

A system engineering approach to understand about our mind and its benefits

Tapobrata Lahiri
A Lifelong Learner

Human as a psychosomatic system

- 1) It's about my qualification or worthiness to try to orient you
- 2) Human as a psycho-somatic system under controlled probabilistic rules of nature
- 3) Overview of systems engineering as inspired from Human as model system
 - a) Systems modelling and simulation considering Human as a thinking entity or system
 - b) Optimization
 - c) Machine Learning

benefits of application of system engineering approach to control or modulate our mind to extract highest benefit for our career

- a) Importance to be in the absolute frame of reference to better understand functioning of a system
- b) Roles and beneficial ingredients of ancient philosophies in the forms of religions, spirituality and yoga
- c) Importance to maintain a daily healthy routine to be in a state of great ecstasy, fun, Masti and highly productive state without taking any drug.
- d) Importance of the term “faith” with logical base and to feel the great national responsibility under the theme of Integral Humanism of Pandit Deen Dayal Upathyay