The Westford Communiqué

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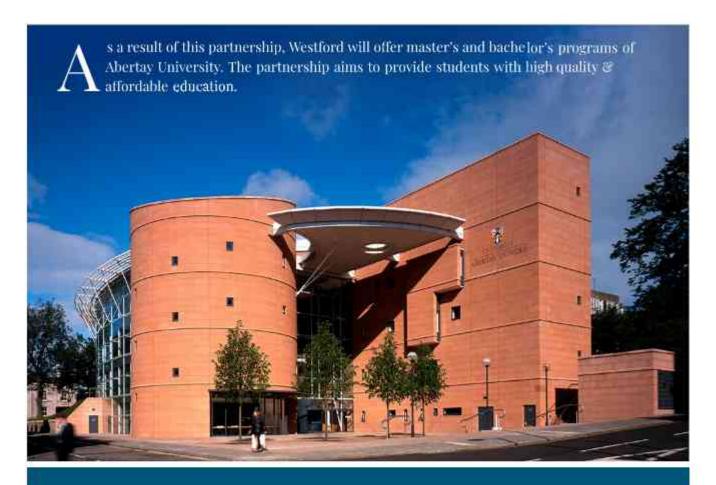








ABERTAY UNIVERSITY, UK'S NO. 1 UNIVERSITY FOR TEACHING QUALITY HAS PARTNERED WITH WESTFORD



Abertay University, formerly the University of Abertay Dundee, is a public university in the city of Dundee, Scotland. Abertay is a modern, friendly university with a strong focus on teaching and preparing its graduates for work, combined with excellence in research and knowledge exchange. With roots going back to 1888. Abertay has always responded to the needs of industry, supplying a pipeline of graduate talent to work. lead and innovate across a wide range of sectors. Abertay University prides in offering an inclusive, friendly, and welcoming environment for our students and staff alongside first-rate teaching and excellent student experience. An ambitious, forward-thinking institution, it offers degree programmes to prepare students for careers in the modern world. Graduates have gone on to work for organisations including Apple, Google, BBC, Rockstar, Microsoft, Barclays Bank, and Coca Cola, as well as the NHS and other government departments.



*Abertay University is strategically committed to delivering our programmes beyond our campus, and to broadening access to the world-class teaching the University provides. In Westford Education Group we are delighted to have identified a partner who shares our commitment to high-quality, applied and industry-led education that is the hallmark of our School of Business. Law & Social Sciences, whose programmes will be offered at Westford University College. Together we aim to provide an unrivalled student experience for students from across the globe studying in the UAE, allowing them to draw on their own backgrounds and experiences to enrich both the programmes themselves and the experience of their peers. We're very excited to be launching this partnership together. one borne of a shared vision to transform the lives of our students, and shape and enhance the future of our respective institutions".



Professor Liz Bacon Principal Abertay University



Mr. Hanil Das Co-Founder & CEO, Westford University College.

It gives me great pleasure to announce Westford's first Scottish university partnership with Abertay University in Dundee. This partnership will enable us to offer a range of affordable and high-quality educational programs to global learning aspirants. We currently offer programs such as, BA(Hons) in Business Management with

Analytics and BA(Hons) in Business, MBA in Supply Chain and Logistics, Healthcare Management. Business Analytics and Operations and Project Management. Going forward, we will be offering programs on Gaming and Cyber Security as well. With these programs we aim to enhance our current portfolio of educational offerings. Our students will benefit immensely from these courses as they will have the opportunity to work in some of the most exciting industries in today's world. We are optimistic that in the near future we will be able to further grow our academic portfolio to greater heights, improve our institutional marketing efforts, and play a vital role in helping to shape the academic and professional lives of our learners and the economic future of our communities.

Through our partnership with Abertay University we believe we are offering some of the most in demand, impactful and pertinent higher education programs in the region. These programs include:

Undergraduate Programs

In a fast-paced global market where change is constant, and the term 'Big Data' has dominated the field of analytics, it is essential for the future workforce to be equipped with the required skillset that sets them apart from the crowd. Along with offering an insight and training into core business processes such as Research, Human Resources, Digital Marketing and Operations, the programme comprises of study material that strengthens knowledge of management and analytics.

The students will learn about how businesses work by choosing this fascinating degree designed to give their career a head start. This degree will provide an insight into how businesses really operate through expert guest speakers, projects tackling real life business problems, work placements and offsite visits.

- * BA (Hons) in Business with Analytics
- * BA (Hons) in Business



Postgraduate Programs

Abertay University believes in 'Creating a workforce for the future', with roots stretching back to 1888, Abertay University has always responded to the needs of industry, creating highly employable graduates with the skills to work, lead and innovate across a wide range of sectors.

The MBA programs offered by Abertay will prepare the students to progress to leadership roles within the domain of their expertise. Alongside with the subject specialisations, the learners will also develop a thorough grounding in the business management, strategic leadership, marketing and more.

- ★ MBA in Supply Chain and Logistics
- ★ MBA in Healthcare Management
- ★ MBA in Operations and Project Management
- ★ MBA in Business Analytics



This partnership opens a world of possibilities and opportunities for our students, with the unique and industry relevant bachelors and masters programs.

SAVE SCRAP AND SEW WITH DR. SHAMBAVI RAJGOPAL

Meeting great personalities who do something simple but makes a significant difference in our world is one of the amazing benefits of being a fashion student. Dr. Shambavi Ramanan Rajagopal, the founder of the beautiful and sustainable community "Save Scrap & Sew", is one such personality. I must say that it was a fantastic session that made us realize how much fabric-waste the fashion industry generates daily. She had asked students to gather as many scrap fabrics as they could and stitch them together to make a tote bag, purse, or blanket.

The best part about making these blankets and quilts was that they didn't require any creativity or creative people because mixing different scrap fabrics has its own beauty.

The blankets were made in two layers, with one side looking different from the other. It was an



honour to meet her and learn how a simple hobby can grow into a community dedicated solely to a good cause. Save, Scrap and Sew is a non-profit organization that anyone who wants to join can do so. It was a pleasure to meet Dr. Shambavi; her hobby of saving scraps and creating something beautiful from them taught me that even waste can be beautiful. I'd like to thank Westford University for introducing us to such an amazing person who quickly became our friend!





Amena Mustafa Higher National Diploma in Art and Design (Fashion) Pearson, UK

TOASTMASTERS WIN BIG IN THE INTERNATIONAL PLATFORM

s there really a solution to overcome the fear of public speaking? To become adept and confident in front of that big, unknown crowd? Yes! A kind, supportive environment that is easy and rewarding for every small step, this is something we offer at Westford's Toastmasters Club.

And in that respect, the bachelor's club at Westford Toastmasters have been a stunner in exceeding expectations. Westford Toastmasters were
proud Semifinalists at the Inter Club Debate
Competition. The President of the Club TM
Banmeet Kaur very descringly earned the first
runners up title for the international speech
competition at the Area Level. She also went on to
win the first runners up position for the international speech competition at the District Level
setting the flagship of Westford Toastmasters to
fly higher.

In addition to its on going super active club among the bachelor students, the MBA Leaders Toastmasters Club was launched in the last years for our MBA students and Alumni's. Though young in terms of numbers, the MBA Leaders' set a whole new benchmark of proud achievements.

TM Richmond Carlos bagged the First, Runner Up title for Humorous Speech Contest at the Area 29 level and secured the Third Place at Division Level for Humorous Speech Contest. To come to this stage and perform at such a high level is what makes us proud of our students. In 2022, we are coming for Gold and nothing less.



The Division's annual speech contest was a clear example of how talented our toastmasters are. The competition started with an inspiring international speech contest and ended with the stomach tickling humorous speeches. For me reaching the division level was equal to unlocking a new achievement. Since I was the first speaker of the day, it was a pleasure to open the contest. Listening to my fellow toastmasters speak with so much dedication inspired me to just enjoy the competition and not think about the results. Throughout the contest, all I thought was how great every person is speaking on the virtual stage. The flow and pace of the competition were smooth, and I enjoyed making flyer's and posters as the Division PR. But then, came the hour of climax! The results time! The contest chair announced my name as the Second Place Holder in an International speech contest. I jumped out of my chair and screamed with joy. What a wonderful experience has it been. Toastmasters has given me a lot of good memories and I have to say the Division P contest will always be one of them.



Banmeet Kaur BA (Hons) in Business with International Business Management, LIMU



Joining Westford MBA Leaders Toastmasters Club has to be one of the best decisions I've made last year as it has allowed me to broaden my horizon, interact with people from diverse cultures, enhance my writing and speaking skills. It has been an amazing journey so far and was a great surprise when I received a certificate for Best Speaker - Prepared Speech and best table topic speech alongside a co-Toastmaster. But the most amazing part of my toastmaster journey has been competing in the Area and Division contest where I won and and 3rd Place respectively in the Humorous Speech Category. My journey so far has been short but very rewarding and I look forward to more success in this club



Richmond Carlos MBA In Supply Chain, Shipping and Logistics Management UCAM

WESTFORD HOSTED A 'VIRTUAL OPEN DAY' FOR THE MBA PROGRAM FROM CARDIFF METROPOLITAN UNIVERSITY IN THE UK

There is no better time than the present to invest in yourself

Westford University College recently hosted a 'Virtual Open Day' to provide prospective students with an all-inclusive preview of the Master of Business Administration (MBA) program, offered in partnership with Cardiff Metropolitan University, UK.

The virtual open day was hosted via Zoom on Saturday, June 18, 04:00 pm onward. Those interested in attending were prompted to register in advance to receive the event link.

Attendees had the opportunity to hear from Dr. Mukul Madahar (Associate Dean-International at Cardiff Metropolitan University), Prof. Zawahir Siddique (Dean and Head of Blended Learning at Westford University College), and members from the alumnus community- Ms. Marina Perepel & Mr. Oussama Hamana. The speakers offered valuable insights about the program format, curriculum and experiences offered, both in and out of the classroom. The sessions have been specifically selected to ensure you hear first-hand what we feel is most important to you.



Westford offers a fully online, as well as an in-person MBA in collaboration with Cardiff Metropolitan University UK, where students benefit from additional certifications from SQA & CMI UK. The programs are offered in a cohort-based format designed to provide team-building, networking, and career-building opportunities for students and can be completed in as little as 16 months.

"Our virtual open house is a way for us to connect with prospective students to share information and to answer questions about our innovative and transformative MBA programs, both on-campus and online. There's no better time than the present to invest in yourself through an MBA degree for that next career step and we are here to help," said Raya Yamazaki, Sr. Officer, Student Service

WORKSHOP ON ACADEMIC POSTER PRESENTATION TECHNIQUES

An engaging session led by Westford's Psychology Team

he Psychology Club of Westford University College had organised a poster presentation workshop to ensure that participants were able to create and design academic posters and critically evaluate journal articles. It was a wonderful opportunity for the students to learn all the technical and fine details that make up a poster presentation. From how to present in front of a live audience to the poster layout that best appeals to the audience, all the necessary aspects that the students were not aware of were

discussed in the session. The session began with a brainstorming session by Ms. Margarita and it was further led by Ms. Nisha Suresh, who has many years of experience in poster presentations and conferences.

Teamwork was a key factor in this workshop. In all activities, students were encouraged to collaborate with other participants and present their own poster presentations in the competition, resulting in a very entertaining event.

I took the opportunity to challenge myself to create a poster presentation within a limited time. It was definitely a great event! All students learned techniques that they can use in



Rasika Devi BSc in Business Psychology with HRM





WESTFORD'S DBA STUDENT PRESENTED HIS PAPER ON MAY 24TH, 2022, AT THE 4TH AMERICAN UNIVERSITY IN THE EMIRATES INTERNATIONAL RESEARCH CONFERENCE (AUEIRC'22)

IMPACT OF DIGITAL DISRUPTION INFLUENCING BUSINESS CONTINUITY

Abstract: The present study aims to investigate the impact of digital disruptions on business continuity. The study applied a qualitative research methodology with data collected through case studies of three different industries. The findings of the study support the notion that digital disruptions affect the operations of businesses, especially incumbent organizations with significant market share. Additionally, it has been observed that the covid –19 pandemic and industry 4.0 facilitate a rise in digital innovations, which are significant contributors to digital disruptions, It can be concluded that for any company to remain in business, it is essential to implement strategies that promote innovation and the adoption of digital technologies.





POSTER MAKING COMPETITION



ello Westford, did you all remember the Culture and Diversity poster-making contest we had on the 11th of June? Well, if you don't then here is your recap. When we talk about culture and diversity, everyone has their perspective, and having such a platform was a great way to understand the topic at hand. That was the whole purpose of the event and there was such a positive response from the students. Over 30 of them had come on board to participate, and that shows the enthusiasm of our university, everyone does want to make a change.

Another milestone we have to celebrate is the number of new faces we had participating in the competition. That for me, was the best part of the event, seeing all the students from both campuses come together and celebrate the topic, with their ideas and understand why this is such an important

subject. Moreover, we were also learning to work as a team, interacting with all the students and collectively working hard to present the best representation of what culture and diversity mean to you, the individual.

All I can say is. Thank you Westford, for hosting such an event. All the faculty, professors, and students, I can say that together we are all ready to make a change and this event was just the start of us impacting together



David Isaac BA (Hons) Business with International Business Management, LJMU









Emaan Sajjad BSc (Hons) in Business Management (CCCU)

"I participated with no intention of winning, but rather to be a part of this excellent cause. Our poster depicted a diverse range

of ethnicities and skin colors, as well as the fact that everyone on this planet is equal. We cooperated and showed our creativity in our posters, which was an incredible experience. Winning 2nd runners up was a bonus, but I believe all of the competitors won because they all understood the assignment and performed admirably."



Arsheen Arkati BA (Hons) Business with Finance. LJMU

"Although I have never been much of an artist when the Poster Making Competition 2022 was announced by Westford University

College, I merely registered with my team. With more than 10+ teams registered with us, it was an extremely competitive and challenging experience. We created a beautiful poster in less than 3 hours, and to say it was successful would be an understatement since we won first place. Thank you, Westford University College, for always providing us with such great opportunities."



Mohammed Taif
BA (Hons) Business with International Business Management.
LIMU

"On the topic of Culture and Diversity, the poster competition not just inspired us but also aspired for the greater good. Leaving with the beautiful motto of diversity and inclusivity, we worked as a team and learned many attributes in the process to be better individuals. Westford holding up such an amazingly innovative and beautiful event has been a tremendous opportunity to showcase our imaginative visuals on a piece of a blank canvas. All the participants and team members coming tomorrow and working towards such creative visuals was a beauty's sight to watch"









Diya
BA (Hons)
Business with
International
Business Management,
IJMU
"The competition was an exciting challenge that



tested all of our skills and made us combine all our efforts as a team. It was interesting seeing each of our members contribute in their way. They were all so hardworking and talented. Everyone was an essential part of the team, and without one, the result would have been majorly different.



Disha Joby BA (Hons) Business with Marketing, LIMU

Participating in the poster-making competition was a brilliant and informative experience. We as a team were able to pitch in and contribute to the best of our creative abilities. Supporting our team members up to the very end of the competition to bring our ideas to life was the reason for our success. We learned to respect and value everyone's perspective on culture and diversity with a broad mind."



We Connect has been an initiative that has helped Westford University College bridge the gap between students and industry experts, for over four years now. In the past years, Westfordians have had the opportunity to connect with more than twenty industry moguls that have inspired thousands of young minds.

One such WeConnect event took place on Westford's Al Taawun Campus on June 16, 2022. Talking about his journey was Humayun Jameel, the owner of Blue Axis Shipping and Freight. Mr. Jameel, who rose from the ranks of a sales associate to a businessman and is passionate about athletics; enlightened

the students by giving them an insight into his world as an entrepreneur and discussed his opinion on subjects such as people-management and time-management, among other topics.

He held the young audience's interest who didn't hold back on their questions, as they sought to gain a deeper knowledge of his business traits. Students showed keen interest in finding out how Mr. Jameel embarked on his journey as a business owner, what inspires him to maintain an equilibrium between his personal and professional life, his key management tactics, and his advice for young aspiring entrepreneurs.

Humayun is the Managing Director at Blue Axis Shipping and Freight LLC in the UAE with a demonstrated history. From being a Salesman to a Manager and eventually starting his own Company, Blue Axis Shipping, and Freight, about 18 years ago, Humayun has had an exceptional journey.

He is not an archetypical businessman. Apart from his commitment to the corporate world, he has a strong passion for athletics. He has sailed across the Atlantic, Rowed at World Championships

held internationally, climbed mountains as high as 18,000ft, and has completed 37 marathons

Humayun Jameel, Owner of Blue Axis Shipping and Freight



Mahdi Toi Mohammad Higher National Diploma in Business, Pearson UK

"I was lucky to be a part of an amazing WeConnect session, where I got the opportunity to interview Mr. Humayun. The students and I got an insight into an entrepreneur's journey and experience. I was able to learn the fundamentals of launching a business, avoiding common traps, improving pitching skills, developing a sound business strategy, and positioning oneself for success in a market where failure is a possible outcome. The fact that he does so many other activities other

than running his business has motivated me to work on my dreams. As I had been chosen to interview Mr. Jameel alongside a fellow student, I was able to work on my communication skills as well as my professionalism. I'm grateful for this opportunity."





Birva Bhatt BA (Hons) Business with Marketing, LJMU

"While the WeConnect session with Mr. Jameel was exceptional, the highlight of my day remains to be the opportunity I got to interview him one-on-one. There was so much to learn and absorb from his experiences. Even though I had prepared my questions for the interview round well in advance, when the interview commenced, more than a Q&A session, it became a conversational piece. I couldn't hold back from asking the questions that I hadn't even prepared to ask. Mr. Jameel had so much wisdom to share about

starting up a business, managing it on a day-to-day basis. moving from the role of an employee to the role of an entrepreneur, as well as leading by example for his employees by attaining a work-life balance. At the end of the interview, he told a fellow student and I that he believes we're "going to be successful", and his words have motivated me to do better and give my best in every arena of my life."

ACADEMIC WRITING WORKSHOP

Westford University College organized an academic writing workshop for undergraduate students in an effort to improve their academic research and writing skills. The workshop spanned over three days and was delivered by several faculties over three days. The focus areas were critical analysis, literature review, paraphrasing, writing structure, academic resources and referencing. The workshop was conducted to support our students especially since ESL students represent the majority of our student body. The main aim of the workshop was to teach them transferable skills to help them develop their critical writing skills and overall improve their quality of work.

The session was extremely engaging, and the students were very optimistic and eager to learn. Due to the significant interest, Westford also intends to host more academic writing workshops to continually support our students and help our students achieve and better their skills.





The academic writing workshop was fascinating because we learned about numerous writing styles. Also, we understood how to distinguish between credible and non-credible sources and how to assess their credibility, as well as how to cite references and improve citation and referencing skills. We also learnt



about the various levels of critical thinking and how to critically analyze and evaluate responses. Overall, the experience was incredible and well worth every minute of the three-day sessions; it will undoubtedly help me better my assignment writing. It was a wonderful learning opportunity.

Emaan Sajjad BSc (Hons) in Business Management (CCCU)







The Academic Writing Workshop, organized at the Al Taawun Campus, was a massive hit amongst the students. Each day was led by renowned faculty members who imparted their knowledge about Academic Writing to young minds. We learned about various forms of writing genres and writing styles in the English language, the importance of citing from credible sources and the techniques used to write an effective literature review. So glad



to have been a part of the workshop and looking forward to learning much more with Westford.

Rosalyn Flory BA (Hons) Business with Finance, LJMU



It was a three-day workshop where we learnt about various genres and writing styles. Several different forms of referencing styles were explored. To better our tasks, we also considered how to critically read articles and journals. I am extremely appreciative of this opportunity and look forward



to putting my newfound knowledge to good use in the future.

Malaika Sajjad BSc (Hons) in Business Management (CCCU)





GETEX 2022

GETEX 2022 AN INVALUABLE & INTERACTIVE EXPERIENCE WITH LEARNING ASPIRANTS IN THE UAE

W cstford University College participated in GETEN 2022 on the 18th & 19th of June 2022 at Dubai International Convention and Exhibition Center. The event had given an outreach with successful student conversions and increased marketing visibility. Every year, during Summer and Spring the exhibition will be portrayed with a large number of student expatriates who are actively looking for higher education.

We have showcased our top University programs from our partnered universities namely Liverpool John Moore's University UK, Canterbury Christ Church University, the University of Gloucestershire UK for bachelor's degree programs, and niche specialized MBA programs from Abertay University, Cardiff Metropolitan University UK, and UCAM Spain. Doctorate and Ph.D. programs have also been a talk of the show.



In the competitive education industry, Westford always stands out as unique in providing the right counseling to the students who are looking for affordable and quality education in UAE, and the pathway to the UK has benefited during this event. We had on the spot admissions from students looking to be competitive in the market and attractive scholarships were offered as a plus.

COLLAGE MAKING COMPETITION

s a tribute to His Highness Sheikh Khalifa bin Zayed Al Nahyan. Westford conducted a collage-making competition that didn't just motivate us but also aspired for the greater good. Keeping in mind his motto, we worked as a team and learned many attributes in the process to be better individuals. Westford holding up such an amazingly innovative and beautiful event has been a tremendous opportunity to showcase our imaginative visuals on a piece of blank canvas. Our collage Vision of Ghaf' was inspired by the national tree of this beautiful country of the dunes, the United Arab Emirates. We tried to showcase the growth of this country from riding the camels in the dunes to building up marvelous architecture, inspiration and vision of his highness Sheikh Khalifa, topping it with three strokes of paint in the color of the UAE flag which stands for Peace, Courage, and Goodness. He may have left his country and his family behind but his legacy lives on to inspire millions. And one such inspiration comes from his quote stated 'Nations do not grow in stature by wishes but by hard-won achievements'. Lastly, All the participants and team members coming together and working towards such creative visuals was a beautiful sight to watch.



Mohammed Taif BA (Hons) Business with International Business Management - LJMU





I'm overjoyed to get the second runner-up position in the collage-making competition. I really appreciate my team members for the efforts they put in, this wouldn't have been possible without them. Lastly, a huge thanks to Westford University College for providing us the opportunity.



Um Kulsum Higher National Diploma in Art and Design (Fashion) Pearson, UK



Zainab Shabbar Higher National Diploma in Art and Design (Fashion) Pearson, UK

'It was a wonderful opportunity to take part in this collage-making competition which enhanced our talent and

gave us a platform to showcase our creativity. We secured the runner-up's position and I was happy beyond imagination.













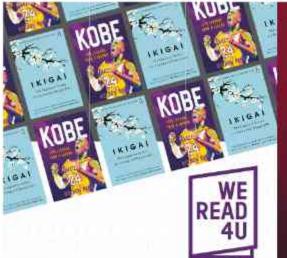
Abdul Hannan Ganguli BA (Hons) Business with Finance - LJMU

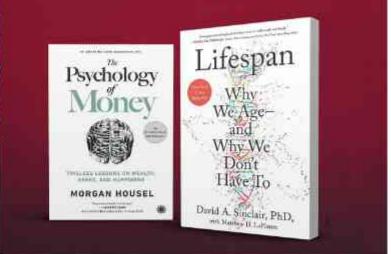
"Participating in the collage-making competition conducted by Westford University College was truly a one-of-a-kind experience. My friends and I had a wonderful team bonding time while putting together our collage. We enjoyed our participation till the end with a mixture of stress and laughs. To add more joy to this memorable day, we were extremely joyful to have won first prize in the competition, making it an unforgettable experience. I will be extremely thankful to Westford for granting us this amazing opportunity to showcase our talent."

WEREAD 4U

initiative by Westford to encourage students to adopt the habit reading books. It's designed to be an interactive session, where a book is introduced and reviewed every other week. In the past months we had 4 such book review sessions, with books from different genre hosted by Leo Obra, Sakeena Mohammad, Zawahir Siddigue and Astha Bhandari.











Rosalyn Flory BA (Hons) in Business with Finance - LIMU

"A very thought provoking and inquisitive We Read 4U session indeed! Quite a scientific viewpoint put across by Leo Obra, Chartered MCIPD, HCS, SPHR, MSHRM. SHRM-SCP in his review of the book 'Lifespan: Why We Age - and Why We Don't Have To'. In the book, the notion of aging being a natural part of life is rejected by the author. and instead is portrayed as a 'disease'. With mentions about genetics and longevity of human life, this book is a must read if you're looking to live a little longer to complete that bucket list of yours! Another book "The Psychology of Money', reviewed by Sakeena Mohammad, took a quite different approach in putting across the author's viewpoints. With 19 stories that explore the strange ways people think about money, it sure is a must read if you want to understand the relationship of your behavior with money.







WESTFORD UNWIND

A mong the many feathers in the cap, the family here at Westford has only grown bigger in terms of its employees, ideas, experiences, and the many lives it attempts to have a bearing effect on. In that light, we made our humble attempt at connecting employees geographically dispersed across the world with Westford Unwind – our very own Workplace Hangout.

Prayeen Kumar began with an engaging Ice breaker session letting the creative juices flow. The audience interacted and answered interesting fun-filled questions such as:

How would you rate your laugh out of 10?

Where is your favorite vacation spot?

Imagine you can instantly learn any language, which would you choose?



The digital event also served as an excellent platform to introduce and welcome new members. Joining us this month were Renicah Chipfuwamiti, Ijlal Khan. Rabelani Tshifaro, and Margarita Andreeva. This was quickly followed by a creatively designed video that narrated and congratulated the journey of 7 years for Ms. Asha Iyer and 9 Years for Dr. Raman at Westford University College.

Leading to the most awaited part of the session was our main speaker - Charvi Bhatt introducing a rather interesting topic of discussion.

Right after this was Mr. Hanil - the Executive Director's quick update of the latest happenings at Westford - The new University Partnership with Abertay University that has been an exciting lookout, the expansive list of courses Westford is excited to offer starting this year, new and much-awaited expansions in Pune and many more.

HANGING OUT WITH THE WESTFORDIANS, A CHAT ABOUT FOOD!

Food, our reason for being, is the most important element of our everyday life. Eating not only right: but also eating at the right time is vital. The session threw light on foods to eat during the summer months; as the body requires more water, so heavily consuming water content fruits & vegetables is advised in comparison to dry fruits which are heaty in nature. Also, the body preserves more water during winters, so the need for us to drink lots of water is much lesser

In addition to informing about foods to eat in certain seasons; it is important to know how to eat food in the right manner. For instance, peeling the banana from the bottom rather than the top like the entire population does. We as humans have very little awareness when it comes to nutrients. Vitamin D in any



form should be consumed; yes, it should be consumed, and we need it for keeping our bones intact but in adequate consumption, not excessive. The session was an eye-opener for many, who were unaware of the correct way of consuming food.

Here's hoping that everyone now is eating better & right!

MY MBA JOURNEY: A MODERN 'ODYSSEY'



arning an MBA from Cardiff Metropolitan University, facilitated by Westford University College painted an in-depth picture of various business topics and translated them to real-world applications. Aside from being human-sized, the program is well structured and comprehensive, giving students the necessary building blocks to develop their business acumen. Everything is made to ensure you bring change to your community.

At the end of the day, the program is truly about building your network and growing your community so you and your classmates can be successful in the industry. The class lectures prepare you to integrate real-world concepts in your projects, something I am also able to bring into my current position.



Ravin Sewnarain Cardiff Metropolitan University MBA (Class of 2021)

The time spent pursuing an MBA is well worth it. It's important to further your education so you can work in any field you want. The better education you have, the more qualified you'll be for different roles. At a school like Westford, you'll also have a lot of great resources—even while you're overseas—to help you through the program.

Getting your MBA opens so many doors for your future but getting your MBA at Westford University prepares you strategically, financially, and professionally to walk through those doors. The program introduces you to several professors, staff members, and students who will do everything in their power to help you succeed.

MY PASSION FOR HENNA

Enna is an ancient and traditional art form with a wealth of knowledge to be gained. However, it is not as well-known as many other creative forms. My goal is to see younger generations learn and preserve the Henna art form so that its rich traditions and practices are not lost and forgotten.

Eve been doing henna since I was a kid. I have always been interested in learning the art of henna and began practicing at a young age. I utilized a variety of methods for practicing, including a white board, a mirror, and hard copy paper, but I discovered that applying on hands was the most effective way of practice for me.

I began practicing on my own hand to come up with creative designs or to copy a pattern that I liked and then try it on my mother and sister's hands. It's a chore that requires patience and precision, but it's more challenging to apply for brides than to apply to a client for any other occasion. After years of practice, I applied for 20 people for a school function, which was my first major accomplishment. After that, I gradually began booking customers for events, but due to the pandemic, I had to take a pause to ensure the safety of my clients and myself. I used the lockdown period to practice and learn different forms of henna designs to improve my henna talents.



Emaan Sajjad BSc (Hons) in Business Management (CCCU)



MOON KNIGHT

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oon Knight is the latest addition to the never-ending line-up that Marvel Studios has for their future, which follows the journey of the protagonist who is plagued by dissociative identity disorder and schizophrenia. This limited series has the fundamental Marvel characteristics, from thrilling action to the familiar Marvel humour to absolutely alluring cinema-

tography.

The show starts by introducing the antagonist in a faceless introduction and shifts to the protagonist Steven Grant, a gift-shop worker at the National Art Gallery, as he awakens from a blackout with his right leg cuffed to a wooden pole next to his bed.

Steven's blackouts can be seen throughout the show. As the show progresses, Steven realizes that he shares a body with Marc Spector, who is the vigilante Moon Knight and was a mercenary. After discovering that he has to live with multiple personalities, Steven realizes that he shares a dangerous life with Marc and Marc's complexities.

This show keeps the audience on the edge of their seats every single episode from start to finish, with mind-bending experiences, cliff-hangers, and nail-biting moments that the viewers just keep coming back for. What made this show a little warmer and comforting was Layla, she is Marc's ex-wife, she brought in the warmth to show the with her personality and mannerisms and she was wildly popular with the audience besides the main protagonist himself.



Shameema Abdul BTEC Level 3 National Foundation Diploma in Business



NEW WESTFORDIANS ON THE BLOCK



Margarita Andreeva Faculty

Mantra @ Work: Do your best Quote you live by: Impossible is nothing. Greative Vent: Photography. Modelling, Baking, Horse Riding.



Renicah Chipfuwamiti Officer- Admissions

Mantra @ Work: I create my path and walk it with joy. Quote you live by: Success is the sum of small efforts repeated day in and day out. Creative Vent: Watching T.V. and Traveling.



Rabelani Rebecca Tshifaro Officer- Admissions

Mantra @ Work: 'Wake up and give my all in all that I do." Quote you live by: 'Every day is an opportunity to be a better person than who I was yesterday".

Crestive Vent: Making Art and Writing.

EDITORIAL BOARD MEMBERS







Sakeena Mohammad

CONTENT MANAGEMENT TEAM













Sahar Salim