

Inconception of the second sec



RAK Branch Campus





H.H. Sheikh Khalifa bin Zayed bin Sultan Al Nahyan.





President of UAE H.H. Sheikh Mohammed bin Zayed Al Nahyan



Vice President and Prime Minister of UAE H.H. Sheikh Mohammed bin Rashid Al Maktoum



Ruler of Ras Al Khaimah H.H. Sheikh Saud bin Saqr Al Qasimi

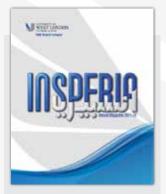


Crown Prince of Ras Al Khaimah H.H. Sheikh Mohammed Bin Saud Bin Saqr Al Qasimi





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FROM THE EDITORIAL BOARD

We welcome you to experience the first edition of Insperia, the annual magazine on life at the University of West London, RAK Campus.

The wheels were set in motion with the launch of our monthly Newsletter. Together, Team UWL set out to actualize a long-cherished idea and thus brought forth 'The UWL Wire'.

We would like to express immense gratitude for all the support we received in this journey to present a magazine that mirrors the UWL experience.

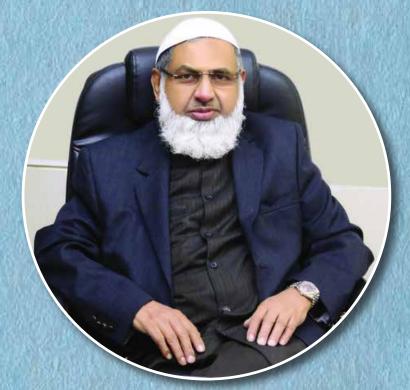
Insperia aims to immortalize the most treasured experiences of our existing students and students who shall walk through these halls in the years to come. It shall encapsulate the most meaningful, insightful, and life-changing moments that have shaped and molded so many lives.

In this issue, you can garner insights from our community of students, faculty and the professional services team on the latest and trending topics.

Stories that offer glimpses into the labyrinthine minds of today's youth, articles that will enhance your intellect, pieces of art to unleash the Picasso in you, and poems that will encourage you to contemplate the uniqueness of life.

A whole lot of tidbits from a diverse range of topics that we hope will *Inspire* you!





Dr. P.A Ibrahim Haji who graced the post of Co- Chairman of University of West London, RAK Branch Campus had an awe- inspiring repertoire of achievements and accolades to his credit. We lost a commendable leader who led various organizations with great competency and zeal. Education, Philanthropy, Business and Management- he has made his remarkable presence felt in every sphere of life. He will be remembered for his compassionate deeds and valuable contributions, especially in the field of education.

We extend our deepest condolences to the family of Dr. P.A. Ibrahim Haji.

The void his departure has created will forever remain in our hearts.

May he rest in peace.

MESSAGES

Welcome to the first issue of your new magazine!

e are proud to see how the Ras al Khaimah (RAK) campus, our first overseas campus, has gone from strength to strength since its inception back in 2017. Last year we moved to a new site, and we continue to focus on ensuring you benefit from the best possible learning environment.

We are delighted to see student numbers rising, and to welcome computing students for the first time, alongside those of you studying our range of undergraduate and postgraduate business courses.

The University of West London (UWL) puts its students at the heart of everything we do, wherever they are based in the world. This has been an exceptional year for all of us. This Autumn, in the Guardian University Guide 2023, UWL achieved its highest-ever position - number 23 out of 121 UK universities.

In September, we were named "University of the year for Teaching Quality" and "University of the year for Student Experience" in the prestigious Sunday Times Good University Guide 2023. UWL students ranked us as Number 1 in the UK for student satisfaction*, for academic support and for student voice** in the UK National Student Survey (NSS) 2022.

We'd also like to thank all our staff for their incredible dedication. Our consistently excellent results are driven by them.

While we are proud of these outstanding accolades, none of this would be possible without you, our students. We look forward to finding out all about your activities and achievements in the pages of this publication.

Prof. Peter John CBE, Vice-Chancellor. **Prof. Anthony Woodman,** Deputy Vice-Chancellor and GM, UWL RAK.

* Average all questions, National Student Survey 2022

** Excluding specialists, National Student Survey 2022



Prof. Peter John CBE



Prof. Anthony Woodman



MESSAGES

From the CEO

Pelcome to the 1st Edition of the University of West London RAK Campus' Annual Magazine "INSPERIA". We put forth with gratification our synergized piece of treasure "Insperia" an assemblage of the literary contribution of our students, staff and teachers and glimpses of our journey through this wonderful academic year.

Even while reeling under a global crisis and pandemic, UWL RAK Campus succeeded in redefining educational boundaries with exponential growth in admissions and delivery standards giving more attention to academic, literary, arts, cultural, sports, games and women empowerment initiatives.

We ardently strive to create space for diverse thoughts and opinions which when coupled with hard work and determination leads to superior results. UWL RAK Branch Campus has been trying to do its best to satisfy the educational needs of young minds who crossed the continent with high hopes and ambitions. I am immensely happy to note how enthusiastically they partake in this transformational process, at the end of which they are to emerge as valuable members of the future citizenry. Their joyous participation in the cultural and literary activities, side by side with their scholastic pursuits, bears testimony to this. I wish these young minds a great future!

We do believe the creativity and talent that comes to you in the form of a Campus Magazine would contribute significantly to the exchange of ideas and dissemination of information.

Let me express my gratitude to the Chief Editor Dr. Sunayna Iqbal and all Editorial Board members among our staff and students for transforming our long-awaited dream into reality at a rapid pace.

We are thankful for the blessings of our honorable Vice- Chancellor Prof. Peter John and Deputy Vice-Chancellor Prof. Anthony Woodman, University of West London UK and the support of Prof. K. P. Muraleedharan (Academic Dean – Business & Management) & Prof. Syed Abbas Naqvi (Academic Dean - Computing & Engineering) at University of West London RAK Branch Campus who are our pillars of strength and have given undeterred support to our vibrant Editorial Team.

The fact that we are part of that big society must instill in us a sense of responsibility towards it and this sense should define the actions we undertake to educate our youth and to address the cross-cultural challenges; while respecting the local customs and traditions. This task becomes challenging in a set-up where the youth power is transplanted from one soil to another and needs a replication of the original atmosphere. UWL RAK Campus therefore strives to achieve a balance in fulfilling the ambitions and expectations of our students, their sponsors and other stakeholders.

Ahmed Rafi B Ferry CEO





MESSAGES

Let us hear it from the Academic Deans

t gives me immense pleasure to be part of the first edition of UWL RAK's annual magazine, 'Insperia'. On this occasion, I appreciate the Chief Editor and the Editorial Board members for their dedication and hard work in bringing out the annual issue. The magazine highlights the activities of UWL RAK and supports the dissemination of academic thinking by faculty and students. I am happy to note that within less than one year, the e-newsletter, The UWL Wire, has become the mouthpiece of UWL RAK in linking the institution with the public. I wish all success for the annual magazine too"



Prof. K. P. Muraleedharan Academic Dean, Business & Management

WL magazine is a great platform for both staff and students to enhance their co-curricular abilities. Writing and presentation skills form an integral part of higher education and professional development. We can make an impact in society by promoting positive values and teamwork. I strongly urge all members of UWL family to seize this opportunity to contribute and share innovative ideas with others. Efforts of the editorial team are sincerely appreciated"

Prof. Syed Abbas Naqvi

Academic Dean, Computing & Engineering







Towards Creating a Boundaryless Organization – The Case of GE

UAE organizations should study the leading lights in the corporates like IKEA, GE as the paragons of boundary organization should they want to benefit the way that GE and IKEA did

n organization is commonly defined as 'a deliberate arrangement of people to accomplish a specific purpose' (Robbins et al. 2019).

Organizations are also considered as 'collections of people working together in divisions of labor to achieve a common purpose' – (Whitewood et al. 1998, 15).

Organizations typically are defined by their boundaries. These boundaries could exist as one or all of the following types:

- Horizontal Boundaries which exist between an organization's functional units. Each unit has a singular function. The resulting implication is that each unit maximizes its own goals but not the overall goal of the organization
- External Barriers between the organization and the outside world (customers, suppliers, other government entities, special interest groups, communities). Customers of an organization identify major problems most efficiently and are interested in solutions. Organizations often lose sight of the customer needs and supplier requirements
- Geographic Barriers among organization units located in different countries. This may lead to an isolation of innovative practices and ideas

Jack Welch, the legendary leader of General Electric (GE) was among the greatest proponents of boundaryless originations and publicly proclaimed that a 'boundaryless organization' would be the only key differentiator that will make the difference between GE and the rest of the world's business.'

So what is a Boundaryless Organization!

A boundaryless organization is that arrangement of people and tasks in the business vision and mission that derecognizes any barriers or their existence or permeability and that facilitates unhindered flow of information/ideas/resources/ energy throughout the organization and into others.

Openness and seamlessness are the two key synonyms of a boundaryless organization.

Can an organization be completely boundaryless? Not really. Organizations have and will continue to operate within a given framework of some hierarchy, functional divisions and geographic boundaries between organizations.

The work of Dean Anderson & Linda Ackerman Anderson in 'The Principles of Conscious Transformation' can come in handy here to achieve a boundaryless organization. They highlighted ten important principles that can be used to audit, inform and course correct the desired outcomes, the people dynamics, and the process of change.

Two out of these ten principles which have a direct impact on seamlessness are highlighted below:

Wholeness

- Promote what is best for the whole system.
- See the system and its components as one integrated entity.
- Treat individual components of the system as wholes themselves, and
- Design one integrated overall change effort.

Seamless

- Integrate and coordinate your sub-initiatives and activities; integrate organizational/technical initiatives with cultural/ human initiatives, enterprise-wide initiatives with area-specific initiatives, and corporate-centered initiatives with line or business unit initiatives.
- Think about the impacts of any decision, event or action across organizational boundaries; see everything as connected and affected; consider the distant impacts of local actions and vice versa





Build and sustain relationships between your organizational entities--and the people within them--to enhance mutual and system- wide effectiveness and support. Create true partnerships!

General Electric (GE) is close to a Boundaryless Organization

2021-22

GE is a global enterprise. But many believe that it has the body of a big company while having the soul of a small company. Its Big- Company advantages include its reach/strength and resources. Its Small-Company advantages are its thirst to learn, compulsion to share, the bias for action (speed, hunger, urgency)

GE sought ideas from other great companies:

- Quick Market Intelligence direct customer feedback from Wal-Mart
- New Product Introduction from Toshiba, Chrysler, HP
- Advanced Manufacturing Techniques from American Standard, Toyota and Yokogawa
- Quality initiatives from Allied-Signal, Ford and Xerox
- Quality-focused culture from Motorola

Eventually, GE gained speed, flexibility, integration and innovation by believing and following the concept of boundaryless organization.

What UAE Organizations may learn!

Has any organization in the UAE gone boundaryless? Yes. Several. Emmar group is one highly publicized attempt to be a boundaryless organization in July 2020.

UAE organizations should study the leading lights in the

corporates like IKEA, GE as the paragons of boundary organization should they want to benefit the way that GE and IKEA did. They should sit with their teams and objectively answer the following checklist questions:

- How open are we as an organization and our divisional structure in learning from others?
- What are the emerging success factors for our business?
- What obstructs learning in my business?
- Where within the Group/our business can we work seamlessly?
- What can we do to promote seamlessness across the Group in 'thought,' 'feeling' & 'action'?
- What are the first five milestones of a boundaryless organization?
- When do we know for sure that we are transforming into a boundaryless organization?

The business school of the University of West London, Ras Al Khaimah Campus welcomes queries and engagement in this regard.

References: Flat and Boundaryless Structures: A lesson in the leadership for 21st century. http://members.aol.com/ lpang10473/ldc_flat.htm

https://gulfnews.com/business/social-media-debates-hrmove-in-emaar-that-stripped-employees-of-job-titles-includingmohammed-alabbars-1.1595391719978.

Dr. Mohan Lal Agarwal Deputy Academic Dean – Business & Management



Expert Talk Series





and NLP Practitioner facilitated a workshop on "The Art of Demystifying Motives". The highly interactive workshop offered participants an insight into their own natures and an opportunity for self-introspection.

Ms. Georgina Kelly (Business Coach and Founding Partner, RAK Business Group Network) offered an incubation session on "Resilience: The Art of Bouncing Back". The session was well received by the students and faculty members.

The incoming students of UWL received a warm welcome and orientation on "Induction Day" at DoubleTree Hilton.









WHAT IS VOUR MOOD DUDE?

Il of us have days that are more stressful than others. Sometimes it could be work-related or maybe you are writing a final exam or even have some family issues. Occasionally a little bit of stress is inevitable, and it could enhance a healthy life. Stress could help you to find solutions to challenges and motivates you to reach your goals, making you a smarter, happier, and healthier person. However, all stress is not created equally. If you are working in a stressful environment or are worrying constantly about something it could create a major risk factor for mental and physical problems.

What is stress

2021-22

Stress can be defined as a feeling of being overwhelmed or unable to cope with mental or emotional pressure (Walinga, 2014). Stress can manifest in heart palpitations, sweating, dry mouth, shortness of breath, fidgeting, accelerated speech and augmentation of negative emotions (American Psychological Association, 2022). Stress comes in many forms, and it can affect people in different ways. According to Albrecht (2022), there are four types of common stress types that most people experience in their lifetime:

Time stress.

You experience time stress when you are running out of time to complete your tasks, not meeting deadlines, or are running late for an important meeting.

Anticipatory stress.

Are you worried about your future? Anticipatory stress is 'stress that you experience concerning the future'. It could be focusing on a specific event, such as an upcoming exam or a new job or even worrying about your future life in general.

Situational stress.

Sometimes we lose control over our lives, and we end up in tricky situations for example an emergency, a conflict between family members, getting laid off, or making a mistake in front of our team.

Encounter stress.

We could feel drained and overwhelmed when we interact with too many people (contact overload). You could also experience Encounter Stress when you find it difficult to communicate with a group of people that you perceive as difficult, or deal with a lot of demanding customers.

Why should we pay attention to stress?

When stress becomes a part of your daily life it could be harmful to both physical and emotional health. Although stress cannot be classified as a disease, persistent stress could lead to ill-health which could deprive you of enjoying your life to the fullest. According to research studies, stress is a major risk factor for mental and physical health problems for example





depression, anxiety, and burnout. It might also increase the risk of cardiovascular diseases, obesity, hypertension, metabolic syndrome, Type II diabetes, and arthritis. Although anxiety and depression are not the same mental illness, often they coexist.

Other symptoms could include cognitive symptoms (inability to focus and poor judgment) behavioural symptoms (changes in appetite, and an increase in nervous behaviours for example nail biting) and emotional symptoms (feeling bad about yourself, always in a bad mood and avoiding others).

Depression and anxiety

What is depression?

Depression is often seen as a disease of the 21st century. According to DSM-5, (Diagnostic and Statistical Manual of Mental Disorders, 2015) depression is also known as a major depressive disorder or clinical depression mood disorder. Those who suffer from depression experience persistent feelings of sadness and hopelessness and lose interest in activities they once enjoyed. Aside from the emotional problems caused by depression, individuals can also present with physical symptoms such as chronic pain or digestive issues. To be diagnosed with depression, symptoms must be present for at least two weeks.

History of Depression

When looking at history, depression was seen as a spiritual rather than a physical condition. The belief was that it was caused by demonic possession, which was dealt with by priests rather than physicians. During the Ancient Greek and Roman era, depression was called "melancholia" and the belief was that the condition was caused by four imbalanced body fluids called humours: yellow bile, black bile, phlegm, and blood. During the 5th century Hippocrates wrote in his book "Aphorisms" that if fear and sadness last a long time, such a state can be called melancholy (Bourin, 2020). He was the first physicist that described depression clinically (Bourin, 2020).

During the 1600s, Robert Burton published "Anatomy of Melancholy", in which he outlined the social and psychological causes of depression such as poverty, fear, and loneliness (Bourin, 2020). In the late 1900's beginning 20th century Emile Kraepelin noticed that "the syndrome of melancholy was characterized by the insensitive development of anxious depression, to which delirious conceptions are joined in very variable proportions" (Bourin, 2020).

What is anxiety?

One of the main reasons for developing anxiety is persistent stress. Anxiety could be defined as the presence of excessive anxiety and worry about different events, or activities. Worry could occur for at least six months and is challenging to control (Diagnostic and Statistical Manual of Mental Disorders, 2015). It could be



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divided into several types of anxiety disorders for example separation anxiety disorder, specific phobia (intense fear of something that poses little or no actual danger but causes a lot of anxiety), social anxiety disorder (social phobia), panic disorder and generalized anxiety disorder (GAD). GAD is a longterm condition that causes you to feel anxious about almost anything. Normally the person often struggles to remember the last time they felt relaxed.



Ms. Wonda Grobbelaar Lecturer – Business & Management

What can you do about it?

Learn how to manage your stress. Figure out the stressors in your life. Find ways to reduce stress. Planning is key, if you fail to plan, you plan to fail.Learn how to create more time in your day. Learn good time-management skills. Prioritise your most important tasks.

Make sure that you are assertive by saying no if you don't have the time to complete a task. Use positive visualization techniques.

The cognitive theorist Aaron Beck discovered in the 1960s and 1970s that depressed patients often experienced spontaneous negative thoughts about themselves, the world around them, and others. Patients who constantly contemplated deeply on these negative thoughts began to treat them as valid and accurate (Beck & Alford, 2009).

Learn how to overcome the fear of failure.

Learn how to manage conflict in all areas of your life (Work and personal life). Learn to practice Emotional Intelligence and have Empathy with people.

Dear Stress,

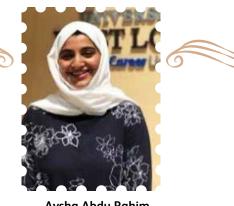
Let's break up, I don't love you anymore. Yours faithfully Me.





Student Council, 2021-22





Aysha Abdu Rahim President



2021-22

Azaam Kamil Vice President (Sports)



Muhammed Shasmil Asst. Vice President (Sports)



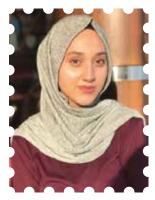
Kea Rani Vice President (General)



Aditi Rao Asst. Vice President (Culture)



Katheeja Amna Vice President (Women Empowerment)



Maryam Hasan Asst. Vice President (General)



Species



I met these strange species They were called words. They could do things No one else could!

They had the strangest powers When they were combined I'll tell you how As we pass them by.

Standing together In lines and rows They could do magic Like never before

They could make you laugh They could tear you apart

They could mend you too-Which was no easy job!

They could make you feel satisfied In a way nothing could

They could ease out the tension Kept bottled within They could do it quite easily With a wide grin!

They could make you weep A thousand seas A sea full of melancholy

They could break your heart Shatter it through So that it lay strewn Across the pages of a book

They could melt your heart They could soften your soul They could do things No one else could!

So where can we find them? Oh, they're easy to find! Sit back and relax All you need is a book!

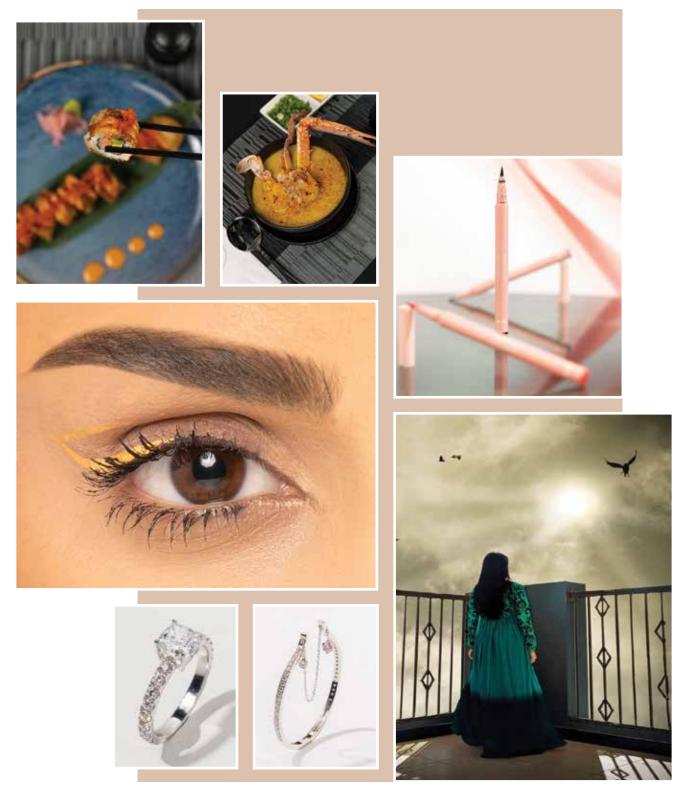


Zobia Fatima BA (Hons) Accounting & Finance, Level 6













A Little Exciting Project

L t was a calm night, you could distinctly hear the rumble of car engines, as they pass by at every moment, but in a particular room was a different sound, one of early 2000s rock coupled with the munching of snacks. That's when the first block was placed. A relatively small-scale project of a UWL college student, who was restlessly devoted to accomplishing his assignments on time, just a few days prior. A powerful sensation of relief overshadows the notion that this story has to be submitted sooner or later, because it was the beginning of building UWL RAK in Minecraft!

It's been a long while since I've been wholly committed to building a project of any magnitude, but I can confidently say that I am a seasoned veteran Minecraft builder. Constructing my university in Minecraft certainly has its own set of challenges, such as getting all the proportions right, however, it is no insurmountable endeavour. From the early days of watching Minecraft YouTubers, trying the game for myself, all the way to spending ridiculously long hours, designing, and creating countless buildings and skyscrapers, it has been a phenomenally fulfilling journey. I can still recall building my first house, back in 2013, like it was yesterday. I might've overused diamond blocks in the secret basement, but overall, it was definitely a significant accomplishment for a first build. Back then, my computer's capabilities were modest at best, as I could barely run the game, nevertheless, I had to adapt to my circumstances, and I had a blast facing the odds!

In the present day, the process of reconstructing UWL involves laying the university's structure and trying to perfect every detail. Naturally, I needed a reference to indicate the varying architectural elements, as well as all the subtle features that I couldn't rely on my undependable memory to recall, but there was only one problem, where could I find encompassing and detailed pictures of the campus? I initially looked up pictures of the campus online but to no avail. I only stumbled upon insufficiently few pictures. As the saying goes, necessity is the mother of all inventions or something like that. Luckily for me, there was a farewell event coming up, so I took matters into my own hands and went around photographing the premises the minute I arrived.

So, my heart's racing, the clock's ticking, and I have yet to conclude my building. Could all these tireless nights be for nothing? Did every second of hard work, and unwavering determination go in vain? It all depended on whether I could wrap up my structure and ensure the accuracy of every detail on time. I rapidly place blocks, as I wonder what mom made for dinner. I really hope it's something delicious, owing to the fact that I can't afford to lose time fine-tuning a mediocre



meal. To be fair she's an outstanding cook and the desserts she makes are out of this world!

Following a long day spent modifying and refining my build, the University of West London has finally come to life in a virtual blocky sandbox world! A sentiment of achievement and content lingers, as I hover around, searching for the perfect angle to take a screenshot. Now that my little exciting project has been finalized, I shall go back to enjoying my peaceful summer vacation once more.













YOU

Your eyes, Glistening like the first ray of sunshine that hits Your touch, Like a breeze on green valleys between the mountains Your voice, Soothing like the flowing rivers Your hug, Calm as the earth after a rain shower Your lips, Luscious as ripe fruits on trees Your smell, Like the aroma filled in a lavender field Your love, As wide as the ocean with hues of blue and green



Aysha Abdu Rahim BA (Hons) Business Studies, Level 6



RAK Branch Campus



















Women's Indian Chamber of Commerce and Industry (WICCI) in association with FemAlphas, UWL RAK





'FemAlphas', the WICCI team at UWL RAK organized a panel discussion session by highly talented women entrepreneurs. (Left to right) Dia Mitra - Leadership executive coach, Founder – Dia Mitra Academy, Sadia Khan – Relationship Manager – Al Ain Finance, Tannya Jajal – Resource Manager VMware, Nasheeda, Founder & MD – Nishe.



A workshop facilitated by Ms. Mridula Sankhyayan (Talent Development, Talent Strategist and Leadership Coach) and Dia Mitra (Leadership and Executive Coach): 'Unleash the Power Within'.





Are you keeping yourself mentally fit?

he question under discussion is a crucial one, since most of us keep a good track of our health and body physically, yet there are a few to whom mental health is a top priority, that should be taken into a serious account, since it is not only essential for a healthy living, but in order for a society to function in a manner where each and every individual has the freedom of peace and harmony. Let's take a look at every aspect of how mental health holds a significance in life of each and every individual, as well as the consequences, if it is being neglected.

Let's begin with the first stage of life of a human being, the childhood, where a child is developing physically as well as mentally. Here observation is the key, since children observe everything around them, which includes, picking up new words, imitating actions of their adults, as a matter of fact, their adults, especially their guardians, are their role models. They are quite enthusiastic about life and everything it has to offer, as a result they prefer experience-based learning. To sum up, these are the key milestones in the development of a child's mindset and mentality, and it plays a major role in their learning and conduct. In order for a child to have the potential of behaving in accordance with their role in a society, the parents or their guardians should be very tolerant and affectionate, since children are naive and filled with curiosity, and each and every curiosity should be highlighted and acknowledged well. This will assure a child's trust on their adult, hence will strengthen their bond with them, as well as provide the surety of counting on them through their ups and downs. Moreover, the parents



should help the children explore their area of interest and should not stress them up regarding academics. Therefore, a child's mental health should be prioritized quite well, in order for their better development and learning.

Now, coming to the second stage of an individual's life, also known as the most crucial one, the adolescence. Labeling the following stage as crucial has a great correspondence with mental health, since it is the stage of life where an individual starts to sight the world in a more fundamental way, as they go through rapid hormonal changes. They have curiosity, emotions, desires as well as obstacles in life that they either prefer keeping within themselves or sharing it with people of their age and type, who might be able to perceive it better. Here every person in the home, family or outside, such as school friends and teachers play a vital role. At this age, individuals tend to be impulsive, therefore they need to have a more mature individual's back, who also has to be empathetic and compassionate towards them, especially through the obstacles of life they go through, responsibility of earning, in order to provide for themselves or their families. For a blissful life, an individual can follow up certain strategies that can be quite beneficial for their mental health, these include; making time for one's self, when they can focus on their health, explore their hobbies while they please themselves with it during their leisure and by interacting with



people who share the same thoughts as them, and are reliable to let them express themselves. Although if one is going through some crisis, and is not able to cope up with it, they should seek help of someone reliable and sophisticated and just believe in themselves being aware of the fact that battling this time will

In order for a child to have the potential of behaving in accordance with their role in a society, the parents or their guardians should be very tolerant and affectionate, since children are naive and filled with curiosity, and each and every curiosity should be highlighted and acknowledged well.

every concern should be keenly taken into account, whether it is a family issue, friendship issue, school and academic issue or a relationship issue, and should be resolved with a better optimistic approach. In addition to this, they should be allowed to express themselves, and their passion should be encouraged. The following will result in a better mentally developed individual and will help them seek the right path that will lead to a beautiful destination. In order to achieve an adolescent's trust every person in their life should follow the previously given advice, as it will light a new spark of optimism in them and let them view society in a more positive manner.

Once a person becomes a mature adult, stabilize mentally, since now they view things and life in a more responsible manner, although life still is a hill with many ups and downs that hold a great significance in how an individual functions in a society and identifies themselves. As a matter of opinion majority of individuals lack mental support, and factually each and every individual has a different psychology, hence they need a mental approach that will make them capable of coping up with the daily stress of their busy life, filled with responsibilities. This includes, college/university students, working individuals, who have a

make them stronger and better.

Last but not the least, the old age, a part of life where an individual has gained quite an experience that can be worthwhile contribution to guide their younger ones. Although at this point of time, an individual tends to seek more attention and adoration of their close ones, therefore everyone around such people should be more tolerant and affectionate towards these people, like they should be towards a

child, as old age is also referred to as the "second childhood" at certain times. Hence, being compassionate around old people will not only assure their mental health, but their physical health as well.

> Taking into account the above scenario, it can be concluded that mental health is the key to successful, delightful and healthy life, since mental health has a great influence on a person's physical health as well, aid them with leading a better life and letting them identify as a valuable worthy individual. In my perspective, mental health today is a great necessity, as the world is developing with increasing advancement and demands for a better lifestyle, there have been huge impacts on every individual's health, hence keeping your mind fit with your body should be a part of daily routine.



























In conversation with Rithika Rajith

Who is your inspiration?

Carolina Marin. Her strength and willpower have always been an energy to me. Her hunger for victory and her fighting spirit has been something that makes her very different from many players I've seen. Overcoming a major injury and still returning to the international platform to win championships is truly a huge inspiration.

How early did you start?

My family is an ardent lover of sports. I've been that one enthusiastic school kid, taking part in every sports day event conducted at school since kindergarten and returning back with either gold, silver or bronze laurels. I started going for professional badminton training at the age of 14. When the Covid-19 pandemic hit, it put a halt to indoor sports (Referring to badminton here), during that period I wanted to keep myself active with some sport. Cricket was my first choice. And since then, by 2021, I've considered Cricket as one of my domains. So, over the years I mastered some great skills and techniques be it in Cricket or Badminton.

What motivates you to keep going?

The kind of respect and adoration that I receive from the people, gives me self-confidence and the drive to keep going. At the moment, when UAE (Women's) team got qualified to play the U19 World Cup 2023 and the Asia Cup 2022, this has boosted the entire team's morale in a huge way. We believe that we can get rid of the stereotype, of the very common phrase, 'Cricket is a man's sport'. Now many young cricketers look up to us. This puts us to work and we keep pushing ourselves to prove that the girls can do it.

Do you have a work regime?

Fitness is a must for me. So, every day I spend some good time doing some cardio, agility or strengthening exercises. Other than that, I often practice batting and bowling so as to get the skills right and to improve my performance.





Rithika Rajith, a student of BA (Hons) Business Studies at UWL RAK, and a member of the UAE National Women's squad represented UAE in the ICC GCC Women's T20I Championship 2022 held in Oman.

What are the major challenges you face and how do you deal with them?

I think the major challenges I've faced would be the fear of failure and experiencing high-performance expectations. I worry a lot about my result or performance which makes me feel frustrated when not playing up to my own expectation, over time resulting in a



fear of failure. I feel the best way to deal with such challenges would be to have self-belief. Having confidence in one's own ability without expectation would be ideal.

How do you cope with the mental pressure faced during a tournament?

Tackling mental pressure has always been a major challenge that judges the strength of an athlete on and off the field. Once a match or tournament is over, I never think about what happened around the field of play. I focus on where I got to improve my skill. If I face pressure during the play, I stop thinking much about the results or outcome. I rather turn into a mindset of "Just go for it".

Do you feel there are additional challenges you face being a female athlete?

Since my entire family has been very supportive, I have never felt any sort of challenges. Certainly, over the years I come across these... "You've become so dark after playing Cricket under the sun", "Sports is of no use, only studies can get you somewhere" etc. Such statements come from girls themselves. And, here my Mom, she has never been the one who says, "Don't play under the sun" or "Don't lift weights". My mom has encouraged me to perform even when things don't go right. She has been very optimistic about women's equality paving the way to smarter and stronger young girls.

As an athlete are you concerned about leading a healthy lifestyle?

Yes. I prefer to have something that my mom makes daily. As of now, I have never taken a diet plan. Be it pulses, greens or meat, my mom, also my siblings who love to cook, find some healthy tasty recipes to include every nutritional item. Definitely, even physical fitness is something that's very important.

How do you prepare the night before a big competition?

I visualize every single thing that will not be in my favour during a match. The crowd, the pressure, and the weather condition sometimes and I try to convert those situations in my favour. This keeps me prepared for the worst situations and have a strategy to overcome those.

Do you have any advice for our student community who have an interest in sports?

Choosing a sport for recreation can be a great way to get away from all that stress and screen time. In a world that completely rattles inside the technological field, having an interest in sports showcases a different mindset. Sports will definitely help each individual in a different manner. Also, the physical benefits are numerous keeping us young and energetic always. There definitely will be a growth in terms of fame, name, money, and qualities like team spirit, leadership, sportsmanship and handling pressure etc.

What aspirations do you have for the future?

Keeping it simple- Giving my 100 % to my team and myself. – Interviewed by Ms. Aysha Ferry





UWL RAK's Women Empowerment Cell in Action...



Women's Cell provided a platform for students to engage in competitions such as debates and gain recognition for exceptional performances.

.....

A staff workshop where female employees were given a platform to share and learn from each other's experiences. The session was also inclusive of games and activities that promoted skills that could help to overcome the prejudices and hurdles faced as a woman, in her career.

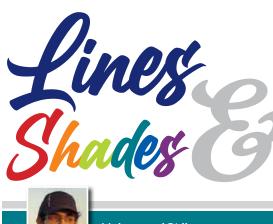












Mohammed Ridhwan BSc (Hons) Computer Science, Level 4













No flower, No rain

She once knew him as a stranger. Then it grew when they were together.

Pluviophile; lover of rain. Then for a while, he made her insane!

Before her came, beings of utmost beauty. He was fooled by their fame which made him forget his duty.

He soon realised there was no other. They were destined to be together.

She was his flower and he was her rain. There would have been no flower, if there was no rain.



Kate Angel BA (Hons) Business Studies, Level 4





Academic Toppers



Fathima Sahiya – BA (Hons) Business Studies, Class of 2020



Sreesumetha Masumetty – BA (Hons) Business Studies, Class of 2021



Raphael Lontoc – Masters in Business Administration., Class of 2020



Azrah Mohammed Aswar– BA (Hons) Accounting & Finance, Class of 2020



Joshua Thomas John – BA (Hons) Accounting & Finance, Class of 2021







Procrastination Explained by a Procrastinator

one of us is immune. Procrastination sneaks up on us all, some worse than others. There is a wide misconception that students procrastinate because they are lazy, have poor time management skills or just do not care enough about their assignments. Procrastination is a common and serious problem. Students procrastinate for all kinds of reasons and for every different reason there is a different solution. The aim of this article is to make students self-aware and give them a solution

Procrastination is so common among students that the tendency to procrastinate on tasks until right before they are due is sometimes referred to as 'student syndrome'.

Procrastination affects students' academic performances as well as their emotional and mental health. More specifically in terms of their academic performance, students often have to face bad grades, failure in courses and dissatisfaction with their marks. Students fail to manage their time and even if they did ever submit precisely at 11:58 they believe that they can always make it because they work better "under pressure" (and I pledge guilty of the same)

In terms of emotional and mental health, procrastination causes an increase in stress and worry when things or tasks are getting done at the last moment and even if they submit it and receive a bad grade, they feel anxious and guilty and often dwell upon thoughts like 'if I started earlier, I would have done a better job' but unless they do not find a solution, this statement just plays on a loop after every deadline.

Students rely mostly on self-control to get the task done and self-control is connected directly to motivation which further helps in completing the tasks on time. Often students suffer from many demotivating factors that interrupt their flow of work like anxiety, peer pressure etc. And these factors overshadow their self-control and motivation which leads them to procrastinate or just wait until they reach a point where both are balanced, and that time does not always come in the favor of the student.

There are multiple reasons why students procrastinate like having the fear of failure and not starting just because they are afraid that they will not be able to meet their own expectations or perfectionism where the need to perfect often has a negative impact rather than a positive one and lastly anxiety which is postponing work just to avoid having to deal with any negative thoughts or emotions that come with it.

To stop procrastinating we need to first break down the steps. With any task that you need to do, whether it's studying or completing an assignment, break it down into smaller steps, as smaller tasks seem much easier to accomplish than larger projects. The smaller steps that you set must also be achievable. Starting a task is where most students seem stuck but to start all you must do is find the smallest entry point, if you are trying to study then you should focus on sitting at the desk and opening your laptop. This makes the tasks so small that your brain is not intimidated.

You can also try using the Pomodoro technique where you work in 25-minute blocks, each separated by a 5-minute break and during each block, you focus on just one small task. This way you have a proper schedule of study and rest



And if all resorts fail you can always give yourself a pep talk and make yourself believe that you can indeed complete this task and talking to yourself isn't crazy if you can tell yourself that "I'll do it tomorrow" then you can definitely tell yourself that "I need to finish this and I need to do it now".







Team UWL RAK with the Deputy Vice-Chancellor. Professor Anthony Woodman visited the RAK Branch Campus and engaged in meetings with the Faculty and Professional Services Team.



HR Workshop

2021-22

An HR training session, led by Guest Speaker Dr. Sangeeth Ibrahim, was held at UWL RAK as part of furthering the professional development of UWL's workforce.





NURTURED COMFORT

Tempting love, was it real or surreal enough to make you think twice about your decisions. No matter where you are or where you began, it doesn't matter until the outcome of happiness is in the present, not in the future. Just like the sunsets we enjoy or the moon's beauty we admire, it must be felt through at the moment, not for the future. All the sunsets you see differ through rays of light or reflected colour on the clouds. Every day it's a different one, just like every moment you enjoy and cherish in the present. Finding guilt-free happiness could be tougher than you think, but it differs for each one of us, like how some of us who find it tough in the morning sky and find happiness watching the night sky, either way, you feel something at any time. I hope everyone who reads this finds comfort in their so-called life.



Rabia Abdul Nazer BA (Hons) Business Studies, Level 6



Endless Search

My soul is searching in the dark alley; for a ray of sunshine, a beam of light. My soul is searching in the deep blue sea, for something precious and valuable.

An endless search; to find a source of light; to get rid of the darkness in me.

My soul is searching in the subway stations, Passing through a massive crowd; For a helping hand, a guardian angel My soul is searching in the corridors, For a fragment of joy, A glimpse of hope.

An endless search; to find hope; to overcome my distress.



Priscillα Philby Oommen BSc (Hons) Computer Science, Level 4











Rabia Abdul Nazer BA (Hons) Business Studies, Level 6

RAK Branch Campus







Not just AI, we need **Responsible AI solutions!!!**

ue to the proliferation of technological advancements, our lives are now being influenced by AI systems. AI solutions are deployed in almost every domain, that is, from agriculture to education, finance, marketing and aerospace engineering inter alia business sectors. Although the term AI (Artificial Intelligence) was coined in the year 1955 by John McCarthy, it is only in recent years that it has gained immense popularity. One of the reasons is the availability of Big Data which enables businesses to make informed decisions thereby helping them increase their ROI (Return on Investment). This is achieved by performing big data analytics. Data is the core element of any AI system and using the right data to train the machine is very crucial since this has a direct impact on the quality of the decisions which will be made by the AI systems. Responsible AI is all about building trustworthy AI Ethical systems that have three components that should be met throughout the sys-

by the authorities in the U.S. courts. It is essential to ensure that AI systems behave fairly and they are free from all kinds of biases such as gender, race and colour among other forms of prejudice.

Explicability/Explain-ability: Another important element in building trustworthy AI is to embed the component of Explainable AI which ensures the right of the individuals who get affected directly or indirectly by the decisions

of allowing humans to understand its

responsibility as a society to ensure

that we build trustworthy AI systems

and to be aware of the potential

risks associated with using such AI.

Employees must be trained and ulti-

overall decision and reasoning. It is our individual and collective

made by the AI system to know why the AI system behaved the way it did. It refers to the set of processes or methods which Lawful ensures that the AI system is capable Trustworthy Robust AI mately comply with the organization's guidelines for using AI applications.

Thus:

tem's entire life cycle.

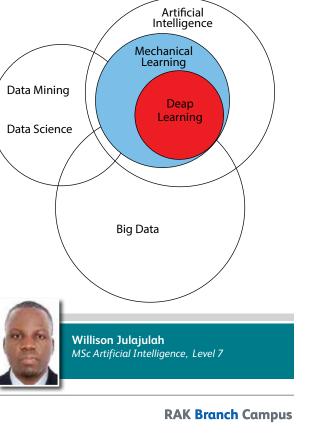
- it should be lawful, complying with all applicable laws and regulations;
- it should be ethical, ensuring adherence to ethical principles and values and
- it should be robust, both from a technical and social perspective, since, even with good intentions, AI systems can cause unintentional harm.

Fairness: AI systems may take biased decisions if the data used to train the machine is partial. An example of an AI system causing legal consequences is COMPAS (Correctional Offender Management Profiling for Alternative Sanctions), 'a decision support tool used by U.S. courts to assess the likelihood of a defendant becoming a recidivist'. The researchers have proved that this system has a high false-positive rate and falsely predicted many black people as recidivists compared to white people. The outcome was a result of the data used to train the machine which reflected the biased decisions made



Dr Haleema P K Senior Lecturer, Computing & Engineering

WEST LONDON







UWL RAK, A Melting Pot of Cultures

Ethnic day at UWL saw an amalgamation of different countries and their diverse cultures and cuisines.











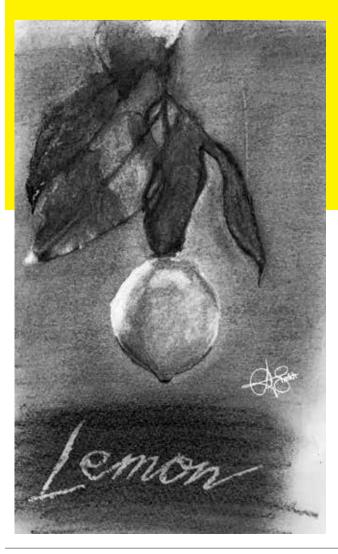
UAE National Day



Students in traditional Arab attire to mark the 51st UAE National Day.



When life gives you lemons...







Owais Afaque Shaikh BSc (Hons) Computer Science, Level 5







LOST DESTINY

Stark was with Bruce, sitting cross-legged on Bruce's bed. "Dude if something doesn't happen in another second, I'm legit going to die", he said, shaking Bruce by the shoulders. "what do you want to do? The play station's broken so no hope there..." Bruce replied, head still down in his novel. "You and your stupid book...are you seriously planning to geek out the whole time? read another time bro.... don't kill me!" Stark snatched the book from Bruce's hands. Bruce shot up like lightning, taking the book back "no can't do – it's really heated up in here and

I have to read on... someone might die..."

Stark punched Bruce hard on the shoulder and got up, strolling over to the monitor to power it up. "least I can do is watch a movie since all that certain people care about are fictional characters..." "they're more than characters stark..." Bruce muttered, still engrossed in the book. Stark rolled his eyes, opening up the browser.

With blond hair, tall structure and famous sense of humor, Bruce didn't strike as a huge bookworm at first. However, as you got to know him better, you'd learn. He was an avid reader, or, as Stark liked to call him "The father of mumbo jumbo". Stark was the complete opposite. He detested books – especially big, fat, dusty ones. He was the rebel type while Bruce was the calm, serene one who could turn wild too.

As always, Stark was on the lookout for something heroic, stupid and completely out of the ordinary to do – something risky that nine out of ten times involved his parents grounding him which was the reason he was with Bruce today. He had specifically promised he'd spend the day with Bruce – nothing else.

As Stark waited for the search results to load, his eyes fell on a little bottle kept on the upper shelf. It was beautiful and made of glass, with a label – 'guaranteed to give you superpowers. Use one daily'. Stark's eyes twinkled. Oh yeah...he looked at Bruce and got up slowly...the guy was still reading! He picked up the bottle and took out a pill – huh, looked regular.... He was going to pop it in his mouth when Bruce threw his book aside and ran over, slapping the pill out of his hand. "ARE YOU INSANE?" he yelled as Stark stumbled, arms flailing "wha- dude, I was on the verge of changing my destiny.... I was BORN to be a superhero!"

Bruce's horror-struck face gradually morphed into laughter. He started laughing hysterically "you idiot! Those weren't superpower pills – they're antibiotics! Mom labelled them like that so Sasha, my younger sister would have them easily.... I can't even-" he said, doubling over with laughter. Stark folded his hands and turned away "huh! You can't prolong fate ok?" Just then, his mom entered with warm freshly baked chocolate chip cookies and smiled as she saw Bruce laughing "Boys, what's up, I see you people are enjoying! What's so funny though?".

Bruce straightened up, still trying to stifle the laughter "Stark just missed a chance to become a 21st-century superhero!"







Graduation Day

6th of May 2022 witnessed the class of 2020 and 2021 graduate with great aplomb, in the presence of their most ardent supporters.





Award for Outstanding Contribution to Teaching, 2021-22



Prof. K M Krishnakumar, Business and Management



Dr. Durga Prasad Sadhu, Computing and Engineering



Ms. Bushra Yousuf, Computing and Engineering



Dr. Sunayna Iqbal, Business and Management











Level Playing Field and Gender Equality: Turning Myth into a Reality

he world has seen the patriarchal nature of the social structure over the centuries. This setup has affected not only the family structures but also the business orientation that reinforced gender disparities. Equal opportunities are not given to male and female children from the beginning, leading to a different level of exposure to the outer world from childhood, challenging the females in the business environment. Alongside, discriminations extend unequivocally in multifaceted dimensions like unequal pay scale, hiring restrictions, motherhood penalties, indifferent attitudes toward wages, harassment and victimization to name a few.

Different biases exist that lead to an invisible glass ceiling. False narratives about the low-efficiency level of women at workplaces especially those with children; lack of ambition and time devotion to work etc act as a barrier to career growth leading to lesser positions being awarded to females, especially at the higher managerial levels.

Although a global awareness of false narratives has been generated and advocates of gender equality are taking their stance on this issue; the need for a more proactive approach towards harmonization of the male and female roles is more imminent than ever. In order to minimize the plight of women, a solution-oriented approach is highly desirable instead of discussions highlighting the problems only.

Gender equality at home:

The change begins at home. In order to rebuild lives, we have to reconstruct and revisit societal norms. There is a need for equal treatment of female and male children so that they gain an equal level of confidence and support from their homes. We have to teach our sons that they are equal to our daughters instead of just focusing on telling our daughters that they are nothing less.

The distinction of the chores based on gender orientation may be abolished. Parents should share an equal burden of household chores and childcare among themselves. Equality of work at home among male and female children should also be ensured. Any sign of domestic violence whether physical or emotional needs to be checked carefully.

Gender equality in education and training:

Education for All (UNESCO) demands equal chances for education to be given to female and male children. Gender selection biases in education have to be obliterated. The education system should provide support to young generations with respect to career advice, mentoring, coaching opportunities, network development, and future orientation irrespective of their gender to build a confident workforce in a country. Non- partisan and unprejudiced training and education would scale up the labor force participation rate and reduce the dependency burden in the country. This would lead to the emergence of more diverse skill sets and hence more productivity of the individuals; thereby enhancing the economic performance of a country.

Gender equality at workplaces:

We have to reject the chauvinist approaches and stereotypes not only at home; along with racism; but also at the workplace. Sustainable Development Goals 2030 (SDG goals 5 and

10) by United Nations (UN) also focus on gender equality and bold initiatives have to be taken practically as per the UN charter. The organizational policies should be aligned in a way to give equal opportunities to all. The higher authorities having decision-making power should develop a grievance-redressal mechanism to address the issues of both genders equally.

Women should also be represented fairly at the board of directors and executive levels. The organizations should encourage diversity and inclusivity during the hiring process and the gender wage gap should be addressed. The question "would you be able to

manage home and work at the same time" should not be asked of women during interviews just like they are not asked of men. A zero-tolerance policy toward workplace harassment should be enforced to promote a safe working environment for the female staff and the invisible glass ceiling should be removed.

It is imperative now to have an inclusive and overarching approach to growth and diversity. Only when equal opportunities are given to females at home, in educational institutions, and in organizations; then the world would turn into a level playing field. Equal rights lead to progression and bring about better prospects thus benefitting females in particular and society as a whole. In order to ensure that all genders are progressing at the same pace, there is a need to level the playing field for everyone. The change has to be accepted, realized, and acted upon.



Dr. Ankasha Arif Course Leader, BA (Hons) Business Studies.









The world is changing drastically... Where people take everything for granted.

Feelings towards others Became just for show Where even friendships Are taken for benefits.

All people do is run behind fame, Not realizing that Humanity is slowly fading away.

We forget to always question Question the misbehaviors we see Question the cruelty around us Those misbehaviors and cruelty we see

The only force that can change this situation Is us But pity, we don't really see. Respect seems really just a word Far beyond reality.

So this is how the world has changed For anyone willing to see!



Athira Nath BA (Hons) Accounting & Finance, Level 6



RAK Branch Campus



Stepping into the Corporate World: Internships Secured



Huda Batool BSc (Hons) Computer Science *Mr. Draper*



Mohammed Ridhwan BSc (Hons) Computer Science *Mr. Draper*



Farzaana Begum BA (Hons) Business Studies *Mr. Draper*



Mohammed Asslam Sha Salim BA (Hons) Business Studies Stargems DMCC



Bryan Anil Nazareth BA (Hons) Business Studies Skill play Education



Emmanuel Michael Fernandes BA (Hons) Accounting and Finance Charles and Darwish Associates.



Arshad Shaji BA (Hons) Accounting and Finance Plantshop.me



Anis Narvin KP BA (Hons) Accounting and Finance EatEasy App



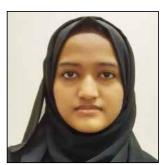
Maryam Al Baloushi BA (Hons) Business Studies Indo-Gulf Management Association



Arham Iftikhar BSc (Hons) Computer Science Plantshop.me, EatEasy App



Lissa Femi Colaco BA (Hons) Business Studies Indo-Gulf Management Association



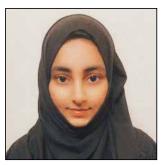
Zareen Huma Irah BSc (Hons) Computer Science Plantshop.me



Maryam Hasan BA (Hons) Business Studies Indo-Gulf Management Association



Gautham Ramesh BA (Hons) Accounting and Finance EatEasy App



Ayman Sabir BSc (Hons) Computer Science EatEasy App



Viviana Lourdes Miranda BA (Hons) Business Studies Indo-Gulf Management Association







Mohamed Zeiad BA (Hons) Business Studies SchemaZone



Mohammed Amel Sherief BA (Hons) Business Studies Condor Building Contract LLC, ShineDown and MotionGate



Malavika Sunil Kumar BSc (Hons) Computer Science Platinum Insurance Brokers Dubai



Muhammed Shabeeb BA (Hons) Accounting and Finance Talal Abu-Ghazaleh Organization



Nandana Shana Ajay BA (Hons) Accounting and Finance RMEA Manufacturing LLC



Devasurya Malayattil BSc (Hons) Computer Science Sea Palace Freight Services



Aditi Rao BA (Hons) Accounting and Finance Special Steels Factory LLC



Farheen Banu BA (Hons) Accounting and Finance Ideal Vision, KNK Marketing Consultancy



Fahima Akter BA (Hons) Business Studies Absher Employment & Manpower Company



Malavika Mani BA (Hons) Business Studies Idea Vision, Al Majd Fiberglass Industry LLC



Sothy Thamby BA (Hons) Business Studies SchemaZone



Arjun Sudin BA (Hons) Accounting and Finance Plantshop.me



Mohammed Farhan BSc (Hons) Computer Science *Gitex Shoppers*



Ansel Inigo Dsouza BA (Hons) Business Studies Landmark Grand Hotel



Sneha Bose BA (Hons) Accounting and Finance Appen Butler Hill



RAK Branch Campus



Employee of the month



Shifa Mogral Student Welfare Officer Employee of the Month – December 2021



Dalal Nayef Front Office Executive Employee of the Month – January 2022



Thoufeeq Rahman Transport Coordinator Employee of the Month – March 2022



Salini Baby Student Recruitment Specialist *Employee of the Month* – January 2022



Jincy George Academic Administrator - Business & Management *Employee of the Month* – February 2022



Aysha Ferry HR Coordinator *Employee of the Month* – April 2022





My Work Experience

I was a privilege and an honour to work in the world's best show and trade fair; it was definitely a once-in-a-lifetime opportunity. It was a full-time position in a different line of work. It offered me the chance to visit Expo 2020 Dubai and appreciate its magnanimity and beauty. In addition, the abilities I acquired at my place of employment are bound to serve me well in the future. I learned excellent communication, self-confidence, a positive attitude and demeanour, and teamwork abilities. So, I have been working in the Malaysian pavilion for the past six months.

They displayed the finest of Malaysian culture in a pavilion with zero carbon footprint. And I am extremely proud to work with the best management, who supported me and taught me life-changing lessons. Importantly, I learnt about their culture, language, way of life, and customs.

Half of my very helpful teammates at the Malaysia Pavilion were from the University of West London, and I would also like to thank the University of West London administration for its assistance and support.

In addition, I have received two awards:

Employee of the Month for the month of November.
Excellent Employee for six months.

I am quite pleased and honoured to have received this award from the Malaysia Pavilion at Expo 2020 Dubai. And none of this would be possible without God's favour and the support of my parents and teammates.

Moreover, I toured other Pavilions and learned a great deal as the event brought together people from all over the world and celebrated cultures, innovations, and history in an indelible way. A visit to each pavilion provides a rare opportunity to learn about the beauty of diversity through a blend of architecture, culture, and creative advances.

Expo 2020 Dubai taught me, how to face obstacles that arise, we must be adaptable and move with the flow. Even during the epidemic, precautionary measures were established around the site to ensure that visitors enjoyed this global event. Expo 2020 welcomed guests from around the world and all walks of life, who were able to enjoy the event's unparalleled lineups of sights, sounds, and tastes.

And I wished Expo 2020 to never end, since I adored every second of my life there, and it would remain one of the most unforgettable times of my life.

Thank You !!!!!

Nabeel Abdul Nazar

BA (Hons) Business Studies, Level 5



Nabeel Abdul Nazar Vendakker, a student of BA (Hons) Business Studies at UWL RAK was presented with the Best Employee Award at Expo 2020.

Half of my very helpful teammates at the Malaysia Pavilion were from the University of West London, and I would also like to thank the University of West London administration for its assistance and support.

0.....0







DEATH ONCE CALLED ME!

The ticket to the external world...The beginning of the hereafter...

If I was given a moment, just a single slice of my past. I could hold it close forever, and that moment would last forever.

I'd put the moment in a safe locker, within my heart's abode. I could open it when I wanted, and only I would know the code.

I could choose a time of laughter, a time of happiness and fun I went through. I could choose a time that tested me in my hard times and struggles I went through.

I sat and thought about the moment that would always make me smile. One that would always push me to walk that extra mile of my life journey.

There are moments I can think of, that would lift my spirits up every time. The moments when you picked me up, when the road was hard to climb.

I've dug deep inside my heart, found the safe and looked inside. There was room for lots of moments; memories I wish I get them back.

I'm building my own little library, embedded in my heart, for all the moments spent with you before you had to part.

Death is not the end, nor the final word.

Don't cry over it, it's not gone... Soul at rest heart lives on...

It's time to leave when HE puts his arms around you and whispers 'come to me'

The sour truth, no one can escape.



Afrah Noor Fazrul Ahamed BA (Hons) Accounting & Finance, Level 5

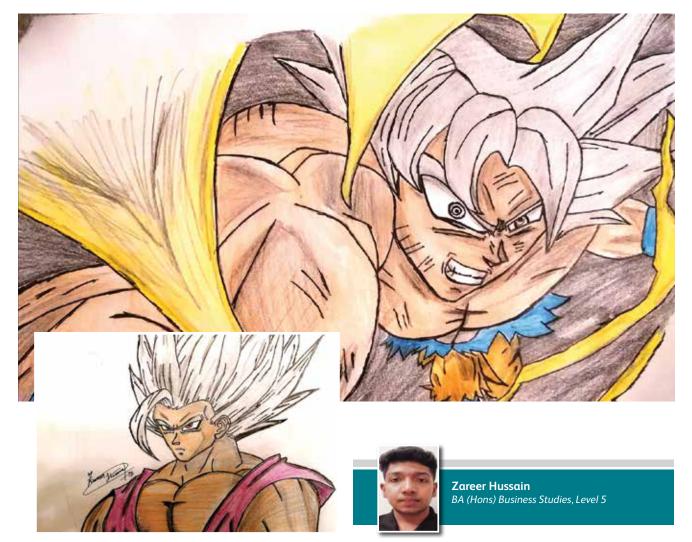


2021-22



The Manga Edition









CARPE DIEN

hat is the first thing that comes to your mind when you hear the word photography? Taking pictures? Capturing memories?

It is definitely more than just taking pictures. It's capturing those little moments, those pretty places, those beautiful artifacts.

I love taking pictures of things I like or find pretty. Honestly the first thing that comes to my mind when I see something beautiful is "I have to capture this". I need to have it imprinted in my head and I want others to see how beautiful the world could be.

Moreover, it's incredible how the lighting or the angle can make a huge difference to the picture taken. It can even change how the picture feels, it can give a warm tone or a vibrant vibe or even instill a sense of serenity.

The first time I was fascinated by the art of photography was when I was 12. My uncle was taking a picture of a chair. A simple wooden chair. But the way he took the picture caught my attention.

He put the chair at the end of a dark corridor leading to the living room, where the lights were on. It gave a unique glow to the chair, making it appear to have a story of its own. It is amazing how a standard object can be brought out in a picture by changing the lighting or the angle.

For me, pictures are a token of the memories of events that once occurred. Looking through old photos have always helped me re-live the moments. It is also the only reason I recall most of the experiences I have had.

A tip I would give anyone is... when you see something that mesmerises you even for a slight moment, capture it. Take a picture that matches what you saw, from the angle you saw it. This can help you reminisce your exact feelings at that moment when you later look at the picture.

Photography helps you seize the moment in the present and takes you down your memory lane at a time in the future.







YOU MAKE ME STAY

'Further than Tomorrow, Longer than Forever'

Like a routine. Every night, in this same corner. Once everyone had retired to their rooms, and all doors had been shut for the night. That's when the first of them visited me. I looked towards the laptop sat on my bed, contemplating whether to go back to it. My trembling hands made the decision for me, my feet leading me to my little hideaway. It started small, just a few backhanded comments throughout the day. Seemingly harmless. They kept coming however, each worse than the last. The demons. The intrusive thoughts. The self-doubt. The tears came next, along with the crippling realization of it all being true. I could feel my breaths get shallower, my lungs screaming at me to just BREATHE IT ISN'T THAT HARD!!! The berating shouts began then, too loud; unlockable.

'You're doing it for attention.'

'You're so useless. Can't even breathe right.' 'No wonder nobody cares about you, you're such a self-centred pity party' 'All you do is stress everyone out and make them worry.' 'You don't deserve to be alive.'

I could feel it. 'Today is the day,' I thought to myself.

As I reached under my table towards the box I kept stashed for this day, I heard it. It was loud, enough to be able to break through all the screams and laboured breaths. Or maybe it just startled me enough that I was able to hear it clearly despite the racket in my head. Not expecting to hear laughter in my room - the place trying to drown me, the space threatening to suffocate me - let alone one containing such mirth and joy. I looked up, trying to locate the source of the gleeful giggle. As my eyes landed on my still open laptop, I realised exactly where the sound was coming from. The open YouTube tab. The video I was watching must've finished, as the auto-play led the algorithm to a new one. This one was filled with cackles and snickers, shrieks and snorts. I couldn't understand how they must be feeling, the bliss I could hear being foreign to my mind. I retracted my hand, slowly getting up on quivering legs, fully intending to shut off the device, the voices being too much to handle at that moment. "Don't hurt yourself". I stopped in my tracks, that one sentence making me feel like it was meant for me, like I was the targeted audience. My thoughts quietened, as I focused on his words. The more I heard, the more it felt like he was talking directly to me. I made my way to the bed, looking back at my corner once, making my decision.

'I can put it off for the day'.

With that, I took a seat on my bed, pulling the laptop towards me. I finished the video, and several more, along with a lot more content. Finally feeling a ray of sunshine through months of dark clouds, the more I watched, the lighter I felt. I had found my comfort in 8 men I didn't know, had never met. Their grins distracting me from my pain, the beautiful dimples and eye smiles, the cheery sounds embracing me from all around, making me believe once more. Since then, every time I felt overwhelmed, I went back to them, to my saviors, my knights in shining armors.

Thus, curiosity allowed me to survive the night, but intrigue and eventual love granted me many more years. I'm grateful to them. They don't know me, but they saved me, and I will forever be indebted to them.

Huda Batool

BSc (Hons) Computer Science, Level 4





Euphoria UWL RAK repertoire

UWL RAK students exhibit a range of performances from their repertoire on the "Euphoria 2022" stage at Crowne Plaza Dubai.







A mesmerizing performance by the UWL Music Band "Zenith". Team - Ashley Ranweer, Bryan Nazareth, Ansel Dsou'za, Sidhivinayak Sadhuchandran, Rahul Raj, Anush Ronad





UWL's Student Athletes participating in various Inter-College and Intra-College Sports Events.





UWL Student Athletes at the Intercollegiate Sports Competition.



UWL RAK Volleyball Team secured the second runner up position in the Amity Invitational Volleyball League.









Perceptions

What really is beauty? Asked a little crow to a swan... "Well, that's a hard one" Replied the beautiful one

Is it the moonlight? With its soft silky glow Or rather someone tall and fair - Someone pretty for sure?

Perhaps the glossy wet roses Swaying lightly in the fields? Or the feathery dandelions Shying as ever from the wind?

Is it a peacock's feather Full of hues in blue and green? Or the patter of rain drops In all its crystalline beauty?

Maybe those shining diamonds Reflecting so prettily? Or a milky white pearl Hidden beneath the sea?

The swan replied, thinking quite deeply-It's one perception really... Beauty does not mean the same For one and all It means differently For people all around.

Pearls, diamonds, nature, and the lot Might be luring immensely-But it's really up to us, you see? I might find feathers pretty And you might not

So, you little birdie It's really up to us. Beauty isn't specific It's of varied sorts. And now, I presume Your query is resolved.

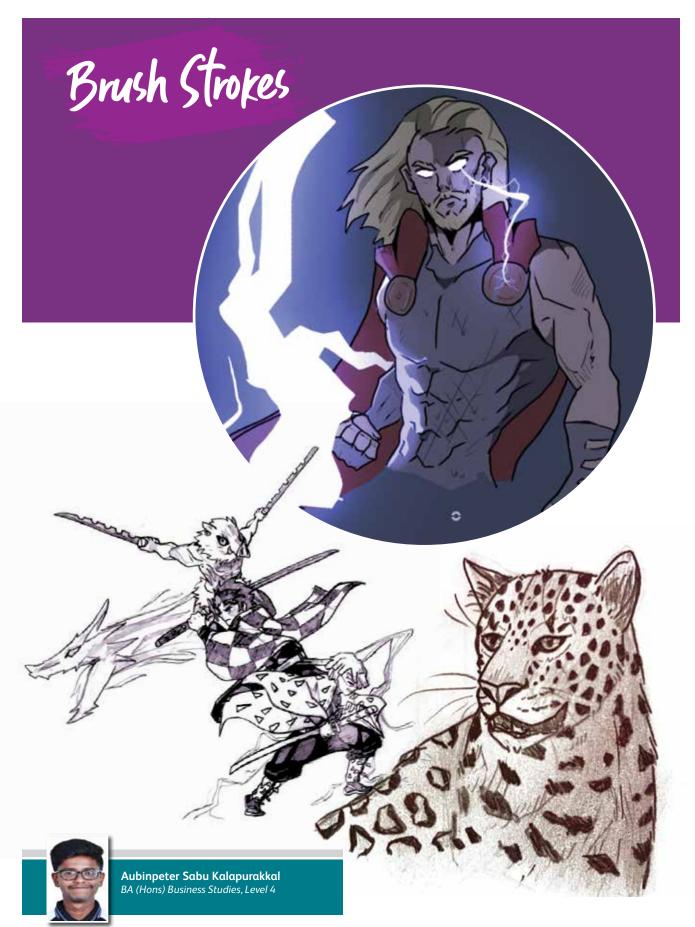
"Oh yes!" said the crow "I know beauty now!" Flying away, the little crow thought-Then I'm pretty too! Why not? Why not?

Zobia Fatima BA (Hons) Accounting & Finance, Level 6

RAK Branch Campus











EXPO 2020 – This is Our Time!



Students and faculty on a day trip to Expo 2020, to explore the wide array of visual, kinesthetic and auditory experiences from across the world under one roof.





An excerpt from Georgi's Comic







Student Internship Experiences





2021-22

Mohamed Zeiad BA (Hons) Business Studies, Level 6

Want to thank the placement team of the University of West London, RAK, as they helped me get an internship with SchemaZone . SchemaZone is a consultation and training agency based in Canada.

I was fortunate to be selected for the UAE National Industry Training Program by SchemaZone and Reach Academy. I joined the Marketing program to be specific, the Digital Marketing Program. During the program, I was able to get hands-on experience with real projects. At first, I got introduced to recent marketing subjects and got immersed in interesting discussions. My project was to devise a marketing campaign for SchemaZone to present its training services to the students at the University of Fujairah. The program was for four weeks, and after concluding classes for each week, I was supposed to create each aspect of the marketing campaign with my colleague; this included understanding the target market, making the right type of advertisements for the target market and many other strategies.

Mr. Guilherme Ravache, my instructor, delivered the marketing objectives smoothly by delivering real-life examples. Also, I relished carrying out the projects with my teammate since we both came up with creative ideas and appreciated mutual efforts in the team. This experience moulded my teamwork skills as well as my professional marketing skills. Working on this new project was a whole new experience for me. Surprisingly, I was thrilled and looking forward to each meeting. The instructor was always available and did his best to provide me with every detail that would help me.

Looking forward to more such life-changing experiences!



Mohammed Asslam Sha Salim BA (Hons) Business Studies, Level 6

y Internship at Stargem's group as a management trainee and supervisor was a huge honour and the greatest experience in my life. Sitting in a luxury cabin with my clients, on duty to supervise huge diamonds and expensive gems was like opening a new door in my life. When I felt those diamonds and gems in my bare hands, I understood something "Everything is possible in life if you seek the opportunities". From that day onwards, I used to search for bigger opportunities and tried to experience every field of work, it gave me a different perspective on everything in life. By the time I approached the last leg of my UG course, I had work experience in nine companies in nine different positions. Even though they were small positions, each experience gave me very good life lessons. If it is possible for a person like me, then why can't you? Graduating with a degree is an end, and experiencing something is always a beginning. The best time we experience is in our college life. UWL not only helped me in achieving an opportunity or experience, but it also guided me on the route to my destination. Thank you, Dr. Ashad and the University of West London for helping me get such an opportunity.





Myriad Hues



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



The Placement Cell in Action



"Mock Interviews" conducted by the Placement Cell at UWL RAK, to enhance the student's employability skills and train them for the corporate world.



The UWL RAK Student Recruitment and Admissions Team made their presence felt at the Educational Exhibitions in the Region.









Emergence of web3: Non fungible tokens

eb3 or Web 3.0 is the approaching new era of World-Wide-Web where the internet is based around blockchain technology integrating a decentralized token-based economy. Core aimed at decentralizing the internet which gives users more control than that of today's centralized Web2. Web3 is currently in work-in-progress but it can have a huge impact on how we operate on the internet. Cryptocurrencies and NFTs play a vital role to push the emergency of Web3.

Non-Fungible Tokens:

Non-Fungible Tokens short-termed as NFTs, was started by two pioneers Kevin McCoy and Anil Dash on May 3, 2014. The concept of NFT is a medium of publication/distribution where the owner gets full ownership and rights of a digital asset in the free digital space based around ciphered blockchain technology and cryptocurrency.

Let's dissect to understand further,

- Fungible assets are those which can be replaced by those of the same value as money or gold. You can exchange \$10 for a new \$10 note or smaller denominations of \$5 each adding up to the same value as \$10.
- Non-Fungible assets are unique and one-of-a-kind assets whose values cannot be replaced. For instance, used cars. The value of used cars differs drastically from newly produced cars whether it be the same model, with its depreciated value and previous owners' share of experience and customization making it one-of-a-kind.
- Tokens are what make NFT unique from traditional watermarks and such, which mostly failed the artists for the full ownership. Tokens are the digital certification of ownership, the ownership and rights of the artists are imprinted on

that asset using the blockchain technology utilizing the ERC-721 token standards.

NFTs sold in 2021 account for \$25 billion. Social media like Discord and Twitter are used as a marketplace for NFTs. To acquire NFTs, a decentralized/centralized crypto-wallet like MetaMask/Crypto.com is required to store and exchange cryptocurrencies. And gas fees are charged upon each transaction to compensate crypto-miners.

The first-ever NFT was the Colored coins. A failure that opened a gateway to what NFTs are today, a failure hard enough to make sense of its concept of Genesis Transactions [creation of colored coins using a certain amount of bitcoins on top of bitcoin blockchain whose values are of a rare coin].

In 2015 came Counterparty, a peer-to-peer financial platform, an open-sourced decentralized internet protocol using its XCP tokens to digitalize assets on Bitcoin Blockchain. Counterparty gave a platform for the surge of RarePepes NFTs based on a meme "Pepe-the-frog". Meme-economy played an important role as memes were highly valued like Nyan Cat [\$590,000] and The Doge [\$4,000,000].

NFTs came to the mainstream by the arrival of CryptoKitties in 2017, a video game by Axiom Zen based on randomized cat breeding using block chain technology. By this, many video-game developers started to create/incorporate NFTs like TownStar and SimCompanies. To even further enhance the experience of owning NFTs, NFTs have entered the VR space. On Oct 28, 2021, Meta [Facebook] announced its incorporation of NFTs into its Metaverse. Games like Decentraland are based around NFT Metaverse.

Why do artists need NFTs?

Artists are aware that they are not fully compensated for their work, with platforms and marketing getting the big cuts. NFTs can help change the channel of revenue. What's more,





each time the NFT gets resold, the original artist gets a share because of the smart contract's royalty system.

Anything can be sold in NFT either directly or at auction houses. Be it text, audio, art, games, or even a tweet. Twitter founder Jack Dorsey's first tweet was sold as NFT for \$2.9 million.

Around 90% of NFTs operate in Ethereum. Unlike most blockchains, Ethereum has the feature of smart contracts, a self-executing contract imprinting the buyer and seller's terms of the agreement to a line of code in the decentralized blockchain which controls execution, tracks asset movements, and is irreversible.

So the assets remain in the public domain, with no restrictions on public view and edits, but its ownership and rights are what NFT secures. Just like Mona Lisa stays at the Louvre Museum in Paris but the people know who painted it - Leonardo DaVinci.

Let's talk about some drawbacks:

2021-22

• **Climate:** To operate cryptocurrency, heavy-duty computers are required to use algorithms to solve complex hashing calculations, to verify and add blocks to the chain either by proof-of-work [POW] model or proof-of-stake [POS] model. These processes are called Mining, and the ones operating them are called Miners. Computers like this exist all around the world and they take tons of electricity. According to Digiconomist, As of May 16, 2022, total Ethereum alone takes the power of 102.38 TWH. Enough to power Kazakhstan. And single NFT transaction takes 48.14 KWH, that's an average US household consumption a day.

- **Dependency:** NFT is dependent on hosting servers. If that hosting server fails or shuts down, the NFT can be lost if it's being moved or in the transaction process.
- Whitelisting: Not all crypto projects investors can invest in, there are restrictions on such NFTs to keep the demand high and supply low making them highly valuable. Therefore, only a few who manage to enter the spot get to invest.

In conclusion,

Wb3 is emerging. NFTs and cryptos are pushing its arrival. In the future, more companies may incorporate NFT strategies as big companies like Nike Incorporated. Slowly governments will start/started to implement NFT tax laws to prevent fraudulent activities like scams and Ponzi schemes, even money laundering.

Today's NFT trend is like that of the Internet back in the late 90s. Crypto is a volatile market, currently witnessing a recession by the fall of stablecoins - Terra LUNA's TerraUSD [UST] and Tether's USDT, both lost their 1:1 peg with Dollar. And there is a concern that the NFT bubble can bust just like the internet's Dot-Com bubble burst in 2002 where the NASDAQ stock market fell 78.4 %.

But if NFTs are here to stay just like the internet did. If so, then that is a whole new chapter.

Muhammed Ishfaque Ishaque BA (Hons) Accounting & Finance, Level 5





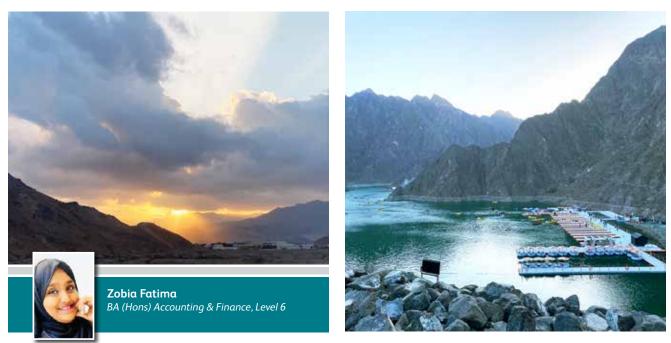
Quality Assurance Training

Dr. Stephen Scott, Quality head of the Transnational Education at the UK campus offered training to the team at UWL RAK.



RAKEZ Team Visit Compliance Inspection by RAKEZ Academic Zone officials where UWL was awarded the highest rating of "Compliant" in all areas.

In Sync with Nature







The UWL Wire





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

Forgetting You



Aamena Bayez BA (Hons) Accounting & Finance, Level 4 You're fading from my memory and I'm trying so hard to hold on to every bit of you that is left on me I keep replaying our conversations in my attempts to not entirely lose you But how do I convince my heart that I've lost you to time or that you were never even mine I keep reminding myself to not completely forget you because even the mess you left behind feels so much like you It reminds me of a home that I never got to live in

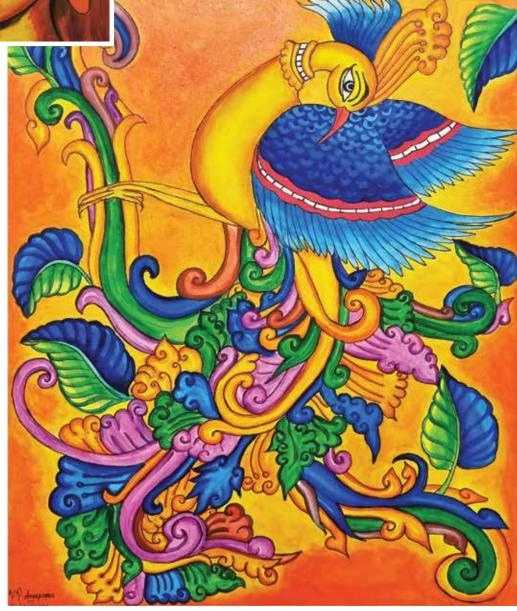
I keep remembering you because I'm trying to forget you I keep forgetting that I'm trying to forget you













Anupama Vainipetta Senior Officer Lead Management & Admissions





Invictus 2021-22



UWL's Cultural fest - "Invictus 2022" was rolled out by this highly inspired and focused team.

IMG World Trip









Adieu

Farewell party thrown by Level 5 students for the graduating class of 2022 Level 6 students, as they complete their final year and step into a world of opportunities.













Classes of 2021-22



BA (Hons) Business Studies, Level 6



BA (Hons) Accounting and Finance, Level 6



BA (Hons) Accounting and Finance, Level 5 (Batch A)









BA (Hons) Accounting and Finance, Level 5 (Batch B)



BA (Hons) Business Studies, Level 5 (Batch A)



BA (Hons) Business Studies, Level 5 (Batch B)





BA (Hons) Business Studies, Level 4 (Batch A)



BA (Hons) Business Studies, Level 4 (Batch B)



BA (Hons) Accounting and Finance, Level 4 (Batch A)







BA (Hons) Accounting and Finance, Level 4 (Batch B)



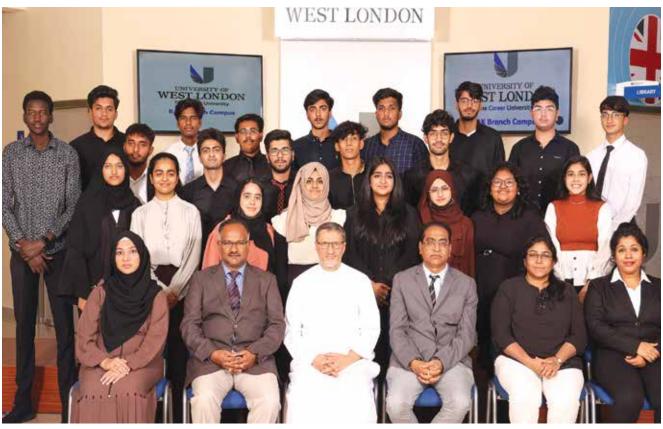
BSc (Hons) Computer Science Level 5 (Batch A)



BSc (Hons) Computer Science Level 5 (Batch B)



BSc (Hons) Cyber Security, Level 4



BSc (Hons) Computer Science and Cyber Security, Level 4







BSc (Hons) Computer Science, Level 4 (Batch A)



BSc (Hons) Computer Science, Level 4 (Batch B)







Willison Julajulah Senior School Librarian Kent College



Mohamed Aly Ahmed AS Mechatronics Engineer Chimera



MSc Artificial Intelligence

Talha Khan Software Development Manager Hamilton Aquatics/ESM



Mahfuzuddin Masihuddin Qazi Principal Architect Dubai Municipality



Zameel Jaffer AV Data Scientist Allianz Partners



Arshia Muhammad Farooq Compliance Analyst Hubpay



Azaz Ali Shaik Senior Developer - SAP Dubai Electricity & Water Authority



Talson Thomas Sr. DevOps Engineer Saal.ai



Waqas Arshad General Manager Sandhills Contracting



Muhammad Imran Safdar Computer Programmer Al Nahda National School, Abu Dhabi



Mohamed Hamdy Ahmed Cabin Crew Supervisor Air Arabia



Rahul Sehgal Actuarial Analyst Allianz Partners

Sheerin Sultana Ibrahim Academic Manager Brainy n Bright





Mohammad Zahid Stanikzai Director Data Centers & IP Architect Afghan Wireless Communication Company

MSc Cyber Security



Hammad UI Hasan Senior Security Analyst Ministry of Health and Prevention



Divya Damodaran IT Client Support American University of Sharjah



Muhammad Ahsankhan Senior Network Engineer Computer Network System



Hamzeh Abdel Kareem SA Regional Specialist – Security Operation PaloAlto Networks



Shiv Kumar Soni Team Leader - Cyber Security Incident Management Security HQ Company



Rohini Ganesamoorthy IT Support Merint Determination Center



Uzma Mohammed Javed Thange



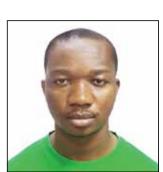
Nawafahamed Ali Former Information Security Trainee RAKEZ



Sameer Gaffar Khan Program Manager CNS, Computer Network System



Mohammed Thear Ismael Ministry of Education, UAE



Cornelius W Diggs System Security Engineer Rowad Al Marefa Technical Service Dubai



Muhammad Zubair S Software Engineer Dun & Bradstreet



Farrukh Hassan Zaidi Cyber Security Consultant Honeywell Middle East Abu Dhabi



Asad Mehmood IT Manager Royal Catering Services LLC



Juan Antonio Coronado J Project Manager Dun and Bradstreet Ltd. Dubai





Vishakh Krishna Lead Network and Security Architect Net Zone Technical Solution



Rakesh Kumar Sales Manager Fox Solutions FZE



Pushpendra Kumar H Dixit PLC Engineer Beumer Group Middle East, UAE



Muhammad Tariq S Bhutta Senior Engineer CSS & Project Delivery Huawei UAE Ltd. Dubai

Masters in Business Administration



Ace Lester Quijada Manager & Executive Financial Adviser Nexus Insurance Brokers - Nexus Group



Khalid Elabe Elsiddeg HE AM Sales Manager - Middle East Hyundai Doosan Infracore



Salman Al Tamimi Admin, IT & Procurement Officer Sharjah Entrepreneurship Center Sheraa



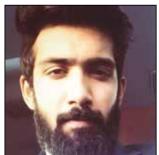
Heinah Juson Managing Director Jewels Hunt Jewellery Trading LLC



Ujjwal Kumar Key Account Manager Juma Al Majid Holding Group



Jahangir Akhtar Head of Switch enterprise solutions. Switch Communications Pvt Ltd (Pakistan)



Nikhil Raj Rajeevan Senior Executive Restaurant Operations Noon Food



Caren Susan Joseph HR Playsmart Toys Trading



Mohamad Al-Sabeh Senior Finance Deloitte & Touche (M.E)



Ajinas Ahammed Sales Supervisor Dubiz setup Services Company LLC



Nihal Dhalait Accountant Mohamed Ali Askarpur Stores



Nihala Ansari Khalid Self Employed









Mahmoud Taha Team Manager Dubai Islamic Bank



Nour Alsaqqa Head of Department Al Ain English Speaking School



Adil Ibrahim



Mishab Musthaffa Former Documentation executive Consolidated Shipping service



Mohamed Suhail Nellur Purchasing Manager Al Tayyibath Fish Trading L.L.C



Christin Santo Sam



Noushid Thottithodi Self Employed



Najeeb Finance Executive 97Eats L.L.C.



Abdulla Bin Muhammed Thaleesh Self Employed



Sayanth Reji



Michelle Berdin Cutillar Senior Tax Accountant DP World



Shumeez Nalakath Retail Marketing Manager Panasonic Marketing Middle East and Africa FZE



Abdulaziz Abba Sulaiman



Ahmed Hassoun EA Sales Manager Superior Technologies and Services DMCC



Akshay Karun Marketing Coordinator Space Pattern



Caroline Margaret Phillips Human Resource Intern *Re/think ME Ltd.*







Lamya Yahya Mohamed M



Meena Prakash KMP Finance Director Delta Printing Press LLC



Merin Shiban Call Center Executive Aster Clinics



Muhammad Abbas Ali Manager - Customer Insight Emirates Integrated Telecommunication Company (Du)



Reena Mol Rahim Najuma Digital Strategist Savers Service



Rasha Ammed



Venkateswararao Bandaru Manager -Engg &Maintenance Al Salem Group of Companies



Yash Rajiv Sangari Account Executive Transmed Overseas



Ajay Rajan Administrative Manager RAK Water for Construction and Industrial works LLC



Arjun Krishna Financial/Insurance Advisor Al Futtaim- Orient Insurance



Diya Anil



Ainseen Ahmad Suhail Accountant Ozone Car Polishing



The UWL RAK Professional Services Team.





"Our Stakeholders gracing various occasions at the University"















UNIVERSITY OF

WEST LONDON The Career University

RAK Branch Campus

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