

**Project Report on**  
**A Study conducted on Employees' Work-life Balance with special reference**  
**to ClearMedi Radiant Hospital, Mysore**

**Submitted by**

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**Submitted to**



**VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI**

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

**MASTER OF BUSINESS ADMINISTRATION**

**Under the guidance of**

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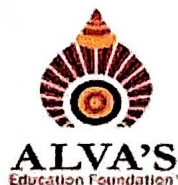
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**SHOBHAVANA CAMPUS, MIJAR, MOODBIDRI**

**JULY 2021**



**ClearMedi Radiant Hospital**  
(A Unit of ClearMedi Healthcare Pvt Ltd)



CMRH/HR/21/08

12<sup>th</sup> April 2021

**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Ms. Annapoorna.P** has successfully undergone his "**Internship**" in the department of "**Human Resources**", under the guidance of **Mr.Yogesh.R**, Asst.Manager, HR, from 22<sup>nd</sup> Feb 2021 to 03<sup>rd</sup> April 2021 at our esteemed hospital.

Thanking you,

**For Clearmedi Radiant Hospital**

*Yogesh R*

**Yogesh R**  
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### CERTIFICATE

This is to certify that **ANNAPOORNA P** bearing USN **4AL19MBA04**, is a bonafide student of PG Department of Business Administration of Alva's Institute of Engineering and Technology, Mijar, affiliated to Visvesvaraya Technological University, Belagavi. The project report titled "**A STUDY CONDUCTED ON EMPLOYEES' WORK-LIFE BALANCE WITH SPECIAL REFERENCE TO CLEARMEDI RADIANT HOSPITAL, MYSORE**" is prepared by her under the guidance of Mrs. Priya Sequelra, Assistant Professor, PG Department of Business Administration in partial fulfillment 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, Annapoorna P, hereby declare that the Project report entitled "A Study conducted on Employee's Work-life Balance with special reference to ClearMedi Radiant Hospital, Mysore" is prepared by me under the guidance of Mrs. Priya Sequeira, Assistant Professor, P G Department of Business Administration, Alva's Institute of Engineering & Technology and external assistance by Mr. Yogesh R, Assistant Manager – HR at ClearMedi Radiant Hospital, Mysore. 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, Belgaum. I have undergone a summer project for a period of Twelve 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: 04-07-2021**



**Signature of the Student**

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## ACKNOWLEDGEMENT

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## **TABLE OF CONTENTS**

CHAPTER NO	TITLE	PAGE NO
1	INTRODUCTION	1-15
2	CONCEPTUAL BACKGROUND AND LITERATURE REVIEW	16-25
3	RESEARCH DESIGN	26-33
4	ANALYSIS AND INTERPRETATION	34-64
5	FINDINGS, CONCLUSION AND SUGGESTIONS	65-68
6	BIBLIOGRAPHY	69-70
7	ANNEXURE	71-75

## **LIST OF TABLES & GRAPHS**

TABLE NO	TABLE	PAGE NO
1	Balance Sheet	10
2	Ratio Analysis	11-15
3.1	Hypothesis, Observed Frequency	29-31
4.1	Number of years employees have worked in the organization	34
4.2	Satisfied with the working hours of the organisation	35
4.3	For how many hours employees normally work in a day	36
4.4	How many hours employees spend on domestic activities	37
4.5	How well employees feel they are able to balance their work and personal lives	38
4.6	How often do employees think about work or be concerned about work (when they are not at work or on their way there)?	39



4.7	The number of hours an employee works each week, overtime hours, and even on holidays	40
4.8	Employees often miss out on quality time with their family or friends due to work pressure	41
4.9	Whether employees ever feel exhausted or frustrated as a consequence of their work	42
4.10	Does the organization take any measures to manage its employees' work lives	43
4.11	Whether their work-life balance is being achieved is generally dependant on the work life management policies of the company	44
4.12	The factors that motivate employees to work	45
4.13	What would employees do to manage work-related stress	46
4.14	How these factors affect employees' balance between work and family responsibilities	47
4.15	Factors contribute to employees' ability to balance their work and family commitments	48
4.16	Employee's view of the leave policy at their company	49
4.17	Employees' opinions on the prospects for their careers in the organization	50
4.18	Whether organization provide them with yearly master health check-up	51
4.19	Whether employees take at least one consecutive full week of vacation each year	52
4.20	Whether employees look forward to start their day each morning	53
4.21	Whether employees personally feel their work is satisfying and rewarding	54
4.22	Whether employees feel that they're reasonably in control over their working day	55
4.23	Whether employees are impatient and short with their co-workers or their family	56

4.24	Whether employees reserve at least 30 minutes of time for "themselves" each day	57
4.25	Whether employees feel that their personal needs are secondary	58
4.26	Whether employees satisfied with where they're at this point in their journey of their professional life	59
4.27	Whether employees feel stressed out most of the time	60
4.28	Whether employees satisfied with their work-life balance	61
4.29	Whether the organization provide a safe and healthy work environment	62
4.30	The necessary working conditions they have in the organization	63
4.31	Employee perceptions regarding the importance of work-life balance for an organization's effectiveness and ambition	64

GRAPH NO	GRAPH	PAGE NO
1	Ratio Analysis	11-15
3.1	Observed Frequency	30
4.1	Number of years employees have worked in the organization	34
4.2	Satisfied with the working hours of the organisation	35
4.3	For how many hours employees normally work in a day	36
4.4	How many hours employees spend on domestic activities	37
4.5	How well employees feel they are able to balance their work and personal lives	38



4.6	How often do employees think about work or be concerned about work (when they are not at work or on their way there)?	39
4.7	The number of hours an employee works each week, overtime hours, and even on holidays	40
4.8	Employees often miss out on quality time with their family or friends due to work pressure	41
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4.11	Whether their work-life balance is being achieved is generally dependant on the work life management policies of the company	44
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4.13	What would employees do to manage work-related stress	46
4.14	How these factors affect employees' balance between work and family responsibilities	47
4.15	Factors contribute to employees' ability to balance their work and family commitments	48
4.16	Employee's view of the leave policy at their company	49
4.17	Employees' opinions on the prospects for their careers in the organization	50
4.18	Whether organization provide them with yearly master health check-up	51
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4.21	Whether employees personally feel their work is satisfying and rewarding	54
4.22	Whether employees feel that they're reasonably in control over their working day	55

4.23	Whether employees are impatient and short with their co-workers or their family	56
4.24	Whether employees reserve at least 30 minutes of time for "themselves" each day	57
4.25	Whether employees feel that their personal needs are secondary	58
4.26	Whether employees satisfied with where they're at this point in their journey of their professional life	59
4.27	Whether employees feel stressed out most of the time	60
4.28	Whether employees satisfied with their work-life balance	61
4.29	Whether the organization provide a safe and healthy work environment	62
4.30	The necessary working conditions they have in the organization	63
4.31	Employee perceptions regarding the importance of work-life balance for an organization's effectiveness and ambition	64



## EXECUTIVE SUMMARY

The project report on A Study conducted on Employees' Work-life Balance with special reference to ClearMedi Radiant Hospital, Mysore as required by the Alva's Institute of Engineering & Technology, PG Department of Business Administration, Visvesvaraya Technological University, Belagavi.

### Objectives of the study

- 1) To know the correlation between the employee's work and its impact on the employee's personal life
- 2) To know what really motivates employees to work
- 3) To know how employees manage stress, exhaustion, frustration which may arise as a consequence out of their work
- 4) To know how much employees are being satisfied and happy with their personal life
- 5) To know how the management is treating employees to support them to balance their work-life

This report is divided into five chapters. First chapter is about Introduction, Industry profile and company profile which is all about the company in which internship has done. Second chapter shows Conceptual background and Literature review of the topic studied. Third chapter is about Research design which contains statement of the problem, need for the study, objectives, scope of the study, research methodology, hypotheses and limitations of the study. Fourth chapter is about analysis and interpretation of the data which is collected by the company employees through the questionnaires by using tables and graphs which helps to know the various factors about the employees' work-life balance and how they are dealing with it. Fifth chapter is about findings, conclusion and suggestions based on the study.

Then it contains bibliography which is about the various journals I have studied, and the questionnaires.

The source of data referenced here is primary data by using questionnaires which is collected from the employees and secondary data which refers to the company official website, various journals and E-sites.