

Balance Work-Life: Let Your Spouse Take Control

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Abstract

Busting the conventional notion, a recent study has found why 9 to 5 is not the only shift that can work for busy families. The study from the University of Pune focused on two-parent families in which one parent works a nonstandard shift, hours that are common in health care, law enforcement and the service sector. The study found that the impacts of parent work schedules on children vary by age and gender, and often reflect which shift a parent works. Rotating shifts a schedule that varies day by day or week by week can be most problematic for children. Workers often struggle to carve out the work/life balance they want for themselves, and in dual-earner families, balancing partners' schedules remains an issue for many families. Parents are facing these decisions of balancing work and caring for their children. Nonstandard schedules, especially for single parent and lower income families, are associated with behaviour problems among children, according to past research. To add to that research, researcher examined data on two parent households in which one parent worked a nonstandard shift. On this, she was inspired in part by her own family: A sibling, who is a nurse, another fire fighter, both with children.



Biography:

Rahul Hajare was fortunate enough to be recognized for hard work with scholarships from India Council of Medical Research Ministry of Health Research New Delhi scholarship including a centenary post doc National AIDS Research Institute Pune that is presented by Respected Dr. R.S.Paranjape, Immunologist and World Renowned Scientist., Retired Director & Scientist 'G' National AIDS Research Institute Pune. His initial journey was a quest to heal with a different kind of highly education and did a sponsorship at the Ana Laboratory in Mumbai. After completing his training, he was privileged to

practice in KLE College of Pharmacy Bangalore as a board certified Secretary KLE society Belgavi, he was work to formerly reputed Pune University and services to be recognized by special Investigation team (SIT) for work in education.

Speaker Publications:

1. Rahul Hajare (2018) "Safe Sex: The True Principal Health?" Medical Research and Clinical Case Reports 1: 79-81.
2. Rahul Hajare (2018) "The biosafety against privately managed pharmacy institution in Savitribai Phule Pune University is not such a simple shot". Int J Nep & Uro Dis 2: 06-07.
3. Rahul H (2018) "Indian Women, Trauma and Hydroxyl Drugs Dependency: Connections and Disconnections in Heart Disease for Women". Int J Curr Innov Adv Res 1(2): 1-2.
4. Rahul Hajare (2018) "An Attempt to Eradicate Alcohol Dependency from Adult Men in Service Privately Managed Pharmaceutical Institutions in India". Toxicology and Applied Pharmacology Insights 1(1).
5. Rahul Hajare (2018) "Safe Sex: The True Principal Health?" Medical Research and Clinical Case Reports 1: 79-81.

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