

CAREER *Flare*

October 2024



A Monthly Newsletter of
Career Group of Institutions

Vol/Issue 72

CAREER
COLLEGE
(Autonomous)

CAREER
COLLEGE OF NURSING

CAREER
COLLEGE OF LAW

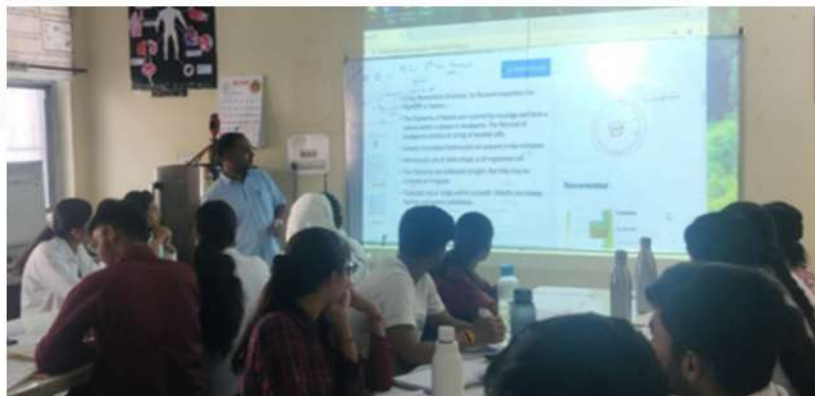


CAREER
DESIGN
SCHOOL

CIMS
Career Institute of
Medical Sciences

CAREER
SPACE
ACADEMY

NEWS AND EVENTS



On October 7, 2024, the **Department of Microbiology** organized an engaging lecture on "**Preventing Microbial Communicable Diseases**," which proved highly informative for all attending students. The event was attended by the department head and all faculty staff, underscoring its significance. The session covered key topics such as various microbial agents—including bacteria, viruses, fungi, and parasites—along with their transmission modes. Emphasis was placed on effective prevention strategies, including vaccination, personal hygiene, sanitation, and public education. The interactive Q&A segment allowed students to delve deeper into real-world implications, enhancing their understanding of disease prevention. Overall, the event was well-received and highlighted the importance of proactive measures in public health.



On 7th October, 2024, the Department of Physical Sciences has organized an insightful guest lecture on "**Cyber Security**"; The session, led by Mr. Kuldeep Verma from Indian Cyber Academy aimed to explore the future prospects and various job roles in the field of cyber security.

Mr. Verma also emphasized practical strategies to protect against cyber fraud. Around 75 students attended the session, gaining valuable knowledge on how to secure their digital presence.

The speaker's practical approach effectively engaged the students, helping them understand the evolving challenges in the digital world.





Career College of Nursing conducted a campaign "Swachhata Hi Seva (SHS) 2024" from September 19 to October 10, as a part of India's ongoing efforts to promote cleanliness & hygiene in the country. Celebrating the 10th anniversary of the Swachh Bharat Mission, this year's theme, "Swabhav Swachhata, Sanskar Swachhata," aims to make cleanliness a natural habit and core societal value in each and every citizen of India. It integrates various activities at the grassroots level, engaging citizens in keeping India clean.

दिनांक 14 अक्टूबर को विनय राजाराम कलादीर्घामें आयोजित प्रश्नोत्तरीप्रतियोगिता में कैरियरमहाविद्यालय के B. A. (अपूर्वाकुमारी, पूजा) एवं B. Sc. (निहारिका, ओम निरापुर) के चार विद्यार्थियों ने दो दलों के रूप में भाग लिया। जहाँ विद्यार्थियों ने संतोषजनकप्रदर्शन किया।



On October 16, 2024, a lecture titled "Right Food for a Better Life and a Better Future" was held in observance of World Food Safety Day. The session emphasized the importance of food safety and nutrition in promoting health and well-being. Expert speakers discussed key topics such as the impact of safe food practices on public health, the significance of balanced diets, and strategies for minimizing food borne illnesses. Attendees were engaged through interactive discussions and practical tips for selecting safe, nutritious food options. The event successfully raised awareness about the vital role of food safety in ensuring a healthier future for individuals and communities.



On October 16, 2024, Career College of Nursing observed National Nutrition week with an engaging event focusing on the theme of "Nutritious Diet for Everyone." The highlight of the day was a Fireless cooking competition. In this the student showcased their creativity and understanding of nutrition and used cooking method for preparing food without using any heat source.

On October 19, 2024, Career College of Nursing observed Mental Health Day with the theme "Mental Health at Work." The event featured insightful sessions led by Dr. Chirag Patel (MD Psychiatry, Assistant Professor, Chirayu Medical College) and Dr. Shivam Bhandari (MD Psychiatry, Senior Resident, Chirayu Medical College).



The speakers addressed the topic on Stress and its Management, emphasizing the importance of mental well-being in the workplace. They provided practical strategies for managing stress effectively in professional settings.

भोपाल, 22 अक्टूबर कैरियर कॉलेज ऑटोनॉमस, भोपाल मे वर्चुअल लैब्स पर कार्यशाला आयोजित की गई

भोपाल हेडलाइंस भारत सरकार के मानव संसाधन विकास मंत्रालय (एमएचआरडी) द्वारा छात्रों और शिक्षकों के लिए प्रयोगशाला सुविधाओं तक दूरस्थ पहुंच प्रदान करने की एक पहल है। कार्यशाला के संसाधन व्यक्ति श्री शनि कुमार, वरिष्ठ फील्ड इंजीनियर, वर्चुअल लैब्स आईआईटी दिल्ली और श्री शिवम यादव, कार्यकारी प्रशिक्षक, वर्चुअल लैब्स, आईआईटी दिल्ली थे। उन्होंने वर्चुअल लैब्स और इसके महत्व के बारे में अंतर्दृष्टि प्रदान की उन्होंने नेविगेशन और इंटरफ़ेस, प्रयोगों की स्थापना, सिमुलेशन को समझना, डेटा विश्लेषण और विजुअलाइजेशन, प्रयोग अनुकूलन और भौतिक विज्ञान, रासायनिक विज्ञान, जैव प्रौद्योगिकी और कंप्यूटर विज्ञान के लिए सहयोग उपकरण को कवर किया। यदि प्रैक्टिकल के लिए भौतिक सुविधाएं उपलब्ध नहीं हैं, तो अंतर को पाटना एक समृद्ध अनुभव था लगभग 60 विद्यार्थी एवं संकाय सदस्य लाभान्वित हुए।



The Department of Commerce & Management organized an expert talk on the theme "Leadership Development and Team Building". The prime objective to organize this session was to inculcate the awareness of positive work-culture and how to build trust and team bonds. The resource person of this programme was Col (Dr.) A.S. Pawar (Retd.). He emphasized that effective leadership is essential for inspiring teams, while team building ensures the group to work cohesively towards a common objective. The students got well connected with the expert as his approach was very practical which helped to empower the elements of leadership and team-building strategies that contribute to organizational and team success.





On the occasion of **World Heart Day 2024**, **Career College of Nursing, Bhopal**, organized a vibrant and engaging event that includes an Extempore and Rangoli competition.

The event aimed to spread awareness about heart health among nursing students.



Cloth donation drive as part of an institution's social responsibility has been organized by Department of Chemistry, NSS and NCC in collaboration with Kabadiwala.

It was "Cloth for Cause" drive.

The Objective was to collect gently used clothing and support marginalized communities while promoting sustainable waste management.

Kabadiwa collaboration was taken to collect and recycle clothing, utilize Kabadiwa's network for ensuring transparent processing and distribution of collected clothing.

As institution's social responsibility, the activity was aimed to enhance community engagement and to foster a culture of sustainability and waste reduction.

Around 70 students and 20 faculty members have donated clothes for this social cause.





Successful **medical camps** were recently organized by **Career College of Nursing and Career Institute of Medical Sciences at Sukhi Sewaniya**, Shabri Nagar (Nehru Nagar) and kolar- Gehukhedha, Bhopal, aimed at delivering free health check-ups and medical consultations to underprivileged residents.

This initiative was designed to enhance access to essential healthcare services for those who are often marginalized. Attendees expressed heartfelt gratitude for the free services, with many urging the organizers to conduct similar camps in the future.

The positive feedback highlights a strong community desire for ongoing access to vital health resources.



On October 21, 2024, the Department of Microbiology hosted the "Mystery Microbe Challenge," an engaging online quiz competition designed to test participants' knowledge of various microorganisms and their impact on health and the environment. The quiz featured multiple-choice questions and was open to all students, encouraging enthusiastic participation. The event successfully promoted awareness of microbiology and fostered a collaborative learning environment. Overall, it was a valuable experience, highlighting the importance of understanding microorganisms in everyday life.

TRAINING AND PLACEMENT

Training and Placement Cell Conducted Internships Drive for Techno task

This is 2 months work from home internship with Rs. 32000/- Stipend

It is a pleasure to inform you all that 11 students have been shortlisted in this drive.



Hearty Congratulations!!

Students who got paid internship opportunity in



Prajwal Tripathi
BBA



Naman Jyotishi
BBA

Congratulations to all the students selected for internships at **Agile Capital Services!**



Training and Placement Cell, Career College (Autonomous), Bhopal is delighted to announce that five students have successfully secured positions with the esteemed company, Just Dial.

Hearty Congratulations!!

Students who got selected in



Coordinator : Dr. Peenu Mahendra Joshi

Hearty Congratulations!!

Students who got paid internship opportunity in



8 students have successfully secured paid internships at Cincooni.

These internships not only provide valuable hands-on experience but also offer the opportunity to earn while learning.

UPCOMING EVENT



Department of Physical Sciences
&
Career Design School

Organizes

HACKATHON

2024

Theme:

Green, Clean and Smart technology

OPEN FOR ALL

WITH EXCITING

PRIZES

Minimum 2 and maximum 5 students
can participate in one team

Registration Deadline- 31st October, 2024

Event Date- 23rd November, 2024

Venue- Career College Auditorium



Scan for
Registration

Cordinator : Dr. Romsha Sharma, +91 98266 35787
Co-Cordinator : Dr. Sarika Saxena, +91 99265 84760

ACHIEVEMENTS



On the occasion of **World Microbiology Day**, Sri Satya Sai College for Women organized an **inter-collegiate poster-making competition**. We are proud to announce that our **B.Sc. II year Microbiology students, Ms. Labhanshi Shrivastava and Ms. Joanna Moses, secured the 2nd prize for their outstanding work**. Their creative and informative posters showcased their knowledge and passion for microbiology, contributing to the celebration of this important day. This achievement highlights the talent and dedication of our students in the field of microbiology.



The student from our **Zoology Department** had the privilege of participating in the **'Vanya Parani Saptah'** (Wildlife week 1-7 Oct. 2024) organized at Van Vihar National park, Bhopal. This Week long event dedicated to spreading awareness about wildlife conservation provided an excellent opportunity for our students to explore various aspects of sustainability and conservation while gaining a deeper understanding of wildlife and its critical role in our ecosystem.

The **Personality Assessment and Development Cell (PADC)** of Career College (Autonomous), Bhopal organized an enlightening expert talk titled **"How to Manifest Your Dream Life."** The session delivered by the esteemed expert Dr. Pooja Mehta, Motivational Speaker & Counsellor, the session aimed to instill a growth mindset and empower students to envision and achieve their dreams through practical techniques on 1st October 2024.



The session was attended by 70 students and focused on the concept of manifestation, the power of positive thinking, and practical strategies for visualizing and achieving one's goals. Dr. Mehta explained how techniques such as setting clear goals, using visualization, and practicing gratitude can help students align their mindset with their ambitions. She also introduced the Law of Attraction and the importance of overcoming limiting beliefs.



1. Workshop on Animal ethical considerations and animal handling

On October 15, 2024, the Department of Biochemistry at Barkatullah University, Bhopal, organized a workshop focused on Animal ethical considerations and animal handling, aimed at **B.Sc. II and M.Sc. I Biotechnology students**. The workshop emphasized the importance of ethical practices in animal research, covering topics such as humane treatment, welfare standards, and regulatory compliance. Participants engaged in discussions about ethical dilemmas and best practices in animal handling, which are crucial for responsible research conduct. This informative session enhanced students' understanding of the ethical responsibilities inherent in their field, preparing them for future work in biotechnology and research environments.

COMPETITIONS



1. Research Paper Writing Competition

Ms. Sneha Garhwal (B.Sc II Biotechnology) has been selected to participate in the National Research Paper Writing Competition on "Vision for Viksit Bharat," organized by Bhartiya Shiksha Mandal (Yuva Aayam). This competition aims to encourage young scholars to contribute innovative ideas and solutions for the development of a prosperous and self-reliant India. Ms. Garhwal's selection reflects her dedication to research and her commitment to national development, showcasing her potential as a future leader in her field.



2. Scientific Rangoli competition

On October 8, the Department of Biotechnology, in association with the Microbiologist Society of India, organized a Rangoli competition with the themes "Microbes" for B.Sc. Biotechnology students and "Scientists of Microbiology" for postgraduate Biotechnology students. The event attracted 36 enthusiastic participants, who creatively expressed their understanding of microbiology through vibrant Rangoli designs.



ब्लड कैंसर के लक्षण: पहचान और उपचार के तरीके

ब्लड कैंसर क्या होता है?

ब्लड कैंसर, जिसे ल्यूकेमिया भी कहा जाता है, एक ऐसी स्थिति है जिसमें कैंसर कोशिकाएं आपके रक्त (blood), हड्डी (Bone) या ऊतक (tissue) पर आक्रमण करती हैं। इन्हें तीन मुख्य प्रकारों में विभाजित किया जा सकता है: ल्यूकेमिया, लिम्फोमा और मायलोमा। इस रोग का उपचार और प्रबंधन इसके प्रकार और स्टेज पर निर्भर करता है।

ब्लड कैंसर के लक्षण क्या होते हैं?

कभी-कभी ब्लड कैंसर के लक्षण बहुत हल्के होते हैं, लेकिन समय के साथ इसकी निगरानी करना बहुत महत्वपूर्ण है।



थकान और कमजोरी:

हर समय थकान महसूस होना या हर वर्कआउट के बाद सुस्ती महसूस होना एक सामान्य लक्षण हो सकता है।



वजन घटना:

अचानक अस्पष्टीकृत वजन कम होना।



सामान्य सर्दी:

भले ही आपका शरीर किसी संक्रमण से नहीं लड़ रहा हो, फिर भी आपको बार-बार सर्दी हो सकती है।



हड्डियों और जोड़ों में दर्द:

ल्यूकेमिया के कारण हड्डियों और जोड़ों में दर्द हो सकता है, खासकर पीठ और निचले पैरों में।



त्वचा पर धब्बे और चोट:

बिना किसी स्पष्ट कारण के त्वचा पर लाल, भूरे या पीले धब्बे दिखाई दे सकते हैं।



मामूली चोटें भी आसानी से दिखाई दे सकती हैं।

ब्लड कैंसर के 3 आमलक्षण क्या हैं?

कई लोगों के मन में यह सवाल होता है कि ल्यूकेमिया के तीन सबसे आम लक्षण क्या हैं। ये हैं:



थकान और कमजोरी



सामान्य सर्दी और संक्रमण



हड्डियों और जोड़ों में दर्द

ब्लड कैंसर कैसे होता है?

ब्लड कैंसर / ल्यूकेमिया का अंतर्निहित कारण अभी तक पूरी तरह से समझा नहीं जा सका है, लेकिन कुछ कारक इसमें शामिल हो सकते हैं:

- **आनुवंशिकी:** यदि परिवार में किसी को कैंसर है, तो अगली पीढ़ी में भी यह बीमारी विकसित हो सकती है।
- **विकिरण:** अत्यधिक विकिरण से ब्लड कैंसर / ल्यूकेमिया का खतरा बढ़ सकता है।
- **रासायनिक जोखिम:** बेंजीन जैसे कुछ रसायनों के संपर्क में आने से ब्लड कैंसर / ल्यूकेमिया का खतरा बढ़ सकता है।

ब्लड कैंसर की लास्ट स्टेज के लक्षण

जब ब्लड कैंसर / ल्यूकेमिया अपने अंतिम चरण में पहुंच जाता है, तो लक्षण और भी गंभीर हो सकते हैं।

- **अत्यधिक कमजोरी और थकान:** शरीर लगभग थक जाता है और रोगी चल नहीं पाता है।
- **तीव्र संक्रमण:** इम्यून सिस्टम / प्रतिरक्षा प्रणाली कमजोर होती है और रोगी को गंभीर संक्रमण हो सकता है।
- **रक्तस्राव:** मसूड़ों से खून आना, नाक से खून आना या त्वचा पर रक्त के थक्के जमना।
- **सांस लेने में कठिनाई:** ल्यूकेमिया के अंतिम चरण में, रोगी को सांस लेने में बहुत कठिनाई हो सकती है।

निष्कर्ष

ब्लड कैंसर / ल्यूकेमिया एक गंभीर बीमारी है, लेकिन सही समय पर इसके लक्षणों को पहचान कर इसका इलाज संभव है। ब्लड कैंसर के लक्षण जानने और समझने के बाद, अगर आपको इनमें से कोई भी लक्षण महसूस होता है, तो तुरंत डॉक्टरी सलाह लें।

सामान्य प्रश्न

ब्लड कैंसर के लक्षण कब दिखने लगते हैं?

ब्लड कैंसर के लक्षण धीरे-धीरे दिखने लगते हैं और शुरुआत में यह सामान्य स्वास्थ्य समस्याओं की तरह लग सकते हैं।

ब्लड कैंसर का इलाज कब तक चलता है?

यह इलाज के प्रकार, कैंसर की स्टेज और मरीज के स्वास्थ्य पर निर्भर करता है। कुछ मामलों में यह महीनों या सालों तक चल सकता है।

क्या ब्लड कैंसर का इलाज संभव है?

जी हां, ब्लड कैंसर का इलाज संभव है, लेकिन यह कैंसर के प्रकार और स्टेज पर निर्भर करता है।

क्या ब्लड कैंसर अनुवांशिक होता है?

जी हां, ब्लड कैंसर का एक कारण आनुवंशिक भी हो सकता है।



CURRENT AFFAIRS

What is Unique Land Parcel Identification Number (ULPIN)?

Approximately 30% of rural land parcels in India have received a Unique Land Parcel Identification Number (ULPIN). This initiative aims to assign a 14-digit alpha-numeric identity to each land parcel. The data is sourced from the Ministry of Rural Development

India Hosts First International Esports Championship in 2025

India is emerging as an important player in the Esports arena. On October 26, 2024, the Skillhub Online Games Federation (SOGF) and the International Esports Federation (IESF) announced a partnership to host the first international Esports championship in India.

PM-YASASVI Scheme

The PM Young Achievers Scholarship Award Scheme for Vibrant India (PM-YASASVI) was launched by the Ministry of Social Justice and Empowerment. This scheme aims to uplift students from Other Backward Classes (OBC), Economically Backward Classes (EBC), and Denotified Tribes (DNT)

Justice Sanjiv Khanna Appointed Chief Justice of India

Justice Sanjiv Khanna was appointed as the 51st Chief Justice of India (CJI). He is set to take the oath of office on November 11, 2024.

Google's Nuclear Energy Deal for AI Power

Google announced a groundbreaking agreement to purchase nuclear energy from small modular reactors (SMRs) developed by Kairos Power. This marks the first corporate deal of its kind. The initial SMR is expected to be operational by 2030

PUZZLE

One rabbit saw 6 elephants while going towards River. Every elephant saw 2 monkeys are going towards river. Every monkey holds one tortoise in their hands.

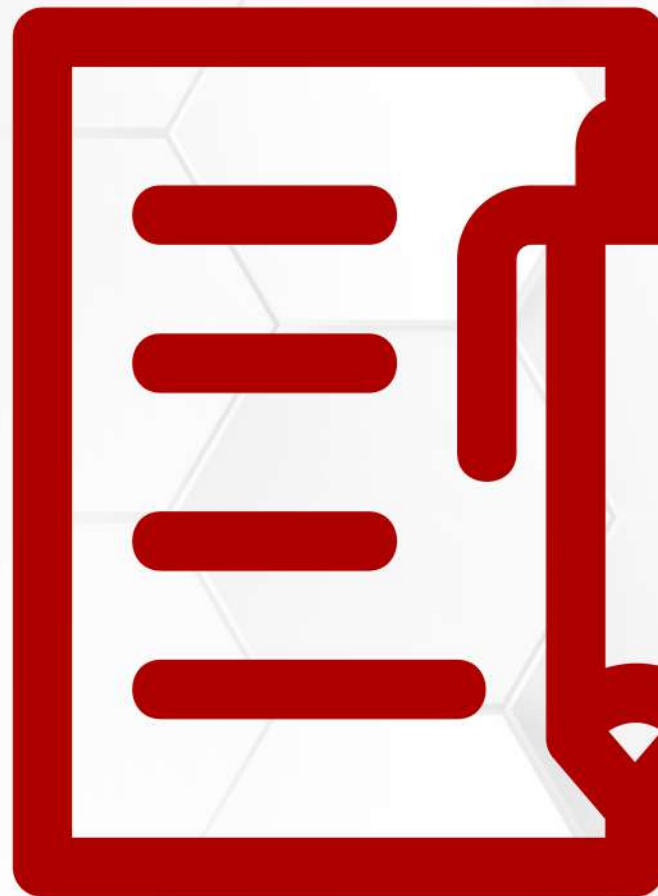
How many animals are going towards the river?

- A) 14
- B) 11
- C) 8
- D) 5



LAST MONTH GK QUIZ ANSWERS

1. TV Somanthan
2. coca cola
3. New Delhi
4. Malaria
5. Combodia





CHIEF PATRONS

- Vishnu Rajoria - Founder
- Manish Rajoria - Chairman
- Swati Rajoria - Vice-Chairman

EDITORS

- Dr. Charanjit Kour
- Dr Anita Bhadoria
- Dr. Anil Dixit
- Prof. Soney Toppo
- Dr Anjali Choudhary
- Dr. Romsha Sharma
- Dr V K Gupta
- Dr. Vishnu Pal

DESIGNER

- Lavina Lalwani
- Pavni Agrawal

CHIEF EDITOR

- Pradeep Jain - Group Director

EDITORIAL BOARD

- Mrs. Yogita Singh Jadon
- Dr. Nisha Raghuwanshi
- Dr. Anshumala Chaturvedi
- Dr. Shilpi Shrivastava
- Dr. Ankit Shukla
- Mrs Jyotsna kanungo
- Mrs Sheenam Wadhvani
- Ms Yashi Shrivastava

CONTENT WRITER

- Rishabh Pandey
- Yogendra Choukiker

For subscription of the monthly newsletter "Career *Flare*," please e-mail your name, course, college name and mobile number to literarycell@careercollegeindia.com
Career *Flare*, solicits your suggestions on the contents of the newsletter.

Please e-mail your feedback to literarycell@careercollegeindia.com

We are also inviting student editors for Career *Flare*, those who are interested can email their name and class before 25th November, 2024.
Student editor's name will be displayed in the credit column.