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A STUDY ON EMPLOYEES WELLNESS WITH SPECIAL REFERANCE TO WEBBOX OFTWARE SOLLUTION" SOLLUTION-KUMBAKONAM

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Abstract

Human Resource Management (HRM) plays a significant role in promoting employee well-being and enhancing organizational effectiveness. In the present competitive and demanding work environment, employees often experience high levels of stress, work pressure, and challenges in maintaining a healthy work–life balance. As a result, employee wellness programs have become an essential part of modern HRM practices. This study aims to examine the role of Human Resource Management in implementing employee wellness programs and to analyze their impact on employee well-being, job satisfaction, and organizational performance at Vebbox Software Solutions.

The study is descriptive in nature and is based on both primary and secondary data. Primary data were collected from 50 employees and interns of Vebbox Software Solutions using a structured questionnaire. Secondary data were gathered from company records, books, journals, and relevant websites. Various statistical tools such as percentage analysis, weighted average method, satisfaction index, and correlation analysis were used to interpret the data collected.

Keywords: *organizational effectiveness [1], work–life balance [2], HRM practices [3], Employee Development[4], employee wellness programs[4], employee well-being [5].*