

Vol 06 Issue 05

November 2025

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

Dear Members of the ACAS Family,

As we reach the heart of the academic year, our campus resonates with determination, learning, and a shared sense of purpose. The close of the semester brings with it both reflection and anticipation — a time to recognize the progress made and to prepare for the challenges ahead. It is truly inspiring to see our students engaged wholeheartedly in their studies and our faculty guiding them with dedication and care.

At ACAS, our goal has always been to nurture an environment that goes beyond academics — one that instills discipline, creativity, and resilience. I am glad to see these values alive in every classroom, project, and interaction. The dedication of our teachers and the earnest spirit of our students remind us that education is not merely about results, but about building character and confidence for life beyond the college walls.

As examinations approach, I encourage our students to stay focused, but also to embrace balance — success is best achieved with a calm mind and a steady heart. Remember, each challenge is an opportunity to learn, to grow, and to realize your true potential.

Let us continue to uphold the ideals that define ACAS — excellence through effort, growth through learning, and unity through shared purpose. Together, we continue to shape a community that thrives on curiosity, compassion, and commitment.

With my best wishes for a successful and fulfilling end to the semester,



Dr. P. Unneen
Managing Trustee
Shifa Medicare Trust

FROM THE PRINCIPAL'S DESK

Dears,

As we step into October, our campus is abuzz with a sense of purpose and preparation. With examinations just around the corner next month, all batches are deeply engaged in revising lessons, completing projects, and consolidating the knowledge and skills they have gained over the semester. This period is not only a test of academic understanding but also of discipline, focus, and determination.

I am proud to witness the dedication shown by our students and the guidance extended by our committed faculty members. The synergy between effort and encouragement is what defines our college community and continues to propel us toward excellence in both Arts and Science.

I urge our students to maintain balance during this busy time, study diligently, but also take moments to rest and recharge. Remember, success is the result of consistent effort, a positive mindset, and faith in one's abilities.

As we look forward to the examinations and the close of another fruitful semester, let us continue to uphold the values of hard work, curiosity, and integrity that are the hallmark of ACAS.

With best wishes for your preparations and success,

Dr. Kamaludheen K.T.

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

Principal



Reading Forum

A Reading Forum session was conducted by Ms. Fahma, Third Semester B. Sc. Nutrition and Dietetics, on the topic "Neem – Benefits" on 03 October 2025. The presentation highlighted the medicinal, nutritional, and environmental significance of neem, emphasizing its role in traditional health practices and modern applications.



Session on Research Writing

The Research Promotion Council and Publication Wing, ACAS, organized a Workshop on "Research Writing and Publication for Faculty" on 03 October 2025. The resource person for the session was Dr. Fazeen Rasheed. A. K, Assistant Professor, XIM University, Bhubaneswar. The workshop aimed to enhance the research and publication skills of faculty members and to promote a strong academic research culture within the institution. Dr. Fazeen Rasheed delivered an insightful session on the fundamentals of research article writing, the structure of scholarly papers, techniques for identifying suitable journals, and ethical considerations in publication. He also discussed the importance of impactful writing, plagiarism prevention, and strategies to improve research visibility and citations.





Zenora 2025 – Mental Health Week Celebration



The PG Dept. of Psychology celebrated ZENORA 2025 – Mental Health Week from 06 to 10 October 2025, with the aim of fostering awareness and sensitivity towards mental well-being among students and staff. The celebration began with a vibrant Flash mob and Title Revealing, setting an energetic tone for the week. A moving Drama for Palestine Solidarity highlighted themes of resilience and empathy, while a powerful Mime Performance depicted the silent struggles of those facing mental health challenges. A stimulating Parliamentary Debate on the "Normalisation of Gender Diversities" encouraged open dialogue and critical thinking about inclusivity and acceptance. The final part of World Mental Health Day Celebration held on 10 October 2025 featured interactive events such as a Ghost Room, Disorder Room, Games, Psychological Testing Sessions, and a creative Escape Room, all designed to promote engagement, learning, and teamwork. Zenora 2025 concluded on a high note, reinforcing the department's commitment to building a compassionate, inclusive, and psychologically aware campus community.



Paper Presentation by Faculty

Mr. Muhammed Aarsal. T. K. and Mr. Rahul. E, Asst. Professors, Dept. of Commerce and Management Studies, presented a paper titled "The Influence of AI on Modern Marketing Strategies" at the 6th International Multidisciplinary Conference on Information Science, Management Research and Social Sciences, held on 06 October 2025 at AJK College of Arts and Science, Coimbatore. The event was organized in association with the International School of Management, Applied Science and Informatics (ISMASI), Azteca University, Mexico, and Madhesh University, Nepal. The paper explored the transformative role of Artificial Intelligence in reshaping modern marketing through automation, consumer analytics, and personalized engagement. The presentation was well received by participants and evaluators for its relevance, clarity, and practical insight.



Reading Club Session- Dept. of English

The Dept. of English, Providence College for Women (Autonomous), Coonoor, as part of its Diamond Jubilee Celebration, organised the fifth Session of Reading Club in collaboration with the Department of English, ACAS. The session was held on 07 October 2025 through the Google Meet platform. The event aimed to promote literary discussions and enhance the reading culture among students by exploring diverse texts through critical perspectives. The session featured two speakers. Ms. Aruvi. M. G, Research Scholar, Providence College for Women, Coonoor, presented a paper titled "Balancing Life and Art in One Foot on the Ground by Shanta Gokhale", emphasizing the intricate balance between personal experiences and artistic expression. Ms. Mufeeda P, Third Semester B. A. English Language and Literature, delivered an insightful analysis of *The Invisible Man* by H.G. Wells, focusing on the moral and psychological dimensions of invisibility and human nature.

ED Club members attend Intercollegiate Food Fest

The members of the Entrepreneurship Development Club, ACAS, participated in El Fiesta: Intercollegiate Food Fest organized by MES College of Arts and Science, Perinthalmanna, on 06 October 2025. The students took part in various events conducted during the fest. Notably, Mr. Mohammed Shareef. T. T, Fifth Semester B. Com. Finance and Mr. Ranishad. K, First Semester BBA secured the first and second prizes respectively, in the Spot Reel competition. Several students also qualified for the final rounds in different events. The participation provided valuable exposure and helped students enhance their skills in leadership, teamwork, and time management.



Civil Service Exam Preparation: A Psychological Perspective

As part of Zenora – Mental Health Week Celebrations 2025, the Civil Service Coaching Centre, in collaboration with the PG Dept. of Psychology, organized an insightful session on the topic “Civil Service Exam Preparation: A Psychological Perspective” on 08 October 2025. The session was led by Ms. Reem Bhasheer, Consultant Psychologist.



She highlighted the psychological aspects involved in civil service exam preparation, including stress management, motivation building, time management, emotional regulation, and developing a growth mindset. Her talk focused on how aspirants can overcome mental barriers and sustain consistent preparation through scientifically proven psychological strategies. The program was organized to provide students with mental support and practical insights to strengthen their civil service exam journey.

Session on the Fundamentals of Microsoft Word

A session on the Fundamentals of Microsoft Word was conducted for B. Com. CA students of the 2025-'29 batch on 08 October 2025. Organized by the Dept. of Commerce and Management Studies, the session introduced students to the basic features and interface of MS Word. Key areas covered included creating and



saving documents, text formatting with different fonts, sizes, styles, and colors, as well as paragraph alignment, line spacing, and indentation. The session aimed to build a strong foundation in MS Word, enabling students to create well-structured academic and professional documents efficiently. During the session, special emphasis was given to the use of shortcut keys to enhance productivity and ease of working within MS Word. Students were encouraged to practice hands-on tasks such as using spell check, copy-paste functions, and undo-redo operations. The interactive approach allowed students to clarify doubts and gain practical experience, thereby improving their confidence and competence in handling basic word processing tasks for their coursework and future professional requirements.



The second session on the same was held on 10 October 2025, primarily focused on paragraph restructuring and editing techniques in MS Word. Students were guided on how to modify paragraph layouts, apply alignment options, adjust margins, and use indentation effectively to enhance document presentation. The session

also covered practical tools such as Find and Replace, Cut, Copy, and Paste, and the use of Undo and Redo functions for efficient document editing. Emphasis was placed on maintaining consistency and professional formatting in academic and project-related documents. The interactive and hands-on approach enabled students to gain better clarity and confidence in handling document editing tasks, thereby improving their overall word processing skills.

Seed Pen Making Workshop



A Seed Pen Making Workshop was conducted on 08 October 2025 at Poonthanam Smaraka AUP School, Kizhattur, organized by the Consumers Club in collaboration with the Dept. of Commerce and Management Studies. The workshop aimed to promote eco-friendly habits among students and create awareness about reducing plastic waste by encouraging the use of

paper seed pens instead of plastic ones. The students from the JRC and Scout units of the Upper Primary Section actively participated in the session. Resource persons from the department demonstrated the process of making seed pens using waste paper, ink refills, and seeds such as coriander and tulsi. Students enthusiastically participated in the hands-on activity, learning to roll paper to form the pen body, insert the refill, seal it with a seed, and decorate it creatively using eco-friendly materials. The workshop helped students develop creativity, teamwork, and environmental responsibility. It also fostered awareness of sustainability, recycling, and reusing materials in daily life. Teachers and organizers appreciated the enthusiasm shown by the students and encouraged them to continue using eco-friendly stationery. The workshop helped in spreading the message of "Reduce, Reuse, and Recycle" and inspiring young learners to become environmentally responsible citizens dedicated to building a greener and sustainable future.

Drama Enactment by Theatre Club

The Theatre Club, ACAS, conducted a drama enactment on 13 October 2025. The play was an adaptation of Sarah Joseph's short story Paapathara, which explores the powerful theme of female infanticide and the influence of social superstitions. The leading roles were performed by Mr. Mohammed Nishal. K, Third Semester B. Com. Finance, Ms. Jyothika, First Semester Nutrition, Ms. Ashna, First Semester Nutrition, Ms.

Anusha, First Semester BCA, and Ms. Hajara, First Semester Psychology. The performance was widely appreciated for its powerful portrayal and social relevance, effectively conveying the story's message and reinforcing the Theatre Club's commitment to promoting critical awareness through art and performance.



Effective Presentation Techniques

Centre for Development of English Language Skills (CDELS), ACAS, in collaboration with Al Shifa College of Paramedical Sciences, successfully organized a session on "Effective Presentation Techniques" on 08 October 2025. The session was delivered by Ms. Saritha. K, Vice Principal & Assistant Professor of English, ACAS. The session aimed to equip participants with essential presentation skills, focusing on effective communication, confidence building, and audience engagement. Ms. Saritha. K's expertise and engaging delivery style made the session informative and interactive, benefiting all attendees.



“Capture the Wild” Photography Contest

As part of the Wildlife Week Celebrations 2025, the Nature Club, ACAS, in collaboration with the Dept. of Commerce and Management Studies, organized an exciting Wildlife Photography Contest titled “Capture the Wild.” The competition aimed to create awareness among students about the importance of wildlife conservation while encouraging their creativity and photography skills. The event received enthusiastic participation from students across various departments. Participants submitted stunning photographs capturing the beauty and diversity of wildlife, reflecting their keen observation and artistic vision. All submitted photographs were evaluated based on creativity, originality, theme relevance, and overall visual impact. Mr. Mohammed Ibthisan, Mr. Muhammed Rinshad First Semester BBA and Mr. Mujeeb Rahman, Third Semester BBA won the first, second and third prizes respectively. The winners were appreciated for their exceptional talent and unique perspective in capturing the essence of nature.



FinQuest

The Trading Club of the Dept. of Commerce and Management Studies, ACAS, organized an online quiz titled “FinQuest” in connection with World Financial Planning Day 2025. The event was conducted with the objective of enhancing students’ awareness of the Indian Financial System and promoting the significance of financial planning in day-to-day life. The quiz provided an engaging platform for participants to evaluate their knowledge of financial markets and related concepts while encouraging practical learning beyond the classroom. The event was held on 08 October 2025, and witnessed the active participation of students from various departments of the college. All participants received E-certificates as a mark of appreciation for their involvement. The initiative successfully fostered financial literacy, analytical thinking, and awareness about prudent financial management, resonating with the theme “Live your today, plan your tomorrow.”

Ms. Sameera Excels in University Results

Ms. Sameera Kausar, Asst. Professor of English, ACAS, achieves the remarkable distinction of Fourth Rank in M. A. English Language and Literature at Bharathiar University.



Paper Bag Making Workshop

A Paper Bag Making Workshop was conducted on 08 October 2025 at Poonthanam Smaraka AUP School, Kizhattur, organized by the Consumers Club in collaboration with the Dept. of Commerce and Management Studies as part of the extension programme. The workshop was arranged for JRC and Scout students from the Upper Primary Section. The main aim of the programme was to promote the use of eco-friendly paper bags and to encourage students to reduce the use of plastic by switching to paper bags, thereby combining environmental protection with creative learning. The coordinator of the Consumers Club, emphasized the importance of minimizing plastic waste and protecting the environment. Resource persons from the Dept. of Commerce and Management Studies demonstrated the step-by-step process of making paper bags using old newspapers, chart papers, and other recyclable materials. Students were guided to design, fold, and paste the bags neatly, and later place seeds in them to symbolize sustainability and growth. The activity promoted hands-on learning, teamwork, and eco-consciousness among the students. The participants actively engaged in the workshop and expressed their joy in creating something useful for the environment. The event concluded with the message of adopting eco-friendly alternatives in daily life and reinforcing the motto of "Reduce, Reuse, and Recycle."



Empowering Educators



A Faculty Development Programme (FDP) was organized by ACAS on 10 October 2025 aiming to enhance the professional competence of teachers by exploring effective teaching methodologies and the integration of technology in education. The programme featured two distinguished resource persons from Jamia Millia Islamia, New Delhi – Dr. Quazi Ferdoushi Islam and Dr. Sameer Babu. M, Associate Professors, Dept. of Educational Studies. The event saw the presence of Dr. Kamaludheen K. T, Principal, ACAS and Mr. P. Hamza, Chief Executive, Shifa Medicare Trust. Dr. Quazi Ferdoushi Islam led the first session on “Effective Teaching: Principles, Learning Styles, and Strategies for Engaging Learners.” She discussed the importance of adapting teaching techniques to different learning styles and shared practical insights for enhancing classroom participation. Dr. Sameer Babu. M, led the next session on “Integrating Technology in Teaching: The Flipped Classroom Approach.” He emphasized the use of digital tools, online resources, and interactive platforms to create dynamic and student-centered learning experiences. The sessions were highly engaging and informative, encouraging faculty members to adopt innovative, technology-supported, and learner-centered approaches in their teaching practices. The FDP proved to be an inspiring and intellectually enriching experience, fostering a spirit of collaboration and continuous professional growth among the faculty.



Peer Teaching Session- Dept. of Commerce & Management Studies

A Peer Teaching session organized by the Dept. of Commerce and Management Studies was held on 07 October 2025. The core focus of the teaching session was the foundational accounting topic, Introduction to Final Accounts. The session was led by Ms. Niya Marva, First Semester BBA programme. This initiative highlights the college's focus on fostering student engagement and developing academic skills through peer-to-peer instruction.



As part of the ongoing series of Peer teaching sessions, the department organised another session on 13 October 2025, led by Ms. Fazna. S, First Semester BBA. The theme of the session was "Planning Premises in Management", a crucial concept in the field of managerial planning and decision-making. Ms. Fazna explained the meaning and significance of planning premises, emphasizing their role as the foundation on which plans are formulated. She discussed various types of planning premises such as internal and external premises, tangible and intangible premises, controllable and uncontrollable premises, and illustrated how these factors influence effective planning in organizations. Real-life business examples and case-based discussions were included to enhance understanding and connect theoretical ideas to practical scenarios. The peer teaching session provided an excellent opportunity for collaborative learning, allowing students to gain deeper insights into the topic. The session was well-structured, informative, and successfully met its objectives, contributing effectively to the teaching-learning process.

Another session of the series was organised by the department on 13 October 2025, led by Ms. Anhal. V, First Semester BBA. The theme of the session was “Types of Planning”, an important concept in the field of management. Ms. Anhal delivered the topic effectively, demonstrating clear understanding and enthusiasm, which made the session both engaging and informative. During the session, she explained the different types of planning such as corporate, divisional, strategic, tactical, operational, long-term, medium-term, and short-term planning. Each type was discussed in detail, highlighting its purpose, scope, and significance in achieving organizational goals. Real-life business examples and practical illustrations were used to enhance understanding and relate the topic to real-world management practices. The session was well-organized, insightful, and successful in promoting peer-led learning and enhancing the academic experience of the students.



A peer teaching session was organized on the topic “Contract of Agency,” a vital concept in Business and Mercantile Law, on 14 October 2025. The session was led by Mr. Salmanul Faris, Third Semester B. Com. Finance, who provided an insightful presentation on the definition, creation, and essentials of an agency relationship. He elaborated on the rights, duties, and liabilities of agents and principals, and explained the types and termination of agency with relevant business examples. The session was interactive and well-received, successfully creating an engaging environment that encouraged discussion and deeper understanding of legal principles in commerce.



Another peer-to-peer teaching session on the topic "Contract of Guarantee" was conducted on 14 October 2025, presented by Mr. Muhammed Sinan. K, Third Semester B. Com. Computer Applications. He discussed the definition, essentials, and legal implications of a contract of guarantee, illustrating his points with practical examples. The interactive approach promoted active participation and created a comfortable learning environment where students exchanged ideas and clarified doubts. The session effectively strengthened students' grasp of business law concepts through peer collaboration.



A peer teaching session was also conducted by Ms. Najma, Third Semester BBA, for the First Semester BBA students on the topic "Profit and Loss Account." The objective of the session was to help first-year students understand the preparation, structure, and purpose of the Profit and Loss Account in business accounting. Ms. Najma explained its meaning, objectives, and format, highlighting key items on the debit and credit sides with the help of examples and simple numerical problems. Her clear explanation and interactive approach made the topic engaging and easy to comprehend. The session received positive feedback for its clarity and effectiveness in reinforcing fundamental accounting concepts.

Similarly, Mr. Hashmil, Third Semester BBA, conducted a session for First Semester BBA students on "Introduction to Balance Sheet." The session aimed to introduce the basic structure, objectives, and significance of the balance sheet in accounting. Mr. Hashmil explained the classification of assets and liabilities and illustrated how a balance sheet reflects the financial position of a business at a given time. The use of real-life examples and simple illustrations made the session highly interactive and comprehensible. Students actively participated, making the learning experience productive and engaging.



In addition, the Department organized another session on 14 October 2025, led by Ms. Fitha. V. P. and Ms. Hadiya, both First Semester BBA students. The topic of discussion was “Challenges and Limitations of Planning.” The presenters effectively explained key challenges in the planning process—such as lack of accurate information, rigidity, time constraints, resistance to change, and uncertainty—using relatable examples and real-life scenarios. The interactive discussion encouraged student participation and critical thinking. The session also served as an excellent platform for the presenters to enhance their communication and teaching skills.



Continuing the series, another peer teaching session was conducted on 24 October 2025 by Ms. Nimisha K of Third Semester B. Com Taxation on the topic “Discharge of Contract by Time.” She elaborated on the different modes of discharge such as performance, mutual agreement, impossibility, lapse of time, operation of law, and breach of contract, providing clear explanations supported by examples and case references. The interactive approach encouraged student engagement and collaborative learning, making the session insightful and effective in strengthening conceptual understanding and communication skills.



As part of the Peer Teaching Sessions organized by the Dept. of Commerce and Management Studies, a session was conducted on 24 October 2025 for the Third Semester B. Com Taxation students by Ms. Finu Sherin on the topic “Discharge of Contract.” She explained the various modes of discharge, including performance, mutual agreement, impossibility of performance, lapse of time, operation of law, and breach of contract, using relevant examples and case references. The interactive session encouraged active participation and discussion, making the learning process engaging and effective. It proved to be a valuable experience that enhanced both the presenter’s teaching skills and the participants’ understanding of the topic.

Mentor-Mentee Programme

The Mentor-Mentee Interaction, an initiative aimed at fostering personal, academic, and professional growth among students through continuous guidance and support, was conducted on 13 October 2025, as part of the institution's ongoing mentoring programme. The session aimed to strengthen the bond between mentors and mentees, provide academic and personal guidance, and discuss students' progress and well-being. During the interaction, mentors engaged with their respective mentees to review academic performance, attendance, and overall participation in college activities. Students were encouraged to share their concerns and suggestions related to academics and personal development. Mentors provided necessary guidance, motivation, and support to help students overcome challenges and plan for future goals.



Workshop on LED Bulb Manufacturing

The Entrepreneurship Development Club, ACAS, organized an educational workshop on the practical skills of LED bulb manufacturing on 15 October 2025. The session was led by Mr. Sabir. P, LED Master Trainer, Elight Industries, Malappuram. Under his expert guidance, participants gained valuable insights into the technical and practical aspects of LED bulb production. The workshop emphasized hands-on learning, allowing students to actively participate in the process of assembling and understanding LED bulbs. This experiential approach greatly enhanced their technical competence and entrepreneurial awareness. The students took part in the workshop and left with enhanced knowledge and practical skills in the field of LED bulb manufacturing.



Peer Teaching- Dept. of Computer Science

A Peer Teaching Programme was conducted for the First Semester B. Sc. Artificial Intelligence students on 15 October 2025. The peer teaching session was effectively handled by Mr. Jasin Sabik, First Semester B. Sc. Artificial Intelligence, on the topic "Active Components in Computer Hardware." During the session, the presenter explained the concept of active components, highlighting their functions and importance in electronic circuits



and computer hardware systems. Components such as transistors, integrated circuits (ICs), and diodes were discussed with practical examples. The session aimed to enhance students' understanding of hardware fundamentals through peer-led learning.



Continuing the series, another Peer Teaching Session was held on the same day, 23 October 2025 on the topic "BIOS Chip in Motherboard." It was conducted by Mr. Muhammed Shifil. M, First Semester B. Sc. AI. The session aimed to strengthen students' understanding of computer hardware through collaborative learning. The presenter clearly explained the structure and function of the BIOS chip, its role

in the booting process, and how it enables communication between hardware and the operating system. Active student participation and discussions made the session engaging and productive, helping learners gain deeper insight into the functioning of computer systems.



Continuing the initiative, the Dept. of Computer Science organized another Peer-to-Peer Teaching Session for the Fifth Semester BCA students on 17 October 2025. The session was conducted by Ms. Nidra P, Fifth Semester BCA, on the topic "I/O Streams in Java." As part of the department's ongoing peer-learning programme, the session aimed to promote collaborative learning and strengthen students' conceptual clarity. Ms. Nidra explained the concept of Input and Output Streams

in Java, elaborating on various stream classes, types of streams (Byte Stream and Character Stream), and their practical applications in file handling. Through clear examples and interactive discussions, students gained a better understanding of data reading and writing processes in Java, making the session both engaging and informative.

As part of the ongoing Peer Teaching Sessions organized by the Dept. of Computer Science, a session on the topic "Standard Distributions" was conducted on 23 October 2025 for the minor paper in Statistics under the B. Sc. Artificial Intelligence programme. The session was handled



by Ms. Hidha Sherin, Third Semester B. Sc. AI, who explained key statistical distributions such as Binomial, Poisson, and Normal, along with their properties, formulas, and real-life applications. Through examples and graphical illustrations, she made complex concepts easier to grasp. The session was interactive, with students actively engaging in discussions, making it both informative and effective in enhancing conceptual understanding and communication skills.

Ready, Set, Excel!: Remedial Coaching Series

The Dept. of English, ACAS, conducted a remedial coaching series titled "Ready, Set, Excel!" for Third Semester B. A. English Language & Literature students. The session took place on 15 October 2025. The session, led by Ms. Riya, Assistant Professor, Dept. of English, focused on revising key chapters and simplifying complex concepts to enhance students' understanding.



The initiative aimed to provide focused academic support and strengthen the learners' proficiency in English language and literature.



The initial session was followed by another remedial coaching class jointly organized by the Dept. of English in collaboration with the Women Development Cell (WDC) and the Remedial Coaching Centre, ACAS. Conducted under the same series, "Ready, Set, Excel!", this session took place on 16 October 2025. The session focused on the topic "Feminism" and was led by Ms. Adithya. S, Assistant Professor, Dept. of English, ACAS. Designed for the Fifth Semester B. A. English Language and Literature students, the session aimed to reinforce their understanding of key feminist concepts, theorists, and approaches in literary criticism. The programme enhanced students' confidence and conceptual clarity in preparation for their examinations.

Passing the Torch – The Leadership Relay

The Students Support Cell of ACAS organized a leadership event titled “Passing the Torch – The Leadership Relay” on 15 October 2025, to celebrate the contributions of the Student Council 2024-’25 and to welcome the Student Council 2025-’26, marking a smooth transition of leadership and responsibilities within the student community. The session was felicitated by Dr. Kamaludheen. K. T, Principal, Ms. Saritha. K, Vice Principal and Mr. Nahas Abdul Rassaque, Manager, Relations and Placements, ACAS, who appreciated the efforts of both the outgoing and the incoming councils in fostering student leadership. The outgoing Student Council members shared their experiences, reflecting on their journey of leadership, teamwork, and personal growth. Their words of gratitude and inspiration encouraged the new council members to take up their roles with enthusiasm and dedication. The highlight of the event was the symbolic act of “passing the torch,” representing the relay of leadership and continuity of commitment to serve the student body. The event fostered a sense of unity, motivation, and responsibility among the students, inspiring the new council to uphold the values of teamwork and excellence.



Echoes of Inclusion

The Dept. of English, ACAS, organized an Academic Visit to Assisi School for the Deaf on 16 October 2025 under the title "Echoes of Inclusion." The visit aimed to promote awareness, empathy, and understanding of inclusive education. The First Semester B. A. English Language and Literature students participated as part of their experiential learning programme.



The visit provided an opportunity to interact with teachers and students of the school, gaining insights into sign language and the unique methods used in deaf education. Students observed classroom activities, learned about the challenges of hearing-impaired learners, and explored creative teaching techniques that foster effective communication. The experience enabled them to value non-verbal communication, patience, and inclusivity. The visit offered a meaningful learning experience, deepening students' social awareness and commitment to inclusive education.

Awareness on Food Safety and Shopping Tips

The Dept. of Nutrition and Dietetics, ACAS, observed World Food Day on 16 October 2025 by organizing a session on "Awareness on Food Safety and Shopping Tips" under the initiative of the Nutri-Nourish Club in collaboration with the Women Development Cell. The session was led by Ms. Liyana Fathima. V. P, Assistant Professor, DGM MES Mampad College (Autonomous), who delivered an informative talk on the importance of food safety, proper food handling, storage, and hygiene in preventing foodborne diseases. She also shared valuable tips on reading food labels, identifying quality products, and making safe shopping choices. The event promoted awareness on food safety and responsible consumer habits.



Exploring Beyond Classrooms

The Dept. of English organized a study tour to Ramakkalmedu and Vagamon on 13 and 14 October 2025, with the participation of students from the First, Third, and Fifth Semester B. A. English Language and Literature and Fifth Semester B. A. Functional English. The study tour was planned to extend classroom learning beyond conventional spaces and to provide students with a first-hand experience of Kerala's rich cultural and ecological landscape. Ramakkalmedu, students visited the Kuravan Kurathi statue, Aamappara, and Wind Mill Point, exploring how folklore and geography intertwine to shape community identity. The journey continued to Vagamon, where visits to Kurishumala, Thangalppara, and the Vagamon Meadows offered insights into the region's spiritual harmony and natural beauty. The study tour provided an enriching opportunity for experiential learning, helping students connect literary theory with lived experience. It encouraged them to view landscapes as dynamic texts that speak through culture, folklore, and spirituality—making learning both meaningful and memorable.



Ente Vayana-Adhyapakarude Vaayanaanubhavangaliloode

Ente Vayana- Adhyapakarude Vaayanaanubhavangaliloode, is a series of presentations on reading experiences by teachers organized by Thanimalayalam Club, ACAS. On 17 October 2025, Ms. Nasila Jasmin, Assistant Professor, Department of English, and

Ms. Rayhana. K, Assistant Professor, Department of Commerce and Management Studies, presented the review of Khabar by K. R. Meera, Irattamukhamulla Nagaram by Benyamin respectively.



Disaster Management Certification Ceremony

A four-day Disaster Management Course was conducted at ACAS from 08 to 11 September 2025 with the objective of equipping students with essential life-saving and emergency response skills. The intensive training was led by experts from the Kerala Police Department and the RRRF Battalion, covering key areas such as rescue operations, first aid, and coordinated disaster response techniques. In recognition of the participants' dedication and performance, the Kerala Police Department officially acknowledged the course and issued certificates to 40 students, who were designated as the Medical First Responder (MFR) Team for their outstanding skill demonstration. To celebrate this achievement, a Certificate Distribution and Recognition Ceremony was held on 17 October 2025. The event was inaugurated by Mr. Somarajan. I. V, Deputy Commandant, RRRF Battalion, and presided over by Dr. Kamaludheen. K. T, Principal, ACAS. Certificates were distributed by dignitaries including Mr. Somarajan. I. V, Mr. Bijumon P. Joseph, Police Inspector, Kerala Armed Police Battalion, and Mr. Nahas Abdul Rassaque, Manager, Relations & Placement. The speakers commended the students for their enthusiasm and commitment to community safety, encouraging them to continue their contribution to disaster preparedness and social responsibility initiatives.



Indian History Quiz

The Quiz Club of ACAS, organized an engaging Indian History Quiz on 24 October 2025. Participants showcased their keen interest and knowledge of Indian history, making the competition both lively and informative. Mr. Sanesh. E of First Semester B. Com Finance secured the first prize, while the second prize was shared by Mr. Safvan. K. P. and Mr. Aadishyam. V. S of First Semester B. Com Computer Applications. The event proved to be a great platform for students to enhance their historical awareness and competitive spirit.



Infinity Human Chain for Peace – ‘Youth for Global Harmony’



The National Service Scheme (NSS) Unit of ACAS organized an Infinity Human Chain for Peace titled “Youth for Global Harmony” on 17 October 2025 within the college campus. The event aimed to spread the message of unity and peace while inspiring youth to promote a world built on understanding and cooperation. The programme was inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS, who emphasized the importance of peace in today’s world and encouraged students to be ambassadors of harmony. Mr. Irshad. K, NSS Programme Officer, highlighted the role of NSS volunteers in fostering social responsibility, and Ms. Haya Shamsudheen, NSS Volunteer, delivered a speech on the power of youth in creating positive change. NSS volunteers formed an infinity-shaped human chain symbolizing the eternal value of peace, concluding the event with a peace pledge and unity song. The programme reflected the collective commitment of ACAS to nurturing harmony and compassion in society.



Alumni Executive Committee Meeting

A meeting of the Alumni Executive Committee of the Al Shifa Arts and Cultural Alumni Association (ASACA) was held on 18 October 2025 at ACAS. The meeting was attended by Dr. Kamaludheen K. T, Principal, Ms. Saritha K, Vice Principal, Mr. Nahas Abdul Rassaque, Manager, Placement and Relations, and Mr. Nuhmandali, Administration Officer. The session witnessed the announcement of the newly reconstituted Executive Committee, with Mr. Mubashir P, B. Com Finance, Batch 2020–23, as President; Mr. Alvin Benny, B. Com Finance, and Ms. Roshini. K. T, B. Com Taxation, Batch 2020–23, as Vice Presidents; Mr. Safwan Sabu, B. Com Finance, Batch 2020–23, as Secretary; Mr. Abdul Basith. P. M, B. A. Economics, Batch 2020–23, as General Secretary; Ms. Lisna. K. P, B. Com Finance, Batch 2022–25, as Joint Secretary; and Ms. Adithya, B. Com Finance, Batch 2021–24, as Treasurer. Mr. Althaf. P. T, B. Com Taxation, Batch 2020–23, was nominated as Patron, with members including Ms. Adithya A, B. Com Finance, Batch 2021–24, Mr. Afsal Rashid K. V, B. Com Taxation, Batch 2022–25, Mr. Pranav E, B. Sc. Psychology, Batch 2022–25, Mr. Sufiyan M, B. A. Economics, Batch 2022–25, and Ms. Fathima Rana, B. A. Functional English, Batch 2021–24. The meeting featured a productive discussion on the association's future plans and activities aimed at strengthening alumni engagement.



Let's Talk About Mental Health

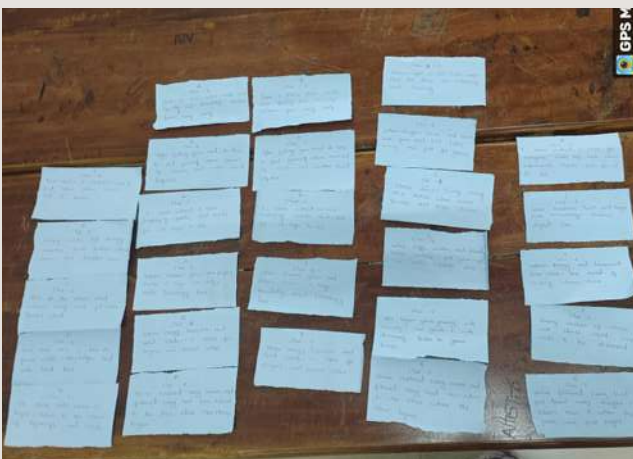
An outreach programme on mental health awareness titled "Let's Talk About Mental Health" was organized by the PG Department of Psychology in association with the Women's Development Cell, ACAS, on 18 October 2025. The programme was conducted at VP Padi Anganwadi, with the active participation of 31 women from



the local community. The session was facilitated by Ms. Noorbina. K, Assistant Professor, PG Department of Psychology. The programme aimed to promote mental health awareness among women, focusing on emotional well-being, stress management, and the importance of nutrition in maintaining psychological health. This outreach initiative served as an important step in spreading awareness of mental health within the community.

Word Hunt

The English Club, ACAS, organized an engaging event titled "Word Hunt" on 21 October 2025, to encourage students to explore the beauty of words through fun-filled learning activities. The hunt combined elements of search, exploration, and discovery, creating a lively atmosphere of enthusiasm and teamwork among participants. Participants formed multiple teams and followed a series of clues hidden across different spots on the campus, such as the library, canteen, computer lab, sports room, and notice board, finally leading them back to their classroom, where the treasure awaited. Each clue challenged their vocabulary, logical thinking, and collaboration skills. The Word Hunt successfully promoted team bonding, creativity, and linguistic curiosity among students, making it both an educational and entertaining experience.



Vision to Venture: The Story of a Trading Entrepreneur



The Entrepreneurship Development Club, in collaboration with the Trading Club, ACAS, organized an event titled "Vision to Venture: The Story of a Trading Entrepreneur" on 21 October 2025. The programme exemplified the institution's commitment to providing practical learning opportunities and fostering entrepreneurial thinking within the campus community. The guest

speaker, Mr. Fahiz, founder of Portfyo Stock Traders, shared his journey and offered deep insights into the technical aspects of trading. He discussed key concepts such as technical analysis, chart patterns, and market indicators, emphasizing the role of data-driven decision-making in successful trading. Mr. Fahiz further elaborated on the importance of mastering trading platforms, understanding price movements, and managing risks. The session equipped participants with actionable strategies and advanced knowledge, encouraging them to explore career opportunities in trading and entrepreneurship.

When Big Dreams Meet Little Stars

The Dept. of English and the Centre for Development of English Language Skills (CDELS), ACAS, organized an extension activity titled "Little Luminaries: When Big Dreams Meet Little Stars" on 23 October 2025. Students from the First and Third Semester B. A. English Language



and Literature programme actively participated in the event. The programme aimed to create a joyful learning environment for young learners through interactive and creative activities. It served as a platform for college students to connect with children, fostering imagination, communication, and confidence among participants. The event provided a valuable experiential learning opportunity for the students, strengthening their teaching and interpersonal skills while promoting community engagement. It reflected the collaborative efforts of the Department of English and CDELS in extending learning beyond the classroom.

The Review Room: Conversations with Books



The Dept. of English, ACAS, organised another enlightening session of "The Review Room: Conversations with Books" on 24 October 2025. The event aimed to promote reading culture, critical analysis, and literary discussion among students of the English department. The session featured two student presenters from the Third

Semester B. A. English Language and Literature programme. Ms. Fathima Shaima, K. T presented a review of *The Girl Who Drank the Moon* by Kelly Barnhill, while Ms. Masharifa. V shared her insights on *Good Girl* by Aria Aber. Ms. Fathima Shaima explored the imaginative world of Kelly Barnhill's novel, focusing on its themes of magic, love, and the transformative power of knowledge, while Ms. Masharifa offered a compelling reading of Aria Aber's *Good Girl*, a poetry collection that delves into questions of identity, displacement, and belonging.

Oru Kadhai Sollattuma- Session 6

The Dept. of English, ACAS, organized a two-day expert session on "Literary Theory and Criticism" as part of its extension activity on 22 and 23 October 2025. The session was conducted for the Postgraduate students of English from Government Arts and Science College, Gudalur, The Nilgiris, Tamil Nadu, with the objective of broadening



their theoretical understanding and analytical skills in literary studies. The resource person for the session was Ms. Sameera Kausar, Assistant Professor of English, ACAS. The sessions were highly interactive, combining conceptual clarity with textual examples to make complex theories accessible and relevant. Students from GASC participated actively, engaging in discussions and reflecting on how theoretical perspectives shape literary interpretation. The expert session, conducted as an extension activity, proved to be a fruitful academic exchange between institutions, fostering collaborative learning and strengthening the theoretical foundation of the participating students.

B-Zone Championship Participation



The ACAS football team participated in the B-Zone Football Championship held at EMEA College, Kondotty from 17 to 27 October 2025, while the volleyball team competed at PMST College, Kundoor, held from 21 to 23 October 2025. Both teams were placed in Group D and finished as runners-up in their respective tournaments, showcasing resilience and teamwork. The achievements underscore their commitment to excellence and sportsmanship, strengthening the spirit of inclusivity and camaraderie within the college community.



Intercollegiate Extension Session on Literary Theory

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Alumna Interaction

The Dept. of Commerce and Management Studies organized an Alumni Interaction Session on 28 October 2025, featuring Ms. Adithya. A, an alumna of the 2021–2024 batch, who interacted with the first-year B. Com and BBA students. During the session, Ms. Adithya shared her enriching experiences from her college life



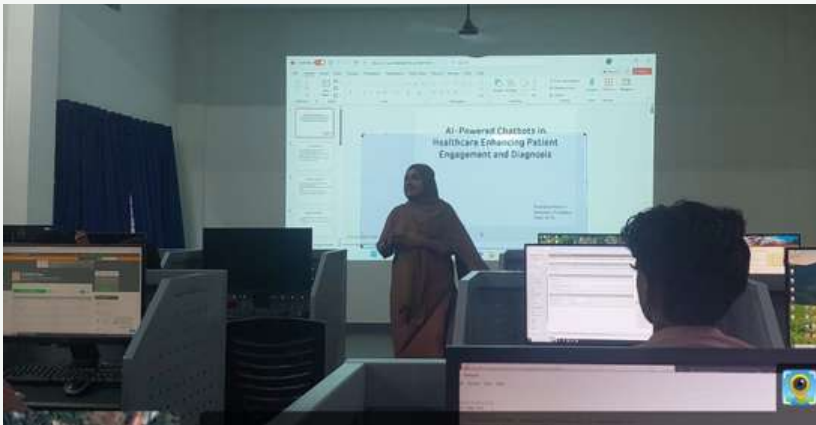
and her journey beyond graduation. She offered valuable insights on career planning, skill development, and the importance of active participation in academic and co-curricular activities. The interaction motivated students to set clear goals and make the most of their college years. Around 50 students attended the session and benefitted from the interaction.

Visit to Pratheeksha Buds School, Pandikkad

The National Service Scheme Unit, ACAS, organized a visit to Pratheeksha Buds School, Pandikkad on 27 October 2025, as part of its community outreach and social responsibility initiatives. The visit aimed to bring smiles to the faces of differently-abled children and to nurture in the volunteers a deeper sense of empathy, inclusiveness, and social commitment. The NSS volunteers actively interacted with the children, engaging them in a variety of joyful and creative activities such as games, songs, and art sessions. They also distributed snacks and gift packets to the children, creating an atmosphere of love, care, and togetherness. Dr. Kamaludheen. K. T, Principal, ACAS, graced the occasion with his presence and interacted with the children, appreciating the efforts of the NSS team. Mr. Irshad. K, Assistant Professor of Arabic and NSS Programme Officer, addressed the gathering and highlighted the importance of compassion, inclusiveness, and service to humanity as the guiding values of the NSS. The volunteers expressed their heartfelt gratitude to the authorities and staff of Pratheeksha Buds School for their warm hospitality and for providing them with an opportunity to share a meaningful day with the children. The programme turned out to be a deeply touching and memorable experience for everyone involved, reaffirming the NSS motto — “Not Me, But You.”



ALISS Pre-seminar Workshop



A Pre-Seminar Workshop on "Cyber Security and Digital Forensics" was organized as part of ALISS 2025-'26 (Al Shifa International Students Seminar) by the Dept. of Computer Science, ACAS. The session was held on 28 October 2025 at ISS Arts and Science College, Perinthalmanna. The workshop

was led by Ms. Shahana Sherin, Asst. Professor, Dept. of Computer Science, who delivered an insightful session on Cyber Security and Digital Forensics. She discussed key topics such as cyber threat identification, digital evidence handling, and forensic investigation methods. This workshop served as a valuable pre-event to the upcoming Al Shifa International Students Seminar (ALISS 2025-'26), scheduled for 11 and 12 December 2025, reflecting the department's dedication to promoting academic excellence and professional preparedness among students.

Web Innovation through Drupal

The Dept. of Computer Science, ACAS, organized an extension activity titled "Web Innovation through Drupal" on 28 October 2025. The workshop was held at ISS Arts and Science College, Perinthalmanna, as part of the department's CONNECT initiative to promote digital skill development. The session was handled by Ms. Shahana Shirin,



Asst. Professor, Dept. of Computer Science, ACAS. The workshop aimed to provide participants with hands-on knowledge about Drupal, an open-source content management framework used for building innovative and dynamic websites. Ms. Shahana discussed various aspects of Drupal development, including module integration, site customization, and innovation in web design. The event served as an excellent platform for students to explore practical web development tools and understand the growing relevance of open-source technologies in modern web innovation.

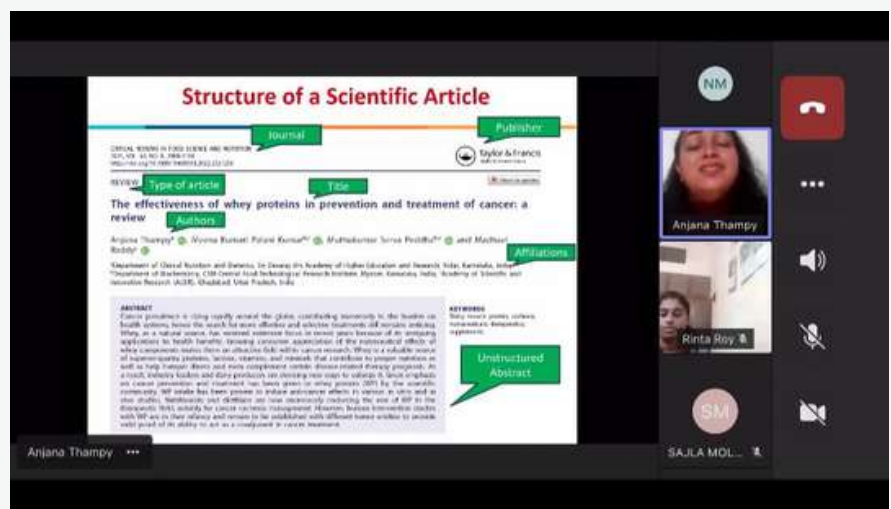
Outreach Initiatives from the Dept. of Computer Science

The Dept. of Computer Science, ACAS, organized an outreach Program titled “CODEWAVE: Building the Future of the Web” on 28 October 2025, at ISS Arts & Science College as part of the department’s CONNECT initiative aimed at fostering collaboration and sharing technical knowledge among institutions. The session was conducted for the Third Semester BCA students and was led by Third Semester BCA students — Mr. Mohammed Ramees, Mr. Sabith Ali, and Mr. Abhishek Vijay, who shared their insights and practical knowledge on modern web development trends, tools, and technologies shaping the digital future.



Faculty Participation in Webinar on Nutrition Research and Publications

Ms. Sajla Mol P. K, Head & Asst. Professor and Ms. Nada Musthafa, Assistant Professor, Dept. of Nutrition and Dietetics, participated in the webinar on “Nutrition Research, Scientific Article Writing, and Publications”, organized by Nutridiet Navigator on 11 October 2025. The session aimed to enhance the knowledge and



skills of participants in the areas of nutrition research, scientific writing, and publication ethics. The resource person for the session was Dr. Anjana Thampy, Assistant Professor, Nutrition and Dietetics, School of Life Sciences, JSS Academy of Higher Education and Research, Ooty. She provided valuable insights into the fundamentals of scientific research, structure and components of research articles, strategies for selecting suitable journals, and common errors to avoid during the publication process. The session also emphasized the importance of maintaining scientific integrity and adhering to publication guidelines. The session offered practical guidance on developing and publishing research work in reputed journals.

Oru Kadhai Sollattuma- Session 7

The Indian Knowledge System (IKS) Cell, ACAS, organized the seventh session of its storytelling initiative, “Oru Kadhai Sollattuma – A Different League Storytelling Series”, on 28 October 2025. During the session, Mr. Irshad. K, Asst. Professor of Arabic, ACAS, presented an inspiring tale



titled Salma's Journey of Resilience. The story revolves around Salma, a young woman born into an Oossan (barber) family, portraying her struggles and experiences with caste-based discrimination within her husband's household due to her lower social background. The session captivated the audience with its emotional depth and social relevance.

Star Department of October 2025

The Department of Commerce and Management Studies has been selected as the Star Department of the Month for October 2025, marking its second win of this distinction. This recognition is part of an ongoing initiative by the Internal Quality Assurance Cell (IQAC) to acknowledge



and promote departmental excellence across the institution. The evaluation was based on parameters such as academic initiatives, co-curricular engagements, faculty contributions, and overall performance during the month. The department earned special commendation for its exemplary documentation practices, which effectively showcased the scope and impact of its activities. This consecutive achievement underscores the Department's consistent commitment to academic excellence and its vital role in advancing the institution's quality standards.

Field Visit to All India Radio, Manjeri FM 102.7



The Dept. of English, ACAS, organised a field visit to All India Radio, Manjeri FM 102.7, on 28 October 2025, as part of the course English for Radio Jockeying and Anchoring for the First Semester English Minor I students. The students were given the opportunity to record radio programmes, gain first-hand experience in radio jockeying and anchoring, and observe the functioning of a live FM station. During the visit, the students interacted with radio professionals who shared valuable insights into various aspects of radio production, including scripting, sound editing, voice modulation, and broadcasting techniques. The behind-the-scenes experience helped students connect theoretical concepts learned in the classroom with real-world applications, fostering a deeper appreciation for media communication. The visit also featured a range of student performances, showcasing their creativity and communication skills. Ms. Shahana, First Semester B. Sc. Psychology rendered a melodious song, while Mr. Mohammed Faizal. K, First Semester B. Com. Finance delivered an insightful talk on environmental issues. Mr. Aadishyam, First Semester B. Com. Computer Applications presented a motivational talk, and Mr. Sooraj, First Semester B. Com. Computer Applications narrated an engaging story. Ms. Anjana, First Semester B. Com. Finance performed a folk song, and Ms. Raniya, First Semester B. Com. Computer Applications introduced new English words in an interactive segment. Ms. Liyana, First Semester B. Com. Finance sang a song, followed by Ms. Haniya, First Semester B. Com. Finance who spoke on the topic of Palestine. Mr. Ayyoob and Mr. Savad, First Semester B. Com. Finance gave an informative talk on logistics, while Ms. Fasna, First Semester B. Com. Finance entertained the audience with a Mappilappatt. The students also staged a short drama featuring Mr. Aadishyam, First Semester B. Com. Computer Applications, Mr. Mishal Kaipully, First Semester B. Com. Computer Applications, Mr. Fasilu Rahman, First Semester B. Com. Computer Applications, Ms. Keerthika, First Semester B. Com. Finance, Ms. Anjana, First Semester B. Com. Finance, Ms. Shahana, First Semester B. Sc. Psychology, Ms. Fasna, First Semester B. Sc. Psychology, and Mr. Savad, First Semester B. Com. Finance, which added a lively and creative dimension to the programme. The field visit proved to be an enriching and memorable learning experience, blending education with practical exposure to the world of radio broadcasting.

Reported by Ms. Haniya

First Semester B. Com. Finance

Food Kit Distribution by NSS



The NSS Unit of ACAS organized a Food Kit Distribution Drive on 29 October 2025 in the wards of Keezhattur Panchayat as part of its community outreach and service initiatives. The programme aimed to extend support to deserving families by providing essential food items and spreading the message of compassion and social responsibility among students. The NSS volunteers, under the guidance of the Programme Officers, actively participated in the collection, packaging, and distribution of the food kits. Each kit contained basic necessities and other essential grocery items. The volunteers visited various wards and ensured that the kits reached the identified families in need. Through this programme, the volunteers not only learned the values of empathy and teamwork but also experienced the joy of serving society.



Research Forum- Dept. of Commerce & Management Studies

The Dept. of Commerce and Management Studies, ACAS, organized a Research Forum on 29 October 2025 with the intention of encouraging faculty members to gain deeper insights into research and to cultivate greater interest in their respective fields of specialization. The first session of the forum was handled by Mr. Irshad Ameen. K, Asst. Professor, Dept. of Commerce and Management Studies, who reviewed a paper titled "Brief Overview of Intelligent Education" authored by Tiejun Shao and Jianshe Zhou from Capital Normal University and North China Institute of Science and Technology, China. The presentation explored the concept of Intelligent Education (IE), which applies Artificial Intelligence (AI) to modernize the education system and enhance the teaching-learning environment through automation and innovation. In the same forum, Ms. Shibla Sherin. P, Asst. Professor, Dept. of Commerce and Management Studies, reviewed a paper titled "Unified Payment Interface: A Unique Payment Interface in the Universe – Secondary Data Analysis," authored by Dhivya M, Dr. Balamourougane R, Nithin J, and R. Velu Raj, published in the European Economic Letters (ISSN 2323-5233, Vol. 13, Issue 3, 2023). Her presentation focused on the growth, efficiency, and digital transformation enabled by the Unified Payment Interface (UPI) in India. Both sessions offered valuable academic insights and inspired the faculty members to pursue innovative research in emerging domains. The Research Forum concluded with positive feedback, highlighting its role in promoting a vibrant research culture within the department.



Pre-Conference Workshop on Paediatric Critical Care Nutrition

Ms. Sajla Mol P. K, Head and Asst. Professor, and Ms. Nada Musthafa, Asst. Professor, from the Dept. of Nutrition and Dietetics, attended the Pre-Conference Workshop on Paediatric Critical Care Nutrition held on 30 October 2025. The workshop aimed to enhance participants' knowledge and clinical skills in the nutritional management of critically ill paediatric patients, offering in-depth insights into assessment, feeding principles, and advanced nutritional interventions in paediatric intensive care units (PICU). The workshop was led by eminent experts in the field, including Dr. Shilpa Abraham, Associate Professor, MBBS, MD (Paediatrics), DM (Paediatric Critical Care), BCMCH, Dr. Lekha Sreedharan, Head of Clinical Dietetics, Apollo Children's & Women's Hospital, Chennai, and Dr. Jyothi S. Krishnan, and was moderated by Ms. Anu Zachariah, Chief Dietitian and Head, Department of Nutrition and Dietetics, Bracklulum Medical Centre, Kochi. The scientific sessions covered a wide range of topics relevant to paediatric critical care. Dr. Jyothi S. Krishnan delivered a session on Nutrition Assessment and Interpreting Growth Charts, highlighting essential tools and techniques for evaluating paediatric nutritional status. Dr. Shilpa Abraham discussed the "Principles of Feeding in the PICU", while Dr. Lekha Sreedharan elaborated on "Optimizing Nutritional Care in the PICU: Evaluation, Requirements, and Formula Selection". The workshop also included practical, case-based discussions on "Enteral Nutrition Management" by Dr. Jyothi S. Krishnan and "Parenteral Nutrition Management" by Dr. Lekha Sreedharan, providing participants with real-world clinical perspectives. The session concluded with an interactive Q&A segment, allowing participants to clarify concepts and share professional insights, followed by a certificate distribution ceremony.



'Run for Unity' Marathon



As part of the National Unity Day celebrations commemorating the birth anniversary of Sardar Vallabhbhai Patel, the NSS Unit, in collaboration with the Dept. of Physical Education, ACAS, organized a 'Run for Unity' Marathon with great enthusiasm and participation on 31 October 2025. The programme was inaugurated by Ms. Jameela Chaliyathodi, President, Keezhattur Grama Panchayath. Mr. Muhammed, Vice President, Keezhattur Grama Panchayath, handed over the national flag to the marathon captain, Mr. Muhammed Mishal, marking the commencement of the event. The marathon was flagged off by Dr. Abdulla Khaleel, Sports Surgeon, KIMS Al Shifa Hospital. Dr. Kamaludheen K. T, Principal, ACAS, presided over the function. The event also witnessed the presence of Mr. Nahas Abdul Rassaque, Manager, Placement and Relations, Mr. Chandran, Ward Member, and Mr. Basheer, Ward Member, who graced the occasion with their presence and words of encouragement. During the closing ceremony, Mr. Aadishyam, Vice Captain, Run for Unity Marathon, administered a pledge to the participants, reaffirming their commitment to uphold the ideals of national unity, integrity, and harmony. The 'Run for Unity' Marathon aimed to instill the spirit of national integration, unity, and strength among students.



Orientation to Careers in Journalism



The Dept. of English, in association with the Career Training and Placement Cell of ACAS, organized an Orientation Programme on “A Career in Journalism” on 10 October 2025. The session was arranged for B. A. English Language and Literature students to provide them with insights into the diverse opportunities and skills required in the field of journalism. The resource person for the session was Mr. Muzahir Alam, Senior Producer, Aajtak India Today, a distinguished professional with extensive experience in journalism and media. He shared valuable perspectives on the various branches of journalism—print, broadcast, and digital—and discussed the essential qualities of a journalist, including critical thinking, ethical reporting, and effective communication. The talk also highlighted the emerging trends in media, the impact of technology on news production, and the growing importance of digital journalism. The speaker encouraged students to develop curiosity, observation, and writing skills to excel in the profession. The interactive session that followed allowed students to clarify their doubts and seek guidance on internships, higher studies, and career prospects in journalism.



International Conference Participation



Ms. Sajla Mol P. K, Head & Asst. Professor and Ms. Nada Musthafa, Asst. Professor of the Dept. of Nutrition and Dietetics, attended the BENEST 2025 – NutriCon 1 International Conference held on 31 October 2025. The conference, themed “Power in the Small: Decoding Micronutrient Mysteries Beyond the Macro,” was organized by the Department of Clinical Nutrition and Dietetics, Believers Church Medical College Hospital (BCMCH). The event took place at the Mor Anthanasius Yohan Memorial Convention Centre, Believers Community Centre, Thiruvalla. The conference brought together experts, researchers, and professionals from the field of nutrition and dietetics to discuss the pivotal role of micronutrients in human health and disease management. The sessions provided valuable insights into the latest advancements and research in clinical nutrition, offering an excellent opportunity for academic enrichment and professional networking.

Faculty paper publication

Ms. Sajla Mol. P. K, Head and Assistant Professor, Department of Nutrition & Dietetics, has published a research paper titled “An Analytical Study of Food Habits among Hyperuricemic Patients: Patterns, Meal Frequency, and Food Group Consumption Trends” in the Conference Proceedings of the MESMAC in theme 'Migration: Transition , Traits, Trajectories ' organized by Mampad MES College Autonomous on 7,8 & 9 January 2025. The paper focuses on dietary assessment of hyperuricemic patients contributing valuable insights to the field of dietetics.

Star of the Month – October 2025

The 'Star of the Month' award recognizes the outstanding efforts and achievements of the students of ACAS. An initiative by IQAC, it celebrates Mr. Musbin T, Third Semester BBA, and Ms. Sagara. S, First Semester B. A. English Language and Literature, as the Stars of the Month for October 2025 at ACAS. Mr. Musbin T has shown commendable leadership, initiative, and innovation in his endeavors, making a noteworthy contribution to the department and college activities. His proactive approach and ability to motivate peers have earned him this recognition. Ms. Sagara. S has demonstrated versatility and creativity through her talents in video production, leadership, creative writing, and academic excellence. Her enthusiasm and commitment to both curricular and co-curricular pursuits make her a worthy recipient of this honour. This recognition stands as a testament to their commitment, talent, and holistic development as students of ACAS.



Ms. Renjitha. K. R is awarded Blogger of the Month

Al Shifa College of Arts and Science hosts a fully functional faculty blog, "FaBlo!", where faculty members regularly share their insights on a variety of topics. Each month, the best blog is recognized based on originality, presentation style, and writing quality, highlighting exceptional contributions from the college's academic community. The blogs shortlisted for the month of October 2025 are അഭയമില്ലാത്ത ജന്മങ്ങൾ by Ms. Renjitha. K. R, Head & Asst. Professor, Dept. of English and ചില വിദ്യാഗങ്ങൾക്കു ശേഷം, സംഭവിക്കുന്നത്! by Ms. Noorbina. K, Assistant Professor of Psychology. The winner of the prize is Ms. Renjitha. K. R.



അഭയമില്ലാത്ത ജന്മങ്ങൾ

വാർത്തകളിലും സാഹിത്യത്തിലും നിറയുന്ന അഭയാർത്ഥി ജീവിതങ്ങൾ എപ്പോഴും ഒരു ചോദ്യ ചിഹ്നമായി നമുക്ക് മുന്നിൽ നിൽക്കുന്നു. ഊരും വേരുമില്ലാത്ത കുറെ മനുഷ്യർ സങ്കീർണ്ണമായ ബന്ധങ്ങളിലൂടെ, സാഹചര്യങ്ങളിലൂടെ ജീവിച്ചു തീർക്കുന്ന അനുഭവങ്ങൾക്ക് ഒരുപാട് പാഠങ്ങൾ പഠിപ്പിക്കുന്നുണ്ട്. ലോക ചരിത്രം യുദ്ധങ്ങളുടെയും അഭയാർത്ഥി പ്രവാഹങ്ങളുടെയും കൂടെ ചരിത്രമാണ്. അതിപുരാതന കാലത്ത് സാപ്പിയൻസും നിയോണ്ടർത്താലുകളും തമ്മിൽ നടന്ന യുദ്ധങ്ങൾ മുതൽ ഇന്ന് ഇസ്രായേലും പാലസ്തീനും തമ്മിൽ നടക്കുന്ന യുദ്ധം വരെ പറയുന്ന കഥകളിൽ കൂട്ടക്കുരുതികളും രക്തപ്പാഴുകളും നഷ്ട ജീവിതങ്ങളും ബാക്കിയാകുന്നു. യുദ്ധശേഷം ബാക്കിയാകുന്ന മനുഷ്യർ എന്ത് ചെയ്യുന്നു എന്ന് ആലോചിച്ചിട്ടുണ്ടോ? കെട്ടും ഭാണ്ടവുമായി നിലനിൽപ്പിനായുള്ള ഒരു പ്രയാണത്തിനൊടുവിൽ എത്തിച്ചേരുന്ന അഭയാർത്ഥി ക്യാമ്പുകൾ കൂടുതലും ദുരിതപൂർണ്ണമാണ്. നഷ്ടബോധത്തിൽ അമരുമ്പോൾ ചുറ്റും ബാക്കിയാവുന്നത് വൃത്തിഹീനമായ പരിസരങ്ങളും ഇടുങ്ങിയ ടെന്റുകളുമാണ്. പിറന്ന നാടിനോടുള്ള സ്നേഹത്തിൽ അഭിമാനിക്കുന്നവരാണ് എല്ലാ മനുഷ്യരും. ആ നാടുതന്നെ പിടിച്ചുപറിക്കപ്പെട്ട മനുഷ്യർ വിലാസമില്ലാത്ത രേഖകളില്ലാത്ത ദേശമില്ലാത്ത 'നീഴലുകളായി' അഭയതീരം തേടി അലയാൻ വിധിക്കപ്പെടുന്നു. ഇത്തരം മനുഷ്യരുടെ, നീതിന്യായങ്ങളെയെല്ലാം നോക്കുകുത്തിയാക്കുന്ന കഥകൾ വായിക്കാൻ നല്ല മനക്കരുത്ത് വേണം.

അങ്ങനെയുള്ള ഒരു കഥയാണ് തപോമയിയുടെ അച്ഛൻ. ഇരുപതാം നൂറ്റാണ്ടിലെ ബംഗ്ലാദേശ് ആഭ്യന്തര കലാപങ്ങളിൽ നിന്നും ഓടി രക്ഷപ്പെട്ട് പല ഘട്ടങ്ങളിലായി ഇന്ത്യയിൽ എത്തിയ കുറെ മനുഷ്യരുടെ ശേഷജീവിതമാണ് ഈ വർഷത്തെ വയലാർ അവാർഡ് നേടിയ ഇ. സന്തോഷ്കുമാറിന്റെ നോവലിന്റെ ഇതിവൃത്തം. ഇന്ത്യൻ ഉപഭൂഖണ്ഡം കുറെയേറെ അഭയാർത്ഥി പ്രവാഹങ്ങളെ ഏറ്റുവാങ്ങിയിട്ടുണ്ട്; ശ്രീലങ്കൻ തമിഴർ, മ്യാന്മാറിൽ നിന്നുള്ള രോഹിങ്ക്യർ, അഫ്ഘാനികൾ, ടിബറ്റൻ ബുദ്ധിസ്റ്റുകൾ, പാകിസ്ഥാനികൾ എന്നിവർക്ക് പുറമെ പല ആഫ്രിക്കൻ രാജ്യങ്ങളിൽ നിന്നുള്ള അഭയാർത്ഥികളും ഇവിടെ കഴിഞ്ഞുകൂടുന്നു. നോവലിൽ കാണുന്ന ക്യാമ്പ് ഒട്ടേറെ പ്രതികൂല ഘടകങ്ങളെ തരണം ചെയ്തു കൊണ്ട് ജീവിതം കരുപിടിപ്പിക്കാൻ ഓടി നടക്കുന്ന മനുഷ്യരുടെ പുറമ്പോക്കാണ്. പക പോക്കാൻ വെച്ച തീയും പേമാരിയിലെ വെള്ളപ്പൊക്കവും ദാരിദ്ര്യവും ഒക്കെ കടന്ന് മരണം വരെയും ജീവിക്കാൻ വിധിക്കപ്പെട്ടവരാണ് അവിടെയുള്ളത്. കൊടും ക്രൂരതകളും കൊലയും ബലാൽസംഘവും ശാരീരിക പീഡനവും ഒക്കെ അനുഭവമാക്കിയവർ.

ഒരു ദേശവും പ്രകൃതിയും അവിടത്തെ മനുഷ്യരും കയ്യാഴിഞ്ഞതിന്റെ ബാക്കിപത്രമായി ഡൽഹിയിൽ കഴിയുന്ന ആളുകളുടെ സഹായി ആയിട്ടാണ് തപോമായി എത്തുന്നത്. വിചിത്രമായ കോഡുഭാഷയിൽ ഡയറി എഴുതുന്ന തപോമയിയുടെ അച്ഛൻ കഥാകാരന്റെ സുഹൃത്താവുന്നു. അവരുടെ ഗത കാല ജീവിതം സംഭാഷണങ്ങളിലൂടെയും ഡയറി കുറിപ്പുകളിലൂടെയും പുറത്തു വരുന്ന ആഖ്യാന രീതിയാണ് അവലംബിച്ചിട്ടുള്ളത്. വിവരണങ്ങളിൽ നിറയുന്ന ഉൾനാടൻ ബംഗ്ലാ ഗ്രാമീണതയും കൊൽക്കത്തയുടെ പൂർവകാല പ്രൗഢിയും കമ്യൂണിസത്തിന്റെ തുടക്കവും ഡൽഹിയുടെ ഉൾത്തുടിപ്പുകളും വായനക്കാരെ കാല-ദേശ സഞ്ചാരികളാക്കുന്നു. അധിക ആലങ്കാരികതകൾ ഇല്ലാത്ത സന്തോഷ് കുമാറിന്റെ രചനയുടെ ബലം കഥയുടെ കെട്ടുറപ്പാണ്. എപ്പിസോഡിക് ആയി കഥയുടെ വിശദാംശങ്ങൾ നമ്മിലേക്കെത്തുന്നു. അവസാന പേജുകളിൽ ആണ് വൻ സത്യങ്ങൾ വെളിപ്പെടുന്നത്. അതുവരെയും വായനക്കാരെ പിടിച്ചിരുത്താൻ എഴുത്തുകാരന് കഴിഞ്ഞിട്ടുണ്ട്. കഥയുടെ അവസാനത്തിൽ ശരിയും തെറ്റും സ്നേഹവും വെറുപ്പും ബന്ധങ്ങളും ബന്ധനങ്ങളും മനസ്സിൽ ഒരു നോവായി അവശേഷിക്കും. ദാരിദ്ര്യവും രാഷ്ട്രീയ പ്രശ്നങ്ങളും സാമുദായിക ലഹളകളും പിന്നണിയിൽ അരങ്ങേറുമ്പോൾ മനുഷ്യർക്ക് ഒരിക്കലും സ്വസ്ഥമായ ജീവിതം സാധ്യമല്ല എന്ന് ഈ കഥ വീണ്ടും ഓർമ്മിപ്പിക്കുന്നു.

എന്താണ് സ്നേഹം? ആഫ്രിക്കൻ അമേരിക്കൻ എഴുത്തുകാരിയായ ടോണി മോറിസൺ അവരുടെ The Bluest Eye എന്ന നോവലിൽ എഴുതുന്നു- “Love is never any better than the lover. Wicked people love wickedly, violent people love violently, weak people love weakly, stupid people love stupidly, but the love of a free man is never safe. There is no gift for the beloved. The lover alone possesses his gift of love. The loved one is shorn, neutralized, frozen in the glare of the lover’s inward eye.” സ്വതന്ത്ര മലയാള പരിഭാഷ- ‘സ്നേഹം സ്നേഹിക്കുന്ന ആളിൽ നിന്നും ഒട്ടും വ്യത്യസ്തമല്ല. കൂബുദ്ധിയായ ഒരാൾ ക്രൂരമായി സ്നേഹിക്കുന്നു, അക്രമിയായ ഒരാൾ ആക്രമണത്തിന്റെ രീതിയിൽ സ്നേഹിക്കുന്നു, ദുർബലനായ ഒരാൾ ഉറപ്പില്ലാത്ത രീതിയിൽ സ്നേഹിക്കുന്നു, വിഡ്ഢിയായ ഒരാൾ അവിവേകത്തിന്റെ രീതിയിൽ സ്നേഹിക്കുന്നു, പക്ഷെ സ്വാതന്ത്രനായ ഒരാളുടെ സ്നേഹം ഒരിക്കലും സുരക്ഷിതമല്ല. അതിൽ സ്നേഹിക്കപ്പെടുന്ന ആൾക്ക് സമ്മാനമേതുമില്ല. അത് സ്നേഹിക്കുന്നവന്റെ മാത്രം സ്വന്തമാണ്. സ്നേഹിക്കപ്പെടുന്ന ആൾ അവിടെ കമിതാവിന്റെ ഉൾക്കണ്ണിന്റെ വെളിച്ചത്തിനു മുന്നിൽ ഒന്നുമില്ലാതെ നിഷ്പ്രഭമാക്കപ്പെട്ട് മരവിച്ച് പോകുന്നു.’ തപോമയിയുടെയും അച്ഛന്റെയും കഥ വായിച്ചപ്പോൾ ഇതാണ് ഓർമ്മയിലേക്ക് എത്തിയത്. ദാരിദ്ര്യത്തിന്റെയും കലാപത്തിന്റെയും ബാക്കിപത്രമായ മനുഷ്യർ സ്നേഹിക്കുമ്പോൾ അത് മറ്റൊന്നെ ആയിത്തീരാനാണ്!

തപോമയി വായിച്ചുവെക്കുമ്പോൾ മനസ്സിലേക്ക് ഓടി എത്തുന്ന മറ്റൊന്നുകൂടിയുണ്ട്. നമ്മുടെ കണ്മുന്നിൽ അരങ്ങേറിയ ഗസക്കു മേലെയുള്ള ഇസ്രായേൽ ആക്രമണം. നോവലിൽ നിന്ന് വ്യത്യസ്തമായ രാഷ്ട്രീയ സാഹചര്യം ആണെങ്കിലും എല്ലായിടങ്ങളിലും മനുഷ്യാവസ്ഥ ഒന്നുതന്നെയല്ലേ എന്ന് ഓർത്തുപോകുന്നു. രണ്ടു വർഷം നീണ്ടുനിന്ന വംശഹത്യ നമുക്കുമുന്നിൽ നിർബാധം തുടരുന്നു. നടന്നത് 70,000 ത്തിൽ പരം കൊലകൾ (വികിപീഡിയ), അതിൽ കുറേ കുഞ്ഞു ജീവനുകളും, മാധ്യമ പ്രവർത്തകരും, രക്ഷാ പ്രവർത്തകരും. ജനകീയ സമരങ്ങളാൽ പ്രേരിതമായ ഭരണകൂടങ്ങളുടെ സമ്മർദ്ദം കൊണ്ടുമാത്രം വെടി നിർത്തൽ പ്രഖ്യാപിച്ച ഇസ്രായേൽ മനുഷ്യത്വമില്ലായ്മയുടെ പുതിയ മുഖങ്ങൾ കാണിച്ചുതന്ന യുദ്ധമാണ് കഴിഞ്ഞു പോകുന്നത്. യുദ്ധത്തിൽ കൊല്ലപ്പെട്ട മാധ്യമ പ്രവർത്തകനാണ് അനസ് അൽ ഷരീഫ്.

അൽ ജസീറ രാജ്യാന്തര വാർത്താ ചാനലിൽ പ്രവർത്തിച്ച 28കാരനായ അറബിക് കറസ്പോണ്ടന്റ് അനസ് അൽ ഷരീഫ് ഗാസ സിറ്റിയിൽ 2025 ആഗസ്റ്റ് 10-ന് ഇസ്രായേൽ നടത്തിയ വ്യോമാക്രമണത്തിലാണ് കൊല്ലപ്പെട്ടത്. ആ ഭീകര യുദ്ധം റിപ്പോർട്ട് ചെയ്യുന്നതിനിടെ അദ്ദേഹത്തിന്റെ നാല് സഹപ്രവർത്തകരും ആ ആക്രമണത്തിൽ ഇരകളായി. ഇസ്രായേൽ സേന അനസ് അൽ ഷരീഫ് ഹമാസ് ഭീകരസംഘടനയുമായി ബന്ധപ്പെട്ടു നോക്കറ്റ് ആക്രമണങ്ങൾ നടത്തിയഭീകരനാണെന്ന് ആരോപിച്ചു. എന്നാൽ, അൽ ജസീറ അത് തള്ളി. അനസ് അൽ ഷരീഫ് ഗസ യുദ്ധത്തിന്റെ ഫ്രണ്ട് ലൈൻ റിപ്പോർട്ടിങ് നടത്തിയ ധൈര്യമുള്ള മാധ്യമപ്രവർത്തകനായിരുന്നുവെന്ന് വ്യക്തമാക്കുകയും ചെയ്തു.

അനസ് അൽ ഷരീഫ് തന്റെ മരണാനന്തര സന്ദേശത്തിൽ, “വേദനയും ദുഃഖവും നഷ്ടവും ആവർത്തിച്ച് സഹിച്ചിട്ടും സത്യം അറിയിക്കാൻ ഒരിക്കലും മടിച്ചിട്ടില്ല” എന്നു പറഞ്ഞിരുന്നു. അദ്ദേഹത്തിന്റെ ചില വീഡിയോകളും റിപ്പോർട്ടിങ്ങും എല്ലാം മരണ ശേഷം കണ്ടിരുന്നു. തന്റെ മക്കളോടൊപ്പം കളിക്കുന്ന ചില വിഷ്വൽസ് വളരെ വേദന ഉണ്ടാക്കുന്നവയായിരുന്നു. യുദ്ധമുഖങ്ങളിലും അഭയാർത്ഥി പ്രവാഹങ്ങളിലുമെല്ലാം ഇത്തരത്തിൽ അകപ്പെട്ടു പോകുന്ന മനുഷ്യർ നമ്മളിൽനിന്നും വ്യത്യസ്തരല്ല. നോർമൽ ആയി ജീവിക്കാൻ ആഗ്രഹിക്കുന്ന സാധാരണക്കാരാണ് അവരെല്ലാം.

ആക്രമണത്തിൽ തന്റെ പത്ത് മക്കളെയും നഷ്ടപ്പെട്ട ഒരു ഡോക്ടറുടെ വാർത്തയും കണ്ടിട്ടുണ്ട്. ബോംബിങ്ങിൽ കത്തുന്ന ടെന്റിലേക്ക്, അതിനുള്ളിലുള്ള തന്റെ മാതാവിന്റെ അടുത്തേക്ക് ഓടി കയറിയ കുഞ്ഞിന്റെ വാർത്തയുണ്ട്. നിസ്സഹായരായി മരിച്ചുകൊണ്ടിരിക്കുന്ന പ്രിയപ്പെട്ടവർക്ക് മുന്നിൽ ഒന്നും ചെയ്യാൻ കഴിയാതെ നോക്കി നിന്നവരുണ്ട്. ഓഷ്വിറ്റ്സും മറ്റു നാസി ക്യാമ്പുകളും, നേറ്റീവ് അമേരിക്കൻ വംശ ഹത്യയും, ലോക യുദ്ധങ്ങളും, എല്ലാ ആഭ്യന്തര കലാപങ്ങളും അന്താരാഷ്ട്ര യുദ്ധങ്ങളും അവർ നമ്മളെ ഓർമ്മിപ്പിച്ചു. മനുഷ്യർ എത്ര നിസാരന്മാരാണെന്നും ജീവിതത്തിന് എത്ര വിലയുണ്ടെന്നും അവർ നമ്മളെ പഠിപ്പിച്ചു.

എല്ലാം അവസാനിച്ച് ഗസ ജീവിതത്തിലേക്ക് മടങ്ങുമ്പോൾ ലോകം അവരെ ഉറ്റു നോക്കുന്നുണ്ട്. അതിജീവനത്തിന്റെ ഇതിഹാസങ്ങൾ രചിച്ച അഭയാർത്ഥി പരമ്പരകളിലെ അവസാനത്തെ കണ്ണിയാണ് അവർ. ഒരു ജനതയിൽനിന്ന് എടുക്കാവുന്നതെല്ലാം എടുത്ത് തള്ളി കളയപ്പെട്ടവർ. പുനരാധിവാസം എളുപ്പമല്ലാത്ത കോൺക്രീറ്റ് കുന്നുകളിലേക്ക് അവർ മടങ്ങുമ്പോൾ ലോകത്തിന്റെ സഹായ ഹസ്തങ്ങളും പ്രാർത്ഥനകളും അവരോടൊപ്പം ഉണ്ട്. മനുഷ്യ ജന്മങ്ങളുടെ അർഥം തേടുമ്പോൾ അഭയാർത്ഥികളുടെ യാത്രകളെ ഏത് കണക്കു പുസ്തകത്തിലാണ് വരവ് വെക്കേണ്ടത്? യുദ്ധത്തിന്റെ ക്രൂരതകളെ, ഭരണകൂടങ്ങളുടെ അന്ധതയെ, കണ്ടിപ്പെന്നു നടിക്കുന്ന മനസ്സുകളെ, എല്ലാം ന്യായീകരിക്കുന്ന ദന്തഗോപുരങ്ങളെ എന്ന് അളവുകോൽ വെച്ചാണ് മനസ്സിലാക്കേണ്ടത്? ചരിത്രം ആവർത്തിക്കാതിരിക്കാൻ എന്ന് പരിഹാരമാണ് ചെയ്യേണ്ടത്?

അനുഭവം

ഈ യുദ്ധവുമായി ബന്ധപ്പെട്ട് എനിക്കുണ്ടായ ഒരു അനുഭവം കൂടെ ഇവിടെ പങ്കു വെക്കട്ടെ. 2024-ഇൽ ഗസ യുദ്ധം കൊടുംപിരി കൊണ്ട സമയത്ത് അവിടെ നിന്നും കുരുന്നുകളെ കൊന്നൊടുക്കുന്ന കഥകൾ പുറത്തുവരുന്നുണ്ടായിരുന്നു. കുട്ടികളെ കൊല്ലുന്ന ഇസ്രായേലികളെ പിന്താങ്ങുന്ന മറ്റു രാജ്യക്കാരെ കളിയാക്കുന്ന ഒരു സ്റ്റാൻഡ് അപ്പ് വീഡിയോ ഞാൻ വാട്സാപ്പ് സ്റ്റാറ്റസിൽ വെച്ചിരുന്നു. എന്റെ ബാംഗ്ലൂർ ജീവിത കാലത്ത് കിട്ടിയ ചുരുക്കം ചില സുഹൃത്തുക്കളിൽ ഒരാളാണ് അപർണ്ണ. വളരെ അധികം വായിക്കുന്ന, politically enlightened എന്ന് ഞാൻ ധരിച്ച ഒരു കന്നഡ സവർണ്ണ പ്രിവിലേജ്ഡ് മഹിളാ രത്നമാണ് അവർ. ഈ സ്റ്റാറ്റസ് കണ്ട് അവർ അപ്സെറ്റ് ആയി. അവർ ഒരു തുറന്ന ഇസ്രായേലി സപ്പോർട്ടർ ആയിരുന്നു. കുഞ്ഞുങ്ങളെ കൊല്ലുന്നവരെ സപ്പോർട്ട് ചെയ്യുന്നവരെ കളിയാക്കുക തന്നെ വേണം എന്ന നിലപാടിൽ ഞാൻ ഉറച്ചു നിന്നു. ഉടനെ അവർ എന്നെ വാട്സാപ്പിൽ ബ്ലോക്ക് ചെയ്തു. എന്നിട്ട് ഫേസ്ബുക്കിൽ പോയി എന്തെല്ലാമോ മെസേജ് ഇട്ടു. ഉള്ളടക്കം വ്യക്തമായി ഓർമ്മയില്ലെങ്കിലും, അവർ ഒരു മികച്ച ഒരു സിറ്റി ലേഡി ആണെന്നും, ഞാൻ ഒരു കൂതറ വില്ലേജ് ഗേൾ ആണെന്നും ആയിരുന്നു ഇതിവൃത്തം. പിന്നീട് അവർ എന്നെ അൺബ്ലോക്ക് ചെയ്തെങ്കിലും കമ്മ്യൂണിക്കേഷൻ ഒന്നും ഉണ്ടായില്ല. എന്തായാലും ഫാസിസ്റ്റ് ചിന്താഗതിയുള്ള ഒരു 'lady' എന്റെ ഫ്രണ്ട് സർക്കിളിൽ നിന്ന് ഒഴിവാക്കിയതിന്റെ സന്തോഷംകൂടെ ഇവിടെ രേഖപ്പെടുത്തുന്നു.



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ചില വിയോഗങ്ങൾക്കു ശേഷം, സംഭവിക്കുന്നത്!

കൈപ്പും കലർപ്പുമില്ലാത്ത

ആ ദാമ്പത്യത്തിലേക്ക്

അവനു മാത്രമായൊരതിഥി വന്നു,

'പനി ' എന്നു മാത്രം അവനതിനെയൊതുക്കി.

പരിശോധനകളിലത്, പക്ഷേ

ചോദ്യമില്ലാത്തൊരു ഉത്തരമായി

മാറി.

അന്ന്,

വെറുമൊരാശ്വാസത്തിന്,

അവരുടെ കിടപ്പറയും,

ആവേശത്തിൽ അവൻ ഓടിക്കയറാനുള്ള

ആ കോണിപ്പടികളും അവളെ

പിടിച്ചവൻ വേച്ചു വേച്ചിറങ്ങി.

പെട്ടെന്നൊരാവശ്യം വന്നാലോ!

വന്നു,

ഓടിപിടച്ചവർ ഹോസ്പിറ്റലിൽ

അവനു വേദനിച്ചു, കൂടെ അവൾക്കും.

ഹൃദയഭാരത്താലവൾ നെട്ടോട്ടമോടി,

കരഞ്ഞു പ്രാർത്ഥിച്ചു , ഉരുകിയൊലിച്ചു.

പടച്ചവൻ ഒരുക്കി വെച്ച ഉത്തരം കിട്ടി.

വെള്ള പുതച്ചവൻ ഉമ്മറത്തെത്തി.

കണ്ണും വൽബും മരവിച്ചവൾക്ക്

കണ്ണുനീർ അന്യം നിന്നു.

പുഞ്ചിരിച്ചവനെ യാത്രയാക്കി.

കൂടെ വരാം, കാത്തിരിക്കൂ എന്നവൾ സലാം ചൊല്ലി.

അന്നവർ ഒരുമിച്ചിറങ്ങിയ അവരുടെ സ്വർഗ്ഗവും, ആ പടികളും

പിന്നീടിന്നുവരെ അവൾക്കും അന്യമാണ്.

അവനില്ലാത്ത, ആ ലോകം

ഇനി കാണില്ല എന്നത് അവളുടെ

മരവിച്ച മനസ്സിന്റെ ഉറപ്പായിരുന്നു.

അവളുടെ എല്ലാമായിരുന്നവൻ ആറടി മണ്ണിലെത്തിയിട്ട്

രണ്ടാണ്ട് കഴിഞ്ഞിരിക്കുന്നു.

വെറും മൂന്നുവർഷ കാലത്തേക്ക് മാത്രം ഞങ്ങളിലേക്ക് വന്ന്, ഒന്നും മിണ്ടാതെ പടിയിറങ്ങി പോയ പ്രിയപ്പെട്ട ഒരു മനുഷ്യന്റെ വിധോഗമാണിത്. പൊടുന്നനെ ഒരു ദിവസം വന്ന്, നിസാരമെന്ന് എഴുതി തള്ളിയ, ആ കാരണം അവന്റെ ജീവനും കൊണ്ടു പോയി. ആ വെള്ളിയാഴ്ച ദിവസത്തെ ഉച്ച നേരത്തിന് എന്തൊരു നടക്കുമായിരുന്നെന്നോ, വല്ലാത്തൊരു നിശ്ശബ്ദതയും.

ഇനിയവളെ ചേർത്ത് പിടിക്കാൻ അവനില്ലല്ലോ എന്നത് അന്നൊക്കെ രണ്ടാമതൊരു ചിന്തയിലെ എനിക്ക് ബോധ്യപ്പെട്ടിരുന്നുള്ളൂ. ആദ്യം കിതച്ചും, പിന്നെ കുതിച്ചും പാഞ്ഞ കാലം ആ മനുഷ്യന്റെ ഓർമ്മകളെ, പ്രാർത്ഥനകളിലേക്ക് മാത്രം ക്ഷണിച്ചിരുത്തി. ഇപ്പോൾ അൽശിഫയിൽ ജോയിൻ ചെയ്തതിൽ പിന്നെ പതിവായി കാണാറുള്ള അവൻ ജീവൻ വെടിഞ്ഞ ഹോസ്പിറ്റൽ, ഇന്നലെ എന്ന പോലെ എല്ലാം മുന്നിലെത്തിക്കാറുണ്ട്.

ഇനി വിധോഗങ്ങൾക്ക് ശേഷം സംഭവിക്കുന്നതെന്താണെന്ന് ഞാൻ പറയട്ടെ എത്രയൊക്കെ ശ്വാസമായ് ജീവിച്ചിരുന്നതായിരുന്നാലും ശരി അവരില്ലായ്മ ഒരു വലിയ ചോദ്യചിഹ്നമായി ജീവിതത്തെ കൊളുത്തി വലിക്കും. അപ്പോൾ ഇറങ്ങി നടക്കേണ്ടതായും ഓർക്കാതിരിക്കേണ്ടതായും അവർക്കു വേണ്ടിയുള്ള കണ്ണീർ ആരും കാണാതെ തുടക്കേണ്ടതായും വരും... അതെ ആ തണലിൽ നിന്ന്, അവളും ചേക്കേറിയിരിക്കുന്നു, ഭാരപ്പെട്ട ഓർമ്മകൾ ഇറക്കിവക്കപ്പെട്ടിരിക്കുന്നു.

എന്തുകൊണ്ടെന്നാൽ, ആ ഇരുപത്തിരണ്ടുകാരിക്ക് കുടുംബത്തിന്റെ ഒഴുക്ക് തെറ്റിച്ച വകയിൽ, കണ്ണുകന്നിടത്തിലേക്ക് ... ഒടുവിൽ വൽബും അകറ്റി നിർത്തേണ്ടി വന്നു. അങ്ങനെ ഒരു പുതിയ ആൾക്കു വേണ്ടി ചിരി വരുത്താനും, പിന്നീടങ്ങോട്ട് നിറഞ്ഞു ചിരിക്കാനും കൂടെ അവൾ ശീലിച്ചു.. അവളുടെ അത്രമേൽ ആഴത്തിലുള്ള മുറിവിനു മേൽ ഇന്ന് മറ്റൊരുവൻ മരുന്നായി ജീവിച്ചു തുടങ്ങിയിരിക്കുന്നു (തീർച്ചയായും ഇന്ന് അവനും ഞങ്ങളിലെ പ്രിയപ്പെട്ടവനാണ്).

എങ്കിലും ആ വിളിച്ചു തഴകിച്ച പേര് അറിയാതെ വഴുതി വീഴാറുണ്ട് പലപ്പോഴും. ഞാൻ ആലോചിക്കാറുണ്ട് കേൾക്കുന്ന അവനിൽ എങ്ങനെ ആയിരിക്കും ഉള്ളിലേക്കെടുക്കുന്നതെന്ന്... എന്തായിരിക്കും ആ നേരങ്ങളിൽ ഉള്ളിനുള്ളിൽ മിന്നി മറയുന്നതെന്ന്, അവൻ അവന്റെ ഭാര്യയുടെ മുൻ ഭർത്താവുമായിട്ട് ഒരു മൺകുനയുടെ പരിചയമല്ലേ ഉള്ളൂ.

ആയതിനാൽ ഈ വരികൾ അവരിരുവരാൽവായിക്കപ്പെടില്ല എന്ന വിശ്വാസത്തോടെ കുറിക്കപ്പെടുന്നതാണ്. കാരണം, എനിക്കിത് ഞങ്ങളിലൊരുവനായിന്നവനൊരു അടയാളപ്പെടുത്തലാണെങ്കിൽ.....

അവർക്കിത്.....



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