



June, 2023

# Campus Chronicles

READ.  
LIVE.  
INSPIRE.



*From the Desk...*

## Hobbies – Fostering Passions, Generating Happiness

Hobbies are a must as they form a vital part of our lives, offering a chance to unwind from the daily grind and explore our passions. They provide a sense of fulfillment, relaxation, and personal growth. Hobbies contribute to our well-being in addition to assisting us in learning and discovering new talents.

Hobbies come in various forms, catering to different interests and inclinations. Some people find comfort in artistic endeavors like drawing, cooking, music or writing. These artistic activities enable self-expression and provide a respite from the pressures of daily life. Others could be drawn to physical activities like gardening, hiking, travelling, or sports, which encourage physical fitness and offer a chance to connect with nature or other like-minded individuals. Furthermore, hobbies can have a soothing effect on oneself. They act as stress-busters, and drastically help reduce mental tiredness. It is a type of meditation that helps the mind relax and rejuvenate.

Personally speaking, I am a person who enjoys being close to the nature, engaging in sports & fitness activities, and travelling. Trees, skies, beach/water bodies, walks or jogs in the open, and playing - are my pull factors. I try to nurture similar interests in my kids too.

In a world that often prioritizes productivity and efficiency, hobbies remind us to slow down, indulge in activities we love, and take time for ourselves. They contribute to our personal growth, happiness, and overall well-being. So, whether it's painting, gardening, playing sports, or any other pursuit, let hobbies be an essential part of your lives, allowing you to foster your passions and cultivate happiness.

**- Leon Corriea**

Manager – Academics School of Hospitality



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# Get lost in colourful world of hobbies:



Get lost in the colorful world of hobbies, where your interests may flourish and your happiness can know no boundaries. I hope you'll join me today as I introduce you to two of my most treasured hobbies: swimming & skiing. They weave a picture of magical moments that fill my heart with joy.

## Radisson Blu-Jammu, India

Visited Radisson Blu in Jammu & Kashmir, where the mountains are covered in snow, and go off on an exciting journey. As I make my way across the icy landscape, a burst of adrenaline courses through my veins, leaving in its wake a path of thrill and precious memories.

## Constitutional Club of India

Another spot in New Delhi is the Constitutional Club of India, where a swim for me is a welcome break from the chaos of daily life in India's capital.

As I tell you about my adventures in the water in the United Arab Emirates, Delhi, Jammu and Goa, I would be remiss if I didn't mention how, tucked in the scenic embrace of Gulmarg in Kashmir became my aquatic refuge.

## Gulmarg, Kashmir

So, come with me on this whimsy and enjoy the beauty of these restful interludes that feed our souls and make life so extraordinary.



**Faisal Fayaz**  
ATHE Level 4 - Business & Management

# Blooming flowers are mother Nature's Smile:

Hobbies are activities which help us escape the daily grind of life and work and give us pleasure and peace of mind. Because we are not being ordered to perform certain jobs which we may not be fond of, hobbies help to inculcate an appreciation for work rather than driving us away from it.

The interesting thing about hobbies is that they dramatically improve our own personalities and character traits, therefore improving our performances better on the whole.

My hobby is gardening. The joy of witnessing blooming flowers and leaves fills my heart with a sense of achievement and realizing the fact that the work of my own hands is bearing fruit definitely gives me pleasure.

If I tell you one of my hobby is help the poor, this brings blessings into your life. Do good deeds for these poor souls. At the end of the day. You will ripe what you sow. Dedicate your whole life in this good world and you will find peace and harmony inside you. Helping the poor has become much more than a mere hobby and through this fulfilling pursuit, I have discovered a greater purpose and a profound connection with my fellow human beings. By lending a helping hand, we can break down barriers, inspire hope, and empower individuals to overcome adversity. I encourage everyone to explore the joy and fulfillment of helping those in need for in the act of giving, we receive immeasurable rewards that enrich our uplift humanity as a whole.



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



# Travel is my therapy:

During the month of June, I had leisure in Dubai and particularly on the Day of Dubai tour organised by the university. That morning I found myself with my classmates where the bus was to take us. Everyone was happy to see me. Without lying to you, I was warmly welcomed by my classmates. We visited 2 sides that day during the trip. There was a good atmosphere in the bus. Songs, jokes and humour was really flowing in the vibe. The first site was A beautiful sight with monuments of objects and historical statues of the United Arab Emirates. I was impressed and happy to take some pictures. And the second site was at Dubai Festival City. Inside it was magnificent with a very large and pleasant mall to visit. To summarise, since my arrival in Dubai, it was the first time that I made or round in the city. I really liked the university initiative because this trip allowed me to keep my first memories in this country related to the university. As travelling is my hobby and exploring new places is something that gives me so much happiness I must say, The university has helped me to Nurture this hobby in UAE as well.



**Valere Rector Assala Koung**  
Certificate in General English

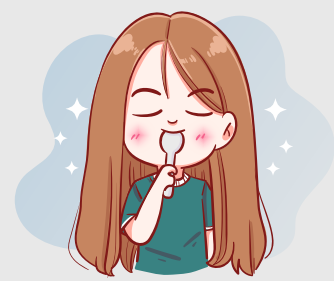
# To travel is to live:

This week I visited and met new places with my parents here in Dubai. Is our first time in United Arab Emirates, so we decided to visit the touristic places in Dubai, we went to the island palm and there we went to see the Atlantis mall, saw some different malls, we went to the Burj Khalifa and saw the water show at night, we got shocked because inside the mall they have an Aquarium and everybody can see the fishes but not only the fishes, you can also see sharks, stingrays and more. We also went to the Frame of Dubai and could see the city on the top floor. Last night we went to La Perle to see the play, the only word I have to say is WOW! The way they flood the floor and then 2 minutes after it was dry is like magic, the history they told us is so beautiful and emotional. My hobby was looking for new places, new things and meeting new people and culture.



**Sofia Martinez Celis**  
ATHE Level 4 - Business Management

# ARTICLES FROM FACULTY



## Tell me what's your hobby, I tell you who you are!!

That's absolutely true, since the person's hobby reflects his interests, character and even potential. Literally, a hobby is an activity that an individual pursues for pleasure, relaxation or even personal fulfillment during their leisure time. People engage in voluntarily and out of personal interest and passion, rather than as means of earning a living. However, if it is developed and trained professionally, it may lead to a huge earning followed by stardom and championship. Nowadays, most of the richest people ever are the ones who followed their hobbies at an early age and they grew being starts and champions, whether in the sports field or others. As it is proved, the inclination towards certain hobbies can be impacted by a combination of innate interests and external factors, such as the place of living, the economic situation, the availability and possibility of practicing and developing them and others...they can be nurtured through exposure and personal exploration.

Have you ever known that there are hobbies that make you smarter and happier? Here some selections of them: cooking, painting, dancing, Yoga, writing, running, swimming, playing video games... Not all of them require a physical movement, but certainly the movement is a better choice to keep in fit and maintain a healthy body, consequently a healthy and steady mind and brain. Unfortunately, the recent generations are going more for the lazy hobbies that we can call them for imprisoning them in their places, whether their rooms, or their couches, and stealing the majority of their time at the expense of other duties that should be essential for their progress in life. A balanced mind that balance and manage the use of time properly, is the fact of being a disciplined person. Only a disciplined person who is able to use his time fairly in practicing his hobbies, accomplishing the duties such as assignments, cooking, self cleaning, self caring, and having a social life by meeting people, communicating with his family and friends, going out and experience real life and not the viral one behind the phone, laptop or TV screen, what affords e-friends, e-life and e-communication that are all voiceless and speechless, don't help with developing a hobby not even the mind level. In opposite, it leads the brain to be blocked, or lack for experience in different life's aspects.

To conclude, we know that nowadays, kids are born very smart and technology is increasing their capacity in showing that. So, let's maintain a high quality of developing their hobbies, and help them with finding theirs in case they haven't found. Shall we improve the quality of our generations and lead them how to choose smart hobbies that are fruitful and beneficial to them and the society? Only by doing this we can get better countries, better societies and gradually, better minds and individuals.

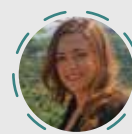
## Exploring the World: Roaming and Traveling as a Fulfilling Hobby

In today's fast-paced world, finding hobbies that provide a meaningful break and enrich our lives is essential. One such hobby that offers countless rewards is roaming and traveling. The act of exploring the world not only allows us to take a fruitful break from our routines but also opens up a world of opportunities for personal growth, cultural immersion, and unforgettable experiences. Roaming and traveling can be a fulfilling hobby, offering an escape from the ordinary and a chance to embrace the extraordinary with the following benefits.

- 1. Mental Refreshment:** Traveling offers a change of scenery and a break from my daily routine. It allows me to escape the monotony of everyday life and offers a refreshing change of pace. Experiencing new environments, landscapes, and cultures stimulates mind and invigorate spirit.
- 2. Broadened Perspectives:** Through travel, I have the opportunity to broaden my perspectives and gain a deeper understanding of the world. Meeting people from different cultures and backgrounds, witnessing diverse lifestyles, and experiencing unique traditions can expand horizons and challenge preconceived notions. This exposure fosters tolerance, empathy, and open-mindedness.
- 3. Personal Growth:** Traveling often presents with various challenges, such as navigating unfamiliar places, language barriers, or adapting to different customs. These challenges push me out of my comfort zone and encourage personal growth. It helps one to become more adaptable, resilient, and self-reliant as I learn to overcome obstacles and handle unexpected situations.
- 4. Cultural Enrichment:** One of the most rewarding aspects of traveling is the opportunity to immerse in different cultures. To visit historical sites, explore museums, taste local cuisine, and participate in cultural events. Engaging with locals and understanding their way of life enhances cultural awareness and appreciation.



**Dr Trupti Shelke**  
Faculty-Management Programs



**Ms. Lara Bouty**  
Manager, Academic | Language school



When the soul wants to speak, it speaks through many ways and hobbies are one of these manners. Creativity, arts, interests and hobbies are a next level manner of expressing and showing divine and otherworldly manifestations sometimes disguised in a worldly figure. Personally, I am a creative spirit who has various hobbies such as painting, singing, dancing, reading, writing, cooking, candle making and meditation. When practicing my hobbies, I feel like creating and manifesting inner powers, fantasies, thoughts, different layers of energies and let me call it secrets.

Art is passion. Whenever, practicing hobbies, you let yourself express your passion in a loving and adorable piece of art.

A hobby is beautifully a shelter, a distraction and an escape from all negativity. They are real portals to other dimensions of fantasy and euphoria.

I am happy to share with you one piece of art of mine.



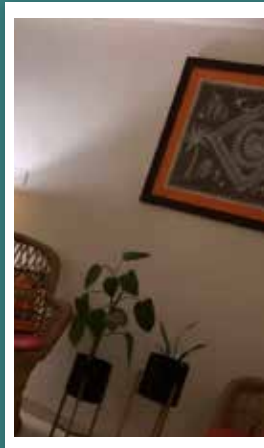
**Souha Rebhi**  
Senior Academic Executive |  
English Faculty

## ARTICLES BY STAFF

Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and provides us the opportunity to learn new skills. We are very fortunate to have so many different options out there today. In fact, there are entire websites devoted to hobbies and interests. The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we truly enjoy and are passionate about, we become hooked. It becomes part of our lives and captivates us in a very personal way.

Something that makes me happy is what I am passionate about but cannot take it as a profession: My Hobbies. Hobbies are a medium of relaxation. It rejuvenates you, it brings out the best emotions out of you. I have a thing for gardening. I like propagation of plants, that's my happy world. It relieves all the stress and takes me to a soothing world. Making more plants out of one makes me elated. My house is full of Plants. I like to collect different indoor plants. Taking care of them and seeing them grow bigger and bigger everyday is another level of joy that I cannot describe. You enter my house and you may find more plants than the people living inside my home. Apart from giving fresh air, it decorates my house.

Apart from it, painting and travelling is what I do in my leisure time. I like to make abstract and traditional Indian paintings.



**Mehak Sharma**  
Associate Manager  
Student Services Department

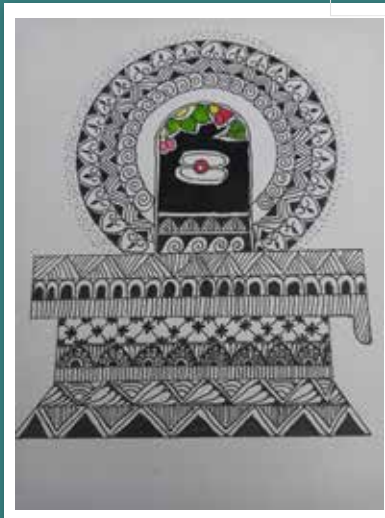


# My favourite hobby is singing.

Singing is the act of producing musical sounds with voice. I like to sing various kinds of songs like Novelty songs and film songs. When I start singing i forget everything and i engross in singing. I love singing since childhood. I received many prizes in my school competition and other singing competitions. I am well aware that singing is a very good habit because it gives me great pleasure and can help me to actively during the day. Singing reduces stress, improves breathing, mood and boosts the immune system. You can add this if needed.



**Vinay Kumar**  
Specialist-Placement Department



**Dipti Gidwani**  
Admissions Team  
Northwest college

In the fast-paced and demanding world of employment, finding time to unwind and rejuvenate becomes essential for maintaining a healthy work-life balance. Engaging in hobbies can offer a much-needed respite from the daily grind and contribute significantly to an employee's overall well-being and productivity.

Hobbies provide a productive escape from the stresses of work, allowing individuals to explore their passions and interests outside of their professional roles. Whether it's painting, gardening, playing a musical instrument, or sports, hobbies offer a creative outlet that nurtures the mind and soul. Engaging in these activities helps reduce stress, anxiety, and burnout, leaving employees refreshed and recharged.

Moreover, hobbies promote personal growth and skill development. Learning something new stimulates the brain, fostering creativity and problem-solving abilities that can be applied to work-related challenges. For example, a hobby involving teamwork enhances collaboration skills that can be transferred to the workplace, fostering better communication and camaraderie among colleagues.

Hobbies also contribute to physical well-being by encouraging a more active lifestyle. Participating in activities like hiking,

dancing, or yoga improves physical fitness, boosting energy levels and promoting better focus at work. Additionally, a healthy hobby can positively impact an employee's mental health, reducing the risk of depression and improving overall mood.

By encouraging employees to pursue their hobbies, employers can create a positive work environment that values work-life balance. Flexible scheduling or offering hobby-related activities within the workplace can lead to higher job satisfaction and increased loyalty among employees.

In conclusion, hobbies are not merely frivolous pastimes; they are essential for maintaining a balanced and fulfilling life, especially in the context of an employee's busy schedule. Embracing hobbies can bring a fruitful break that nourishes the mind, body, and spirit, ultimately leading to happier, more motivated, and productive individuals in both their personal and professional lives.



**Dimpy Bansal**  
Executive - Admissions Management

# EVENTS AT CAMPUS



*Induction Session*

- Mr. Fabian Uquillas



*Exploring the Future of Hospitality:  
Students dive into cutting-edge advancements  
at The Hotel Show Dubai.*



*Successful workshop on  
Interview Etiquette*

- Mr. George Mathew,  
CEO & Founder of HumLog



*Dubai Tour*



*Table Tennis Tournament*



*Kiosk Sales Workshop!*

- Ms. Airus Azam

# Congratulations

on your placements



**Karma Lama**

Joined in: Nakheel RIU Deira Island  
Hotel FZCO

As: F&b Intern-Bar



**Kedarraaj Pudasaini**

Joined in: Nakheel RIU Deira Island  
Hotel FZCO

As: F&b Intern-Restaurant



**Bijay Thapa**

Joined in: Nakheel RIU Deira Island  
Hotel FZCO

As: F&b Intern-Restaurant



**Nazatul Islam Rayed**

Joined in: Nakheel RIU Deira Island  
Hotel FZCO

As: F&b Intern-Restaurant



**Pradhurna Khadka**

Joined in: Nakheel RIU Deira Island  
Hotel FZCO

As: Intern-Kitchen



**Wangchhu Yolmo**

Joined in: Nakheel RIU Deira Island  
Hotel FZCO

As: Intern-Kitchen



**Md Ghulam Kibria**

Joined in: Magic Planet

As: Sales promoter



**Manish Singh Subedi**

Joined in: Magic Planet

As: Sales promoter



**Ram Bishwas Ray**

Joined in: Stir Fry and Dumplings

As: Waiter



**Seagan Maharjan**

Joined in: Hotel Media Rotana

As: Intern-Kitchen

# STUDENTS FEEDBACK

The placement is not really a good one but am very grateful for the opportunity I was given and the support from the placement team. I understand with how its going at the hotel its also beyond the placement team, But I would greatly ask for more opportunity from the placement to be part of the interviews because of the current placement is really not satisfactory. The working hours are 10 to 12 hours. Moreover when I tried speaking to them about my exams they started giving me breaks during the day for 5 hours yet I get even get enough time to even focus because I can't go back home and come back with the small space of time.



- Anotidaishe Eve Macheka

I gained my first ever work experience from Bait Al Chedi. Everybody treated me with great respect and I gained immense knowledge through this internship. A big thank you to Ms Shruti from the placement team for providing me with this opportunity.



- Amnah Nazeerdeen

This internship is very good as it allows me to learn on the job. I am grateful for this opportunity



- Bijay Thapa

Its an amazing platform for the students in Nest Academy. They give so much opportunity to us so that the students can get a good job to bear their own expenses.



- Nazatul Islam Rayed

I've waited a little bit longer i guess for a right designation and finally wait is over. Thanks to placement team.



- Wangchhu Yolmo

I'm enjoying this job rightnow. Wish It was permanent because the working environment is excellent.



- Muna Tamang

I felt great and honored towards placement team because they help me a lot, when I need them a most.



- Kedarraj Pudasaini

I am satisfies with the placement.



- Aklesh prasad jaiswal





# FUN CORNER

## Weird Hobbies!

### COLLECTING SNEAKERS

It's an expensive hobby. It involves acquiring and curating rare and limited-edition footwear.

Nevertheless, sneaker enthusiasts from all over the world actively participate in this unique and exciting subculture. There are many pull factors why people consider collecting sneakers as a hobby, like the sheer love for the design, staying up to date with the latest trends, and the need for recognition, all of which are drivers of this weird yet cool hobby.

### COLLECTING CELEBRITY HAIR

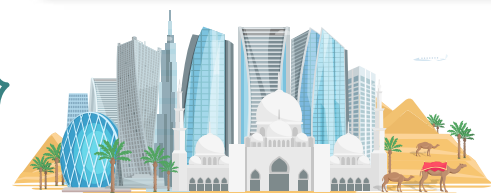
Yes, you heard it right! We know how creepy this sounds, but people have found a way to get obsessed with their favorite celebrities and collect their hair. Even though it's unethical, invasive, and borderline psychotic, people continue to express their love weirdly.

### MOOING

It's what it sounds like – literally. This hobby is based on the competitive 'sport' of doing the best impression of a cow.

### MOBILE PHONE THROWING

It's a competitive sport where contestants throw phones and are judged based on their technique and the distance covered. This hobby is deeply rooted in Finnish culture and was started by Nokia since it has the reputation of an unbreakable brick and supposedly outlasts all our smartphones. You will be shocked that mobile phone throwing has become an official sport in Finland.



## What's happening in Dubai?

### Enjoy Dubai Summer Surprises Festival



One of the most anticipated events this month is the classic Dubai Summer Surprises festival, in which retailers and shopping centres agree to offer great sales in shops, hotels, restaurants and entertainment venues. What I liked most is the way they decorate and light up the whole city!

The event, which lasts about ten weeks, usually starts on 1 July and ends in mid-September.

### Beat the Heat Afroto, Balti and Soulja live

Egyptian rapper Afroto will be performing live at The Agenda on 29 July. He's joined by Tunisian singer Balti and Sudanese rapper Soulja.



Known for huge singles such as Brazil, Far2 Khebra and Msh Bel 7ozoz, Afroto has been steadily growing his fanbase around the world since 2016. Balti's most recent hit, Dima Mechi, has proved a huge success, but you'll likely be excited to hear his biggest tune Ya Lili. Rounding off the line-up is Soulja, ready to perform songs such as Charleston and Bringi.



## Movie Recommendation:



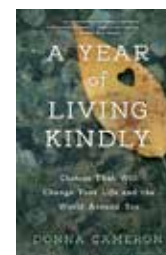
### Abe

The film describes a boy's earnestness in culinary skills. He tries learning the nuts and bolts of cooking especially fusion food at a friendly street outlet.

Being born to two culturally different parents, he is often caught in problems that his grand parents bring up i.e, there's no fusion between the grand parents.

So, the film talks about fusion that's applicable to both cooking diverse foods and living with diverse cultures.

## Book Recommendation:



### A Year of Living Kindly

Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all

of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world. Let's start creating a better, kinder, safer world.

## Solve the riddles!

1. What is at the end of a rainbow?
2. What is the longest word in the dictionary?
3. What kind of tree can you carry in your hand?
4. What goes all around the world but stays in a corner?

### Looking For An Answer?

Answer1: The letter W!  
Answer2: Smiles, because there is a mile between each 's'.  
Answer3: A palm!  
Answer4: A stamp.

