



*D.K.M. College for Women (Autonomous)*

1986E, Bangalore  
Srinivasanagar, Yel 560 - 522 801

**DEPARTMENT OF MANAGEMENT STUDIES**

*Special Guest Lecture*

**"WORK - LIFE BALANCE MANAGEMENT"**

**READER/LECTURE**

**Dr. M.HILARIA SOUNDARI, M.S.W., Ph.D.,**

Assistant Professor, Centre for Applied Research  
School of Health Science and Rural Development  
Gandhigram Kaval Institute (Deemed to be University)  
Dindigul District, Tamil Nadu

**Date & Time : 23. 02. 2018 Friday, 3.00 p.m.**  
**Venue : D - Block Conference Hall**

**Programme :**

Prayer | Welcome Address | Felicitation |  
Address by the Chief Guest | Management Games |  
Prize Distribution | Vote of Thanks | National Anthem

*All are Cordially Invited*



Management, Principal,  
HOD, Staff and  
Students

Department of  
Management Studies  
Contact :  
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**DKMC**

## WRITE UP

Department of Management Studies conducted a Special Guest Lecture on the topic “Work life Balance Management” in the D Block Conference Hall at 2.00pm. Both PG and UG students of our department were participated and other college students also participated in this special guest lecture.

The speech was delivered by Dr.M.HilariaSoundari, Assistant Professor, Gandhigram Rural Institute, Dindigul District. She explained how to manage work life and how it is importance this to each and every employees.

work-life balance is the state of equilibrium where a person equally prioritizes the demands of one's career and the demands of one's personal life. Some of the common reasons that lead to a poor work-life balance include:

- Increased responsibilities at work
- Working longer hours
- Increased responsibilities at home
- Having children

But she has explained ways to create a better work-life balance, Accept that there is no 'perfect' work-life balance, Find a job that you love, Prioritize your health, Don't be afraid to unplug.

Take a vacation, Make time for yourself and your loved ones, Set boundaries and work hours and Set goals and priorities (and stick to them)

She also gave tips of how to be a supportive manager are **know what your employees are striving for, Set a good example, Let employees know what their options are and Stay at the forefront.** The very good thing about the session speaker was very much interactive so that the session was not uninterested. Some of the common advice made by the speaker is towards knowing our self by making SWOT Analysis it means aware self by. Knowing self strength and analyzing self weakness and utilizing opportunities in life and overcoming threats.

Students are very thankful for organizing such a great special guest lecture on Work life Balance Management and thanking the college management and the department of management studies staff members for these opportunities for students. The session was ended with the vote of thanks.

