

RED BEAT
magazine

For the writers, the dreamers, the storytellers, and the romantics

Fall 2022



Middlesex
University
Dubai



LETTER FROM

THE EDITOR

Hello and welcome new and returning students! As the editor of your friendly neighbourhood magazine and goldmine of the latest tea on campus, we welcome you to another year at university (or for some, your first year on campus).

As you come back to campus after almost three years of hybrid learning, your local magazine, RedBeat is making a comeback, gearing up for its print version at the end of this academic year.

With this new edition— which is only a sneak peek of what is to come— we invite you to come join us in the world of writing, storytelling, and hot-takes as a writer and contributor to the magazine.

For more information about writing for the magazine, joining the club and additional know-how's, scan the QR code below.

Happy reading xx

MOHADDESA MEHERALI
Editor-in-Chief



SECTIONS OF REDBEAT MAGAZINE

1. Entertainment
2. Health
3. Lifestyle
4. Opinion
5. Social Causes
6. Sports
7. Fashion
8. Travel
9. University Activities
10. Poetry
11. Storytellers

But first... food.

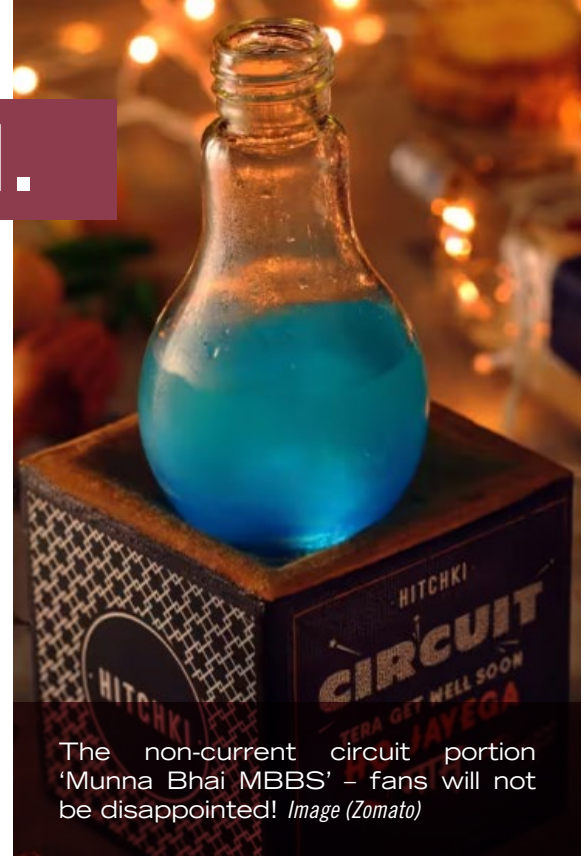
Relish a hiccup of nostalgia – Hitchki

By Vriddhi Kumthekar

‘Picture Abhi baaki hai mere dost’ is the famous Hindi dialogue for ‘Hey my friend, the story is not over yet!’

This famous Bollywood-themed restaurant, which is extremely popular in Mumbai, India, has caught the attention of Dubai residents. The recently refurbished Hitchki is rampaging the internet, making all the foodies out there drool over the exciting menu they offer.

Read more at mdx-redbeat.com



The non-current circuit portion ‘Munna Bhai MBBS’ – fans will not be disappointed! *Image (Zomato)*

Where diverse meets delicious – Masti

By Vriddhi Kumthekar



Pulled tandoori chicken bao.
(Masti Dubai/Facebook)

Are you craving some authentic Indian food?

At Masti, an award-winning cocktail bar and restaurant located at La Mer, Dubai, fusion meets authenticity, bringing Indian flavours to the table. It is well recognised for the increasingly absorbing culture and diversity of its Indian food. The award-winning restaurant at La Mer is upping the ante at the restaurant business, ranking up the competition.

Foods such as edamame chaat, sag paneer lasagne, and not your average chicken tikka are a few notable dishes on their exciting menu. Their kitchen has various cooking stations, with very intricate décor and hygienically maintained areas.

Ever heard of green apples with lamb chops? Well, Masti offers quite a few surreal sweet meat combinations guaranteed to tantalise your tastebuds.

Join the team:

We're looking for wordsmiths, aka section editors, for 11 sections of the magazine.
Apply now!



WARDROBE WORRIES BEGONE

Modest fashion: the good, bad, and the unfair by Zaynab Kamran

Relentlessly scouring through the internet and retail shops for the ideal clothes for Muslim women, Yaseen Farha had just begun wearing the hijab when she almost gave up all hope. Farha, like any other hijab-wearing woman, battled with modern-day fashion trends not being able to cater to her needs.

Farha launched her online Modest Fashion business in the first quarter of 2020. Without foreseeing the consequences of COVID-19, she began selling clothing through Instagram, Facebook, and her website.

The entrepreneur had a personal reason for selling modest clothing once she began wearing a headscarf and started dressing more modestly. She says: "When I used to go shopping in mainstream brands, I didn't find clothing that appealed to people like me."

According to countless Muslim women around the world, including Farha, renowned fashion brands are unable to understand their customers' needs. Innumerable hours are spent scavenging for inner shirts, safety pins and sewing loose ends together. So, she decided to pave her own path- a road only the brave dare to take.

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Read more at mdx-redbeat.com



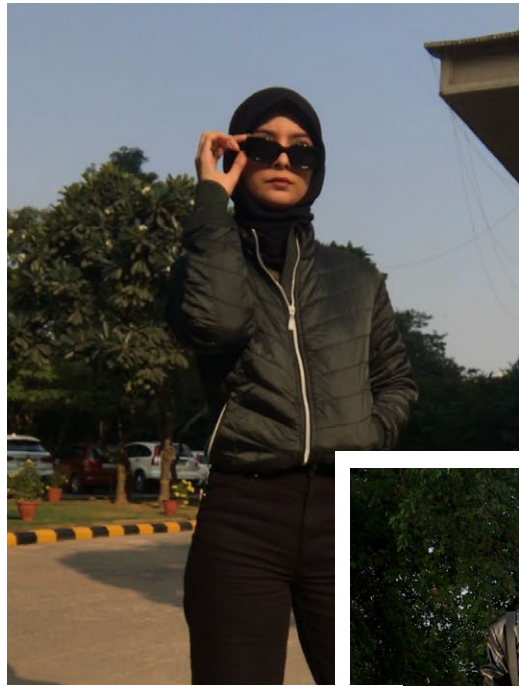
Winter in Dubai: A waiting game by Manaal Fathima

These days, a trip to any shopping mall is a constant game of I-spy-with-my-little-eye coats, jumpers and hoodies in every store display. Whether they're high fashion labels or streetwear brands, the fall trends for this season have emerged from the closets.

Gear up, folks. Winter is coming.

Or is it?

As soon as October rolls around, residents of Dubai start waiting for the advent of the city's watered-down version of the winter season. But like every year, this highly anticipated guest is unpredictable and almost always (fashionably) late.



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Read more at mdx-redbeat.com

WANDERING THROUGH OTHER WORLDS

Top five places to explore this winter break

By Tripti Ramchandani

These past couple of months have been quite hectic for us all due to COVID-19, but what is the one escape we all have been craving? Well, here's the one for me: travelling.

Don't we all remember the night before a flight? The buzz of excitement in our heads and the giddy little feeling in our chest?

However, travelling is a lot more than that. Sapna Aidasani, the Marketing Director of Pluto Travels and an upcoming travel blogger, stated in a recent interview: "Travel to me is about learning, it is my heartbeat. With every trip I take I learn something new, every place I have been to has added something to me." Her words made me realise how much I missed travelling because of the pandemic but with the ease in travel restrictions, we all can think of planning a trip this winter break.

Here are our top travel picks for your next getaway!

1. Krabi, Thailand
2. Langkawi, Malaysia
3. Hokkaido, Japan
4. Mylapore, India
5. Chile, South America

Read more at mdx-redbeat.com to see what makes these destinations trending hotspots.

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Where will you go next?
(Bekoz/Unsplash)



THE STRANGER

Hajer Said

Too strange a stranger felt
Far beyond the touch of his world
For everything seemed stranger than he
compelled
A stark parallel better than worse.
Too strange everything seemed, yet
At the street of his infancy
The only nostalgia that seems to hit
Was the reminder of his peculiarity.
Ever as a child he felt far far beyond anyone's
reach
Despite the shared common tongue
His words seem too queer to preach.
Days gone by and again no scent hit
His nose.
No sign of familiarity.
Too strange a stranger felt,
At his hometown.
His sovereignty.
Too odd to even level with their heads,
Of other's mentality.
Yet where oh where was he ever from?
Who taught and nurtured his loyalties?
The thought that puzzled -mazed their caskets
Over the source of his peculiarity.
They itched over a puzzle, yet never
Were able to detach the pieces of his
personality.
As guessed by one wise man,
Who told the rest:
"A gift, a burden!
The stranger will remain strange,
Surrounded by his own sense of reality."

Read more at mdx-redbeat.com



COMMUNITY CONVERSATIONS



Deeper than words

By Abigail Thakadu

A mother language is deeper than words. It's connected to memories, stories, people, places, and countless generations. A mother language gives many a sense of belonging, a unique identity, and pride. Speaking one's mother language comes naturally for most people. They take to it as a fish takes to water.

For me, it was completely different.

Born in a quaint safari town in Botswana, Africa, I moved to the United States of America as a baby. My early childhood memories are a blur of Disneyland, football games, Barbie dolls, and American nursery rhymes. Growing up in a multicultural country, English was all we had to communicate – it was a bridge between different nationalities. English wasn't just a part of my life; it was all I knew. My parents, who were graduate students, rarely spoke my mother tongue (Setswana).

The familiar feeling of talking to your family in your mother tongue was not a part of my early childhood. It never struck me as odd that my Motswana family spoke nothing but English, but everything changed when I moved back.

Once my parents graduated, I relocated to my home country, Botswana. I experienced a colossal culture shock. The lifestyle in Botswana was the opposite of my life in the USA. I realised that my relationship with my native language, Setswana, was non-existent. Setswana is a language that dates to ancient times, with it appearing in the records of European missionaries in 1806. It is spoken by 8.2 million people across Southern Africa, with a majority of its speakers residing in South Africa and Botswana. It is part of the country's culture that has been carried on for hundreds of years. It is also one of Botswana's official languages.

Read more at mdx-redbeat.com



Reaching New Frontiers – Breaking the Glass Ceiling

By Chris Casper Dimal

To say times have changed would be an understatement. Gone are the times of chauvinism and arbitrary decisions.

Throughout the 20th century, Information Technology (IT) changed the way the world worked, and within it, a major shift in representation prevailed. Previously male-dominated, there was an influx of women who took control and left an indelible impression on future students, educators, and others within the field.

Poster of 'Breaking the Glass Ceiling'. (*Women Connected/Middlesex University Dubai*)



WOMEN CONNECTED

BREAKING THE GLASS CEILING

A PANEL DISCUSSION WITH INSPIRATIONAL WOMEN SHARING THEIR JOURNEY TO SUCCESS

ON 7TH NOVEMBER 2021 @ 11 AM
AT MIDDLESEX UNIVERSITY, DUBAI AND ON MS TEAMS

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What are you loving right now?
Scan to hop on and recommend
some of your current book,
podcast, tv favs to the campus!



WHAT NEXT?

Come see us at the Week of Welcome at
Dubai Knowledge Park and Dubai
International Academic City during the first
week of term!

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Balancing the scales: Mental health tips

- It's okay to not be okay.
Say NO to opportunities and work when you
have too much on your plate
- Eat the right amount and the right kinds of food
- Work out – invest in your physical health, even if
it's just a walk a day
- DO NOT compromise on your sleep — you
need the rest
- Social media detox – Limiting your time online,
going out or talking to your friends is a great
way to stay off social media
- You can also reach out to Nora Tahir, Mental
Health Counsellor, at n.tahir@mdx.ac.ae if you
want to talk to someone at university

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