

December 2024

CAREER FLARE



A Monthly Newsletter of
Career Group of Institutions

Vol/Issue 74

CAREER
COLLEGE
(Autonomous)

CAREER
COLLEGE OF NURSING

CAREER
COLLEGE OF LAW



CAREER
DESIGN
SCHOOL

CIMS
Career Institute of
Medical Sciences

CAREER
SPACE
ACADEMY



INFLIBNET (Indian National Fellowship for Libraries and Information Networking), the workshop was inaugurated on November 18, 2024, with Padma Shri Shri Vijay Datt Shridharji, Founder of the Madhav Rao Sapre Museum, Bhopal, as the chief guest. During the inaugural session, the Principal of Career College, Dr. Charanjit Kaur, gave the welcome address. She highlighted the importance of the program and extended her best wishes to all the participants. The collaboration between INFLIBNET Centre and Career College was also acknowledged during this session.

Dr. Hema Chollin, Scientist at INFLIBNET, in her address, informed the participants about the activities and services of INFLIBNET and gave an overview of the IRTPLA program.

INFLIBNET (Indian National Fellowship for Libraries and Information Networking) is an important organization under the Government of India, aimed at promoting technological innovation, networking, and resource dissemination in the fields of libraries and information science.



WORKSHOP ON INTERNATIONAL PATIENT SAFETY GOALS (IPSG) DECEMBER 7, 2024



In a continued effort to promote patient safety and enhance healthcare standards, Career College of Nursing successfully organized an engaging workshop on International Patient Safety Goals (IPSG) on December 7, 2024. The theme of the event, "Get it Right, Make it Safe," emphasized the collective responsibility of healthcare professionals in making healthcare safer for all.

The workshop featured two esteemed resource persons.

- Mrs. Margaret Roy Gowrinath, an Independent Nursing Consultant, Nursing Trustee with Interburns UK, and Chapter Head of ANEI MP.
- Ms. Vijay Laxmi Nair, Assistant Nursing Superintendent at Choithram Hospital & Research Centre, Indore.



These accomplished professionals shared their invaluable expertise, providing attendees with a comprehensive understanding of IPSG. A total of 92 students along with staff nurses from CIMS attended the workshop, making it a vibrant and collaborative learning environment.

The sessions offered practical insights and strategies for implementing IPSG effectively in clinical practice. Overall, the event was a resounding success, marking another milestone in Career College of Nursing's commitment to fostering excellence in healthcare education and practice.



A SUCCESSFUL MEDICAL CAMP WAS ORGANIZED AT AADMPUR CHAWNI BHANPUR

aimed at providing free health check-ups and medical consultations to the workers the area. This initiative focused on improving access to essential healthcare services for those in need.

The camp offered general health check-ups and cancer screening specialist consultations. Over 81 individuals received comprehensive health screenings, which included assessments of blood pressure, pulse rate, weight, and RBS.

The event underscored the importance of healthcare awareness among underprivileged populations. It not only provided immediate health services but also fostered a sense of community and support, highlighting the need for ongoing healthcare initiatives in underserved areas.

A SUCCESSFUL MEDICAL CAMP WAS ORGANIZED AT KOLAR BANSKHEDI, BHOPAL

Aimed at providing free health check-ups and medical consultations to the underprivileged residents of the Kolar Banskhedhi area. This initiative focused on improving access to essential healthcare services for those in need.

The camp offered general health check-ups and specialist consultations. Over 50 elderly individuals (aged 30 and above) received comprehensive health screenings, which included assessments of blood pressure, pulse rate, weight, and blood sugar levels.



PULSE POLIO TRAINING PROGRAMME ORGANIZED ON 27/11/24 AT CAREER COLLEGE OF NURSING BHEL BHOPAL

Dr. Ashwin bambal (Medical officer) Mr.Surendra tripathi and Mr.Sitaram Sharma gave training to nursing studentson administration of polio vaccine and steps to be followed after administration of polio vaccine .



Bhopal, Madhya Pradesh, India
Ashram Tiraha Gurukul-Bhopal, Gandhi Nag
Bhopal, Madhya Pradesh 462036, India
Lat 23.297934° Long 77.35385°

Bhopal, Madhya Pradesh, India
Ashram Tiraha Gurukul-Bhopal, Gandhi N
Bhopal, Madhya Pradesh 462036, India
Lat 23.297934° Long 77.35385°

CAREER COLLEGE OF NURSING CELEBRATED WORLD AIDS DAY ON 30/11/24

with great enthusiasm and dedication. Nursing students performed a thought provoking role play under the theme "Take the right path My Health My Right".

The nursing students also organized an awareness rally to spread message about AIDS prevention and control.



Career Institute of Medical Sciences (CIMS) and Career College of Nursing, Bhopal organised a successful medical camp was organized at Prem pura, Bhopal, aimed at providing free health check-ups and medical consultations to the underprivileged residents of the Prem pura area. This initiative focused on improving access to essential healthcare services for those in need.

The camp offered general health check-ups and specialist consultations. Over 54 elderly individuals (aged 18 to 56 and above) received comprehensive health screenings, which included assessments of blood pressure, pulse rate, weight, and blood sugar levels. The event underscored the importance of healthcare awareness among underprivileged populations. It not only provided immediate health services but also fostered a sense of community and support, highlighting the need for ongoing healthcare initiatives in underserved areas.



Bhopal, Madhya Pradesh, India
7562455°
30

CAREER INSTITUTE OF MEDICAL SCIENCES (CIMS), CAREER COLLEGE OF NURSING AND IN ASSOCIATION WITH FAMILY PLANNING ASSOCIATION OF INDIA.

A successful medical camp was organized at Kolar Banskhedhi, Bhopal, aimed at providing free health check-ups and medical consultations to the underprivileged residents of the Kolar Banskhedhi area. This initiative focused on improving access to essential healthcare services for those in need.

The camp offered general health check-ups and specialist consultations. Over 60+ elderly individuals (aged 30 and above) and school going students received comprehensive health screenings, which included assessments of blood pressure, pulse rate, weight, and blood sugar levels.

The event underlined the importance of healthcare awareness among underprivileged populations. It not only provided immediate health services but also fostered a sense of community and support, highlighting the need for ongoing healthcare initiatives in underserved areas.



शैक्षणिक भ्रमण

भोपाल हेडलाइंस फिश फॉर्मिंग प्रोसेस से अवगत कराने हेतु कैरियर कॉलेज (ऑटोनॉमस) के



जंतु विभाग के विद्यार्थियों को हलाली डैम शैक्षणिक भ्रमण हेतु ले जाया गया जहां पर विद्यार्थियों को मत्स्य पालन की कार्य विधि और उसके व्यापरीकरण को समझाया गया इस अवसर पर विभागाध्यक्ष डॉ.मानिक शर्मा और डॉक्टर अंशु माला ने इस भ्रमण का

उद्देश्य बताते हुए कहा कि जंतु विभाग के विद्यार्थियों को मत्स्य पालन की क्या प्रक्रिया होती है और उसके क्या लाभ होते हैं और इसे मार्केट तक कैसे ले जाया जाता है इससे अवगत कराना था इस अवसर पर लगभग 16 विद्यार्थियों ने सहभागिता की और इसका लाभ उठाया

WORKSHOP ON 'HEMATOLOGY & OSTEOLOGY'

Department of Zoology with collaboration of pathology department had conducted a workshop on 'Hematology & Osteology' for UG and PG student from 23rd to 28th December 2024. The practical exposure provided by Dr. Anamika Dube HOD, Department of Pathology.

A seven days workshop was attended by students, providing hands on practice in diagnostic techniques and laboratory practices. The session included hands-on training in urine analysis and various blood tests such as CBC, blood smear analysis etc. Our students successfully completed seven days training program.



A SOCIAL ACTIVITY WAS ORGANIZED ON 23RD DEC.24 BY THE DEPARTMENT OF ZOOLOGY AT CIMS, BHOPAL.

The students of Zoology dept. distributed refreshment (Tea & Biscuits) among patients. It was a humbling experience for the students and highlighted the value of kindness and compassion. The students also shared light moments with them .





ON 21ST DECEMBER, AN INSIGHTFUL INTERNATIONAL WEBINAR TITLED "THE PATH TO BECOMING AN ENTREPRENEUR: FROM IDEA TO EXECUTION"

was organized by the BIRAC E-YUVA Centre and the Department of Biotechnology, in association with the Institution's Innovation Council (IIC). The session aimed to provide valuable guidance for aspiring entrepreneurs, particularly in the biotechnology field, covering critical aspects from idea generation to successful execution.

The resource person for the webinar was Dr. Adnan Naim, founder of ZuzidanBiotech (OPC) Pvt. Ltd., Australia. Dr. Naim shared his entrepreneurial journey and discussed key topics such as identifying business opportunities, validating ideas, creating business models, and overcoming challenges in the startup ecosystem. His experience and practical insights offered attendees a roadmap to navigate the complexities of turning innovative ideas into successful ventures.

The session was well-received by participants, who gained a deeper understanding of the biotechnology startup landscape and the entrepreneurial mindset required to thrive in this dynamic field. The webinar concluded with an interactive Q&A session, where Dr. Naim answered queries from the audience, further enriching the learning experience.

रसायन विज्ञान विभाग ने प्लास्टिक प्रदूषण के बारे में जागरूकता फैलाने की पहल की

भोपाल हेडलाइंस करियर कॉलेज (ऑटोनॉमस) के रसायन विज्ञान विभाग द्वारा प्लास्टिक में संग्रहीत ख़ाद्य पदार्थों के उपभोग के हानिकारक प्रभावों और उनके निपटान से होने वाले प्रदूषण के बारे में जागरूकता फैलाने के लिए भोजपाल मेले का दौरा किया विभाग द्वारा की गई इस पहल का उद्देश्य जनता को प्लास्टिक के उपयोग को कम करने और टिकाऊ प्रथाओं को बढ़ावा देने के महत्व के बारे में शिक्षित करना है विभाग के संकाय सदस्यों और लगभग 20 छात्रों की एक टीम ने व्यक्तिगत रूप से ख़ाद्य विक्रेताओं और दुकानदारों को प्लास्टिक का उपयोग कम करने और एकल उपयोग प्लास्टिक पर रोक लगाने के लिए परामर्श दिया। उन्होंने पर्यावरण पर प्लास्टिक प्रदूषण के प्रभाव पर प्रकाश डाला। टीम ने वहां आम जनता को प्लास्टिक प्रदूषण के हानिकारक प्रभावों और प्लास्टिक के उपयोग को कम करने के तरीकों के बारे में भी जागरूक किया



VALUE ADDED PROGRAMME ON NURSERY MANAGEMENT WAS ORGANIZED BY DEPARTMENT OF BOTANY FROM 03/12/24 TO 07/12/24 FOR UG AND PG STUDENTS.

Students gained lot of knowledge of propagation techniques, cutting, layering, grafting etc and an excursion to Model Nursery Kanhasaiya Village developed by Govt. Horticulture Dept was also organized. Students got acquainted with different types of poly houses, drip irrigation, new technologies of seedling development, cold storage and mulching etc. It was a very enriching experience for the students. Topic of programme was very well appreciated. All faculty members of staff were present.

VISIT TO HYDROPONIC FARM (FARM TO FORK: A GUIDED EDUCATIONAL CULINARY EXPERIENCE) AT KESAR FARM, BHOPAL ON 11TH DECEMBER 2024

BIRAC E-YUVA Centre & Department of Biotechnology organized a visit to Hydroponic Farm (Farm to Fork: A Guided Educational Culinary Experience) at Kesar Farm, Bhopal on 11th December 2024, the visit to Kesar Farms focused on their hydroponic strawberry farming system, which spans 2 acres.



The farm uses a hydroponics system to grow strawberries, allowing for efficient water use and increased yield per square foot. Key highlights include the vertical farming method, which optimizes space and ensures better plant growth by providing consistent nutrient delivery. The farming system involves controlled environment agriculture (CEA), with precise monitoring of temperature, humidity, and nutrient levels. The use of hydroponic solutions ensures that plants receive all necessary nutrients directly through water, eliminating the need for soil and reducing pest-related challenges.

This innovative farming approach offers advantages such as higher productivity, sustainability, and reduced water usage compared to traditional strawberry farming. The farm's hydroponic setup exemplifies modern agricultural practices and offers valuable insights into the future of fruit farming.

THE NATIONAL WEBINAR ON “INTELLECTUAL PROPERTY AND INNOVATION: ENCOURAGING RESEARCH AND DEVELOPMENT”, HELD ON 17TH DECEMBER 2024

Organized by the BIRAC E-YUVA Centre and the Department of Biotechnology, in collaboration with the Institution's Innovation Council (IIC). The webinar featured expert resource persons Mr. Vasant Chandra, Head of Operations and Prosecution, and Mr. Vivek Shrivastava, Head of Patents, both from United & United, New Delhi. The event focused on the crucial role of intellectual property in advancing research and fostering innovation, particularly in biotechnology.

The Resource person Keynote speakers, including experts from IP law and biotechnology, highlighted the importance of protecting innovations through patents and shared insights on the challenges and opportunities in IP management.

The webinar featured interactive sessions and a valuable discussion, where participants gained practical knowledge on IP filing, commercialization strategies, and government support for biotech startups.

The session successfully underscored the need for a collaborative approach to strengthen the IP ecosystem in India and drive innovation in research.

SPECIAL SESSION ON HEALTHY LIFE WAS ORGANIZED BY DEPARTMENT OF BOTANY ON 16/12/2024.



The guest for the session was Dr. Purnima Datey, Rasahar Consultant. Dr Datey is awardee of Golden Book of World Record It was a very enriching experience for the students. Content of the lecture was excellent. She very well explained about the Biological Clock and role of plant and vegetable juices, pulp and powder in treatment of common diseases. Many faculty members and students were present.

MUFFIN DECORATION COMPETITION

To identify the cake decorating skills among students of Department of Commerce and Management and to trace out innovative ideas, Muffin decoration competition was organised on the occasion of Christmas and New Year. It was conducted on 24th Dec, 2024. Judgement was on the basis of creativity, decoration, and appearance.



ARYABHAT FOUNDATION ORGANIZED THE PRIZE DISTRIBUTION CEREMONY OF "ARYABHAT ASTRONOMY QUIZ COMPETITION 2025-25" AT CAREER COLLEGE ON SUNDAY 29/12/2024.



The Chief guest for the ceremony was Dr.Amit Vishwas (Research Scientist Cornell Center for Astrophysics and Planetary Sciences, New York) and the guest of Honour for the event was Dr. Tanmay Dutt Mathur (Assistant Professor,Dept. of Aerospace Engg. IIT, Kanpur).About 150-200 students along with their parents from various schools participated in this ceremony.

THE DEPARTMENT OF MATHEMATICS, CAREER COLLEGE BHOPAL CELEBRATED NATIONAL MATHEMATICS DAY FOR A WEEK FROM 16/12/24 TO 23/12/24

To commemorate the birth anniversary of the legendary Indian mathematician, Srinivasa Ramanujan. The celebration included a series of events and activities, such as:

- A poster presentation contest on "Mathematics is everywhere "
- A collage-making competition on "Srinivasa Ramanujan's Life and Contributions"
- Screening the inspirational film based on Srinivas Ramanujan 's life.

The events witnessed enthusiastic participation from students across various disciplines. The winners of the poster presentation contest, and collage-making competition were awarded certificate.



A group of 45 students from Computer Science department along with three faculty members, visited to Indore for an educational excursion .

IKS CELL AND PADC CELL OF CAREER COLLEGE (AUTONOMOUS), BHOPAL IN ASSOCIATION WITH HEARTFULNESS INSTITUTE, BHOPAL CELEBRATED WORLD MEDITATION DAY.

Mr. V K Shrivastava from Heartfulness Institute had explained about the meditation and it's importance for youth to get success in their life also his team took a session of meditation for our students and faculties. Total 70 students and 20 faculties were present on the occasion.

A PARENT- TEACHING MEETING WAS CONDUCTED BY THE DEPARTMENT OF COMMERCE AND MANAGEMENT ON 7TH DEC 2024.

It aimed to foster effective communication between parents and teachers. The parents were intimated well in advance through class mentors. There was a discussion on student's performance in academics and their attendance percentage. The meeting was well attended, with a significant turnout of parents.





ACHIEVEMENTS



हायर एजुकेशन द्वारा निर्देशित भारतीय ज्ञान परम्परा से सम्बंधित अकादमिक एवं सांस्कृतिक गतिविधियों के अंतर्गत शासकीय हमीदिया कॉलेज द्वारा आयोजित संभाग स्तरीय भाषण प्रतियोगिता में कैरियर ऑटोनोमस कॉलेज कि ह्यूमनिटीज डिपार्टमेंट कि B. A. Third year ki छात्रा आयोली वाजपेयी ने द्वितीय स्थान प्राप्त किया.

संतहिरदाराम कॉलेज द्वारा आयोजित लिटरेरी फेस्ट के वाद विवाद प्रतियोगिता में कैरियर ऑटोनोमस कॉलेज कि ह्यूमनिटीज डिपार्टमेंट कि B. A. Third year ki छात्रा आयोली वाजपेयी ने प्रथम स्थान प्राप्त किया. उन्हें हार्दिक बधाई



Chandrakant Armoti student of B.Com III year (NCC Cadet) got selected for RDC Camp

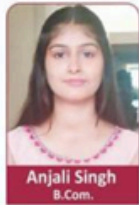
Hearty Congratulations!!

Exciting Job Offers already in their hands before Final Year Degree to be awarded in 2025

TCS



Jyoti Mishra
B.Com.



Anjali Singh
B.Com.



Vansh Purviya
B.Com.



Sneha Garg
B.Com.



Amit Gulwani
B.Com.



Vishnu S Kumar
B.Com.



Chris Bathri
B.Com.



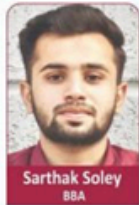
Aastha Gour
BBA



Ronak Bhargav
BBA



Yogesh Sahu
BBA



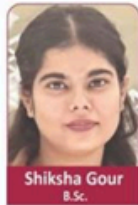
Sarthak Soley
BBA



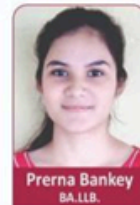
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BBA



Vedika Chouhan
BBA



Shiksha Gour
B.Sc.



Prerna Bankey
BA,LLB.

Coordinator - Dr. Anju Pathak, Ms. Akshat Pradhan



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Dr. Namrata Srivastava presented a paper on the topic "Effect of Ultrasound and VMO Strengthening Exercises in Patellofemoral Osteoarthritis" at the International Conference held at AIIMS, Delhi.



FIRST POSITION AT THE NATIONAL LEVEL KICKBOXING TOURNAMENT

We are excited to share that **Kaushal Tiwari** from **Career College of Law, Bhopal** has secured First Position at the National Level Kickboxing Tournament organized by the Urban Games Federation of India, held at JLN Stadium, New Delhi!



Training and Placement Cell

Conducts

Mega Open Job Fair
(13th Edition)



रोजगार मेला

Monday, 10th February 2025 at 8:30 am

For

12th, Diploma, UG & PG - All

Venue : Career College, BHEL Campus, Bhopal



For Registration scan here

For Registration

<https://tinyurl.com/career-mojf25>



To join the whatsapp group scan here

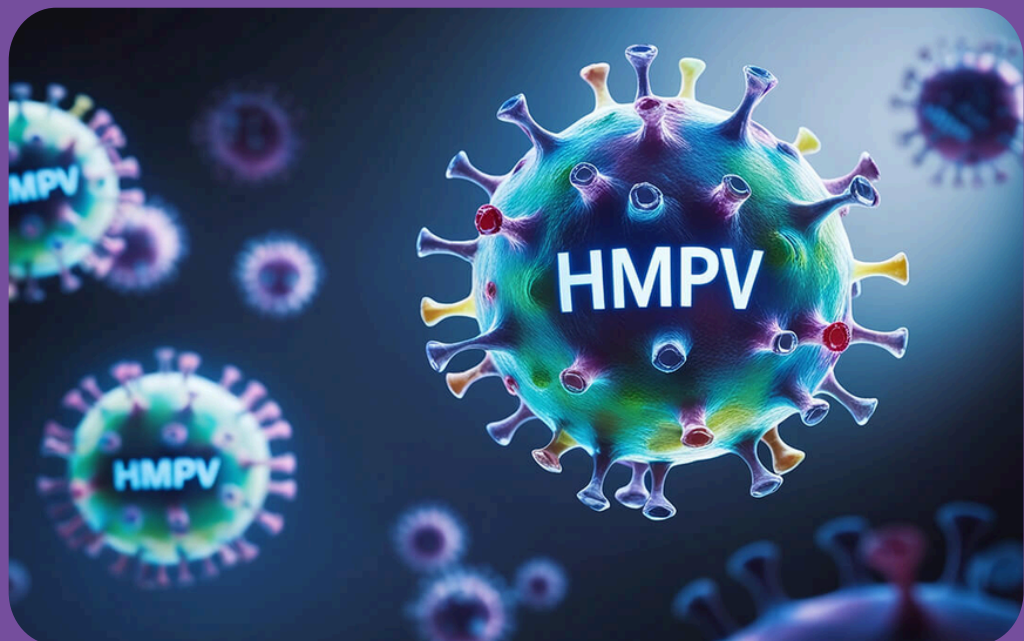
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UNDERSTANDING HUMAN METAPNEUMOVIRUS (HMPV): CAUSES AND PREVENTIVE MEASURES



Human Metapneumovirus (HMPV) is a common viral infection that primarily affects the respiratory system.

First identified in 2001, this virus is part of the paramyxovirus family and is known to cause illnesses ranging from mild cold-like symptoms to severe respiratory distress.

Although the virus can affect people of all ages, it is particularly concerning for young children, older adults, and individuals with weakened immune systems.



CAUSES OF HMPV

Human Metapneumovirus is transmitted primarily through respiratory droplets when an infected person coughs, sneezes, or even talks. The virus can also spread by touching surfaces contaminated with respiratory secretions and then touching the face, eyes, nose, or mouth.



Respiratory Droplets:

The most common method of transmission occurs when an infected individual coughs, sneezes, or exhales, releasing respiratory droplets into the air. These droplets can then be inhaled by someone nearby, facilitating the spread of the virus.



Contact with Contaminated Surfaces:

HMPV can survive on surfaces for a short period, allowing transmission when individuals touch infected surfaces (like doorknobs, light switches, or toys) and then touch their face, eyes, nose, or mouth.



Close Personal Contact:

Like other respiratory viruses, close personal contact, such as hugging, kissing, or handshakes, can facilitate the spread of the virus, especially if the infected person is symptomatic.



Seasonal Occurrence:

HMPV infections are most common during the fall, winter, and early spring, as these seasons coincide with colder, drier weather that helps the virus thrive and spread more easily.

SYMPTOMS OF HMPV

The symptoms of HMPV can vary from mild to severe. In some cases, the infection may resemble a common cold, while in others, it can progress into more serious respiratory conditions.

Common symptoms include:

- Cough
- Runny nose
- Fever
- Sore throat
- Wheezing
- Shortness of breath
- Fatigue



In infants, young children, older adults, and individuals with underlying health conditions (such as asthma or compromised immune systems), HMPV can lead to more severe illnesses like bronchiolitis or pneumonia, requiring hospitalization in some cases.

PREVENTING HMPV

While there is currently no vaccine specifically for HMPV, there are several effective strategies you can adopt to minimize the risk of infection. By following proper hygiene practices and reducing exposure to the virus, you can help protect yourself and others.

Practice Good Hygiene

- **Frequent Handwashing:** Wash your hands with soap and water for at least 20 seconds, especially after coughing, sneezing, or touching potentially contaminated surfaces.
- **Use Hand Sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Cover Your Mouth and Nose:** When coughing or sneezing, cover your mouth and nose with a tissue or the crook of your elbow to prevent droplets from spreading. Dispose of tissues immediately.



Avoid Close Contact with Sick Individuals

- If you're sick, stay home to reduce the risk of spreading the virus to others.
- Avoid close contact with people who are showing symptoms of illness, particularly young children, older adults, and those with chronic health conditions.



Clean and Disinfect Frequently-Touched Surfaces

- Regularly disinfect surfaces that are touched often, like door handles, light switches, and mobile phones. This helps prevent the spread of the virus, especially in communal areas.

Boost Your Immune System

- Maintain a healthy diet, exercise regularly, get enough sleep, and manage stress. A strong immune system is better equipped to fight off infections.
- Consider taking supplements such as Vitamin C and D (with consultation from your healthcare provider) to help support overall immune health.





Wear Masks

- During peak seasons for respiratory infections or if you're in a crowded place, wearing a mask can reduce the chances of transmission.

Seek Medical Attention If Necessary

- If you or a loved one is experiencing severe symptoms like difficulty breathing, chest pain, or high fever, consult a healthcare professional immediately.



CONCLUSION

Human Metapneumovirus (HMPV) is a contagious respiratory infection that affects people worldwide, with the potential for more severe complications in vulnerable populations. While there is no specific vaccine for HMPV, following preventive measures such as good hygiene practices, avoiding close contact with sick individuals, and maintaining a healthy lifestyle can help reduce the spread of the virus.

By staying informed and taking proactive steps to protect yourself and others, you can reduce the risk of infection and help control the spread of HMPV in your community. Always consult your healthcare provider if you have concerns or experience severe symptoms.

The Government of India has made strides in improving access to welfare schemes for unorganised workers. Recently, **Union Minister Mansukh Mandaviya launched a multilingual feature on the e-Shram portal, which now supports 22 languages.**

In the years from 2019 to 2024, **Indian cities made strides in reducing PM2.5 pollution levels.** The National Clean Air Programme (NCAP) cities achieved a notable 24% reduction.

The Green Hydrogen Hub (GHH) project has been officially launched in Pudimadaka, Anakapalli district, Andhra Pradesh. This initiative, part of the National Green Hydrogen Mission, aims to establish India's first integrated green hydrogen production facility.

The Indian Institute of Technology-Madras (IIT-M) has recently **inaugurated Asia's largest shallow wave basin research facility.** This development is located at the Discovery satellite campus in Thaiyur, approximately 36 km from the main IIT-M campus.

India and Malaysia have recently taken steps to enhance their bilateral relationship through the **inaugural India-Malaysia Security Dialogue held in New Delhi.** This meeting was co-chaired by India's National Security Adviser, Ajit Doval, and Malaysia's National Security Council Director General

RIDDLES

1. What can travel around the world while staying in the corner?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. The more you take, the more you leave behind. What am I?





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CONTENT WRITER

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