



August 2025

Campus Chronicles

Read.
Live.
Inspire.



From the desk...

mental well-being, these initiatives stand as proof of how vision and innovation can translate into real social change. Several student-led projects within our institution—ranging from digital literacy campaigns to community outreach programs—demonstrate the courage and responsibility with which young people are approaching global issues.

What makes these efforts truly inspiring is the spirit of empathy that guides them. Today's youth are not only harnessing technology but also using their skills to uplift communities, bridge inequalities, and shape a better world.

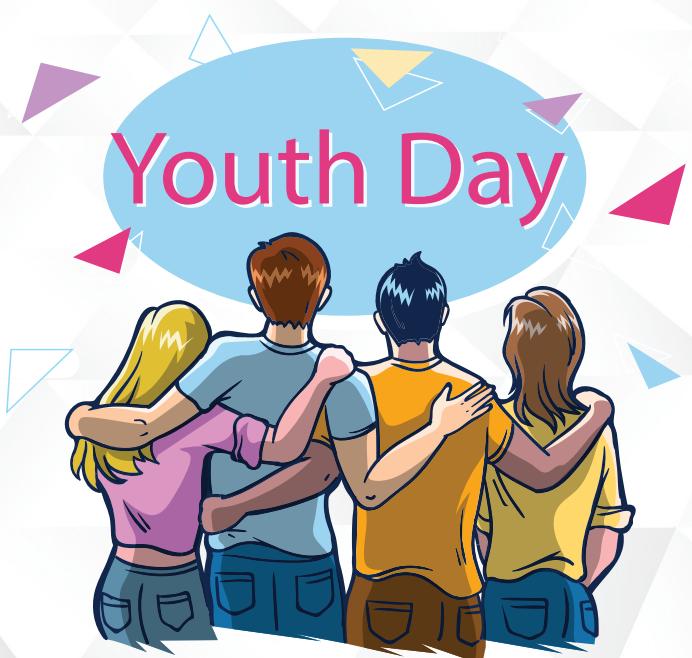
As an institution, it is our responsibility to nurture these aspirations, provide mentorship, and create platforms where such ideas can grow. On this International Youth Day, I encourage every young individual to continue dreaming boldly and innovating fearlessly—for it is through their passion that the future will shine brighter.

Mr. Rachitha Dassanayake
Assistant General Manager
-Academics Department

Celebrating Youth Innovation on International Youth Day !

On the occasion of International Youth Day, I take immense pride in acknowledging the creativity, determination, and impact of our young minds. This day reminds us that youth are not only the leaders of tomorrow but also the changemakers of today—driving innovation, fostering inclusivity, and addressing some of the most pressing challenges of our times.

In recent years, I have witnessed remarkable youth-led ventures and student projects that have left a lasting impression. From eco-friendly startups addressing environmental sustainability to tech-driven solutions for education and



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Event Spotlight



From the Stands: Where Cheers Echoed Louder Than Dribbles !

As students, basketball is one of the games we enjoy the most. It is fast, exciting, and keeps us active. The game is played between two teams of five players each, and the goal is to score points by throwing the ball into the opponent's basket. What makes it fun is the energy and teamwork it requires.

For us, basketball is not just about winning—it is about learning to trust teammates, improving focus, and building fitness. Every dribble, pass, and shot teaches us coordination and patience. Even if we lose a match, the spirit of the game motivates us to practice harder and come back stronger.

Playing basketball also helps us manage stress from studies. Just an hour on the court refreshes our mind and body. It creates strong friendships and a sense of belonging because teamwork on the court often turns into bonding off the court as well.



Basketball shows us that with practice and cooperation, nothing is impossible. For students like us, it is more than a sport—it is a way to grow, stay healthy, and enjoy learning beyond classrooms.



Talent Tinotenda Tanyanyiwa
ATHE Level 3 Diploma in
Business

Victory on the Court: Reflections from the Basketball Tournament !

I had the privilege of being part of an incredible basketball tournament—an experience filled with teamwork, determination, and unforgettable moments. What made it even more special was the fact that our team emerged victorious, a true testament to the hard work and dedication we put in both on and off the court. Basketball is more than just a game of hoops; it's a test of strategy, communication, and resilience. Every possession demands focus, every pass builds trust, and every basket reflects collective effort. In this tournament, our strength wasn't just in individual talent but in the way we supported one another—pushing harder in defense, celebrating each point, and staying composed under pressure.

Winning the championship was, of course, the highlight. But beyond the trophy, what I'll carry forward is the spirit of unity and the reminder that success is built through preparation, persistence, and belief in the team. A huge shout-out goes to the other teams who competed with such passion and determination. Each game challenged us to bring out our best, and every opponent added to the excitement of the tournament.

Their sportsmanship, skill, and commitment made the competition not just about winning, but about celebrating the game we all love.

For anyone who loves basketball—or is thinking of picking it up—the sport teaches lessons that extend far beyond the court: discipline, teamwork, and the drive to keep improving. This tournament reinforced those lessons for me, and I couldn't be prouder of what we achieved together. Here's to many more games, challenges, and victories ahead.



Emmanuel Njai
ATHE Level 4 Extended Diploma
in Sports Management



Events of the Month

Shaping Tomorrow: The Skills, Minds & Tech of the Future Workplace !

A thought-provoking session held on **21st July 2025** on the evolving landscape of work, highlighting the skills that would be required, mindsets, and technologies shaping future careers was taken by Mihaela Stratton, Founder, Mjourney- Training Academy.



Resilience Redefined: Mental Wellness for Academic & Career Growth !

Held on **23rd July 2025** at DTEC Park, this session led by AbdelRahman Hatem, Cluster Manager, Talent & Culture Department Ibis Style Sharjah and Novotel Bur Dubai, emphasized the vital role of resilience and mental wellness in achieving both academic and career success. The session equipped students with practical strategies to manage stress, build emotional strength, and thrive in high-pressure environments.



Brand YOU: Your Digital Presence, Your Power !

The session Brand YOU organised on **22nd July 2025**, focused on empowering students to build a strong digital presence and stand out in today's competitive landscape. Captured by Irene Balan, founder Levity HR, the event highlighted strategies for personal branding in the modern professional world.



We the change makers:

Embedding Sustainability Across Professions !

On **28th July 2025**, a guest speaking session was organised on sustainability aimed to inspire students to integrate sustainable thinking into diverse career paths and was headed by Fatemeh Abbas, Director of Human Resources, and Smriti Lamba, Human Resource Manager, Intercontinental Dubai Marina.



Cultivating an Entrepreneurial Mindset: Sparkling Innovation Across Every Career !

Held on **29th July 2025** for our students and led by Charbel El Khoury, Complex Director – L&D at Hilton Al Habtoor, the importance of entrepreneurial thinking beyond startups was explored. The session focused on fostering innovation and initiative, empowering students to apply an entrepreneurial mindset across all professions for future success.





Dubai City Tour !

On **17th July 2025**, students embarked on a spectacular Dubai City Tour, exploring iconic landmarks, vibrant culture, and unforgettable experiences in the heart of the UAE.

Unveiling the New Era of Wellness: Expert Tips for Student Wellbeing !

On **10th July 2025**, students benefited from an insightful guest session led by HealthServe Health Consultancy experts, focusing on holistic health and wellness. The session provided practical knowledge and professional guidance, empowering students to prioritize well-being in their academic and personal lives.



Bringing students closer to Opportunity: Internship Interviews with Hotel Holiday Inn Al Maktoum

On 10th July, our students had the valuable opportunity to participate in internship interviews conducted by Vera Mouwad, Human Resource Manager at Holiday Inn Al Maktoum, right here on campus. This aimed to connect emerging talent with real-world experience, preparing students for successful career journeys ahead.



Celebrating World Events

Voices of a Generation !

International Youth Day, celebrated on 12th August, is more than a date on the calendar—it is a reminder of the power of young voices. For students, it is a moment to pause and reflect on their role in shaping the world around them. Many young people today see themselves as catalysts of change. "Youth Day inspires us to think beyond ourselves and take responsibility for our communities," shared one student, pointing out how even small actions—like promoting sustainable practices or volunteering—can spark a ripple effect. Another remarked that with technology at their fingertips, students are in a unique position to solve global challenges in creative ways.

Students also believe that International Youth Day highlights the importance of balance. While ambition and innovation drive them forward, mental health and personal growth remain



equally important. "We want opportunities, but we also want to be heard and supported," said a participant in a Youth Day workshop.

For this generation, International Youth Day is not only about recognition but about empowerment. It's about building confidence to take bold steps, collaborating across cultures, and using knowledge for meaningful impact. The collective opinion among students is clear: youth are not just preparing for the future—they are shaping it right now.



Sneha Guha

ATHE Level 4 Extended Diploma in Events Management

Fueling the Future: Youth in Focus, Leadership in Motion !

Every year on August 12, the world comes together to celebrate International Youth Day—a day dedicated to recognizing the power, creativity, and potential of young people across the globe. Established by the United Nations in 1999, this day serves as a reminder that youth are not just the leaders of tomorrow but active changemakers of today. The Importance of International Youth Day: With over 1.2 billion young people aged 15–24, youth represent the largest generation in history. Their ideas, voices, and actions have the power to reshape societies, drive innovation, and tackle pressing challenges such as climate change, inequality, and unemployment. International Youth Day highlights the importance of investing in young people through education, skills development, and opportunities for participation in civic life.

The Role of Youth in Society: Young people are at the forefront of movements for social justice, sustainability, and technology-driven progress. From leading climate strikes to innovating startups that address global problems, youth continue to challenge outdated systems and push for a more inclusive and sustainable world.

Theme-Based Celebration: Each year, the United Nations announces a specific theme for International Youth Day—focusing on issues like mental health, digital inclusion, sustainable

livelihoods, or peacebuilding. These themes not only spark global dialogue but also encourage governments, institutions, and communities to create policies that empower young people. Why This Day Matters:

Platform for Youth Voices – It amplifies the concerns and aspirations of young people.

Policy Impact – Encourages governments to prioritize youth-centric policies.

Global Unity – Unites young people across cultures in shared visions for progress.

Conclusion: International Youth Day is not just a symbolic celebration—it is a call to action. It reminds us that empowering young people with education, skills, and opportunities is the key to achieving a sustainable and just future. The world's greatest asset is its youth, and investing in them means investing in humanity's collective future. As the saying goes: *"The youth of today are the architects of tomorrow."*



Amithesh Singh

ATHE Level 4 Extended Diploma in Sports Management



Country In Focus

Mexico



Mexico is a country rich in culture, traditions, and flavors. Among its most important celebrations is the Day of the Dead, a holiday where families honor their loved ones with altars full of flowers, candles, traditional food, and photographs. Also notable are the Independence Day festivities on September 15th and 16th, which include parades, traditional music, folkloric dances, fireworks, and meals that bring entire families together to celebrate the nation's history.

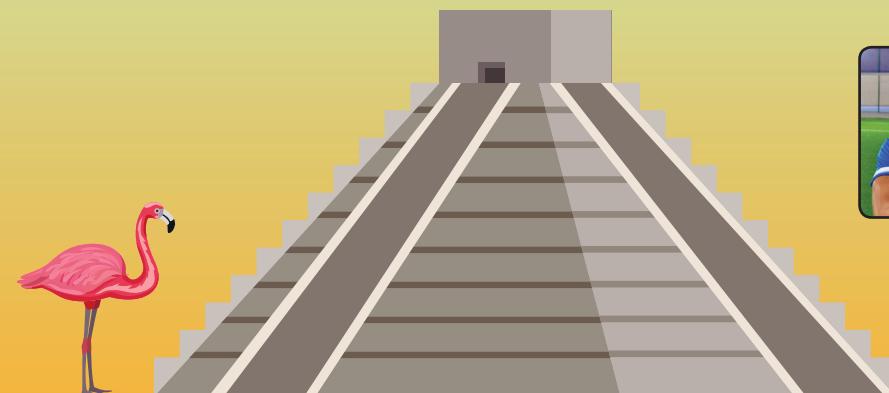
Mexican cuisine is incredibly diverse and has been recognized as Intangible Cultural Heritage of Humanity. Some signature dishes include tacos al pastor, mole poblano, pozole, chiles en nogada, and many popular street foods like quesadillas, tlacoyos, and sopes. Every region offers its own unique flavors, combining indigenous and Spanish influences to create rich and colorful meals.

When it comes to tourism, Mexico is full of unforgettable destinations. You'll find stunning beaches like Cancún, Tulum, and Los Cabos; ancient ruins such as Teotihuacán and Chichén Itzá; and historic cities like Puebla, Oaxaca, and Morelia.

All of this, combined with the warmth, friendliness, and creativity of its people, makes Mexico a vibrant, culturally rich, and welcoming destination that leaves a lasting impression on all who visit.



Javier Benjamin Rubalcava Rodriguez
ATHE level 4 Extended Diploma
in Sports Management





Wired for Change: How the Internet Evolved and What's Coming Next!



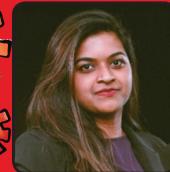
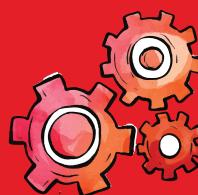
The Internet and the Web aren't the same. The Internet is the infrastructure (the network of computers), while the World Wide Web is a service that uses the internet to share information (like websites).

The first email was sent in 1971. Ray Tomlinson sent the first email to himself – and he doesn't remember what it said!

Google processes over 99,000 searches every second. That's over 8.5 billion searches per day. Mind-blowing!

The first webcam was used to monitor a coffee pot. In 1991, researchers at Cambridge University set up a webcam so they could check if the coffee pot was full without leaving their desks.

The Internet weighs about the same as a strawberry. If you calculate the energy of all the electrons used to power the internet at any given moment, it weighs roughly 50 grams.



Ms Aswathy Ramachandran
Faculty- Business Management





Building emotional first aid kit !

Building Emotional First Aid Kits for Everyday College Life. Because mental well-being deserves a first aid kit too. College life can be a thrilling ride, but it often feels like a whirlwind of lectures, assignments, and deadlines all vying for your attention. That's why putting together an emotional first aid kit a collection of personal tools to help manage stress can really make a difference.

For me, the first item I reach for is a small notebook. Even though I often use my laptop in class, I love jotting down little thoughts and reflections by hand. Those notes turn into the foundation for bigger projects or exams, and the simple act of writing helps to ease my mind. I also have a go-to playlist that I listen to during study breaks. Music gives me a chance to reset and dive back into my work with a fresh perspective.

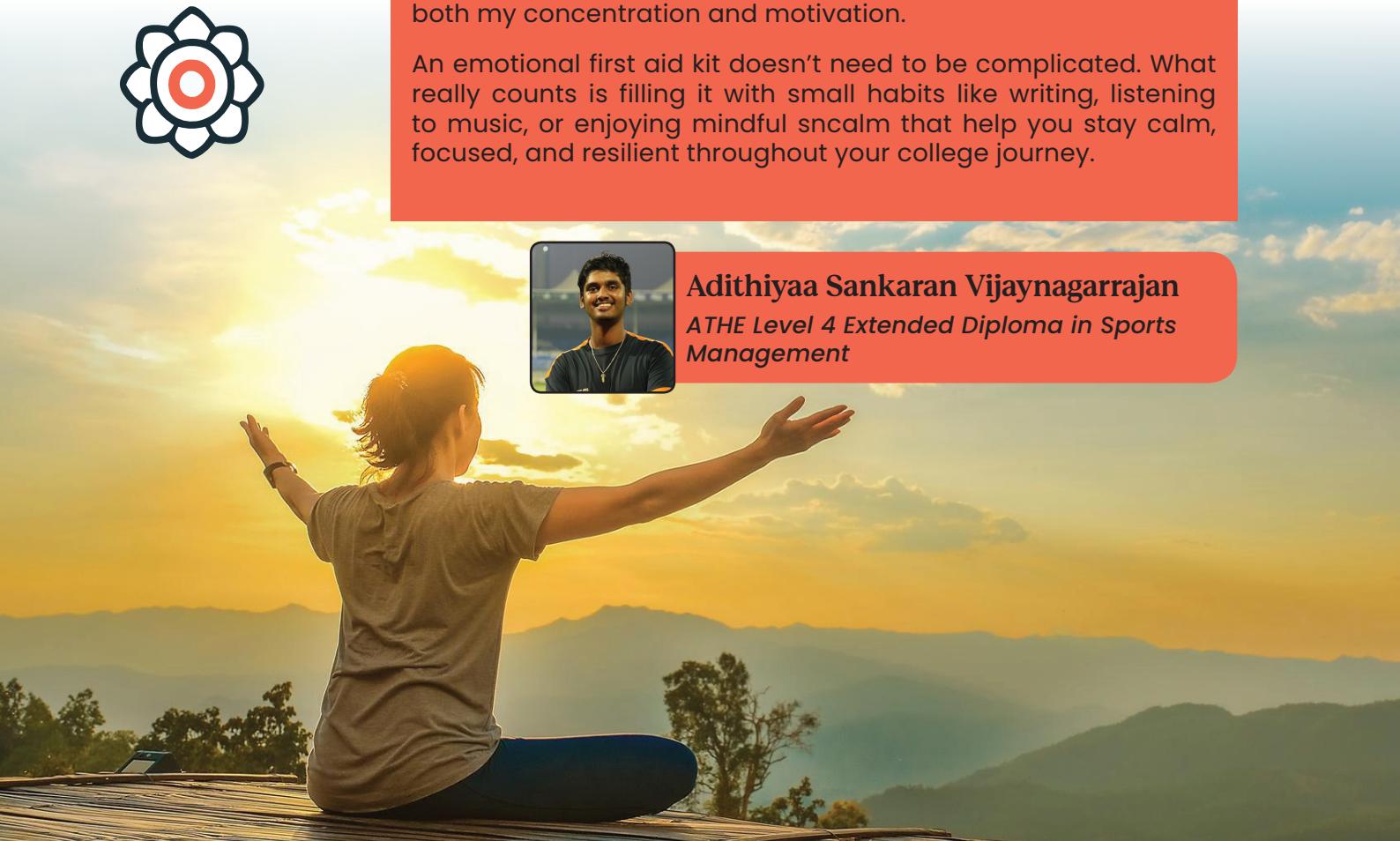
Snacks are another must-have. Whether I'm hungry or not, having something to munch on while I study keeps my focus sharp and my energy levels steady. Food, in many ways, fuels both my concentration and motivation.

An emotional first aid kit doesn't need to be complicated. What really counts is filling it with small habits like writing, listening to music, or enjoying mindful sncalm that help you stay calm, focused, and resilient throughout your college journey.



Adithiyya Sankaran Vijaynagarajan

ATHE Level 4 Extended Diploma in Sports Management



Transforming Potential into Possibilities at Nest !

Joining Nest Academy has been one of the most transformative experiences of my academic life. When I first stepped into the institution, I was filled with excitement but also uncertainty about how my journey would unfold. Today, looking back, I realize how much I have grown—not only in knowledge but also in confidence, creativity, and perspective.

Nest Academy provided me with more than just classroom learning. The interactive teaching methods, practical exposure, and encouragement to think beyond textbooks made every subject meaningful. I especially valued the workshops, seminars, and hands-on projects, which connected theory to real-world application. They taught me how to collaborate, communicate effectively, and take initiative.

What truly sets Nest apart is its culture of support. Faculty members here are not just teachers—they are mentors who guide us, challenge us, and believe in our potential. The opportunities to participate in events, internships, and student-led activities gave me the platform to discover my strengths and step out of my comfort zone.

For me, Nest Academy has not just been a place of education—it has been a space of self-discovery. It shaped my skills, broadened my horizons, and prepared me to take on challenges with confidence. My journey here will always remain a defining chapter of my life.



Yosr Zouari

Certificate in General English



A Journey of Passion and Perseverance !

Being recognized as a Star Achiever of Nest Academy is more than just an award for me—it is a reflection of the hard work, guidance, and opportunities I have received throughout my journey here. When I first joined Nest, I came with ambition but also with uncertainties about my path. Today, I stand proud, having grown into a more confident and capable individual, ready to take on new challenges.

At Nest Academy, every experience became a stepping stone. The supportive faculty encouraged me to think critically and creatively, while projects and internships gave me the chance to apply my learning in real-world situations. Whether it was academic pursuits, extracurricular engagements, or leadership opportunities, I found myself constantly motivated to push beyond my limits.

What I value most is how Nest nurtured not just my skills but also my character. The academy taught me discipline, resilience, and the importance of teamwork. Every success I achieved here was backed by mentors who believed in me and peers who inspired me.

This recognition as a Star Achiever is not the end of a journey, but the beginning of a bigger dream. I carry forward the lessons, values, and confidence instilled in me at Nest Academy to create impact in whatever I pursue next.



Eyoel Yohannis Negash

ATHE Level 4 Business and Management



Congratulations



Gaurab Nagarkoti

Join in:
Numera Capital
As :
Sales Associate



**Ashley Rutendo
Chimbwanda**

Join in:
Novotel Fujairah
As :
Guest Service Agent



**Geovanny Alexander
Maestre Arenas**

Join in:
Biruki Real Estate
As :
Real Estate agent



Walid El Makhloufi

Join in:
Crystal Hospitality
As :
Front Office Intern



Angel KC

Join in:
Algorithm Marketing
As :
Sales Associate



THE PURSUIT OF HAPPYNESS



Movies have always been more than just entertainment—it has the power to inspire, motivate, and shape the dreams of millions around the world. Among the many films produced each year, some stand out for the way they connect with young audiences, offering life lessons about courage, perseverance, and self-discovery. One such film is *The Pursuit of Happyness* (2006), starring Will Smith. Based on the real-life struggles of entrepreneur Chris Gardner, the movie tells the story of a man who refuses to give up despite homelessness, financial struggles, and personal challenges. The film highlights determination and hope, teaching youth that success is possible if one is willing to work hard and never lose faith.

Young people often face uncertainty—whether in education, career choices, or personal lives. Movies like *The Pursuit of Happyness* show that obstacles are temporary and can be overcome with patience, courage, and hard work. The film motivates youth to chase their dreams no matter how big they are, reminding them that failure is not the end but a step toward growth. Beyond this movie, Hollywood frequently produces stories that encourage creativity, leadership, and resilience. Films such as *Dead Poets Society* inspire self-expression, *Rocky* teaches perseverance, and *Hidden Figures* celebrates breaking barriers. These stories serve as guiding lights, proving that cinema has the power to positively influence young minds. For today's youth, movies are not just a source of entertainment but also a mirror reflecting the struggles and triumphs of real life. Hollywood films like.

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Smarika Bajracharya

*CTH Level-4 Advanced Diploma
in Hospitality Management*



ONE-POT VEGGIE FRIED RICE



Ingredients:

- 1 cup cooked rice (leftover rice works best)
- 1 onion (chopped)
- 1 carrot (diced)
- $\frac{1}{2}$ cup frozen peas/corn (optional)
- 2 eggs (or skip for vegetarian)
- 2 tbsp soy sauce
- 1 tbsp oil (any cooking oil)
- Salt & pepper to taste

Steps:

- Heat oil in a pan. Add onion and cook until soft.
- Add carrot + peas/corn and stir-fry for 2-3 minutes.
- Push veggies aside, crack eggs, scramble, and mix in. (Skip this step for veg)
- Add cooked rice, soy sauce, salt, and pepper. Stir well on high heat.
- Cook for 2-3 minutes until everything blends together.

Tips:

- Swap veggies with whatever is cheap/in season.
- Add ketchup or chili sauce if you like extra flavor.
- Can be made in under 15 minutes!



Ms Salha Ubaidulla

Executive Finance & Accounts Department

