



ESTD. 2007

GUJARAT TECHNOLOGICAL UNIVERSITY

A Report

On

“Balancing Personal & Professional Life”

Under Vidushi Gargi (Centre for Women Development)

Seminar held on 14th October, 2021, Thursday

At

Gujarat Technological University, Nr. Visat Three Roads, Visat - Gandhinagar
Highway, Chandkheda, Ahmedabad

Gujarat Technological University
ESTD - 2007
An International Innovative University

VIDUSHI GARGI - CENTRE FOR WOMEN DEVELOPMENT
organizes seminar on

Balancing Personal & Professional Life

THURSDAY - 14th October, 2021 | 11 AM onwards | GTU, Chandkheda Campus

Dr. Twinkal Anand Patel
Founder & Managing Trustee
MOTHERHOOD FOUNDATION
MAKING HUMANS

Chief Patron
Prof. (Dr.) Navin Sheth
Hon'ble Vice Chancellor
Gujarat Technological University

Patron
Dr. K. N. Kher
Registrar
Gujarat Technological University

<http://www.gtu.ac.in>

Under the visionary leadership of Hon. Prof (Dr.) Navin Sheth, Vice Chancellor of Gujarat Technological University (GTU), GTU has built a solid foundation of Vidushi Gardi, Centre for Women Development.

Under this centre, a Seminar on “**Balancing Personal & Professional Life**” was held on 14th October 2021 at Gujarat Technological University, Chandkheda. 148 Participants have attended the seminar. Ms. Jignasha Acharya, Committee member and Assistant Professor at GTU delivered a brief introduction about the Expert- Dr. Twinkal Patel, followed by the lamp lighting. At the inaugural session, Dr. Komal Borisagar, Chairman – WDC of GTU delivered the welcome speech at GTU & felicitate our guest and also explained the objectives of the seminar and explained an importance of Balancing our life & career and suggested that all the participating faculty members, staff & students should take maximum benefit of the expert Dr. Twinkal Patel.

Session delivered by Dr. Twinkal Patel, Founder & Manging Trustee - Motherhood.



Below topics were discussed and the outcome of the topics are brief below.

- What is Work – Life balance?
- Equilibrium between professional and personal life
- Work-life balance during the pandemic. Work and home duties came under the same roof during Covid-19 and Even more challenging for women to manage both professional and personal responsibilities.
- The most challenging issue for women playing the double role of earning member and homemaker in the 21st century.
- With increased demands at both work place and at home, the work- life balance is always at stake
- Reasons of poor work life balance for women
 - Primarily responsible for household duties
 - Having children
 - Spillover of personal life over work life and vice-versa
 - longer working hours and equal responsibilities at work
- Major issues faced by women that lead to poor work life balance
 - Professional issues
 - Family issues
 - Social – Cultural issues
 - Personal Issues
- Impact of poor work-life balance
 - Emotional
 - Physical
 - Behavioral
- Gateways – Solutions
 - Prioritize nonnegotiable- most important tasks make and follow to-do list and cut out low value tasks. Limit distractions at work and personal life.
 - Create and follow a schedule. Implement time-management strategies to get the flexibility to be more productive and enjoy your personal life.
 - Learn to say no with a smile - Set boundaries for yourself and your colleagues to avoid burnout
 - Get healthy – Prioritizing your health will make you a better employee and person – for this: Eat well, exercise and meditate
 - Unplug - Cutting ties with the outside world is essential to refresh your mind in this “always available” work era.

Dr. Shweta Bambuwala, Asst Prof, GTU expressed her vote of thanks to all the faculties, staff & all the participants and expressed sincere appreciation to Dr. Twinkle Patel for giving her valuable time for this seminar.

Entire event was successfully coordinated by **Dr. Komal Borisagar** (Chairman – WDC, GTU) along with Programme coordinators **Ms. Jignasha Acharya** (Asst Prof, GTU) and **Ms. Pinki Panchal**, (Store Officer, GTU) and WDC committee members.