READ. LIVE. INSPIRE.



Some emotions are so complex that it is almost impossible to explain them in words. Some nights when I try to sleep, as I toss and turn in bed, a wave of ideas and memories invade my thoughts; there you are, entangled in all of them, absent, but always so present.

Your wisdom was infinite, I remember every time we talked, specially while playing chess, your hands sliding over the movement of each piece. It was to be expected that you would have an answer to every question that my curious mind formulated. I liked learning so much and it was much better if it was with your help.

Lately, specially in the month of June, on Father's Day, I remember you. My life has made me realize all the things you did for me, all the sacrifices and efforts and how much I needed to thank you.

I want to thank you for everything you have given me in life, from the smallest details like sheltering me at night as a child, reading me a story, carrying me on your back, to the biggest things like giving me an education, protecting me from any harm and give me a loving family and above all life.

With the passage of time you went from being an unattainable super hero to a real person with virtues and defects and this makes me admire you even more, because by not being invincible your achievements are more

valuable, your efforts, all the decisions you made without knowing if they would be the right ones, they forged my path and made me the person I am today, and for that I want to thank you.

Sometimes, I watched you and it seemed that you traveled to other places without moving a single finger, your face became sad, in those moments only your music accompanied you. Now I know that adult life is not an easy thing, there are all the bills to pay and the work seems to have no end; sometimes it was the arguments with mom, maybe some other times because the finances weren't going very well, maybe you were learning to live, maybe the doubt was eating you, but you never gave up.

Mom and you were amazing together, that's why you guys are my favorite love story. Those romantic dates, roses for no particular reason, long talks, silly laughs; loyalty, total acceptance, mutual support and unconditional love. And it is from there that all my love ideals arise, although there is no couple like the one you made.

Nothing will ever change the love I feel for you, but time changes the admiration and respect I have for your memory, with age I identify much more with you and with the difficulties of life that a child does not understand. Today I know that you went through the same challenges and it makes me value you much more than I already did.

Thank you for being my father, without a doubt my best gift.

Bless me Dad, Always in my heart and mind.

Mr. Fabian Aguillas
Faculty - Sports Management



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A Memorial to the UAE PRESIDENT



Born in 1948, His Highness Sheikh Khalifa bin Zayed bin Sultan Al Nahyan was the eldest born to His Highness Zayed bin Sultan Al Nahyan, the first President of the UAE and Her Highness Sheikha Hassa bint Mohammed bin Khalifa Al Nahyan. After the sad demise of his father, Sheikh Khalifa succeeded him as the ruler of Abu Dhabi and was elected as the President of the UAE by the Federal Supreme Council.

As the ruler of Abu Dhabi, he attracted cultural and academic centers to Abu Dhabi, helping establish the Louvre Abu Dhabi and various internationally renowned universities. He also established Etihad Airways, the second largest airlines in the UAE. Under his leadership, the UAE has become the most diversified economy in the GCC, transforming into a key logistical and tourist hub in the region. The UAE's entertainment and hotel offerings are second to none in the region and its MICE (Meetings, Incentives, Conferences, and Events) industry enables it to host international business conferences and exhibitions throughout the year. Most recently, the country successfully organised Expo 2020 Dubai.

As President during the financial crisis of 2007-2008, he directed the payment of billions of dollars in emergency bailout funds into Dubai. Shortly after this, the originally known as 'Burj Dubai' was renamed 'Burj Khalifa' in his honour. UAE also became a regional economic powerhouse, and its non-oil economy grew under his presidency. As part of Sheikh Khalifa's vision to attract business, the UAE introduced its first free zone in the 1980s, offering investors 100 per cent ownership of

their organisations and favourable tax conditions. Today, there are more than 50 free zones across the Emirates.

The UAE is also home to world-leading financial and commodities hubs. Today, the Dubai International Financial Centre and Abu Dhabi Global Market are home to some of the world's largest banks, investment houses, insurers, asset managers, cryptocurrency exchanges and a host of technology-focused start-ups, disrupting sectors from financial services to health and education. In 2018, Forbes named Sheikh Khalifa in its list of the world's most powerful people. The things mentioned earlier are only a tiny snippet of his remarkable achievements.

Unfortunately, after the stroke in 2014, His Highness had to scale back his responsibilities. For the most part, he played a ceremonial role while his brother, the crown prince, took up the burden of mundane responsibilities. His Highness Sheikh Khalifa bin Zayed Al Nahyan left behind a legacy of sheer brilliance, hard work, and accomplishments. We mourn the loss of one of the most outstanding leaders the world has ever seen. May his life and legacy be a constant source of inspiration to all of us.



STUDENTS' TAKE ON FATHER'S DAY

I must say my father has played the most important role in my life. I was barely known to this world when my father took me abroad for my studies and his scholarship degree. I came to know so many things because of him. The environment is



so important as I saw pictures of him going to different places. Also, he used to take my mom and me sometimes. Nature is so beautiful that humans are destroying it day by day these days. As my dad is an agricultural engineer, I learned many things from him about not harming the environment and keeping it safe. It is our job to protect our planet and environment using no plastics and not to throw garbage on the roads or riversides, or oceans. When my teachers used to ask what my father does for a living, I proudly told him that he is a defender of the planet.

Siddina Thapa CTH Level 4 - Hospitality Management



DAD

Father is first love of my life He'll always be my pride He is the king and I am his princess The bond between us is priceless

> He will never hurt me He will never let me down He will always support me When no one is around

He taught me all that I know There is more he needs to show He's the best dad in the whole world He's always forgiving and loving

He did everything for me There is nothing to blame He always encouraged me when I was good And always consoled me when I was bad

> No one can replace his place Although my life may be mess He will always be there for me In my hard time and difficulties

I can only say a big "Thank you" And that I will love you forever



MY FATHER

My father is my real hero. His name is Durga Prasad Neupane, and he is 56 years old. I call him baba. works multi-purpose co-operative as a manager. He is a very kind-hearted person. He always helps others with their problems. He does everything. I mean, he



knows what a father's responsibility is. He runs our family. Our whole family depends upon him. He faces all the difficulties without letting us know. He always taught me the value of time and not to waste it. I don't think any word or sentence describes father. If my father is compared to anyone or anybody, then he can be compared to God. Father is a God that we can see. I feel blessed to have my father. I love you, baba. Love you a lot. **Nirmal Neupane**







My father is god, he is my source, and he will stand by me. I'm not complete without my father. He helped me out of all the situations. Thank you to the Nest Academy for the opportunity to write about my father. Happy Father's day to all.

> **Anil Rijal** CTH Level 6 Diploma Professional Diploma in International Tourism and Hospitality Management

FACULTY CELEBRATES FATHER'S DAY

We mean an ocean of kindness, sacrifice, serenity, and protection if we start speaking about father. My father is my hero, and he is my protector and my savior regardless of

the hundreds of miles that set us apart. He is my shelter and peace after a long day of tiresome challenges. My father is my motivator, my brave angel who always

boosts me with positivity, strength, and courage. Still, I hear from him the magical words that say:" My darling, you have to be strong and faithful, you have to be always kind and peaceful, you must know that you are not alone and you will never be, you are blessed, protected cherished and wherever, whenever and with whomever you are. I trust you, and I will always

be, and I believe

that I have a

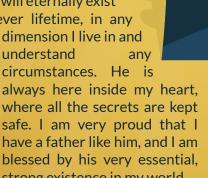
lioness, a survivor,

a goddess of faith,

love, and force." His words run deep into my veins like magic, strength, and empowerment. My father is part of my soul, not only in my current existence of this lifetime. I believe, and I mean it, I think that he will eternally exist deep in my soul in whatever lifetime, in any



understand anv circumstances. He is always here inside my heart, where all the secrets are kept safe. I am very proud that I have a father like him, and I am blessed by his very essential, strong existence in my world.





MY REAL

The word father includes many valuable and profound meaningful words for me personally, illustrated as follows: My father is the real hero who was my support system, savior, protector, and a typical person whom I only consider my idol. My father passed away a long time ago, at a very early age. He has only enjoyed 42 years of living, but his journey has been

exciting and fruitful. He made a great family, and he got sick at 20, an actual effective disease, but what is so unbelievable is that he hasn't shown us that he was incapable of living everyday life or even losing hope in life. He has taught me to be courageous, dare to do the impossible like him, and be respectful, so people love me as everyone loved him. He so generous and unstoppable. Even the disease couldn't stop him

> from living a better life than normal healthy people. He was so invincible, and he taught me to be like him. They say that the only hero for the girl is her father. That's totally true, and not only this but also every girl in the entire world wishes to marry a man as her father because the only and person who unique makes her delightful and protected is him and only him. If you are curious to

know and see the image of my father, it's ME. I have his eyes, his features, and I even have his character and personality traits. If I am who I am now, it is only because he is my father, my REAL HERO. Indeed, I can only say that he is my angel now, protecting me and leading my way to the best. What could be better and more robust than having him as my guardian angel?!!





Thank you, Dad!

A father never shows his love but leaves no stone unturned to keep his children happy. He is dutiful, he stays away and works all day to bring up his family. He overlooks his own demands but tries to fulfill all his children's. He is always at the giving end.

Father is a significant figure in all of us' lives. He is the second name for sense of security and Safety for his children. My father has always been my first love and my top supporter. He gave me the wings to fly, to conquer whatever I wished to achieve. He never stopped me but made sure he is there when I am about to stumble. His heart fills with pride whenever he sees me succeed in life. To the world he is just a father, but to me he is my universe.

A father is always son's favourite hero. For my son, his father is his anchor, his best buddy. He holds him, shadows him, sings lull-a-byes for him and makes him sleep. He does no extraordinary, but nothing he does is ordinary for us. No matter how tall my son gets, he will always look up to his father.

Blessed to have best of both worlds!!





"One father is more than a hundred schoolmasters" (George Herbert)

Once my dad told me "daughter, my biggest dream is to see you as a voluntary teacher, helping students and educating them to have a bright future".

That day I determined I would be an educator. I did a few voluntary works and became an academic, thriving to inspire learners to pursue their future goals. I am thankful to my dad for influencing me to be who I am today since education is the gift that keeps on giving.

More than fame, money, or fancy things, my dad valued hard work, strong will, courage, and compassion. He would scold my brothers and me if we said, I cannot, which nurtured us to be independent and have a can-do attitude. Besides, my father valued education, but he never forced us to study. He wanted us to enjoy the moment and be happy. Life lessons and the good values he taught me are written in my heart, and I am forever grateful to my dada for teaching me the most valuable lessons that helped me today to be a better person.

Happy Father's Day to all loving, kind, and strong father who help make society better!



















Indoor Games



















World Environment Bay

ONE OCEAN SUMMIT-2022

World Environment Day is celebrated globally every year on June 5th. This year let's talk about something that is rarely ever discussed-our oceans. 70% of our planet is covered in ocean, and yet it is often neglected and not taken care of. Oceans are one of the primary regulators of climate, food chain, and the whole environmental ecosystem. It is also a crucial link between continents around the world. Overexploitation of marine resources, increase in the rate of climate change, and pollution has posed serious threats to ocean life. To ensure our oceans are protected from the greed of mankind, the international community has come together to mobilize support and take tangible actions. Such important discussions take place at the World Ocean Summit.

The President of France, Emmanuel Macron, hosted the One Ocean Summit from February 9th to 11th, 2022, in Brest, France. The aim was to mobilize the international community of leaders and encourage them to take severe measures to

reduce the adverse effects of human greed on the ocean. They also discussed initiatives to combat illegal fishing, reduce plastic pollution, decarbonize shipping, strengthen high-seas governance, and encourage and coordinate international scientific research. The first edition of the One Ocean Summit took place in June 2017 in New York. The government of Fiji and Sweden hosted the conference. With the overall increase in pollution and global warming, the health of the oceans is often neglected. One Ocean Summit aims to change that and bring about a global change to help marine life.

Documentary/ Movie recommendations Seaspiracy | Wall-E | An Inconvenient Truth | Mission Blue | David Attenborough: A Life on Our **Planet**



Ms Raspreet Kaur Executive Student Services Department





Ms Disha Jain Student Services Department



Ms Sandhya Chhetri CTH Level 4 Hospitality Management

MOVIE RECOMMENDATION

THREE MEN AND A BABY

1987 - Comedy/Farce

What happens when three young handsome single men come home to find an abandoned infant? The answer is a rollercoaster of fear, panic, care, and love. Watch how these men are forced to be Babysitters and eventually develop the most wholesome relationship. This father's day, grab your popcorn and enjoy watching their hilarious venture into fatherhood.





TV SERIES RECOMMENDATI

ENTR HORSE

1987 - Sitcom

This is an American Sitcom about a widowed man who raises his three daughters after the death of his wife. His brother-in-law, and best friend to help him in this exciting journey. This show is the ideal example of how no matter how bad things can get or how imperfect your family is, there are no life hurdles you guys can't overcome. This show will make you bawl your eyes and in the next second have you laughing until your stomach hurts.





- 1. When was the first Father's day celebrated?
- 2. When is Father's day celebrated in Thailand?
- 3. When is Father's day celebrated every year?
- 4. According to Greek Mythology, who is the Father of the Universe?
- 5. What is the most universally popular Father's Day Gift?
- 6. Who is known as the Father of UAE?



GIFT IDEAS

Р	R	S	K	N	Ι	L	F	F	U	С	0	F	Р
T	E	Н	E	R	D	Α	D	D	Υ	E	E	Α	Н
S	S	Ε	В	R	Н	Е	F	0	R	С	С	T	0
Р	Р	0	I	E	Т	I	V	I	Z	R	С	Н	N
0	Ε	L	Α	E	Ε	E	Α	Α	S	S	Т	E	Ε
R	С	0	K	Α	Т	R	R	Н	С	Н	E	R	S
Т	Т	Н	С	Т	Α	W	S	F	Ε	N	I	T	U
S	Т	R	0	N	G	Α	E	0	Е	R	Α	N	Α
С	J	T	N	J	N	Α	N	0	Α	Т	0	М	G
Α	Α	Т	U	N	С	L	E	T	Α	N	T	L	Е
R	С	T	Α	Υ	Α	T	0	В	0	E	D	0	D
Е	K	M	Α	Т	Е	L	L	Α	W	R	D	V	Р
Α	E	E	S	Н	Н	T	0	L	R	Α	С	E	N
I	Т	Т	R	Α	Z	0	R	L	L	Р	D	Н	Α

| HERO | PARENT | WATCH | CUFF LINKS | STRONG | FATHER | JACKET | UNCLE | HAT | FISHING | PHONE | MAN CAVE | FOOTBALL | DADDY | SPORTSCAR | RESPECT | BEER | WALLET | RAZOR | LOVE |

Confused what to give your father this father's day? Don't worry, we got you. Read below to know 5 innovative gift ideas for your hero.

11. Make him a playlist: It works wonders for our musical dads! Gather all of his favorite tunes and make him a playlist that the two of you can enjoy.

02. Handmade gifts: Be it a collage, a picture frame, or a bracelet, all dads love handmade gifts from their precious children.

13. Recreate a childhood picture: I'm sure all of us can agree that dads hate watching their little ones grow up. Give them a shot of nostalgia by recreating a childhood picture of the two of you together.

14. Make him a Tather's Pay Brunch: Put on your chef hats and make him his favorite food! There are a lot of easy brunch recipes available on YouTube.

05. To an activity together: It involves anything from taking a hike or going on a trip. You can book a fun painting or pottery class with your dad to make some sweet memories. Try out something new and adventurous with your partner-in-crime.