



Preface

We are pleased to introduce the January 2026 issue of Academic Research and Review Letters, a volume enriched by twenty-five research papers spanning a wide intellectual spectrum—from the biological and social sciences to economics, film studies, and literary criticism. This issue exemplifies our commitment to multidisciplinary inquiry, offering rigorous analyses that address both historical legacies and contemporary societal shifts.

In the realm of public health and physical science, this issue highlights critical interventions and experimental results. The comprehensive review, "Mayonnaise-Related Salmonellosis: Outbreaks, Risks, and Research-Based Solutions for Food Safety," details global Salmonella outbreaks and advocates for key interventions like stringent pH control and pasteurization. Transitioning to physical education, the experimental study "Effect of Tubics on Anaerobic Capacity and Leg Strength" concludes that a specialized ten-week training regimen significantly improves the physiological performance of higher secondary school girls.

Economic and market dynamics are further explored through a methodologically rigorous framework in "Theoretical Foundations of Environmental Valuation," which synthesizes the pillars of non-market valuation for policy relevance. Within the Indian capital market, research on "Value-at-Risk Model and Management of Risk" finds the TGARCH model superior to the GARCH model for prediction, while a study on "Women Micro-Enterprises in the Malabar Region" determines that market status is a



significant predictor of competition, showing a negative correlation between the two factors.

The humanities section offers a profound look at cinema and literature as sites of social protest and resistance. "The Cultural Politics of the 'Angry Young Man' Concept" analyzes how 1970s Hindi cinema captured public dissent, while a critique of the film *Perariyathavar* foregrounds the marginalization of sanitation workers and indigenous populations under state policy. In literary studies, an examination of female narration in Ashita's stories reveals how characters utilize silence as resistance, and an analysis of anthropomorphism in the works of N. Smitha highlights the role of children's literature in developing imagination and moral values. This is complemented by a study of Kunjan Nambiar across various historical texts, which finds consensus on his popular appeal despite differing biographical details.

Furthermore, this volume confronts entrenched social hierarchies and evolving identities. "Caste Dynamics in the Indian Labour Market" investigates the persistence of structural discrimination, while "Human Racial Purity: The Embodiment of False Consciousness" argues that modern genetics proves the concept of racial purity to be a fundamental fallacy. These themes of liberation and progress are echoed in "Eri: Reimagining Kerala's Renaissance through Dalit Epistemologies" and a timely study "Clothing: Thoughts and Attitudes of College Students", successfully analyzes the progressive shift in attitudes among college students regarding their self-determination rights in marriage, sexuality, and clothing choices.

It is with great pleasure that we present these diverse contributions for the attention and evaluation of the global academic community.

Sincerely,

Dr. Muhamed Basheer K. K.
Editor

Dr. Muhammed Rafeeq T.
Chief Editor