

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 Community,

As we begin a new year, it is an opportune moment to reflect on our shared journey and reaffirm the values that continue to guide our institution. ACAS has always stood on the pillars of academic integrity, disciplined growth, and social commitment. It is encouraging to witness how these principles are steadily shaping our progress.

January represents renewal — not merely in calendar terms, but in outlook and purpose. The energy with which our students engage in learning, and the dedication our faculty demonstrate in mentoring and guiding them, reaffirm the strength of our academic environment. The initiatives and programmes featured in this issue are clear indicators of a campus that remains active, forward-looking, and committed to excellence.

In a time when education is constantly evolving, our responsibility is to ensure that it remains meaningful and value-oriented. True learning equips individuals not only with professional competence, but with clarity of thought, ethical grounding, and a sense of responsibility towards society. These remain central to our institutional mission.

As we move ahead into the months to come, let us continue to work with consistency, collaboration, and confidence. With collective effort and shared vision, I am certain that ACAS will continue to grow in strength and stature.

With sincere wishes for a productive and successful year ahead,



Dr. P. Unneen

Managing Trustee
Shifa Medicare Trust

Principal's Message

Dears,

As we welcome the new month of the year, I extend my warmest wishes to each one of you for a happy, healthy, and successful year ahead. January marks not just the beginning of a new calendar year, but also a fresh chapter filled with opportunities, aspirations, and renewed determination, in student life.

The start of the year is always a time for reflection and resolution. It gives us the chance to evaluate our goals, strengthen our commitments, and embrace new challenges with confidence. I encourage all our students to set clear academic and personal goals for the year and to pursue them with dedication and discipline.

Our college continues to strive for excellence in academics, innovation, and holistic development. Alongside classroom learning, I urge you to actively participate in co-curricular and extracurricular activities, which play a vital role in shaping leadership skills, teamwork, and character. May this year bring new achievements, new milestones, and new reasons to celebrate.

With best wishes,

Dr. Kamaludheen K.T.

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



ALISS Pre-Seminar Workshop

Department of Computer Science

A Pre-Seminar Workshop was organised as part of the Aliss 2025– ‘26 activities, aiming to provide students with essential guidance and preparation for their upcoming seminar presentations. The workshop was led by Farhan V. M, Head and Asst. Professor, Dept. of Computer Science, and Shahana Shirin, Asst. Professor, Department of Computer Science, ACAS. Both resource persons offered valuable insights into seminar planning, topic selection, research methodology, and presentation skills. The workshop was held on 1 December 2025 at St. Mary's College, Puthanangadi.



A Pre-Seminar Workshop was organised on 2 December 2025, as part of the Aliss 2025– ‘26 activities, aiming to provide students with essential guidance and preparation for their upcoming seminar presentations at DuxFord college for Advanced Studies, Kalikavu. The session was designed to enhance students' understanding of seminar expectations, effective presentation methods, and academic research standards, ensuring they are confident and well-equipped for their academic tasks. The workshop was led by Farhan V. M, Head and Asst. Professor, Dept. of Computer Science, ACAS. The resource person offered valuable insights into seminar planning, topic selection, research methodology, and presentation skills.

A Pre-Seminar Workshop was organised as part of the Aliss 2025– ‘26 activities, on 3 December 2025 at Safa College of Arts and Science, Pookkattiri, Valancheri. The session was designed to enhance students' understanding of seminar expectations, effective presentation methods, and academic research standards, ensuring they are confident and well-equipped for their academic tasks. The workshop was led by Muhammed Rameez, Asst. Professor, Dept. of Computer Science, ACAS.



A Pre-Seminar Workshop was organised as part of the Aliss 2025– '26 activities, aiming to provide students with essential guidance and preparation for their upcoming seminar presentations. The session was designed to enhance students' understanding of seminar expectations, effective presentation methods, and academic research standards, ensuring they are confident and well-equipped for their academic tasks. The workshop was led by Mr. Irshad. A and Ms. Ragi. K. Haridas, Asst. Professors, Dept. of Computer Science, ACAS. The workshop was held on 4 December 2025 at Noble Women's College, Manjeri. Participants expressed that the session was highly informative and motivating, helping them approach their seminar work with greater clarity and confidence.



The Department of Computer Science, ACAS, organized a Pre Seminar Workshop at Najath College of Arts and Science on 4 December 2025. The resource person for the session was Ms. Shameena P, Asst. Professor, Dept. of Computer Science, ACAS. The workshop was highly interactive, with students actively engaging in discussions and clearing their doubts. The programme received highly positive feedback from participants, who expressed that the session was very useful in strengthening their knowledge and preparation for seminar presentations.



Department of Nutrition and Dietetics



The Dept. of Nutrition and Dietetics conducted a Pre-Seminar Workshop for B.Sc. Nutrition and Dietetics students on 1 December 2025, led by Ms. Sajla Mol, HOD and Asst. Professor, Dept. of Nutrition and Dietetics. A total of 32 students attended the session. The workshop aimed to prepare students for the upcoming academic seminar series and provided clear guidance on how to plan, structure, and present seminar topics effectively. The session motivated students to undertake minor projects, helping them understand how small-scale research can strengthen analytical thinking, improve their academic portfolio, and contribute to their overall professional development. The workshop was well-received and provided the students with confidence and clarity to actively participate in upcoming seminar activities.

A pre-seminar workshop under the banner of ALISS 2025–26 was conducted for the postgraduate students of the Dept. of Home Science at KAHM Unity Women's College, Manjeri. The session was held on 9 December 2025 and was facilitated by Ms. Sajla Mol, Head and Asst. Professor, Dept. of Nutrition and Dietetics, ACAS. Designed as part of the preparatory activities for the upcoming seminar series, the workshop aimed to equip students with essential academic skills and seminar-related competencies. A total of 27 students participated and benefitted from the session, gaining valuable guidance and practical insights to enhance their seminar preparedness.



Department of Psychology

A Pre-Seminar Workshop was organised as part of the Aliss 2025– '26 activities, with the objective of offering psychology students essential guidance and preparation for their upcoming seminar presentations. The session aimed to enhance students' understanding of seminar expectations, effective presentation methods, and academic writing standards. The workshop was facilitated by Ms. Sruthakeerthi and Ms. Jihan, Assistant Professors from the PG Department of Psychology, ACAS. The resource persons provided valuable insights into seminar planning, research paper preparation, and academic structuring. Students were also introduced to the seminar theme "Cyber-Psychology and Its Impact of digital life", along with its associated sub-themes. The workshop was held on 2 December 2025 at Unity Women's College, Manjeri, and was attended by Psychology students of the College.

A Pre-Seminar Workshop was organized as part of the Aliss 2025– '26 activities, with the objective of offering psychology students essential guidance and preparation for their upcoming seminar presentations. The workshop was facilitated by Ms. Noorbina. K and Ms. Dilshana. A. P, Asst. Professors from the PG Department of Psychology, ACAS. Students were introduced to the seminar theme "Cyber-Psychology and Its Impact of Digital Life", along with its associated sub-themes. The workshop was held on 4 December 2025 at Noble Women's College, Manjeri, and was attended by Psychology students of Noble Women's College. The interactive session helped students clarify their doubts and gain practical guidance on writing, formatting, and presenting research papers effectively.



Department of Commerce and Management Studies



A pre-seminar workshop in connection with ALISS 2025- '26 was conducted on 1 December 2025 at Majlis Arts and Science College, Puramannur, with the objective of creating awareness about ALISS and providing guidance on how to write a research paper. The session was attended by 80 students from the Department of Commerce and Management Studies and was jointly led by Ms. Mekha C. M and Ms. Jaseela K. P, Asst. Professors in the Dept. of Commerce and Management Studies. The workshop covered key aspects including topic selection, structure of a research paper, review of literature, referencing style, data collection, academic writing techniques, plagiarism guidelines, and presentation skills, along with details of submission guidelines and evaluation criteria for ALISS



A Pre-Seminar Workshop was organised for Commerce students of Duxford College for Advanced Studies, Kalikavu, as part of the Aliss 2025-26 activities, aiming to prepare them for their upcoming seminar presentations. The session, led by Ms. Mini. V. K, Head, Department of Commerce and Management Studies, ACAS, focused on enhancing students' understanding of seminar expectations, presentation skills, and academic research standards. Held on 2 December , 2025, at Duxford College for Advanced Studies, Kalikavu, the workshop drew around 55 students. Ms. Mini. V. K shared valuable insights on seminar planning, topic selection, and presentation techniques, with a focus on the Commerce department's seminar theme: AI in Business Opportunities.



A Pre-Seminar Workshop was organised for Commerce students of Govt. Arts and Science College, Mankada, as part of the Aliss 2025- '26 activities, aiming to prepare them for their upcoming seminar presentations. The session, led by Ms. Shamna. K & Ms. Rayhana. K Department of Commerce and Management Studies, ACAS, focused on enhancing students' understanding of seminar expectations, presentation skills, idea expo exhibition and academic research standards. Held on 2 December 2025. The workshop drew around 120 students. Ms. Shamna & Ms. Rayhana shared valuable insights on seminar planning, topic selection, and presentation techniques, with a focus on the Commerce department's seminar theme: AI in Business Opportunities.

A Pre-Seminar Workshop was organised as part of the Aliss 2025– '26 activities on 4 December 2025 at Gems Arts and Science College, Ramapuram. The workshop was led by Dr. Shibla Sherin. P, Asst. Professor Dept. of Commerce and Management Studies, ACAS. The resource persons provided valuable insights on seminar planning, topic refinement, research methodology, report structuring, and presentation skills. The interactive nature of the session enabled students to clarify their doubts and learn practical strategies for presenting a well-organized seminar.



A Pre-Seminar Workshop was held as part of the Aliss 2025– '26 activities on 4 December 2025 at Gems Arts and Science College, Ramapuram, with the aim of providing students with essential guidance and preparation for their upcoming seminar presentations. The workshop was facilitated by Mr. Rahul E, Asst. Professor, Dept. of Commerce and Management Studies, ACAS. The interactive format allowed students to address their questions and gain practical tips for delivering a well-organised seminar.

The Dept. of Commerce and Management Studies, ACAS organised an in-house Pre-Seminar Workshop as part of ALISS on 03 December 2025. The session was led by Dr. Shibla Sherin & Ms. Rajashree. V, Asst. Professors, Dept. of Commerce and Management Studies. The workshop aimed to prepare students for effective participation in the upcoming international student seminar. Dr. Shibla Sherin highlighted the academic and professional advantages of engaging in global seminar platforms, such as exposure to international perspectives, opportunities for academic networking, enhancement of research skills, and the development of confidence in public presentation. She also provided a comprehensive overview of the seminar themes and sub-themes, clearly explaining the focus areas, expected research approaches, and the relevance of each topic in contemporary academic discussions. Her guidance helped students understand how to align their ideas with the seminar requirements and how to structure their presentations more effectively. The interactive nature of the session encouraged students to clarify their doubts, share their ideas, and actively participate in discussions.



Department of English

The Dept. of English at ACAS organised an in-house Pre-Seminar Workshop as part of ALISS on 2 December 2025. The session was led by Ms. Renjitha. K. R., Asst. Professor and Head of the Department, and was attended by all the students of the English Department. The workshop aimed to prepare students for effective participation in the upcoming international student seminar. Ms. Renjitha highlighted the academic and professional advantages of engaging in global seminar platforms, such as exposure to international perspectives, opportunities for academic networking, enhancement of research skills, and the development of confidence in public presentation. She also provided a comprehensive overview of the seminar themes and sub-themes, clearly explaining the focus areas, expected research approaches, and the relevance of each topic in contemporary academic discussions.



The Department of English, ACAS, organised a Pre-seminar Workshop as part of the Al Shifa International Student Seminar (AISS) 2025–'26 on 4 December 2025 at MSTM Arts and Science College Poopalam, Perinthalmanna. The workshop was handled by Ms. Sulfath P. K. and Ms. P. Riya Asst. Professors, Dept. of English. Both resource persons engaged the participants with insightful discussions on academic presentation skills, research writing strategies, and seminar etiquette. Their interactive approach helped students gain confidence and clarity regarding seminar procedures and expectations.

Awareness Session on Postal Life Insurance



An awareness session on Postal Life Insurance (PLI) was conducted on 3 December 2025 at ACAS. The session was led by Sreelal, Development officer from the Manjeri Post Office Division, who provided detailed insights into the benefits and features of various PLI schemes. The session also included the presence of Gireesh, Postman at Poonthanam Post Office, who explained the practical aspects and procedures related to PLI services.

Idea Spark: Igniting Young Minds

The Dept. of Nutrition and Dietetics organised a session titled “Idea Spark: Igniting Young Minds” on 01 December 2025, in collaboration with the Young Innovators Programme (YIP). The session was led by Mr. Irshad A, YIP Coordinator and Assistant Professor, Dept. of Computer Science at ACAS, was attended by 32 students of B.Sc. Nutrition and Dietetics. The programme provided a comprehensive overview of YIP, explaining how students can participate, the structure and benefits of the programme, and the opportunities it offers for developing innovative and socially relevant solutions. The resource person discussed various social, environmental, and public-health issues, encouraging students to identify problems within their communities and convert them into meaningful ideas.



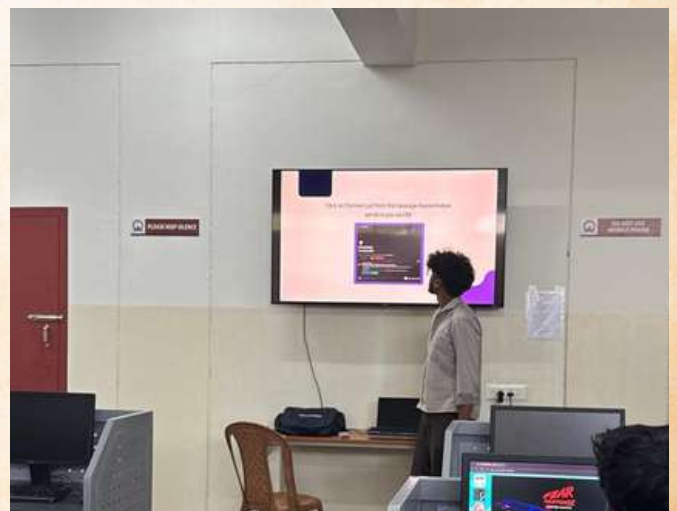
Session on “Review of Literature”

The Department of Commerce & Management Studies organised a session on “Review of Literature” on 2 December 2025 at the Seminar Hall for the final-year B. Com. students. Dr. Shibla Sherin, Asst. Professor, DCMS, served as the resource person. The session aimed to provide students with a clear understanding of the concept of review of literature and the steps involved in preparing this chapter. The resource person effectively explained the purpose, structure, and methods of reviewing literature, offering valuable insights and practical guidance.



Discord Orientation Session

The Dept. of Computer Science, ACAS, organized a Discord Orientation Session on 5 December 2025. The session was conducted for Fourth Semester BCA, B. Sc. AI, and Second Semester B. Sc. AI students. The session was led by Mr. Asim Ali, Fourth Semester B. Sc. AI, who effectively guided the participants through the features of the platform and shared best practices for using Discord in an academic environment. The session focused on server structure, channel usage, communication guidelines, and the utilization of Discord for academic discussions, announcements, and knowledge sharing. Students were given a practical walkthrough and were encouraged to engage actively in the demonstration.



Reading Spoon

The Dept. of Nutrition and Dietetics conducted activities under the 'Reading Spoon' initiative, on 5 December 2025, bringing together both the Student Research Forum and Reading Forum to promote academic engagement and evidence-based learning among students. As part of the Student Research Forum, Ms. Shifna. P. K presented a research review on the topic "Nutrition and Mental Health." The paper discussed was authored by Julia J. Rucklidge and Bonnie J. Kaplan, renowned researchers in the field of nutritional psychiatry, and published in Clinical Psychological Science. Ms. Shifna highlighted the role of micronutrients, dietary patterns, and nutrient supplementation in influencing mental well-being, emphasizing the growing scientific evidence connecting diet quality with psychological health. Another research presentation was delivered by Ms. Dilna. K, who explored the topic "Exercise, Energy Balance, and Body Composition." The study, authored by Klaas R. Westerterp and published on 10 April 2018 in the European Journal of Clinical Nutrition, examined how physical activity affects energy expenditure and body composition regulation. Ms. Dilna outlined the key findings related to metabolic adaptations, the impact of exercise intensity, and the importance of maintaining energy balance for healthy weight management. As part of the Reading Forum, Mr. Vaibhav presented insights on Tamarind Seeds, focusing on their nutritional benefits and possible side effects. The session highlighted the seed's richness in antioxidants, dietary fibre, and essential micronutrients, along with precautions regarding excessive consumption. Ms. Baby Lashima presented on Papaya Seeds, emphasizing their digestive benefits, nutrient content, and potential therapeutic properties, while also addressing safety concerns such as their contraindication during pregnancy. Ms. Fathima Shifna contributed to the Reading Forum with a presentation on Jamun Seeds, covering their traditional medicinal uses, antidiabetic potential, nutrient profile, and possible adverse effects if consumed inappropriately. The initiative continues to serve as an effective platform for cultivating research interest and scientific communication among undergraduate students.



Decode Your Food: Nutritional Labels Matter

The Dept. of Nutrition and Dietetics, ACAS, organized an informative session titled “Decode Your Food: Nutritional Labels Matter” on 5 December 2025. The session was conducted as part of the department’s continuous efforts to promote nutrition literacy and enhance students’ ability to make informed food choices. The programme was led by Ms. Shifna. K. S, Ms. Fathima Fidha. M, and Ms. Fathima Riya. P, Fourth Semester B. Sc. Nutrition and Dietetics students. The presenters provided a comprehensive explanation of nutritional labels, including serving size, calorie count, macronutrient distribution, ingredient lists, food additives, and guideline daily amounts. Practical examples were used to help students interpret labels found on packaged foods commonly consumed in daily life. The session emphasized the role of nutritional labeling in preventing lifestyle diseases, promoting healthier alternatives, and empowering consumers to identify hidden sugars, unhealthy fats, and misleading marketing claims. The programme contributed to improving students’ practical understanding of nutrition and supported the department’s mission to foster health-conscious behaviours among young adults.



Star Department of the Month of November 2025

The Dept. of Nutrition and Dietetics has been declared the winner of the Ever-Rolling Trophy for Star Department of the Month for November 2025. On 05 December 2025, Mr. Nahas Abdurassack, Manager, Placement and Relations, honoured the department by presenting the award. The department, led by Ms. Sajlamol., along with Ms. Nada Musthafa, faculty of the Department, and students, received the award. The occasion was graced by the presence of Dr. Kamaludheen K. T, Principal, ACAS, 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.



NSS organises AIDS Day Awareness Programme

The National Service Scheme (NSS) Unit, ACAS, organized an AIDS Day Awareness Programme on 05 December 2025 in collaboration with the Family Health Centre (FHC), Keezhattur, as part of its health awareness initiatives. The programme aimed to educate students about HIV/AIDS, promote preventive measures, and encourage responsible behaviour to reduce the spread of the disease. The awareness sessions were led by Mr. Shameel Babu, Health Inspector, FHC Keezhattur, and Ms. Shilpa K, MLHP, FHC Keezhattur. Mr. Shameel Babu delivered an informative session on the causes, transmission, symptoms, and prevention of HIV/AIDS. He also clarified several misconceptions associated with the disease and encouraged students to approach the topic without stigma. Ms. Shilpa spoke about the importance of early diagnosis, available medical support systems, and the role of community health workers in supporting affected individuals. Her session motivated students to adopt a compassionate and scientifically informed perspective. As part of the programme, the students collectively took an oath to stay aware of the realities of AIDS, to spread correct information, and to uphold a non-discriminatory attitude toward people living with HIV/AIDS.

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



Community Health Outreach

The NSS and YRC volunteers of ACAS participated in and extended wholehearted support to the Medical Camp organised by the Kadampuzha Charitable Foundation in collaboration with the Amrita Institute of Medical Science (AIMS), held at Kadampuzha on 07 December 2025. The camp aimed at providing comprehensive medical assistance, preliminary checkups, and essential health awareness to the local community. The NSS and YRC volunteers played a crucial role in ensuring the smooth and efficient functioning of the event. The volunteers demonstrated exemplary commitment, discipline, and empathy throughout the programme, contributing significantly to the success of the camp. Their active involvement reflected the core values of NSS and YRC—community service, compassion, and social responsibility.



Staff Club visits Unnikrishnan, Security personnel

The Staff Club of ACAS visited Mr. Unnikrishnan (Unni Ettan), a member of our non-teaching staff and security personnel, following his recent illness. The visit was organized as a gesture of care, support, and solidarity from the college community. The Principal, Dr. Kamaludheen, along with representatives of the Staff Club, met Mr. Unnikrishnan and personally conveyed the love, prayers of all staff members. The team extended moral support and handed over a token of care on behalf of the faculty and staff. The visit reflected the strong bond and spirit of unity within the Al Shifa family.



WDC Faculties attend Crochet Skill Workshop



The Women Development Cell (WDC) members and faculties from Al Shifa College of Arts and Science participated in a one-day crochet workshop held at Cindrebay School of Fashion Designing, Malappuram on 06 December 2025. The event aimed to promote women empowerment and social responsibility through creative engagement. The WDC at ACAS regularly organizes various activities to enhance women's skills and well-being. Ms. Noora, Faculty of Fashion Designing, delivered the session, sharing her expertise with the participants.

CUET Orientation Session

The Centre for Competitive Examinations (CCE) organized a CUET Orientation Programme titled "CUET Orientation: Understanding the Roadmap" on 09 December 2025. The session aimed to provide students with a clear understanding of the CUET examination structure, preparation strategies, and the overall roadmap to excel in the test. The programme was part of the college's continuous effort to enhance students' competitiveness and readiness for national-level entrance examinations. The session was led by Dr. Daison Panengaden, Writer, Orator, Researcher, Career Expert, and Assistant Professor in the Department of Physics at St. Thomas College, Thrissur. Dr. Daison delivered an insightful and motivating presentation, guiding students through essential preparation techniques, common challenges, and effective study plans. The orientation received an excellent response from students and proved to be highly beneficial in strengthening their understanding of CUET and boosting their confidence for future academic pursuits.



Innovation and Institutional Participation in YIP 8.0

Al Shifa College of Arts and Science actively participated in YIP 8.0 with the successful submission of 10 innovative ideas. Among the 1,165 colleges registered across the state, the college secured the 175th position, showing a remarkable improvement from 785th rank last year. At the district level, the institution achieved the 19th position among 138 colleges in Malappuram, reflecting steady progress in innovation-driven academic initiatives.

Ms. Sajla attends REAP 2025

Ms. Sajla Mol, Asst. Professor and Head, Dept. of Nutrition and Dietetics, attended a three-day Research Advancement Programme (REAP 2025) organised by the Dept. of Home Science and Centre for Research, St. Teresa's College (Autonomous), Ernakulam, from 10 to 12 December 2025, in association with KSCSTE and The National Academy of Sciences, India (NASI). The programme focused on Mastering AI Tools and Techniques for Advanced Research and provided in-depth exposure to AI basics, research design, prompt engineering, literature review, academic writing and citation management. The sessions, led by resource person Mr. Sunil Prabhakar, offered valuable insights into the ethical and effective integration of AI in academic research. Participation in this programme contributed to strengthening research competencies and enhancing awareness of emerging methodologies relevant to contemporary research practices.



Quiz Club organises Indian Cinema Quiz



The Quiz Club conducted an Indian Cinema Quiz, celebrating cinematic knowledge and intellectual curiosity among students. Questions covered a wide range of topics related to Indian cinema, including iconic films, legendary actors and directors, memorable dialogues, music, and significant milestones. The competitive yet friendly atmosphere kept the audience engaged throughout

the programme. In the final results, Mr. Afnan. M of Second Semester B. Com. Finance secured the first position with an outstanding performance. The second position was bagged by Ms. Fathimath Farhana. E. T of Sixth Semester B. A. English Language and Literature, who displayed commendable knowledge and presence of mind. The third position was shared by Ms. Hiba. P of Sixth Semester B. A. English Language and Literature and Ms. Hiba Hanan. M of Sixth Semester B. A. Functional English, whose combined effort earned them well-deserved recognition. The Indian Cinema Quiz reinforced the role of the Quiz Club in promoting co-curricular learning and fostering a vibrant academic culture within the campus.

Afterwords- An interdisciplinary annual e-journal for graduates and undergraduates

The Third Volume of 'afterwords- An interdisciplinary annual e-journal for graduates and undergraduates' with ISSN: 2583-9047 (Online) was released on 15 December 2025 by Mr. Nahas Abdul Rassaqa, Manager, Placement and Relations, ACAS. The ISSN journal is one of the flagship ventures of the Publication Wing at ACAS. The Volume consists of 14 academic papers and a literary section. The latest edition is published on a more compatible website. The journal flaunts a group of eminent academicians as editors. Open the following link to read the articles on the Archives Page: afterwords.org.in



Book Review Programme

A Book Review Programme was jointly organized by the English Club and the Department of English on 12 December 2025. The programme focused on the novel *The Three Mistakes of My Life* by Chetan Bhagat and aimed to promote critical reading practices, interpretative skills, and literary appreciation among students. The book review was presented by Ms. Shahana Jibin, Fourth Semester B. A. English Language and Literature, who offered an insightful and thoughtful analysis of the text. Her presentation explored the central themes of friendship, ambition, failure, and redemption, while also examining the socio-cultural context of contemporary India reflected in the novel. The review encouraged students to reflect on personal decision-making and the life lessons embedded within the narrative. The programme concluded with an interactive discussion session, during which students actively shared their perspectives on the novel and discussed its relevance to youth and contemporary society.



Reported by Ms. Masharifa. V
Fourth Semester B. A. English Language and Literature

Reel Making Competition

A Reel Making Competition on the theme “ALISS – Al Shifa International Student Seminar” was conducted by the Media Team of ACAS. The competition aimed to encourage students to creatively showcase the essence, objectives, and impact of the international student seminar through short and engaging video reels. Students from all departments actively participated in the program, reflecting a high level of enthusiasm, creativity, and collaborative spirit across the institution. The submitted reels were evaluated based on creativity, relevance to the theme, visual appeal, and overall presentation. The Dept. of Nutrition and Dietetics secured the First Prize, demonstrating exceptional creativity and effective storytelling. The Dept. of Commerce and Management Studies achieved the Second Prize for their impressive and well-executed reel. The competition served as a platform for students to enhance their digital media skills while promoting institutional activities, and it significantly contributed to the success and visibility of the ALISS 2025-26.



ALISS: Al Shifa International Student Seminar 2025-26

The fourth edition of the Al Shifa International Student Seminar (ALISS) 2025–26 was held on 16 and 17 December 2025, serving as a student-centred international academic platform aimed at fostering research aptitude, interdisciplinary collaboration, and global academic exposure. The seminar recorded the participation of 305 students, with 192 research papers presented in individual and team categories. Students from the departments of Computer Science, English, Commerce and Management Studies, Psychology, Economics, and Nutrition and Dietetics actively contributed to the academic deliberations. The programme featured 18 keynote presentations by national and international students, enriching discussions with diverse perspectives. The seminar commenced with a dignified inaugural session presided over by Dr. Kamaludheen K. T, Principal, ACAS. The note of blessings was delivered by Mr. Pilakkal Hamza, Chief Executive, Shifa Medicare Trust, and the seminar was formally inaugurated by Mr. Alfred Foday Samura, Research Scholar, University of Kerala, West Africa. Felicitations were offered by Mr. Abdul Rassaque K. T, Secretary, Shifa Medicare Trust, and the session was further graced by Mr. Suhail Hamza, General Manager, Shifa Medicare Trust, Mr. Muhammed Faisal, Manager, ACAS, and Mr. Nahas Abdul Rassaque, Manager, Placement and Relations, ACAS. Additional felicitations were extended by Mr. Abdul Kareem, PTA Vice President, Mr. Amal Jaz, Union Chairperson, and the student coordinators Ms. Fathima Sherin M. P and Mr. Mubarak Ahmed. As part of ALISS 2025–26, an Idea Expo Exhibition was organized under the Entrepreneurship Development Club and inaugurated by Mr. Abdul Rassaque K. T, Secretary, Shifa Medicare Trust. The exhibition featured five stalls from various colleges, providing UG and PG student entrepreneurs an opportunity to showcase innovative ideas, market products, and expand professional networks. The first day concluded with a vibrant cultural evening, featuring performances by Sarangi – the Music Band of ACAS, Ms. Adhila, the Kolkkali team, the Thiruvathira Kali team (Upasana), Ms. Liya Jimmy and Rhythm Music Band, Karuvarakundu, whose soulful Nadan Patt performance added colour and vitality to the programme. The seminar concluded with a valedictory session on 17 December 2025, beginning with the presidential address by Dr. Kamaludheen K. T, Principal, ACAS. The seminar report was presented by Ms. Jushaini. P, Coordinator, ALISS 2025–26. Felicitations were offered by Mr. Pilakkal Hamza, Chief Executive, Shifa Medicare Trust, Mr. Nahas Abdul Rassaque, Manager, Placement and Relations, ACAS, and Ms. Saritha K, Vice Principal, ACAS. Overall, the seminar significantly contributed to academic enrichment, interdisciplinary learning, and international collaboration, strengthening the research culture of the institution and encouraging active student engagement in scholarly dialogue.







Fifth Semester University Exam Results

A Different League!

Congratulations



Ms. Amna. T
Topper
V Semester B. A. English Language and Literature
SGPA - 8.158
Department of English
AL SHIFA COLLEGE OF ARTS AND SCIENCE
(Run by Shifa Medicare Trust & Affiliated to University of Calicut)
Keezhattur, Perinthalmanna

PG Department of Psychology

5TH SEM TOPPERS

Congratulations to the winners



Sivakamy PV
SGPA: 9.170



Niveditha P
SGPA: 8.834



Raniya P
SGPA: 8.520

Al Shifa College of Arts and Science
Kizhattur, Perinthalmanna

A Different League!

Congratulations!



Ms. Hiba Hanan M
Topper
V Semester B. A. Functional English
SGPA - 7.3
Department of English
AL SHIFA COLLEGE OF ARTS AND SCIENCE
(Run by Shifa Medicare Trust & Affiliated to University of Calicut)
Keezhattur, Perinthalmanna

A Different League!

Congratulations!



HISHAM MOHAMMED. C
Topper
V Semester
B. Com Taxation
Department of Commerce and Management Studies
AL SHIFA COLLEGE OF ARTS AND SCIENCE
(Run by Shifa Medicare Trust & Affiliated to University of Calicut)
Keezhattur, Perinthalmanna

DEPARTMENT OF COMMERCE & MANAGEMENT STUDIES

CONGRATULATIONS

V SEMESTER B. COM FINANCE TOPPERS



MUHAMMED AQNAS. K. M
SGPA - 7.52



ANSHA ASHRAF. V. T
SGPA - 5.68



ARDHRA. A
SGPA - 6.03



GOWTHAMI KRISHNA. O
SGPA - 6.89

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by ACITE, UGC 2(F))
A Different League!

A Different League!

Congratulations!



MOHAMMED AFNAN. K
Topper
V Semester
B. Com Computer Application
SGPA - 7.13
Department of Commerce and Management Studies
AL SHIFA COLLEGE OF ARTS AND SCIENCE
(Run by Shifa Medicare Trust & Affiliated to University of Calicut)
Keezhattur, Perinthalmanna

DEPARTMENT OF COMPUTER SCIENCE

CONGRATULATIONS

V SEMESTER BCA TOPPERS



Mohammed Shinan K



Muhammed Syad P T

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by ACITE, UGC 2(F))
A Different League!

Third Semester University Exam Results

A Different League!

PG DEPARTMENT OF PSYCHOLOGY
III SEMESTER B. SC. PSYCHOLOGY TOPPERS

Congratulations!



FATHIMA RIYA KP
SGPA: 8.227

LASHWA LIYAKATH M
SGPA: 8.918

FIDA FARHATH
SGPA: 8.500

AL SHIFA COLLEGE OF ARTS & SCIENCE
Approved by University of Calicut & Affiliated by MCTE, UGC 2013

A Different League!

Department of Computer Science
CONGRATULATIONS
III Semester BCA Toppers



Athikha P
SGPA: 9.85

Sanha P V
SGPA: 9.86

Hidha C P
SGPA: 9.84

Shahma K
SGPA: 9.5

Abhishek Vijay
SGPA: 9.31

Mohammed Yashiq A K
SGPA: 9.09

Shada Febin
SGPA: 8.89

Haneena Ismail
SGPA: 8.81

Fathima Minha C
SGPA: 8.69

Mohaimmed Ramess P K
SGPA: 8.5

Sabithali M
SGPA: 8.5

Karthika V S
SGPA: 8.13

AL SHIFA COLLEGE OF ARTS & SCIENCE
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A Different League!

Department of Computer Science
CONGRATULATIONS
III Semester BSc. AI Toppers



MOHAMMED KAHAB K
SGPA: 9.31

FATHIMATHUL NASLA Y P
SGPA: 9

HIDHA SHERIN P P
SGPA: 7.77

MOHAMMED SHAMEEL T
SGPA: 7.4

HANEENA A P
SGPA: 7.09

ASIM ALI
SGPA: 7

MUHAMMED AMEEN
SGPA: 7

AL SHIFA COLLEGE OF ARTS & SCIENCE
Approved by University of Calicut & Affiliated by MCTE, UGC 2013

CONGRATULATIONS
THIRD SEMESTER FYUGP EXAMINATION
NOVEMBER 2025
CLASS TOPPERS-BBA(2024-2028)



Fathima Najma
9.1 (A+)

Muhammed Ashmil MK
8.9 (A+)

Ahamed Waseem Alifad
8.5 (A+)

Department of Commerce and Management Studies
Al Shifa College of Arts and Sciences

A Different League!

CONGRATULATIONS
B.Sc. Nutrition and Dietetics
Third Semester FYUGP Examination, November 2025
Class Toppers



FATHIMATH NAJLA
SGPA: 9.545 (O)

SHAMNA. C. K
SGPA: 9.500 (O)

SHAZIYA P
SGPA: 9.227 (A+)

NIDHA SHERIN M
SGPA: 9.000 (A+)

FATHIMA FIDHA M
SGPA: 8.955 (A+)

FAHMA K
SGPA: 8.818 (A+)

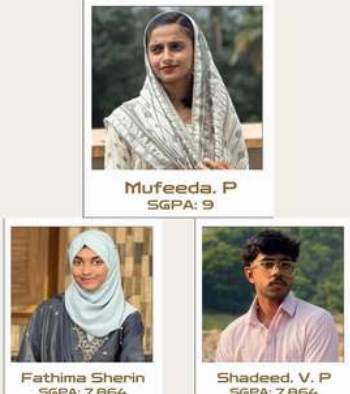
NADIA FATHIMA K
SGPA: 8.727 (A+)

FATHIMA RIYA P
SGPA: 8.727 (A+)

Dept. of Nutrition and Dietetics
Al Shifa College of Arts and Science

A Different League!

Congratulations
B. A. ENGLISH LANGUAGE AND LITERATURE
THIRD SEMESTER FYUGP EXAMINATION, NOVEMBER 2025
CLASS TOPPERS



Mufeeda. P
SGPA: 9

Fathima Sherin
SGPA: 7.864

Shadeed. V. P
SGPA: 7.864

DEPARTMENT OF ENGLISH
AL SHIFA COLLEGE OF ARTS AND SCIENCE

A Different League!

Congratulations
B. COM TAXATION (2024 - 2028)
THIRD SEMESTER FYUGP EXAMINATION,
CLASS TOPPERS



NIMISHA. K
SGPA: 9.091 (A+)

SINDILA SHERIN P T
SGPA: 8.682 (A+)

FINU SHERIN
SGPA: 8.182 (A)

DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES
AL SHIFA COLLEGE OF ARTS AND SCIENCE

A Different League!

Congratulations
THIRD SEMESTER B. COM
FYUGP EXAMINATION 2025
Toppers - B. Com Finance (2024-28)



Muhammed Aslam
SGPA - 9.5 (O Grade)

Fathima Asmah
SGPA - 9.0 (A+ Grade)

Muhammed Shabin R. K
SGPA - 8.86 (A+ Grade)

Department of Commerce and Management Studies
AL SHIFA COLLEGE OF ARTS AND SCIENCE

CONGRATULATIONS
III SEMESTER FYUG (2024-28)
B. COM COMPUTER APPLICATION
TOPPERS



MOHAMMED SINAN. K
SGPA - 9.409 (A+)

MINHA FATHIMA. P
SGPA - 8.818 (A+)

SHAHMA SHIRIN. T
SGPA - 8.318 (A)

DEPARTMENT OF COMMERCE & MANAGEMENT STUDIES
AL SHIFA COLLEGE OF ARTS AND SCIENCE
K. J. SUMATHY, PERINJITH MANNA

ALISS 2025-26 Review Meeting

A review meeting of the Al Shifa International Student Seminar 2025-26 was held on 19 December 2025, to review the planning, execution, and overall outcomes of the seminar. Dr. Kamaludheen. K. T, Principal, ACAS, in his opening address, appreciated the collective efforts of the organizing team and highlighted the academic relevance and success of ALISS. The Core Committee Heads presented a detailed review of the seminar, sharing committee-wise observations, achievements, challenges faced, and constructive suggestions for future improvement. Following the review, Ms. Saritha K, Vice Principal and IQAC Coordinator, ACAS, addressed the gathering, appreciating the effective coordination among faculty members and students and offered valuable feedback aimed at enhancing the quality and organization of future academic events. The meeting was concluded by Mr. Nahas Abdul Rassaque, Manager – Placement and Relations, ACAS, who summarized the key discussions and emphasized the importance of implementing the suggestions raised during the review to strengthen future editions of ALISS. The review meeting concluded on a celebratory note, marking the successful completion of ALISS and acknowledging the dedicated efforts of all those involved in organizing the seminar.



Idea Expo

A review meeting of the Al Shifa International Student Seminar 2025-26 was held on 19 December 2025, to review the planning, execution, and overall outcomes of the seminar. Dr. Kamaludheen. K. T, Principal, ACAS, in his opening address, appreciated the collective efforts of the organizing team and highlighted the academic relevance and success of ALISS. The Core Committee Heads presented a detailed review of the seminar, sharing committee-wise observations, achievements, challenges faced, and constructive suggestions for future improvement. Following the review, Ms. Saritha K, Vice Principal and IQAC Coordinator, ACAS, addressed the gathering, appreciating the effective coordination among faculty members and students and offered valuable feedback aimed at enhancing the quality and organization of future academic events. The meeting was concluded by Mr. Nahas Abdul Rassaque, Manager – Placement and Relations, ACAS, who summarized the key discussions and emphasized the importance of implementing the suggestions raised during the review to strengthen future editions of ALISS. The review meeting concluded on a celebratory note, marking the successful completion of ALISS and acknowledging the dedicated efforts of all those involved in organizing the seminar.



Mentor-Mentee Programme Report

The Mentor–Mentee Programme of Al Shifa College of Arts and Science continues to serve as a structured and student-centred initiative aimed at ensuring academic progress, personal guidance, and overall well-being of students. The programme facilitates regular interaction between faculty mentors and their assigned mentees, fostering a supportive and approachable academic environment. A significant highlight of the programme was the home visits carried out by faculty mentors to the residences of their mentees. Faculty members personally visited the mentees' homes to interact with parents, gain a deeper understanding of the students' socio-economic and personal circumstances, and extend individualised guidance wherever required. These visits strengthened the partnership between the institution and families, fostering mutual trust and open communication. Through sustained mentoring, timely support, and meaningful engagement with both students and their families, the programme has further affirmed the institution's dedication to holistic student development and inclusive educational practices.



Kidilan Dhaaba Food Fest

The Entrepreneurship Development Club, ACAS, in collaboration with the Unora Student Union 2025-26, organized a Food Fest titled “Kidilan Dhaaba” on 22 December 2025. The event was inaugurated by Mr. Shameem Ahammed SAP. Mr. Jamsheer Mannarkkad and Mr. Muhammed Dilshad graced the occasion with their presence. The programme featured felicitations by Dr. Kamaludheen K. T, Principal, ACAS, Mr. Pilakkal Hamza, Chief Executive, Shifa Medicare Trust, Mr. Nahas Abdul Rassaque, Manager, Placement and Relations, ACAS, Ms. Saritha. K, Vice Principal, ACAS and Mr. Junise. V, Vice Principal, Al Shifa College of Pharmacy. A total of 11 stalls, each designed around unique themes, were set up for the fest. Every stall offered a distinct culinary experience, attracting enthusiastic participation from students and visitors. The event provided students with a vibrant hands-on business experience while fostering coordination, teamwork, and entrepreneurial spirit among the participants. The Food Fest proved to be an enriching learning experience, inspiring students to explore entrepreneurship through creativity, innovation, and real-time business exposure.

Reported by Mr. Mubarak Ahmed
Fourth Semester B. Com. Finance



Pen it Down for a Greener Tomorrow

The Consumer Club, under the Dept. of Commerce and Management Studies, organised an extension activity aligned with the Sustainable Development Goals (SDG) titled “Pen it Down for a Greener Tomorrow!” on 26 December 2025. The programme featured a workshop on seed-pen making for the NSS volunteers of Duxford College for Advanced Studies. Two student representatives, Nimisha, Fourth Semester, B. Com. Taxation and Fathima Asmah, Fourth Semester, B. Com. Finance, led the session and effectively demonstrated the process of creating eco-friendly seed pens using sustainable materials.



Student Union Inauguration



The Student Union Inauguration and Oath Taking Ceremony for the academic year 2025–26 was conducted on 23 December 2025. The programme was formally inaugurated by Mr. Pilakkal Hamza, Chief Executive of Shifa Medicare Trust, who emphasized the importance of student leadership in shaping a vibrant academic environment. In the presidential address, Dr. Kamaludheen. K. T, Principal, ACAS, urged the newly elected student union members to uphold responsibility, integrity, and teamwork. Felicitation addresses were delivered by Mr. Muhammed Faizal, Manager, Al Shifa College of Pharmacy, and Mr. Muhammad Arsal, Staff Secretary, ACAS, appreciating the efforts and achievements of the students. The oath-taking ceremony marked the formal assumption of duties by the Student Union members for the academic year. Following the

inauguration, mementos were distributed to students who excelled in sports such as football, volleyball, badminton, and boxing, recognizing their outstanding achievements. This segment highlighted the institution's encouragement of excellence in both academics and extracurricular activities. The programme continued with vibrant cultural performances by the students, showcasing their talents and creativity. The programme concluded on a positive note, marking a promising beginning for the Student Union's activities for the academic year.

NSS Camp

The NSS Seven Days Special Camp of Al Shifa College of Arts and Science was formally inaugurated at IMALP School, Aanappamkuzhi, on 24 December 2025. The programme marked the beginning of a week-long community-oriented service initiative aimed at social awareness and developmental activities. The inaugural session commenced with a welcome address by Mr. Irshad. K, Assistant Professor of Arabic and NSS Programme Officer, ACAS. The camp was inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS. In his inaugural address, he emphasized the role of NSS in shaping responsible citizens and encouraged the volunteers to actively engage in community service with dedication and commitment. The programme was enriched with felicitation speeches by Mr. Thajudheen Chulli, Ward Member, Mr. Chandran. C, Ward Member, Keezhattur Grama Panchayat, and Mr. Kareem, PTA Vice President, ACAS. The dignitaries appreciated the efforts of the NSS unit and expressed their support for the various activities planned during the camp. Mr. Shahid Ajmal, Head of the Dept. of Physical Education, Ms. Sajla, Head of the Dept. of Nutrition and Dietetics, Ms. Ramsheena, Asst. Professor of Mathematics, and Ms. Ragi, Asst. Professor of Computer Science, were present at the camp on the day.



Snehavirunn - Senior Citizen Engagement Gathering



As part of the Seven Days Special Camping Programme, the National Service Scheme (NSS) organised a Senior Citizen Engagement Gathering titled “Snehavirunn” on 27 December 2025. The programme was designed to strengthen intergenerational bonding, encourage meaningful interaction between youth and senior citizens, and highlight the values of empathy, dignity, and care for the elderly. The senior citizens actively engaged with the NSS volunteers by sharing their experiences, and insights, offering invaluable guidance and inspiration to the younger generation. The NSS volunteers presented a range of cultural performances, including folk dances, skits, and musical renditions, which added colour and joy to the occasion. The senior citizens also participated enthusiastically by showcasing their talents through songs and storytelling, making the gathering truly memorable and emotionally enriching. A short awareness session on health and wellness was also conducted, focusing on both physical and mental well-being, which proved beneficial for the participants and volunteers alike.

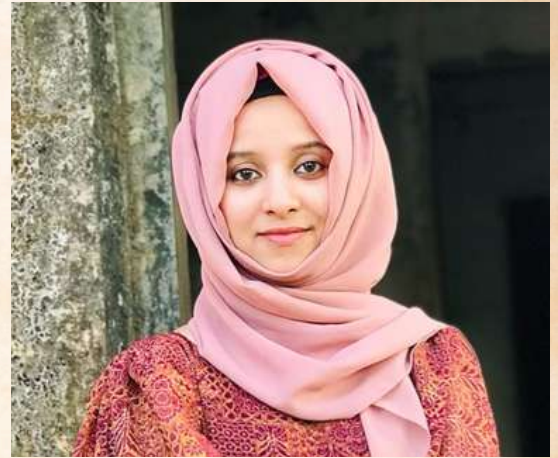
NSS Camp- Closing Ceremony

The National Service Scheme (NSS) Unit of ACAS successfully organised a Seven Days Special Camp, which concluded with a formal closing ceremony. The camp aimed at fostering social responsibility, leadership, and community engagement among student volunteers through various service-oriented activities. The closing ceremony was inaugurated by Mr. Moosakutty P. K, President, Keezhattur Grama Panchayath. In his inaugural address, he emphasized the vital role of NSS in nurturing socially responsible citizens and appreciated the sincere efforts of the volunteers in serving the local community. The programme was presided over by Ms. Saritha K, Vice Principal, Al Shifa College of Arts and Science. She appreciated the dedication and discipline exhibited by the NSS volunteers throughout the camp and highlighted the importance of such camps in the holistic development of students. The ceremony was graced by the presence of Mr. Thajudheen C, Ms. Bindu Vadakekotta, and Mr. Chandran C, Ward Members of Keezhattur Grama Panchayath, who delivered felicitations and commended the volunteers for their commitment to social welfare activities. Ms. Suhra, Headmistress of IMALP School, Aanappamkuzhi, and Mr. Naser, Secretary, IMALP School Management Committee, also extended their felicitations and appreciated the collaborative efforts of the college and the local community.



Ms. Nasila Jasmin 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 December 2025 are "The Burden of being "that BAD Student" by Ms. Arsha. P. P, Asst. Professor of Psychology, "Is our Justitia Still Blindfolded?" by Ms. Nasila Jasmin, Asst. Professor of English and "തെയ്യത്തിന്റെ ചുവപ്പിൽ മായുന്നൊരു കൗമാര ഓർമ്മ" by Ms. Ragi. K. Haridas, Asst. Professor of Computer Science. The winner of the prize is Ms. Nasila Jasmin.



Star of the Month



ACAS recognises the accomplishments and capabilities of its students through the Star of the Month initiative, which celebrates individuals who demonstrate exceptional talent and commitment across diverse domains such as arts, sports, music, academics, leadership, and creative pursuits.

For December 2025, ACAS proudly recognises Mr. Mubarak Ahammed, Fourth Semester B. Com Finance, as the Star of the Month. A true all-rounder, he exhibited remarkable commitment, leadership, and a strong sense of responsibility. His notable contributions include serving as the NSS Coordinator, actively engaging in and organizing social service initiatives and performing his role as Student Coordinator of ALISS 2025 with dedication and efficiency, demonstrating excellent leadership and coordination skills, ensuring smooth execution of activities and events.

This recognition reflects his all-round excellence in leadership, service, and student engagement.

Star Department of December 2025

The Internal Quality Assurance Cell (IQAC) continues its initiative to recognize and promote departmental excellence across the institution through the Star Department of the Month award. For the month of December 2025, the Department of Commerce and Management Studies was selected as the Star Department of the Month. The department demonstrated excellence across evaluation parameters such as academic initiatives, co-curricular



engagements, faculty contributions, and overall monthly performance. Notably, the department received special commendation for its outstanding documentation practices, which effectively highlighted the range and significance of its academic and extracurricular activities. This recognition reaffirms the department's unwavering commitment to academic quality and institutional development.

THE BURDEN OF BEING “that BAD Student”

Every classroom is a mix of different types of students, those who grasp lessons quickly and those who take more time, those who silently observe and those who lead eagerly, those who follow rules easily and those who are often seen as “troublesome.” It is natural for teachers to feel irritated or discouraged when faced with learners who seem disinterested, irresponsible, or disruptive. In moments of frustration, it may feel easy to label them as “bad students” or even make sarcastic remarks in front of others. Yet, belittling a child who is already struggling is not only unprofessional, it can leave emotional wounds that last a lifetime.

A student who doesn’t perform well or behaves poorly is rarely doing it out of choice. Behind every child’s behaviour, there is a story. Understanding this story is the first step towards compassionate and effective teaching.

A classroom is like a tiny world of its own, filled with children who come from many different places — not just geographically, but emotionally. Some students walk in every morning from warm, stable homes where someone hugs them, listens to their stories, and helps with homework. Others arrive from houses where arguments echo through the walls, where there is not enough food, or where no one has time to sit with them. A few children come tired, a few come worried, and some carry pain they have never spoken about. They look like any other child, but inside, they are fighting silent battles. Child psychology tells us that children often cannot express emotional distress verbally, so their struggles show up through behavior — irritability, withdrawal, inattention, or sudden academic decline.

So, when a teacher makes fun of a student for being slow, for losing focus, or for being playful at the wrong moment, it is not only the behaviour that gets hurt. It is the child. Their confidence, their sense of worth, their belief in themselves — all of it gets bruised.

Studies in educational psychology show something powerful: children believe what they hear about themselves. If a child is repeatedly called lazy, careless, or troublesome, those words start to echo inside them. They slowly begin to think, Maybe that’s who I am. And when a child begins to believe they are “bad,” they start behaving exactly as they think they are expected to.

Rather than wondering, “What’s wrong with this child?” teachers should pause and consider, “What is this child trying to tell me through their actions?”

Every behaviour carries a message. A student who repeatedly interrupts may be desperate for the attention they are missing elsewhere. A child who drifts off into daydreams might be feeling stressed or emotionally overloaded. A teenager who pushes back against rules may be reacting to a sense of insecurity or the absence of emotional support.

Teachers have tremendous influence. A single encouraging sentence can change a student's direction, while a thoughtless comment can cause deep damage.

Children never forget the teacher who believed in them, especially during difficult times. They also never forget the teacher who embarrassed them. In fact, negative words often echo more loudly and for much longer.

What a teacher says can eventually become the way a child speaks to themselves.

Mocking a student may appear harmless or even humorous in the moment, but those moments can stay with them for years. Students who feel insulted or looked down upon may lose enthusiasm, become withdrawn, or carry resentment. Many eventually stop trying, because they begin to assume they are bound to fail.

Being there for a child, offering a listening ear, a kind word, or simply a moment of understanding, can give them the strength they do not receive elsewhere. Sometimes, the most important lesson a student learns is not from the textbook, but from a teacher who made them feel valued, seen, and safe.



Arsha P P

Head & Assistant Professor of Psychology
Al Shifa College of Arts and Science, Perinthalmanna

Is Our Justitia Still Blindfolded?

Living the mundane life is easy and a good shot to give. But once everything becomes lopsided, and we have to seek help from others, fight for justice, a curious question arises- who is in your opposition? Raising your voice is not that easy - if you're against the giants in the industry. The heated debate on the Athijeevitha Case is going on and all are eagerly looking at the final verdict, aligning on either side of the case- with the alleged criminal or the victim. Standing outside a person's life and passing comments without imagining ourselves in their shoes are terribly shameful things to do, which most of us are so good at.

Cut back to the year 2022. During an interview, she was talking about her journey to be a survivor from being a victim. First, she described how different people reacted to the news. She was as devastated as if she happened to hear people blaming her for no reason, she would think that she herself was responsible for all that had happened in her life. She had stages of crying the lungs out, losing hope to live, self-accusing and whatnot. After the 15 days of tiring hearings in court, she came out as a survivor, as a person who somehow manages to stay strong amidst all the chaos. She revealed her identity publicly on 10 January 2022. It took such a long time for her to come out and express herself in public, even though she has a lot of supporters, fans and fame! It even adds depth to the amount of trauma and stigma that each rape victim goes through. Bhavana posted on her Instagram page as follows: "This has not been an easy journey. The journey from being a victim to becoming a survivor. For 5 years now, my name and my identity have been suppressed under the weight of the assault inflicted on me. Though I am not the one who had committed the crime, there have been many attempts to humiliate, silence and isolate me... To see justice prevail, to get wrongdoers punished and to ensure no one else goes through such an ordeal again, I shall continue this journey."

Many commentators came up having panel discussions on news channels, she says, sitting comfortably, passing random comments on the victim, like- Who told her to travel late at night? (The tragic incident was around 8-9 PM, she reminds us.) This very argument makes us rethink the fundamental rights pronounced by the Indian Constitution. Consider Article 19(1)(d): Freedom of Movement (Right to move freely throughout India). Raping a woman is a profound violation of fundamental human rights, infringing upon a woman's bodily autonomy, dignity, equality (Article 14), and right to life and personal liberty (Article 21).

Rape isn't just a crime but a constitutional failure, impacting a woman's right to be treated equally and live freely, demanding legal reform to reflect constitutional ideals.

The very issue came out as a revenge strategy of the popular face via a paid goonda against Athijeevitha. The issue between them is not a valid reason to deprive a person's dignity and safety through rape. The aspects of humanity, brotherhood and a person's right to live safely are getting severely damaged. Finally, when the verdict came on 8 December 2025, 8 years and some months after the incident on 17 February 2017, we wonder how long a person has to fight to get justice. And has the 'Justice' been served, or simply the money power won the case?

The verdict was delivered by Judge Honey M. Varghese of the Ernakulam Principal Sessions Court (not a Chief Justice). The judge ruled that the prosecution "failed to prove he [Dileep] conspired to orchestrate the crime". In essence, the court acquitted actor Dileep of all charges, stating the prosecution failed to prove the conspiracy charges against him, while convicting the six individuals who carried out the physical assault.

According to the police remand report, Dileep and Pulsar Suni met several times during this period. The following are some of the meetings they had. March-April 2013: Meetings at Abad Plaza Hotel, Kochi.

Later meetings at Thoppumpady Junction, Thrissur Tennis Club, and Thodupuzha Santhigiri College (shooting locations)

November 2016: Alleged meeting at Dileep's house-warming event. These are a few among many proofs against Dileep, and the court tragically failed to prove any of them.

There were controversies even during the trial, which invoked discussions in public. Allegations that a 2020 forensic report — confirming unauthorised access to the memory card containing the assault visuals — was not brought to the forefront during the proceedings. Many critics asserted that the prosecution faced unusual resistance in placing certain evidence or arguments before the court. Even though the survivor approached the Kerala High Court many a time requesting the transfer of trial, mentioning that Judge Honey's courtroom left her feeling distressed and retraumatised.

Even though the controversies are prevailing on the reliability of the verdict, this particular case made some broader impact in the society, especially in the Malayalam film industry. Formation of Women in Cinema Collective (WCC) in May 2017, Constitution of Hema Committee in July 2017, Submission of Hema Committee report in December 2019, the public release of the report in August 2024, registration of more than 40 cases post-Hema report, sparked the #MeToo movement in Malayalam cinema and much more.

During the commissioning of open-eyed Justitia in October 2024 by the former Chief Justice of India D. Y. Chandrachud, he stated that "It signifies Law is not blind; it sees everyone equally". But the recent verdict proves that she is still blindfolded towards injustices. Always with Athijeevitha.



Nasila Jasmin

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

തെയ്യത്തിന്റെ ചുവപ്പിൽ മായുന്നൊരു കൗമാര ഓർമ്മ

മന്ദഗതിയിൽ സഞ്ചരിച്ചിരുന്ന ഒരു കാലം.
വൈകുന്നേരങ്ങൾക്ക് അത്രയേറെ നീളമുണ്ടായിരുന്നുവോ എന്ന് ഇപ്പോൾ തോന്നുന്നു —
മുറ്റത്ത് പകർന്ന് വീണ ആ ചെറിയ ചന്ദ്രനാളം, എങ്ങു നിന്നോ വിശിയടിക്കുന്ന തണുത്ത കാറ്റ്.. ആ എഫ്.എം. റേഡിയോയിൽ നിന്നും മുഴങ്ങുന്ന ശബ്ദം — ലോകത്തിന്റെ അറ്റത്തു നിന്നൊരു സ്വരം പോലെ.

അന്ന് സോഷ്യൽ മീഡിയയോ, മൊബൈലോ, ഡിജിറ്റൽ ലോകമോ ഒന്നുമില്ലായിരുന്നു.
പക്ഷേ, ഒരു ചെറു റേഡിയോയിലൂടെയായിരുന്നു ലോകം എന്റെ ഹൃദയത്തിലേക്ക് കയറിയത്.
അവിടെ പറഞ്ഞുതുടങ്ങിയ ഒരു കഥയായിരുന്നു അത് — കരിവന്നൂർ വീരന്റെയും ചെമ്മരത്തിയുടെയും കഥ.

അന്ന് എന്തോ പതിവിന് വിപരീതമായി ആ ശബ്ദത്തിൽ ഒരു വിറയലുണ്ടായിരുന്നു.
വാക്കുകൾക്ക് മണ്ണിന്റെ മണംപോലെ.. അവ മന്ദഗതിയിൽ ഒഴുകി.
ആ വാക്കുകൾ എന്റെ മനസ്സിൽ ഒരുപാട് ചിത്രപണികൾ നടത്തിക്കൊണ്ടിരുന്നു..
" വിളക്കണിഞ്ഞ കാവുകൾ, ചുവന്ന ചായക്കളറുകൾ, താളക്കോലിന്റെ താളം,
തെളിഞ്ഞ നിലാവിൽ കത്തുന്ന ദീപ നാളങ്ങൾ,
ദൈവത്തിന്റെ മുഖം ധരിച്ച ഒരു മനുഷ്യൻ ഇറങ്ങിവരുന്നു —തെയ്യം. "

തെയ്യം...
പാരമ്പര്യത്തിന്റെ ഹൃദയമിടിപ്പ്.
മണ്ണിന്റെ ആത്മാവ്.
മറന്നുപോയ വേദങ്ങളുടെയും ആചാരങ്ങളുടെയും ജീവനുള്ള അനുസ്മരണം.
ഒരു ഗ്രാമത്തിന്റെ ആത്മാവ് തീയും താളവുമാക്കി ഉയർത്തുന്ന അനുഭവം.
തെയ്യക്കാരൻ വേഷം അണിയുമ്പോൾ അവൻ മനുഷ്യനല്ലാതാകുന്നു;
അവൻ ദൈവം തന്നെ.
അവന്റെ ചുവന്ന മുഖം,
കണ്ണുകളിൽ തീയുടെ പ്രകാശം,
താളത്തിന്റെ രക്തമൊലിപ്പിക്കുന്ന നെറ്റി തടങ്ങൾ —
അവയെല്ലാം ചേർന്ന് ആകാശവും മണ്ണും തമ്മിൽ ഒരു ബന്ധം തീർക്കുന്നു.
അത് യജ്ഞം, സംഗീതം, തത്ത്വം എല്ലാം കൂടിയൊന്നാണ്.

ആ ലോകത്തിലേക്കാണ് കരിവന്നൂർ വീരനും ചെമ്മരത്തിയും എന്നെ നയിച്ചത്.
അവരുടെ പ്രണയം മനുഷ്യരുടെയും ദൈവങ്ങളുടെയും അതിർത്തികൾ കടന്ന ഒന്നായിരുന്നു.
ചെമ്മരത്തി പറഞ്ഞതായ ആ വാക്കുകൾ ഇന്നും എന്റെ ഹൃദയത്തിൽ മുഴങ്ങുന്നു —

“പടയ്ക്കിറങ്ങുമ്പോൾ ചോര കണ്ടാൽ മരണം തീർച്ച...
ആറു മുറിഞ്ഞ അറുപത്താറ് ഖണ്ഡമാകും...
നൂറ് മുറിഞ്ഞ നൂറ്റി എട്ടു തുണ്ടമാകും...
കണ്ട കൈതമേലും മുണ്ടമേലും മേനി വാരിയെറിയും കൂടകൻ...”

ആ വാക്കുകൾ കേൾക്കുമ്പോൾ എനിക്ക് തോന്നിയ ഭയം ഭക്തിയുമായി കലർന്ന ഒരു വിറയലായിരുന്നു.
ചെമ്മരത്തി കരയുന്നത് വെറും സ്നേഹത്തിനുവേണ്ടിയല്ല,
ആത്മീയതയുടെയും വിധിയുടെയും അതിരിൽ നിൽക്കുന്ന ഒരു സ്ത്രീയുടെ മൗനവിളിയായിരുന്നു.
ആ രാത്രി റേഡിയോ മങ്ങിപ്പോയെങ്കിലും,
ആ കഥയുടെ ചുവപ്പ് എന്റെ മനസ്സിൽ തെളിഞ്ഞുനിന്നു.
തെയ്യത്തിന്റെ തീപ്പൊരികൾ എന്റെ ഹൃദയത്തിന്റെ ഒരു ഭാഗം ചുട്ടു പൊള്ളിച്ചുപോലെ.
വർഷങ്ങൾ കഴിഞ്ഞിട്ടും ആ തീ ഇന്നും ശാന്തമായി കത്തിക്കൊണ്ടിരിക്കുന്നു.

പിന്നീട് ഒരിക്കൽ, ഒരു പഴയ ബ്ലോഗിൽ, ഞാൻ ആ കഥയെ വീണ്ടും കണ്ടു.
അത് വായിക്കുമ്പോൾ എനിക്ക് തോന്നി —
തെയ്യം വെറും കാഴ്ചയല്ല,
അത് ജീവിതത്തിന്റെ ഭാവരസം ആണെന്ന്.
ഭയവും സ്നേഹവും ഭക്തിയും ചേർന്ന് മനുഷ്യനെ ദൈവത്തിലേക്ക് ഉയർത്തുന്ന ഒരു കലയാണ് തെയ്യം.
ഞാൻ ഒരിക്കലും നേരിൽ തെയ്യം കണ്ടിട്ടില്ല.
എന്നാൽ ആ രാത്രിയിൽ ഞാൻ അതിനെ അനുഭവിച്ചു.
ആ ശബ്ദത്തിലൂടെയും, ആ കഥയിലൂടെയും, ആ വിറയലിലൂടെയും.
ഇന്ന് പോലും താളവാദ്യങ്ങൾ കേൾക്കുമ്പോൾ എനിക്ക് തോന്നും —
കരിവന്നൂർ വീരനും ചെമ്മരത്തിയും എവിടെയോ അകലെ അല്ല,
എന്റെ ഹൃദയത്തിനുള്ളിൽ തന്നെയാണ്.

കാലം കടന്നു പോയിട്ടും, ആ കഥ എന്റെ ഉള്ളിൽ വളർന്നു.
ചില രാത്രികളിൽ, നിശ്ശബ്ദതയുടെ ഇടവേളകളിൽ,
ഞാൻ ആ ശബ്ദത്തെ വീണ്ടും കേൾക്കാൻ ശ്രമിക്കും —
അത് എവിടെയോ അകലെ നിന്നു വിളിക്കുന്ന പോലെ.
വീരന്റെയും ചെമ്മരത്തിയുടെയും പ്രണയം പോലെ....ശബ്ദത്തിലൂടെ
എന്റെ മനസ്സിൽ പ്രണയാഗ്നി വരച്ച മനുഷ്യ,
ഇന്നും അലയുന്നു കാല്പനികതയുടെ ഏതോ ഭാവങ്ങളിൽ നിന്റെ
വാക്കുകളിൽ ഒളിച്ചു വച്ച ആ തിരിച്ചറിവുകൾക്കായി...



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