

Campus Chronicles Read. Live. Inspire.



FROM THE DESK

"Education is the key to unlock the golden door of freedom" (George Washington Carver)

To say that education is crucial is an understatement. Education is a tool that can be used to improve one's life. Undoubtedly, education is the most important factor in transforming one's life. The education of a child begins at home. It's a procedure that takes a lifetime to complete. Education has a tremendous impact on a child's life quality since it improves one's knowledge, talents, personality, and attitude and shapes them as a person, a man, a woman and a citizen of the future.

We are human beings with both positive and negative characteristics. Washing out bad habits and cultivating new, constructive habits and disciplines as a way of life is critical. Making New Year's Resolutions is an excellent approach to renew ourselves year after year. Students set precise academic goals as well as aims to better their future prospects. A good student continuously learns from his or her mistakes, and on the eve of the New Year, one pledges to correct all mistakes committed despite a slew of obligations. A student procrastinates studies, wastes time, and engages in frivolous hobbies that interfere with their academics regularly. A student needs to set a goal for the year and work towards that goal every waking moment.

What characteristics characterize the ideal New Year's Resolution? A New Year Resolution is an idea that better shapes and represents your personality. Every year, as students, we should refine our views, develop excellent habits, and improve our personalities. Time is the most valuable commodity for pupils. Each new year, as you are aware, serves as a reminder that time is not fixed, that it flows silently and never stops. As the saying goes, time and tide wait for none.

You have awoken from a profound slumber of procrastination and indifference, dear classmates. You are both the architect of the nation's future and the future of the entire globe. To be successful, it is vital to be persistent and consistent in your job. The constructs of your time, especially how and where you spend it, must be respected. The hardest climbs yield the best views, and there are no shortcuts to a place worth going to. And I hope for all our sakes that soon there is liberation for us all.

I will exhort each of you to make New Year's resolutions on this New Year.

Finally, firing big and ending up missing is one of the primary reasons why resolutions don't last long, so instead of setting yourself up for disappointment with ill-defined goals, try setting planned and trackable smart goals this year. Your resolutions should be attainable, specific, and realistic.

Appropriate selections must be made to complete the journey to the intended outcomes.

Archana Gandhi Head - Admissions Department

SNEAK PEAK

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05 SOME PLAY SOME WORK

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COUNTRY IN FOCUS



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"I am an Indian and we celebrate all festivals in every region of every religion. That is why it is called Incredible India!" – *Vinayak Muraleedharan*

LANGUAGE

India is a linguistically varied country. Many different languages are spoken across India. In addition, there are also many dialects spoken all over the country.

FOOD

Food is an important part of Indian culture. Depending on the geographical diversity, different types of food are eaten all over India. These can range from North Indian chaat to South Indian dosas and many more.

CLOTHES

Clothing in India is based on the different ethnicities, geography, climates, and cultural traditions of the people of each region of India. The traditional female clothing is a Saree and the male traditional clothing is a Kurta and Dhoti/ Pajama.

FAMOUS MONUMENTS

India has a rich history and it has influenced the architecture of the country deeply. Many monuments, including one of the Wonders of the World, the Taj Mahal is found here. Other important monuments include the Qutub Minar, India Gate, Konark Sun Temple, and the Statue of Unity.

REPUBLIC DAY

26th January is celebrated as Republic Day in India. This day celebrates the Constitution of India coming into effect on 26th January 1950. This marked the recognition of India as an independent Republic. It is grandly celebrated with ceremonious parades in Delhi, the capital of India, that showcase the country's socio-cultural and defence heritage.

My favourite food in Mumbai

My favourite breakfast in India is Poha. It is flattened rice, prepared with ingredients such as chilli, onions, peanuts, potato, jeera, mustard seeds, salt, oil etc. For toppings, we can use fried sev, coriander and some coconut chutney.

My favourite dish is chicken tandoori. It is cooked on coal flames for a smoky barbeque taste. The chicken pieces are marinated before roasting. For marinating we use yoghurt, fresh cream, a few spices mixed with herbs for coating the chicken. It is then left to marinate for one hour. After this, we coat it with butter for roasting. While cooking tandoori chicken we also prepare mint chutney with chilli, garlic, mint leaves and coriander and grind it all together in a mixer and serve with some salad.



New Year Plans and Resolutions

The planet took the tour, and we learnt many things from this wonderful year. We met great people, and we lost some. Every moment was special, but it's time to say goodbye to this amazing year. We have to make a promise to achieve our goals with courage. We are here to learn this wonderful language that allows us to travel around the world with real confidence. We will welcome this new year with open arms. We have to make more efforts and find the right way to succeed and reach the top in our future. Just smile at the world, and don't forget that we can be happy without any reason, we can hit the peak of pleasure with simple details. We can travel with our imagination, without limits. We can fly without having wings. All of these will be true by freeing our thoughts. So, let's enjoy every moment in our life. We only have one life. It's a beautiful miracle that gathers us together. In the end, I wish everyone happiness in their life. Level 6 Professional Diploma in nternational Tourism & Hospitality Management Happy new year 2022!

The new year is about to start and everyone has plans and new resolutions to follow. In my case, I would not say that this year has been easy for me because during covid-19 many of my plans were postponed or cancelled. For this new year, one of my resolutions will be to stay happy all the time. In 2021 I had to face some difficulties, but with the support of my family and friends, I went through it all.

The second resolution is to be more courageous and hear less from others about my journey. People are sometimes good at discouraging others about their goals. That is why I decided to hear less and experiment more. These are the two of my 2022 resolutions. My plans for this new year are to bring stability in every domain of my life. I want to start with my degree in mechanical aviation. I hope everything will go as planned in 2022.

The past year was painful due to Covid-19, but we got to reflect and experiment with new things that will stay with us for a long time. For now, we have to be careful and follow the covid-19 protocols to live a good and healthy life. I wish everyone a happy and healthy new year.



Dan Yav Samuzeka Kapumba Certificate in General English Like every new beginning, the new year gives us a fresh start in life. It's like a medium that provides an opportunity to let go of all the stuff that is holding us behind.

The new beginning brings the pressure to attain new heights in life. Since childhood, I have been bidding goodbye to previous years by reflecting on all the incomplete resolutions. The year 2021 was a roller-coaster ride and a collection of incomplete plans due to the surge of COVID cases and a new variant. Most of 2021 went off by staying indoors and engaging in indoor activities for refreshment. I want to focus on myself and work towards the important aspects of my life.

Though most of my 2021 plans couldn't be implemented, I still plan on making the new year resolution. My new year resolution is to stay happy in whatever situation I am in. I plan on prioritizing my happiness, realizing my self-worth, being a good human by doing no harm to others and being a responsible citizen. To start with, my last New Year's eve was with my beloved and precious family. Full of happiness and the warmth that I felt cannot be described. This year I am away from home, in Dubai. My friends and I plan to visit Khorfakkan by day and then will make it to the Expo by Midnight.

Even though the lights and fireworks will make it more spectacular than last year, it still does not compare to the affection and peace I find being around my family. As rightly said by John Wooden - "The most important thing in the world is family and love" and I completely agree with him. The memories made with family are truly the happiest ones in life and family is always with you no matter what.

I know I am away from them this year and their presence is something that I will miss but I do pray and hope that every family member of mine is safe and sound. As Anthony Brandt says" Other things may change us but we start and end with Family."



Ashwin Lamsal Diploma in international Event management





Djamila Ait Saidi Level 6 Professional Diploma in International Tourism & Hospitality Management

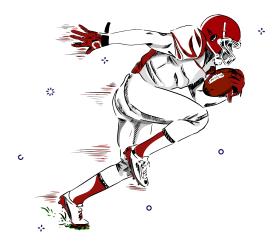
My New year resolution and reflections on my past years are as follows:



I want to focus 100 percent on my studies and compete for in-class activities. As for my past year, there were a lot of ups and downs. Although things are better now, I want to improve more and do new things that will help my education this year and study hard to get good grades. I also want to learn new skills, develop a hobby, get organized, get a part-time job, save more money and spend less. I want to read more books and novels, research things I know nothing about and also boost my curiosity. I further want to focus on my goals and career.



INTERNSHIP AT RUGBY TOURNAMENT



The World Rugby event 2021 was held between the 2nd and 4th of December at The Sevens Stadium in Dubai. Every year, the event takes place on 2nd December as the date marks UAE National Day. The event saw participation from various countries, clubs and colleges. The men's rugby event was won by South Africa while the women's rugby event was won by Australia.

It was a surreal experience and indeed a golden opportunity for us as we got to work at an international sports event in such a short time. We were working with a group named Falcon and Associates. Our core responsibility was handling of radio phones, recording maintaining of buggy cars and managing the main screen of the stadium.

It is very easy to watch such events from the comfort of our home but during the internship period, we understood that along with the play on the ground, many other factors are responsible for making such events memorable like hospitality, events, maintenance, record keeping, etc.

Our shift used to start at 7 am and we came back to the hostel at 2 am. We understood that participating in events requires a huge sacrifice. During the final showdown, when the national anthem of the countries was being sung, the stadium transformed into a completely different mood. It was truly an electrifying experience and a different vibe altogether. We would love to be a part of such events in the future as well.



Aditya Patil ATHE Level 4- Sports Management



Shivam Kamble CTH Level 6 Professional Diploma in Tourism and Hospitality management

CRICKET TOURNAMENT AT NEST ACADEMY

On 29th November various sports teams were ready for battle in the Exciting Cricket tournament organized by Nest Academy Dubai. This tournament was held at Upro in which College Professors, Staff and students took part.

There was a total of 6 teams, Named: - Sultans, Hurricanes, Titans, Destroyers, Chargers and Challengers. Teams were keenly contested and Sections demonstrated a healthy yet friendly combination of competitive play and sportsmanship. The best part of this tournament was students took



part along with college faculty and college staff also, this changed the environment of the game completely. Everyone was giving their best, even those who had never even played this game before. For me, the best players were Mr.Fabian Sir, Priyanka ma'am and Anjushree maam. Fabian Sir scored 3 home runs (as per baseball game) but in cricket, that's 6. The winners were team challenger's, 1st Runner up was the team Chargers and 2nd Runners up team was Sultans. Kudos to College Committee for organizing and helping to make the event successful.





Vishal Badjate Level 4 Diploma in Business & Management

To get healthier we will have to balance our meals and this is the first and most important thing. We should have protein, healthy carbohydrates, fat and vegetables or fruit at each meal.

Healthy carbohydrates include brown rice, whole wheat bread, pasta and crackers, starchy vegetables like sweet potatoes, parsnips and potatoes, quinoa, millet, and amaranth.

Eat three meals plus snacks. Eating three meals plus snacks ensures that you will eat on a schedule and get enough calories and nutrients.

The metabolism functions best on a similar schedule daily.

Eating every 4-5 hours guarantees plenty of energy and efficient metabolism.

Snacks are important if you get hungry in between meals. They consist of protein, fat and carbohydrates. Snacks keep your energy going until meal time and reduce your chances of overeating at meals.

Proportion your plate to have about 1/2 vegetables or fruit, ¼ protein, ¼ healthy carbohydrate and some fat at each meal.



Let's look into some Healthy Habits which we should follow: <<



Eat Enough

When you do not eat enough that tells your body to conserve calories and energy, and so the next time you eat, more of the energy will be retained rather than being properly used. So eat enough every day.



Stay Hydrated

caffeine and alcohol are very dehydrating. So you have to maintain the balance of caffeine or alcohol consumption with non-caffeinated and non-alcoholic fluids. Drink water and stay hydrated



Sleep Well

When you don't get proper sleep, it increases appetite and decreases brain function. So proper sleep helps your energy, weight maintenance and your ability to think and concentrate.

Exercise Daily

three times a week and it can even be split brief physical exertion last much longer than those of caffeine. Exercise decreases stress rather than increasing it!

Finding a physical activity that you like to do, will make exercise more fun and something to look forward to as well as help to keep you healthy throughout life. So try something new or something that has always appealed to you.

- "I am going to make everything around me beautiful!" 🤇

Did you ever wake up before the alarm goes off to make it on time?

Did you ever enjoy the music so much that you didn't pay enough attention to the route and still made it to your destination?

Did you ever realize that you know all the lyrics to a song without making any effort to memorize it? And many such things!

our subconscious mind and makes us do things the words you are saying. without much effort.

We all have negative and unhealthy thoughts at times, and we all want to change something or the other about ourselves, which is completely normal. Maybe not essential but normal.

Daily positive affirmations can help you to concentrate on reprogramming your mind to positive thinking patterns and making positive changes in your life. Affirmations are powerful words put together (to influence your subconscious mind to access new beliefs). A wise man once said, "We are what we think!"

It's either a habit or a pattern, meaning: a regular For Affirmations to truly work, you need to practice or a repeated design. This reprograms repeat the affirmation daily, and truly believe in

> For example, "I will not compare myself to others." Now that is an affirmation that is targeted to boost your self-confidence and your self-worth. To start your day, with an affirmation, here are a few more.

> My personal favourite and the one I practice, whenever I can, is the title of this article.

Pushpendra Shivnath Thakur Operations Executive

- "I believe in my dreams"
- "I am doing my best every day"
- "I love myself for who I am"
- "I am in charge of my happiness"
- "I accept 100% responsibility for my own life" "The best is yet to come"
- "I am grateful for every day"



How to develop your soft skills for academic & professional success

Employers choose to perceive a combination of competencies in their employees. Hence, organizations seek discipline based knowledge, and adequate levels of soft skills are considered desirable for moving forward in any career. The soft skills required at work can play a significant role in the classroom. Soft skills refer to the attitudes and traits of individuals.

It includes abilities to manage time, interactions, motivation and problem solving, conscientiousness, willingness to learn, and decision-making skills.

These soft skills are also referred to as transferable skills, they can help the students adjust to new jobs, overcome complications, develop a prolific affiliation with co-workers and succeed at work.

Identifying and unfolding soft skills in students will support them to change their performances and attitudes that would increase their current academic performance leading to success at work.

There are a few crucial soft skills this article highlights for students to improve on. First, the skill to solve a problem is also referred to as the ability to think out of the box to solve a problem from an unforeseen context.

We are engaged in a changing process that is strategically essential to us and learners. Whether you are a current part of the workforce or planning to enter the workforce after you graduate, you must impress the potential employers to form a positive imprint that you are someone who will have that strong personality with critical thinking to perform the job role in a productive and competent style. The best manner to ensure this is to utilize the additional benefits offered at NEST to prepare and reinforce your soft skills along with your education at our college.

Ambition <

The willingness to do any task is driven by need and desires. These desires when set into long term goals to achieve something bigger in life than just daily tasks are ambitions. Ambition is just a road map to describe the purpose of life, however, it does not define what your life would develop to be. No matter how talented you are, without ambition, you have nothing that fuels your mind to take the step forward to progress. Talent is natural, but it is the ambition that leads to perseverance and consistency. Your circumstances have a big play in whether or not you will achieve what you laid out but overcoming and adapting to those circumstances is the main challenge. Every great success story was once a naive person who took a leap forward to focus and achieve their ambition. With the finite amount of time we have in our lives, all we want to do is create a positive impact on people's life; contributing to something so important that it leads to massive changes in society.

Although ambition is extremely necessary it is also necessary to know when and where to set the line. Your ambitious nature can at times get the best of you, and change the basic core of what you want to achieve. In a basic sense just setting an ambition is not enough, working towards it and keeping in mind that whatever you do in life and every move you make is supposed to be in the direction of that ambition. The stairs have been laid out, it is you who needs to climb them. The ultimate fear that everyone has is death, but why is no one considering the fear of not living the life they have been gifted in the first place. The person you become is driven by your actions, circumstances and your way to adapt to those changes to achieve your final objectives.

Problem-solving involves understanding and elucidating a problem, hunting for substitutions or resolutions, choosing the possible substitutes, evaluating the substitutes and executing the finalised substitutes.

Thus, many colleges, universities, and institutes have incorporated diverse methods to cultivate problem-solving in their learnings. Hence, NEST has inculcated problem solving through business case studies discussion imperative to cultivate sound problem solving skills to improve students' academic achievement.

The capability to think critically, analytically, ingeniously and innovatively to address a given problem. Problem solving skills are compulsory to discover novel edges, overcome blocks, develop new tools, and move into new problem-solving territories.

The second soft skill that we look into is networking. "Social networks aren't about websites. They're about experiences." - Mike DiLorenzo, NHL Social Media - Marketing Director.Networking skills are the competencies that are highly required at work to preserve professional or social contacts.



Social media is one platform we enhance active listening, social skills, interpersonal and communication skills which are vigorous in networking.



These are dynamic skills predominantly desired by organizations, as all effective businesses are grounded on effective networking. As networking is crucial in marketing and business development and other several elements within the organization. The networking web of NEST offers students a completely novel informative atmosphere that will have a reflective impact on almost every aspect of learners' professional life. Our campus supports learners to build a network.



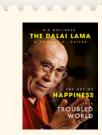


Manish Rupani Executive - Operations and Business development





The Intern is a story of an old man finding retirement not much enjoyable. Thus he joins an online fashion site as a senior intern and unfolds between him and his boss a beautiful friendship. A lighthearted story with mixed emotions and lovable characters makes it a lovely casual watch.



The Art Of Happiness by Dalai Lama

To prioritise happiness is to focus on happiness. This book teaches you to find happiness within and not outside. Circumstances change, times change, but what should stay stable is your hold over your happiness. Read through for a step-by-step guide to moving inward to find happiness.

Wellbeing tips

Word Scramble

1. Don't be pressured by your resolutions. Use them as guidance for the new year and learn to what extent you can follow them. Don't worry about fulfilling them, only focus on growing.

2. Leave the old year behind. Learn from your lessons in the past year but don't carry them with you. The new year is a chance to renew yourself and create new memories. Enjoy it without fear!

3. Be mindful. Get aware of your habits and actions. Make decisions thoughtfully and intentionally. Be present in all that you do.



Fun Fact

The Dubai mall is one of the largest malls in the world





It was New Year's Eve. Why did the girl sprinkle sugar on her pillow?

Answer: She wanted to have a sweet dream.

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ebeltreca	 saglo	
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