



काशी हिन्दू
विश्वविद्यालय



महिला महाविद्यालय



NATIONAL CONFERENCE

*Work Life Balance and well-being of Working
Women in changing Social Dynamics*

MARCH 13-14, 2023

Organised by
DEPARTMENT OF HOME SCIENCE
MAHILA MAHAVIDYALAYA
BANARAS HINDU UNIVERSITY
VARANASI- 221005

About the Institution

Banaras Hindu University, is an internationally reputed temple of learning, situated in holy city Varanasi. Right from its inception in 1916, Banaras Hindu University has been striving towards women's education. Its visionary founder Bharat Ratna Mahamana Pandit Madan Mohan Malviya ji foresaw immense significance of women's education and the critical role of women, as they play in the development of the country. In his convocation address, which was delivered on 14th December, 1929, Mahamana ji announced the establishment of the Women's College in Banaras Hindu University known as Mahila Mahavidyalaya. It offers graduate, post graduate and doctoral degree to women in various subjects.

About the Department

Home Science was introduced in the year 1927 in Mahila Mahavidyalaya for under graduate students. In 1975 it got the statutory status of the Department and known as Department of Home Science. It is one of the Departments of Faculty of Science and also a part of Mahila Mahavidyalaya where it exists. The Ph.D. Program in the department started in 1976. It imparts teaching at PG level in four branches; Foods and Nutrition, Extension and Communication (Both the courses running in main campus, BHU), Clothing and Textile (Course running at V.K.M. College, Kamachha, Varanasi) Family Resource Management (Course running at V.C.W. College, Rajghat, Varanasi) and Ph.D. in all five areas of Home Science.

About the Conference

Well-being of working women is positively correlated with work life balance. Balanced work life has multiple domains of personal time, family care and work which are maintained and integrated with minimum role conflict. The role of working women has been changed throughout the world due to economic conditions and social demands. Working women today have tremendous pressure to develop a career as robust as their male counterparts while sustaining active engagement in personal life. Today's working women are facing conflicting demands from both work, and social/personal life domains. Achieving balance between both work and life is a critical issue for women these days. Women experience higher conflict between work and family. Violence is also huge concern for women, harassment affects withdrawal from work, and work attributes and work quality. Mistreatment is serious concern at working places and domestic violence is a solemn, substantially prevalent and underestimated issue worldwide with empirically corroborated adverse impact on economic performance of working women. Also they have unequivocally detrimental effects on physical health, mental health and work performance. Gender-based values, social and cultural norms and stereotypes that are discriminatory and harmful to translate into practices that affect the health and well-being of girls and women. Well-being is associated with numerous health, job, family, and economically-related benefits. Well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfillment and positive functioning. In simple terms, well-being can be described as judging life positively and feeling good. The state of well-being can be achieved by professional and psychological counseling, Diet, rest, proper sleep, taking break from routine life, meditation, etc. Artificial intelligence and technological inputs are the new hopes in terms of maintaining work life balance and achieving well-being.

Theme & Subtheme

- 1. Job roles: expectations and performance at work and family domain**
 - Challenges of women caused by irregular working hours
 - Balancing family and professional life in Intensive working hours like - women in Police Force,
- 2. Science, women and family**
 - Women in STEM (Science, technology, engineering and Mathematics)
 - Technology and well being
 - Reproductive Health – issues and technological support
- 3. Social Support**
 - Initiatives of Government organizations, NGOs for women empowerment
 - Skill/ Training providing agencies
 - Role conflict and role overload
- 4. Health and Well being**
 - Physical fitness through contemporary and modern practices
 - Restoration of Mental health and well being
 - Nutrition
 - Psychological and Professional Counseling for improving physical, emotional and social life
- 5. Barely spoken issues on women wellbeing**
 - Planned Parenthood; Issues and Challenges
 - Clothing in Job Identity, personality building and Job performance
 - Women focused issues on broadcast and social media
 - Expectation, identity and reality crisis between personal, family and professional domains
- 6. Emerging professional sectors for women**
 - Balance between contemporary and modern professional standards
 - Women in agriculture
 - Innovations and startup by women entrepreneurs
 - Sports and women
 - Armed services
 - Media
 - Information Technology

Expected Outcomes

Society is expecting women to excel at home and in all associated fields, but no one bothers what exactly the women want. The conference will be able to identify the gap between role expectations and challenges faced by women in order to meet these challenges. What are the role conflicts and how covid has added in these challenges can be an additional output. The conference would not only be exploring the issues but focusing on the possible solutions which would be of help for women in maintaining well being like physical fitness, diet, counseling and technology.

Registration Fees Details

For Faculty	-Rs2500/-
For Research scholar	-Rs1500/-
For PG Students	-Rs1000/-

Bank Details

Account Name: WORKLIFE BALANCE AND WELLBEING OF WORKING WOMEN, Name of the Bank & Branch: SBI, Banaras Hindu University, IFSC code: SBIN0000211, Bank Account No: 41242009503

Abstract Submission Guidelines

Paper submission and presentations (Oral/Poster) are invited from scientists, academicians, research scholars and students from different subjects. Registered participants may submit concept paper, review papers, research and case-study based papers. An abstract of about 300 words may be sent through e-mail: conferencehscbhu2023@gmail.com latest by February 20, 2023 alongwith the receipt of registration. The abstract should be typed in Times New Roman font, 11Pt only. Unedited abstract will not be accepted. Only Document files (MS-word) will be accepted. The title should be capitalized, bold, and followed by the author(s)' names and addresses. Names of all the Authors of the paper should be given and the name of presenting authors should be highlighted. Specify key words (3-5 only).

Accommodations

Limited Accommodations are available in University Guest House. Accommodation for participants will be arranged only on their confirmation for the participation and with non-refundable advance payment. The cost of boarding and lodging has to be met by the participants themselves. For more queries about accomodation contact:

Prof. Mukta Singh (7376623033) Or Ms. Aishwarya Mishra, Research Scholar (8249065003)

Important dates

Last date for

Submission of abstract	-February 20, 2023
Acceptance notification	-February 28, 2023
Registration deadline	-February 15, 2023

ORGANIZING COMMITTEE

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Department of Home Science

Mahila Maha Vidyalyaya

Banaras Hindu University

National Conference

On

**WORK LIFE BALANCE AND WELL BEING OF WORKING WOMEN IN
CHANGING SOCIAL DYNAMICS**

March 13-14, 2023

Venue- Mahila Mahavidhyalya, Banaras Hindu University, Varanasi
Registration Form

Name: Mr./Ms./Mrs./Dr./Prof. (In Block Letter)			
Gender:			
Designation & Affiliation:			
Specialization:			
E-mail:			
Contact Number/WhatsApp Number:			
Title of Abstract/Paper			
Theme:			
Subtheme:			
Only Participation/Poster Presentation/Oral Presentation			
Accommodation Required/Not Required			
Date of Arrival (for accommodation purposes)			
Account Detail:			
Account Name		WORKLIFE BALANCE AND WELLBEING OF WORKING WOMEN	
Name of the Bank & Branch		SBI, Banaras Hindu University	IFSC SBIN000211
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Cash Receipt/NEFT/Net Banking Ref. No.....

Date..... Conference Registration Fee (Rs.)

Total Amount (Rs.)

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Signature of Applicant

Note: Use the above registration form and send along with the screenshot of the fee receipt via E-mail to: **conferencehscbhu2023@gmail.com**