



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



April
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. SHAHITHA CRISTAL

STUDENT EDITORS



BEULIN CEPHA
(XII - A)



DINA
(XII - A)



JULIN ZACHARIYA
(XII - M)



SAWAI SINGH
(XI - A)



JAYSHINE
(XI - A)



NEW BEGINNINGS: TURNING THE PAGE WITH PURPOSE

Every chapter of student life carries within it a quiet invitation—the chance to begin again. Whether it's the first day of a new academic year, stepping into an unfamiliar classroom, or choosing to improve after a setback, new beginnings are woven into the very fabric of learning. They are not merely moments of change; they are opportunities to redefine who we are and who we aspire to become.

For students, the idea of starting afresh can feel both exhilarating and intimidating. There is excitement in possibility, but also hesitation rooted in past experiences—missed opportunities, academic struggles, or self-doubt. Yet, a new beginning does not demand a flawless past; it thrives on the willingness to grow. It is less about erasing yesterday and more about learning from it with clarity and confidence.

In the dynamic environment of education, each new term offers a clean slate. It allows students to adopt better habits, set clearer goals, and approach challenges with renewed determination. A student who once feared mathematics can choose persistence over avoidance. Another who hesitated to speak up can decide to embrace confidence. These shifts may seem small, but they carry transformative power.

What distinguishes a meaningful beginning from a fleeting resolution is intention. Setting realistic goals, managing time effectively, and maintaining consistency are the cornerstones of sustainable growth. Success is rarely the result of sudden brilliance; it is built through steady effort and resilience. Students who understand this are better equipped to navigate both achievements and setbacks with balance.

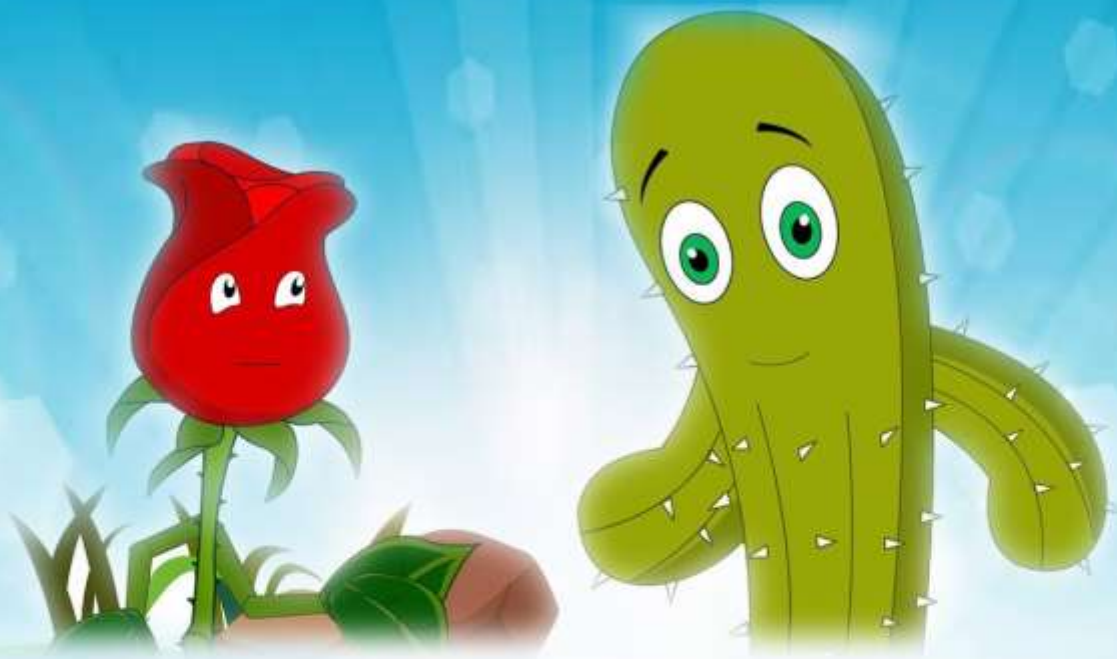
Equally important is the courage to let go—of comparison, of fear of failure, and of the pressure to be perfect. In a competitive academic culture, it is easy to measure self-worth against others. However, true progress lies in personal growth. Each student's journey is unique, and every step forward, no matter how small, is significant.

New beginnings also encourage exploration. They invite students to try new activities, join clubs, engage in discussions, and discover hidden talents. These experiences go beyond textbooks, shaping character, creativity, and confidence. Education, after all, is not just about acquiring knowledge—it is about becoming a well-rounded individual.

Importantly, students must remember that beginnings are not one-time events. They occur repeatedly—in every decision to improve, every effort to try again, and every moment of self-belief. Even after failure, the ability to restart is what defines resilience. A setback is not the end of the journey; it is often the foundation for a stronger comeback.

In conclusion, new beginnings are powerful catalysts for transformation. They remind students that growth is always possible, regardless of past challenges. With determination, discipline, and a positive mindset, every student holds the ability to turn a fresh start into lasting success. After all, the future is not something we wait for—it is something we create, one new beginning at a time.

Ms. Pricilla S
(English Department)



THE PROUD ROSE

Once upon a time, in a desert, there were two plants, a rose and a cactus. The rose had a luscious red colour and petals full of life. She was very proud of the way she looked. The rose used to mock the cactus for its ugly appearance, while the cactus remained silent. Other plants tried to make the rose understand, but she was far too full of herself.

With the arrival of summer, the desert became arid, with no water left for the plants. In the absence of water, the rose started to lose her beauty. She looked at the cactus and saw a bird pecking it with its beak to get water. The rose felt ashamed of her wrongdoing and asked the cactus for some water. The cactus agreed to help her and gave water to the rose throughout the summer like a true friend.

MORAL: Never judge someone by their appearance, as true worth lies within.

A. B. Adhavan George
(II – Topaz)

THE LOST TREE

FICTIONAL



There was a small village in Tamil Nadu near a quiet forest. There stood an old tree that everyone called "The Heart Tree". It was said that whoever sat under it would feel peace and happiness.

One day, the tree suddenly disappeared.

No one knew how. In its place, there was only a patch of dry land. The villagers were confused and sad. Without the tree, the village felt dull — no birds sang, there was no cool shade, and no laughter.

A young boy named Arjun decided to find it.

He walked deep into the forest, farther than anyone had gone before. After hours of searching, he finally found the tree, but it looked dry and weak, with its branches falling apart.

"Why did you leave?" Arjun asked softly.

The tree replied, "I did not leave. People stopped caring. They forgot to sit, to smile, and to protect me. So I slowly faded away."

Arjun felt guilty. He gently touched the trunk and said, "I will take care of you. I promise."

From that day on, Arjun brought water and cleaned the area, and slowly, the tree began to grow again. Tiny green leaves appeared.

Soon, the villagers noticed the change. They joined Arjun in caring for the tree together. And one morning, the tree returned to its original place in the village, stronger than ever.

From then on, no one forgot:

Some things are not lost... they are just waiting to be cared for again.

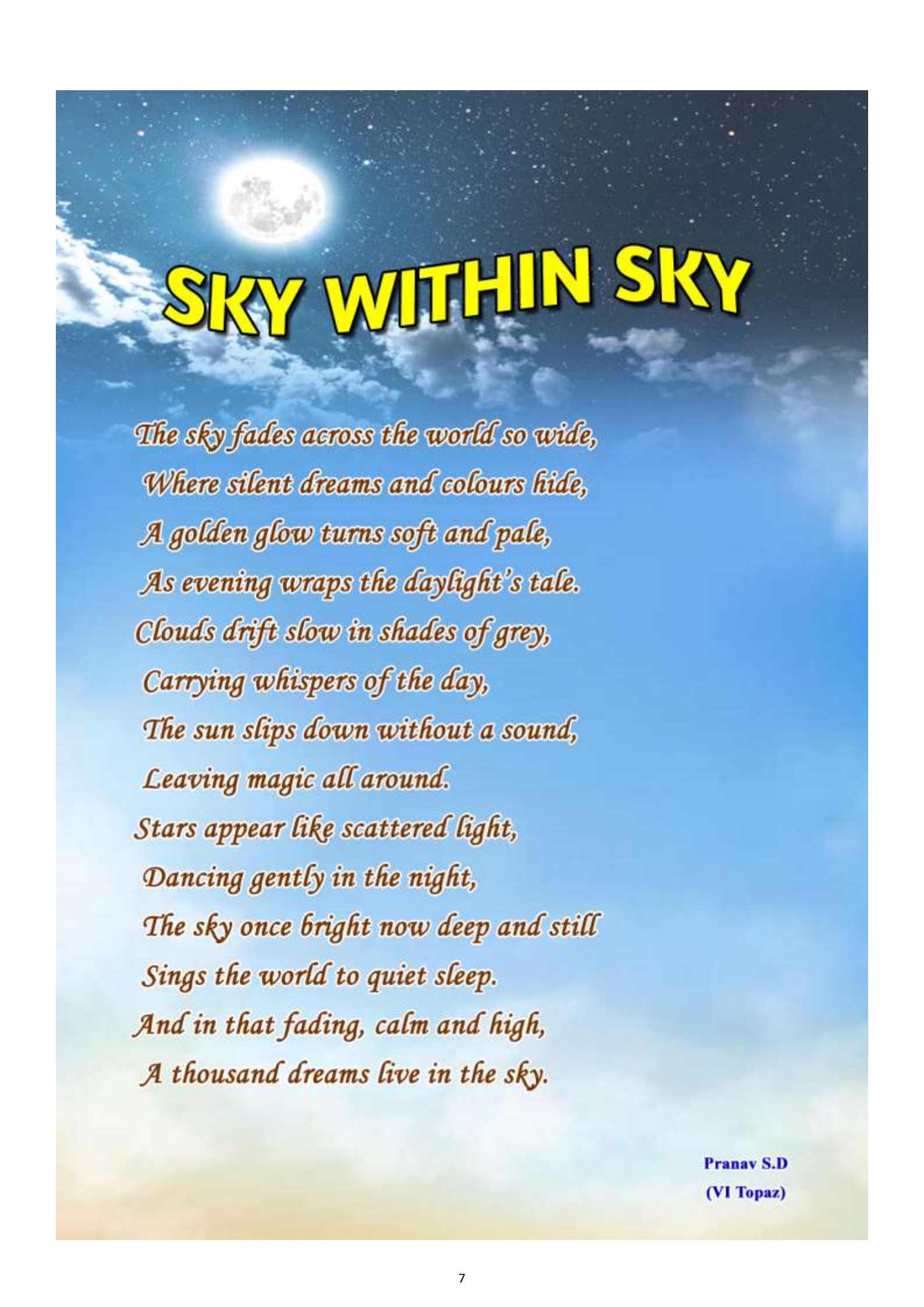
J. Ankit Nayaj
(VII Topaz)

The Dark Side of Technology



This picture shows how excessive use of smartphones can affect children's mental health and happiness. The child looks scared and lonely, while the large hands represent the pressure and control of technology. It reminds us to use devices wisely and protect our time, safety, and well-being.

V. Tejaswini
(VIII-Topaz)



SKY WITHIN SKY

*The sky fades across the world so wide,
Where silent dreams and colours hide,
A golden glow turns soft and pale,
As evening wraps the daylight's tale.
Clouds drift slow in shades of grey,
Carrying whispers of the day,
The sun slips down without a sound,
Leaving magic all around.
Stars appear like scattered light,
Dancing gently in the night,
The sky once bright now deep and still
Sings the world to quiet sleep.
And in that fading, calm and high,
A thousand dreams live in the sky.*

Pranav S.D
(VI Topaz)



NATIONAL DISHES AROUND THE WORLD

Australia	–	Lamb Roast, Meat Pie
Bangladesh	–	Rice and Fish
China	–	Dumplings
Denmark	–	Stegt Flæsk (Pork Strips)
Egypt	–	Ful Medames (Fava Bean Stew)
France	–	Escargot (Edible Land Snail)
Guyana	–	Chicken Curry
Hong Kong	–	Pineapple Bun
India	–	Khichdi
Japan	–	Sushi
South Korea	–	Kimchi
Lebanon	–	Kibbeh (Stuffed Meat)
Mexico	–	Taco
New Zealand	–	Meat Pie
Oman	–	Shuwa (Slow Cooked Lamb)
Pakistan	–	Biryani
Qatar	–	Machboos (Spiced Rice Dish)
Russia	–	Chicken Kiev (Stuffed Chicken Breast)
Sri Lanka	–	Rice and Curry
Taiwan	–	Beef Noodle Soup
Uganda	–	Matoke (Cooked Banana Dish)
Venezuela	–	Pabellón Criollo (Beef and Black Bean Dish)
Yemen	–	Saltah (Meat Stew)
Zambia	–	Nshima (Maize Flour Porridge)



Chrizana Geo R
(VI Topaz)

MY LITTLE SISTER



My little sister is full of fun

She shines for me like a tiny sun

With giggles bright and eyes so wide

She stays so happy by my side

She laughs and plays the whole day through

And loves the silly things I do

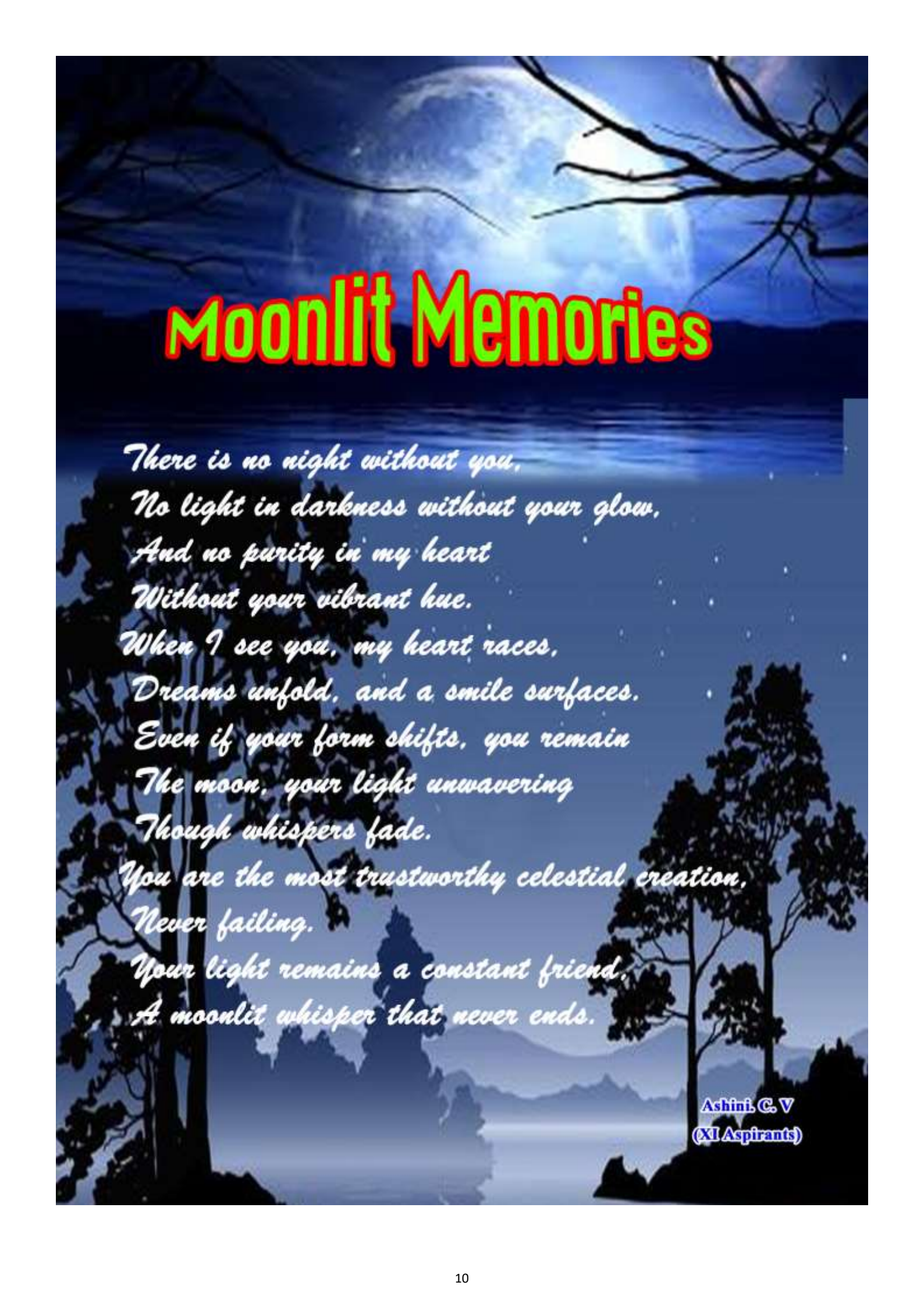
Sometimes naughty, sometimes sweet

She makes my life feel so complete

I love her more than words say

Tessa Miriam, my joy each day

Aaric Ryaan
(III Sapphire)



Moonlit Memories

*There is no night without you,
No light in darkness without your glow,
And no purity in my heart
Without your vibrant hue.
When I see you, my heart races,
Dreams unfold, and a smile surfaces.
Even if your form shifts, you remain
The moon, your light unwavering
Though whispers fade.
You are the most trustworthy celestial creation,
Never failing.
Your light remains a constant friend,
A moonlit whisper that never ends.*

Ashini, C. V
(XI Aspirants)



JANE'S NEW MAGAZINE BOOK

THE WRITER WHO INSPIRED READERS

On North Street in Roseland, there lived a young writer named Jane who loved reading and writing magazines. Although she was not perfect at writing, her magazines were loved by the people of North Street.

One busy Monday, the producer called her to the office and asked if she could write a book-like magazine that could captivate many readers and encourage them to explore the facts in it. She was shocked because she had never received such a big task before.

She went home, took her papers, and started thinking about a topic for the book. Soon, she got an idea and began writing descriptions and fun facts. The producer loved her theme because it was based on the busy lifestyle of people.

Her book was published, and people loved it very much.

Daniya Blessy
(VIII Topaz)



Hibiscus

*In my garden, red and bright,
The hibiscus blooms in morning light.
I pluck one gently for God,
A simple flower offered to God.
I take it with love and care,
And say a small, sweet prayer.
God will smile when He sees
This flower I give with ease.
Every day I feel so glad
To give the best that I have had,
A hibiscus bright and red,
For God, with love widespread.
God blesses me every day
As I bow my head and pray.
With a hibiscus in my hand,
I thank God for all so grand.*

Rakshana R
(VI Ruby)



FUNNY JOKES

1. Why did the student eat his homework?

Because the teacher said it was a piece of cake.

2. Why don't eggs tell jokes?

They'd crack up.

3. Teacher: Why are you late?

Student: Because of the sign on the road.

Teacher: What sign?

Student: "School Ahead, Go Slow!"

4. Why did the banana go to the doctor?

Because it wasn't peeling well.

5. I'm not lazy, but I'm on energy-saving mode.

6. You don't need a GPS... you always lose your focus while studying.

7. I studied for 2 hours... then rewarded myself with 5 hours on my phone.

8. Why did the computer go to the doctor?

It caught a virus.

9. Why was the maths book sad?

It had too many problems.

10. Why did the pencil go to school?

Because it wanted to draw attention.



Mithunaa S S
(VIII-JADE)



- The human brain weighs about 3 pounds.
- Women's hearts usually beat faster than men's hearts.
- You lose almost nine pounds of skin cells every year.
- Fingernails grow four times faster than toenails.
- Human tongues have unique prints, just like fingerprints.
- Your heart is about the size of your fist.
- You burn more calories while sleeping than while watching television.
- Human bones are five times stronger than steel of the same density.
- It is very difficult to sneeze with your eyes open.
- When you blush, the lining of your stomach also turns red.

Shayana V.R
(VII Sapphire)

Facts About Volcanoes



- Volcanoes are not just found on our planet — they also exist on other worlds, such as Mars.
- The largest known volcano in the solar system is Olympus Mons, which is about three times taller than Mount Everest!
- The main types of volcanoes include shield volcanoes, composite volcanoes (stratovolcanoes), and cinder cones — each with different shapes and eruption styles.
- About 75% of the world's active volcanoes are located around the Pacific Ring of Fire.
- Some volcanoes have gentle eruptions where lava slowly flows out, while others erupt violently, sending ash and gas into the atmosphere.
- When lava cools and hardens, it forms new rock. Entire islands, such as those in Hawaii, were created by volcanic activity.

Jaden Stefana
(VII Ruby)

BRAIN TEASER



RIDDLES

1. Which animal has three hearts?
2. Which animal can sleep standing up?
3. Which creature has no brain?
4. Which sea creature has blue blood?
5. Which creature never sleeps?

Answers

1. Octopus
2. Horse
3. Jellyfish
4. Octopus
5. Ant

J. Shayora Jude
(III J)



What do you feel when you travel? If you ask my opinion, I would say that travelling is one of the most priceless pleasures in my life. I have always loved travelling. No matter how sad I may feel, travelling has always helped me overcome my sorrows. But here is the twist. Can you imagine that I once hated travelling? I do not think there was a particular reason for me to hate it on that day, but somehow I was forced to go on the trip. I had always considered travel as a part of my family, and that is why I often address it in different ways.

That day, I had to travel to Sriharikota in Andhra Pradesh for a meeting at the CSIR NIIST rocket centre. I had always dreamed of visiting this massive space world located in our motherland. I had spoken so much about it to my mother, but sadly, I was not willing to go on that trip that day. The reason was very simple and perhaps a little silly. I was upset because I would not be able to celebrate my birthday at school since I had to travel to Sriharikota. I think that was the reason I felt unhappy about the journey.

Never had I ever experienced such a wonderful moment during a journey in my life. That particular experience completely changed my perspective about the trip. We were travelling on a government bus. I had my company as usual, a band of Avengers. All my friends and fellow participants of the meeting were with me. Throughout the journey, we were accompanied by a former scientist.

It was almost midnight, and everyone on the bus had fallen asleep. Suddenly, I heard bursting and cracking sounds. I did not know what had burst or cracked. As I struggled to open my eyelids, I became terribly frightened. I was surrounded by my friends, fellow participants, and even the former scientist. I had no idea what was happening. In my confused state of mind, I even thought that I should pack my bags and leave the place, though I had done nothing wrong.

There was complete silence for nearly ten seconds. It felt like a quarter of a decade. I could hear my heartbeat and my uneven breathing. At last, the mystery was revealed.

Guess what it was? Exactly. It was a surprise celebration for my birthday, and they called it a "birthday bonus". I was frightened until they brought the cake near me. I cut the cake and fed my best friend. The bus had stopped by then, and the whole incident happened around 1:00 a.m. Soon, the entire bus began singing the birthday song for me.

Moreover, there was another interesting session. Perhaps I should call it an interactive session because our sir asked all fifty six students on the bus to speak about my virtues and qualities. I had never imagined that people loved me so much. They spoke so warmly about me that I felt deeply touched.

Meanwhile, the former scientist presented me with a book as a birthday gift. They truly made my day and filled my eyes with tears of joy. I regretted considering this trip unworthy because it eventually became the most amazing journey of my life. No matter where I go or live, I will always share this experience with others to remind them that missing one celebration may sometimes lead to a far more beautiful memory.

After that moment, we all went back to sleep because we were exhausted. No sooner had I fallen asleep than I witnessed the same moment once again in my dream. It felt like living the same joy twice in a single day.

The next day, we attended a wonderful session at the rocket centre with scientists and designers of propulsion systems. We explored the entire centre with excitement. We were also fortunate enough to witness a rocket launch before returning home happily.

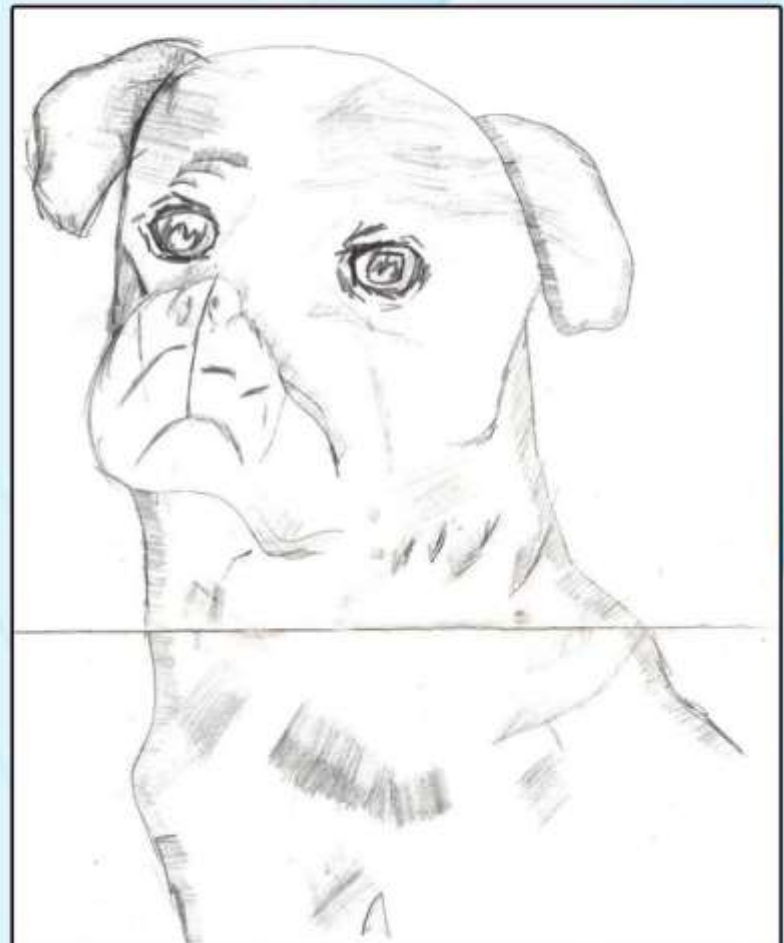
This remains the most memorable travel experience of my life.

Julin Zachariya

(XII-Medical)



*Jerold J
(VIII-Topaz)*

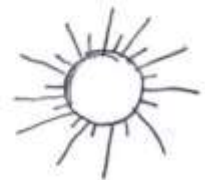


*D.A. Theoshan David
(VI-Ruby)*

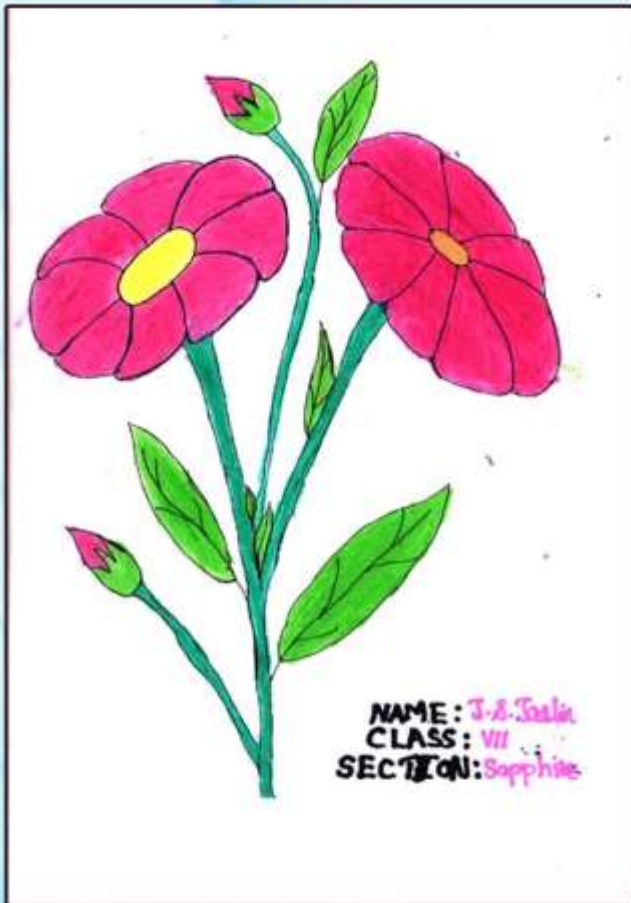


***Ramona
(III-Topaz)***

*S. Diya Shani
III Topaz*



***S. Diya Shani
(III-Topaz)***



*J.S. Jaslin
(VIII-Sapphire)*



*S. Jinso Haniel
(VII-Topaz)*



QUARK-GLUON PLASMA

The Hottest Stuff in the Universe

1. What is Matter Made Of?

You already know from your ICSE Chemistry lessons that all matter is made up of atoms. Each atom has a tiny nucleus (protons and neutrons) surrounded by electrons. But here is a surprising fact - protons and neutrons are not the smallest particles! They are themselves made of even tinier particles called quarks.

Quarks are held together inside protons and neutrons by special 'glue' particles called gluons. Under normal conditions, quarks are always found in groups - they are never seen alone in nature.

2. What is Quark-Gluon Plasma (QGP)?

Imagine heating matter to an incredibly extreme temperature - about 2 trillion degrees Celsius. At this point something extraordinary happens: protons and neutrons 'melt'. The quarks and gluons break free from each other and form a hot, dense 'soup'. This super-hot soup is called Quark-Gluon Plasma (QGP).

The word plasma here does not mean blood plasma. In physics, plasma is the fourth state of matter - as super heated gas of charged particles. Just like ice → water → steam, matter can also go beyond steam into plasma.

3. How Do Scientists Create QGP Today?

Since QGP only existed naturally right after the Big Bang, scientists recreate it in laboratories using huge machines called particle accelerators. These machines smash atoms together at nearly the speed of light, generating enormous amounts of energy and heat - enough to melt protons and neutrons!

4. India's Contribution to QGP Research

India is actively involved in QGP research! Indian scientists are part of the ALICE (A Large Ion Collider Experiment) project at CERN's LHC. ALICE is specifically designed to study Quark-Gluon Plasma. Indian institutions like IIT Bombay, TIFR (Tata Institute of Fundamental Research), and VECC (Variable Energy Cyclotron Centre, Kolkata) have researchers contributing to this groundbreaking science.

Mr. Suvarna Kumar P T
(Physics Department)

எங்கள் பள்ளி

இயற்கை எழில் ரிகாங்கம் குமரியில்

இயற்கை அன்னை மடியில்

இதயம் மருடும் கல்மியை

இனிமையாய் தரும் பள்ளி!

தாயின் கருவறையில் பிறந்து

தந்தையின் அரவணைப்பில் வளர்ந்து

உலகம் புரியாது

உள்ளம் அறியாது

கல்மியின் நுட்பம் ரிதரியாது

வந்த சூழ்ந்தைகளுக்கு

அன்பைக் காட்டி

அறிவைப் புகட்டி

இருளை விலக்கி

இன்னல்களைப் பேரக்கி

பண்பை ஊட்டி

பண்பைப் பரராட்டி

மனதை மகிழ்வித்து

உலகை அறியச் ரிசய்த

வழிகாட்டி 'எங்கள் பள்ளி'.



தே. கிட்டாபாய்
தமிழாசிரியர்