Preamble: Life Skill Development and Management are very Tedious, Demanding and Challenging Tasks

This lecture will elaborate few interesting components only. Actual solution will differ from case to case basis. Some of the concepts/ideas are not novel. However, their integration and overall presentation are quite novel and unique. Attending this lecture may not fetch you a good job but this may help you survive a tough situation in life without job, partner and in the events of having backlogs, poor CGPA, a heart break etc.

Abstract:

Important Challenges faced by Students to Avail Good Education during Twentieth Century and during Present Time; The Story of a King, His Empire and the Search for a Worthy Successor; Characteristics of Today's Youth; A Few Important Life Skills for Present Generation; A Few Interesting Discussions; Discussion on Golden Career, Success, Failure, Suicide; A Few Interesting Self-Quotes; Values: A value becomes a value when you suffer from it; Importance of Listening Skills; How to Listen to your Inner Calling ?; How to avoid rat race? - You are special!; Time-Management: Basic Understanding; Important vs. Non-Important, Urgent vs. Non-Urgent; The Concept of "Do It Right Now (DIRN)"; Discussion on Smile and Humour; “Slow but Steady wins the Race” vs. “Fast and Consistent wins the Race”: Single Gear Vehicle vs. Multiple Gear Vehicle; Understanding a Balanced Portfolio: Judgement of Excess Baggage; Smart Life-style/Traditional Life-style; Modern Day Education and Requirement of Time Management; Usage of Technology/Electronic Gadgets; Ability to Boot/Unboot and Install/Uninstall at Your Will; Concept of Float Time/Buffer Time Requirement; “Concept of Dot Balls in the Game of Cricket”; Requirement of Self Motivation to Practice Time-Management Skills; Respect Time and Its
Non-linear Nature; Biased Optimism: Case Study: Road Accidents while Driving a Car/Vehicle; Recommendations: Practice Yoga, Meditation, Prayer, Music, Exercise, Correct/Good Food/Drinking Habits and Regular Sound Sleeps; Unique Discussion on Importance of Doing Regular Exercise; Rapid Fire Messages: Gems of Life; Be Humane-A Sincere Appeal; Life Audit: Case Study; Finally, Institute Song Message: "Bishwa Ka Mukutmani I I T Patna.....": You are the Flag-Bearers: Be Proud of Being IIT Patnaitians. Jai Hind! Jai IIT Patna!

**About the Speaker:** Dr. S. K. Samanta is a very familiar name among IIT Patna Community because of his natural singing ability. Incidentally, he is a very passionate teacher as well.

Dr. Sujoy Kr. Samanta, a National Scholarship Holder at Secondary and Higher Secondary Levels, has completed his B.E. in Chemical Engineering (with Honours distinction) in 2002 and M.E. in Chemical Engineering in 2004 from Jadavpur University, Kolkata. He has obtained his Ph.D. degree in Chemical Engineering in 2009 from IIT Madras. Prior to joining IIT Patna in December 2013, he has worked as an Assistant Professor (SG) in the Department of Chemical Engg., JUET, Guna (M.P.) from July 2011 to December 2013 and as an Associate Professor in Chemical Engineering Division, School of Mechanical and Building Sciences, VIT University, Vellore (T.N.) from April 2010 to July 2011. He has published several research papers in various reputed international journals such as Chemical Engineering Science, International Journal of Heat and Mass Transfer, Food Research International etc. He is certified on “**High Impact Teaching Skills**” attested by Dale Carnegie & Associates, Inc. Trainer and Wipro. He is a Life Member of Indian Institute of Chemical Engineers.