Relationships today sustain on a ‘give and take’ model. Gone are times of our forefathers’ generations where sacrifice, patience and perseverance were the basis of relationships and mutual trust and selfless service was an inbred quality in humans. This trend of relationships being on a ‘self-centric’ mode seems to have seeped deeply into both professional and personal lives of people, changing the way the current generations look at life. To make matters worse, an ever changing definition of values/principles and ethics governs big businesses today. Man being a social animal, cannot survive in isolation of the above mentioned changes.

Interesting, we as humans are supposed to put our management skills to practice, in order to tackle a problem or an issue, in life. And ‘Life’ itself cannot be viewed as a problem or an issue. With professional and personal expectations, awareness and pressures rising on the working employee, ‘balancing in life’ becomes an unavoidable habit which employees need to imbibe within themselves, with or without their choice. ‘Life’ thus becomes an unending struggle for humans who continuously endeavor to live ‘happily and healthily’. This interesting fact of today’s lives inspired me to take up a study in the area of work life balance’. Since the banking sector happens to be one of the fundamental finance sectors contributing towards the growth of the Indian economy today, it was decided to take up the study in the banking sector.

I appreciate the efforts of all those people who extended their whole hearted support towards making this study in-depth and interesting.

I hope the findings of the study contribute towards helping those majority of working class in India in different professions, who knowingly or unknowingly have become a part of the rat race to survive, to live more ‘enriching and meaningful’ lives.