



December 2024

Campus Chronicles

**READ.
LIVE.
INSPIRE.**



From the Desk

As the holiday season approaches, the sentiment captured in the timeless song, "It's the Most Wonderful Time of the Year," by Andy Williams resonates with many of us. The lyrics evoke a deep sense of warmth and celebration, reflecting the true spirit of Christmas and the New Year — a season filled with joy, hope, reflection, and cherished time spent with loved ones. It is a period that transcends the mere exchange of gifts, embracing a deeper connection with family, tradition, and the promise of a fresh start in the coming year.

The Christmas and New Year period has always been a highlight of the year for most people. From the childhood excitement surrounding Santa Claus and the magic of stockings filled with presents, to the more mature appreciation of the time spent with family and loved ones, this season evokes a universal sense of joy.

The season's distinctive atmosphere is unmistakable: the blend of festive greenery and twinkling lights, the sweet melodies of Christmas carols filling the air, and the cheerful sound of "Ho Ho Ho" that signals the arrival of Santa. These simple yet profound elements bring a smile to our faces and a sense of nostalgia to our hearts. Christmas Eve marks the beginning of a seven-day holiday period, offering not only a break from daily routines but also the opportunity to pause, reflect on the year gone by, and look forward with optimism to the year ahead.

Personally, my experience of the holiday season was shaped significantly by my time in a Christian Brothers school. For students like me, the Christmas and New Year period was much more than just a break from academic duties. It represented a time of celebration, both within the school and, of course,

back home with our families. At school, Christmas was a cherished occasion marked by traditions such as special meals, including gingerbread cookies and rich, festive cakes. As students in a traditional hostel environment, these small indulgences felt particularly significant, providing a much-needed sense of comfort and festivity. More importantly, Christmas and New Year symbolized the anticipation of returning home — a reunion with family and a welcome respite from the rigors of hostel life. The excitement of seeing loved ones after being away for a period made this season especially meaningful.

Our educational group, with its diverse student body drawn from various parts of the world, exemplifies the universal nature of the holiday season. This global community allows us to celebrate not only the holidays of our respective cultures but also to appreciate the rich diversity of traditions followed by people around the world. In our multicultural setting, we are constantly learning about the different ways that people celebrate seasonal festivities, including Christmas, New Year's, and other holidays. This broadens our understanding of how such celebrations hold unique yet universal significance across cultures.

The ability to share in these diverse traditions enriches our own holiday experiences. It reminds us that, while each culture may have distinct customs, the underlying themes of togetherness, celebration, renewal, and hope are truly universal. Whether it's through the vibrant celebrations of Diwali, or the festive cheer of Christmas, these traditions bring people closer, fostering mutual respect and understanding among communities.

Christmas and New Year also offer a rare opportunity for reflection — a chance to assess the year that has passed, acknowledge achievements, and learn from challenges. It is a time to reconnect with our values and priorities, both personally and professionally. The practice of making New Year resolutions further emphasizes the season's theme of renewal, where the promise of a fresh start motivates us to pursue goals, improve ourselves, and embrace the possibilities of the coming year.

It is, indeed, the most wonderful time of the year.

Mr. Varun Mehta

Project Manager-Project Management Department

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Events Spotlight

EXPLORING CULTURES AT INTERNATIONAL DAY EVENT



International day event was held, where students had the chance to explore the cultures of 14 countries. The event was an incredible celebration of global diversity, with representatives from Ethiopia, India, Nepal, Venezuela, Peru, Congo, Nigeria, Jamaica, Pakistan, Morocco, Zimbabwe, Sri Lanka, Bangladesh, and Tunisia. Though food sampling was not part of the experience, the event provided an enriching opportunity to engage in conversations, learn about traditions, and witness performances that showcased the unique cultures of these nations.

As I walked through the event, I was captivated by the cultural displays and the enthusiasm of the students representing each country. It was inspiring to hear firsthand stories and experiences from peers who shared their heritage, explaining the significance of traditional practices, customs, and even the languages spoken in their home countries. The vibrant cultural performances further enriched the experience, with dances, music, and other artistic expressions that

conveyed the essence of each nation.

In one booth, students from Nepal demonstrated a traditional dance, while at the Ethiopian booth, we had the opportunity to learn about the country's rich history and customs. The interactions were meaningful, as students from different backgrounds had the chance to connect, share their cultural identities, and discuss the importance of understanding and respecting global traditions.

The event was a wonderful reminder of the power of cultural exchange. It allowed students to not only broaden their horizons but also foster mutual respect and understanding. While we didn't have the chance to try the delicious foods from each culture, the true essence of International Day was in the conversations and performances that connected us across borders. It was a day that left me with a renewed sense of appreciation for the diversity that makes our world so vibrant and interconnected.

Overall, International Day was an enriching experience that promoted inclusivity, dialogue, and cultural awareness, and I look forward to more events like this in the future.



Hermela Alemu Tolcha
CTH Level 3 Foundation Diploma in
Hospitality & Tourism

A COLOURFUL DISPLAY OF CULTURE!

International Day is an important event that I find very meaningful because it serves as a potent reminder of the global problems we face and the need for a coordinated effort to solve them. Every International Day draws attention to a different cause, such as advancing human rights, fostering peace, or bringing attention to environmental issues. It emphasizes the strength of diversity and underlines that all people have common ideals and goals, such as equality and peace, by encouraging inclusivity and dispelling misconceptions.

The International Day Event was very fun and eye-opening for me due to the many different cultures that I've seen and the vibrant cultural performances, such as traditional dances and music. Students showcased their beautiful traditional clothes during the fashion show giving excellent performances in their own unique way was the highlight of the event. Each country booth had colorful displays of artifacts, and decorations to create a festive atmosphere and

spark curiosity. This amazing event gave the students a chance to socialize, play games at the game booth, and answer fun questions about each country to get a chance to win big prizes making it both educational and enjoyable.

This event truly encouraged diversity by offering a welcoming platform for staff and students from many origins to discuss their customs, cultures, and life experiences. Everyone got the chance to take part and feel represented through events like cultural exhibits, and performances, fostering a sense of community. As participants cooperated to plan and participate in the event, it promoted interaction and teamwork among them, strengthening ties within the community.



Nahil Rubilon Al Najjar
CTH Level 3 Foundation Diploma in
Hospitality

INTERNATIONAL DAY 2024 - A DREAMY EVENT!

International Day 2024 was an absolute explosion of color, sound, and excitement! Our celebration of global cultures took on a whole new dimension this year, bringing our community together for an unforgettable experience right here in the UAE. With students representing over 25 countries, the day was a powerful testament to the rich tapestry of backgrounds that make our institution so unique.

The energy was electric! From the moment you stepped into the vibrant country booths, overflowing with crafts, artifacts, and fascinating information, it was clear this wasn't just another event. These were mini-experiences, each one a testament to the passion our students poured into showcasing their cultures. It was like taking a mini world tour!

The performances were simply incredible. From heart-pounding drumbeats to graceful dances and soulful melodies, the stage became a showcase of amazing talent. It was a powerful reminder that music and art are languages we all understand, bridging the gaps between our different backgrounds.

The highly anticipated fashion show took the energy to another level. Students confidently took to the runway in breathtaking traditional and modern attire, each outfit a vibrant expression of cultural identity. Intricate embroidery, bold patterns, and stunning silhouettes painted a vivid picture of global fashion, showcasing the beauty and diversity of

dress from around the world. It was a visual feast, a true celebration of individual expression and cultural pride.

International Day 2024 was more than just an event; it was a celebration of everything that makes our community so special. Every student who shared their culture, every person who came to experience it, made the day unforgettable. It was a celebration of us – our diversity, our connections, and the amazing things that happen when we come together. Everyone who participated, in any capacity, was a winner, contributing to the vibrant spirit of the day.

A huge shout-out to everyone who made this day happen – the organizers, the performers, the booth creators, the student council members, and especially our generous sponsors! We extend our deepest gratitude to our Gold Sponsor, Nest Accommodation UAE, and our prize sponsors: Headlines Festivals, VTR Hospitality & Events, and Fuchsia Urban Thai Restaurant. We also want to thank everyone who came out to celebrate! We can't wait to see what next year brings!



Mr. Vishal Badjate
*Deputy Manager - Social Media
Department*



GUESTS!

Elite Guests representing from various countries attended our International Day event as delegates, adding a unique global touch to the celebration. The event was glorified by Mr. Md. Ashfaq Hussain Counsellor and Head of Chancery Consulate General of Bangladesh, Mr. Terefe Haile,, Head of Diaspora Affairs at the , Ms. Frewoini Molla -Head of Public Diplomacy, Mr. Kumilachew Mekuria Citizens Affairs, Selam Fite- Community Affairs, their presence showcasing the beauty of unity in diversity.



Flag March



FASHION SHOW



CULTURAL PERFORMANCES



BOOTHS



Flashback

OUTDOOR CLASS AT AL BARSHA PARK !

The outdoor classroom effectively employs a greater range of language skills. Our students were taken for an outdoor class on 28th November 2024.



SESSION FOR CREDIT TRANSFER BY UNIVERSITY OF SUNDERLAND

A Seminar for Credit Transfer by University of Sunderland dated 25 November 2024 was an enlightening session for students who wished to plan their further studies in UK.



ORIENTATION DAY !

Orientation day scheduled on 21st November 2024 for our October 2024 intake students served as a welcoming event for new students helping them feel comfortable and integrated into the academic journey in UAE.



FRESHERS PARTY !

Freshers Gala organized on 7th November 2024 provided a fun, social environment to interact with academy staff, faculties and batchmates, fostering a sense of belonging and easing the transition into academic life.



RESEARCH METHODOLOGY WORKSHOP BY MS. ANOOSHE

Research Methodology Workshop by Ms. Anooshe was organized on 29 Nov 2024 to help students for different steps of getting started in research.



SEMINAR FOR CREDIT TRANSFER BY POST UNIVERSITY !

A Seminar for Credit Transfer by Post University dated 12 November 2024 was an enlightening session for students who wished to plan their further studies in USA.



ZUMBA WORKOUT SESSION !

Zumba workout session held on 16th November 2024 provided a fun way of working out, making it a great option for students who enjoyed exercise while learning new dance steps.



TRIP TO DESERT SAFARI!

A recreational activity for desert safari was organized on 15th November 2024 for our students.



Celebrating World Events

INTERNATIONAL VOLUNTEER DAY

Compassion means extending a hand to help others without judgment.

- Dorina Sasson

Compassion is a virtue that keeps this world going in spite of all the challenges that this life throws at us. People who are compassionate are the true healers of this world. One of the best compassionate people are the selfless volunteers who work indifferent fields across the globe. They are the ones who with all their might and heart ensure that they raise their hands to help when they are needed by any and everyone during any calamity or any challenge that the humans are going through.

To celebrate this spirit of selfless service, United Nations in 1985 mandated in United Nations General Assembly to celebrate December 5th every year as International Volunteer Day, more commonly known as IVD these days. It is a day to acknowledge and celebrate the spirit of volunteerism all across the world. The volunteers of the United Nations celebrate this day to amplify the importance of people led solutions that is needed by the society these days.

Volunteering is such an important mechanism for the overall social, environmental and economic development and transformation. No volunteer is ever forced to work. It is the self free will of every individual to do something for the development of the society. When someone does something out of his or her own will with compassion, integrity and commitment, the result is bound to be positive. The volunteers

are always full of empathy and are approachable and hence any task that is taken up by them turns in to a beautiful experience for those who are receiving any help or benefit through the volunteer.

Imagine a human stuck in floods helped by a volunteer, a sick man on the death bed being cheered up by a volunteer during his last few days, a volunteer teaching under privileged children, a volunteer guiding people during a calamity; all these acts are such noble acts that should definitely be celebrated. Volunteerism also gives an opportunity to the volunteers to meet like-minded people around the world. This

also creates a beautiful family of caring, compassionate and empathetic people around the globe and every volunteer can be proud of himself or herself to be a part of this family. Volunteerism also allows one to have a profound experience of self-inner satisfaction and also helps one to understand the real purpose of existence in this world, which is to help other human being in whatsoever way we can. No volunteer is superior or inferior to any other volunteer. Every body is there with one common motive and that is to help another human being.

Let's take a moment to pause and celebrate this undying spirit of the volunteerism and make a silent prayer for all the volunteers across the globe for making this world a bit more beautiful everyday by their selfless service and never ever giving up, no matter what the situation is.



Mr. Tauseef Ahmed
Senior Manager - International
Partnerships



CELEBRATING CHRISTMAS IN ETHIOPIA

Christmas Celebrations in Ethiopia is unique. The traditional decoration in homes often include colorful and vibrant decoration pieces. Families may hang up traditional woven baskets and use colourful fabrics to create a festive atmosphere. While decorative lights are less common, candles play a significant role in Ethiopian Christmas celebrations, symbolizing the light of Christ. With regards to exchange of gifts, it's not as prevalent as in Western cultures, families may still exchange small gifts or share food with neighbours and friends to foster community spirit. Sharing homemade treats, such as traditional sweets or injera (a staple Ethiopian flatbread), can be a way to express love and gratitude.

The Ethiopian Christmas feast, known as "Genna," typically features dishes like doro wat (spicy chicken stew), injera, and various vegetable dishes. Families gather to share this special meal, emphasizing togetherness. Many Ethiopians observe a period of fasting (known as Advent), which culminates in a grand feast on Christmas Day.



They attend church services on Christmas Eve and Christmas Day. The services are often long and filled with traditional hymns, prayers, and rituals that highlight the religious significance of the holiday. Community Gatherings: After church services, families and communities often come together to celebrate with music, dance, and storytelling, reinforcing the bonds of community.

In the spirit of Christmas, acts of kindness are done by helping those in need, whether through charitable donations or providing food to the less fortunate. Some communities organize events to celebrate together, ensuring that everyone can partake in the joy of the season. A unique tradition during Ethiopian Christmas is playing "Genna," a type of field hockey played by males. This game symbolizes joy and community spirit.

By embracing these traditions and practices, celebrating Christmas in Ethiopia becomes a rich tapestry of culture, spirituality, and community. It's a time for reflection, joy, and connection with loved ones and the broader community.



Hundaol Worku Bedada

ATHE Level 4 – Diploma in Business & Management

Country in Focus

UNVEILING THE HIDDEN GEM OF ZIMBABWE

Zimbabwe, a nation nestled in southern Africa, boasts breathtaking landscapes, rich cultural heritage, and warm-hearted people. As I reflect on my connection to this incredible country, I'm reminded of its resilience, hospitality, and community spirit.

People and Lifestyle

With a population of approximately 16 million, Zimbabweans proudly speak multiple languages, including Shona, Ndebele, and English. Our culture places great emphasis on family, social gatherings, and traditional cuisine like sadza and braai. These gatherings foster strong bonds and create lasting memories.

Economy and Contributions

Zimbabwe's economy is driven by agriculture, mining, and tourism. The country's high-quality tobacco, cotton, and gold exports have earned international recognition. Zimbabweans have made notable contributions to various fields, including sports, arts, and education. One notable example is Kirsty Coventry, our Olympic gold medalist.

Tourist Attractions

From the majestic Victoria Falls to the ancient Great Zimbabwe ruins, Zimbabwe offers a plethora of breathtaking attractions. Hwange National Park, one of Africa's largest game reserves, provides thrilling wildlife experiences. For the adventurous, white-water rafting and bungee jumping are a must-try. The dry season, from May to October, is ideal for wildlife viewing.

Challenges and Aspirations

Like many developing nations, Zimbabwe faces challenges such as economic growth, infrastructure development, and climate change. However, the government and citizens are working tirelessly to address these issues. Initiatives like the Zimbabwe Agenda for Sustainable Socio-Economic Transformation (Zim-ASSET) aim to promote economic growth and development.

Personal Connection

For me, Zimbabwe represents a sense of belonging and pride. Growing up, I spent countless hours exploring the Matobo Hills, marveling at the unique rock formations and learning about the rich history of the area. One fond memory that stands out is participating in a traditional Shona dance performance during a family gathering.

In conclusion, Zimbabwe is a country that embodies the spirit of resilience, hospitality, and community. As we look to the future, we remain committed to overcoming our challenges and realizing our aspirations. Come and experience the warm heart of Zimbabwe for yourself – you'll leave with unforgettable memories and a deeper appreciation for this incredible nation.



Nicholas Anotida Mukarati
ATHE Level 4 – Diploma in Sports
Management

A COUNTRY OF RICH CULTURAL HERITAGE AND NATURAL BEAUTY- ZIMBABWE

Located in the heart of Southern Africa, Zimbabwe that is often overlooked by travelers and investors. However this beautiful country has a lot to offer, from its stunning nature, landscapes to its rich cultural intake, In this article will explore what make Zimbabwe special, its unique culture, delicious food, and festive Christmas celebrations. Zimbabwe is home to the one of the most spectacular natural wonders in Africa. The Victoria Falls, one of the seven Natural wonders of the World, is a breathtaking sight to behold. The falls create a mist that can be seen from miles away, earning it the local name “Mosi-a-Tunya” (The smoke that Thunders). Zimbabwe is also home to several national parks, including Hwange and Matobo, which offer incredible wildlife experiences.

In addition to its natural beauty, Zimbabwe is also rich in history and culture. The country is home to the ancient city of Great Zimbabwe, which was once the capital of the kingdom of Zimbabwe. The city is a UNESCO World heritage Site and is considered one of the most impressive archeological sites in Africa.

Zimbabwe cuisine is a fusion of traditional and modern flavors. During festivals and celebrations, traditional dishes center stage. Some popular dishes include

Sadza is a staple dish made from cornmeal or sorghum, often served with stews or relishes. Braai is a traditional barbecue dish, often featuring meat, vegetables, and sadza. Muriwo une dovi is a peanut stew made with meat or vegetables. Maputi is a traditional dish made from dried and fried caterpillars.

During festivals, food is often served in large quantities and meal times are seen as opportunities to bond with family and friends.

Christmas in Zimbabwe is a unique and festive experience. While many traditions are similar to those in western countries, there are some distinct local twists. Here are a few ways Zimbabweans celebrate Christmas:

Christmas is a time for family reunions, and many Zimbabweans travel long distances to be with their loved ones. Sadza, braai and other traditional dishes are often served during Christmas celebrations. Zimbabwean music and dance are an integral part of Christmas celebration, with many people gathering to sing, dance, and play traditional instruments. While gift giving is not as widespread as in western countries, many Zimbabweans exchange small gifts such as clothing, food, or household clothings.

Zimbabwe has a diverse population, with over 16 languages spoken across the country. The main ethnic groups are the Shona and Ndebele, each with their own distinct cultural and traditions. In conclusion Zimbabwe is a country that is full of life, culture, and natural beauty. From its stunning landscapes to its vibrant culture and delicious food, Zimbabwe is a destination that is waiting to be discovered. Whether you are a traveler, investor, or simply someone who is interested about learning more about this beautiful country, Zimbabwe is definitely worth exploring.



Passion Joseph Taremba Tukwi
ATHE Level 4 Extended Diploma in
Computing



Tech Talk

THE RISE OF ROBOT COMPANIONS: ARE HUMANOID ROBOTS THE FUTURE OF SOCIAL INTERACTION?

Humanoid robots are transitioning from science fiction to real-life companions, transforming how we perceive social interaction. These robots, designed to emulate human behaviour and communication, are increasingly being used in environments where companionship and assistance are vital. Humanoid robots hold great promise in companionship and care, but they enhance, rather than undermine, human relationships and dignity.

For example, in Japan, the humanoid robot Pepper, developed by SoftBank Robotics, is deployed in eldercare facilities. Pepper interacts with residents, providing emotional support, leading group activities, and even detecting changes in mood. This helps alleviate loneliness and improves mental well-being in a rapidly aging population.

Similarly, Sophia, created by Hanson Robotics, exemplifies the potential of robots in social roles. Sophia has been featured at conferences, engaging in meaningful dialogues and even addressing global issues like sustainability. Her advanced conversational abilities and lifelike expressions highlight how robots can participate in human-like interactions.

While these advancements highlight their benefits, ethical concerns persist. Over-reliance on robotic companions might reduce human-to-human interaction and emotional growth. Privacy and data security are additional challenges, given the sensitive nature of these roles.

While humanoid robots like Pepper and Sophia showcase promising applications, they are likely to complement, not replace, human interactions. As technology advances, these robots may bridge gaps in care and companionship, particularly in areas where human presence is limited.



Ms. Anjusree Krishnanunni
Faculty, Department of Academics

Wellness and Wisdom

A RITUALISTIC ROUTINE FOR EVERY FESTIVE SEASON!

Initially. Clean your house completely such that no diseases will reach you And this is one of those technical reasons why we are asked to clean our house Before festival season.

Purchase flowers and other decorative items. Or balloons for decoration and obviously something that is made by your own hands make makes your house more colourful. Here are some ideas that you can use to make your home extra cozy this festive season. The flowers will bring fragrance and positivity that you have missed in your busy everyday life.

Create a gallery wall; Hang collection of artwork, photographs or even empty frames in an interesting arrangement. Mix and match different size, shape, colours to create an Unusually striking display. You do not need a fortune to make your home beautiful, you just need a creative mind and a can do spirit!

Utilise unexpected objects: Repurpose everyday objects or antiques in unconventional ways. For example, use some aesthetic and vintage suitcases as a

side table. Hang colourful umbrellas as A wall display. Turn old windows into decorative mirrors. Afterall each thing that you have in our house has its own memories.

Install unique lighting; With different lighting fixtures to create ambience and focal points, consider using string light. Small different colour lights Beautiful lamps or even DIY lighting project using jars or wine bottles.

After all this action, good happiness come in our house. House looks the way we want. Peace comes, positivity is being attracted to your house. In all this we learn that we should live every festival And absorb its spirit and energy.



Vidhi Miteshkumar Patel

CTH level 4 Advanced Diploma in Hospitality Management

HEALTHY HOLIDAY HABITS: STAYING FIT AND BALANCED DURING THE FESTIVITIES

Enjoying festive foods, celebrating, and being joyful are all part of the holiday season. However, it can frequently be challenging to maintain healthy behaviors due to the abundance of decadent meals, sugary treats, and leisure time. Finding a balance that promotes your general well-being is just as vital as enjoying the celebrations. You can enjoy the holidays without sacrificing your health objectives by adopting a few thoughtful techniques. Staying fit and healthy throughout the holidays doesn't need significant adjustments. Moderation is necessary to prevent sluggishness and weight gain, though. Keeping meal sizes under control is one of the best strategies to keep healthy throughout the holidays. To satiate desires while controlling calorie consumption, try consuming smaller portions of your favorite holiday foods rather than denying yourself. Another important component of holiday health is being active. Workouts at home might be just as

successful if you don't have time to go to the gym. Strength and flexibility can be maintained with easy workouts like bodyweight squats, lunges, push-ups, and even quick yoga poses. Walking, dancing, or playing games outside with your family can also be enjoyable activities to keep active. You can have a healthier, more active holiday season without feeling deprived or guilty by striking a balance between pleasure, thoughtful eating, and regular exercise.

Balance is key to staying healthy throughout the holidays. You may enjoy the celebrations without going overboard if you watch portion sizes, keep active with easy workouts, and choose foods carefully. The purpose of the holidays is to be joyful, and by making a few minor changes, you may maintain your health objectives while still enjoying the festivities.



Adiba Abdul Munaf Mukri

ATHE Level 3 Diploma in Business with ATHE Level 4 -Business Management

Alumini Anecdote

REFLECTING ON MY INCREDIBLE JOURNEY AT NEST ACADEMY

As I sit back and reminisce about my time at Nest Academy, I can't help but smile at the transformation I underwent, both personally and professionally. My journey here wasn't just about acquiring knowledge; it was about discovering myself, connecting with incredible people, and discovering opportunities that once seemed far out of reach.

My time at Nest Academy was a great experience. Over the two years, I learned a lot from tutors who were passionate and always there to help. The classes were practical with workshops and internships that gave me hands-on experience. I always got involved in events and activities, which helped me grow as a person. The friendships I made and the things I learned will stay with me as I move forward in life and my career. I'm thankful for my time there.

I also had the privilege of being part of a vibrant community of like-minded individuals, each with their own dreams, talents, and aspirations. The connections I made at Nest Academy are ones I will cherish for years to come, as they have not only shaped my academic journey but also enriched my personal life. I'm thankful for my time there.

When I first walked through the gates of Nest Academy, I had no idea what to expect. I was filled with excitement and curiosity, eager to dive into new learning experiences. From the very beginning, I realized that this wasn't just a place to earn a degree or a certification – it was a place where growth was nurtured and dreams took flight.

The classes were challenging but stimulating. The professors were not only experts in their fields but also passionate mentors who went above and beyond to ensure we truly understood the material. They encouraged us to think critically, challenge the status quo, and see learning as a lifelong pursuit rather than a finite goal.

One of my most memorable experiences was that we all came from diverse backgrounds, bringing unique perspectives to the table. It was during

my lectures that I realized the power of teamwork, communication, and the beauty of blending different ideas to create something greater than the sum of its parts.

Beyond academics, Nest Academy's vibrant community played a key role in shaping my journey. I made lifelong friendships with peers who became more than just classmates – they became my support system, and my co-conspirators in making the most of our time at the academy. We helped each other through tough times. The sense of belonging I felt at Nest Academy was unlike any other.

Looking back, I realize that the challenges I faced – the long nights of studying, the pressure of deadlines, the moments of self-doubt – were all part of the process of growing and becoming the person I am today. Those challenges taught me resilience, discipline, and the importance of pushing through adversity. And it wasn't just about the academic learning; Nest Academy gave me the tools and the confidence to go out into the world and carve out my own path.

As an alumnus now, I carry with me not only the knowledge I gained but also the values that Nest Academy instilled in me: integrity, curiosity, and the constant drive to better myself. I am proud to have been part of such an incredible institution, and I am forever grateful for the experiences, lessons, and memories that will stay with me for a lifetime.

To anyone embarking on their own journey at Nest Academy – embrace every moment, because this will be more than just an academic experience. It will shape who you are and who you will become.



Shankar Prasad Acharya
ATHE Level 5 Business Management

Star Achiever

MY JOURNEY TO EXCELLENCE: EMBRACING CHALLENGES IN DUBAI UAE (AS WAS A NEW COUNTRY FOR ME)

First and foremost, I extend my heartfelt gratitude to God for guiding me through my journey. My story begins with a leap of faith as I moved to Dubai UAE which was new for me, a vibrant business hub that pulsates with opportunities. The allure of this dynamic city, known for its diversity and innovation, inspired me to aim for excellence in both my academic and personal endeavors.

Upon arriving, I encountered significant challenges. Adapting to a new culture, navigating a competitive environment, and managing the demands of a bustling city were daunting. The initial barriers felt overwhelming; however, my unwavering motivation to succeed propelled me forward. I drew strength from my family's unwavering support and the encouragement of my teachers, who have always believed in my potential. Their faith became a cornerstone of my resilience.

To navigate the complexities of my new life, I developed disciplined study routines and prioritized effective time management. Balancing academic responsibilities with extracurricular activities was essential; I immersed myself in clubs and initiatives that aligned with my interests. For instance, participating in student-led organizations not only enhanced my leadership skills but also provided a network of like-minded individuals who inspired and motivated me.

A defining moment in my journey occurred during a particularly challenging semester. Faced with an

overwhelming workload, I realized that innovation was crucial. I devised a strategic plan that combined my study sessions with group discussions, maximizing productivity and deepening my understanding of complex subjects. This experience underscored the importance of adaptability and perseverance.

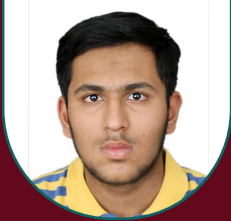
As I reflect on my journey, I take pride in my accomplishments—academic excellence, leadership roles in various organizations, and meaningful connections with peers. Each milestone has contributed to my growth, shaping my character and reinforcing my belief in the power of resilience.

My journey has taught me invaluable lessons: the importance of passion, the significance of a supportive network, and the necessity of perseverance in the face of adversity. For anyone aspiring to follow a similar path, I encourage you to embrace challenges with an open heart and a determined spirit. Remember, success is not merely a destination but a journey defined by your ability to rise above obstacles and remain steadfast in your pursuit of excellence.



Dursa Odo Yachis
ATHE Level 4 Business and
Management

Campus Talent



Rehan Arifbhai Hamidani

Joined in :
Wayback Burgers

As : Kitchen Assistant



Krish Pinto

Joined in :
Adidas

As : Sales Promoter



Basant Singh

Joined in :
Adidas

As : Sales Promoter



Rahul Karki

Joined in :
Adidas

As : Sales Promoter



Samrawit Mulugeta Abato

Joined in :
Adidas

As : Sales Promoter



Dawit Samuel Teka

Joined in :
Adidas

As : Sales Promoter



Sijal Kumal

Joined in :
Jumeirah Hotel & Resorts

As : Housekeeping Intern



Shree Prasad Gurung

Joined in :
Adidas

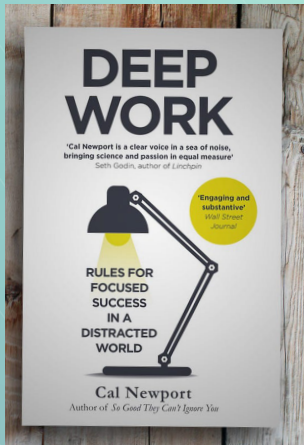
As : Sales Promoter



Critique Corner

BOOK RECOMMENDATION

Deep Work



Well, Cal Newport's *Deep Work* is a thought-provoking guide that challenges modern day distractions and emphasizes the importance of focused, meaningful work.

And The book is structured into two parts: he first explains why deep work is crucial in today's knowledge economy, where the ability to master complex tasks is rare and valuable. The second part

he offers actionable strategies to cultivate deep work habits. Newport presents principles like scheduling uninterrupted blocks of time, eliminating distractions, and embracing boredom to train the mind for sustained focus.

Moreover, What makes *Deep Work* stand out is its scientific foundation combined with practical techniques. From digital detoxing to setting boundaries in the workplace, Newport provides tools to reclaim focus and productivity. The book is particularly relevant in an era dominated by social media and constant connectivity, making it an essential read for students, professionals, and creatives alike.

So, *Deep Work* is both an eye-opener and a guidebook, encouraging readers to prioritize depth over distraction, leading to greater success and fulfillment. It's a must-read for anyone seeking focus and mastery.



Jaspreet Singh
CTH Level 4 Diploma in Hospitality Management



MOVIE RECOMMENDATION

The Pursuit of Happiness



The Pursuit of Happiness is an inspiring story of resilience, determination, and the relentless pursuit of a better life. Based on the true story of Chris Gardner, the narrative showcases a man who refuses to give up, despite facing overwhelming challenges. Chris, a struggling single father, endures homelessness, financial ruin, and rejection while striving to provide for his young son and achieve his dream of becoming a stockbroker.

The story highlights the power of hope, grit, and perseverance in the face of adversity. Chris's unwavering commitment to his son and his belief in his own potential serve as a reminder that happiness is not simply a state of being but something we actively pursue, often through struggle and sacrifice.

Ultimately, *The Pursuit of Happiness* emphasizes that success isn't just about material gains but about the fulfillment and joy that come from overcoming obstacles and achieving personal growth.



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Flavourful Finds

BUTTER COOKIES RECIPE

Here's a simple and delicious Butter Cookies recipe:

Ingredients:

1 cup (225g) unsalted butter, softened

3/4 cup (95g) powdered sugar

1 teaspoon vanilla extract

2 cups (250g) all-purpose flour

1/4 teaspoon salt

Optional:

Colored sugar or sprinkles for decoration



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Instructions:

- **Preheat the oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- **Cream the butter and sugar:** In a large mixing bowl, beat the softened butter and powdered sugar together until light and fluffy (about 3-5 minutes).
- **Add vanilla:** Mix in the vanilla extract.
- **Combine dry ingredients:** In a separate bowl, whisk together the flour and salt. Gradually add this to the butter mixture, mixing until well combined. The dough will be soft but should hold together.
- **Shape the cookies:** You can either roll the dough into small balls and flatten them with a fork, or use a cookie press to create fun shapes. If you prefer, you can roll the dough out on a lightly floured surface and use cookie cutters to make festive shapes like stars, trees, or snowflakes.
- **Decorate (optional):** If you want, sprinkle colored sugar or sprinkles on top of the cookies before baking.
- **Bake:** Bake in the preheated oven for 10-12 minutes, or until the edges are lightly golden.
- **Cool:** Let the cookies cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Enjoy these buttery, melt-in-your-mouth cookies during the Christmas season!



BANANA CAKE *Recipe*



Ingredients:

- 3 bananas
- $\frac{3}{4}$ cup 150 gm sugar
- $\frac{1}{4}$ cup 70 gm curd / yogurt
- 1 tsp vanilla extract
- $\frac{1}{2}$ cup 100 gm olive oil
- 2 cup 310 gm wheat flour / atta
- 1 tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp cinnamon powder
- pinch of salt
- $\frac{1}{2}$ cup chocolate chip

Instructions:

- Firstly, blend 3 chopped bananas and $\frac{3}{4}$ cup sugar.
- furthermore, add $\frac{1}{4}$ cup curd, $\frac{1}{2}$ cup olive oil and 1 tsp vanilla extract.
- further, add 2 cups of wheat flour, 1 tsp baking powder, $\frac{1}{4}$ tsp baking soda, $\frac{1}{4}$ tsp cinnamon powder and a pinch of salt.
- sieve all together making sure there are no lumps. mix well.
- furthermore, add $\frac{1}{2}$ cup chocolate chips and fold gently.
- transfer the batter to the cake tray or bread mould.
- pat the tray twice to remove the air incorporated into the batter.
- top with a few more chocolate chips to look more attractive.
- place the cake tray into the preheated oven. Bake the cake at 180 degree celsius or 356 degrees fahrenheit for 60 minutes.
- further, allow the cake to cool completely and later cut into slices and serve.

Finally, serve the eggless banana cake or store in an airtight container.



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