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**Report on Career Guidance Seminar CGS-2025 organized by the Department of Biosciences**

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**A REPORT ON  
CAREER GUIDANCE SEMINAR CGS-2025  
Organised by  
Department of Biosciences  
30<sup>th</sup> April to 5<sup>th</sup> May 2025**

The Department of Biosciences organized a five-day **Career Guidance Seminar** in collaboration with the **Center for Career Guidance & Development (CCG&D)** and **Kaustav's Careerica** from **30th April to 5th May 2025**. The seminar aimed to motivate and guide final-year students of the department in navigating their career paths. The seminar was convened by **Prof. Snober S. Mir, Head of the Department of Bioscience** with **Dr. Swati Sharma, Assistant Professor, Department of Biosciences**; **Dr. Sufia Rehman, Head, Training and Development, CCG&D, Integral University** and **Dr. Pratima Tripathi, Founder & CEO, Kaustav's Careerica** serving as co-conveners.

**30<sup>th</sup> April, 2025:** The inaugural day of the five-day Career Guidance Seminar began with a vibrant and inspiring opening session on **April 30, 2025**. Prof. Snober S. Mir extended a warm welcome to the distinguished Guests **Dr. Neerja Masih**, Professor of Biotechnology at IT College, **Dr. Nilanjan Mukherji**, Director, CCG&D, and **Dr. Monowar Alam Khalid**, Dean of Students' Welfare and Former Head, Department of Environmental Science, Integral University and briefed them on the objectives and structure of the seminar.

**Dr. Nilanjan Mukherji** started the session with an insightful address that emphasized the wide spectrum of personalized mentorship and services offered by CCG&D. From navigating public and private sector opportunities to guidance on government exams, application processes, and higher education abroad, his talk highlighted the center's holistic approach in supporting students' career journeys. He also introduced the Summer School Program, aimed at enhancing students' communication and aptitude skills—vital for interviews and competitive exams. His encouraging words resonated with the audience, urging students to take full advantage of the resources available.

**Prof. Monowar Alam Khalid** followed with a thought-provoking talk on the rapidly evolving career landscape in biosciences. He spotlighted emerging opportunities in disease research, climate change, drug discovery, and public health, both nationally and globally. He shed light on the increasing demand for specialized professionals—genetic counsellors, medical writers, pharmacologists, and environmental scientists—and encouraged students to also consider roles in science journalism, policy, education, and bioinformatics. Stressing the significance of interdisciplinary skills, he motivated students to embrace lifelong learning, innovation, and networking, particularly in the biotech start-up ecosystem.

The session grew even more dynamic with **Dr. Neerja Masih's** engaging talk. Tracing her inspiring journey from biochemist to army officer to professor, she exemplified the power of adaptability and resilience. She introduced the fascinating concept of "**Colors of Biotechnology**," showcasing its diverse domains—Red, Green, Blue, White, Yellow, Grey, Brown, Gold, Purple, Black, and Dark biotechnology—each holding vast and often underexplored career opportunities. Dr. Masih underscored the need to balance **IQ, EQ, and SQ (Spiritual Quotient)** to navigate both success and solitude in professional life. She encouraged students to be teachable, authentic, and compassionate, and to work on communication skills, build strong reading habits, and invest in self-growth. Her session left a lasting emotional and intellectual impact on the students. An interactive **Q&A session** followed, where students posed thoughtful questions on career planning and interviews. Panelists offered practical tips—maintaining eye contact, understanding body language, being genuine, and avoiding exaggeration—while also stressing the importance of grooming and self-awareness during interviews.

**1<sup>st</sup> May, 2025:** The second day of the **Career Guidance Seminar** unfolded with great enthusiasm, continuing the momentum from the inaugural session. The keynote speaker for the day, **Dr. Ausaf Ahmad**, a distinguished academician from **Amity University**, captivated the audience with his session titled "*Careers in Research: Fellowships, Academia, and Beyond.*" Drawing on his extensive experience, Dr. Ahmad walked students through the landscape of research opportunities in India and sensitized them to the significance of **national fellowships** such as **UGC-JRF, CSIR-JRF, ICMR-JRF, ICAR-JRF, and DBT-JRF**. He stressed that these competitive fellowships not only provide financial support but also open doors to prestigious institutions for pursuing **Ph.D. programs** across India. Going beyond traditional academia, Dr. Ahmad broadened the horizons of the attendees by introducing **alternative career paths** for life science graduates. A special emphasis was placed on **entrepreneurship and innovation** in the **biotech sector**, where Dr. Ahmad encouraged students to think creatively and explore the possibilities of **startups** rooted in scientific innovation. He discussed the importance of identifying real-world problems, leveraging interdisciplinary knowledge, and accessing incubator programs and funding opportunities that support early-stage biotech ventures.

**2<sup>nd</sup> May, 2025:** Day 3 of the Career Guidance Seminar began with a talk delivered by guest speaker, **Dr. Pratima Tripathi**, Founder & CEO of **Kaustav's Careerica**, highlighting her contributions to biotechnology and career mentorship. Dr. Tripathi delivered an engaging lecture titled "*The Rise of Biotechnology: Career Opportunities and Innovations.*" She emphasized the vast scope of biotechnology and encouraged students to adopt innovative thinking and practical skill development alongside academic learning. Her talk clarified the difference between theoretical knowledge and real-world application, inspiring students to think creatively and explore diverse career options in the field. The session was highly interactive, with students actively participating in a Q&A segment that addressed career planning, research opportunities, and industry expectations. Dr. Tripathi's insights motivated students to pursue biotechnology with curiosity and confidence. The session concluded with a vote of thanks by **Prof. Snober S. Mir**, Head of the Department of Biosciences, who appreciated Dr. Tripathi's inspiring words and the seminar's role in guiding students toward meaningful career paths in biotechnology.

**3<sup>rd</sup> May, 2025:** The fourth day of the Career Guidance Seminar featured an inspiring session with eminent speakers **Dr. Kausar Mahmood Ansari**, Principal Scientist at CSIR-Indian Institute of Toxicology Research (IITR), Lucknow, and **Dr. Mohammad Imran Siddiqui**, Chief Scientist at CSIR-Central Drug Research Institute (CDRI), Lucknow—both celebrated for their contributions to scientific research and dedication to mentoring youth. The event also welcomed **Mr. Mohd Danish Khan**, an accomplished **alumnus from the B.Sc. Life Sciences Batch of 2022–23**, who recently qualified both **CSIR-NET** and **GATE** with impressive ranks. Dr. Ansari delivered a thought-provoking talk emphasizing the importance of **self-awareness** in choosing a career path, and discussed emerging fields in science, research, and innovation. He also underlined the vital role of **soft skills** and **lifelong learning** in achieving sustained career growth.

Dr. Siddiqui addressed students from diverse disciplines, offering practical guidance on how to build a **future-ready career** in life sciences. His session shed light on expanding opportunities in **drug discovery, clinical research, biotechnology, and interdisciplinary sciences**. He encouraged students to strengthen their academic foundations, seek research internships, and participate in **scientific communication** through publications and conferences.

Adding a relatable perspective, **Mr. Mohd Danish Khan** shared his personal journey, discussing **time management strategies, study resources**, and balancing academics with preparation for competitive exams. His achievements served as a motivating example for fellow students.

The interactive session that followed saw students raising thoughtful questions on topics such as choosing between academia and industry, managing study pressures, and exploring careers in **biotechnology, pharmacology, toxicology, and drug development**.

**5<sup>th</sup> May, 2025:** The fifth and final day began with sessions by an impactful talk delivered by **Dr. Suchit Swaroop**, Associate Professor, University of Lucknow. With his deep insight and engaging delivery, Dr. Swaroop left a lasting impression on the aspiring students. Dr. Swaroop opened his session with a thought-provoking interaction, directly engaging the students by asking them about their **career choices** and the motivations behind those choices. This interactive approach immediately encouraged students to reflect on their decisions more critically, setting a reflective tone for the session. He emphasized the importance of **self-awareness** and encouraged students to ask themselves: "*Why have I chosen this field?*" He explained that understanding the "**why**" behind a career decision is as crucial as the decision itself. Dr. Swaroop guided the students to choose careers that align with their **interests, strengths, and long-term aspirations**, rather than being influenced by peer pressure or societal expectations. Dr. Swaroop further highlighted the **diverse and dynamic career opportunities** in biological sciences. From academia and research to biotechnology, healthcare, environmental sciences, pharmaceuticals, and data science applications in biology—he painted a comprehensive picture of the possible path's students could pursue. His message was clear: the field is vast, and so are the possibilities—students simply need to be **informed, proactive, and open to exploring**.

Following the inspiring talk by Dr. Swaroop, the audience was treated to an equally impactful and enlightening address by **Dr. Sufia Rehman**, a seasoned expert in career development and academic guidance. Her session was a masterclass in motivation, professional development, and future planning for students at a pivotal stage in their academic journey. Dr. Rehman began her talk with a powerful message about **career clarity and commitment**. She emphasized that the ideal time for changing academic tracks is after the 12th standard. After that, she advised students to **focus on making the best of the field they have chosen**, rather than wasting more years in indecision. Her words encouraged students to channel their energy into mastering their domain, rather than constantly second-guessing their choices. One of the key highlights of her address was her **practical advice on CV building and job interview preparation**. Dr. Rehman stressed that **authenticity is crucial**—no manipulations, no copy-pasting from Google. She urged students to craft their resumes with original content, tailored to reflect their **individual strengths, projects, and internships**, always listing the most recent ones on top. She explained how interviewers look for **specific keywords** and advised students to actively engage in **extracurricular activities and creative pursuits** to enhance their profiles. Dr. Rehman further pointed out that companies often prefer **freshers** because of their **new ideas, creativity, and eagerness to learn**. She emphasized that **attitude and adaptability** are just as important as qualifications. Her message was clear: students must learn to **present themselves professionally**, convey **genuine enthusiasm** for the roles they apply to, and align their skills and experiences with the **job's requirements**.

The events were timely managed by the session managers **Dr. Taiba Saeed, Dr. Durdana Yasin , Dr. Sangeeta Singh , Dr. Mohsin Vahid Khan and Dr. Mohd.Aamir Qureishi** who were proactively engaged in introducing the guest speakers, managing the participants, giving formal vote of thanks and preparing the report. **Dr. Smita Rai, Mr. Zaryab Shafi and Ms. Shefali** were active volunteers during the sessions in the entire seminar.

About **55 students** participated in the workshop, making it a remarkable success. The event delivered actionable insights and expert guidance from distinguished professionals, tailored to prepare students for both academic and professional challenges. Each session was thoughtfully designed to equip participants with the essential skills, strategic thinking, and clarity needed to thrive in today's competitive landscape. By focusing on higher education opportunities, self-reflection, and well-rounded personal growth, the workshop left students feeling inspired, motivated, and empowered. They departed with a clearer vision for their future and the confidence to pursue their goals with determination and purpose.

## GLIMPSES OF THE CAREER GUIDANCE SEMINAR





Best Regards

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