



FEBRUARY , 2022

Campus Chronicles

READ.
LIVE.
INSPIRE.



FROM THE DESK

Being Inspired To Inspire

Growing up we often look up to someone for inspiration, someone who can ignite a spark within us and fuel it. We use their personality and achievements as a yardstick to live our lives. Inspiration could be that spark we require to kick start our lives in the right direction. We might draw inspiration from different people depending on the stage of life we are in. Some of us might be inspired by eminent personalities, visionaries, and leaders from various fields. Many of us are blessed to have such sources of inspiration around us - Parents, Siblings, Relatives, Friends, Teachers, or work colleagues. Inspiration often has a dynamic impact that can have a lasting impression on our lives.

When I was a kid, superheroes like Batman-inspired me, making me feel that I should save the world from everything wrong. My parents have always been a continuous inspiration with their quality of hard work and love. During my school and college years, the persona of St. John Bosco inspired me to always do the right thing by building a conscience and to dedicate my time and efforts towards

working for young people. That is the inspiration that stuck on me and I am happy that my work allows me to continue the passion.

To inspire - to make someone feel that they want to do something and that they can do it.

INSPIRATION CAN HAVE A GREAT IMPACT ON US BUT THE TRUE PURPOSE OF INSPIRATION IS TO PUT IT TO USE BY INSPIRING OTHERS.

While we persevere fuelled by inspiration drawn from others, we must always keep the insight that others seek to draw inspiration from us. It could be someone in our family, our friend circle or even at our workplace.

We are contagious with how we live our lives, how we respond to situations, how we treat the people around us. We are unknowingly, influencing the people around us. The good thing is that we can choose what we want to influence them with.

WE CAN CHOOSE TO BE AN INSPIRATION TO THE PEOPLE AROUND US

Ordinary people achieving what others think is not doable is what inspires people the most. We do not need marvels to inspire people. We can inspire people in the most basic and little acts of kindness or courage or hard work that we do in our daily lives. Quoting Mother Teresa - "Not all of us can do great things. But we can do small things with great love."

Let's make a promise to ourselves and others; that we will always strive to be an inspiration to others with our lives.

To be inspired is great, but to inspire is an honour. — Stacey T. Hunt

Happy Inspiring!! Wishing you much success on your journey to inspire others!

Joshua Alphonso
Manager - Student Affairs and Counselling

SNEAK PEAK

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STUDENT ARTWORKS



"All our dreams can come true if we have the courage to pursue them."

— WALT DISNEY



Drabya Adhikari

CTH Level 4 - Hospitality Management

"You are never too old to set another goal or to dream a new dream."

— MALALA YOUSAFZAI



Sandhya Chettri

CTH Level 4 - Hospitality Management



COUNTRY IN FOCUS

Kenya



FOOD

Kenya is a country with 42 tribes and almost all communities have their unique dishes with Ugali being the staple food countrywide. Mutura, supu, uji, mayai pasua and smokie are some of the street foods you will come across.

DRESS

Women in Kenya wear khangas around their waist and torso. It is one of the most well-known clothing in Kenya and is also considered to be the national attire of Kenya.

MONUMENTS

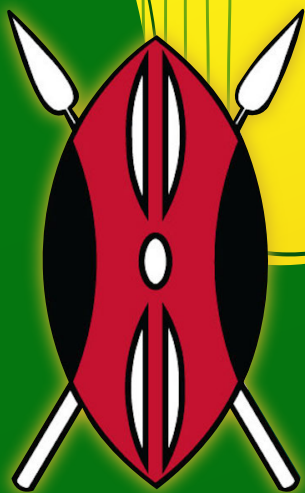
There are several significant monuments in Kenya including the time-honored buildings, palaces, and parks where you can learn about the glorious past of Kenya. The list includes the Nyayo monument, Vasco Da Gama pillar, War Memorial monument and Mbaraki Pillar.

MAASAI MARA

Maasai Mara is a remarkable nature reserve in Kenya. It is known for its high populations of lions, African leopards and African bush elephants. The natural bounty, exceptional conservation, and the presence of the natives of the land make it an important wildlife reserve in Africa and the world.

ART

The culture of Kenya can be seen through the art and crafts designed by different communities. They are made of locally available materials and include woodcarvings, beaded necklaces, bracelets, masks, baskets, figurines etc.



KENYA my HOMELAND

Kenya is originally known as the East Africa Protectorate. Kenya celebrates its independence day on 12th December. 2022 will mark the 59th year of freedom. My motherland has diverse multi-ethnic communities with rich cultures.

Kenyans converse in their local dialects, Swahili and English.

Sports has been an integral constituent of the academic curriculum and the community. The motto ingrained in our hearts is ' Harambee Nyayo'.

There is an urban slang referred to as Sheng. Sheng has dramatically influenced the entertainment industry, leading to the Gengetone music genre.

The tropical climate supports the agricultural sector, which is the backbone of the country's economy. The diverse ecosystem supports wildlife, making Kenya a prime destination for wildlife tourism. The Amboseli has stunning views of Mt Kilimanjaro. The Great Annual Wildebeest Migration is one of the world's

seven wonders. Taking a safari in Maasai Mara will give you an unforgettable tourism experience.

It feels amazing to experience the beauty of Kenya. While others call it the cradle of mankind, I call it home.



Marion Chebichi

Diploma in International Sports Management



INSPIRATION AND MOTIVATION

One man who inspired me a lot is, Nelson Mandela.

Mandela was a politician and President of South Africa.

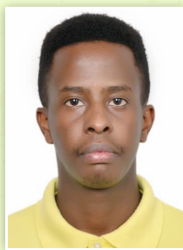
But before becoming the president he fought for a long time for equality between whites and blacks in South

Africa. His dedication showed that in life it is necessary to strive for what we want and believe in the process till we succeed. Nelson Mandela is an inspiration to me because he has shown, with clear vision and effort even the most difficult goals can be achieved.



Mohamed Diop

Diploma in International Sports Management



Nissi Mutijima

ATHE Level 4 - Sports Management

My biggest inspiration is my mother (nicknamed Mama Africa). She raised me and my siblings single-handedly. Growing up, seeing her struggle to put food on the table for her 4 kids was tough and that keeps me motivated every day. That's why I'm studying hard to achieve my

childhood dream of becoming a general manager to an international basketball team in Africa and I hope, in the long run, I will make my mom proud.

Being an inspiration is being a good role model, the best way to do this is to make the right choices in life. Do what makes you happy and try to improve your physical and mental health.

I find inspiration by reading books, watching movies, and listening to music.

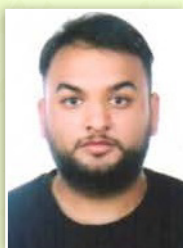
I think we can find inspiration everywhere around us, we just have to use our senses to achieve it.

The motivation that allows me to become better is to realize at least one of my dreams and to do everything to be able to achieve it. You have to take risks and persevere until you reach your goal.



Mokrane Hameni

CGE + Diploma in International Business Management



Dinesh Kharel

CTH Level 3 Foundation Diploma in Tourism & Hospitality +

CTH Level 4 Diploma in Hospitality Management

Motivation is significant in life since it assists us with acquiring esteemed outcomes like self-improvement, better prosperity and feelings of certainty. My family, siblings, cousins, nephews and nieces spur me and push me towards accomplishing my objectives and goals. I want to demonstrate to them that they can fulfil their goals regardless of how old or young they are. I want to show everyone that everything is possible assuming you work hard for it.

Everyone has somebody in their life that is

the best motivation for them. There is one person for me who has impacted me with both their words and power.

I met her a couple of months ago and as days passed by, she brought things to my knowledge that I didn't know, and made me do things that I never did before. She trained me to bear with new individuals. She has assisted me with defining objectives for myself that I could never have imagined. She brings new things to the table for me consistently. I think without her, I would be lost and confused.

Celebrating LANGUAGES

Salut

Je m'appelle TABILA NDIAYE, je suis d'origine sénégalaise et j'ai 19 ans. Je suis nouvelle étudiante en business management dans une académie à Dubaï nommée Nest Academy of Management Education.

En tant que nouvelle bachelière j'ai à avoir beaucoup d'idées de projets pour pouvoir réussir mes études supérieures et réussir dans la vie. Je dois aussi être indépendante car mes parents ont beaucoup investi en moi surtout mon père qui a tant fait pour moi et qui continue toujours de faire de son mieux pour que je ne manque de rien.

Et aujourd'hui, ce qui me motive le plus chaque jour c'est de savoir qu'un jour je rendrai mes parents fiers quand ils me verront réussir mes études et enfin d'être indépendante et ne pouvoir compter que sur mes propres capacités pour pouvoir être très bien dans ma vie sans l'aide de quiconque.

Pour finir, ma source d'inspiration vient du fait de pouvoir réussir pour ainsi avoir un très bon statut social et ainsi à mon tour je vais pouvoir aider des personnes dans le besoin.

Et voilà en quelques mots d'où me vient mon inspiration et ma motivation

Merci pour votre lecture!



Tabila Ndiaye

Certificate in General English +
CGE+ATHE Level 4 - Business & Management



ਮਾਂ

“ਮਾਂ ਸ਼ਬਦ ਕਹਿੰਦਿਆਂ ਹੀ,
ਮਾਂ ਦੀ ਮਮਤਾ ਨਜ਼ਰ ਆਉਂਦੀ ਹੈ।
ਉਸ ਦੀ ਮਮਤਾ ਦੀ ਤਸਵੀਰ,
ਸਾਹਮਣੇ ਉੱਭਰ ਆਉਂਦੀ ਹੈ।
ਖੁਸ਼ੀ ਵਿਚ ਵੇਖ ਕੇ ਸਾਨੂੰ,
ਉਹ ਵੀ ਖੁਸ਼ ਨਜ਼ਰ ਆਉਂਦੀ ਹੈ।
ਦੁੱਖਾ, ਤਕਲੀਫਾਂ ਵੇਲੇ,
ਸਾਨੂੰ ਆਂਚਲ ਹੇਠ ਬਿਠਾਉਂਦੀ ਹੈ।
ਮਾਂ ਦੀ ਮਮਤਾ ਅਜਿਹਾ ਧਨ ਹੈ,
ਜੋ ਕਦੇ ਮੁੱਕਦਾ ਨਹੀਂ।
ਉਸ ਦੀ ਮਮਤਾ ਹੈ ਅਜਿਹਾ ਬੂਟਾ,
ਜੋ ਕਦੇ ਸੁੱਕਦਾ ਨਹੀਂ।
ਪਾਣੀ ਦੀ ਵੀ ਉਸਨੂੰ ਲੋੜ ਨਹੀਂ,
ਖਾਦਾਂ ਦੀ ਵੀ ਉਸਨੂੰ ਲੋੜ ਨਹੀਂ,
ਰੱਬ ਕਰੇ। ਮਾਂ ਦੀ ਇਹ ਮਮਤਾ,
ਹਮੇਸ਼ਾਂ ਵੱਧਦੀ ਹੀ ਰਹੇ।



Mukul Sharma

ATHE Level 4 - Computing

LIVING LIFE TO THE *Fullest!*

As human beings we are born with a variety of traits and talents that enable us to develop into wonderful individuals, capable of reaching great levels of growth in all dimensions of our lives; but all this will depend on the effectiveness of our decision making and our drive for acting and controlling what we do every day.

The beauty of our power to act even in moments of difficulty depends on our capacity to remain calm and critically decide the course of action. Nothing compares to the feeling of being certain and driven to accomplish dreams and conquer quality time in aspects of our lives that bring joy, excitement, and satisfaction.

All of us have those kinds of feelings that start with a thought. Our conduct will be shaped and guided for those emotional moments that start with a powerful reason, a real motivation to act every day for a better life, a better balance of our health and self-esteem. Of course, each of us has different and unique modes of

thinking, different sources and ways to find what motivates us, based on our interests, experiences, and the ability to know ourselves.

Is Positive motivation given to you or is it intrinsic? Do you allow negative motivation to overwhelm your thoughts or do you deflect it and create a positive source? Learning to critically reason all these factors including the centre of your motivation, basic or daily, positive or negative, intrinsic or extrinsic, will allow you to grow and define the way to great moments through constant effort and creativity with your unique touch.

To find the motivation to conquer my dreams and to travel the daily pathway, I always try to bring into play the best sources of Inspiration to every thought, feeling, and decision in my life.

From the moment I wake up in the morning, I put the effort into bringing positive thoughts that evolve into great feelings of enthusiasm, joy, and optimism to live every moment ahead.

Things that we do with passion will

release the best emotions and trigger the desires and actions of growth in any or all the dimensions of our lives, making us feel empowered, independent, and most important of all, satisfied with who we are and what we have accomplished.

In my case, no better sources of inspiration for my daily actions towards my goals and dreams than my wife, 6 children, my family, my nation Venezuela, my community San Pedro del Rio, and above all, my parents. They allow me to develop as an individual with strong values and principles that guided my days to the pathway of success after failure, knowledge after development, love after disillusion, and satisfaction after hard work. I just hope to return to them the same or more intense source of inspiration and motivation to accomplish great things in their lives.



Fabian Alberto Uquillas Granados
Sports Management Faculty



Food trends that will continue in 2022

There's no doubt that the pandemic has upended our lives in many ways, compelling us to move from "life as we knew it" to "life as we make of it." And nowhere is this change more intensely felt than in the way we eat. The pandemic has re-fashioned our food choices for resource-conscious times, taken us back to our food heritage and limited our portion sizes from the happy side of indulgence to mindful eating.

THE RISE OF FOODPRENEURS

We've always had someone in our families with standout expertise in cooking, but they were confined to pleasing family and friends. Undoubtedly the pandemic fueled the need for home food, encouraging some of these home cooks to launch their tiffin services for the first time. Professional chefs will become food entrepreneurs themselves, running many cloud kitchens and making money on their own rather than getting a salary. We will have more chef-preneurs if such a trend continues.

BRANDED CLOUD KITCHENS AND TAKEAWAYS

With the pandemic forcing the closure of restaurants, cloud kitchens are here to stay simply because they can do without the service staff, cut down on real estate costs and channelize takeaways. A cloud kitchen means you can offer a bouquet of choices, products, sub-brands from a single location without enhancing costs and keep chefs creatively committed. The branding of each cloud kitchen would depend on the specialities it has to offer. This surely is a trend which is going to last long.

SMALLER RESTAURANTS, LEANER MENUS

Having barely survived the effect of the pandemic, restaurateurs will scale down operations, smarten supply chain management and rationalize costs. There's no need to list 40 -50 odd items on the menu, some of which never get ordered anyway. Just keep it simple and on point. Stick to what works for your guests, focus on quality and originality and do away with the frills and thrills.



Smitesh Sonone
Hospitality Management Faculty

Having a positive attitude

Someone has rightly said, **"you are the doctor of your life."** By that, it means that you and only you can make the best or worst out of your life. Yesterday is not in our hands to repair, but you can always make your tomorrow better. This will only happen when you are positive about life. What does positivity exactly mean? It means that you always hope the best is going to happen. Good thoughts act as a nutritious diet to your mind.

The journey of success starts with a positive mindset as the first step. Being optimistic is one of the vital traits of a successful person. Only those who are optimistic can be the risk-takers, and with

risk comes the higher rewards. Having a positive approach to life broadens out of the box thinking. It ultimately expands our ability to cope with problems even in challenging situations. Positivity reduces stress and lets you have a healthy and happy life leading to an increased life span. Positivity also accelerates motivation. Only when you believe in yourself, you are willing to take the challenges.

So, do not let the fear of failure make you a negative thinker. As with every failure comes an opportunity to learn something new. Medical practitioners recommend indulging in encouraging self-talks as

when you are positive, you pull towards you the positive energy. This is why it is advised to begin every day on a grateful note. Surround yourself with encouraging people because it has a huge impact on your attitude. Train your mind to look at the brighter side of the picture. Always remember **"the glass is half full or half empty, depends on what your mind is looking for."**



Mehak Sharma
Coordinator-Student Services



FAILURE MEANS YOU ARE IN RACE, Keep Going!

To achieve something big in life you need to have big dreams and the cost would be big too. Success comes at its price. But most of us stop trying when met with failure. Once we fail, we think we don't deserve it, or we don't have the capability to achieve it. But the truth is, one is always capable to achieve anything desired passionately. You just need to keep going.

"I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game-winning shot... and missed. And I have failed over and over and over again in my life. And that is why I succeed."

Michael Jordan

We should understand that failure helps us to grow if we learn from it. Do you think a life is worth it if there is no struggle? Do you know what happens if we get all we want? We don't value it. We understand the value of something when we work for it or when we lose it (It's true).

LEARN FROM YOUR FAILURE:

DON'T REPEAT THE SAME MISTAKE

When something (or everything) is going wrong, don't miss the lesson. Because we all make mistakes but it is important to stop making the same mistake again and again. Take note of the mistakes you have done in past and do not repeat them.

LISTEN TO YOUR BRAIN, NOT YOUR HEART!

Whenever we start something, proper planning is needed. Sometimes we are so motivated that we make decisions based on our emotions. Thus, before starting something big or investing in something, make step by step plans. You should be aware of all the obstacles that may come.

IT DIDN'T WORK OUT SO WHAT? TRY AGAIN! KEEP TRYING IT WILL WORK OUT

You are not your dream; your dream is just a part of your life. So, whenever you fail, don't take it emotionally for a long time and look for alternatives.

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us." ~ Alexander Graham Bell

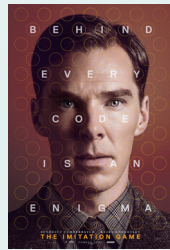
If you failed at something, it means you at least tried and you are ahead of thousands of others who don't even try. Don't join their club if you just failed this time. Failure simply means you are in the race. And to win the race, first, you should be in the race. So, don't give up and try one more time. You will get it. All the best!



Abdul Matin Makki
Operations and Marketing

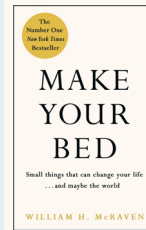


Recommendations



THE IMITATION GAME MOVIE

The movie is based on a British mathematician, Alan Turing who joined the cryptography team during the second world war, to decipher the German enigma code. This inspiring war - drama is a must-watch.



MAKE YOUR BED BOOK

The author depicts in this book his experience in the Navy and the ten principles that he learned during his time there. This book is all about these ten principles that can be applied to the readers' lives for better discipline, positivity, and fulfilment. It is a great motivational book for young readers.

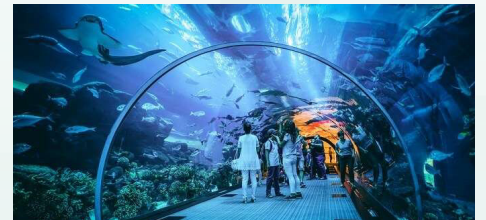
Hidden Objects

List of Objects

1. Toothbrush
2. Flashlight
3. Boomerang
4. Magnet
5. Hat top
6. Ice pop



Fun Fact



The Dubai Aquarium is the world's largest suspended aquarium, with a capacity of 10 million litres.

Riddle

Q. What has four wheels and flies?

Answer: A Garbage Truck

Wellbeing Tips



- Keep your workspace separate from your sleep space to keep insomnia at bay.
- Lack of sleep doesn't just make you cranky, it can also reduce your ability to concentrate and to excel in class, so try to get a good sleep.
- Avoid caffeine, eating and drinking right before bed. All of these activities can throw off your body's internal clock.

