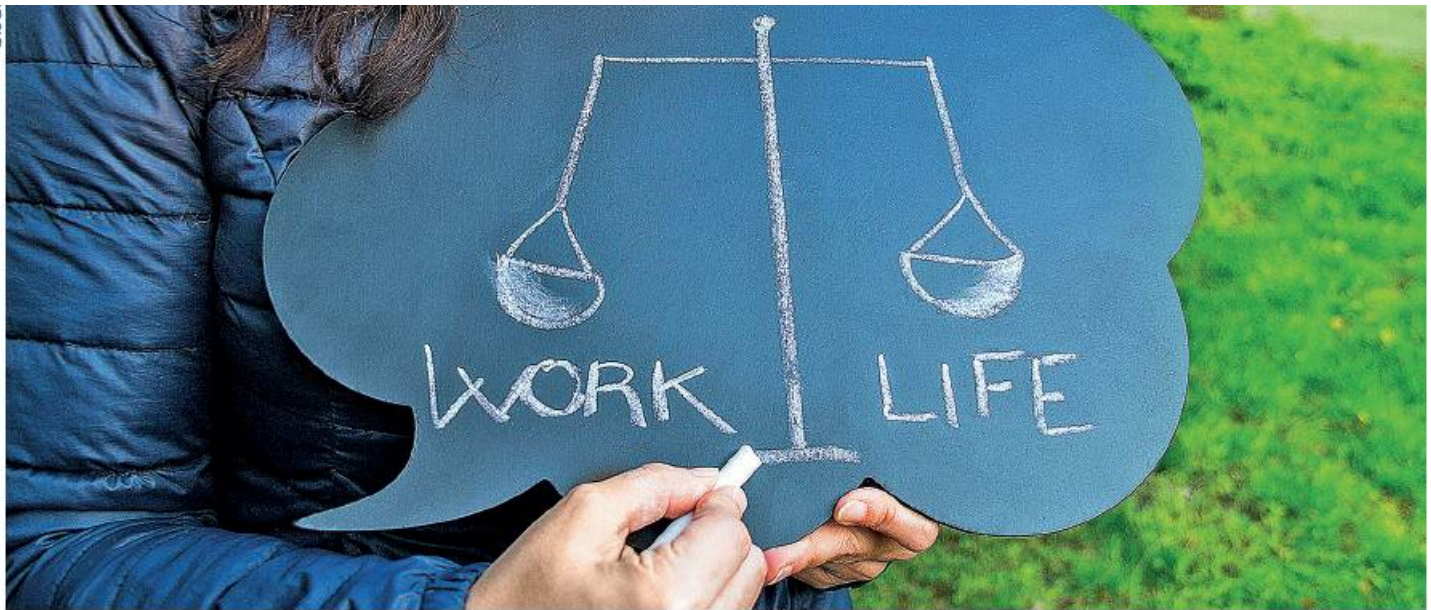


# For a better work-life balance

As Covid-19 upends lives across the world, professional duties and the burden of managing home and work have grown. This Women's Day, women employed in real estate tell us how they manage it all



## DEBORAH PEREIRA

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**Mihir Tewari,**  
co-creator and  
MD of a VR app

Life definitely became difficult as the boundaries between home and work blurred and became non-existent. Even though I was spending more time with family, juggling both was a challenge.

Experience has taught me that being organised is essential during these times. Organising a work schedule in advance goes a long way in efficiently managing the day. It is absolutely acceptable to have a few failures as we mitigate the situation and try to do our best in these challenging times. Frankly, I hardly had any me-time, and even the little time I had for myself reduced during the pandemic. However, I did use an audiobook app effectively. I was able to teach myself new and interesting things, even things that were earlier out of my comfort zone.



**Yukti Arora,**  
co-founder  
and CPO of a  
construction  
productivity app

At first, working from home was like a breath of fresh air. It made me realise that you should slow down and smell the roses. This was quite literal in my case since I spent a lot of time in my garden. Towards the end of 2020, it became a little difficult since the boundaries between personal and professional life disappeared. Work-from-office resumed around November, and this meant that we did not carry our work home and vice versa. Balance is vital. The pandemic helped me re-acquaint myself with my artistic side. I spent time painting, doing yoga and Bharatanatyam, reading, etc. I live in a joint family, and staying indoors for months helped us bond over game nights and activities together. The pandemic definitely gave me more me-time and family time that I hadn't realised I was missing.



**Natasha Aggarwal,**  
interior  
designer

Working from home was an eye opener. It made me realise that working remotely is possible if all the systems and processes are in place. However, it comes with its drawbacks, especially when communicating design schemes remotely; a lot of the nuances are lost in translation. I can now compartmentalise better for a more efficient work-life balance, although I am more focused and productive while working in an office environment. Even while working from home, we stuck to our usual work hours. To ensure I prioritise me-time, I enrolled in online courses and spent a lot of time reading. I experimented with cooking and was able to indulge in arts and crafts after a long hiatus.



**Rakhee Bedi,**  
Architect

Working from home definitely made the daily routine simpler and easier. However, juggling kids' education along with the new work routine was a challenge since they were also studying from home under our guidance. We set up a separate office space that could completely cut us off from the house. The focus was on working without any disturbance or interruptions. Since I had a lot more free time, I took up reading. It also gave me the opportunity to explore things that I was interested in through online platforms and short courses on colours and design, management and entrepreneurship, etc, which helped me handle my business better. I also tried my hand at courses that developed my hobbies.