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ELIXIR

The Flow of Magical Writing

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Editorial

Don't Judge a Book by Its Cover: Understanding What Lies Beneath

"Everything and everyone has a story—look deeper to find it."

Dear students,

In your journey through school and life, you will meet many people and face new situations every day. It's natural to form first impressions, but I want you to remember something very important: what you see on the outside doesn't always reveal the truth on the inside.

A classmate who seems quiet may be full of brilliant ideas. Someone who looks confident may be struggling silently. Even a simple-looking activity or assignment might teach you something valuable if you give it a chance. When we judge too quickly, we stop ourselves from learning, understanding, and growing.

As your teacher, I encourage you to keep an open mind. Take time to know people for who they truly are. Be patient, ask questions, listen, and observe kindly. When you look beyond appearances, you will discover talents, stories, and strengths that you would have otherwise missed.

Students who avoid quick judgments become more empathetic, fair, and thoughtful. You build stronger friendships because you learn to appreciate others for their real selves. You become more confident because you understand that value isn't always obvious on the surface.

Life will show you many times that the greatest things often come in simple or unexpected forms. A plain-looking book may hold an amazing story. A small opportunity may lead to something big. An ordinary person may teach you something extraordinary.

So, my dear students, the next time you meet someone new or face something unfamiliar, pause for a moment. Look beyond the cover. Give people and experiences the chance they deserve.

You will be surprised by how much beauty, talent, and goodness you find when you choose to look deeper.

Ms. Athira
Department of English

The Essence of Physical Education

The journey of human life began with movement. From the start, human beings depended on physical effort to explore, survive, and adapt to their surroundings. Movement was the first language through which humans interacted with nature and with one another. From the earliest days, physical activity has been an essential part of human existence. It shaped the way communities worked together and supported daily living. Whether it was gathering food, building shelters, or protecting their groups, physical effort was central to human progress.

For primitive man, searching for food and shelter was the first form of physical activity, driven by the instinct for survival. These movements built strength, alertness, and endurance. Such skills later laid the foundation for hunting techniques, group coordination, and problem-solving abilities. Gradually, movement became not just a necessity but also a means of communication and expression. Early forms of dance, gestures, and rituals reflected emotions, culture, and identity. Physical movement slowly developed into a social and cultural tool, enriching human life.

As humans evolved socially, emotionally, and culturally, physical activity too evolved—eventually becoming a structured and guided form of learning known as physical education. Civilisations such as Greece and China developed systems to train the body and mind in harmony. These early foundations paved the way for organised sports, training arenas, and holistic learning.

The Greek philosopher Plato emphasized its importance, stating that “Lack of activity destroys the good conditions of every human being, while movement and methodical physical exercise save and preserve it.” His words underline that fitness is a foundation for overall well-being. Thinkers of his time believed that education was incomplete without physical training. When human movement combines with the natural joy of play, it creates one of the most powerful forms of education—physical education, which nurtures both the body and mind. Through games and sports, students learn discipline, teamwork, resilience, and confidence. Play ignites creativity, strengthens friendships, and brings out children’s natural enthusiasm.

Today, physical education continues to play a crucial role in promoting active lifestyles, reducing stress, and building healthy habits. It prepares young people to lead balanced lives where physical fitness and mental strength go hand in hand. In an age dominated by technology and sedentary routines, PE becomes a vital space for growth, energy, and holistic development.

Modern physical education not only encourages fitness but also instils values that last a lifetime. It helps students learn fair play, respect, leadership, and self-motivation—qualities that shape them into well-rounded individuals. Thus, physical education remains an enduring pillar of human development, connecting our ancient need for movement with the modern pursuit of health and harmony.

Mr. Dalin Paulus D.P
Department of Physical Education

ജീവിതം

(ചെറുകവിത)



എന്നോ ചെയ്ത മഴയിലെ നനവാർന്ന മണ്ണിൽ
ആർദ്രതയും മർദ്ദവുമേറ്റു വാങ്ങി ജനിച്ചിതാ മണിൽ
ശൈശവ ദിനത്തിൽ തനൂ തളർന്നും വളർന്നും
ബാല്യത്തിൻ ഭ്രാന്തചടുലതകൾ മറന്നും യാതനതിന്നും
കൗമാര ദശയിൽ കഥനങ്ങളാലമർന്നും
ജീവിതമാം യാത്രയിൽ സഹയാത്രികരോടൊപ്പം
തുഴഞ്ഞു നീങ്ങുമ്പോഴും ആഗ്രഹങ്ങളെല്ലാം വ്യർത്ഥം.

ഇണയുമൊത്തൊരുമിച്ചു സല്ലപിക്കുന്ന നാളിൽ
പ്രകൃതി നിബന്ധനകൾ പാലിച്ചുകുലം നിലനിർത്തിയ നാളിൽ
സന്തോഷവും സന്താപവും ഇടകലർന്ന ജീവിതത്തിൽ
എന്തിനോ ജീവിതം ജീവിച്ചു തീർക്കും പോലെ.

ആ വേളയിലും കരുണാമയന്റെ കാരുണ്യപാത്ര -
മാവാതെ നിഷ്കരുണം മാറിലൻപെയ്തെപ്പോഴും
മനം മരവിച്ചതിനാലാവാം വേദനയേൽക്കാതെ
കഴിച്ചു നാളുകൾ ഇനിയും തീരാത്ത യാതനകളുമായി . . .

Mr. Hakkim H
Department of History

Lesson Understood by Rosy

Once upon a time, there lived a little girl named Rosy. She had a sister named Pinky. Rosy didn't like her grandparents. Pinky was fond of her grandparents. She also respected their words and obeyed them, but Rosy was opposite of her.

One day while Rosy and Pinky were going to college, their grandparents advised them to follow traffic rules and drive their scooter with speed limits. Pinky was very obedient while Rosy was feeling it as blabberings.



Five Cows and One Lion

Once upon a time there were five cows lived together. They ate more fresh grass, they drank clean water and they lived very happily. But one day when the cows were eating grass they saw a lion, which was so hungry. The cows together fought with the lion and the lion ran away. Then the cows and other animals also lived happily.

Moral : Unity is strength.



Rosy met with an accident. It was known to Pinky a while later, as she was driving under speed limits.

Rosy was brought to a hospital in an ambulance.

She needed blood because she had a great loss of blood. After she had been cured a

little, she thought about past. She

understood the importance of grandparents as they also crossed the age in which their grandchildren are.

Due to her lenient way

to the instructions,

she lost her scooter,

her health and

money for hospital.

Moral :

Obey your Elders

*Iris Sherni. I
VIII-Jade*

*Akshara S.C
VI-Jade*

Puzzle

I made a puzzle about four students in our school who did a cool project individually.
Can you figure it who, when and what was done?



Student : Defeena, Nazriya, Ledonna Jinz

Project : Environment, Health, Education and Innovation

Months : January, February, March, April

Clues :

- ☀ The student who worked on Education showed her project in January.
- ☀ Defeena didn't do the Environment project in March.
- ☀ Ledonna's project came after Health and before Innovation.
- ☀ The Innovation project was not shown in February.
- ☀ Nazriya presented her project in March.
- ☀ Jinz worked on the Health project.

Student	Project	Month
Jinz	?	?
Nazriya	?	March
Ledonna	?	?
Defeena	?	?

Answer :

Student	Project	Month
Jinz	Health	February
Nazriya	Innovation	March
Ledonna	Environment	April
Defeena	Education	January

*S.S Mithunaa
VII-Jade*

The Little Boy Plucking Apples from the Tree

Story

Once upon a time, there lived a huge apple tree. There was a little boy who loved to come and play around the tree every day. He used to climb to the tree top, eat the apples and take naps under its shade. He loved the tree and the tree also loved to play with him. As time went by, the little boy grew up and he would no longer play around the tree everyday.

One fine day, the boy returned to the tree; he was looking sad. The tree asked the boy to come and play with it. The boy replied that he was no longer a kid and he did not like to play around trees any more. He also mentioned that he wished to buy toys, for which he needed money. The tree apologised and said, I am sorry.... I do not have any money. However, you can pick out all my apples and sell them so that you can earn some money”.

The boy was so excited that he quickly grabbed all the apples hanging from the tree and left merrily. The boy didn't come back after he got the apples he needed.

After many years, the boy, now a grown man, returned once more, feeling tired from life's troubles. Seeing him again, the tree's branches swayed with joy. Though it had no apples left to give, the tree offered its shade and comfort just as it had in their childhood. The man sat beneath the tree, closed his eyes, and felt peace wash over him. At that moment, he realized that true happiness had always been found not in what he took, but in the simple, constant love the tree had given him all along.



*Stanish Sancho S
II-Sapphire*

The Animal Store

If I had a hundred dollars to spend, or maybe a little more,
I'd have hurried as fast as my legs would go straight to the animal store.
I wouldn't ask, "How much for this or that?" "What kind of a dog is he?"
I'd buy as many as that rolled an eye,
Or wagged a tail at me!
I'd take the hound with the drooping ears.
That sits by himself alone;
Cockers and cairns and wobbly pups for to be my very own
I might buy a parrot all red and green
And the monkey I saw before,
If I had a hundred dollars to spend
Or maybe a little more.



*Shaniya Hayden S
VII-Topaz*

Wise and Foolish Chick

There was a woman who had many hens, chicks and cocks. One day she opened the door of the coop. There two chicks. The looked like escaping from the coop. The woman asked the chicks, "Why are you escaping from here?" They answered that cock was coming to peck them. The woman said, "I will take you to other floor, so that cock cannot peck you." They agreed to her. The woman took them and kept in the other floor of the coop. They spent their one day in that coop. Next day they went near the ladder and one chick told other chick that the were missing their mother and said, "Let's go down and live with our mother." The other chick said, "No, the cock will bite us, then we will die." The other chick said, "How our mother protect us." The other chick said, "Then you go, I won't come with you." Then, the other chick went down. The next day, the chick "died" but other did not "die" because it was in a safer place.

Moral : Be wise don't be foolish



*Chris Trifaina E.M
III-Ruby*

True Friend

I have a hand for you to hold
When you are lonely
I have an eye for you to cry
When you are sad.
I have a smile for you to help
Brighten your day
I have a hug for you
When you have been alone
I have a heart full of love
Because I am your True Friend.



Arihant V.K
VI-J

Phobias you Might Have

ATYCHIPHOBIA	–	The fear of failure
BASIPHOBIA	–	The fear of falling
CHRONOPHOBIA	–	The fear of the future
SOMNIPHOBIA	–	The fear of sleep
THALASSOPHOBIA	–	The fear of the ocean
PEDIOPHOBIA	–	The fear of dolls
CYNOPHOBIA	–	The fear of dogs
ACRO PHOBIA	–	Fear of heights
ARACHNOPHOBIA	–	Fear of spiders
NYCTOPHOBIA	–	Fear of dark
XENOPHOBIA	–	Fear of strangers

Afra Karrie. P
VI-Jade

Stars



★ What is a star?

Building blocks of galaxies.

★ How do they form?

Stars are born within the clouds of gas and dust called nebulae. Gravity causes these clouds to collapse, forming dense, hot protostars. When a protostar reaches a temperature and pressure, the star is born.

★ What is their importance?

They are responsible for creating most of the elements heavier than hydrogen or helium through nuclear fusion and supernova explosions. They illuminate and warm planetary systems playing a crucial role.

★ What are the types of star?

They are classified based on their temperature, luminosity and spectral characteristics. Our sun is a G-Type main sequence star.

★ Life cycle of stars?

They live more than billion years.

*Gia Jaffline. B
IX-Ruby*

When I was a child
Everything was fine
I was blind
To the issues coming behind.

Everything sounds beautiful
The world is wonderful
In my colourful imagination
I admired every creation
I kept asking "Are you bold?"
To be in this courageous world.

World is full of fun
I wish I could run
How can I take the knife?
To be the conqueror of my life
Which gives me a chance to fight
And cherish in this world of light.

When I grew up
Everything was corrupt
I was charged
For the allegations which occurred.

Everything sounds cunning
All my dreams are drowning
In my dreadful sorrow
All my opportunities went narrow
I wondered how could I survive
And make my wishes alive.

World is full of emotions
We have to face every allegation
To be fit to live in this nation
And achieve our nation.

To Be Fit!



*D.V Disha Retna
XII-Med 1*

You don't have other option
The choice is yours
Choose for the best
Because it's your future
Do not hesitate it's your
Only one chance

The chance is only once
And democracy belongs
To you, be wise
Think for twice
And pick the best

It's one's own will
To make a hill
For the future
Future is in
Your hand for
You to follow a good leader.

Election

*Libin Sundar
X-Ruby*



The Fish and the Girl

Years before, there was a fish that would finish your dream. All would put one coin and set their dreams come true one day. One girl had one dream. She put one coin and her dream came True. Next day, she came with many and put many coins and so, the fish died. The girl was so sad.

*Renen Stefano R
I-Ruby*



Facts About Starfish

“In the vast oceanic universe starfishes are the stars in the sky of the shore...”

- Munia Khan



- ★ Starfish can also be called sea stars.
- ★ There are over 2,000 species of starfish found in oceans around the world.
- ★ They have a unique body structure, with five or more arms radiating from a central body.
- ★ Starfish do not have brain, but they do have a simple nervous system.
- ★ They have a unique water vascular system that helps them move and feed.
- ★ Some starfish can regenerate their lost body parts.
- ★ Starfish can live for upto 35 years in the wild.

*Jessica S.J
VIII-Sapphire*

➤ EVERYTHING YOU NEED TO KNOW ABOUT

ARTIFICIAL INTELLIGENCE



Driverless cars

Medical Generators

CyberSecurity

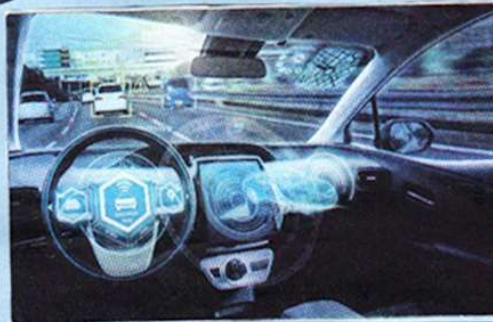
Music Innovators

Virtual partners

Drone Swarms

Non-Human Assistants

Personalized Learning



THE EXCITING
TECHNOLOGY
THAT'S CHANGING
EVERYTHING



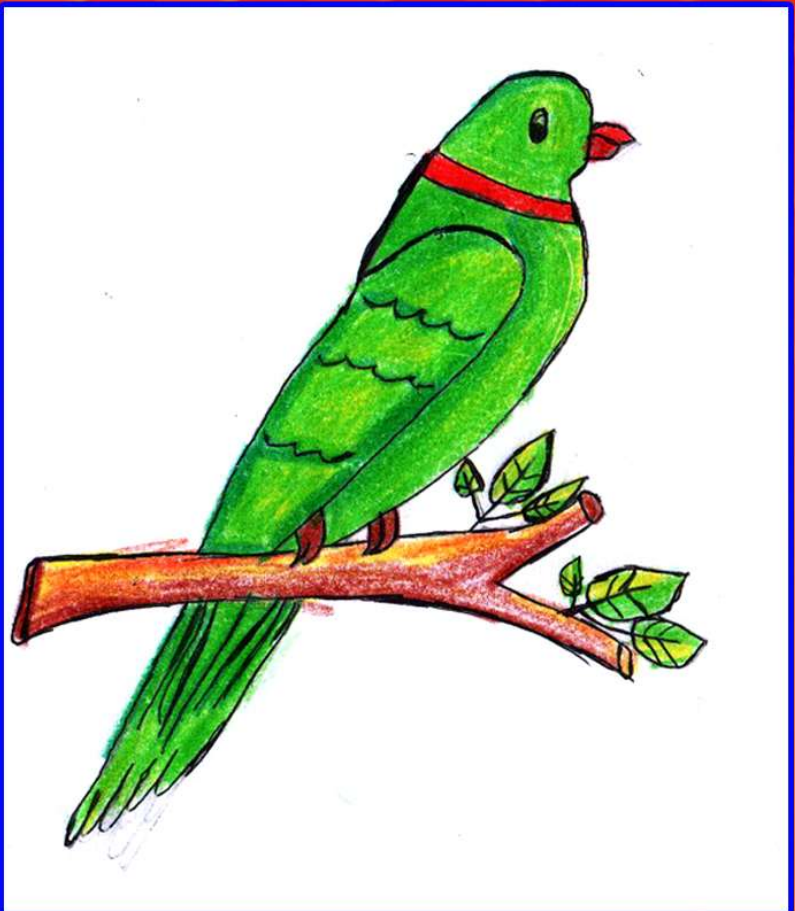
Betsy Darina J.S
II-Sapphire

ARE WE REALLY READY FOR WHAT'S COMING?

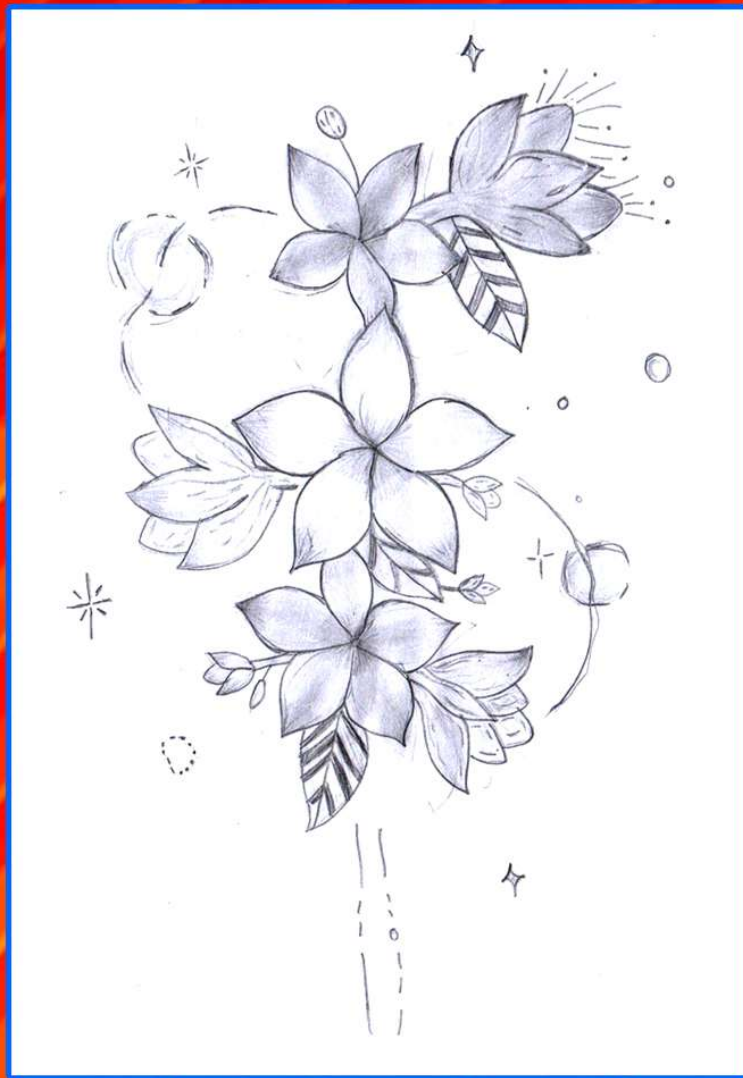
The jobs AI is coming for next // the scramble to avoid disaster



*Deonna. K
XI-Non Med*



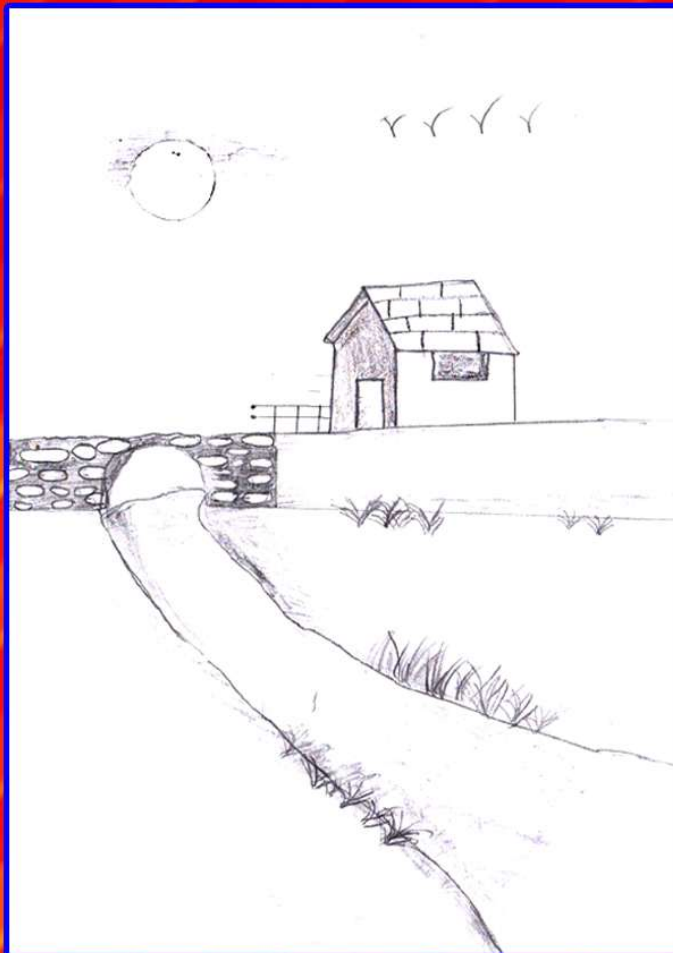
*Aayushi J
III-Ruby*



Ashlin Reshma M.K
XII-Non Med



Siyona S.P
IV-Ruby



*R.B Brenna Steffy
I-Topaz*



*Advika S.R
II-Sapphire*