



Aotearoa
New Zealand

May 2025

Welcome to ATMC-NZ

Study, Learn & Grow

www.atmc.ac.nz



ATMC NZ STUDENT NEWSLETTER

MAY 2025
EDITION

- Empowering Students
- Building Community
- Supporting Success

Kia Ora, ATMC Whānau!

Welcome to the first ATMC Insider of 2025!

We hope you are all settling in well and making steady progress in your studies. As we head into June, we'd like to take a moment to reflect on what's happened over the past few months and share some exciting updates and opportunities ahead. The past few months have been truly inspiring, filled with new beginnings, exceptional opportunities, and remarkable momentum.

Whether you're a new student or returning to continue your academic journey, we're here to support you every step of the way.

Beginning the Year – Orientation & Welcome Activities



The academic year began on a positive and energetic note as we welcomed back our returning students and extended a warm greeting to our new students starting their journey with ATMC NZ.

Our Orientation Week, held in the first week of February, was designed to help new students transition smoothly into academic life. It included:

- Introductions to key staff and services
- Campus tours to familiarize students with their learning environment
- Sessions on Moodle and digital tools
- Academic expectations and student code of conduct
- Ice-breaker activities to help build connections

A big thank you to all staff and student volunteers who helped make the orientation a success!

"Orientation is the first step—your future starts now."



Student Council: Your Voice on Campus

We are pleased to share that the ATMC NZ Student Council is now up and running for 2025. The Student Council meets once a month and serves as a bridge between students and the management team.

What is the Student Council for?

The Council is a platform for students to:

- Share feedback on academic and campus experiences
- Propose initiatives to enhance student life
- Raise concerns about well-being, facilities, or resources
- Advocate for positive changes in teaching and learning practices
- Plan student-led events and workshops

All students are welcome to share their thoughts or email rashmi.munjajl@atmc.ac.nz

Meetings are usually held in Week 4 of each month. Students can also attend as observers or nominate themselves to join the Council.



"Student council: where action meets inspiration."

Meet Your Student Representative



Gurvinder Singh

We're proud to introduce Gurvinder as the official Student Representative.

As your Student Rep, Gurvidner:

- Attends monthly Student Council meetings
- Voices of student feedback to academic and administrative teams
- Supports communication between students and staff
- Assists with event coordination and student engagement

Gurvinder is approachable, thoughtful, and passionate about creating a better student experience.

Feel free to stop by for a chat on campus or email him directly at ATZ3000223@students.atmc.ac.nz.

Get Involved – Student Clubs

At ATMC NZ, we believe student life extends beyond the classroom. We encourage students to join or even start a club to build connections, leadership skills, and pursue their passions.

Here are the active clubs you can join this semester:

Engage Club

Focused on social wellness through fun and inclusive activities like Zumba, yoga, mindfulness sessions, and social mixers.



New Zealand

ENGAGEMENT CLUB

**BUILDING CONNECTIONS,
CREATING IMPACT**

**Join Us and Be Part of
Something Bigger!**

Our mission is to bring together individuals who want to actively engage in their community and create lasting relationships.

**Why Choose Our
Engagement Club?**

- Inclusive Environment
- Supportive Network
- Skill Development

Our Values

- Community
- Collaboration
- Personal Growth
- Inclusivity

**How We Stay
Connected**

- Social Media
- Group Chats

Lead By: Shivansh Attri and
Aryan Thakur

The poster features a purple background with various icons representing social media, community, and engagement. It includes a central illustration of a woman presenting to a group, and a photo of two men at the bottom right.

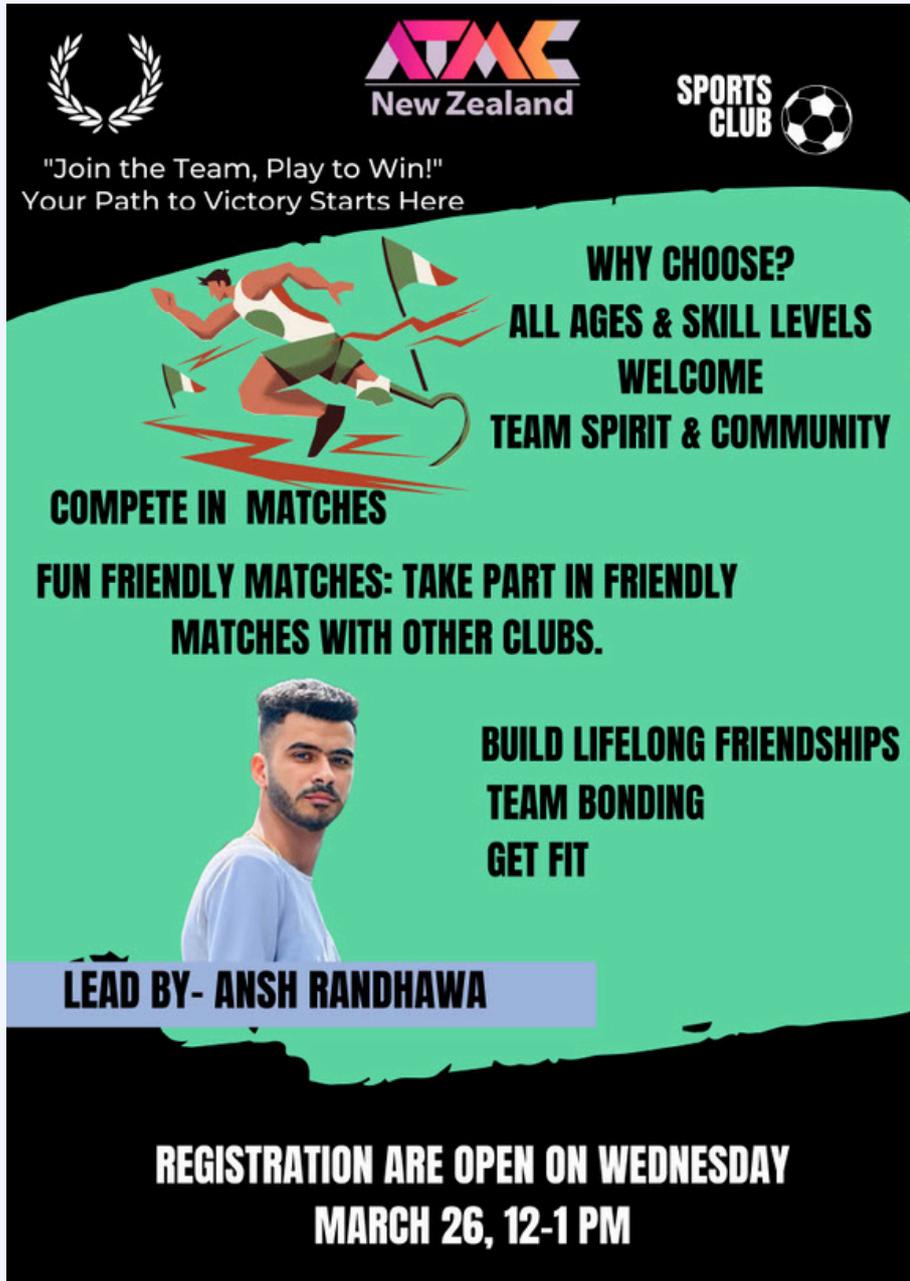
Please scan this QR code to join any of the clubs.



Get Involved – Student Clubs

Sports Club

Promoting physical activity, team spirit, and recreational sports such as indoor soccer, badminton, and table tennis. Open to all fitness levels.



"Join the Team, Play to Win!"
Your Path to Victory Starts Here

WHY CHOOSE?
ALL AGES & SKILL LEVELS
WELCOME
TEAM SPIRIT & COMMUNITY

COMPETE IN MATCHES

**FUN FRIENDLY MATCHES: TAKE PART IN FRIENDLY
MATCHES WITH OTHER CLUBS.**

**BUILD LIFELONG FRIENDSHIPS
TEAM BONDING
GET FIT**

LEAD BY- ANSH RANDHAWA

**REGISTRATION ARE OPEN ON WEDNESDAY
MARCH 26, 12-1 PM**

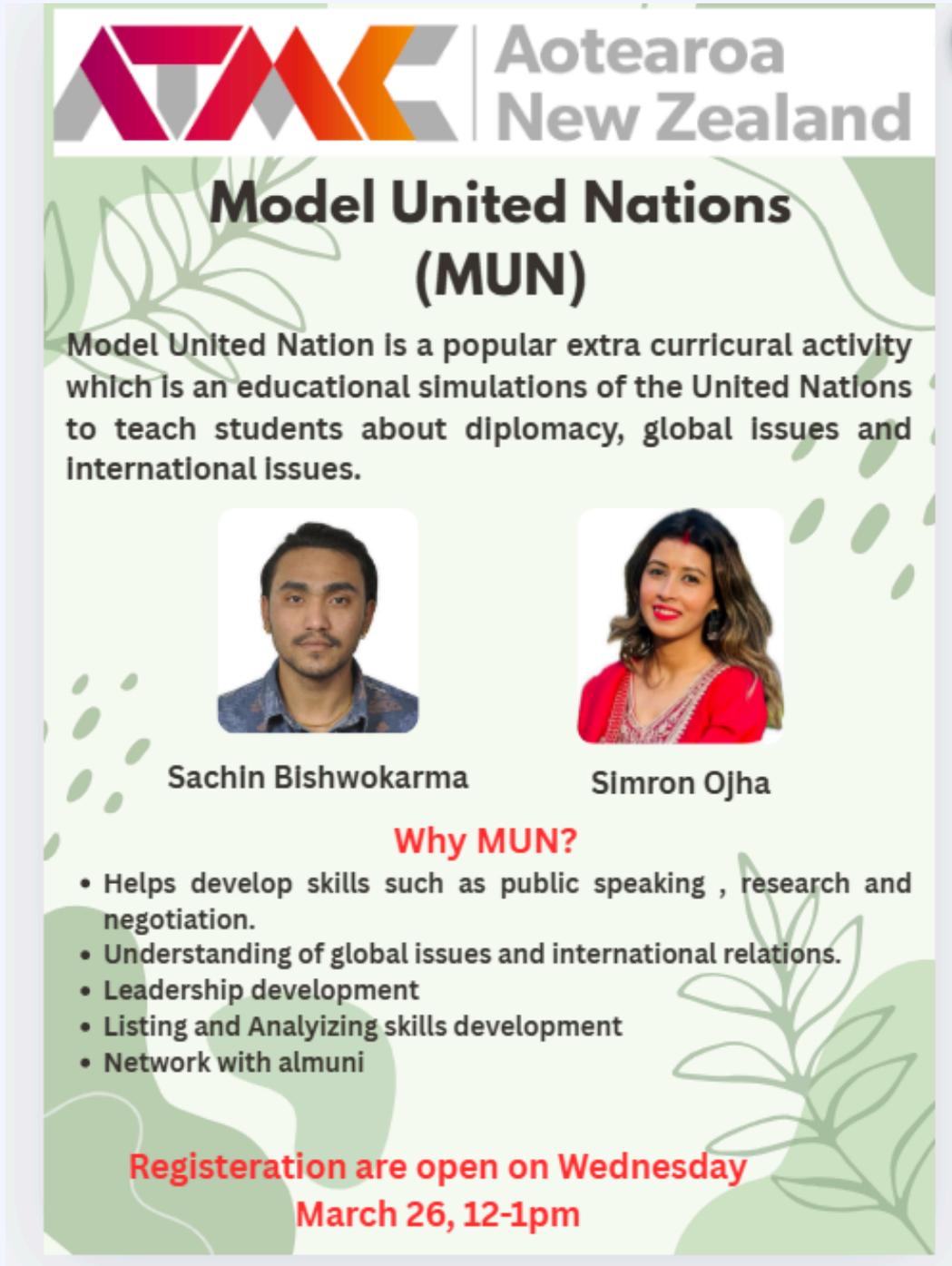
Please scan this QR code to join any of the clubs.



Get Involved – Student Clubs

Model United Nations (MUN) Club

For students passionate about global issues, public speaking, and diplomacy. A great platform to develop confidence and leadership.



The poster features the Aotearoa New Zealand logo at the top left, consisting of stylized letters 'A', 'N', and 'Z' in red, orange, and grey. To the right of the logo, the text 'Aotearoa New Zealand' is written in a grey sans-serif font. Below this, the title 'Model United Nations (MUN)' is centered in a large, bold, black font. A paragraph of text follows, explaining that MUN is a popular extra-curricular activity that simulates the United Nations to teach students about diplomacy, global issues, and international relations. Two circular portrait photos are shown: one of Sachin Bishwokarma, a man with a beard wearing a blue patterned shirt, and one of Simron Ojha, a woman with long dark hair wearing a red top. Below the photos are their names. A section titled 'Why MUN?' in red font lists five bullet points: 'Helps develop skills such as public speaking, research and negotiation.', 'Understanding of global issues and international relations.', 'Leadership development', 'Listing and Analyzing skills development', and 'Network with alumni'. At the bottom, registration information is provided in red text: 'Registration are open on Wednesday March 26, 12-1pm'. The background of the poster is light green with faint leaf patterns.

**Aotearoa
New Zealand**

Model United Nations (MUN)

Model United Nation is a popular extra curricular activity which is an educational simulations of the United Nations to teach students about diplomacy, global issues and International issues.



Sachin Bishwokarma Simron Ojha

Why MUN?

- Helps develop skills such as public speaking , research and negotiation.
- Understanding of global issues and international relations.
- Leadership development
- Listing and Analyzing skills development
- Network with alumni

**Registration are open on Wednesday
March 26, 12-1pm**

Please scan this QR code to join any of the clubs.



Get Involved – Student Clubs

Film Club

Supports students in film and media courses by offering project guidance, technical help, editing tips, and opportunities to collaborate.



Join **Film Club**

 Aotearoa
New Zealand

Why us ?

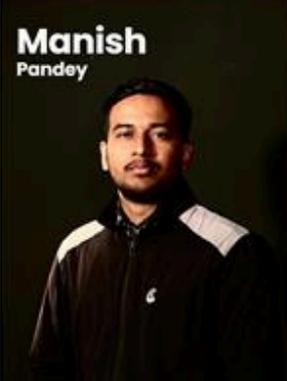
- WATCH MOVIES TOGETHER**
Enjoy a variety of films with friends.
- TALK ABOUT FILMS**
Share your thoughts and hear others' opinions.
- FUN PHOTOGRAPHY SESSION**
Capture moments during outings and events.
- JOIN COMPETITION**
Participate in film and photography contests.
- MAKE YOUR OWN FILMS**
Try your hand at filmmaking with support.
- MEET NEW PEOPLE**
Connect with other movie lovers.

Contact us: 

Students of BAA Digital Media

Available at:



Manish
Pandey



Nabin
Timalsina

Please scan this QR code to join any of the clubs.



Academic Success Workshops



In response to student feedback and academic needs, the Academic Support team has already delivered several key workshops this semester:

Plagiarism Awareness Workshop

Held in February, this session helped students understand:

- What constitutes plagiarism and academic misconduct
- How to paraphrase and cite correctly
- Tools and techniques to avoid accidental plagiarism
- Referencing styles used at ATMC NZ (APA, IEEE)

Academic Writing Workshop

This hands-on session was designed to help students improve their academic writing skills, with a focus on:

- Essay and report structure
- Clarity and flow in writing
- How to develop an argument or thesis
- Proofreading strategies
- Using Turnitin and interpreting similarity reports

Students found these workshops very useful, especially those new to tertiary education in New Zealand. We encourage you to attend future sessions.

Future Focus: Internship Success

Top 5 Mistakes to Avoid in Your First Internship

Dr Rashmi Munjal
Senior Lectrer Software Development

Landing your first internship is exciting — but it's also your chance to make a strong impression. Here are five common mistakes students make (and how you can avoid them):



1. Not Asking Questions

Internships are meant for learning. If you're unsure about something, don't stay silent. Asking thoughtful questions shows initiative and a willingness to grow.

2. Being Too Casual

Even if the office vibe is relaxed, remember: you're in a professional environment. Be punctual, polite, and dress appropriately (even if it's "casual Fridays").

3. Ignoring Networking Opportunities

An internship is a golden opportunity to build connections. Introduce yourself to people outside your immediate team — you never know who might help your future career!

4. Focusing Only on Big Tasks

Sometimes, you'll be asked to do small tasks. Don't underestimate them! Doing every task well builds trust and can lead to bigger opportunities later.

5. Not Reflecting on the Experience

Keep a journal of what you're learning — skills, challenges, and victories. It'll help you update your resume and prepare you for job interviews later.

Final tip: Carry yourself daily with the professionalism and purpose of a job interview — because it sets the tone for success.

🌸 Celebrating Multicultural New Beginnings 🌸

Happy Navavarsha, Bihu, Baisakhi, Tamil Puthandu, and Vishu! To all our wonderful students at ATMC NZ, we wish you a joyful and prosperous New Year! May April 14th, 2025, be a day of new beginnings, filled with happiness, success, and inspiration in every step you take.



As part of embracing the spirit of unity and cultural richness, our BAA Digital Media programme students organised a potluck party, where we came together to share traditional dishes from our diverse ethnic backgrounds. It was a heartwarming celebration of community, friendship, and cultural pride. From delicious foods to meaningful conversations, the event truly reflected the vibrant spirit that makes our ATMC NZ Whānau so special.

Here's to celebrating new beginnings and cherishing the beautiful diversity that strengthens us all!

Mental Health workshop

“**Blueprint for Learning**”, one of New Zealand’s largest training providers in mental health, addiction, and disability conducted a **mental health workshop** - Developing confidence to recognise, relate and respond to people experiencing mental health challenges. The main purposes of the workshop are to:



1. RECOGNIZE – signs of mental wellbeing and of mental health challenges.
2. RELATE – to what people with mental health challenges are experiencing.
3. RESPOND – supportively to mental distress

Our Senior Lecturer and the Program leader of the health faculty, Dr. Farzana organised a day-long workshop for us to collaborate with Blueprint. As international students, we felt privileged to join such a workshop which is not only relevant to our program but also gave a wonderful opportunity to learn more and a great opportunity to networking in New Zealand health sector.

During the workshop, they discussed different kinds of mental health challenges that can lead to situations such as depression, anxiety, stress, and psychosis. They talked about how to manage these kinds of situations using the Te Whare Tapa Wha model. Also, where and how to get help or get in touch with professionals, and how to respond to individuals who are experiencing such mental health challenges. And lastly, we also covered heavier topics like addiction, use of alcohol and drugs, gambling, and other negative ways people use to relieve mental health challenges that can lead to a higher level of stress and, in the worst case, suicide. Sometimes people feel completely overwhelmed and unable to see the way out. This will lead to them thinking of ending their life. They taught us how to recognize people and how to deal with people that was having thoughts of suicide. They shared some possible suicide warning signs, tips on how to approach them, and where to get help services

As students, managing mental health is one of the tasks that we need to prioritize. Moving to a new country means facing academic pressure, cultural differences, language barriers, and homesickness, all of which can take a toll on our mental health. On top of that, many of us need to work part-time jobs to cover our daily expenses, which adds another level of stress and time management challenges. It is important to recognize these pressures early and seek support when needed, as discussed in the workshop. We can do this through staying connected with family and friends or having a conversation with a professional, like the school counsellor. Hence, the workshop is so helpful for us. It will help us prioritize mental health, which not only helps us cope with stress but also enables us to perform better academically, maintain our jobs, and enjoy a more fulfilling experience in Aotearoa. We felt we were gaining the skills to help others as future healthcare leaders.

Thanks to ATMC New Zealand and Blueprint for this opportunity.

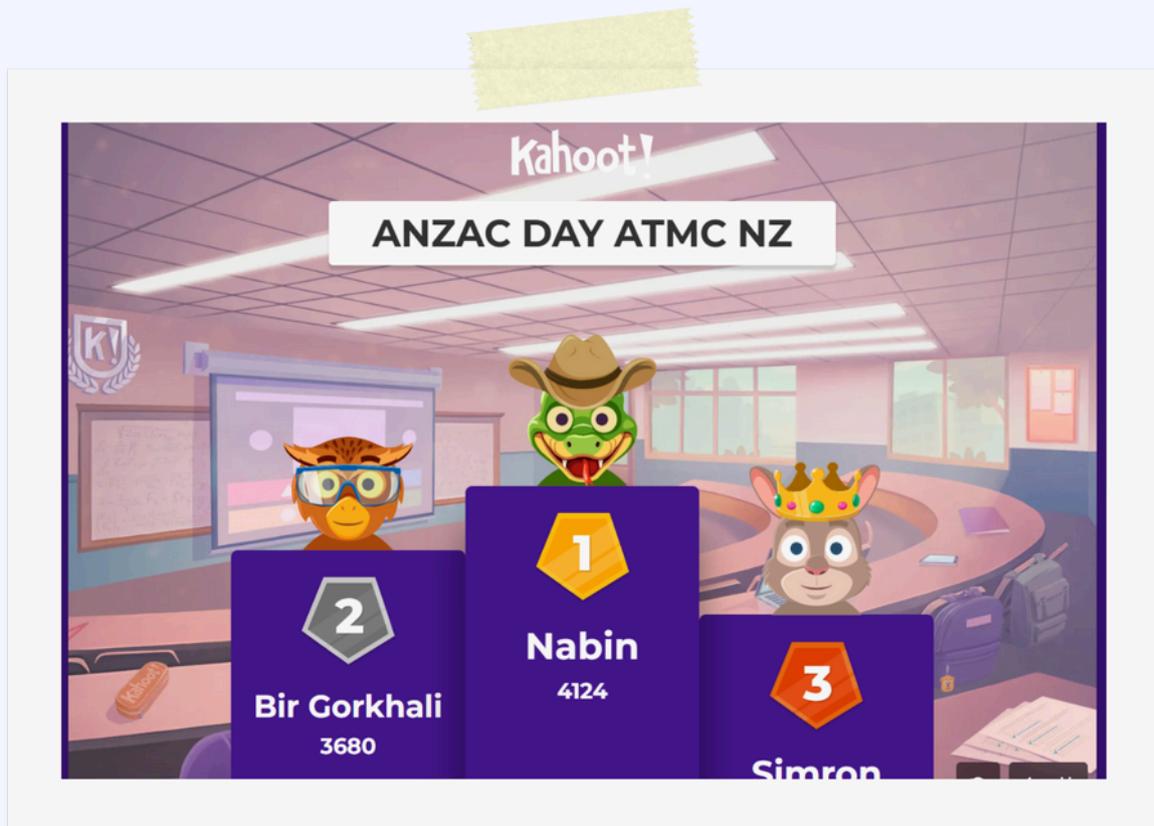
ANZAC Day Commemoration ATMC NZ - April 30



On April 30th, ATMC NZ students came together to honor ANZAC Day with a special event. The day began with a 45-minute documentary that highlighted the significance and history of ANZAC Day, offering a deeper understanding of the sacrifices made by soldiers from Australia and New Zealand.

To add a fun twist, complimentary popcorn was provided, creating a relaxed atmosphere for the screening.

Following the documentary, students participated in a lively Kahoot quiz, testing their knowledge on the film's content. Prizes were awarded to the top three winners, adding an element of friendly competition. The event successfully blended learning with entertainment, giving students a meaningful way to reflect on ANZAC Day while enjoying an interactive experience.





Upcoming Events



WORKSHOP



- The Power of Planning: Unlock Your Potential Through Time Management
- Employment Rights & Part-Time Work Guidelines
(Job Market Knowledge & Career Planning)
- Te Tiriti o Waitangi & Cultural Competency for International Students.

***Dates will be announced near to the event**

EVENTS

- **16th June:** Matariki Documentary Viewing & Creative Star Making Workshop
- **15th Sep - 22nd Sept:** Māori Language Week Activity
- **16th Oct:** Cultural Day/ATMC NZ Oneness Event



Reminders & Notices

- Attendance is mandatory. If you're facing challenges, speak to your lecturers early.
- Keep your contact details updated via the Student Portal.
- Reach out early for assignment or time management help.