

Vol 06 Issue 09

June 2026

ACASIANA

MONTHLY E-NEWSLETTER



**AL SHIFA COLLEGE OF
ARTS & SCIENCE**

Run By Shifa Medicare Trust & Affiliated to University of Calicut

Keezhattur, Perinthalmanna. Ph: 04933 271 367, 9446 544 473

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Managing Trustee's Message

As another academic year comes to a close, this newsletter offers an opportunity to pause and look back at the many moments that shaped life on our campus during March, April, and May. Beyond achievements and events, it reflects the consistent efforts, aspirations, and collaborations that define our college community.

Every academic year leaves its own imprint. This one has been marked by sincere learning, meaningful participation, and a growing sense of responsibility among our students. Whether in classrooms, laboratories, cultural forums, sports arenas, or community outreach initiatives, our students have continued to demonstrate enthusiasm and commitment.

I extend my appreciation to our Principal, faculty members, non-teaching staff, parents, alumni, and well-wishers whose support strengthens the foundation of our institution. Most importantly, I congratulate our students whose energy and accomplishments continue to bring pride to the Al Shifa family.

I hope this newsletter serves as both a reflection on what has been accomplished and an inspiration for what lies ahead. I wish all our students success and fulfilment in their future pursuits.

Warm regards,



Dr. P. Unneen
Managing Trustee
Shifa Medicare Trust

From the Principal's Desk

Dears,

It gives me immense pleasure to present this edition of our college newsletter covering the months of March, April, and May. These months have been marked by dedication, achievement, and meaningful progress across various academic and co-curricular domains.

As we approached the culmination of the academic year, our students demonstrated remarkable commitment in their examinations, projects, research activities, and extension programs. The enthusiasm displayed in cultural events, sports competitions, community outreach initiatives, and academic engagements reflects the holistic educational environment that our institution strives to nurture.

I extend my heartfelt appreciation to our faculty members and staff for their commitment in guiding and supporting our students. I also congratulate our students for their outstanding achievements and commend them for their values, discipline, and pursuit of knowledge. Every accomplishment, whether academic, cultural, or athletic, contributes to the collective success and reputation of our institution. Together, we can build a vibrant academic community that empowers individuals and contributes positively to society.

I thank all stakeholders for their continued support and cooperation. I wish our students success in their future endeavours and look forward to another academic year filled with opportunities, growth, and achievement.

Warm regards,

Dr. Kamaludheen K.T.

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



From Waste to Wonder

The Nature Club of ACAS, in collaboration with ASACA (Association of ACAS Alumni), organized a creative workshop titled “From Waste to Wonder – Turning Used Papers into Useful Creations” on 02 March 2026. The programme aimed to promote environmental awareness among students by encouraging sustainable waste management practices and demonstrating how used paper materials can be transformed into useful and attractive products through creative techniques. The workshop was formally inaugurated by Dr. P. V. Prasanth, Head, Dept. of Economics, who emphasized the relevance of sustainable practices in everyday life and encouraged students to adopt environmentally conscious lifestyles. The resource person for the session was Ms. Nishana A., an artist and crafter, who guided students through various techniques of converting waste newspapers into useful craft items. As part of the session, a detailed instructional video showcasing different craft items made from waste paper was screened, accompanied by clear explanations on the process and methods involved in creating each item. The visual demonstration helped students understand the techniques before attempting the practical activity. Under the guidance of the resource person and organizers, participants created attractive and functional items such as paper bags, pen holders, and other decorative and utility products. The activity encouraged teamwork, creativity, and problem-solving skills while reinforcing the concept of recycling and reuse.



International Mother Language Day Quiz

The Quiz Club of ACAS organized an International Mother Language Day Quiz on 03 March 2026, in connection with the global observance of the day declared by UNESCO. Mr. Musbin T, Fourth Semester BBA secured the first place, Ms. Jumana Fathima, Second Semester B.Com. Finance won the second place and Ms. Sayyidath Fathima Hana secured the third place. The quiz created awareness about the importance of preserving mother tongues and promoting linguistic harmony among students.



Portfolio Making Workshop

The Trading Club of the Dept. of Commerce and Management Studies organized a "Portfolio Making Workshop" on 03 March 2026. The session was led by Mr. Muhammed Shuhaib P., Stockex Academy, Calicut. The workshop aimed to equip students with practical knowledge and skills required for constructing and managing an effective investment portfolio. The resource person explained the fundamentals of portfolio construction, risk diversification, asset allocation, and strategies for long-term wealth creation. Real-time examples and interactive discussions helped students understand how to analyze different investment options and balance risk with return. The workshop enhanced students' practical exposure to financial planning and trading concepts, aligning academic learning with industry practices.



Basic Statistical Techniques and SPSS Application in Health Research

The Dept. of Nutrition and Dietetics in collaboration with the Dept. of Computer Science, ACAS, organized a session on 4 March 2026 titled “Basic Statistical Techniques and SPSS Application in Health Research” for Minor Health Psychology students. The session was handled by Ms. Ragi K Haridas, Asst. Prof., Department of Computer Science. The resource person provided a comprehensive introduction to fundamental statistical concepts used in health research, including data types, measures of central tendency, variability, and basic inferential statistics. The session also included a practical orientation to



SPSS, demonstrating data entry, analysis procedures, and interpretation of outputs relevant to health-related research. The program aimed to enhance students' understanding of statistical applications in health psychology and to equip them with basic analytical skills necessary for academic research and project work. The session was useful for strengthening research competency among students.

Faculty Paper Presentation

Ms. P. Riya, Asst. Professor, Dept. of English, presented a paper at the Two Day International Conference held at Gems Arts and Science College, Ramapuram, Perinthalmanna, titled "Blue Humanities in The Rime of Ancient Mariner, and I Want to Age Like Fine Wine by Bernadette Noll".

Workshop on AI Tools for Research

The Research Promotion Council and Publication Wing of ACAS organized a workshop on “AI Tools for Research” on 04 March 2026. The session was led by Mr. Irshad Ameen K, Assistant Professor, Dept. of CMS. The workshop provided valuable insights into the effective use of AI tools for academic research, including literature review, data analysis, academic writing, and publication support. The workshop helped faculty members and students understand how AI can enhance research productivity while maintaining academic integrity.



ACAS Internees

A Different League!

VI Semester B. A. English Language and Literature
& B. A. Functional English

CONGRATULATIONS!

ON SUCCESSFULLY COMPLETING INTERNSHIP
AT GAZMHA ABACUS, PERINTHALMANNA



Ms. Fidha Fobin



Ms. Hiba. P



Ms. Hiba Hanan

INTERNSHIP CELL & CTPC

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by AICTE, UGC, 2019)

A Different League!

VI Semester B. A. English Language and Literature

CONGRATULATIONS!

ON SUCCESSFULLY COMPLETING INTERNSHIP
AT IEBRID CAMPUS, MANKADA, MALAPPURAM



Ms. Fathima Rifna. T



Ms. Fathima Alna. T



Ms. Fathimath Farhana E. T



Ms. Amna. T

INTERNSHIP CELL & CTPC

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by AICTE, UGC, 2019)

A Different League!

VI Semester B. A. English Language and Literature

CONGRATULATIONS!

ON SUCCESSFULLY COMPLETING INTERNSHIP
AT DABLEYU CORPORATES, PERINTHALMANNA



Mr. Amal Jaz. P



Mr. Anjal Hamid. P

INTERNSHIP CELL & CTPC

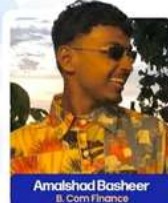
AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by AICTE, UGC, 2019)

A Different League!

VI Semester B.Com (2023 - 26)

Congratulations

on Successfully Completing Internship at
Popees Baby Care Products Pvt. Ltd.



Amalshad Basheer
B. Com Finance



Mishaal K
B. Com CA

Internship Cell & CTPC
Department of Commerce and Management Studies

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Perinthalmanna

A Different League!

VI Semester B.Com CA (2023 - 26)

Congratulations

on Successfully Completing Internship
at KVR AUTO CARS Pvt Ltd,
Perinthalmanna



Shihana Sherin N



Farhana K



Saranya M



Riha. MS

Internship Cell & CTPC
Department of Commerce and Management Studies

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Perinthalmanna

A Different League!

VI Semester BA Economics (2023 - 26)

Congratulations

on Successfully Completing Internship at
Popees Baby Care Products Pvt. Ltd.



Shifa P



Dya PM



Hana K



Shifa P



Shifa K



Sorship Praveen K



Rubna K

Internship Cell & CTPC
Department of Economics

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Perinthalmanna

Research Forum by the Dept. of English & Languages



A Research Forum was conducted on 5 March 2026, under the Departments of English and Languages, where Ms. Nasila Jasmin, Asst. Professor, Dept. of English, presented a review of the research paper titled "A Critical Evaluation of the Concept of Dharmic Duty and Modern Environmental Ethics." The presentation focused on exploring

the relevance of the ancient Indian concept of dharma in addressing contemporary environmental concerns. During the presentation, the speaker discussed the philosophical foundations of dharma in Indian texts and its connection to ecological balance. The study highlighted principles such as ahimsa (non-violence), aparigraha (non-possessiveness), and respect for nature, emphasizing their significance in shaping ethical environmental behavior. The session also compared dharmic perspectives with modern environmental ethics, identifying areas of convergence and divergence. The presentation concluded that integrating traditional ethical frameworks with modern environmental thought can offer valuable insights for addressing ecological challenges. The session was followed by an interactive discussion where participants shared their perspectives and engaged with the ideas presented in the paper.

World Poetry Day Observance

The English Club in collaboration with Library Council, ACAS, organized a vibrant celebration of World Poetry Day on 5 March 2026. The event aimed to celebrate the timeless beauty of poetry and encourage students to appreciate poetic expression across cultures and languages. The programme began with a brief introduction highlighting the importance of poetry as a powerful form of artistic and one's thoughts and experiences. emotional expression. The programme featured poetry writing, where participants recited poems written by renowned poets as well as their own original compositions. These recitations reflected a wide range of themes including nature, love, life, social issues, and personal reflections. The poetry demonstrated the creativity, confidence, and literary interest of the students. The event also created a platform for students to engage with literature in an interactive manner. The session encouraged students to explore poetry not only as an academic subject but also as a meaningful way of expressing



One Day Skill Enhancement Workshop held at EDEX Life School

The members of ED Club and IEDC participated in a One Day Skill Enhancement Workshop held at EDEX Life School on 04 March 2026. A total of 44 students attended the programme. The sessions were led by Mr. Ambras K. T., Founder of EDEX, who spoke on the significance of entrepreneurship, the mindset required to become a successful entrepreneur, and practical insights into building innovative ideas. His session was highly motivating and encouraged students to think creatively and confidently about their future ventures. The workshop included various engaging sessions on emerging AI tools, recent technological developments, psychological aspects of personal growth, and effective communication skills. Students also participated in interactive activities, games, and demonstrations related to VFX and digital creativity, making the programme both informative and experiential. The workshop provided valuable exposure, enhanced students' skills, and inspired them to explore new opportunities in entrepreneurship and technology.



Dance Drama Workshop

The Dance Drama Workshop for Anganwadi Students was successfully conducted on 7 March 2026 at Anganwadi Ramapuram. The programme was organized by Srishty Dance Club as part of community outreach activities. The workshop aimed to encourage creativity, confidence, and stage exposure among young Anganwadi children. The session introduced basic dance movements, simple dramatic expressions, and group coordination in a joyful and engaging manner.



Ente Vayana

Ente Vayana – Adhyapakarude Vaayanaanubhavangaliloode, a series of presentations on teachers' reading experiences, was organized by the Thanimalayalam Club on 6 March 2026.

The session featured engaging reflections on notable literary works by faculty members from different departments. Ms. Sameera Kausar, Asst. Professor, Dept. of English, shared her reading experience of *Chilappathikaram* by Ilango Adigal, highlighting its classical literary value and cultural significance. Mr. Anas K., Asst. Professor, Dept. of CMS, presented *Chuvanna Mannum Nadanna Paathakalum* by P. Sakkeer Hussain, discussing its thematic depth and social perspectives. Ms. Ragi K. Haridas, Asst. Professor, Dept. of Computer Science, shared her insights on *Manju* by M. T. Vasudevan Nair, reflecting on its subtle emotions and narrative beauty. The session created a thoughtful space for sharing literary experiences and encouraged a culture of reading among teachers.



Research Forum

The Departments of English and Languages conducted a Research Forum on 12 March 2025, featuring a presentation by Ms. Renjitha K. R., Asst. Professor of English. She reviewed the research article titled "The Whisper Getting Louder: Articulating the Posthuman in Select Animated Movies," authored by Reshma P. K. and Nithin Lal, research scholars at the Institute of English,



University of Kerala, and published in *Malayala Pacha* (Vol. 02, No. 1, February 2023–January 2024, pp. 192–208). The presentation examined the concept of posthumanism as represented in select animated films, highlighting how these narratives challenge traditional human-centred perspectives. Ms. Renjitha discussed how animated movies portray the interconnectedness between humans, animals, technology, and the environment, thereby questioning rigid boundaries between the human and the non-human. The session concluded with an engaging discussion on the emerging discourse of posthumanism in contemporary media and literature, encouraging participants to reflect on new ways of understanding identity, technology, and ecological relationships.

Faculty Research Recognition

The research paper titled “Examining the Role of Work Meaningfulness and Teachers’ Self-Efficacy in the Relationship Between Perceived Organizational Politics and Turnover Intention: Empirical Evidence from HEIs in India”, authored by Dr. Shibla Sherin P, has been accepted for presentation at the 16th International Conference on Excellence in Research and Education (CERE 2026), IIM Indore. The conference will be held from 01–03 May 2026 at IIM Indore.

Liqah Iftar Meet 2026: A Celebration of Unity and Harmony



ACAS organized an Iftar Meet on 05 March 2026, promoting a spirit of unity, harmony, and togetherness among the academic and administrative community of the institution. The gathering served as an occasion to strengthen mutual respect and foster meaningful connections among members of the Al Shifa family. The event was graced by the presence of distinguished guests including Mr. Moosakutty, President, Keezhattur Grama Panchayat; Mr. Suhail Hamza, General Manager, Shifa Medicare Trust; Mr. Muhammed Faisal, Manager, ACP, Dr. Kamaludheen K. T, Principal, ACAS; Mr. Nahas Abdul Rassaque, Manager, Placement and Relations, Ward members from Keezhattur Grama Panchayat, Health Department officials, Principals, Vice Principals, and Administrative Officers from various institutions under the Al Shifa Group also attended the gathering, along with faculty members and students of ACAS. The Iftar Meet provided a valuable platform for interaction and fellowship, bringing together individuals from different departments and institutions. As the participants gathered to break the fast, the occasion highlighted the values of compassion, inclusivity, and cultural understanding. The programme concluded with expressions of gratitude from the organizers, with attendees appreciating the initiative as a meaningful step toward strengthening goodwill and unity within the institution.

Women, Words and Wisdom

The Dept. of English, Library Council, and Thanimalayalam Club, ACAS, organized a public library visit and book review session titled “Women, Words, and Wisdom” at Poonthanam Smaraka Library on 10 March 2026. The programme was conducted in connection with International Women's Day 2026. The library also celebrated



Women's Day with Vanitha Vedhi, Keezhattur, making the event a collaborative initiative that highlighted the importance of reading and women's voices in literature. During the session, students presented thoughtful reviews of important literary works. Ms. Aswani Krishna P., Fourth Semester B.A. English Language and Literature, reviewed *Karakkan* by Abreeda Bhanu. Ms. Fathima Sherin M. P., also from Fourth Semester B.A. English Language and Literature, presented a review of *Mrs Dalloway* by Virginia Woolf. Ms. Reem Mohammed Sali, Second Semester B.A. English Language and Literature, reviewed *A Thousand Splendid Suns* by Khaled Hosseini. The programme created a meaningful platform for literary appreciation, discussion, and the celebration of women's contributions to literature.

Her Story on Screen



The Faculty Development Centre, WDC, and Movie Club of ACAS organized a programme titled “Her Story on Screen”, a film screening and panel discussion, on 10 March 2026, in connection with the International Women's Day 2026. The programme was conducted for the faculty members of the college. As part of the event, three short films— *Seeing Her World*

for a Day, *Nottam*, and *Meanwhile She...*— were screened. These films portrayed different aspects of women's lives and highlighted the challenges and everyday struggles faced by women in society. Following the screening, the faculty members engaged in a thoughtful discussion on the themes presented in the films. The discussion focused particularly on the daily problems faced by women, gender roles, and the social expectations that shape women's experiences. Participants shared their perspectives and reflected on how cinema can effectively portray social realities. The programme created a meaningful space for dialogue and awareness about women's issues.

Mock Viva Voce



The Dept. of English organized a Mock Viva Voce for the Sixth Semester students of B.A. English Language and Literature and B.A. Functional English on 26 February 2026 and 3 March 2026. The programme was conducted as part of the department's academic support initiative to help students prepare effectively for their upcoming

university viva examinations under University of Calicut. The mock viva provided students with an opportunity to experience the structure and environment of a real viva voce examination. Faculty members of the Department of English served as the panel of examiners and interacted with students individually, assessing their knowledge of core subjects, project work, and general literary awareness. The session also helped students improve their communication skills, confidence, and ability to articulate their academic ideas clearly. Throughout the sessions, students were encouraged to respond to questions thoughtfully and present their ideas in a structured manner. Constructive feedback was provided by the faculty members to help students identify their strengths and areas for improvement.

ACAS earns Special Mention in the Best WDC Award



PENMA, the Women Development Cell, ACAS, has garnered significant recognition by clinching the special mention in the Best Women Development Cell Award presented by the Women Studies Department of the University of Calicut. Out of 200 entries from 6 districts, Al Shifa College of Arts and Science stood out, underscoring institution's steadfast commitment to

women's empowerment and development. The award was presented on 9 March 2026, as part of the International Women's Day Celebrations organized by the Department of Women's Studies, University of Calicut. Ms. Mini. V. K., Coordinator of PENMA, along with the members, Ms. Fathima Asmah, Fourth Semester B.Com. Finance, Ms. Haya Shamsudheen, Fourth Semester B.Sc. Nutrition and Dietetics, Ms. Mirsha, Fourth Semester B.Sc. Psychology, and Ms. Rinshida, Fourth Semester B.Sc. Psychology proudly accepted the accolade. They were honored with certificates from Pro. Dr. P. Raveendran, Honorable Vice Chancellor, University of Calicut, during the ceremony held at the University of Calicut. This accomplishment not only highlights the dedication of the WDC team but also enhances the institution's reputation in championing gender equality and the progress of women.

Research Forum by the Dept. of English

The Departments of English and Languages conducted a Research Forum on 13 March 2025, featuring a presentation by Ms. Radhika A., Asst. Professor of English. She reviewed the research article titled "The Use of Films in the Teaching of English as a Foreign Language: A Systematic Literature Review," authored by Estefanía Sánchez-Auñón, Pedro Antonio Férez-Mora, and Fuensanta Monroy-Hernández, and published in the Asian-Pacific Journal of Second and Foreign Language Education in 2022 by Springer Nature. The presentation examined the role of films as an effective pedagogical tool in English as a Foreign Language (EFL) classrooms. The article reviews existing research on the integration of films in language teaching by analysing 44 relevant studies selected from major academic databases. Ms. Radhika highlighted the various teaching strategies discussed in the article, along with teachers' and students' perceptions of using films as a learning resource. The session also emphasized the positive impact of films on language acquisition, particularly in enhancing learners' motivation, listening skills, vocabulary, pronunciation, and cultural understanding. The presentation concluded with a discussion on the growing relevance of audiovisual media in language pedagogy and its potential to make English language learning more engaging and effective.



Vayanavirunnu



A literary interaction programme titled "Vayanavirunnu" was organized by the Thanimayalam Club and Library Council of ACAS, at Deshiya Granthalayam, Melattur on 13 March 2026. The session featured Rajani Surendran, a well-known Malayalam writer, as the resource person. During the programme, she introduced several important books, including Athreyakam by R. Rajasree and

Ghasakhinte Ithihasam by O. V. Vijayan. She shared her experiences as a writer and reader. She spoke about the importance of reading in shaping knowledge, imagination, and critical thinking among students. The speaker also highlighted how literature reflects social realities and helps individuals understand different perspectives of life. The session created an engaging literary atmosphere and encouraged students to develop a stronger interest in reading.

Faculty Book Publication



Mr. Muhammed Aarsal T.K. and Ms. Mekha C.M., Assistant Professors, Dept. of Commerce and Management Studies, have published a book titled Marketing Management: Concepts and Applications for the Modern World (ISBN: 9788199667815). The book presents a detailed study of marketing management by integrating fundamental concepts with contemporary applications relevant to the

modern business environment. It covers key areas such as marketing principles, strategic planning, consumer behavior, market analysis, branding, and emerging trends including digital marketing. Designed to meet the needs of students, educators, and professionals, the publication offers both theoretical insights and practical perspectives, making it a useful academic resource in the field of marketing.

Link to purchase the book:

https://www.amazon.in/gp/product/B0GRMBJ39L/ref=cx_skuctr_share?smid=A2TP8P8M6OEYT5

AI Builder Bootcamp: A 7-Day AI Builder Series

The Dept. of Computer Science at ACAS organized the first day of the AI Builder Bootcamp: A 7-Day AI Builder Series on 13 March 2026. The session focused on Prompt Engineering, which is an important skill for effectively interacting with modern Artificial Intelligence systems. The programme aimed to introduce



students to the fundamentals of communicating with AI tools and generating accurate and useful outputs. The session was led by Mr. Asim Ali, Fourth Semester B.Sc. Artificial Intelligence, who shared his knowledge and practical insights on prompt engineering. He explained the concept of prompts, the importance of clear instructions, and techniques to generate better responses from AI systems. The session also included demonstrations and examples showing how properly structured prompts can improve the quality of AI-generated results. The programme helped participants understand the growing role of AI tools in academics, research, and industry.

Visit to Keezhattur Grama Panchayat

The Dept. of Commerce and Management Studies, in association with the ED Club, organized a visit to Keezhattur Grama Panchayat on 12 March 2026 as part of providing practical exposure to students regarding the functioning of local regulatory bodies. Students from the Second Year B.Com. programme participated in the visit. The session was led by Ms. Shanthi, Secretary, Keezhattur Grama Panchayat. She provided an informative overview of the structure, roles, and responsibilities of local self-government institutions. During her session, she explained how the Panchayat functions as the grassroots level administrative body responsible for local development, public welfare, and the implementation of government schemes. She also highlighted the importance of transparency, accountability, and public participation in local governance. Following the session, Ms. Rasiya, Licence Section Officer of the Panchayat, delivered a detailed presentation on the procedures involved in obtaining permits and licences for businesses. She explained the different categories of licences required for starting and operating various types of businesses within the Panchayat jurisdiction. The students were also introduced to the documentation process, application procedures, and regulatory requirements that entrepreneurs must follow. The visit provided students with valuable insights into the functioning of local regulatory authorities and the role of Panchayats in facilitating business activities and community development. The interactive nature of the session allowed students to clarify their doubts regarding licensing procedures, governance mechanisms, and administrative responsibilities. The visit was informative and beneficial for the students, as it connected their academic learning with real-world administrative practices.



Induction Programme on FYUGP Internship



The Dept. of Commerce and Management Studies, in collaboration with the College Internship Cell, organised an induction programme on FYUGP Internship for Fourth Semester BBA and B.Com students. The session was led by Mr. Anas. K, College Internship Cell Coordinator & Asst. Professor, DCMS and Ms. Jaseela, Department Internship Cell Coordinator & Asst. Professor, DCMS. The resource persons explained the newly introduced University Internship Guidelines and Syllabus, the step-by-step process of identifying an Internship Providing Organization (IPO), procedures for completing the internship and securing the final certificate. Ms. Mini V. K, Asst. Professor and Head, Dept. of Commerce and other faculty members addressed the gathering, highlighting the professional importance of the program. The session concluded with an interactive Q&A where students cleared their doubts regarding the internship workflow.

Pusthaka Charcha

The Thanimalayalam Club organised a reading session titled "*Pusthaka Charcha*" on 16 March 2026. The session featured Ms. Fathimath Rishma. P, Fourth Semester B.Sc. Psychology and Ms. Reem Muhammed Sali, Second Semester B.A. English, who jointly presented and discussed the book *Ettavum Priyappetta Ennodu* by Nimna Vijay. They shared their reflections on the book and highlighted its themes of self-reflection, emotions, and personal experiences. The session created a thoughtful literary atmosphere and encouraged students to engage more deeply with Malayalam literature.



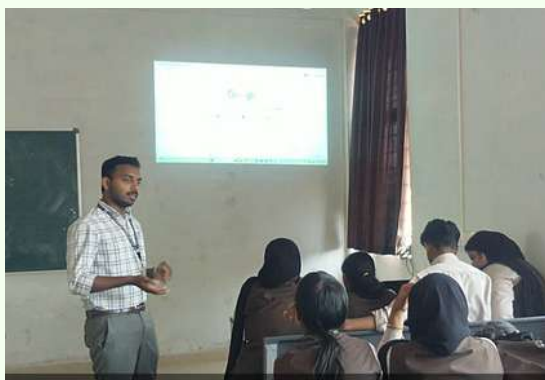
Henna Fiesta



The Arts Club in collaboration with the Spiritual Club of ACAS organised a Mehendi Design Competition titled "Henna Fiesta" as part of the Eid Celebration on 17 March 2026. The programme aimed to celebrate the cultural and artistic significance of Eid by providing students with a platform to showcase their creativity and talent in mehendi design. The event witnessed enthusiastic participation

from students across various departments, reflecting vibrant artistic expressions and cultural unity. Sagara. S and Shamseera. T, Second Semester B.A. English Language and Literature won the first prize. Fathima Rinshana. K, Second Semester Applied Psychology and Amna Anwar. K. K, Second Semester M.Sc. Clinical Psychology won the second prize. Ummuhani, Second Semester BBA and Shamiya Sherin, Second Semester B.A. English Language and Literature won the third prize.

CV Making Session for Second Year UG Students



The Career Training and Placement Cell (CTPC) of ACAS organised a CV Making Workshop on 10 and 12 March 2026, with the aim of helping students develop the skills required to prepare effective and professional Curriculum Vitae. The sessions were led by Ms. Renjitha. K. R, Asst. Professor and Head, Dept. of English, and Mr. Irshad. K, Asst. Professor and Head, Dept. of Arabic. The resource persons explained the structure, essential components, and presentation of a well-prepared CV. They highlighted the importance of including academic achievements, skills, extracurricular activities, and relevant experiences in a clear and organized manner. As part of the workshop, students were guided step-by-step in preparing their own CVs. With the support and feedback from the resource persons, the participants actively worked on drafting and improving their resumes during the sessions.



Workshop on Basics of Editorship

The Publication Wing & Research Promotion Council of ACAS organised a workshop titled “Workshop on Basics of Editorship” on 18 March 2026. The session was handled by Mr. Shaju Meetna, Asst. Professor & Head, Centre for Research, Consultancy and Publications, LEAD College (Autonomous), Palakkad, Kerala, who served as the Resource Person for the programme. The workshop aimed to provide participants with a fundamental understanding of editorship, academic writing standards, and publication ethics. The resource person delivered an insightful session covering key aspects such as manuscript preparation, peer review processes, editorial responsibilities, and the importance of maintaining quality in academic publications. The session was highly interactive, allowing participants to clarify their doubts and engage in meaningful discussions.



Poem Recitation Competition

The Library Council of ACAS organised a Poem Recitation Competition for the students of Poonthanam Smaraka A.L.P. School, Keezhattur, in connection with World Poetry Day. The event was held on 18 March 2026, at the school premises. The competition aimed to nurture a love for poetry among young learners, enhance their language skills, and build confidence in public speaking. Students participated with great enthusiasm, reciting poems with impressive expression, clarity, and creativity, which made the event lively and engaging. The winners of the competition were Niveditha Krishna. K. C, Second Standard who secured the First Prize, and Sana A, Fourth Standard who won the Second Prize. The judges appreciated the efforts of all participants and evaluated them based on pronunciation, expression, confidence, and overall presentation.



Quiz Master

The Quiz Club of ACAS conducted a Quiz Master event on 17 March 2025. The event aimed to promote knowledge, analytical thinking, and healthy competition among students. The quiz competition consisted of three rounds of questions based on topics such as social issues, political developments, current affairs, and literature. Fathimath Hasna. P. T, Fourth Semester B.Com. Finance secured the first place, followed by Niranjana. M, Fourth Semester B.Com. Finance in second place, and Abdul Hashim, Fourth Semester B.Com. Finance in third place.



Ente Vayana – Adhyapakarude Vaayanaanubhavgalilode

Ente Vayana – Adhyapakarude Vaayanaanubhavgalilode, a series of presentations on teachers' reading experiences, was organised by the Thanimalayalam Club of ACAS on 19 March 2026. The programme aimed to create a platform for teachers to share their reading journeys and inspire a culture of thoughtful reading within the academic community. The session featured insightful reflections by faculty members from different departments. Mr. Irshad K., Asst. Professor and Head, Department of Arabic, shared his reading experience of "Pravachakan" by Khalil Gibran, highlighting its philosophical depth and spiritual reflections on life and humanity. Ms. Sruthakeerthi, Asst. Professor, Dept. of Psychology, presented "The Shadow Lines" by Amitav Ghosh, discussing its exploration of memory, identity, and the blurred boundaries between nations and personal histories. The session fostered meaningful literary discussions and provided a reflective space for engaging with diverse texts. It also strengthened the reading culture among teachers by encouraging the sharing of personal interpretations and insights.



Paper Bag Distribution

The Consumer Club under the Dept. of Commerce and Management Studies organised a paper bag distribution programme at Akaparamba retail shops with the objective of promoting environmental protection and reducing the use of plastic bags on 23 March 2026. A total of 40 paper bags, carefully made by the Consumer Club members, were distributed to 7 retail shops with the support of both Consumer Club members and NSS volunteers. The bags were found to be highly useful and well-designed, receiving positive appreciation from the shop owners, who expressed their happiness and willingness to adopt eco-friendly alternatives. The main aim of the programme was to create awareness about the harmful effects of plastic and encourage the use of paper bags as a sustainable and environmentally friendly option.



FYUGP Internship for Fourth-Semester BCA and AI Students

The Dept. of Computer Science organised an induction program on FYUGP Internship for Fourth Semester BCA and AI students on 24 March 2026. The session was led by Mr. Irshad. A, Asst. Professor, Dept. of Computer Science. The resource person provided a detailed briefing on the newly introduced University Internship Guidelines and Syllabus, the step-by-step process of identifying an internship Providing Organization (IPO), and the procedures for completing the internship and securing the final certificate. The session also highlighted various internship opportunities, industry expectations, and the essential skills required for successful internship completion.



Department of English Signed MoU with Providence College for Women, Coonoor

Department of English, ACAS, renewed its MoU with the Research Department of English, Providence College for Women (Autonomous), Coonoor, Tamil Nadu. The Departments share a mutually beneficial collaboration since 2022. Cooperation is extended in areas including research, publication, student exchange, faculty exchange, skill enhancement and more.

Introduction to FYUG Internship for B.A. Economics Students



The Dept. of Economics, ACAS organised an orientation programme titled “Introduction to FYUG Internship” for B.A. Economics students of 2024–25 Admission, on 25 March 2026. The session was handled by Dr. Prasanth. P. V, Asst. Professor and Head of the Dept. of Economics. The programme aimed to provide students with a clear understanding of the FYUGP internship

structure, its importance, and the opportunities it offers. During the session, Dr. Prasanth explained the objectives of internships, including skill development, practical exposure, and career readiness. He also guided students on how to select suitable internship opportunities, maintain records, and successfully complete the internship requirements as per university guidelines. Students actively participated and clarified their doubts regarding internship procedures and expectations.

Quiz on Electoral Literacy



The Electoral Literacy Club organized a Quiz Competition in collaboration with the Quiz Club, ACAS. The event was conducted on 24 March 2026, aimed to enhance students' knowledge, critical thinking, and awareness about, especially related to electoral literacy. Students actively participated in the competition with great enthusiasm. The quiz included different rounds that tested general knowledge, current affairs, and awareness about democratic processes. Ms. Fathimath Hasna P. T of Fourth Semester B.Com. Finance secured the first place, followed by Mr. Shamil P of Fourth Semester B.Com. Finance in second place, and Favas N of Fourth Semester B.Com. Finance in third place.

Plagiarism & Research Ethics



The Publication Wing and Research Promotion Council of ACAS organised a session on “Plagiarism & Research Ethics” on 24 March 2026. The session was led by Ms. Saritha K, Vice Principal, delivered an insightful talk on the importance of academic integrity and ethical research practices. She explained the concept of plagiarism in detail, highlighting

the use of AI tools without committing plagiarism, and stressed the need for originality in academic work. The session also introduced participants to proper citation methods, the referencing styles of MLA, and the ethical responsibilities involved in research and publication. The session was highly interactive and witnessed active participation from the faculty members, allowing for meaningful discussions and clarification of doubts. She conveyed the consequences of academic misconduct and the importance of approaching research from a practical perspective. The programme succeeded in enhancing awareness about plagiarism and fostering responsible research practices among participants. It concluded on a positive note, with participants expressing appreciation for the informative and engaging session.

Ink to Image

The English Club of ACAS organised a creative and engaging programme titled “Ink to Image” on 26 March 2026. The programme aimed to encourage students to explore the connection between writing and visual imagination, providing a platform to transform ideas into expressive visual forms. The session witnessed enthusiastic participation from students of the Dept. of English. Participants were invited to interpret written prompts and lessons and convert them into drawings, thereby blending literary skills with artistic expression. The activity not only enhanced their imaginative abilities but also helped them understand the deeper relationship between words and images. The atmosphere was lively, with students actively engaging, sharing ideas, and appreciating each other’s work.



Parent Education Programme – Episode 2



Parent Education Programme – Episode 2 was conducted at ACAS 25 March 2026, for the parents of 2025-29 Batch students. The session was organised as part of the ongoing PTA initiatives to strengthen the partnership between parents and the institution. The session was led by Dr. Kamaludheen K. T., Principal, ACAS, who shared valuable insights on academic orientation, personal growth, and the significance of parental support during the initial phase of higher education. Saritha K., Vice Principal, also addressed the gathering, offering her thoughts and encouragement to the parents. The programme served as an effective platform to engage parents and orient them towards supporting their children's transition into college life. The active participation of parents reflected their commitment to their wards' progress.

Parent Education Programme – Episode 4

The Parent Education Programme – Episode 4 was conducted on 30 March 2026 for the parents of Fourth Semester students. The session was organized as part of the ongoing PTA initiatives aimed at strengthening the bond between parents and the institution. Ms. Febeena K., Asst. Professor of Malayalam and PTA Coordinator, spoke on the importance of continued parental support in shaping students' academic and personal growth. The session was led by Dr. Kamaludheen K. T., Principal, ACAS, who shared valuable insights on academic progress, career orientation, and the crucial role of parents in guiding students during this significant phase of their higher education. Ms. Saritha K., Vice Principal, also addressed the gathering, offering her perspectives and encouragement to the parents. The programme served as a meaningful platform to engage parents and reinforce their role in supporting their children's journey through college life. The enthusiastic participation of parents reflected their commitment to their wards' development.



Award Day



The Award Day for the academic year 2025-'26 was held at ACAS on 27 March 2026. The event was organised to honour and acknowledge outstanding achievements in academics, service, and overall performance within the institution. The function was graced by distinguished dignitaries including Dr. P. Unneen, Managing Trustee, Shifa Medicare Trust, Mr. K. T. Abdul Rassaqa, Secretary, Shifa Medicare Trust, Mr. P. Hamza, Chief Executive, Shifa Medicare Trust, Dr. Kamaludheen. K. T, Principal, and Saritha. K, Vice Principal. A total of 320 awards were presented under various categories, recognizing the achievements of students, the dedicated service of teaching and non-teaching staff, and the valuable contributions of alumni members and PTA supporting members. The distribution of awards reflected the institution's commitment to appreciating merit, encouraging excellence, and acknowledging the efforts of all members of its academic community. Special recognition was given through the ALISS Best Paper Awards, aimed at promoting research and academic excellence. The programme highlighted the institution's focus on overall development and continuous improvement.



Release of Interdisciplinary Insights 2025

The Publication Wing of ACAS released its third volume in the series, *Interdisciplinary Insights: A Compilation of the Undergraduate Research Projects 2025* on 27 March 2026. The book was formally unveiled by Dr. Unneen P., Managing Trustee, Shifa Medicare Trust, in the Award Day ceremony on campus. This milestone publication showcases the innovative research efforts of undergraduate students, featuring 19 meticulously curated articles that span diverse academic disciplines, including English, Economics, Commerce, and Psychology. The release underscores the college's commitment to fostering interdisciplinary scholarship and providing a platform for young researchers to contribute meaningfully to their fields. The compilation highlights the breadth and depth of undergraduate inquiry at ACAS, with papers exploring contemporary issues through rigorous analysis and fresh perspectives. Building on the success of its two preceding volumes, this edition not only documents the intellectual vitality of the authors but also serves as a valuable resource for educators, students, and scholars. The publication initiatives promise to enrich academic discourse across the academic community.



Migration of Kerala Youth to Foreign Countries: Opportunity or Crisis?



The Centre for Migration Studies, in collaboration with the Interact Club, organized a debate on the topic "Migration of Kerala Youth to Foreign Countries: Opportunity or Crisis?" on 16 March 2026. The programme aimed to create awareness and encourage students to think critically about the increasing trend of migration among the youth of Kerala and its social and economic impact.

Students from different departments actively participated in the debate and presented their views on the topic. The session was moderated by Dr. P. V. Prasanth, Asst. Professor and Head, Dept. of Economics. He effectively guided the discussion and shared valuable insights on the opportunities and challenges associated with migration. The debate was lively and informative, with participants presenting strong arguments both in favor of and against the topic. The program helped students improve their public speaking, critical thinking, and awareness.

Valedictory Staff Meeting

The Valedictory Staff Meeting for the academic year 2025–26 was conducted on 31 March 2026. The programme marked the formal conclusion of the academic year and served as a platform to reflect on achievements, express gratitude, and strengthen institutional unity. The meeting was jointly organized by the Staff Club and the Internal Quality Assurance Cell (IQAC). The event witnessed active participation from faculty members and administrative staff. The programme witnessed the Year in Review presentation delivered by the Principal, Dr. Kamaludheen K. T. He highlighted the key milestones, academic progress, student achievements, and institutional developments of the year. The presentation provided a comprehensive overview of the college's growth and accomplishments. A special segment of the programme was dedicated to staff interaction, where faculty members were given an opportunity to share their experiences, reflections, and suggestions. This interactive session encouraged open communication and strengthened professional bonding among the staff. The Principal also extended a heartfelt thank you note to all staff members, appreciating their dedication, teamwork, and contribution towards the institution's success throughout the academic year. As part of the programme, Mr. Muhammed Faisal, Manager, ACP, and Mr. Nahas Abdul Rassaque, Manager, Placement and Relations, delivered presentations. They shared insights into administrative progress, placement activities, and future plans, emphasizing the importance of collaboration and strategic development. The event concluded with the closing address by Dr. P. Unneen, Managing Trustee of Shifa Medicare Trust. In his address, he appreciated the collective efforts of the staff and encouraged continued commitment towards excellence in education and institutional development. The Valedictory Staff Meeting celebrated the achievements of the academic year while fostering motivation and unity among the staff.





Achievement at Interzone Fest

Mr. Niranjana, a fourth-semester B.Com Finance student, secured First Prize with A Grade at the Interzone Fest conducted at Farook College, Kottakkal, held on 16-20 April 2026. The achievement marks a notable accomplishment and adds to the institution's record of student excellence. His performance at the event reflects the hard work and perseverance he has consistently demonstrated. The college community congratulates him on this success and wishes him the very best in his future pursuits.



Annual Review Presentation

The Annual Review of Activity Presentation for the academic year 2025-2026 was conducted on 20 and 21 April, organized by the Internal Quality Assurance Cell (IQAC). The programme formed an integral part of the Internal Audit of Curricular and Co-curricular Activities undertaken by the IQAC to ensure quality enhancement and systematic documentation of institutional practices. During the two-day session, coordinators of various clubs, cells, and centres presented detailed reports of the activities conducted throughout the academic year. The presentations highlighted the scope, participation, outcomes, and impact of each initiative, reflecting the institution's commitment to holistic student development. In addition, the Heads of Departments presented comprehensive reviews of departmental activities, including curricular initiatives, academic enrichment programmes, research contributions, and student engagement practices. These presentations enabled a structured evaluation of departmental performance and alignment with institutional goals. The sessions were attended and reviewed by Principal, Dr. Kamaludheen K. T., and Vice Principal & IQAC Coordinator, Ms. Saritha K. Their presence ensured effective monitoring, constructive feedback, and guidance for further quality improvement.



Faculty Website Presentation

The Faculty Development, ACAS, organized a Faculty Website Presentation on 21 April 2026. The session aimed to enhance the digital presence and academic visibility of faculty members through well-designed personal websites. The faculty members actively participated by presenting their websites, showcasing their academic profiles, research contributions, teaching materials, and professional achievements. The presentations reflected the growing importance of integrating technology into academic practices. Ms. Saritha K, Vice Principal of ACAS, attended the session and provided valuable suggestions and constructive feedback to improve the quality, organization, and accessibility of the websites. The session encouraged the faculty to refine their digital platforms and maintain a strong academic identity online.



IQAC Meeting



The IQAC meeting of Al Shifa College of Arts and Science was convened on 24 April 2026. The meeting was chaired by Dr. Kamaludheen K. T., Principal and Chairperson of IQAC. The members present were Mr. Pilakkal Hamza, Chief Executive, Shifa Medicare Trust, Nahas Abdul Razaque, Manager, Placement and Relations, K. V Anwar, Representative from Industry, Mangotil Balakrishnan, Community

Stakeholder Representative, Ms. Saritha K., Vice Principal and IQAC Coordinator; Ms. Renjitha K. R., Head, Department of English; Ms. Farhan V. M., Head, Department of Computer Science; Ms. Mini V. K., Head, Department of Commerce and Management Studies; Ms. Sajlamol, Head, Department of Nutrition and Dietetics, and Ms. Arsha P., Head, Department of Psychology. The meeting commenced with a welcome address by Ms. Saritha K. The principal agenda of the meeting was to deliberate on the preparation of the Institution Development Plan (IDP) for the next ten years. The council engaged in a detailed discussion and proposed various strategic inputs to ensure quality enhancement, including the promotion of start-ups and the establishment of an incubation centre to foster innovation and entrepreneurship among students. Mr. Pilakkal Hamza offered valuable inputs on achieving the goals proposed in the IDP. K. V Anwar extended his support for internship opportunities and industry collaborations. Mr. Mangotil Balakrishnan extended his contribution towards enhancing the college's service to the neighbouring community.

Alumni Meet



The ASACA Alumni Meet was held on 09 May 2026. The programme brought together alumni in a warm and memorable gathering. Ms. Febeena K, Assistant Professor of Malayalam and Alumni Coordinator welcomed the alumni and emphasized the importance of maintaining a strong relationship with the institution. Ms. Saritha K, Vice Principal, addressed the gathering and spoke about the significance of alumni participation in the growth and development of the college. Mr. Nahas Abdul Rasak, Manager – Placement & Relations, ACAS, highlighted the importance of alumni involvement and encouraged the alumni to remain connected with the institution. Ms. Aadithya, Placement Cell Coordinator, spoke about the upcoming job fair conducted by the college and explained the various opportunities available for the alumni through the programme. The programme served as a platform for alumni to reconnect with their classmates, teachers, and memorable campus experiences.

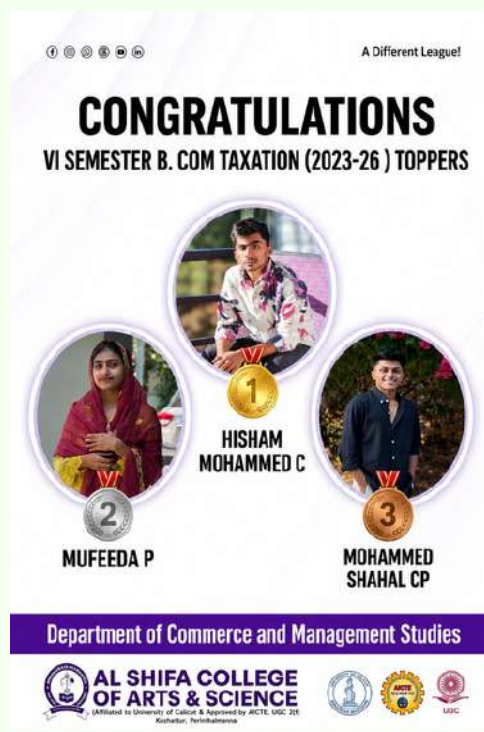


Recognition in Bharath Sustainability Campus Index

The institution has been awarded the Golden Certificate in the Bharath Sustainability Campus Index under the Bharath Sustainability Mission 2026 – Earth Week (April 22–29) initiative. The recognition was conferred by the Research Heights Foundation in collaboration with the Environmental Protection Training and Research Institute (EPTRI) as part of the Bharat Environment Programme. This achievement reflects the institution's continued commitment to environmental sustainability and responsible campus practices. The active involvement and initiatives undertaken through the NSS played a significant role in securing this recognition, highlighting the collective efforts of students and faculty in promoting environmental awareness and sustainable development.



Sixth Semester University Exam Toppers



A Different League!

CONGRATULATIONS
VI SEMESTER B.COM COMPUTER APPLICATION (2023-26) TOPPERS



1
MOHAMMED AFNAN K



2
SALHA



3
SHIHANA SHERIN N

Department of Commerce and Management Studies

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by AICTE, UGC 201)

A Different League!

PG DEPARTMENT OF PSYCHOLOGY

Congratulations!
TO THE GRADUATES!
CLASS TOPPERS OF VI SEMESTER
B.Sc. Psychology (2023-26)



Sivakamy PV
SGPA- 8.92



Niveditha
SGPA- 8.08



Raniya
SGPA- 7.76



Shehima
SGPA- 7.68



Hiba
SGPA- 7.64



Sreenandana
SGPA- 7.4



Riya
SGPA- 7.2

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by AICTE, UGC 201)

A Different League!

- Congratulations -



Ms. Hiba Hanan M.
Topper
VI Semester B.A. Functional English (2023-26 Batch)
SGPA: 7.909

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 -



Ms. Amna T.
SGPA: 7.905



Ms. Fathima Afna T.
SGPA: 7.381

Toppers
VI Semester B.A. English Language & Literature (2023-26 Batch)

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
VI SEMESTER BCA (2023-26) TOPPERS



NIDRA P



MOHAMMED SHINAN K



JAHANSHA AHAMED E

DEPARTMENT OF COMPUTER SCIENCE

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by AICTE, UGC 201)

Congratulation
BA ECONOMICS (2023-26) TOPPERS



Fathima Binsi
CGPA: 7.7



Fathima Raniya
CGPA: 7.8
A Grade



Diya
CGPA: 7.09
B Grade

AL SHIFA COLLEGE OF ARTS & SCIENCE
(Affiliated to University of Calicut & Approved by AICTE, UGC 201)

Together Towards Excellence

The Faculty Development Centre, ACAS, organized an Induction Programme for the newly appointed faculty members titled “Together towards Excellence” on 15 May 2026. The programme was conducted to familiarize the faculty members with the academic culture, values, and responsibilities of the institution. The session began with an interactive address by Ms. Saritha K., Vice Principal, who welcomed the participants and encouraged them to approach teaching with dedication, empathy, and professionalism. A major highlight of the programme was the insightful session delivered by Dr. Kamaludheen K. T., Principal, ACAS. In his address, he discussed the changing landscape of higher education and the challenges faced by educators in the present academic scenario. He particularly emphasized the dilemmas involved in dealing with post-COVID students, including issues related to attention span, emotional well-being, learning gaps, and classroom engagement. He urged the faculty members to adopt compassionate, flexible, and student-centred teaching approaches to meet the evolving needs of learners. The session was thought-provoking for the participants.



Mega Thozhil Mela 2026

The Career Training and Placement Cell, ACAS, organized the “ACAS Mega Thozhil Mela 2026” on 16 May 2026 with the objective of creating employment opportunities and strengthening industry-academia interaction. The programme was inaugurated by Dr. P. Unneen, Managing Trustee, Shifa Medicare Trust in the presence of P.K. Moosakkutty, President, Keezhattur Grama Panchayath and Rohilnath, President, Pandikkad Grama Panchayath. The programme witnessed the active participation of 36 reputed companies from various sectors, offering placement opportunities to students and job seekers. The event served as an effective platform for candidates to interact directly with recruiters, attend screening processes, and explore diverse career prospects. Around 200 candidates participated in the job fair and attended interviews and recruitment sessions conducted by the participating companies. The Mega Job Fair 2026 proved to be a valuable initiative in enhancing employability skills and connecting aspiring candidates with potential employers, thereby contributing positively to career development and placement support activities of the institution.



Five Day Faculty Development Programme



The Five-day Faculty Development programme organised by the Faculty Development Centre, ACAS, commenced on 18 May 2026. Mr. P. Suhail Hamza, General Manager, SMT, inaugurated the programme. Dr. Kamaludheen K. T, Principal, ACAS, Ms. Saritha K., Vice Principal, and Mr. Nahas Abdul Rassaque, Placement and Relations Manager, were present during the programme. The inaugural session was followed by the first day's FDP session led by Dr. Daison Panengaden, Assistant Professor, St. Thomas College, Thrissur, on the topic "Continual Growth and Reflective Learning." He highlighted the necessity for teachers to transform themselves to educate the highly challenged post-COVID generation of students. He emphasized that teaching methods should evolve according to students' needs and the changing academic scenario. The session was highly interactive, informative, and inspiring for the participating faculty members.



The first session of the second day of the Five-Day FDP continued on 19 May 2026. Mr. Pilakkal Hamza, Chief Executive, Shifa Medicare Trust, addressed the gathering, and highlighted the importance of Faculty Development Programmes in helping teachers update their knowledge and teaching practices in accordance with the changing academic environment. The session was handled by Dr. K. Thiyagu on the topic “Teaching in the Age of AI: From Chalkboards to Chatbots.” Dr. Thiyagu introduced a number of chatbots and AI tools that could ease and enrich the teaching-learning process. He explained how Artificial Intelligence can support teachers in lesson planning, student engagement, assessment, and academic communication. The second session of the day featured Dr. Mahamood Shihab K. M., Principal, Ansar Training College for Women, as the resource person. He delivered an insightful session on the topic “Constructive Teaching and Learning Practices.” He spoke extensively on effective teaching strategies, constructive classroom practices, and the importance of adapting pedagogy to meet the changing needs of learners.



The third day of the FDP continued on 20 May 2026, focused on the topic “Integrating Employability Skills into Everyday Classroom Practice” and was led by Dr. Babu P. K., Founding Principal of ACAS. Dr. Babu P. K. delivered an insightful and engaging session on the importance of developing soft skills among students to help them face the demands of the modern professional world. He emphasized that communication skills, teamwork, leadership qualities, problem-solving abilities, and adaptability are essential for students’ career growth and personal development. The second session of the day was led by Ms. Saritha K., Vice Principal, ACAS and JCI International Trainer, on the topic “Engaging Classroom Strategies: From Presentation to Gamification.” The session focused on the importance of adopting engaging and student-centred teaching methods in today’s academic environment. Ms. Saritha K. emphasized the significance of role-play, presentation skills, communication skills, and interactive teaching techniques in enhancing classroom learning and student participation. The session was highly activity-oriented, allowing participants to actively engage in different tasks, discussions, and collaborative activities. Through practical demonstrations and group interactions, the resource person explained how gamification and interactive strategies can make classrooms more effective and enjoyable. The programme concluded with a meditation session that provided relaxation and reflection for the participants.





The first session of the FDP on 21 May 2026 focused on the topic “Mastering Academic Writing for Research & Publication.” The resource person for the session was Dr. Kamaludheen K.T., Principal, ACAS. He delivered an insightful and engaging session highlighting the importance of academic writing in higher education and research. He explained the essential steps involved in preparing quality research papers, including selecting appropriate research topics, structuring articles effectively, maintaining academic integrity, and avoiding plagiarism. He also guided the participants on choosing suitable journals for publication and stressed the significance of originality, clarity, and proper referencing in scholarly writing. The session motivated faculty members to strengthen their research aptitude and publication skills. The afternoon session focused on the topic “Micro-Teaching” and was led by Mr. Junise V., Vice Principal, Al Shifa College of Pharmacy. During the session, the resource person explained the importance of micro-teaching in developing effective teaching skills, classroom management, and learner engagement. He also discussed innovative teaching methods and practical classroom strategies to improve instructional delivery.



The final day of the Five-Day Faculty Development Programme (FDP) on “Evolving Educators for a Changing Academic Landscape” held on 22 May 2026 was led by Dr. Kamaludheen K.T., Principal, ACAS, on the topic “Mastering Academic Writing for Research & Publication.” Continuing from the previous day’s session, he provided detailed guidance on academic and research writing, with special emphasis on identifying high-indexed journals and understanding the procedures involved in publishing research articles. He also explained the importance of selecting quality journals, avoiding predatory publications, and maintaining academic ethics in research writing.



Over the course of five days, the programme brought together a range of perspectives on teaching, research, technology, and student development. The sessions encouraged participants to reflect on their classroom practices, engage with emerging trends in higher education, and explore approaches that respond to the changing expectations of learners and the academic community.

Add-on Course on Fundamentals of Communication Skills



The IQAC and Innovation Club of Al Shifa College of Allied Healthcare organized a two-day Add-on Course on “Fundamentals of Communication Skills” in the ACAH Auditorium on 05 and 07 May 2026. The sessions were handled by Ms. Radhika A., Assistant Professor of English, ACAS. The programme aimed to improve students’ communication abilities and confidence through interactive learning activities. The First Semester Optometry and MLT students were the beneficiaries. The sessions focused on the four language skills—Listening, Speaking, Reading, and Writing (LSRW)—and emphasized the importance of effective communication in academic and professional life. Various activities including group discussions, role plays, speaking exercises, and communication games were conducted to enhance students’ participation and teamwork. The programme created an engaging learning environment and helped students improve their interpersonal, presentation, and public speaking skills. Participants actively engaged in the sessions, making the programme informative and successful.

Ms. Amani wins the Blogger of the Month Title

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 March 2026 are *Still Feel Unlucky? A Letter From Your Inner Self* by Ms. Amani Noushad, Assistant Professor of Psychology; *Love in the Time of Cholera: Love as Fever, Time as Physician* by Ms. Radhika A, Assistant Professor of English; കമ്പിളിപ്പൂക്കളും തൂങ്ങിനിൽക്കും by Ms. Saritha K, Vice Principal & Assistant Professor of English and പ്രവാസി by Ms. Shamna K, Assistant Professor of Commerce. The award for the month of March 2026 is awarded to Ms. Ms. Amani Noushad, Assistant Professor of Psychology, in recognition of her exceptional contributions and outstanding writing.

Star of the Month

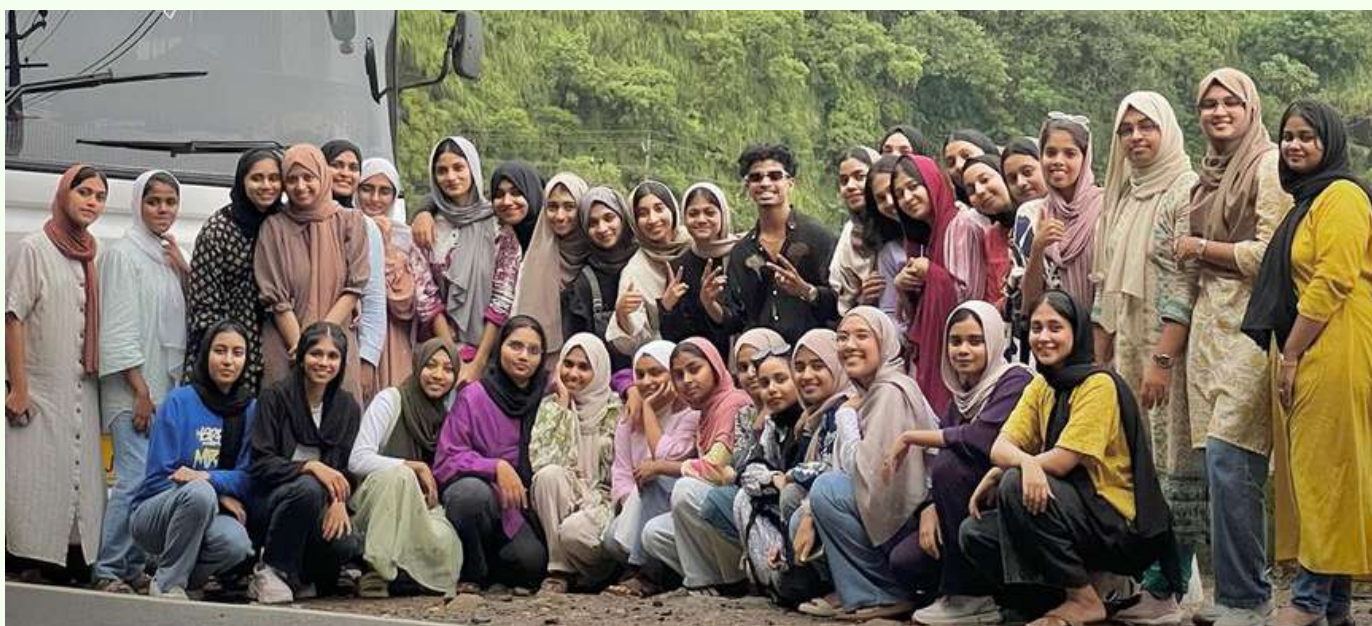
The Star of the Month selection for March 2026 was conducted at ACAS, as part of the institution's ongoing initiative to recognise and encourage outstanding student performance and holistic development. The selection process was carried out with due diligence, ensuring transparency and fairness, with nominations received from various departments and evaluated based on established criteria. For the month of March 2026, Ms. Shamseera T., Second Semester B.A. English



Language and Literature, was selected as the Star of the Month in recognition of her exceptional all-round performance. She has consistently demonstrated excellence in both academic and non-academic domains, making her a deserving recipient of this honour. Ms. Shamseera T has distinguished herself through her active participation and achievements across multiple areas, including academics, co-curricular and extracurricular activities.

Star Department of March 2026

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 months of March 2026, the Department of Nutrition & Dietetics earned the Star Department distinction. The department excelled across the IQAC evaluation criteria, particularly in academic planning, student engagement activities, and faculty-driven initiatives. Its meticulous documentation practices were specifically appreciated for clearly capturing the impact and relevance of departmental efforts. The recognition highlights the department's sustained dedication to excellence and its substantial contribution to upholding the institution's quality benchmarks.



Still Feel Unlucky?

A Letter From Your Inner Self

It's not anyone else asking you.
It's your inner self whispering...
But most of the time, you aren't listening.
When was the last time you truly thanked yourself for being alive?
Before your first breath, your body was already working for you.
Your tiny heart had already started beating.
Your cells were forming the miracle that would become you.
From that moment until now, it has never taken a break.
Your heart keeps beating.
Your lungs keep breathing.
Your eyes keep blinking.
Your brain keeps thinking, feeling, imagining... even while you sleep.
And yet, how often do we pause to notice?

When was the last time you felt your heartbeat and said... "Thank you"?
When was the last time you savored your food, slowly, deliberately, fully aware of its taste?

Your body has carried you through childhood laughter, teenage confusion, moments of joy, and moments of pain.
It has healed wounds silently.
It has stayed with you even on the days your mind felt tired.
And still, it continues.
Even right now, as you read this.

Life is hectic.
Deadlines, expectations, long hours, the constant push to do more — they drain you silently.
Even if your life seems stable or comfortable, it's natural to feel tired, anxious, or overwhelmed.
And yet, many of us still think:
"I'm not lucky."
We forget all that we already have.
We forget that simply waking up, having a body that works, and a day ahead is itself a miracle.
We forget to slow down.
We forget to breathe.
We forget to listen to the voice of our inner self.

Look around.

We see people who survived war, displacement, or disasters.

They lost so much. Yet they rebuild.

They laugh. They love. They find joy.

At old age homes, elders with frail bodies still smile at a warm blanket, a hot meal, a visitor's presence.

Even with so little, they find reasons to be thankful.

In orphanages, children who never knew a parent's embrace laugh, play, and dream with what little they have.

A simple meal. A roof over their heads. Moments of care.

And somewhere else in the world...

People sleep on cold streets, hard floors, or under open skies.

Wishing for a pillow.

Praying for a blanket.

Hoping for a safe place to close their eyes.

And yet, many of us still think:

"I'm not lucky."

Sometimes we forget we are living the dream millions are still hoping for.

Maybe life isn't perfect.

Maybe your problems, stress, and dreams haven't all come true yet.

And yet...

Despite all these blessings, you may still feel:

"I'm not lucky."

That feeling is natural.

But it reminds us of something powerful:

Gratitude is a muscle.

The breath moving through your lungs.

The strength in your legs that allows you to walk.

The simple ability to see, hear, feel, and experience the world.

The smile of a loved one.

The warmth of the sun.

The aroma of food.

The sound of rain or birdsong outside your window.

All of these are ordinary miracles we often overlook.

Tonight, before you fall asleep, take a small moment.

Close your eyes.

Feel your breath.

Feel your heartbeat.

And whisper...

"Thank you."

Because sometimes, the life we complain about...

Is the life someone else is still dreaming of.

When we notice these small blessings, gratitude doesn't just change how we see the world.

It changes how we feel inside.

It softens stress.

It lifts sadness.

And it reminds us that even in busy, hectic lives, there is still so much to cherish.



Amani Noushad

Assistant Professor of Psychology

Al Shifa College of Arts and Science, Perinthalmanna.

പ്രവാസി

“ടീച്ചറെ... ഞാൻ നാളെ വരില്ലാട്ടോ... അനിയനും ഉണ്ടാകില്ല. എന്റെ ഉപ്പച്ചി നാളെ ഗൾഫിൽ നിന്ന് വരുകയാണ്...”

ടീച്ചറിന് ഒരു വോയിസ് മെസ്സേജ് അയച്ചിട്ട് ആമി ലീവ് പറഞ്ഞു....

ചാറ്റ് ലിസ്റ്റിൽ പിന് ചെയ്തുവെച്ച ഉപ്പന്റെ ചാറ്റിൽ ഒരു വോയിസ് മെസ്സേജ് വന്ന് കിടക്കുന്നു.

“പ്രാർത്ഥിക്കാം...” — എന്ന് ഉമ്മ മറുപടി കൊടുത്തിട്ടുണ്ട്.

ഉപ്പ രണ്ട് മൂന്ന് പർവയുടെ ഫോട്ടോകൾ അയച്ചു കൊടുത്തിട്ടുണ്ട്.

“ഇതിൽ ഏതാണ് നമുക്ക് ഇഷ്ടപ്പെട്ടത്, സുറാ?”

എന്ന ചോദ്യത്തിന് ഉമ്മ മറുപടി നൽകി:

“ഇങ്ങനെയൊരു പൈസ ഇല്ലാത്ത സമയത്ത് ഇതൊന്നും വേണ്ട...”

ഞാൻ വീണ്ടും ചാറ്റ് മേലോട്ടു സ്ക്രോൾ ചെയ്ത് നോക്കി.

നാട്ടിലേക്കു കൊണ്ടുവരാനുള്ള സാധനങ്ങളുടെ ഫോട്ടോകൾ...

എനിക്ക് ഉള്ള ഡ്രസ്സുകൾ...

അനിയന്റെ കളിപ്പാട്ടങ്ങൾ...

ചെറിയ ചെറിയ പെട്ടികളിൽ നിറഞ്ഞ സന്തോഷം പോലെ ആ ചിത്രങ്ങൾ എല്ലാം ഫോണിൽ നിറഞ്ഞുനിന്നിരുന്നു.

“ആമി... വേഗം കിടന്നോ. നാളെ ഉപ്പനെ കൊണ്ടുവരാൻ എയർപോർട്ടിൽ പോകേണ്ടതല്ലേ...”

അടുക്കളയിൽ നിന്ന് ഉമ്മ ഇടയ്ക്കിടെ വിളിച്ചു പറഞ്ഞു.

നാളേക്കുള്ള ഭക്ഷണം ഒരുക്കുന്ന തിരക്കിലായിരുന്നു ഉമ്മ.

അനിയൻ ഇതിനകം ഉറങ്ങിക്കഴിഞ്ഞിരുന്നു.

ഒരുപാട് വർഷങ്ങൾക്ക് ശേഷമാണ് ഉപ്പ നാട്ടിലേക്ക് വരുന്നത്.

പോകുമ്പോഴൊക്കെ ഉപ്പ പറയും:

“നാടും വീടും വിട്ട് പോകുന്നത് ഇഷ്ടമുള്ളത് കൊണ്ടല്ല മോളേ...

നമ്മുടെ കടങ്ങൾ ഒക്കെ തീർക്കേണ്ട...”

അതും പറഞ്ഞ് കവിളിൽ ഒരു ഉമ്മ കൊടുത്ത്

“ടാറ്റാ...” എന്ന് പറഞ്ഞ് തിരിഞ്ഞുപോകും.

പാവം ഉപ്പ.

കൊട്ടാരം പോലൊരു വീട് നാട്ടിൽ പണിതിട്ടും

അവിടെ താമസിക്കാൻ പോലും സമയമില്ല.

ഗൾഫിൽ ചെറിയൊരു ക്വാർട്ടേഴ്സിൽ കിടന്ന് ഉറങ്ങും.

പനി വന്നാലും... ശരീരം തീരെ വയ്ക്കലും...

പണിക്ക് പോകും.

ഒരു നല്ല ഭക്ഷണം പോലും ശരിയായി കഴിക്കില്ല.

ഉള്ളതെല്ലാം ഞങ്ങൾക്കായി കൂട്ടിവയ്ക്കും.

ഇന്ന് ഉപ്പ വരേണ്ട ദിവസമാണ്.

പക്ഷേ നേരം പുലർന്നിട്ടും ഉമ്മയുടെ മുഖത്ത് സന്തോഷം കാണാനില്ല.

നമസ്കാരപ്പായയിൽ ചുരുണ്ടുകിടന്ന ഉമ്മയോട്
ആമി ചോദിച്ചു:

“ഉമ്മാ... നമുക്ക് എയർപോർട്ടിൽ പോകണ്ടേ ഉപ്പനെ കൊണ്ടുവരാൻ?”

കണ്ണുനീർ തുടച്ചുകൊണ്ട് ഉമ്മ പറഞ്ഞു:

“ഉപ്പച്ചി വരുന്നത് ഫ്ലൈറ്റിലേറ്റാണ് മക്കളേ...

നിങ്ങൾ പോയി വരി...”

ഉമ്മ വീണ്ടും നമസ്കാരപ്പായയിൽ ചുരുങ്ങി കിടന്നു.

ഒന്നും മനസ്സിലാക്കാതെ

ആമിയും അനിയനും

ഉപ്പയെ കൊണ്ടുവരാൻ എയർപോർട്ടിലേക്ക് പോയി.

ഇതുവരെ ആമി എയർപോർട്ടിൽ പോയിട്ടുള്ളത്

ചിരിച്ച മുഖവുമായി രണ്ട് വലിയ പെട്ടി പിടിച്ച് വരുന്ന ഉപ്പയെ കാണാൻ മാത്രം.

അവൾ ആളുകളെ തട്ടി മാറി

തിരക്കേറിയ ആ വിശാലമായ ഹാളിനുള്ളിൽ

ഉപ്പയെ തിരഞ്ഞു.

പുറത്തേക്ക് വരുന്ന ഓരോ മുഖവും അവൾ നോക്കി.

“ഇതോ...? ഇതോ...?” എന്ന്.

അൽപ്പസമയത്തിൽ ഉപ്പ

വലിയ വണ്ടിയുമായി

പുറത്തേക്ക് വരും...

അവിടെ ഓടി ചെന്നു

കെട്ടിപ്പിടിക്കും...

ഉമ്മകൾ നൽകും...

അങ്ങനെ സന്തോഷത്തോടെ എല്ലാവരും വീട്ടിലേക്ക് മടങ്ങും.

ആമി ഇന്നും അതേ സ്ഥലത്ത് നിന്നു

ഉപ്പയെ കാത്തു.

അപ്പോഴായിരുന്നു

പെട്ടെന്ന് വലിയ ഗേറ്റ് തുറന്ന്

ഒരാളുടെ ശബ്ദം കേട്ടത്...

സലീമിന്റെ ബോഡി വാങ്ങാൻ ആരെങ്കിലും ഉണ്ടോ...?”

ഓർമകളിൽ നിന്ന് ഞാൻ ഞെട്ടി ഉണർന്നു.

ഒരു നിമിഷം ലോകം മുഴുവൻ നിശ്ശബ്ദമായി.

എന്റെ ഉപ്പ...

ലഗേജുകളൊന്നുമില്ല.

തണുത്ത പെട്ടിയിൽ

എന്റെ ഉപ്പച്ചി മാത്രം.

തിരക്കുകൾക്കിടയിൽ
ഓടിവന്ന് കെട്ടിപ്പിടിക്കാൻ കഴിയില്ല...

ഉമ്മ നൽകാനും കഴിയില്ല...
പക്ഷേ...
അപ്പോഴും ആ പെട്ടിയിൽ നിന്ന്
ഗൾഫിന്റെ അത്തറിന്റെ മണം ഉണ്ടായിരുന്നു...

പെട്ടിയെ ചേർത്ത് പിടിക്കാനാവാതെ
ആമി മൗനമായി പൊട്ടിക്കരഞ്ഞു.
അപ്പോൾ ഒന്നുമറിയാത്ത കുഞ്ഞാനിയൻ ചോദിച്ചു:

“ഇതാ...
ഉപ്പച്ചി കളിപ്പാട്ടങ്ങളുടെ പെട്ടി കൊണ്ടുവന്നില്ലേ...?”

അവനെ ചേർത്ത് പിടിച്ച്
കരഞ്ഞുകൊണ്ട് ആമി പറഞ്ഞു:

“ഉപ്പച്ചി... ചിലപ്പോൾ തനിച്ചെത്തിയതാവും മോനെ...
നിന്റെ കളിപ്പാട്ടങ്ങളുടെ പെട്ടി കാർഗോ ആയി അയച്ചിട്ടുണ്ടാവും...
ഉപ്പ മറക്കില്ല...”

അവൾക്ക് അറിയാമായിരുന്നു
ഉപ്പ ഇനി ഒരിക്കലും വരില്ലെന്ന്.
ആളുകൾ തിരക്കോടെ വീട്ടിലേക്ക് മടങ്ങി.

വീട്ടിൽ കയറിയതും
ആരോ പറയുന്നത് കേട്ടു:

“അവിടുന്ന് മരിച്ചതല്ലേ...
കൂടുതൽ വയ്ക്കണ്ട...
വേഗം കബറിലേക്ക് എടുക്കാം.....
ആമി മൗനമായി നിന്നു.

അവളുടെ മനസ്സിൽ ഒരു ചോദ്യമാത്രം:

“ജീവിച്ചിരിക്കുമ്പോൾ പോലും വീട്ടിൽ വരാൻ സമയം കിട്ടാത്ത ഒരു പ്രവാസി...
മരിച്ചപ്പോൾ പോലും കുറച്ചു നേരം വീട്ടിൽ കിടക്കാൻ പറ്റാത്തതെന്ത്...?”



Shamna. K.

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

കമ്പിളിപ്പുഴുവും തുളസിനീരും

അന്ന് ഒരു ബുധനാഴ്ചയായിരുന്നു. ഉച്ചതിരിഞ്ഞ് ആദ്യത്തെ പീരീഡ് പി.ടി. ആയിരുന്നു. പെൺകുട്ടികളുടെ സ്കൂൾ ആയതിനാൽ (അന്നൊക്കെ ഫുട്ബോളും ക്രിക്കറ്റും ആൺകുട്ടികൾക്ക് മാത്രം വെച്ചിട്ടുള്ള കളികൾ ആയിരുന്നു) കബഡി, കൊക്കോ തുടങ്ങിയവയായിരുന്നു കുറച്ച് പെൺകുട്ടികൾ തിരഞ്ഞെടുത്തത്. മറ്റു ചിലർ അങ്ങിങ്ങായി ഓരോ മരച്ചുവടുകളിൽ ഇടം പിടിച്ചു. ഞാനും എന്റെ കൂട്ടുകാരും വലിയ പുളിമരത്തിന്റെ തണലിൽ ഇരുന്നുകൊണ്ട് സൊറ പറഞ്ഞു.

അപ്പോഴാണ് അടുത്ത പീരിയഡിന് ക്ലാസിൽ കയറാനുള്ള ബെല്ലടി കേട്ടത്. ബെല്ലടിച്ചതോടെ എല്ലാ കളികളും മടിപിടിച്ചുള്ള ഇരുത്തവും നിർത്തി ക്ലാസ്സിലേക്ക് നീങ്ങാൻ തുടങ്ങി പെൺകുട്ടം. കണക്കിന്റെ പീരീഡ് ആയിരുന്നു അത്. ഞങ്ങൾക്കാർക്കും വലിയ ഇഷ്ടമില്ലാത്ത വിഷയവും ടീച്ചറും ആയിരുന്നു.

ഉയരം കൂടിയ പെൺകുട്ടി ആയതുകൊണ്ട് തന്നെ എന്റെ സീറ്റ് ഒന്നുകിൽ പിറകിലോ അല്ലെങ്കിൽ ചുവരിനോട് ചേർന്ന അരികത്തുള്ള ബെഞ്ചുകളിലോ ആയിരുന്നു. കൊടുങ്കാറ്റ് പോലെ കണക്ക് ടീച്ചർ ക്ലാസിൽ എത്തി. കുട്ടികൾ അവരവരുടെ കണക്ക് പുസ്തകവും പേനയും എടുത്ത് ജീവിതത്തിൽ ഒരുകാലത്തും ചിലപ്പോൾ ഉപകാരപ്രദമാകാതിരിക്കാവുന്ന കണക്കുകൂട്ടലുകൾ നടത്താൻ തയ്യാറായി. ടീച്ചർ ആകട്ടെ കയ്യിൽ കരുതിയ നാലഞ്ച് മുഴുത്ത ചോക്കുകൾ ടേബിളിന് മുകളിൽ വെച്ച് അതിൽ നിന്നൊരേണ്ണം എടുത്ത് അറ്റം പൊട്ടിച്ച് ബോർഡിന്റെ ഒരറ്റത്തുനിന്ന് എഴുതി തുടങ്ങി.

പഠിപ്പികൾ ഒട്ടും താമസിക്കാതെ ടീച്ചർ ബോർഡിൽ എഴുതുന്നതിനെക്കാൾ വേഗത്തിൽ തങ്ങളുടെ നോട്ട് ബുക്കുകളിൽ കണക്ക് പകർത്തിയെടുക്കാൻ തുടങ്ങി. ഓടിയോടി എവിടെയും എത്താൻ സാധിക്കാത്ത എന്റെ ഓട്ടവും തുടങ്ങിയിരുന്നു — പേനകൊണ്ട് അക്കങ്ങളുടെ പിറകെ!

അധികം ഒന്നും എഴുതിത്തുടങ്ങിയില്ല. എന്തെന്നറിയില്ല, ആകെ ഒരു പരവേശം. എന്താണ് കാരണമെന്നിട്ടും മനസ്സിലാവുന്നുമില്ല. എന്റെ കഴുത്തും കവിളും ചൊറിഞ്ഞു പൊങ്ങാൻ തുടങ്ങി. എഴുതാൻ പോയിട്ട് ഇരിക്കുന്നിടത്ത് ഇരിക്കാൻ വയ്യാത്ത അവസ്ഥ. എന്റെ ഉറ്റ സുഹൃത്ത് സിമ്മി അടുത്തു തന്നെ ഉണ്ടായിരുന്നു.

ഒന്നു തിരിഞ്ഞോ മറിഞ്ഞോ കൂട്ടുകാരിയോട് എന്തെങ്കിലും ചോദിക്കാൻ തുനിഞ്ഞാൽ തന്നെ തുടങ്ങും ചോക്കു വർഷം.

“എന്താ അവിടെ? ബോർഡിൽ എഴുതിയത് വല്ലതും എഴുതി എടുക്കുന്നുണ്ടോ? അതോ വർത്തമാനം പറഞ്ഞു കൊണ്ടിരിക്കുകയാണോ?”

പരിണാമം ഒന്നും ഓർക്കാതെ സിമിയോട് പെട്ടെന്ന് കാര്യം പറഞ്ഞു. ധൈര്യശാലിയും ആരുടെ മുഖത്തു നോക്കി എന്തും പറയാൻ മിടുക്കുള്ളവളും ആയിരുന്നു അവൾ. അവൾ എഴുന്നേറ്റ് നിന്ന് പറഞ്ഞു:

“ടീച്ചറെ, സരിതയ്ക്ക് തീരെ വയ്യ. ഞാനും അവളും കൂടി ഒന്ന് ബാത്ത്റൂം വരെ പോകട്ടെ?”

“ഉം,” എന്നുമാത്രം പറഞ്ഞു ടീച്ചർ വീണ്ടും ചോക്കുമായി മൽപ്പിടുത്തം തുടങ്ങി.

ഞങ്ങൾ രണ്ടുപേരും കൂടി രണ്ടാമത്തെ നിലയിൽ നിന്നും ശരം വിട്ട പോലെ ബാത്ത്റൂം ലക്ഷ്യമാക്കി ഓടി. ബാത്ത്റൂമിൽ കയറി നോക്കുമ്പോൾ കണ്ടത് — എന്നെക്കാൾ ഏറെ പേടിച്ച് ഒരു തൊപ്പപ്പുഴു എന്റെ ഷർട്ടിന്റെ കോളറിനകത്ത് ഇരിപ്പുണ്ട്.

ഞാൻ ആർത്തു വിളിച്ചു. ഒരുപക്ഷേ പാവം ആ പുഴുവും കരഞ്ഞു കാണും — ആരു കേൾക്കാൻ?

“അയ്യോ സിമീ... ഒരു കമ്പിളിപ്പുഴു!”

(ഞങ്ങൾ പാലക്കാട്ടുകാർ തൊപ്പപ്പുഴുവിനെ കമ്പിളിപ്പുഴു എന്നാണ് വിളിക്കാറ്.)

അവളുടെ ശബ്ദം പുറത്തുനിന്ന് കേൾക്കാനില്ല. ഞാൻ അല്പം നേരം അവളുടെ മറുപടിക്ക് വേണ്ടി കാത്തുനിന്നു. ഇവളുടേത് എവിടെ പോയി? എന്റെ കൂടെ വന്നിട്ട് എന്നെ ഇവിടെ ഒറ്റക്കിട്ട് പോയോ?

ചിന്തിച്ചു മുഴുവനാകുന്നതിനു മുൻപ് തന്നെ അവൾ എത്തിയത് ഞാൻ അറിഞ്ഞു. തനിച്ചല്ല കേട്ടോ — അവൾ കയ്യിൽ ഒരു വലിയ തുളസി ചെടിയും കൊണ്ടാണ് വന്നിട്ടുള്ളത്.

“വാതിൽ തുറക്ക്,” അവൾ പറഞ്ഞു.

എനിക്ക് വേറെ നിവൃത്തിയില്ലായിരുന്നു. എന്റെ ആകെയുള്ള രക്ഷ അവൾ ആയിരുന്നു. അവൾ അകത്തു കയറി തുളസി ഇലകൾ കൂട്ടമായി പറിച്ച് കൈകളിൽ നെക്കി തുളസി ചാറ് പിഴിഞ്ഞ് എന്റെ കഴുത്തിലും മുഖത്തുമായി തേച്ച് ഉരസി പിടിപ്പിച്ചു. മുഖത്തും കഴുത്തും നിറച്ച് ആ പുഴുവിന്റെ തൊപ്പ പറ്റിപ്പിടിപ്പിച്ചിരുന്നു. തുളസി ചാറ് തട്ടിയതോടെ പുകച്ചിൽ കുറച്ച് അടങ്ങി.

പിന്നെ സ്കൂളിലേക്ക് ചെല്ലുന്നത് നാല് ദിവസങ്ങൾ കഴിഞ്ഞിട്ടായിരുന്നു. ആ പുഴു പേടിച്ചു വിറച്ച് എന്നെ കടിച്ചിരുന്നു. ഇൻഫെക്ഷൻ ആയി പനി പിടിച്ച് നാല് ദിവസം മുടി പുതച്ച് കിടന്നു.

ഇന്ന് ഓർക്കുമ്പോൾ അതിശയം തോന്നാറുണ്ട്. എട്ടാം ക്ലാസിൽ പഠിക്കുന്ന സിമിക്ക് എങ്ങനെയാണ് തുളസിനീര് ഒരു മരുന്നാണ് എന്നറിഞ്ഞതും, കൃത്യസമയത്ത് അത് പ്രയോഗിക്കാനുള്ള ബുദ്ധി തോന്നിയതും.

പിന്നീട് പലപ്പോഴും ആ സംഭവത്തെ ഓർത്തപ്പോൾ മറ്റൊരു ചിന്തയും വന്നിട്ടുണ്ട്. അന്ന് മുഴുവൻ പേടിയും വേദനയും എന്റെ ഭാഗത്തായിരുന്നു. പക്ഷേ എന്റെ ഷർട്ടിനകത്ത് കയറി കൂടുങ്ങിയ ആ പാവം പുഴുവിന്റെ അവസ്ഥയെ കുറിച്ച് ഞാൻ ഒരിക്കലും ചിന്തിച്ചിരുന്നില്ല. ഒരുപക്ഷേ അത് തന്റെ വഴിയിലൂടെ പോകുമ്പോൾ അപ്രതീക്ഷിതമായി ഒരു വലിയ ലോകത്തിനകത്ത്—എന്റെ ഷർട്ടിനകത്ത്—പെട്ടുപോയതാകാം. ഞാൻ പേടിച്ചതുപോലെ അതും പേടിച്ചിരിക്കാം. നാം ജീവിക്കുന്ന ലോകം എത്ര മനുഷ്യകേന്ദ്രിതമാണെന്ന് ഇത്തരത്തിലുള്ള നിമിഷങ്ങളിൽ ആണ് ഓർമ്മ വരുന്നത്. നമ്മുടെ അസ്വസ്ഥതയും നമ്മുടെ വേദനയും മാത്രം നമ്മൾ ശ്രദ്ധിക്കുന്നു; നമ്മോടൊപ്പം ഈ ഭൂമിയിൽ ജീവിക്കുന്ന ചെറിയ ജീവികളുടെ പേടിയും ബുദ്ധിമുട്ടും നമ്മൾ ഒരിക്കലും ചിന്തിക്കാറില്ല. അന്ന് എന്റെ മനസ്സിൽ ഉണ്ടായിരുന്നത് “എനിക്ക് എന്ത് സംഭവിച്ചു?” എന്ന ചോദ്യമാത്രം. “ആ പുഴുവിന് എന്ത് സംഭവിച്ചു?” എന്ന ചോദ്യം പിന്നീട് വർഷങ്ങൾക്കുശേഷം മാത്രമാണ് മനസ്സിൽ വന്നത്.

ഈ അടുത്തിടെ വായിച്ച ടി.ഡി. രാമകൃഷ്ണന്റെ ആൽഫ എന്ന നോവലിൽ കുറേയേറെ വിദ്യാഭ്യാസ സമ്പന്നരായ വ്യക്തികൾ “ആൽഫ” എന്ന ഒരു തുരുത്തിലേക്ക് പോകുന്നു. നാഗരികതയുടെ സൗകര്യങ്ങളും സംവിധാനങ്ങളും വിട്ട് ആദിമ മനുഷ്യനെ പോലെ ജീവിക്കാമോ എന്നൊരു പരീക്ഷണം പോലെയാണ് അവരുടെ യാത്ര. ആ പതിമൂന്ന് പേരും ഓരോരുത്തരും വ്യത്യസ്ത പശ്ചാത്തലങ്ങളിൽ നിന്നുള്ളവരാണ്—ശാസ്ത്രജ്ഞരും, ചിന്തകരും, കലാകാരന്മാരും, വിവിധ മേഖലകളിൽ വിജയിച്ചവരും. എങ്കിലും, പ്രകൃതിയുടെ നടുവിൽ എത്തിച്ചേരുമ്പോൾ അവർക്ക് മനസ്സിലാകുന്നത് ഒരു വലിയ സത്യം തന്നെയാണ്: നാഗരികത മനുഷ്യനെ ഏറെ കാര്യങ്ങളിൽ സഹായിച്ചിട്ടുണ്ടെങ്കിലും, അതോടൊപ്പം മനുഷ്യനെ പ്രകൃതിയിൽ നിന്നു ദൂരെയാക്കി എന്നതും.

ആ തുരുത്തിൽ ആദ്യമായി എത്തുന്ന ദിവസങ്ങളിൽ തന്നെ അവരുടെ ബുദ്ധിമുട്ടുകൾ തുടങ്ങുന്നു. കുടിവെള്ളം കണ്ടെത്തുക, ഭക്ഷണം കണ്ടെത്തുക, മഴയിൽ നിന്നും കാറ്റിൽ നിന്നും രക്ഷപ്പെടുക, രോഗങ്ങളെ നേരിടുക—ഇവ എല്ലാം പുസ്തകങ്ങളിൽ വായിച്ചതുപോലെ എളുപ്പമല്ലെന്ന് അവർ തിരിച്ചറിയുന്നു. മനുഷ്യൻ പ്രകൃതിയിൽ ജീവിക്കാൻ പഠിച്ചിരുന്നതു ആയിരക്കണക്കിന് വർഷങ്ങളുടെ അനുഭവത്തിലൂടെയാണ്. എന്നാൽ നാഗരിക ജീവിതം ആ അറിവുകൾ പലതും നമ്മിൽ നിന്ന് അകറ്റി.

നോവലിലെ കഥാപാത്രങ്ങൾ പ്രകൃതിയെ ഉപയോഗിച്ച് ജീവിക്കാൻ ശ്രമിക്കുമ്പോൾ അവർക്കു പലപ്പോഴും സ്വന്തം അശക്തി ബോധ്യപ്പെടുന്ന നിമിഷങ്ങൾ ഉണ്ടാകുന്നു. ഒരുപാട് പഠിച്ചവരും ഗവേഷണം നടത്തിയവരുമായ ആളുകൾ പോലും ഒരു ചെറിയ മുറിവ് ചികിത്സിക്കാൻ, ഒരു ഔഷധസസ്യം തിരിച്ചറിയാൻ, അല്ലെങ്കിൽ കാലാവസ്ഥയുടെ മാറ്റം മനസ്സിലാക്കാൻ ബുദ്ധിമുട്ടുന്നത് കാണുമ്പോൾ ഒരു വലിയ ചോദ്യം നമ്മൾക്ക് മുന്നിൽ വരുന്നു—നാം മുന്നേറിയോ, അല്ലെങ്കിൽ ചില അടിസ്ഥാന അറിവുകൾ നഷ്ടപ്പെടുത്തി പിന്നോട്ടോ പോയി?

പ്രകൃതിയുമായി മനുഷ്യന്റെ ബന്ധം എത്ര ആഴത്തിലായിരുന്നുവെന്ന് ഈ നോവൽ ഇടയ്ക്കിടെ ഓർമ്മിപ്പിക്കുന്നു. പഴയകാലങ്ങളിൽ മനുഷ്യർ മരങ്ങളും സസ്യങ്ങളും മണ്ണും വെള്ളവും എല്ലാം സ്വന്തം ജീവിതത്തിന്റെ ഭാഗമായിട്ടാണ് കണ്ടിരുന്നത്. ഒരു ഇലയുടെ ഗുണം എന്ത്, ഒരു ചെടിയുടെ ഔഷധമൂല്യം എന്ത്, ഏത് കാലത്ത് എന്ത് ചെയ്യണം—ഇതെല്ലാം അവരുടെ ജീവിതജ്ഞാനത്തിന്റെ ഭാഗമായിരുന്നു.

അതുകൊണ്ടാണ് ചിലപ്പോൾ ആൽഫ വായിക്കുമ്പോൾ തോന്നുന്നത്, നാഗരികതയുടെ അതിവേഗ യാത്രയിൽ മനുഷ്യൻ സ്വന്തമായിരുന്ന ചില ലളിതമായ അറിവുകൾ വഴിയിൽ എവിടെയോ ഇറക്കി വിട്ടുപോയതാണോ എന്നൊരു സംശയം.

മനുഷ്യൻ ജനിക്കുമ്പോൾ തന്നെ പ്രകൃതിയോടൊപ്പമാണ് ജനിക്കുന്നത്. ജീവിക്കാൻ വേണ്ട അറിവുകളും വഴികളും എല്ലാം എവിടെയോ ഉള്ളിൽ തന്നെയുണ്ട്. നാഗരികത നമ്മെ പല സൗകര്യങ്ങളും പഠിപ്പിച്ചെങ്കിലും, പ്രകൃതിയോട് ചേർന്ന് ജീവിക്കുന്ന ആ ലളിതമായ അറിവുകൾ നാം പലപ്പോഴും മറന്നുപോകുന്നു. എട്ടാം ക്ലാസിൽ പഠിച്ചിരുന്ന സിമിക്ക് തുളസി ഒരു മരുന്നാകുമെന്ന് അറിഞ്ഞത് ഒരുപക്ഷേ പുസ്തകങ്ങളിൽ നിന്നല്ല — ജീവിതത്തിൽ നിന്നും തന്നെയാകാം. ഇന്നും ആ സംഭവം ഓർക്കുമ്പോൾ തോന്നുന്നത്, മനുഷ്യന് ജീവിക്കാൻ വേണ്ട അറിവ് പ്രകൃതിയുടെ അരികിൽ തന്നെയുണ്ടായിരുന്നു... ഇപ്പോഴും ഉണ്ടെന്നതാണ്. നാം അത് തിരിച്ചറിയാൻ മാത്രം മറന്നുപോയിരിക്കുന്നു.



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Love in the Time of Cholera: Love as Fever, Time as Physician

Only a few novels moved me in the way *Love in the Time of Cholera* does. Written by Gabriel This incandescent chronicle, written by Gabriel García Márquez, is not simply a love story; it is an anatomy of yearning stretched across half a century. It is patient. It is disorderly. It refuses the orderly geometry of youthful desire and instead spreads, vine-like, over decades of parting, marriage, infidelity, illness, and aging.

The plot moves around three characters: Florentino Ariza, Fermina Daza, and Dr. Juvenal Urbino. Florentino, a telegraph operator with a poet's hallucination, meets Fermina as a teenager and promptly yields—not to reason, but to ecstasy. His obsession behaves like a contagion. He shivers, sweats, and loses taste. The indications resemble cholera itself, and Márquez enchants in this ambiguity, that love is a sickness, or is sickness purely love unvarnished of allegory.

Fermina is at first interested but eventually withdraws. When she meets Florentino again after a period of departure, she is shocked. The dream melts. The boy looks delicate, almost haunted, as she terminates him from her life.

In that single rejection, the novel pivots. Romance does not end in union. It only ruptures.

Fermina marries Dr. Juvenal Urbino, a man of science, hygiene, and civic reform. Urbino embodies order. He campaigns against cholera, champions sanitation, and embodies the coherent optimism of progress. His love for Fermina is neither feverish nor flamboyant; it is refined, negotiated, and seasoned.

Through their marriage, Márquez analyses companionship. domestic life, with its squabbles over soap and schedules, turns into as noteworthy as pronouncements of unending devotion. Love here is not emotional; it is logistical. It must last miscommunication, pride, and the dull cut of routine. Yet the novel does not alter this marriage as sterile. Urbino and Fermina shape a joint life surface with arguments and reconciliations. Theirs is not the radiant glow of youth but a hearth fire—fixed, sometimes smouldering, occasionally flaring. Márquez suggests that love is fluctuating. It changes according to maturity.

While Fermina dwells in the respectable architecture of marriage, Florentino gets on a different odyssey. He promises to wait for her—no matter how long it takes. This promise, which might sound romantic in conception, needs a troubling complexity in accomplishment.

Florentino does not remain celibate. On the other hand, he is involved in limitless affairs, each relationship compiled with near-bureaucratic accuracy. Yet he insists that these encounters do not water his devotion. They are digressions, he claims, rehearsals for the ultimate meeting with Fermina.

Here, the novel grows spiky. Is Florentino's faithfulness profound—or pathological? Is his waiting an act of heroic determination, or a powerlessness to abandon illusion? he allows time to achieve its slow transformation.

Time in this novel is not just background; it is the protagonist. Fifty-one years, nine months, and four days pass between Florentino's youthful oath and his final assertion of love to Fermina. In those decades, bodies age. Hair grays. Skin slackens. Desire gets attention.

When Urbino dies, after falling from a ladder while chasing a parrot. Florentino looks almost instantly, reiterating his undiminished passion. He has no time to wait. The moment is overconfident. Yet it is also unavoidable— he has been rehearsing for this moment of confession for half a century.

Fermina, now ageing, confronts not the quivering youth she rejected but a weathered man fashioned by experience. Their ultimate unification does not revive their teenage years. Instead, it initiates a dissimilar type of closeness—deep but mature. In this late-life love, Márquez achieves a inaudible revolution. He suggests that romance is not the limited property of the young. Even in wrinkled hands and careful steps, longing continues.

The titular disease floats throughout the tale, both literal and symbolic. Cholera epidemics sweep through the Caribbean background, revealing crumbliness under social polish. Yet cholera also reflects the physiological turmoil of longing. Love, like cholera, upsets equilibrium. It detaches the sufferers. It can distress—or renovate.

In the novel's concluding river journey, Florentino and Fermina sail under a flag signalling cholera aboard, successfully confirming privacy. The quarantine becomes a sanctuary. Isolated from society's enquiry, they slice out a floating republic of two.

The disease that once showed peril now fortifies privacy. The metaphor folds back upon itself.

His narrative voice wavers between irony and sensitivity. He can list Florentino's passionate conquests with sly detachment, then hinge to aching lyricism when unfolding Fermina's solitude. The Colombian setting—humid, fragrant, decay-laced—breathes through every chapter. The prose seems easy-going, as though mirroring the stretched-out temporality of its lovers' wait.

Possibly the most radical gesture in *Love in the Time of Cholera* is its dismantling of romantic tyranny in three different ways— youthful love is impulsive, extravagant, untested; mature love is negotiated, scarred, pragmatic; late love is contemplative, aware of mortality.

Márquez does not uplift one above the other. Instead, he combines a spectrum. Love is not a singular emotion but a growing state, vulnerable to ego, illusion, endurance, and grace.

Florentino's decades-long addiction may distract modern readers. Fermina's logicity may appear cold. Urbino's rationalism may seem unromantic. Yet together, these characters disclose love's diversity.

It can be fever and discipline. It can be fantasy and compromise. It can wound and console.

The novel's finishing image—two elderly lovers sailing for the foreseeable future along the river, under the pretense of contagion—echoes with both tenderness and insolence. They indicate deferral over conclusion. The river becomes time itself: flowing, circular, indifferent.

By hoisting the cholera flag, they signal danger to the world while demanding safety for themselves. It is a paradox worthy of Márquez. The emblem of disease becomes an emblem of freedom.

Love in the Time of Cholera suggests that love is neither a remedy nor a disorder alone. It is a weather—sometimes oppressive, sometimes restorative—within which human beings attempt to bear the brevity of existence.

And perhaps that is the novel's noiseless firmness. It endures, beating against time, like a drum refusing to be silent.



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