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The Art and Science of Effective Time Management

The 2nd issue of volume-1 of International Journal of Social Sciences and Management is in your hand. This editorial focus on the scientific time management technique in the context of the healthy and punctual publication of this journal. The journal is in the seedling stage which started geminating by a healthy seed three months back in January 2014 with publication of seven scholarly articles. This issue includes only four scholarly articles whereas we have received 25 manuscripts till this date. We feel great sorry for those 3 accepted articles which have not been included due to slow revision by authors, concerned authors should understand our situation. We would like extend excuse to those authors whose manuscripts are not included due to major corrections. We are committed to publish quality original articles including review articles in punctual time. The ability to plan and control in method to spend the time in a day for effective accomplishment one's goals is called time management. Poor time management results to dilatoriness, as well as problems of self-control. Skillful management of the time include planning for the future, setting destinations, prioritizing jobs, and monitoring where the time actually goes. A successful person can be identified by his/her management of time. At first identification of individual's goal is the first step of success based on his/her available resources and other limitations for better productivity.

Productivity processes attach into how the brain works? How people adjudicate? Where they are at present and where they desire to run in the future? The attempts for research is now catching up with mammals have been practicing since thousands of years. The use of artificial intelligence is the recent discovery in this context for the help of human works. In the same resources and circumstances, one works efficiently and other works only its 10% of works. One person is happy with the achieved results and other feels worry, appear to be tiered and fatigued.

Now a question arises, how these differences occur? The brain of human being is key organ which controls every activities by the coordination of various vital organs by neurotransmitters. The genetic factors of a people also controls the various works done by the individual. Then now we get

satisfy with our destiny that we have got these genes from our ancestors. No, above all these scientific causes of heredity and the structure of our vital organs get stimulations from the environments. Most of the genes are inducible which are stimulated by external factors. Therefore, we can conclude that efficiency is not our hereditary dependent phenomenon; but, we can achieve what we want by gradual practice. All the living beings have a better power of adaptability which makes them suitable to adjust with the environment. If attempts are done to manage the time, it is not impossible; but, determination is most essential.

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