



Sunbeam College for Women

Autonomous Post Graduate College | Accredited 'A' Grade by NAAC

BHAGWANPUR, VARANASI-221005 (U.P.)



Topper's Felicitation-2025

Career Catalyst NEWSLETTER



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INDEX

Internship & Its Importance

Internship Essentials: CV

Level Up Your Internship

Internship Access

Alumna's Interview

Campus to Career

Gateway To Private Internships

Govt Internships Programs

AICTE Internship for Students

From the Desk of the Administration

Dear Students,

An internship is a gateway to understanding industry expectations, developing practical skills, and gaining exposure to professional environments. It helps students explore their career interests, build confidence, and make informed decisions about their future paths.

NEP- 2020 has placed a strong emphasis on experiential learning, making internships a mandatory and integral part of the academic curriculum.

We are proud to align with this vision by encouraging every student to actively pursue internship opportunities during their academic journey. We urge all students to take internships seriously, not just as a requirement, but as a stepping stone toward a successful and fulfilling career.

Wishing you all the best in your internship pursuits!

Happy Reading!

Saurabh
Dr. Saurabh Sen
Principal

Sarita
Mrs. Sarita Rao
Administrator

Vibha
Dr. Vibha Srivastava
Academic Advisor

INTERNSHIP



An internship is a short-term job that a student does while still studying in college. It can be paid or unpaid. The main aim is to learn how the real world works. In line with this vision, the National Education Policy (NEP) 2020 places significant academic importance on internships and making them an essential component of higher education programs.

WHY ARE INTERNSHIPS IMPORTANT?

Work Experience - Major organizations are looking for candidates with experience. Even if you are a fresh-out of college, employers expect you to have some kind of experience in the field you are applying.

Define Clear Goals - Many students are unclear of their career goals while pursuing college. The subject being studied might open different career paths, making them unsure of which one to pursue. Internships give them a chance to try working in both jobs and improve their decision-making.

Networking and Recommendation - During an internship, you meet and learn from people in organisation. If you build good relationships with your team members & mentors, they might help you by recommending you for other internships or even your first job after college.

Practical Knowledge - Classrooms is all theoretical knowledge, Internships give students a chance to test their classroom knowledge and learn its practical application in life situations.

College Credit / Extra Money - Many colleges started credit system for internship and made it mandatory to complete as a part of academic curriculum. Also, if you are able to secure for yourself a paid internship that means some extra pocket money.



Internship Essentials: Let Your CV Speak

Securing an internship is essential to gain experience, and build professional networks. However, the competition is high, and proper preparation is crucial. These steps can increase your chances of landing valuable internships that contribute to your career growth.

Personal Details

- Full name, contact number, professional email ID, LinkedIn profile (if available)
- A concise, customized statement showing enthusiasm for the internship and relevant skills

Educational Background

- Course name, institution, year of study, and Academic performance (CGPA/percentage if strong)

Internships / Trainings (if any)

- Mention any internships, online trainings, or workshops attended
- Even virtual internships or certifications from platforms like Internshala, Coursera, etc.

Achievements & Certifications

- Competitions, scholarships, or relevant online certifications (with issuing platforms)

Key Skills

- Both technical and soft skills relevant to the internship (Tailored for each application)
- Examples: MS Excel, Data Analysis, Communication, Teamwork, Python Basics, Financial Accounting

Projects / Academic Work

- Class projects or independent work that relate to the internship field
- Include Company name, title, your role, tools used, and outcomes

Extracurricular Activities

- College clubs, organising events, volunteer work — highlight initiative and teamwork

Hobbies / Interests

- To show your personality and well-roundedness

Languages Known

- If relevant, include fluency levels





Level Up Your Internship: Strategies for Success

Whether you're interning at a corporate office, a startup, or even remotely, here are some ways to make the most of it:

1. Set Goals from Day One:

Before your internship begins, ask yourself: are you looking for learning a new skill, understanding workplace culture, networking with professionals. Having clear goals will keep you focused throughout your internship.

2. Be Proactive & Take Initiative:

Don't just wait for tasks to come your way. Ask your supervisor how you can contribute and take on responsibilities beyond your job description. Show some enthusiasm and initiative.

3. Treat Every Task as Important:

No task is too small. Whether you're handling research, data entry, or assisting in a project, do it with dedication. A strong work ethic will make you stand out.



6. Maintain Professionalism:

Be punctual, communicate clearly, and follow workplace etiquette. How you conduct yourself during an internship can influence future job opportunities.

5. Ask Questions & Seek Feedback:

Internships are meant for learning, so don't hesitate to ask questions. Regularly request feedback from your mentor or supervisor, and use it to improve.

INTERNSHIP ACCESS



- The most popular platforms for internships in India.
- Offers paid and unpaid internships in Marketing, Content writing, HR, and more.

- Provides internships in startups, NGOs, and corporate firms.
- Has opportunities for part-time, virtual, & full-time internships.



- Many companies post internship opportunities on LinkedIn Jobs.
- Great for networking and connecting with recruiters.

- India's most trusted & affordable education platform for professional exams (CA, CS, CMA & FRM).
- Internships are also available.



StudyAtHome.org



- Popular search engine that serves job seekers in India.
- It can be a useful platform for finding internships—internship listings across industries.

Internship to Industry: Alumna Shares her Path

Kritima Pandey

B.Com. BATCH-2023

Jai Hind Everyone!

I'm Kritima, a proud alumna of Sunbeam College for Women.

After B.Com. Graduation, I completed MBA (HR) from Galgotias University, Noida.

Currently, I'm Assistant Country Team Lead (HR) at GAO Tek Inc., a Canada-based technology company.

1.How did you find this internship opportunity?

Regularly checking job platforms and updating my resume helped me find GAO Tek's HR internship on LinkedIn. My advice: stay proactive internship opportunities are everywhere, especially online. Being active and professional on LinkedIn was key to securing this role.

2.Did your academic knowledge helped during the internship?

My academic background in HR helped during my internship. I could apply my knowledge practically, boosting my confidence and preparedness for real-world situations.



Assistant Country Team Lead (HR)
GAO Tek Inc., Canada-based technology company

3.How did you balance your work-life and study-life?

Balancing studies and work was challenging at first, but I learned to manage my time better. I created a routine that divided my day between internship tasks and academics, used planners for deadlines, and made sure to set aside time for myself. With prioritization, organization, and less stress, things became manageable.

**Keep learning, keep improving,
and always stay positive.
Trust me, your hard work will pay off!**

4.Any message you would like to share with your juniors?

Take part in events, develop new skills, and never be afraid of trying new things. These years are the foundation for your future.

Believe in yourself, because self-confidence can take you very far. Every experience—good or bad—adds to your growth.

5. What advice would you give to students preparing for internships?

My biggest advice would be: start early and be prepared. Don't wait till the last moment. Don't think you're not ready—internships are meant for learning! Be open to feedback, ask questions, and give your best. Also, don't hesitate to take internships that are virtual or unpaid initially—what matters most is the learning and exposure.



Campus to Career: Opportunities for Students

Our Current Placement Stand - 2024-2025

TCS	12 Students
ICICI	4 Students
Temple Tour	4 Students
CETPA Infotech	4 Students
Blinkit	1 Student



Placement Drive
BY
ICICI Bank



Gateway To Private Internships

Internships play a crucial role in shaping a student's career by providing hands-on experience and industry exposure. This guide provides detailed information on top companies offering internships and how students can apply for them.



Deloitte, A global service firm spread in 150+ countries. It offers Audit, Tax, Consulting, and Advisory services, Known for Innovation. It also provides career opportunities for students.

- Apply for Deloitte Internships:
- Check Eligibility – Ensure you meet academic and skill criteria (e.g., B.Sc., B.Com., etc.)
- Visit Careers Page– Go to website and look under “Students” or “Internships.”
- Apply Online – Select a role, fill the form, and upload your resume.
- Selection Process– Includes an online test and interviews.
- Get Offer – Selected candidates receive an offer letter via email.



Nesternship, Nestlé's Internship Program offers an 8-week immersive learning experience where you navigate real-world business projects with the direction and supervision of experienced leaders.

- Duration : 8 weeks, Hands-on exposure to real world projects under the guidance of an experienced industry mentor
- You earn : A certificate of experience from Nestlé, Amazon Vouchers worth Rs.10,000
- Internships available in Sales, Nutrition, Supply Chain, Manufacturing and Corporate Functions.

Application in process-

1. Login & sign up
2. Online Assessment
3. Onboarding



KPMG is a top global firm offering audit, tax, and advisory services. In India, it provides consulting across sectors and offers strong career opportunities in a dynamic, innovative environment.

How to Apply:

- Check Eligibility: Ensure a strong academic record and interest in consulting.
- Visit Careers Page: Go to [KPMG Careers] and look under “Campus Programs.
- Apply Online: Submit the application form with your resume and required documents.
- Selection Process: Includes online tests, interviews, and group discussions.



TCS iON Career Edge Program

Tata Consultancy Services (TCS) offers the iON Career Edge - Young Professional program, a free 15-day online course designed to equip students with essential employability skills.

The program covers corporate etiquette, effective communication, and foundational IT skills. While it doesn't provide direct internship placements, it helps in professional development.

Apply here: TCS iON Career Edge Program

Government Internships Programs

PM Internship Scheme

Eligibility: Open to Indian citizens aged 21-24 who are not currently employed or enrolled in full-time education.

Duration: 12 months, including 6 months of hands-on training.

Stipend: ₹5000/month plus a ₹6,000 one-time grant.

Application: Candidates can apply for up to 3 Internships



NITI Aayog Internship

Govt. continues to offer internships to UG/PG/Research scholars enrolled in recognized universities/institutions in India and abroad. It is designed to provide a practical experience in public policy, governance, and economic development.

- Applicants will have to apply online by filling up the registration form.
- Online application link is open from **1-10 of every month.**
- It is unpaid internship.



3. MEA INTERNSHIP PORTAL –

Ministry of External Affairs has launched this internship to provide better gender inclusivity and to increase diversity in terms of qualifications, domicile.

Eligibility Criteria-

- **Age-** not more than 25 years.
- Open for Indian graduates from a recognized university.
- Register on portal to participate in the process.
- Selection is fully online with applications & scrutiny.
- **Intake and duration-** In two set of 6 months.
 - April to September and October to March
 - No. of Intern - 30 (maximum)
 - Duration- 01month to 03 months
- **Stipend-**An honorarium of INR 10,000/month



AICTE Internship For College Students

The All India Council for Technical Education (AICTE) has introduced a structured internship framework to help students gain real-world exposure alongside their academic learning. Students across technology, management, and science streams can explore internship opportunities with leading industries, government departments, startups, and NGOs. By registering on the AICTE Internship Portal, students can access high-quality internships aligned with their academic goals and career interests.



HOW TO APPLY:

- **Visit the AICTE Internship Portal:** <https://internship.aicte-india.org>
- **Create an Account:** Register using your college email ID and basic academic details.
- **Browse Opportunities:** After logging in, browse internships by sector, location, duration, and skillset.
- **Apply Directly:** Click on the preferred internship and submit your application and resume.
- **Track Application Status:** The portal allows to track the progress of your applications.

DURATION:

- AICTE recommends a **minimum of 6-8 weeks** of internships after the 4th semester.
- For some industry internships, the duration may range from 4 weeks to 6 months.
- Virtual internships are flexible and may last from 2 weeks to 3 months.



CERTIFICATION & CREDITS-

- **Free of cost** for students to apply, & Some internships offer a stipend.
- On successful completion, students receive internship certificates.
- Based on AICTE guidelines, Institutes are allowed to count these internships for academic credits.



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