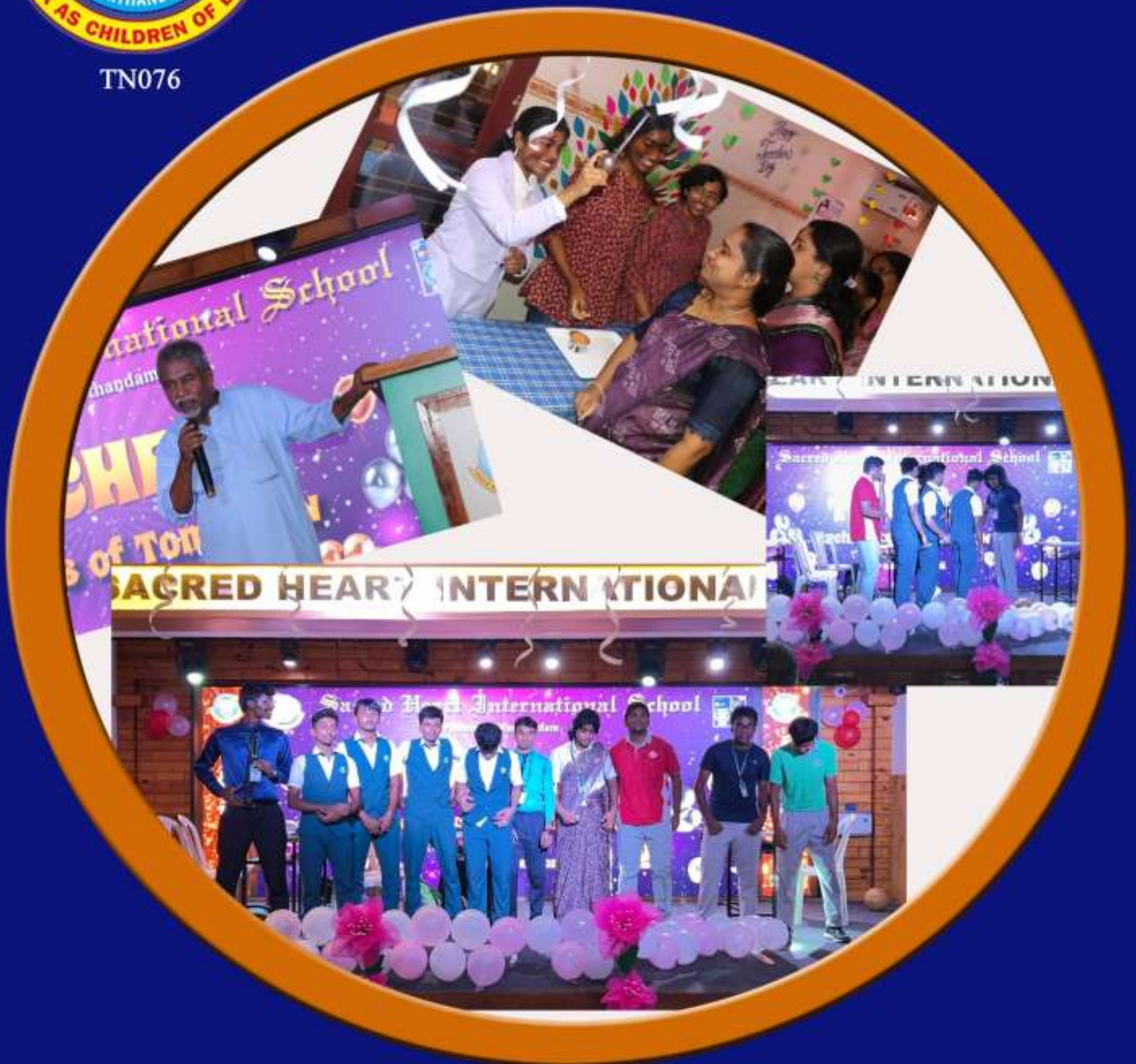




TN076

Sacred Heart International School

(Affiliated to the Council for Indian School Certificate Examinations, New Delhi)
AN I.S.O. 9001:2015 & ISO 21001:2018 CERTIFIED INSTITUTION
Pammam, Marthandam.



ELIXIR

The Flow of Magical Writing

Recipient of



September 2026

EDITORIAL BOARD



Editor-in-Chief
Mr. Manisuresh S
(PRINCIPAL)

MANAGING EDITORS



Mr. Sajith Soman



Ms. Smitha Balaraj



Mr. Jeba Austin



Ms. Pricilla Sharon

IN-HOUSE EDITORS

ASSISTANT EDITORS



Mr. RICHARD ALKANDER



Ms. THAMARY. R



Ms. SASIKALA



Ms. ATHIRA



Ms. KUMARI SHEENA



Ms. BERSHIYA



Ms. MERIN QUEENCY



Ms. SHERLIN



Ms. SANDHYA



Ms. NEVITA



Ms. SHANITHA CRISTAL

STUDENT EDITORS



BEULIN CEPHA
(XII - A)



DINA
(XII - A)



JULIN ZACHARIYA
(XII - M)



SAWAI SINGH
(XI - A)



JAYSHINE
(XI - A)

Editorial

Walking in Wisdom: Lessons for Students

In today's busy and demanding student life, finding the right guidance can be challenging. Timeless teachings and values can help students not only succeed academically but also grow as individuals.

One important lesson is the value of wisdom over mere knowledge. "Wisdom is the principal thing" (Proverbs 4:7) reminds us to seek understanding, not just marks. True education shapes our character and helps us make better decisions in life.



Hard work and dedication are equally important. "Whatever you do, work at it with all your heart" (Colossians 3:23) encourages us to give our best in everything—whether it is studying, completing assignments, or participating in activities. Sincere effort always leads to meaningful success.

Kindness and respect also play a key role in school life. "Be kind and compassionate to one another" (Ephesians 4:32) highlights the importance of treating others well. Even small acts of kindness can create a positive and supportive environment.

Students often face stress and failure, but there is always hope. "I can do all things through Christ who strengthens me" (Philippians 4:13) reminds us to stay strong and believe in ourselves during difficult times.

In conclusion, these timeless lessons guide students to live with wisdom, discipline, and kindness. By practicing them daily, we can grow not only in our studies but also in our character, becoming better individuals for the future.

Ms. Bersia
Department of English

Save Environment, Save Life.

The environment is the foundation of all life on Earth. It provides us with air, water, food, and shelter. However, due to human activities, the environment is being damaged at an alarming rate. The idea of “Save Environment, Save Life” highlights the importance of protecting nature to ensure a healthy future for all living beings.



One of the major threats to the environment is pollution. Air, water, and land pollution are increasing due to industries, vehicles, and improper waste disposal. This leads to serious problems like respiratory diseases and contamination of natural resources, affecting both humans and animals.

Deforestation is another serious issue. Trees play a vital role in maintaining ecological balance by providing oxygen and supporting wildlife. Cutting down trees lead to problems like global warming and climate imbalance. Planting more trees and protecting forests can help reduce these harmful effects.

Deforestation is another serious issue. Trees play a vital role in maintaining ecological balance by providing oxygen and supporting wildlife. Cutting down trees leads to problems like global warming and climate imbalance. Planting more trees and protecting forests can help reduce these harmful effects.

In conclusion, saving the environment is essential for our survival. If we do not act now, future generations will face serious consequences. It is our duty to protect nature and ensure a safe and healthy life for all. “Save Environment, Save Life” is not just a slogan but a necessity for a better future.

Mr. Viju Kumar
Department of History



From Destruction to Hope: Nepal Flood - 2026

Nepal, a country famous for the majestic Himalayas, peaceful villages and beautiful rivers, faced a devastating natural disaster in 2026. Before the floods, life in Nepal moved peacefully. Children went to school, farmers worked in their fields, families lived happily in their homes, and tourists travelled to enjoy the country's breath taking beauty. But suddenly, everything changed.

Melting of ice glaciers caused the Bhotekoshi and Trishuli rivers to rise rapidly. The disaster was made worse by melting glaciers, landslides and unstable mountain slopes, which sent huge amount of water, mud and rocks downstream.

The areas around Rasuwagadhi, Rasuwa, Sindhupalchok and the Trishuli River corridor were among those badly affected places. Homes, roads and bridges were damaged or swept away, leaving many communities cut off. Many people lost their lives, while others were injured or went missing. Survivors were forced to leave their homes and search for food, clean water and safe shelter.

Yet, even during this terrible situation, the people of Nepal showed remarkable courage. Rescue workers, soldiers, volunteers and local residents joined together to save people trapped by the floodwaters. Neighbours helped neighbours, shared food and sheltered those who had lost their homes. The struggle to survive brought communities closer together.

The Nepal that had once been peaceful and full of life was now marked by destruction and sorrow. Roads that connected villages were broken, bridges had disappeared, and families mourned their loved ones. But the spirit of Nepal remained strong. Slowly, survivors began cleaning their villages and rebuilding their homes and lives.

Moral for Students

The Nepal floods teach us an important lesson: nature must be respected and protected. As students, we can do our part by planting trees, reducing pollution, saving water and spreading awareness about climate change. We should also learn to help people in need without expecting anything in return.

The floods may have taken away homes and belongings, but they could not take away the courage, unity and hope of the Nepalese people.

C.P. Rajesh
Department of Computer Science

Time

I heard the whispers of the past,
the murmurings of the present,
and the beckoning of the future.
Days slip away, years rush past.
Everything changes but it's all the same.
Same twelve months.
Same four seasons.
Time remains, when people don't.
As the Clock of Life ticks away,
we all grow up, no longer requiring
The staff of Innocence for support.
No matter how quick everything changes,
We have to remember that,
Time is like a swift tide,
we have to catch it before it goes away.



*Leora Alexander
X-Topaz*



Bless Those Who Hurt you!



A king and his retinue travelled through a forest on horses. The king became very tired and wanted to rest for some time under a tree. While relaxing a stone fell on his forehead and he started to bleed. The soldiers quickly cleaned his wound.

Then they went to find the offender, and returned with an old lady. The lady fell at the king's feet and said "Oh king, please forgive me. From morning, I had not eaten anything. I was faint with hunger and threw a stone on the tree hoping to get some fruits. But unfortunately it fell on you. I am very sorry".

The soldiers wanted to put her to death. When they awaited for orders, the king said, "Feed this lady with royal food". The soldiers asked the king, "Sir, Why do you want to feed the lady who hurt you?"

The king's reply surprised them. "When a tree is hit, it gives its fruits. When I am hit, should I not behave better than the tree?"

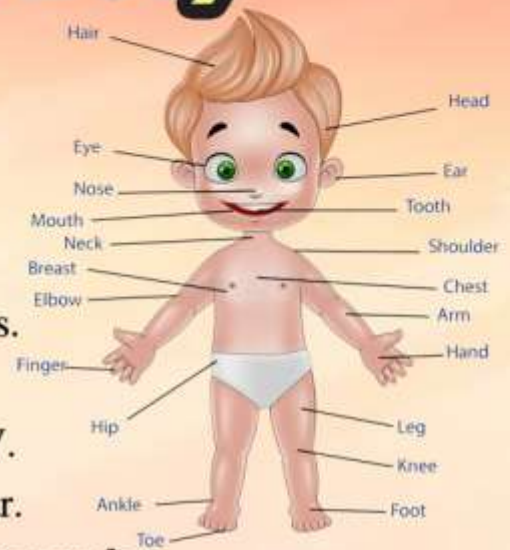
Moral : Bless those who hurt you.

*S.J. Jessica
IX-Sapphire*



Facts About Human Body

1. The brain weighs about three pounds.
2. Women's hearts beat faster than men's.
3. Fingernails grow four times faster than toenails.
4. Your heart is about the size of your fist.
5. Human tongues have unique prints like fingerprints.
6. Human bones are five times stronger than steel.
7. You burn more calories sleeping than watching TV.
8. You lose about nine pounds of skin cells every year.
9. When you blush, your stomach turns red along with your face.
10. It is nearly impossible to sneeze with your eyes open.



*Aarushi. S
IX-Jade*

Music enhances our mind, relieves stress, increases memory, helps to concentrate, improves mood and unleash our inner abilities. We remember our national anthem by heart even though we learned it in kindergarten. That is the power that music holds, we remember certain things because of the rhythm involved in it.

When things don't go on track listening to lofi music (low fidelity) calms our mind and helps us to relax. Lofi - music such as black noise, rain, yellow noise improves concentration during work or study sessions. Music carries way more than rhythm, a feel of home, love, care and understanding.

Most days when we feel low, listening to good beat songs suddenly boosts our mood. Feelings that have emerged affected by music can be categorized as two types – perceived and felt. This simply means a person can understand the mood of a piece of music, even if he / she has never experienced such sensations in real life. Listening to music can affect a person's mood, charging him or her with positive emotion.

*B.S Linshikha Rex
X-Topaz*

Music Heals What Words Can't



The Irony of Life

We have everything yet feel nothing

- 🌻 We spend health to gain wealth... then spend wealth to regain health.
- 🌻 We plan the future... but forget to live the present.
- 🌻 We want the truth... but hate hearing it.
- 🌻 We want success... but avoid the struggle.
- 🌻 We open up to the wrong people... and stay closed to the right ones
- 🌻 We buy things we don't need... to impress people we don't like.
- 🌻 We live like we'll never die... and die like we never lived.
- 🌻 We wait for the perfect time... that never comes.
- 🌻 We regret the past and fear the future.
- 🌻 We waste today... worrying about tomorrow.
- 🌻 We document moments... instead of living them.
- 🌻 We live in memories... and miss reality.
- 🌻 We are taught what to think... not how to think.
- 🌻 We ask for answers... instead of asking questions.
- 🌻 We go to school to build a future... but forget to build ourselves.
- 🌻 We spend our whole life searching... for a life we already had.



*S.S Bershikha Shwaren
X-Topaz*

My Parents

My parents – the most precious gift of God,
Teachers of noble virtues for me to hold
MOM and DAD just three letter words
But their support never ends!

The love of my mom is seen in her eyes
But I can't understand how much it weighs!
My dad earns shedding his blood
This care for me never ends!



Never worry for things, your parents can't afford you,
Be happy they are with you.
No matter how many words
I'm well versed with
Could that be enough for
Gratitude to be expressed?

*Anshiga S
IX-Ruby*



Lost in Translation: The Secret Vocabulary of the World



Have you ever had a feeling you couldn't name?

English is a massive language, but it still has 'gaps'. Others have created precise words for experience we all share. By looking at German, Norwegian and Danish, we can find the missing pieces of our vocabulary.

1. Waldeinsamkeit (origin: German)

The feeling of being alone in the woods. This isn't about being lonely. It is the specific peace found when you are connected to nature and the quiet rustle of the trees.

2. Vorfreude (Origin : German)

The joy of anticipation. This is the "pre-joy" you feel before a big event. In many cultures, the excitement of waiting for something good is considered as the best part of the experience.

3. Hygge (Origin : Danish / Norwegian)

The Ultimate cozy. Pronounced hoo-ga, this is more than just a warm blanket. It's a psychological state of total contentment and safety, usually enjoyed indoors while the weather is harsh outside.

4. Fernweh (Origin : German)

Longing for the far-away. While homesickness is a pull towards home, fernweh is the opposite-a deep, emotional ache to travel and see places where you had never been before.

Ramana Natraj S
IX-Jade

The Value of Time

Time is something that can neither be reversed nor be paused. Time goes on and nobody can stop it. In my opinion, time is more precious than anything, else.

The present generation don't truly utilize time. They just spend many hours on their phones. While some utilize their time on something useful like reading, playing with friends and so on.

Time waits for none. You may be rich or poor, brilliant or nerd, time waits for no man. Have you heard doctors say that they would have saved the dead if they were brought him/her five minutes earlier. Time plays a crucial role in everyone's life. Some miss out exams, lose their jobs for being late.

The young ones wish to become adults while the adults wish to return to their childhood. Some people regret their life for wasting time and some enjoy their life since they utilized time.

You choose who you want to be. Utilize your time and be successful and happy in your life

*J. Jessiya Sophie
IX-Ruby*



அழகிய உலகம்

மழைத்துளி விழும் நேரம்
மனம் மெதுவாய் நனைந்ததே.
காற்றின் கீதம் கேட்டபோது
கனவு உலகம் திறந்ததே.
ஒரு நொடி சிரிப்பு வந்தால்
உலகமே அழகாய் மாறுமே!



*Fabrizio Lal S.J
X-Jade*

Riddles

- What is orange and sounds like a parrot?
What has a head and a tail but no body?
What has four legs but can't walk?
What has a face but no eyes?
What can be cracked, made, told and played?
What is always coming but never arrives?
What can be heard but not seen?
What is full of holes but still holds a lot of weight?
What gets wetter as it dries?
What can you hold in your left hand but not in your right?
What comes down but never goes up?



Answers

- A carrot
A coin
A table
A clock
A joke
Tomorrow
Your voice
A net
A towel
Your right hand
Rain



*Amaeya Sunil S
X-Ruby*

Sabja Seeds

Sabja seeds are the tiny black seeds of Basil herb so it is also known as “Sweet Basil Seeds”. Its botanical name is “Ocimum basilicum”. It acts like a natural coolant and helps to reduce body heat. Sabja seeds are rich in soluble fibers help that in weight management, manage blood sugar, control cholesterol and improve digestion. Sabja Seeds contain rich minerals like calcium, magnesium, potassium and iron. Sabja Seeds have bio-active compounds like Flavonoids and Polyphenols that act as antioxidants. The presence of Omega-3 in Sabja Seeds supports in heart health. Overall Sabja Seeds have a major role in our health and we can use it in our summer drinks to keep our body cool. Always Soak Sabja Seeds 10-15 min before consuming. Add the soaked seeds in juices, smoothies, deserts and enjoy.



*Diya Deepak
IX-Sapphire*

I was angry with my friends;
I told my wrath, my wrath did end
I was angry with my foe:
I told it not, my wrath did grow.

And I watered it in fears,
Night and morning with my tears:
And I sunned it with smiles,
And with soft deceitful wiles.

And it grew both day and night
Till it bore an apple bright.
And foe beheld it shine,
And he knew that it was mine.

My Poison Tree



*Daebiha Dharshini
IX-Topaz*

தமிழே!

பாரதியாரின் மனதில் நுழைந்து
இசையாக வெளியேறிய என் தமிழ் தாயே !

சோழர்களின் சுவர்களை அலங்கரித்த
மெய்ச்சுடரே !

உன் திறமையால் திருவள்ளுவரை
அடிமையாக்கிய என் அமுதே !

முதுமையான மொழியென்றாலும்
இனிமையாக ஒலிக்கும் என் அழகே !

தாய்மண்ணைத் தனித்து ஆளும் அரசியே!
தமிழர்களின் மனதில் என்றும் நிலைத்திருப்பாயே !

செம்மொழியென்னும் மகுடம் சூடி
செழித்து நின்ற செந்தமிழே !

*J Akshaya
XI-Stem*



The Turning Point

In the midst of doubt I stood,
Unaware of what to do next,
With hearts full of self-doubt
I thought I was alone.
I thought it was going to be the end.

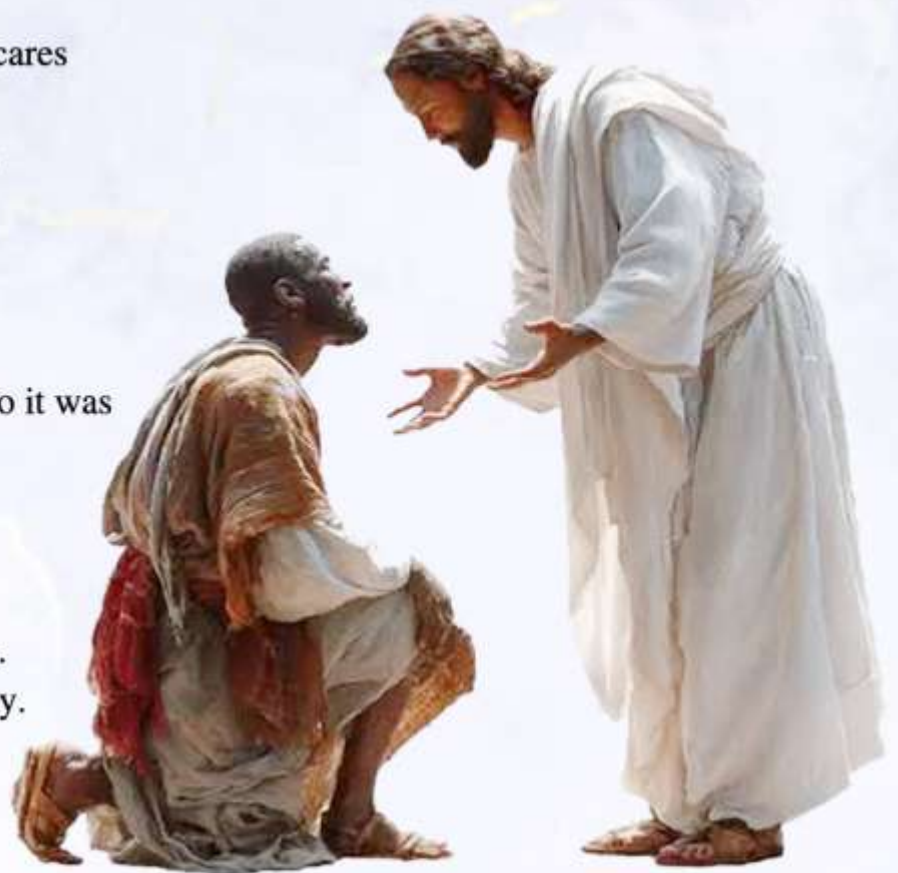
But little did I know,
That I was being watched,
Being watched by someone who cares
And loves unconditionally.
He did something I didn't expect.

I was in a loop of negativity,
When His light came down
And chased darkness away.
I looked up desperately to see who it was
It was Jesus.

He raised me up,
So I could stand on mountains.
He made the impossible, possible.
He made the unworthy me, worthy.
I found confidence in Him.

And now I stand,
In front of thousands,
As a testimony of His Everlasting Love
And His faithfulness.
He's the reason I am the person I am today.

He is the reason
I shine brighter than the stars
And why I am a blessing to many.
In my story, Jesus gets the glory.
And I will strive to live for Him.



Sharon s. Steffi
XII-Asp

Born Unique : Fingerprints

Look at your fingertips! you don't think much about your fingerprints - the tiny lines covering the finger tips. The pattern is yours alone.

Fingerprints are made of raised ridges on the skin of your fingertips. These fingertips form different patterns commonly known as arches, loops and whorls. This helps us grip objects and have a one - of - a kind texture.

Hold on! Why doesn't everyone possess the same tiny lines?

Fingerprints start developing before we are born – while we are still a foetus (ie) 6 – 13 weeks old. As the skin develops, a combination of genetics and tiny environmental impact inside the womb influences how these tiny lines form. While members of a family may share similar fingerprints, they are never identical not even for identical twins who share almost the same genes!

The fascinating part is, these fingerprints remain surprisingly consistent throughout one's life.

However, some people are born with a genetic disorder called “Adermatoglyphia” where they have little to no fingerprint ridge patterns. It is sometimes called “immigration delay disease” as people who have this disease cause security problems.

Every person is unique in their own way!



*Hershynn De Befonez
XII-Asp*

The Extraordinary Within the Ordinary

When we hear the word “extraordinary”, we tend to look upwards – to the champions, inventors, leaders, etc. But what if extraordinary isn’t always spectacular? Though this article, readers can get answer for the question. Can something ordinary contain something extraordinary? through this article.

Whenever the word “extraordinary” is highlighted, our society thinks that it is a word used to represent someone higher, only because of his / her achievements, Wealth, fame or academic excellence.

And it doesn’t define a person. He/she might have excelled in any one of those traits, once in their life and secured the title “extraordinary”.

On the other hand, a teacher who inspires a student and finds the talent within him / her so that the student can succeed in life, this is something more valuable than a couple of zeros in the bank account of a so called extraordinary person. Teachers don’t expect posses vicarious pride or fame through students and keep on showering their kindness and knowledge upon the students. They are just ordinary people but teachers are considered greater than God.

At our homes, our parents make sacrifices for our betterment without recognition. They don’t expect vicarious pride through us, instead they expect a joint life filled with joy and happiness.

Readers might think how these extraordinary traits mentioned in this article is greater than their definition of extraordinary, Remember, “Gold is gold even in the mud” according to the Hungarian proverb. It simply means true worth is not about physical forms of success, its about the inner worth and behaviour of a person.

To conclude, the extraordinary may not always be surrounded with people’s recognition. It may be in someone’s mindset to help, question or refuse to give up.



Alan E. King
XI-Stem

The Hidden Notes in Our Daily Rhythm

Every morning, the sun rises in the same sky. We wake up, prepare ourselves and reach our schools, colleges or workplaces. The clock keeps ticking. We spend our energy there, soon, the sun begins to set. We carry our tired selves to our homes. Night falls and we wind down. We give ourselves a break from this rhythm.

Now, let us slowly change our lens. The same route we commute everyday. But now it is blue hour. We have not reached our home yet. On some of the rare days, we may notice certain things. The vehicles casting a soft amber glow on the wet road, distant trees which are like silhouette in the world of their own.

One day, someone helps us when we forget our wallet in the bus. We feel deeply grateful because they helped us when we really needed it. Another stressful day, we are able to have some quality time with our best friend. Random banters, quiet help and shared foods. It feels like a blissful break from our day and eventually a shared memory. All these moments are tiny but they bring out the colours of our day.

Maybe as time passes by, all these sensory views, places and people may not be the part of our routine. It leaves a slight tug of nostalgia in our hearts. Pleasant surprises could be waiting for us in the future which gives us hope during the present. However, it does not mean that everything should be remembered. Some moments are meant to be lived, others remembered. And some stay with us because we felt so alive. Realistically stating, it is not necessary to hunt for these beautiful moments everyday. Can we enjoy a slow drizzle in the midst of a heavy traffic? Probably not. Strangely, the fact that these moments cannot be found everyday, makes them even more special.

Beauty is not making our days glamorous. But noticing the beauty in these ordinary days are just enough to make the day feel ours. Our daily hustle continues. Birds chirping, teacher asking questions and same route being taken. And hidden in this rhythm are the little notes : monotonous, emotional or peaceful. We may not realise they are the 'notes' of our rhythm.

Sudiksha R,S
XI-A



The Art of Letting Go

Have you ever noticed that we humans hold onto things that were naturally meant to be let go?

We wish many moments, memories and people we loved could stay with us forever, but we must realise that some things are never meant to be with us till the end. It is true that letting go of the things we love is hard; the more we think about them the more they weigh on our hearts, which can make us feel weaker, sadder and lonelier.

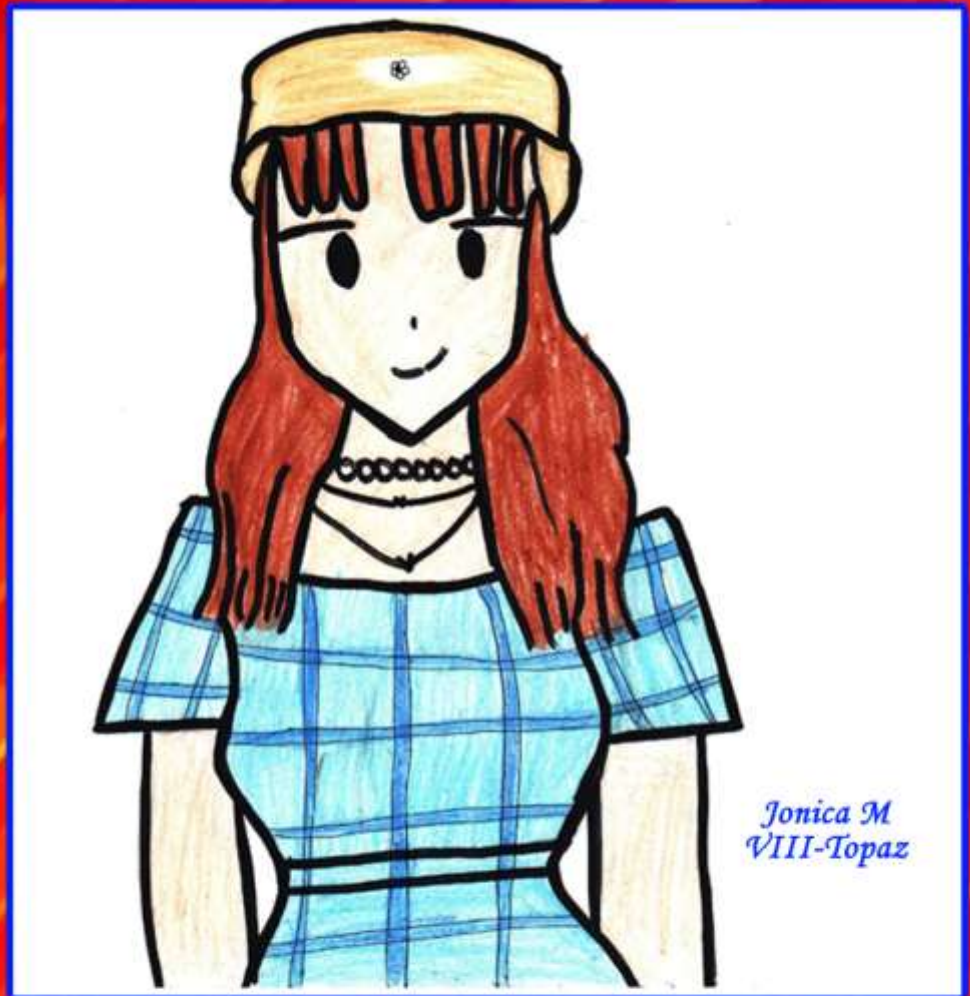
Humans are not perfect, we make mistakes and lose what we treasure, as life does not always go as we wish. So forgive yourself. Don't let your regrets pull you down. Move forward.

Life has more opportunities. You will meet new people and make wonderful memories. It is true that some days are hard and some nights are cold, but face them with courage and move on.

Some people are hard to forget, some things are hard to let go of and some mistakes are hard to erase, but stay strong. Don't let your past undermine you. Our future holds more interesting and fulfilling experiences waiting for us.



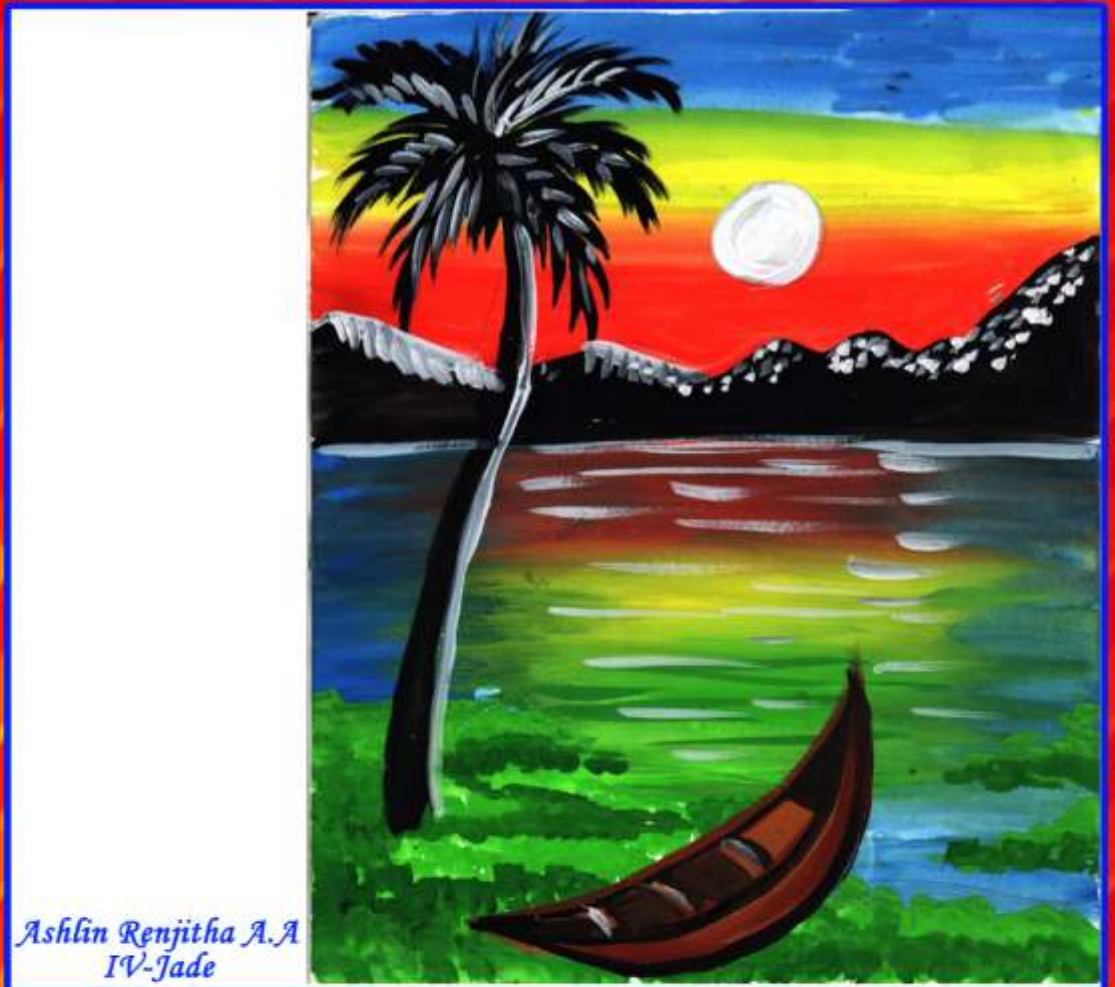
*Angelin Jemisha J
X-Ruby*



*Jonica M
VIII-Topaz*



*Aancy Blesslin Nice S.I
IX-Topaz*





Dishani P.S
IX-Topaz



Vonstire Marius Jain R
IX-Topaz