

## **A Study with Reference to Balance in Work and Life at Private Universities, Raipur**

**Satya Kishan**

*Mats University, India*

Balance in work and life is one of the major factors for an individual to achieve success. Organisations have come up with different programs, policies and plans to assist their work force to attain work life balance. The policy effectiveness depends on its usage to achieve balance in work and life. This paper is about the study of faculty level employees work life balance at private universities. The data for the study is collected from 70 faculties. Hypothesis testing is done by using statistical techniques like ANNOVA, regression. The finding of the study implies that there is a negative impact on personal life due to his work responsibilities. Various factors like travelling to work, meeting after working hour, training on holidays, regular overtime severely impact balance of work and life of an individual in the organisation.

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