



National Seminar on “Work- Life Balance: Need, Challenges and Measures”

(in association with GMA)

30 March, 2019 (Saturday)



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“Work- Life Balance: Need, Challenges and Measures”

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Introduction:

Work- Life Balance is a broad concept including proper prioritizing between “Work” (Career and Ambition) on one hand and “Life” (Health, Pleasure, Family and Social Interaction) on the other. Recent Researches have shown that more than 60% people are not able to find a balance between their personal and professional life. Work Pressures and Competitive Aspirations are leading to more and more Stress and Lack of Harmony and Concentration at Work as well as Family Activities and Social Spaces are becoming ambiguous. Balancing Work and Life is a Win-Win situation both for employees and employers and this is high time that we realize its importance and practice the measures for its continuity in the organizations.

Objectives / Expected Outcomes of the Seminar:

- To understand and realize the Importance and Benefits of Work- Life Balance.
- To assess the Issues and Challenges in maintaining Work-Life Balance.
- To discuss and evaluate the Measures that can be practically Applied for Work-Life Balance.

SUB-THEMES OF THE SEMINAR:

1. Stress Management: Tools and Techniques
2. Role of HR in Work-Life Balance
3. Emotional Intelligence and Work-Life Balance
4. Work Place Harmony and Spirituality- Policies and Programmes
5. Holistic Growth and Development of the Organisation
6. Creating Organizational Culture for Mutual Happiness and Prosperity



Who Should Participate ?

- Academicians, Industry Professionals, Research Scholars, Social Service Organisations & Students.
- Last Date for Submission of Abstract for Research Paper at mgmtseminar@ipemgzb.ac.in: 16th March 2019
- Notification for Selection of Abstract:-18th March 2019
- Last Date for Submission of Research Paper at mgmtseminar@ipemgzb.ac.in :-25th March 2019

No Registration Fee

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:: EMINENT SPEAKERS ::

Chief Guest

Mr. Anil Khaitan

Chairman, SNK Corp

President, PHD Chamber of Commerce & Industry

Guest of Honour

Dr. Pramod Kumar

Vice President

Tech Mahindra

Presiding Speaker

Mr. Vinay Gupta

Executive Director

Ghaziabad Management Association

Key Note Speaker

Mr. D.L.N. Shashtri

Director

Corporate. Affairs, Sharda University

Valedictory Speaker

Dr. Bipin Rai

Work Life Balance Expert

Professor, ABES IT, Ghaziabad

Valedictory Speaker

Mr. Rohit Bhatia

Founder & Principal Facilitator

ProfHR Training & Consulting, Noida

PROGRAMME SCHEDULE

Programme Schedule:

- 09:00 to 10:00 - Registration
- 10:00 to 10:05 - Lamp Lighting and Felicitation
- 10: 05 to 10:10 - Welcome Address by Director General
- 10:10 to 10:30 - Address by Presiding Speaker, Mr. Vinay Gupta, Executive Director,GMA
- 10:30 to 11:00 - Address by Keynote Speaker, Mr. D.L.N. Shashtri, Director, Corp. Affairs, Sharda University.
- 11:00 to 11:30 - Address by Guest of Honour, Dr. Pramod Kumar, Vice President,Tech Mahindra
- 11:30 to 12:00 - Address by Chief Guest
- 12:00 to 01:00 - Technical Session-I (Research Paper Presentation)
- 01:00 to 02:00 - Lunch
- 02:00 to 03:30 - Technical Session-II (Research Paper Presentation)
- 03:30 to 04:15 - Valedictory Session and Best Paper Presentation Award
- 04:15 to 04:30 - Group Photograph & Evening Tea

Venue:Laxmi Chand Auditorium, IPEM Campus

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About the Institute

•**Establishment:** The Institute of Professional Excellence and Management (IPEM) was established in 1996 by Late Dr. B.S.Goel- a Visionary, Academician & Philanthropist with Values, who had over 56 years of teaching & research experience in India and abroad. Dr. Goel was also awarded the Shiksha Bharti Award in 2013.

•**Teaching & Activities:** In addition to Course Work, Seminars/Workshops, Guest Lectures, Value Added Programmes, Industrial/Professional/Excursion Visits, Celebration of Important Days, Social/Cultural Functions, Corporate Social Responsibility Activities, and Student Clubs Activities are held regularly. The IPEM holds a number of Inter-School / College Competitions. The Students of IPEM have been consistently obtaining top ranking positions in the University. The Faculty and Students are learning a lot through Registration and Certification of SWAYAM Courses. The IPEM is also Registered with National Academic Depository (NAD).

•**Infrastructures & Library:** The Infrastructure and Facilities are continuously updated/ improved to create an excellent teaching/learning environment with state-of-the-art Labs, Class Rooms, Seminar Hall Auditorium, Cafeteria, Badminton Court and Basket Ball Court. The IPEM has a well equipped Library through which Books/ Journals/ Proceedings on all Subjects are available both in Print, CDs, Off-line and On-line.

•**Automation & Networking:** Maximum use of Information Technology is made through Networking among Faculty, Staff & Students with Intranet/Internet & Social Media Groups and Computerization of all Functions. Besides the Institute is fully Wi-Fi with a 80 mbps connection.

•**Training & Placement:** One of the most important aspects is our Training and Placement Cell which is an interface between our Students and Industry. It arranges for Summer Training/ Internship/ Projects/ Guest Lectures/ Final Placements. Although 100% Placement Assistance is provided however almost 75-80 percent students are actually placed.



:::ORGANIZING COMMITTEE:::

Patron

Mr. Anupam Goel

Advisors

Col. (Dr.) A.S. Malhotra
Prof. (Dr.) Sugandha Goel

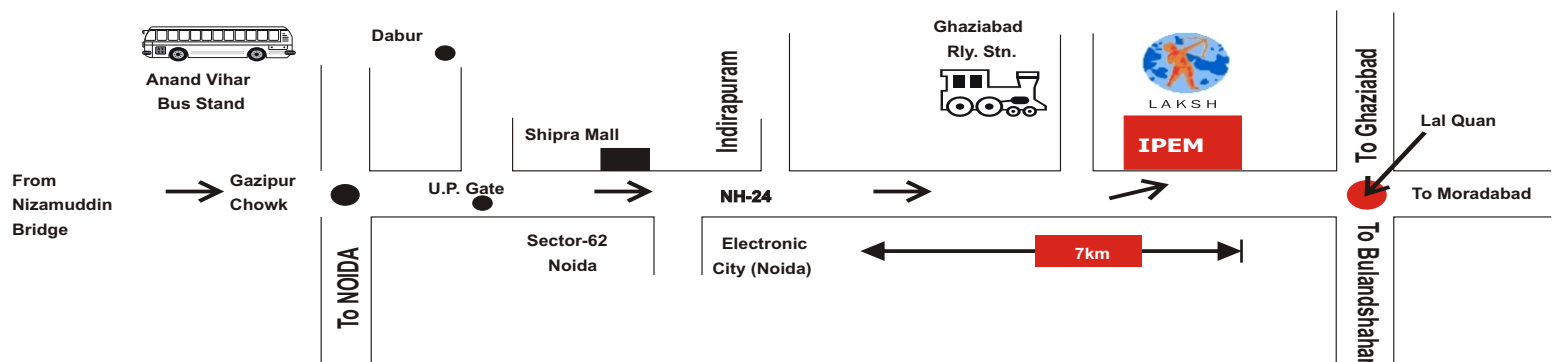
Convener

Dr. Dolly Phillips

Coordinators

Mr. Shashank Chaudhary
Mr. Deepanshu Paliwal

::: LOCATION MAP :::



MAP NOT TO SCALE