

THROUGH THE LENS



Defeating Exam Bogeyman !

Exam fear, commonly referred to as test anxiety, is a widespread phenomenon experienced by students across various educational levels. This has become the EXAM BOGEYMAN. It is the intense feeling of worry, nervousness, or dread that can arise before or during an exam. This fear can range from mild stress, which can be motivating, to severe anxiety that can hinder a student's performance. Understanding the causes of exam fear, the challenges it creates, and the methods to overcome it is crucial for students to perform to the best of their abilities and maintain their mental well-being.

Causes of Exam Fear:

One of the primary causes of exam fear is the fear of failure. In today's competitive environment, students often feel an overwhelming pressure to succeed. Expectations from parents, peers, and even from themselves can create a heightened sense of anxiety. Another common cause is lack of preparation. When students do not allocate enough time to study or do not fully understand the material, their confidence diminishes, leading to increased anxiety. Previous negative experiences can also contribute to exam fear. Students who have had poor results in the past or who have encountered particularly stressful exams may carry this emotional baggage into future tests, leading to increased anxiety. Lastly, perfectionism can be a significant source of stress. Students who set unrealistic expectations for themselves may fear anything less than perfect performance, leading to an all-consuming fear of making mistakes or not living up to their own standards.

Challenges Arising from Exam Fear:

The anxiety that accompanies exam fear can manifest itself in various ways, causing significant challenges. One of the most common difficulties is impaired concentration. When students are anxious, their ability to focus on studying or even on the exam itself diminishes. Another common challenge is memory blocks. Even students who have thoroughly prepared may experience moments of blanking out during an exam. Physical symptoms are also frequent during periods of high stress. Headaches, stomachaches, sweating, or even rapid heartbeats can plague students both before and during an exam.

Tips to Overcome Exam Fear:

While exam fear is a daunting challenge, there are several effective strategies to overcome it. The most important strategy is early preparation. Beginning to study well in advance of the exam reduces the pressure of last-minute cramming. Another helpful technique is practicing relaxation methods. Deep breathing exercises, meditation, or even progressive muscle relaxation can significantly reduce feelings of stress.

Mock exams and practice tests are another useful tool in overcoming exam fear. Simulating the exam environment and working through questions under timed conditions helps students become more familiar with the exam format. This practice reduces the fear of the unknown and builds confidence in handling the pressure of the actual test. A positive mindset is also key to reducing anxiety.

Conclusion:

In conclusion, while exam fear is a common challenge for students, it is not undefeatable. By understanding its causes and the challenges it presents, students can adopt practical strategies to reduce anxiety and improve performance. Early preparation, relaxation techniques, positive self-talk, and healthy habits are just a few of the tools that can help students manage exam fear. With the right approach, exam anxiety can be transformed from a debilitating experience into a manageable one, allowing students to perform at their best while maintaining their well-being.

- Ms. Anjusree Krishnanunni
Faculty, Department of Academics

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The Importance of Exams and Effective Study Strategies !

Exams play a quintessential role in the educational journey of students across the globe. They serve not only as a measure of comprehension and knowledge but also as a tool to reinforce learning and provide feedback both to learners and educators.

Exams have long been a keystone of the educational system and is assessment strategy. They fulfill several essential functions that benefit both students and institutions. First and foremost, exams assess the extent to which learners have grasped the study outcomes covered in their courses. In addition, exams encourage students to engage deeply with the subject matter, promoting active learning. Also, exams provide a structured environment where students can demonstrate their knowledge under timed conditions, simulating real-world scenarios where performance pressures exist. This experience can help them develop essential skills, such as time management, critical thinking and the ability to perform under pressure.

To excel in exams, adopting effective study strategies is important. Here are some helpful techniques that can significantly improve study habits:

Engage actively with your study courses by summarizing information in your own words and creating mind maps, it will help a lot. Instead of cramming, divide your study sessions over time. This technique allows for better retention and recall of information. Focus on the most challenging subjects first. This ensures enough time is allocated

to areas that require more attention. Collaborating with classmates can help to expose you to different explanations that may enhance understanding. Taking practice exams under timed conditions can familiarize you with the format and reduce anxiety when faced with the actual test.

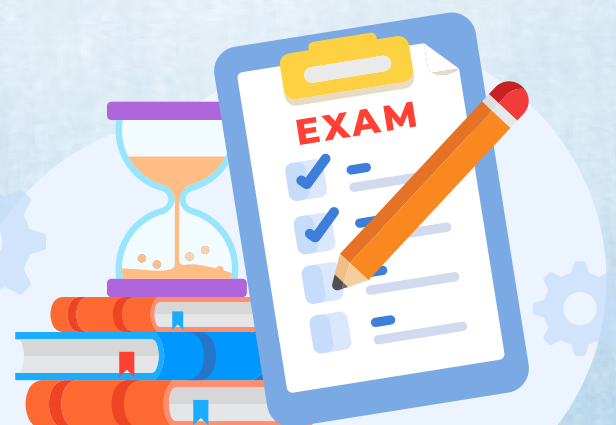
Nowadays, technology has transformed the way students study and prepare for exams. Various tools and applications can support for learning. There are some notable ways technology enhances the study process like Websites and platforms offer extensive materials, including videos and interactive exercises. Study Applications can help streamline study sessions, making them more efficient and effective. Platforms like Google Docs or social media groups (like Whatsapp groups) allow students to engage in collaborative studying and exchanging ideas in real time.

Experiencing stress during exam preparation is a common phenomenon among students. While a certain level of stress can be motivational, excessive anxiety may hinder performance. Therefore, finding effective coping mechanisms is vital. Some strategies to manage exam-related stress like Relaxation Techniques such as meditation, deep breathing exercises or yoga can help calm the mind. Additionally, Regular exercise not only boosts physical health but also improves mood by releasing endorphins. A key element which is prioritizing sleep is important, especially before exams. A well-rested mind is more focused and capable of retaining information.

Planning a study schedule can prevent last-minute cramming and provide a sense of control to reduce the anxiety. Lastly We should not hesitate to talk to friends, family or counselors about feelings of stress.

- Ms. Majda Maaoui

Student - MS Marketing et Communication





Achieving Exam Excellence: Time-Tested Strategies for Success !

Looking back at my early university days, I vividly recall how challenging it was to keep up with multiple subjects, each packed with specialized terms and complex ideas. Trying to review all that information with limited time felt overwhelming at times. But gradually, I stumbled upon three techniques that helped me grasp key concepts and manage my exam prep much more effectively.

Let me share these strategies with you, as they really changed the way I studied:



1- Mind Mapping: This is a great way to visually organize your ideas. I used to start by putting the main topic at the center of the page, then branch out with related sub-topics. It was a game changer for me. By seeing how different concepts connected, it became so much easier to understand and remember the material.

2- Rewriting as a Learning Tool: After each lecture, I made it a habit to rephrase everything I'd learned in my own words. It forced me to dig deeper into the material until I really got it. This active process not only helped me remember things better but also ensured I retained the information longer.

3- Flashcards for Self-Testing: Flashcards became one of my go-to study tools. I'd write key questions on them, shuffle them up, and test myself. It was a fun and effective way to see where I was strong and what needed more work. Plus, it kept me engaged in the learning process.

These three techniques simple as they are completely shifted my study habits. They helped me stay organized, deepen my understanding, and sharpen my memory.

- Dr. Asmaa Benhmama

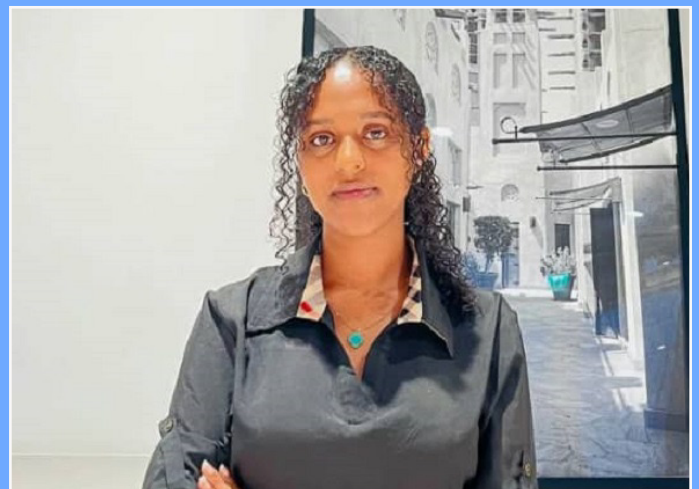
Management Faculty - French Programmes

Mastering Time for Success and Balance !

We've all heard the phrase "time is money," but in your 20s, it clicks that time isn't just a currency-it's everything. The time you spend wisely or recklessly carves your future. Learning to manage time becomes one of the most important skills that you will ever develop. It's your biggest asset.

On the other hand, your twenties are also supposed to be the time of your life when you have the most fun, create memories, and really experiment with life. That, mixed with being a full-time student in a foreign country, working an internship, and having social responsibilities, is just overwhelming to balance. You're faced with the eternal struggle of work-life balance.

I find probably the most life-changing thing is the first 30 minutes every day that I give to organizing my tasks. This little task has been a lifesaver. Planning out everything-from an assignment due to an important call to checking in on a friend-everything goes into my calendar. By doing



this, I not only managed my time but was also able to multiply my productivity. One small, simple habit can enable you to get hold of your tiring life and keep you on top of things; it is astonishing.

- Ms. Bezawit Getachew Tefera

Student - MBA in International Business

Field Trip to House of Wisdom, Sharjah

The House of Wisdom is not just a #library; it's a hub for #creativity and #knowledge. This visit allowed #students to connect with the rich cultural heritage while also experiencing collaborative learning spaces. Check out the #video to learn more.



Research Seminar 2024 !

Nest Academy's brightest minds shone at the Envision 2024 Student Research Contest, with in-depth projects in Business Management, Hospitality, and IT. Supported by a distinguished panel of judges, students introduced creative, real-world solutions that are set to impact their respective industries. Check out the post for a quick look.





Hospitathon : Leading the Gennext of Hospitality !

The Hospitathon was an exhilarating competition designed to showcase the diverse skills and talents of aspiring hospitality professionals. During the Hospitathon, participants navigate through a series of exciting rounds that test their abilities in real-world hospitality scenarios. The students participated in Role-playing, Mocktail-making challenge, Table setup and many more competitions. The event not only fosters healthy competition but also encourages collaboration, learning, and personal growth among students.



Post University USA - Credit Transfer Session !

We were thrilled to host officials from Post University, who provided invaluable guidance on navigating the credit transfer process to the USA. Our students are now better equipped to take the next steps in their academic journey!



From Beans to Brews: The Global Celebration of Coffee!



The idea of a coffee day dates to the 1930s when coffee producers sought to highlight the economic and cultural significance of coffee. Various countries have celebrated coffee on different dates over the years, but the modern observance began in 2015. In 2015, the International Coffee Organization (ICO) officially designated October 1st as International Coffee Day during a conference in Milan, Italy, to promote coffee consumption and support coffee farmers globally. International Coffee Day is celebrated annually on October 1st to honor one of the world's most beloved beverages and to raise awareness about the importance of coffee in various cultures. Coffee is a major global commodity, impacting the livelihoods of millions of farmers and workers in the coffee industry.



This date serves as a unifying occasion for coffee lovers around the world to come together and enjoy coffee. International Coffee Day is celebrated to recognize the importance of coffee as a global beverage and its cultural, social, and economic significance. The day showcases new trends and innovations in the coffee industry, including brewing methods, coffee flavors, and the rise of specialty coffees. There are many kinds of coffee drinks like Espresso, Cappuccino, Latte etc.

Drinking coffee can have several health benefits, it helps you feel more alert and focused. Coffee is rich in antioxidants, which are good for your body. It has been linked to lower risks of chronic diseases like type 2 diabetes and neurodegenerative conditions. International Coffee Day reminds us of the many ways



coffee enriches our lives, from its health benefits to its role in social gatherings and cultural traditions.

International Coffee Day is celebrated in many ways like Cities host events with tastings, live music, and coffee-related activities. Community events where People come together to learn about coffee and enjoy it with friends and family. This day highlights the diversity and joy of coffee, making it a beloved drink worldwide!



- Ms. Anne Nimesha Johnpullay
Student - BBA in International Business



GANDHI Jayanti

October 2nd is a significant day in India, marked as a national holiday known as Gandhi Jayanti. This day is dedicated to honoring one of India's most influential leaders, Mahatma Gandhi. Born in 1869 in Porbandar, Gujarat, Gandhi played a pivotal role in India's fight for independence from British rule in the twentieth century.

Gandhi spent his early childhood and adolescence in Porbandar, developing principles and righteousness. He received his law education in London as an early practitioner in South Africa, which probably exposed him to racial prejudice. That he had gathered throughout his experiences made him develop a philosophy of non-violence (Ahimsa) and civil disobedience (Satyagraha) to fight for the independence of India. His influence extended far beyond India's borders. The Salt March, the Quit India Movement, and his advocacy for

the upliftment of the suppressed classes made Gandhi a global figure in the fight for freedom. His unwavering commitment to the concept of Absolute Truth, his disdain for convoluted puzzles, his preference for plain language, and his belief in equality are universally acknowledged. His principles inspired leaders such as Martin Luther King, Jr., and Nelson Mandela, demonstrating the global reach of his influence.

For many inhabitants of India, the man is the unique Leader of the Indian nation and, for many people worldwide, the Leader of the nonviolent liberation struggle. Of all the things that one can recall from the great event of Gandhi Jayanthi, it is about nonviolent concerted efforts moving the world with moral force.

- Mr. Jayant Kapil
Student - BBA in International Management

The Benefits of Positive Mental Health on Academic Success !

Mental health though often underestimated is essential to our overall well-being. It includes our emotional, psychological, and social well-being and affects how we think, feel, and act. Mental health influences how we handle stress, relate to others, and make choices. In academic scenario, positive mental health can have a deep impact on student performance, motivation, and general happiness. Mental health is a state of well-being where an individual can cope with the normal stress and pressure of life and work productively and contribute to his surroundings. Positive mental health allows people to realize their full potential, stay calm and positive in the face of challenges, and enjoy life. For students, this means being able to manage academic pressures, navigate social relationships, and stay motivated to achieve their goals. In an academic environment, the importance of mental health cannot be overlooked. A student who is mentally healthy is more likely to excel, as mental well-being affects everything from focus and rational function to motivation and productivity. Poor mental health, on the other hand, can result in difficulties in concentrating, a lack of motivation, and an overall decline in academic performance.



We can take care of our mental health with some techniques that students can use to maintain or enhance their mental well-being:

1. Mindfulness and Meditation: Practicing mindfulness helps individuals focus on the present moment, reducing anxiety and stress like deep breathing and meditation can help calm the mind, improve focus, and foster emotional regulation.

2. Physical Exercise: Regular physical activity is one of the most effective ways to boost mental health. Exercise releases endorphins, improves mood, and helps students manage stress. Even a simple walk outside can clear the mind and reduce anxiety.

3. Time Management and Organization: Proper time management can help students avoid the overwhelming stress that comes from procrastination. Breaking tasks into smaller, manageable parts and organizing study schedules helps reduce academic pressure and promotes a sense of accomplishment.

4. Healthy Sleep Habits: Sleep is critical for both mental and physical health. Students should aim for 7-9 hours of sleep per night, as this allows the brain to recharge and improves cognitive functions like memory, focus, and problem-solving.

5. Social Support: Building strong relationships with friends, family, or counselors provides emotional support that can help students navigate the ups and downs of academic life. Talking to others about feelings or concerns helps reduce stress and provides perspective.

6. Balanced Diet: A nutritious diet provides the brain with the energy it needs to function optimally. Omega-3 fatty acids, antioxidants, and vitamins found in fruits, vegetables, and fish are known to improve mood and cognitive performance.

7. Limiting Social Media and Screen Time: Taking breaks from social media or reducing screen time can reduce feelings of comparison and anxiety. Spending time engaging in activities that promote personal growth or relaxation is far more beneficial for mental health.

Conclusion

Mental health plays an indispensable role in academic success. When students prioritize their mental well-being, they improve their overall health which is essential for achieving academic goals. Having positive mental health is not only about excelling in studies but also about maintaining a balanced, fulfilling life that enhances both personal and academic growth.

- Mr. Binayak Dhakal

Student - Bachelor of IT Systems and Project Management



As we all know, Mental health and physical health are deeply interconnected. When a person is mentally healthy, they are more likely to maintain physical health, and vice versa. For instance, regular physical activity releases endorphins, which improve mood and reduce feelings of depression or anxiety. Additionally, proper sleep, a balanced diet, and regular exercise contribute to better cognitive function and emotional stability. On the contrary, poor mental health can lead to physical symptoms, such as fatigue, headaches, or a weakened immune system. Chronic stress, often linked to poor mental health, can increase the risk of heart disease and other illnesses. In the academic life, maintaining both mental and physical health is essential for peak performance, as students who take care of their mental well-being often have more energy and focus to dedicate to their studies. Modern life presents unique challenges to mental health, especially for students. The rise of social media increased peer competition and the pressure to succeed all contribute to higher levels of stress and anxiety among young people. Constant exposure to the "highlight reels" of others' lives on social media can lead to feelings of inadequacy, depression, and anxiety. The pressure to excel in school and build a career adds further mental strain. Additionally, the lack of balance between work, study, and rest in today's fast-paced world can lead to burnout. Students often face immense pressure to achieve academically while maintaining a social life, and these demands can negatively affect mental health.

Algeria 

A Land of Rich History and Cultural Diversity.



Cultural Mosaic

Algeria's cultural landscape is as diverse as its geography. This is a nation where ancient traditions meet modern influences, making it a unique cultural melting pot that reflects its Berber, Arab, Ottoman, French, and African roots.

Cuisine: A Taste of Algeria

Algerian cuisine is a reflection of its rich history, with a wide variety of flavors and dishes that represent different regions of the country. Savory dishes such as couscous, a staple across the Maghreb, are often served with lamb, vegetables, and a spicy harissa sauce. Chorba, a spiced soup, is commonly enjoyed during Ramadan. Sweets and desserts are just as diverse, with honey-soaked pastries like baklava, almond-filled makroud, and delicate samsa among the most beloved treats. These desserts are often served with mint tea, which holds a special place in Algerian hospitality.



Tourism and Places

Algeria's landscapes are as diverse as its culture. From the vast Sahara Desert to the Mediterranean coastline, the country's varied terrains provide visitors with a unique opportunity to explore its natural beauty, historical landmarks, and vibrant cities.



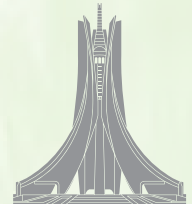
Algiers: The White City



Oran: The Heart of Rai Music



Constantine: The City of Bridges



Algeria's rich history, diverse culture, and stunning landscapes make it a unique destination with much to offer. From its vibrant cities and traditional music to the sweeping vistas of the Sahara, the country is a testament to the enduring spirit and complexity of its people. Whether exploring its historical landmarks or indulging in its flavorful cuisine, Algeria provides a rich tapestry of experiences for those fortunate enough to visit.

If you ever find yourself in Algeria, do yourself a favor and try the famous deglet nour dates—they're so sweet and delicious, you might just find yourself bringing a whole suitcase full of them back home!



- Ms. Saida Dahiri

Student - MBA in Hospitality Management



AI Technology Revolution !

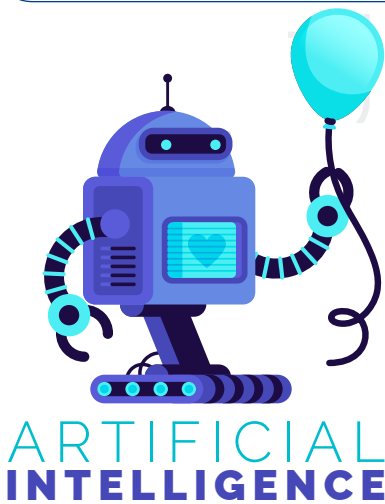
AI technologies are revolutionizing user experiences across a variety of software platforms, delivering more intuitive, personalized, and efficient interactions. AI uses machine learning and natural language processing (NLP) to enable software to understand user behavior, preferences, and needs and deliver personalized experiences. For example, in customer service, AI-powered chatbots provide immediate and accurate responses, reducing wait times and increasing customer satisfaction. These bots can learn from past interactions to continually improve their responses.

In creative tools, such as design and content creation software, AI assists users by automating repetitive tasks, providing intelligent suggestions, and generating ideas based on user input. For example, AI in photo editing software can recommend filters or enhance images based on popular trends, while content creation tools can correct grammar and style to make the writing process more efficient.

AI also improves accessibility. Speech recognition technology and predictive text make it easier for people with disabilities to interact with devices and applications. In e-commerce, AI-based recommendation systems suggest products based on search history and past purchases, providing a more personalized shopping experience. Overall, AI technology in software is changing the way users interact with digital tools, making experiences smarter, faster, and more tailored to individual needs, increasing satisfaction and efficiency.

- Ms. Medha Mohan Khanavkar

Executive Designer - Creative Departments



Generative AI: Redefining Creativity in the Digital Age !

Generative AI is revolutionizing how we create and interact with technology. From producing realistic images to writing compelling text, this technology can generate content autonomously, transforming industries like art, design, and entertainment. By learning from vast datasets, it mimics human creativity, making it an indispensable tool for innovation.

"Generative AI doesn't just replicate; it inspires new ways of thinking," says tech visionary Sam Altman.

In education, Generative AI is reshaping how students learn, providing personalized tutoring and generating study materials tailored to individual needs. In creative fields, it's a game-changer—artists, writers, and musicians now have AI-powered collaborators that amplify their work.

While the rise of Generative AI raises questions about originality and ethics, its potential to augment human creativity is undeniable. As this technology evolves, it's set to redefine the boundaries of what's possible, making it one of the most exciting advancements in the digital era.

- Dr. Nusrat Fatimah

Faculty of Computing

Before going to bed:

1. Disconnect from screens: blue light from phones, laptops, and televisions tampers with your body's natural sleep rhythm. Attempt to turn devices off at least 30 minutes before bed. In this way, your mind can quiet itself and set you up for deeper, quality sleep.

2. Reflect on your day: The act of writing in a journal or reflecting on the day's events can process emotions, reducing stress. It is also a good time to make a list of gratitude to foster positivity and a healthy attitude.

3. Meditate or stretch: Gentle stretching or meditation right before bed will help reduce muscle tension, soothe the body, and further improve flexibility that might have been lost during the day. This can help quiet the mind and prepare you for sleep, lowering your levels of stress.

It's important to wind down and prepare your body and mind for rest. These three actions can make a significant impact on your sleep quality and overall wellness.



**- Mr. Gayan Geethanjana Godella
Waththe Arachchige**

Student - MBA in IT Project Management



Harmonizing Health: A Journey to Mind, Body, and Spirit Balance



In today's fast-paced world, where everyone is constantly on the move, balancing between our schedules and taking care of our health can feel like a daunting challenge. Yet, the key to thriving lies in harmonizing the mind, body, and spirit. By making mindful choices and embracing compassionate self-discovery, we can nourish our lives in meaningful ways.

The journey to well-being begins with recognizing its value. When we understand the importance of health, we become more motivated to pursue personal growth, adding depth and purpose to our existence. Often, exercise is perceived as a burdensome task, something we do out of necessity. But what if we shifted our perspective? What if we saw it as a form of self-care rather than an obligation?

True growth comes not from striving for perfection but from celebrating progress. Adopting this mindset helps ease stress and broadens our worldview. As life is ever-changing, so are we. It's essential to pause, reflect, and reset. Cultivating inner peace not only enriches our daily experience but also enhances the quality of our existence.



- Ms. Junee Tandukar

Student - MBA in International Business



From Aspiration to Achievement: Navigating Challenges and Success in UAE

You only have to do a very few things right in your life so long as you don't do too many things wrong." – a famous quote by Warren Buffet is heart overwhelming. I started my dream of going abroad for higher degree education by choosing the vibrant destination UAE to excel in my career growth. BIUC has just started its journey to a successful educational institute and I am a part of the second Batch, March 2022 Intake for the MBA program in Logistics and Supply Chain Management. It was tough and hard to manage things in a new country in the initial days, but as time passed connections and networking played a pivotal role in engaging in social and career development activities. I am very enthusiastic about engaging in professional groups and events which led me to grab a prestigious job in the procurement field at Yas Asset Management LLC, a corporate company under Miral Group. To step into this stage, the path was not easy though I had to stick to my aim, goals, dream, and objective to achieve my passion for working in the Procurement Domain.

I would like to suggest that young and talented students align with your objectives, hold their nerves, defend the obstacles, digest their struggles, and win the world. UAE is the place where anyone get chance to cater his/her career either personally or professionally. Lots of Love and Respect to BIUC Family.



- Mr. Sanjib Prasad Sah
Alumni Batch 2024



STAR ACHIEVER



Unleashing Your Academic Potential Through Daily Routines !

Achieving success in academics and life requires a combination of effective daily routines, motivation, and performance strategies. In this article, we will explore key pointers to enhance how overall performance and motivation, as well as daily routine tips, can be helpful in managing time and attending lectures efficiently. To excel academically, a well-structured daily routine is crucial. The college provides both – Online and In-Campus Modules, so I set my routine and according to my convenience, I attend lectures. The most important part of my daily routine is meditation and yoga, these 2 practices help me to concentrate on my work. So, before lectures, I usually create a schedule, prepare materials, review notes, and plan my commute. Punctuality is the key factor in achieving academic success and maintaining motivation

so during lectures, I always arrive early, actively listen, engage with the material and professor, avoid distractions, be involved in doubt sessions, and take breaks. As soon as I complete my lectures, I review my notes, assign tasks, reflect on my understanding, and connect with my instructor or peers.

One of my habits that helped me improve or score good grades in academics is making notes. While the lecturer is teaching, I always maintain my notes for a clear understanding, this practice I started in my higher secondary school and has helped me a lot to date. To stay motivated, I always set goals, celebrate every small win, create a positive environment, stay positive, and develop a growth mindset. I give priority to my career and health, and whichever task is given to me I focus on it, managing time effectively, staying organized, and focused, and seeking feedback. Consistency is key, so I stick to my routine and adapt as needed.

Effective time management and motivation are intertwined. By establishing a daily routine, I always stay on track, achieve academic success, and build confidence. Start each day with a clear plan, prioritize learning, and maintain a positive attitude. I celebrate progress, learn from setbacks, and stay committed to my goals. By implementing these strategies, I enhance overall performance, stay motivated, and achieve academic success. I always believe that small changes today can lead to significant improvements tomorrow. So, stay focused, driven, and committed to excellence.

- Ms. Dixa Dharmesh Chauhan
Student - MBA in International Business

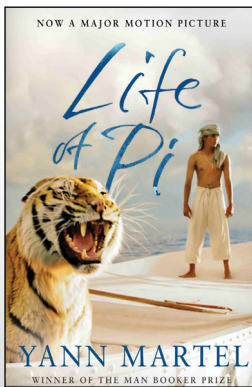


Reviews of Books



That's the thing about books, they let you travel without moving your feet!

Of late I have come across a lot of books but this novel is something that left me inspired and motivated. And the name of this novel is "LIFE OF PI" written by Canadian author "YANN MARTEL". He has beautifully explained the themes of spirituality, survival and the relationship between human and nature, It tells the story of Pi Patel, a young Indian boy who survives the shipwreck and finds himself stranded on the lifeboat with a tiger named Richard Parker. Pi's journey was physical as he struggles with his faith and meaning of life.



The bond that develops between Pi and Richard Parker was painfully affecting the feelings. His determination to stay alive against overwhelming odds serves as a strong reminder that we can endure and overcome challenges, no matter

how serious the situation is throughout his ordeal, Pi maintains hope and positive outlook even in the absence of hope. His ability to find beauty in his surroundings and maintain his spirit serves as a reminder that hope can be a powerful motivator, helping us to navigate difficult circumstances.

Overall, "Life of Pi" serves as a testament to the strength of the human spirit. Through Pi's journey, readers are inspired to confront their challenges with courage, to seek hope and connection, and to embrace the transformative power of faith and storytelling.



- Ms. Judith Jey

Student - MBA in Healthcare Management

FLAVORFUL FINDS



Recipes and Cooking Tips!



Egg and Veggie Wrap

Ingredients:

- 2 Eggs
- 1 Small Tomato, Diced
- 1 Small Cucumber, Sliced
- 1 Handful of spinach or Lettuce
- 1 Tablespoon Olive Oil
- 1 Whole Wheat Wrap or Pita
- Salt and Pepper to taste



Optional: A sprinkle of cheese or za'atar for extra flavor

Instructions:

- **Cook the eggs:** Heat the olive oil in a pan and scramble the eggs. Season with salt and pepper, and cook until done.
- **Prepare the wrap:** Lay the whole wheat wrap or pita on a plate.
- **Add veggies:** Place the diced tomato, cucumber, and spinach or lettuce in the center of the wrap.
- **Add eggs:** Place the cooked scrambled eggs on top of the veggies.
- **Roll it up:** Roll the wrap tightly and slice in half for easy eating.
- **Optional:** Sprinkle with cheese or a pinch of za'atar before rolling for extra flavor.
- This Egg and Veggie Wrap is quick, healthy, and can be made in under 10 minutes. It's packed with protein from the eggs and fiber from the veggies, making it a balanced meal to kickstart your day. You can also easily pack it if you're in a rush!



- Mr. Pratik Marathe

Senior Student Support Coordinator- Student Service Department



A heartfelt thank you to everyone who contributed to this magazine issue! Your insightful articles, creative ideas, and dedication have truly enriched our publication. Your voices and perspectives make this magazine a valuable resource for our community. We appreciate your time, effort, and passion — Thank you for making this edition a success!

We invite all students, staff, and faculty to share your unique insights and stories by writing an article for our upcoming issue! Whether it's an inspiring personal experience, a thought-provoking opinion piece, or an in-depth look at your academic field, your voice can make a difference. This is a great opportunity to showcase your creativity, contribute to our community, and spark meaningful conversations. Don't miss your chance to be featured.....

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