



Sunbeam College for Women



BHAGWANPUR, VARANASI (UP)
(Autonomous Post Graduate College)



Career Catalyst NEWSLETTER

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Welcome to the Inaugural Issue of Career Catalyst

Dear Students and Faculty,

We are happy for our first edition of Career Catalyst Newsletter, a career insights and inspiration. Our goal with this newsletter is to bridge the gap—offering actionable strategies, real-world stories and expert perspectives to help you take the next step with confidence.

In this issue, you'll find, The 2024 NIRF rankings of Indian Universities, Unconventional path for careers, an Inspirational story from of a young entrepreneur, scholarships to study abroad. You will read few Tips and Strategies for career development.

We hope that as you hold Career Catalyst in your hand, you'll find guidance, motivation, and clarity to your own path. We wish success for the exciting journey that lies ahead!

Happy reading!

Dr. Deepak Madhok
Chairperson

Mrs. Bharti Madhok
Vice-Chairperson

Make a Career Plan



- **Self-Assessment:** Identify Strengths and Weaknesses, Consider your skills, interests, values, and personality.
- **Set Career Goals:** Focus on immediate objectives (Short-term Goals) like gaining specific skills, certifications. and also draw your long-term Goals where you see yourself in the future.
- **Research on Career Options :** Reach out to professionals in fields you're considering. Ask their experiences, challenges, and advice.
- **Develop Skills and Identify Skill Gaps:** Determine the skills you need for the desired roles. Look for internships, online courses, volunteer opportunities.
- **Stay Flexible:** Be open to opportunities that may arise and willing to adjust your plan..

Secrets to Improve Your Skill

Set Clear Goals: Define what success looks like for the skill you're working on. Break it down into short-term and long-term goals.

Practice Regularly: Consistent & deliberate practice is the key. Regular practice helps reinforce learning and build muscle memory.

Seek Feedback: Constructive feedback from others can provide insights for improvement and help you refine your approach.

Learn from Experts: Study how those who excel in the skill approach it. This could be through tutorials, books, or observing their techniques.

Challenge Yourself: Gradually increase the difficulty of your practice to push your boundaries and avoid stagnation.

Embrace Failure: Understand that mistakes are part of the learning process. Analyze them to avoid repeating them and to improve.



Doors are Open for Women in Indian Defence

Pathway to fulfil your aspirations & Serve the Nation with PRIDE

Eligibility: Graduate Degree from any recognised University.

Defence exams for Women

Combined Defence Services (CDS) Examination

Short Service Commission (SSC) in the Army

Air Force Common Admission Test (AFCAT)

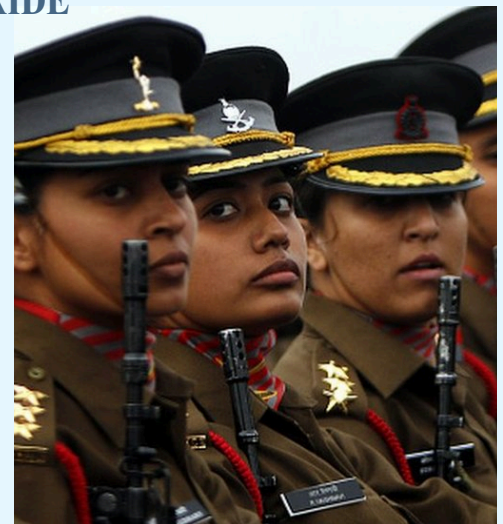
Indian Navy Entrance Test (INET)

National Defence Academy (NDA) Examination

Judge Advocate General (JAG) Entry Scheme for the Army

Army Education Corps (AEC) Entry

For more details check out www.joinindianarmy.nic.in



National Institutional Ranking Framework (NIRF)



In today's fast-paced world, the lure of the corporate realm overshadows the pursuit of higher education. The immediate rewards of the business world can be tempting but it is the profound blueprint provided by higher education, that truly lays the foundation for an impactful future. Delving into the National Institutional Ranking Framework (NIRF) eases ones choice, Here is the list of overall top 20 universities of India based on The National Institutional Ranking Framework (NIRF).

India Rankings 2024: University *

NAME	CITY	STATE	RANK
Indian Institute of Science	Bengaluru	Karnataka	1
Jawaharlal Nehru University	New Delhi	Delhi	2
Jamia Millia Islamia	New Delhi	Delhi	3
Manipal Academy of Higher Education	Manipal	Karnataka	4
Banaras Hindu University	Varanasi	UP	5
University of Delhi	New Delhi	Delhi	6
Amrita Vishwa Vidyapeetham	Coimbatore	Tamil Nadu	7
Aligarh Muslim University	Aligarh	UP	8
Jadavpur University	Jadavpur	Kolkata	9
Vellore Institute of Technology	Vellore	Tamil Nadu	10
Saveetha Institute of Medical and Technical Sciences	Chennai	Tamil Nadu	11
S.R.M. Institute of Science and Technology	Chennai	Tamil Nadu	12
Anna University	Chennai	Tamil Nadu	13
Siksha 'O' Anusandhan	Bhubaneswar	Odisha	14
Kalinga Institute of Industrial Technology	Bhubaneswar	Odisha	15
Homi Bhabha National Institute	Mumbai	Maharashtra	16
University of Hyderabad	Hyderabad	Telangana	17
Calcutta University	Kolkata	West Benga	18
Birla Institute of Technology and Science	Pilani	Rajasthan	19
Chandigarh University	Mohali	Chandigarh	20

*<https://www.nirfindia.org/Rankings/2024/UniversityRanking.html>

Off-beat Ventures: Turning Ideas into Startup

1. Mushroom: A Fungal Frontier

Mushroom cultivation is an increasingly popular and profitable field combining science and agriculture. With their high nutritional value and growing consumer demand, mushrooms offer aspiring entrepreneurs a lucrative opportunity. Enroll in specialized courses or workshops in mushroom cultivation. These programs cover everything from growing techniques to pest management and harvesting.

2. Pearl Farming: Beauty with Profit

Pearl farming combines artistry with agriculture. The process involves nurturing oysters to produce pearls, which are highly valued in the jewelry market. Seek out training in aquaculture and pearl farming techniques. Pearl farming requires investment in equipment and infrastructure, like tanks / ponds, as well as in the initial purchase of oysters.



Business Ideas
with
low investment

3. Ornamental Aquatic World

The ornamental aquatic industry is growing, fueled by increasing interest in home aquariums, aqua scaping, and decorative ponds. This trend is driven by consumers seeking relaxation, aesthetic enjoyment, and the therapeutic benefits of interacting with aquatic life. Startup Costs for Initial investments depending on the scale and type of fishery.

4. Customized Gifts Business

If you have interest in fashion design, you can create and sell your own designs. Alternatively, you can collaborate with or hire a fashion designer to bring unique ideas to life. You can also attract clients online, offering them the convenience of browsing and ordering. Invite them to visit your boutique for personalized consultations or to pick up their custom orders

Play Hard & Work Smart: Sports Careers Beyond the Field

Imagine a world where every day feels like game day and your job is to be part of the action rather than just a spectator. Welcome to the exciting arena of sports careers, where your passion for the game can turn into a thrilling profession!

1. Coaching and Athletic Training

Coaching and athletic training are critical areas where women can make a substantial impact. To prepare for these careers, graduates can pursue specialized courses from these institutes-

- *The National Institute of Sport (NIS) in Patiala*
- *The Guru Nanak Dev University in Amritsar*
- *The Sports Authority of India (SAI)*



Yasmin Karachiwala



2. Sports Management and Administration

Sports management is an expanding field in India, offering roles in team management, sports marketing, and event coordination.

- *Indian Institute of Management (IIM) Rohtak*
- *The International Institute of Sports Management (IISM) in Mumbai*

3. Media and Communications

The role of media in sports is growing, with opportunities in sports journalism, broadcasting, and digital media. To pursue a career in this field, women can consider courses in sports journalism and communications.

The Asian College of Journalism (ACJ) in Chennai

The Symbiosis Institute of Media and Communication (SIMC) in Pune



Sports presenter Mayanti Lange



IC3 2024 Conference

Empowering the Future of Career and College Counselling

**2024 Annual IC3
Conference & Expo**

28 & 29 August 2024 • New Delhi

Counselling in every school



ic3movement.com

Do you think Counselling plays important role in education sector? International Career and College Counselling (IC3) Institute is a volunteer-based organization that provides support to high schools/college and universities around the world through guidance and training resources. IC3 movement is dedicated to transform the landscape of career and college counselling, ensuring that students everywhere can make well-informed decisions about career paths.

This year's Conference focused on addressing the critical gaps in the current system of career and college guidance. The IC3 Movement aims to rectify this imbalance by the resources, strategies, and support needed to establish robust Career and College Counselling departments. It featured a diverse range of sessions, workshops and keynote speeches from leading experts in the field. Topics cover the latest trends in career counselling, innovative practices in college admissions, and strategies for building a supportive environment that fosters student success. It stands as a testament to the movement's unwavering commitment to improving the future students and ensuring that every young person has the opportunity to pursue a fulfilling and successful career.

Red Seas to Blue Oceans: Emerging Career Fields

In the ever-evolving landscape of career opportunities, the choice between traditional professions and emerging fields can be likened to navigating between "Red Seas" and "Blue Oceans."

"Red Seas" refer to the established, conventional career paths that have been the backbone of industries for decades. These professions, such as law, medicine, accounting, and engineering, are often marked by stability and well-defined career trajectories. However, they are also characterized by intense competition and a saturation of talent.

While "Blue Oceans" represent the uncharted waters of emerging fields—industries that are still developing and hold immense potential for growth. These careers, such as those in Artificial Intelligence (AI), Machine Learning, Renewable Energy, Cryptocurrency, Robotics, Cybersecurity, and Digital Sociology, offer a fresh market with less competition and more opportunities for innovation.

Deciding between a career in traditional professions or emerging fields is not just about choosing between stability and innovation. It is about aligning your strengths, interests, and aspirations with the opportunities available.



A Quest for Self resilience: Inspirational Story



Gauri Gopal Malik

Founder & Director, Skilled Samaritan Foundation (SIROHI)

In a world where opportunities are seen as fleeting and competitive, it takes a profound personal conviction to truly turn the tables and make a lasting impact.

Meet a young entrepreneur from Muzaffarnagar (UP) founded Skilled Samaritan (SSF) in 2012 after she quit her job as an Investment banker at Deutsche Bank. She thought of sustainable home & furniture brand SIROHI, Idea came in her mind when she realized how talented women are in her home town. But due to lacked opportunities in her town Muzaffarnagar these women have no recognition.

SHE BELIVED SHE COULD AND SHE DID IT..

Gauri studied at a boarding school since the age of 6. She worked in London, Tokyo, Peru and Geneva; she came back to India to convert into reality her belief that India's flair is in the hands of its women.

She's all about the simplicity of life, India's heritage and earthiness while empowering women; all that come naturally to her.

Her aim is to develop functional objects that are a mix of nature and design.

She has been awarded by NITI Aayog's Fifth Edition of Women Transforming India Awards for Inspirational women in 2022

PILLARS OF SIROHI



Scholarships for Indian Students to Study Abroad

Fulbright-Nehru Doctoral Research Fellowship : Program supports Indian doctoral students who want to conduct research in the US for 6–9 months.

Erasmus Mundus Scholarship

This program provides financial support for scholarships and institutes to improve higher education through cooperation between Europe and other educational institutions.

DAAD(German Academic Exchange Service) offers a variety of scholarship programs for international students to study in Germany, covering undergraduate and postgraduates degree.

Chevening Scholarship

This scholarship is for Indian students who want to pursue a full-time Master's degree program at any university in the UK.

Swedish Institute Scholarships offers scholarships for International students to pursue masters programs in Sweden.

Commonwealth Scholarship

This scholarship is for students from the 53 Commonwealth countries who want to pursue their master's or doctorate from the UK.

JN Tata Endowment Scholarship

This merit-based scholarship is for Indian students who want to pursue higher education abroad.

Aga Khan Foundation International Scholarship Program

Scholarship supports students from developing countries to pursue postgraduate studies in Europe or the US. It covers tuition, living expenses, travel, and health insurance.

Just start,
the rest
will follow.



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CAREER COUNSELING



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Opinion Poll

Do you think the students' movement of Bangladesh will have a positive impact on its future?

- ☐ Yes
☐ No

Let's get YOUR opinion!

https://docs.google.com/forms/d/e/1FAIpQLSfuZmAF5Aqfg6jln7aRWrmWuK3azYQmM2DdS8P0XBSqrRkJbg/viewform?usp=sf_linkheading

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