

**Editor** 

Dr. Kanchana Goudar

Co Editors

Dr. Geetha P S Ms. Nagarathna M



### "A STUDY WORKPLACE HEALTH PROGRAMMES AND GENDER EQUALITY" - CONCEPTUAL STUDY

#### Editor:

#### Dr. Kanchana Goudar

Academic coordinator
PG St.Francies De Sales Degree And PG Study Centre Electronic city
Bengaluru-560100

#### Co Editors:

#### Dr. Geetha PS

Asst Dean, School of Commerce St Francis De Sales College, Bangalore

#### Ms. Nagarathna M

Faculty School of Commerce St Francis De Sales College, Bangalore

#### Published by

#### Rachana Prakashana

No. 2346/1, 10th Cross, Basaveshwara Road K.R. Mohalla, Mysore-570004

ISBN: 978-93-92016-67-7

First Impression: 2024

Pages: x + 86 + 4 = 100

©: Author

Copies: 600

Price: Rs.120/-

Size of the Book: 1/8 Demy

Paper Used: Maplitho

D.T.P.: Anukshana Creations

Mob: 8660867073

Cover Page Design: D S Graphics

Printed at: Print Culture, Mysuru

## CONTENT

1.		ND 1
	- Ms. Nagarathna M - Mr. Anilkumar	
2.	A STUDY ON ROLE OF SOCIAL MEDIA IN ADVANCING WOMEN'S EMPOWERMENT - Mrs. Ambika V M - Ms. Bindhu N	7
3.	"RECENT TRENDS IN WOMEN EMPOWERNMENT IN INDIA" - Mrs. Deepashree. P	13
4.	ROLE OF WOMEN ENTREPRENEUR IN DEVELOPMENT OF INDIAN ECONOMY - Mrs. Veena N - Mrs. Ashwini .C	29
5.	GENDER EQUALITY AND WOMEN EMPOWERMENT FOR SUSTAINABLE COMMUNITY DEVELOPMENT IN KARNATAKA - Prof. Sandhya Kumari B	Г 37
6.	"A STUDY ON WOMEN EMPOWERMENT IN INDIA - CURENT SCENARIO" - Ms. Chaitra S - Ms. Priya E	41
7.	CELEBRATING THE SUCCESS STORIES OF SC/ST WOMEN ENTREPRENEURS IN INDIA - Prof. Lavin. A. Bhawnani	53

# "A STUDY WORKPLACE HEALTH PROGRAMMES AND GENDER EQUALITY"-CONCEPTUAL STUDY

- Ms. Nagarathna M - Mr. Anilkumar



#### Abstract

This study investigate the result of workplace health programs on Gender equality initiatives within organizations. It spotlight the unified nature of these initiatives, highlighting the importance of improving physical and mental well-being for employees, leading to decreased absenteeism, increased productivity, and job satisfaction. Gender equality initiatives can create a more inclusive and supportive work environment, offering mentor ship, networking opportunities, flexible work arrangements, and addressing unconscious bias. Key areas of focus include physical health, mental health, pregnancy and parenting, sexual harassment prevention, and work-life balance. By addressing these areas, organizations can create a healthy, supportive, and empowering work-place for women. By integrating these two aspects, organizations can contribute to a more gender-equal future.

**Keyword:** Workplace health Programs, Gender equality, physical and mental well-being.

#### Introduction

The purpose of this study is to investigate the workplace health programs and how these programs influence the Gender equality initiatives within organizational settings.