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ACASIANA

MONTHLY E-NEWSLETTER



**AL SHIFA COLLEGE OF
ARTS & SCIENCE**

(Run by Shifa Medicare Trust & Affiliated to University of Calicut)



Significance of Nutrition in Life

Nutrition plays a fundamental role in our overall health and well-being, serving as the foundation for a vibrant life. Proper nutrition fuels our bodies, providing the essential nutrients needed for growth, energy, and repair. It influences not only physical health but also mental clarity and emotional stability. A balanced diet rich in vitamins, minerals, and antioxidants can strengthen the immune system, reduce the risk of chronic diseases, and enhance mood. Moreover, nutrition is pivotal during different life stages—supporting cognitive development in children, promoting health in adults, and aiding recovery in the elderly.

I wish all the best to the students and faculty of the Department of Nutrition and Dietetics in making fruitful interventions in the dietary habits of Acselians.

Dr. Unneen, P

Managing Trustee, Shifa Medicare Trust



Deans,

Each month brings us new opportunities for learning, growth, and empowerment. I encourage all of you to make the most of the resources available, whether in your classrooms, through extracurricular activities, or by engaging with our dedicated faculty of ACAS.

In this edition of our newsletter, we highlight some outstanding achievements of the month, enhancing your college experience. Remember, every day you live is a step toward your personal and academic growth. Stay curious, be compassionate, and continue striving for excellence.

Let's make this month another step toward achieving our collective and individual goals.

Warm regards,

Dr. Kamaludheen, K. I
Principal
ACAS, Perindhalmanna

Nutri Week Celebration



As part of the observance of the International Nutri-Week, the Nutrition Clinic and the Department of Nutrition and Dietetics, ACAS, conducted a number of programmes. 'Nutrifest: A Celebration of Healthy Eating' was a key event in the programme titled 'Nutriweek: A Journey to Wellness'. Held on 02 September 2024, the event was designed to promote healthy eating habits and engage both students and staff in a practical learning experience about nutritious food.

The primary objectives of Nutrifest were to provide practical demonstrations of healthy eating through student-created dishes, to educate attendees about the benefits of nutritious food choices, to enhance the hands-on learning experience for students in the field of nutrition and dietetics, to foster a greater understanding of healthy eating among the college community. The event was inaugurated by Ms. Saritha K, Vice Principal, ACAS. The students of First Semester B. Sc. Nutrition and Dietetics were divided into three groups, each responsible for preparing different types of 'Nutritious Healthy Dishes', 'Low-Calorie Snacks' and 'Healthy Snacks for Kids' respectively. The dishes were displayed and students provided detailed explanations of their ingredients and health benefits. Students and staff of ACAS visited the event and interacted with the students.

The 'Taste Quest' competition held at ACAS on 2 September 2024 featured the participation of students in a cake tasting challenge. The objective was to identify the ingredients used in a given cake through sensory evaluation. The cake presented to the participants was a standard nuts mixed carrot and dates cake, designed to test the participants' ability to discern various ingredients used in its preparation. Participants were required to identify and list the main ingredients used in the cake based on taste, smell, and texture. Ms. Mufeedha. P., Third Semester B. Com. Taxation, emerged as the winner of the competition.

The "Nutrition Knowledge Challenge" was an engaging quiz event designed to test and enhance students' knowledge of nutrition. The quiz was organized as part of "NutriWeek: A Journey to Wellness" by the Department of Nutrition and Dietetics, ACAS on 03 September 2024. Teams of two students each participated in the event. There were two rounds: the Elimination Round and the Final Round. Mr. Naseef and Mr. Adnan of First Semester B.Com. C. A. won the first prize in the competition. Mr. Sabith and Mr. Goutham of Second Semester B. Com. Finance, Mr. Abijith and Mr. Vivek of Second Semester B. Com. Finance won second and third prizes respectively.

Reported by
Ms. Fathima Fatha
First Semester B. Sc. Nutrition and Dietetics

As part of *NutriWeek: A Journey to Wellness*, the Department conducted the **Healthy Weight Check Camp** on 6 September 2024 at ACAS. The Nutrition Clinic, working with the Department of Nutrition and Dietetics, organised this event to help people check their weight and health using **Body Mass Index (BMI)**. The main goal of the camp was to give participants a platform to check their weight status and what it means for their health.

By calculating BMI, the future dietitians showed them whether they were underweight, normal weight, overweight, or obese, and gave advice on how to manage or improve their weight. Participants got personalised feedback on their BMI results and advice on how to improve or maintain their health. Both students and staff attended and many found the health insights and advice valuable.



Reported by
Ms. Shifa

First Semester B. Sc. Nutrition and Dietetics

INVITED STUDENT TALK SERIES

Dept. of Economics

The Department of Economics, ACAS, hosted an Invited Student Talk on 03 September 2024. The event featured guest speakers Ms. Fabna. T and Ms. Hiba Thasnim. K, Fifth Semester B. A. Economics students from Suliamussalam Science College, Areekode. Ms. Fabna. T presented a session titled "Economics of Local Job Quotas", while Ms. Hiba Thasnim. K on "Female Labour Force Participation Rate". The talks provided valuable insights into the current economic landscape, benefiting the students.



Dept. of Commerce

An Invited Student Talk was organised by the Department of Commerce, ACAS, on 04 September 2024. Mr. Muhammed Sinan P. and Mr. Muhammed Farhan, Fifth Semester students of M. A. O. College of Arts & Science, Areekode, were the guest speakers.

Mr. Farhan spoke on "Decoding Bill Gates" and Mr. Sinan discussed the topic "The Rise of Subscription Business Models." The students of the Department of Commerce and Management attended the program and engaged in an active discussion on the insightful session delivered by the guest speakers.



Reported by
Nisha,

First Semester B. Com. Finance

Dept. of English

An invited Student Talk was organised by the Dept. of English, ACAS, on 04 September 2024. Ms. Hanna Parveen and Ms. Arifathul Aliya, Fifth Semester B. A. English, Farook College (Autonomous), Calicut, were the speakers. Ms. Hanna Parveen spoke on 'An analysis of the Silent Patient' and Ms. Arifathul Aliya spoke on the topic 'Existential Crisis Mapped in Kafka's Metamorphosis'. The students of the Department of English attended the programme and engaged in active discussion on the insightful session delivered by the guests.



Psych-Talk



On the 30th of August 2024, the PG Department of Psychology at ACAS hosted an event titled 'Psych-Talk', focusing on significant psychological themes and issues, including the impact of traumas and the experiences of survivors. The event explored the psychological consequences of trauma and the role of media in shaping public perception.

Mr. Afread and Ms. Ayisha Thanseera, Asst. Professors of Psychology, spoke at the event, sharing their insights on these topics. They emphasised the importance of understanding the mental health implications of trauma and discussed how society and media can influence survivors' experiences. The session was a thought-provoking platform that highlighted the need for empathy, awareness, and informed discussions around mental health and trauma in contemporary society.

Scholarship Orientation Programme



The Scholarship Cell of ACAS organised a scholarship orientation program titled "Know About Scholarships" under the guidance of Mr. Anjel Juman, P, Coordinator and Nodal Officer of the Scholarship Cell, and Assistant Professor of Economics.

The programme aimed to raise awareness about available scholarships among students, and it was a resounding success with a total of 216 participants from various departments attending the session. The event was a significant step towards empowering students with knowledge about scholarship opportunities.

Let's Talk Teaching!



The Faculty Development Centre (FDC), ACAS, has successfully completed the 'Let's Talk Teaching' series, which began on Teacher's Day, 5 September 2023. Over the past year, this initiative has brought together educators from around the globe, sharing daily quotes and reflections that highlighted their experiences and insights in teaching. Each contribution provided a glimpse into the diverse thoughts on what it means to be a teacher, celebrating the challenges and triumphs of our profession. From innovative teaching methods to heartfelt stories of student connections, the series created a vibrant tapestry of wisdom that inspired the college community.

Al Shifa Management Scholarship for Merit



The Al Shifa Management Scholarship for Merit was presented to Ms. Sivakamy. P. V, Third Semester B. Sc. Psychology, by Dr. Kamaludheen. K. T, Principal, ACAS, on 5 September 2024. Mr. Nahas Abdul Razaque, Manager of Placement and Relations, ACAS attended the ceremony.

Observance of Teachers' Day



The Faculty Development Centre, ACAS, observed Teachers' Day with a programme held in the Conference Hall on 5 September 2024. The occasion was marked by an inspiring address from the Principal, Dr. Kamaludheen. K. T. His thought-provoking insights highlighted the vital role teachers play in shaping the future of students. This was followed by a cake-cutting ceremony, graciously sponsored by the College Management, to celebrate the dedication and commitment of the teaching fraternity.

Workshop on SPSS



On 2 September 2024, the Department of Psychology organised a workshop for Fifth Semester UG and First Semester PG students. The event aimed at enhancing the students' understanding of contemporary psychological practices and emerging research trends. Two guest speakers, Mr. Muhammed Sufyan. P. P, Consultant Psychologist, and Mr. Rahbar, Consultant Psychologist, handled the sessions. The workshop was inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS. The first session, led by Mr. Muhammed Sufyan. P. P, focused on theoretical approaches of SPSS. The second session led by Mr. Rahbar focused on practical skills of SPSS. The workshop provided the students with valuable insights into the practical aspects of psychology, complementing their theoretical studies.

Reported by

Ms. Febinsha Fahim

Fifth Semester B. Sc. Psychology

Research Forum



A Research Forum was organised by the Departments of English and Languages on 6 September 2024. Ms. Saritha. K, Vice Principal and Assistant Professor of English, reviewed the article "Me Hijra, Me Laxmi: Unveiling the Veil Through Transgender Narratives of Laxminarayan Tripathi," written by Dr. Mohammed Shamim, Associate Professor, Department of English, Halim Muslim PG College, Kanpur, UP, India, and Dr. Bushra, Assistant Professor, Department of English, Halim Muslim PG College, et al., published in REMIE: Multidisciplinary Journal of Educational Research, Vol. 13, No. 02, 2023 (Hipatia Press, ISSN: 2014-2862). She spoke about the health issues faced by the third gender in the community and how narratives act as a healing tool.

In another session held on 26 September 2024, Ms. Jushaini. P, Asst. Professor of English, reviewed the article "Youth today: Hopelessness as the key mediator between Depressive and Suicidal Tendencies," written by Rupan Dhillon (Guru Nanak Dev University, Amritsar) and Nishtra Mehra (Selection Centre, North Kapurthala), published in JIAAP: Journal of Indian Academy of Applied Psychology, Vol. 49, No. 01, 2023 (ISSN 0019-4247). She spoke about the role of hopelessness in relation between depression and suicide ideation among Indian adolescents. The faculty members of the Departments of English and Languages participated in the Forum. An interactive session ensued.

Workshop on LED Bulb Making



On 6 September 2024, the Entrepreneurship Development Club at ACAS hosted a hands-on workshop on LED bulb making. The workshop, led by Mr. Sabir. P, LED Trainer from Elight Industries, Malappuram, proved to be highly beneficial for the students, providing them with practical skills in LED bulb manufacturing.

Reported by
Ms. Binuya. N

First Semester B. Sc. Nutrition and Dietetics

Tech Talk Series



The Department of Computer Science, ACAS, successfully continued its Tech Talk Series on 7 September 2024. The second session in this series featured a presentation by Mr. Mohammed Kahab, K, First Semester B. Sc. Artificial Intelligence. This second instalment of the Series focused on the critical topic of cyber security in the age of quantum computing. Kahab delved into key aspects of quantum computing, including qubits, RSA encryption, and decryption. His presentation provided valuable insights into the potential threats and countermeasures in this rapidly evolving field, equipping attendees with essential knowledge to navigate emerging cyber threats.

Friendly Match with Sahya College



The Department of Physical Education, ACAS, organised a practice match between the ACAS football team and the team of Sahya Arts and Science College, Wandoor. Both teams are preparing for the Calicut University B-Zone Football Tournament 2024- '25. The match was inaugurated by Mr. Muhammed Ajmal, Head of the Department of Physical Education at Duxford College for Advanced Studies, Kalkavu on 07 September 2024. ACAS sealed a dominant 5-0 victory in the match.

Top Achievers in University Exams





A Voyage to Nutritional Neuroscience



The First Semester B. Sc. Nutrition and Dietetics students, ACAS, attended an insightful workshop titled "A Voyage to Nutritional Neuroscience" on 9 September 2024.

The session was organised by the Department of Nutritional Science and Dietetics, MES Mampad College. It was handled by Dr. Shripriya Shaj, Asst. Professor of Nutritional Science and Dietetics, MES Mampad College. The workshop provided an in-depth exploration of the intersection between nutrition and brain health, emphasising the importance of dietary habits in enhancing cognitive functions and mental well-being.

Workshop for M. Sc. Psychology Students



On the occasion of World Suicide Prevention Day, the students of First Semester M. Sc. Clinical Psychology, ACAS, participated in a one-day workshop organised by Psyfos, Manjeri. The event took place at the Mubarak School Auditorium, Manjeri, and was led by Mr. Aslam Siddiq, Clinical Psychologist from Almas Hospital, Kottakkal. The workshop aimed at creating awareness on suicide prevention and equipping participants with practical skills to handle patients struggling with suicidal ideation. Mr. Siddiq conducted an interactive therapeutic session, specifically designed for handling suicidal patients. Students gained a deeper understanding of therapeutic techniques and approaches used in crisis intervention.



Orientation for IEDC Members



An orientation for the IEDC members was organised at ACAS. Mr. Farhan. V. M., Head, Department of Computer Science and Ms. Driya. K. P., nodal officers, oversaw the student sessions. The Entrepreneurship Development Club at ACAS organised an interactive session with a student entrepreneur titled "Visionaries' Vault". The event was led by Mr. Haneen Emadan, Founder and CEO of Findan Group of Companies, and a Third Semester B. A. Graphic Design & Animation student at Oxford College of Advanced Studies, Kalikavu. Throughout the session, students were actively engaged, which greatly contributed to their entrepreneurial interests.

Observance of Suicide Prevention Day



The Department of Psychology conducted a suicide prevention programme on 10 September 2024. The event aimed to raise awareness about suicide prevention and promote mental health well-being. The programme started with an inaugural speech by Dr. Kamaludheen, K. T., Principal, ACAS. The programme included a short film presentation that aimed to depict the realities of mental health struggles and the significance of timely intervention and support. Ms. Ayisha Thanseera, Asst. Professor, Dept. of Psychology, and Mr. Shahabas, Fifth Semester B. Sc. Psychology, delivered insightful talks on the topic of suicide prevention. Additionally, an interactive segment called "Feelings Hub" encouraged participants to "write it out, let it go," providing a platform for attendees to express their emotions and thoughts.

Farewell to Mr. Muhammed Noufal. M



The staff club at Al Shifa College of Arts and Science organized a farewell to Mr. Muhammed Noufal. M., Assistant Professor of Economics, on 11 September 2024. Mr. Ishaq. K., Assistant Professor of Arabic, and President, Staff Club, welcomed the gathering. Dr. Kamaludheen. K. T., Principal, Ms. Saritha. K., Vice Principal, and other faculty members spoke on the occasion. Mr. Muhammed Noufal. M shared his experiences at ACAS. Dr. Kamaludheen. K. T handed over a memento to Mr. Noufal.

Onam Celebration



On 12 September 2024, ACAS came alive with the vibrant colours and joyous spirit of Onam, as students and faculty gathered to celebrate this traditional festival. The event filled with cultural activities, games, and a sense of community brought the entire ACAS community together, cultivating a spirit of unity and togetherness.

The celebration officially commenced with a panel discussion, featuring esteemed participants including the Principal Dr. Kamaludheen. K. T, Mr. Nahas Abdul Rasique, Manager, Placement and Relations, ACAS, Mr. Vineeth. U. V, Assistant Professor, Department of Commerce, Mr. Sangeeth Krishnan, K. K, Fifth Semester B. Sc. Psychology and Ms. Adhithya, First Semester M. Sc. Psychology. The discussion focused on the significance of Onam and its cultural importance. Following the panel discussion, a series of fun-filled games and activities followed, where both students and faculty members enthusiastically participated. Traditional games such as tug-of-war, Sandarikk Pottu Thodal and Uriyadi brought out the competitive spirit in everyone, while fostering a sense of camaraderie and teamwork.

The highlight of the event, the Chenda Melam, a traditional Kerala percussion performance, captivated everyone with its rhythmic beats and powerful energy, with the Chenda artists skillfully creating an electrifying atmosphere. The much anticipated Onam Sadhya, a grand feast served on banana leaves, featuring a wide array of traditional Kerala dishes was yet another main attraction.

Reel Making Competition



A reel making competition was held as part of the Onam celebration at ACAS campus. Students had the opportunity to showcase their video making skills by capturing the colourful moments of the celebration. Mr. Farhan. P. K., First Semester B. Sc. Artificial Intelligence, won the prize in the competition.

Add-on Classes Begin



The Add-on courses offered to the students of the First Semester classes commenced in September 2024. A wide range of Add-ons including Logistics, ACCA, CMA, Aviation, Cloud Security, Artificial intelligence and more are offered to the students, ensuring employability as they graduate from ACAS.

Friendly Match with Duxford College



The Department of Physical Education, ACAS, along with the Department of Physical Education at Duxford College for Advanced Studies, conducted a friendly practice football match on 25 September 2024 at Duxford College Ground, Kalikavu. The match was inaugurated by Mr. Navas, Head Coach of Luca Soccer Academy, which manages the Duxford College football team. The score was 1-0, with ACAS emerging victorious.

ALISS 2024



The Al Shifa International Student Seminar (ALISS), one among the flagship events of ACAS, is expected to be conducted soon. The seminar featured multiple keynotes and paper presentation forums last year. This time, the seminar comes back with more disciplines added and a wider platform for undergraduates and postgraduates to discuss their research works.

Final Year Package



The Faculty Development Centre, ACAS, hosted an enlightening "Final Year Package-2024-25" session on 24 September 2024. Led by Dr. Kamaludheen K. T. Principal, ACAS, the session unveiled a comprehensive support framework for final-year students, focusing on strategic interventions for academic excellence, targeted support for students requiring extra assistance, and innovative programmes to clear pending papers. Dr. Kamaludheen emphasised the college's commitment to student success, outlining facilities and resources available. Mr. Nahas Abdul Rassaou, ACAS's Placement and Relations Manager, joined the session, sharing valuable insights on industry expectations and employability skills, empowering final-year students to excel in their examinations and paving the way for a brighter future.

Steering the Entrepreneurial Pathway

The Entrepreneurship Development Club, ACAS, organised a session on "Steering the Entrepreneurial Pathway" on 25 September 2024.



Mr. Sunil A, Assistant District Industries Officer, Perinthalmanna, led the session. Ms. Meha. C. M, Coordinator, Entrepreneurship Development Club, inaugurated the session. Mr. Kamaludheen. K. T, Principal, ACAS, graced the occasion with his presence. The session saw active participation of the student community which made it highly beneficial for them as they received information about various schemes and assistance provided by the government for entrepreneurial activities.

Writing an Academic Book: Faculty Book Publication



The Publication Wing, ACAS, organised a session on 'Writing an Academic Book' for faculty who aspire to write a book on 25 September 2024. Dr. Kamaludheen, K. T., Principal, ACAS, headed the session. He walked the faculty through the steps of writing an academic book and gave guidelines on how to successfully publish their own books. One or two faculty from each department participated in the session. The outcome of the session is expected to be the publication of as many as six books by ACAS faculty.

Library Council Celebrates National Comic Book Day



The Library Council of ACAS observed the National Comic Book Day on 26 September 2024. Ms. Amna. T, Ms. Fathimath Farhana. E. T, Ms. Fidha Febin. A, and Ms. Hiba. P, Third Semester B. A. English, captivatingly introduced an array of comic characters and books to the audience. This engaging presentation was followed by an interactive student discussion, where attendees enthusiastically shared their personal fascination with specific comic characters. The selected members of the Library Council greatly benefited from this enriching experience.

Reported by
Ms. Fidha Febin
Third Semester B. A. English

Faculty Home Visit Programme



The Staff Club, ACAS, initiated a 'Home Visit' programme for ACAS employees as part of a staff welfare and attachment initiative. The program began on 26 September 2024, with a visit to the home of Ms. Indra, Housekeeping Staff. Dr. Kamaludheen. K. T., Principal, Ms. Saritha. K., Vice Principal and Mr. Nuhmanali. P., Administrative Officer at ACAS, participated in the visit. It was an amazing experience, allowing them to enjoy the family's hospitality and learn more about their personal life and environment. By extending support beyond the workplace, ACAS demonstrates its commitment to holistic well-being, prioritising the overall well-being and personal and professional growth of its employees.

Photography Workshop: Techniques & Applications



The Entrepreneurship Development Club, ACAS, hosted a photography workshop titled "Click to Create: A hands-on Exploration on Photography" on 27 September 2024. Mr. Mohammed Sajeer, Assistant Professor and Head, Department of Visual Communication, MES Mampad College (Autonomous) led the session.

The students showed remarkable enthusiasm, participating actively in discussions, exercises, and activities throughout the programme. It helped the students to get an overview of technicalities of photography and to enhance their previous knowledge, facilitating a hands-on experience on photography and an opportunity to discuss their work and to understand their strong and weak areas in photography skill.

English Club Unites Puzzle Enthusiasts



The English Club, ACAS, as part of World Literacy Day Celebration, held a Crossword Puzzle Challenge on 27 September 2024. The programme aimed at enhancing students' general knowledge in English and promoting awareness about the significance of literacy. The event saw enthusiastic participation from the students. Mr. Mujoeb Rahman, K. P and Mr. Hachim, K. T, First Semester B. B. A., secured first and second positions respectively. The event saw active student participation making it a resounding success, showcasing the students' skills in a fun and educational manner.

Reported by
Ms. Fathima Rifna
Third Semester BA.English

No War Human Chain



The National Service Scheme of ACAS organised a "No War Human Chain" programme on 27 September 2024. The event aimed to spread awareness about the importance of peace and unity in the face of global conflicts. It also reflected the commitment of the student body and the college to promote peaceful coexistence and harmony. Dr. Kamaluddeen, K. T., Principal, ACAS, inaugurated the programme. He encouraged the students to take a proactive role in building a world free from violence and war, emphasising the values of mutual respect, dialogue, and understanding. The participants, including NSS volunteers, other students, and faculty members formed a human chain in the campus, symbolising unity and collective resolve against war. A pledge for peace and harmony followed, leaving a profound message of the role of youth in global peace efforts.

Reported by
Mr. Adarsh

Third Semester B. A. Economics

Global Finance Insights: Orientation for Commerce Students



The Department of Commerce, ACAS, in collaboration with Golden Wings Global Business Solutions & Education Centre, organised an orientation programme on International Accounts and Taxation on 26 September 2024. The session was led by Mr. Sharafudheen, CEO, and Mr. Mehroof, MD, Golden Wings. Golden Wings, with branches in various locations, provides value-added courses in the corporate sector, focusing on enhancing students' skills for better career prospects. The programme enhanced knowledge in 'International Accounts and Taxation'. The participating students gained valuable insights into the fundamentals of international accounting practices and taxation, broadening their understanding of global financial systems. The session introduced students to the value-added courses offered by Golden Wings, opening up avenues for skill enhancement and career growth in the corporate sector.

Invited Talk by Ms. Sajja Mol. P. K

Ms. Sajja Mol. P. K, Asst. Professor and Head of the Department of Nutrition and Dietetics, ACAS, delivered a session titled Healthy Plate, Healthy Heart, organised by the PG Department of Home Science, KAHM Unity Women's College, Marjeri, in collaboration with the Nutrition Clinic of ACAS as part of the observance of World Heart Day.



The event took place virtually on 30 September 2024. In her talk, Ms. Sajja Mol emphasised the importance of balanced diets and healthy eating habits in maintaining heart health, aligning with global efforts to raise awareness about cardiovascular health during World Heart Day. This session was conducted as part of the Alumni Talk Series at Unity Women's College.

Star of the Month



The "Star of the Month" award is instituted by the Internal Quality Assurance Cell to recognize the exceptional efforts and outstanding achievements of the students of ACAS monthly. Furhan P. K., 1 Semester BCA, wins the prize in the month of September '24 for his outstanding video editing skills.

Prophet: The Role Model



The Department of Arabic organised a talk on 'Prophet: The Role Model' in collaboration with the Spiritual Club and Centre for Life Skills Education on 10 September 2024. Dr. Kamaludheen. K. T, Principal, Al Shifa College of Arts and Science, handled the session. He spoke on the lifestyle and spirituality of the Prophet.

Reported by

Mr. Mohammed Afnan, K
Third Semester B. Com. C. A

Fablo! Blogger of the Month

The Faculty Development Centre, ACAS, maintains a blog page for faculty titled Fablo! The blogs of ACAS faculty are uploaded regularly and the best blog of each month is rewarded with the Blog of the Month Prize. In September 2024, the shortlisted blogs are 'Celebrate Like it Matters: Eyes up, Phones Down' by Ms. Ayisha Thanseera, M. K, Asst. Professor of Psychology, 'Serpents and Indian Festivities' by Ms. P. Riya, Asst. Professor of English, and 'പ്രവാചകൻ പ്രവർത്തികൾ' by Mr. Vineeth. U. V, Assistant Professor of Commerce. Mr. Vineeth. U. V, Assistant Professor of Commerce, won the prize of the month.

FaBlo! The Faculty Blog

കഥപറയുന്ന കാർഗിൽ

സമുദ്ര തലമുടി പതിക്കുമ്പോൾ സമീപം നിറമണിയുന്ന മണലുമുതലുമായി തമ്മിൽ അന്ധതയോടെപ്പോയി സൗകര്യം പുനഃസമീക്ഷിക്കുന്നതിനായി കണ്ണുപാകിയ റെഡ്ഹെൽമെന്റ്. അത് ഹിന്ദുവാണ് ഹിന്ദുവായിട്ടും കണ്ട് കാർഗിൽ കണ്ടുമുതലി യാത്ര തുടരുകയാണ്. എന്തെങ്കിലും കണ്ടുമുതലി മതിവരാത്ത ഹിന്ദുവായകാഴ്ചകൾക്കിടയിലൂടെ മുക്തനാട്ട് പതിക്കുമ്പോഴും കണ്ണിൽ കണ്ണിടിയെടുക്കുന്നതൊന്നും കാഴ്ചകണ്ണുന കണ്ടുമുതലി-എന്നൊക്കെയുള്ള എന്റെ സ്ഥിരം വർണ്ണനകളെ താൽകാലികമായി ഉപേക്ഷിക്കാൻ തന്നെപ്പറയുന്നതിനോടൊപ്പം കാഴ്ച, കണ്ടുമുതലി-എന്നൊക്കെയുള്ള സമൂഹം പലകൾ ഓർമ്മകളിൽ ഇടപാഴും സമീപമെപ്പ മുഴക്കുന്ന കാർഗിൽ പ്രാമുഖ്യമേഖല വിഭാഗംകളിൽതന്നെ

ഈ സമൂഹത്തോടെ ഇന്നും ഇന്നുൾ അന്ധ ഓർമ്മകളിൽ സമീപിക്കുന്ന 'കാർഗിൽ' ഓർമ്മകളെപ്പറ്റിയതാണ്. അന്ധതയോടെ 120 കിലോമീറ്ററോളം NH 1D യിലൂടെ സഞ്ചരിക്കുന്നതാണ് പാകിസ്ഥാനോട് അതിർത്തി പങ്കിടുന്ന, നിത്യജീവനം തലമുടി അടുത്ത സ്ഥിതിചെയ്യുന്ന അതിർത്തോടൊപ്പം കാർഗിൽ പട്ടണത്തിലേക്കാണ്. അതിയെ പാത എന്ന് കണ്ട് അന്ധതയോടെ സ്ഥിരമായുള്ള കണ്ണിടിയും പ്രതികൂല കാഴ്ചസമൂഹം മിക്കയിടങ്ങളിലും അന്ധരായ തീർത്തും തകർത്തുകൊണ്ടിട്ടാണ്.

സൈനിക വകുപ്പിലെ ജോർജർ റാബിന് മാർഗ്ഗരണസംഘന്റെ തൽകാര്യത്തിൽ പരിഹാസിച്ചു പോരുന്ന ഈ പാത ഓ- ഡെറാക്ക് പ്രദേശങ്ങളിലേക്കുള്ള ഇന്ത്യയുടെ പങ്കെടുക്കുന്നതിന്റെയും, സൈനിക നീക്കത്തിന്റെയും നിർദ്ദേശിച്ച് വൈൽ ആണ്. വർഷത്തിൽ 6 മാസത്തോളം തടസ്സമില്ലാതെ അങ്ങന്യ ചിടകയുന്ന NH 10 ഇന്ത്യ- പാകിസ്താൻ- രാജ്യാന്തരത്തിൽ കേരളസഭയായ ഓ- ഡെറാക്ക് പ്രദേശങ്ങളെ ശ്രീനഗരമായി സ്ഥിരീകരണവും, അനുപാതീയമായ പൊലിയും, വിവിധ യാത്രയുടെ സൗകര്യം കൈമാറ്റം കൈമാറ്റംകൊണ്ടിട്ടും യാത്രയുടെ മാർഗ്ഗമിടകപാരി നിലവിലുണ്ടാക്കിത്തന്നും, വൈകല്യമുണ്ടായുള്ള പാതകൾക്കായി അപ്സർവ്വേഷൻ ഉറപ്പാക്കിയതും, സുരക്ഷിതവും, സുരക്ഷിതവും, സുരക്ഷിതവും.

ജാമ്പ്

വളരെയും പുളരെയും ചിടകയുന്ന പട്ടണൻ റാബിയുടെ രാജ്യം കയറിയും, ഇറങ്ങിയും, സൈനിക വാഹനവൃഗങ്ങൾക്കിടയിലൂടെ ജാമ്പ് കേരളയിലെകേരൾ പ്രദേശങ്ങളും, നടുവിലും, നിർമ്മാണം വിവിധ നിർമ്മാണ ഇറങ്ങിയപ്പോൾ അത് അത് സ്ഥാപനങ്ങൾ നവീകരണത്തിൽ കൂടുതൽ പൊതുക്കൾ പോലെ പണിനത്തിലുള്ള റെക്രൂട്ടുകൾ കടന്നും, എൽക്കിയെ, വിവിധ പ്രാദേശങ്ങൾ, എന്ന് പരിഷ്കരിച്ചു എന്ന് കേൾ. അത് അർത്ഥം നിർമ്മാണയുടെ സ്ഥാപനങ്ങൾ സേവ് ക്യാമ്പ് ആണെന്നും, വാഹനങ്ങൾ ഇവിടെ നിർമ്മാണ റെക്രൂട്ടുകളിൽ നല്ല എടുത്തുകൊണ്ട് 2-3 ദിവസം കടന്നുപോയി നമ്മുടെ സേനയുടെ അർത്ഥംകൊണ്ടാണ്. സൈനികവൃഗത്തിനും, പങ്കെടുക്കുന്നതിനും, നടുക്കുകയെടുക്കുന്നതിന്റെ സഹായം അത്യാധി നമ്മുടെ നീങ്ങുന്ന സേനയുടേതല്ലാതെ പട്ടണത്തിൽ മാറ്റിയതിനും, ഉള്ള സാഹ്യം സംഭവണത്തിൽ അർത്ഥം യാത്ര വിവിധങ്ങളെക്കുറിച്ച് കൂടുതൽ നന്നായി.

വളഞ്ഞു പുളഞ്ഞു കിടക്കുന്ന പച്ചക്കറ തോഡിയുടെ മേൽ കയറിയും ഇറങ്ങിയും സൈനിക വാഹനവൃഗങ്ങൾക്കിടയിലൂടെ ഞാൻ മേഖലയിലേക്ക് പ്രവേശിച്ചു നടന്നുവന്നു തിവർത്താൻ മുൻപിൽ നിർത്തി ഇറങ്ങിയപ്പോൾ അങ്ങ് താഴെ സ്ഥൽത്താൽ നാടുകടലിൽ കൂത്തു പൊട്ടുകൾ പോലെ പലനിറത്തിലുള്ള തെന്തുകൾ കാണാം. ഘോരതലിയും മുറിച്ച് പ്രാധാനംതോന്നും എന്ന് ധരിച്ചു എന്നിങ്ങ് തെറ്റി. അത് അമർനാഥ് ജീർമ്മാകരുടെ സ്ഥൽത്താൽ തോന്ന് ക്ലാസ് ആണത്രെ. വാഹനങ്ങൾ ഇവിടെ നിർത്തി തെന്തുകടലിൽ നസ്ത്ത് എടുത്തശേഷം 2-3 ദിവസം കാൽനടയായി നടന്നു തുടങ്ങിയെങ്കിൽ അമർനാഥിലെത്താൻ. സൈനികവൃഗത്തിനും ചക്കമുവാഹനങ്ങൾക്കും നൂറുകൾക്കുപുറകിലുള്ള ഭാഗമായി അത്യധികം നടന്നു നീങ്ങുന്ന തോക്കുധാരികളായ പട്ടാളക്കാരിൽ തൊട്ടിൽനിന്നും ഉള്ള സൗഹൃദ സംഭാഷണത്തിൽ അമർനാഥ് യാത്ര വിശേഷത്താൽ കൂറിച്ച് കൂടുതൽ നേർച്ചയായി.

ആദ്യ മേഖലയിലാണ്. കൊല്ലം സുന്ദരി അങ്ങേയ്ക്ക് കൃഷി. നിത്യവും നൂറുകൾക്കു പുറകിലുള്ള ഭാഗമായി മേഖലക്കാർ മേഖലയിൽ ഇങ്ങനെയൊന്നിടത്തോടുകൂടി 40-50 കിലോമീറ്റർ വരെ നടക്കുകയോ, നാട്ടിലെ കാലാവസ്ഥയും വിശേഷത്തും ചോദിച്ചറിഞ്ഞു അങ്ങേയ്ക്ക് വാക്കുകളിലും മൂലങ്ങളും നാട് എത്താനുള്ള ആഗ്രഹം പ്രതിഫലിക്കുന്നത് പ്രത്യേകമായി എനിക്ക് കാണാമായിരുന്നു. കേവലം 5 മീറ്റർ മാത്രം നീങ്ങുന്ന ആ സൗഹൃദത്തിനൊടുവിൽ എവിടെയെങ്കിലും കണ്ടുമുട്ടാം എന്നു ശുഭപ്രതീക്ഷയിൽ കൈ കൊടുത്ത് പത്തുപേർ അങ്ങനെയൊന്നും കർത്തവ്യ നിരതരായി നടന്നു നീങ്ങി. ഗേറ്റ് വെ റോഡ് മേഖല എന്നറിയപ്പെടുന്ന ഞാൻ. സമുദായിപ്പിൽനിന്ന് 3,280 മീറ്റർ ഉയരത്തിൽ സ്ഥിതിചെയ്യുകയും, തോന്നിയിട്ടുള്ള കഴിഞ്ഞാൽ എറ്റവും തണുപ്പുള്ള പ്രദേശമായി തിരഞ്ഞെടുക്കുകയും ചെയ്യുന്നു.

തോന്നിലിടയിൽ വെട്ടിയൊരുക്കിയ തോഡിയുടെ, പീമാനിലിടയിൽനിന്ന് ഉത്ഭവിക്കുന്ന നീർച്ചാലകളും, തിരിച്ചു മേനിക്കുമ്പോൾ തോന്നു നടക്കുന്ന മേൽതൊട്ടിൽപുറത്തുള്ള പീമാനിലിട കാർഗിൽ മേഖലയായി തുടങ്ങാൻ ചേർന്നു.

25 വർഷങ്ങൾക്കുശേഷം, 1999 ൽ കാർഗിൽയിൽനിന്ന് 60 കിലോമീറ്റർ അകലെ തോൽ ഇല്ലപ്പാർ സഞ്ചരിച്ചുകൊണ്ടിരിക്കുന്ന ഞാൻ മേഖലയിലാണ് കാർഗിൽ യുദ്ധം അരങ്ങേറുന്നത്. ശത്രുരാജ്യത്തിന്റെ "ഇപ്പോഴാണ് തോൽ" എന്ന സൈനികസംഗീതം ഇന്ത്യ രാജ്യം "ഇപ്പോഴാണ് വിജയം" മൂലം നിർദ്ദിഷ്ടമാക്കിയ യുദ്ധമുതി. യുദ്ധ കഥകളിലും, സിനിമകളിലും തന്നെ കേന്ദ്ര പരിചയിച്ച ഞങ്ങളുടെ, ഹൈന്ദവ വിൽ ന്യൂനതയെ മറ്റുവ്യക്തികൾ. ഞാൻതന്നെ തന്നെതന്നെകാറ്റിനിപ്പോഴും തോൽമുതിന്റെ ഗന്ധമുള്ളതായി ഇവിടെ സന്ദർശിക്കുന്ന ആർക്കും തോന്നിപ്പോന്നു.

കരുണയിന്റെ കാവൽ

ഇന്ത്യക്ക് നഷ്ടമാക്കിയത് ആഞ്ഞുവീഴിയുന്ന ഇല്ലപ്പാർവിന്റെ വീര ജാതാവിന്റെ മീനൻ. അവരുടെ പാവന നിർമ്മാണത്തിൽ 2004 നവംബർ ഒന്നിന് ആന്ത്യകാലത്തെ ഞാൻ വാർ മേജറായിത്തന്നെ എത്തിയ ഇന്ത്യയോടും തോൽമുതി വികാശിൻമാർത്താണ് കരുണയിൽക്കാൽ സാധിക്കില്ല. വാർ മേജറായിത്തന്നെ സമീപത്തുള്ള ഹെൽപാഡ് കേണൽ വിജയൻ തോൽമുതി പേരിൽ ഉള്ളതാണ്. യുദ്ധമുതിയത് തന്റെ മനോഹരവും സൈനിക മൂലകാലി ഒരു സിവസരത്ത പെരുമ്പുതിൽപ്പുലയെ ഏറെ ഉയരത്തിലിരിക്കുന്ന പാൽസാന്നിധ്യമൂലം പിന്നെ സർപ്പിച്ച് വീരമുതിയ കൈവരിച്ച തോൽമുതി കരുണയ്ക്ക് സാധ്യമുള്ള കഥകൾ യുദ്ധ സ്മാരകത്തിൽ സ്വർണ്ണനിറത്തിലുള്ള തകിടിൽ കൊത്തിവെക്കപ്പെട്ട ആഞ്ഞുവീഴിയുന്ന ഇല്ലപ്പാർവിന്റെ പാൽമുതിയെ പാവനസാന്നിധ്യം പാവനസാന്നിധ്യം പാവനസാന്നിധ്യം കഥകൾ സാന്നിധ്യം, രാജ്യമേജറുടെ സ്വർണ്ണ തൂങ്ങി വീര യോദ്ധകൾക്കാടി സ്വർണ്ണനിറത്തിൽ ഇങ്ങനെ കൊത്തിവെക്കപ്പെട്ടു. - "To the martyred soldiers, who gave their today for our tomorrow."

1999 മെയ് മുതൽ ജൂലൈ വരെ നിലവിലിരുന്ന യുദ്ധത്തിൽ പങ്കെടുത്തവർ സൈനികരുമായി കാർഗിൽ പീടിച്ചെടുത്തുകൊണ്ടിരുന്ന ഗുരുവകുടുംബക്കാരുടെ മേൽമുഖം മുതൽ തുടങ്ങി പിൽ വരെ പീടിച്ചെടുത്ത യുദ്ധം ആരംഭിച്ചപ്പോൾ കരുത്തിന്റെ കാർഗിൽ പെട്ടു വളർന്ന സുരീ തിരുമുഖംപോലും വിട്ടുനൽകിയെന്ന സുരൂപ പ്രതിജ്ഞയോടെ ശക്തമായ തിരിച്ചടിയുമായി വീടും കണ്ടപ്പോൾ നിയന്ത്രണാവസ്ഥയ്ക്കും തിരുമുഖം കണ്ണുപൊട്ടിക്കൊണ്ട യുദ്ധം അവസാനിപ്പിച്ചത് ഇന്ത്യയുടെ പ്രശസ്തി വാങ്ങിയ മുതൽക്കൂട്ടമാണ്.

യുദ്ധ സ്മാരകത്തിന് തൊട്ടടുത്തായി മനോഹരമായ സമരകഥകൾ കേൾക്കാനും യുദ്ധസ്മരണകളുടെ കർമ്മം എന്നാണ് ഇത് വിശദീകരിക്കപ്പെട്ടിട്ടുള്ളതാണ്. യുദ്ധമുതൽ ഉപേക്ഷിച്ചു വെട്ടിക്കൊടുക്കുന്നതും യുദ്ധമുതൽക്കുടുംബങ്ങൾക്കും മേൽ കണ്ണു തുടങ്ങിയതും, നമ്മുടെ സൈനിക സേനയ്ക്ക് മുൻപിൽ ശത്രു രാജ്യം പിന്തിരിഞ്ഞ് തിരിച്ചപ്പോൾ ഉപേക്ഷിക്കപ്പെട്ട സാമൂഹിക കണ്ണു പുനർനിർമ്മിക്കാനും തെല്ലൊന്ന് കഴിയുന്നതും വീര മുതലുമായി അവരുടെ മേൽമുഖം പരിചരിക്കേണ്ടതാണ്.

കഥപറയുന്ന കാർഗിൽ

സ്മാരകത്തിന്റെ നിലനിൽപ്പും, ഉദ്ദേശ്യങ്ങളും, നിർമ്മിക്കേണ്ടിട്ടുള്ള സാഹചര്യങ്ങളും തിരുമുഖം സ്മരണയുടെ ലക്ഷ്യമായി നമ്മുടെ മേൽമുഖം മുതൽക്കൂട്ടിയതും ഒരു മേൽമുഖം പരിചരിക്കേണ്ടിയിട്ടുള്ളതും അവയായി പറയുന്നതാണ്. അവർ പറയുന്നതാണ്: "നിങ്ങൾ വിട്ടുകളിയിൽ സ്മരണയായി ഉപേക്ഷിക്കേണ്ടിയിട്ടുള്ളതാണ് അവർ ഇതിൽ ഉപേക്ഷിക്കേണ്ടിയിട്ടുള്ളതാണ്."

അടുപ്ത കിബാരിറ്റർ അക്ഷയമുള്ള കാർഗിൽ നവം
ലക്ഷ്മി അമ്മ യുവാവ് യുവാവ് യുവാവ് കോളിംഗിട്രീയ
കാർഗിൽനിന്നു നവം കാർഗിൽനിന്നു നവം നിശ്ചയം
വിശ്വനാഥൻ



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Celebrate Like It Matters: Eyes Up, Phones Down!



Celebrations are moments meant to be cherished with friends, family, and loved ones. Whether it's a festival, a wedding, a party, or even a small gathering, these events bring us closer to those who matter most. However, in recent years, there's been a noticeable change in how we experience these moments, thanks to the universal presence of mobile phones.

The Good Side: Capturing Moments

Mobile phones have revolutionized how we capture and share special moments. At celebrations, our phones allow us to click pictures, record videos, and instantly share our joy with those who couldn't make it. Apps like WhatsApp, Instagram, and Facebook have made it possible to live-stream events or send real-time updates to friends and family worldwide. We have a treasure trove of memories stored in our devices, always ready to relive those precious moments.

The Flip Side: Missing the Real Fun

On the downside, our phones often distract us from the actual joy of celebrations. We see people spending more time taking pictures, updating social media statuses, or replying to messages than genuinely engaging with those around them. Imagine a wedding party where everyone's heads are buried in their screens instead of enjoying the speaking with relatives or dancing to the music. Mobile phones, while great tools, sometimes make us forget the importance of living in the moment.

Finding the Balance

So, how can we strike a balance between enjoying the celebration and using our phones? Here are some tips:

- 1. Set Phone Boundaries:** Allocate specific times for taking photos or checking messages. After that, keep your phone aside and enjoy the event.
- 2. Encourage Offline Fun:** Plan interactive activities that encourage people to put their phones down, like games, dance sessions, or group activities.
- 3. Live in the Moment:** Remember that no amount of likes or comments can replace the happiness of shared laughter and genuine connections. Prioritize the experience over the digital record of it.
- 4. Create a Digital-Free Zone:** Have areas or moments in the celebration where phone usage is discouraged, allowing everyone to focus on the real-life experience.

Mobile phones are powerful tools that help us stay connected, but they should enhance celebrations, not overshadow them. By being mindful of our phone usage, we can ensure we capture beautiful moments while fully participating in the joy of the occasion. After all, the best memories are made with eyes up and hearts open, not just through screens and lenses.



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Serpents and Indian Festivities

The Nag mela or annual fair is conducted to seek favour from nagas, each naga has its own fair like the Devas and Goddesses. The Vasuki known as the king of serpents is worshiped in the name of Baski Nag or Basak Nag in the regions of Western Himalayas. There is a tale related to Baski Nag which resembles the destruction of Narapura by the Naga Suoravas. In the old town of present Bhadarvah situated the Niru and Halon rivers Baski Nag assumed the shape of a mendicant and went to Dughanagar where he begged for food. As it was time of famine he was met with refusal until he came to the house of an old woman she welcomed him with a few herbs left in home. Soon she realized her guest was Baski Nag due to water dripping from his girdle, he warned her not to mention his visit and violent storm to come. Though whole town was destroyed her house was saved as Baski Nag marked the place.

The southern part of India is prevalent to the snake worship, here the cobras are considered sacred, higher castes believe it is a sin to kill them and misfortune falls on them. The Naga-kals are evidence to the ongoing worship of Nagas, they are placed near peepal or nim tree as a vow to bore children by childless wives. The naga-kals maybe a single head or it can be in three, five and seven hoods. The variety of snake statues are observed one with two cobras intertwining, the jewel behind their head presents the Nag mani or the combination of Nag and a female bust carrying two baby snakes in her arms.

The Malabar coast the believes are around the serpent cult known as Sarppakaavu, which are found in lush greenery and forests they are left undisturbed, the natural herbs and plants are protected, even a twig is considered sacred. This is the Nagakotta or snake-shrine if it is neglected the calamities are be felled on the residents such as leprosy, itch, barrenness in women, deaths of children, frequent snake appearance in garden and other problems. Puja is offered once a year accompanied by Nagam-pattu, performed by singing and dancing it is believed to be blessed with offspring. The high priest Pambanmakkad Nambudiri is the head of serpent cult in Malabar who lives in the town of Ponnani in a house full of cobras which are said to be harmless.

Nagapanchami is a great festival held in honour of serpents, it is celebrated on the fifth day of the bright fortnight of the month of Savan, the first month of rainy season. The rites performed on the basis of a Sanskrit work called Vrataraja, extracted from Hemadri. During Nagapanchamy cow dung is used to smear the doors to call the poisonous ones, only one meal is taken preceding the ceremony. One should make a Naga of gold, silver, wood, earth, turmeric or sandal or cause five serpents to be drawn. It is believed that Nagas has five hoods each should be worshiped with parched grain hoods and five nectar's, with the flowers of oleander, the "hundred-leaf", the jessamine, and the red lotus likewise with powdered sandal and incenses. Then Brahmins are fed with ghee, milk-rice, and sweetness. There should be no digging of the earth either in day or night, it is considered as a sin to do so. The rituals are mostly performed by female worshipers they decorates their home, offers milk, milk-rice and edibles to snake deities, and snake charmers are also found near village where edibles are given on Nagapanchami. The lamp is lit all day and night, at the end of ceremony everyone gathers around the young, old and ladies to hear the story or kahani which is repeated for years.

There was a city called Manikpura [Manipur] , there lived a Brahmin who forgot Nagapanchami, a day to worship Nagas and there should be no ploughing, digging, picking, plucking, burning and roasting. He went to the field to work, where a Nagina (a female cobra) had a hole in the field and her young ones the plough strikes and killed her children. The Nagina on returning she find her dead children, grew enraged and set out to find the cause, she saw the plough covered in blood in Brahmin's house she bit everyone in their sleep and want their entire family to go extinct thus she went to the daughter of Brahmin who was married off to next village. But the daughter had painted Nagas and offered and placed before them at night, frankincense and edibles and others, Nagina rejoiced and enjoyed the treat thus she said to the girl: 'O daughter, thy father killed all my young ones to-day, while ploughing the field. After having, therefore, killed all the persons in thy maternal home, I had come to bite thee, too, but as thou didst remember and worship me, I am pleased and, therefore, I do not bit thee'.

On hearing this she pleaded to the Nagina to advice a remedy to resurrect them, Nagina gave nectar to her and asks to sprinkle over their bodies. At that time people began to enquire why Brahmin had not yet risen and they found them all dead. Then the daughter arrived and sprinkled the nectar given by Nagina, she told her father what happened and the narrator added: 'Now from this , when the month of Sravana cometh, thou shouldst worship the Nagas on the fifth day in the bright fortnight according to the rites laid down, and should place before them at night frankincense, lamps and food. And on that dy thou shalt not dig, neither shalt thou kill anything on that day'.

In Northern India Nagapanchami is observed in the Gangetic plains, as in Bengal the fifth lunar day of Sravana (July-August) the rites are continued to Bhadrapada (August-September) on these days a milky hedge plant is raised on an mound of earth in courtyard, in the form of plant Goddess Manasa is worshiped identified to the sister of serpent king Vasuki who was married to the hermit Jaratkaru and became the mother of Astika. In adi-parvan as Nagas were being exterminated at the serpent sacrifice of Janamejaya, Manasa is believed to afford protection against poison of snake-bite thus known as Vishahari or poison-destroyer. She is portrayed as a beautiful female of golden color, sitting on the water-lily and clothed with snakes.

Snakes represent eternity, Divinity, virility, life and death and timelessness, the tradition of Kerala on religion is connected Indian mythology. The myth of Keralolapathy points out when Brahmin's settled in Kerala lord Parasurama allotted a different area to reside. The gods are connected to nagas as Lord Shiva had given importance to Nagas by wearing a serpent on his neck. The worship of snakes began as a remedy from naga dosa or curse of snake, it is caused if any harm is done to nagas or any sacred object related to snake worship is neglected.

The various forms of ideas about the vengeful, capricious yet blessing to the humans, the fear of snakes, it is poison and nature then the antidote to the same poison, snakes are a mixture of divine and excitement and fearful respect and in awe with this creature. As a result of many legends, myths, folk tales snakes are worshiped and prayed, special days are selected to pray and celebrate the events of rites. The poem The Festival of Serpents by Sarojini Naidu represents the naga festival prevalent in the rural tradition of India. This poem is from the collection The Bird of Time: Songs of Life, Death and the Spring. Her poems are full of vibrant imageries and local festival's of India, the folk themes and nature are praised in Sarojini Naidu's poems.

SHINING ones awake, we seek your chosen temples
In caves and sheltering sandhills and sacred banyan roots;
O lift your dreaming heads from their trance of ageless wisdom'
And weave your mystic measures to the melody of flutes.

We bring you milk and maize, wild figs and golden honey,
And kindle fragrant incense to hallow all the air,
With fasting lips we pray, with fervent hearts we praise you,
O bless our lowly offerings and hearken to our prayer.
Guard our helpless lives and guide our patient labours'
And cherish our dear vision like the jewels in your cests;
O spread your hooded watch for the safety of our slumbers,
And soothe the troubled longings that clamour in our breasts.

Swift are ye as streams and soundless as the dewfall,
Subtle as the lightning and splendid as the sun;
Seers are ye and symbols of the ancient silence,
Where life and death and sorrow and ecstasy are one.

The poem "The Festival of Serpents" portray the whole nation in which the touching prayers to local deities are offered by devotees, the prayer for blessings and a good life and offspring are a single prayer. The folk tales and worship evokes a divine feeling in the hearts of believers, the spirit of India lies in its rich folk tradition the beginning of every civilization. Thus the myths about serpents are influenced in art, music, movies, literature and paintings as a result of these multiple themes and festivals and forms of worship originated.

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