



Sacred Heart International School

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ELIXIR

The Flow of Magical Writing



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INTO THE LIGHT WE WALK AGAIN

"Walk as the children of light." These words are more than a motto written on a wall. They are a quiet reminder of who we are meant to become, not merely as students, but as human beings.

Light does not make noise, yet it changes everything it touches. A single lamp can dissolve the fear of an entire dark room. In the same way, one kind word, one honest action, or one thoughtful heart carries the power to brighten the world far beyond what we can measure.

We live in a time of endless distraction. Screens never rest, comparisons never satisfy, and a noise so constant that silence itself feels uncomfortable. It is easy, in such a world, to lose the thread of who we truly are. Yet light teaches us something quietly profound. Light does not compete. It does not argue for its place. It simply shines and, in doing so, transforms everything around it.

To walk in the light is not always easy. It means choosing truth when dishonesty seems more convenient. It means showing kindness when the world around you chooses cruelty. It means helping someone quietly, without waiting for applause or recognition. The brightest souls are not always the loudest voices in the room. Often, they are the ones who listen deeply, forgive generously, encourage faithfully, and stand unshaken when difficult moments arrive.

Every person carries a light within. For some, it burns through creativity; for others, through leadership, discipline, empathy, or wisdom. But here is the beautiful truth: a candle loses nothing by lighting another candle. Knowledge grows when it is shared. Goodness multiplies when it passes from one heart to another. Our light was never meant to be kept to ourselves.

Darkness will come, and it comes for everyone: fear, failure, loneliness, and doubt. These are not signs that the light has gone. They are simply reminders to look inward, to choose hope over despair, and faith over fear. Even the smallest flame is powerful in a dark room.

So let us not merely walk through classrooms and corridors as students are passing time. Let us walk as children of light, as people who inspire, encourage, and carry goodness into every space they enter. Let our words heal. Let our actions speak with integrity. Let our presence become a quiet source of peace to those around us.

For the world does not only need intelligent minds, it needs luminous hearts.

Mr. Jeba Austin S
(English Department)

THE CHEMISTRY OF HAPPINESS



Are you ready for a happy chemical ride?

Here is the D.O.S.E of happiness- Dopamine, Oxytocin, Serotonin and Endorphin. The chemicals involve the neurotransmitters and bring a sense of joy, empathy, self-esteem, and togetherness making the practical bonds of trust. The endocrine system controls the production and release of these hormones particularly; the pituitary gland directs the rush of these hormones throughout the body.

Bright and breezy? You've got serotonin to thank. Gloomy and grumpy? A big ol' hug and a burst of oxytocin will perk you up.

Dopamine with the chemical name 4-(2-aminoethyl) benzene-1,2-diol works as a motivation capsule. The dopamine happiness comes from the brain's reward system, responsible for memory, attention, motivation, boosts self-esteem, regulates one's behaviour and body movements. The chemistry is that the amino acid tyrosine converts into another amino acid, known as L-dopa and then some certain enzymes turn L-dopa into dopamine. Getting a high quality sleep, diet containing less saturated fats, regular exercise, meditation and music can boost the release of this chemical.

Feeling butterflies? The cause is that oxytocin drives.

In the language of chemistry, Oxytocin is cyclic nonapeptide chemical with amino acid sequence CYIQNCPLG. It is produced by the hypothalamus part of the brain which keeps the body's internal functions in balance and then it's secreted into the bloodstream by the pituitary gland. From there, oxytocin is directed into spinal cord or other parts of the brain depending on its ultimate purpose. This chemical is linked with emotional attachments and bonding.

Researchers say oxytocin lowers the stress & anxiety and impacts the social behavior including trust, empathy, positive memories, processing of bond cues and positive communication. Some studies show that the level of oxytocin can be relatively increased by getting a good sleep, spending time with families and pets, listening to music. Increasing the levels artificially, is bit more complicated and only the environment can make a change.

Serotonin is the chemical 5-hydroxytryptamine, derived from the amino acids and tryptophan. It occurs in the brain, gastrointestinal tract and blood platelets. This chemical is a natural mood stabilizer that helps in getting good sleep, eat, digestion, maintain bone health, stimulate nausea, heal wound, reduce anxiety and a powerful antidepressant. The level of serotonin can be increased by increasing the amino acid tryptophan supplements; spending time doing favorite hobbies can also elevate the serotonin levels. Light therapy is being adopted by people these days. Researchers have found a relation between bright light and serotonin levels.

Happiness comes from within, and the chemical driver is endorphin.

Endorphin is an endogenous opioid peptide neurochemical released after a good, hard workout. Endorphin is formed by the combination of the words "endogenous", which means within the body, and "morphine", which is an opiate pain reliever. The chemical can help relieve pain, reduce stress and is responsible for euphoric feeling. In a study it was found that the effect of the chemical endorphin can be contagious. It triggers the laughter. The levels of the chemical can be increased by doing simple exercise, walking, laughing with friends, listening to music and doing meditation. It is observed from studies that feeling sympathy and doing a simple act of kindness for others can elevate the chemical release.

Mr. K. Anbarasu
(Department of Chemistry)



COOL MATH TRICK

$$1 \times 8 + 1 = 9$$

$$12 \times 8 + 2 = 98$$

$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + 5 = 98765$$

$$123456 \times 8 + 6 = 987654$$

$$1234567 \times 8 + 7 = 9876543$$

$$12345678 \times 8 + 8 = 98765432$$

$$123456789 \times 8 + 9 = 987654321$$

"PERCENTAGE SWAP MAGIC NUMBERS CHANGE PLACES ✦"

Percentages love Swapping!



$$20\% \text{ of } 50 = 50\% \text{ of } 20$$

$$\begin{array}{l} 20\% \text{ of } 50 \rightarrow 10 \\ 50\% \text{ of } 20 \rightarrow 10 \end{array}$$

$$15\% \text{ of } 40 = 40\% \text{ of } 15 = 6$$

Swap the number with the percentage.

Same result, zero Calculation stress.

Ms. Ivy
(Department of Mathematics)

My Special First Day



*My special first day,
Morning sunshine in my eyes.
Dad dressed me up, so neat and smart,
With shiny shoes and a happy heart,
Grandma filled my box with cheer,
Yummy treats and love to share.*

*Mom was smiling on video call,
cheering me on, "Be brave, stand tall"
Though she was far, I felt her near,
Her loving voice removed my fear.*

*A brand-new bag on my little back,
New classroom, teacher, friends to meet,
Excited I was, yet a little shy,
My fear faded into joy by day.*

*I made new friends, I learned, I played,
And happy memories were gently made,
My first day felt like a dream come true,
A mix of old love and beginning new.*

Stan S. S
(I - S)



A LONELY GIRL



Hanna was the kind of girl who smiled quietly and cried silently. She lived with her elder sister in a small apartment in Delhi-always busy, always full of noise. But inside her heart, everything felt still.

She wasn't the girl with spicy stories to tell. Not the one with loud laughs or big friend circles. She was just..... Hanna. The quiet girl loved rainy days and happy endings, and maybe that's why she felt like she didn't belong anywhere.

Days passed. Hanna watched others live loudly while she lived quietly. But something inside her..... was changing. She stopped waiting for someone to see her. She stopped hoping for a magical world or a prince who would rescue her from the loneliness.

Instead, she looked into the mirror and whispered: "What-if-I save myself?"

She started making small changes. She began to talk-and started saying no. She made her own choices, even if her hands shook and her voice cracked.

Hanna was no longer the quiet girl at the back of the world. She was still kind, still soft. But now... bold.

B. Hania
(VII Sapphire)

FLOWER WORD SEARCH

Where flowers bloom so does hope



K.S. DIVINA JANE
(VI TOPAZ)



WHO AM I?

1. I have a shell, but I'm not a snail. I can swim, but I'm not a fish.
2. I am the longest word that can be typed using only the left hand on a QWERTY keyboard.
3. I am the only US state with one syllable name.
4. I have a brain that is smaller than my eye.
5. I am a food that never spoils; you can eat me after thousands of years.
6. I am found at the end of a rainbow but not in the sky.
7. I have a neck, but no head. I have two arms, but no hands.
8. I am a word that contains 26 letters but only has three syllables.
9. I go up but never come down.
10. I am an odd number. Take away a letter and I become even.

Answers

1. Tortoise
2. Sweaterdresses
3. Maine
4. Ostrich
5. Honey
6. The letter 'w'
7. Shirt
8. Alphabet
9. Age
10. Seven

Tharanath. V
(XI Aspirants)

MORE THAN LESSONS



We thought school was marks and pages,
Timetables, bells and rules -
Yet quietly, in ordinary days,
Life shaped us in those classrooms.

Through hurried dawns and midnight books,
Through courage tried and true,
We learned to rise after every fall
And trust what we could do.

One day we'll walk unfamiliar roads,
Chasing dreams unknown -
And 'd understand those crowded rooms
Were the first place we felt home.

Chrisbin Liana
XII – Aspirants

Short Story



THE CLEVER RABBIT

Once upon a time, a cruel lion hunted animals everyday in the forest. The animals feared their lives and to prevent killing all at once, they decided to send one animal to the lion each day as his food.

One day, it's a rabbit's turn to be served as the lion's meal. The rabbit purposely arrived late and told the lion that there was another lion on the way and he had challenged him.

The lion got furious and asked to see the rival. The rabbit led him to a deep well and told the lion that the rival lived in a den in this well. He pointed at the lion's reflection. The foolish lion roared and jumped in, thinking it was his enemy. He drowned and the animals were free from terror.

MORAL : Intelligence is more powerful than strength. A wise mind can defeat the strongest enemy.

Ashero Mcishal . A
(II - Ruby)



WORD SEARCH

F	I	S	H	F	P	S	W	X	O	M	E
L	R	Q	R	L	I	Z	H	R	R	G	A
Y	S	T	E	O	A	N	A	A	L	A	N
E	C	A	E	B	P	N	L	O	R	M	Z
E	A	N	S	S	I	C	E	O	L	K	J
T	L	N	Q	T	T	R	O	S	E	T	L
P	E	E	S	E	B	A	C	K	R	U	N
M	S	M	U	R	D	B	U	O	H	L	I
S	H	I	P	W	R	E	C	K	R	I	H
E	E	N	O	C	E	A	N	F	O	A	P
A	L	N	T	U	R	T	L	E	X	Z	L
L	L	O	C	K	N	E	S	Y	J	R	O
G	U	W	O	B	S	E	A	W	E	E	D

- FISH
- WHALE
- SHARK
- OCTOPUS
- DOLPHIN
- SEAL

- TURTLE
- OCEAN
- ICE
- SHIPWRECK
- CORAL
- SCALES

- FIN
- SHELL
- SEAWEED
- MINNOW
- CRAB
- LOBSTER

D. Karshan Devesh
(III – Jade)



DO YOU KNOW?

Honey never spoils: Archaeologists have found edible honey in ancient Egyptian tombs after 30,000 years.



Lightning is five times hotter than the surface of the sun.



Purple was the original colour of Carrots before orange varieties gained popularity.



In the 1830s, ketchup was once a medicine.



Sanjana A
(III – Topaz)

A GOOD BOY

A boy helped an old woman. He led her across the road. He did a good deed. He was happy. He said “I helped somebody's mother. So somebody will help my mother in her old age”. “Dear God! Be kind to this good boy” said the old woman in her prayers.



K.S. Din
(IV Jade)



Butterflies Flutter

My butterflies are fluttering.

My words just won't stop stuttering.

My face is hot.

My hands are cold.

It's hard to hear

What I've been told.

But still I walk,

I Barely talk

Until I see a favorite friend.

My nervous feelings start to end.

He makes me smile,

and in a while!

Daksha Sunil
(VI Ruby)

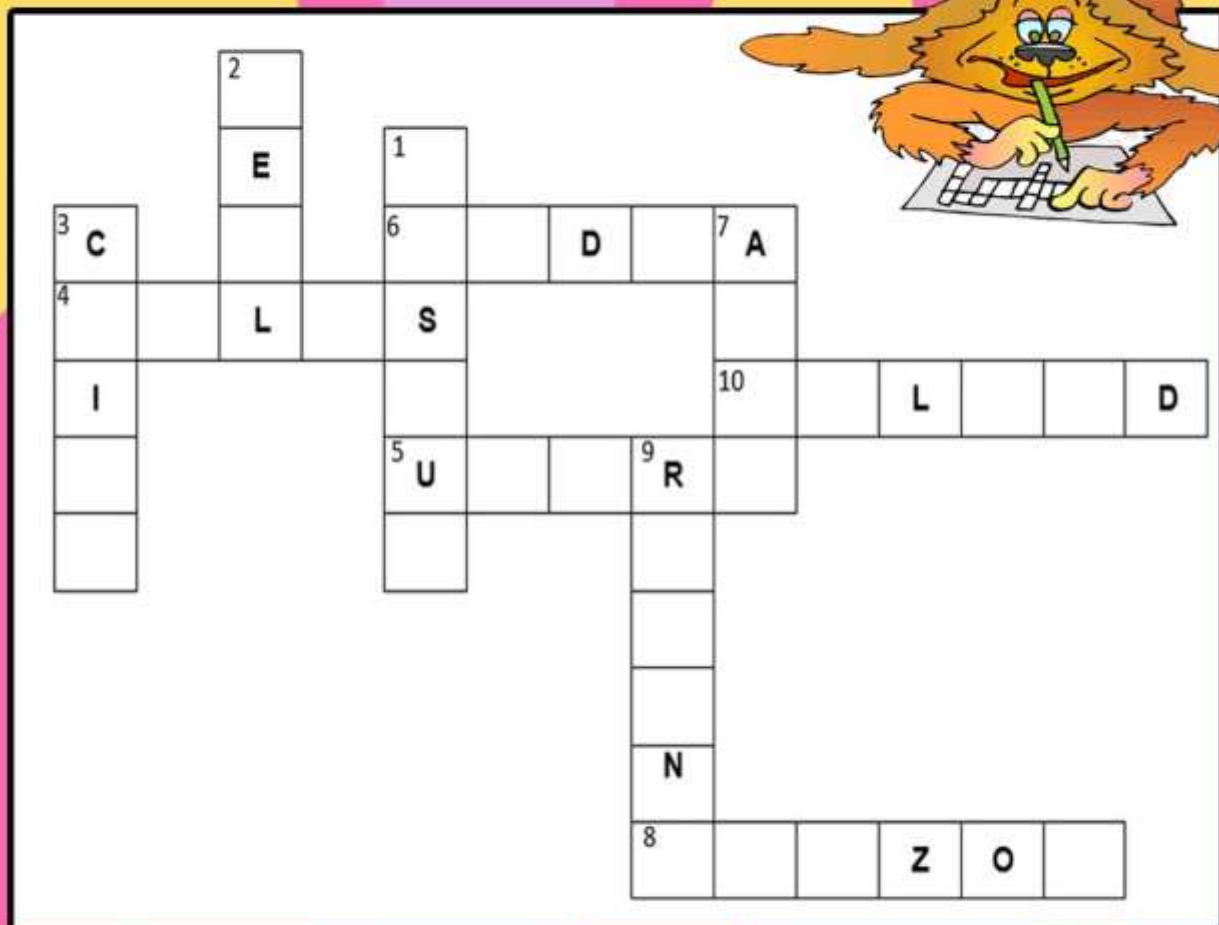
CROSSWORD PUZZLE

Down

1. I am the group of cells that have similar structure and function.
2. I am the unit of structure and function of life.
3. I am the capital city of Egypt.
7. I am the largest continent in the world.
9. I am the light-sensitive part of the eye.

Across

4. I'm the collection of maps.
5. I'm the darker part of the shadow.
6. I'm the most populour country in the world.
8. This is a large South American river.
10. A land surrounded by water.



Sudiksha Sekar
(VII Jade)

A SMILE



*A smile, soft and light,
Shines in the night
A little glow,
More than we know.*

*It lifts the heart,
A gentle art.
So small, so true,
A gift from you.*

Filza Siona
(VIII – Jade)



FACTS

- Octopuses have three hearts.
- Red food dye is made from bugs.
- Avocados are poisonous to birds.
- Dragonflies have 6 legs but can't walk.
- An elephant's tooth weigh 6 pounds.
- Bees visit atleast 2 million flowers to make one pound of honey.
- A snail can sleep for 3 years.
- Honey never spoils.
- Your brain can't feel pain.

Fredrin Rinoe L
(VII - Jade)



Nayomi (I - Ruby)



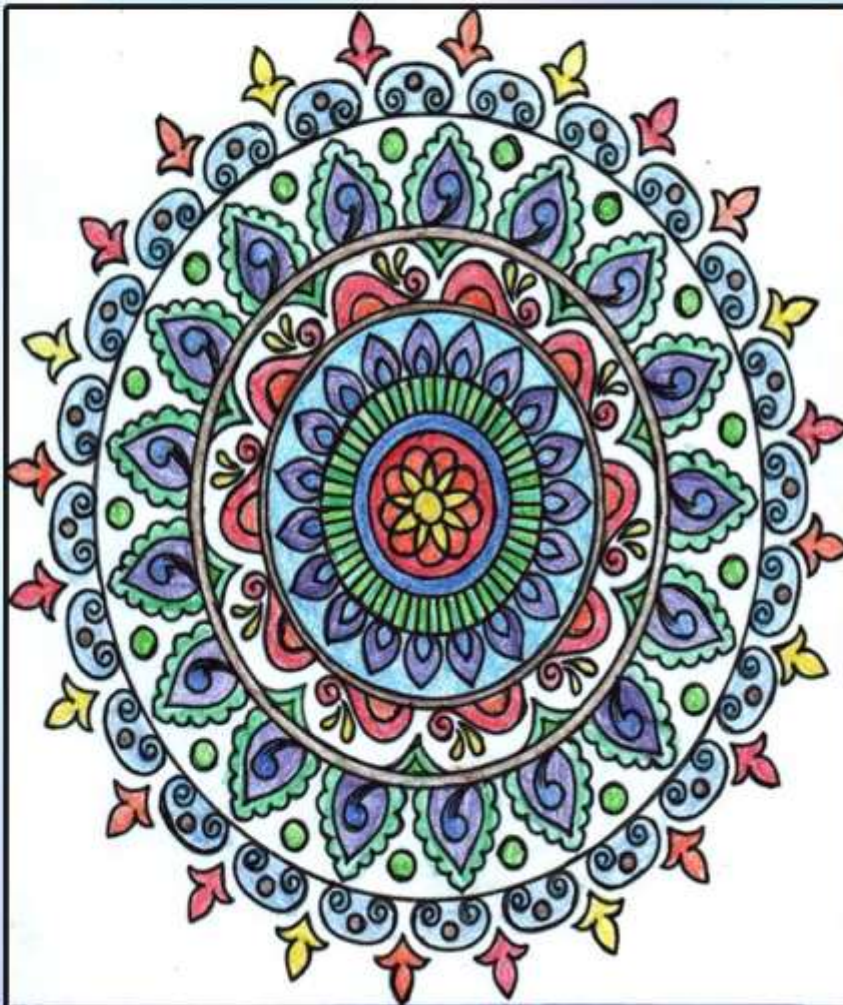
*Jeffie Nivetha O J
(VII-Jade)*



*Anushya R
(XII - Aspirants)*



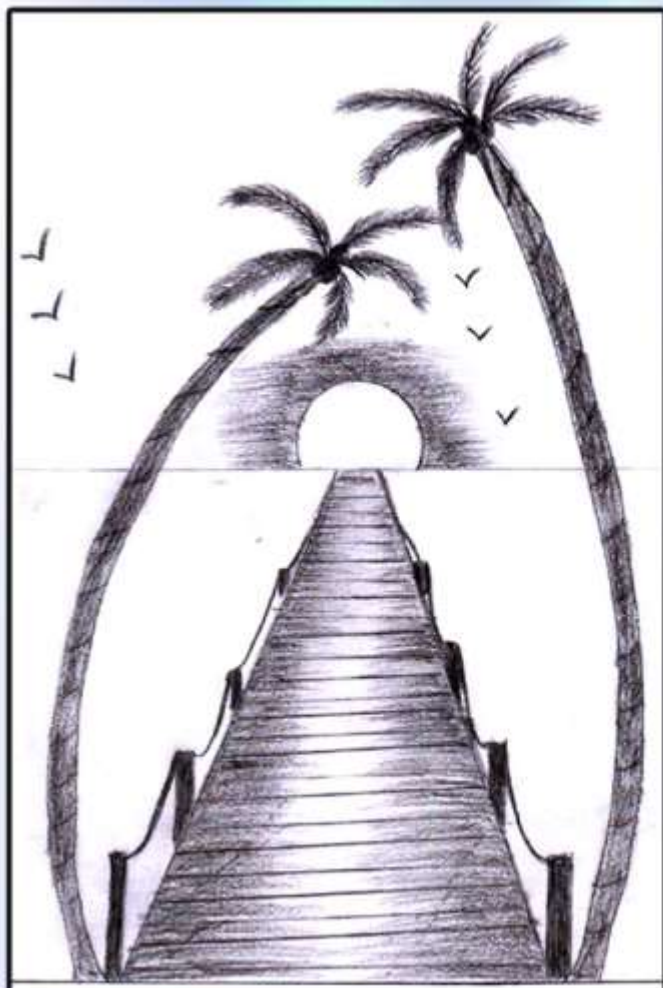
*Annflin Binesh
(VI-Ruby)*



*K Sarnitha
(VII - Ruby)*



*V B Vyaan Madhav
(II-Sapphire)*



*R Refino
(VII - Topaz)*