

PROJECT REPORT ON
“A STUDY ON WORK-LIFE BALANCE AND ITS IMPACT ON EMPLOYEE
PERFORMANCE WITH REFERENCE TO ASTER RV HOSPITAL”

Submitted by

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Submitted to



VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELGAVI

In the partial fulfilment of the requirements for the award of the degree of

MASTER OF BUSINESS ADMINISTRATION

Under the guidance of

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ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar, Moodbidri

2022-2024



Date: 06/06/2024

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. Monica M**, USN. No: **4AL22BA043** Fourth Semester MBA student at **Alva's Institute of Engineering and Technology (Mangalore)**, she has undergone Project in Human Resource on topic "**A Study on Work-life Balance and its Impact on Employee Performance**", at **Aster RV Hospital, Bangalore** from April 23, 2024 to Jun 6, 2024.
We wish her success in all her future endeavors.

For Aster RV Hospital,

Shivaprasad Shastri B
Deputy Manager – Human Resources





ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

(A Unit of Alva's Education Foundation @ Moodbidri)

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Approved by AICTE, New Delhi & Recognised by Government of Karnataka

Accredited by NBA (CSE & ECE)

Date: 10/09/2024

CERTIFICATE

This is to certify that **Monica M** bearing USN **4AL22BA043**, is a bonafide student of Master of Business Administration course of Alva's Institute of Engineering and Technology, Moodbidri for the batch 2022-2024, affiliated to Visvesvaraya Technological University, Belgaum. The Project report on "**A study on work life balance and its impact on employee performance with reference to Aster RV Hospital, Bangalore**" is prepared by her under the guidance of Mrs. Harshitha V Shetty Assistant Professor, in partial fulfilment of the requirements for the award of the degree of Master of Business Administration of Visvesvaraya Technological University, Belagavi Karnataka.

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DECLARATION

I, **MONICA M. (4AL22BA043)** hereby declare that the Project report entitled "**A STUDY ON WORK-LIFE BALANCE AND ITS IMPACT ON EMPLOYEE PERFORMANCE WITH REFERENCE TO ASTER RV HOSPITAL**" prepared by me under the guidance of **Mrs. Harshitha Shetty** Assistant professor, faculty of M.B.A Department, Alva's Institute of Engineering and Technology, Mijar and external assistance by **Mr. Shivu Prasad Shastri**, Deputy manager, Aster RV Hospital.

I also declare that this Project work is towards the partial fulfilment of the university Regulations for the award of degree of Master of Business Administration by Visvesvaraya Technological University, Belagavi.

I have undergone a summer project for a of 6 weeks. I further declare that this Project is based on the original study undertaken by me and has not been submitted for the award of any degree/diploma from any other University / Institution.

Place: Mijar

Date: 20/9/2024

Monica M
Signature of the Student

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I express my sincere gratitude to Mr. Shivu Prasad Shastri who cooperated and spent his valuable time and shared the information with me.

Place:

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Executive summary

This research investigates the influence of work-life balance on the performance of employees at Aster RV Hospital in Bangalore.

Over a six-week period, the study aimed to explore how the equilibrium between professional and personal life impacts employee efficiency and productivity within the hospital environment.

The research starts with an examination of the healthcare sector and Aster RV Hospital, including its vision, mission, SWOT analysis, and competitive position.

It continues by reviewing theoretical frameworks and existing literature on work-life balance and employee performance, pinpointing the areas this research aims to fill.

Subsequent chapters analyze data gathered from hospital staff, providing insights into the relationship between work-life balance and job performance.

The conclusions drawn are summarized with practical recommendations to improve work-life balance at the hospital, with the goal of enhancing employee satisfaction and overall organizational performance.