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Editorial

Discipline Delivers the Century Mark

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

- Aristotle

In an age intoxicated by instant gratification, ceaseless distractions, and the glorification of raw talent, the quiet force of discipline often retreats into the background. It does not dazzle like brilliance, nor does it demand the spotlight. Rather, discipline works in silence—unseen, patient, and incredible. Nevertheless, it is this cool constant that underlies all lasting success and personal transformation. The silent strength of discipline lies not in loud announcements, but in steady action.

Discipline is widely misunderstood, often mistaken for restriction or self-denial. Many people associate it with harshness and joylessness. But in reality, discipline is not a cage—it is a compass. It is the deliberate choice to act according to one's values and aspirations, even when temptation whispers sweet nothings or fatigue weighs heavy. It is, in truth, the very gateway to freedom—from chaos, from regret, and from impulsive decisions.

Unlike inspiration, which dances to the fickle rhythm of mood and novelty, discipline is loyal. Inspiration can ignite the spark at the beginning of a journey, but it rarely lasts the course. It fades when the path gets tough, when progress slows, or when enthusiasm wanes. It is in these moments that discipline holds the line. It whispers, "One more time," even when everything inside says, "Not today." It is an unyielding engine that keeps the ship moving—tide or no tide.

Discipline does not boast on social media, nor does it seek applause. It operates in anonymity—in the early morning while the world sleeps, during long hours of focused study while others relax, or in the quiet choice of nutrition over indulgence. It shows up not for praise but for purpose. It is the power to do what is right when no one is watching. It teaches us that greatness is not an act, but a habit repeated in solitude.

Perhaps the most compelling evidence of discipline is not found in external achievements but in character formation. It cultivates patience, focus, and emotional intelligence. It teaches the art of delayed gratification and builds resilience in the face of failure. Those who practise discipline remain steady in chaos, grounded in success, and humble in both. These qualities are not innate—they are earned, decision by decision, day by day.

Moreover, discipline is not the enemy of mental well-being—it is often its foundation. Far from being a burden, consistent routines and purposeful habits bring structure and peace of mind. Psychologists have long noted that those who exhibit self-regulation enjoy greater life satisfaction and reduced anxiety. When we act with intention, rather than impulse, we regain control over our time, energy, and emotional state. A well-disciplined life, then, is not one of dull routine, but of quiet strength.

A curious numerical observation offers a poetic reflection of this truth: assign each letter in the word "discipline" its position in the alphabet (D = 4, I = 9, S = 19, and so on), and the total adds up to 100. This symbolises our fullest potential. It does not demand a part of us, but the whole.

Cultivating such strength is not a matter of willpower alone. It begins with small, consistent acts. It grows by setting clear intentions, embracing discomfort, and designing routines that support our goals. And above all, it requires compassion—discipline is not self-punishment, but self-respect in motion.

In a world that chases shortcuts and celebrates fleeting talent, discipline is the unsung hero. It is a quiet force that gathers our scattered efforts, tempers our passions, and forges something lasting. Like water carving stone, its strength lies in consistency. When we choose discipline, we don't just perform—we become. We give our full measure. We give 100%. And in that commitment, we don't just succeed. We are fulfilled.



Mr. Jeba Austin S
Department of English

Challenge Yourself

Math Puzzles

1. The Three Switches:

You are standing in a room with three light switches. Each switch corresponds to one of three light bulbs in a room. Each light bulb is off at the start. You can turn the lights on and off as many times as you want, but you can only enter the room one time to observe the bulbs. How can you figure out which switch corresponds to which light bulb?

2. The River Crossing:

A farmer needs to cross a river with a wolf, a goat, and a cabbage. He has a small boat that can only hold himself and one of the three items at a time. If the wolf is left alone with the goat, the wolf will eat the goat. If the goat is left alone with the cabbage, the goat will eat the cabbage. How can the farmer get everything across the river safely?

3. The Missing Dollar:

Five friends go to a restaurant and each order a meal that costs \$10. They give the waiter \$100 and he gives them \$50 in change. Each friend takes \$10 back, leaving \$0 for the tip. Later, the waiter realizes he made a mistake and the total cost was \$40. He gives \$10 back to the friends. Now, each friend paid \$8 for their meal, totaling \$40. The waiter has \$10. Where did the other \$50 go?

4. The Number Sequence:

Identify the pattern in the sequence: 1, 2, 4, 7, 11, ?. What comes next?

5. The Water Bottles:

You have 3 water bottles, one of which can hold 5 litres, one of which can hold 3 litres, and one of which can hold 2 litres. How can you measure exactly 4 litres of water using only these 3 bottles?



Zinc and its Isotopes

Zinc has five stable isotopes (^{64}Zn , ^{66}Zn , ^{67}Zn , ^{68}Zn , ^{70}Zn) and several radioisotopes, each with unique applications. These isotopes find use in various fields, including nuclear reactors, medical research, and biological studies.

Stable Isotopes:

^{64}Zn , ^{66}Zn , ^{68}Zn , ^{70}Zn :

These isotopes are used in industrial applications like nuclear reactor cooling, where depleted ^{64}Zn helps prevent corrosion and reduce radiation exposure. They are also used in biological research, including studying zinc uptake in the human body and investigating metabolic processes.

^{67}Zn :

This isotope is a precursor for the production of the radioisotope ^{67}Ga , which is used in medical imaging.

Radioisotopes:

^{65}Zn :

This radioisotope is used as a tracer in various studies, including investigating transport phenomena in metals.

Other radioisotopes:

While not as commonly used as ^{64}Zn , ^{65}Zn , and ^{67}Zn , other zinc radioisotopes have applications in specific research areas.

Applications:

Nuclear Reactors:

Depleted ^{64}Zn is added to the cooling water of nuclear reactors to reduce corrosion and lower radiation levels, according to Orano.

Medical Imaging:

Enriched ^{67}Zn is used to produce ^{67}Ga , a radiopharmaceutical used in bone scans and imaging studies.

Biological Research:

Zinc isotopes are used to study zinc uptake and metabolism in various organisms, including humans.

Environmental Tracing:

Zinc isotopes can be used as tracers in environmental studies, such as investigating the source and fate of zinc pollution in rivers and sediments.

Paleodietary Reconstructions:

Zinc isotope ratios in bones and teeth can provide insights into past diets and trophic levels of organisms

Ms. Reena S.K
Department of Chemistry

நட்பே பலம்

ஓர் அடர்ந்த காட்டுப் பகுதியில் நான்கு நண்பர்கள் வாழ்ந்து வந்தார்கள். ஒரு மான், ஒரு காகம், ஒரு எலி, ஒரு ஆமை, இப்படி நான்கு நண்பர்களும் நல்ல நண்பர்களாக வாழ்ந்துகொண்டு இருந்தன. அந்த காட்டுப் பகுதியில் எப்பொழுதும் சுதந்திரமாக பேசி பொழுதை கழித்துக் கொண்டு இருந்தன. அப்பொழுது வேடன் ஒருவன் வருவதைக் கண்ட மான் நண்பர்களே! “வேடன் ஒருவன் வருகிறான், நாம் எல்லோரும் மறைந்திருக்கலாம்” என்று மான் கூறியது. உடனே ஆமை, நீங்கள் எல்லோரும் ஓடி ஒளிவீர்கள் நான் எப்படி ஒளிவேன் என்றது. அதை கேட்ட எலி நண்பர்களே, “பயப்படாதீங்க **பதறாத காரியம் சிதறாது**” நாம் எல்லோரும் ஒரு திட்டம் போடுவோம். அந்த திட்டபடி எல்லோரும் நடப்போம், அந்த வேடனிடமிருந்து தப்பிக்கலாம் என்று எலி கூறியது. அவர்கள் திட்டமிட்டபடி எலி வளையிலும், மான் புதரிலும், காகம் மரத்திலும், ஒளிந்து கொண்டன. ஆனால், ஆமை மெதுவாக நடந்து கொண்டிருந்தது. அந்த நேரம் அங்கு வந்த வேடன் ஆமையை எடுத்து அவன் கையில் வைத்திருந்த பையில் போட்டு கொண்டு நடக்க ஆரம்பித்தான். நண்பன் ஆமையை காப்பாற்ற மற்ற மூன்று நண்பர்களும் திட்டம் போட்டனர். காகம் வேடன் செல்லும் பாதையை கவனித்துக் கொண்டு கரையத் தொடங்கியது. மான் வேடன் போகும் பாதையில் இறந்து கிடப்பது போல் இருந்தது. பின்னர் அதைப் பார்த்து வேடன் பையை கீழே வைத்துவிட்டு மானை தூக்கி தோளில் போட்டு கொண்டு நடந்தான். அதைப் பார்த்த எலி பையை கடித்து ஆமையைக் காப்பாற்றியது. அப்பொழுது மான் வேடனின் தோளில் இருந்து துள்ளி குதித்து ஓடியது. வேடன் ஏமாந்து போய்விட்டான். பின்னர் நான்கு நண்பர்களும் சேர்ந்து **‘பதறாத காரியம் சிதறாது’** என்று பேசிக் கொண்டிருந்தன.

பதறாத காரியம் சிதறாது

*C.K Harshith
II-Topaz*



My little fairy



My little fairy is so cute. She is my baby sister. She listens to music and dance. So, we call her a dancing doll. She disturbs me when I study. She always says tha - tha do - do. She loves to read. Her best friends are Paul and Mia. They are dolls. Her favourite fruits are banana and orange. We look similar because we are sisters.



*Devorah Ahuva R
I-Ruby*

Reflection



Look into a mirror,
And tell me what you see.
At first you see your reflection,
But you have to look deep.

Look deep into your soul,
And find out who you are.
Who you are inside,
Take away your disguise!



Thank you



*S.A. Clarisha
IV-Sapphire*

This Little Bunny

This little bunny
Has two pink eyes.
This little bunny
It's very wise.

This little bunny
Is soft as silk.
This little bunny
Is white as milk.

This little bunny
Nibbles away,
At cabbages and carrots
The livelong day!



*Joanna J.R.
III-Ruby*

My happy day

Poem



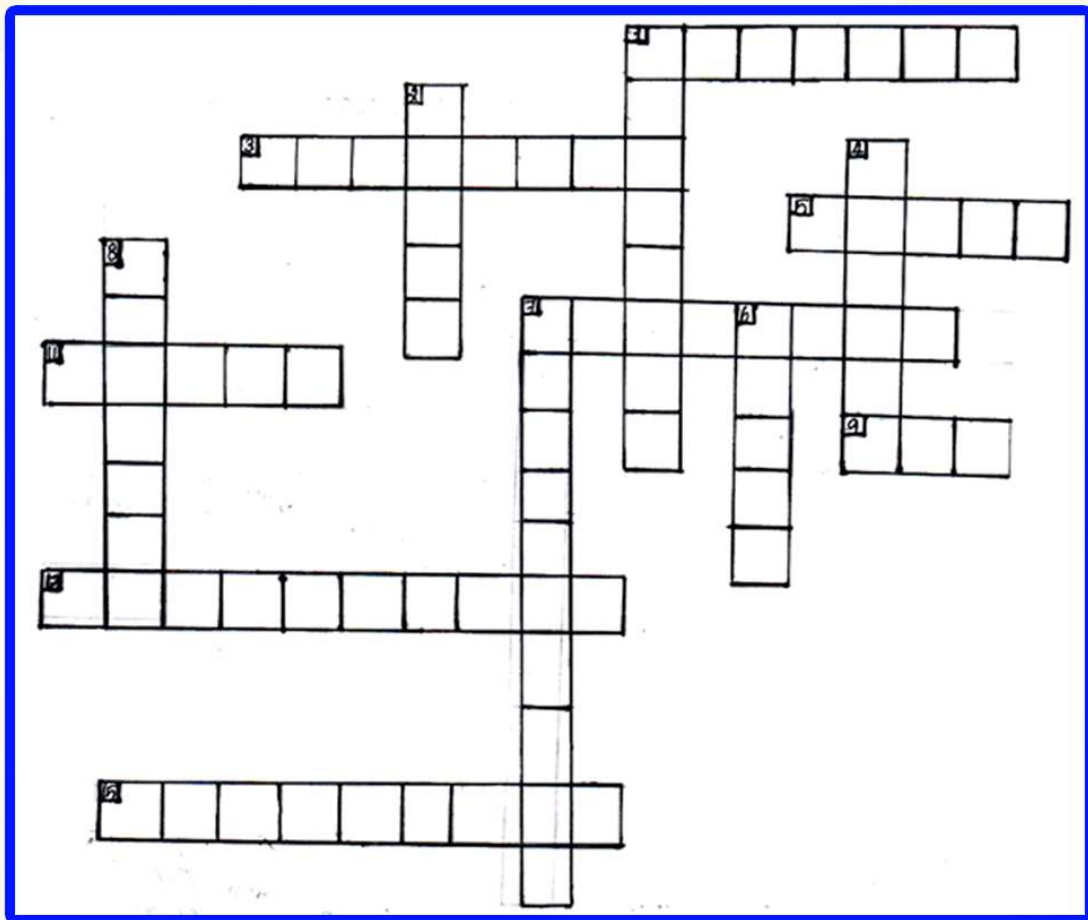
I, wake up with a great big smile
The sun is shining all the while
I brush my teeth and wash my face
Then tie my shoes and start to race!

Off to school, I love to go,
With books and bag all in a row,
My teachers kind, my friends are fun,
We laugh and play and play when work is done,

We learn to read, count and write,
And sing new songs with great delight,
We paint and draw and sometimes run,
Each school day's full of joy and fun!

At home I tell my mom and dad,
About the fun and day I had.
Then off to bed I go to sleep,
With dream so sweet and thoughts to keep.

*Gianna Jane S
IV-Ruby*



Across

1. You wash your hair with this.
3. Another word for young people.
5. The tiger did a fierce _____.
7. Another word for turning.
9. A garment for your head.
11. Beauty and the _____.
13. An ape that is very similar to humans.
15. Standing in your hands.

Down

1. A lunch food that is made with bread.
2. I was _____ ing a lot from being hurt.
4. The sound made when eating crisps.
6. What we do with our brain.
7. The lightning made _____ noise.
8. The king makes a Christmas _____ every year.

*J. Johah
VIII-Topaz*

6 Scary space facts



1. Vampire Stars:

Vampire stars can suck the life out of other stars. Scientifically known as o-type stars, vampire stars are enormous blue giants attached to much smaller stars that get consumed by their sheer gravitational pull.

2. A Giant Rogue Black Hole :

There's a giant rogue black hole moving through space at roughly 3 million miles per hour. B31745+25 was discovered by the Hubble telescope in 2017 and is about 1 Billion times heavier than the Sun.

3. The great Attractor:

150-250 million light years from our galaxy lies a dreaded space anomaly called 'The Great Attractor' with a gravitational pull so powerful that it can pull entire galaxies towards itself, and collapse them into each other.

4. A Solar Superstorm almost devastated Earth:

Superstorm is a powerful geomagnetic phenomenon that arises from stars like our sun, and can disrupt a planet's gravitational and magnetic fields. Scientists call it a Coronal Mass Ejection (CME). In July 2012, a powerful CME was released by our sun. It crossed the Earth's orbit and hit the STEREO – a space craft. According to the university of Colorado, had that storm come a week later or earlier, it would have hit the Earth and caused a global blackout!

5. Decompression:

When an astronaut suffers decompression, the moisture and oxygen in their body gets ripped out, causing their body to literally swell up and explode in an instant.

6. Corpses in Space:

Unfortunately, not all the space missions have been successful and some earlier failed missions have resulted in the deaths of both humans and animals. Both the space crafts, as well as the deceased personel inside of them, are still floating in space somewhere.

Sanjna Sankar
XI-Non Med

Tired of my life



In the classroom, day by day,
I chase my dreams, I find my way,
But sometimes, oh, I'm tired of my life,
Amidst the stress and endless strife.

Homework piles high exam loom near,
one year for a moment a pause a tear.
In this whirlwind of books and strife,
I wonder, am I tired of life?

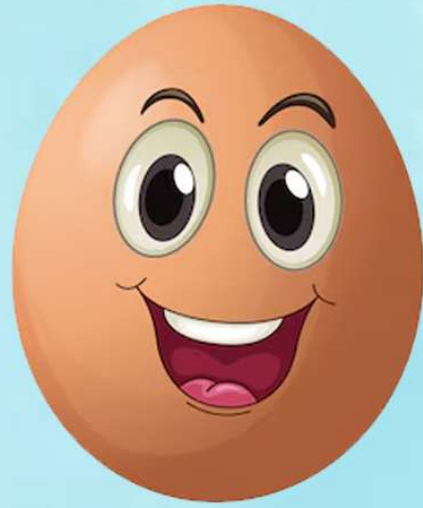
But then I glimpse a glimmering light,
A friends' warm smile, a starry night.
And in those moments, I find my way,
Renewed, refreshed for another day.

Life's a journey full of bends,
And though its tough it all depends,
Oh now I see the world so wide,
I'll find the strength to enjoy the ride.

So when I'm weary feeling the strife,
I'll remember the joys, the wonder of life.
For though it's tough with struggles rife,
I'll never truly be tired of life.

*Sajina
VII-Topaz*

Fun facts



The human brain cannot feel pain.

25 years are spent sleeping in one's life.

A sneeze travels at about 100 miles per hour.

A bolt of lighting is five times hotter than the sun.

A day on Venus is longer than a year.

There is no light 30 feet underwater, so the blood appears green.

On mars, sunsets appear blue.

Green is the national colour of Ireland.

Earthworms have five hearts.

Abracadabra is actually a Hebrew phrase meaning "I create what I speak".

Jeshana Lini
IX-Topaz

Whispers of the sky

The sky leans low with a violet sigh,
As dusk unravels the seams of the sky.
Stars blink awake in velvet vows,
Telling secrets only the night wind knows.

A breeze hums soft through silent trees,
Carving lullabies in the evening breeze.
Dreams walk quiet on twilight's shore,
Knocking gently at midnight's door.

In stillness, even the moon takes pause,
Bathing the world in a silver gloss.
And hearts that wander, far and wide,
Find peace where stardust dares to hide.

*R. Felicia Gifty
X-Ruby*



See The Bug

See the bug on the rug
I will give his leg a tug
See him run, see him go
He did not take it, no! no!
See him hop, on the mop
See him hide, make me stop
I will stop, I will not tug
You are safe, Little bug



*S.D. Bermisha
VI-Ruby*

Ministers of our body

Brain	–	Prime Minister
Head	–	Education Minister
Stomach	–	Food Minister
Heart	–	Finance Minister
Nose	–	Health Minister
Teeth	–	Industrial and Civil Minister
Eyes	–	Law Minister
Skin	–	Defence Minister
Leg	–	Transport Minister
Tongue	–	Broadcasting Minister
Lungs	–	Home Minister



*J.B. Harjith
VI-Sapphire*

Here are the answers to the "Challenge Yourself" puzzles:

Answers

1. The Three Switches

1. Turn switch 1 to ON for 5 minutes.
2. Turn switch 1 to OFF and turn switch 2 to ON.
3. Immediately go into the room.
4. The bulb that is ON corresponds to switch 2.
5. The bulb that is WARM (but off) corresponds to switch 1.
6. The bulb that is OFF and COLD corresponds to switch 3.



2. The River Crossing

1. Take the goat across the river first and leave it on the other side.
2. Go back to the original side and pick up the cabbage.
3. Take the cabbage across the river and leave it on the other side with the goat. Then take the goat back to the original side.
4. Pick up the wolf on the original side and take it across the river to be with the cabbage.
5. Finally, go back to the original side and pick up the goat, taking it across the river again to join the wolf and cabbage.

3. The Missing Dollar

The puzzle is trying to mislead you. The friends initially paid \$50 for meals (\$100 - \$50 change). Later, the waiter gave \$10 back, meaning the friends paid \$40 for meals. The \$10 given back by the waiter is part of the initial \$50 change, not part of the \$100. So, the \$50 (initial change) = \$40 (kept by friends as part of the \$50 change after meals were paid) + \$10 (given back later). The calculation is correct; there's no missing dollar.

4. The Number Sequence

The pattern is adding 1, then 2, then 3, and so on. So, the sequence goes:

1 (+1=2), 2 (+2=4), 4 (+3=7), 7 (+4=11), 11 (+5=16).

The next number is 16.

5. The Water Bottles

1. Fill the 5-liter bottle completely (5L).
2. Pour water from the 5L bottle into the 3L bottle until the 3L bottle is full, leaving 2L in the 5L bottle.
3. Empty the 3L bottle.
4. Pour the remaining 2L from the 5L bottle into the 3L bottle.
5. Fill the 5L bottle again.
6. Pour water from the 5L bottle into the 3L bottle until it's full (which requires 1L since it already has 2L), leaving exactly 4L in the 5L bottle.

*Ms. Mini Jerlight
Department of Mathematics*



Arsha A.J
X-Ruby



S.R. Gopika Krishna
IX-Topaz



= Camillus
oscar
m: Jade

Camillus oscar. B
VII-Jade

NUMBER DRAWINGS



*Bishana Taffy B
I-Jade*



*Al Taifur. M
I-Sapphire*