




**Integral University, Lucknow**

**Event: Guest Lecture to help Research Scholars in improving their  
Mental Health**


**Department of Languages**



 **INTEGRAL UNIVERSITY**  
LUCKNOW (INDIA)

**INSPIRING EXCELLENCE**


**DEPARTMENT OF LANGUAGES**  
IS ORGANIZING  
**A GUEST LECTURE ON**

**WORK-LIFE  
BALANCE IN  
WORKING  
WOMEN**

 **JUNE 24, 2022 AT 05:00 PM**

GUEST SPEAKER	CHIEF COORDINATOR
 <b>Dr. Sudip Chowdhury</b> Assistant Professor (Former CEO) Department of Psychology Isabella Thoburn College, Lucknow	 <b>Dr. H. M. Arif</b> Head Department of Languages Integral University, Lucknow

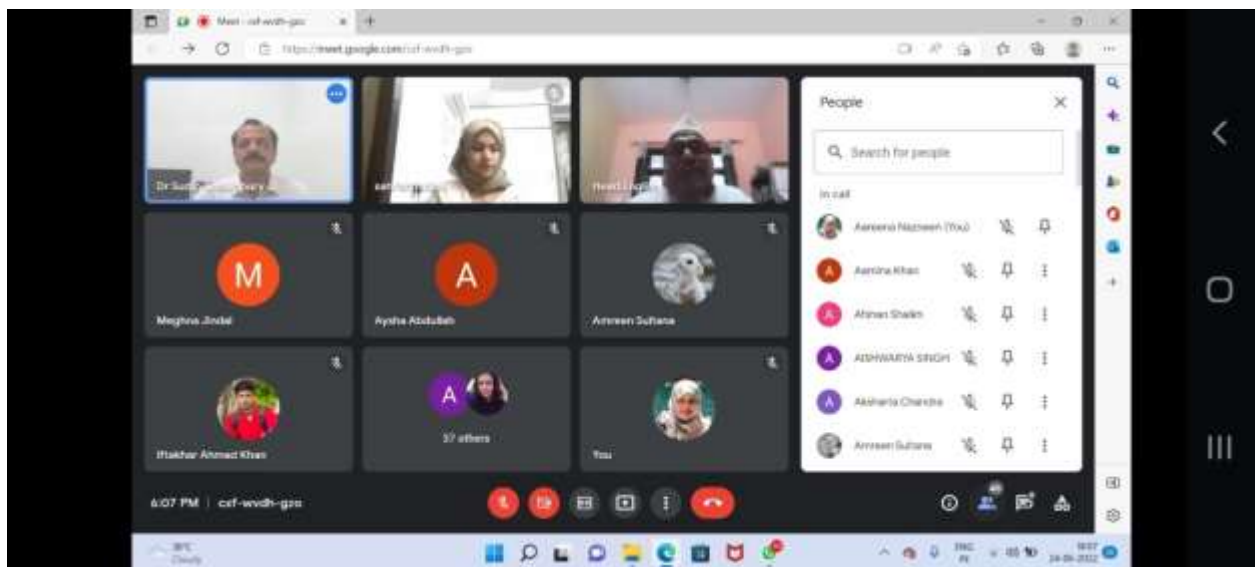
**ORGANIZING COORDINATOR**

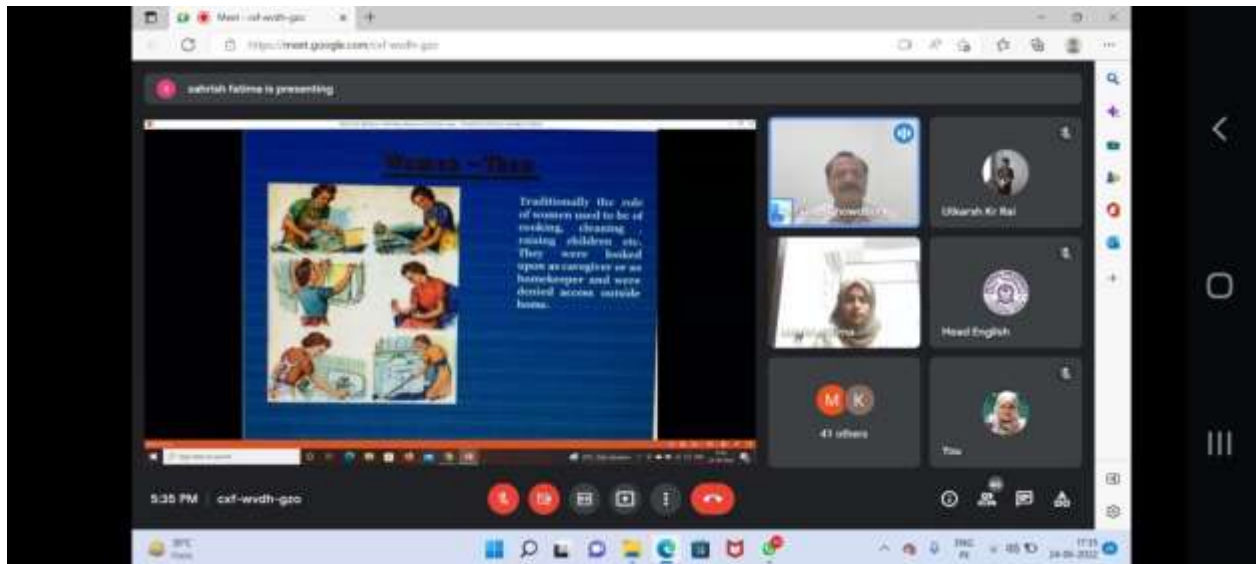
  
**Dr. Fatima Sahrish**  
Faculty  
Department of Languages  
Integral University, Lucknow

**Brief report on Guest Lecture on “Work-Life Balance in Working Women”  
organized by the DQAC of the Department of Languages, Integral University,  
Lucknow on June 24, 2022**

**The DQAC of the Department of Languages, Faculty of Humanities and Social Sciences, Integral University successfully organized Guest Lecture on “Work-Life Balance in Working Women” on June 24, 2022 at 05:00 pm.** The expert of the event was Dr. Sudip Chowdhury, Assistant Professor, Isabella Thoburn College, Lucknow (Former Head, Era Medical College & CEO, NERFBLUT Hyderabad). Dr. Chowdhury opened the discussion with a beautiful quote by E.B. White. He explained the concept of work-life balance and the role of traditional and modern women. He elaborated the tough challenges faced by married working women and their battle to strike a balance between work and family life. The purpose of this lecture was to discuss the effects of long working hours, family responsibilities, work-life conflict and various factors affecting the mental health of women. He highlighted the consequences of Work-Life Balance struggles and talked of stress management techniques.

The event was efficiently organized by Dr. Fatima Sahrish with the kind support of Dr. H.M.Arif Nadvi, Head, Department of Languages, Integral University, Lucknow. All the students and faculty members participated in the lecture with great zeal and enthusiasm. The event was concluded with the vote of thanks proposed by Dr. H.M.Arif. The program was a resounding success due to the active participation of 45 students.





A handwritten signature in blue ink that reads "Arif Nadvi". The signature is written in a cursive style with a horizontal line underneath.

Dr. H.M. Arif Nadvi  
Head  
Department of Languages