Guru Nanak College, Guru Nanak Salai, Velachery, Chennai-600042

Department of B.Com (Marketing Management)

Virtual PTA Meet - July 2020

Guru Nanak College (Autonomous)
Re-Accredited at 'A' Grade By NAAC
Affiliated to the University of Madras
Guru Nanak Salai, Velachery, Chennai 600 042

School of Management
Department of B.Com Marketing Management
Virtual Parent - Teacher Meet
Venue: Google Meet

1st Year
Date: Sat, July 4, 2020
Time: 5:30pm – 6:30pm
Meet ID: https://meet.google.com/ctj-orvt-ieh

2nd Year
Date: Wed, July 1, 2020
Time: 5:30pm – 6:30pm
Meet ID: https://meet.google.com/kbd-xkwg-gid

3rd Year
Date: Fri, July 3, 2020
Time: 5:30pm – 6:30pm
Meet ID: http://meet.google.com/tww-gngm-xyp

With Regards,
Ms. M.L. Mayalakshmi
Head, Department of Marketing Management
Attendance Report:

I B.Com(MM): 93% attendance.

II B.Com(MM): 95% attendance.

III B.Com(MM): 97% attendance.
2: A peaceful mind generates power

- Author says many problems occur because of mental thoughts. Hence the primary method for gaining a mind full of peace is to practice emptying the mind.
- Author says have you feel the sense of relief when you pour out your problems stress and issues which lay heavy upon your heart, do you feel sense of relief after sharing your sorrows to someone you have a lot of trusts, having that someone in your life whom you can trust and can share anything will always keep you and your mind at peace, and having a peaceful mind generates a positive power.
- Hence always try to keep your mind away from negative thoughts.
- And always have one person in your life to whom you can discuss all your worries and sorrows.

3: How to have constant energy

- Author says, How we think and feel has a definite effect on how we actually feel physically, if your mind tells you that you are tired then your body mechanism your muscles will accept that as a fact, hence if your mind is intensely interested in something, then you will do that work with your 100 percent focused.
- Author says that religious functions through thoughts, in fact, it is a system of thought discipline, aids energy level.
- Author says by supplying attitude of faith to the mind it can increase energy, hence always say positive things in your mind, always try to be optimistic related to your health and body.
4: Try prayer power

- The author says that experts in physical health and well-being often utilize prayer in their therapy.
- The author says that disability, tension, and troubles can generate because of lack of inner harmony, and prayer shows remarkable results in restoring the harmonious functioning of body and soul.

5: How to create your own happiness

- Author says who decided whether you should be happy or not, who decides what you deserve and what you don’t then answer for this is IT’S YOU, WHO DECIDES FOR YOUR OWN SELF.
- It’s on us what we choose, do we choose happiness or do we choose to stress.
- Life is good if you make it good, hence always choose happiness for yourself.
- As you must have noticed that children are more expert in happiness than adults, because children choose happiness for themselves, they never allow negative energy to influence them.
- Author says a person who carries attitude and spirit of a child into the middle and old age is a real genius.
6: Stop fuming and fretting

- The author says that many people make their life unnecessarily difficult by vanishing their power and energy through fuming and fretting.
- Here fuming means to boil up, blow off, to be agitated and fret means is equally descriptive.

7: Expect the best and get it

- In this chapter, the author has shared a story of a man whose son for failing in every job, it was quite difficult to understand the reason behind that boy's failure because he had everything, he belongs to a good family, his educational and business opportunities were beyond the average but still he was failing, everything he touched went wrong, that man's son tried hard but still he misses the success, but later he found an answer for his failure, and after practicing that answer he started facing success, he acquired the touch of success, his personality began to focused and his powers to fuse...
7: Expect the best and get it

- When Author asked him the reason for his success, and the reason for his sudden remarkable change, to this that young boy replied that a very simple answer made his life successful, he said a very simple thing changed everything and that simple thing is **Believing**. he said that he Learned the magic of believing, he said that he came to know that when you expect the worst you'll get the worst, and if you expect the best you'll get the best

- The Author says that his sudden success wasn't anything related to magic, but because he had learned the most powerful law of the world and that law was **“LEARN TO EXPECT, NOT TO DOUBT,”** Such believe will bring everything into the realm of possibility

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8: I don't believe in defeat

- Here author says that if you are having thoughts of defeat that he asks you to get rid of such thoughts because if you think of defeat then you'll get it

- The author asks.. you to have "I DON'T BELIEVE IN DEFEAT" attitude
9: How to break the worry habit

- Here author says that you don’t need to be the Victim of worries, here you can reduce it by just knowing what actual worry is.
- The author says that worry is simply an unhealthy and destructive mental habit, you were not born with worry habit, you actually acquired it, and as you can change any habit and acquired attitude, you can cast worry from your mind.
- The author says since aggressive and direct actions are needed and very essential in an elimination process.
- The author says that there is one proper and the best time for attacking worries and that time is just now, hence start overcoming and attacking your worry from now onwards.

10: The power to solve personal problems

- Author has shared certain ways which can help you to solve your personal problems.
- The author says you should have a Belief that for every problem there is a solution.
- Always keep calm, tension block the flow of thought of power, the brain can’t operate properly under stress.
- Never force your answer, keep your mind relaxed and let the answer become clear and visible.
- Assemble all the fact impartially, impersonally and judicially. Pray about your problems.
- Trust in the faculty of insight and intuitions.
Tips for positive thinking

- Use only positive words while thinking and while talking. Use words such as, "I can," "I am able," "It is possible," "It can be done," etc.
- Disregard and ignore negative thoughts.
- In your conversations, use words that bring forth feelings and mental images of strength, happiness and success.
- Before starting with any plan or action, visualize clearly in your mind its successful outcome.
- Read at least one page of inspiring book every day.
- Watch movies that make you feel happy.
- Minimize the time you listen to the news and read the newspapers.
- Associate yourself with people who think positively.
- Walk, swim or engage in some other physical activity. This helps to develop a more positive attitude.
- Always sit and walk with your back straight. This will strengthen your confidence and inner strength.

PCR – What is it?

- Developed in 1983 by Kary Mullis. In recognition of his improvement of the PCR technique, he shared the 1993 Nobel Prize in Chemistry with Michael Smith.

- PCR is based on the natural process of DNA replication.
- For the PCR reaction to occur, DNA sample, DNA polymerase, nucleotides, primers and other reagents (divalent ions & salts) are required:
  - Template DNA
  - dNTPs
  - Primers
  - Buffer Solution
  - Polymerase
  - MgCl2, Solution
  - Water
- These reagents facilitate the reaction needed to copy the DNA code.
- Recognized as one of the most important scientific advances of the 20th century.
- PCR is used in a wide variety of tests to diagnose or monitor diseases or for basic molecular biology research.
A Cornerstone of Molecular Biology: The PCR Reaction

- **Template DNA** - A DNA sample with the target sequence in it. This could be from a tumor if you're looking for cancer-causing mutations, or from any other DNA-containing tissue-type.
- **dNTPs** - These are the free base nucleotides that will be used to make our new DNA strands while amplifying the target region.
- **Primers** - You need two primers for the reaction - a forward and a reverse primer - that bind each of the two strands of the DNA and act as a starting point for the synthesis of new strands. I'll explain more about this in a moment.
- **Buffer Solution** - This keeps the solution at an optimal pH for the PCR reaction to occur.
- **DNA Polymerase** - This is the enzyme that will actually synthesize the new strands of DNA. Polymerases such as Taq are normally used.
- **MgCl₂ Solution** - This provides the Mg²⁺ ions needed as a co-factor for the polymerase. Whilst MgCl₂ solution is often used, Mg²⁺ is sometimes included in the buffer solution, so may not need to be added separately. The concentration of magnesium ions also helps determine how fast and how accurately the enzyme will replicate the sequence.
- **Water** - To make up the reaction volume.

PCR – How we copy DNA

- The polymerase chain reaction (PCR) is an efficient and cost-effective way to copy or “amplify” small segments of DNA or RNA.

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- This simple method allows clinicians to diagnose and monitor diseases using a minimal amount of sample such as blood or tissue.
- This invention led to multinational diagnostic industries and Roche Diagnostics is the leader in molecular diagnostics using this novel technology in products they manufacture and sell.
Roche Molecular Diagnostics: Product Portfolio
Leading innovation for molecular testing