**Abstract**

Work is an integral part of our everyday life, as it is our live hood or career or business. Work-life balance, though common to all, irrespective of gender, is very important for women the world over. Today's career women are continually challenged by the demands of full-time work and when the day is done at the office, they carry more of the responsibilities and commitments to home. The majority of women are working 40-45 hours per week and 53% are struggling to achieve work/life balance. Women reported that their lives were a juggling act that included multiple responsibilities at work, heavy meeting schedules, business trips, on top of managing the daily routine responsibilities of life and home