



MAY, 2022

# Campus Chronicles

READ.  
LIVE.  
INSPIRE.



## *Family is one definition to be strong*

It begins with respect, respect for and appreciation of others. Family doesn't give value to matters such as how old, how young, what they have experienced, where they come from, are they healthy, how capable they are, who they love. Blood is always family but family is not always blood. It's our individual choice who we call family. Our value of family extends to community, sisterhood and brotherhood. Even though this is the closest we could explain family, family means something different to each of us.

We make friends wherever we go. It could be school, college, university, neighborhood or even the gym we visit. But we only get some of them into our inner circle. That inner circle becomes our family. Once they get to our inner circle we become much stronger than ever. Also, they gain control over our happiness. You, youngsters, have a long way to go in the journey of life and you should be very careful who you should give control of your happiness to.

In NEST Academy Dubai, we celebrate International day of families with you all. We want to give our students one assurance that the family you make here will help you sustain happiness and make you grow. Feel free to think that the moment you get in from the main gate of your academy, everyone is your own. Try and make your inner circle here which would last your entire life. I have faith that our college will find you worthy family members.

May is a month of heartfelt occasions as we also celebrate Mothers' Day. The noble woman who holds not only family but the entire world together. We do not need a day to celebrate our mother and make her happy as you know but we can mark this day to celebrate all mothers and thank those who became mother to us even for a single day.

Majority of our NEST students are from overseas and thousands of miles away from their mother. It's not easy to take such a decision to leave her behind and come to a foreign land to make your life from the first brick. I appreciate your sacrifice. I can guarantee you that your mother back home is praying for you even while you are reading this. Dear student, don't forget that there is a mother also here in NEST academy for you who also wants to see you succeed, who wants to see you achieve good grades, who wants you to learn ethics, who wants to see you win it all and conquer the world and who wants to proudly say "That's my student". Yes, they are your mothers too. Do not fail them. Make them proud.

**Mr. Rachitha Dassanayake**  
Business Management Faculty  
and Internal Verifier



## SNEAK PEAK

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MOM

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# CELEBRATING FESTIVALS AND TRADITIONS WITH FAMILY

Individual life is bounded by personal work and self-care, where we are not able to see our family members for the whole day or even for weeks. So festivals are a good reason to get together.

The power, strength and love which is given to us by our family is incomparable. That is why amongst all the boundaries and hardships of life, family clears them all; either by love, words or support. Thus celebrating the festivals with family gives us an option to leave behind the stress and be close to our loved ones.

The place where life begins and love never ends is called "family." Family is the synonym for strength and love. The celebrations are the time to enjoy and share all the happy moments with our family. The days become more special when we are surrounded by our near and dear ones.

Life is all about ups and downs, thus it is not possible that one is always happy and out of fear. Sharing your worries with your family members will make you feel better about yourself. Your family is the only one that will stay with you till the end.

Everyone needs a break from their daily routine and to spend some time resting. Having a conversation with our close ones will put our mind at ease and will make us feel better.

To sum up, family is the one who gives us the power and loves us above anyone else. So choosing our family above everyone else is always the right choice.



-Bahara Ahmadi  
-ATHE LEVEL 4  
Business Management



## DEAR MOTHER AND FATHER

There is nothing written or discovered about the word that describes you. Even though I am writing this thank you note, I know it would not be enough to show your commitment and hard work towards me.

I remember when I was about to leave home in a couple of days, you both were not even eating due to the sadness, which I saw in your eyes. I have done many things which haven't been successful and I felt low and thought a lot about my future but you never gave up on me. That warmth of your never-ending love is giving me wings to achieve my desire. I may have done some good deeds before to have parents like you. I will struggle, I will fight for my success, I will always motivate myself, I will drive my fortune towards greatness and I will achieve it because it's the way you raised me.

I bow down to God with a humble request to take care of my parents and family in my absence for the time being. Thank you, my world. I love you, mom and dad.



Yogan Lama  
ATHE Level 4  
Business Management

# “

In my life, my mom is the most influential person. She is my first home and my first teacher who taught me how to stand, walk, defend and be independent. She taught me the norms & values of society, the lessons of discipline and ways to respect.

She is the one who guides me in every journey, finds out and corrects my mistakes and loves me unconditionally. There aren't enough words to express how important my mom is to me and what a powerful influence she has had on me in my entire life.

Love you mom.



Ram Bahadur Rai  
ATHE Level 4  
Computing

## IN TIMES OF TEST, FAMILY IS BEST.

Family is everything. If you don't have a family behind you, you are nothing. If you do not feel happy with your family, nothing can make you happy in the entire world. If you cannot sacrifice for your family, then you do not deserve to be fought for.

The true value of anything can only be recognised when you have a family behind you. We should know that, Family is life and family is our everything



Djamila Ait Saidi  
CGE + ATHE Level 4  
Business Management

# Celebrating Festivals with Family

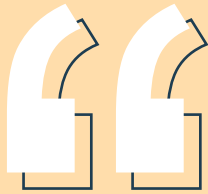
Every one of us loves to celebrate festivals. It is a time of immense joy and happiness. We can say festivals are like glue in our lives that keeps us attached to our family.

I remember celebrating festivals with my family members back at home. It is the most precious and happy time of my life. My family and I mostly celebrate festivals like - Dashin and Tihar. It is the only time when our family gets together and enjoys each other's company. During the day, we spend most of our time cleaning and decorating the house so that we can celebrate the festival with joy in the evening. Later, we all bond over food, music, dance and some fun games. Everybody wears new traditional clothes. I feel festivals are all about family reunions and having fun with our near and dear ones.



**Nikesh Khatri**

CTH level 4 Hospitality Management



Throughout the year, we Nepalese celebrate all kinds of festivals. Dashain, Tihar, and Holi are the main festivals of the Hindu religion. I remember celebrating these occasions with my family members.

## TIHAR

During this day, sisters place tika on the forehead of their brothers as a way to express gratitude and wish them a long and prosperous life. During the festivities, crows, dogs, and cows are worshipped as Goddesses.

## DASHAIN

It is a carnival where we worship Goddess Durga for defeating the demon Mahisasur who was pure evil. In Hindu mythology, this day is celebrated as the victory of good over evil. On the last day of Dashain, people usually put Tika on their elders and have some delicious meals with their family members.



**RITESH ADHIKARI**

ATHE Level 4  
Business Management

## The name DIWALI

is derived from the Sanskrit term Deepavali meaning row of lights. This festival generally symbolizes the victory of light over darkness. On this day all the family members greet one another and get together to celebrate this happy festival. As a part of the celebration, we eat sweets, light crackers, and have dinner together. We wear new traditional clothes on this day. Last year I got to celebrate Diwali at home with my family, which was a happy moment for me.

My mother plays a big role in my life. Just like Diwali she lights up my life and guides me to the correct path. She has always motivated and inspired me in my life journey.



**- Akshay Satish Giri**

- CTH Level 4  
Hospitality Management



# MOTHER

The word 'mother' is complete in itself. It cannot be defined in any way. The most loving, caring and intimate relationship of a child is with a mother. Her love is true and unconditional.

The human relationship starts after they are born, however, a mother and a child's relationship starts on the very first day of the realization of its presence. Mothers are the first love of their sons as they give us unconditional love.

Mothers carry their children for 9 months in their wombs with love and care. They bring up the baby with care and affection. Mothers are willing to forgive and sacrifice their happiness for their children. When I was young, my mum used to give me all the meat from the chicken and she would consume the least meat on the bones. No matter what everyone else said, my mom never compared me with anyone else and always rooted for me to be a better man.

We can never repay our mother's favour so we should try to keep her happy and not let her be alone. I personally believe that God can't be everywhere hence they made mothers. Mother is the most amazing creation of God.



Sandip Shrestha  
CTH level 4  
Hospitality Management

**MOM**, when we hear this word we feel a different kind of love and relief. There is no word to explain about Mom, who loves us unconditionally.

She is the one who brings us to this wonderful world, taught us to stand, to speak. She taught us the rules and regulations, social values, rituals & traditions.

We were like clay, she gave us a perfect shape to make us precious. She is the one who always supports us in our good and bad times. She motivates us to achieve success in our life.

Thank you for this life mom. Love you.



Dilip Koirala  
Athe Level 4 Computing



## My Mother

My lovely and gorgeous mother, who is without a doubt the most important and powerful person in my life, is the source of the smile on my face and the attitude I had cultivated. My mother alternated between being compassionate and tough, and as a result, I was subjected to a variety of punishments. This led me to feel that my mother was the most severe person I had ever met. However, as I grew older, I recognized that it was also my mother's love that drew me along the correct path.



Sanjeep Neupana  
CTH Level 6 Professional Diploma In  
International Tourism and  
Hospitality Management



## A love letter to my MOM - SHOVA KHADKA

Dear Mom,

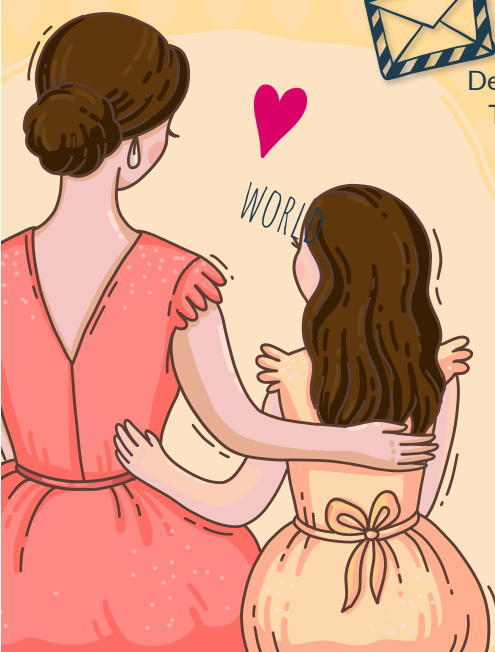
Time passes by but one sound that I miss the most is the closing door after you watch me sleep. I never knew when that big warm hand became so small and I regret that I never held it first. Before you became a mother, you were just a girl with a small dream in your heart. Before you became a mother, you were just a girl who wanted to live her own life. Before you became a mother, you were just a girl who wanted to become a woman. Before you became my mother, you were just a girl who wanted her name to be known. You grew up before you healed; you carried me on your back without a name. The world knew you as my mother. I wonder what happened to your name! Now I am growing up before I even healed. To be honest mom, sometimes I am scared wondering, what will I do if I get lost? So today with all my heart I want to scream your name out loud, hold your hand and let the world know, how proud I am to be your daughter.

I miss you, everyday mom. In every breath, I feel you. Now rest it on me. I will make you proud.

Thank you for all the love and sacrifice you made for us.



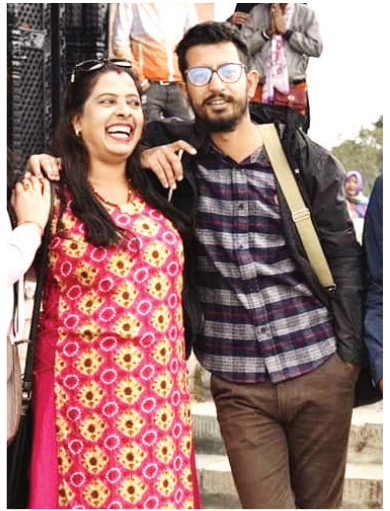
Laxmi Khadka  
ATHE Level 4  
Sports Management





# We keep this love in a **PHOTOGRAPH**

Sanjeep Neupane



Laxmi Khadka



Ritesh Adhikari



Ritesh Adhikari



Akshay Giri with his family



Ram Bahadur's Mother





# Honoring MOTHERHOOD

Mother, this deep and heavenly creature is the root in our life. She is an endless blessing, a limitless giver and a portal of renewed hope, life and existence. She is the first breath of existence. She is the embodiment of unconditional love, sacrifice and mercy. She is the base of families. From here, we rise as blooming flowers rise from roots. A mother's hug protects you, blesses you and cherishes you even after she lets go. She is an elixir of pure serenity and peace. When you look into your mother's eyes, you believe that it is the purest and the most unique love you can find in this universe. Her love has always been a sustaining force for families, and one of our greatest joys is seeing her compassion, her integrity and her intelligence reflect on every aspect of our lives. For instance, for every woman, the choice to become a mother is the choice to become one of the greatest teachers in her entire existence. Our mothers are our guardian angels. From them, families were born; a miracle, grace was born. Family is our root, our origin, our first and endless love, our shelter after a long day of expatriation and foreignness.

Family is our spiritual nourishment, our motivation and our encouragement. If you look deep into your eyes and if you could sense your full presence, you can see your parents and all generations of your ancestor empowering you, protecting you and cherishing you. You are the continuation of each one of them. You are the fruit of the love of endless ancestors behind you, with you and in you.



## MUMMY

*"Great was the day when I saw you,  
Not as your traditional title (Mom), but as my friend.  
You were the first person I would run to,  
And the last one I saw when I'd lay down to sleep."*

- Carolyn Y. Hart

Mummy, Maa, Ammi, Aai Many words to describe her but the emotion behind them are the same. A mother is our first best friend who stays, guides, protects and cares more than anyone. For me my both mothers are true inspirations, one taught me to be tough and raised me with all the good qualities and the other helped me with my education and career path. Both are the pillars of my life. Today whatever I have achieved big, or small is all because of them. One thing commonly taught by both of them is never to give up, and that's the thing that keeps me motivated and focused. My only wish is to give them a relaxed and happy stress-free retired life. I thank God for blessing me with not one but two mothers who always have my back no matter what. Having them by my side is my biggest strength. I love you mummy and mamma for tolerating me.



**Pratik Marathe**  
Executive  
Student Affairs and Services



**Souha Rebhi**  
Faculty,  
English Language





## The Role of a MOTHER IN FAMILY

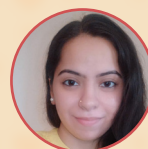


Just like Fathers, Mothers play a very important part in one's family. The foundation of a generation depends on the seed that a mother sows in her children. We will find our moms doing the most basic things in their day-to-day life but if we look more consciously, we will find them doing things that we thought came naturally to everyone.

No matter how old a child gets, she never forgets her mother and her values. She will remember all the times that her mother stood up for her even when the world went against her. It takes courage to transform from being a woman to a mother.

I believe that no matter how simple and innocent a mother might be, they are the most powerful source of a family. They are the protectors, gatekeepers, nurturers and our first teacher who guides us. They are the most forgiving souls. And I am blessed to have a mom who is so brave. She says she is "not smart as other moms" but I think she is the best one out of them all. I love you mom and I wish to always be born as your daughter in every lifetime.

Happy Mother's Day  
Mummy. I love you



**Ashmita Jethwani**  
Executive,  
Student Services



## MOTHER'S DAY CELEBRATIONS AROUND THE WORLD

*"Life began with waking up and loving my mother's face." - (George Eliot)*

Unconditional love for the mother is a genuine feeling and experience of any child regardless of their gender, country, or any other boundaries. Honouring motherhood, and Mother's Day celebrations are happening throughout the world.

Traditions of Mother's Day celebrations can be traced back to the time of ancient Greeks and Romans, who held festivities to honour Rhea and Cybele, the mother goddesses. Later, early Christians celebrated the fourth Sunday in Lent devoting Mary, the mother of Christ. Subsequently, traditional customs faded and were replaced with modern practices.

America celebrates Mother's Day on the second Sunday in May, similar to Germany, India, and Sri Lanka. In Poland, Mother's Day celebration is on the 26th of May annually and children make hand-made cards with paper flowers. In Serbia, Mother's Day is happening in December rather than May. Serbian children sneak into their mother's bedroom on Mother's Day and tie her up in bed. She must give them a small treat in return. This custom follows both Children's Day and Father's Day.

Ethiopian Mother's Day lasts for three days by celebrating mothers in communities and celebrating Mother

Earth. It is celebrated with meals, songs and dancing. Mexico is celebrating Mother's Day on the 10th of May yearly, which starts with children playing music to wake their mothers. Red carnations are the most popular flower to give on Mother's Day in Japan while men in Quebec (Canada) traditionally give roses to their mothers. Almost every country celebrates Mother's Day with cards, gifts, flowers, and sweets.



**Minali Wadu Mesthri**  
Academic Support Specialist



*"I don't need motivational quotes or inspirational messages to give myself a kick start. After all, I have my mom to look up to! My true inspiration."*

In modern times we often get so busy updating the reel world about the whereabouts of our life with the best captions and hashtags, that we forget to thank and show gratitude to the one who brought us into the world and gave us the best life, without thinking about herself. In my life, the one who deserves that gratitude is my MOM. I never took any opportunity to tell her that because of her efforts and beliefs I am standing firm and ensuring that I have to keep on going no matter whatever comes in life. 'NEVER QUIT' lesson taught by her is helping me sustain and keep moving. As quoted by Dee Groberg in one of his poems "Get up and win that race!" that is what mom keeps saying too. A salute to all the mothers in the world.



**Dr Tripti Shelkke**  
Business Management  
Faculty



There is one relationship in this mortal life that effortlessly soars above all other known relationships on this Earth, that extraordinary relationship is that of a mother, which is truly priceless in terms of her countless love, dedication, and devotion towards her family.

What to write about Mother, the one who herself wrote all of us.

*How to describe the beauty,  
Who is sunshine on a cloudy day  
Creator's sky is smaller,  
The depth of the sea is lesser,  
Then her love, who knows me more than I  
And tells my wishes as her own.  
Who are armour and sword  
Her hands wipe the tear,  
Her voice snatches away the fear.  
This beautiful woman is a Mother.*

*No other being on Earth can love us as unconditionally as our mothers do. The purest love we ever know is that of a mother's.*

For a mother, her whole world is around her children. A mother's happiness always depends on her children, if her child is unhappy, she can never be happy. She forgets her desires while fulfilling the wishes of others. Mother is the most precious gift in life. The bond between a mother and her child is so special that it is cherished forever. One day is not enough to celebrate motherhood. No other gift can be more special to a mother than her children's love and respect.



**Gazal Toshniwal**  
Executive  
Finance

# FUN CORNER

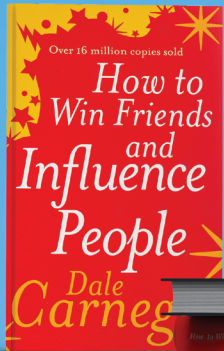


## MOVIE RECOMMENDATION

### The Parent Trap

1998 - Family/Comedy

Identical twins Hallie and Annie are separated after their parent's divorce. Years later, they discover each other at a summer camp and decide to switch places to reunite their parents. This light-hearted comedy is the perfect movie to watch with your family.



## BOOK RECOMMENDATION

### How to win friends and influence people

You can go after the job you want - and get it!  
You can take the job you have - and improve it!  
You can take any situation - and make it work for you!

Dale Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their business and personal lives. One of the most groundbreaking and timeless bestsellers of all time.

## RIDDLE

What are the next three letters in this combination?

OTTFSS???

(E, N, T (Eight, nine, ten))

## FUN FACT

The Burj Khalifa is so tall that those living on the higher levels have to wait approximately two minutes longer for the sun to set before they can break their fast during Ramadan.

## WELLBEING TIPS

- Keep in touch with your Family and Friends - You will meet a lot of new people in your life, but always remember those who love and care for you. Take trips, go on picnics or connect virtually every once in a while with your friends and family.
- You can't do everything - While you might want to go to class, work, play a sport, and participate in clubs and social activities, the reality is that you're going to get run down by trying to do so much. Focus on doing the things you truly love and forget about the rest.
- Realize you don't have to please everyone - There is no way that you can make everyone happy all the time. Concentrate on making yourself happy first and you'll cut out lots of stress and hassle from your life.



R	E	A	B	W	R	P	A	M	T	I	D	R	D	A
X	F	L	M	W	A	U	E	N	Q	L	M	E	A	P
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AUNT | CHILDREN | COUSIN | DAUGHTER | FATHER |  
FIANCÉ | GIRLFRIEND | GRANDCHILD | GRANDMA |  
GRANDPA | HUSBAND | MOTHER | MOTHER-IN-LAW |  
NEPHEW | NIECE | PARENTS | SISTER | STEPFATHER  
UNCLE | WIFE