



MAY, 2025

Campus Chronicles

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From the desk...

CELEBRATING STUDENTS' EXCELLENCE 2025

At NEST Academy of Management Education, Dubai, we proudly approach the celebrations of the remarkable achievements of our students at the annual Students' Excellence Awards. This prestigious event honours our learners who have shown exceptional academic performance, resilience, determination and all-round development over the past year.

The awards recognize outstanding student individuals across various categories such as: Student of the Year, Academic Excellence, Role Model Award, Brand Ambassador Award, Best

Language Performer, and the Perseverance Award, coupled with high Scholarships to go with each one of it. These titles reflect not only academic success but also the values, character, and professional readiness that NEST Academy instills in its students.

Over the past year, students have excelled in rigorous assignment coursework, participated in practical trainings, industry workshops, trade shows and exhibitions, research seminars, and contributed to projects that mirror real-world challenges. With a curriculum focused on experiential learning and industry exposure, NEST ensures that students graduate not only with knowledge, but with confidence, communication skills, and job-ready capabilities.

The Excellence Awards are more than just a celebration—they are a reflection of the Institution's commitment to shaping future leaders. As we applaud this year's achievers and winners, we also look forward to the lasting impact they will make in their careers and communities.

These achievers embody the real essence and spirit of NEST Academy, and truly live up to our vision **'WHERE PASSION MEETS PROFESSION'**.

 **Mr. Leon Corriea**

*Associate General Manager & Academic Head
NEST Academy of Management Education, Dubai*



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Event Spotlight



Football Fever, Season 5: More Than Just a Game!

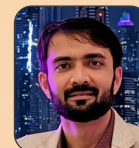
As the dust settles on another exhilarating season of our annual football tournament, played on our vibrant indoor turf, I find myself reflecting on what truly made Season 5 an absolute blast! Seeing our planning culminate in such vibrant energy is incredibly rewarding, but this year, it was the spirit of our community that truly shone.

What filled me with immense joy was witnessing our dedicated Council Members step up in every aspect of the event. From the meticulous planning sessions to the high-energy execution on the field, their involvement was invaluable. They weren't just organizers; they were truly caring individuals, swiftly attending to any student who needed a moment to recover from an injury, ensuring everyone felt supported and safe. And a massive shoutout goes to our team managers! Their passion was infectious, as they not only managed their teams but truly became part of them, strategizing, cheering, and guiding their players through every thrilling moment.

One of the most heartwarming sights for me was seeing our incredibly diverse student community come together on the pitch. It was a beautiful mosaic of cultures and backgrounds, all

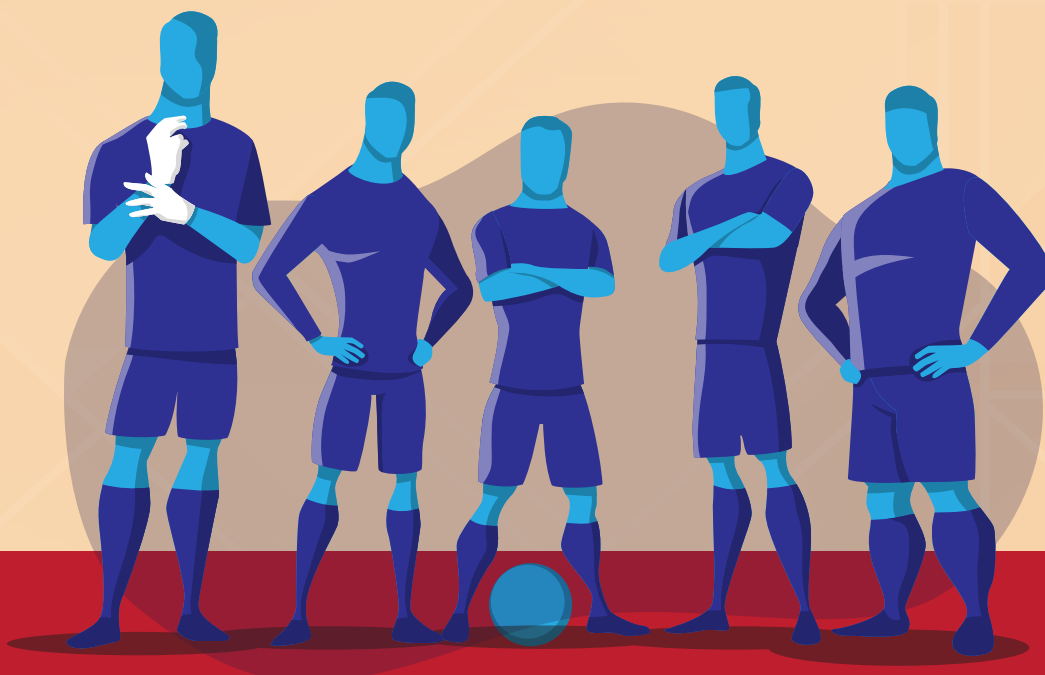
united by the love of the game. Even more inspiring was the seamless collaboration of our female students, who not only joined the teams but played with incredible skill and enthusiasm, proving that football truly is for everyone. The sheer excitement radiating from each student, whether they were scoring a goal, making a crucial save, or just cheering from the sidelines, was a powerful reminder of why we do what we do. Their faces lit up with pure joy and competitive spirit, and that, for me, was the real victory.

So, while the final whistle blew and one team lifted the coveted trophy, in my eyes, every single participant is a winner. This tournament isn't just about who scores the most goals; it's about fostering a strong, inclusive, and spirited community. It's about teamwork, resilience, and the shared experience of pushing limits and celebrating together. This is precisely what we strive to cultivate within our vibrant student body, and Season 5 was a testament to that enduring spirit. Here's to many more seasons of unforgettable moments, camaraderie, and the unwavering spirit of our amazing students!



Mr. Vishal Badjate

Deputy Manager – Socialmedia and Brand Communications



Mocktail Mania: A Whirlwind of Flavor and Fun!

The air was buzzing, the energy was high, and the drinks were flowing (alcohol-free, of course!) at "Mocktail Mania" on May 4th, 2025! This wasn't just any competition; it was a dazzling showcase of creativity and a true celebration of all things delicious. Before the shakers started rattling, we were treated to a fantastic session with Mr. Deni Nostoski, the brilliant brand ambassador from Monin. He whisked us away on a flavor adventure, teaching us the A-B-C's of crafting incredible mocktails. It was like getting a secret map to the treasure chest of tasty drinks! Then came the moment of truth, and our incredible judges took their seats. We were so lucky to have Mr. Sergio Leal Diaz, the awesome Bar Manager at RIU Hotels, and Mr. Daniel Girma Wondiferaw, the equally awesome Assistant Bar Manager at RIU, ready to taste our concoctions. Their expert eyes (and taste buds!) were going to pick the best of the best.

The competition kicked off with a bang! The first sound (that's the signal to start, for all you future mixologists!) had us working in pairs, a whirlwind of ideas and collaboration. We stirred, we poured, we brainstormed, and when the dust settled, the results were in. And guess what? I was absolutely thrilled to find out I had qualified for the second round! The second round was where the real fun began! We were hit with a curveball – surprise ingredients! It was a true test of our on-the-spot creativity. For my creation in this round, I whipped up a mocktail that was a delicious dance of rich coffee and sweet caramel syrup, plus one more secret ingredient that has slipped my mind (the excitement was just too much!). For garnishes, I added a vibrant splash of a fresh strawberry and fragrant mint leaves. But

here's the cool part: I used the "laying" method, where the different liquids don't mix, creating beautiful layers of color. It was like painting with drinks! And what did I call this layered masterpiece?



"Sunset." Just imagine those colors, stretching across the glass, just like a beautiful evening sky.

And oh, what a show it was! As the competition continued, it was absolutely brilliant to see the hospitality students unleash their inner drink wizards. Ideas exploded into vibrant colors and tantalizing aromas. Each mocktail was a tiny masterpiece, a testament to the wild imagination and budding talent of these future hospitality stars. The creativity just blossomed before our very eyes – it was truly inspiring! It was a tough, tough competition. Every single participant brought their A-game, and the flavors were out of this world. But in the end, there could only be a few winners. And guess what? I'm absolutely thrilled to share that I snagged third place! It was an incredible feeling to be recognized among such a talented group. Mocktail Mania was more than just a competition; it was a blast! It was a day filled with learning, laughter, and some seriously delicious drinks. Cheers to all the participants, our wonderful judges, and especially to Monin for helping us shake things up! We can't wait for the next round of Mocktail Mania!



Ms. Felicia Chiko

*CTH Level 3 Foundation Diploma in
Hospitality & Tourism*

Football Tournament Season 5 Ignites Passion at Shabab Al Ahli Club, Sharjah

Introduction of the Event

The highly anticipated Football Tournament Season 5 took place on April 19, 2025, at the renowned Shabab Al Ahli Club – Indoor Football Stadium in Sharjah. The tournament celebrated student spirit, athleticism, and teamwork. The event's successful execution was made possible by the exceptional efforts of the Student Council, who diligently managed every aspect, from planning to execution.

Participating Teams

Eight energetic teams, each consisting of 8 players, participated in the tournament:

- **Badgers**
- **Dynamos**
- **Mavericks**
- **Gladiators**
- **Titans**
- **Vipers**
- **Panthers**
- **Jaguars**

Each team brought its unique strategy and energy to the pitch, making for an action-packed day full of competitive and exciting matches.

Tournament Format

The tournament consisted of 12 matches, including the initial rounds, two semi-finals, and the grand final. The competition used a knockout format, where every match was a do-or-die battle, which added to the excitement.

Highlights and Key Matches

A standout moment of the tournament occurred during the semi-finals when the Mavericks secured a narrow but thrilling victory over the Panthers, earning their place in the final. The grand finale, featuring the Mavericks against the Gladiators, kept the crowd on the edge of their seats, with every pass and tackle eliciting loud cheers.

Top Performers

Best Player & Top Scorer: Aboubacry (Mavericks), whose goal-scoring prowess was unmatched throughout the tournament.

Best Goalkeeper: Kismat Rai, whose quick reflexes and calm presence at the back helped keep crucial clean sheets and made a huge impact on his team's journey.

Final Match and Results

In the highly competitive final, the Mavericks outperformed the Gladiators with strategic gameplay and solid teamwork. The match ended with the Mavericks being crowned champions of Season 5, celebrating their well-deserved victory.

Prize Distribution

The closing ceremony saw the distribution of awards as follows:

- **Best Player:** Aboubacry (Mavericks)
- **Top Scorer:** Aboubacry (Mavericks)
- **Best Goalkeeper:** Kismat Rai
- **Champion Team:** Mavericks
- **Runner-up:** Gladiators

Audience and Atmosphere

The stadium was filled with enthusiastic supporters who created a lively and electric atmosphere. Chants, cheers, and applause echoed throughout the matches, demonstrating the deep passion of the student body. The energy was infectious, making the entire day feel like a football festival.

Special Thanks

I would like to express my heartfelt appreciation to the Student Council, without their tireless efforts and dedication, Football Tournament Season 5 would not have been the tremendous success that it was. Their behind-the-scenes coordination and leadership made this event truly memorable for everyone involved.

Personal Note

As a volunteer in the student council, I am proud to have been part of this incredible event. Participating in such a thrilling and well-organised tournament was not only exciting but also a valuable and unforgettable experience. I joined the teams but played with incredible skill and enthusiasm, proving that football truly is for everyone.



Mr. Vishnu Vardhan Reddy
ATHE Level 4 Extended Diploma in
Events Management

Events at Campus

Bizmaster Quiz Challenge !

This event took place on 16 April 2025 at Sports City Campus where students fostered and showed up their presentation skills.



Bizz Master - The Ultimate Pitch

This event took place on 13 April 2025 in Al Zahia Campus where students pitched their business ideas and showed up their business acumen and their understanding of skills learned in their degree.



Carnival 2025

Carnival was held on 25 February 2025 and was an event full of different nationalities, students gathered up in the traditional attires of their home country and represented their culture with a fashion ramp walk.



Desert Safari & Night Camping

Desert Safari and Night camping was organised on 27 Feb 2025 was a fun and networking day organised for students wherein they explored the desert rides , explore culture of Dubai , and night camping was a networking night for students to connect outside classroom and have fun.



CTH Exam at Nest Academy !

CTH exam took place on 2nd March 2025 for students to judge the student's understanding of what they are learning.



Dubai City Tour !

Students unveiled the charm of Dubai on 17th March 2025 – from towering skyscrapers to golden deserts, the students explored a day of culture, adventure, and unforgettable sights in the heart of the UAE.



Dubai Frame Visit !

Captured moments and memories at the iconic Dubai Frame on 21st March 2025 – a stunning blend of the past and future, where the skyline told a story and every view seemed to be picture-perfect.



English Express !

All aboard the English Express on 17th April 2025 was a journey through words, creativity, and confidence as students explored the power of language in exciting and engaging manner.





Football Tournament Season 05 !

Thrill of the game! Football Tournament Season 05 kicked off on 19th April 2025 – where passion met performance, teams clashed for glory, and the spirit of sport took center stage.



Orientation for New Students of March 2025 Intake !

Welcomed new beggings at NEST's orientation for March 2025 intake students - a day to connect, learn and starting a journey towards growth and success together.





Iftar Donation Drive !

Reading warmth and kindness during Ramadan with the Iftar Donation Drive on 14th March 2025 students and staff came together to share meals, hope, and compassion with those in need.



Health Checkup Camp by SEHA Medical Center, Ajman !

Prioritizing wellness for our student at Health Checkup Camp by SEHA medical center, Ajman - a step took towards healthier tomorrow with expert care, early insights and community- well being.



On Campus Interviews by Antonia Restaurant Group!

On 16th April 2025, students seized the chance for on-campus interviews with Antonia Restaurant at Nest Campus — met Alessandro Montedoro, Group Director of Operations, and took the first step towards an exciting career opportunity!



Outdoor Class at Marina Walk Dubai!

On 11th February 2025, students experienced learning beyond the classroom with an outdoor class at Marina Walk Dubai — where fresh air met fresh ideas against the stunning waterfront backdrop.



Southern Franchise Co. LLC Interviews at NEST !

SFC Group Interviews held at Sports City Campus on 23rd April 2025 was a prime opportunity for students to showcase skills, connect with industry leaders for students and take a bold step toward their career goals!



Post University Credit Transfer Session !

On 27th February 2025, Credit Transfer session for Post University, USA, was organised for students and it was a guide to information regarding the smooth transitions, of their credits, and planning the students' academic journey with Post University, USA.



Celebrating World Events

World Telecommunication and Information Society Day: Connecting the World, Empowering the Future !

Celebrated every year on May 17th, World Telecommunication and Information Society Day (WTISD) highlights the transformative power of the internet and information and communication technologies (ICTs). It urges societies to harness these tools responsibly and inclusively for global progress.

WTISD traces back to 1865, marking the founding of the International Telecommunication Union (ITU). Initially called World Telecommunication Day, it expanded in 2005 to embrace the wider role of ICTs in shaping inclusive, knowledge-based societies. In today's interconnected world, digital access is vital. ICTs support education, healthcare, business, governance, and more. WTISD emphasizes the need to bridge the digital divide and ensure equitable access to technology for all communities.

The 2025 theme, "Digital Innovation for Sustainable Development," focuses on leveraging technologies like AI, 5G, IoT, and blockchain to advance the UN Sustainable Development Goals (SDGs).

As someone passionate about tech, I believe digital progress must be inclusive. Real innovation uplifts everyone—from remote learners to startups. WTISD reminds us that digital connectivity means opportunity, equity, and empowerment. Let's build a future where technology serves people first—ensuring no one is left behind in the digital age.



Mr. Rafay Gailani

CTH Level 3 Foundation Diploma in Tourism & Hospitality, CTH Level 4 Hospitality Management with foundation

International Bereaved Mother's Day: Honoring Grief, Love, and Unseen Motherhood

Observed on the first Sunday in May, International Bereaved Mother's Day is a day of remembrance and recognition for mothers who have experienced the devastating loss of a child—whether through miscarriage, stillbirth, infant loss, or any form of child death. While traditional Mother's Day celebrates visible motherhood, this day brings into light the silent sorrow many women carry, offering them the acknowledgment they deeply deserve.

Founded by Carly Marie Dudley, an Australian mother who lost her son in 2007, the day was created to fill the emotional void often felt by bereaved mothers during the mainstream celebration of motherhood. It is not just a day of mourning, but a space for healing, connection, and collective remembrance. Symbols such as white roses, butterflies, and candles often accompany the observance, representing the purity of love and the fragile beauty of lives that, though short, made a lasting impact. These symbols offer a gentle language for grief—one that speaks of love, loss, and enduring memory.

More than anything, International Bereaved Mother's Day reminds us that grief is not a sign of weakness, but a testament to deep love. It encourages society to embrace all forms of motherhood and to stand beside those whose children are no longer with them. Every mother's story matters—and no one should have to carry their pain alone. Let this day be a call for empathy, for remembrance, and for recognizing the strength of those who mother through memory.



Mr. Alvin Michael

Certificate in General English - ATHE Level 4 Extended Diploma in Sports

World Telecommunication and Information Society Day (WTISD)

Since 2005, World Telecommunication and Information Society Day (WTISD) is celebrated on 17th May every year aiming towards an interconnected day. As it was initially founded by International Telecommunication Union (ITU) in 1969 to raise the awareness of the potential of information and communication technologies, by celebrating the WTISD it purposes to bridge the global divides, foster innovations and promote sustainable development. Each year it sets a theme that addresses the contemporary challenges of ICT, thus 2025 WTISD was themed as "Gender equality in digital transformation: closing the gender digital divide unlocks opportunity for all". This focuses the majority of women globally, who are still unconnected due to prevailing gaps in access to internet and digital platforms which hinder women participation in economy and digital inclusion as facts and figures given by United Nation (2024).

180 million more men use internet than women as 70% men use internet globally while only 65% of women use it.

Least Developed Countries shows only 29% female usage of internet though the developed countries have narrowed gap between male and female

These gaps make it challenging for women while restricting the economic growth and hinder innovations around the world

Accordingly, WTISD aims to promote a collective responsibility of shaping an inclusive, diverse and empowering digital future. Thus, many programmes have been already initiated such as 'Resolution 70 and Gender Equality and Mainstreaming (GEM) policy and action plan', 'Girls in ICT Day', 'Enhancing digital and women entrepreneurship in Least Developed Countries', 'Women in Cybersecurity', 'Girls can Code' etc. Let's join forces to raise the awareness about WTISD through your social media, communities and networks. Be the advocates for promoting digital literacy and inclusion.



Ms. Udeshika De Silva

Faculty – Business Management

Country in Focus

Tunisia: A Crossroads of Trade, Culture, and Development

Tunisia's trade history is deeply rooted in its strategic geographic location on the Mediterranean coast, serving as a historical gateway between Europe, Africa, and the Middle East. The region was once home to the powerful Carthaginian Empire, which emerged as a dominant maritime and commercial force in the western Mediterranean around the 6th century BCE. Carthage established extensive trade networks that spanned the Mediterranean, dealing in goods such as metals, textiles, wine, and grain. After its conquest by the Roman Empire, Tunisia became known as the "breadbasket of Rome," exporting large quantities of wheat and olive oil. The Islamic conquests of the 7th century brought further integration into global trade routes connecting the Middle East, North Africa, and Sub-Saharan Africa. Later, under Ottoman and then French rule, Tunisia's trade patterns shifted significantly, especially toward Europe. Since gaining independence in 1956, Tunisia has continued to develop as a key trading nation, particularly with the European Union, which remains its largest trade partner. Major exports today include olive oil, electrical machinery, clothing, and fertilizers, while imports primarily consist of machinery, energy products, and consumer goods. Tunisia is also a member of several regional and international trade agreements aimed at promoting economic integration and market access.

Tunisia's cultural landscape is remarkably diverse, shaped by centuries of interaction between various civilizations. The indigenous Berber population, known for their unique languages, customs, and architecture, forms the foundation of Tunisia's cultural identity. Over time, the region was influenced by a succession of conquerors and settlers — Phoenicians, Romans, Byzantines, Arabs, Andalusians, Ottomans, and the French — each leaving a lasting impact on the culture, language, and traditions of the country. Arabic is the official language and is widely spoken, but French also plays a prominent role in education, media, and business, reflecting the colonial legacy. Islam is the dominant religion and deeply influences Tunisian social values and customs, yet the country has historically been home to Jewish and Christian minorities as well, particularly in urban centers. This blend of cultures is evident in Tunisia's architecture, which features Roman ruins, Islamic mosques, and French colonial buildings, as well as in its cuisine, which combines Mediterranean flavors with North African spices. Tunisia is also known for its rich artistic



heritage, from traditional music and dance to modern cinema and literature. National festivals and cultural events, such as the Carthage Film Festival and the International Festival of the Sahara, celebrate the nation's diverse and vibrant identity.

Tunisia boasts one of the most diversified economies in North Africa, with key sectors including agriculture, manufacturing, mining, tourism, and services. The country has long invested in education and public health, leading to relatively high literacy rates and life expectancy compared to neighboring countries. However, economic development has been uneven, with urban coastal regions seeing more growth than rural inland areas. The 2011 revolution, part of the broader Arab Spring, exposed deep-rooted issues such as youth unemployment, regional disparities, and political corruption. In the years since, Tunisia has embarked on a democratic transition and implemented economic reforms aimed at boosting growth and stability. These reforms include improving the business climate, expanding access to finance, and encouraging entrepreneurship, particularly among the youth. Tunisia has also received support from international financial institutions such as the IMF, World Bank, and European Union to help manage public debt and stimulate investment. While challenges remain — including inflation, political uncertainty, and social unrest — Tunisia's relatively educated workforce, expanding digital economy, and active civil society offer a strong foundation for sustainable development. Ongoing efforts to strengthen governance, infrastructure, and inclusive growth are essential for Tunisia to fully realize its development potential and become a model for progress in the region.



Mr. Nidhal Arfaoui

Diploma in Business & Management

Tunisia: A Rich Blend of History, Culture, and Mediterranean Charm!

Tunisia, located in North Africa, is a country known for its strategic position between the Mediterranean Sea and the vast Sahara Desert. It borders Algeria to the west and Libya to the southeast. With a population of over 12 million, Tunisia is a diverse nation where Arab, Berber, European, and African influences converge. The capital, Tunis, is a vibrant city that mixes the old-world charm of the medina with modern urban life. Tunisia has a republican government and has been praised for its progressive stance on education, women's rights, and democratic reforms since the Arab Spring in 2011.

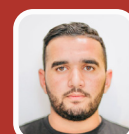
Tourism: Tourism is one of Tunisia's most important economic sectors. Visitors are drawn to its stunning Mediterranean beaches, ancient ruins, desert adventures, and cultural festivals. The ancient city of Carthage, once a powerful Phoenician city-state, offers breathtaking archaeological sites. The Medina of Tunis, a UNESCO World Heritage Site, features winding alleys, traditional souks, and historical mosques. In the south, the Sahara Desert attracts tourists with its otherworldly beauty, including the famous Star Wars filming locations in Matmata and Tozeur. The island of Djerba is known for its white-washed houses, sandy beaches, and warm hospitality.

Food: Tunisian cuisine is a delightful mix of Mediterranean and North African flavors. It features a variety of spices, olive oil, seafood, and grains. A national dish is couscous, typically served with lamb, fish, or vegetables. Another favorite is brik, a deep-fried pastry filled with egg, tuna, and herbs. Harissa, a hot chili paste, is a staple in almost every Tunisian kitchen. Sweets like makroud (date-filled semolina cakes) and zrir (a rich sesame and honey dessert) are enjoyed during special occasions. Meals are often social events, emphasizing family and community.

Culture: Tunisia's culture is a fusion of Arab, Berber, French, and Islamic traditions. Arabic is the official language, though French is widely spoken due to the colonial past. Islam is the dominant religion, but Tunisia is known for its relatively liberal interpretation, particularly regarding women's rights and secularism in public life. Traditional music includes Malouf, a form of Andalusian classical music, and local instruments like the oud

and darbuka are commonly used. Tunisians celebrate both Islamic holidays like Eid and secular festivals such as the Carthage International Festival, which hosts music, film, and theatre events.

Conclusion: Tunisia offers an exceptional blend of natural beauty, ancient history, and cultural richness. Whether you're exploring Roman ruins, enjoying flavorful cuisine, or lounging on a Mediterranean beach, Tunisia leaves a lasting impression on visitors. Its hospitality, diversity, and resilience make it a unique destination worth discovering.



Mr. Outail Akrouit

Certificate in General English
+ ATHE Level 4 Sports Management



Behind the Grades: What It Takes to Achieve Academic Excellence By a Coach, Educator, and Lifelong Learner

Academic excellence is often reduced to numbers, GPA, test scores, top honors. But as someone who has spent a lifetime in both classrooms and on the athletic field, I know that these numbers only tell part of the story. True excellence is not just about how smart you are; it's about who you are.

For me, academic achievement begins with a strong foundation of values: integrity, respect, discipline, perseverance, and love. These aren't simply ideals, they are daily choices that guide how we portray ourselves, how we treat others, and how we navigate challenges. Grades may reflect what we know, but values reflect what we believe. And when those beliefs are strong, the grades often follow.

My journey started with education, but the deeper motivation has always been my family. My wife, Sonia, has been the steady anchor in every season of my life. Her belief in me, even in the moments when I doubted myself, reminded me why I started this journey to build a life of purpose, grounded in love. Together, we've built a home centered on shared dreams, trust, and faith.

But my deepest source of inspiration comes from our children. My ultimate dream is not limited to my own success, it is to raise good-hearted, family-oriented, independent, and productive human beings. Children who live by values, chase their passions, and contribute meaningfully to the world around them. Every lesson I teach, every project I launch, every course I develop, I do it with them in mind.

Academic excellence, at its core, is about self-actualization, a concept rooted in Maslow's Hierarchy of Needs. Maslow teaches us that before we can reach our highest potential, we must first meet our basic needs, safety, love, belonging, self-esteem. Only then can we aim for excellence, growth, and fulfillment. That's why I see education as more than just content delivery; it is about nurturing the full human being.



This is where emotional intelligence becomes crucial. In my experience, the most successful students and professionals are not just those who are technically skilled, but those who know how to manage their emotions, relate to others, stay motivated, and lead with empathy. Emotional intelligence allows us to navigate life's uncertainties, collaborate across differences, and overcome setbacks with grace.

Whether I am coaching a young athlete, mentoring a student, or delivering a lecture to graduate learners, I teach that learning is about more than academic performance, it is about life mastery. It's about connecting your studies to your goals, your values, and your legacy.

In the end, behind every grade is a story. Mine is a story of love for learning, for family, and for purpose. It's about building something meaningful, not just for myself, but for those I love and those I serve. Academic excellence is not the finish line, it's the pathway to becoming the person you are meant to be.



Prof. Fabian Alberto Uquillas Granados
Faculty Head - Sports Management

The Ripple Effect: How Award-Winning Initiatives Are Changing Students' Life!

In recent years, universities across the globe have become breeding grounds for innovation, social impact, and community leadership. What often begins as a small student-led project or a faculty-driven idea can blossom into an award-winning initiative that not only garners recognition but also brings about meaningful change. These initiatives, while commendable in their own right, tend to create a "ripple effect" — inspiring transformation far beyond their initial scope.

Redefining Student Experience: Award-winning initiatives are reshaping the way students experience university life. Whether it's a peer mentorship program, a mental wellness campaign, or a sustainability drive, these efforts introduce students to the values of leadership, collaboration, and social responsibility. More than just projects, they become catalysts for dialogue, innovation, and inclusivity on campus.

One powerful example is a university that implemented a zero-waste campus policy through a student-led environmental club. What started as weekly clean-up drives soon expanded into curriculum modules on sustainability, composting programs in hostels, and a campus-wide shift towards eco-friendly practices. As a result, not only did the university receive national recognition, but it also instilled a strong environmental consciousness among students and faculty alike.

Academic and Social Growth: These initiatives are not confined to extracurricular spaces. Academic programs that promote interdisciplinary learning, research fellowships, and community outreach projects have also been recognized for their innovative approaches. A community journalism project, for instance, which involved students covering underreported stories in local areas, won acclaim for both its social impact and its educational value. Such initiatives help students develop critical thinking, empathy, and real-world problem-solving skills.

Beyond academics, initiatives focusing on mental health,

gender inclusivity, and cultural awareness have begun to change the social fabric of universities. When institutions prioritize student well-being and inclusivity, it fosters a sense of belonging and psychological safety — essentials for holistic learning.

Long-Term Impact: The Ripple in Motion: The true value of these initiatives lies not just in the awards they win, but in the enduring change they bring. The ripple effect is seen when:

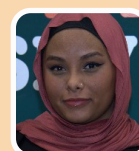
- Other students are inspired to start their own projects.
- Policies are reformed based on successful models.
- Communities outside the university benefit from extended outreach.
- Global partnerships and alumni engagement grow stronger around shared goals.

Students involved in such efforts often carry forward this spirit of innovation and service into their careers, becoming change-makers in their fields.

Award-winning initiatives are more than moments of glory — they are movements in motion. By transforming university culture and empowering students, they leave a legacy that touches countless lives. As these ripples spread, they remind us that even the smallest idea, when nurtured with purpose and passion, can change the tide of university life — and beyond.

creativity by leading them towards over dependence on AI. Predominantly, in this context, students work will not reflect their true understanding, and there will be a discrepancy between the student work and the topic being discussed, as ChatGPT is prone to produce inaccurate and false information.

As credible learners with integrity we should embrace ChatGPT as a learning aid, not a replacement for our personal efforts. While benefiting from the enormous advantages of ChatGPT, we should learn how to integrate it ethically throughout our academic journey by developing our critical thinking, creativity, analytical and independent thinking.



Ms. Roqaya Kobrosli
Academic Coordinator -Student
Academic Department



How to End Your Day Like a High Performer

When we talk about success, we often hear stories of early mornings, strict routines, and non-stop hustle. But what's often overlooked is how high performers end their day. The truth is, the final hour before you sleep has a quiet power—it can either leave you feeling scattered and restless, or calm, clear, and ready for the next challenge.

High performers understand that the day doesn't truly end when work stops. It ends when the mind and body are intentionally allowed to slow down. Instead of scrolling endlessly or falling asleep with anxiety about tomorrow, they take time to pause and reflect. A simple mental check-in—What went well today? What didn't? What did I learn?—helps tie the day together with purpose rather than regret.

They also don't leave tomorrow to chance. Writing down the top three priorities for the next day might seem small, but it's a powerful way to give the mind closure. It silences the mental to-do list that so often steals our sleep. Just knowing what to expect makes mornings less rushed and more focused.

Then there's the act of disconnecting—not just from emails and deadlines, but from noise. Whether it's journaling, reading a few pages of a book, or just sitting in silence for a few minutes, these tiny rituals



create space for stillness. And stillness, in today's world, is rare gold.

Finally, high performers prioritize quality rest. They treat sleep not as a leftover activity, but as a non-negotiable part of their performance toolkit. A consistent bedtime routine—be it skincare, a warm drink, or dim lighting—signals the body to relax, reset, and restore.

Ending your day like a high performer doesn't require a fancy planner or a strict 10-step checklist. It simply asks for presence. Reflect on the day, prepare for tomorrow, unplug, and rest. Success isn't built only in how you rise—it's also rooted in how gently, yet intentionally, you wind down.



Mr. Sameer Javed

ATHE Level 4 Extended Diploma in
Business and Management





Scroll Less, Grow More: Your 3-Minute Night-time Reset

Ever found yourself scrolling at 2 a.m. and wondering why you're still awake? What if just 3 minutes before bed could change your tomorrow?

The Problem: Screen Time Is Stealing Your Sleep; In today's digital world, winding down before bed often means diving into social media, news, or endless reels. What starts as a few minutes of checking in can quickly spiral into an hour of mindless scrolling. The cost? Poor sleep, anxious thoughts, and sluggish mornings.

Studies have shown that screen exposure late at night, particularly blue light, disrupts melatonin production — the hormone responsible for sleep. Combine that with overstimulating content and you've got a recipe for a restless night and a groggy tomorrow. But what if you could replace that habit with something just as easy — but far more nourishing?

Introducing: The 3-Minute Nighttime Reset; The 3-Minute Nighttime Reset is a simple, screen-free ritual designed to help you disconnect from your devices and reconnect with yourself before bed. In just three minutes, you can lower stress, increase mindfulness, and ease into deeper sleep.

No apps. No tools. No excuses. Just intentional time to reset your mind — and grow from it. Why Do We Scroll Before Bed? Late-night scrolling isn't just about distraction. It's rooted in psychology:

Dopamine Hits: Likes, messages, and new content activate the brain's reward center. **FOMO (Fear of Missing Out):** We stay connected to feel included or informed. **Revenge Bedtime Procrastination:** We delay sleep to reclaim personal time we feel we missed during the day. But the cost of these habits is often hidden: restlessness, anxiety, and emotional burnout.

What Happens During a Nighttime Reset?

A 3-minute reset includes a short, focused activity that brings stillness, clarity, or reflection — without a screen. It's not about perfection or productivity. It's about intention.



Reset Rituals (Pick one — or rotate weekly):

- **Gratitude Check:** Jot down three things you're thankful for.
- **Deep Breathing:** Try the 4-7-8 method to calm your nervous system.
- **Affirmation Talk:** Say three positive, self-affirming phrases aloud.
- **Light Stretching:** Gently stretch your neck, back, or shoulders.
- **Mental Declutter:** Do a quick brain dump in a notepad to release racing thoughts.
- **Visualization:** Close your eyes and mentally walk through a successful tomorrow.

Backed by Science:

- A 2015 JAMA Internal Medicine study found mindfulness meditation significantly improved sleep quality.
- Practicing gratitude is linked to better sleep and reduced depressive symptoms.
- Blue light from screens delays melatonin release and disrupts circadian rhythms (Harvard Health Publishing).

Real Results From Real People

- Falling asleep faster
- Waking up more energized
- Lower anxiety and burnout
- Increased self-awareness and clarity

Tips to Make It Stick

- Set a nightly reminder titled: "Reset Time."
- Keep your phone out of arm's reach during the ritual.
- Use a sticky note or simple tracker to check off each night.
- Try it for just 7 nights — consistency is key.

Closing Thoughts: Small Reset, Big Results, You don't need to overhaul your life overnight. You just need three minutes. The 3-Minute Nighttime Reset is your invitation to unplug from the noise and reconnect with what really matters: your peace, your mind, your rest. Try it for 7 nights. Scroll less. Grow more. See the shift for yourself.



Ms. Sneha Tamang

Diploma in Hospitality Management

Alumni Anecdote

My NEST Journey: From Chaos To Confidence !

When I joined NEST University, I didn't step into some strict, traditional setup. I stepped into a world that's more like organized chaos with a twist of freedom, a dash of hustle, and a whole lot of "figure it out yourself." NEST doesn't hold your hand. It hands you the pen and says, "Go write your story." And I've been writing mine, page by messy page, ever since.

I chose the fast track. Not because I like stress (okay, maybe just a little), but because I love momentum. I like knowing I'm moving forward, even when I'm not entirely sure where "forward" is taking me. And NEST gave me that space to explore, to get lost, to try things that didn't always work out, and to celebrate the things that did. It's not your typical university. At NEST, nobody's chasing you to do the work you either want it or you don't. That kind of pressure can either break you or build you. I chose to let it build me. It's where I learned that independence isn't just about doing things on your own it's about owning your growth, your mistakes, your pace, and your progress.

This place taught me how to move in uncertainty with confidence, how to stay curious even when I'm confused, and how to laugh off the failures while chasing bigger dreams. It's where I turned "I don't know how" into "I'll figure it out."

Now, as I'm wrapping up my second year and heading into my final stretch, I'm proud not just of what I've done, but of who I've become. I'm sharper, bolder, and way more confident in my voice. I've turned this chaotic, exciting journey into something meaningful. And I'm not done yet.

NEST gave me the space to become myself. Not by telling me what to do but by letting me do it my way.



Mr. Ablene Yilkal Yenesew,
ATHE Level 4 – Business Management





Words of Wisdom from a Star Achiever !

What Makes a Star Achiever?

Success is a journey — not one of shortcuts, but of small, consistent steps, countless learning moments, and the courage to keep showing up. My time at NEST Academy wasn't just about lectures and exams; it was about discovering my true potential and learning to lead with purpose. I am deeply honored to have been awarded Student of the Year, a recognition that serves as a reminder of the hard work, discipline, and unwavering support I received from my mentors and peers. But more than the title, it's the journey that shaped me. Being a State-Level Player in the UAE and a Division-Level Athlete in Tamil Nadu, India, I've had the privilege of balancing academics and athletics — two parallel paths that taught me resilience, focus, and time management. Sports grounded me, while NEST Academy gave me wings. At just 17, I published my first research paper — "The Perception of Generation X, Millennials, and Generation Z Towards the Indian Film Industry." This was an achievement I never imagined possible without the constant guidance and encouragement of my professor, Dr. Ansari Sarwar Alam. His mentorship was instrumental throughout my research journey, and he helped me believe in my ability to contribute to academic discourse. That experience taught me to question, explore, and challenge the limits of what I thought I could achieve.

What continues to inspire me every day is seeing the commitment of every professor at our college. The fact that they leave their personal lives behind for months just to teach us, guide us, and ensure we learn — that kind of selflessness and dedication leaves a deep impact on me. It reminds me daily to stay hungry for knowledge and to grow not just as a student, but as a person. My internship at Sharjah International Stadium was another eye-opening experience. From managing events to understanding the behind-the-scenes dynamics of the sports industry, it gave me a real taste of what it takes to operate at the professional level. Being a sponsored player at Sharjah Cricket Academy was not just a personal milestone but a validation of years of dedication to the sport I love. Throughout this journey, one key truth has guided me: **Attitude is everything.**

Success begins long before the results show — it begins in the mind. As someone deeply influenced by *Attitude Is Everything* by Jeff Keller, I've learned that your mindset is the foundation for everything you achieve. The road to success is paved not just with action, but with intention, positivity, and the belief that you are in control of your response to life's challenges. Here are a few powerful lessons that have stayed with me:

Your Attitude Shapes Your Life: You can't always choose what happens to you, but you can always choose your attitude. A positive mindset empowers you to face setbacks with strength and to see every challenge as a chance to grow. Change your thoughts, and you change your life.

Visualize Your Success: What you see in your mind is what you begin to move toward in reality. Visualizing your goals with clarity and conviction creates a powerful mental roadmap. The more vividly you imagine success, the more motivated you'll be to make it real.

Speak with Intention: Your words are incredibly powerful. Speak positively about yourself, your journey, and your goals. When you talk like a winner, you begin to act like one. What you say becomes what you believe — and what you believe becomes what you achieve.

Take Action with Purpose: Positive thinking must be paired with purposeful action. The right mindset fuels the right steps. Move forward every day, no matter how small the effort — because success favors the proactive.

Turn Setbacks into Comebacks: Failure and disappointment are inevitable, but they are never the end of the story. With the right attitude, every setback becomes a setup for a stronger comeback. It's not about avoiding challenges — it's about rising above them.

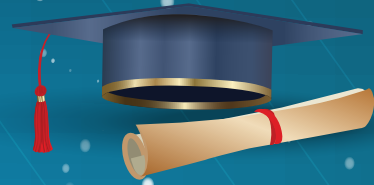
Stay Committed to Growth: Personal growth is a lifelong journey. Feed your mind with positivity, surround yourself with people who uplift you, and stay focused on becoming the best version of yourself. Success is not a destination — it's a continuous evolution.

To all my juniors and aspiring achievers — remember this: passion is your power, and your mindset is your map. Whether it's academics, sports, or research — don't let fear stop you from starting. The path may not always be clear, but with the right attitude, the right guidance, and relentless effort, you'll carve your way forward. NEST Academy gave me a platform, and I turned it into a launching pad. Now, it's your turn. Keep striving. Stay grounded. And always believe that you are capable of more than you know.



Mr. Adithiyaa Sankaran
Vijaynagarrajan
Diploma in Sports Management

Campus Talent



Edom Daniel

Joined in :
Address Hotels Fujairah

As : Waitress



Manish Sherchan

Joined in :
Address Hotels Fujairah

As : Waiter



Abraham Mulugeta

Joined in :
Address Hotels Fujairah

As : Waiter



Addis Markos

Joined in :
Address Hotels Fujairah

As : Kitchen Helper



**Hasset
Wondowosen Teka**

Joined in :
Business Corridor

As : Sales Officer

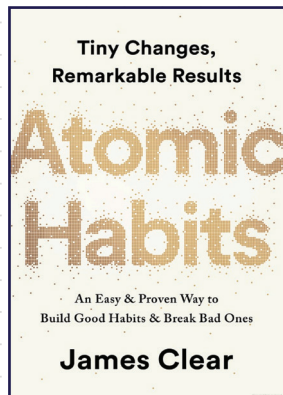




Book Review

Atomic Habits

—by James Clear



When I first picked up *Atomic Habits*, I was expecting another motivational book with generic advice like “just stay consistent” or “believe in yourself.” But James Clear surprised me—this book actually gets it. It’s practical, smart, and somehow, incredibly comforting. Clear’s whole philosophy is built on one simple idea: tiny changes lead to big results. And he doesn’t just say it—he shows you how.

He breaks down the science of habit formation into bite-sized, relatable concepts: cues, cravings, responses, and rewards. It’s like he’s sitting next to you, explaining how your brain works without ever sounding too “lecture-y.”

What I really appreciated was how he kept it real. He

acknowledges that motivation is fleeting and that systems are what keep us going. His examples are relatable, whether it’s about trying to hit the gym or becoming more productive at work.

One of the most powerful takeaways for me? “You do not rise to the level of your goals. You fall to the level of your systems.” That line hit me hard—and it shifted how I think about daily routines. The writing is crisp, clear, and full of real-life stories, which makes the science easy to digest. You’ll find yourself underlining quotes, pausing to reflect, and even re-reading sections that just make sense.

Final Thoughts: If you’re stuck in a rut, looking to improve yourself, or just curious about how habits really work—this book is a gem. It doesn’t promise overnight miracles, but it gives you the tools to build the kind of life you actually want, one small step at a time.



Ms. Shanelle Michaels
Diploma in Hospitality & Tourism

The Pursuit of Happiness (2006)

“You got a dream: you got to protect it.”

This powerful line from *The Pursuit of Happiness* captures the soul of a film that has touched millions worldwide. Based on Chris Gardner’s real-life journey, this 2006 film is not just a story—it’s a life lesson on resilience, determination, and the unwavering pursuit of a better future. Will Smith delivers a career-defining performance as Chris, a struggling salesman and devoted father trying to build a life for himself and his young son (played by Smith’s real-life son, Jaden Smith). After investing in bone density scanners that fail to sell, Chris finds himself on the brink of homelessness. But even in the harshest moments—when sleeping in subway bathrooms or standing in endless lines—he refuses to give up on his dream of becoming a stockbroker.

The beauty of this film lies in its realism. It doesn’t glamorize struggle—it humanizes it. Through every rejection, every moment of despair, the film reminds us that success isn’t always about talent or privilege, but about perseverance, faith, and love. Jaden Smith brings innocence and sincerity to his role, portraying the bond between father and son with touching authenticity. The scenes between the two are some of the most emotional in the film, especially when

Chris tries to protect his son from the pain he is barely holding together.

The movie’s direction is subtle yet impactful. The title, with its intentionally misspelled “Happiness,” serves as a metaphor for life’s imperfect journey—how happiness must be fought for, not handed over.

Why Watch It?

The Pursuit of Happiness is more than a film—it’s an experience. It reminds viewers that no matter how tough life gets, giving up is not an option. It’s ideal for students, dreamers, and anyone going through a challenging time. You’ll walk away inspired to work harder, love deeper, and believe stronger.

Movie Review

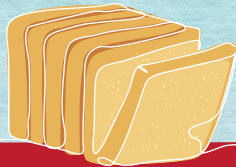


Mr. Darryl Ngongo Tambwe
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Flavourful Finds



Homemade Garlic Bread



Perfect for: *Snacks, Sides*

Ingredients

- 1 slice of bread
- 1 tablespoon butter
- 1 small garlic clove (grated)
- A pinch of salt
- A pinch of oregano or parsley

Method:

- Mix the butter, garlic, salt and oregano in a small bowl.
- Spread the mixture evenly on the bread slice.
- Toast on a frying pan over medium heat for 2-3 minutes or place it in an oven at 180 C for about 5 minutes, until golden.
- Serve warm and enjoy your instant garlic bread.



Ms. Salha Ubaidulla

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