

J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD, HARYANA  
NAAC 'A+' Grade accredited State University



Department of Business Studies

Report on "Presentation on "Work-Life Balance"

Held on 21st February, 2025

The Department of Business Studies has organized "Presentation on Work life Balance" on 21st February, 2025 from 12:30 pm to 02 :30 pm for the students of B.com under the guidance of chairperson, Dr. Manisha Goel. Mr. Rohit Sinha and Ms. Diksha Miglani faculty members, Department of Business studies coordinated the event along with students Anishka, Garima Saini & Nikita.

**J.C. Bose University of Science And Technology, YMCA, Faridabad, Haryana  
(A State Government University)  
Accredited A+ Grade By NAAC**

The background of the poster features a gradient from teal to yellow. There are abstract geometric shapes, including a large grey triangle and a grey arrow pointing left, on the right side. The text is centered on the left side of the poster.

# Department of Business Studies organising

## SEMINAR ON WORK-LIFE BALANCE

 FEBRUARY 21, 2025

 12:30 PM ONWARDS

In today's fast-paced world, maintaining a healthy work-life balance is more important than ever. This seminar is designed to help professionals manage their time effectively, reduce stress, and enhance overall well-being.

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**PATRON**  
Prof. Sushil Kumar Tomar  
**VICE CHANCELLOR**

**EVENT ORGANISER**  
Mr. Rohit Sinha  
Ms. Diksha Miglani

**CHAIRPERSON**  
Dr. Manisha Goel

**STUDENT COORDINATOR**  
Anishka Ratty - 8368536201  
Garima Saini - 9625222088  
Nikita Gupta - 9727335030

A circular inset image showing a pair of hands holding a small white human figure standing on a wooden block. The block has the word 'WORK' on the left and 'LIFE' on the right, with a small circle at the bottom representing a coin or a balance point.

The Work-Life Balance Presentation Competition aimed to provide students with a platform to enhance their research, presentation, and public speaking skills. Participants prepared structured Power Point presentations to analyze different aspects of work-life balance, highlight challenges, and propose practical solutions. This event encouraged critical thinking, effective communication, and a deeper understanding of managing professional and personal responsibilities. Through well-researched presentations, students explored the significance of maintaining a healthy balance to improve overall well-being and productivity..



The aim of organizing this competition was to help students improve their ability to deliver engaging and informative presentations. The event allowed participants to develop their research skills, organize information clearly, and communicate their ideas effectively. A total of 18 participants took part, forming 8 teams of 2 members each, along with 2 solo participants. Each participant presented their ideas with confidence and enthusiasm, making the competition a highly engaging and insightful experience.



The objectives of conducting this event were to raise awareness about work-life balance, encourage structured and impactful presentations, and enhance students' confidence in public speaking. Additionally, it aimed to develop their ability to convey complex ideas in a clear and engaging manner while fostering discussions on the importance of a balanced lifestyle. Participants were encouraged to use real-world examples, data, and case studies to strengthen their arguments and provide practical insights into managing work and life responsibilities effectively. The event also aimed to improve students' research abilities by requiring them to explore different strategies used in professional settings to maintain a balance between work and personal commitments.



The evaluation criteria included Content, Presentation Skills, Confidence, Clarity, Visual Appeal of Slides, and Time Management. Judges assessed how well participants structured their presentations, the depth of their research, and their ability to engage the audience with compelling visuals and clear communication. Confidence and clarity played a key role in the assessment, as participants were expected to deliver their insights in a professional and well-articulated manner. The visual appeal of slides was also considered, ensuring that the presentations were not only informative but also aesthetically well-structured and easy to follow. Additionally, adherence to the time limit was crucial, as it demonstrated the participants' ability to organize and present information concisely and effectively.



In conclusion, the Work-Life Balance Presentation Competition successfully provided students with a platform to showcase their research and presentation skills while discussing an essential real-world topic. The event highlighted the importance of balancing work and life, and it encouraged participants to apply these principles in their own lives. Looking ahead, similar competitions can continue to foster effective communication and awareness of key professional and personal development topics.

### **Judgement Sheet**

Participants	Starting	Content	Confidence	Presentation	Ending	Total
Aastha & Himanshi	8	8	8	8	8	40
Harshita & Khushboo	7	8	7	7	7	36
Shivam & Abhishek	5	8	6	6	6	31
Disha & Prerna	7	8	7	7	7	36
Namashvi	8	8	9	8	9	42
Somya & Tamanna	6	8	7	8	8	37
Riya	6	7	6	6	7	32
Neha & Himanshi Dixit	7	8	8	7	8	38
Himanshi & Prachi	6	7	6	6	6	31
Shruti & Gauri	7	8	8	8	8	39

### **Result**

Name of Competition	Position	Name of Student
Seminar on Worklife Balance	1st 2nd	Namashvi Himanshi & Aastha