

ACASIANA

MONTHLY E- NEWSLETTER



**AL SHIFA COLLEGE OF
ARTS & SCIENCE**

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

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On the Implementation of FYUGP



Dr. P. Unneen
Managing Trustee
Shifa Medicare Trust

As our education system undergoes a major shift, I would like to underscore that the Four Year Undergraduate (UG) Program implemented by the Government of Kerala represents a progressive step forward in higher education, aiming to align with global academic standards and enhance the quality of learning experiences. This innovative initiative provides students with a comprehensive and in-depth education, allowing for greater flexibility in course selection and interdisciplinary studies. Al Shifa College of Arts and Science offers Add-on Courses to complement the FYUGP. Our Add-ons emphasize skill development, critical thinking, and research capabilities, equipping students with the tools needed for both professional success and personal growth. The need of the moment is to equip our learners with practical knowledge and industry readiness. I am glad that the college raises to meet the demands of the current generation. I wish the student community the best to reap the benefits of the facilities provided by our college.

To the Academic Excellence

Dear students, faculty and readers,

It gives me immense pleasure to welcome you to the first edition of our college newsletter, in the Academic Year 2024-25. This publication reflects the vibrant spirit and achievements of our college community. As we move forward, I encourage everyone to embrace the opportunities for growth and learning, while upholding the values that make our college a beacon of excellence.

As we embark on an exciting new academic year, I am thrilled to highlight the introduction of the Four-Year Undergraduate Program at our college. This initiative marks a significant step toward enhancing the educational experience, offering students greater flexibility and depth in their learning journeys. It reflects our commitment to evolving with the times, ensuring that our students are equipped with the skills and knowledge to thrive in an ever-changing world. I encourage each of you to take full advantage of the opportunities that lie ahead. Let's make this year one of growth, innovation, and academic excellence.



Dr. Kamaludheen. K. T
Principal
ACAS, Perinthalmanna

Farewell to Mr. Jaleel

The Staff Club at ACAS conducted a farewell meeting to Mr. Abdul Jaleel. C, Head, Department of Psychology, on 3 June 2024. Mr. Irshad, K, Asst. Professor of Arabic, and President, Staff Club, welcomed the gathering. A memento was handed over to Mr. Jaleel by Ms. Saritha. K, Vice Principal, ACAS, on behalf of the college management and the staff. The faculty members spoke on the occasion. Mr. Abdul Jaleel. C, shared his experiences at ACAS. He moves out of the college as he is undertaking the Director's role at InPsyGht, the renowned NGO working in the field of Psychology.



Observance of World Environment Day

• Dept. of English

The Dept. of English, ACAS, organised a movie review session as a part of the observance of the World Environment Day on 5 June 2024. The speakers were Mr. Anjal Hamid, Second Semester B. A. Functional English, and Mr. Anshad, Second Semester B. A. English Language and Literature. They reviewed the movie Avatar, emphasising the environmental significance of the movie. They commented on the depiction of nature in the movie and the human conflict with the natural elements. The reviewers concluded the session with the point that it is possible to achieve harmony with mother earth and lead sustainable life on the planet.

Reported by Ms. Shijiya Sherin
Second Semester B. A. English



• Dept. of Commerce

The Department of Commerce and Nature Club at ACAS celebrated World Environment Day by hosting a workshop on seed pen making on 5 June 2024. The event, attended by enthusiastic students and faculty members, aimed to promote sustainable living and eco-friendly practices. Ms. Mekha. C. M, Assistant Professor of Commerce introduced the concept of biodegradable seed pens, followed by a hands-on workshop where participants crafted pens by recycling used papers, non-toxic ink, and various seeds. The engaging activity not only educated students on reducing plastic waste but also enhanced their creativity and teamwork. The success of the event underscored the college's dedication to fostering sustainable practices and holistic student development.

Reported by Ms. Lisna. K. P
Fourth Semester B. Com: Finance



• National Service Scheme (NSS)

The National Service Scheme and Nature Club at ACAS observed World Environment Day and organised Planting of Saplings on 5 June 2024 as a project of Pochathuruth Initiative of Haritha Keralam Mission, Government of Kerala. Ms. Jameela Chaliyathadi, President, Kizhattur Grama Panchayath, inaugurated the Programme. Dr. Kamaludheen. K. T, Principal, ACAS, addressed the gathering. Mr. Muhammed Faisal, Manager, ACAS, and Mr. Nahas Abdul Rassaq, Manager, Relations and Placements, ACAS, were present in the programme. Mr. Irshad. K, NSS Programme Officer welcomed the gathering. Mr. Muhammed Shahal, Second Semester BCA, coordinated the programme. The volunteers and guests planted saplings on the campus.

Reported by Ms. Shahad
Second Semester B. C. A



• Nature Club and Thanimalayalam Club

On the same day, the Nature Club and Thanimalayalam Club of ACAS organized a quiz competition on related themes. Mr. Anjel Juman, P, Asst. Professor of Economics, and Ms. Febeena. K, Asst. Professor of Malayalam, coordinated the event. Mr. Shaheerali, Fourth Semester B. Com. Finance, won the first prize in the quiz. Reported by Mr. Muhammed Siyad Second Semester B. C. A



• Department of Psychology

On the same day, the Department of Psychology, ACAS, organized a session on 'Environmental Psychology'. Ms. Febinsha Fahim, C of Fourth Semester B. Sc. Psychology, ACAS, was the presenter. She showed the positive role of the environment in man's life through compelling examples of how nature influences mental well-being and overall health. Additionally, she highlighted studies demonstrating the benefits of green spaces on cognitive function and emotional stability. Students of Second and Fourth Semester B. Sc. Psychology enthusiastically participated in the session. Dr. Kamaludheen, K. T, Principal of ACAS, spoke on the importance of the link between man and nature. Mr. Anjel Juman, P, Assistant Professor of Economics, shared his views about the importance of observing World Environment Day. Ms. Ramseena, Asst. Professor of Psychology, gave the welcome note. Dr. Latha, Head of the Dept. of Psychology, reflected on the role of the young hands in preserving natural resources.

Reported by Ms. Shibila, P
Fifth Semester B. Sc. Psychology



Session on Flipped Classes for New Faculty

Ms. Radhika, A. Asst. Professor of English, and Ms. Saritha, K, Vice Principal, ACAS, delivered a session on 'Flipped Class' for the new recruits on 5 June '24 at the college. The event was organized by the Institute for Flipped Learning (IFL) and was conducted entirely in the flipped mode. The eight new faculty members from various departments were given a video note on flipped classes in advance. Following the introductory session, the faculty guided them through the check-up activity. Doubts on the topic were cleared and participants were grouped to do activities. When each participant presented their tasks, comments and suggestions were given by the audience.



Invited Student Talk

The Department of Psychology, ACAS, organized an Invited Student Talk on 11 June 2024. Ms. Ladeeda Femin. C. K, Fifth Semester B. Sc. Psychology, Farook College (Autonomous), Kazhikode, spoke on the topic "How Stage Fear Changed My Life". She interacted with the students and engaged them with various activities. Students of Second and Fourth Semester, B. Sc. Psychology, ACAS, actively participated throughout.

Reported by Ms. Nivedita. P

Second Semester B. Sc. Psychology



Invited Talk on UGC/NET Prep

Ms. Renjitha. K. R, Head, Dept. of English, ACAS, offered an Invited Talk at Noble Women's College, Manjeri, on the preparation strategies for UGC NET/JRF, on 11 June 2024. The session was titled 'Noble Initiative for NET/JRF Aspirants' (NINJA). It was a hands-on session in which she made the students practice previous year questions. A number of ideas on how to prepare for and attend the exam were also shared. 40 students of M. A. English, Noble Women's College, benefited from the session.



Presentation on Revised NAAC Framework



Malappuram, Kerala, India

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The Internal Quality Assurance Cell (IQAC) and the Faculty Development Centre (FDC), ACAS, organised a presentation on the NAAC criteria on 12 June 2024. Mr. Vineeth. U. V, Assistant Professor of Commerce, Ms. Adithya. S, Assistant Professor of English, Mr. Farhan. V. M, Head of the Department of Computer Science, Ms. Mini. V. K, Head of the Department of Commerce, and Ms. Rajashree. V, Assistant Professor of Commerce, presented the key indicators under the various NAAC criteria assigned to them. This presentation aimed to help the faculty members update on the revised framework and do documentation based on the same.

PTA Meetings

• Dept. of Commerce

The Department of Commerce, ACAS, organised a class PTA meeting for the Second Semester B. Com. Finance, Taxation, and Computer Application students on 13 June 2024. The meeting aimed to discuss the overall performance of the students with their parents. Ms. Saritha. K, Vice Principal, Mr. Suhaib. P, Head-in-charge, along with the class tutors, Ms. Rajashree. V and Ms. Mekha. C. M, Assistant Professors, Dept. of Commerce, engaged with the parents and shared the academic and non-academic performance of the students. During the meeting, they analysed the First Semester university examination results, Second Semester university examination preparation, and disciplinary matters related to the students. Additionally, parents received feedback on their wards related to internal examinations, classroom performance, and attendance.



• Dept of English

The Department of English, ACAS, organized a class PTA meeting for the Second Semester B. A. English and Functional English students on 28 June 2024. The meeting aimed to discuss the overall performance of the students with their parents. The faculty members engaged with the parents and shared the academic and non-academic performance of the students. The analysis of the first semester university examination results, second semester university examination preparation, and disciplinary matters related to the students were discussed during the meeting.



Research Forum

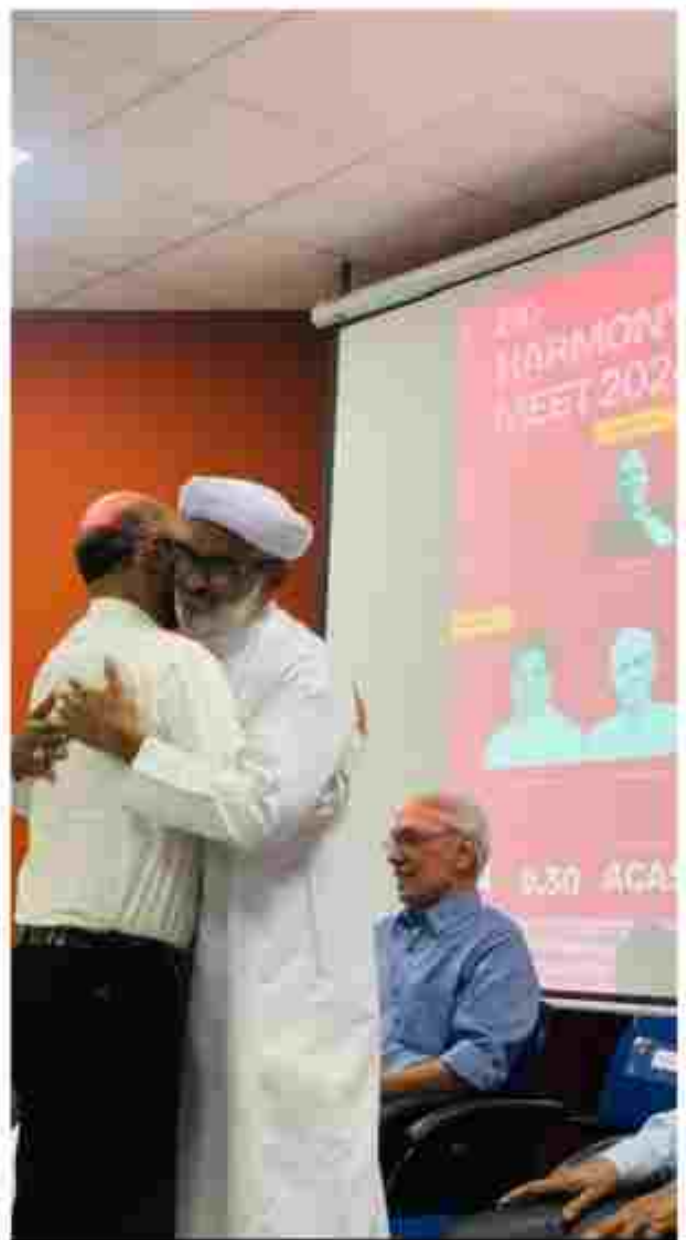
A Research Forum was organised by the Departments of English and Languages on 13 June 2024. Ms. Febina. K, Assistant Professor, Department of Malayalam, reviewed the article "Nirmitha Bhudhiyum Malayala Sahithyavum" by Dr. Sushamakumari. K. S, Associate Professor of Malayalam at Govt. Victoria College, published in Vijnanakairali Monthly.



Eid Celebration and Harmony Meet

Al Shifa College of Arts and Science organised Eid Celebration and Harmony Meet in connection with Eid on 14 Friday 2024. Dr. P. Unneen, Managing Trustee, Shifa Medicare Trust inaugurated the programme. Dr. Kamaludheen. K. T, presided over the gathering. Fr. Chacko Kochuparambil, Vice Principal, St. Mary's College, Puthanangadi, Mr. K. M. Sethumadavan, Overseer, Muthukurshikkav Ayyappa Temple, Kizhattur, Mr. Muhammed. T. H. Darimi, Principal, Darul Hikam Shereea College, Chemmaniyode, were guest speakers for the programme. The speakers shared the importance of unity and harmony in our country and the spirit of humanitarian concepts. Mr. Mangottil Balakrishnan, IQAC Member, ACAS, Mr. Pilakkal Hamza, Chief Executive, Shifa Medicare Trust, Mr. Abdul Razak, Secretary, Shifa Medicare Trust, Mr. Muhammed Faizal, Manager, Al Shifa College of Pharmacy, Mr. Nahas Abdul Razak, Manager, Relations and Placements, were present in the programme. As part of the Eid celebration, various competitions were conducted for the students.

Reported by Ms. Hiba Hanan
Second Semester B. A. Functional English



FYUGP Orientation for New Faculty

The FYUGP Committee, ACAS, organised a CU-FYUGP (Calicut University Four Year Undergraduate Programme) Orientation programme on 14 June 2024. During the session Dr. Kamaludheen. K. T, Principal, ACAS, discussed the importance of effective implementation of FYUGP in the campus. The faculty at ACAS participated in the session. Dr. Kamaludheen briefed the faculty on the different facets of the FYUGP and its differences from the traditional mode. He also emphasised the role of faculty members in effectively implementing the programme.



Book Review by Faculty

Ente Vayana- Adhyapakarude Vaayandanubhavanngaliloode (My Reading- Through the Reading Experience of Teachers) is a series of book reviews by teachers organized by the Thanimalayalam Club, ACAS.

On 19 June 2024, Ms. Saritha. K, Vice Principal, ACAS, Mr. Midhulaj. P, Asst. Professor of English, and Ms. Febina. K, Asst. Professor of Malayalam, presented the review of Knife: Meditations After an Attempted Murder, nook by Salman Rushdie , Sakhav by Sam Mathew and Vishapp, Pranayam, Unmadm. by Muhammad Abbas, respectively. The Student members of the Thanimalayalam Club attended the session.

Reported by Ms. Sivakamy. P. V
Second Semester B. Sc. Psychology



Observance of International Yoga Day

The National Service Scheme in collaboration with the Dept. of Physical Education and Wellness Club at ACAS observed the International Yoga Day with yoga practice demonstration and a talk on 'Yoga and Mental Health' on 21 June 2024. Dr. Kamaludheen. K. T, Principal, ACAS, inaugurated the programme. Mr. Vibin Das. C. P, Head, Dept. of Physical Education, led the yoga practice session. He provided comprehensive instructions on various yoga asanas and breathing techniques. He guided the participants through a series of yoga postures, emphasizing their benefits for physical health and mental clarity. Reported by Mr. Muhammed Shahal. C. T Second Semester BCA.



The Faculty Development Centre and the Department of Physical Education at Al Shifa College of Arts and Science organized a workshop titled "Yoga for Mind and Body" as part of observing the Yoga Day 2024. The event was held in the Seminar Hall on 27 June 2024. The session featured a demonstration of various yogasanas by Ms. Saritha K., Vice Principal of Al Shifa College of Arts and Science. During the workshop, Ms. Saritha K. guided faculty members through a range of yogasanas, from pranayama to Suryanamaskara, highlighting the physical and mental benefits of each practice. Faculty members from different departments attended the session, which began at 3:00 PM and concluded at 4:00 PM. The participants found the workshop beneficial for their overall well-being. The session aimed to promote the practice of yoga as a means to enhance both mental and physical health among the faculty members.



ACAS FYUGP Entry Fest

The Entry Fest for the launch of FYUGP was organized on 01 July 2024. The Student Induction and Parent Attachment programme was led by Dr. Kamaludheen K. T., Principal, ACAS. Dr. Kamaludheen walked the students through their past journeys and future paths, emphasizing their responsibility in choosing future career pathways. The parent attachment session highlighted the role of parents in their children's lives. The session concluded with an introduction of the faculty to the parents. A flash mob followed the session, announcing the beginning of FYUGP and its benefits. The State-Level inauguration of FYUGP at Government College for Women, Trivandrum, was screened live at the venue. Students, parents, and faculty members participated in the event. Dr. P. Unneen, Managing Trustee of Shifa Medicare Trust (SMT), delivered the presidential address, discussing the history of SMT institutions and motivating students to become useful citizens. Dr. Kamaludheen K. T spoke about the merits and values of the Four-Year UG programme and the need for inculcating human values, the focus of FYUGP. Adv. A. K. Musthafa, President of Block Panchayath, Perinthalmanna, in his inaugural address, expressed sincere gratitude to the college management for their historic contributions to community welfare and upliftment. Ms. Jameela Chaliyathodi, President of Keezhattur Grama Panchayat, and Mr. Febin, Principal of Thachinganadam Higher Secondary School, felicitated on the occasion. Key attendees included Mr. Pilakkal Hamza, Chief Executive of SMT, Mr. Abdul Latheef M. T, Member of Keezhattur Grama Panchayat, Mr. Chandran, Member of Keezhattur Grama Panchayat, Mr. Mangottil Balakrishnan, Member of IQAC, ACAS, Mr. Muhammed Faisal P. K, Manager of ACAS and Mr. Nahas Abdul Rossaque, Manager of Relations and Placements, ACAS. The concluding session featured cultural events organized by the students, including a welcome dance, solo songs, and a music mash-up by talented student groups. Mr. Suhaib. P, Academic Coordinator of FYUGP and Assistant Professor in the Department of Commerce coordinated the programme.



Session for NET/JRF Prep by FDC

The Faculty Development Centre (FDC), ACAS, organised a UGC NET/JRF preparation session on 2 & 3 July 2024. The topic 'Research Methodology' was discussed. Ms. Renjitha. K. R, Head, Dept. of English, ACAS, handled the session. The faculty members who aspire to clear NET or JRF participated in the session.



Tally Orientation

The Department of Commerce, ACAS, organized an orientation programme on Tally for the third-year students on 04 July 2024. Mr. Manoj, Assistant Officer, Tally Education Pvt. Ltd., interacted with the students. He said that most of the companies in the MSME sector use Tally ERP software. The programme aimed to introduce Tally software to the students, enhancing their employability after completing the degree course. The course is structured at three levels, with each level comprising 60 hours of classes. The third year students can join the Tally Essential Level Comprehensive, which includes three levels. Certificates will be awarded to those who successfully complete the course, which includes an assessment test and a final examination.

Reported by Mr. Arshakh, Fifth Semester B. Com. Finance, ACAS.



Book Review by Students

Ente Vayana- Vidhyarthikal Nadathunna Pusthakaavalokanam (My Reading- Book Review by Students) is a series of presentations on reading experience by students organized by the Thanimalayalam Club, ACAS. As part of the commemoration of Vaikom Muhammad Basheer on 5 July 2024, Ms. Nandana. P. V, Fifth Semester B. A. Functional English, Mr. Naveen Krishnan, Fifth Semester B. Com. Finance, and Mr. Afsal. K, Fifth Semester B. A. Economics, presented reviews of Múcheettukalikkaranthe Makal, Maanthrikapoocha and Premalekhanam (written by Basheer) respectively. The student members of the Club attended the session.



Recognition for NSS Volunteers

The NSS volunteers at ACAS received certificates on 6 July 2024, issued by the District Collector, for voluntary participation in the UDID registration camp conducted by the Social Justice Department, Government of Kerala. The function that was held at the Municipal Complex, Manjeri, was attended by Mr. Irshad. K, Programme Officer, NSS, ACAS, Mr. Muhammad Shan, Fifth Semester B. Com. Finance, Ms. Mirsha Saleem, Fifth Semester B. A. Economics and Mr. Shamnas. K. T, Fifth Semester B. Com. Finance.

Reported by Ms. Mirsha Saleem,
Fifth Semester B. A. Economics



Research Forum by Dept. of Languages



A Research Forum was organized by the Departments of English and Languages on 05 July 2024. Ms. Riya. P, Asst. Professor, Dept of English, reviewed the article "Re-Contextuazing Shakespeare: Romeo and Juliet in Manga" by Andreea Serban published in the journal Linguaculture.

First Convocation Ceremony

The Convocation Ceremony, Prize Distribution and Book Release by PENMA Club was organized on 08 July 2024 at ACAS. Ms. Apurva Tripathi IAS, Sub Collector, Perinthalmanna RDO, inaugurated the programme. She motivated the students and shared invaluable perspectives with them. Dr. Unneen. P, Managing Trustee, Shifa Medicare Trust presided over the ceremony. Dr. Kamaludheen. K. T, Principal, ACAS, delivered the theme speech for the event. Ms. Saritha. K, Vice Principal, ACAS, welcomed the gathering. Mr. Abdul Rassaque. K. T, Secretary, Shifa Medicare Trust. Mr. Pilakkal Hamza, Chief Executive; Mr. P. K. Muhammed Haji, Treasurer, Dr. K. Ahammed Ameen, Trustee, Mr. Suhail Hamza, General Manager, Mr. Muhammed Faisal. P. K, Manager, ACAS, Mr. Nahas Abdul Rassaque, Manager, Relations and Placements, were present on the occasion. Mr. Irshad. K, Assistant Professor of Arabic, coordinated the event.



Seminar on 'Muharram: The Message'

The Spiritual Club, in collaboration with the Department of Arabic, ACAS, organized an enlightening seminar on the topic 'Muharram: The Message' on 11 July 2024. The seminar aimed to delve into the historical and spiritual significance of Muharram, providing the attendees with a comprehensive understanding of its message and relevance in contemporary times. The session was gracefully handled by Dr. Kamaludheen K. T., Principal of ACAS. He eloquently handled the theme, emphasizing the importance of Muharram in Islamic history, its lessons on sacrifice and the enduring spirit of standing up for justice and truth. The seminar saw enthusiastic participation from the students, who engaged in a lively discussion following the main session.



Participation in IEDC Launch

Ms. Drisya. K. P, Asst. Professor of Computer Science, ACAS, participated in the IEDC 2.0 Launch and State Level Nodal Officers Meet held on 13 July 2024 at Rajagiri School of Engineering, Kochi. The event brought together prominent academicians, industry experts, and state-level nodal officers to discuss and strategize the future of innovation and entrepreneurship development in the state. It provided a platform for knowledge exchange, collaboration, and networking, aimed at enhancing the entrepreneurial ecosystem in educational institutions. Ms. Drisya. K. P actively engaged in various sessions and panel discussions, contributing valuable insights and perspectives on integrating cutting-edge technologies into entrepreneurship curricula. She also networked with fellow educators and industry professionals, exploring potential collaborations that could benefit students at ACAS.



Alumni Interaction

The Department of English at ACAS organized an Alumni Interaction for First Semester B. A. English students on 19 July 2024. Ms. Fathima Safa. V, an alumna from the Functional English batch of 2021-2024, shared her experience at ACAS with the juniors. She discussed the various supplements provided by the college that enhance academic, linguistic, and other skills. She highlighted the courses offered by the Department and the impact of MoU activities on the holistic development of students.

Reported by Ms. Afna. P
Third Semester B. A. English



Malappuram, Kerala, India
3660 VCH, Malappuram, Kerala 679325, India
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Long 76.236388°
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Training Sessions for Faculty

The Faculty Development Centre at ACAS organized a training session for teachers titled "Knowing the Teaching Platform" on 1 August 2024. The session was led by Principal Dr. Kamaludheen. K. T. He emphasized the importance of treating the post-pandemic student community with compassion and empathy. The session concluded at 12:30 pm, providing valuable insights and strategies for educators to support their students effectively.

Another session titled "Personality Configuration of Teachers" was held on 2 August 2024. The session featured Dr. Kamaludheen K. T, Principal, ACAS, as the resource person. He delivered an insightful lecture emphasizing the significance of personal and professional competence among teachers. He accentuated the crucial role of technology in modern education, illustrating how its effective integration can enhance teaching methodologies and student engagement. The session aimed to equip the teaching faculty with the skills and knowledge needed to excel professionally. The attendees, comprising the teaching faculty of ACAS, found the session highly beneficial and enriching.



Malappuram, Kerala, India
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Screening for Media Wing

The Media Wing of ACAS organized a screening session for the students on 05 August 2024. The programme aimed to identify students suitable for media work. Ms. Renjitha K. R, Head of the Dept. of English, spoke on the various opportunities the students are open to while being part of the Media Wing. The screening was conducted to identify anchors, editors, and videographers from the student community who will be able to contribute to the Media Wing and other activities organized by the college. Mr. Amal Jaaz, Third Semester B. A. English, Ms. Gadha Balu, Third Semester B. Sc. Psychology, Mr. Ajjan, Third Semester B. Com. Finance, Ms. Shivakamy, Third Semester B. Sc. Psychology, Ms. Gopika, Fifth Semester B. Sc. Psychology, and Mr. Anjal Hamid, Third Semester B. A. Functional English, the current members of the Wing, interacted and shared their experiences with the students. A number of students were chosen for anchoring and video editing. Ms. Adithya. S, Asst. Professor, Dept. of English, coordinated the event.



Relief Essentials for Wayanad

Al Shifa College of Arts and Science and Al Shifa College of Pharmacy handed over the relief essentials for Wayanad Relief Cell on 7 August 2024. This initiative aims to support the flood-affected families in the region with basic things needed in day-to-day life. A group of students and teachers from the college coordinated the collection and distribution of the essential items. The relief drive saw active participation from students, faculty, local residents and alumni.



Observance of Breastfeeding Week

On 6 August 2024, the First Semester students of B. Sc. Nutrition and Dietetics, ACAS, visited the Dietary Kitchen at KIMS Al Shifa Super Speciality Hospital as part of the observance of Breastfeeding Week, celebrated globally from 1 to 7 August each year. The visit aimed to educate students on the importance of proper nutrition during lactation and infancy and the role of hospital dietary services in supporting breastfeeding mothers and their infants. The students were given a comprehensive tour of the dietary kitchen facilities, including preparation stations, quality control measures and tube feed preparation area.

On the same day, the First Semester students of B. Sc. Nutrition and Dietetics gathered at KIMS Al Shifa Super Specialty Hospital in Perinthalmanna to meet with Ms. Brijitha, Senior Dietitian at the hospital. The purpose of this meeting was to gain insights into the role of dietitians in promoting breastfeeding and supporting mothers in achieving optimal nutrition for themselves and their infants. Brijitha began the meeting by explaining the significance of Breastfeeding Week and its objectives. She emphasized the importance of breastfeeding for infant health and development, as well as its benefits for maternal well-being. The discussion focused on the specific nutritional requirements of breastfeeding mothers. Brijitha outlined the importance of a balanced diet rich in nutrients such as protein, vitamins, and minerals to support lactation and ensure adequate milk production. The discussion focused on the specific nutritional requirements of breastfeeding mothers. Brijitha outlined the importance of a balanced diet rich in nutrients such as protein, vitamins, and minerals to support lactation and ensure adequate milk production.



Perinthalmanna, KL, India

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Perinthalmanna, 679322, KL, India

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Note : Captured by GPS Map Camera

Session on Healthy Eating Habits

The Faculty Development Centre, ACAS, organized a session titled "Healthy Eating Habits: Tips for Better Nutrition and Improved Health" on 7 August 2023. The session was led by Ms. Sajja Mol. M. P, Head of the Department of Nutrition and Dietetics. Ms. Sajja provided an interactive presentation on healthy food habits and balanced diets, emphasizing the importance of good dietary practices and what to avoid for a healthy physique. Faculty members actively engaged in a Q&A session, where Ms. Sajja answered their questions with practical advice.



Career Pathways in Nutrition and Dietetics

The Department of Nutrition and Dietetics, ACAS, organized an informative session on the career pathways available in the field of Nutrition and Dietetics on 7 August 2024. The session was attended by First Semester students. It helped them understand the various opportunities and career prospects they can explore after their graduation. Ms. Sajja Mol. P. K, Head of the Department, led the session with an engaging presentation. She highlighted the key areas like importance of nutrition in public health, the role of dietitians and nutritionists in healthcare and wellness, details about the B. Sc. Program structure and curriculum, importance of internships and practical experience and career opportunities and various roles such as clinical dietitian, community nutritionist, food service manager, sports nutritionist, and research analyst. She also explained opportunities for further studies, including M. Sc. and Ph. D. Programs and certifications.



Al Shifa Premier League

The Department of Physical Education and the members of the College Football Camp organized a 7s football tournament titled Al Shifa Premier League 2024- Season 1. The tournament commenced on 7 August 2024. Fourteen teams from different departments participated in the tournament. Dr. Kamaludheen. K. T, Principal, ACAS, inaugurated the tournament. The team of Fifth Semester B. A. Economics won the title.



Career Opportunities for English Graduates

The Department of English, ACAS, organized an informative session on 'Career Pathways for English Majors' on 8 August 2024. The session was attended by the students of First Semester B. A. English. It helped familiarize the students with the various opportunities and career prospects they can explore after graduation. Ms. Jushaini. P, Assistant Professor of English, led the session with an engaging presentation. She highlighted key Career opportunities for English Majors, including: Publishing and Editing, Journalism and Media, Public Relations and Advertising, Corporate Communications, Creative Writing and Content Creation, Teaching and Academia, opportunities as Educators or Researchers at various academic levels. The session concluded with a Q&A segment, providing students with guidance on aligning their academic pursuits with their career aspirations.



Abnormal Quest

The Department of Psychology, ACAS, conducted a session for their students titled 'Abnormal Quest'. The session aimed to create a basic idea on the psychological disorders through a role play of client and psychologist. A number of students acted as clients demonstrating various psychological disorders.

Reported by Ms. Gopika. K
Fifth Semester B. Sc. Psychology



Table Tennis: Practice Match

The Department of Physical Education, ACAS, organised a Table Tennis practice match in the college common hall on 09 August 2024. Mr. Irshad. K. P and Mr. Muhamed Sinan from Third Semester B. Com. Finance participated in the event. The camp is being conducted as part of preparations for the Calicut University Intercollegiate Table Tennis Tournament for the academic year 2024- '25.



Malappuram, KL, India

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Note - Captured by GPS Map Camera

Anti-Drug Pledge Ceremony

The National Service Scheme, ACAS, organised an anti-drug Pledge Taking event in connection with International Youth Day and the 78th Independence Day of India on 12 August 2024. This event aimed to raise awareness among the youth about the dangers of drug abuse and to encourage them to commit to a drug-free lifestyle. The Ceremony was a significant step toward raising awareness and fostering a sense of responsibility among the youth.

Reported by Mr. Muhammed Faris. P
Fifth Semester B. Com. Taxation



Workshop on Literature Review



The Department of Commerce, ACAS, organized a workshop on 'Navigating the Knowledge Landscape: A Literature Review Workshop' on 12 Aug 2024. The session was delivered by Mr. Suhaib. P, Asst. Professor of Commerce. The workshop aimed to provide students with insights into the structure of undergraduate projects, highlight the importance of conducting a literature review and guide them on the process of writing an effective review.

Reported by Ms. Fathima Sudheer
Fifth Semester B. Com. Finance

Yuva Shabdham

Mr. Muhammed Noufal. M, Head of the Department of Economics, was on the judging panel of the Intercollegiate Malayalam elocution competition 'Yuva Shabdham' held on 12 August 2024. The event was organized by the Red Ribbon Club in collaboration with the NSS unit of Al Shifa College of Nursing, Perinthalmanna, as part of the observance of International Youth Day.



Report on Participation in ED Club Conclave

Mr. Mohammed Yaseen. T. T, Asst. Professor of Commerce, ACAS, participated in the ED Club Conclave held on 12 August 2024. The conclave was graced by various dignitaries, with Sri. P. Rajeeve, Hon. Minister for Law, Industries, and Coir, serving as the Chief Guest. During the event, the 'Dreamvestor 2.0' initiative was launched, and the ED Club portal was inaugurated. The conclave also featured presentations on the Revised ED Club Scheme and Dreamvestor 2.0.



Observance of National Independence Day

Al Shifa College of Arts and Science celebrated the 78th Independence Day of the nation at the college on 15 August 2024. Dr. Kamoludheen. K. T, Principal, ACAS, hoisted the flag and addressed the student gathering. Mr. Nuhman Ali, Administrative Officer, ACAS, Mr. Anjel Juman, Assistant Professor of Economics, and Mr. Nimesh Naik, Assistant Professor of Mathematics, were present at the programme. Mr. Irshad. K, Assistant Professor of Arabic and NSS Programme Officer, welcomed the gathering.



Reported by Mr. Varun
Third Semester B. Com. CA

• Department of English



The Department of English, ACAS, as part of Independence Day Celebration, conducted a Face Painting competition and the inauguration of the Wall of Freedom on 23 August 2024. The Wall of Freedom was inaugurated by Dr. Kamaludheen. K. T, Principal, ACAS, sharing his insights on the essence of freedom on the Wall of Freedom. The event was marked by enthusiastic participation from both students and faculty, making it a memorable occasion. The face painting competition also saw enthusiastic participation. The judges for the event were Ms. Mini. V. K, Head of the Department of Commerce, and Ms. Suchithra, Librarian at ACAS.

Invited Talks by Ms. Saritha. K

Ms. Saritha. K, Asst. Professor of English and Vice Principal, ACAS, delivered an invited talk on 'Academic Clubs: A Hub for Holistic Growth' at Sacred Heart CMI Public School, Perinthalmanna, on 16 August 2024. The talk was held in connection with the 'All Clubs Inauguration' at the school. Students from grades VI, VIII, and IX benefited from the session.



An ice-breaking session on 'Building Connections and Leadership in Teaching' was delivered by Ms. Saritha K for the First Year B. Ed. students of EMEA Training College on 21 August 2024. During the three-hour training program, Ms. Saritha emphasized the importance of networking, connecting with people and building leadership through various games and activities. The key takeaway from the session was the relevance of these skills. Eighty-five students benefited from the session.



Observance of World Photography Day

The Department of Commerce celebrated World Photography Day with a photography competition on the theme 'Human Stories' on 19 August 2024. After a thorough evaluation, Mr. Niranjan. M, First Semester B. Com. Finance, was declared the winner. This event aimed to foster creativity and encourage students to view the world through a unique lens.



Launch of Tech Talk Series

The Department of Computer Science, ACAS, launched its Tech Talk Series on 19 August 2024. The first session was handled by Ms. Sanha. P. V, First Semester BCA, ACAS, who spoke on the topic "The Future of AI: Trends and Predictions." This session explored the latest developments in artificial intelligence, highlighting key trends such as machine learning advancements, ethical considerations, and potential future applications.



Malappuram, Kerala, India
 x perinthalmanna,kizhatoor,670325, Kerala 670322, India
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Ice Breaking Session

The Department of Computer Science organized a fun-filled ice-breaking session for the junior batches of BSc AI and BCA students on 23 August 2024. The event aimed to help freshers connect with their seniors and faculty members in a relaxed atmosphere. Senior students from BCA conducted engaging and entertaining tasks, encouraging participation from the junior batches. Seniors distributed sweets among the participants.

Reported by Mr. Muhamed Shinan
Third Semester BCA



IQAC Meeting

The Internal Quality Assurance Cell, ACAS, organized a meeting on 23 August 2024. Dr. Kamaludheen. K. T, Principal, ACAS, chaired the same. The Cell reviewed the activities in the current academic year and evaluated the readiness for NAAC Accreditation. Minutes and Action Taken Report of the Meeting held on 15 April 2024 were approved by the council. Mr. Mangottil Balakrishnan, representative from the community, Mr. Nahas Abdul Rozaque, Special Invitee and Manager of Relations and Placement, ACAS, were present.



Career Pathways for Economics Undergrads

The Department of Economics at ACAS hosted an informative session titled 'Career Pathways for Economics Undergrads' on 27 August 2024. Targeted at First Semester students, the session aimed to acquaint them with the diverse career opportunities and prospects available after graduation. Mr. Anjel Juman, P, Assistant Professor in the Department of Economics, delivered an engaging presentation, underscoring the significance of Economics in the real world. He highlighted key career opportunities for Economics graduates, including government sector jobs such as the Indian Economic Service and Indian Civil Service as well as private sector opportunities. The session's objective was to empower students to make informed decisions about their future careers:



Calicut University B-Zone Fixture Meeting



The Department of Physical Education, ACAS, hosted the Calicut University B-Zone Fixture meeting on 27 August 2024. The inauguration was done by Mr. Muhammed Faisal. P. K, the Manager of the college. A felicitation ceremony featured distinguished guests, including Mr. Nahas Abdul Rosaque, Manager of Relations and Placement, ACAS, Captain Shukoor Illath, Convener of the Calicut University B-Zone Sports Organising Committee, Mr. Dinil. S, Secretary of the Calicut University Physical Education Teachers Association, Dr. Abdul Salam, Head of the Department of Physical Education at Govt. College, Malappuram, Dr. Shihabudheen. P. T, Treasurer of the Calicut University Physical Education Teachers Association, Dr. Salifudheen, Vice Principal of Jamiya Nadwiya College, Edavanna and Dr. Seeja. V. V, Principal of Govt. College, Thavannur. In the meeting, over 80 Physical Education teachers from colleges under Calicut University B-Zone gathered to finalize the venues for upcoming sports events. After extensive discussions, it was decided that football matches would be held at EMEA College, Kondotty, and Duxford College, Kalikavu, while cricket games would take place at Al Shifa College of Arts and Science and MES College, Pannani. Volleyball competitions are set to be hosted by PSMO College, Tirurangadi, and basketball will be held at Marthoma College, Chungathara. The venue for kabaddi is MES College, Mampad, and badminton will be played at Government College, Kondotty.

Reading Club Inauguration


The Departments of English at ACAS and Providence Women's College, Coonoor, jointly organized the inaugural ceremony of the Reading Club on 20 August 2024 via Google Meet. Students from colleges across the country present book reviews in the forum. The two departments share a memorandum of understanding since 2023. Ms. Anzalna, T. P, Fifth Semester B. A. Functional English, presented a book review on 27 August 2024 in the forum.

PG & Research Department of English
Providence College for Women, Coonoor
(In collaboration with)
Department of English
Al Shifa College of Arts and Science, Perinthalmanna

Reading Club
invites all to the

Inauguration of the Reading Club

Speaker


Dr. Beneson Thilagar Christadoss
Head and Associate Professor of English
St. John's College, Palayamkottai
Tirunelveli

Organiser

Dr. Josephine Gladys C.
Assistant Professor of English
Providence College for Women, Coonoor

Date and Time
20/08/2024 at 6:30 pm

FaBlo! The Faculty Blog

Suhaib wins the best blogger title of June 2024!

Connections that Count: The Art of Networking and Relationship Building for Success

In today's interconnected world, the value of building and nurturing relationships cannot be overstated. Whether you're just starting out in your career or looking to advance to the next level, effective networking and relationship building are crucial for success. Let's explore some key strategies to connect with people, leverage your online presence, benefit from mentorship, develop your personal brand, and maintain meaningful connections, etc.

Let's Connect with People:

Establishing connections begins by making an effort to connect and interact with others. Engaging in meaningful conversations outside of work with colleagues, superiors, peers, and subordinates can foster a more united and supportive work atmosphere. Participate in discussions that establish a connection and demonstrate authentic curiosity about their lives and experiences.

Leveraging Your Online Presence:

In today's modern era, having a strong online presence is beneficial for expanding your network. Social networking sites such as LinkedIn, Twitter, and professional online community platforms provide chances to engage with industry experts and colleagues. Consistently maintain your profiles, post opinions, and engage in conversations to position yourself as an industry expert. Having a strong presence on the internet can create new chances for partnerships and collaborations.

The Role of Mentorship:

Mentorship plays a pivotal role in career growth. Seek out mentors who can provide guidance, share their experiences, and help you navigate the complexities of your career. Likewise, consider mentoring others. This reciprocal relationship not only enhances your skills but also expands your network.

Personal Branding:

Your personal brand is how others perceive you. It's a combination of your skills, experiences, and the values you stand for. Consistently presenting yourself in a professional manner, both online and offline, helps in building a strong personal brand. Attend industry events, write articles, and speak at seminars to showcase your expertise and build your reputation.

Effective Follow-Up:

Continuing to follow up is important for keeping relationships strong, whether it's after meetings, interviews, or casual encounters. Sending a brief thank you message or a follow-up email can make a memorable impact. It's important to express gratitude and maintain open communication. Keep in mind, skillful follow-up has the potential to transform a short interaction into a lasting business connection.

Career Growth Through Networking and Relationship Building:

Networking isn't just about making connections; it's about building relationships that foster career growth. Attend events, industry meets, seminars, and workshops to meet and hear from others in your domain. These interactions can provide new insights, opportunities, and collaborations that propel your career forward.

Spending Quality Time with Colleagues:

Spending time developing relationships with coworkers and collaborators from past jobs holds equal importance. Maintain communication, stay updated on their lives, and demonstrate authentic interest in their personal and professional development. These connections may provide assistance, guidance, and potential job prospects down the line.

Attending Events and Workshops:

Attending industry events, seminars, and workshops is a great way to connect with others. These events allow you to connect with peers who share your interests, listen to influential figures in your industry, and stay informed on current trends and advancements in your area of expertise. Ensure that you attend and engage actively in these events.

Trust is essential for fostering collaboration. Creating solid connections and relationships with colleagues, allies, and important suppliers or clients helps to establish trust and guarantee the collaboration necessary for successful task completion. Nonetheless, it is essential to differentiate between networking and building rapport and engaging in unethical behaviors or evading difficult decisions in order to maintain positive relationships.

In the words of Ben Stein, personal relationships are the foundation from which all progress, success, and accomplishments in life flourish. By dedicating time and energy to establishing these relationships, you lay the groundwork for a prosperous and satisfying career.

Suhaib. P
Assistant Professor
Dept. of Commerce & Management Studies



നിഗൂഢതകൾ ഉറങ്ങുന്ന മലാന



മഞ്ഞു പുരഞ്ഞു കിടക്കുന്ന ഗിരിശൃംഗങ്ങളെ തഴുകി താഴ്വാരത്തേക്ക് ഒഴുകുന്ന ബിയാസ് നദികൾക്കിടയിലെ കൂട്ടു പട്ടണം പിന്നിട്ട് ഹിമാചലിലെ ആരും കാണാ ഗ്രാമങ്ങളിലൂടെയുള്ള യാത്ര തുടരുകയാണ്. ഹിമാലയത്തിന്റെ ഏഥൻസ് എന്നറിയപ്പെടുന്ന ഒരു ഗ്രാമം മലാന ! ഹരം പകരുന്ന കാഴ്ചകൾ മാത്രമല്ല, ചുഴ്ന്നു നിൽക്കുന്ന ദുരുഹതകളും, കഞ്ചാവിന്റെ ലഹരിയും ആണ് മലാനയെ ലോക പ്രശസ്തമാക്കുന്നത്. കൂട്ടുവിൽനിന്ന് അമ്പൽ കിലോമീറ്റർ അകലെ കസോൾ- മണിക്കരൻ റൂട്ടിൽ യാത്ര ചെയ്ത് ഇടത്തോട്ട് തിരിഞ്ഞ് വേണം മലാനയിലെത്താൻ. പാർവ്വതി നദിക്ക് കുന്നുകയറുന്ന ഇരുമ്പുപാലങ്ങൾ പിന്നിട് മുന്നോട്ട് യാത്ര ചെയ്ത് ചാക്രി വില്ലേജിൽ എത്തിച്ചേർന്നു. ഇവിടെ മലാന ജല വൈദ്യുത പദ്ധതി കാണാം. 2001 ൽ കമ്മീഷൻ ചെയ്യപ്പെട്ട ഈ ജല വൈദ്യുത നിലയം 86 മെഗാ വാട്ട് ശേഷിയിൽ ഹിമാചൽ പ്രദേശിന് ഊർജ്ജം പകർന്നു നൽകുന്നു.

ഹിമാചലിലെ ഇന്ദ്രാസെൻ മലനിരകളിൽ നിന്ന് ഉത്ഭവിക്കുന്ന മലാന നദിയെ രണ്ടു തട്ടുകളിലായി അണകെട്ടി നിർത്തി കുറ്റൻ പെൻസ്റ്റോക്ക് പൈപ്പ് വഴി താഴേക്ക് പതിപ്പിച്ചാണ് പദ്ധതി നടപ്പിലാക്കിയത്. മലകയറി മലാന ലക്ഷ്യമാക്കി മുകളിലോട്ടുള്ള പാതയിലുടനീളം അങ്ങർ മുകളിൽ സ്ഥിതിചെയ്യുന്ന റിസർവോയറിൽ നിന്ന് വെള്ളം താഴോട്ട് പതിപ്പിക്കുന്ന പെൻസ്റ്റോക്ക് പൈപ്പുകൾ കാണാം. തീർത്തും ഒറ്റപ്പെട്ട വിജനമായ പാതയിലൂടെ യാത്ര തുടരുന്നവർ കൺമുന്നിൽ തെളിയുന്ന കാഴ്ചകൾ എല്ലാം കണ്ണിന് കുളിർമയേകുന്നതാണ്. മലമടക്കുകളിലെ ഓരോ ഇഞ്ചു ഭൂമിയും കൃത്യതയോടെ കൃഷിക്ക് അനുയോജ്യമാക്കി ഉപയോഗിക്കുന്ന ഗ്രാമങ്ങളും കന്നുകാലി കൂട്ടങ്ങളും ചെറു വെള്ളച്ചാട്ടങ്ങളും പിന്നിട്ട് മലമുകളിലേക്ക് വളഞ്ഞു പുളഞ്ഞു പോകുന്ന ഒറ്റവരി പാത ചെന്നെത്തുന്നത് മലാന ടണലിലോട്ട് ആണ്. അരകിലോമീറ്റർ ദൂരം വരുന്ന തുരങ്കവും ഏതുനിമിഷവും അടർന്നു വീഴാനൊരുങ്ങി നിൽക്കുന്ന പാറകൂട്ടങ്ങളും ഔതല്ലാണ് ഭയപ്പെടുത്തിയില്ലെന്ന്.

ഒരു വശത്ത് ചെങ്കുത്തായ മലയും മറുവശത്ത് അഗാധ കൊക്കയും ആയി ആ ഒറ്റവരിപാത മലാന ലക്ഷ്യമാക്കി നീങ്ങു നിവർന്നു കിടക്കുകയാണ്. മൊബൈൽ ഫോണിൽ റേഞ്ച് ഇല്ലാത്തതിനാൽ ഗൂഗിൾ മാപ്പ് നോക്കാൻ കഴിയാത്തതിലും വിഷമം ഇടക്കൊന്ന് വഴി ചോദിക്കാൻ ഒരു മനുഷ്യകൃത്തിനെ പോലും കാണാൻ കഴിയുന്നില്ലെന്നുള്ളതാണ്.

നീണ്ട രണ്ടു രണ്ടര മണിക്കൂർ യാത്ര ചെയ്ത് അവസാനിക്കുന്നത് മലാന ഗ്രാമത്തിന്റെ കാഴ്ചയിലാണ്. അങ്ങക്കലെ പാർവതി താവഴാരത്തിനും കൂടുതലായതായി നൂറുകൾ കിടക്കുന്ന മലാന. ബൈക്ക് റോഡരികിൽ പാർക്ക് ചെയ്ത് കാൽനടയായി മാത്രം സഞ്ചരിക്കേണ്ടതായ മലാനയിലേക്ക് നടന്നു തുടങ്ങി. ഒരു ഗ്രാമത്തിൽ എന്താണിത്ര കാണാൻ ഉള്ളതെന്ന ചോദ്യം ഞാൻ എന്നോട് തന്നെ ചോദിക്കാനൊരുങ്ങി. നിൽക്കവെ തോളിൽ ഒരു നാടൻ തോക്കും കയ്യിൽ ഒരു വാക്കത്തിയുമായി ഒരു മലാന ഗ്രാമവാസി എന്ന കടന്നുപോയി. എന്റെ ഉള്ളിൽ തോന്നിയ ചോദ്യത്തിന്മേലാണെന്നും ആ ഗ്രാമ നിവാസി കാഴ്ചകൾക്കപ്പുറം എന്തൊക്കെയോ മലാന സഞ്ചാരികൾക്കായി തുറന്നുവെച്ചിട്ടുണ്ടെന്ന് മനസ്സിലാക്കി തന്നു. സമുദ്രനിരപ്പിൽനിന്ന് 3,029 മീറ്റർ ഉയരെ ഒരു കൂട്ടം ജനങ്ങൾ പുറംലോകത്തിന് പിടികൊടുക്കാതെ അവരുടേതായ ആചാരങ്ങളും വിശ്വാസങ്ങളും ആയി കഴിഞ്ഞുകൂടുന്നതിന്റെ കഥയാണ് മലാനയുടെത്.

ഹിമാലയത്തിന്റെ മടിത്തട്ടിൽ:

മറ്റു ഹിമാലയൻ ഗ്രാമങ്ങളിൽനിന്ന് വ്യത്യസ്തമായി പുറമേനിന്ന് വന്നവരെ ഒരു അകലം പാലിച്ച് നോക്കുന്ന ഗ്രാമ നിവാസികൾ. ഏകദേശം 1,500 ഓളം മാത്രം ജനസംഖ്യയുള്ള ഗ്രാമത്തിൽ കൃഷിയാണ് പ്രധാന വരുമാനമാർഗ്ഗമായി കണക്കാക്കപ്പെടുന്നത്. എന്നാൽ ചന്ദ്രവനി കുന്നുകളുടെ പശ്ചാത്തലത്തിൽ അതീവ സൗന്ദര്യത്തോടെ നിലകൊള്ളുന്ന ഈ ഗ്രാമം പുറംലോകത്തിന് പരിചിതമാകുന്നത് മലാന ക്രീം എന്ന ലഹരിയുടെ പേരിലാണ്. കറുത്തനിറവും കടുപ്പവുമുള്ള ഹാഷിഷ്. ഗ്രാമത്തിന് നടുവിലുള്ള കല്ലുപതിച്ച നടപ്പാതയിലൂടെ കാഴ്ചകൾ തേടി നടക്കുമ്പോൾ കുറുകെ നടന്നുപോകുന്നതും വീടിന്റെ തിണ്ണയിൽ ഇരിക്കുന്നതും ആയ മുതിർന്നവരിൽനിന്ന് തുടങ്ങി മുറ്റത്ത് കളിക്കുന്ന കൊച്ചുകുട്ടികൾ വരെ എന്ന തീക്ഷ്ണമായി നോക്കി. തെല്ലൊന്ന് ഭയത്തോടെ ആണെങ്കിലും ഞാൻ എന്റെ യാത്ര തുടർന്നു. മരം ഉപയോഗിച്ച് നിർമ്മിച്ചിരിക്കുന്ന വീടുകൾ. മിക്കതും ഇരുനിലകൾ ആണ്. ടിപിക്കൽ ഹിമാലയൻ ഗ്രാമത്തിന്റെ തനത് ശൈലി. മുകളിലത്തെ നിലയിൽ താമസവും താഴെ ഭാഗത്ത് ആടുമാടുകളെ കെട്ടാനും വിറക് ശേഖരിച്ച് വെക്കാനും ഉള്ളവണ്ണം ക്രമീകരിച്ചിരിക്കുന്നു. ആദ്യം കണ്ട ചായക്കടയിൽ കയറി. ഏതൊരു നാട്ടിൽ ചെന്നാലും അവിടുത്തെ ഒരു ചായക്കടയെ വിവരശേഖരണകേന്ദ്രമാക്കുന്ന എന്റെ ശൈലി ഇവിടെ വിലപ്പോകുമോ എന്നറിയില്ല.

എന്നിരുന്നാലും ഒരു ശ്രമം നടത്തിനോക്കാം എന്ന രീതിയിൽ ഞാൻ ആദ്യം ഒരു ചായ ഓർഡർ ചെയ്തു. കടയുടെ മുമ്പിൽ ഒരു പഴയ മരത്തിന്റെ ബഞ്ചിൽ ഹിമാചൽ തൊപ്പി വച്ച് ചുളിവ് വീണ മുഖവും ആയി പ്രായം ചെന്ന ഒരു മനുഷ്യൻ ഇരുപ്പുണ്ടായിരുന്നു. ബാഗ് താഴെ വച്ച് ഞാൻ അങ്ങേരെ നോക്കി ഒന്ന് ചിരിച്ചു. എന്നാൽ അദ്ദേഹം തിരിച്ചു ചിരിച്ചില്ലെന്ന് മാത്രമല്ല മുഖത്തിന് ഒരിത്തിരി ഖനം കൂട്ടുകകൂടെ ചെയ്തു. ആകെ അങ്കലാപിലായ എന്റെ നേരെ വന്ന ഒരു ഗ്ലാസ്സ് ചായയുടെ കൂടെ എന്നെ സന്തോഷിപ്പിക്കുന്ന മറ്റൊന്നുകൂടിയുണ്ടായിരുന്നു. ചായക്കടക്കാരന്റെ പുഞ്ചിരി. ആശ്വാസം അലതല്ലി വന്നമാത്രയിൽ ഞാൻ ചോദിച്ചു "ആപ്പ് കൈസ ഹേ..." പുഞ്ചിരി മായാതെ മറുപടിയും വന്നു..." ബഹുത് ബഡിയ..."

ചായയോടൊപ്പം 2 ബിസ്കറ്റ് കൂടെ എടുത്ത് ചായക്കടക്കാരനോടൊപ്പം വർത്തമാനം പറഞ്ഞുകൊണ്ടിരുന്ന എന്നെ തൊട്ടടുത്ത ബഞ്ചിൽ ഇരിക്കുന്ന, ഉള്ളം കൈകറുത്ത നിറത്തിൽ ഉള്ള ആ മനുഷ്യൻ തുറിച്ചുനോക്കിക്കൊണ്ടിരുന്നു.

വായ്മൊഴി:

സംസ്കൃതത്തിന്റെയും ടിബറ്റൻ ഭാഷയുടെയും സമ്മിശ്ര രൂപമായ 'കനാഷി' ആണ് ഇവിടുത്തെ തനത് ഭാഷ. മലാനക്കു പുറത്ത് ആർക്കും ഈ ഭാഷ അറിയില്ലതാനും. കേവലം 1,500 പേർ മാത്രം താമസിക്കുന്ന ഒരു ഗ്രാമത്തിന് അവർ മാത്രം സംസാരിക്കുന്ന ഒരു ഭാഷയുണ്ടെന്നത് എന്നെ അത്ഭുതപ്പെടുത്തി. മാസിലോണിയൻ പടയോട്ടക്കാലത്ത് അലക്സാണ്ടറുടെ സൈന്യം നിർമ്മിച്ചതാണ് ഈ ഗ്രാമം എന്ന് പറയപ്പെടുന്നുണ്ട്. രജ്‌പുത് വംശജരായ ഗ്രാമവാസികൾ ആര്യവംശത്തിന്റെ നേരിട്ടുള്ള തലമുറയാണെന്നും മൃഗശരണകാലത്ത് അക്ബർ ചക്രവർത്തിയുടെ രോഗം ശമിപ്പിക്കാനുള്ള മരുന്ന് നൽകിയതിനാൽ അദ്ദേഹം ഈ ഗ്രാമത്തെ എല്ലാ കരപ്പിരിവുകളിൽനിന്ന് ഒഴിവാക്കിയെന്നും വിശ്വസിക്കപ്പെടുന്നു.

ജാമുല ഗുഷി വര്യന്റെ പേരിലുള്ള ക്ഷേത്രമാണ് മലാനയിലെ പ്രധാന ക്ഷേത്രം. ധ്യാനിക്കാൻ ഒരിടം തേടിനടന്ന മൂന്നി ഒടുവിൽ മലാനയിൽ എത്തുകയായിരുന്നെന്നും ഇദ്ദേഹം പരശുരാമന്റെ പിതാവും സപ്തർഷികളിൽ ഒരാളുമായ ജമതാഗ്നി മഹർഷിയാണ് ജാമുല എന്നും ഇന്നാട്ടുകാർ വിശ്വസിക്കുന്നു. കുറച്ച് കൊത്തുപണികളൊഴിച്ചാൽ സാധാരണ ഒരു വീടിന്റെ നിർമ്മിതിരൂപത്തിനപ്പുറം ക്ഷേത്രത്തിന്റേതായ യാതൊരു ശൈലിയും ക്ഷേത്രത്തിന്റെ കെട്ടിടത്തിന് ഇല്ല. എന്നാൽ അതിന് ചുറ്റുമൊന്ന് നടന്നുനോക്കിയപ്പോൾ കണ്ടു തുടങ്ങിയ കാഴ്ച വിചിത്രമായിരുന്നു. ചത്ത കാട്ടുമൃഗങ്ങളുടെയും മറ്റും തലയോട്ടിയും കൊമ്പുകളും കൊണ്ട് ക്ഷേത്രച്ചുവരിന്റെ ഒരു വശം അലങ്കരിച്ചിരിക്കുന്നു. മറ്റൊരു വശത്ത് ധാരാളം കൃഷ്ണവളകൾ കെട്ടിത്തൂക്കി ഇട്ടിരിക്കുന്നു. ഇത് ഇവിടുത്തെ വഴിപാടാണത്രേ. നടന്നു പുറത്തിറങ്ങാൻ നേരം ആണ് ഒരു പ്രത്യേക ബോർഡ് എന്റെ ശ്രദ്ധയിൽപ്പെടുന്നത്. അതിൽ ഇപ്രകാരം എഴുതിയിരിക്കുന്നു: "ക്ഷേത്ര ചുവരുകളിൽ തൊടരുത്. അഥവാ ആരെയെങ്കിലും തൊട്ടാൽ രൂപ 3,500 പിഴ ഈടാക്കുകയും ആയ തുക ഉപയോഗിച്ച് ആടിനെ ബലി നൽകി ക്ഷേത്രത്തിന് ശുദ്ധി വരുത്തുകയും ചെയ്യും" എന്ന്.

കടൽ കടക്കുന്ന മലാന ക്രീം:

പുറംനാട്ടുകാരുമായി ഒരകലം പാലിച്ച് കഴിയുന്നതായിരുന്നു മലാനികളുടെ ശീലം. വീടുകളിൽ ആരേയും പ്രവേശിപ്പിക്കുന്നില്ല. പുറത്ത് തൊഴിൽ തേടി പ്ലാവുമായിരുന്നില്ല. അവരുടേതായ അലിഖിത ചട്ടക്കൂടുകൾക്കുള്ളിൽ മറ്റാരുടെയും കരസ്പർശമേൽക്കാത്ത ഭൂ പ്രദേശത്ത് ഒരു സാമ്രാജ്യമെന്നോണം കഴിഞ്ഞുപോന്നു. എന്നാൽ ഇന്ന് സ്ഥിതി മാറിത്തുടങ്ങിയിരിക്കുന്നു. സഞ്ചാരികൾ എത്തിത്തുടങ്ങിയതോടെ കുഞ്ഞു കുഞ്ഞു പോംഗ്ലോകളും ഭക്ഷണം പാകം ചെയ്തു നൽകുന്ന ഇടങ്ങളും മലാനയിൽ കണ്ടുതുടങ്ങിയിരിക്കുന്നു. എന്നാൽ അന്നും ഇന്നും മലാന എന്ന കൊച്ചു ഗ്രാമം ലോകത്തിൽ (കു)പ്രസിദ്ധിയർജ്ജിച്ചിരിക്കുന്നത് ഇവിടുത്തെ ലഹരിയുടെ പേരിലാണ്. 'The Malana Cream' എന്ന ഹാഷിഷ്. വീട്ടുമുറ്റത്ത് തഴച്ച് വളരുന്ന കഞ്ചാവ് ചെടികൾ, അതിൽ മുത്തത് വെട്ടിയെടുത്ത് മലാന ക്രീം നിർമ്മിക്കുകയാണ് ഇക്കൂട്ടർ. പിഴുതെടുത്ത കഞ്ചാവ് ചെടിയുടെ ഇലകൾ ഉള്ളൂ കയ്യിലിട്ട് നൈരുകുന്നു. അനേകം കയ്യിൽ പറ്റിപ്പിടിക്കുന്ന കറുത്ത നിറമുള്ള ഈ ക്രീമിലാണ് ലഹരി ഉറഞ്ഞുകൂടിയിരിക്കുന്നത്. തള്ളവിരലിലെ നഖം ഉപയോഗിച്ച് ഒരു പ്രത്യേക രീതിയിൽ ചുരണ്ടിയെടുക്കുന്ന ഈ മലാന ക്രീമിന് വിദേശ മാർക്കറ്റിൽ കിലോയ്ക്ക് 2 മുതൽ 3 ലക്ഷം രൂപ വരെ വിലമതിപ്പുണ്ടെന്ന് പറയപ്പെടുന്നു.

ഇങ്ങ് ഗോവ മുതൽ അങ്ങ് ആംസ്റ്റർഡാം വരെ വ്യാപിച്ചു കിടക്കുന്ന മലാന ക്രിമിന്റെ ലഭ്യതയും പ്രശസ്തിയും കേട്ട് ഇത് ഇവിടെ ലിഗൽ ആണെന്ന് കരുതേണ്ട. എന്നാൽ കാലങ്ങളായി തുടരുന്ന മലാനയുടെ ഈ കൃപ്രസിദ്ധിക്ക് ഇന്നും ഒരു കുറവും സംഭവിച്ചിട്ടില്ലെന്ന് വാസ്തവം. ഇതെല്ലാം കേട്ട് ഞെട്ടുന്നതിനപ്പുറം വിരോധാഭാസമെന്തെന്നാൽ മലാന ഗ്രാമത്തിലുള്ള എല്ലാവരും ഇന്നും ദാരിദ്ര്യം പേറുന്നവരാണെന്നുള്ളതാണ്.

മനസ്സിലാക്കാൻ എന്തൊക്കെയോ ബാക്കിവെച്ചെന്ന തോന്നലുകൾക്കിടയിലും മലാനയിൽനിന്നും ഞാൻ തിരിച്ചിറങ്ങി. താഴ്വാരത്ത് വന്നാണ് തിരിഞ്ഞു നോക്കി.

നിഗൂഢതകളെ ആവാഹിച്ചടുത്ത്, പുറംലോകത്തിന്റെ കടന്നുകയറ്റത്തെ ഒരു വിളിപ്പാടുകളെ നിർത്തി, സ്വന്തം അസ്ഥിത്വം ചോർന്നു പോകാൻ വിടാതെ, ലോകത്തിന്റെ നെറുകയിൽ തല ഉയർത്തി നിൽക്കുന്ന ആ ഗ്രാമ സുന്ദരിയെ.



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Studies

രഥചക്രം

മമത;

തൊട്ടു തീണ്ടാത്തൊരാ ജന്മമെന്നു

ചൊല്ലിച്ച ബാല്യത്തിൻ ചുടിൽ

ചൊല്ലിയറിയിക്കാതെയൊ-

യിത്തിരി നന്മയെ

കാരണമറിയാക്കാരണത്തിൻ പേരിൽ

കൂടെ കൂട്ടിയൊരൻ മനം!

അത്രമേൽ പ്രിയമെന്നാഞ്ഞു ചൊല്ലിയാ-

ളൊഴിഞ്ഞാമനതാരിൽ,

പ്രതിഷ്ഠിച്ചൊരാ വിഗ്രഹം.

മണിയും തെളിഞ്ഞുമാ കാലവും

ഇഴഞ്ഞും നിരങ്ങിയുമാ രഥചക്രവും.

ഉത്തരമില്ലാതിരിക്കെന്ന പ്രഹസനത്തിൻ മറവിലാ-

സ്നേഹ ചന്ദനം ഇരുന്നുണങ്ങി!

അന്തിത്തിരി തെളിയാതെയൊകോവിലിൽ

ശോഭിച്ചാപൊടിപിടിച്ചെൻ വിഗ്രഹം!

തന്നോളമെത്തിയാകർമ്മ ഭാഗ്യവും പേരി
ഉഴറുമാ നേരം
തിക്കിതിരക്കിയാതെരുവിനോളത്തിൽ
നിൻ നന്മ തിരയെന്നു ശ്രവിച്ചാകാതുകൾ.

പ്രകമ്പനം പൂണ്ടൊരാ മനമന്നറിഞ്ഞു
ഇത്തിരി നോവിൻ പിടിവാശികൾ !
പിടിവിടില്ലൊരിക്കലും;
മുറുകെ പിടിക്കുമൊ-
കരങ്ങളെന്നോതി തളിച്ചു പുണ്യാഹം.
അരമണി അഴിച്ചു പാർത്തു
വിറയാർന്നു തുള്ളിയൊരെന്നിലെ ദേകാമരം.

നിന്നപ്പിരികൊതൊരു വേളയിൽ
തെളിഞ്ഞു മിഴികളിലൊരുപം,
പിടി തരാതെ മറഞ്ഞു പോയതും ക്ഷണം കൊണ്ട് .
ഭാരമതേറുന്നു മുതുകിൽ, നിറയുന്നു കൂഞ്ഞുത്തരവാദിത്തത്തിൻ
ഉടുപ്പുകളാഭാഗ്യത്തിൽ.
പറയാതെ,
കാത്തു നിൽക്കാതെ,
ആ രഥചക്രമകന്നു നീങ്ങി.
പതിവിനു വിപരീതമായ് തിരക്കൊഴിഞ്ഞാ നാഴിക വിനാഴികൾ
കാഴ്ചവച്ചാനാമൻ;
തെളിഞ്ഞാകോവിലിൻ മുറ്റത്തെ കുൽദീപങ്ങൾ.
ചന്ദനത്തിൻ കാനിയിൽ ശോഭിച്ചു വിഗ്രഹങ്ങൾ.
ജപിച്ചൊരു മന്ത്രനൂലിൽ കെട്ടിയാടി മനങ്ങൾ വീണ്ടും.
ഉരുളുന്നു രഥചക്രം പിന്നെയുമാതുടർക്കഥയറിയാതെ....

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EARTH COOL

The Earth is our home, a big ball floating in wide space. It's the only planet known to have life, with oceans, land, and mountains comprising an atmosphere that supports plants, animals, and people.

Earth is about 4.5 billion years old and orbits around the Sun, which gives us warmth and light. It's a beautiful planet with diverse landscapes, from mountains to deserts to lush forests, making it a unique and precious place in the universe which supports life.

The beauty of the Earth is like a painting made by nature. It's art is found in the tall mountains that touch sky, the wide oceans with their blue hue, and the Earth is beautiful because it has so many distinct places. There are towering mountains covered in snow, wide oceans with vibrant fish, and green lush forests of trees and animals. The sky changes colors at sunrise and sunset, making everything look magical.

Seasons like spring invite the arrival of flowers, and winter brings snow. People also make beautiful things like buildings and art that add to Earth's beauty. To conclude the Earth is amazing because of its variety and how everything fits together perfectly. We must explore the earth!

I love earth ❤️

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