



# Campus Chronicles

Read. Live. Inspire.

MARCH, 2022



## FROM THE DESK



8th March is a global day to celebrate the social, economic, cultural and political achievements of women. This day also calls to mark an action for accelerating women's equality. We would belittle ourselves by celebrating just a single day because we as women put in numerous efforts day in and day out in everything that we do every day. Therefore, women should be celebrated every day. From being a daughter to a wife to a mother, she beautifully plays all these roles and manages all her responsibilities at the same time.

Wherever there is a woman there must be magic. There is nothing on this planet earth that a man can do, and a woman can't. From working in industries to working as a CEO, to being an army officer, a woman can do it all. Times are changing. The story of women's struggle for equality has always been the talk of the town. Women are penetrating the male dominating society and are ruling well. One of the greatest examples of how a woman can change and rule the world is - Malala Yousafzai. Malala became the youngest woman to win a Nobel peace prize. She has become a voice for many girls all around the world. Till date, she works on spreading awareness about issues like gender equality in education and empowerment for women everywhere.

Be it any business, women are leading and achieving their goals. Earlier, a woman seeking employment was a rarity and was sometimes looked up, but again, times have changed, and people have become open to the idea of women working in any workspace. A very great example is of our very own esteemed institution is that we have 60 per cent of female team members and a sizeable per cent of female students too. These statistics show that gender equality is evolving.

There are still a few countries where people do not allow the education of their girl child and look down on females who go to work, hopefully, there will be a change. On numerous occasions, women have proved that they can manage their homes and can change the world at the same time. Research has shown that an educated female is more likely to become involved in the workforce and in turn, bring economic stability to her family and community.

In today's world, a woman is considered equal to a man and is being accepted everywhere. Society needs to appreciate their every single effort as this equality was not given to them overnight. They have fought a long battle for equal rights and freedom. One thing we as females need to do is, support our fellow females in every decision they make and every task they take.

Empowering and educating a woman will lead to a very progressive society and will help them in developing self-respect. Providing proper education to every girl will make her aware of her rights. Someone has truly said:

“

*"If you educate a man, you educate an individual,  
but if you educate a woman you educate  
the entire family."*

Wishing everyone a Happy Women's Day, it's your day today and every day.

Archana Rughani  
Head, Human Resource Department

## SNEAK PEAK

02 | NEST ARTISTS

03 - 04 | COUNTRY IN FOCUS NEPAL

05 | MY SUPERWOMAN

06 | THE ULTIMATE FEMALE CREW

07 - 08 | EMPOWERING WOMEN

09 | FUN CORNER

# NEST Artists



"There is no limit to what we, as women, can accomplish."

Michelle Obama

**Dipti Gidwani**

*Counselor - Admission Affairs*



"In the future, there will be no female leaders. There will just be leaders."

Sheryl Sandberg

**Mehak Sharma**

*Coordinator - Student Services*



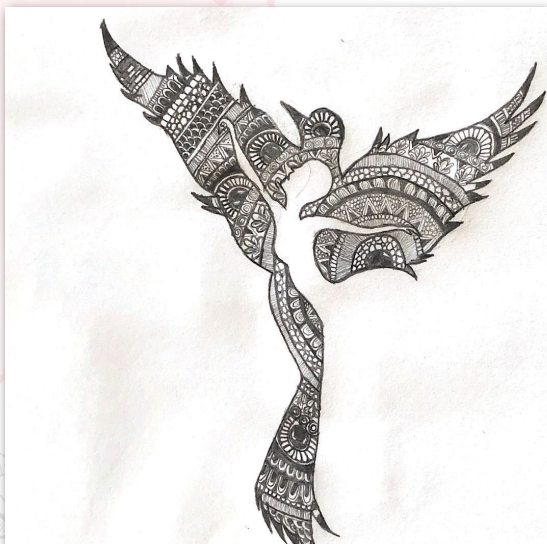
"It is our privilege and our adventure to discover our own special light."

Evelyn Dunbar



**Sandhya Chettri**

*CTH Level 4 Hospitality Management*





# COUNTRY IN FOCUS

## Nepal

A beautiful country with a lot of holy places!

### FOOD

The most famous Nepali cuisine includes Dal bhat tarkari, Momos and chow mein.

### DRESS

The traditional dress for men is Daura and suruwal. The traditional dress for females is a sari.



## my country NEPAL

Nepal is a beautiful country in South Asia. It is a country of highly diverse geography, culture and religions. Nepal is beautiful due to its green forest covers. Nepali is the official language of Nepal. The word Nepal implies a nation of peace and love. People of diverse religions and beliefs are the dominant feature of our country.



**Subodh Karki**  
CTH Level 4  
Hospitality Management

## My Country & Culture

Nepal is one of the richest countries in the world in terms of bio-diversity.

The great mountain ranges, thick tropical jungles teeming with a wealth of wildlife, thundering rivers, forested hills and frozen valleys etc.

Dashain and Tihar are the major festivals. These festivals bring happiness and unite people. Goddess Durga is worshipped during the Dashain festival. Tihar is also known as Dipawali and the last day of Tihar is Bhai tika.



**Sujata Gurung**  
CTH Level 4  
Hospitality Management

## History of Nepal

Nepal is covered with the gorgeous Himalayas in the north to enormous jungles of The Terai in the south. Nepal is known for its unique geography, and also celebrates unity in diversity. Gurkhas are the Nepali youths that the British have been recruiting for 200 years.

The motto of Gurkhas is **Better to die than to be coward.**



**Onika Gurung**  
CTH Level 4  
Hospitality Management



### PROUD TO BE

## a Nepali

Nepal is an agro-based country and 65% of people depend on agriculture.

People speak different languages, enjoy different cultures, traditions and festivals. Several rivers flow from the high mountains and move through the Terai. I feel proud to be a citizen of Nepal.



**Sandip Malla**  
ATHE Level 4 Computing

## Only Country with a Triangular Flag

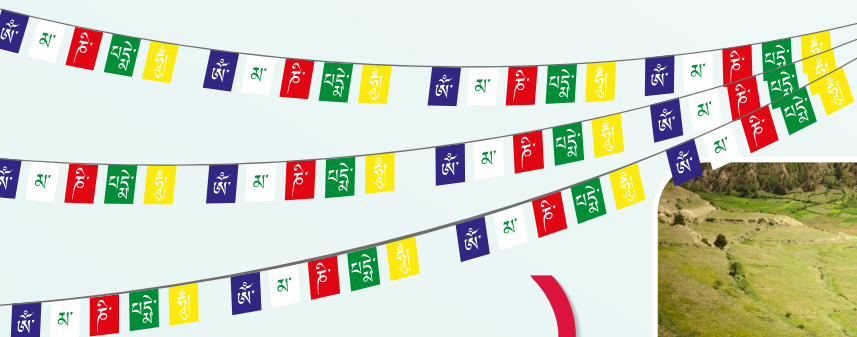


The flag of Nepal is triangular, with a combination of two pennons with Sun and Moon drawn on each of the pennons. The body of the flag is in crimson red colour with a blue border and the sun and moon in white. The crimson red represents war victory and the national flower "Rhododendron". The blue border means peace.



**Aarati Ban**  
ATHE Level 4  
Diploma in Computing





# nepal



The small independent country of Nepal is located along the southern slopes of the Himalayan mountains. Nepal is roughly as big as the U.S. state of Florida and about half the size of Italy. Mountains cover about 75 % of its land. Recently, Dubai is becoming increasingly popular among Nepali students.



**Aashish Karki**  
ATHE Level 4  
Diploma in Computing

Nepal has 8 highest mountains and the highest mountain lies in Nepal, named 'Mount Everest'. The culture of Nepal is expressed through music, dance, art, languages, literature, religion and festivals. The UNESCO listed - Kathmandu Valley, Lumbini, Chitwan National Park and Sagarmatha National Park as world heritage sites.



**Bipin Karki**  
CTH Level 4  
Hospitality Management

## Nepal country

Nepal is a country filled with traditions, it is known to be a Secular state but some believe it to be a Buddhist country with the majority as Hindu. Nepal is the birthplace of Gautam Buddha. We celebrate Dashain, Bhai Tika and Tihar. Our national flower is Rhododendron. There is a lot to know about the beauty, culture and heritage of Nepal which can't be described in words.



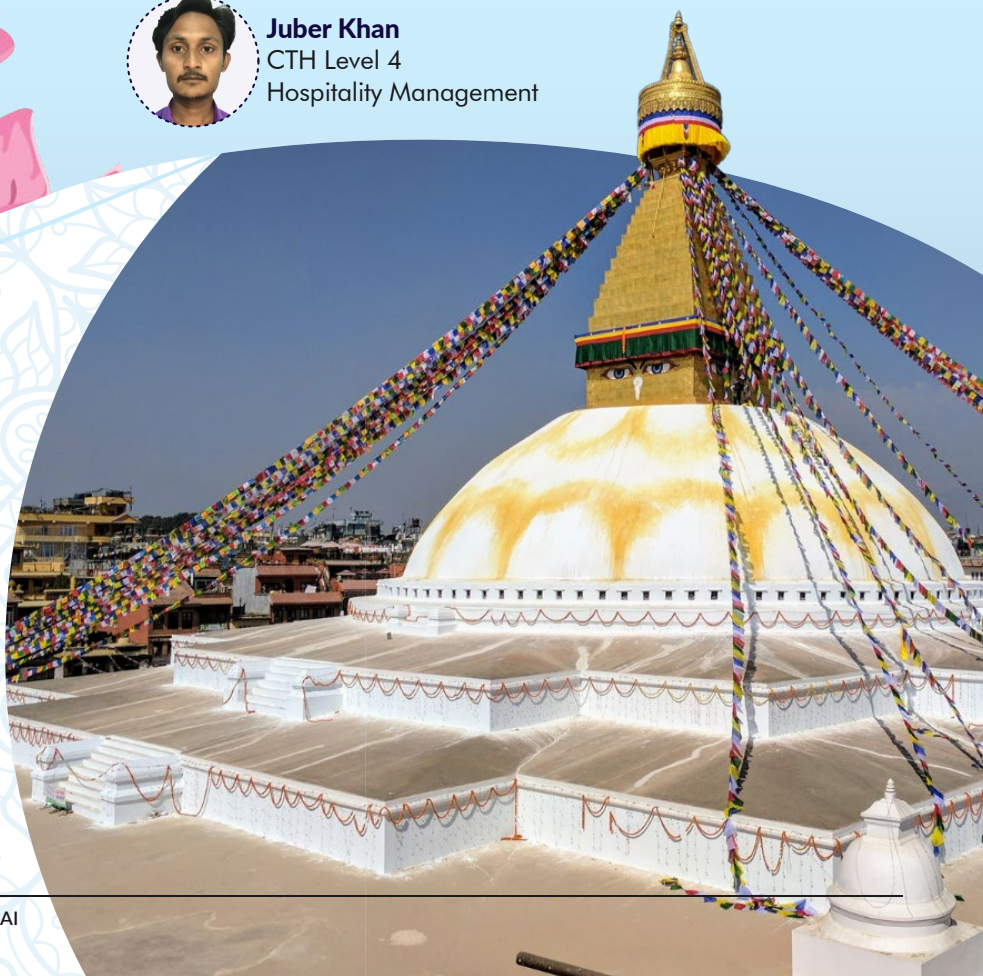
**Juber Khan**  
CTH Level 4  
Hospitality Management

## Nepal's HERITAGE

Nepal is known as the source of the famous river, the Ganges. The Bouddha stupa is one of the largest spherical stupas in Nepal. The two most famous temples here are the Maya Devi temple and the Pashupatinath Temple. Nepal is a famous travel destination with several tourist attractions, Mountaineering, Rafting, and much more.



**Praveen Giri**  
CTH Level 4  
Hospitality Management

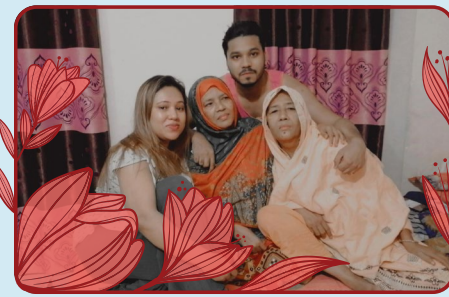




# INTERNATIONAL WOMEN'S DAY

Women are the most important people in everyone's life. They give us the love we need, the strength we want and the support we expect. For me, the two most important women in my life are my Mother & Sister. They love me more than anyone else.

Women give us unconditional love, support and care, but they don't get the respect they deserve. Every woman deserves love, respect and little care from



us. Telling them you love them and they are the best will make their day. Make a little effort to bring a smile to their face.



**Md Takbir Hasan Rafi**  
CTH Level 4  
Hospitality Management

my  
superwoman



## Women's Day

Imagine a job where - you can't even sit for a minute, the people you work with need attention 24 hours, no sick leaves and on holidays you have to work harder. There's no salary for this job. Would you accept a job like that?

There are people who do this every day, whom we call SUPER - Mother/ Woman.

When everything goes wrong, a mother's hug is always there.

They have always showered us with love, so now it's our chance to do the same.



**Mohammad Dastan**  
ATHE Level 4  
Diploma in Computing

## My mother is my superhero

My mother is my superwoman. She inspires me through her work and dedication and gave me unconditional love and care. Every mother is a superwoman because they do all the housework, take care of their children, look after their partner, work and at the end of the day if you ask for her help she will always say 'yes' with a smile. Dear mom, you deserve all the happiness in this world.



**Mukul Sharma**  
ATHE Level 4  
Diploma in Computing

## Women

Women were a subject that caused the ink to flow, she was the muse that inspired many writers, poets and painters.

Women, the object of desire, is the centre of so many poems and songs. Blissful to be held and guided, she ignored the world, listened to the happiness in her veins, sometimes admiring herself in the high mirrors of the walls, elegant and exceptional.

But whatever we say about women we can never describe her well; we can never manage to endure what she endures every moment and every time.

A woman in my eyes is love, glory and hope; To the children, she guides, to the comforted man, to the family who surmounts her on her shoulders for a long time, to her tenderness which she gives to elevate the heart and calm suffering, like a spirit from the heaven on the exiled earth.



**Sonia Touil**  
CGE - Diploma in  
International Business Management



# The Ultimate Female Crew!



Little girls with  
dreams become  
**Women with  
Vision.**

HAPPY  
INTERNATIONAL  
**Women's Day!**

To all the *beautiful & passionate* women  
of Nest Academy.



# Being a Woman ♀

Being a woman is a blessing that God gave us. How is that? Only women can give birth to another human being. She is God's partner in giving life to others.

A woman can raise kids, cook, work and organize her and others' life. What is more glorious than being a woman? Absolutely nothing.

We can't deny that her life is so hard and complicated, for she has to handle multiple tasks at once, even if she's sick or needs care.

But, because she is a woman, she can do them all perfectly, and cares for others and not just about herself.

Throughout history, we know many great women who have changed the world in a certain way, and in all domains, even though they were offended and discriminated against for their gender. However, to be clear, nothing can stop a great willing and definite strong woman to do what she wants or reaching her targets.

Women are invincible and unstoppable. I can say that I'm lucky and blessed to be a woman. My role in life is to be a great leader for my students. I will lead my students to the best levels and positions in life. I believe that I will change the world around me for the best.



**Ms Lara Bouty**  
English faculty

## Women's Day



They say behind every successful man there is a woman and it's true because a woman is the one who not only supports but also takes equal responsibility with a man in all means to achieve that success.

From being a daughter, sister, friend, colleague to a wife, mother and in future a grandmother. Women can handle all the responsibilities which a man can do.

The most important thing I have learnt by working with a team of women is

- Multitasking. Women are born with skills of multitasking and no one can beat them at that.

I feel privileged and honoured to be a part of a team that has such hardworking women because they not only handle office work but also manage their regular household chores at the same time.



**Pratik Marathe**  
Student Service Executive

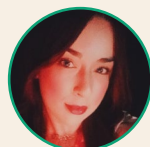
Woman- her flame is sacred, purifying and creative. She is the force of the wind, the rage of nature, the order of creation and the silent control of being.

A woman has had the privilege to be chosen by God as the portal between two worlds, two dimensions and two completely different layers of presence. She is not a creature, she is the creator.

Feminine energy is the radiance of

God. She is harmony, softness and divinity. She is an oracle, an inspiration, a light whisper of pure divine incense. Her light is exquisite!

She is genuine, graceful, loving compassionate, and generous. An awe-inspiring being of light is what she is! She is joy, madness, warmth and shelter!



**Ms Souha Rebhi**  
English Faculty

## Women ♀







## Angel on Earth

Women - A beautiful creation of God! An angel on earth who makes our lives a wonderful experience. Imagining a life without women is quite hard-hitting. All great people of the world are born from a woman's womb and take their initial teachings from them.

She is a daughter, sister and mother. A woman plays several roles, she

teaches, delivers children, wears the olive green uniform, coordinates events, and there might hardly be any field, where she has not made her mark.

March 8 every year, is celebrated as 'International Women's Day' to not only commemorate women's achievements throughout history but to recognize the essence of being a woman, her strengths, sacrifices and unconditional love.

It's the day for praising women who work hard each day to accomplish individual and professional goals.

She is independent and self-confident in every aspect and is capable of doing everything.

Every woman is extraordinary, no matter where she works. Now the world notices her absence and celebrates their presence. In the past years amidst the pandemic, we saw how women — both in the workplace and at home, demonstrated resilience and leadership in a crisis.



**Gazal Toshniwal**  
Executive - Finance



## An Ode to Fearless Women

Here's to all women who stand tall with pride,  
Just know that you are beautiful when described!

I'm sure God added an extra magic potion in us,  
How else can one explain the inconceivable strength that makes us!

You could be elegant, you could be messy,  
be emotional and apathetic,  
Without ever being apologetic!

Both evil and angel, cure and poison,  
All of these things, but at the same time Human!

Let no one define your story, go out there and live in full glory!  
And when they try to make you who they want you to be,  
Just smile and say, "I'm a fearless woman and you cannot stop me!"



**Himadri Dave**  
Coordinator: Student Services



## To A Super Woman

Many People confuse the term Woman to being only a wife to a man,  
Darling, she plays the diverse roles of being a daughter to a sister to a mother and to being a woman.

Brother says you are a woman "maintain your dignity",  
Bro, she is full of passion, never question her integrity.

From being a secret keeper and a best friend,  
She now supports her child to no end.

From taking care of bread and milk to payment and bills,  
She realises in her journey from a daughter to mother her dreams she kills.

A woman with her wisdom achieves success,  
She is the one who will never settle for less.

Her dictionary does not consist of the word impossible,  
Because from adulthood to parenthood she becomes the most responsible.

She has gone through hundreds of ups and downs in her life,  
But she proved to be a wonderful daughter, mother and wife.

Never underestimate a woman,  
She is the one who counterbalances a man.



**Suhani Lokwani**  
Student Services - Executive

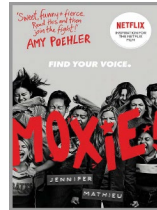




# Fun Corner



## Recommendations



**MOXIE**

The movie is based on an introverted teenager who publishes an anonymous zine calling out sexism at her school. The movie depicts strong friendship and support among women. It is a perfect example of how women supporting women can make a difference in the society.



**A THOUSAND SISTERS**

A Thousand Sisters - This is a 2019 young adult non-fiction book by Elizabeth Wein. It tells the story of the three female Soviet aircrew regiments organized by Marina Raskova in World War II. "Women are capable of doing anything" is the best line to describe this book.

## Fun Fact



Dubai boasts of having the biggest picture frame in the world.



## Complete the series

↓	→	↑	↓	←
↓	←	→	↓	→
↑	→	?	→	↓
→	←	↓	↑	→
↓	→	←	↓	↑

## Riddle

Q. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?

Answer : Pencil lead



## Wellbeing Tips



- Give thanks. Express gratitude for all things, big or small. Find reasons to be grateful for in your daily life, work, moments, meals, friends and family, and yourself!
- Practice Forgiveness. Understand that people need kindness to do better, and so do you. Forgiveness can bring you peace and resolve conflicts without much trouble.
- Self-compassion is important. All the kind words and deeds that you show others, you must show to yourself. Spend time practising love and self-care to better understand yourself. A balanced self is a happy self.

