



Campus Chronicles

Read. Live. Inspire.

NOVEMBER, 2021



From The Desk...

You don't have to see the whole staircase, just take the first step - Martin Luther King Jr.

Education is a crucial aspect of your journey in life. You will come across a lot of facets of emotions in this journey. It is important to know and understand how you take the same in your stride.

Students in today's world are bogged down by academic pressure which results in loss of health, both mentally as well as physically. There is constant pressure from competing with one another for better grades, better jobs, etc. The competition, if taken positively can be healthy, can make one perform better, but it shouldn't be the reason for one to be mentally affected.

As has been said - None of our fingers are the same, none of us are the same as well. We all have different strengths. We should work towards our own strengths rather than striving to achieve someone else's strengths.

Competition should be with oneself rather than with a friend or a colleague. You need to compete with yourself,

you need to do better than what you did before, and if you achieve that you should be satisfied. Do remember - Look in the mirror, that's your competition

Competition and expectations that one may have from themselves or their family may have from them, generates a lot of stress. This stress affects the student's ability. Thus, there is a need to destress during the hectic student life, which could be possible by doing anything that you enjoy, be it playing a sport, watching a movie, reading a novel or even meeting your friends. This would help one in decluttering one's thought process. The more active you are the better would be your mind's ability to fathom the learning.

In your journey, you will taste success, but also failure at times. Life will be full of ups and downs. Don't let failures stop you from moving forward. Use it as a learning lesson to launch yourself further. We wouldn't have had Elon Musk, Steve Jobs or Jeff Bezos if they would have stopped when they tasted failure. Once you fall, the only way is Up.

Be it success or failure, one constant thing would be learning. Explore different ways to help you learn. One very effective method of learning for you is if you get the chance to take up internships/part-time work. This will help you to apply your learning in real-life situations. It would be like an empty canvas for you, go ahead and explore. Part-time work will also help you in learning how to balance different aspects of your life together, here it would be your education and work. Both are equally important, both need to be in synergy with each other.

One can never say that they have learned everything. There is always scope to learn more. Learning can happen to anyone at any time. Be it from a 5-year-old child or someone senior.

Learning is mutual, while you learn from the faculty, we at Nest Academy of Management Education are constantly learning from YOU.

We wish you the best of luck for the future.

Mr. Varun Mehta,
Head - Projects

Sneak Peak

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Life and Learning Experiences



I joined **Anantara the Palm Hotel Resort** through an internship provided by my school, NEST Academy of Management. It allowed me to discover my true passion for the food and beverage department. I started out in a Mediterranean restaurant called The Beach House. Working there at first was quite challenging since the restaurant was extremely busy and at times I found myself in obligation to improvise. Luckily, the supervisors and the manager made sure to mentor me daily. In the beginning, I was helping at the food pass which allowed me to learn about various Italian dishes such as gambas and linguini spaghetti. After that, I was sent to work in the bar. I really enjoyed that experience. For someone like me who has never been to a bar to becoming a bartender, it benefited my wine and alcohol knowledge in a really practical way. This was only one month of my experience in one of the outlets. I will be transferred every month to a different restaurant and learn about Australian and Asian food and so much more. The sum of knowledge I am acquiring is incredible. With every day, I am growing confident. Thank you NEST Academy for granting me this once in a lifetime opportunity.

Cherif Ouahouah,
Level 6 Professional Diploma in International Tourism & Hospitality Management



It was a surreal experience for me while **interning for IPL**. During my internship, I was working in the hospitality and operations department and it helped me understand as well as gave me a different perspective about sports. The amount of dedication and enthusiasm involved backstage is no joke. It was important to stay alert at all times. My keen interest in sports has only increased and I can't wait to follow my passion and showcase my talents in the upcoming events.

Shanice Morina Rodrigues,
Level 4 Events Management



My college, NEST Academy has always been helpful whenever I needed any documentation or any other help regarding my career pathways. I have received a lot of job opportunities in Dubai. By god's grace, I am in a good position as a **health care provider** at "Aster." My current work experience there is very good. I love working there and I give my best. I hope all students who join will work hard and earn good credits. I want to thank all the faculty and staff members of NEST Academy who helped me improve my career.

Rajarajeshwari Ramakrishnan,
Diploma in International Business Management



Expo Dubai 2020, une vraie rencontre des cultures et traditions, et l'intersection des sciences et projets développement durable. Sur le plan local, cet événement a apporté des atouts incompatibles, tels que la chance d'emploi, l'investissement dans divers domaines, le tourisme et la rencontre des cultures fondent une solide base de l'humanité. Mon expérience personnelle à cet événement est une aventure qui m'a aidé à apprendre beaucoup de choses, essentiellement la communication qui est la clé de la découverte d'autres mondes, mon poste au sein de Expo 2020 me donne accès à améliorer mes compétences et à augmenter mes chances pour achever mes objectifs. Cette expérience reste une comme une partie unique dans ma vie.

Faissel Irbah,
Level 4 Hospitality Management



The architecture of the pavilions at the **Dubai Expo 2020** is breathtaking with revolutionary technological advances and immersive experiences. Projections and lighting effects illuminated Al-Wasl Plaza, a futuristic dome-shaped enclosure symbol of Islamic architecture. Various concerts followed, including those of the famous Emirati diva Ahlam or the British singer Ellie Goulding. I had the opportunity to visit some pavilions like Thailand, Estonia, Qatar, Yemen but the one that attracted me and the one I liked the most was the Andorra Pavilion. Their nature, their culture was breathtaking. It is an experience that I never thought I would have.

Yacine Oufliche,
Level 4 Business & Management

Culture in Focus



CAMEROON

Le Cameroun est connu sous le nom de « l'Afrique en miniature » en raison de sa diversité naturelle et culturelle. Le pays est connu pour ses cascades glorieuses, ses conservations de la faune et son écotourisme en plein essor.

Famous Monuments

Architecture in Cameroon is influenced by its history, culture, climate, and diversity.



Food

Cameroon's cuisine is influenced by its location in the country as well as colonial influences like German, French, and English.

Languages

English and French are the official languages of Cameroon. This is due to their colonial influence before Cameroon's independence.



Dress

The free-flowing dress called Kaaba is worn by the women of Cameroon. The cloth flows like a dress from shoulder to knee or longer and is either made of traditional batik or tie-dye cotton prints.



Football



The Cameroonian Football team, "Indomitable Lions" is one of the strongest and most successful in Africa.

Wildlife Conservation

With the second-highest biodiversity in Africa, Cameroon is known for its wildlife conservation via national parks, zoos, sanctuaries, and reserves.



Music

The music of Cameroon includes traditional and modern musical genres. The best-known contemporary genre is Makossa, a popular style that has gained fans across Africa, and the dance related to it is craze Bikutsi.



I am Lucky Stanford, I come from Cameroon, a country located in Central Africa. It is well known worldwide for its political stability within a continent that is always on the move.

Cameroon is often called AFRICA IN MINIATURE because of its geographical location and its geographical and human diversity.

The two official languages of Cameroon are French and English. It also has over 200 native languages. The country has several tourist sites, of which the most important is the Bamoun Palace, located in the southwest.

We have several native dishes like Ndolè, Okok, Mbongo consumed by more than half of the population.

Traditional clothing depends on each tribe and region, but the most important are the Kaba, Sandja, Ndop, and Toghu.

The country is also characterized by its multiple musical rhythms like Bikutsi and Mbolé.

Thanks to sports, especially football, because of which our country is well known. I'm a football lover and I am proud of my country's success. Cameroon has great footballers of international renown. When we are outside the borders of the country, a foreigner can easily recognize us, thanks to football.

Feidangare Ngaissona Lucky Stanford,
Level 4 Business & Management



Le Cameroun est un pays de l'Afrique centrale, il est surnommé "Afrique en miniature" en raison de sa diversité climatique, minière, géographique, humaine, linguistique et culturelle.

Le Cameroun compte plus de 200 ethnies différentes.

Je suis Bantous (Bassa)

-notre nourriture traditionnelle : le BONGHO'O et L'OKOK

-nos vêtements traditionnels : le Kaba porté par les femmes et le Sandja par les hommes.

-nos musiques traditionnelles : le makounè, le makossa, Assiko

Le Bantous "naît" dans les années 1850 dans l'esprit du linguiste allemand WILHELM BLEEK qui lui attribue son nom. Le foyer d'origine se situe dans la zone frontalière entre le Cameroun et le Nigeria et particulièrement dans la zone des Grassfields.

Nous avons également beaucoup de monuments célèbres au Cameroun à savoir :

- le Mont Cameroun
- le Parc national de Waza
- la Réserve de faune du Dja
- le Parc national de Korup
- Doual'art
- le Parc national de LOBEKE
- Le Parc de la Méfou
- le Monument Der Wiedervereinigung.

Pour conclure, je suis fier de mon pays tout simplement parce que dans mon pays nous réalisons de grandes choses. En plus d'être un pays très accueillant, nous sommes patriotes, il y a la paix, le vivre ensemble, le savoir-vivre et le respect mutuel.

Pierre Emile Mbock Mbock,
Certificate in General English



Food & Festivities



World Teachers Day 2021,

Every year World Teacher's day is celebrated worldwide on the 5th of October and for this year it was themed as "Teachers at the heart of education recovery". This basically, means that whatsoever the situation arises, the teachers have always shown their efforts to uplift their students.

The teaching profession is one of the hardest yet arguably one of the most important jobs in the world. It is an occasion when we understand the values, challenges, roles and duties of a teacher in our daily life. This occasion is not only celebrated by the teachers but is also celebrated by the students to show their love, gratitude and respect towards them.

This year, the students had organized a small event on the college premises. The teachers got a day off from their routine work. The event happened during the daytime from 12 pm onwards and everyone was invited. As a tradition, a small cake cutting session was also included. Each and every teacher was gifted a token of appreciation for their performance by the students as well as the management team. For entertainment purposes, games like musical chairs and many more were played by the teachers. And they were even allowed to take the stage with their performances like singing and many more. Many teachers shared their views, opinions and experiences about their teaching skills and day to day life which inspired many of them.

Every profession is important in its own way, but teachers are more important no matter where you are on the globe today!

Krishab Bhattarai,
Level 4 Business Management



NEST Academy's "World's Teacher's Day Ceremony 2021" – A Day to Cherish...

On Saturday, October 9, 2021, the NEST Academy of Management Education celebrated the "World's Teacher's Day Ceremony 2021" on a grand scale, thanks to the incredible efforts of both the Student Council Committee and the Student Affairs Department.

During this year's fascinating Teacher's Day Ceremony, we were also able to witness some special performances by both NEST Academy students and teachers. In addition to the special performances, the event featured interesting game shows such as musical chairs for the teachers of NEST Academy, which was won after a tough competition by our English Professor Ms Lara Bouty, who then shared her life story that led her to be a successful English teacher today.

Two of our beloved Nepali students performed two Nepali hit songs, which was followed by our Professor Mr Rachitha's "Manike Magey Hithey" the super hit Sri Lankan Song and our Professor Mr Fabian's Colombian Karaoke, which drew a lot of attention and was thoroughly enjoyed by all the teachers and fellow students.

We feel it is a great privilege to be a part of Nest Academy's family of Super Star Faculty and witness how grateful it is to be a teacher and to receive a token of appreciation from our beloved students, as well as to cut this year's Teacher's Day Cake and take group photographs with the Nest Academy students.

"Good Teacher's Know How to bring out the best in Students"

By Prof. Jazeel Mubarak,
Business Management
Nest Academy, Dubai!



Creepy Cream Puffs

I would like to share this recipe with you all. It's a vegetarian recipe, and I can be more than sure that everybody will love it. Also, you don't need many ingredients, only a few ones.

The ingredients are half cup of water, 1/4 cup butter, cubed, one tablespoon sugar and half a cup of all-purpose flour with half teaspoon of pumpkin pie spice and finally two large eggs, but room temperature.

We start by bringing in a small saucepan of water, sugar and butter to a boil, and in another bowl, we put flour and pie spice, we add water and mix all at once, until a smooth ball forms, then we remove it from the heat and let it stand for 5 minutes, we add an egg one at a time beating well after each addition.

Then preheat the oven to 400 degrees and drop 12 rounded tablespoonfuls 2 inches apart onto a greased baking sheet. Bake until golden brown for 30-35 minutes. Immediately split puffs open, remove tops and set aside. Discard soft dough from inside. Allow puffs to cool completely.

For the filling, in a small bowl, beat the cream cheese, pumpkin, sugar and pie spice until smooth, fold in whipped topping. Pipe into cream puffs and replace tops.



- 1 For frosting, in a small bowl, combine the confectioner's sugar, butter, vanilla and milk.
- 2 Divide the frosting into three tints, one portion green, and one portion orange, stir cocoa into the remaining frosting, pipe faces with orange and chocolate frosting and pipe stems with green frosting..

Sarah Chaaba,
Level 4 Business & Management

This is ME!

Student Interviews



AFIKAH BINTI NIZAMUDEEN,
Level 4 Events Management

Q1. How do you spend your weekends in Dubai?

A : I'm the type of person that loves to explore new things such as food hunting. So, as soon as the weekend in Dubai begins, I invite some of my friends and we all go to modern cafes, restaurants, dessert bars, food trucks, and many more places where we can try delicious food and share it on our social media.

Q2. What is your favourite place on campus and why?

A : Since our academy is starting to have lots of events on a continuous basis, my favourite place on campus would be the Sports City's campus Classroom 13 and 14 because once I enter those rooms, I start having the vibe of proposing new event ideas to be held in those rooms.

Q3. Do you participate in extracurricular activities? What do you love about them?

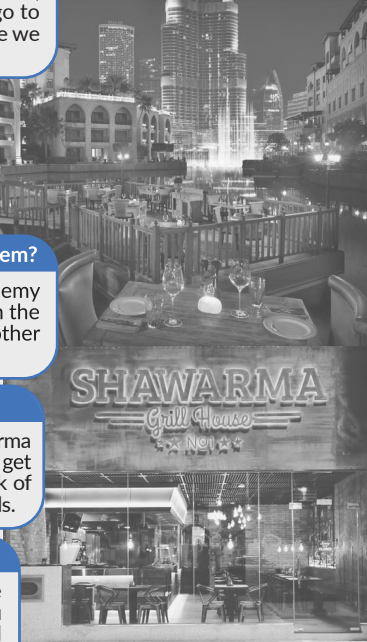
A : I do participate in most of the extracurricular activities organized by the academy because as a part of the SCC, joining and influencing others to be a participant in the activity would always give a great feeling as students are able to know each other more and engage with each other in fun activities.

Q4. What's your go-to hangout place in Dubai? Why?

A : There's no specific go-to hangout place for me as I always shoot to the shawarma cafes anywhere with my friends and spend some time either to hang out or to even get our work done. Dubai is filled with shawarma cafes and it's like the signature snack of Dubai which is also why we see people walking around with shawarma in their hands.

Q5. One piece of advice you would give to the new students?

A : One piece of advice that I would like to give to the new students is that make sure to always keep track of your expenses in Dubai as it is an expensive city and you should have a good amount of savings or have a good job to survive here. I would suggest for you guys to have base savings with you before you reach Dubai so that you're secured for the first few months and then you can find a job and be able to pay your bills for the upcoming months.



Q1. How do you spend your weekends in Dubai?

A : I usually spend my weekends playing and watching football.

Q2. What is your favourite place on campus and why?

A : My favourite place is the recreation room because it's a common space where we can meet and interact with other students. Furthermore, we can play various games to keep our minds off school and assignments.

Q3. Do you participate in extracurricular activities? What do you love about them?

A : I play football every day in sports city. I enjoy playing football because it helps me stay fit and clears my mind. While I enjoy the physical aspect of football it's also a therapeutic experience for me.

Q4. What's your go-to hangout place in Dubai? Why?

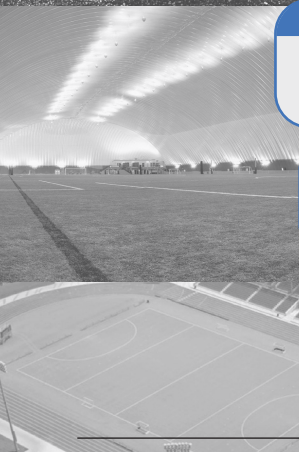
A : I'm a homebody and I don't really enjoy going out but when I want to hang out I usually go to Town Square. It's an amazing place with different activities like paintball, skating, karting and sports.

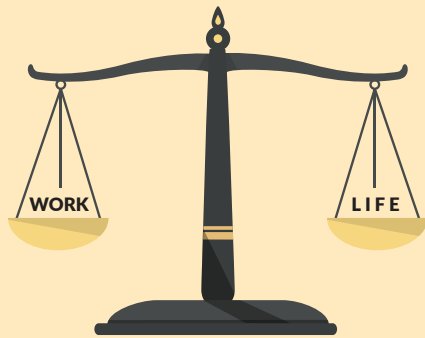
Q5. One piece of advice you would give to the new students?

A : My advice to new students would be to come to Nest Academy with an open mind and to be willing to learn new ideas and concepts. Lastly, they should not be afraid to showcase their talents and gifts.



Casmiro Mwape Mulenga,
Level 4 Sports Management





WORK-STUDY LIFE BALANCE: TIPS AND SUGGESTIONS

Finding the perfect balance between work life and study life is very challenging but it is very important to achieve that balance so as to maintain your physical and mental health. Working students find it very difficult to set aside time for completing college work, managing the working hours, socializing with friends and family, engaging in their favourite hobby and so on.

- 1. Learn to prioritize:** You will have to learn to set priorities so that you will get ample time to complete all the tasks. Try to be realistic - You will get stuck at many points but it's all part and parcel of your life. Try to avoid last-minute work and hassle.
- 2. Get organized:** Being organized is a great stress reliever. It will also help for maintaining a healthier lifestyle. So, properly manage things to have a stress-free life.
- 3. Find leisure time for socializing and engaging in your hobbies:** In order to maintain a good mental health balance, it is necessary to spend time with your loved ones. Get good sleep, eat well, and take a good rest.
- 4. Learn to say NO:** It's always better to say NO to unnecessary people and situations rather than wasting time and energy trying to please the people around you.
- 5. Ask for help:** We may need help from different people at different points in our life, whether it is your professor or friends or your colleagues. Don't hesitate to ask for help because we can't get everything done all alone and asking for help is never a sign of weakness but shows your courage.



By Prof. Anjusree Krishnanunni,
Computing
Nest Academy, Dubai!



Swimming is only learnt in water

Several management programmes are available in the education arena and most of them are taught within the four walls of a classroom. Students who pass out of the academy are expected to perform well practically in the probation period to get his/her confirmation as permanent staff. Job openings in the competing world also recruit candidates with experience, which means AGAIN Practicality. Theoretical knowledge is not tested at any workplace and appreciation is always with practicality. Out of the academy, it's always practicality then how should industries justify only theory-based curriculums? The problem arises at that point and not with the learner. It is well accepted that no one can learn swimming or driving within the walls of the classroom. Then how can "Management" be studied in the said condition?

NEST Academy has always foreseen the struggle that students will face once they are out of the academy and felt that the responsibility for the solution lies within the academy. With the guidance of the management, the NEST Academic team has made sure all the students will have a taste of theories with the essence of practicality. Curriculums are restructured with practical elements and "Capstone Project" to club all modules studied into one practical project. "Capstone Project" done by the student can be presented at job interviews as an achievement of practicality. NEST doesn't stop there and makes sure that the students will engage in in-house practical activities such as organized festive events, trade fairs, sports events and exhibitions where management is done by our own students.

Working for events such as the Indian Premier League, T20 Cricket World Cup, Expo 2020 is not a dream anymore for NEST students. They love to learn it in water and we make sure they swim.



By Prof. Rachitha Dassanayake,
Management Studies
Nest Academy, Dubai!

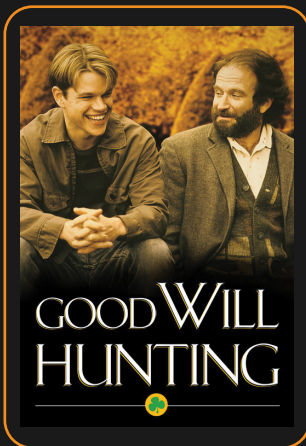
FUN CORNER

Movie Recommendation

GOOD WILL HUNTING

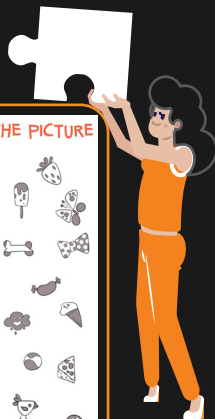
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Good Will Hunting is a beautiful reminder that tells you, to be good at what you do, you have to be good to yourself too. Pursue your dreams and accept the help you get. Before an exam or in the mid-week slump, this is a lovely movie to be inspired by.



Hidden Objects

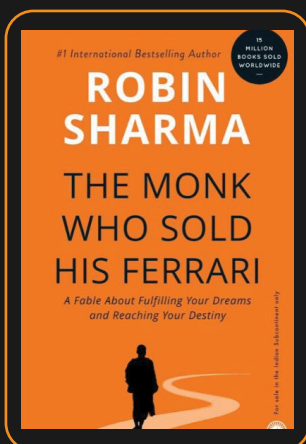
FIND 12 HIDDEN OBJECTS IN THE PICTURE



Book Recommendation

The Monk Who Sold His Ferrari

A reliable, fun lesson about the business world revolving around a spiritual journey and the sale of a Ferrari. This book is for those looking to make their mark in the business world!



Well Being Tips

1. Balance. Productivity is not possible 24/7. Remember to take breaks from your work. Find a balance between work and play.
2. Big breakfast and healthy snacks are the two best eating habits to invest in.
3. Seek medical help at the first sign of illness. No point in prolonging your symptoms.
4. It's okay to spend a day in your pajamas, but don't make it a habit.

Did You

KNOW?

Fun Fact

The Ain Dubai observation wheel is the largest and the highest in the world.



Events in Dubai



Riddle

1. When is it bad luck to see a black cat?

Answer: When you're a mouse.



NEST Wall of Memories

Certification Day Ceremony



Happy International Teacher's Day

