

Impact of Covid 19 on Work Life Balance of Women Employees in Banking Sector with Special Reference to Canara Bank

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Abstract: The term “Work Life Balance” has become a hot topic during the days of covid-19 mostly among women employees. It has got more attention due to the reason that a persons both professional and personal life are equally important especially for a women because of the types of role they play at home and have to work professionally at their work place. As in case of banking sector they have to meet a large population daily in their working schedule and due to this they have to face a high risk during the pandemic. The findings revealed that there were no salary changes like in other service sectors and CANARA BANK has upgraded its policy of work from home to ‘Work from anywhere’ during the outbreak of covid-19. This study also tried to find the causes of imbalance in the professional life of women employees due to gender, refusal of men to accept women as seniors, and lack of mutual support. Thus it resulted in showing that there were no such policies implemented till now to maintain the work life balance which will motivate the employees and reduce their stress which will result in better performance of their work. 70 women bank employees from Canara bank are the sample size of this study.

Keywords: Work Life Balance, Women Employees, Canara Bank Policies, Covid – 19.

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