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HR Assignment

#Please write answers to the following questions in Hindi (Devanagari) or English and share the file as per submission instructions.

Write these answers using your own words. If it looks like it was copied from the internet or AI-generated, it will be rejected.

What is work-life balance?

Work life balance is harmony between work and personal life. One should be able to enjoy both the aspects of life without being overburdened by any one. Its better to call it as work life harmony. Both go hand in hand and can't be separated from another. Doing well in one aspect automatically improves the other one and vice-versa.

What does a perfect day look like?

A perfect day looks like the following - Waking up early before sunrise, doing some exercise, meditation and drinking some green tea. Then having breakfast and bath. Doing excellent and meaningful work. Then after being tired, getting some rest and time with family and finally sleep on time. To get up refreshed tomorrow.

What does work mean to you?

Work is an integral part of life. It gives up a purpose to serve people and help improve the world. Work should be impactful and affect positively many people around us.

Give an example from your life where you defied pressure from your family or close ones to do something that was right according to you.

I chose energy science and engineering at IIT Bombay. My family was pressurizing me to take up some core branch like electrical, mechanical or chemical. But I wanted to explore new things so took up this branch and it turned out pretty good. I did the right thing. We should explore new things.

What is your biggest fear?

The biggest fear is oblivion. I don't want to be forgotten after I'm dead. So I'll write books and make autobiographies for my memories to stay forever in this world.

What are your hobbies and interests, and to what extent have you accomplished them?

Hobbies- reading books. Singing, listening music, travelling

Interests - Learning new stuff, making new friends

I have done well to accomplish these things.

Provide an example of resilience from your life. Share the work you have undertaken despite facing constant setbacks.

I was facing constant setbacks at my job at EXL. My peers were criticizing me for my bold decisions that I took for the company. But it paid off and went pretty well. I got awarded for that.

What movies have you seen recently? Share your learnings.

Recently I watched the movie - Game of thrones. I learnt that to be a good ruler we should take all people along with us and develop their standards of living only then they will support us to rule. It's important to take risks and be courageous.

Are you aware of the climate change crisis? In your view what is the fundamental reason behind it and how can it be averted?

Yes, climate change is a big issue. It is being advanced by pollution which causes global warming and eventually climate change. Fundamental reason is human greed and over-exploitation of nature and environment for personal benefit.

What are your views on veganism? Are you a vegan?

Veganism is the practice of eating food that is not derived from animals in any form. It is a good thing because it prevents animal abuse and exploitation.

Share your understanding of Acharya Prashant's work. If you aren't familiar, you can watch a video and share your thoughts.

Acharya Prashant is doing some excellent work to preach wisdom and knowledge for free. He

should continue the good work and expand his distribution of works worldwide. It will benefit humanity to a better and sustainable future. I would like to join his foundation and market his teachings to reach a wider audience and improve web and app user experience to improve sales.

Thanks.

Hoping join and work with Acharya Prashant soon.