

One Day Work shop on “Managing Work Life Balance”

One Day Work shop on “**Managing Work Life Balance**” for non-teaching staff has organized by the Department of Computer Science on 3rd January 2023 at Aggarwal College Ballabgarh. The objective of this FDP is to improve the individual's level of awareness and create an environment where everyone is dedicated to the task at hand. The Head of Computer Sc. Department, Dr. Sachin Garg gave a welcome speech, he said that 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 etc.

The FDP was organized under the able guidance of Incharge Dr. Sanjeev Kr. Gupta. Dr. Gupta said that work-life balance is less about dividing the hours in your day evenly between work and personal life and instead, is more about having the flexibility to get things done in your professional life while still having time and energy to enjoy your personal life. There may be some days where you work longer hours so you have time later in the week to enjoy other activities. The Program was concluded with vote of thanks presented by Dr. Sachin Garg. Principal Dr. Krishan Kant Gupta has given assurance that these kinds of Workshops will be organized in college from time to time so that non teaching staff can enhance their knowledge and aware with new technologies along with managing the balance between their professional life and personal life.