



MBA IV Semester Degree Examination, October - 2023

Work Life Balance and Well-being (NEP)

Time : 3 Hours

Maximum Marks : 70

Note: Answer **any five** of the following questions. Question No. 1 is **Compulsory**, each question carries **equal** marks.

1. Explain the role of time management in work life balance. **14**
2. Explain the reasons for imbalance of work life in the global scenario. **14**
3. How does gender-related factors impact work life balance? Explain. **14**
4. How can fostering a supportive work environment that promotes the holistic well-being of employees lead to not only an enhanced quality of work life but also a more harmonious integration of work and personal life? Explain. **14**
5. Describe the steps that individuals can take to enhance their overall well-being. **14**
6. Enumerate the solutions to overcome the problem of work life imbalance. **14**
7. What are the most prevalent sources of stress that individuals commonly encounter within their work environments, and how do these stress factors contribute to challenges in achieving a healthy work life balance? **14**
8. (a) Write a note on workplace climate. **5**
(b) Briefly explain flexible work as a solution to work life imbalance. **5**
(c) Write a note on workplace rules. **4**

