

# CAREER *Flare*

September, 2024



A Monthly Newsletter of  
**Career Group of Institutions**

Vol/Issue 71

**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



The **Animation and More Summit 2024** in Mumbai includes some of the most recognized and talented speakers in the field of animation, design, and intellectual property (IP) monetization.

**Mr. Manish Rajoria**, Chairman Career Group of Institutions, owner of Adarsh Technosoft and chairman of the AVGC Association Bhopal, was one of the esteemed speakers who amazed us with his perceptive contributions to the discussion on intellectual property (IP) monetization. His company's brand, *Purple Turtle*, is well-known in the animation industry, representing the worldwide potential of Indian material. Mr. Rajoria's perspective underlined the great opportunities in the Indian AVGC industry, which he defined as having 100 times the potential of where it now stands.



**On 26th September**, Career College of Nursing students performed a role play at Govt middle school Abbas Nagar on the occasion of *Swachh Bharat Abhiyan 4.0* in which they explained the importance of cleanliness and distributed seed balls.





Sapling plantation at Career College of Nursing (Gandhinagar campus)

Career College conducts **"Swachhata Hi Seva (SHS) 2024"** campaign from September 17 to October 2, as a part of India's ongoing efforts to promote cleanliness and 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. The campaign encourages public participation and highlights the important role of sanitation workers. It integrates various activities at the grassroots level, engaging citizens in keeping India clean.

Also Drawing inspiration from the aim of the campaign, NSS Unit Career College of Law, has successfully conducted a Painting Competition for students of Career Group of institutions, an activity under this Campaign on 21 September 2024. A large number of students, from various streams participated in the competition.







Career College of Nursing organised 3 days meditation workshop from 18/09/24 to 20/09/24 on Heartfulness in collaboration with National Health mission which focused in cultivating emotional awareness and fostering connections with oneself and others through meditation practices.



In day 01, Heart-centered meditation technique was discussed and guided meditation session focused on breath awareness and heart-centered breathing. In day 02, Deepening Connection were discussed in which empathy and self-compassion. Partner exercises to practice active listening and sharing. Group meditation focused on loving-kindness. In day 03: Integration and Reflection morning meditation combining techniques learned throughout the workshop.



On 10th September PADC cell organized a guest lecture on "Pathways to hope: Effective Strategies to take care of mental wellness". Mr Dheerendra Pathak – Safety Messenger and Motivational Speaker delivered a lecture and shared his valuable insights on this topic. It was a fruitful session as it helps students to build their personality.







Career College organised the Orientation Program on 11th September, 2024 and Career College of Law organized the orientation program on 12th September. The event was organised for students of career college 1st Year Courses. The program aimed to welcome new students, introduce them to the college environment, and provide them with essential information for a smooth transition into their academic journey.



Chairman, Mr. Manish Rajoria, Director, Mr. Pradeep Kumar Jain and Principal Charanjit Kaur madam and Dr. Anil Kumar Dixit of Law Department and all Faculties marked their presence in the programme.

After the conclusion of the event, a health check – up camp was organised for all the students.

करियर कॉलेज के फिजियोथेरेपी विभाग द्वारा फिजियोथेरेपी दिवस मनाया गया जिसमें विद्यार्थियों द्वारा रंगारंग कार्यक्रम के साथ ही फिजियोथेरेपी का महत्व बताया गया इस अवसर पर विभाग की विभागाध्यक्ष डॉक्टर नम्रता श्रीवास्तव ने कहा कि फिजियोथेरेपी अब हमारे जीवन का एक अंग बन चुका है जो बिना किसी दवाई के हमारी पीड़ा को दूर करता है उन्होंने बताया कि फिजियोथेरेपी एक ऐसी पद्धति जिसको इस्तेमाल करके बिना किसी साइड इफेक्ट के दर्द से छुटकारा पाया जा सकता है प्राचार्य डॉक्टर चरनजीत कौर ने सभी विद्यार्थियों और फैकल्टी को इस दिवस की शुभकामनाएं प्रेषित करीं गुप डायरेक्टर प्रोफेसर प्रदीप जैन ने इस अवसर पर कहा कि फिजियोथेरेपी साल में एक बार नहीं बल्कि हर माह मनाना चाहिए जिससे कि फिजियोथेरेपी के लिए अवेयरनेस होगी।



इस कार्यक्रम में डॉक्टर कल्पना जैन डॉ गुंजन शुक्ला डॉक्टर सारिका कुकरेले डॉक्टर नीरज डॉ दिव्या और डॉक्टर कार्तिक ने अपने अपने शब्दों में इस दिवस का महत्व फिजियोथेरेपी के विद्यार्थियों को जानकारी दी।

# TRAINING AND PLACEMENT

Training and Placement Cell organized a special session on career opportunities and growth prospects in TCS.

During the session, the Senior HR Person of TCS explained the registration process, eligibility criteria, available opportunities, selection process, future growth, and more.



Career College (Autonomous), Bhopal, organized a 6-days Comprehensive Training Program for UG and PG Final Year students.







**CAREER COLLEGE**  
**(AUTONOMOUS)**  
 Opp. BHEL Dussehra Maidan, Govindpura, Bhopal - 462023

## Hearty Congratulations!!

Students who got paid Internship opportunity in

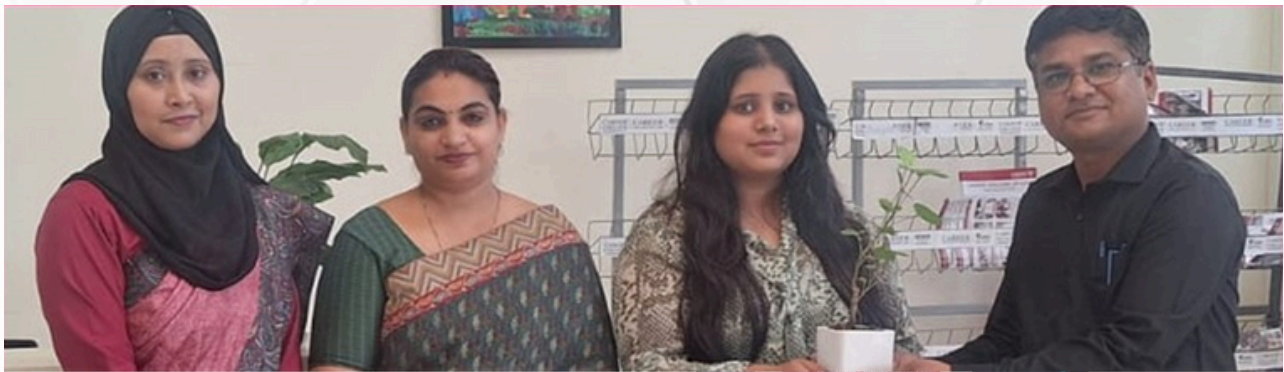


**Training and Placement Cell of Career College of Law organised Internship drive for Siddhanth Advocates Firm, on 21st September, 2024**

Advocate Nishant Gaurav Gupta, Head of the Firm shared his valuable insights on benefits of doing Internships to the students of Ballb, LLB & LLM. Internship selections were done by Personal Interviews of Total 16 Candidates.

**Head (T&P)**  
 Mr. Devesh K. Mathur - 9893198813  
 Dr. Shilpi Shrivastava - 9522152288

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 ✉ placement@careercollegeindia.com | www.careercollegeindia.com



**Training and Placement Cell organized a Campus Drive for the prestigious multinational company Accenture on 18th September.**

Ms. Mayuri, the company's HR representative, provided information about the computer-based tests to the candidates. Out of 58 candidates, 25 have been shortlisted for the next round.





# रेलवे में स्टेशन मास्टर, गुड्स ट्रेन मैनेजर भर्ती के लिए आवेदन 13 अक्टूबर तक

भास्कर न्यूज़ | रायपुर

सीबीटी मोड में होगी परीक्षा

रेलवे में गुड्स ट्रेन मैनेजर, स्टेशन मास्टर, चीफ कम शिफ्टल कम टिकट सुपरवाइजर जैसे पदों पर भर्ती के लिए आवेदन 13 अक्टूबर तक किए जा सकते हैं। इन पदों के लिए पिछले महीने वैकेंसी निकली है। कुल 8113 पदों पर भर्ती होगी। किसी भी संकाय से स्नातक पास इस भर्ती के लिए आवेदन कर सकते हैं। इसमें चीफ कम शिफ्टल कम टिकट सुपरवाइजर के 1736 पद हैं। स्टेशन मास्टर के 994, गुड्स ट्रेन मैनेजर के 3144 पद हैं। इसी तरह जूनियर अकाउंट असिस्टेंट कम टायपिस्ट के लिए 1507 और सीनियर क्लर्क कम

इस भर्ती के तहत सीबीटी मोड में परीक्षा होगी। पहले चरण की परीक्षा 100 अंकों की होगी। इसमें जनरल अवेयरनेस, मैथ्स और जनरल इंटीलीजेंस एंड रीजनिंग से प्रश्न पूछे जाएंगे। पहले चरण की परीक्षा के आधार पर उम्मीदवारों का चयन दूसरे चरण की परीक्षा के लिए होगा। यह परीक्षा 120 अंकों की होगी। इसमें जनरल अवेयरनेस, मैथ्स, जनरल इंटीलीजेंस एंड रीजनिंग से सवाल पूछे जाएंगे। दोनों परीक्षाओं में निगेटिव मार्किंग है।

टायपिस्ट के 732 पोस्ट हैं। चीफ कम शिफ्टल कम टिकट सुपरवाइजर, स्टेशन मास्टर व गुड्स ट्रेन मैनेजर के लिए न्यूनतम शैक्षणिक योग्यता ग्रेजुएशन डिग्री या समकक्ष है। जबकि जूनियर अकाउंट असिस्टेंट कम टायपिस्ट, सीनियर क्लर्क कम टायपिस्ट के लिए ग्रेजुएशन या समकक्ष। इसके अलावा अंग्रेजी/

हिंदी में टाइपिंग भी आवश्यक है। इन पदों पर भर्ती के लिए आयु 18 साल से 36 वर्ष के उम्मीदवार आवेदन कर सकते हैं। आरक्षित वर्ग के लिए आयु सीमा में छूट का प्रावधान है। एग्जाम फीस सामान्य वर्ग के लिए 500 रुपए हैं। महिला व एससी, एसटी समेत अन्य के लिए फीस 250 रुपए।





# ACHIEVEMENTS



Miss Pratibha, a BBA 2nd year student at Career College, Bhopal, has won the third prize in the state-level essay competition organized in memory of freedom fighter, Gandhian, Sarvodaya and Swadeshi thinker, Taponishth Pandit Sundarlal Shridhar.

Career College (Autonomous), Bhopal has been honored with the Best Incubation Center Award 2024 by BIRAC-DBT, Govt of India at the Global Bio-India 2024 event held in Delhi among 500+ Incubation Centers including IITs and Top Universities across India.



**BIRAC  
E-YUVA CENTRE**

Received

**BEST  
INCUBATION  
CENTRE 2024  
AWARD**

By

**BIRAC-DBT,  
GOVT. OF INDIA**

# INFORMATIONAL BLOG

## TOBACCO/TAMBAKU: THE SINGLE LARGEST CAUSE OF CANCER IN INDIA

In India, the use of tobacco, also known as tambaku, is a serious public health concern that has a significant impact on the growing number of cancer cases, especially among men. Tobacco smoking or chewing tambaku, the leading cause of these deadly diseases in India, which causes **approximately 40% of all cancer cases, is worrying**. We will look at how tobacco use **causes cancers** such as lung, mouth, and esophageal, as well as other serious health issues in this part. **Tobacco causes painful death.**

### FORMS OF TOBACCO CONSUMPTION IN INDIA

India has several varieties of tobacco/tambaku usage, all of which are very dangerous. Typical kinds include:

- **Smoking Tobacco:** Smoking tobacco includes bidis and cigarettes; both are quite common in India, and they directly damage the lungs. Smoking increases the risk of conditions such as **heart disease, lung cancer, and chronic obstructive pulmonary disease (COPD)**.
- **Smokeless Tobacco:** Chewing or putting products like gutka, khaini, and paan in the mouth can cause **oral cancer**. Smokeless tobacco is frequently thought to be safer, but it is equally harmful; it can seriously harm the mouth, gums, and throat.





# TOBACCO-RELATED CANCERS

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TOBACCO/TAMBAKU IS A PRIMARY CAUSE OF SEVERAL CANCER KINDS. THE FOLLOWING ARE THE MOST COMMON TYPES OF CANCERS THAT ARE DIRECTLY RELATED TO TOBACCO USE:



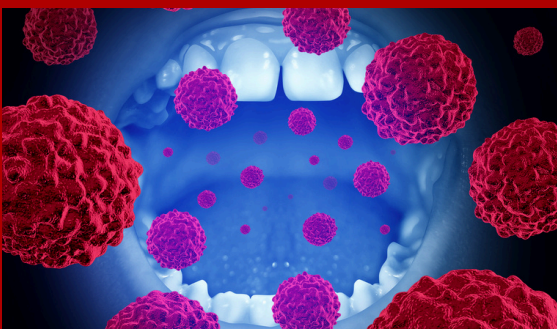
## Lung Cancer:

Lung cancer is mostly caused by tobacco smoking, which is responsible for over 85% of cases. Long-term smoking seriously increases the risk of lung tissue damage due to the chemicals in cigarettes. High death rates result from lung cancer because it is frequently not realized until it is too late.



## Esophageal Cancer:

Consuming tobacco (tambaku) and smoking both increase the risk of esophageal cancer, which affects the food pipe. Extreme difficulty in swallowing, pain, and weight loss are common side effects of this condition. If esophageal cancer is not identified early, the treatment will be difficult.



## Oral Cancer:

Smokeless tobacco products like gutka, tambaku, and paan are the main cause of oral cancer. Oral cancer, which includes cancers of the mouth, lips, and tongue, is largely caused by smokeless tobacco products. In advanced cases of oral cancer, tobacco causes painful death, especially if treatment is delayed.



## Stomach Cancer:

While the connection between tobacco and stomach cancer is less widely known, research indicates that using smokeless and regular tobacco products damages the stomach lining and impairs digestion, which in turn increases the risk of stomach cancer.

# HOW TOBACCO CAUSES CANCER

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THERE ARE MULTIPLE CHEMICALS IN TOBACCO, OR TAMBAKU, AMONG WHICH ARE PROVEN CARCINOGENS. TOBACCO SMOKE AND CHEWING DAMAGE CELLS' DNA, WHICH CAN RESULT IN CANCER GROWTH OF UNCONTROLLED CELLS. THOSE WHO SMOKE AND ARE TOBACCO CHEWERS ARE AT HIGH RISK OF INGESTING TOXIC CHEMICALS SUCH AS FORMALDEHYDE, BENZENE, ARSENIC, AND TAR. THIS DAMAGE EVENTUALLY BECOMES PERMANENT AND TURNS INTO CANCER.

## The Social Impact of Tobacco Use

Tobacco-related diseases have a significant negative impact on families and society. The financial burden of cancer treatment is a major concern for many Indian families, especially in cases when advanced stages of cancer, such as esophageal or lung cancer, are detected. Seeing a loved one suffer from a tobacco-related illness takes a terrible emotional toll.



## Tobacco Causes Painful Death

Tobacco-related cancers are frequently detected later and are more challenging to treat. Patients experience pain, discomfort, and considerable physical limits. For example:

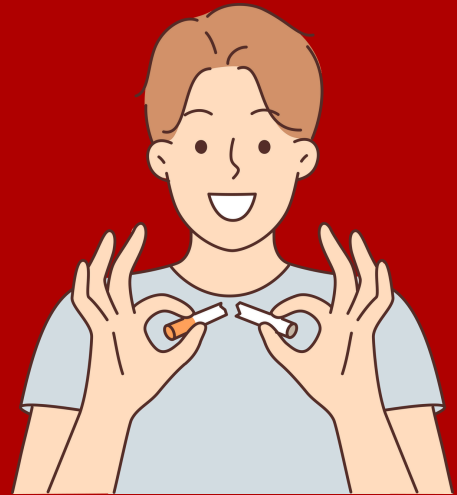
- Lung cancer leads to breathing difficulties, chest discomfort, and recurrent infections.
- Oral cancer can require Surgery to remove portions of the mouth or throat may be necessary in cases of oral cancer, which may significantly damage the patient's ability to talk or eat.
- Esophageal cancer Extreme discomfort when swallowing is a symptom of esophageal cancer, which can induce severe malnutrition and weight loss.

The final stages of these cancers can involve intense physical pain, despite the use of pain-relief medications, making the journey incredibly difficult for patients and their families.



## Prevention: Quitting Tobacco

Giving up smoking or tambaku completely is the best protection against cancers caused by tobacco use. While quitting is hard, there are many services accessible, like therapy and substitute nicotine treatments. Better lung function, a lower chance of developing cancer, and an overall higher standard of living are among the quick benefits of quitting smoking. Raising awareness of the risks related to tobacco use and providing help to individuals trying to quit smoking are two other major goals of public health campaigns in India.



# CONCLUSION: THE URGENT NEED FOR ACTION

In India, smoking tobacco (tambaku) remains the leading cause of cancer-related deaths; among males, the most common cancers are lung, oral, and esophageal. By promoting early diagnosis through regular checkups and raising awareness of the negative effects of tobacco use, we can lessen the number of these deadly diseases. Quitting tobacco/tambaku can save lives, and patients can get the cancer treatment they require with the help of medical facilities like CIMS Hospital, Bhopal.



# CURRENT AFFAIRS

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India will host the **World Telecommunication Standardization Assembly (WTSA)** from 14th to 24th October 2024. This is a major event, and it will be the first time it is held in Asia.

Prime Minister Narendra Modi recently inaugurated **three PARAM Rudra supercomputers and a High-Performance Computing (HPC) system**. These advancements are important steps for India's technological progress, made possible through the National Supercomputing Mission.

In March 2025, **Saturn's rings will seem to "disappear"** when viewed from Earth. This is an optical illusion caused by the way Saturn tilts and moves around the Sun.

The Indian government awarded a contract to develop the **country's first bio-hydrogen project**, led by Gensol Engineering in collaboration with Matrix Gas & Renewables. Valued at Rs 164 crore, the project aims to align with the **National Green Hydrogen Mission**.

The Indian Government launched **a new blockchain initiative called the Vishvasya-Blockchain Technology Stack**. This project, led by the Ministry of Electronics and Information Technology (MeitY), provides a platform for using Blockchain-as-a-Service (BaaS).



# QUIZ

**1. Who has been appointed as the new Cabinet Secretary for the Government of India?**

[A] Alok Banerjee

[C] S.C. Majumdar

[B] T.V. Somanathan

[D] Rinku Dugga

**2. National Skill Development Corporation (NSDC) partnered with which company to launch 'Super Power Retailer Program' under Skill India Mission?**

[A] Walmart

[C] PayTm

[B] Coca-Cola

[D] Cadbury

**3. Which state/UT recently inaugurated the 'Green War Room' to address air pollution?**

[A] Maharashtra

[C] Gujarat

[B] NewDelhi

[D] Bihar

**4. R21/Matrix-M, which was recently approved, is the vaccine against which disease?**

[A] COVID-19

[C] Tuberculosis

[B] Malaria

[D] Influenza

**5. Angkor Wat, which was seen in the news, is located in which country?**

[A] Myanmar

[C] SriLanka

[B] Bhutan

[D] Cambodia

# PUZZLE

**IF**

Mercury = 617

Venus = 325

Earth = 235

Mars = 044

Saturn = 066

**THEN**

Jupiter = ?





# LAST MONTH'S CAREER QUIZ ANSWERS

1- A

2- B

3- A

4- A

5- A





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