

ACASIANA

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**AL SHIFA COLLEGE OF
ARTS & SCIENCE**

Run By Shifa Medicare Trust & Affiliated to University of Calicut

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Message from the Managing Trustee

The successful conduct of the Al Shifa International Student Seminar stands as a testament to the dedication and collective efforts of all involved. The event provided an invaluable platform for intellectual exchange, fostering insightful discussions and meaningful collaborations. Sincere appreciation is extended to the organizers, speakers, and participants whose commitment and enthusiasm contributed to its success. Such initiatives continue to enrich the academic environment, inspiring further engagement in global discourse and knowledge sharing. I wish that this platform will grow into a bigger event next year, adding meaningful dialogues into contemporary discourses in a wide range of fields.



Dr. Unneen. P
Managing Trustee
Shifa Medicare Trust

Dears,

As we move through the year and into February, I am filled with pride as I reflect on the achievements that our college community continues to demonstrate. This month marks a time of new opportunities, growth, and renewal. February is often a month of reflection and focus. Students have to focus into their studies, showing commitment to their future goals. We are also proud to see many of you participating in extracurricular activities and winning prizes at university and national levels, all of which play an essential role in creating a well-rounded college experience.

I know that, in this month, many programs and events were designed to inspire and engage you. Our faculty have worked tirelessly to ensure that this semester is one filled with growth, both in and out of the classroom. We also conducted a physical health check-up. It is important that we continue to take care of ourselves and one another.

As we navigate this semester, let's remain focused on our collective mission to create a space where every member of our community can thrive. I encourage each of you to reach out to faculty, staff, or myself if you ever need support or guidance. Together, we can make this semester truly remarkable.

Wishing everyone a successful and fulfilling time ahead. Let's continue to inspire and support each other!

Dr. Kamaludheen K.T.
LLB, MA (Eng), MA (PA), M.Ed,
M.Phil, NET, PhD, PDF





Train the Trainers Programme

The Faculty Development Centre, ACAS, hosted a session titled "Train the Trainer", a pre-seminar faculty workshop on 3 February 2025, as part of ALISS 2024- '25. Dr. Kamaludheen. K. T, Principal, ACAS, led the session, providing expert guidance on crafting and presenting research papers, as well as mentoring students for seminars and conferences. The workshop was enthusiastically received by the ACAS faculty members, who gained valuable perspectives from the session. This hands-on training is expected to enhance the faculty's research capabilities and effectively guide students in their academic pursuits. The event marked a significant step towards fostering a research-oriented academic environment at ACAS.





Walk with the Principal

"Walk with the Principal" is a new initiative by the Internal Quality Assurance Cell and Mentorship Club, ACAS, aimed at fostering discipline, focus, and a stronger sense of attachment among our students. Under this initiative, Dr. Kamaludheen. K. T, Principal, ACAS, will spend an hour each week walking and engaging in meaningful conversations with 10 selected students. This will provide students with an opportunity to interact with the higher rung of the leadership, discuss ideas, and gain valuable insights beyond the classroom. On 3 February 2025, nine students from the Second Semester of the B. Sc. Nutrition and Dietetics participated in this programme. During the walk, the students had the opportunity to engage in conversations, share stories, and enjoy tea with the Principal.





Workshop on SPSS for Nutrition Students

The Department of Nutrition and Dietetics, in collaboration with the NutriNourish Club, ACAS, organised a workshop on SPSS Data Analysis and Interpretation & a Health Psychology Case Study Discussion for students enrolled in the minor course titled 'Health Psychology'. The workshop was conducted by Mr. Rahbar, Consultant Psychologist and Founder of Palette, on 3 February 2025. With his expertise, Mr. Rahbar effectively guided students through the fundamentals of SPSS for data analysis and engaged them in an insightful discussion on real-world health psychology case studies. The session provided valuable hands-on experience and deepened students' understanding of research methodologies and psychological case analysis, enhancing their analytical and critical thinking skills.

Invited Talk on Tourism and Job Opportunities

The Tourism Club, in collaboration with the Department of English and Commerce, ACAS, organised an enlightening invited talk on Tourism and Job Opportunities on 3 February 2025. Over 40 students participated in the session, which aimed to educate them about the vast possibilities in the tourism industry. The session featured two esteemed speakers: Mr. Riyas K, Aviation and Tourism Trainer, and Mr. Unnikrishnan, Language and Communication Trainer. They shared valuable insights into the tourism industry, highlighting diverse job opportunities, and provided guidance on how to pursue a career in tourism.





Food Fest at ACAS

The Department of Commerce and Management Studies, in collaboration with the Students' Union and ED Club, ACAS, organised a Food Fest on 4 February 2025 at the college auditorium. The event featured 12 food stalls, offering a diverse range of cuisine, and was graced by special guests Vengara Foodie, Malappuram Foodie, and Dilshad Foodie, all popular Food Vloggers. After a fierce competition, "The Malabari Shop" emerged as the winner, impressing the judges and attendees with their culinary expertise. The event showcased the culinary talents of the students and provided a platform for them to interact with food enthusiasts and influencers.







Session for Penma Members

The Women Development Cell, PENMA, in collaboration with the Department of English and Letters Club, ACAS, organised a highly informative session titled "Ace Your Interview" on 5 February 2025. The resource person, Ms. Jushaini. P, Asst. Professor of English, shared valuable insights and practical tips on how to excel in interviews. The session, specifically designed for the girl students of the college, aimed to equip them with the necessary skills and confidence to tackle interviews effectively. Through interactive discussions and real-life examples, Ms. Jushaini provided guidance on crafting impressive resumes, responding to common interview questions, and projecting a positive body language, leaving the students empowered and better prepared to face future interviews.





Pre-ALISS Workshop by Computer Science Department

The Department of Computer Science, ACAS, organised a pre-seminar workshop as part of the ALISS 2024-25, on 6 February 2025. The session focused on “Artificial Intelligence and Machine Learning” and was specifically designed for computer science students. Ms. Shahana Sherin, Asst. Professor of Computer Science, was the resource person for the workshop. She shared valuable insights into the basics of AI and machine learning, highlighting their practical applications and importance in today’s technology-driven world. Ms. Shahana Sherin offered students a clear understanding of the subject and helped them connect classroom knowledge to real-world applications. The workshop proved to be an engaging and enriching experience for all who attended.





ALISS Pre-Seminar Workshop in Mathematics

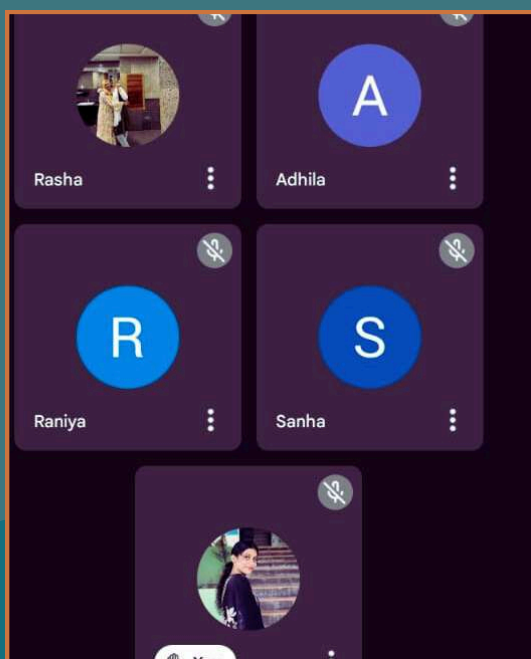
As part of ALISS 2024- '25, the Complementary Department of Mathematics, ACAS, organised a workshop on “Selection, Writing Papers, and Presentation” on 12 February 2025 at the PG Department of Mathematics, Majlis Arts and Science College (Autonomous), Puramannur. Facilitated by Mr. Nimesh. N, Asst. Professor of Mathematics, the session equipped 80 students with skills in selecting research topics, structuring content, using visual aids, and adhering to academic writing standards. The interactive workshop also covered presentation techniques, boosting students' confidence in academic and professional settings. Participants appreciated the practical approach and real-time applications, highlighting the workshop's relevance in academic and research pursuits.





Workshop Offered by Dept of Malayalam

A Pre-Seminar Workshop, held on 9 February 2025 as part of ALISS (Al Shifa International Student Seminar), featured Ms. Febeena. K, Asst. Professor of Malayalam, ACAS. The workshop was to discuss the theme "സാഹിത്യവും സമൂഹവും: പുതിയ സമീപനങ്ങൾ" (Literature and Society: New Perspectives) and give insights to students on how to write and present a paper. Conducted online, the session explored contemporary literary approaches and their societal relevance, encouraging participants to rethink traditional narratives. The interactive discussion provided valuable insights, setting a strong foundation for the International Seminar scheduled for 20 & 21 February 2025. Reported by Ms. Subaibathul Aslamiya Fourth Semester B. Sc. Psychology



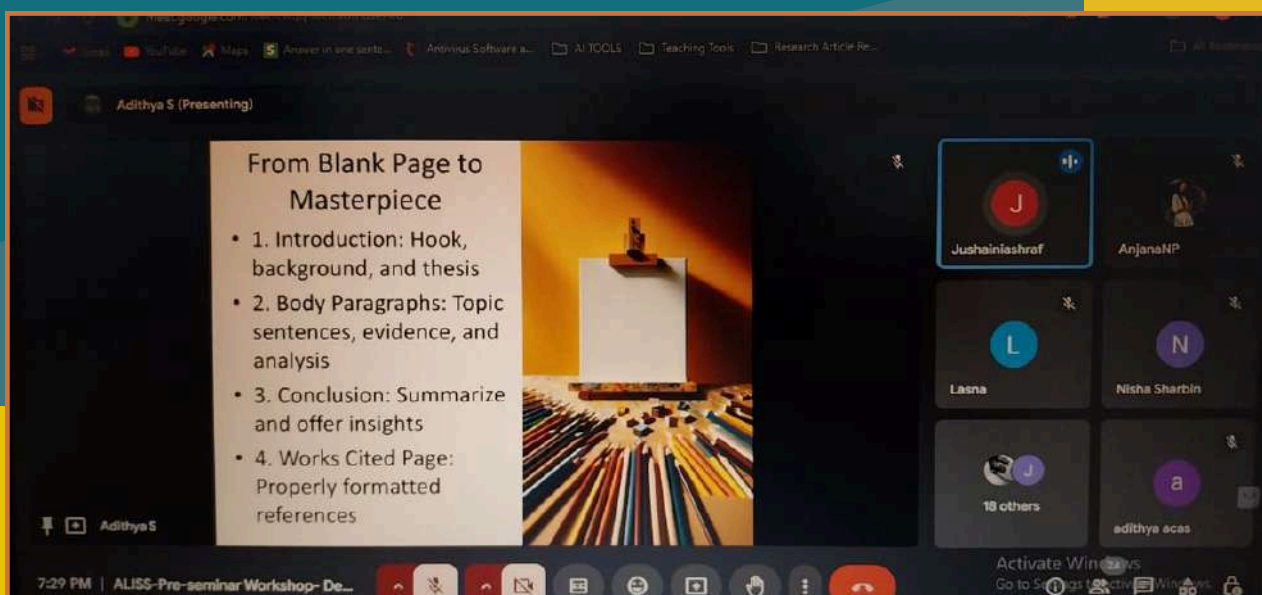
Reported by Ms. Subaibathul Aslamiya
Fourth Semester B. Sc. Psychology



ALISS- Pre-Seminar Workshop- Dept. of Computer Science

As part of ALISS 2024- '25, the Dept. of Computer Science, ACAS, organised a workshop on "Selection, Writing Papers, and Presentation" on 10 February 2025 at JDT Arts and Science College, Calicut. The session was facilitated by Mr. Farhan. V. M, Head and Asst. Professor, Dept. of Computer Science, ACAS. The workshop aimed to equip 45 student participants with essential skills in selecting impactful research topics, preparing professional presentations, and writing effective academic papers. The session covered strategies for choosing relevant topics, structuring content logically, using visual aids for clarity, and adhering to academic writing standards. Practical insights on presentation delivery techniques and academic writing improvements were also discussed, making the session highly interactive and engaging.





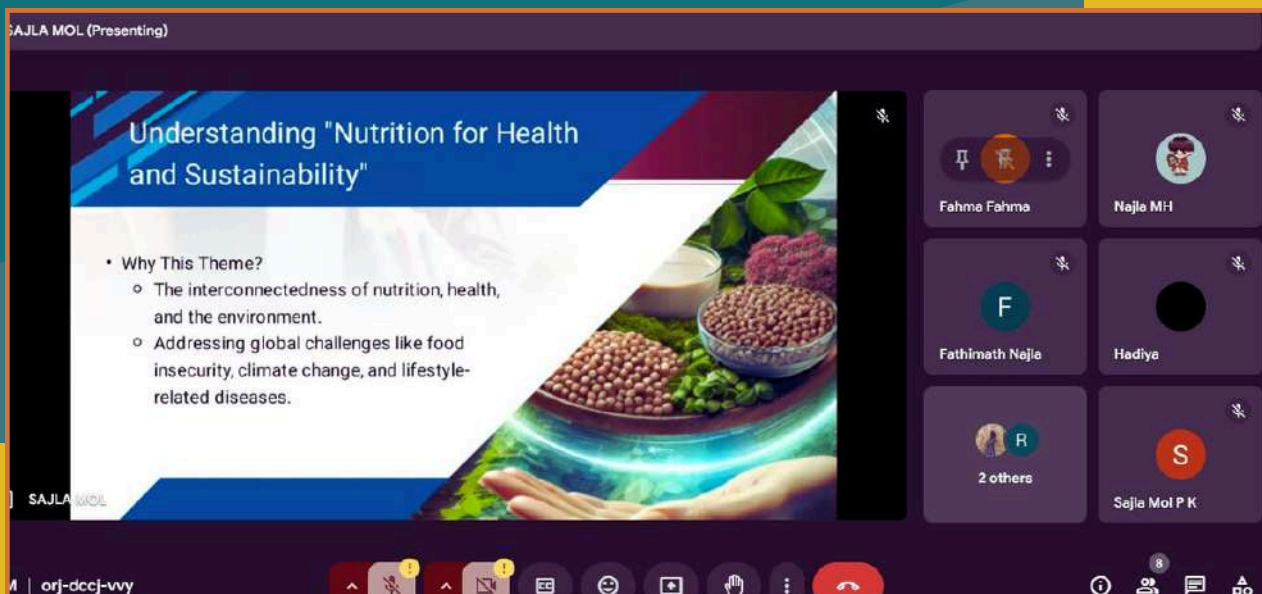
ALISS- Pre-Seminar Workshop- Dept. of English

The Dept. of English, ACAS, conducted an informative online workshop, catering to UG and PG students from various colleges on 10 February 2025 at 7 PM. The session, expertly led by Ms. Jushaini. P and Ms. Adithya. S, Assistant Professors of English, ACAS, focused on the essential aspects of paper writing, presentation techniques, and an in-depth exploration of ALISS themes and sub-themes in the branch of English Language and Literature. The workshop attracted a sizable audience of students from diverse institutions, all eager to refine their research and presentation skills. Ms. Jushaini. P and Ms. Adithya spoke on topics such as 'Research Methodology as per MLA format' and 'diverse research areas to explore' respectively.

Pre-Seminar Workshop for Psychology Students

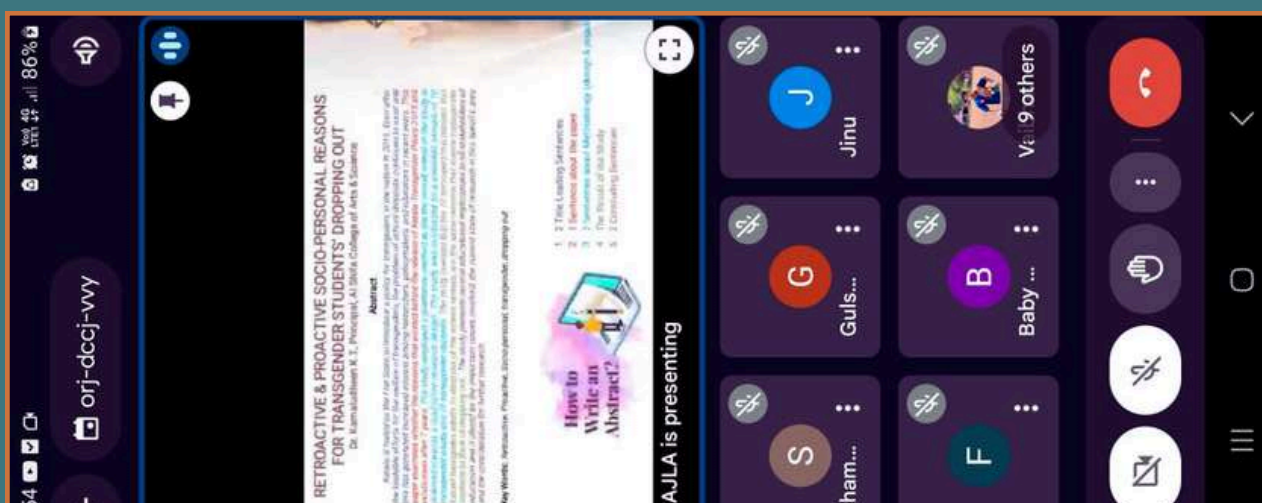
The Department of Psychology, ACAS, organised a Pre-Seminar workshop as part of the ALISS 2024-25 series. The session focused on "Media consumption and Behavior" and was specifically designed for psychology students. Mr. Mohamed Afread. P. P, Asst. Professor of Psychology, ACAS, was the resource person for the workshop. He shared valuable insights into the basics of media consumption and behavior. He offered students a clear understanding of the subject and helped them connect classroom knowledge to real-world applications. The workshop proved to be an engaging and enriching experience for all who attended.





ALISS- Pre-Seminar Workshop- Dept. of Nutrition and Dietetics

The Department of Nutrition and Dietetics, ACAS organized a Pre-Seminar Workshop as part of the Al Shifa International Student Seminar (ALISS) 2024-'25. The online workshop, which aimed to provide insights into the theme "Nutrition for Health & Sustainability" and prepare participants for the upcoming seminar, was conducted on 17 February 2025. The session was led by Ms. Sajla Mol. P. K, Head and Asst. Professor of the Department of Nutrition and Dietetics, ACAS. The primary objective of the workshop was to introduce participants to key concepts related to nutrition and sustainability, provide guidance on preparing for ALISS 2024-'25, enhance students' research skills, and equip them with effective seminar presentation techniques. During the session, the speaker discussed the role of nutrition in sustainability, highlighting emerging trends and research in the field. Strategies for effective seminar participation and academic presentations were also covered.





ALISS- Pre-seminar Workshop- Dept. of Commerce and Management Studies

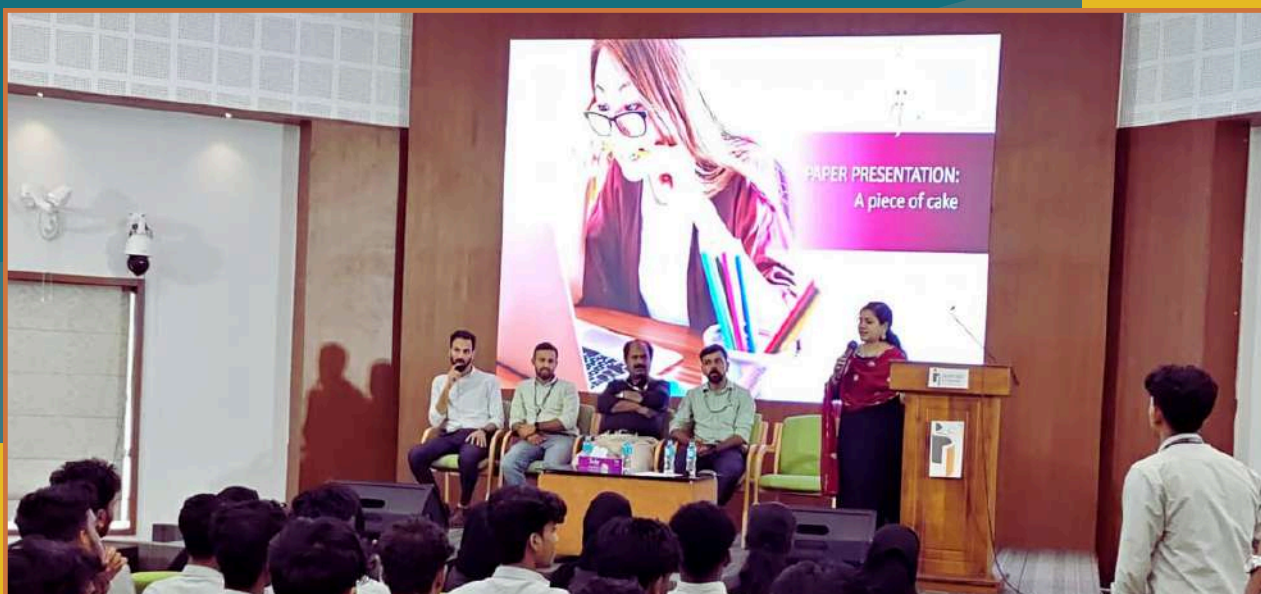
The Department of Commerce and Management Studies, Al Shifa College of Arts and Science, organized a pre-seminar workshop on 11th February 2025 at Sullamussalam Science College, Areekode, in connection with al Shifa International Student Seminar (ALISS) 2024-'25. The session was facilitated by Mr. Mohammed Arshak, Sixth Semester B. Com. Finance, Student Coordinator, ALISS 2024-25, Ms. Rajashree. V, and Ms. Mekha C. M, Assistant Professors, Department of Commerce and Management Studies, Al Shifa College of Arts and Science. The workshop aimed to equip 35 student participants with essential skills in selecting impactful research topics, preparing professional presentations, and writing effective academic papers. The session covered key strategies for choosing relevant topics, structuring content logically, using visual aids for clarity, and adhering to academic writing standards. Practical insights on presentation delivery techniques and academic writing improvements were also discussed, making the session highly interactive and engaging.



ALISS- Pre-seminar Workshop- Dept. of Commerce and Management Studies

The Dept. of Commerce and Management Studies, ACAS, organized a pre-seminar workshop on 14 February 2025 at Sahya College of Arts and Science, Wandoor, as part of ALISS 2024-'25. The session was facilitated by Mr. Mohammed Yaseen. T. T and Mr. Muhammed Arsal. T. K, Assistant Professors, Dept. of Commerce and Management Studies, ACAS. The session delivered various strategies to choose and refine research topics and for writing a research paper in a tactical way. A detailed presentation on ALISS 2024-'25 and the tips for preparing powerpoint presentation was also given to the participants. The session served as a valuable opportunity for students to refine their academic and professional capabilities, contributing to their growth as competent researchers and presenters.





ALISS- Pre-seminar Workshop- Dept. of Commerce and Management Studies

In continuation of ALISS 2024-25 initiatives, the Department of Commerce and Management Studies at Al Shifa College of Arts and Science held a pre-seminar workshop on 14 February 2025 at Duxford College for Advanced Studies, Kalikavu. The session was facilitated by Mr. Mohammed Yaseen. T. T and Mr. Muhammed Arsal. T. K, Assistant Professors, Dept. of Commerce and Management Studies, ACAS. The workshop covered essential strategies for selecting relevant research topics, structuring content coherently, and utilizing visual aids for effective communication. Additionally, participants received practical insights on enhancing their academic writing and presentation skills. The session was highly interactive and engaging, offering students an excellent opportunity to hone their academic and professional skills, thereby contributing to their development as capable researchers and presenters.





Recognition for Ms. Dilna

Ms. Fathima Dilna, Second Semester B. Sc. Nutrition and Dietetics student, ACAS, was recognised by the Management, Shifa Medicare Trust. A memento was handed over by Dr. P. Unneen, Managing Trustee, Shifa Medicare Trust, on 7 February 2025 for winning the gold medal in the WAKO India National Kickboxing Championship held in Goa on 19-22 January 2025. The ceremony was graced by the presence of Mr. Abdul Razaq, Secretary of Shifa Medicare Trust, Mr. Hamza. P, Chief Executive of Shifa Medicare Trust, Dr. Kamaludheen. K. T, Principal, ACAS, Mr. Suhail Hamza, General Manager of Shifa Medicare Trust, Mr. Nahas Abdul Razaq, Manager of Placement and Relations, ACAS, Mr. Muhammed Adil, Manager, ACP, Mr. Nizam, Manager of SIMS, and Mr. Vibin Das, Head of the Dept. of Physical Education, ACAS.

Celebrating Charles Dickens

The English Club organised a programme titled 'Celebrating Charles Dickens' on 7 February 2025 to commemorate the birthday of the renowned British novelist Charles Dickens. The event featured the reading of a short story 'The Child's Story' by Dickens, followed by a ParaJumbles activity. The session witnessed enthusiastic participation from students, making it an engaging and interactive experience.





Keynote Speech by Mr. Nimesh

The seminar on "Cryptography in AI" was organised by the PG Department of Mathematics, Majlis Arts and Science College (Autonomous), Puramannur, on 12 February 2025. Mr. Nimesh. N, Asst. Professor of Mathematics, ACAS, participated as the resource person. The presidential address by Mr. Rajesh. V. P, Head of the Department of Mathematics, highlighted the importance of AI-driven security. Dr. Muhammed Kutty. K. K, Principal of Majlis College, inaugurated the seminar, emphasising technological advancements in education. Mr. Nimesh. N delivered the keynote address, covering cryptographic techniques, AI applications in security, and emerging cyber threats. The interactive session engaged students in discussions on AI-driven cryptographic solutions. With 80 student participants and faculty from various academic backgrounds, the seminar enhanced understanding of AI-integrated cryptography.





Navigating Social Media Safely and Responsibly

The Department of Computer, in collaboration with Penma, the Women Development Cell (WDC), ACAS, organised an insightful session titled “Navigating Social Media Safely and Responsibly” on 13 February 2025. The session was offered by Mr. Farhan. V. M, Head of the Department of Computer Science. It aimed to educate students about the responsible use of social media, emphasising safety measures, digital etiquette, and strategies to handle online challenges. The event saw active participation from members of the Club, who engaged enthusiastically in the discussions. The session provided a platform for them to express their concerns and seek guidance on maintaining digital well-being. Through interactive dialogues and practical tips, the students gained valuable insights into navigating the digital world safely.





Medical Camp at ACAS

The National Service Scheme (NSS) Unit of ACAS, in collaboration with the Red Ribbon Club and Youth Red Cross, organised a Medical Camp on 13 February 2025. The event was held in association with Al Shifa College of Paramedical Sciences, Perinthalmanna, KIMS Al Shifa Super Speciality Hospital, and Government Medical College, Manjeri. The camp aimed to promote health awareness and provide essential medical services to the students and faculty. The Medical Camp offered a range of health check-ups, including General Health, Dental and Eye Check-ups. The programme also included a Blood Donation Drive.

● General Health Check-up and Dental Check-up

A team of experienced doctors from KIMS Al Shifa Super Speciality Hospital conducted general health examinations and dental check-ups. They assessed vital parameters such as blood pressure, blood sugar levels, and BMI. The medical team also provided personalized health advice and suggested further medical consultation for those in need. They provided guidance on maintaining oral hygiene, demonstrated proper brushing techniques, and educated participants on the importance of regular dental check-ups.

● Eye Check-up

Optometrists from Al Shifa College of Paramedical Sciences, conducted detailed eye examinations to detect vision problems and other ocular issues. Participants requiring corrective lenses were given appropriate prescriptions, and referrals were made for advanced treatment when necessary.

●Blood Donation Drive

The Blood Donation Drive was organized in association with the Red Ribbon Club and Youth Red Cross. A significant number of volunteers, including students and faculty members, participated enthusiastically. Donors were screened for eligibility, and the blood collected was sent to Government Medical College, Manjeri.

The Medical Camp witnessed active participation from the students and faculty. It served as an excellent platform to raise health awareness, promote the significance of regular health check-ups, and encourage the noble act of blood donation. The NSS unit expressed gratitude to all the collaborating institutions and volunteers who contributed to the event's success. The event not only fulfilled its objective of health promotion but also fostered a spirit of social responsibility among the participants.





Commemoration Gathering in Honour of Mr. P. K. Muhammed Haji

The Staff Club of Al Shifa College of Arts and Science organized a solemn commemoration gathering in memory of P. K. Muhammed Haji, the esteemed Treasurer of Shifa Medicare Trust, on 14 February 2025. The event was held with great respect and reverence, reflecting the profound impact he had on the institution and the community at large. Dr. Kamaludheen. K. T, Principal, Al Shifa College of Arts and Science, spoke about the remarkable contributions of Mr. P. K. Muhammed Haji to the growth and development of the institution. He emphasized his unwavering commitment and dedication to the welfare of the college, recalling his visionary leadership and philanthropic endeavors. Ms. Saritha. K, Vice Principal, ACAS, Mr. Irshad. K, Asst. Professor of Arabic and President, Staff Club, Ms. Renjitha. K. R, Head, Dept. of English, and Ms. Febeena. K, Asst. Professor of Malayalam, Ms. Mini. V. K, Head, Dept. of Commerce and Management Studies and Mr. Nuhmanali, Administrative Officer, ACAS, shared commemorative speeches by acknowledging Muhammed Haji's invaluable contributions to the Al Shifa Group of Institutions. The programme concluded with prayers for the departed soul, followed by a resolution to uphold his vision and continue his mission of fostering educational excellence. The Staff Club of Al Shifa College of Arts and Science expressed its sincere condolences to the bereaved family and pledged to keep his memory alive through dedicated service to the college community. The commemoration gathering was not only a tribute to a great soul but also a reminder of the values and principles he stood for. It inspired all present to carry forward his legacy of kindness, dedication, and selfless service.



Healthy Diet for Healthy Family

A session on "Healthy Diet for Healthy Family" was organized by PENMA, the Women Development Cell, in collaboration with the Nutri Nourish Club, ACAS, on 17 February 2025. The informative session was conducted by Ms. Sajla Mol. P. K, Head and Asst. Professor, Dept. of Nutrition and Dietetics, ACAS. The session aimed to educate Kudumbasree members on the importance of a balanced diet for maintaining a healthy family. The session was attended by 27 women from Kudumbasree at the Kizhattur Panchayath. The session provided valuable insights into healthy eating habits and nutrition for the participants.



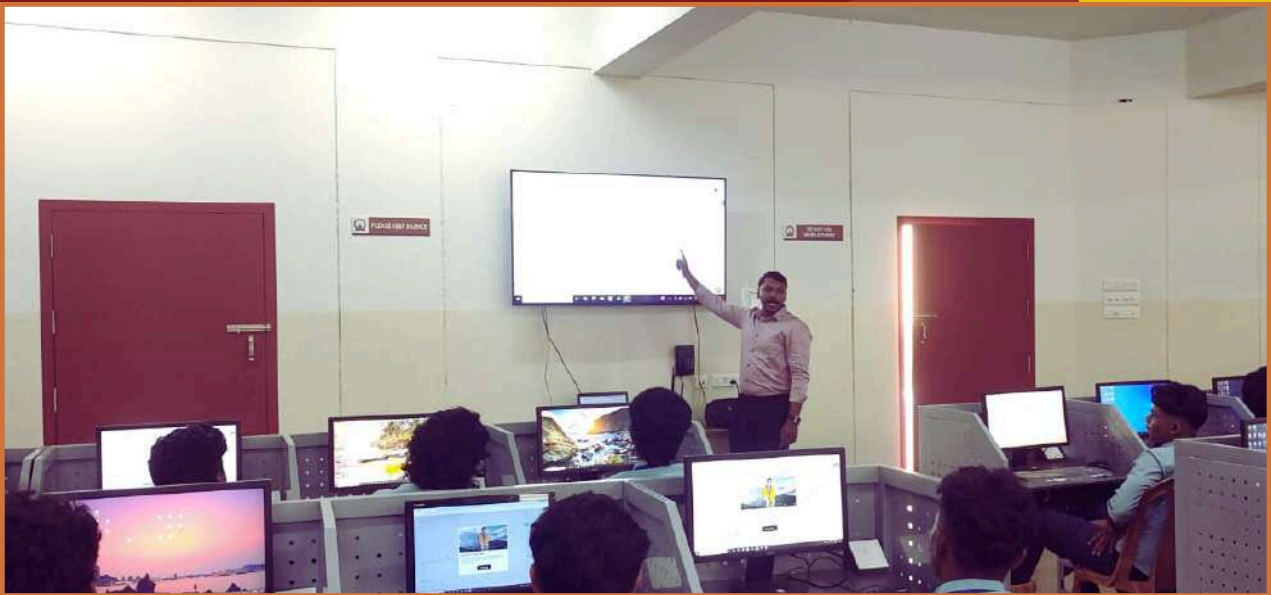


Annual Sports Meet- Athlemax

The Dept. of Physical Education, ACAS, in association with the College Union, organized the The Department of Physical Education at ACAS, in association with the College Union, organized the annual sports meet, Athlemax, for the academic year 2024-25 on 17 February 2025. The sports meet was inaugurated by Mr. Nahas Abdul Rasaque, Manager of Placement and Relations, ACAS. The athletic oath was taken by Mr. Asim Ali, the General Captain. The inauguration featured a vibrant group dance performance by the Srishti Dance Group of Al Shifa College. Following the inauguration, the athletic events commenced. Leo House emerged as the champions, followed by Taurus House as runners-up, and Scorpio House securing third place. In the individual championships, Mr. Muhammed Shibin, Second Semester B. Com. Finance, won the men's section, while Ms. Faslul Febina, Sixth Semester B. A. Economics, won the women's section. The winners' trophy was presented by Dr. Kamaludheen. K. T, Principal, ACAS, and the individual champions' trophies were awarded by Ms. Saritha. K, Vice Principal, ACAS

Reported by Mr. Muhammed Shahal. K
Sixth Semester B. A. Economics





Trading Club offers Practical Session on Trading

The Trading Club of the Department of Commerce and Management Studies at Al Shifa College of Arts and Science organized a Practical Session on Trading on 18th February 2025. The session aimed to provide participants with fundamental awareness of trading and its practical aspects. The session was handled by Mr. Ansar, Founder of Green Arrows Trading Academy, a reputed institution in the field of financial markets and trading education. He shared his valuable insights and experiences, making the session highly informative and interactive.

Reported by Mr. Muhammed Faris. P
Sixth Semester B. Com. Taxation





Visit to Mental Health Centre, Thrissur

The visit to the Government Mental Health Centre in Thrissur, organized as part of the curriculum for the Minor Course in Health Psychology under the Department of Nutrition and Dietetics, on 18 February 2025, provided students with a valuable opportunity for hands-on exposure to the operations of a mental health facility, enhancing their understanding of psychological services, mental health treatments, and interdisciplinary collaboration in clinical settings.

The visit began with an insightful introduction by Dr. Raheemudheen. P. K, Clinical Psychologist, Govt. Mental Health Centre, Thrissur, who shared valuable information about various career opportunities in psychology, including clinical, counseling, and forensic psychology. He discussed the necessary qualifications and skill sets for each career, offering students a deeper appreciation of the diverse roles within the mental health field. During the tour of the mental health centre, students visited specialized wards including the open ward, closed ward, CD (Chronic Disorders) ward, and forensic ward. These tours provided firsthand knowledge of how different patient needs are addressed in these environments. An important aspect of the visit was the students' donation of adult diapers to the in-patient (IP) patients. This gesture demonstrated the students' empathy and commitment to supporting those in need within the mental health facility. The visit, overall, enriched students' academic learning and broadened their perspective on careers in mental health, emphasizing the importance of collaboration in healthcare.



Visit to Kalamandalam

The Thanimalayalam Club, ACAS, in collaboration with the Srishti Dance Club, embarked on an enriching visit to Kerala Kalamandalam, a premier institution dedicated to the classical arts of Kerala, on 19 February 2025. The visit aimed to provide students with a deep understanding of the state's rich artistic heritage. Standing as a symbol of Kerala's artistic legacy, the iconic statue of Vallathol Narayana Menon, the founder of Kalamandalam, welcomed the students. The highlight of the visit was an engaging session where students had the opportunity to observe and interact with artists practicing traditional Kerala art forms such as Kathakali, Mohiniyattam, Koodiyattam etc. A live demonstration of percussion instruments like the Chenda, Mizhav, Panchavadyam and Thimila provided an immersive experience, allowing students to appreciate the rhythmic depth of these performances.

The students explored the intricate stone carvings and architecture of Kalamandalam, reflecting the grandeur of Kerala's temple arts. Visits to various training halls and classrooms gave them insight into the rigorous practice and dedication required to master these art forms. This experience left an indelible mark on the students, reinforcing the significance of cultural preservation and artistic expression. More than just an educational tour, this visit was a profound journey into the soul of Kerala's cultural heritage, leaving students with a renewed appreciation for their artistic traditions.



ALISS- Al Shifa International Student Seminar (ALISS) 2024-'25

The Al Shifa International Student Seminar (ALISS) 2024-25, hosted by ACAS, was a distinguished academic event held on 20 & 21 February 2025. It featured over 210 paper presenters and 26 keynote speakers across nine distinct programmes, promoting intellectual discussions, knowledge sharing, and international collaboration. Dr. Kamaludheen K. T., Principal of ACAS, highlighted the importance of international academic collaboration, while Dr. P. Unneen, Managing Trustee of Shifa Medicare Trust, emphasized the institution's dedication to fostering a vibrant research culture. The seminar was inaugurated by Mr. Mohammed Hasan, from the Institute of Health Sciences-Almarah, Yemen, and a research scholar at the University of Calicut.

Distinguished speakers at the felicitation ceremony included Mr. Abdul Rassaque K. T., Secretary of Shifa Medicare Trust, and Mr. Muhammed Yaseen, University of Potsdam, Germany. The keynote address in the first academic session was delivered by Mr. Alangan Rajkumar, University of Kerala. Student leaders like Mr. Mohammed Rashid V., Ms. Shaziya P., and Mr. Muhammed Shamil U. P. emphasized student engagement in research and innovation. A total of 130 academic papers covering scientific advancements, social sciences, and humanities were presented, with sessions chaired by eminent scholars providing valuable feedback. The valedictory session featured closing remarks by Dr. Kamaludheen K. T. and a special address by Mr. Pilakkal Hamza, Chief Executive of Shifa Medicare Trust. International students, including Mr. Milkessa Kaba Namara and Mr. Negasso Argeta Jano from Ethiopia, shared their experiences at ALISS 2024-25. The seminar concluded with the distribution of certificates to international students, student coordinators, IT department, and NSS volunteers. ALISS 2024-25 was a testament to the power of academic discourse in bridging geographical boundaries and fostering intellectual growth. It set a high benchmark for future academic events at ACAS through meticulous planning, enthusiastic participation, and meaningful academic collaborations.





Modern Times Screening by ACAS Movie Club

The Movie Club, ACAS, organised a movie show on 24 February 2025, with the objective of introducing students to the silent era of films. The event featured Charlie Chaplin's timeless classic titled Modern Times, an iconic silent film that continues to captivate audiences with its thought-provoking themes and universal appeal. The event was a valuable learning experience for the students, providing them with a glimpse into the early days of cinema and the artistry of Charlie Chaplin.

Ms. Renjitha Delivers Invited Talk at 'Lit Fest'

Ms. Renjitha. K. R, Head & Asst. Professor of English, ACAS, delivered an invited talk at 'Lit Fest', a programme organised by the Postgraduate Department of English, Priyadarshini Arts and Science College, Melmuri, Malappuram, on 24 February 2025. The talk was on the topic 'An Introduction to Animal Studies'. The UG and PG students of the Department attended the session.





She Rise- Creative Drama Workshop

The Women Development Cell, PENMA, ACAS, organised a one-day creative drama workshop, 'She Rise', exclusively for girl students on 24 February 2025. The session was led by Mr. Praveen Narayan from Play Patio Theatre, Thrissur. The workshop aimed to empower and inspire young women through creative expression and drama. Through interactive exercises and improvisational techniques, Mr. Narayan guided the students in exploring their creativity, building confidence, and developing teamwork skills. The 'She Rise' workshop provided a unique platform for the girl students to express themselves, challenge stereotypes, and celebrate their individuality. The event was a resounding success, with participants praising the engaging and transformative experience.

Reported by Ms. Nasiya Sherin
Second Semester B. Com. Finance





Industry Visit to Spectrum Softtech

The students from BCA and BSc Artificial Intelligence visited Spectrum Softtech Solutions, Kochi, as part of their industrial visit, on 24 February 2025. Spectrum, a leading IT infrastructure provider, specializes in various IT-enabled services, including cybersecurity. During the visit, students attended an informative session on Cybersecurity and Types of Hackers, where industry experts explained key concepts such as ethical hacking and the roles of white-hat, black-hat, and grey-hat hackers. The session highlighted the growing significance of cybersecurity and the measures organizations take to protect digital assets. Students actively interacted with professionals, gaining valuable insights into industry practices and the latest trends in IT security. The visit provided an excellent opportunity to bridge academic learning with practical applications, inspiring students to explore career prospects in cybersecurity.

Reported by Ms. Fathima Minha. C
Second Semester BCA





Parent Education Programme- Episode 5

The fifth episode of the Parent Education Programme was successfully conducted at ACAS on 24 February 2025. The session, led by Dr. Kamaludheen K. T, Principal, provided valuable insights into effective parenting and the role of education in shaping students' futures. Parents actively participated, making the discussion engaging and meaningful. Organized by the Parent Teacher Association, the event emphasized the importance of collaboration between parents and educators. The session left a positive note, leaving parents more informed and motivated to support their children's educational journey.

PTA Executive Meeting

ACAS conducted a PTA Executive Meeting, attended by parents and faculty members of the executive committee, on 24 February 2025. Dr. Kamaludheen. K. T, Principal, ACAS, presented the agenda and the action taken report from the previous meeting, which was discussed in detail. Members actively participated, sharing their insights and suggestions for further improvements. The meeting concluded, marking another step towards strengthening the parent-teacher collaboration.





Honouring Young Readers

The Library Council, in association with the Thani Malayalam Club, Al Shifa College of Art and Science, organized a special event to recognize and reward outstanding young readers from neighboring schools. As part of this initiative, Ms. Renim Mariam, a meritorious sixth-standard student of Darul Falah English School, Pooppalam, was honored for her exceptional reading skills. The prize distribution ceremony took place on 24 February 2025. Ms. Radhika A, Assistant Professor of English and Coordinator of the Library, presented the award to Ms. Renim Mariam in the presence of the Principal, teachers, and students of Darul Falah English School. This gesture aims to encourage and motivate young students to develop a passion for reading and learning.





Interview with Mr. Najeeb Muhammed

The Magazine Committee, in collaboration with the Library Council and the Interact Club, conducted an insightful interview with Mr. Najeeb Mohammed, the inspiration behind Aadujeevitham, on 25 February 2025, at ACAS. Students and faculty actively participated as Najeeb shared personal stories from his time in Saudi Arabia, highlighting themes of resilience and hope. His candid reflections provided deep insights into the struggles of migrant workers, leaving the audience inspired by his determination and perseverance. This thought-provoking session reinforced the college's commitment to bridging literature with real-life experiences, offering valuable lessons on human endurance and strength.





NexTech- Computer Science Association Inauguration

The Department of Computer Science successfully inaugurated its association, NexTech, on 27 February 2025. The event featured speeches from Dr. Kamaludheen. K. T, Principal, ACAS, Mr. Farhan. V. M, Head and Asst. Professor, Dept. of Computer Science, and Ms. Saritha. K, Vice Principal, ACAS, emphasizing the importance of technology and innovation. Mr. Muhammed Aashiq, CIO, Purple Nexus, delivered an insightful keynote session, followed by a memento distribution by Nahas Abdul Rasaque, Manager, Placement & Relations, ACAS. The event also featured interactive games and a Virtual Reality (VR) experience, making it an engaging and memorable occasion. The inauguration of NexTech marked the beginning of exciting tech-driven initiatives and learning opportunities for students.





CDELS in Action

The Centre for Development of English Language Skills (CDELS), ACAS, organised a content writing workshop titled 'From Ideas to Impact' on 28 February 2025. Ms. Jushaini. P, Asst. Professor, Department of English, ACAS, led the hands-on session equipping the students with the fundamentals of engaging content creation, effective writing techniques, and practical tips for improving their skills. The workshop provided students with opportunities to share ideas, work together, and get personalized feedback on their writing. The session created an engaging and collaborative environment, emphasizing practical applications of content writing skills.

A Walk Through Conolly's Plot

The Department of English, ACAS, organized “A Walk Through Conolly's Plot” as part of the Multi-Disciplinary Course (MDC) offered by the Dept. of English. The trip took place on 27 February 2025, where the students embarked on their journey from the college by bus to Pandikkad, followed by a private bus ride to Conolly's Plot. During the visit, they explored the world's largest teak tree, witnessed the confluence of the Kuthirapuzha and Chaliyar rivers, and immersed themselves in the scenic beauty of the area.





Medical Camp and Awareness Class for Women organized by NSS and Women Development Cell in Collaboration with KIMS Al Shifa Hospital

The National Service Scheme (NSS) and PENMA, Women Development Cell, ACAS, in collaboration with KIMS Al Shifa Hospital, organized a Medical Camp and Awareness Class for Women on 28 February 2025, at IMALP School, Aanappamkuzhi. The initiative aimed at promoting women's health and well-being by providing free medical check-ups and raising awareness about essential health issues. Mr. Chandran. C, Ward Member, officially inaugurated the programme. In his inaugural address, he emphasized the importance of healthcare awareness and preventive measures for women's well-being. Ms. Suhra, Headmistress of IMALP School, Aanappamkuzhi, warmly welcomed the gathering, expressing gratitude to the organizers and healthcare professionals for their valuable contribution. Mr. Prasad, President of the Parent-Teacher Association (PTA) of IMALP School, presided over the programme and highlighted the significance of such health initiatives for the local community. The awareness session was led by Dr. Amina Noushad, Gynaecologist, Al Shifa Hospital, Perinthalmanna, who provided insightful guidance on various women's health issues, including reproductive health, nutrition, hygiene, and the importance of regular medical check-ups. Her session was highly informative and interactive, encouraging active participation from the audience.

Following the awareness session, Dr. Sruthi Jayakumar, Gynaecologist, Al Shifa Hospital, Perinthalmanna, spearheaded the medical camp, where free health check-ups were conducted. The camp provided general health assessments, blood pressure monitoring, blood sugar tests, dental check-up and consultations on women's health concerns.

The medical camp and awareness session received an overwhelming response from women in the local community. Many attendees expressed their appreciation for the opportunity to receive free medical consultations and valuable health education. The initiative successfully enhanced awareness about women's health issues and underscored the importance of preventive healthcare measures. The NSS and Women Development Cell, in collaboration with KIMS Al Shifa Hospital, reaffirmed their commitment to community welfare and women's empo





Nutri Nourish Club

The Nutri-Nourish Club, in collaboration with the Department of Nutrition and Dietetics, organized a workshop on Food Preservation Techniques on 28 February 2025 in the Nutrition and Dietetics Lab. The workshop aimed to equip students with practical knowledge of food preservation methods, emphasizing the importance of reducing food waste and utilizing excess food efficiently. 15 students from various disciplines actively participated in the workshop. Under the guidance of faculty members, the students engaged in hands-on training and prepared preserved food products such as pickles, jam, squash, and jelly. The interactive session provided valuable insights into different preservation methods, their scientific principles, and their role in maintaining food quality and safety. This initiative fostered awareness among students regarding sustainable food practices and encouraged them to adopt preservation techniques to minimize food wastage. The workshop was well-received by the participants, who expressed their enthusiasm for applying these skills in their daily lives. The event concluded with a discussion on the significance of food preservation in ensuring food security and sustainability.



Sarkeet Tourism Club Conducted a Chit-Chat Session with the Travel Vlogger Vellakkomban

The Sarkeet Tourism Club, ACAS, organised a captivating chit-chat session in the College Library on 28 February 2025. The exclusive gathering was reserved for club members, who had the privilege of interacting with Mr. Misab, a renowned travel vlogger and social media influencer. During the session, Mr. Misab shared fascinating anecdotes about his travel experiences, revealing the catalyst that sparked his passion for exploration and the challenges he faced as a full-time traveler. His inspiring stories and insightful tips left the audience enthralled and motivated.

Reported by Ms. Haya Shamsudheen
Second Semester B. Sc. Nutrition and Dietetics



ACAS Students Shine at Verses Alive: The Poetry Showdown

Mr. Anjal Hamid. P, Fourth Semester B. A. Functional English, and Ms. Masharifa. V, Second Semester B. A. English, ACAS, participated in the “Verses Alive: The Poetry Showdown”, a performative poetry competition organized by the Department of English, Najath College of Science and Technology. The duo delivered commendable performances, showcasing their poetic talents and stage presence. The event provided a unique platform for them to engage with fellow poetry enthusiasts, exchange ideas, and gain valuable insights into the art of poetry performance and also understand different aspects of poetry performance, including tone, voice modulation, and audience engagement.





ED Club Empowering Entrepreneurs

The Entrepreneurship Development Club, ACAS, organized a session titled "Empowering Entrepreneurs: Govt. Schemes and Support" on 28 February 2025. The session was led by Mr. Vysakh. V. G, Enterprise Development Executive, Keezhattur Grama Panchayath. Dr. Kamaludheen. K. T, Principal, ACAS, inaugurated the programme. The students actively participated throughout the session. It was highly beneficial for them as they received valuable information about various government schemes and support available for entrepreneurial activities.

Reported by Mr. Mohammed Shamil U. P
Second Semester B. Com. Finance



മാറിക്കൊണ്ടിരിക്കുന്ന അധ്യാപക- വിദ്യാർത്ഥി ചർച്ചകൾ

മനുഷ്യജീവിതത്തിന്റെ അനിവാര്യ ഘടകമാണ് വിദ്യാഭ്യാസം. മുൻകാലങ്ങളിൽ, അറിവിന്റെ ഏക ഉറവിടം അധ്യാപകരായിരുന്നു, വിദ്യാർത്ഥികൾക്ക് അവർ പഠിപ്പിക്കുന്നതെല്ലാം കേൾക്കുകയും മനഃപാഠമാക്കുകയും ചെയ്യണമായിരുന്നു. എന്നിരുന്നാലും, ആധുനിക വിദ്യാഭ്യാസം വളരെയധികം മാറിയിരിക്കുന്നു. മുൻകാലങ്ങളെ അപേക്ഷിച്ച് ഇന്നത്തെ വിദ്യാർത്ഥികളും അധ്യാപകരും തമ്മിലുള്ള ബന്ധം വ്യത്യസ്തമാണ്. സാങ്കേതികവിദ്യ, പുതിയ അധ്യാപന രീതികൾ, മാറിക്കൊണ്ടിരിക്കുന്ന ജീവിതശൈലി എന്നിവ വിദ്യാർത്ഥികൾ പഠിക്കുന്ന രീതിയെയും അധ്യാപകർ പഠിപ്പിക്കുന്ന രീതിയെയും മാറ്റിമറിച്ചു.

ഇന്നത്തെ വിദ്യാർത്ഥികൾ മുൻകാല വിദ്യാർത്ഥികളിൽ നിന്ന് വ്യത്യസ്തരാണ്. അവർ കൂടുതൽ സ്വതന്ത്രരും, സാങ്കേതിക വിദഗ്ദ്ധരും, ജിജ്ഞാസുക്കളുമാണ്. പുസ്തകങ്ങളെ മാത്രം ആശ്രയിക്കുന്നതിനുപകരം, അവർ ഇന്റർനെറ്റ്, മൊബൈൽ ആപ്ലിക്കേഷൻ, ഓൺലൈൻ കോഴ്സുകൾ എന്നിവ ഉപയോഗിച്ച് പഠിക്കുന്നു. ഗൂഗിൾ പോലുള്ള സെർച്ച് എഞ്ചിനുകൾ, വിവിധ വിദ്യാഭ്യാസ പ്ലാറ്റ്ഫോമുകൾ വഴിയോ അവർക്ക് നിമിഷങ്ങൾക്കുള്ളിൽ വിവരങ്ങൾ കണ്ടെത്താൻ കഴിയും.

ആധുനിക വിദ്യാർത്ഥികൾ സോഷ്യൽ മീഡിയയിൽ നിന്നും ഹ്രസ്വ വീഡിയോകളിൽ നിന്നുമുള്ള വിവരങ്ങൾ വളരെ വേഗത്തിൽ മനസ്സിലാക്കാൻ പ്രാപ്തരാണ്. ഇത് പരമ്പരാഗത നീണ്ട പ്രഭാഷണങ്ങൾ ഫലപ്രദമല്ലാതാക്കുന്നു. മൾട്ടിമീഡിയ, സംവേദനാത്മക പ്രവർത്തനങ്ങൾ, ഗ്രൂപ്പ് ചർച്ചകൾ എന്നിവ ഉപയോഗിച്ച് വിദ്യാർത്ഥികളെ വ്യതിചലിപ്പിക്കുന്നതിന് അധ്യാപകർ ഇപ്പോൾ സൃഷ്ടിപരമായ വഴികൾ കണ്ടെത്തേണ്ടതുണ്ട്.

മറ്റൊരു മാറ്റം, ആധുനിക വിദ്യാർത്ഥികൾക്ക് നിരവധി ശ്രദ്ധ വ്യതിചലനങ്ങൾ ഉണ്ട് എന്നതാണ്. സോഷ്യൽ മീഡിയ, വീഡിയോ ഗെയിമുകൾ, സ്മാർട്ട്ഫോണുകൾ എന്നിവ പലപ്പോഴും വിദ്യാർത്ഥികളുടെ ശ്രദ്ധ പഠനത്തിൽ നിന്ന് മാറ്റുന്നു. സമയ മാനേജ്മെന്റിലും ശ്രദ്ധ കേന്ദ്രീകരിക്കുന്നതിലും പല വിദ്യാർത്ഥികളും ബുദ്ധിമുട്ടുന്നു. അതുകൊണ്ടാണ് ആധുനിക വിദ്യാഭ്യാസം അച്ചടക്കത്തിനും സ്വയം പഠന കഴിവുകൾക്കും പ്രാധാന്യം നൽകുന്നത്.

സാങ്കേതികവിദ്യ അധ്യാപകരുടെ പങ്കിനെയും മാറ്റിമറിച്ചു. പഠനം കൂടുതൽ രസകരമാക്കാൻ അവർ സ്മാർട്ട്ബോർഡുകൾ, ഓൺലൈൻ ക്ലാസ് മുറികൾ, AI-അധിഷ്ഠിത പ്ലാറ്റ്ഫോമുകൾ എന്നിവയെ ആശ്രയിച്ച് വരുന്നു.

ആധുനിക അധ്യാപകൻ അക്കാദമിക് വിഷയങ്ങൾ മാത്രമല്ല, ജീവിത നൈപുണ്യങ്ങൾ, ആശയവിനിമയം, വൈകാരിക ബുദ്ധി എന്നിവയും പഠിപ്പിക്കുന്നു. ജീവിതത്തിന്റെ എല്ലാ വശങ്ങളിലും വിദ്യാർത്ഥികളെ വളരാൻ സഹായിക്കുന്നതിന് ഗ്രൂപ്പ് പ്രോജക്ടുകൾ, നേതൃത്വ പരിശീലനം, മൈൻഡ്ഫുൾനെസ് സെഷനുകൾ തുടങ്ങിയ പ്രവർത്തനങ്ങൾ ഇപ്പോൾ കലാലയങ്ങളിൽ നടത്തപ്പെടുന്നുണ്ട്.

ആധുനിക വിദ്യാർത്ഥികളും അധ്യാപകരും നേരിടുന്ന പ്രധാന വെല്ലുവിളികൾ സാങ്കേതികവിദ്യയുടെ അമിത ഉപയോഗം, വ്യക്തിഗത ബന്ധത്തിന്റെ അഭാവം, സമ്മർദ്ദവും മാനസികാരോഗ്യ പ്രശ്നങ്ങളും, വിദ്യാഭ്യാസത്തിലേക്കുള്ള അസമമായ പ്രവേശനം ആധുനിക അധ്യാപകരും വിദ്യാർത്ഥികളും നേരിടുന്ന പ്രധാന വെല്ലുവിളികൾ ആയി കാണപ്പെടുന്നു. ഇത് വ്യത്യസ്ത പശ്ചാത്തലങ്ങളിൽ നിന്നുള്ള വിദ്യാർത്ഥികൾക്കിടയിൽ ഒരു വിടവ് സൃഷ്ടിക്കുന്നു.

ആധുനിക വിദ്യാഭ്യാസം മികച്ചതാക്കാൻ, വിദ്യാർത്ഥികളും അധ്യാപകരും ഒരുമിച്ച് പ്രവർത്തിക്കേണ്ടതുണ്ട്. അതിനായി പ്രധാനമായും വെക്കുന്ന നിർദ്ദേശങ്ങൾ സാങ്കേതികവിദ്യയുടെ സന്തുലിത ഉപയോഗം, വ്യക്തിഗത പഠനം, മാനസികാരോഗ്യ അവബോധം സൃഷ്ടിക്കൽ, അധ്യാപകർക്കുള്ള മികച്ച പരിശീലനങ്ങൾ, വിദ്യാർത്ഥി കേന്ദ്രീകരിച്ച വിദ്യാഭ്യാസ രീതികൾ എന്നിവയാണ്. കൂട്ടുകൂടുംബങ്ങളിൽ നിന്നും ഡിജിറ്റൽ സ്ക്രീനിലേക്ക് ജീവിതം മാറിക്കൊണ്ടിരിക്കുന്ന വിദ്യാർത്ഥികളെ മികവുറ്റ സമൂഹ ഘടകങ്ങളാക്കാൻ അവരുടെ കൂടെ നിന്ന് വ്യക്തികത പ്രചോദനം നൽകിയും, ചിന്തിപ്പിച്ചും ക്രയാത്മക സമീപനങ്ങൾ വളർത്തിയെടുത്തും മാത്രമേ സാധ്യമാകൂ. സാങ്കേതിക വിദ്യ അനിവാര്യമാണെങ്കിലും സ്ക്രീനുകളെ ആശ്രയിക്കാതെ വിദ്യാർത്ഥികളെ വ്യാപൃതരാക്കുന്നതിന് അധ്യാപകർ ഡിജിറ്റൽ ഉപകരണങ്ങളുമായി പരമ്പരാഗത അധ്യാപന രീതികളെ സംയോജിപ്പിക്കണം. ഓരോ വിദ്യാർത്ഥിയും വ്യത്യസ്തമായ വേഗതയിലാണ് പഠിക്കുന്നത്. കലാലയങ്ങൾ വ്യക്തിഗത പഠനത്തിൽ ശ്രദ്ധ കേന്ദ്രീകരിക്കണം, അവിടെ അധ്യാപകർ ഓരോ വിദ്യാർത്ഥിയുടെയും ശക്തിയും ബലഹീനതയും തിരിച്ചറിയുകയും അതിനനുസരിച്ച് അവരെ സഹായിക്കുകയും ചെയ്യുന്നു. വിദ്യാർത്ഥിയുടെ മാനസിക സമ്മർദ്ദം എങ്ങനെ കൈകാര്യം ചെയ്യണമെന്നും ജോലി-ജീവിത സന്തുലിതാവസ്ഥ നിലനിർത്തണമെന്നും വിദ്യാർത്ഥികളെ പഠിപ്പിക്കണം.

ആധുനിക അധ്യാപകൻ വെറും അറിവ് നൽകുന്നവരല്ല; മുൻകാലങ്ങളിൽ, അധ്യാപകർ പ്രഭാഷണങ്ങൾ നടത്തി, വിദ്യാർത്ഥികൾ ശ്രദ്ധിച്ചു. എന്നാൽ ഇപ്പോൾ, അധ്യാപകർ ചർച്ചകൾ, വിമർശനാത്മക ചിന്തകൾ, പ്രശ്നപരിഹാരം എന്നിവ പ്രോത്സാഹിപ്പിക്കുന്നു. ഉത്തരങ്ങൾ നൽകുന്നതിനുപകരം, അവർ വിദ്യാർത്ഥികൾക്ക് സ്വന്തമായി ഉത്തരങ്ങൾ കണ്ടെത്താൻ സഹായിക്കുന്നു.

സാങ്കേതികവിദ്യയും പുതിയ രീതികളും വിദ്യാഭ്യാസത്തെ കൂടുതൽ രസകരവും പ്രാപ്യവുമാക്കിയിട്ടുണ്ടെങ്കിലും, അവ പുതിയ വെല്ലുവിളികളും കൊണ്ടുവരുന്നു. വിദ്യാർത്ഥികളും അധ്യാപകരും സാങ്കേതികവിദ്യയെ പരമ്പരാഗത പഠനവുമായി സന്തുലിതമാക്കുകയും മൊത്തത്തിലുള്ള വികസനത്തിൽ ശ്രദ്ധ കേന്ദ്രീകരിക്കുകയും വേണം. ശരിയായ സമീപനത്തിലൂടെ, ആധുനിക വിദ്യാഭ്യാസത്തിന് വിദ്യാർത്ഥികളെ അക്കാദമികമായി മാത്രമല്ല, ജീവിതത്തിലും വിജയകരമായ ഭാവിയിലേക്ക് സജ്ജമാക്കാൻ കഴിയും. പറയൂ, ഞാൻ മറക്കും. പഠിപ്പിക്കൂ, ഞാൻ ഓർത്തിരിക്കും. പങ്കെടുപ്പിക്കൂ, ഉൾപെടുത്തൂ, ഞാൻ പഠിക്കും.

- ബെഞ്ചമിൻ ഫ്രാങ്ക്ലിൻ



Muhammed Aarsal,

Assistant Professor of Commerce and Management Studies,
Al Shifa College of Arts and Science, Kizhattoor, Perinthalmanna

Granny

In the silence, I hear your whispers
A gentle breeze that carries your love
Memories of laughter, tears, and stories
Echoes of a love that will forever be cherished.

Your wrinkled hands, a map of kindness
Guiding me through life's joys and struggles
Your warm smile, a sanctuary of comfort
A haven where I could always find peace.

Rainy nights, spent near you in the bed
Listening to you unfolding ancient stories
Your eyes, a deep well of wisdom and care
A screen of many stories behind.

In your kitchen, aromas of love and warmth,
Freshly cooked appam, a sweet, sweet treat.
Your recipes, a legacy of tradition and love
Passed down through generations, a treasure to keep.

Your love, a flame that burned bright and true
A constant presence, a guiding light
Though you're gone, your memory stays near
A bittersweet reminder of the love we shared.

In dreams, I see your face, a vision of peace
A gentle soul, a heart full of love.
A part of my heart stopped beating at your departure!
Leaving me cold and lone to remember all the stories you shared.



Ms. Renjitha. K. R

Asst. Professor & Head Dept. of English
Al Shifa College of Arts and Science

Foodie Frenzy: The Weirdest and Most Wonderful Pairings

You must have noticed that some people follow some weird food combinations. We will tease them until we taste it. At first glimpse, these groupings might seem downright bizarre, but occasionally, mixing unanticipated flavours can lead to culinary magic. Recently, I happened to taste some items from the ACAS Food Fest. Some dishes are well prepared and some are unique to the culture, some of them are rare combos. These combos will surely glutton our mouths if we see it for the second time. If you are a foodie looking to experiment or just interested in the odd things people eat in Kerala, here's a list of some weird food combos that unpredictably taste incredible.

1. Banana chips and Payasam:

Quite strange? But, if crispy banana chips dipped in creamy payasam (especially ada or semiya) make an oddly satisfying coupling. The salty crunch of the chips counterparts the sweet, rich texture of the payasam. This blend is often relished during festive occasions and sadyas. It is an outstandingly to-be-tasted combo.

2. Parotta and Ice cream

If you've ever had excess parotta and wanted to be creative, you might have hooked upon this combo. The crumbling, buttery layers of parotta pair amazingly well with the cold, sweet creaminess of ice cream. It's a delightful contrast of textures and temperatures that somehow works. Try it with a scoop of tender coconut or vanilla ice cream for an unsurpassed experience.

3. Watermelon and Spicy Buttermilk (Sambaram)

The sweet, juicy freshness of watermelon joined with the tasty, spicy kick of sambaram generates a stimulating and unexpected treat. The flavours poise each other out, making it perfect for hot Kerala afternoons. To enhance the taste, add a sprinkle of salt and a dash of green chili.

4. Popcorn and Coconut Chutney

Popcorn is the perfect outright canvas for flavour testing, and adding coconut chutney takes it to the next level. The buttery, slightly sweet popcorn contrasts brilliantly with the spicy, piquant chutney, creating an exceptional snack that'll keep you coming back for more.

6. Mango and Fish Curry

The tangy sweetness of ripe mangoes adds a surprising twist to spicy Kerala fish curry. This mixture is a staple in some areas, especially during mango season. The fruit's sweetness stabilizes the heat and sourness of the curry, generating a pleasant-sounding blend of flavors.

7. Jackfruit and Prawns

Chakka (jackfruit) and chemmeen (prawns) might look like a questionable pair, but they make an implausible curry. The fibrous texture of tender jackfruit pairs perfectly with the juicy, flavourful prawns, all brought together in a spicy coconut gravy

8. Dosa and Nutella

Showery Nutella over a hot, crunchy dosa might sound strange, but it's a game-changer for those with a sweet tooth. The thin, slightly tangy dosa acts as the perfect canvas for the rich, chocolaty feast. It's like an Indian crepe with a current twist.

9. Pineapple and Spicy Fish Pickle

The sweet, tangy pineapple balances the sizzling, tangy hit of Kerala-style fish pickle. This combo will surely shock your taste buds, but it's a perfect balance of sweet and spicy that's very difficult to resist. Try this combo, when you get a chance.

10. Tapioca (Kappa) and Honey

Kappa is usually paired with spicy fish curry. Drizzling honey over steamed tapioca offers a sweet and earthy substitute. The fibrous quality of kappa combined with the smooth sweetness of honey produces a unique, soothing snack, for sure, it will be a treat for your taste buds.

11. Avocado and Coconut Milk

Avocado is often combined with coconut milk and jaggery for a creamy, rich dessert. The mild, buttery flavour of the avocado blends seamlessly with the sweet coconut milk, nothing to say....it will create an energizing extravagance.

12. Idiyappam and Ice Cream

Idiyappam (string hoppers) is regularly served with coconut milk or curry. Have you ever tried this combo that pairing it with ice cream adds an amusing twist. The soft, delicate texture of idiyappam complements the creamy sweetness of ice cream, making it a delightful fusion dessert.

13. Ripe Plantains and Ghee

While ripe plantains are normally deep-fried or steamed, squashing them with ghee forms a rich, decadent treat. Just try this combination, add a sprinkle of sugar or jaggery for extra sweetness. It's simple, yet unbelievably satisfying.

14. Curd Rice and Pickled Mango (Kadumanga)

Curd rice is a heartening dish on its own, can you imagine, adding a bit of spicy, tangy kadumanga (mango pickle) and taking it to the next level? The creaminess of the curd mixtures and the scorching punch of the pickle, make a flavour bang in every bite.

15. Puttu and Ice Cream

Puttu, the beloved steamed rice cake, generally sets with kadala curry or bananas, but swapping in ice cream will surely offer a cool, sweet alternative. The crumbly texture of puttu contrasts beautifully with the creamy ice cream, producing a unique dessert experience.

Kerala cuisine is well known for its wide use of spices, coconut, and other fresh constituents, making it the perfect playground for testing unusual food combos. Our brains are always bound to enjoy variety. When you blend surprising textures and flavours, it generates a more exciting eating experience. Moreover, trying new things can inflate your palate and open you up to even more delightful encounters.

So next time, if you feel adventurous, take some of these surprising ingredients and give them an attempt. Maybe, you might just discover your new favorite snack at this moment.

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Radhika. A

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Best Blog of February by Mr. Aarsal



Al Shifa College of Arts and Science has a fully functional faculty blog titled 'FaBlo!'. New entries are made regularly wherein faculty express their views on a variety of topics. The best blog of the month is recognised based on the novelty of the idea, presentation style and writing skills. The blogs shortlisted for the month of February 2025 are "Foodie Frenzy: The Weirdest and Most Wonderful Pairings" by Ms. Radhika. A, Assistant Professor of English, "മാറിക്കൊണ്ടിരിക്കുന്ന അധ്വാനം- വിദ്യാർത്ഥി ചർച്ചകൾ" by Mr. Muhammed Aarsal, Assistant Professor, Dept. of Commerce and Management Studies, "Granny" by Ms. Renjitha. K. R, Head & Assistant Professor of English. The winner of the month is Mr. Muhammed Aarsal.

Star of the Month



ACAS celebrates the success and capability among our students with the title 'Star of the Month'. Unique skills of students in arts, sports, music, videography, editing and more are appreciated here. The Star of February 2025 is Ms. Masharifa. V, Second Semester B. A. English, for her leadership skill, talent in singing and participation in various inter-department and intercollegiate programmes.

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Thank You

