



June, 2025

Campus Chronicles

READ.
LIVE.
INSPIRE.



From the desk...

Global & Cultural Perspectives Parenting across Cultures !

How different cultures approach raising children: Parenting is perhaps the most universal experience — yet no two families do it the same way. Across the world, how we raise our children is shaped by culture, history, and the quiet hopes we carry in our hearts. What's fascinating is that while every parent dreams of giving their child the best, what is considered "the best" varies so widely.

In Western cultures, for example, there's a deep focus on nurturing independence. From a young age, children are encouraged to voice their opinions, make choices, and even learn from

small failures. Parents believe this helps them grow into confident, self-sufficient adults.

In Asian households, love often looks like discipline and sacrifice. Parents push their children to excel, especially in education, believing that success brings security and pride to the family. The idea of "family first" runs deep, with elders playing a guiding role at every stage.

African cultures remind us that raising a child is never just a parent's job. Grandparents, neighbours, even older siblings — everyone lends a hand, passing down traditions and wisdom along the way. It's a powerful reminder that children grow best when they grow together.

Meanwhile, in countries like Sweden and Denmark, parents trust their children with small freedoms — playing outside in all weather, exploring nature — believing this builds resilience and curiosity.

Different approaches, yes — but at the heart of it all, the same quiet wish: to see their little ones grow into happy, capable human beings.

Different cultures, one shared dream - raising the future, together.

Ms. Revathi Kulkarni

Team Lead - Admission Affairs



Event Spotlight

Unleashing Creativity: English Presentation Showcase !

A vibrant display of innovation, teamwork, and communication unfolded as 95 students took the spotlight during the English Presentation Showcase. Divided into dynamic teams of four, the students embraced the challenge with professionalism — donning formal attire and perfecting their body language, content delivery, and use of language.

Each presentation was a fusion of creativity and technology. From visually stunning PowerPoint slides and expressive images to AI tools and even Google Sheets, the students presented with logic, structure, and flair. Some groups went the extra mile, proposing innovative solutions like personalized digital platforms to track student attendance.

The jury panel, composed of faculty from various departments, provided constructive feedback that not only boosted the students' confidence but also sharpened their approach for future endeavors. The event fostered cross - cultural collaboration,

deepened peer bonds, and created a realistic platform for students to prepare for the business world. Beyond grades and slides, this showcase was a testament to the students' persuasive thinking, character, and passion. It wasn't just a presentation — it was a performance of potential.



Ms. Lara Bouty
Course Coordinator -
Language Studies



Real-World Ready: Our Journey Through the English Showcase !

The English Presentation Showcase was an unforgettable experience that helped us step into a more professional version of ourselves. It wasn't just about speaking in English — it was about expressing ideas, presenting confidently, and working as a team.

Each group brought something unique to the table. From designing creative slides with vibrant visuals to using AI tools and spreadsheets, we blended technology and storytelling. Some even came up with innovative ideas like building an attendance platform for students — showing how we could turn classroom learning into real-world solutions.

Dressed in formal attire, we focused on our delivery, body language, and teamwork. The feedback from teachers across different departments was extremely valuable and encouraging. It pushed us to think sharper and communicate better.

The presentations gave us a glimpse of what it's like to pitch ideas in the business world or during job

interviews. It strengthened bonds among classmates from different backgrounds and allowed us to showcase our personalities, creativity, and confidence.

More than a competition, it felt like a celebration of growth — and we're proud of the way we represented ourselves.



Yosr Zouari
Certificate in General
English



The Month in Review

Trip to Aquaventure World Water Park !

On 17th May 2025, students enjoyed a thrilling and refreshing escape at Aquaventure World Water Park, bonding over adrenaline-pumping rides and unforgettable memories under the sun.



Students' Excellence Awards 2025 !

On 24th May 2025, NEST Academy celebrated the outstanding achievements of its students at the Excellence Awards, honoring academic brilliance, leadership, and all-round contributions to campus life.



Students Presentation Showcase at NEST Academy !

On 28th May 2025, students took the stage to present their innovative ideas and research at the Presentation Showcase, highlighting creativity, critical thinking, and communication skills across diverse academic themes.



On Campus Interviews By Prowin Properties at NEST !

Held on 13th May 2025, the session featured Mr. Praveen Aradhya, Founder & CEO, and Ms. Shailaja TN, HR Manager, who engaged with students through interviews and discussions, opening doors to exciting opportunities in the real estate sector.



Meet & Greet Session: Voco Palm Hotel, Dubai !

On 7th May 2025, a representative from VOCO Palm Hotel, Dubai, visited NEST Academy for an engaging meet & greet session, offering students firsthand insights into luxury hospitality operations and professional industry practices.

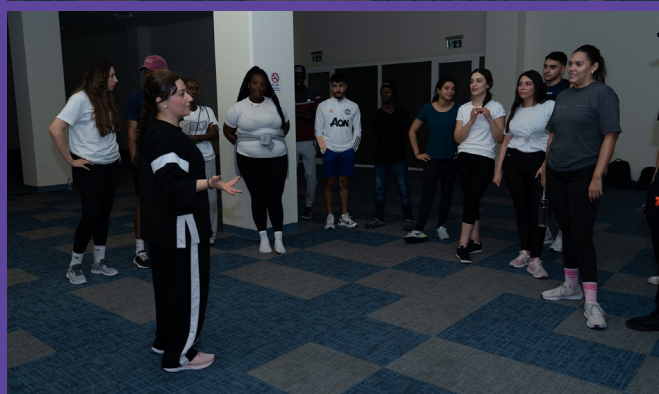


Field Visit to Forex Traders Summit Dubai 2025 !

On 15th May 2025, students gained real-world exposure to global financial markets at the Forex Traders Summit in Dubai, interacting with industry experts and observing live trading insights and strategies.

Zumba Dance Event at NEST Academy !

On 17th May 2025, students energized their day with rhythm and movement at the Zumba Dance Event, blending fitness with fun in a vibrant celebration of wellness and community spirit.



Field Visit: The Hotel Show !

On 28th May 2025, students delved into the world of hospitality innovation at The Hotel Show, discovering the latest trends in design, technology, and guest experience from global industry leaders.



Credit Transfer Session by De Montfort University !

On 28th May 2025, representatives from De Montfort University conducted a session at NEST Academy, enlightening students about international credit transfer opportunities and pathways to continue their education in the UK.



Nurturing Nature, Nurturing Us: A Student's Role on World Environment Day !

Students are not just the leaders of tomorrow – they are powerful influencers of today. Within the walls of a classroom, I have witnessed how a single conversation about deforestation, plastic pollution, or endangered species can ignite curiosity, empathy, and a determination to make a difference. When nurtured, these small sparks evolve into projects, campaigns, and lifestyle changes that ripple far beyond the school grounds.

Young people have the energy, creativity, and courage to challenge habits and traditions that no longer serve our planet. They question, they innovate, and – most importantly – they care. In a world facing climate change, biodiversity loss, and resource depletion, this sense of care is a precious resource in itself.

Small Actions, Big Impact: I often remind my students that protecting the environment doesn't always require grand gestures. Change begins with simple, consistent actions–

- Reducing plastic use by carrying reusable water bottles and bags.
- Planting trees and home gardens, no matter how small.
- Saving water and electricity in everyday routines;
- Organizing clean-up drives in neighborhoods and schoolyards.
- Spreading awareness through social media or school assemblies.

Each action might seem insignificant in isolation, but together they form the foundation of a sustainable future. Nurturing nature is, ultimately, nurturing ourselves. The air we breathe, the water we drink, and the food we eat are gifts of the environment. Reminding our students of this interdependence fosters not only environmental responsibility but also gratitude and humility. On this World Environment Day, I urge fellow teachers, parents, and community leaders to listen to the voices of our young people. Support their ideas, involve them in decision-making, and empower them to lead. After all, protecting our planet is not an obligation we pass down – it is a shared privilege we must embrace together.



Ms. Svitlana Kononenko
Faculty - Language Studies

World Environment Day: A Call for Student Action !

Every year on June 5th, the world comes together to celebrate World Environment Day, a global reminder of our responsibility to protect and nurture the planet. For students, this day is more than just a date on the calendar — it's an invitation to lead change.

In classrooms and campuses, we are constantly taught the value of sustainability. But World Environment Day encourages us to put those lessons into action. Whether it's organizing a tree plantation drive, reducing plastic use in hostels, or launching eco-clubs in colleges, small steps taken by students can ripple into powerful movements.

The 2025 theme, "Restore Our Earth," emphasizes regeneration over mere preservation. It's about being proactive — rethinking the way we consume, and actively participating in healing our environment.

As the youth of today and leaders of tomorrow, our role is crucial. Our choices, habits, and innovations have the power to rewrite the story of our planet. So let's not wait for change — let's be the change.

Let this World Environment Day mark the beginning of a greener, cleaner, and more conscious student community.



Aakash Verma

Certificate in General English



International Yoga Day !

International Yoga Day is celebrated every year on 21st June all around the world. This special day was started by the United Nations in 2014 to spread awareness about the benefits of yoga. The date was chosen because 21st June is the longest day of the year in many parts of the world, which makes it meaningful and special.

Yoga is an ancient practice from India that helps keep our body healthy and mind peaceful. It includes exercises, breathing techniques, and meditation. People of all ages can do yoga to improve flexibility, build strength, and reduce stress. Yoga also helps us feel calm and more focused in our daily lives.

On International Yoga Day, people join together in parks, schools, workplaces, and even online to do yoga. Every year, there is a different theme that focuses on health, unity, or the environment.

This day reminds us how important it is to take care of our body and mind. Doing yoga regularly can help us live a healthier and happier life.



**Vivek Kumar
Balvantbhai Ahir**

Certificate in General English

Ecuador: The Heart of the World Beats Small !

Ecuador is one of those places you don't explain—you feel it. A tiny country on the map, yet immense in history, culture, and spirit. Great civilizations lived here long before the Incas, conquerors were resisted, and key chapters of Latin American independence were written. Its history isn't only found in books; it lives in the streets, in the food, and in its noble, hardworking people.

Though it has faced economic crises and challenges, Ecuador always finds a way to move forward. From bananas to cacao, oil to tourism, its economy is as diverse as its geography. Today, thousands of young people are launching businesses, creating, dreaming, and building a different future.

But what truly makes Ecuador unique is its people. From the Andes to the Amazon, from the Pacific beaches to the Galápagos Islands, every corner vibrates with colors, languages, traditions, and a warmth that can't be faked.

Ecuador is not just a country. It's a feeling that stays with you—wherever you go.



Ana Nohelia Macias Giler

*Training Certificate in
General English*



Post-Exam Pause: Reset, Reflect & Recharge with AI !

Let's be honest—exam season can be a rollercoaster. The late nights, the stress, the last-minute revisions... it takes a toll, both mentally and physically. And when it's all over, there's this weird in-between phase where you don't know whether to relax, celebrate, or start panicking about results.

This post-exam period is actually the perfect time to pause, reflect, and reset. But how do you do that without feeling lost? Surprisingly, this is where AI can step in—not as a robot teacher breathing down your neck, but as a helpful digital buddy to guide you through this important recovery phase.

Reflecting on What Just Happened

After exams, we all need time to process. What worked? What didn't? How did you handle pressure? Instead of overthinking it or trying to figure it all out in your head, AI-powered journaling apps or even a chat with tools like ChatGPT can help you reflect.

You can ask things like:

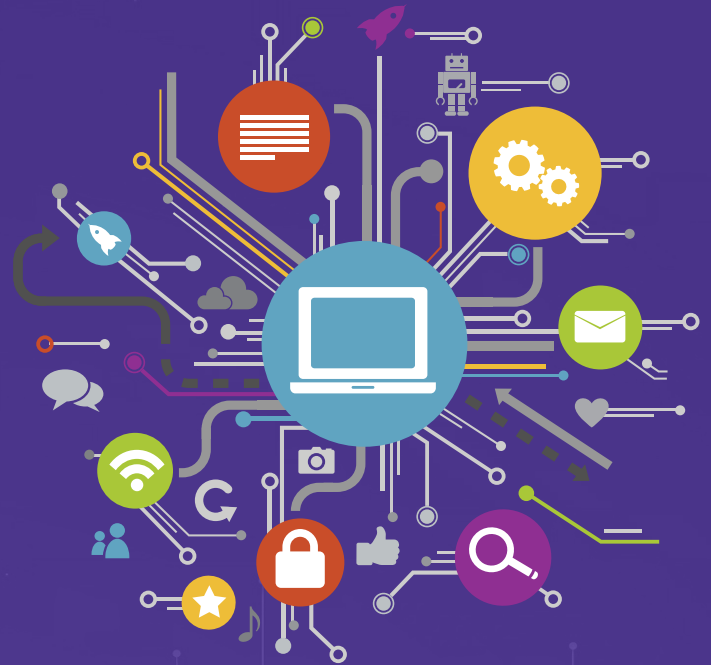
- Why did I feel so anxious during Exams?
- Did my study routine actually help?
- What can I do differently next time?

It's like talking to someone who listens, asks thoughtful questions, and helps you put your experience into words—without judgement.

Looking After Your Mental Health

Let's not forget the emotional side. Exams don't just drain your brain—they wear you out emotionally. Apps like Wysa or Woebot use AI to offer friendly mental health check-ins. They're not therapists, but they give you space to talk, offer calming techniques, and even suggest ways to manage anxiety.

Think of them as a soft landing after a tough run—helpful, private, and always available. **Learning from Your Mistakes (Without Beating Yourself Up)** Once you've had a breather, it's a good idea to look back at your performance—not to feel bad, but to learn. Some AI tools can help you review your answers, find patterns in your mistakes, and suggest what to



focus on next. Instead of just seeing your marks, you start to understand why you got them—and what to do moving forward.

Resetting with a Fresh Plan

Now comes the fun part: setting up for what's next. Whether you want to improve a subject, explore a new one, or just build better study habits, AI can help. Tools like ChatGPT or AI study planners can:

Create mini study routines just for you Give daily goals and reminders. Recommend videos, books, or exercises based on how you learn best. It's like having your own academic coach in your pocket.

Building Better Habits—One Day at a Time

Resetting isn't about overhauling your entire life. It's about small, steady changes. Apps like Habitica or Fabulous (which use AI features too) can help you build good routines—like getting enough sleep, studying without distractions, or even journaling. They turn these into daily missions and rewards, so it actually feels satisfying to stay on track.

Final Thoughts

Exams might be over, but your growth doesn't stop there. Taking time to reflect and reset is just as important—and with the right AI tools, it doesn't have to feel overwhelming. So take a breath. Think about how far you've come. And if you need a little help getting back on track, remember: your digital guide is just a tap away.



Ms. Lakshmi Priya
Executive – Student
Services Department

Turn the Page:

Using Journaling to Reflect and Recharge !

In a fast-paced world full of distractions and deadlines, journaling offers a quiet sanctuary—a space where thoughts can breathe and emotions can settle. More than just scribbling in a notebook, journaling is a powerful tool to reflect, recharge, and rediscover yourself.

When you write, you process. Whether it's a tough day at college, a personal win, or a dream you're chasing—putting it down on paper helps untangle the chaos in your mind. It's a moment of honesty between you and the page, where there's no judgment, just clarity.

Journaling isn't about perfect grammar or poetic words. It's about showing up for yourself. Even a few lines a day can improve your focus, reduce stress, and spark creativity. Over time, your journal becomes a mirror of growth—a place where you witness how far you've come.



So, turn the page. Write freely. Write often. Let journaling be your mental detox, your daily therapist, and your personal cheerleader. Because sometimes, the answers you seek are already inside—you just need a pen to find them.



Harmanpreet Singh

*Training Certificate in
General English*

More Than Marks:

Celebrating Efforts Over Outcomes !

In an education system often obsessed with percentages and ranks, we tend to overlook the real hero of every achievement—effort. While marks may measure a moment, effort reflects a journey filled with persistence, failures, learning, and growth.

For college students especially, the pressure to perform can often overshadow the importance of progress. But true success isn't just about topping a test—it's about showing up every day, trying again after failing, and striving to be better than yesterday. Celebrating effort means applauding the student who improved from 50% to 70%, the one who asked questions in class after years of silence, or the one who juggles part-time work with studies.

Let us create a culture where hard work is seen, appreciated, and encouraged. Because when we start valuing effort, we nurture resilience, confidence, and long-term growth—qualities no report card can capture. In the end, marks fade. But the effort you invest in yourself? That always stays.



David Obafemi

*ATHE level 3 Diploma in
Business with ATHE Level 4 -
Computing*

My Journey with NEST — More Than Just a Academy !

When I first joined NEST Academy, I didn't really know what to expect. Like most students stepping into a new chapter, I was nervous, excited, and curious all at once. I had a lot of questions in my mind. Will I fit in? Will I be able to handle the pressure? What kind of people will I meet?

Now, looking back, I realise how much this place has shaped me not just as a student, but as a person. I still remember my first day on campus. Everything felt so big and unfamiliar. But very quickly, things started to change. The people were kind, the staff was helpful, and the environment was full of energy. What really stood out to me was how approachable and supportive the faculty were. You don't just sit in class and listen, you get involved, you ask questions, and you're encouraged to think for yourself.

Throughout my time at NEST, I was challenged in ways I never expected. There were days full of deadlines, group projects that tested my patience, and presentations that made me nervous. But each of those moments taught me something important: how to manage time, how to work with different kinds of people, how to speak up, and how to keep going even when things felt tough. What I loved the most was how NEST gives you the space to grow outside the classroom too. I joined clubs, volunteered at events, and took part in activities I never thought I'd try. These things helped me make real friendships, discover new interests, and gain confidence.

Of course, it wasn't always easy. Like anyone else, I had moments of doubt. But every time I felt stuck, I found support whether it was from a friend, a teacher, or just someone who reminded me why I started this journey in the first place. Now that I'm near the end of this chapter, it feels surreal. I'm proud of how far I've come, and grateful for every step along the way. NEST gave me more than just an education; it gave me experiences, memories, and lessons I'll carry with me for life. If you're thinking about joining NEST, just know this: it's not just a university, it's a place where you'll grow, learn, struggle, laugh, and find out who you really are.



Arfa Tanjim Rumane

ATHE Level 3 Foundation Diploma in Business



My Journey with NEST Academy !

Studying at Nest has probably been one of the most important experiences of my life. From the very first day, I've not only learned from classes and assignments, but also from challenges, opportunities and, most importantly, people. This all has helped shape the person I'm becoming since I came here.

One of the most useful lessons I've learned is to understand the importance of effective study habits. I used to think the more time you spent staring at your notes, the more you would learn, but that's not how it works. It's more about really understanding what you're learning and finding your own unique way of learning. For me it's enough to review a little everyday, pay attention to the lessons given by the teachers, summarize the information with my own words and teach others. I've always been a procrastinator, so time management was another skill I had to master. Having to balance personal life, assignments, gym and sometimes work wasn't easy at all, but it's possible. Setting clear priorities, making a to-do list and planning ahead either digitally or on paper made a huge difference. But most importantly, to be flexible and forgiving with myself when things didn't go as planned, because at the end, progress matters more than perfection.

To my juniors, I'd recommend asking even if they're scared to, seek help when needed, make as many friends as possible, don't be afraid to try something new and enjoy the ride. Every little experience adds up. To my seniors: I would like to thank you for helping me on the way, your example, guidance and tips made a huge difference. I don't know what I would've done without you. And to everyone: university is not only about grades or getting your degree. It's about growth and self knowledge. Always be kind to yourself and others and enjoy every moment you spend here.



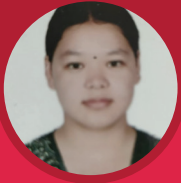
Isabel Pardave Ling

ATHE level 3 Diploma in Business with ATHE level 4 Events Management

WINNER

WE HAVE

Campus Talent



Amrita Sigdel

Joined in:
Antonia Group

As: Trainee FOH



Nikhil Kumar Sah

Joined in:
Antonia Group

As: Trainee FOH



Ujjal Kumar Mishra

Joined in:
Antonia Group

As: Trainee FOH



Bishwash Nepali

Joined in:
Dirasu Hospitality

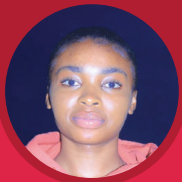
As: F&B Attendant



Isabel Pardave Ling

Joined in:
Junior's Fashion Week

As: Volunteer



Plamedie Bulenge-Mbuyi Safalani

Joined in:
Junior's Fashion Week

As: Volunteer



Eliyab Senbeto Julla

Joined in:
Junior's Fashion Week

As: Volunteer



Vishnu Vardhan Reddy Kogara

Joined in:
Junior's Fashion Week

As: Volunteer



Hermela Alemu Tolcha

Joined in: Hilton Dubai
Palm Jumeirah

As: Food and
Drinks Intern



Sneha Tamang

Joined in: Hilton Dubai
Palm Jumeirah

As: Culinary Intern



Alin Dangol

Joined in:
Nakheel RIU Deira
Island Resort FZCO

As: Intern



Amelie Tundall

Joined in:
Voco Dubai The Palm

As: Guest
Experience Agent



Harmanpreet Singh

Joined in:
Numera Capital

As:
Sales Associate



Elaine Francisca Ordoñez Hidalgo

Joined in:
SFC Group

As:
Hostess

Critique Corner

Loving Vincent (2017)



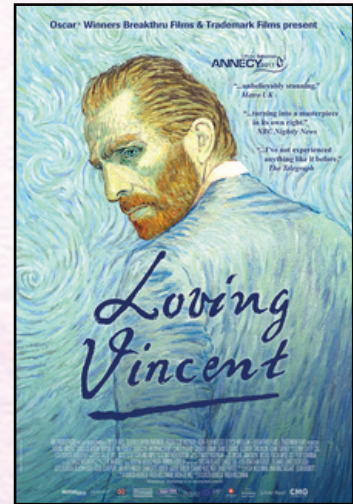
Loving Vincent is a truly innovative animated film that brings Vincent van Gogh's stunning paintings to life with over 65,000 hand-painted oil frames. Directed by Dorota Kobiela and Hugh Welchman, it's not just a feast for the eyes; it also dives deep into emotional themes and the complexities of mental health.

The narrative follows Armand Roulin as he delves into the enigmatic circumstances surrounding van Gogh's death, pondering whether it was really a suicide. Through Armand's conversations with those who knew the artist, we get a glimpse of a man grappling with profound emotional turmoil and a lack of understanding from those around him. For university students, Loving Vincent delivers some impactful lessons. Van Gogh's battles with mental illness resonate with the struggles many young people face today—like anxiety, depression, and identity issues. The film highlights the significance of empathy, the power of self-expression, and the necessity of seeking help. It serves as a reminder that creativity can be a



therapeutic outlet and that often, judgment conceals hidden pain.

Though Van Gogh may have left this world without recognition, he is now celebrated as a true genius. His journey inspires students to cherish their inner experiences, embrace their vulnerabilities, and extend compassion to one another. Loving Vincent is more than just a movie; it's a poignant exploration of the beauty and fragility of the human mind.



Book Review



**Adithiyaa Sankaran
Vijaynagarrajan**

ATHE Level 4 Extended Diploma in
Sports Management

Movie Review



HOME ALONE



Home Alone is a timeless holiday classic that brilliantly blends slapstick humor with heartfelt moments. The story follows 8-year-old Kevin McCallister, played by Macaulay Culkin, who is accidentally left behind when his family flies to Paris for Christmas. What follows is a hilarious and clever battle of wits between Kevin and two bumbling burglars, Harry and Marv.

Culkin's performance is charming and witty, making Kevin both relatable and resourceful. The physical comedy is well-executed and still manages to bring laughs decades later. While the film is packed with humor, it also touches on themes of family, independence, and forgiveness. Directed by Chris Columbus and written by John Hughes, Home Alone remains a festive favorite for all ages. It's not just about outsmarting burglars—it's about realizing the value of home and loved ones.



Sajina Tamang

CTH Level 4 Diploma in
Hospitality Management

Flavourful Finds

Easy Spanish Omelette

Ingredients:

- 3–4 medium potatoes (peeled and thinly sliced)
- 1 small onion (sliced)
- 4 eggs
- Salt to taste
- Olive oil

Instructions:

- Fry the Potatoes & Onion
- Heat olive oil in a pan.
- Add potatoes and onion.
- Cook on medium heat until soft (not crispy).
- Drain excess oil.

Cook the Omelette:

- Pour the mixture back into the pan. Cook on low heat until set on the bottom, then flip and cook the other side.
- Serve Warm or Cold.
- Slice and enjoy!



As a Spanish citizen, I'd love to share this amazing and budget-friendly recipe.



Mr. Guillermo Vera
Executive – Student Services