

Report on
the Career Guidance Lecture by
Katamoni Laharika, Scientist R&D, Biocheck, U.S.A.

On 1st October 2024, the Research Training Consultancy Cell of our college organized a career guidance lecture for life science students. The session was led by **Ms. Katamoni Laharika**, a Scientist in R&D at Biocheck, U.S.A., and a distinguished alumna of our college. Her insightful talk aimed at guiding B.Sc. BZC and BtZC students through the pathways to a successful career in biosciences. The event provided an enriching platform for **B.Sc. BZC and BtZC students** to gain valuable insights into building a successful career in Biosciences.

Introduction and Opening Remarks:

The session was hosted by Ms. Sanskriti Sinha, President and a student of BBA III Year. She welcomed the students and introduced the objectives of the event. The chief guest introduction was given by Ms. Vaishnavi, Vice-President and a student of B.Com (TP) III Year, who highlighted Ms. Laharika's achievements and

contributions in the field of biosciences. Following the introduction, Principal Madam addressed the gathering, emphasizing the importance of career guidance and mentorship in helping students navigate their academic and professional journeys.

Journey from College to Research Scientist:

Ms. Laharika shared her inspiring journey from being a student in the same college to becoming a research scientist in a global company. She highlighted the importance of building a strong foundation in Biosciences, stressing that while academic excellence is crucial, hands-on practical experience is equally significant for growth in this field.

Pathways to a Successful Career in Biosciences:

During her talk, she outlined various fields and career opportunities within the realm of biosciences, including:

- Biotechnology
- Pharmaceutical Research
- Environmental Science
- Clinical Research
- Molecular Biology and many more

She encouraged students to explore their interests early and align their studies accordingly.

Key Advice for Building a Strong Career:

Ms. Laharika emphasized the importance of the following to build a solid career in biosciences:

1. **Balancing Academic and Practical Work:** Practical exposure, such as internships and lab work, adds immense value to theoretical knowledge.
2. **Attending Seminars, Presenting Papers & Posters:** She advised students to attend scientific seminars and conferences to broaden their understanding and stay updated with the latest research.
3. **Participating in Internships:** Gaining experience through internships is a vital step toward building a career.
4. **Soft Skills Development:** Communication, teamwork, and adaptability are key to navigating challenges in the professional world.

Challenges and Overcoming Them

Ms. Laharika also discussed the common challenges faced by aspiring bioscientists. She pointed out the importance of:

- **Adapting to New Learning:** Science is ever-evolving, and staying adaptable is crucial.
- **Identifying One's Interests:** Discovering one's passion early helps in making informed career decisions.
- **Developing Resilience:** Overcoming setbacks is part of the journey, and resilience is vital to keep moving forward.

Proposal for a Research and Career Guidance Cell:

One of the key proposals made by Ms. Laharika during her session was the establishment of a Research and Career Guidance Cell** at AMSASCW. She envisioned this cell to serve as a platform where alumni and professionals from various fields would interact with current students.

The cell would focus on:

- **Mentorship Programs:** Regular mentoring sessions, where experienced professionals guide students on various aspects of their academic and career growth.
- **Online Interaction Sessions:** Weekly online sessions to discuss trends in biosciences, research opportunities, and career development strategies.
- **Building a Strong Alumni Network:** Facilitating interactions between students and alumni to create a support system for career guidance and networking.

Our heartfelt thanks also go to:

- **Dr. K. Jhansi Rani, Principal**, for her constant support and encouragement.
- **Dr. K. Karuna Devi, Academic Coordinator**, for her guidance and active involvement.
- **Dr. A. Pramila, IQAC Coordinator**, for promoting and facilitating the organization of such career-oriented sessions
- **Dr. K. Kiranmai, Head Department of Chemistry** for her efforts in organizing such an interactive and insightful career guidance session.

Conclusion: The session was highly informative and motivated the students to take proactive steps toward building their careers in biosciences. Ms. Laharika's journey and practical advice resonated deeply with the students, offering them both inspiration and a roadmap to success. The proposed establishment of a Research and Career Guidance Cell at the college will further support students in achieving their professional goals through mentorship and continuous learning. The event concluded with a vote of thanks, and students left with renewed enthusiasm to pursue their ambitions in the field of biosciences. With the establishment of the proposed **Research and Career Guidance Cell**, students will have access to ongoing mentorship and guidance, ensuring that they are well-prepared for the future.



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