

MIRC Zephyr

01 July, 2019

www.mrcollege.ac.uk

ISSUE 4



Graduation Special 2019



Dear Reader

Welcome to this Edition of Zephyr. Hope you enjoying lovely weather, remember to keep hydrated.

This Edition is dedicated to the 2019 Graduation, with that in mind, I would like to congratulate all the graduates and wish them success. Also, I would like to welcome the graduates to our Alumni community. Please keep us informed on your amazing career activities. To be included in the Alumni community email student_employment@mrcollege.ac.uk.

Remember to take your copy of the MRC Zephyr as one of your summer holiday readings.

Happy Summer! See you soon.

Chief Editor

Tsitsi Marima

Meet Editorial Team

Noela Nurokina
(MRC Receptionist) **Editor**



Valentina Plugaru (Top-Up Hospitality)
Editor



Adekemi Elizabeth Onadipe (DET)
Editor



Denista Dianova Chobanova
(Business) **Photographer**



Chukwuemeka Victor Uzomh
(D.E.T) **Editor**



MRC HOT NEWS

Welfare Services

The Welfare Services is here to help students with any personal challenges that they might face during their time at Mont Rose College. Contact the Welfare Officer at Mont Rose House Monday – Friday, 10:00 – 16:30,
Email:
studentwelfare@mrcollege.ac.uk
Phone: 0208 556 5009 ext.1023 In an emergency: contact Lectures and other University support

People 1st

The college has partnered with People 1st who will be offering necessary support to improve student learning and experience

Hearts of London

We have formed partnerships with the Hearts of London who support the commercial wellbeing of the businesses and organisations in London's West End. They will create employment opportunities. If you looking for a job get in email
employment@mrcollege.ac.uk

Student Union Day

On the 11th of July at 12:30 pm, Student Union (SU) held a Student Union Day. Various activities took place including the selling of SU branded face cap, wristband, and pen. The day enabled the SU Executive members to interact with all the students. SU executive committee also realised that they need to increase SU visibility in the college, therefore, planning to conduct more events in the future.

SU wants to send its appreciation to all the students for their support and college staff.

Assignment submission

It is getting close to that time of the semester, "assignment submission time" remember to submit by the given date.

Summer Holiday Looming

As the holiday is creeping up and ensure that you have book your holidays, submit referrals (hopefully you will not need to). Enjoy your holidays, See you in September.

Writing for Zephyr

The lines are now open for the next Zephyr Edition. Remember to write and email your articles.

Email to

competition@mrcollge.ac.uk

Graduation Order of Ceremony on the 28th June

Graduation ceremony began with the Academic procession entered the hall while the assembly was asked to stand. The mace bearer led the procession.

The assembly then got to sit down during the ceremony. The graduation lasted approximately for two hours. Below is the order of the graduation ceremony. To end the amazing day a delicious three course dinner and drinks was served

Music

Orchestra

Master of Ceremony

Mr Bilal Sheikh (Principal)

Opening Address to the Graduates and Guests

Mr Bilal Sheikh (Principal)

Calling Graduates' names

Mr John Oakshott

Conferment of Graduate Awards

HND Hospitality Management

Professor Nick Braisby
(Vic-Chancellor of Buckinghamshire New University)

Speech

Professor Nick Braisby
(Vic-Chancellor of Buckinghamshire New University)

HND Business Marketing

Mr Thomas Chan (Deputy Lieutenant of Greater London)

Speech Mr Thomas Chan (Deputy Lieutenant of Greater London)

Diploma in Education and Training

Mr Bilal Sheikh (Principal)

HND Health and Social Care

Dr Leslie Doyle (Quality Assurance Manager)

Student Speech

Mr John Kengamu

Conferment of Graduate Awards

Class Representative Participation

Ms Sayeda Zain
(Director Academics)

Voluntaries

Ms Sayeda Zain
(Director Academics)

Outstanding Teaching Performance

Ms Sayeda Zain
(Director Academics)

Closing Address

Dr Leslie Doyle (Quality Assurance Manager)

Guests

Professor Nick Braisby
Vic-Chancellor of Buckinghamshire New University

Mr David Warnock Smith
Associate Head of School aviation and Security of Buckinghamshire New University

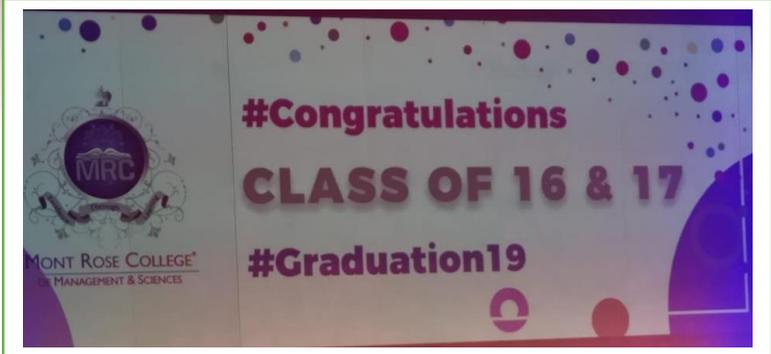
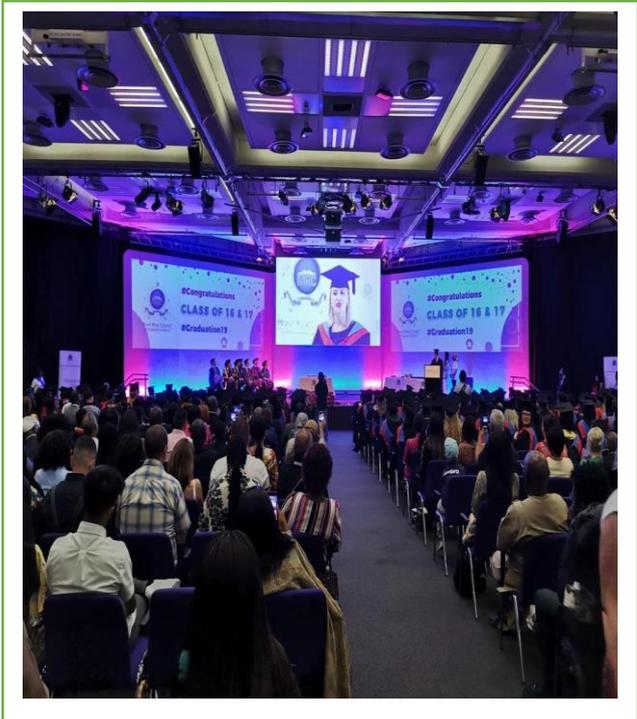
Ms Shabana Hussain
Senior Registry Officer of Buckinghamshire New University

Mr Thomas Chan
Deputy Lieutenant of Greater London

Mr Bryan Gordon
Volunteer Coordinator Jewish Care

All graduates and Honoured Guests were invited to attend celebratory reception which immediately followed the ceremony.

End of Ceremony





Newbies Corner

The life of a teacher is such that every passing year is a sea of new faces and students that teacher gets to know. As the school year grows into half term, it's the end of the first term, then the second and the lastly the third term which marks the end of the school year. As students count their milestones from one year to another, before you knew it as a teacher, a whole batch of students have passed through your class and a new crop of students replaces them in your classroom.

Just think of what it must have looked like for Dr Maria Iyekekpolo to who taught Olu Magbagbeoluwa over two decades ago in a private primary school in Lagos, met her again in her class at Mont Rose College as she studies for her HND in Health and Social Care. Despite all these years, Dr Maria still remembers vividly how Olu looks like, as it was Dr Maria Iyekekpolo who recognised her student.

This confirms the popular saying which says never build wall but bridges. As the wall stops people from seeing one another but if you build a bridge, you are creating a means for people to connect and reconnect.

By Dr Maria Iyekekpolo and Olu Magbagbeoluwa 24391

OLORI APE
(ALWAYS)
AFRICAN & CONTINENTAL FOOD STORE
Cat Fish, Snail, Eguisi,
Panla, Cray Fish,
Amala, Rice, Eba
Ofada Rice,
Aju Mbase Etc.

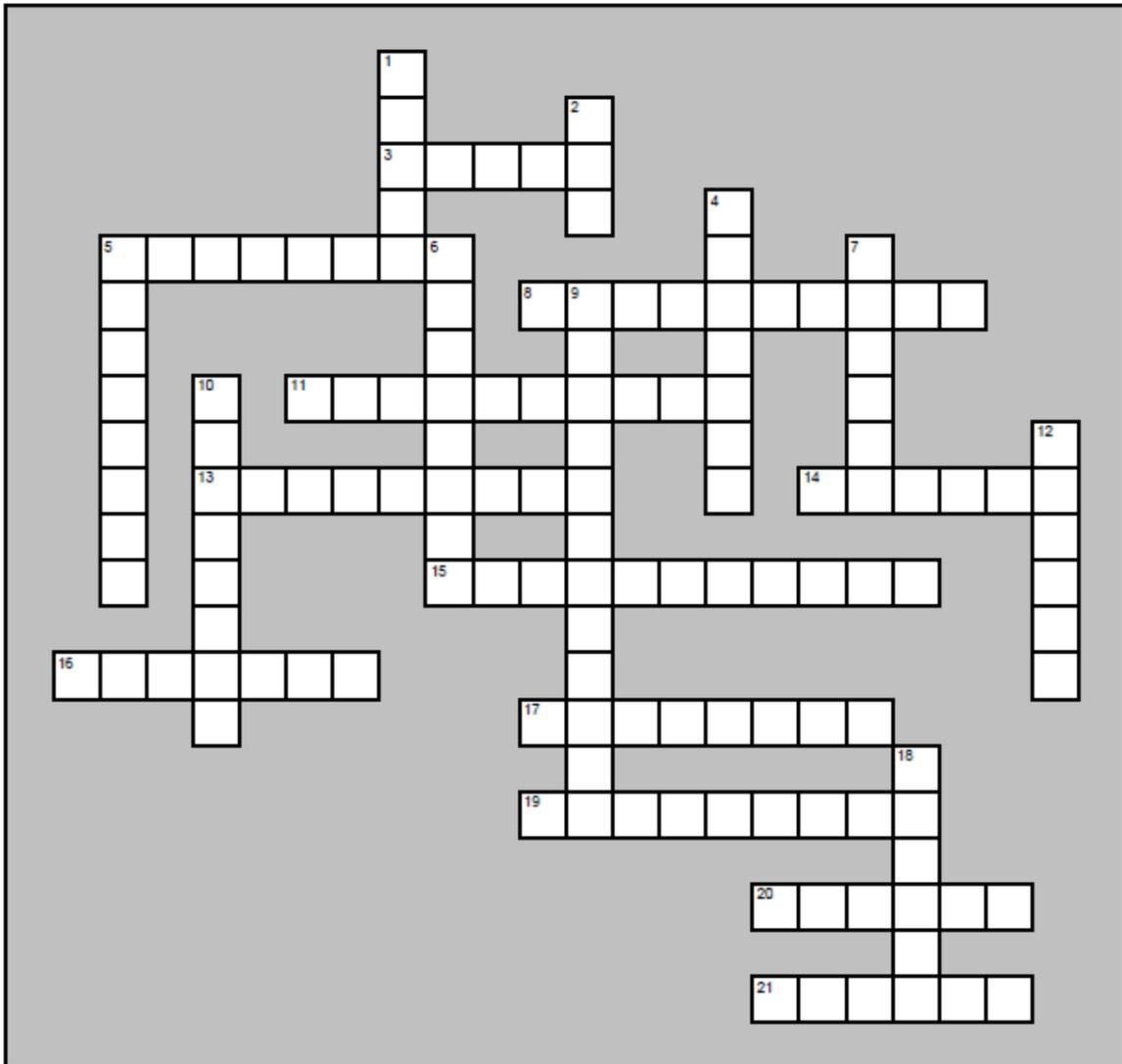
DELICIOUS CONITNENTAL & AFRICAN

0740058752, 07466780461 2, Sandhurt Parade Se61dh London

ALHAJI ALWAYS
FASHION HOUSE
CATFORD UK
SHOES, GLASS, T-SHIRT, JEANS, BAG ETC

0740058752, 07466780461 2, Sandhurt Parade Se61dh London

Crossword



Down

1. to not make good use of limited resources
2. money charged for a service
4. to provide funding for a business
5. imaginative, able to come up with new ideas
6. to remodel or renew
7. origin, or place to get something
9. new business or start-up founder and owner
10. special qualities or characteristics of a product
12. careful with money, living simply
18. mechanical or electronic instrument with a specific function (designed to do one thing)

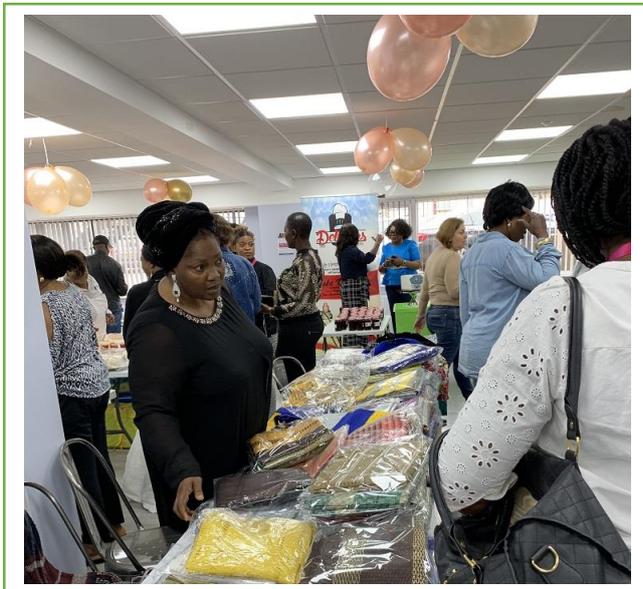
Across

3. to find an answer or solution to a problem
5. person interested in buying from a company
8. the practical application of science
11. developing new ways to do things
13. can be found and used, accessible
14. a major part or division (ex: of the economy)
15. wasteful, spending far beyond what is necessary
16. a new idea or product
17. a supply of certain materials or people available for a company or country to use when needed
19. guideline or basic rule
20. to plan (or a plan for) the appearance and use of something before making it
21. ability to reach or enter

MRC Angel 19 Business Competition Exhibition 1



MRC Angel 19 Business Competition Exhibition 2

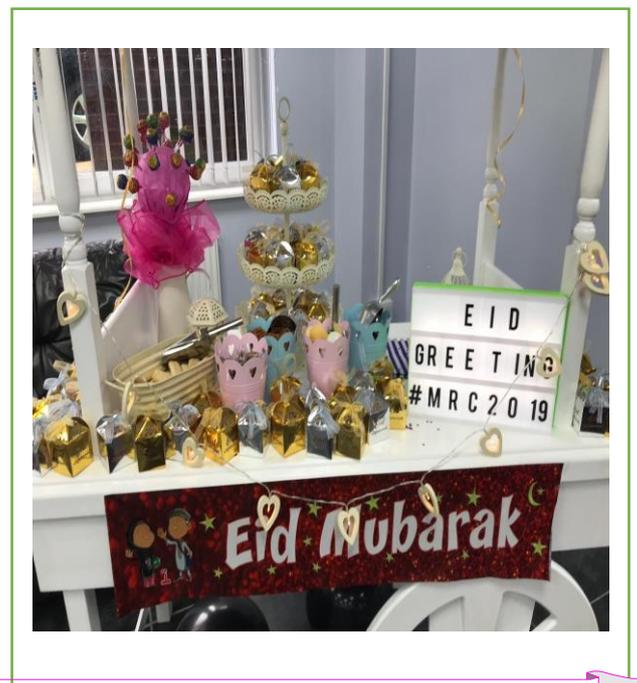
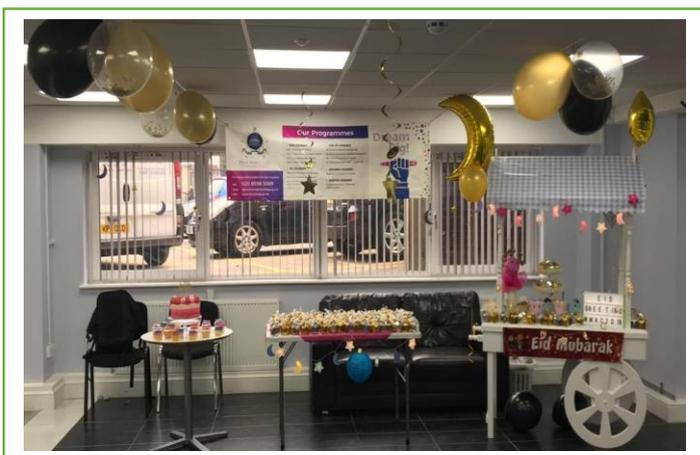


Eid ul Fitr

On the 24th of June, MRC hosted Eid celebration to mark the end of Ramadan 2019.

The party was held in the canteen, which was colourfully decorated and catering services were provided by our current students. The atmosphere in the venue was vibrant, both students and staff enjoyed themselves. Eid ul Fitr is a day celebrated by Muslims to mark the end of the fasting period called Ramadan. Eid celebration promoted equality and diversity which is one of MRC ethos.

By Ali Ahmed Susmon 23703



FIVE Reasons why you should exercise regular

Regular physical exercising as a lifestyle has got many benefits and it helps to get rid of the toxin in your body. The benefits for the health of fitness and leisure activities should not be neglected.

1. Improves mood and state of mind

When you exercise hormones of happiness, endorphins get released in the brain. That also helps controlling stress levels and reduce anxiety. Therefore, usually after a good workout people feel at ease, their thoughts are clearer and eventually they feel happier.

2. Promotes higher energy levels

Improves muscle toning, improve endurance and agility. This happens when exercising oxygen and nutrients are being delivered to the tissues, which support the cardiovascular system to operate more efficient. Therefore, the speed, flexibility and strength are being improved.

3. Distracts from daily worries

Fitness activity is a different stimulation, because it is willingly efforts, which often are not easy to comply, and can be done only with the help of own power of the will, but still it is very important stimulator and people needs it.

4. Encourage better sleep pattern

Fitness activity promotes faster, better quality and deeper sleep. Still it is recommendable to consider a sufficiently long interval between going to the gym and bedtime hour, otherwise there is a risk of over energizing which can trigger later difficulties to fell asleep.

5. Improves general health

Exercising speeds up faster metabolism, burning more visceral fats (even when sleeping) and reduces pain, such as lower back pain. It also improves maintenance of strong bones, better posture and people become more functional.

By Vesi Krumova 23942



The image is a promotional graphic for Sophia Holistic Skincare. It features a central logo with the name 'Sophia' in a green script font, 'HOLISTIC SKINCARE' in a gold sans-serif font, and a gold leaf icon. Below the logo, the text 'BODY BUTTERS | BODY BARS | BODY SCRUB' is written in a green, hand-drawn style. Further down, there are icons for a mobile phone, a WhatsApp chat bubble, and a speech bubble, followed by the phone number '01144 786 730 5611 (UK)' and '876 569 6628'. Below the phone numbers, the website 'www.sophiaholistics.co.uk' and email 'arleguth04@outlook.com' are listed. At the bottom, there are icons for Instagram and Facebook, followed by the text 'shopsophiaholistics'. The background is a light beige color with gold leaf and vine motifs.

Dear Proffy

I am a student studying during the evening, I cannot get to the college during the day, therefore I am struggling on how to borrow books from the library, because by the time I arrive to the college the library will be closed. Please help me on how to borrow book during the evening time.

From Student

Dear Student

Thank you for your email. Our Library is open from 9:30 to 21:30 Monday to Friday, however some days the Librarian finished work early therefore I advise that you email the Librarian with the list of book you want to borrow, your name and student number. The Librarian will issue the books and leave there by the reception you can then pick the books at a convenience time.

From Proffy



**ATENTIE LA TAXELE TALE!
VINO SA ITI DAM BANII INAPOI**

SERVICII

- inchidere an financiar
- returnare taxe
- inregistrare UTR +CIS
- contabilitate LTD
- beneficii (tax credit, maternity allowance, child benefit)
- NIN
- asigurari masina
- rezervari bilete calatorii
- rezidenta permanenta
- infintari LTD
- traduceri autorizate
- echivalari NARIK
- plasament locuri de munca



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europelumancapital@gmail.com



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Moving media:

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Affordable prices, personal and friendly service, an outstanding finish of the work!

If you wish to contact us:

E-mail: zanaradesign@gmail.com

SHOUT OUT!!!!!!



JUNE Baby

Olabisi Tolulope
Chigbu
Christabel Chizoba
Achunike
Ovidiu Constantin
Perian
Oluwatosin Adewole
Magbagbeoluwa
Beatrice Ursache
Irina Svet

JULY Baby

Abayomilbukumolu
Adeleye
Svetla Milcheva
Georgieva
Olubukola Abeni Kassim
Abiola
Sakirat Oyinlola
Bamgbopa
Kashif Mansoor
Adewale Adedigba
Silviu Miroiu
Adekemi Elizabeth
Onadipe
Bukola Amzat Amusa
Geta Iordache
Petru Dragos Sarghi
Ruxandra Madalina
Costrasel
Adelina Iulia Buzoianu

AUGUST Baby

Alhaji Prince Lamidi Adebayo
Mustapha
Peter Jacob
Fela Olusola Oladunni Oduntan
Paulina Olusola Okuneye
Spiwe Mahaja
Tawakalitu Adebimpe Kareem
John Oluwole Kehinde
Omolara Lillian Ekhator
Julie Osamede
Abayomi Lawrence Shofowora
Ifeyinwa Cynthia Nwosu
Alexandra Tesileanu
Mircea Florin Pepenar
Saiva Staniunaite
Morayoninuoluwa Latifat Folarin



Nosheen
Khan

ANSWERS TO CROSSWORD

device
frugal
source
solve
sector
finance
fee
design
renovate
access
entrepreneur
resource
creative
customer
technology
available
features
extravagant
principle
waste
novelty
innovation

Wassup in MRC

Date: Tuesday 17 and Wednesday 18 September 2019

RCNi Nursing Careers & Jobs Fair

Venue: Business Design Centre, 52 Upper Street, Islington, London N1 0QH

Date: 18th and 19th September 2019

Hotel 360

Venue: the ExCeL London

Date: 23rd September

Fundraising with Livability

Venue: Moorgate Station

Date: Monday 30 September - Wednesday 2 October 2019

The Restaurant Show

Venue: Olympia, London.

Date: Saturday, 26 October 2019 from 10:00 to 16:00

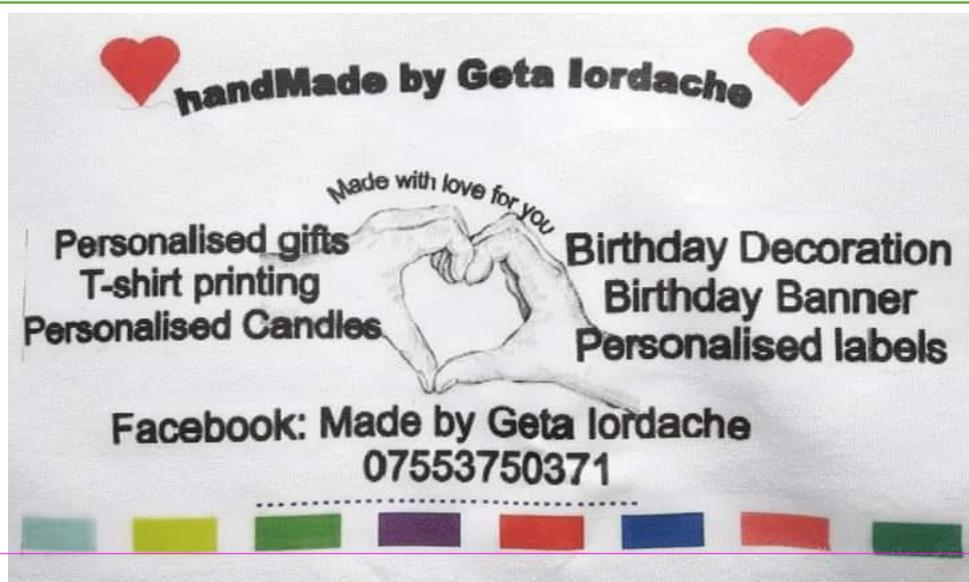
Healthcare Job Fair - London,

Venue: Park Plaza Victoria London

239 Vauxhall Bridge Rd, Pimlico

SW1V 1EQ London

*For more information on how to signup, please contact
Valentina on employment@mrcollege.ac.uk.*



MRC's Grand Visit at the Houses of Parliament

On the 7th of May 2019, some students were invited to the Houses of Parliament in recognition of their high academic achievements and contribution towards the continuous improvement in the College. The tour started in Westminster Hall, which is the oldest part of the building. The students were hosted by, local MP Mr. Gapes and the Houses of Parliament tour guide. An explanation was made on British history and the British Parliamentary system. The tour continued to the Chamber of Commons, which is the only place in the British Isles where the Queen is not allowed. The tour presented the student with an opportunity to view some of the art within the building.

The next part of the tour was at Churchill arch, which is guarded by bronze statues of four most important Prime Ministers of 20th century which are David Lloyd George (the Prime Minister during the First World War), Winston Churchill (the Prime Minister during the Second World War), Clement Attlee (the first post-war Labour Government leader) and Margaret Thatcher (the first British female Prime Minister).

The voting procedure in the Chamber of Commons and all the rules of parliamentary debate was also explained. From the tour proceeded to the Queen's antechamber which was last refurbished by Queen Victoria, this is where the monarch wears their crown and robe every year for the official opening of the Parliamentary session. Then, the route Her Majesty's take to the annual Chamber of Lords and the unelected Upper House of the British Parliament. There was also a chance to see Queen's gold plated throne. The tour finished at Westminster Hall.

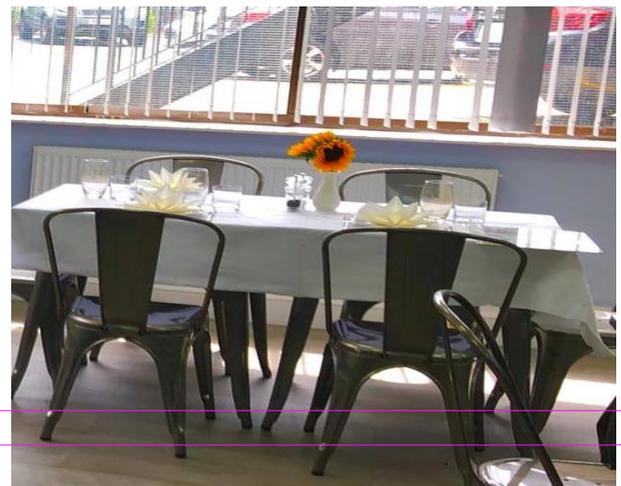


MRC in Pictures

16th July 2019 Menu Planning for Class September



Hospitality Students being hospitable



MRC staff`s Last Supper of Academic year 2018-2019

Team building meal for staff that work hard and play harder

