ABSTRACT
With the advent of Globalisation and liberalisation policies, Indian economic scenario has changed drastically. It has become one of the fast growing economies in the world with increased presence of career women especially in the field of IT, ITES and Education and Research. The transition from being a house wife to a career woman has been gradual but determined. Their presence is ubiquitous. Their role in development is unchallenged and unparalleled. Many big organisations are now headed by smart women who balance home and profession with equal ease. Hence, after the study of work life balance in the above stated fields, it can be concluded that work life balance is the most essential factor for any organisation’s growth success. With growing influence of career women, expectations from them have increased as they have proven to be most effective and efficient in any field of work. Hence, the organisations also are trying to ease their lives by providing better facilities to ensure proper work life balance. With this trend on rise, that day is not far when women prove to be the most influencing partners in any organisation success.

KEY WORDS: Work life balance, success, IT.