

Institute Seminar on “Inspired Living, Life Skills”

Topic: Inspired Living, Life Skills

Speaker: Shri Vivek Atray

Venue: Adjacent to Library, 4th Floor, Main Building, IIT Bhubaneswar

Date: 16th Sept. 2019

Time: 5.00 P.M. to 6.30 P.M.

The seminar began with welcome by Dr. C. N. Bhende (PIC Seminar) followed by brief introduction of the speaker.

Shri Vivek Atray started by his talk with ‘happiness’ and told that everybody who earns lot of money, not necessary that they are happy including richest persons of the world. He gave few examples of ‘happiness and success’. Later he told we should know what really matters in life, we should align our thoughts, priorities the tasks and accordingly action should be taken. He emphasized on 80-20 rule which says that 20% of our tasks should account for 80% of the value of what we do. He told, ‘well begun is half won’, hence, prepare well (materially, emotionally and spiritually), be ahead of game with plan-A, plan-B,... and calculate the risk taking. He mentioned patience is highly important, sighted example of placement and told that placement will happen, immediate success may not be as important as long term wins. Shri Vivek Atray emphasized on good communication skills and its importance in today’s life. To improve the communication skills, he advised students to give mock speech in front of friends and have a group discussions on various topics among the student friends. He mentioned do little things for other as well, “a life lived for others is a life well spent”. Also sighted example of Bill Gates who is one of richest person of the world and donates lot of wealth to the charity. He also advised for daily meditation for calmness of body and soul.

One of the students asked the question that if he will be satisfied with his achievements, then how he will grow further. Mr. Vivek replied that satisfaction in our achievements does not mean that we should stop growing further. He cited the example of cricket legend Sachin Tendulkar to explain the same. One of the students asked why did you leave IAS

service after 26 years. Mr. Vivek replied that he left IAS because he wanted to pursue his passion as a motivational speaker.

The seminar concluded with the Dr. C. N. Bhende (PIC Seminar) felicitating Shri Vivek Atray with a memento of appreciation.

Biography of the Speaker:

Shri Vivek Atray is an Author, Advisor, Motivational Speaker and Independent Advisor. He is ex-Indian Administrative Service (IAS) officer. He is an acclaimed orator and has spoken at events organised by NASSCOM, CII, TIE, MAIT, PHDCCI, NCGG, IIFT, ISB, Vibrant Forum and numerous universities and Corporate houses including Infosys, Maruti, Hindustan Times and Axis Bank.

He speaks on the Inspired Living, Nuances of Leadership, Life skills, Public Speaking Skills, Emotional Intelligence, Work-Life Balance and Calmness. He has inspired thousands of youngsters to adopt a cheerful, positive and multi-dimensional approach to their lives.

He was the recipient of the “Leaders Who Inspire Award for Motivational Speaking” from the Media Federation of India MFI in 2018.

He has four TEDx talks on the “Ingredients for being an All-rounder in life”, “Being Indian in a Global Era”, “Living a simple but superb life” and “Life and its real goals”. His novels “Move on Bunny!” & “Dubey ji Bounces Back” proved highly popular. He is now writing a book on Life Skills for Young Indians. He writes a popular fortnightly column- Random Forays- for the Hindustan Times and Middles for The Tribune. He hosts a Talk show called Delicious Conversations.

During his tenure as an IAS officer, Shri Atray undertook a number of reforms in the areas of digital governance, investment promotion, education and sports management. He was directly involved with the development of the Chandigarh IT Park as Director IT. He also worked as Advisor for KPMG & PwC on a sabbatical from the Government for two years.



