**Abstract**

The term “Work Life Balance” is coined in 1956.The issue of work-life balance has become the hot topic in the current day scenario. Work life and personal life are two sides of the same coin. Work-Life Balance focuses on two main aspects called Achievement and enjoyment. This means that a woman should be able to have job satisfaction (Enjoyment) and at the same time be able to grow up in his career (Achievement) when a working woman is able to achieve and enjoy her professional and personal life , it means she has a positive work-Life Balance. Unfortunately working women compared to men are often at a higher risk of work life imbalance. Creating and managing a balance between the work and personal life is considered to be a work life balance issue. Increasing work pressure, globalization and Work–life balance is a concept which includes proper technological advancement has an impact on balancing prioritizing between "work (career and ambition) and professional life and personal life.