

# ACASIANA

The 'Penma' Edition



## **Penma Celebrating Womenhood**

Step into the 25th edition of Acasiana, the monthly e-newsletter of Al Shifa College of Arts and Science. ACAS celebrates this significant milestone by foregrounding its women power. This special 'Penma' issue of ACASIANA showcases Women-stories of empowerment, resilience, and success. The newsletter also carries the regular event-reports, faculty and student blogs, academic, creative and research writing. From personal triumphs to academic achievements, the publication provides a comprehensive view of the vibrant and dynamic community within the college, making it a multifaceted celebration of the women students and the broader academic landscape at Al Shifa College of Arts and Science.

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**"Women: a force that transforms challenges into triumphs with grace and strength."**

**We are celebrating the 25th issue of Acasiana: the monthly e-newsletter of Al Shifa College of Arts and Science, Perinthalmanna, Kerala**

ഡോ. ആർ. ബിന്ദു  
ഉന്നതവിദ്യാഭ്യാസവും  
സാമൂഹ്യനീതിയും വകുപ്പ് മന്ത്രി  
കേരള സർക്കാർ



തിരുവനന്തപുരം  
തീയതി: 29-11-23



**ഭാവുകങ്ങൾ!**

പെരിന്തൽമണ്ണ അൽ ഷിഫ കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് മികവോടെ മുന്നേറുന്നതിൽ സന്തോഷം.

വിദ്യാർത്ഥികളുടെ കഴിവുകൾ വികസിപ്പിക്കുന്നതിലും പഠന നിലവാരത്തിലും ഊന്നൽ നൽകിയുള്ള സ്ഥാപനത്തിന്റെ യാത്ര മാതൃകാപരം. വിദ്യാർത്ഥികളുടെ സജീവ പങ്കാളിത്തത്തോടെ 'ACASIANA' എന്ന പേരിൽ പുറത്തിറക്കിവരുന്ന പ്രതിമാസ ഇ-ന്യൂസ് ലെറ്ററിന്റെ ഇരുപത്തിയഞ്ചാം ലക്കം വിമൺ സ്പെഷ്യൽ ആയി പ്രസിദ്ധീകരിക്കുന്നു എന്നറിഞ്ഞതിൽ അഭിമാനം.

എല്ലാ മേഖലകളിലും വനിതകൾ പാതകൾ വെട്ടിത്തുറന്ന് മുന്നേറുകയാണ്. വെല്ലുവിളികളെ ധൈര്യത്തോടെയും ആത്മവിശ്വാസത്തോടെയും നേരിടാൻ പെൺകുട്ടികളെ പ്രാപ്തരാക്കുന്നതിലും സാമൂഹിക പ്രതിബദ്ധതയുള്ളവരായി അവരെ വളർത്തിയെടുക്കുന്നതിലും കോളേജിന്റെ ഇത്തരം മുൻകൈ അഭിനന്ദനീയം.

സ്ത്രീശാക്തീകരണത്തിലൂടെ സാമൂഹിക പരിവർത്തനം നടത്തി ഒരു നവകേരളം സൃഷ്ടിക്കാൻ ഉത്തരവാദിത്തമുള്ള വനിതകൾ ഈ കലാലയത്തിൽ നിന്നും പിറവിയെടുക്കട്ടെ. വിദ്യാർത്ഥികളുടെയും അധ്യാപകരുടെയും സർഗ്ഗാത്മക സൃഷ്ടികളും കോളേജിനെ സംബന്ധിച്ച മറ്റുവിവരങ്ങളും പ്രസിദ്ധീകരിക്കുന്ന ഇ-ന്യൂസ് ലെറ്ററിന് എല്ലാ ഭാവുകങ്ങളും.

ഡോ. ആർ. ബിന്ദു

**നവകേരളം  
വനിതകളിലൂടെ!**



**ഡോ. ആർ. ബിന്ദു**

ഉന്നത വിദ്യാഭ്യാസ,  
സാമൂഹ്യ നീതി വകുപ്പ് മന്ത്രി  
കേരള സർക്കാർ

ഓഫീസ് : ൮൦ നമ്പർ ൧൦1, അനക്വിം-2  
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**ACAS Model in Women Empowerment**



**Dr. P. Unneen**  
Managing Trustee  
Shifa Medicare Trust

Women empowerment is a transformative process that involves granting women the tools, resources, and agency to make independent choices, pursue opportunities, and assert their rights in both private and public spheres. True empowerment involves fostering a culture that values and respects the diversity of women's experiences, encourages their voices to be heard, and ensures their equal participation in social, economic, and political realms. As societies increasingly recognize the importance of women's empowerment, efforts towards creating an inclusive, equitable, and just world continue to gain momentum, and the ACAS Model in this process is an imitable one. I Congratulate the Women Development Cell at ACAS and the supporting bodies for their timely intervention in this matter.



## ആശംസകളോടെ...

പെരിന്തൽമണ്ണ കീഴറ്റൂർ അൽ ശിഫ കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് ഉയർന്ന നിലവാരമുള്ള അധ്യാപന-പഠന രീതികൾ ഉറപ്പാക്കുന്നതിലൂടെയും, വിദ്യാർത്ഥി കേന്ദ്രീകൃതമായ പാഠ്യപദ്ധതി നടപ്പിലാക്കുന്നതിലൂടെയും നാടിന്റെ അഭിമാനമായി മാറുകയാണ്. കോളേജ് ന്റെ പ്രതിമാസ ഇ - മാഗസിൻ ACASIANA യുടെ പുതിയ പതിപ്പ് പതിവിൽ നിന്നും വ്യത്യസ്തമായി ഇത്തവണ പുറത്തിറങ്ങുന്നത് വിദ്യാർത്ഥിനികളുടെ മാത്രം പരിശ്രമത്തിൽ ആണെന്ന് അറിയുന്നതിൽ സന്തോഷത്തോടൊപ്പം അഭിമാനവും തോന്നുന്നു. ഇന്ന്, പ്രതിസന്ധികളെ ധൈര്യത്തോടെയും ആത്മവിശ്വാസത്തോടെയും നേരിടാൻ പെൺകുട്ടികളെ പ്രാപ്തരാക്കുക, അവരെ സാമൂഹിക പ്രതിബദ്ധതയുള്ള വ്യക്തിത്വങ്ങൾ ആയി വളർത്തിയെടുക്കുക എന്നതും പഠനത്തിന്റെ ഭാഗമാണ്. ഇത്തരത്തിൽ അൽ ശിഫ കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് നടത്തുന്ന പ്രവർത്തനങ്ങൾ ഇതര വിദ്യാഭ്യാസ സ്ഥാപനങ്ങൾക്കും മാതൃകയാക്കാവുന്നതാണ്. കോളേജിന്റെ പ്രതിമാസ പ്രവർത്തനങ്ങൾ സംബന്ധിച്ച എല്ലാ വിവരങ്ങളും പ്രസിദ്ധീകരിക്കുന്ന കോളേജിന്റെ ഇരുപത്തിയഞ്ചാം ലക്കം വുമൺ സ്പെഷൽ ഇ ന്യൂസ് ലെറ്ററിന് എല്ലാവിധ ഭാവുകങ്ങളും നേരുന്നു.

### ജമീല ചാലിയത്തൊടി

പ്രസിഡൻ്റ്  
കീഴറ്റൂർ ഗ്രാമപഞ്ചായത്ത്



## A Different League in Women Empowerment



### Saritha. K

Vice Principal  
ACAS

I am honored to address you in this special edition of our college newsletter, dedicated to the initiatives taken by our Women Development Cell, PENMA. Women's empowerment is not just a phrase but a commitment that every woman should embrace wholeheartedly. PENMA has been instrumental in fostering an environment where our female students are provided avenues to not only thrive academically but also develop into strong, confident, and empowered individuals. The journey towards gender equality requires collective effort, and I am confident that our college community, with PENMA at its forefront, will continue to champion the cause of women's empowerment. I extend my heartfelt appreciation to the PENMA team, whose dedication and commitment have made this special edition possible. Let us all stand together in support of women's rights and work towards creating a more inclusive and equitable society.

Wishing you all an inspiring and empowering journey through the pages of this special newsletter.

## Empowering women changes the world

The Women Development Cell in colleges strives to raise awareness among students about the challenges faced by girls and other gender-related issues. It is dedicated to fostering the intellectual and social growth of female students and staff. The cell is committed to promoting women's empowerment through seminars, awareness programs, and various welfare activities. Women is essential to the health and social development of families, communities and countries. When women are living safe, fulfilled and productive lives, they can reach their full potential. Investing in girls' education transforms communities, countries and the entire world. Girls who receive an education are less likely to marry young and more likely to lead healthy, productive lives. There is no limit to what women can accomplish.



### Nimisha. K

WDC Coordinator Assistant Professor of  
Physics KR'S Sree Narayana College,  
Valanchery

## A Space for Creative Freedom

To start with, The *Penma*- Women Development Cell at Al Shifa College of Arts and Science is honored to have an opportunity in crafting the November issue of ACASIANA. This was only possible because of the guidance and support from our faculty and our members who worked diligently for the cause. With an emphasis on women's growth and encouraging them to take the initiative in extracurricular and educational endeavours, *Penma* provides a space for women to express their creative freedom. *Penma* arranged a workshop with Midhulaj Sir, Assistant Professor of English In order to provide a foundation for newsletter design. During its existence, *Penma* has arranged a number of workshops with an emphasis on women's empowerment and has made impact on the student body of ACAS.



### Salha Shahad

I B. Com Computer Application



## The art of betraying oneself

In the world where a woman's worth is measured by how submissive she is, not sacrificing herself for the sake of others is a rebellion she would partake. Where the world address you as someone's someone and never as someone, to ask for respect is the last thing you would be allowed to do. It might seem that in this fast growing world, such problems are already addressed and dealt with. How promising. But the truth is far beyond that. From denying women's choice on her own body to forcing a man's opinion on her, this 2023 didn't really move on from the 70's. From being conditioned to play a puppet for the family to marrying a man who will rule over for a lifetime, her life between birth and death serves as a crucifixion of her unachieved dreams. To sit still and be pretty like a doll, a doll so pretty and playable but never to utter a word, 'cause dolls don't speak. Where her mouth is tied like the gold that falls over her neck, a chain to pull, a shackle to tame, to keep her under the clutches. To be seen through the eyes of a man, and never herself, to be sexualized but never be allowed to express her own sexuality, we sure put women under a cage like an animal. The necessity of giving menstrual leaves are under discussion of men, because how else would we decide if it's necessary for a woman until a man says. This is not a note of complain but rather the cry of frustration, that has been going on for centuries and that will go on for centuries if not pulled from its roots.

## The Guest Blogger



**Amegha Biju**

Sixth semester B. A. English  
Providence women's college, Calicut.

## Keralappiravi Celebrations



Al Shifa College of Arts and Science observed *Keralappiravi* Day with a colourful celebration that showcased Kerala's cultural heritage on 1 November 2023. The event featured *Naadanpaattu*, fusion fashion show, *Keralashreeman* and *Malayalimanka* competitions. The winners of *Malayalimanka* and *Keralashreeman* are Ms. Gopika. K, Third Semester B. Sc. Psychology, and Mr. Harshal. P, Fifth Semester B. Com. Taxation, respectively.

Reported by Ms. Fathima Binsi. T  
First Semester B. A. Economics

## Bridge Course Offered

Bridge Course is a preparatory course for students who learn an advanced course for the first time. The Dept. of Commerce offered Bridge Courses titled "Teaching Aptitude" for the Sixth Semester B. A. Functional English. The Dept. of Commerce offered Bridge Courses on "Basics of Investment Management" and "Fundamentals of Corporate Taxation" for the students of Sixth Semester B. Com. Finance and Taxation classes. The Dept. of Economics offered "Bridge Course on Basic Econometrics" for their students in Sixth Semester B. A. Economics.



Malappuram, Kerala, India

## Research Forums

### ● Dept. of Commerce

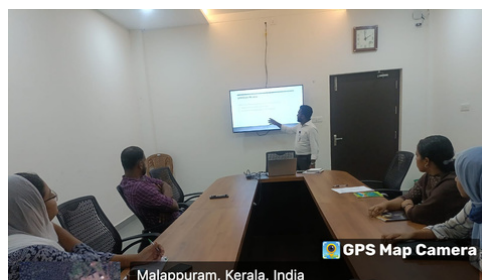
The Department of Commerce, ACAS, organises a weekly Research Forum. Ms. Sajna Mini Mol, Ms. Mekha C. M, Ms. Ashida A. P, Ms. Shibla Sherin. P, Ms. Mini V. K, and Mr. Suhaib. P, Assistant Professors, Department of Commerce, presented article reviews in the forum. Following the reviews, a general discussion regarding the topics was held by the members, where they clarified doubts regarding the methodology and analysis parts of the discussed articles.

### ● Departments of Economics & Psychology

The Department of Economics and Psychology at ACAS organise a weekly Research Forum. Mr. Muhammed Noufal. M, Head of the Department of Economics, and Mr. Anjel Juman. P, Assistant Professor of Economics, reviewed articles pertaining to their subject in the forum. Interaction among the members of the forum ensued after the presentations and the participants had valuable takeaways.

### ● Departments of English and Languages

A weekly Research Forum is organised by the Departments of English and Languages. Ms. Radhika. A, Ms. Rameesban. P. M, Ms. Adithya. S, Assistant Professors of English, and Mr. Irshad. K, Assistant Professor of Arabic, made presentations on articles they have read. They made recommendations of articles to read related to their subjects. The discussions following the sessions offer a platform for open talks on topics of social and academic significance.



## Orientation Session for New Faculty



The Internal Quality Assurance Cell, ACAS, organised an orientation session on NAAC Criteria titled 'Introduction to NAAC Criteria' on 2 November 2023. The session for newly recruited faculty members aimed to give a crystal clear picture about NAAC Criteria. All the seven criteria coordinators presented their respective criteria and documentation process.

## Run for Unity

The National Service Scheme, ACAS, organised a student marathon named "Run for Unity" in connection with the observance of the National Unity Day on 2 November 2023, on the Perinthalmanna-Pandikkad State Highway. The marathon began with the handing-over of the National Flag of India to Mr. Muhammed Shameem Raza, the Marathon Captain, by Ms. Saritha. K, Vice Principal, ACAS. Ms. Jameela Chaliyathodi, President of Kizhattur Grama Panchayath, inaugurated the valedictory function of the marathon. Mr. Muhammed, Vice President of Kizhattur Grama Panchayath, along with Mr. Basheer, Mr. Abdhul Latheef, and Ms. Bindu, ward members of Kizhattur Grama Panchayath, felicitated in the event. Mr. Irshad. K, Assistant Professor of Arabic and NSS Programme Officer, Mr. Abdul Jaleel. C, Head of the Department of Psychology, and Mr. Vibin Das. C. P, Head of the Department of Physical Education, were part of the programme.



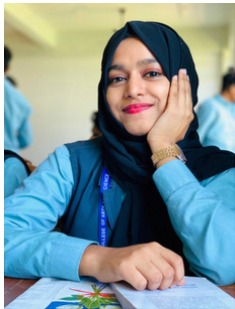
Reported by Ms. Shijiya Sherin  
First Semester B. A. English



# ബെന്യാമിന്റെ ആടു ജീവിതം

ജീവിതത്തിൽ നിന്ന് ചീന്തിയെടുത്ത ഒരേയൊരു; ചോര വാർക്കുന്ന ജീവിതം തന്നെയാണ്. ബെന്യാമിന്റെ ആടു ജീവിതം എന്ന നോവലിനെ കുറിച്ചുള്ള അഭിപ്രായമാണിത്. അതിലുപരി അതൊരു വാസ്തവമാണ്. ഇതിലെ കേന്ദ്ര കഥാപാത്രങ്ങളായ, നജീബിനും ഹകീമിനും മരുഭൂമിയിൽ ദാഹിച്ചു മരിച്ച എല്ലാ ആത്മാക്കൾക്കും എന്ന സമർപ്പണത്തോടെയാണ് നോവൽ ആരംഭിക്കുന്നത്. ഇതിലെ കഥാപാത്രങ്ങൾ അഭിനയിക്കുകയല്ല. പച്ചയായ ജീവിതം തുറന്നുകാട്ടുകയാണ്. ഇതിലെ പ്രധാന കഥാപാത്രമായ നജീബ്, നോവലും നൊമ്പരവും കഷ്ടതയും നിസ്സഹായാവസ്ഥയും അതിന്റെ തീവ്രത ഒട്ടും നഷ്ടപ്പെടാതെ ആവിഷ്കരിച്ച കഥാകൃതിന്റെ നെയ്പുണ്യം പ്രശംസനീയം തന്നെ. തീർച്ചയായും നാം വായിച്ചിരിക്കേണ്ട ഒരു പുസ്തകമാണിത്. ഇത്രയും വേദനകളും പ്രയാസങ്ങളും സഹിച്ച അയാൾ എന്നിട്ടും ജീവിച്ചില്ലേ? തളർന്നു വീണിട്ടെല്ലാം എഴുന്നേറ്റില്ലേ? ഒടുവിൽ ഇതിനെല്ലാം അതിജീവിച്ചില്ലേ? അവിടെയാണ് നാം നജീബിനെ പഠിക്കേണ്ടത്. മലയാളികളുടെ ഗൾഫ് ജീവിതത്തെക്കുറിച്ചുള്ള ഈ കഥ നമ്മുടെ പല സങ്കല്പങ്ങളും തിരുത്തിക്കുറിക്കുന്നതാണ്. മരുഭൂമിയുടെ പ്രത്യേകതകളും പ്രതിഭാസങ്ങളും മറ്റൊരു കൃതിയിലും പരാമർശിച്ചുണ്ടാവില്ല. നജീബിൽ നിന്നും നമ്മുക്ക് കിട്ടുന്നത് ജീവിതത്തിലെ പ്രതിസന്ധികൾ തരണം ചെയ്യാനുള്ള ഊർജമാണ്. ചെറിയ കാര്യങ്ങളിൽ പോലും തളരുന്ന നാം അയാളുടെ ജീവിതത്തെ ഓർക്കുക. മനുഷ്യന്റെ സഹനശക്തി എത്രയാണെന്ന് മനസ്സിലാക്കും.!

# Blogs from ACAS



**Hisana. K**  
| B. A. Economics

## Empowering Women: Breaking Barriers and Building Futures



**Anjal Hamid**  
| B. A. Function English

In a world that continues to evolve, the empowerment of women has become an essential conversation. Women empowerment goes beyond gender equality; it is about recognizing, enhancing, and celebrating the unique abilities and potential of women. This blog explores the significance of women empowerment, the challenges women face, and the strides being made towards a more inclusive and equitable society. When women have equal opportunities in the workforce, it not only strengthens the economy but also fosters innovation and diversity.

Education is a powerful tool for women's empowerment. By ensuring access to quality education, we equip women with the knowledge and skills needed to navigate the challenges of the modern world, fostering a generation of leaders and change-makers. Despite progress, gender-based discrimination persists. Empowering women requires dismantling stereotypes and promoting a culture where every woman is treated with respect and dignity. Many women face challenges in balancing their professional and personal lives. Policies that support work-life balance, affordable childcare, and parental leave are essential for women to thrive in both spheres.

More women are breaking the glass ceiling and assuming leadership roles. Highlighting successful women leaders can inspire others and challenge the notion that certain positions are reserved for men. Community-based programs and initiatives play a pivotal role in empowering women. These efforts focus on providing resources, support, and skill development at the local level, creating a ripple effect of positive change. Women empowerment is not just a women's issue; it's a societal imperative. By addressing challenges, promoting equality, and celebrating the achievements of women, we can create a world where every woman has the opportunity to reach her full potential. It's time to unite in the pursuit of a more inclusive and empowered future for all.



## NSS at IMALP School

The National Service Scheme (NSS), ACAS, conducted a gardening event at IMALP School, Anappamkuzhi, which is located in Ward- 8, Kizhattur Grama Panchayath, recognised as our Participatory Village, on 3 November 2023. Students from the school brought plants to the APJ Abdul Kalam Memorial Garden at IMALP School, where the NSS volunteers planted the saplings. Mr. Irshad. K, Assistant Professor of Arabic, & NSS Programme Officer, ACAS, Ms. Suhara, Headmistress, IMALP School and Management representatives of the school were present on the occasion. Mr. Muhammed Sabith. P, First Semester B. Com. Finance, coordinated the programme.

Reported by Ms. Saniyya. P  
First Semester B. Sc. Psychology



## B-Zone Cricket Tournament



The Calicut University Pool B Matches of B-Zone Cricket Tournament for the academic year 2023-24 was inaugurated by Mr. Nuhman Ali, the Administrative Officer of ACAS, on 3 November 2023, at the ACAS College ground. The tournament is scheduled from 3 November to 3 December 2023, with 54 college cricket teams participating in the event. The tournament has two venues: Pool A at PTM Govt. College ground and Pool B at ACAS ground.

## Field Visits

### ● Dept. of Economics

The Department of Economics, ACAS, organised an Industry Visit to the Tea Museum at Kanan Devan Hills Plantation in Munnar on 5th November 2023. The guide led the visitors through the place, explaining the processes involved in transforming tea leaves into the final powdered product. They provided detailed explanations about the various machines utilised at different stages of production. A total of 27 students and two faculty members took part in the Industry Visit.

Reported by Ms. Haseeba. K  
Third Semester B. A. Economics



### ● Dept. of English

The Department of English, ACAS, organised a field visit to the Punarjani Traditional Village in Munnar on 05 November 2023. The program featured a captivating Kalaripayattu performance organised by Team Punarjani, which highlighted the rich cultural traditions of Kerala. During the visit, students had the opportunity to engage in meaningful conversations with the team members. The students from the III Semester Functional English accompanied by two faculty members took part in the Field Visit.

Reported by Ms. Nandhana. P. V  
Third Semester B. A. Functional English



## Outbound Training

The Department of Commerce, ACAS, organised an Outbound Training (OBT) for the students of the First Semester B. Com. Finance, Taxation, and Computer Application at LEAD College of Management, Palakkad, on 6 and 7 November 2023. This initiative was in connection with MoU between the Department of Commerce and LEAD College. The session included various activities, including fear games, trust games, fire-walk, and team-building exercises, all contributing to the enhancement of students' confidence and interpersonal skills. 38 students from the mentioned classes actively participated in this comprehensive training programme.



Reported by Ms. Salha  
First Semester B. Com. with Computer Applications

## B-Zone Badminton Tournament



The Calicut University B-Zone Badminton Tournament took place at MEA SS College, Areacode, on 8 & 9 November 2023. The ACAS badminton team participated in the event. In the initial match, ACAS defeated Govt. College Nilambur by 2:0. In the following match against SAFI College, Vazhayur, ACAS secured a 2:1 victory. In the third match, ACAS lost to MEASS College, Areacode, by 0:2.

## Workshop for PENMA Members

PENMA, the Women Development Cell at ACAS hosted a workshop on public speaking skills exclusively tailored for women on 10 November 2023. The event aimed to empower female participants by honing their communication abilities and fostering confidence in public speaking scenarios. Ms. Saritha. K, Head of the Department of English and a Certified International Trainer, JCI, led the workshop, bringing a wealth of expertise to guide the attendees through various aspects of effective public speaking. The workshop covered essential components such as voice modulation, body language, and structuring presentations.



Reported by Ms. Niveditha. P  
First Semester B. Sc. Psychology

## Cake Baking Workshop



The ED Club, ACAS, organised a cake baking workshop on 11 November 2023. Ms. Faslul Fabina. K. V, Third Semester B. A. Economics, lead the session. The members of ED club from the First Semester classes were present at the workshop. The whole process of baking was demonstrated to the club members and the baked cake was cut and distributed at the end of the workshop. 32 members from ED Club participated in the session and learned the process of baking.

Reported by Ms. Mirsha Saleem. P  
Third Semester B. A. Economics



## Orientation for New NSS Volunteers

The National Service Scheme, ACAS, organised an orientation programme for new NSS Volunteers on 11 November 2023. Lt. Lukmanul Hakeem. M, Assistant Professor of Economics and Associate NCC Officer, SAFI Institute of Advanced Study, led the session. Mr. Irshad. K, NSS Programme Officer and Assistant Professor of Arabic, was present in the programme. Mr. Mohammed Shahal, First Semester BCA, coordinated the programme.

Reported by Ms. Binsiya. A  
First Semester B. Com. Finance



## Principal's Scholarship Distributed



The Al Shifa Principal's Scholarship for meritorious students who are economically backward was handed over by Dr. Babu. P. K, Principal, ACAS, to Mr. Niyas. K, Sixth Semester B. A. Economics, in the presence of Ms. Ashida. A. P, Assistant Professor and Head of the Department of Commerce and Coordinator of the Scholarship Cell, and Mr. Mohammed Noufal. M, Assistant Professor and Head of the Department of Economics, on 10 November 2023.

## Flipped Sessions at Ambedkar College

The Institute for Flipped Learning (IFL), ACAS, organised a session for the First Semester B. A. English Language and Literature students of Ambedkar College of Arts and Science, Wandoor, on 14 November 23. Ms. Saritha. K, Head, Dept. of English, ACAS, and Ms. Radhika. A, Asst. Professor of English, ACAS, handled topics such as 'Little Red Riding Hood' and 'Figures of Speech', respectively, from the first and second modules of 'Introducing Literature', the core course prescribed in the syllabus of the University of Calicut. Fifty seven students of the host college actively participated in the activities led by the resource persons.



## Book Review by Students

*Ente Vayana- Vidhyarthikal Nadathunna Pusthakaavalokanam* (My Reading- Book Review by Students) is a series of presentations on reading experience by students organised by *Thanimalayalam* Club, ACAS. On 14 November 2023, Ms. Shibila. V, Third Semester B. Sc. Psychology, Mr. Sangeeth Krishnan. K. K, Third Semester B. Sc. Psychology, and Ms. Fathima Binsi. T. P, First Semester B. A. Economics, presented the review of *One Indian Girl* by Chetan Bhagat, *Ram c/o Anandi* by Akhil. P. Dharmajan, and *Kolad* by Madhavikkutti, respectively. The student members of the Club attended the session.

On 30 November 2023, Ms. Binsiya. A, First Semester B. Com. Finance, Mr. Pranav.E, Third Semester B. Sc. Psychology, and Mr. Amal Jaz, First Semester B. A. Language and Literature, presented the review of *Chuvanna Paavaada* by Madhavikkutti, *Thahasildaarude Achan* by Thakazhi, and *Ntuppoopaakkoraanendarnn* by Vaikkam Muhammad Basheer, respectively. The programme aims to enrich and celebrate the reading habit among students.

Reported by Ms. Shibila. V  
Third Semester B. Sc. Psychology





## The Guest Blogger

### Difficult Lives

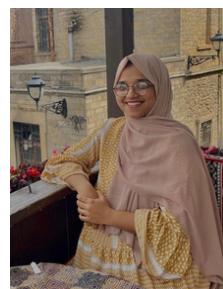
Just imagine living your childhood fearing death every single second,  
fearing loss of your parents, every single second,  
fearing the sounds of bomb every single second.  
Just imagine living your childhood  
running away from one place to another and hearing another bomb being  
dropped there.  
That is how life is for a normal innocent Palestinian kid.

We searched for our parents after playing in parks.  
They are searching for their parents at hospitals and bomb sites.  
We cried over a broken hand of our barbie doll.  
They are crying beside their lifeless sisters.  
We begged others to get an icecream.  
They are begging for peace in their homeland.  
We had everything we want,  
They are asking for the bare minimum.

What is the world giving them in return?  
Bombs? Missiles? Death? Genocide?  
What did they do?  
Is it because they are weak?  
Or is it because you have a huge backup?

Just ask your conscience- if you have one, what justifications you have for these  
heinous crimes.

To the neutral ones out there.... How will you feel when people saw your house  
burning?  
And walked past it unbothered, how will you feel?



**Reha Nasveen C M,**  
B.Ed Student,  
Farook Training College  
Calicut

## The Guest Blogger

### Changes

(To everyone who believe in changes, times and  
seasons)

Changes can be hurting,  
I asked him why he was spurting;  
For the infinite if's I was blurting,  
Coz, you never know what's following.

Changes takes time,  
Like a sun ready to shine;  
Or a caterpillar off her cocoon,  
Coz, they never know what's beautiful.

Changes are for a reason,  
And everything happens in its season;  
Why does the sun make his sunshine wait?  
Coz, to see her lovely smile the next morning!

Changes are awesome,  
Like a lily ready to blossom;  
Or a butterfly ready to flutter,  
Coz, what is life without change



**Elizabeth Ann Chacko**  
First MA English  
Sahrdaya College of Advanced Studies

## Workshop on Newsletter Designing

PENMA, the Women Development Cell at ACAS, organised a workshop on Newsletter Designing specifically for female students on 14 November 2023. The workshop aimed to empower female students with practical skills in making visually appealing newsletters. Mr. Midhulaj. P, Asst. Professor of English and IQAC Coordinator, led the session, providing valuable insights into effective design principles, content structuring, and the overall art of communication through newsletters. Ten students from PENMA participated in the workshop. Participants not only gained technical know-how but also found inspiration for expressing creativity in their communication endeavours.

Reported by Ms. Sumana. K  
First Semester B. Com. Finance



## Public Transport Day



Al Shifa College of Arts and Science observes 'Public Transport Day' on a particular day every month. The students, staff and faculty of the college resort to means of public transport to commute to the college on this day. This act is in alignment with the institution's commitment to attain one of the SDG goals, to adopt carbon neutral practices. This month's Public Transport Day fell on 16 November 2023.

## Session on Malayalam for Competitive Exams

The Centre for Competitive Examinations (CCE), ACAS, organised a session named 'മതരപരീക്ഷകളിലെ മലയാളം' on 15 November 2023. It was handled by Ms. Febeena. K, Assistant Professor of Malayalam, ACAS. During the session, she spoke on fundamentals of Malayalam grammar. The session aimed to provide a solid foundation on the basics of the grammar part in Malayalam Language which is essential for various competitive examinations.

Reported by Ms. Faseela. K. P  
Third Semester B. Com. Finance



## CUET Orientation Session

The Centre for Competitive Examinations (CCE), ACAS, organised an orientation programme titled 'Road to Central University: A CUET Orientation' on 15 November 2023. The session was handled by Mr. Abdul Jaleel. C, Head, Department of Psychology. It provided an overview of the CUET examination, its structure, as well as essential tips and strategies for success in the exam. The presentation also gave an overview of the various Central Universities and the courses they offer. Faculty members Mr. Suhaib. P, Assistant Professor of Commerce, and Mr. Irshad. K, Assistant Professor of Arabic, ACAS, shared their Central University graduation experience.

Reported by Ms. Ashreen  
Third Semester B. Com. Taxation



## English Faculty Attend Workshop

Ms. Adithya. S and Ms. Radhika. A, Asst. Professors of English, along with Ms. Saritha. K, Asst. Professor & Head of the Department of English, ACAS, participated in a workshop on 'Communicative Activities for Teaching English: Pedagogy and Practice'. The workshop was organised by ELTAI Calicut Chapter and took place at Providence Women's College, Calicut, on 18 November 2023. The session featured Dr. Lal C. A, Professor at the Institute of English, University of Kerala, as the resource person. Dr. Lal engaged the participants, including teachers and students from Higher Education Institutions, in various activities focusing on pre-teaching, during teaching, and post-teaching methodologies.



## Peer Teaching by Students



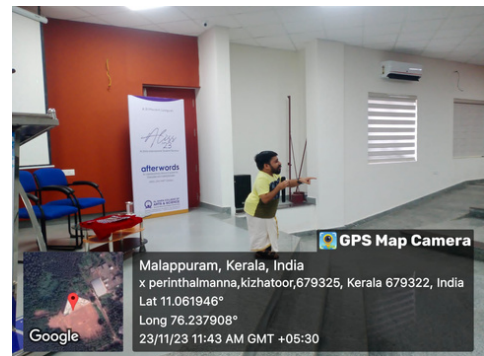
The Department of Economics, ACAS, organised a Peer-Teaching talk on 20 November 2023. The talk was titled "Economics in Everyday Life". The speaker was Ms. Haseeba. K, Third Semester B. A. Economics, ACAS. During the talk, Ms. Haseeba discussed the role of Economics in everyday life, addressing doubts from students who attended, primarily from the first semester B. A. Economics programme.

Reported by Ms. Fathima Binsi. T. P  
First Semester B. A. Economics

## Meet the Artist

The Movie Club, ACAS, organised an event titled "Meet the Artist", featuring an interactive session with Cine Artist, Mr. A. B. Vijaykrishnan, held on 23 November 2023. During the session, students actively engaged by posing numerous questions regarding Mr. Vijaykrishnan's career, aspirations, and space within the film industry. He candidly shared his struggles and recounted his journey towards success in a warm and amicable manner. The students were captivated by his sincerity and were deeply inspired by his experiences, which he conveyed without any airs.

Reported by Ms. Lisna. K. P  
Third Semester B. Com. Finance



## Women Entrepreneurship Day

The ED Club and PENMA-Women Development Cell, ACAS, observed Women Entrepreneurship Day on 20 November 2023. The event featured a documentary screening, showcasing the journeys of successful women entrepreneurs, offering valuable insights and inspiration to the students. The initiative aimed to foster an entrepreneurial spirit among women and encourage their active participation in the business world. The documentary screening, coupled with discussions, created an enriching environment that promoted awareness and appreciation for women's contributions to entrepreneurship.

Reported by Ms. Lisna. K. P  
Third Semester B. Com. Finance





## Workshop on Research Methodology

The Department of Economics, ACAS, organised a workshop on Research Methodology titled 'UG Project: A Route Map- Workshop on Research Methodology' on 21 November 2023. Mr. Muhammed Noufal. M, Asst. Professor and Head of the Department of Economics, led the workshop and provided students with information on area identification and topic selection. Additionally, students practised creating titles from different areas of study, helping them understand how to structure a project title. Thirty students of the Third Semester B. A. Economics benefited from the session.



Reported by Ms. Haseeba. K  
Third Semester B. A. Economics

## ACAS and MEAEC Sign MoU



Al Shifa College of Arts and Science (ACAS), Perinthalmanna, and MEA Engineering College, Perinthalmanna, have entered into an agreement to collaborate in student capability through peer training and peer mentoring. The MoU basically involves the Departments of Computer Science of both the institutions, though it spreads to areas in which both the institutions will work together collectively. Mr. Pilakkal Hamza, Chief Executive Officer, Shifa Medicare Trust, and Dr. G. Ramesh, Principal, MEA Engineering College, signed an MoU on 21 November 2023 to this effect. Mr. Zubair. C. K, Administrative Manager, MEA Engineering College, Dr. Babu. P. K, Principal, ACAS, Mr. Haneesh Babu. K. T, IQAC Coordinator, MEA Engineering College, Dr. K. Najeeb, Head, Department of Computer Science, MEA Engineering College, Mr. Farhan. V. M, Head, Department of Computer Science, ACAS, and Mr. Midhulaj. P, IQAC Coordinator, ACAS, were present.

## Book Review Session by Faculty



*Ente Vayana- Adhyapakarude Vaayanaanubhavangaliloode* (My Reading- Through the Reading Experience of faculty) is a series of presentations on reading experience by teachers, organised by the Thanimalayalam Club, ACAS. On 21 November 2023, Ms. Mini. V. K, Asst. Professor of Commerce, Mr. Irshad. K, Asst. Professor of Arabic, and Ms. Febeena. K, Asst. Professor, Dept. of Malayalam, presented the review of *Sugandhi Enna Aandal Devanayaki* by T. D. Ramakrishnan, *Vridhdhasadanam* by T. V. Kochubava and *Budhini* by Sara Joseph, respectively. The teachers of ACAS attended the session. The programme is to set the stage for teachers to engage in interactions on literary works and promote reading.

## Mentor- Mentee Interaction

The Mentor-Mentee program at ACAS has the primary goal of offering guidance, motivation and emotional support to the mentees. This involves various aspects, including career exploration, goal setting, networking, and resource identification. On 21 November 2023, an interactive session took place where mentors engaged with their respective mentees to gather essential information, enabling the provision of personalised guidance for each individual.



## 'Shespark': Igniting Women's Entrepreneurial Excellence

The Entrepreneurship Development Club and PENMA- Women Development Cell, ACAS, organised a session titled Shespark: 'Igniting Women's Entrepreneurial Excellence' on 22 November 2023. Dr. Babu. P. K, Principal ACAS, inaugurated the session. Following the inauguration, the Chief Guest, Ms. Juvairiya. A. P, delved into a comprehensive discussion about the various initiatives and support mechanisms that the Government of Kerala has put in place to foster entrepreneurship. The speaker of the session was Ms. Buhaisa, Entrepreneur, Tubees Foods, Perinthalmanna. The heart of the session was undoubtedly the inspiring entrepreneurial journey shared by Ms. Buhaisa, the founder of Tubees. Her story, evolving from a modest start with three products to a flourishing enterprise with an extensive product line and a team of 14 employees, served as a beacon of motivation for the attendees. 78 students from ED Club and PENMA participated in the session.

Reported by Ms. Sivakamy. P. V  
First Semester B. Sc. Psychology



## 'Ochappaadu' College Magazine Released



The annual College Magazine of Al Shifa College of Arts and Science for the academic year 2022- '23 was released by Mr. A. B. Vijayakrishnan, Malayalam Cine Actor, on 23 November 2023. Dr. Babu. P. K, Principal, ACAS, presided over the programme and received the College Magazine from A. B. Vijayakrishnan in the presence of students. Mr. Vijayakrishnan engaged in a conversation with students during the event.

Reported by Faseela. K. P  
Third Semester B. Com. Finance

## Outreach Programme by CDELS

The Centre for Development of English Language Skills, ACAS, organised a session on 'Basic Language Skills' for the students of PMSA VHSS, Chappanangadi, Kottakkal, on 28 November 2023 at ACAS campus. The students were given a training session on the basics of communicating in English. The icebreaking in the session was done by Ms. Saritha. K, Head, Dept. of English. It was followed by a session by Ms. Renjitha. K. R, Asst. Professor of English, ACAS, on the templates and etiquette for communication in English.



## Drive Dreams: Entrepreneurship Awareness Programme



The Entrepreneurship Development Club, ACAS, organised a session titled 'Drive Dreams: Entrepreneurship Awareness Programme- Unleashing Entrepreneurial Potential' by Mr. Varghese Paul on 27 November 2023. Dr. Babu. P. K, Principal, Al Shifa College of Arts & Science, inaugurated the session. Mr. Varghese Paul, is an entrepreneur par excellence, a source of inspiration, and a dedicated trainer in the field of entrepreneurship. His wealth of experience and knowledge in this field makes him an ideal guide for entrepreneurship. Throughout the session, participants benefited from a range of activities aimed at increasing awareness about entrepreneurship.

Reported by Ms. Anzalna. A. P  
Third Semester B. A. Functional English



## Observance of National Constitution Day

The National Service Scheme in collaboration with the Department of Economics, ACAS, observed National Constitution Day of India on 27 November 2023. Mr. Mohammed Noufal. M, Head of the Department of Economics, delivered an insightful talk on the theme "The Embrace: Upholding the Values of the Indian Constitution". His address focused on the fundamental principles embedded in the Constitution, including justice, liberty, equality, and fraternity. Mr. Noufal elaborated on the relevance of these values in contemporary times, encouraging the audience to embody these principles in their daily lives. 85 students benefited from the session. The Preamble of the constitution was read out in the programme by Ms. Gopika, Third Semester BSc Psychology. Mr. Muhammed Faris. K, Third Semester B Com Taxation, coordinated the programme.



Reported by Mr. Gopika. K  
Third Semester B. Sc. Psychology

## Drawing Competition on Consumer Rights



The Consumer Club, ACAS, conducted a drawing competition on 27 November 2023. The drawing contest was related to Consumer Rights. Each contributor demonstrated their artistic prowess by crafting visual representations that underscored the significance of equitable treatment for consumers. The thematic exploration encompassed subjects such as the assurance of product safety, advocacy for fair trade practices, and the promotion of informed decision-making among consumers. The artworks not only served as a testament to the participants' creative capabilities but also functioned as a pedagogical tool, enlightening observers about the critical importance of consumer rights.

Reported by Ms. Lisna. K. P  
Third Semester B. Com. Finance

## Blood Donation Camp

The National Service Scheme (NSS), Youth Red Cross (YRC), Red Ribbon Club and College Union 2023-24, Al Shifa College of Arts and Science, organised a Blood Donation Camp in collaboration with Govt. Blood bank, Nilambur, on 29 November 2023. The event aimed to contribute to the noble cause of saving lives through voluntary blood donation. The camp witnessed enthusiastic participation from students, faculty, and staff. The venue was set up with registration counters, medical screening areas, and a comfortable donation zone. Trained medical professionals were present to ensure the safety and well-being of the donors. 41 Units of blood were donated by the participants.



Reported by Ms. Lisna. K. P  
Third Semester B. Com. Finance

## Type Right Arabic- Basic Arabic Typing Training



The Arabic Club, ACAS, organised a peer training session titled 'Type Right Arabic- Basic Arabic Typing Training' on 28 November 2023. The session aimed to enhance participants' proficiency in Arabic typing and foster a deeper understanding of fundamental typing techniques in the Arabic language. Mr. Muhammed Shameem Raza. N, Third Semester, B. A. Functional English, took the lead in conducting the training.

Reported by Ms. Fathima Febinsha  
Third Semester B. Sc. Psychology



## PTA Meetings



On 30 November 2023, Al Shifa College of Arts and Science organised a PTA Executive meeting. The executive members discussed various matters, including Student Welfare Schemes, Quality Enhancement Measures, and College Discipline during the meeting. Dr. Babu. P. K, Principal of ACAS, presided over the meeting. Parent and faculty representatives from the association participated in the meeting.

The PTA general body meeting was also held on the same day. Dr. Babu. P. K, Principal of ACAS, briefed on the activities held at the college, including skill enhancement sessions, career readiness programs, and the new UG/PG programs to be offered in the upcoming academic year. Parents actively participated in the interactive session that followed. Ms. Bindu, Joint Secretary of PTA, felicitated in the meeting. The meeting was attended by 133 parents.

Class PTA Meetings were also conducted on the same day. The parents of First and Third Semester students from all the departments attended the meeting. The performance of the wards in the internal exam, the result of the University Exam, academic and co-curricular activities of the students were discussed in the forum.

## Eye Check-up Camp

The National Service Scheme and Youth Red Cross, ACAS, organised a free eye check-up camp in collaboration with Dept. of Optometry, Al Shifa College of Paramedical Science on 30 November 2023 at Volcano Arts & Sports Club, Anapamkuzhi. The camp was run by a dedicated team of optometrists, and volunteers ready to assist the participants. The official inauguration of the camp was conducted by Mr. Chandran. C, the ward member of Keezhattoor Grama Panchayat. Mr. Mubashir, Treasurer of Volcano Arts and Sports Club, conveyed felicitation. The primary aim of the camp was to provide accessible eye care services to the residents of the participatory village. 103 people benefitted from the camp.



Reported by Ms. Hanna Fathima  
Third Semester B. Sc. Psychology

## Digital Poster Making Competition



The Consumer Club members, ACAS, successfully organised a digital poster making competition on 29 November 2023. Both students and faculties actively participated, with a total of 14 entries. The poster-making competition showcased a diverse range of creative expressions, with participants skilfully incorporating themes and guidelines. Coordinators collected all the work based on originality, technical aspects, and the effectiveness of message conveyance.

## Invited Student Talk Series

### ● Dept. of English

The Dept. of English, ACAS, organised an Invited Talk on 29 November 2023. It featured enlightening talks by two speakers, Ms. Hiba Sherin. P. E and Ms. Afeeda, Third Semester M. A. English, PSMO College, Thirurangadi. Ms. Hiba Sherin. P. E. led a thought-provoking discussion on "Azadi" by Arundhati Roy. Her talk delved into the contemporary conceptions of freedom, exploring its relevance in our current societal landscape. Ms. Afeeda, on the other hand, presented on "Shinto Bukhyo and Eco Criticism," providing insights into eco-criticism within the context of Buddhist culture, particularly exploring the interconnections between Shinto Bukhyo and environmental concerns.



Reported by Ms. Fathima Safa. V  
Fifth Semester B. A. Functional English

### ● Dept. of Commerce

The Department of Commerce, ACAS, organised an Invited Student Talk on 29 November 2023. The session was led by Ms. Fathima Sana Abdussamad, Fifth Semester B. Com, Farook College, Autonomous. She led a lively session on "The Business of Narratives: How Personal Stories Illuminate and Influence the Global Marketplace". She delved into the symbiotic relationship between personal narratives and the global marketplace. Artfully illustrating the power of storytelling in business, the speaker left an indelible impression on the audience, sparking insightful discussions.



Reported by Ms. Adhithya. A  
Sixth Semester B. Com. Finance

## Workshop on Research Methodology

The Dept. of English, ACAS, organised a session titled "UG Project: A Route Map- A Workshop on Research Methodology" for the Third Semester B. A. Functional English students on 30 November 2023. It is one of the series of sessions organised as a part of Workshops on Research Methodology. Ms. Renjitha. K. R and Ms. Adithya. S, Asst. Professors of English, ACAS, spoke on Research Methodology and topic selection, respectively. The session helped the students make a clear picture on how to prepare their UG Projects.



Reported by Ms. Nandhana. P. V  
Third Semester B. A. Functional English

## Poster of the Month



The Faculty Development Centre keeps track of the posters designed by the faculty members in which original posters related to college events and designed by the faculty are evaluated. Poster designed by Mr. Irshad. K, Assistant Professor of Arabic was selected as the best from the month of November 2023.





## Faculty Web Corner

(Featuring academic websites of ACAS Faculty)

Ms. Sajna Mini Mol has over nine years of dedicated experience as an Assistant Professor of Commerce. She is a passionate teacher who has consistently strived to inspire and empower students in the academic realm. Her journey in education has been marked by a commitment to fostering a dynamic and engaging learning environment. Now, with a wealth of experience under her belt, she is eager to explore new opportunities in the education field. Her enthusiasm for teaching extends beyond traditional boundaries, excited about the prospect of contributing to innovative and transformative educational initiatives. She has not just a wealth of knowledge in commerce but also a genuine zeal to instil a love for learning in the hearts and minds of students. In addition to her academic expertise, she has acquired knowledge in fashion design and beautician skills.

Link to website: <https://sites.google.com/view/sajnaedu/home>



## Rinsha Grabs the Best Blog Honour



The Faculty Development Centre at Al Shifa College of Arts and Science has a blog page to which faculty members contribute regularly. Among the blogs written by the faculty and published on FaBlo! (Blogging space for the faculty of ACAS) the best blog is selected based on originality, novelty and relevance of the content. The blogs of Rinsha. V. P, Assistant Professor of Sociology, Adithya. S and Radhika. A, Assistant Professors of English were shortlisted for the honour of best blog of the month. Ms. Rinsha. V. P is selected as the blogger of the month of November 2023.

Access FaBlo! here: <https://fdcacas.blogspot.com/>

## Flipper of the Month

Flipped Classroom is one of the best practices at ACAS. This is part of the College's digital initiatives and attempts to engender student centric, activity oriented classroom experience for our young ones. In November '23, Ms Radhika. A, delivered a total of 13 Flipped classes, marking the highest number for the month among ACAS faculty. She is selected as the Flipper of the Month based on the number of flipped sessions and the quality of the activities conducted in the classes.



## Flipped Classes in November

<input type="radio"/>	English	37
<input type="radio"/>	Commerce	20
<input type="radio"/>	Economics	10
<input type="radio"/>	Computer Science	12
<input type="radio"/>	Psychology	14
<input type="radio"/>	Languages	4



Institute for  
Flipped Learning



### NEP 2023: An Overview



**Radhika. A**

Assistant Professor of English  
Al Shifa College of Arts and Science

The new NEP policy 2023 is mainly focusing on issues like accessibility, overall development, quality of teaching, multilingualism, flexible learning, and continuous learning to reorganize the Indian educational system. The 10+2 model is replaced by the 5+3+3+4 pattern is the most notable facet of the new educational policy. This framework concentrates on upskilling and enhancing life proficiencies throughout all phases of education. This structure ensures holistic cognitive growth among students. This structure encompasses an age group between 3 – 18 rather than 6- 14, focusing on a large group of students. Surely it aims at a high rate of literacy and a leap in the graph of national growth.

A more student-centric educational system will emerge and the teacher's attitude and aptitude are always in the mind of the policy makers while framing the new system. At the same time, it encourages multi-lingual policy. It strictly instructs that teaching up to fifth grade, maybe even up to eighth grade later should be in their mother tongue. This will create a strong teacher-learner relationship, as the students can easily and freely communicate with their teachers. The knowledge of their local language will surely help them to enhance their knowledge of the local culture.

The New National Education Policy 2023 focuses on global leadership rather than participation. World leaders should emerge from our nation. The policy has four important portions: access, fairness, good quality, and responsibility.

The fundamental principles that will guide both the education system at large, as well as the individual institutions within it are:

- recognizing, identifying, and fostering the unique capabilities of each student.
- achieving Foundational Literacy and Numeracy.
- Flexible teaching- learning methods.
- no hard separations to eliminate harmful hierarchies.
- multidisciplinary and holistic education.
- emphasis on conceptual understanding.
- creativity and critical thinking.
- ethics and human and constitutional values like empathy, respect for others, cleanliness, courtesy, democratic spirit, spirit of service, respect for public property, scientific temper, liberty, responsibility, pluralism, equality, and justice.
- promoting multilingualism and the power of language.
- life skills are addressed.
- focus on regular formative assessment for learning.
- extensive use of technology.
- respect for diversity and respect for the local context.
- full equity and inclusion.
- synergy in curriculum across all levels of education.
- teachers and faculty as the heart of the learning process.
- 'light but tight' regulatory framework to ensure integrity, transparency, and resource efficiency through autonomy, good governance, and empowerment.
- outstanding research.
- a rootedness and pride in India.
- education is a public service.
- substantial investment in a strong, vibrant public education system.

National Professional Standards for Teachers (NPST) was developed by the National Council for Teacher Education in its restructured new form as a Professional Standard Setting Body (PSSB) under the General Education Council. Competency is required for all levels of teachers and self-improvement and self-monitoring are very much stressed. A revolutionary change that is going to happen in this community of educators is that promotions and salary increases will no longer be based on the length of tenure or seniority, but only based on the appraisal. The policy put ensures the professional standards will be reviewed and revised in 2030, and thereafter every ten years, based on demanding empirical analysis of the effectiveness of the system. So the policy itself is open for a kind of appraisal from the part of educators and other intellectuals.

Apart from the students, it will influence the teacher community also. The teaching method will be revolutionized by applying technology and it will be more skill oriented. According to NEP 2023, a school teacher needs to have a B. Ed degree. The main attraction towards this teacher education is that the B. Ed course must compulsorily be a 4-year integrated course. All these efforts are aiming to develop the quality of the teaching- learning process.

Special educators are urgently required for certain areas of school education such as specialist requirements including subject teaching for children with disabilities/Divyang children at the Middle and Secondary school level, including students with specific learning disabilities. They require the relevant skills to understand the special requirements of these differently abled children.

Major Higher Educational Reforms

- A flexible 4-year undergraduate programme is introduced.

- M- Phil course will be discontinued.

- A Higher Education Commission will monitor the quality of higher education.

- The National Higher Education Regulatory Council will supervise higher education (except medical and legal education), and a Higher Education Grant Council will fund universities and colleges, instead of the existing bodies.

- Encourages international collaborations by allowing foreign universities to establish campuses in India, enhancing global exposure for students.

To achieve fair access to quality education, both private and public universities will have regulated fees.

As with all the other policies and guidelines, NEP 2023 is not at all devoid of criticism. Oppositions have emerged already. The time waits for none and it is better to run with the time. Like all professionals, there needs a sea change in the field of education too... Hope everything will be good for the student community and to smoothen the teaching-learning process.

### Invited Talks by Dr. Babu. P. K

Dr. Babu. P. K, Principal, ACAS, delivered a session at the 'Two Day National Seminar' organised by Govt. Brennen College, Dharmadam, Thalassery, on 'Implementation of NEP in Kerala: Concerns and Considerations', on 24 and 25 November 2023. He spoke on "Quality in Higher Education in the Age of Disruptions". The Seminar was sponsored by the Directorate of Collegiate Education. Dr. Babu discussed the nuances of navigating the changing educational scenario in the context of the disruptive digital world.

He also ran a workshop on NAAC SSR Preparation for the Internal Quality Assurance Cell of ITM College of Arts and Science, Mayyil, Kannur. He spoke on 20 November 2023, elaborating on the measures needed to meet the NAAC standards with respect to the Criteria set by them.





## **മോഷണം പോയ പുഞ്ചിരി**



**Adithya. S**  
Assistant Professor of English  
AI Shifa College of Arts and Science

ഹൃദിയാനും എൻഡോസൾഫാനും ശൃംഗിച്ച്  
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യാത്ര പറഞ്ഞതിന്റെ ഏഴാം ദിവസം...  
കുരിശിൽ കണ്ണു കാണാതെയാണ്  
വസന്തം വഴി തെറ്റി പോയത്...  
അന്നു മുതൽ ചെത്തി വെളുത്തും  
കോളാമ്പി പൂക്കൾ കറുത്തും പൂത്തുതുടങ്ങി...  
കാലം തെറ്റി പെയ്ത മഴയിൽ  
മനുഷ്യർ ഭയം പൂതച്ച് വീടുകളിൽ ഒളിച്ചു...  
സംഗീതം മരണ പൂഴകൾ ആർത്തട്ടഹസിച്ചു...  
നീതിയും നെറികേടും വേർതിരിച്ചറിയാൻ ആവാതെ  
കടൽ അന്ധാളിച്ചു കിടക്കുന്നു...  
കൈകളിലെ കെട്ടു നോക്കി 'മധു'  
മാത്രം ലോകത്തെ നോക്കി ചിരിച്ചു.  
കാലത്തേയും....  
അലൈൻ കുർദിയും വിയാനും കടപ്പുറത്ത്  
മണൽ കോട്ടകൾ പണിത് കളിക്കുന്നു...  
ഒരു പുഞ്ചിരി പോലും മറ്റൊരാളുടെയും കണ്ടില്ല  
കലി കാലത്തിന്റെ വിത്തുകൾ ഒരുപക്ഷേ,  
അതും മോഷ്ടിച്ചിരിക്കാം...

## **Blog of the Month**

### **Beyond the Surface: Unveiling the Impact of Unhealthy Beauty Standards on Mental Health**

In a society fixated on flawless aesthetics, the repercussions of unhealthy beauty standards extend beyond the superficial to deeply impact individuals' mental well-being. The relentless pursuit of an idealized image, perpetuated by media, advertising, and societal expectations, casts a formidable shadow over self-esteem and mental health. As individuals internalize these unattainable standards, a host of psychological problems emerges, contributing to a pervasive culture of anxiety, depression, and body dysmorphia.

The pressure to conform to unrealistic beauty ideals takes a toll on self-esteem, acting as a silent assailant eroding individuals' confidence. Constant exposure to images of flawlessness sets an unattainable benchmark, leading to self-doubt and feelings of inadequacy. The internalization of these standards becomes a breeding ground for negative self-talk, fostering a distorted self-perception that can have lasting effects on mental health.



**Rinsha. V. P**  
Assistant Professor of Sociology  
AI Shifa College of Arts and Science

Body image issues, a direct consequence of unhealthy beauty standards, often pave the way for more severe psychological challenges such as Body dysmorphic disorder. Eating disorders, such as anorexia nervosa and bulimia, thrive in an environment that glorifies extreme thinness. The pursuit of the "perfect" body becomes an obsession, leading individuals down a perilous path of self-harm as they strive to meet unattainable standards, often at the expense of their physical and mental well-being.

The impact of unhealthy beauty standards is particularly pronounced among vulnerable demographics, such as adolescents. Young minds, in the process of self-discovery, are highly susceptible to the influence of societal expectations. The pressure to conform to these standards contributes to a cycle of comparison and self-criticism, fueling the rise of anxiety and depression among the youth.

The intersection of beauty standards and mental health necessitates a holistic approach to wellness. Mental health professionals are increasingly recognizing the importance of addressing the psychological impact of societal pressures related to appearance. Therapy and counseling offer individuals a space to navigate the complexities of self-image, fostering resilience and empowering them to challenge ingrained beliefs about beauty.

As society becomes more aware of the link between beauty standards and mental health, a counter-movement promoting body positivity and self-love gains momentum. Influencers, celebrities, and activists are using their platforms to challenge traditional norms, advocating for acceptance of diverse body shapes and sizes. This cultural shift contributes to breaking the cycle of unrealistic expectations, promoting inclusivity and self-acceptance.

Educational institutions play an important role in shaping the narrative around beauty and mental health. Introducing curriculum that emphasizes media literacy, self-esteem building, and mental health awareness equips young people with the tools to critically evaluate societal standards and navigate the pressures they may encounter.

In conclusion, the relationship between unhealthy beauty standards and psychological problems is a complex and multifaceted issue. Addressing this challenge requires a collective effort, from reshaping societal norms and media portrayals to fostering individual resilience and self-acceptance. By acknowledging the profound impact of beauty standards on mental health, we can work towards cultivating a culture that values authenticity over perfection, promoting the well-being of individuals beyond the surface.

## Epilogue

Dear readers,

As the coordinator of *Penma*, the Women Development Cell of Al Shifa College of Arts and Science, Keezhattur, I extend my sincere gratitude to everyone who contributed to the December edition of *Acasiana: The Penma Edition*. Your collaborative efforts have not only enriched our monthly e-newsletter but have also played a pivotal role in advancing our college's gender equity initiatives.

*Penma* is dedicated to fostering an environment of equality, actively organizing workshops, seminars, and awareness campaigns to address gender-based issues. The content in this edition reflects our commitment to empowering and educating students on gender sensitization, breaking stereotypes, and promoting inclusivity. Together, we strive to create a campus where every individual, irrespective of gender, can thrive and contribute meaningfully to our academic community.

Thank you for your dedication and commitment to building a more equitable and empowered future.

With gratitude,

**Mini. V. K**

Coordinator, *Penma*: Women Development Cell





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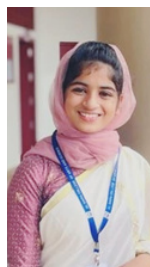
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