



D.K.M COLLEGE FOR WOMEN ( AUTONOMOUS ), VELLORE

DEPARTMENT OF MANAGEMENT STUDIES

CHIEF GUEST

DR.D.ANAND ,

HEAD OF THE DEPARTMENT (BBA),

THIRUVANNAMALAI GOVT.ARTS AND SCIENCE COLLEGE,

THIRUVANNAMALAI.

ASSOCIATION MEETING

19<sup>TH</sup>SEPTEMBER 2019

KAVERI CONFERENCE HALL

**WRITE UP**

Department of management studies organized “Department Association meeting” on 19<sup>th</sup> September 2019 at kaveri conference hall.

The programme held with the chief guest Dr.D.Anand ,Head of the department (BBA),ThiruvannamalaiGovt.arts and science college, Thiruvannamalai.The welcome address was given by Mrs.B.Maheswari assistant professor,Dept of management studies.The UG and PG,M.Phil students were participated.The topic was motivation.

The session started with the small moral stories related to motivation and inspiration. Stop stressing so much “Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they’d be asked the typical ‘glass half empty or glass half full’ question. Instead, with a smile on her face, the professor asked, ‘How heavy is this glass of water I’m holding?’

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, ‘From my perspective, the absolute weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it feels to me.’

As the class shook their heads in agreement, she continued, ‘Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.” He mentioned some motivational and inspiration related quotes

“Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential.” – John Maxwell

“Failure is the opportunity to begin again more intelligently.” – Henry Ford

That was a wonderful session .Students enjoyed the session and gained so many information related to their career. How they should groom academic wise and communication wise. How competition rising day by day and how students should cope-up with this technology all those things were discussed that day. The session was ended with the vote of thanks.

