised the students while using social media they must be very cautious.

