



With the graduating batch of 2021, IEST Shibpur now entering the world outside college with tons of opportunities and experiences in-store. They might feel that they are not mentally prepared for what is to come.

One needs to know how to deal with the various pitfalls that can crop up in one's professional life. Dealing with colleagues, seniors, clients and others can go horribly wrong if one is not careful. Additionally, the constant pressure, late nights, early mornings, and, in some cases, a lack of appreciation can take a toll on freshers going into their first places of employment.

Indeed, the modern workplace, although a formidable place, is not without its opportunities. It is equally important to identify and take advantage of such opportunities when they present themselves. At the same time, one must also take care of one's own mental health and maintain a work-life balance that is both productive and pleasant.

To that end, a special lecture cum orientation session for the batch of 2021 by Dr. Manas K Mandal, an expert of international repute, has been organized by Dean Students' Welfare in collaboration with the Department of Humanities and Social Sciences, IEST Shibpur on





TOPIC: HAPPINESS AT WORK: A BEGINNER'S CHOICE



Dr. Manas K Mandal is Currently a Fulbright Visiting Professor at the School of Medicine, University of Pennsylvania. His specialization is in Cognitive Neuroscience. He is working on thin slices of human behavior as a possible predictor of mental disorders. He was a Distinguished Visiting Professor, Indian IIT Kharagpur, India and Adjunct Professor, National Institute of Advanced Studies, IISc campus, India. He has held in the past prestigious positions at IIT Kharagpur, DRDO, BHU. He has served as a Full bright Lecturer at Harvard University and a Visiting Professor at Kyushu University, Japan.

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