



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

## Department of Management Studies



### REPORT OF ASSOCIATION MEETING

“IKIGAI”

Date: 27.09.2023

Venue: “D” Block Conference Hall

Time: 1.30 pm to 3.30 pm



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

Name of the Programme: **Association Meeting “IKIGAI”**

No of Beneficiaries: Students- Staffs- 6

Date: 27.09.2023

Venue: ‘D’ Block Conference Hall

Time: 1.30 P.M to 3.30P.M

### INVITATION

**D.K.M.COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1**  
(Accredited by NAAC with 'A' Grade)  
**DEPARTMENT OF MANAGEMENT STUDIES**  
Organizes Association Meeting on the topic  
**"IKIGAI"**

**CHIEF GUEST :**  
Dr.S. UMA MAGESHWARI,MBA.,Ph.D  
Assistant Professor  
Department of Business Administration  
Auxilium College ( Autonomous)  
Vellore

**CONVENOR**  
Dr.V.S. Palaniammal  
H.O.D

**Organizing Committee**  
Mrs.A.Kalai Selvi  
Dr.E.Veronica  
Mrs.S.Asha  
Ms.S.Kamali  
Ms.K.Deepalakshmi

**PATRON**  
Dr.R.Banumathy  
Principal

**CHIEF PATRONS**  
Er.D. Maninathan- Secretary  
Dr.T. Sivakumar- President

Date : 27.09.2023  
Time : 01.30 to 03.30 PM  
Venue : D Block Conference Hall

**All are Cordially Invited**

### Programme Objectives:

- The main objective is to educate students on life purpose
- To help students to gain knowledge about primary elements of ikigai's
- To make them aware of self discovery and growth.



## Report

### Association Meeting: “IKIGAI”

Department of Management Studies conducted an Association Meeting on the topic “**IKIGAI** “ on 27.09.2023 from 1.30 pm to 3.30 pm.

The resource person for the session was Dr.S.UMA MAGESWARI, Assistant Professor Department of Business Administration, Auxilium College (Autonomous) Vellore.

Dr.V.S.Palaniammal, Head and Assistant Professor, Department of Management Studies gave welcome speech and facilitated the resource person. Mrs.A.KALAI SELVI, Assistant Professor introduced the resource person.

The resource person enlightened the session with the meaning of the topic IKIGAI- ‘a reason for being’ .She spoken about what makes you happy and the foundation to success.

The resource person gave awareness about the various elements of IKIGAI likes passion –What you love, Mission- what the world needs, Vocation-hat you can be paid for, Profession-What you are good at. These elements gave the Japanese secret to a joyful life

The resource person gave useful tips to the state of being happy. Seven steps to happiness are Think less and feel more, Frown less and smile more, Talk less and listen more, Judge less and Accept more, Watch less and do more, Complain less and Appreciate more, Fear less and love more

She imparted the knowledge about MY IKIGAI like Expressing gratitude,



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Avoiding, over thinking and social comparison, Practicing acts of kindness, Nurturing social relationships, Commitment to your goals, Practicing spirituality, Taking good care of your body, Cultivating optimism, Savoring life's joy etc.

The resource person created awareness about the positive attitude. A positive attitude is like a magnet for positive results. A total number of students and 6 staffs took part in the session.

The whole session was organized well. Dr.E.Veronica, Assistant Professor proposed the vote of thanks.

### **Program Outcomes:**

- Students gained knowledge about various elements of ikigai
- They learnt more about expressing gratitude
- Students also came to know about Learning to forgive increase flow experiences, Developing strategies for coping, Nurturing social relationships

**Head of the Department**

**Principal**



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### Photos



**Dr.V.S.Palaniammal, HOD Delivered the Welcome speech**



**Mrs.A.Kalai selvi, Assistant Professor introduced the resource person**



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**Resource person addressing the gathering**



**Students' participated and enjoyed the session**

**Head of the Department**

**Principal**