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**AL SHIFA COLLEGE OF
ARTS & SCIENCE**

Run By Shifa Medicare Trust & Affiliated to University of Calicut

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Dr. Unneen. P
Managing Trustee,
Shifa Medicare Trust

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Human Rights Day: A Call for Action and Awareness

Human Rights Day serves as a powerful reminder of the values that define our shared humanity—freedom, equality, and dignity. As a college dedicated to fostering knowledge and inclusivity, we recognize the significance of this day in shaping a socially responsible academic community. Observing Human Rights Day inspires us to reflect on our role in promoting justice and equality, both within and beyond the campus. Through various initiatives like debates, seminars, workshops, and awareness programs, we aim to empower students to champion human rights in their communities. It is a day to celebrate progress, address challenges, and reaffirm our commitment to creating a world where everyone's rights are protected. By fostering empathy, knowledge, and action, we believe education is the most powerful tool to advance the ideals of human rights. Let us honour this day with purpose and passion while appreciating the efforts of the NSS Unit at ACAS and the collective efforts of the college community in this regard.

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As December unfolds, it brings with it a time for reflection of the past and renewal for the future. This month, often seen as the bridge between endings and new beginnings, offers us an opportunity to pause and appreciate the journey we have undertaken over the year. As we prepare to step into a new year, let us carry forward the lessons learned, the bonds strengthened, and the dreams nurtured. Together, we can continue to create a nurturing environment where innovation, creativity, and excellence thrive. May this month be a time of joy, reflection, and inspiration for all. Wishing everyone in our college community a season filled with peace and a new year brimming with possibilities. Warm regards,



Dr. Kamaludheen. K. T.

LLB, MA (Eng), MA (PA), M.Ed, M.Phil, NET, PhD, PDF
Principal, ACAS, Perinthalmanna

Nature Camp at Thirunelli Brahmagiri Forest

The National Service Scheme (NSS) and the Nature Club, ACAS, organised a two-day Nature Camp in collaboration with the Forest Department, Government of Kerala. The camp was conducted at the Thirunelli Brahmagiri Forest, Wayanad, on 30 November and 01 December 2024. The camp was designed to create awareness among students about the significance of forest conservation, biodiversity, and the role of individuals in protecting the environment. Department officials from the Forest Department facilitated insightful sessions on the biodiversity of the Brahmagiri Forest. They provided an in-depth understanding of the region's flora and fauna, its ecological balance, and the need for sustainable practices to preserve such natural habitats. One of the highlights of the camp was a trekking expedition to the majestic Brahmagiri Hill. Students experienced the serene beauty of the forest, witnessing the region's diverse ecosystem. Along the trail, the group learned about the various plant species, the interdependence of organisms, and the forest's role in maintaining environmental equilibrium.



Workshop Attended by Ms. Sajla



Ms. Sajla Mol. P. K, Asst. Professor and Head, Dept. of Nutrition and Dietetics, ACAS, attended a two-day workshop on question bank preparation for the second semester in FYUGP batch at Vimala College, Thrissur, on 2 & 3 December 2024. The workshop was organised as per the directives of Calicut University under the Home Science Board of Studies.



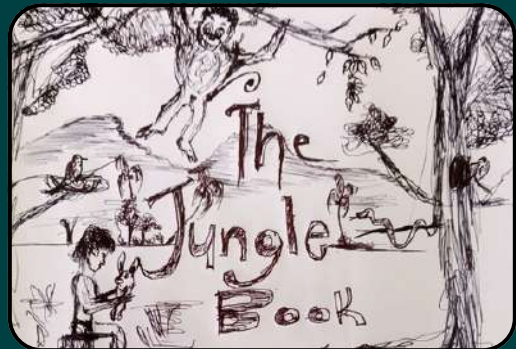
Maths Faculty Attend Workshop on Preparation of Question Bank



Mr. Nimesh. N and Ms. Ramsheena. T. K, Asst. Professors of Mathematics at ACAS, participated in a workshop organised by the Board of Studies in Mathematics (UG), University of Calicut, held at Aryabhatta Hall from 4 to 6 December 2024. The workshop aimed at preparing a question bank for the Second Semester undergraduate Mathematics syllabus, ensuring its alignment with academic standards. The workshop proved to be a valuable experience, offering significant insights into systematic preparation of questions and fostering collaboration among faculty members. It enhanced the ability of the attendees to design effective assessment tools, contributing to improved academic standards.

Cover Page and Blurb Preparation

The Department of English, in collaboration with the Library Council, ACAS, hosted a Cover Page and Blurb Preparation programme on 12 December 2024. During the event, students were divided into four teams and assigned books from the library: The Jungle Book, Swami and Friends, The Arabian Nights, and The Small Town Sea. Each team was tasked with creating a cover page and a blurb for their respective books and presenting their work. The session saw enthusiastic participation from the students, who engaged actively in the creative process.



B- Zone Cricket Championship



The Dept. of Physical Education, ACAS, and MES College, Ponnani, jointly conducted the Calicut University B-Zone Cricket Championship for the academic year 2024- '25. The final match was held at ACAS on 06 December 2024 between the Teaching Department, University Campus, and NSS College, Manjeri. The Teaching Department secured a glorious victory by 26 runs, becoming the champions of the tournament for the seventh consecutive time. The closing ceremony and prize distribution took place at ACAS. The chief guest of the event was Mr. Gopakumar, SHO, Melattur Police Station. The runner-up trophy was presented by Mr. Suhail Hamza, General Manager, SMT, while the winner's trophy was awarded by Mr. Gopakumar, SHO, Melattur Police Station. Trophies for the umpires were distributed by Mr. Mohammed Faisal, Manager, ACAS, and Mr. Nahas Abdul Rassaque, Manager, Placements and Relations, ACAS. Dr. Kamaludheen. K. T, Principal, ACAS, congratulated the winners and extended his best wishes for their upcoming Inter-Zone Championship, scheduled to be held at St. Thomas College, Thrissur, in the last week of December.



Inauguration of Human Rights Week Observance



The National Service Scheme (NSS) and the Student Union, ACAS, jointly organised a one-week Human Rights Day Observance, beginning with an inaugural ceremony on 10 December 2024. The event aimed to raise awareness about human rights and foster a culture of respect, dignity, and equality among students and staff. The programme was inaugurated by Mr. Salman Kuttikode, a differently-abled influencer and Kerala Hero, known for his inspiring life journey and impactful social contributions. His presence resonated deeply with the audience, emphasizing the need for collective action toward a just society. The ceremony featured speeches by Dr. Kamaludheen. K. T, Principal, ACAS, Mr. Muhammed Faisal, Manager, ACAS, Mr. Nahas Abdul Rassaque, Manager, Placements and Relations, ACAS, Ms. Saritha. K, Vice Principal, ACAS, Mr. Rashid. V, Chairman, Student Union and Mr. Muhammed Shamil. U. P, UUC, Student Union. The inauguration marked the beginning of a week filled with awareness campaigns, seminars, and interactive sessions designed to educate and inspire the college community about the importance of human rights.



Debate on Human Rights



The National Service Scheme (NSS) and the Student Union, ACAS, jointly organised a debate on Human Rights as part of the week-long Human Rights Day Observance. Moderated by Ms. Renjitha. K. R, Head of the Dept. of English, the event saw active student participation. Critical issues such as freedom of speech, gender equality, privacy rights, and social justice were discussed. Participants presented well-researched arguments and engaged in respectful counter-discussions, making the event educational and stimulating. This debate provided a platform for students to voice their opinions and understand diverse perspectives on human rights.



Invited Talk on Human Rights



The National Service Scheme (NSS) and Student Union, ACAS, as part of the week-long observance of Human Rights Day, jointly organised an Invited Talk on 13 December 2024. The event aimed to raise awareness about the significance of human rights and their legal implications. The invited speaker for the session was Dr. Naseema. P. K, Assistant Professor, Department of Law, Aligarh Muslim University Malappuram Centre. In her enlightening talk, she discussed the importance of human rights in law, emphasizing the role of legal frameworks in safeguarding individual rights and ensuring social justice. She highlighted key aspects of human rights, including civil liberties, equality, and legal protections against discrimination. The Invited Talk provided a valuable platform for students and faculty to deepen their understanding of human rights and the legal mechanisms that protect them.



Anti-Narcotic Cell hosts Awareness Programme against Drug Abuse



An awareness programme against drug abuse was conducted by the Anti-Narcotic Cell, ACAS, on 13 December 2024. The event aimed to educate and raise awareness among students regarding the detrimental effects of drug abuse, emphasizing the importance of maintaining a healthy lifestyle free from addiction. The programme was inaugurated by Mr. Shabir Ibrahim. M, Civil Judge (Senior Division) and Secretary of the District Legal Services Authority (DLSA), Manjeri. In his inaugural address, Mr. Shabir emphasized the importance of education and community efforts in combating drug abuse. He highlighted the role of legal institutions and society in supporting affected individuals. Mr. Ramankutty. K, Assistant Excise Inspector, Excise Range Office, Perinthalmanna, led the main session, providing insights into various forms of drug abuse, its legal implications, and the harmful effects on individuals and society. He shared real-life cases and personal experiences, leaving a significant impact on the students.



Publication of Article by Ms. Shibla

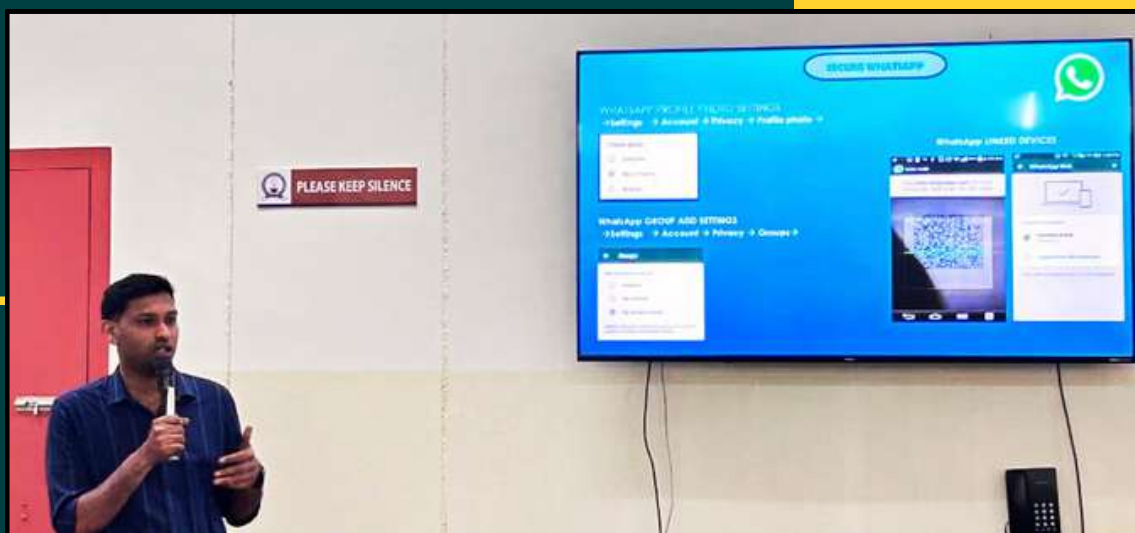
The article titled "A Bibliometric Analysis of the Structure and Trends of Job Embeddedness (JE) in Business and Management", was published in the Journal Informatics Education and Research (ISSN: 1526-4726), Volume 4, Issue 3 (2024) by Ms. Shibla Sherin, Asst. Professor, Dept. of Commerce and Management.

The study employs bibliometric analysis using the Biblioshiny software to map the intellectual structure of Job Embeddedness (JE) research in the fields of business and management. The authors analysed 271 articles, pertaining to the most influential countries, journals, and authors, as well as the major research streams and future directions in JE literature. The findings highlight three broad themes: cultural differences in JE behaviors, development of JE constructs, and methodological advancements in the study of JE. This comprehensive review fills a significant gap in the literature, offering practical implications for scholars and practitioners.

<https://jier.org/index.php/journal/article/view/1864>

Cyber Security Awareness: Solutions and Future

The Cyber Club, ACAS, in association with the Dept. of Computer Science, conducted a session titled “Cyber Security Awareness: Solutions and Future” on 17 December 2024. The session was led by the resource person Mr. Vaisakh O, Senior Civil Police Officer from Cyber Cell, Malappuram. The session was highly interactive and informative. During the session, Mr. Vaisakh O shared valuable insights into current cyber-related crimes and challenges, cyber safety practices and preventive measures, and solutions to tackle cyber threats effectively. Students from B. Sc. AI and BCA actively participated in the session, raising thoughtful questions and sharing their perspectives on cyber-related issues.



Discussion on Human Rights



The National Service Scheme (NSS) and College Student Union jointly organised a discussion on Human Rights and the Closing Ceremony of the one-week Human Rights Day Observance on 17 December 2024. The event aimed to raise awareness about human rights issues and promote active engagement among students in the protection and promotion of human rights. The programme was inaugurated by Mr. V. P. Moideen Kutty, Vice President of the State Committee, Society for People's Rights (SFPR). In his inaugural address, he emphasized the significance of human rights activities and shared his personal experiences from the field. He highlighted the challenges faced by human rights activists and the importance of collective efforts to ensure justice, equality, and dignity for all. Dr. Kamaludheen. K. T, Principal, ACAS, presided over the programme. Several distinguished guests attended the event and shared their perspectives on human rights issues. Mr. K. M. Bava, President of the Malappuram District Committee, Society for People's Rights, spoke on grassroots-level activism and the role of youth in social change. Mr. Ali, Coordinator of SFPR, Malappuram District, was present in the programme. The week-long Human Rights Day Observance featured various events such as debates, seminars, and awareness campaigns, fostering a deeper understanding of human rights among students. The programme successfully created a platform for meaningful dialogue, empowering students to be active defenders of human rights in their communities.

NSS Special Camping Programme



The National Service Scheme Unit organized its Special Camping Programme from December 21 to 27, 2024, at PS AUP School, Kizhattoor. The camp aimed to instill social responsibility, leadership, and community service values among students. It was inaugurated by Ms. Bindu Vadakethil, Educational Standing Committee Chairperson, Keezhattur Grama Panchayath, who emphasized youth engagement in community development.

Notable attendees included Mr. Mangottil Balakrishnan, President, Poonthanam Smaraka Samithi, Mr. Vijayan Master, Manager, PS AUP School, Mr. Chandran C, Ward Member, Keezhattur Grama Panchayath, Mr. Appu, Executive Member, Poonthanam Smaraka Samithi, Mr. Sura Illikkal, President, PTA, PS AUP School, Mr. Kunjippa Parammal, Member, Poonthanam Smaraka Samithi and Mr. Abduppa, Social Worker. Each dignitary commended the NSS volunteers for their impactful work.

Throughout the Special Camping Programme, NSS volunteers undertook a series of meaningful activities aimed at addressing community needs and fostering social awareness. Community Development Projects were organised, ensuring the active participation of the volunteers in cleaning drives, waste management initiatives, and awareness campaigns on hygiene and sanitation in public spaces. Team Building and Skill Development Sessions were held each day of the camp.

Break the Lock, a fun-filled session designed to help volunteers bond and get acquainted was organised on the first day of the camp. Crafting Connection through Team Activities, a series of engaging team-building exercises to foster unity and cooperation was delivered by Mr. Pramod, Assistant Professor, Dept. of Commerce, Sree Kerala Varma College, Thrissur. Kaadine Ariyam was another session conducted by a representative from the Forest Department, focusing on forest conservation, sustainability, and environmental awareness. A session on Trauma Care Training, a workshop equipping volunteers with essential skills to provide trauma care and Folk Song Workshop, a cultural session promoting traditional folk songs and community bonding were also provided for the NSS volunteers.

Special events were conducted for senior citizens, including cultural programmes, interactive sessions on 25 December 2024. These efforts earned the NSS Unit a token of appreciation from the Senior Citizen Welfare Association for their commitment and service. The closing ceremony was a moment of pride and reflection, celebrating the achievements of the camp and the dedication of the NSS volunteers. Various dignitaries praised the team's commitment to community service and encouraged the students to continue their efforts beyond the camp. The NSS Special Camping Programme of ACAS served as an exemplary platform for students to understand the value of selfless service, leadership, and teamwork. The activities carried out during the camp not only addressed critical community needs but also instilled in the volunteers a deeper sense of social responsibility.





House Visit by Mentors

The faculty of ACAS visited the homes of their mentees in the first-year FYUG programmes in the second and third week of December 2024. The visits aimed to strengthen the mentor-mentee bond by understanding their home environments and addressing any challenges they face. The mentors engaged in meaningful discussions with the students and their families, offering guidance and encouragement. This initiative underscores the college's commitment to personalised mentorship, fostering a supportive atmosphere for students' academic and personal growth. The Mentor-Mentee System at ACAS is designed in such a way that mentees are handheld by their respective mentors to walk their academic and personal lives.





Mr. Rahul is Blogger of the Month



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 December 2024 are "Opposites Attract: Navigating the Extrovert-Introvert Dynamic" by Mr. Mohamed Afread, Assistant Professor of Psychology, "മതനിരപേക്ഷത - സമകാലിക ഇന്ത്യയിൽ" by Mr. Rahul. E, Asst. Professor of Commerce, and "കാലാന്തരങ്ങൾ" by Ms. Ramseena. P, Asst. Professor of Psychology. The winner of the prize is Mr. Rahul. E.

Star of the Month



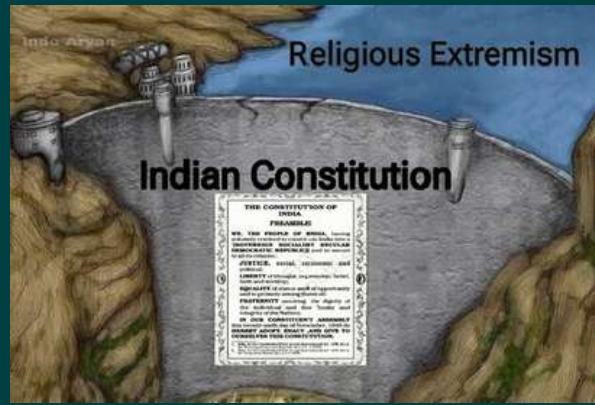
ACAS celebrates the success and capability among our students with the title 'Star of the Month'. Unique skills of students in arts, sports, music, videography, editing and more are appreciated here. The Star of December 2024 is Mr. Niranjan. M, Second Semester B. Com. Finance, for his outstanding achievement in securing first prize in Mridangam at the Malappuram District Keralotsavam 2024.

മതനിരപേക്ഷത - സമകാലിക ഇന്ത്യയിൽ



മനുഷ്യന്റെ ഉല്പത്തി മുതൽക്ക് തന്നെ പരസ്പരം വേർതിരിക്കാനുള്ള കാരണങ്ങളും അടിസ്ഥാന ഘടകങ്ങളും രൂപപ്പെട്ടിരുന്നു എന്ന് ചരിത്രം പരിശോധിക്കുമ്പോൾ മനസ്സിലാക്കാൻ കഴിയും. ഗോത്രാടിസ്ഥാനത്തിലും കഴിക്കുന്ന ഭക്ഷണത്തിന്റെയും ഉപയോഗിക്കുന്ന ആയുധങ്ങളുടെയും പുലർത്തി വന്ന ആചാരങ്ങളുടെയും അടിസ്ഥാനത്തിൽ മനുഷ്യരെ വേർതിരിച്ചിരുന്ന സാഹചര്യത്തിൽ നിന്നും വർണ്ണത്തിന്റെയും വർഗ്ഗത്തിന്റെയും മതത്തിന്റെയും അടിസ്ഥാനത്തിൽ ആളുകളെ വേർതിരിക്കുന്ന സാഹചര്യത്തിലേക്ക് പുരോഗമന സമൂഹം അധിഷ്ഠിതമാകുകയാണുണ്ടായത്.

ലോകത്തിലെ ഏറ്റവും വലിയ ജനാധിപത്യ രാജ്യമാണ് ഇന്ത്യ. മതേതര കാഴ്ചപ്പാടിലൂന്നിയ അതിന്റെ പാരമ്പര്യം എല്ലാകാലത്തും അംഗീകരിക്കപ്പെടുകയും വാനോളം പുകഴ്ത്തപ്പെട്ടിട്ടുമുണ്ട്. ആധുനിക ഇന്ത്യയുടെ അവസാന പതിറ്റാണ്ട് ആഴത്തിൽ വിശകലനം ചെയ്യുമ്പോൾ ഇന്ത്യൻ മതേതര സങ്കല്പങ്ങൾക്കു മേൽ കാണാനും മതവാദത്തിന്റെയും മതരാഷ്ട്രവാദത്തിന്റെയും ധ്വനികൾ മുഴങ്ങുന്നത് കേൾക്കാനും നമുക്കാകും. രാഷ്ട്രീയപാർട്ടികളും രാഷ്ട്രീയ മുന്നണികളും തിരഞ്ഞെടുപ്പ് വിജയങ്ങൾക്കായി മതത്തെ ഉപയോഗപ്പെടുത്താൻ തുടങ്ങിയത് മുതലാണ് ഇന്ത്യൻ മതേതരത്വത്തിന് ഞലേറ്റ് തുടങ്ങിയത്. സാമൂഹിക ക്രമത്തിന്റെയും സാമൂഹികപുരോഗതിയുടെയും അടിസ്ഥാനമായിരുന്ന മതങ്ങളെ വെറും വിവേചനത്തിന്റെയും രാഷ്ട്രീയ നേട്ടങ്ങളുടെയും മാത്രം ഉപാധിയാക്കി മാറ്റിയത് ഇന്ത്യയിലെ രാഷ്ട്രീയക്കാരാണ്. സ്വാർത്ഥ താല്പര്യങ്ങൾക്കും നേട്ടങ്ങൾക്കുമായി മത സാമുദായിക നേതാക്കളും ഇതിന് വശംവതരായി പ്രവർത്തിക്കുന്നു. മതം വളർത്താൻ രാഷ്ട്രീയവും രാഷ്ട്രീയം വളർത്താൻ മതവും വിനിയോഗിക്കുന്ന രീതിയിലേക്ക് കാര്യങ്ങൾ മാറിയിരിക്കുന്നു.



ആത്മീയ താൽപ്പര്യങ്ങൾക്കായി മാത്രം മതങ്ങളെ ആശ്രയിച്ചിരുന്ന വിശ്വാസി സമൂഹത്തിൽ അമിതമായ സ്വത്വബോധം ഉണർത്തി അപരമത വിദ്വേഷം സൃഷ്ടിക്കുന്നതിൽ ചില രാഷ്ട്രീയകക്ഷികൾ വിജയിച്ചിരിക്കുന്നു. കേവല രാഷ്ട്രീയ വിജയങ്ങൾക്കായി സൃഷ്ടിച്ചെടുത്ത ഈ സ്വത്വ ബോധം ഇന്ത്യയുടെ സാമൂഹ്യഘടനയെ തന്നെ മാറ്റിമറിക്കുന്നതാണ് നമുക്ക് കാണാൻ കഴിയുന്നത്. അമിതമായ സ്വത്വബോധം വളർത്തി, ന്യൂനപക്ഷങ്ങൾക്ക് എതിരായി ഭൂരിപക്ഷത്തെയും ഭൂരിപക്ഷത്തിനെതിരായി ന്യൂനപക്ഷത്തെയും എതിർചേരികളിലാക്കാൻ ഇവിടെയുള്ള രാഷ്ട്രീയപാർട്ടികൾ മത്സരിക്കുകയാണ്.

രാഷ്ട്ര പുനർ നിർമ്മാണത്തിൽ ഏർപ്പെടേണ്ട യുവത്വം അരാഷ്ട്രീയവാദികളായി മാറുന്നു എന്നതാണ് വേദനാജനകമായ മറ്റൊരു യാഥാർത്ഥ്യം. ചിലർക്ക് സ്വന്തം മതത്തിന്റെയും രാഷ്ട്രീയത്തിന്റെയും പക്ഷം ചേർന്ന് മാത്രം നിലപാടെടുക്കാൻ കഴിയുമ്പോൾ ബഹുഭൂരിപക്ഷം വരുന്ന ബാക്കിയുള്ളവർ പൊതുസമൂഹത്തിൽ ചർച്ച ചെയ്യപ്പെടേണ്ട കാര്യങ്ങളിൽ യാതൊരു നിലപാടുമില്ലാത്തവരുമാണ്. പൂർണ്ണമായും മതത്തിനോ രാഷ്ട്രീയപ്പാർട്ടിക്കോ വിധേയപ്പെട്ടുകൊണ്ടല്ലാതെ സ്വതന്ത്രമായ നിലപാടുകൾ സ്വീകരിക്കാൻ ആർജ്ജവമുള്ള ഒരു തലമുറയായി യുവാക്കൾ മാറിയാലേ മതങ്ങൾ ശുദ്ധീകരിക്കപ്പെടുകയും മതാത്മക രാഷ്ട്രീയം ഇല്ലാതാവുകയും ചെയ്യുകയുള്ളൂ. രാഷ്ട്രീയപ്പാർട്ടികൾക്കു വിധേയപ്പെടാതെയുള്ള രാഷ്ട്രീയ ബോധവും രാഷ്ട്ര ബോധവും യുവാക്കളിൽ സൃഷ്ടിച്ചെടുക്കുക എന്നത് കാലഘട്ടത്തിന്റെ അനിവാര്യതയായി മാറിയിരിക്കുന്നു.

മതം വളർത്തുമ്പോൾ മതേതരത്വവും, രാഷ്ട്രീയം വളർത്തുമ്പോൾ രാഷ്ട്ര ബോധവും വളർത്താൻ നമുക്ക് കഴിയണം. അല്ലാത്ത പക്ഷം വിവിധ തൽപരകക്ഷികളുടെ സ്വാർത്ഥതാൽപര്യങ്ങൾക്ക് വേണ്ടി എപ്പോൾ വേണമെങ്കിലും പൊട്ടിത്തെറിക്കാവുന്ന ഒരു മതബോംബായി ഇന്ത്യ മാറും എന്നത് തീർച്ചയാണ്.



Rahul. E

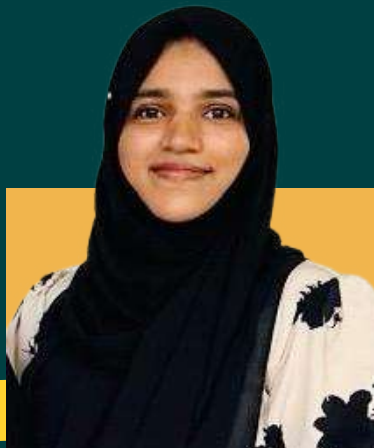
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കാലാന്തരങ്ങൾ

Changes അഥവാ മാറ്റങ്ങൾ അത് naturally വരുന്നത് ആണല്ലോ. Darwin ഒക്കെ പറഞ്ഞ പോലെ survival of the fittest...നമ്മുടെ അഡാപ്റ്റേഷനു വേണ്ടി പല രീതിയിലുള്ള മാറ്റങ്ങൾ വന്നേക്കാം. ഞങ്ങൾ പഠിക്കുന്ന സമയത്ത് degree പിള്ളേരെ നോക്കിയിട്ട് പറയുമായിരുന്നു , നമ്മളെ പോലൊന്നും അല്ലല്ലേ, കുട്ടികളുടെ രീതികളെല്ലാം മാറിപ്പോയെന്ന്. അതും കഴിഞ്ഞു ഇതേ കുട്ടികളെ പഠിപ്പിക്കാൻ വന്നപ്പോഴാണ് ഈ ഒരു മാറ്റത്തിന് എത്രത്തോളം അന്തരം ഉണ്ടെന്ന് മനസ്സിലാവുന്നത്. ഇതിൽ നിന്നും ഞാൻ conclude ചെയ്തത് എന്തെന്നാൽ ഇവിടെ പുതിയൊരു culture രൂപപ്പെടുത്താനായി കഠിനാധ്വാനം ചെയ്യുന്നവരാണ് നമ്മുടെ ന്യൂ ജൻ പിള്ളേർ . ഏതാണ്ട് വെസ്റ്റേൺ culture പോലെ .. ആ ഒരു ശ്രമം ലിമിറ്റഡ് ആണെന്ന് മുൻകൂട്ടി കാണുന്നവരെല്ലാം നാട് വിടാനുള്ള പ്ലാനിംഗ് തുടങ്ങി കഴിഞ്ഞു ... എല്ലാ നാടുകളിലും ഈ ഒരു അഡാപ്റ്റേഷൻ ഉണ്ടോ എന്നത് അറിയില്ല.. എങ്കിലും നമ്മുടെ നാട് ഒരു multiculture adaptation നടത്തി കഴിഞ്ഞു..അതിന്റെ influence നമുക്ക് എല്ലായിടത്തും കാണാം.. Like western wear, traditional wear..korean make up.. Indonesian hijab..angane നീണ്ട ഒരു ലിസ്റ്റ്.. ഇതെല്ലാം മാറ്റി വെക്കാം , കുട്ടികളുടെ concept of friendship, concept of marriage...and an overall view of life എല്ലാം വളരെ different ആണ്..എന്നെക്കാളും 5 വയസ്സിലേറെ ഒക്കെ മാറ്റമുള്ള കുട്ടികളുണ്ട് ... എന്നാൽ ഞങ്ങൾ തമ്മിലുള്ള കാലാന്തരം ഏതാണ്ട് 50 വർഷത്തോളം വരും..ഇത് കാണുമ്പോൾ എന്നെക്കാളും 20 വയസ്സോളം വ്യത്യാസമുള്ള എന്റെ മോശുടെ generation എങ്ങനെ ആവും എന്നുള്ളത് ക്യൂരിയോസിറ്റിയിലേറെ എനിക്ക് ഭയമാണ് തരുന്നത്.

ഒരുപാട് നല്ല qualities കൂടിയുള്ള generation കൂടെയാണ് ടോ പിള്ളേർ..എന്നാലും ചിലതിനോടൊന്നും യോജിച്ചു പോവാൻ പറ്റാറുമില്ല.. അതിന് അവർ correct explanation തരും..എല്ലാത്തിനെയും normalise cheyyanulla tendency ഈ ജനറേഷന് വളരെ കൂടുതലായി തോന്നിയിട്ടുണ്ട്.. ഈ സന്ദർഭത്തിൽ ക്രൈസിസിസ് ആവുന്നത് ഞങ്ങൾ സൈക്കോളജിക്കാരാണ് .. കാരണം ഞങ്ങളുടെ one of the definition of abnormal behaviour എന്നത് "deviation from social norms" എന്നാണ്..അങ്ങനെ നോക്കുമ്പോൾ according to the definition and generation ഞാനൊക്കെ ഒരു രോഗിയാണ്..എന്റെ രോഗത്തിന് അവർ നൽകിയ പേരാണ് "തള്ള വൈബ്" എന്നത്..എന്നിരുന്നാലും മാറിയ ജനറേഷന്റെ ന്യൂ ജൻ പോളിസിസ് എല്ലാ ബെനിഫിറ്റിസിനും പുറമെ ഈ കാലാന്തരങ്ങൾ ഒരുപാട് ഭയം തരുന്നുണ്ട്..

ഒരു പക്ഷെ ഞാൻ മേൽ സൂചിപ്പിച്ച അസുഖത്തിന്റെ symptom ആവാം അത് ..നല്ലൊരു generation construct ചെയ്തെടുക്കാൻ responsibility ഉള്ള നമ്മൾ അധ്യാപകരുടെ കൈകളിൽ നിന്ന് നല്ല സമൂഹങ്ങൾ മാത്രം പിറക്കട്ടെയെന്ന ആത്മാർത്ഥമായ ആഗ്രഹം എന്നും ബാക്കി നിൽക്കുന്നുണ്ട് .. അതിന് കഴിവുള്ള ശീലുകളാവട്ടെ ഓരോ അധ്യാപകരും ...cultural changes and adaptations ഒന്നും കുറ്റമല്ല ..എല്ലാം നമ്മൾ മാത്രം നൽകണം എന്ന ആഗ്രഹം മാത്രമാണ് ഈ എഴുത്തിന്റെ ഇതി വൃത്തം ...



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Opposites Attract: Navigating the Extrovert-Introvert Dynamic



Life, for me, has always been a gentle current, carrying me along without a predefined destination. I'm not good at expressing my feelings and often prefer to keep my thoughts to myself. I've never strived for perfection, but rather found comfort in the simple acceptance of the "somewhat ok." Every eventuality, every twist and turn, was already a familiar script, played out in the theater of my mind. Then, she entered my life, a whirlwind of energy and enthusiasm. The adage "opposites attract" proved its truth, as our contrasting personalities drew us together. When she proposed, I couldn't fathom a reason to decline. She was the first, the only, the unexpected.

Initially, our differences posed no significant challenge. I, the quiet observer, found peace in solitude, while she, the social butterfly, thrived on interaction. However, as our relationship deepened, her desire for constant engagement began to test my introverted nature. Her persistent attempts to draw me into conversations often left me feeling drained and overwhelmed.

Recognizing her longing for connection, I made a conscious effort to step outside my comfort zone. I learned to express myself, to share my thoughts and feelings, even if it meant enduring the discomfort of vulnerability. It was a gradual process, a delicate balance between my innate inclination towards solitude and the desire to nurture our bond.

Now, every day is a journey of self-discovery, a constant negotiation between my introverted tendencies and the demands of a relationship. It's a testament to the power of love, a force that can transform even the most introspective of souls. Perhaps, the true beauty of our relationship lies in the harmony we've cultivated, a harmonious blend of solitude and togetherness. It's a reminder that opposites can indeed attract, and that love has the power to bridge even the widest of gaps.



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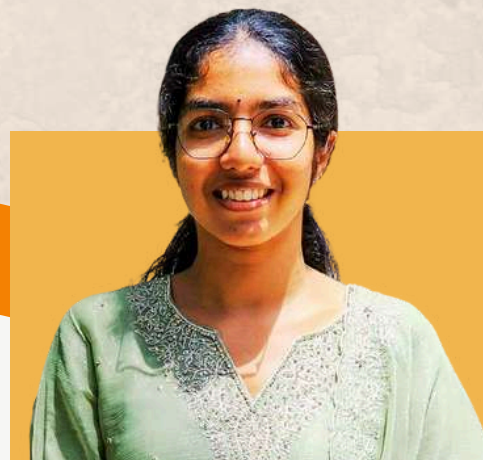
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