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Lallit Anand is the Warren and Towneley Rohsenow Professor of Mechanical Engineering at MIT. He received his B.Tech from IIT Kharagpur in 1970, and earned his PhD degree in 1975 from Brown University. The same year he joined the Fundamental Research Laboratory of the U.S. Steel Corp., and served successively as Research Scientist and Senior Research Scientist till 1981. He joined the MIT faculty in 1982. For two years, during 1989-1991, he served as the Program Director for the Mechanics of Materials Program, as well as the Manufacturing Processes Program in the Engineering Directorate of the National Science Foundation. At MIT he has served as the Head of the Area for Mechanics (2008-2013).

The honors he has received include:

- Eric Reissner Medal, 1992. From the International Society for Computational Engineering & Sciences.
- Fellow of American Society of Mechanical Engineers, 2003.
- Khan International Plasticity Medal, 2007. From the International Journal of Plasticity.
- Distinguished Alumnus Award from Indian Institute of Technology Kharagpur, 2011.
- Daniel C. Drucker Medal, 2014. From American Society of Mechanical Engineers.
- J. P. Den Hartog Distinguished Educator Award, 2017. From MIT.
- William Prager Medal, 2018. From the Society of Engineering Science.
- Member of the National Academy of Engineering, 2018.
- Brown University Engineering Alumni Medal, 2018.