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# ACASIANA

## MONTHLY E-NEWSLETTER



**AL SHIFA COLLEGE OF  
ARTS & SCIENCE**

Run By Shifa Medicare Trust & Affiliated to University of Calicut

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## MANAGING TRUSTEE'S MESSAGE

It is with immense joy that I convey my greetings to all students, faculty, and staff of Al Shifa College of Arts and Science through this issue of our monthly newsletter. Each passing month reflects the dedication, hard work, and collective spirit that define our institution. Our commitment is not only to academic excellence but also to nurturing values, skills, and a sense of responsibility that prepare our students for a meaningful future.

As we move forward, I encourage every member of our college community to continue embracing opportunities for growth, innovation, and collaboration. Let us remain united in our vision of creating a campus environment that inspires curiosity, creativity, and service to society. Together, we can transform challenges into opportunities and aspirations into achievements.

I firmly believe that the true strength of our institution lies in the harmony of its people—students, teachers, and staff—working together with a shared purpose. May we continue to uphold this spirit of unity and progress, ensuring that Al Shifa College of Arts and Science stands as a beacon of learning, character, and excellence in the years to come.

Warm regards,



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



## FROM THE PRINCIPAL'S DESK

Dear Students, Faculty, Parents, and Well-Wishers,

As we went through the month of August, a time of reflection and renewal, I extend my warmest greetings to each of you. This month holds special significance for us as a nation, as we celebrate our Independence Day, a reminder of the values of freedom, unity, and responsibility. Let us take this opportunity to instil these ideals into the culture of our college, nurturing young minds to become not only skilled professionals but also responsible citizens.

August also marks the beginning of a new academic rhythm. For some, it's a time of settling in, while for others, it's about pushing boundaries and rising to new challenges. I urge all students to take full advantage of the resources, mentorship, and opportunities our institution offers. Remember, growth happens just outside your comfort zone.

To our faculty and staff, your tireless efforts continue to shape the foundation of excellence that defines our college. I thank you for your dedication and encourage you to keep fostering curiosity, creativity, and character in our students.

Let us move forward together with a renewed sense of purpose, upholding the values of academic integrity, inclusivity, and innovation. I look forward to another month of achievements, collaboration, and meaningful learning.

Wishing you all a productive and inspiring August!

Warm regards,

**Dr. Kamaludheen. K.T.**

LLB, MA (Eng), MA (PA), M.Ed,  
M.Phil, NET, PhD, PDF (Edu)



### ICE-BREAKING SESSION FOR NUTRITION STUDENTS

The Department of Nutrition and Dietetics, ACAS, organized an engaging Ice Breaking Day for the newly admitted students on 01 August 2025. The event, titled "Let's Break the Ice," was aimed at helping freshers build connections with their peers, seniors, and faculty members, ensuring a smooth and welcoming transition into college life. The programme began with an inspiring message from Dr. Kamaludheen. K. T, Principal, ACAS, who encouraged students to make the most of their academic journey. This was followed by a series of fun-filled activities, including interactive games, group dance performances, and a group song, all of which created a lively and inclusive atmosphere. The event successfully set the tone for a positive and collaborative learning environment for the new batch.



### FAST FOOD IN FOCUS: A DEBATE BY THE ENGLISH CLUB

The English Club of ACAS organized an engaging debate on the topic "Fast Food: Blessing or Curse?" on 5 July 2025. One group highlighted the advantages of fast food, such as convenience and affordability, while the other raised concerns about health issues, lifestyle diseases, and cultural erosion. The debate was filled with strong points, lively rebuttals, and enthusiastic participation from the students. The session helped in improving critical thinking and public speaking skills and created awareness about the impact of food choices in everyday life.





### READING FORUM AND RESEARCH FORUM- DEPT. OF NUTRITION AND DIETETICS

The Reading Forum and Research Forum under the Department of Nutrition and Dietetics conducted a session on 01 August 2025, with the aim of enhancing subject-related reading habits and fostering research orientation among students. This initiative is part of “The Reading Spoon”, one of the flagship best practices of the department, designed to promote consistent academic reading, critical thinking, and evidence-based learning. The



Reading Forum focuses on improving students' reading habits through subject-based reading, comprehension, and discussion, helping them build a strong foundation in theoretical knowledge. In contrast, the Research Forum encourages students to explore current research, scientific developments, findings, and recent innovations in the field of nutrition and dietetics, thereby strengthening their analytical and presentation skills. As part of the session, students of Third Semester B. Sc. Nutrition and Dietetics actively participated. Ms. Fahma, Ms. Nidhasherin, Ms. Binziya, and Ms. Shaziya presented on various subject-related topics. The session was both enriching and interactive, providing a platform for students to express their ideas and receive constructive feedback

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### ICE BREAKING SESSION FOR CS STUDENTS

The Department of Computer Science, ACAS, hosted a lively Ice Breaking Day for the first-year BCA and Bsc AI students on 01 August 2025. The event, titled “Let’s Break the Ice,” aimed to help newcomers feel comfortable, build friendships, and connect with faculty and senior students as they embark on their academic journey. The session was



officially inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS. The day featured a variety of fun-filled interactive sessions, including team-building games, group dance numbers, and musical performances.

## BOOKS PUBLISHED BY ACAS FACULTY

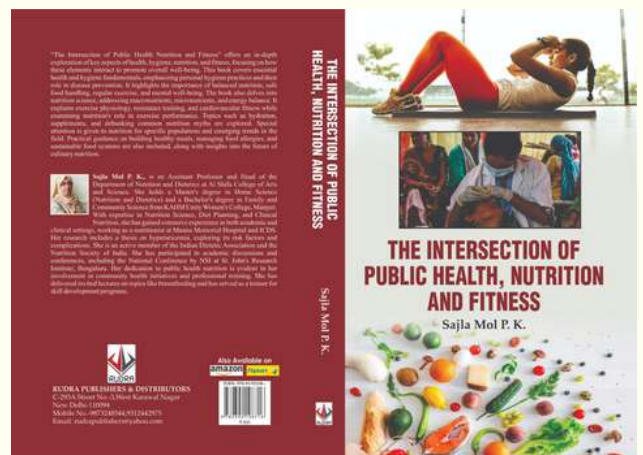
The Publication Wing, ACAS, under the mentorship of Dr. Kamaludheen. K. T, Principal, came up with an initiative to publish academic books by the faculty. Mr. Farhan. K. M, Head, Dept. of Computer Science, coauthored a book titled Foundations of Data Science with Ms. Shifla Sherin, Asst. Professor of Computer Science. The book is listed on Amazon and it deals with topics such as data collection, preprocessing, statistical foundations, model development, evaluation techniques, and both supervised and unsupervised learning approaches.

Another book released under this initiative is by Ms. Sajla Mol, Head, Dept. of Nutrition and Dietetics, titled The Intersection of Public health, Nutrition and Fitness. This book too is listed on Amazon and it deals with basics of public health and nutrition and sports nutrition.

Following are the links to the Amazon listing:

[https://www.amazon.in/gp/product/B0FLWNQX4J/ref=cx\\_skuctr\\_share\\_ls\\_srb?smid=A2TP8P8M6OEYT5&tag=ShopReferral\\_48d04335-71a6-4b0c-8095-62917d610169](https://www.amazon.in/gp/product/B0FLWNQX4J/ref=cx_skuctr_share_ls_srb?smid=A2TP8P8M6OEYT5&tag=ShopReferral_48d04335-71a6-4b0c-8095-62917d610169)

[https://www.amazon.in/gp/product/B0FLWNJXDS/ref=cx\\_skuctr\\_share?smid=A2TP8P8M6OEYT5](https://www.amazon.in/gp/product/B0FLWNJXDS/ref=cx_skuctr_share?smid=A2TP8P8M6OEYT5)





### RESEARCH FORUM AT THE DEPT. OF ENGLISH

The Department of English, ACAS, conducted a Research Forum on 1 August 2025, featuring a presentation by Ms. Adithya. S, Asst. Professor of English. She discussed the paper titled "The Use of Mobile Assisted Language Learning (MALL) for the Language Enrichment of Learners at the Graduation



Level" by Edunuru Krishna Chaitanya, published in the Rupkatha Journal on Interdisciplinary Studies in Humanities (Vol. 16, No. 4, 2024). The presentation focused on how Mobile Assisted Language Learning (MALL) enables undergraduate students to enhance their English language proficiency at their own pace, in flexible and convenient settings. Ms. Adithya highlighted the use of tools such as gamification, podcasts, and the Duolingo app as effective intervention strategies. These tools foster both self-paced and collaborative learning, with a notable improvement in learners' listening and speaking skills. The session concluded with an engaging discussion on the relevance of MALL in today's academic environment, its potential to transform language pedagogy, and the importance of integrating digital tools to support inclusive and autonomous learning experiences.

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### THEATRE CLUB

The Theatre Club organized a talk session featuring cine artist Mr. Nishal. K, Third Semester B. Com. Finance, ACAS. During the session, Mr. Nihal shared his inspiring journey into the world of cinema, along with personal experiences from working on film sets. His talk was interactive and engaging, sparking motivation and interest among the students.



### TECH TALK SERIES- VOL.6

The Department of Computer Science organized the sixth volume of its Tech Talk series on 04 August 2025. The session, titled "The Journey to Founding Mentora AI," was delivered by Mr. Asim Ali, Third Semester B. Sc. Artificial Intelligence, who shared his entrepreneurial journey and



insights into building an AI-based venture. The event proved to be highly interactive and inspiring, especially for students aspiring to explore startup opportunities in AI and technology.

### SARANGI

Sarangi, the Music Club of ACAS, organized a vibrant music programme on 4 August 2025, which welcomed the new batch of ACAS. Faculty members and students from various departments gathered to enjoy the lively atmosphere, making the event a truly inclusive and joyful experience. The programme featured a variety of music performances that highlighted the talent and enthusiasm of the students.





### STAFF TOUR

ACAS hosted a memorable staff tour to Wayanad, seamlessly combining relaxation, scenic exploration, and meaningful professional interaction on 09 and 10 August 2025. The team visited Lakkidi View Point, Pookode Lake, and the Honey Museum, enjoying the scenic beauty and cultural attractions of the region. At Seagot Banasura Resort, they relaxed and participated in various recreational activities. A faculty training session was also conducted at the resort, led by Dr. Kamaludheen. K. T, Principal, Al Shifa College of Arts and Science, adding a valuable professional development component to the trip. Dr. Shibila Sherin. P, Asst. Professor, Dept. of Commerce and Management Studies, was honoured for successfully completing her PhD open defense. The team also visited Banasura Dam, Karappuzha Dam, and the picturesque Cheengeri Hills, where they enjoyed breathtaking views and trekking experiences. Each destination showcased the natural charm and serene landscapes of Wayanad, providing both relaxation and adventure. The tour, enriched with memorable experiences, strengthened the team spirit, and a renewed sense of connection.



## ORU KADHA SOLLATTUMA



The Thanimalayalam Club and Student Leadership Cell, ACAS, organised a Student Motivation Session alongside the inauguration of the Hundred Storytelling Series titled 'Oru Kadha Sollattuma'. The event featured Ms. Rizwana. K. Y, popularly known as the "Paper Girl," as the guest of honour. Dr. Kamaludheen. K. T, Principal, delivered the presidential address, honoured Ms. Rizwana with a ceremonial cloth, and encouraged

students to take her journey as a source of motivation. Ms. Rizwana shared her inspiring transformation from delivering newspapers to becoming an MBBS student at Government Medical College, Namakkal, highlighting the values of perseverance and hard work. Mr. Nahas Abdurassaque, Manager, Placement and Relations, and Ms. Saritha. K, Vice Principal, ACAS, also addressed the gathering.

## ICE BREAKING SESSION FOR B. COM/BBA STUDENTS

1. The Dept. of Commerce and Management Studies, ACAS, conducted an Ice Breaking Session for the First Semester B.Com Computer Application and Taxation students on 11 August 2025. The programme was inaugurated by Dr. Kamaludheen K. T, Principal, ACAS. The session included engaging activities that encouraged the freshers to interact, share ideas, and build friendships. The event concluded on a vibrant and enthusiastic note, leaving the participants motivated for the year ahead.





2. Another Ice Breaking session was organized by the Dept. of Commerce and Management Studies on 12 August 2025 to welcome the new batch of B. Com Finance students. The event featured a series of intellectual games, helping students ease into the college environment and build camaraderie. The programme was inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS, who delivered a motivational address encouraging students to actively participate in academic and extracurricular activities. Ms. Mini V. K, Head of the Department, extended a warm welcome to the freshers and highlighted the importance of discipline and determination in student life. Class representatives took the stage to share their personal experiences and offered useful insights to help freshers adjust to college life. The event fostered a sense of belonging and set a positive tone for the academic year ahead.



3. The Dept. of Commerce and Management Studies organized the Ice Breaking session for the newly admitted BBA students on 13 August 2025. The programme was formally inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS, who delivered an inspiring address, encouraging the students to make the most of their academic journey and actively engage in co-curricular activities. The inaugural session was followed by felicitations from Ms. Mini V.K., along with other faculty members of the department, who extended their best wishes to the new batch. The celebration included cultural programmes, fun games, and interactive sessions, creating an atmosphere of joy strengthening the bond among students from different batches.



### REVIEW ROOM

1. The Dept. of English continued its engaging book review series titled 'The Review Room: Conversations with Books' on 05 August 2025. The session featured Ms. Aswani Krishna. P of Third Semester B. A. English Language and Literature as the presenter of the day. Ms. Aswani introduced the audience to Anuraga Lolagathri, a poignant and expressive work penned by Juleya Thomas. Her presentation captured the emotional depth and thematic intricacies woven throughout the book. She illuminated how the narrative delves into love, longing, and personal transformation, and highlighted Juleya's evocative prose style that brings characters to life with authenticity and tenderness. It offered an enriching exploration of regional literature that sparked thoughtful dialogue and literary appreciation among the attendees.



2. Mr. Shadeed, Third Semester B. A. English Language and Literature introduced the audience to A Rose Petal Summer, the escapist holiday romance authored by Katie Fforde on 18 August 2025. The review was engaging and thought provoking, pressuring the audience to grab and read the book at once. The attendees raised doubts and a fruitful debate was born as a result.





### SOFT SKILLS TRAINING SESSION

A soft skills training session titled “Mastering Microsoft Word for Professional Communication” was organized by the Dept. of Commerce and Management Studies, ACAS. The session was led by Mr. Irshad Ameen. K, Assistant Professor, DCMS, with the objective of enhancing students' proficiency in using Microsoft Word for professional and academic documentation. The session covered essential tools and formatting techniques that are vital for creating clear, structured, and effective documents. It aimed to strengthen digital literacy and prepare students for workplace communication tasks. The training was informative and practical and served as part of the department's ongoing efforts to equip students with relevant soft skills for their academic and professional growth.



### EDUCATORS QUIZ: A QUIZ CLUB EVENT

The Quiz Club, ACAS, conducted an interactive quiz program titled “Educators Quiz” on 05 August 2025 focused on testing students' knowledge about prominent educators, philosophers, and foundational concepts in the history of education. The quiz was specially organized for First Semester B. Com



students and the questions ranged from classical thinkers like Plato and Aristotle to key figures in the history of education. The students actively participated and responded with enthusiasm, making the session both engaging and enlightening. The program successfully combined learning with fun, leaving a positive impact on the participants.

## INVITED STUDENT TALK BY NUTRI-NOURISH CLUB

The Nutri-Nourish Club, ACAS, organized an Invited Student Talk on 05 August 2025 as part of the club's initiative to promote peer learning and student engagement in current topics related to nutrition. Ms. Raja Fathima, Fifth Semester B. Voc. Nutrition Science and Dietetics, MES Mampad College (Autonomous), delivered the talk, titled "Impact of Caffeine". Ms. Raja provided valuable insights into the effects of caffeine on health, including its physiological impacts, potential benefits, and health risks when consumed in excess. The session aimed to create awareness among students about mindful caffeine consumption, especially considering its prevalence in daily dietary habits through beverages like tea, coffee, and energy drinks. The interactive nature of the talk encouraged active participation, questions, and discussions among the attendees. The session enhanced students' understanding of caffeine's role in health and nutrition, promoting critical thinking about dietary habits and stimulant consumption.



## INVITED TALK ON THE FUTURE OF AI

The Dept. of Computer Science held an invited talk on "Future of AI" on 12 August 2025. The session was led by Ms. Shifla Sherin. A, Faculty, Government FCI Mankada. Ms. Shifla explained the development of Artificial Intelligence, its current applications, and new trends that will shape industries in the future. She also discussed the challenges, ethical concerns, and career opportunities in AI.





### WORLD BREASTFEEDING WEEK OBSERVANCE

The Nutri-Nourish Club, ACAS, as part of World Breastfeeding Week Observance, organized an Invited Student Talk on 05 August 2025, to highlight the critical role of maternal nutrition during the lactation period and to create awareness among students about the importance of supporting breastfeeding mothers through proper dietary practices. Ms. Ayisha Riza, Fifth Semester B. Voc. Nutrition Science and Dietetics, MES Mampad College (Autonomous), led the talk titled "Empowering the Nourisher: Lactation Nutrition." Ms. Ayisha effectively discussed the nutritional needs of lactating mothers, emphasizing the increased requirements for energy, protein, fluids, and key micronutrients. She also highlighted common nutritional deficiencies during lactation and provided practical dietary recommendations to support optimal breastfeeding outcomes for both mother and child. The session enhanced students' understanding of the physiological demands of lactation and the critical role of nutrition in ensuring the health of both mother and infant. It promoted evidence-based dietary practices and fostered empathy and professional awareness among budding nutritionists regarding maternal care.



Malappuram, Kerala, India

### INDUCTION PROGRAMME BY THE DEPT. OF ENGLISH

The Dept. of English, ACAS, conducted an Induction Programme for the First Semester B. A. English Language and Literature students on 05 August 2025. The programme aimed to welcome the budding scholars into the world of literature, familiarize them with the department, its faculty, and the vibrant academic and literary environment they are now part of. The sessions included interactive ice-breaking activities, team-building exercises, and insightful discussions on academic policies and expectations. What set the programme apart was its subtle infusion of literary sensibilities by which the students were encouraged to reflect on the power of language, the beauty of expression, and the transformative potential of literature. Through collaborative tasks and guided conversations, participants explored the role of literature in shaping thought, culture, and identity, laying the foundation for their academic and personal growth.



### AWARENESS SESSION ON ANAEMIA

The Nutri-Nourish Club, ACAS, organized an awareness session on Anaemia on 8 August 2025. Led by Ms. Binziya. N and Ms. Shamna. C. K, III Semester B.Sc. Nutrition and Dietetics students, the session aimed to enhance awareness about the causes, symptoms, prevention, and dietary management of anaemia. The resource persons effectively explained the role of nutrition in preventing and managing anaemia, with a focus on iron-rich foods and overall dietary balance.





### DIETARY KITCHEN VISIT

The Dept. of Nutrition & Dietetics, ACAS, in collaboration with the Nutrition Clinic at KIMS Al Shifa Hospital, Perinthalmanna, as part of the academic orientation and experiential learning initiative, organized a Dietary Kitchen Visit on 7 August 2025. The session was designed for First Semester B. Sc. Nutrition and Dietetics students. The visit was led by Ms. Brajitha, Chief Dietitian, KIMS Al Shifa Hospital, who provided a detailed introduction to the hospital dietary system. She explained various aspects such as meal setting



protocols, different therapeutic diets, and the supplements provided for tube feeding. Students were introduced to the practical functioning of a hospital kitchen and the dietary planning involved in patient care. The visit helped bridge the gap between theoretical knowledge and practical application in clinical nutrition.

### EXHIBITION ON BLOOD BOOSTING AND LACTOGENIC FOODS



The Nutri-Nourish Club of the Dept. of Nutrition and Dietetics, ACAS, organized an exhibition on “Blood Boosting and Lactogenic Foods” on 7 August 2025. The exhibition aimed to educate attendees about foods that enhance blood health, particularly iron-rich and nutrient-dense options, as well as lactogenic foods that support healthy lactation. Various displays showcased the nutritional value, health benefits, and preparation ideas for these foods, creating an engaging and informative experience for the audience. The event promoted awareness on dietary choices for preventing anaemia and supporting maternal health, encouraging participants to incorporate these foods into their daily diets for overall well-being.



### BREASTFEEDING AWARENESS SESSION FOR ANGANWADI WORKERS

The Dept. of Nutrition and Dietetics, ACAS, in observance of World Breastfeeding Week, organized an awareness class for Anganwadi workers on 7 August 2025. The session was held at Mankuth Anganwadi, C No. 15, with the theme "Breastfeeding: A Responsibility to Nourish and Protect". The resource person for the session was Ms. Sajla Mol, Head, Dept. of Nutrition and Dietetics, ACAS. The programme was specifically designed to empower Anganwadi workers with essential knowledge on the importance of breastfeeding, its health benefits for both mother and child, and strategies to support and educate mothers in the community. The session addressed the common misconceptions on breastfeeding and provided practical solutions for challenges faced by lactating mothers. The participants expressed their appreciation for the informative session and showed willingness to disseminate the knowledge within their respective communities, thus contributing to better infant health and maternal well-being.





## ASK THE DIETITIAN – DIET COUNSELLING IN LACTATION



As part of the observance of World Breastfeeding Week, the Nutri-Nourish Club, in collaboration with the Women Development Cell (WDC), ACAS, organized an informative session titled "Ask the Dietitian – Diet Counselling in Lactation" on 7 August 2025. The event was held at KIMS Al Shifa Hospital, Perinthalmanna, led by Ms. Hiba U, Dietitian, KIMS Al Shifa Hospital, Perinthalmanna, who addressed the importance of proper nutrition during the lactation period. The discussion focused on dietary requirements for lactating mothers, benefits of breast feeding, and common nutritional deficiencies to support both maternal and infant health. The event provided an excellent platform for students to interact with a practicing dietitian and enhance their practical understanding of therapeutic nutrition.



## INAUGURATION OF THE MULEARN FOUNDATION

The Dept. of Computer Science, ACAS, conducted the inauguration of the  $\mu$ Learn Foundation on 4 August 2025.  $\mu$ Learn, a GTech initiative, is a forward-thinking learning ecosystem designed to foster peer-to-peer learning, community engagement, and digital skilling, aiming to create a generation that is industry-ready, self-driven, and continuously evolving. The session featured an inspiring talk by Mr. Asim Ali, Third Semester B. Sc. AI, titled "The Journey to Founding Mentora AI," where he shared his entrepreneurial experience and insights into building AI-driven solutions



## HAEMOGLOBIN DETECTION CAMP



A Haemoglobin Detection Camp for girls was organized by the Nutrition Clinic and the Women's Development Cell (WDC) of ACAS on 8 August 2025. The session was inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS. Mr. Rashid, Lab Technician, KIMS Al Shifa Hospital, provided training on how to use the haemoglobin testing machine. The Third Semester B. Sc. Nutrition and Dietetics students, after receiving the training, conducted the tests independently on all participants. The camp successfully raised awareness about anaemia and equipped students with practical skills, benefiting the participants by offering vital health information and promoting the importance of regular health checks.



### INDUSTRY VISIT TO ALUCRAFT MANUFACTURING AND MARKETING LLP



The Entrepreneurship Development Club, in collaboration with the Dept. of Commerce and Management Studies, ACAS, organized an Industry Visit to Alucraft Manufacturing and Marketing LLP, Kizhattur on 8 August 2025. The visit aimed to provide students with practical exposure to industrial processes, bridging the gap between theoretical learning and real-world application. During the visit, the students were given a detailed orientation on the manufacturing and processing of aluminium, from raw material handling to the final product stage. They observed various stages such as cutting, shaping, extrusion, finishing, and quality control. The industry visit proved to be an enriching experience, equipping students with practical knowledge, boosting their curiosity towards industrial innovations, and strengthening their readiness for professional and entrepreneurial ventures in the future.



## INVITED STUDENT TALK - DEPT. OF ENGLISH

The Dept. of English, ACAS, hosted an Invited Student Talk on 8 August 2025. Ms. Nidha. A, M. A. English, Farook College (Autonomous), Calicut, spoke on “Mending Through Breaking: The Cycle of Evil in Bridge to Terabithia by Katherine Paterson”, offering a nuanced interpretation of the novel’s themes of morality and resilience. Ms. Ameena. K. C, M. A. English, Farook College (Autonomous), Calicut, delivered a talk on “Empathy Boxes to Android Dreams: Man and Machine in Philip K. Dick’s Do Androids Dream of Electric Sheep?”, exploring the philosophical and ethical dimensions of human-machine relationships.



## CIVIL SERVICE EXAM ORIENTATION

The Civil Service Coaching Centre, ACAS, organized a Civil Service Exam Orientation on 12 August 2025. Dr. Kamaludheen. K. T, Principal, ACAS, inaugurated the session. The resource person, Adv. Mohammed Roshin, Chief Operating Officer, Hyderali Shihab Thangal Academy for Civil Services, Perinthalmanna, delivered an inspiring talk on the preparation strategies, opportunities, and challenges in Civil Service examinations. He emphasized the importance of early planning, consistency, and goal-oriented study.





## FACULTY DEVELOPMENT THROUGH SWOT ANALYSIS



The Faculty Development Centre, ACAS, organized a two-day live-in camp titled “Learning in Nature’s Lap” at Seagot Resort, Wayanad, on 08 and 09 August 2025. The program aimed at enhancing academic excellence and faculty development through an activity-oriented approach. The inaugural session was led by the Principal of ACAS, who emphasized the need for continuous professional growth. The highlight of the camp was a comprehensive SWOT analysis session, which enabled faculty members to critically evaluate strengths, weaknesses, opportunities, and challenges in academic and institutional contexts. In addition, collaborative activities fostered creativity, teamwork, and problem-solving skills.





### WATCHING KUMBALANGI NIGHTS

The Movie Club, in collaboration with the Dept. of English and Thanimalayalam Club, screened the film "Kumbalangi Nights" on 12 August 2025. The screening provided a platform for discussion and reflection on themes such as family, relationships, and personal growth. The programme helped the students engage in thoughtful conversations about the film's impact and relevance. The programme highlighted the importance of film as a medium for storytelling and social commentary.



### DEBATE ON FREEDOM OF EXPRESSION

The Association of the English Dept. conducted a debate programme on the topic "Freedom of Expression" on 12 August 2025. Students from various semesters actively participated, presenting strong arguments both in favour of and against the proposition that freedom of expression should be unrestricted. The debate witnessed an engaging exchange of ideas, highlighting the importance of freedom of speech while also considering its ethical and social boundaries.





## **FLIPPED CLASSROOM: A NEW PERSPECTIVE FOR MONTESSORI TRAINEES**

The Institute for Flipped Learning, ACAS, hosted a workshop titled “Flipped Classroom: A New Perspective for Montessori Teachers” on 13 August 2025. The session was led by Ms. Radhika. A, Assistant Professor of English, ACAS. The event was



attended by Montessori trainees from Casa Dei Bambini Montessori Teacher Training, Perinthalmanna. The workshop aimed to introduce the flipped classroom approach, a learner-centered teaching strategy that reverses traditional learning environments. Participants explored techniques to integrate flipped learning into Montessori education, fostering active engagement and self-directed learning among young children. The interactive session included discussions, practical tips, and examples, as well as presentations that empowered the trainees to adapt innovative teaching methods in their future classrooms.

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## **COONOOR BOOK REVIEW FORUM**

The Department of English, ACAS, in collaboration with the Department of English, Providence Women’s College, Coonoor, actively carries forward the Book Review Forum, providing a vibrant platform where students of both institutions present book reviews on a weekly basis. The inauguration of the forum for the academic year 2025–26 was held on 20 August 2025. The event was inaugurated by Dr. Beatrice Anne D’Couto, Associate Professor and Head (Retd.), PG Department & Research Centre of English, Lady Doak College, Madurai. On the occasion, the theme for the year- “Adaptability and Resilience”- was also announced. Beyond this initiative, the two departments continue to collaborate in areas such as NET coaching, research, publication, and student exchange programmes.

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## COMMUNICATION ESSENTIALS FOR MONTESSORI TRAINEES

The Centre for Development of English Language Skills (CDELS) in collaboration with WDC, ACAS, conducted a training session titled “Empowering Educators: Communication Essentials” for Montessori trainees at Casa Dei Bambini Montessori Teacher Training, Perinthalmanna, on 13 August 2025. The programme aimed to equip Montessori teacher trainees with essential communication skills to enhance their teaching practices and professional interactions. The session was inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS. Ms. Saritha. K, Vice Principal & Assistant Professor of English, ACAS, handled the session on Presentation Skills. She elaborated on techniques for effective public speaking, and tips on visual aids, body language, and handling stage anxiety. Ms. Adithya. S and Ms. Nasila Jasmin, Assistant Professors of English, ACAS, jointly led the session on Conversation Skills. Their segment focused on building confidence in spoken English, using polite expressions, active listening, pronunciation, conversation skills and maintaining clarity in interactions. The trainees engaged in role-play activities and real-life conversational practice to strengthen their interpersonal communication abilities. The sessions were interactive and participatory, enabling trainees to learn through demonstration, practice, and feedback.





### ORIENTATION ON INDIAN FINANCIAL MARKET



The Trading Club of the Dept. of Commerce and Management Studies, in collaboration with the Dept. of Economics, organised a session titled “Orientation on Indian Financial Market” on 8 August 2025. The session led by Dr. Prasanth. P. V, Assistant Professor and Head, Dept. of Economics, ACAS, focused on the structure, functioning, and recent developments in the Indian

financial market. His presentation covered key aspects of capital markets, money markets, and regulatory frameworks, offering participants a clear understanding of the opportunities and challenges within the sector. The event enhanced the participants’ awareness of market mechanisms and investment avenues, reflecting the Trading Club’s commitment to providing real-world exposure to commerce and economics students.

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### DIGITAL AWARENESS QUIZ

The Dept. of Commerce and Management, ACAS, organized a quiz competition titled “Mind Over Megabytes” on 7 August 2025. The event was aimed at enhancing students’ understanding of the basics of computers and testing their awareness of fundamental digital concepts.



The quiz aimed to test their knowledge on various computer-related topics, including hardware, software, internet basics, operating systems, and more. The quiz was conducted in an interactive format, encouraging critical thinking and a healthy competitive spirit among the students.

### INDEPENDENCE DAY DEBATE

A debate was organized in observance of Independence Day by the Dept. of Nutrition and Dietetics, ACAS, on 14 August 2025. The topic for the debate was “Should India Celebrate Independence Day as a Symbol of National Unity and Pride?”, which encouraged critical thinking, public speaking, and awareness of national values among the students.



### ANTI RAGGING CELL IN ACTION

The Anti-Ragging Cell, ACAS, conducted surprise inspections across vital areas of the campus, including the boys' hostel, cafeteria, college entrance, and parking area. The objective of the inspection was to ensure a ragging-free and safe environment for all students. During the course of the inspection, no instances or evidence of ragging were found. The atmosphere in all inspected areas was found to be calm, disciplined, and student-friendly. The Anti-Ragging Cell continues to remain vigilant and committed to promoting a safe and respectful campus environment in accordance with UGC guidelines.





## NET COACHING SERIES FOR PG PSYCHOLOGY STUDENTS

1. The PG Dept. of Psychology, ACAS, in collaboration with the Centre for Competitive Examinations, organized the first session of NET Coaching Series for PG Psychology students on 14 August 2025. The session focused on the topic of "Sampling" and was led by Dr. Kamaludheen. K. T, Principal, ACAS. The initiative aimed to support students in preparing effectively for the UGC-NET examination by providing them with expert guidance and foundational concepts in research methodology. The session was engaging and informative, offering in-depth insights into various sampling techniques and their applications in psychological research. The session aimed to enhance students' exam readiness and academic competence.



2. The second session of the NET Coaching Series for PG Psychology students was held on 20 August 2025, focused on the topic "personality" and was led by Ms. Jihan. P, Assistant Professor of Psychology, ACAS. The initiative aimed to support students in preparing effectively for the UGC-NET examination by providing them with expert guidance and foundational concepts in personality. The session offered in-depth insights into various theories and concepts.

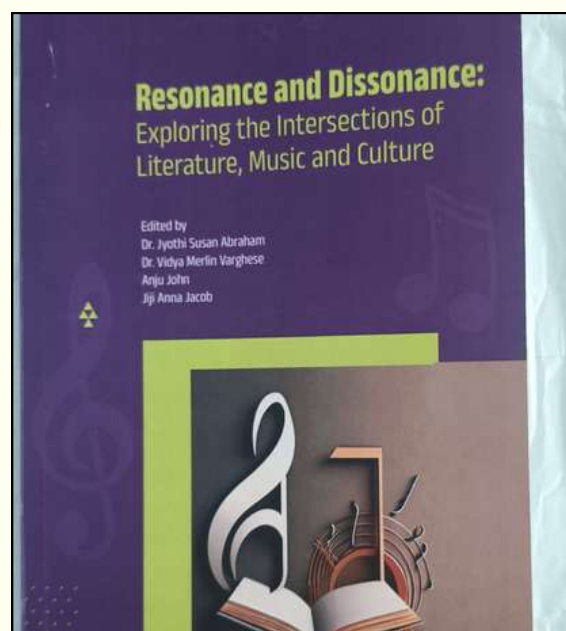
## INTERCOLLEGIATE QUIZ COMPETITION

Ms. Mufeeda. P and Ms. Fathima Sherin. M. P, third-semester students of B. A. English Language and Literature, ACAS, represented the institution at the Intercollegiate Quiz Competition held on 14 August 2025. The programme was organized by Mera Yuva Bharat (MY Bharat), District Youth Office, Malappuram, under the Ministry of Youth Affairs and Sports, Government of India, in association with the Internal Quality Assurance Cell (IQAC) and the National Service Scheme (NSS) of Markaz Arts and Science College, Athavanad, in connection with the Independence Day celebrations. Demonstrating excellent teamwork, quick thinking, and subject expertise, the duo secured the Third Prize, bringing laurels to the college.



## PAPER PUBLICATION

Ms. Jushaini. P, Asst. Professor of English, ACAS, published her paper as a chapter titled 'Resonating Wilderness: Environmental Soundscapes in Walden and The Wild Places', presented in the International Seminar on Resonance & Dissonance: Exploring the Intersections of Literature, Music & Culture, organized by the Postgraduate Department of English, Catholicate College, Pathanamthitta, in association with Mahatma Gandhi University, Kottayam, on 23rd & 24th January 2025. The paper has been published in the seminar proceedings which was released in August 2025.





## INTERCOLLEGIATE PATRIOTIC SONG COMPETITION

In connection with the Independence Day celebrations on 14 August 2025, members of Sarangi: The Music Band of ACAS, participated in the Intercollegiate Patriotic Song Competition organized by Mera Yuva Bharat (MY Bharat), District Youth Office, Malappuram, under the Ministry of Youth Affairs and Sports, Government of India. The programme was held in association with the Internal Quality Assurance Cell (IQAC) and the National Service Scheme (NSS) of Markaz Arts and Science College, Athavanad. The participants were Ms. Masharifa, Third Semester B. A. English Language and Literature, Ms. Fathima Dilna Shifa, Third Semester B. Sc. Nutrition and Dietetics, Ms. Binziya, Third Semester B. Sc. Nutrition and Dietetics, Ms. Fathima Nadha, First Semester B. Sc. Psychology, Ms. Hajara Muhammad Sadiq, First Semester B. Sc. Psychology, Ms. Shahana. V, First Semester B. Sc. Psychology, and Ms. Fasna, First Semester B. Sc. Psychology. The team displayed commendable enthusiasm, harmony, and team spirit, enriching the patriotic fervor of the occasion. All participants were awarded certificates of participation in recognition of their performance, and the competition provided a meaningful platform for them to showcase their musical talents, express their patriotism, and promote cultural unity.





## ACAS CELEBRATES 79TH INDEPENDENCE DAY



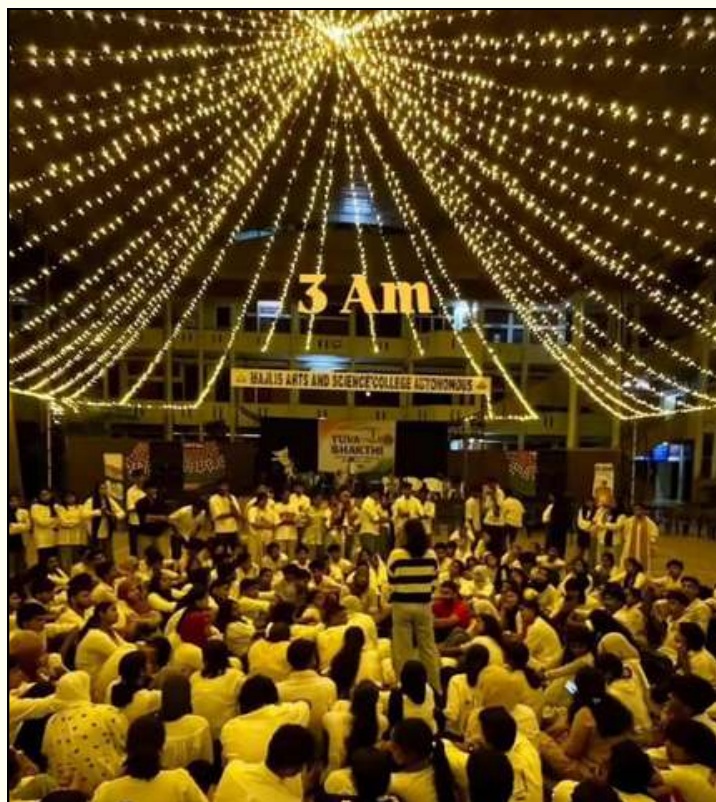
ACAS celebrated the 79th Independence Day of the nation with great patriotism and enthusiasm on 15 August 2025. The programme began with the hoisting of the national flag by Dr. Kamaludheen. K. T, Principal, ACAS. In his inspiring address, Dr. Kamaludheen reminded the audience of the values of unity, equality, and dedication towards nation-building. He encouraged the students to contribute actively to the progress of the country through education, innovation, and social responsibility. The event was graced by the presence of Mr. Shahid Ajmal, Assistant Professor of Physical Education, and Mr. Irshad. K, Assistant Professor of Arabic and NSS Programme Officer. The celebration concluded with the distribution of sweets among the participants, symbolising the sweetness of freedom and togetherness.





## ACAS REPRESENTATION AT YUVA SHAKTHI RESIDENTIAL CAMP

Ms. Masharifa, Third Semester B. A. English Language and Literature, and Mr. Mohammed Fizan Faisal, Third Semester BBA, participated in the Yuva Shakthi: University Level Three-Day Residential Camp organized by the NSS Unit of Majlis College (Autonomous), University of Calicut, from 15 to 17 August 2025. The camp was held in connection with Independence Day celebrations and included sessions and activities based on themes such as Youth for India, Mera Yuva Bharat, Sustainable Development, Nation First – Always First, Digital India, and My Constitution – My Pride. Both students actively took part in discussions,



workshops, and cultural events throughout the camp. Their participation helped them gain knowledge on national values, constitutional responsibilities, digital empowerment, and sustainable practices. The camp also provided them with opportunities to develop teamwork, leadership, and a spirit of patriotism, making it a memorable and enriching experience.

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## DOUBLE MEDAL VICTORY FOR MS. FATHIMA DILNA SHIFA

Ms. Fathima Dilna Shifa, Third Semester B. Sc. Nutrition and Dietetics, achieved remarkable success at the WAKO Kerala Kickboxing State Championship held at the TSGA Indoor Stadium in Thriprayar, Thrissur. She won a gold medal in the senior women's full-contact category (48 kg) and a silver medal in K1



### DIET CONSULTATION PROGRAMME

The Nutrition Clinic of the Dep. of Nutrition and Dietetics, in collaboration with Elite Diet Studio, organized a Diet Consultation Programme on 18 August 2025 at the Axis Max Life Insurance, Calicut Branch. The session was led by Ms. Sajla Mol, Assistant Professor and Head, Dept. of Nutrition and Dietetics, who provided personalized diet consultations. During the event, individualized dietary assessments and tailored nutrition guidance were offered to promote healthier lifestyle practices. The initiative created awareness on the importance of nutrition in maintaining overall health and highlighted the role of preventive dietary practices in enhancing well-being.



### BRIDGE COURSE ON BASICS OF PROGRAMMING

The Dept. of Computer Science, ACAS, organized a Bridge Course on "Basics of Programming" for the First Semester B. Sc. AI Honours 2025-2029 batch. The programme aimed to provide the newly admitted students with a foundational understanding of



programming concepts, enabling them to transition smoothly into the undergraduate curriculum. Through interactive sessions and practical exercises, students were introduced to the fundamentals of coding, logical thinking, and problem-solving techniques.



## INVITED STUDENT TALK

### DEPT. OF COMMERCE & MANAGEMENT STUDIES

The Dept. of Commerce and Management Studies, in collaboration with the Scholar Mentor Programme, organized an Invited Student Talk on the topic “Breaking Barriers: From Procrastination to Purpose” on 19 August 2025. The resource person, Ms. Juzailath, B. Sc. Psychology, Yuvakshetra Institute of Management Studies spoke about creativity, productivity, and practical strategies to overcome procrastination, making the session engaging and interactive. The talk motivated learners to break barriers and move towards purposeful academic and personal growth.



## NATURE CLUB INAUGURATION

The Nature Club, ACAS, was formally inaugurated on 19 August 2025 by Dr. Kamaludheen. K. T, Principal, ACAS. Ms. Rayhana. K, Assistant Professor of Commerce and co-ordinator of the Nature Club, introduced the club’s vision, objectives, and forthcoming activities. Following the inaugural session, a screening of the documentary titled “Plastic Wars” was organized for the audience. The film highlighted the alarming impact of plastic pollution on the environment, exposing the challenges in recycling, the role of corporations, and the urgent need for sustainable alternatives. It shed light on how the overuse of plastic has become a global crisis and emphasized the responsibility of individuals and communities in reducing plastic dependency.



## ANTI-RAGGING AWARENESS SESSION

The Anti-Ragging Cell, ACAS, organized an Awareness Session on 18 August 2025, as part of the Anti-Ragging Awareness Week. The session was formally inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS. In his inaugural address, he emphasized the commitment of the institution to ensure a ragging-free campus. He also underlined how mutual respect, cooperation, and inclusiveness contribute to fostering a positive learning atmosphere. Following this, Ms. Saritha. K, Vice Principal, felicitated the event and appreciated the initiative of the Anti-Ragging Cell in creating awareness among students. She also encouraged the students to uphold values of empathy and responsibility while interacting with their peers, thereby preventing any form of misconduct. The highlight of the session was the talk by the resource person, Adv. Najma Thabsheera, Lawyer, Politician, and Chairperson of the Welfare Standing Committee, Block Panchayath, Perinthalmanna. She addressed the students on the legal, social, and psychological aspects of ragging and shared practical insights on how to combat and report such incidents. The session helped students become more aware and encouraged them to promote a culture of respect and dignity on campus.





## INTERACTIVE SESSION WITH MALAYSIAN DELEGATES



The Scholar Mentor Programme in collaboration with Interact Club, ACAS, organized an interactive session with Malaysian Delegates on 20 August 2025. The programme aimed to provide students with an opportunity to interact with international delegates, exchange ideas, and gain insights into the Malaysian education system, student life, and cultural diversity. The session was interactive and engaging and the delegates shared their academic experiences and highlighted the differences and similarities between Indian and Malaysian education systems. Students asked questions about higher studies, career opportunities, and campus culture, making the session insightful and enriching. The programme enhanced students' global exposure and broadened their perspectives on international learning opportunities.





## PSC REGISTRATION CAMP



The Centre for Competitive Examinations, ACAS, organized the first phase of the PSC Registration Camp – “Walk the Walk” for the First Semester B. Com Computer Application students. The camp was conducted as part of creating awareness and assisting students in completing the initial stage of PSC one-time registration, which is an essential step for applying to various competitive examinations. The students were guided step by step through the registration process. The initiative aimed to ensure that students are well-prepared and registered in advance for upcoming opportunities such as CPO, Excise Officer, WCPO, IRB, SI, Fireman, and Secretariat Assistant exams.





## STAR DEPT. OF JULY 2025

The Dept. of English has been declared the winner of the Ever Rolling Trophy for Star Department of the Month for July 2025. On 22 August 2025, Dr. P. Unneen, Managing Trustee of Shifa Medicare Trust (SMT), honoured the department by presenting the awards, which included a trophy and a certificate of appreciation.



The department, led by Ms. Renjitha K. R., along with other faculty members and students, received the award. The occasion was graced by the presence of esteemed guests, including Mr. Abdul Rassaque, Secretary, SMT, Mr. Pilakkal Hamza, CEO, SMT, Dr. Kamaludheen K.T, Principal, ACAS, Mr. Suhail. P. Hamza, Manager, SMT, Muhammed Faisal, Manager, ACAS, Mr. Nahas Abdurrassaque, Manager of Placement and Relationship, Mr. Adil Abdurrassaque, Manager, Services, and Ms. Saritha. K Vice Principal, ACAS. This award, instituted by the Internal Quality Assurance Cell (IQAC) of ACAS, recognizes the significant contributions made by core departments within the college.

## THE STORY CONTINUES

The English Club, ACAS, conducted a reading activity on 25th August 2025, where the students were provided with different opening paragraphs of stories and were asked to read aloud and creatively continue them in groups. The participants explored genres like mystery, fantasy, adventure, and campus-life, and later presented their stories before the audience. The lively narrations and imaginative twists added fun and freshness to the session. The programme encouraged teamwork, boosted confidence in reading, and inspired the students to engage more actively with literature.



## **CAREER PROSPECTS AND FUTURE IN NUTRITION**

A career guidance session titled "Career Prospects and Future in Nutrition" was conducted on 25 August 2025, by the Dept. of Nutrition and Dietetics in collaboration with the Career Training and Placement Cell, ACAS. The session was led by Ms. Athira Babu, Assistant Professor in the Department of Nutrition and Dietetics at MES Mampad College (Autonomous). The class was informative and provided students with valuable insights into



various colleges and courses available in India and abroad for further studies in Nutrition and Dietetics. It also covered essential topics such as dietitian licensing procedures, including the requirements and processes involved, as well as career opportunities both within the country and internationally.

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## **INVITED STUDENT TALK**

### **DEPT. OF COMMERCE AND MANAGEMENT STUDIES**



The Dept. of Commerce and Management Studies organized an Invited Student Talk titled "Pain Now, Pride Later" on 26 August 2025. The session was led by Mr. Muhammed Nihad. C. H, First Semester BBA, Duxford College for Advanced Studies, Kalikavu. The session provided valuable insights into perseverance, dedication, and the importance of

facing struggles in the present for future achievements. The interactive and motivational session encouraged students to focus on consistent efforts and self-discipline. The students gained inspiration to overcome challenges in their academic and personal journeys.



## YOUNG ENTREPRENEUR SHARES INSIGHTS WITH ACAS STUDENTS

The Entrepreneurship Development Club, in collaboration with the Dept. of Commerce and Management Studies, ACAS, organized an inspiring entrepreneurial talk titled “Spark to Success: Entrepreneurial Insights” on 26 August 2025. The session was led by Mr. Omer Sha Shoukath P.V, Founder & COO of Rento Technologies and First Semester BBA student at Duxford College for Advanced



Studies, Kalikavu. Mr. Omer Sha shared his entrepreneurial journey, practical insights, and challenges faced in the field of business, motivating students to pursue innovative paths with confidence and determination. His interaction provided a blend of knowledge and inspiration, particularly for young aspirants interested in startups and business ventures.

## PARENT EDUCATION PROGRAMME - EPISODE 5

The fifth episode of the Parent Education Programme, was held at ACAS on 27 August 2025 for the parents of Fifth Semester students. The programme was organized in light of the recently published Fourth Semester University results, with the objective of strengthening the partnership between parents and the College in supporting students' academic progress. The session was led by Dr. Kamaludheen. K. T, Principal, ACAS. He shared valuable insights on academic guidance and emphasized the role of parents in motivating students to achieve their best.



## ORU KADHAI SOLLATTUMA

Indian Knowledge System Cell in collaboration with Faculty Development Cell, ACAS, organized a session on 22 August 2025. A session titled “Tracing Kerala’s Storytelling Tradition” was conducted as the beginning of the programme “Oru Kadhai Sollattuma” organized by IKS. The session was led by Dr. Kamaludheen. K. T, Principal, ACAS, who highlighted the cultural and historical significance of storytelling in Kerala. He emphasized how oral traditions, folk tales, and narratives have served as powerful tools for preserving values, transmitting knowledge, and nurturing imagination across generations. The initiative “Oru Kadhai Sollattuma” seeks to encourage students and the community to engage with storytelling as both an art form and a medium of education. By connecting traditional forms with contemporary expressions, the program aspires to sustain Kerala’s narrative legacy while inspiring creativity among participants. The session witnessed active participation, sparking discussions on the importance of storytelling in education, culture, and personal growth. The event provided an insightful beginning to the storytelling series envisioned by IKS.





## HERITAGE VISIT TO THE HISTORIC VADAKKUMNATHAN TEMPLE, THRISSUR

The Indian Knowledge System (IKS) Cell, in collaboration with the Dept. of English, ACAS, organized a heritage visit to the historic Vadakkumnathan Temple, Thrissur, on 27 August 2025. The visit aimed to familiarize students with India's rich cultural and architectural heritage while also providing them with an opportunity to explore the historical, spiritual, and literary significance of the temple. The Vadakkumnathan Temple,



renowned for its magnificent Kerala-style architecture and mural paintings, offered students profound insights into the region's traditions, history, and aesthetic values. The experience not only enhanced their cultural awareness but also encouraged them to recognize the importance of heritage preservation in the modern world.

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## EDUCATIONAL VISIT TO DRAMA SCHOOL, THRISSUR



The Aesthetic Club in collaboration with the Dept. of English, ACAS, organized an educational visit to a renowned Drama School in Thrissur on 27 August. This visit aimed at enhancing students' understanding of traditional Indian performing arts, with a particular focus on folk drama. As part of the visit, a special seminar session was held, centered around the theme "Folk Drama and Role of Fire in Indian Festival and Rituals".

The session explored the deep cultural roots of fire as a dramatic and symbolic element in Indian folk traditions, highlighting its use in performances, festivals, and rituals across various regions. The interaction not only broadened their understanding of indigenous theatrical forms but also inspired them to delve deeper into the roots of Indian traditions in their creative expressions. This visit served as an important step toward promoting cultural appreciation and artistic learning.

## PUPPET DRAMA



The Dept. of English in association with the Theatre Club, ACAS, organized a theatre visit at the School of Drama and Fine Arts, Thrissur. The programme was arranged as part of the academic enrichment activities for students pursuing Drama and Theatre as part of their majors. The event featured a puppet drama titled “Dream LooM”, staged at the Prof. S. Ramanujan Theatre Studio by the Postgraduate students of the Drama School. The performance was remarkable for its artistic execution, innovative use of puppets, and creative stage properties. Centered on the themes of dreams and the inherent conflict between good and evil within human beings, the play offered a thought-provoking theatrical experience. Following the performance, an interactive session was held, during which the students engaged with the drama team in a meaningful exchange of ideas. This dialogue provided valuable insights into the creative processes of theatre-making and deepened the students’ understanding of performance studies. The programme benefited the Third and Fifth semester students of B. A. English Language and Literature and the Fifth semester students of Functional English, offering them both academic relevance and cultural enrichment.





## ONAM DISCUSSION BY STAFF CLUB

The Staff Club, ACAS, organized an Onam Discussion on 29 August 2025, featuring Dr. Kamaludheen. K. T, Principal, ACAS, Ms. Saritha. K, Vice Principal, ACAS, Dr. Prashanth. P. V, Head & Assistant Professor of Economics, ACAS, and Ms. Ragi Haridas, Assistant Professor of Computer Science, ACAS, as panel members. The session created a platform to share memories, cultural reflections, and the significance of the festival in the present times. Ms. Saritha fondly recalled her old Onam experiences, describing how sweet and memorable Onam celebrations are at ACAS. Dr. Kamaludheen highlighted both the positive and negative sides of celebrations, urging that Onam should strengthen cultural values and shape constructive student participation. Dr. Prashanth reflected on the hardships of the past, quoting the popular saying “കാണംവിറ്റും ഓണമുണ്ണണം” (One must celebrate Onam even if it requires selling one’s possessions), and reminded that Onam transcends religion, marking the beginning of India’s festive season. Adding to the discussion, Ms. Ragi shared her colourful memories of Onam in campuses, stressing the joy and togetherness that the festival brings. The audience also actively participated by sharing their personal memories and experiences, which made the discussion more lively and meaningful. The panel emphasized that Onam is not just a festival of celebration, but also a reminder of unity, cultural heritage, and the spirit of togetherness that should guide both campus life and society at large.



## PEER TEACHING SESSIONS

### DEPT. OF COMPUTER SCIENCE

The Dept. of Computer Science, ACAS, organized a series of peer teaching sessions as part of its academic activities. The first session of August 2025 was conducted on 7 August 2025. The session was led by Mr. Muhammed Rashid. V, Fifth Semester BCA. The topic of discussion was "Applications of Java in Current Scenarios." The objective of the session was to enhance learning through



collaborative instruction, fostering confidence, improving communication skills, and deepening subject understanding. The session provided the student tutor with an opportunity to strengthen his communication and presentation skills while helping peers grasp the topic through relatable and engaging discussions.

A session titled "Data Science in Real World" was held on 8 August 2025, led by Ms. Shada Febin, Third Semester BCA, who shared valuable insights on the practical applications of Data Science in real-world scenarios. Her presentation included real-time examples and current trends in the data industry, making the session highly engaging and informative for the attendees.



Mr. Muhammed Shinan, Fifth Semester BCA delivered the peer teaching session on 14 August 2025. He presented the topic "Logic Gates: The Building Blocks". He explained the basic types of logic gates, their truth tables, and applications, using clear examples and circuit diagrams. The session was interactive, with Shinan addressing questions effectively.





Another session for the Third Semester B. Sc Artificial Intelligence (Minor Statistics) students was held on 11 August 2025. The session was led by Mr. Mohammed Kahab. K, who presented the topic "Statistical Learning". During the session, he discussed the concept of statistical learning, its importance in data analysis, and its real-world applications.



He explained the different types of statistical learning, including supervised and unsupervised learning, highlighting their differences with examples. The presentation was interactive, allowing students to engage in discussions and clarify their doubts.

The Dept. of Computer Science, ACAS, continued its peer teaching sessions on 13th August 2025. The session was handled by Ms. Alna Babu, First Semester BCA. The topic of discussion was "Tautology and its examples in discrete mathematics". She explained the concept of tautology as a logical statement that always holds true regardless of the truth values of its components. The peer teaching initiative once again proved to be an effective platform for collaborative learning, boosting both the confidence of the presenter and the understanding of the participants.



Ms. Shamiya. A, Third Semester BCA, led the next peer teaching session on 19 August 2025. The session focused on the topic "Error Detection Method - Checksum Method in Datalink Layer". Ms. Shamiya delivered a comprehensive presentation, explaining the fundamental concepts of error detection and the checksum method's role in ensuring data integrity in the datalink layer. She provided examples and illustrations to demonstrate how the checksum method works, and effectively handled questions from her classmates.





Ms. Nidra. P, Fifth Semester BCA, led the session on 13 August 2025, on the topic "GET and POST Methods in PHP and Cookies". Nidra introduced the fundamental concepts of GET and POST methods, clearly explaining their differences and use cases. She provided practical examples and code snippets to illustrate how to handle

form data using these methods in PHP. The session was well-structured, and Nidra's explanation was easy to follow, making it simple for her peers to grasp the concepts. The session also covered cookies, including how to set, retrieve, and delete them. Nidra's teaching approach was engaging, and she effectively handled questions from her classmates.

Another session on "AI Tools for Presentations" was held on 14 August 2025, In collaboration with the Dept. of English, led by Mr. Muhammed Shefin. P. V, Third Semester BCA. Students from Third Semester B. A. English Language and Literature attended the session. The session began with an introduction to AI tools and their applications in creating engaging presentations. Shefin highlighted the benefits of using AI tools, such as saving time, enhancing creativity, and improving presentation quality. A practical demonstration of AI-powered presentation tools showed how to create visually appealing slides with minimal effort. The session covered various aspects of AI tools for presentations, including their features, advantages, and applications. Mr. Shefin provided hands-on experience with these tools, allowing students to explore their potential and learn how to leverage them for academic purposes. The collaboration between the Computer Science and English departments fostered interdisciplinary learning, enabling students to appreciate the relevance of AI tools in different fields.



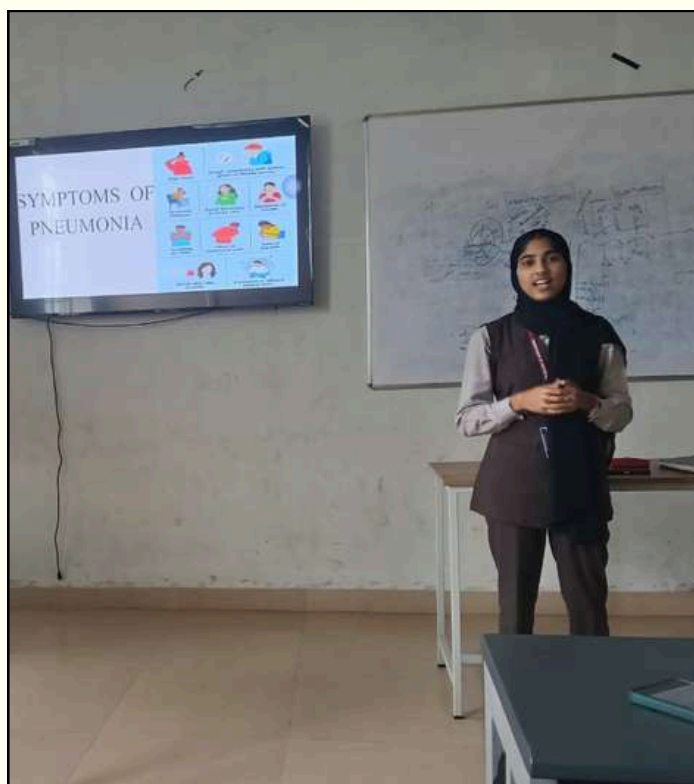


A session for the first semester BCA students was held on 25 August 2025. The session was handled by Ms. Anusha. K, First Semester BCA, who spoke on the topic “Understanding Number Systems in Computing.” Ms. Anusha effectively explained the different types of number systems used in computing, including binary, decimal, octal, and hexadecimal, along with their practical applications. The interactive teaching approach helped her peers grasp the concepts more easily, creating a lively and engaging learning environment. The programme reflected the department’s commitment to nurturing peer learning and empowering students with confidence and academic excellence.



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## **DEPT. OF NUTRITION & DIETETICS**



A peer teaching session was conducted on 13 August 2025 for the 3rd semester B.Sc. Nutrition and Dietetics students. The session featured two presentations by Fifth Semester students, Ms. Basila Surumi and Ms. Fahma. Ms. Basila Surumi delivered an informative session on the topic of Binary Fission, explaining the process, stages, and significance of this method of reproduction in microorganisms. Ms. Fahma presented on Pneumonia, covering its causes, symptoms, modes of transmission, and preventive measures. Both presenters demonstrated good subject knowledge, effective communication skills, and the ability to engage their peers in meaningful discussion.

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## **DEPT. OF COMMERCE AND MANAGEMENT STUDIES**

A peer teaching session was organized by the Dept. of Commerce and Management Studies, ACAS, for the Fifth Semester B. Com Finance students. The session, titled "The Fundamentals of Financial Management," was conducted on 8 August 2025 as part of an initiative to encourage collaborative and student-led learning. The session aimed to simplify key concepts in financial management and enhance student understanding through peer interaction and engagement. The session was led by Mr. Abhijith. T. P, Fifth Semester B.Com Finance, who took the lead in explaining foundational topics with clarity and confidence. His presentation not only reflected a strong grasp of the subject but also inspired fellow classmates to take active roles in academic activities.



Another session on the topic "Understanding Basic Components of BIS" was conducted on 7 August 2025. The session was led by Ms. Saranya, Fifth Semester B. Com Computer Applications. The objective of the session was to help fellow students gain a clearer understanding of Business Information Systems (BIS), a vital subject in their curriculum. Saranya effectively explained the key components of BIS, including hardware, software, data, procedures, and people involved. Her session was informative, engaging, and well-supported with relatable examples, which encouraged active participation from the students.







The Dept. organized a session on “Decoding Taxation” on 18 August 2025, led by Ms. Mufeeda. P, Fifth Semester B. Com Taxation, with the objective of helping her peers gain a better understanding of Principles of Taxation, a key subject in their curriculum. Ms. Mufeeda explained the fundamental concepts of taxation in a clear and engaging manner, using relatable examples to simplify complex ideas. Her interactive teaching style, coupled with practical illustrations, kept the session lively and encouraged active participation from the students.

A peer teaching session on “Unfolding the Basics of Bonus Shares” was held on 14 August 2025, led by Mr. Naseef. K, Third Semester B. Com Computer Application, with the aim of helping fellow students develop a clearer understanding of Corporate Accounting, an important subject in their curriculum. Mr. Naseef presented the concepts of bonus shares in a simple and engaging manner, using relatable examples to make the topic more accessible. His clear explanations, interactive approach, and practical illustrations encouraged active student participation throughout the session.



Another session on “Trend Analysis ” was organized on 19 August 2025. The session was led by Ms. Shihana Sherin, Fifth Semester B. Com. CA, with the objective of helping her peers gain a better understanding of Management Accounting , a key subject in their curriculum. Ms. Shihana Sherin explained the fundamental concepts of Trend Analysis in a clear and engaging manner, using relatable examples to simplify complex ideas. Her interactive teaching style, coupled with practical illustrations, kept the session lively and encouraged active participation from the students.



### DEPT. OF PSYCHOLOGY



The Department of Psychology conducted a peer teaching session on 22 August 2025, led by Ms. Amna Anwar, First Semester M. Sc. Clinical Psychology, on the topic “Cluster Personality Disorders: A Paranoid Personality Disorder”. The Fifth-semester students of the Dept. of Psychology attended the session.

Through this peer teaching initiative, students benefited from a peer-led discussion on clinical concepts related to personality disorders. The session likely enhanced their understanding of key psychopathological features and fostered collaborative learning. By engaging with a fellow student, attendees gained insights into the topic, which is essential for their academic and professional development.

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Another peer teaching session was held on 22 August 2025. Ms. Fahiza, First Semester M. Sc. Clinical Psychology, led the session on the topic “Schizotypal Personality Disorder”. Through this



peer teaching initiative, students benefited from a peer-led discussion on clinical aspects of personality disorders. The session likely enhanced their understanding of key concepts and fostered collaborative learning. By engaging with a fellow student, attendees gained insights into schizotypal personality disorder, which is essential for their academic and professional development. The session promoted interactive learning, encouraging students to participate and engage with the topic and proved to be an enriching learning experience, strengthening both academic knowledge and practical understanding among the students.

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### DEPT. OF ENGLISH

The Dept. of English, ACAS, conducted a peer teaching session on 22 August 2025. Mr. Amal Jaz, Fifth Semester B. A. English Language and Literature, led the session on the topic "Art of Communication". Through this peer teaching initiative, students benefited from a peer-led discussion on effective communication skills. The session likely enhanced their understanding of key concepts and fostered collaborative learning. By engaging with a fellow student, attendees gained insights into the art of communication, which is essential for their academic and professional development.



A Peer Teaching Session on “English Language Enhancement through Tech Enabled LSRW Skills” was conducted on 22 August 2025. The session was organized for the students of Third Semester B. Sc. Nutrition and Dietetics, under the initiative of the Dept. of English. The session was handled by Ms. Adiya, Third Semester B. A. English Language and Literature. She highlighted the importance of strengthening the four essential skills of language learning—Listening, Speaking, Reading, and Writing (LSRW)—through the effective use of technology. With practical examples and references to digital platforms, she emphasized how tech-enabled learning can enhance communication skills, especially for academic and professional purposes.



## MS. JUSHAINI. P IS AWARDED 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 August 2025 are Beyond Textbooks: Lessons from a Tribal Community Nutrition Camp by Ms. Nada Musthafa, Assistant Professor of Nutrition and Dietetics, Letting Myself Be by Ms. Jushaini. P, Assistant Professor

of English and 2 കെ കിഡ്സിനെ കാത്തിരിക്കുന്ന കാൽപ്പന്ത് മൈതാനങ്ങൾ by Mr. Muhammed Arsal. T. K, Assistant Professor of Commerce. The winner of the prize is Ms. Jushaini. P.

## STAR OF THE MONTH

ACAS recognizes the accomplishments and capabilities of its students through the Star of the Month initiative, which highlights and commends exceptional talent in diverse areas including arts, sports, music, and academics. For the month of August 2025, ACAS is delighted to honour Mr. Asim Ali, Third Semester B. Sc. Artificial Intelligence, as the Star of the Month. Along with his consistent academic excellence, Asim has demonstrated outstanding leadership and innovation. He was selected as the Mulearn Campus Lead, successfully engaging over 80 students and initiating participation in programmes such as the NASA Space App Challenge. He also serves as a Datacamp Campus Ambassador and a Google Student Ambassador, roles through which he actively promotes student upskilling in artificial intelligence and digital tools. Further, Mr. Asim has begun building a startup, Mentora AI, aimed at delivering personalized education using AI technologies, and has actively participated in platforms like the Kerala Startup Mission's Innovation Festival. In addition, he holds multiple professional certifications in AI and innovation, further reflecting his commitment to continuous learning. His dedication, vision, and contributions truly make him a deserving recipient of this recognition.






## STAR DEPT. OF AUGUST 2025

The Department of Computer Science has been selected as the Star Department of the Month for August 2025. This distinction is part of an ongoing initiative spearheaded by the Internal Quality Assurance Cell (IQAC) to recognize and promote departmental excellence across the institution. The evaluation considered various criteria, including academic initiatives, co-curricular engagements, faculty contributions, and overall performance during the month. The department received particular commendation for its exemplary documentation practices, which effectively reflected the breadth and impact of its activities. This acknowledgment highlights the Department of Computer Science's unwavering pursuit of academic excellence and its key role in driving the institution's progress.



## IV SEMESTER UNIVERSITY RESULTS PUBLISHED

*Congratulations!*




**Ms. Hiba Hanan. M**  
**Topper**  
 IV Semester B. A. Functional English

**SGPA- 7.2**

**Department of English**

**AL SHIFA COLLEGE OF ARTS AND SCIENCE**  
 (Run by Shifa Medicare Trust & Affiliated to University of Calicut)  
 Keezhattur, Perinthalmanna

*Congratulations!*

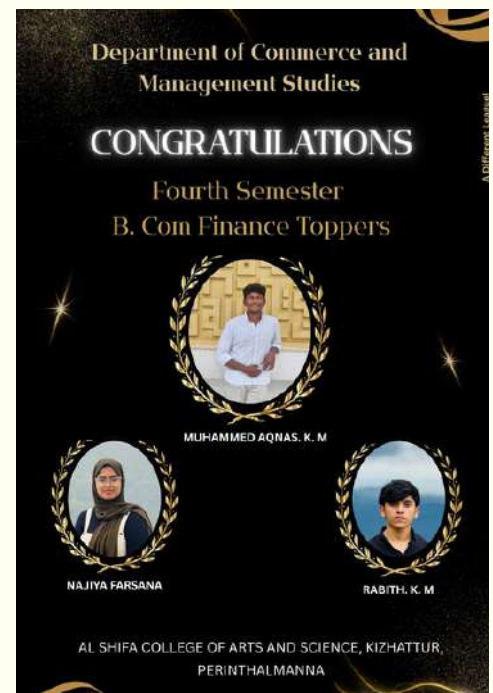
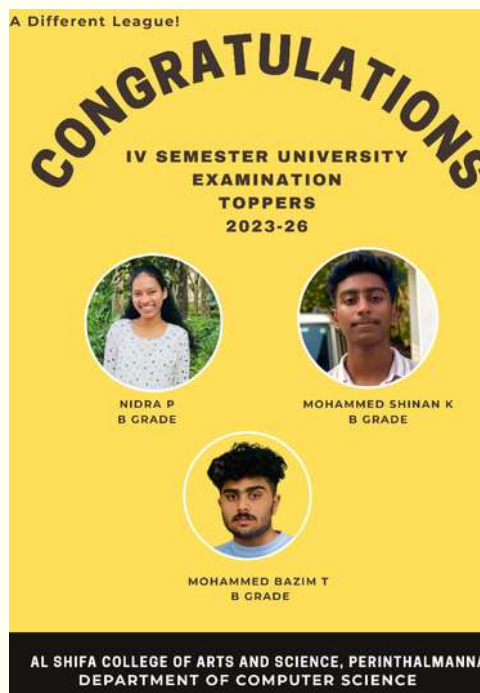
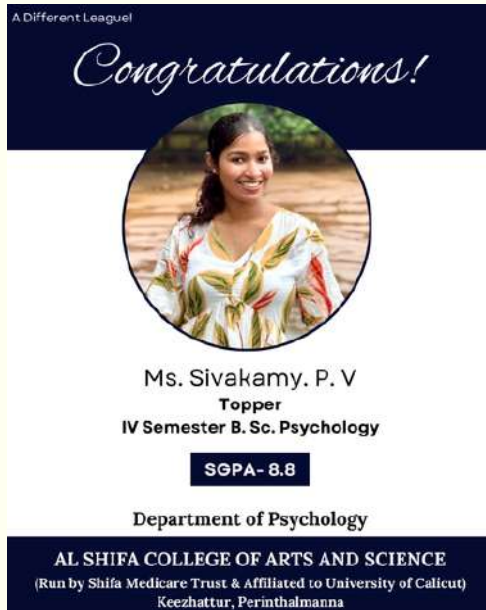


**Ms. Amna. T**  
**Topper**  
 IV Semester B. A. English Language and Literature

**SGPA- 7.8**

**Department of English**

**AL SHIFA COLLEGE OF ARTS AND SCIENCE**  
 (Run by Shifa Medicare Trust & Affiliated to University of Calicut)  
 Keezhattur, Perinthalmanna





## **LETTING MYSELF BE**

These days, I had been feeling strange.  
Something inside me didn't sense right.  
I couldn't describe it clearly, but there was a heaviness—  
like a silent storm was moving through me.  
It wasn't just grief. It was rather deeper...  
something I didn't know how to confront.  
That same night, I experienced a dream.  
I was standing in a wide, silent field.  
The sky on high was soft and golden, gleaming as in the evening light.  
The wind was blowing gently through the tall grass.  
I had no idea where I was going—but I didn't need to as if  
I was escaping the things I could no longer carry.  
I saw a little house stood quietly, I simply took a few steps towards it.  
There was a little room -a room of home, of comfort, of familiarity.  
There were my old books. A soft chair.  
And a calm light filling the area.  
It felt like a part of me I had forgotten.  
There lay on the table a folded paper. I opened it.  
“You are in the process of healing. You're not lost. You are taking the road back”  
I sat there silently.  
I felt like the weight begin to loosen its grip, not disappear.  
When I rose, nothing around me had changed—  
but something within me had.  
The agony didn't disappear,  
but I knew I could carry it differently now.



**Jushaini. P**

Assistant Professor of English  
Al Shifa College of Arts and Science,  
Keezhattur, Perinthalmanna.

## 2 കെ കിഡ്സിനെ കാത്തിരിക്കുന്ന കാൽപന്ത് മൈതാനങ്ങൾ

ആഹ്! അതൊക്കെ ഒരു കാലം... സ്കൂൾ വിട്ട് നേരെ കിലോ മീറ്ററുകൾ ഓടി ധൃതിയിൽ ഒരു ചായയും കുടിച്ച് നേരെ ഗ്രൗണ്ടിലേക്ക് ഒരു ഓട്ടം ഉണ്ട്. തലേന്ന് ഗ്രൗണ്ടിലെ കല്ലിൽ തട്ടി പൊളിഞ്ഞു പോയ തൊലിയും അതിലെ ചോരയുടെ ചുവന്ന പാടുകളും ഒന്നും ആ ഓട്ടത്തെ തടസ്സപ്പെടുത്തിയിരുന്നില്ല. ഇനി കാലിലെ മുറിവ് ഉണങ്ങുന്നത് വേറെ ഗ്രൗണ്ടിലേക്ക് ഇറങ്ങിപ്പോകുന്ന ശപഥം ഓരോ ദിവസവും കളി കഴിയുമ്പോൾ എടുക്കാറുണ്ട്. എങ്കിലും അടുത്ത ദിവസം ആ സമയം ആവുമ്പോൾ വേദനയെല്ലാം മറക്കും. പൊട്ടി വീണ ചോരത്തുള്ളികൾ എല്ലാം ഐസ് പോലെയായും. എല്ലാം മറന്ന് അന്നും ആ ഓട്ടം തുടരും. ഗ്രൗണ്ടിൽ എത്തിയാൽ പിന്നെ അതൊരു ജോറാണ്. ആദ്യത്തെ അര മണിക്കൂർ ബാക്കി കളിക്കാറെ കാത്തിരിക്കാൻ ആണ്. സ്ഥിരമായി നേരത്തെ ഗ്രൗണ്ടിൽ എത്തുന്ന ഒരു വിഭാഗവും വൈകിയെത്തുന്നവരായി മറ്റൊരു വിഭാഗവും. നേരത്തെ എത്തിയവർക്ക് ബാക്കിയുള്ളവർ എത്താത്തതിൽ പരിഭവം ഇല്ല. അവർ എത്തുന്നത് വരെ പ്രീമിയർ ലീഗിലും ചാമ്പ്യൻസ് ലീഗിലും വേൾഡ് കപ്പിലും ഒക്കെ മെസ്സിയും റൊണാൾഡിണേതായും സിദാനും സൃഷ്ടിച്ചു വെച്ച ബന്നന കിക്കുകളും പവാർ ഷോട്ടുകളും പരിശീലിക്കാനുള്ള സമയമാണത്. സെവൻസ് കളിക്കാനുള്ള ഗ്രൗണ്ടിൽ അന്നൊക്കെ രണ്ട് സെവൻസിനുള്ള ആളുകൾ എത്താറുണ്ട്. വന്നവരെ എല്ലാം ഉൾക്കൊള്ളിച്ചാണ് കളി ആരംഭിക്കാറ്. രണ്ട് വശങ്ങളിലായി അണി നിരക്കുന്ന ടീമിൽ പുത്തൻ താരോദയങ്ങളായ നെയ്മർ മുതൽ പഴയ കാല മാനിരകന്മാരായ മാൽദീനിയും മൊട്ടത്തലയൻ റൊണാൾഡോയും എല്ലാം ഉണ്ടാവും. കളി തുടങ്ങിയാൽ പിന്നെ കളിയുടെ സമയത്തേക്കാൾ തർക്കങ്ങളുടെ സമയമാണ്. ചെറിയ ചെറിയ വഴക്കുകൾ പലപ്പോഴും വലിയ കലഹങ്ങൾ ആയും കളി നേരത്തെ അവസാനിക്കാനുള്ള കാരണങ്ങളായും മാറാറുണ്ട്. ഗ്രൗണ്ടിലെ വെളിച്ചം കുറവായാൽ കാലുകൾ കൂട്ടിയിടിച്ചു കളി അവസാനിക്കുന്ന സമയങ്ങളും ഉണ്ടാവാറുണ്ട്. സ്കൂൾ കാലം ആയതിനാൽ സന്ധ്യക്ക് ബാങ്ക് വിളിക്കുന്നതിന് മുമ്പ് വീട്ടിൽ കയറണം എന്ന നിബന്ധന പല ഉമ്മമാരും വെച്ചാണ് ഗ്രൗണ്ടിലേക്ക് വിടാറ്. എന്നാൽ കളിയുടെ ആവേശത്തിൽ ബാങ്ക് കേൾക്കാൻ മറക്കുന്ന ദിവസങ്ങൾ സാധാരണമാണ്.



വൈകിയെത്തുന്ന ദിവസങ്ങളിൽ ഉമ്മയുടെ വഴക്കും അടുത്ത ഗ്രൗണ്ടിലേക്കുള്ള പോക്കിന് വിളക്കും ഉണ്ടാവാറുണ്ട്. എന്നാൽ വിലക്കിനെ മറികടന്ന് ഉമ്മയെ കാണാതെ ഗ്രൗണ്ടിലേക്ക് പോകുന്നതും ഒരു പതിവായിരുന്നു. ഇന്നത്തെ കുട്ടികളുടെ അത്രയും സ്വാതന്ത്ര്യം അന്ന് കിട്ടിയിട്ടില്ല എന്ന തോന്നൽ ഇപ്പോൾ ഉണ്ട്. കാലങ്ങൾക്കിപ്പുറം ജീവിതത്തിലെ തിരക്കുകൾ ജീവിതരീതിയെ മാറ്റിയപ്പോൾ കളിക്കളങ്ങളിലും മാറ്റങ്ങൾ പ്രകടമായി. പൊടി നിറഞ്ഞ മൈദാനങ്ങളിൽ നിന്നും പ്ലാസ്റ്റിക് വിരിച്ച ആർട്ടിഫിഷ്യൽ മൈദാനങ്ങളിലേക്ക് കളികൾ മാറി. പതിവായി ഗ്രൗണ്ടിൽ നിറഞ്ഞു നിന്നിരുന്ന ആളുകളുടെ എണ്ണത്തിൽ നന്നേ കുറവ് വന്നിരിക്കുന്നു. 2 കെ പിള്ളേരുടെ താല്പര്യം മറ്റു പല വിഷയങ്ങളിലേക്കായി ഒരുങ്ങിപ്പോയിരിക്കുന്നു. കളർ കൂട്ടിയ ഫോട്ടോ ഇൻസ്റ്റാഗ്രാമിൽ പോസ്റ്റ് ചെയ്ത് അനുയോജ്യമായ പാട്ടുകൾ കണ്ടെത്തുക എന്നതാണ് ഇന്ന് അവരെ അലട്ടുന്ന പ്രധാന വിഷയം. മുപ്പത് പേരെ കുത്തി നിറച്ച് സെവൻസ് കളിച്ചിരുന്ന കാലത്തു നിന്നും കളിക്കാൻ പത്ത് പേരെ തികയ്ക്കാൻ പാടുപെടുന്ന കാലത്തേക്ക് നാട്ടിലെ മൈദാനങ്ങൾ മാറിയിരിക്കുന്നു. ഉണങ്ങിക്കിടന്ന മൈദാനങ്ങളിൽ പൂല്ല്യം പിന്നീടും കാടും വളർന്ന് കൊണ്ടിരിക്കുന്നത് നാം കാണുന്നുണ്ട്. ആ പുൽച്ചെടികൾക്കടിയിൽ നിന്നും പഴയ മൺതരികൾ ഇന്നും കാല്പന്തിനെയും കുഞ്ഞു കളിക്കാരെയും മാടി വിളിക്കുന്നുണ്ട്... നിറഞ്ഞ കണ്ണുകളോടെ.....



**Muhammed Arsal. T. K**

Assistant Professor of Commerce,

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## **BEYOND TEXT BOOKS: LESSONS FROM A TRIBAL COMMUNITY NUTRITION CAMP**

"Some things cannot be taught; they must be experienced. You never learn the most valuable lessons in life until you go through your own journey."

— Roy T. Bennett

We are well aware of the diversity within our community. Several factors—such as gender, caste, religion, and income level—can contribute to disparities in opportunities and quality of life.

In Islam, Prophet Muhammad (PBUH) emphasised empathy and social responsibility, stating: "He is not a true believer who eats his fill while his neighbour goes hungry."

To bridge such inequalities, our government introduced the system of reservations. While there is ongoing debate about whether reservations are still necessary in today's India, my own experience during my postgraduate studies showed me that the need is still very real for many.

As part of my master's program, we were tasked with organising a community nutrition camp for the tribal community in Karulai. This included an awareness session, a nutritional assessment survey, a medical camp, and an educational exhibition. I was entrusted with leading the awareness session alongside a friend- a work that I initially perceived as straight forward quickly revealed itself to be a deeply challenging and eye-opening experience.

During the survey, we discovered an abundance of nutritionally rich local foods in their surroundings. Yet poverty and severe starvation were common—but most of them had gone days without eating. Many suffered from multiple nutritional deficiencies rarely seen in other parts of the country today. Despite having reservations in both education and employment, they were largely unaware of these opportunities. Many families did not send their children to school, and illiteracy was widespread. Most households had no employed members; only a few had even one breadwinner. Drug addiction further worsened their situation.

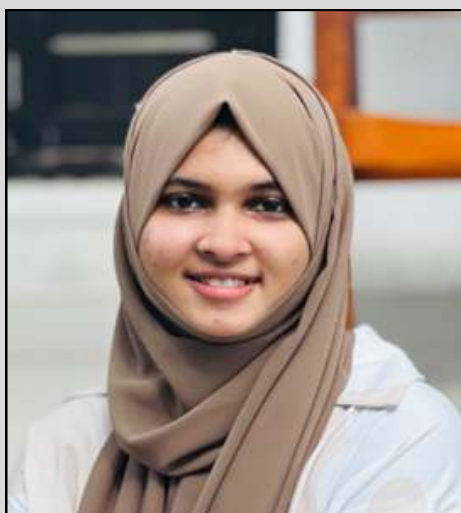
Communication during the class was another hurdle. They struggled to understand even basic words. When I explained that food contains essential elements for our health, they appeared bewildered. The moment that struck me most was when we distributed oranges. Many had never seen or eaten one before, and some tried biting directly into the peel. Nutrient-rich foods such as drumstick leaves grew near their homes, yet they had no idea these were edible.



We left Karulai with heavy hearts, deeply troubled by their helplessness. Innocent people like them—such as Madhu from Attapady—have even been killed by locals, which forces us to reflect on our own privileges: an easy life, access to education, and a roof over our heads. Meanwhile, they lived in huts with no doors, and in many cases, without roofs at all.

For communities like these, reservations are not a luxury—they are a lifeline. We often have no idea what struggles those around us face. Kindness, empathy, and active support—towards tribals and beyond—are duties we should all embrace.

In this digital era, narratives can be twisted. Some may be genuine; others are propaganda, like the misconceptions surrounding reservations. We must remember the many lives that remain invisible to society. Experiences like this should leave a lasting impression, shaping how we think, act, and advocate in the future.



**Nada Musthafa**

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