**Work from Home . Boon or Bane ?**

Let’s begin with the advantages. Perhaps the biggest benefit is that people can work flexible hours especially for women who have young children.Many of them otherwise quit their job after the birth of their children to look after them.Moreover, male employees also benefit from working from home as they can save hours to commute to work and home back, improving their work-life balance and overall sense of wellbeing.Further, employers also benefit from this arrangement. When employees work from their homes, the cost of running the business comes down.

On the other hand, there are a few challenges as well. Employees working from home may have difficulty building a rapport with others in their team, creating a lack of coordination among themselves.Further, workers may find it difficult to get instant support from each other when problems arise leading to total chaos in the work schedules.Worse! This lack of apathy towards each other may be also reflected towards the customer which can lead to the ultimate destruction of a reputation for the company.To summarise, there are several benefits to working from home including the freedom to individual employees.Many employers have already realized this and started encouraging their workers to work from home, ofcourse, with some precautionary measures against downfalls of lack of communication and subsequent disasters.

**“Work for a cause, not for applause. Live life to express, not to impress. Don’t strive to make your presence noticed just make your absence felt “.**

These lines suit those people who are working from their homes or teleworking today.Today the world is facing the Coronavirus crisis, a pandemic that has changed our life.People are locked in their homes due to the spread of COVID -19 a disease that spread through person-to-person contact.In this situation, it is important to limit our contact with other people as much as possible.Most people feel better working from home instead of traveling to a workplace every day.

It **saves time and travel expenses**. Due to **working from home** or teleworking, people get more time for themselves and for their work.Their minimum traveling reduces [environmental pollution](https://indianconstitutions.com/essay-on-pollution/), and they do not require to stand in a traffic jam.They can decide when to do their work and when to take a rest. **Working from home** is effective for a lot of people because they get more time to spend with their family.There are still some **disadvantages of working from home**.

Social distancing doesn’t suit our nature.“***Man is a social being***,” said **Aristotle** a famous philosopher. Due to the rapid spread of [Coronavirus](https://www.indianconstitutions.com/essay-on-coronavirus-in-english-in-500-words-for-students/), most of the **global population** is experiencing isolation.This loneliness can create **mental** and **physical health** issues. **Working from home** reduces face-to-face interactions among colleagues.Direct interactions among colleagues create personal connections and strengthen **healthily working** relationships.

A positive change is happening around us because of social distancing and**work from home** that the people are embracing during this [pandemic](https://www.indianconstitutions.com/essay-on-coronavirus-in-english-in-500-words-for-students/) of [**COVID-19**](https://mohfw.gov.in/). But it will be too early to speak of long-term changes.**Working from hom**e is better because its advantages overcome the disadvantages. **Working from home** is a convenient method for the professional to work in their home.

**According** to this [pandemic](https://www.indianconstitutions.com/essay-on-coronavirus-in-english-in-500-words-for-students/) situation, professionals need a remote job. As we review the **work culture** as a 9 to 5 job.How difficult and complex, in rushing to the office in **traffic** and the **climatic condition** such as the rainy season.Therefore, professionals got a wonderful opportunity to **work from home**. Now a day **office culture** is eradicated.New and amazing work culture is introduced as a **remote job** or **work from home.**Professionals can work in their leisure. Those who are professional learn to keep their work busier in the home.That, they can get appreciation from the company.

**Working from home** doesn’t mean you lose the sense of professionalism.It means you have to create a warm work [environment](https://www.indianconstitutions.com/speech-on-world-environment-day/) to become more productive than ever.**Working from home** can sound like a dream come true. however, like any job situation, there are many **disadvantages to home employment** that may become apparent over time.For some, this can mean making a few adjustments to make the situation more tolerable.For others, the disadvantages can be so powerful that they can put an end to the **home office**.

Just as tere are ***two sides to a coin*** there are ***two sides to every story***. Similarly, there are some **positive aspects of work from home**.First, **saving time in a person’s life**, that is, when a person goes out of the house to work, he had to face problems of **congestion, traffic, jam, etc**. but now it fits the exact saying kill two birds with a single stone.That is, the **money spent on traveling** is also saved.  and the most important problem was **fuel savings** for the future…i.e, 24 hours carts roomed the roads with more than half of the people employed.So, the **fuel** that is wasted on the roads also **pollutes** the [environment](https://www.indianconstitutions.com/speech-on-world-environment-day/) was completely balanced.

First of all, social interactions decreases, loneliness increases, mental as well as physical problem increased, expressing ability decrease, etc.

Another important challenge is that work from home is not possible in every area.Like if we, work in the educational field, there are many children who are not even familiar with something called [online](https://www.indianconstitutions.com/essay-on-online-classes/" \o "Short And Long Essay On Online Classes | Online Classes Essay).So what is the benefit of the teacher working from home due to which the development of all is not happening simultaneously?The promotion of many people has stopped in this system working from home seems dull, the ability to work is seen to be destroyed soon.Successfully working from home is a skill, just like programming, designing, or writing. it takes time to develop that skill.

Several large companies, both internationally and nationally, have announced that they plan to continue the option of working from home for anyone who also wishes after the pandemic. The arguments for this include:Greater flexibility in organizing work and family life situations seems to significantly reduce stress for many people.Time that was previously used for commuting or travelling between meetings can now be used for other things, which in turn may lead to higher productivity.One common argument is that a home office situation provides fewer distractions and can make us more efficient.Employers, for their part, see an opportunity for reduced travel costs and less need for office space.

Some people became more efficient in their new work setting, for example because they had fewer distractions and work became easier to prioritize. But others became less efficient, for example due to lower motivation and lack of daily structure.Some individuals thought it was beneficial to have more peace and flexibility in their daily life, while others felt lonelier and less motivated due to the lack of social and physical contact with fellow students and colleagues.

A number of the academic staff also had a much busier schedule due to home schooling their children. This factor is less relevant in a situation without a pandemic.

The study also found many of the positive elements of distributed teamwork and working digitally that are mentioned at the beginning of our article. However, one finding stands out as a paradox.