



UNIVERSITY OF
WEST LONDON
The Career University
RAK Branch Campus

THE UWL
Newsletter

Wire

April - May 2022
Volume: 001 Issue: 002

Condolences



University of West London, RAK Branch Campus, joins the nation in expressing its deep and heartfelt condolences to the rulers, citizens and residents of UAE on the passing of H.H. Sheikh Khalifa bin Zayed bin Sultan Al Nahyan. May his noble soul rest in peace.



Contents



Editor's message	04
E-motion or Energy in motion	05
Achievements.....	06
Being Online: Challenges & Ethics	07
Dealing with pressure and five tips to help you cope	08
Invictus Winners	09
Winning Submissions	11
Events	14
UWL RAK Graduation Ceremony	16
Euphoria 2022	19
A Kaleidoscope of UWL Moments.....	21
The Editorial Board	22

Editor's Message

The curtains might be drawn but the spirit stays- the spirit of resilience, leading through turbulent times and showing the world our mettle! *EXPO2020* leaves each of us with a question- what is my personal EXPO? What is it that I want the world to sit up and take notice in me? Leaving this question here for you to ponder upon.....

For *UWL, RAK*, the Graduation Day has been nothing less than an EXPO. We had the crème de la crème being honoured for their exemplary academic and noncurricular performances followed by *Euphoria*: a cultural extravaganza. In the following pages, you will find the sparkling highlights of the aforementioned event.

On behalf of the members of my editorial team, I thank our readers for all the warmth and love showered on our first issue.

It gives me immense pleasure to welcome onboard the Student Editor: *Ms. Zobia Fathima*, Sub Editor (Content Development): *Mr. Muhammed Rohail*, Sub Editor (Graphic Designing): *Ms. Fahima Akhter* and Staff Sub Editor: *Ms. Minha Noushad*.

The winners of the prestigious student-run cultural fest - *Invictus*, a thought-provoking article from our guest; *Dr. Seema Girija Lal*, a word of caution from our Academic Dean; *Dr. Syed Abbas Naqvi*... we have it all covered for you.

As we move to an action-packed, intellectually stimulating phase of the semester, we wish all of you the very best.

Make us proud!!

E-motion or Energy in motion

Where do anger and sadness come from?



There is no right or wrong emotion that an individual can experience. If we experience an emotion, it is valid. However, how we choose to channel this energy and express the emotion can result in positive or negative consequences for ourselves, others, or our environment. The more we can recognize, understand and label our emotions, the more we can control how we express and regulate them. If we place the four basic emotions in a pyramid, anger can be found at the tip of the pyramid. Below anger, we can most often find a lot of sadness, grief, loss, violation, humiliation, or a sense of isolation. Further down at the baseline of the pyramid we encounter anxiety. When our environment seems unpredictable, uncertain, and unclear the brain signals that there is a threat and the first set of anxieties screams into us saying “We don’t know what to do”, rendering us incapacitated. Soon enough, the second set of anxieties join along and scream that we are liable to failing or making a mistake or enduring judgment on

what we are about to do. They scream “No we can’t do this” and strong feelings of being ill-equipped to do something or face a person or situation set in. Now that we are aware of where anger and sadness arise from, let us meet them within ourselves and others with some compassion. Sit down with it and gain clarity on what it is that it feels it doesn’t know about a person or situation and ask for help and support if they continue to feel ill-equipped.

Seeking help is taking responsibility.



Dr. Seema Girija Lal

Mental Health Consultant at International Council to Enrich, Empower and Enable.

Founder and Executive Trustee of the advocacy forum ‘Together We Can (TWC)’.



UWL RAK student makes a striking presence in the UAE National Women’s Cricket Squad

Rithika Rajith of BA (Hons) Business Studies who worked her way to the UAE National Women’s Squad, represented UAE in the ICC GCC Women’s T20I Championship 2022 held in Oman. An outstanding achievement that begets inspiration.

Best Employee Award – Expo 2020

Mr. Nabeel Abdul Nazar Vendakker, our BA (Hons) Business Studies student delighted us with the achievement of the Best Employee Award at Expo 2020. A proud moment for UWL!





Being Online: Challenges & Ethics

With the ongoing development of the Internet infrastructure and its widespread popularity, many more individuals among the global population are 'getting online'. This could be for entertainment, social relations, or professional activity. Simply stated, being 'online' means having a single software application or 'App' installed on an IT device connected to the Internet. Although, installing an App on your personal device may seem to be a voluntary or optional matter, once installed, the App can behave in a manner beyond your control. Upon installation, most Apps require permission to access device resources that are normally granted by users without considering the implications. An infected App on any one device in a network can easily propagate to other devices within the network and beyond. Last year, a well-known US university had to pay hackers over eleven million dollars following a successful 'Ransomware Attack' to avoid publication of its compromised data. So, while the challenges of providing security to your personal or corporate data are numerous, it is the ethical and

legal responsibility of all stakeholders to ensure compliance with certain basic security measures enumerated below:

1. Avoid saving or downloading 'sensitive' information on your devices. Ideally, save it on a detachable device if you must.
2. Disable network connectivity (Wi-Fi) when a device is not being used. Simply click on/off on the Wi-Fi icon on your device.
3. Install security software and watch out for any suspicious activity or 'malware' regularly.
4. Be vigilant about your passwords, especially those that are used for your email and financial transactions.
5. Use double authentication (OTP) with passwords wherever possible.
6. Remember that if anything 'can' happen, it will happen.

It happened to me in the summer of 2019 when my PC was attacked and compromised by a hacker demanding a ransom in the form of Bitcoins. Luckily, I had a 'backup' of most of my user data.



Dr. Syed Abbas
Academic Dean – Computing & Engineering

Let us hear from UWL, UK...

Dealing with pressure and five tips to help you cope



Kitrina Douglas
Professor of Narrative and Performative Research
University of West London

Kitrina Douglas, Professor of Narrative and Performative Research at the University of West London, explores the word of stress, pressures, and burnout – and some of the ways you can help overcome them.

A lot has been written about high-performance athletes and their ability to perform under pressure. There’s also a lot that has been misunderstood about high-performance sports, and myths circulating about how pressure affects athletes.

When top gymnast, Simone Biles, pulled out of the Olympics in 2021 citing mental stress, I was surprised at how shocked the news, media and general public were. It seemed there is a belief that athletes thrive in high-pressure situations. Simultaneously, there is also a perception that failure to conquer fears and pressure are signs of a flawed character.

I’ve spent most of the past 30 years either playing a high-performance sport or researching it. One thing this has taught me is that contrary to popular belief, stress, pressure, and burnout doesn’t always mean an individual will perform poorly.

Often an athlete can perform well, but it doesn’t mean the pressure they are under isn’t having a detrimental effect. For example, in my research, there were numerous athletes who were showing signs of stress, sleepless nights, loss of hair, irritable bowels, sickness, headaches and skin complaints. So, when it appears someone is managing and being strong, it may also be the case that they do not ask for help or speak up because they do not want to be labelled ‘weak’.

It is important to remember that what is stressful for one person is not stressful for the next. We must each understand our own limitations, expectations and health. One of the ways athletes try and mitigate undue pressure is by creating an optimum

environment to perform and these are things any of us can try and achieve.

If you are studying for a degree or have exams or course work, or if you need to present to your colleagues or at a conference, learning how to get yourself into the right state is similar. In order to counter the detrimental effects of pressure, many athletes employ some of the following:

1. Mindfulness
Mindfulness is a useful tool and practice as it helps alert and identifies physical responses to pressure that may lead to poor performance or poor mental health. It also helps to focus attention, which is a useful skill in any domain.

2. Practice
Understand what it is you must do, then practice it. For example, athletes practice for specific events and situations in order to cope with them. It’s similar when you study or give a presentation. There are no shortcuts to performing well - it’s a case of practicing something over and over. Reading and re-reading, writing the same thing again and again. This may seem boring, but so too can the drills and training that sportspeople engage in, but they do it because they know without it, optimal performance is unlikely.

3. Learn to cope with pressure
Athletes practice under tournament conditions. For students, presenting in front of peers and forming study groups in order to make a rehearsal seem more important is a way of learning to cope with the pressure you are likely to face.

4. Get help
Athletes aren’t frightened to get help, be it a coach, nutritionist, physio and/or psychologist. But sometimes it seems students may feel they have to go it alone.

Reach out – it is not a weakness and doesn’t mean you shouldn’t be studying. We are all at different stages and it doesn’t reflect your ability or intellect.

5. Don’t be overly self-critical
As long as you feel you have tried your best, don’t get overly annoyed or disappointed with yourself if you are not able to get a piece of coursework in on time, or if you receive a low mark. We all struggle at times.



INVICTUS WINNERS

Our stars who made us proud by blazing their trails at the Cultural Fest.

HENNA DESIGNING

Winner



Zareen Humairah
BSc (Hons) Computer Science, Level 4

Runner-up



Fathima Nizwa
BA (Hons) Business Studies, Level 6

PHOTOGRAPHY

Winner



Mohamed Aminul Islam
BA (Hons) Accounting & Finance, Level 4

Runner-up



Muhammad Aliman Ahmad
BA (Hons) Business Studies, Level 5

SKETCHING

Winner



Nirvan Bajracharya
BSc (Hons) Computer Science, Level 5

Runner-up



Herin Shukoor
BA (Hons) Accounting & Finance, Level 4

CORPORATE CHAMPIONS

Winner



Muneeb Akram
BSc (Hons) Computer Science, Level 4

Runner-up



Muhammad Rohail
BSc (Hons) Cyber Security, Level 4

DEBATE

Winner



Aditi Rao
BA (Hons) Accounting & Finance, Level 4

Runner-up



Muhammad Rohail
BSc (Hons) Cyber Security, Level 4

TALENT HUNT

Winners



Bryan Nazareth
BA (Hons) Business Studies
Level 5



Anush Ronad
BA (Hons) Business Studies
Level 5

Runner-up



Muhammed Fathah Munawar
BSc (Hons) Computer Science
Level 5

If dreams were horses...



If dreams were horses,
My oh my!
There'd be so many horses
Soaring way up high

Some mighty and muscular
Towering in height
Some growing confident
With every stride.

Some still ponies, learning from sight
Some still confused, looking left and right
Some tired and worn out
Some shining bright
Some nonchalant to the future in sight.

Mine would be powerful
A radiant white
With a majestic mane
Flowing beside its face all movie- like

Her eyes would be gentle
With a touch of the wild
Free and bold, streaking through the sky.

Her name would be Noor,
Arabic for light
She would stand tall and confident,
Facing obstacles with a smile.

The tail a long, soft feather - a touch of gold
With well-built shoulders and a strong hoof.
A chiseled, firm, jaw
With a delicate nose.

If dreams were horses
It sure would be fun!
Ever thought about it, anyone?

– **Zobia Fathima**
BA (Hons) Accounting & Finance, Level 6

Student Editorial Board Selection:
WINNING SUBMISSIONS



Fahima Akther
BA (Hons) Business Studies, Level 6



If Dreams were Horses...

Ever wondered what it would feel like to have everything you've ever wanted? From that shiny red Ferrari to the ever so opulent Gucci purse hanging on your shoulder, must be really something to live such a life, wouldn't it? Having all that you could possibly dream of NOT being a dream.

A saying, "If dreams were horses," first heard in 1605 in William Camden's print, would fit here.

It has multiple interpretations, of course, one being that the phrase could be pointing to the undeniable truth of this world; bluntly meaning that you only get what you work for, not what you dream of. Having dreams, and wishing for things is what every individual does but to achieve them, work towards them, isn't everyone's cup of tea.

It's not easy to achieve what you dream of, as was the case with horses back in the day which were readily available to almost anyone. There will always be an opportunity cost when deciding whether to work towards dream A, dream B, or none at all. But isn't it great that dreams aren't something with monetary value only accessible to the elite? For all you know, your local tea vendor could be dreaming of winning the Ballon d'Or and go on to become Lionel Messi and maybe THAT is the beauty of dreams: they can be large or small, yet just as inspiring.

But now, in today's age where horses are associated with luxury and freedom, a different interpretation has risen. Today, this phrase could be interpreted more towards the image of a horse galloping freely in an open field, riding off into the sunset without a care in the world.

But the topic isn't how dreams are like horses, it's *if* dreams were, in fact, horses.

If dreams were horses then we would better see how people treat their dreams, some would chase their horses relentlessly, even at the expense of destruction around them. While some would make a conscious effort to pretend like there isn't a horse nuzzling up to them, trying to get their attention, effectively ignoring their dream at the expense of heartache. The middle way would be to walk along with it, admiring its beauty, following its tracks, getting closer and closer till one day it itself allows you to ride it off into the sunset.

Converting the abstract concept of dreams into living, breathing creatures really puts things into perspective. Our dreams aren't just a silly fantasy, conjured with no rhyme or reason — they're a part of who we are. They're what drive us to work for more, to achieve more than what we have.

Sometimes it feels like the only solution is to crush or ignore our dreams, but if you think of them like a living animal that exists to be free, whose existence is miraculous since it harms no one but only inspires, if we thought of dreams as living, breathing creatures, we might realize how cruel we can be sometimes, to our own dreams as well as others'.

So, based on these two interpretations, if dreams were horses, everyone would ride, and they wouldn't be as easily stomped away into heartache.

– Muhammad Rohail

BSc (Hons) Cyber Security, Level 4



Team-building workshop

An HR training session, led by Guest Speaker Dr. Sangeeth Ibrahim, was conducted to further professional development and encourage harmonious relations within the UWL workforce.



Expert Talk Series

Beth Hutchinson, Certified Business Coach & NLP Practitioner, through her interactive session on “The Art of Demystifying Motives”, offered an opportunity for attendees to identify the root causes of key behaviour patterns and engage in retrospection.



The first of many to come!

The launch ceremony of the inaugural edition of The UWL Wire - E-newsletter.



Championing UWL Women’s cell!

Women’s Cell provided a platform for students to channel their inner egalitarian through debate and poster-making competitions on the occasion of International Women’s Day!

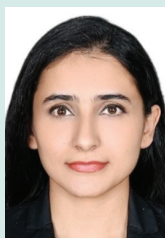


↑ **UWL senior management with the RAKEZ authorities during their visit to our campus.**
Compliance Inspection by RAKEZ in which UWL RAK received the highest rating of “Compliant” in all areas.



↑ **Unleash the power within...**
Ms. Mridula Sankhyayan, leading Talent Development, Talent Strategist and Leadership Coach, delivered an empowering talk titled “Unleash the power within”, through which she encouraged our students to fortify their confidence and become leaders of tomorrow. Ms. Dia Mitra, leading Leadership and Executive Coach co-facilitated the session with insightful examples from everyday life.

FACULTY FOCUS



Members of our faculty, Prof. Mohan Lal Agarwal, Ms. Ankasha Arif and Ms. Wonda Grobbelaar presented research papers at the conference on “Technological, Social and Economic Innovations through Artificial Intelli-

gence, Data Science and Cyber Security (ICTSEADC 2022) organized by IMS, Ghaziabad on April 15 -16, 2022. The paper titled “Perception and Readiness Level of Managers about the Use of Artificial Intelligence in Decision Making: A Case Study on Businesses in the United Arab Emirates” co-authored by Prof. Mohan Agarwal and Ms. Ankasha Arif received The Best Paper Award at the conference. Ms. Wonda Grobbelaar presented the paper titled “The Future of Work and Employer Well-being in the Health Sector” which involves workplace psychology and the use of robots in the service industry. The paper examines how recruitment can be made more effective in the service sector by monitoring brain activity in potential candidates via human–robotic collaboration.

UWL RAK Graduation Ceremony



Against the backdrop of a world that is getting ready to put the pandemic behind it and go blazing, the RAK branch campus of the prestigious University of West London conducted its 2nd Graduation day in its inimitable way. Presided over by the Deputy Vice Chancellor Prof. Dr. Anthony Woodman and in the august presence of the management, stakeholders of RAK education zone, board members, distinguished academic leaders, alumni and proud family members, the institution celebrated the successful culmination of the eventful journey of development of its graduates. In a sparkling ceremony that witnessed the excited students getting their well-deserved scrolls of honor, distinguished faculty members too were honored for their commitment and contributions. Speeches by the Deputy Vice-Chancellor, CEO Mr. Ahmed Rafi Badur Ferry, Operations Director Mr. Mohammed Zaheer, Academic Deans and the Batch Valedictorian were highly inspiring and exhorted the graduates to go all out to make their mark in the world. The occasion was also blessed by the presence of principals of prominent schools in the region. After the formal convocation ceremony, a cultural event that showcased the talents of students was conducted. The event, in every way, highlighted the high academic standards and aspirations of the university and provided a dazzling prologue to the graduates who are all set to begin new and exciting chapters in their lives.



Student Toppers

Ms. Azrah Mohamed Aswar, Mr. Joshua Thomas John, Ms. Fathima Sahiya, Ms. Sreesumetha Masamsetty and Mr. Raphael Lontoc were awarded for their outstanding achievements in academics during the year 2018-2021.



Mr. Ahmed Rafi Badur Ferry, CEO, UWL RAK in his speech urged the graduates to inculcate values that this prestigious university has instilled in them over the years and wished them the very best for their future.



Prof. Anthony Woodman, Deputy Vice-Chancellor addressed the crowd and congratulated the graduates on their well-deserved success.



Dr. K.P. Muraleedharan, Academic Dean – Business & Management appreciated his mentees and wished them success for the future.



Academic Dean of Computing & Engineering, Dr. Syed Abbas's address had valuable insights and takeaways for the fresh graduates.



In his inaugural address, Mr. Mohammed Zaheer, Director of Operations welcomed the dignitaries and esteemed guests.



Members of our Faculty, Dr. K. Krishnakumar, Dr. Durga Prasad, Dr. Sunayna Iqbal and Ms. Bushra Yousof were awarded for their outstanding contributions.





Prof. Anthony Woodman, the Deputy Vice-Chancellor, UWL, was honored and presented with a memento by Mr. Ahmed Rafi Badur Ferry, CEO UWL RAK in the presence of Mr. Mohammed Zaheer, the Director of Operations and the Academic Deans



Mr. PA Zubair Ibrahim, Executive Director of PACE Education honoured us with his presence and conveyed his best wishes to all the graduates.



The Chief Academic Officer of Rakez Academic Zone, Dr. Steven Reissig being felicitated.



Ms Aysha Ferry, in her valedictory speech, reminisced about the memorable moments at UWL, RAK.



The Graduation Parade led by the Deputy Vice-Chancellor followed by the Senior Management, Faculty and students.



Euphoria 2022

A cultural event that showcased the talents, passion and spectacular performances of our students, garnered rave reviews.



↑ Setting the right tone for the evening



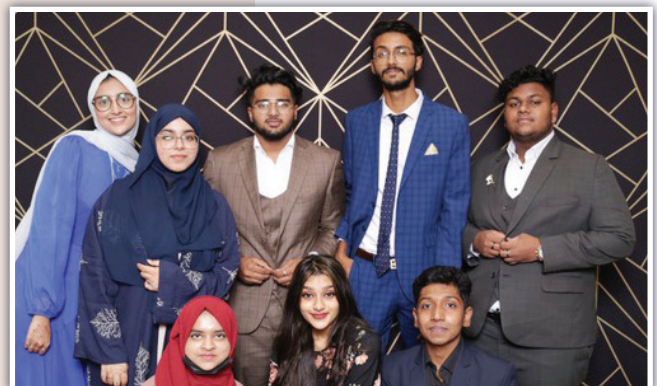
↑ The university band captivated the audience with their melodious voice and exceptional performance.



↑ A snippet of undergraduate students dancing their hearts out!



2022
EUPHORIA 2022



EUPHORIA 2022
EUPHORIA 2022



A Kaleidoscope of UWL Moments

The highlight of the month gone by was a fully student-run cultural fest. The student body came together to host UWL RAK's cultural fest – "Invictus" which provided a platform for our very best to showcase their talents. FemAlphas, our female student arm, in association with WICCI-UAE Council organised an online skill enhancement workshop for our female students, which received emphatic feedback. Our Sports Team put up an impressive performance at the Inter-Collegiate Sports Competition. UWL RAK Admissions team made their presence felt at GETEX 2022 making our value proposition visible to many. Last but not the least, UWL, RAK students had a momentous visit to the Expo 2020 - a once-in-a-lifetime educational experience!



The Editorial Board



Mr. Ahmed Rafi B Ferry
Executive Chief Editor



Dr. Sunayna Iqbal
Chief Editor



Dr. Mohammad Ashad V P
Core Supporting Editor



Shyra Raphy Khan
Sub Editor



Aysha Ferry
Sub Editor



Minha Naushad
Sub Editor



Fahima Akther
Sub Editor (Student)



Zobia Fathima
Student Editor



Muhammad Rohail
Sub Editor (Student)



Sajesh Nambiar
Compilation



Gemal Riyaz
Design and Layout

Released by: *Wisdom Education*
For any feedback and enquiries, write to editors@uwl.ac.ae



UNIVERSITY OF
WEST LONDON

The **Career** University

RAK Branch Campus

RAKEZ Academic Zone, Ras Al Khaimah, UAE
Tel: +971 7 2432 099, email: info@uwl.ac.ae
uwl.ac.ae