

# Sacred Heart International School

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



## SACRED HEART INTERNATIONAL SCHOOL



# ELIXIR

The flow of magical writing



June  
2025

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# Editorial

## **Matured Personality is a prerequisite for professionals like teachers**

Students have all their fair share with teachers – some who inspire them, others who challenge them, and a few who leave an indelible mark on their lives. But have you ever wondered what sets apart those exceptional educators who make a lasting impact on their students?

**At the point of my view, it is not their intellectual capacity nor informative presentation but it is rather their matured personality. Are you not convinced?**

A matured personality in a teacher is like a beacon of stability and guidance in the chaotic world of adolescence. It's reflected in their calm demeanor, their patient listening, their refrained attitude from self-reflected childish comments and their empathetic understanding. They're not just imparting knowledge instead, they're mentoring, coaching, and inspiring.

It shows that matured teachers possess a unique blend of confidence and humility. They're secure in their expertise, yet open to learning from their students. They encourage questions, debates, and discussions, fostering a culture of critical thinking and intellectual curiosity.

Their emotional intelligence helps them navigate complex classroom dynamics, resolving conflicts and building strong relationships with their students. They're approachable, yet maintain professional boundaries, earning the respect and admiration of their pupils.

However, what's most remarkable about matured teachers is their ability to balance high expectations with compassion and understanding. They push students to strive for excellence, while acknowledging and supporting their struggles and vulnerabilities.

As the students navigate the challenges of growing up, they need role models like these matured teachers who embody wisdom, kindness, and integrity without partiality. They remind the students that education is not just about academics, but it's about character, empathy, and becoming the best version of the students themselves.

Therefore, it is better to take a moment to appreciate those exceptional teachers who've made a difference in the lives of students. Their matured personality has been a source of inspiration, guidance, and motivation, shaping the students into capable, confident, and compassionate individuals.

*Mr. Richard Alkander  
Department of English*

# The Little Things



In quiet halls and classroom light,  
We learn, we laugh, our futures bright,  
With open looks and curious mind,  
We leave our worries far behind.

A friendly smile a helping hand,  
Together we all learn to stand.  
From tiny seeds big dreams will grow,  
In every heart a gentle glow.

So here's the days of chinks and cheer,  
Of growing wiser year by year.  
The little things we do on each day,  
Will guide us gently on our way.

*C.S. Beniel Yadid  
XII-Non Med*

# Bells and Back packs

The morning hum, a sleepy yawn,  
The race against the break of dawn.  
Shoes half-tied, the bus in sight  
Another day a paper flight.

The clatter of chairs the shuffle of feet,  
That one loud laugh from the back seat.  
Timetables inked, books in a heap  
And dreams that dance when we fall asleep

Some days we are, some days we trip,  
Some friendships form on a shared chip  
We scribble life in margins wide,  
With secrets only benches confide.

Exams will pass, and grades may fade  
But memories here are forever made  
For in these halls, we've learned to grow  
Not just in facts, but all we know



*Abina A.S*  
*IX-Ruby*

# Shakespeare's Life and Works

William Shakespeare was born in 1564 at Stratford-on—Avon in England (today's United Kingdom / Britain) His birthday is celebrated on 3rd April, which is also believed to be the date he passed away in 1616.

He probably attended Grammar school at Stratford where he learnt small Latin and less Greek. He attended this school at the age of seven and stayed there till he was fourteen (or) sixteen.



Stratford is a charming little village in the beautiful country of Warwickshire in England. The natural surroundings appealed powerfully to the boy's lively imagination. Every phase of the natural beauty of this charming region is reflected in many of his plays.

When he was around fourteen his father lost his property and fell into debt. Shakespeare left school in order to help and support his family. It is generally believed that at one time he was a school master, then he was apprentice to a butcher and he was an apprentice of his father.

At the age of eighteen he married the beautiful Anne Hathaway, the daughter of a farmer family, from the village of Shatterly. He had three children.

By the year 1592, He worked with other men and revised old plays before writing his own and so gained a practical knowledge of art. Soon he began to attract enough public attention. Shakespeare has written thirty seven plays – tragedies, comedies, and history plays, apart from poetry. Produced an average two plays annually and earned fame and wealth.

*R. Felicia Gifty  
X-Ruby*

# Red Rose of Eternity

Poem

A tale as good as time.  
At the midst of the forests of fantasy.  
And beyond the lands of ecstasy.  
Lives a cavern beneath tears.  
A sacred hall locked with keys.  
Is where thee will find me.  
My aroma, an endless crime.  
Falls around, what once was mine.  
A lonely queen I once was,  
Grieving and trembling of timeless lose,  
From the gardens and cavern, thy fragrance arose.

And still and sudden the time froze.  
Petals, a velvet feather,  
Time's flying, in the blink of an eye.  
And tangled up in a lie,  
For the thorns in my heart reap.  
A happy mind of memory,  
Stand still on her majesty,  
Cause I'm the Red Rose of Eternity.

R. Jeffie Sharon  
IX-Sapphire



# Reduce Eating Sugar

Sugar is one of the main carbohydrates that we use daily. There are many types of sugar like glucose, maltose, fructose and many other. We consume sugar from fruits, vegetables, milk, sugarcane and sugar beet. Sugar enhances the taste and acts as a quick energy resource. There are many advantages of sugar but there are also many disadvantages. Too much of sugar leads to obesity, dental problems, etc. Many diseases like diabetes, heart diseases, kidney diseases, and even stroke occur due to high blood pressure. Robert Luiberg said, “Sugar the bitter truth”. Many of Sugar is called “white devil”, “tooth damager” and “sweet death”. An American named Mike fremont had cancer at the age of 69. Doctors said his lifetime is for just three months. So, he stopped eating sugar items. He followed an ancient Japanese plant – based food tradition. Due to his continuous hard work, he is living until now at the age of 102. He is very fit. He is paddling a canoe and still running. We should consume sugar at a moderate level. Reduce of sugar gives a bitter to our tongue but increase of sugar gives bitter to our health.

*Kevin V.S Vishan  
VIII-Jade*

# Petrified

One night Zia was alone in her room.

Her parents went to work. She was drawing in her sketch book. Suddenly, she heard a knock on the door. She ran to open it. She thought it was her parents. But no one was there. Zia felt a little scared.

She went back to her room. Then she saw a shadow near the door.

Hidden note : **It was her naughty cat.**

*Adlin Jina  
II-Sapphire*

# Riddles



## Answers

1. A ruler  
(or)  
A measuring tape
  2. A hole
  3. A shadow
  4. A river
  5. A promise
1. I have a foot on each side but no legs. Who am I?
  2. What can be put in a bucket to make it weigh less?
  3. What is always moving yet never moves?
  4. What has a mouth, but cannot eat, and a bed, but cannot sleep?
  5. What can be broken but never held?

*Shayora  
II-Topaz*

# Fun facts about Animals

- Have you ever thought why does a cats eyes glow in dark? This is because cats have something special in their eyes called tapetum lucidum. It is a shiny layer at the back of their eyes that acts like a mirror.
- Do you know a blue whale is 50,000 kg?
- In an year 725,000 people are killed by mosquitoes!
- An African elephant's weight is 6,000 kg but it can carry 9,000 kg!
- Do you know an 11-years old cheetah can run 100 metres in 5.95 seconds!
- When a wood frog hibernates in winter, it's body can stay completely frozen for seven months!
- Fleas can jump 502cm, which might not sound like much, but is actually 200 times their body length!

*M. Jyostna Joseph  
VII-Sapphire*



# கல்வியே கரை சேர்க்கும்

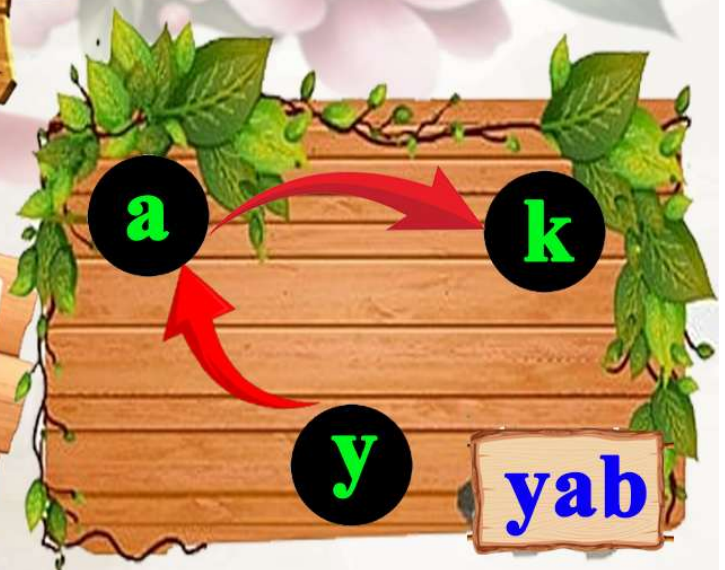
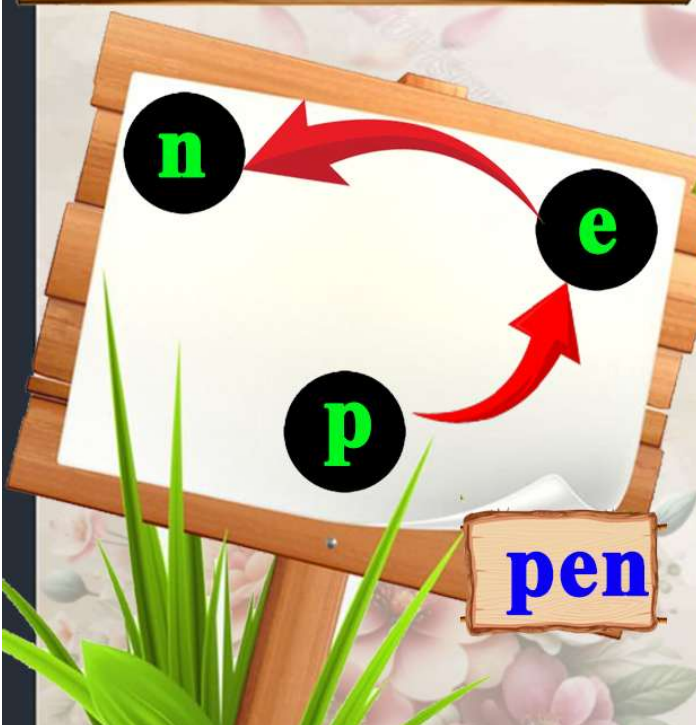
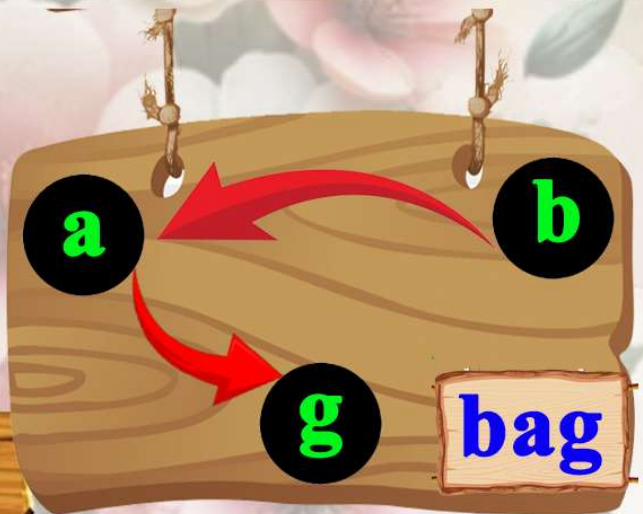
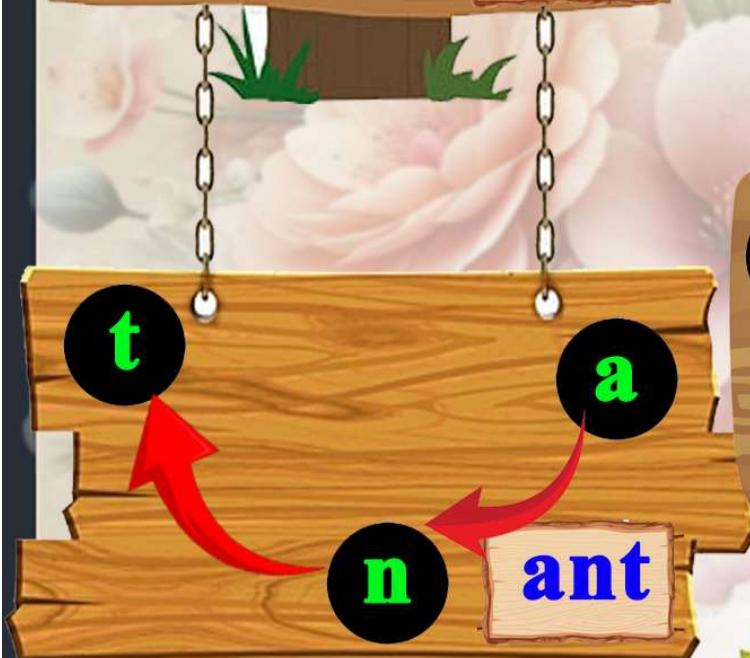
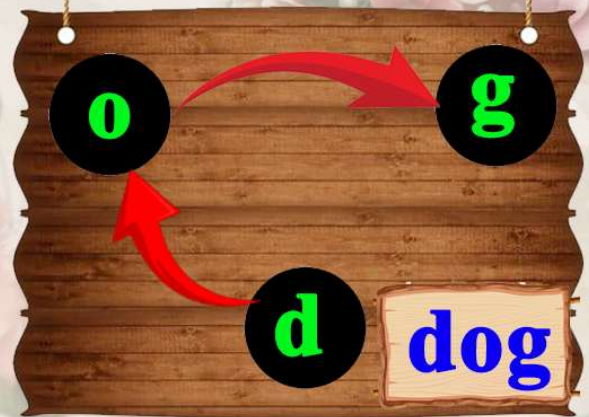
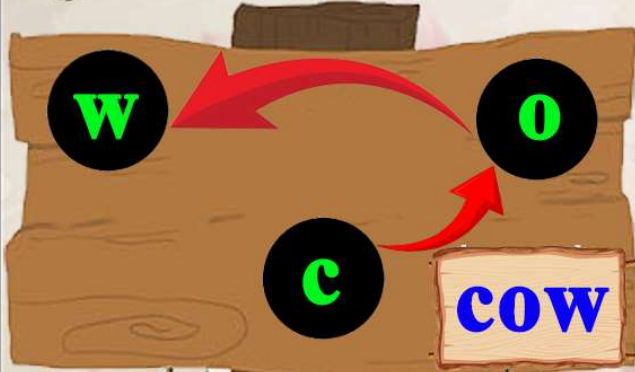
தேர்வு எழுதும் மாணவர்களே  
பொதுவாய் கொஞ்சம் சிந்திப்பீர்!  
கடலாய் இருக்கும் வாழ்க்கைக்கு  
கரை சேர்க்கும் துடுப்பே கல்வியப்பா!  
புத்தகத்தை எடுத்து புரியும் வரையில் படிப்பீரே  
அதிகாலையில் படித்தாலே அதிகம் நிகழும் அதிசயமே!  
நண்பர்களோடு அரட்டை அடிக்க வேண்டாம்  
உங்கள் குடும்பத்தை நிச்சயம் உயர்த்திடலாம்!  
காரணங்கள் அனைத்தும் கரைந்தோட  
கல்வி ஒன்றே கலங்கரை விளக்கம்  
உள்ளம் திறந்து படித்தாலே,  
உலகம் வரும் உங்கள் பின்னாலே!



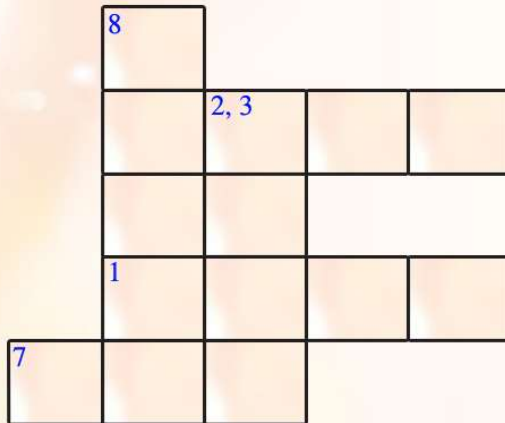
*Adlin Bency  
XII-Med 2*



# Form words



# Cross Puzzle



1. What colour is the sky?
2. What is the opposite of hot?
3. What is the shape of a ball?
4. How many legs does a dog have?
5. Which planet is closest to the sun?
6. What is the tallest animal in the world?
7. What is the opposite of happy?
8. What is a baby sheep called?



*Arren Prince  
I-Jade*

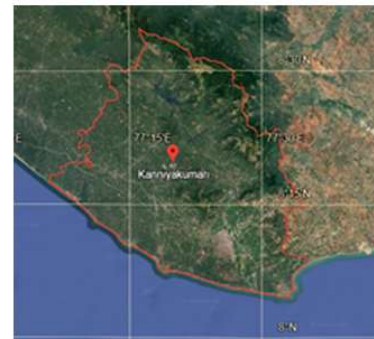
# *The Geography of Kanyakumari:*

## *Where Lands and Oceans Meet*

Kanyakumari, located at the southernmost tip of mainland India, is a place where geography takes on both physical majesty and symbolic depth. Situated in the Indian state of Tamil Nadu, Kanyakumari is uniquely positioned at the confluence of three major water bodies—the Arabian Sea, the Bay of Bengal, and the Indian Ocean. This rare geographical feature, combined with its diverse terrain, climate, and natural resources, makes Kanyakumari a distinctive region in the Indian subcontinent.

### **Location and Coordinates**

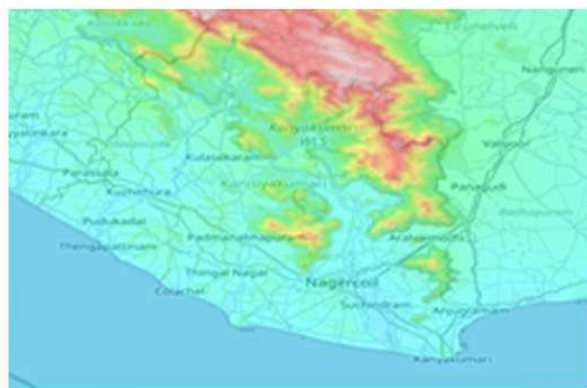
Geographically, Kanyakumari lies at 8.08°N latitude and 77.56°E longitude, making it the southern tip of the Indian peninsula. It shares borders with Kerala to the west and is bounded by the Western Ghats on the north and inland areas of Tamil Nadu to the east.



### **Topography and Landforms**

The topography of Kanyakumari is a rich blend of coastal plains, low-lying hills, and the rugged terrain of the Western Ghats, which descend gently toward the sea. This transition from hills to the ocean creates a visually stunning landscape that is both agriculturally fertile and geologically significant.

The southern coast is particularly rocky, with promontories extending into the sea, such as the Vivekananda Rock, an iconic offshore granite structure. The rest of the coastal stretch includes sandy beaches, estuaries, and tidal flats, offering a dynamic and evolving shoreline.



### **Hydrology and Water Bodies**

Kanyakumari's geography is heavily influenced by its proximity to three seas, resulting in a unique marine and coastal ecosystem. While there are no major rivers originating in Kanyakumari itself, smaller rivers such as the Pazhayar and Valliyar drain the region, and the Tamiraparani river flows nearby.



## **Climate and Weather Patterns**

The region experiences a tropical climate, moderated by sea breezes that keep temperatures relatively mild throughout the year. Average temperatures range from 22°C to 35°C. Kanyakumari receives rainfall from both the Southwest monsoon (June to September) and the Northeast monsoon (October to December), contributing to its lush vegetation and agricultural productivity.

Humidity levels remain high due to the surrounding seas, and cyclonic activity is occasionally observed during the monsoon seasons.

### **Ecological Features**

Thanks to its location at the foothills of the Western Ghats, Kanyakumari boasts rich biodiversity, including tropical forests, coconut plantations, and a variety of flora and fauna. The fertile soil supports the cultivation of crops like paddy, banana, and spices. The nearby hills also serve as watersheds, sustaining numerous microclimates and ecosystems.

## **Geographical Importance**

Kanyakumari holds immense geographical and cultural significance. Not only is it the point where three seas meet, but it also serves as a symbolic place of unity for India—geographically, spiritually, and culturally. The Vivekananda Rock Memorial and the Thiruvalluvar Statue highlight this intersection of land, sea, and thought.



Moreover, Kanyakumari acts as a natural gateway between the Indian subcontinent and the surrounding maritime routes, historically connecting India with Southeast Asia and the Middle East through sea trade.

## **Conclusion**

The geography of Kanyakumari is as multifaceted as its cultural heritage. From the rolling hills of the Western Ghats to the dramatic convergence of three oceans, the region is a vivid example of how natural landscapes can shape human experience, climate, and history. Kanyakumari is not just a geographical endpoint of India—it is a starting point for understanding the powerful interplay of nature, culture, and time.

*Ummar Ahad*  
*Dept. of Geography*

# The Biological Clock

## Nature's Timekeeper



The biological clock is a natural timing system found in all living things including humans, animals, and even plants. In humans, it's controlled by a tiny area in the brain called the suprachiasmatic nucleus (SCN). This internal clock follows a 24-hour cycle and responds mainly to light and darkness.

When it gets dark, our brain releases melatonin, a hormone that makes us feel sleepy. In the morning, sunlight stops melatonin production and signals the body to wake up. This cycle keeps us in tune with day and night.

A healthy biological clock helps us sleep better, improves focus and memory, balances our mood, supports digestion and body growth.

But if our sleep schedule becomes irregular like staying up late or using screens too much at night our biological clock gets out of sync. This can lead to tiredness during the day, trouble concentrating, mood swings, even long-term health problems.

For teenagers, the biological clock is especially important. Your brain and body are still growing, and sleep plays a major role in learning and health. Experts recommend 8–10 hours of sleep per night for teens.

To help your biological clock function properly, go to bed and wake up at the same time every day, get plenty of sunlight during the day, avoid screens at least 30 minutes before bed and eat meals at regular times.

Think of your biological clock as your body's personal time manager. When you take care of it, it takes care of you, helping you feel better, think more clearly and stay healthier.

*Sajitha D*  
*Dept. of Biology*

# இயற்கை

அதிகாலையில் எழும் சூரியனே  
உன்னை வணங்குகிறேன்  
இரவில் ஒளி தரும் நிலவே  
உன்னை ரசிக்கிறேன்  
சோகத்தை பொழியும் மழையே  
உன்னில் நனைந்த ஆனந்தம் அடைகிறேன்  
குளிர்ந்த காற்றே  
உன்னை உணர்கிறேன்  
வானில் மிதக்கும் விண்மீனே  
உன்னை பார்த்து மகிழ்கிறேன்  
இந்த அழகிய படைப்பை  
நான் வியக்கிறேன்!

*Prathanya  
X-Ruby*

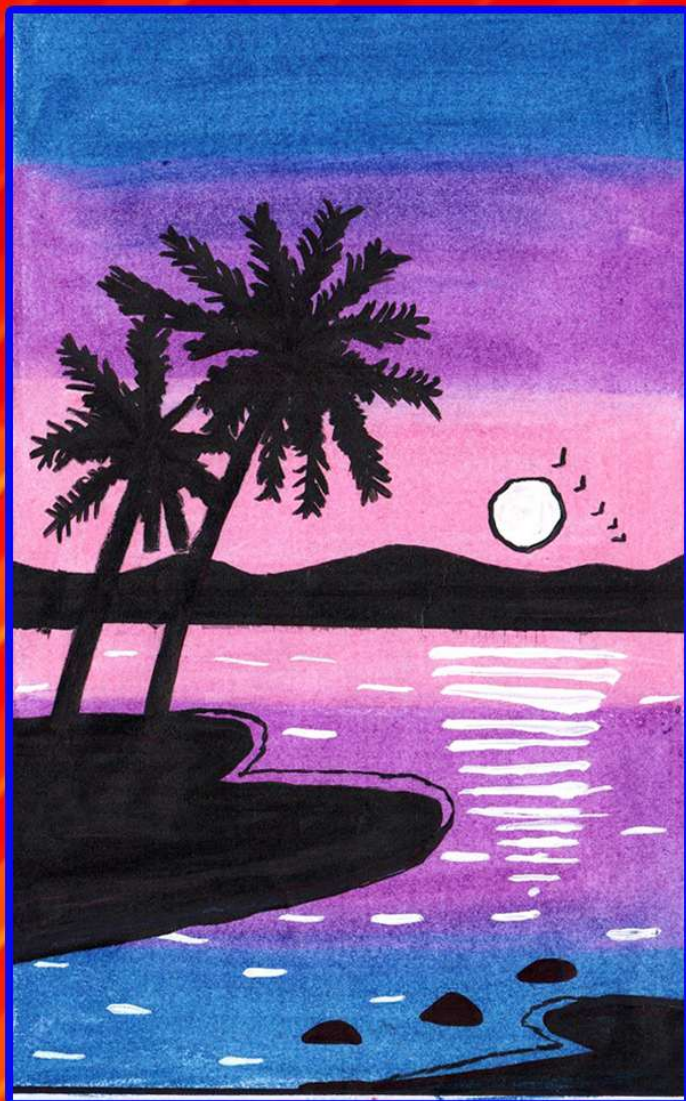




*Johanna*



*P. Belseth Zeferino  
III-Sapphire*



*Jershon  
V-Jade*



*S.N. Daksha Sunil  
V-Sapphire*



*R. Abira  
Vi-Topaz*



*Renika Merin V.A  
V-Sapphire*