

*Dedicated to*

*My Grand Fathers*

*Late Ram Swarup Singh*

*Late Bachendar Prasad Singh*

## DECLARATION

I, Roma Singh, Research Scholar in the Department of Business Administration, School of Management Sciences of Tezpur University (Assam), hereby declare that this research work entitled as “**Remote Work: Work-Life Balance and Managerial Productivity of Women in the IT Sector- Evidence from Delhi NCR and Bengaluru**” is a bona fide work carried out by me under the supervision of Dr. Runumi Das.

This work has not been formerly submitted for award of any other degree.

Date: 12/9/2025

Place: Tezpur



(Roma Singh)

Registration No. TZ22000013 of 2022



तेजपुर विश्वविद्यालय/ TEZPUR UNIVERSITY  
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(Awardee of Visitor's Best University Award, 2016 and 5<sup>th</sup> among India's Top 100 Universities, MHRD-NIRF Ranking, 2016)

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### Certificate from the Supervisor

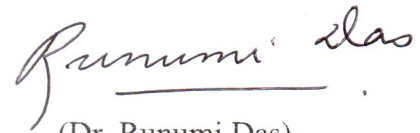
This is to certify that the thesis titled “**Remote Work: Work-Life Balance and Managerial Productivity of Women in the IT Sector- Evidence from Delhi NCR and Bengaluru**” submitted to the School of Management Sciences, Tezpur University in part fulfilment for the award of the degree of Doctor of Philosophy in Business Administration is a record of research work carried out by Roma Singh under my supervision and guidance.

All help received by her from various sources have been duly acknowledged.

No part of this thesis has been submitted elsewhere for award of any other degree.

Date: 12/9/25

Place: TEZPUR

  
(Dr. Runumi Das)

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Regards,

Dr. Roma Singh

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## **LIST OF ABBREVIATION**

AI	: ARTIFICIAL INTELLIGENCE
GEN AI	: GENERATIVE ARTIFICIAL INTELLIGENCE
WLB	: WORK LIFE BALANCE
RW	: REMOTE WORK
E-WORK	: ELECTRONIC WORK
FOW	: FUTURE OF WORK
WFH	: WORK FROM HOME
WFA	: WORK FROM ANYWHERE
WFO	: WORK FROM OFFICE
RWTF	: REMOTE WORK TRUST AND FLEXIBILITY
EWB	: ELECTRONIC WELLBEING
EU	: EUROPEAN UNION
ILO	: INTERNATIONAL LABOUR ORGANISATION
UK	: UNKITED KIMGDOM
US/USA	: UNITED STATES/ UNITED STATES OF AMERICA
RWE	: REMOTE WORK EFFECTIVENESS
WAW	: WOMEN AT WORK