



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.



ELIXIR

The flow of magical writing

October
2023



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Editorial

We have heard about various magazines and weeklies. They come monthly and contain analysis of current events, stories, poems, etc. The aims of most of them are trade and profit. But school magazines are entirely different from this. The creations of teachers and children will be there. The achievements and activities of the school will be included in report form. It aims to encourage the creativity of students. It will also help to encourage reading and writing in them. Reading and writing are the means of language acquisition. School magazines encourage children's interest in writing. In this way, teachers can discover their creative potential. Due to this, it is possible to provide more training to develop their skills. It boosts children's confidence. It also encourages extracurricular activities. It nurtures children's sense of creativity. By this, we can predict the rise of talented writers of tomorrow.

There is no elevator to success, you have to take the stairs and a school is one such set of stairs that helps in paving your way to succeed in life. While in the past schooling mostly constituted of learning just what was said in the textbooks and learning itself was limited to what was taught in classes, these days schools do recognize the need for bringing out all the facets of a student. Be it in academics, sports or the more creative side rather than focusing just on academics. After all, children must be taught how to think, not what to think. While academic proficiency is essential, a child must also be given the chance to explore and understand the inner child in him, a chance to discover another facet that makes him or her more unique. Elixir, the school magazine, is such an initiative aimed at helping the students to bring out their creative side. It is a platform for all sorts of talents like young poets and authors and of course, the budding artists too, to showcase their talents and also to get recognition for their outcome.

“A truly great magazine covers surprises, even shocks, and connects in a Nano-second”

*Mr. Unnikrishnan
HOD, Department of English*



Many women do noble things, but you surpass them all -

Proverbs 31: 29

The sweet fragrance that comes from the flower is the flower of life. 'The pleasant music that comes from the instrument is the music of life'. 'The tasty juice that comes from the fruit is the fruit of life'.

In the same manner, love can be felt in every walk of our life. But we can feel and get all this in abundance from one and only person and that is none other than our great mother Big Miss.

She loved to spend her time doing something great that was valuable and useful to others. She started her journey as a hard-working person right from her childhood and she continued to work hard throughout her life. One of the secrets behind her success was that she started her day with words in praise of our Lord. With the grace of the Lord, she was able to make great achievements in her life.

Though she is physically not present amidst us, her life and work will always remain a source of inspiration and guiding spirit for all of us at SHS Moga as well as at SHIS Pammam.



*Ms. Selvi
Teacher*



New discoveries in the field of Chemistry

1. Scientists have developed an innovative catalyst that achieves a significantly lower carbon footprint, paving the way for greener chemical and pharmaceutical manufacturing.
2. Research reveals that recycling post-use plastic through pyrolysis can reduce GHG emissions by (18-23)%. The approach can potentially enhance sustainability by minimizing waste and fossil resources.
3. Electron beam radiation can repair nanostructures.
4. Two-dimensional compounds can capture carbon from the air.
5. Metal-blowing microbes could replace the chemical processing of rare earths.
6. A new CRISPR – based gene-editing tool has been developed which could lead to better treatments for patients with genetic disorders.

*Ms. Sudha Ratheesh Kumar
(Dept. of Chemistry)*

കളിമേര്യാട്ടം

മനമാൽസന്നേഹിച്ചയെൻ കളിത്തോഴനാം -
വഗതെത പിരിയാനാവില്ലാരികലും
അന്തരംഗത്തിലലയടിക്കുന രാഗവുമാ -
വദനവും സ്മരിക്കാതെ വയ്യാരുനാളിലും.



കുയിലിണകൾ ചേക്കേരുന്നോഴും
കരിവണ്ണകൾ മധുനുകരുന്നോഴും
മയിലിണകൾ പീലിവിടർത്തുന്നോഴും
നളിന നയനാ നിനെ താനോർത്തുപോകും.

അത്തിപ്പുത്തിൻ അദിപകുതിനുണ്ടെന്തും
കടലാവണകൾ കുമിളകൾ പാറിച്ചതും
നിനക്കാതണ്ണെന്തു മിച്ചിപൊത്തികളിച്ചതും
കരിയിലക്കാറുപോൽ പോയ്മരെന്തു



അറിവിനക്ഷരമുറുത്തനുഭവങ്ങൾ ചൊരിഞ്ഞെന്തും
മതിയും മധുരവും പകുത്തു വച്ചുതും
നേരം പോകലിലാശയങ്ങളയവിരക്കിയെന്തും
എത്രഹൃദ്യമാം, ആമോദമാം തിരികെവരാത്ത കാലങ്ങൾ.

തിരികെവരില്ലനരിഞ്ഞിട്ടും തിരികെവരാനാശിക്കുന്നു
വന്നിരുന്നുകുലെൻപാരത്ത് തവ -
സാമിപ്യവും സ്നേഹവും സന്തോഷവും
ആ മണംമരണത മനോഹരമാം ദിനങ്ങളും സ്മൃതികളും



Hakkim. H
Dept. of History & Civics

Do plants grow listening to music?

Playing music for your plants may seem like a strange thing to do. Believe it or not, numerous studies have indicated that playing music for plants really boosts plant growth. Vibrations from sound waves seem to stimulate growth factors.



Research has shown that music has the ability to stimulate plant growth.

An Indian botanist conducted several experiments on music and plant growth. He found that certain plants grew an extra 20 percent in height when exposed to music, with a considerably greater growth in biomass. He found similar results for agricultural crops, such as peanuts, rice, and tobacco, when he played music through loudspeakers placed around the field.

A Colorado greenhouse owner experimented with several types of plants and various genres of music. She determined that plants "listening" to rock music deteriorated quickly and died within a couple of weeks, while plants thrived when exposed to classical music.

A researcher in Illinois engaged in a few highly controlled greenhouse experiments. Surprisingly, he found that soy and corn plants exposed to music were thicker and greener with significantly larger yields.

Researchers at a Canadian university discovered that harvest yields of wheat crops nearly doubled when exposed to high-frequency vibrations.

Plants that were exposed to sounds showed more growth than plants in a soundless control group.

The exact cause of music's effect on plants is unclear. It is thought that plants may have "mechanoreceptors" that respond to pressure.

Sound is transmitted in the form of waves that travel through a medium, such as air or water. The waves cause the particles in this medium to vibrate.

In a similar manner, the pressure from sound waves creates vibrations that could be picked up by plants. Plants would not "hear" the music; they would feel the vibrations of the sound wave.

The vibrations picked up by the plant might speed up the protoplasmic movement in the cells. This stimulation then could affect the system and improve performance, such as the manufacture of nutrients that develop a stronger and better plant.

Plants do not have eyes or ears, but they are still able to sense things. They lack a nervous system, but they have their own type of intelligence. They enjoy the energy some music produces and grows.

*Ms. Sajitha D.S
Department of Biology*

Will Power to Overcome Problems

In the presence of trouble, some buy crutches, others grow wings." You may fall into problems, but these are to test you to do your best. The difficulty is that some of us stop while trying. We should always face a challenge with "How we can?" and not with "Why we cannot?"

Patience, willpower, determination, courage, and confidence are the sterling qualities of the mind that are indispensable in the struggle of life. The lives of great people are nothing but success stories, where it has been proved that sooner or later the man, who wins, is the man who thinks he can. So have a positive attitude as by being an optimist, you can turn scars into stars and thus win laurels in life.

Remember that "Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for. It is a thing to be achieved". Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent. Hard work and patience are valuable tools for achieving goals. They can be combined to attain success. Success is not an overnight type of deal. It takes months, years, and most of the time decades to become great at something.

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success."

*Ms. Shamya
Department of English*

Will others smile or frown at you?

Attention, my dear students...

Life is not qualified by fluent English, branded clothes, or rich lifestyle. It is measured by the number of faces who smile when they hear your name.

In this materialistic world, we think that life is being rich, popular, educated, and perfect. Ask these questions to ourselves.

- Are we real?
- Are we humble?
- Are we kind?

Are we real?

Integrity is doing the right thing, even when no one is watching. Dear students, please take a second, and think, are we doing the right things even when no one is watching? I have heard many of my students asking, "Is copying a small answer a sin?". Yes, my dear students. it's a sin.

Are we humble?

Stay humble and never think that we are better than anyone else. "Being humble means recognizing that we are not on this earth to see how important we can become, but to see how much difference we can make in the lives of others".

Students, are we humble in front of our elders? Do we respect them? Respect is a two way street, if you want to get it, you've got to give it.

Dear children, never forget to respect your parents, teachers, and elders. When we happen to see elders standing in buses or railway stations, do we get up from our seats and permit the elderly to sit? Or are we sitting in our seats, busy with our mobiles.

Are we kind?

Are we helping people even when we know when they can't help you back? Apologize to people when you feel that you have done anything wrong. Dear students, never ever hesitate to use courtesy phrases, such as "Please", "Thank you", "Excuse me", etc., whenever, and wherever applicable.

Dear students, "Always be the reason someone smiles today". If you are truly genuine, humble, and kind, I am sure that people will smile when they hear your name.

*Ms. Sherlin. R
Department of Computer*

குறள்

‘நன்றி மறப்பது நன்றன்று நன்றல்லது
அன்றே மறப்பது நன்று’



பொருள் :

ஒருவர் தனக்கு தீங்கு செய்தால் அதை அன்றே மறக்க வேண்டும். ஆனால் அவர் நமக்கு நன்மை செய்தால் அதை மறக்கவே கூடாது.

பிரஜித்
8-ரூபி

அம்மா

கல்வில் செதுக்கிய
கடவுளை விட
கருவில் சுமந்த
தாயே சிறந்தவள்
என்னைக் காண்பதற்கு அவள் பட்ட
பாடுகள் கோடி ஆனால்
என்னை பார்த்தபின் அவள் பெற்ற
ஆனந்தம் பல கோடி
அவள் தான் அம்மா!



கி. கிறிஸ்டனா எப்சிபா
10-டாப்பஸ்

FACTS



Biological Facts

Your Body is only 11 months old. Almost every cell in your Body is Replaced every 11 months. Except for Brain cells, which are replaced after 7 years when a person cries, if the first drop of the Tears come from the Right eye, it's Happiness. But when the first Roll is from the left eye it's pain. And when they drop from both eyes it's frustration.

Mathematical Facts

- Letters 'a', 'b', 'c', 'd', do not appear anywhere in the spellings of 1 to 99
- Letters 'd' come for the first time in Hundred.
- Letter 'a' comes for the first time in thousand.
- Letter 'b' comes for the first time in Billion

Math may not teach us how to ADD Love or subtract HATE but it gives us hope that every problems has a 'SOLUTION'.

B. Bufalin Figancy
IX – Ruby

பள்ளி



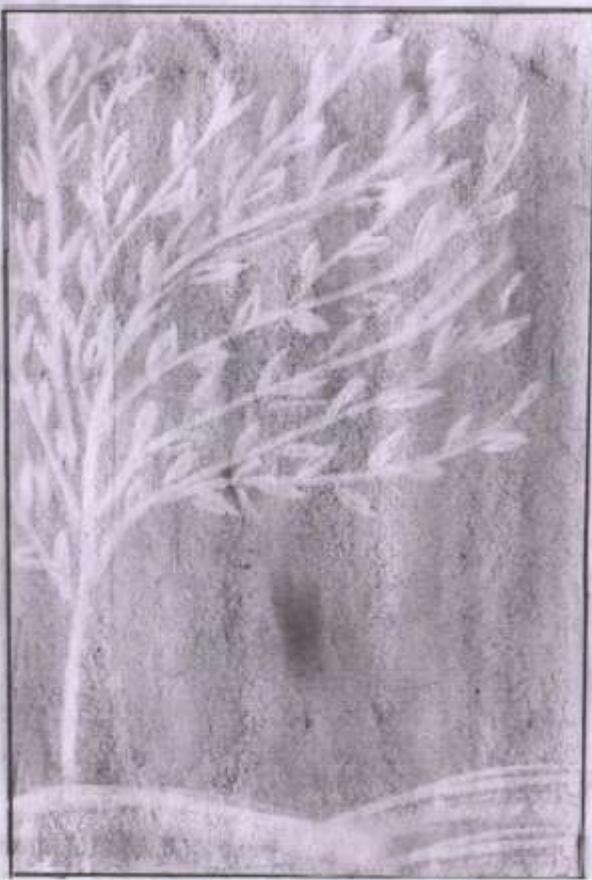
பள்ளியே! நீ ஒரு அறிவுப் பட்டறை
 பதராய் இருந்த என்னை - மணியாக்கினாய்
 பள்ளியே! நீ ஒரு விஞ்ஞானி - எனக்குள்
 இருந்த தாலந்துகளை கண்டு பிடித்தாய்
 பள்ளியே! நீ ஒரு இயக்குநர்
 என்னையும் மேடையேற்றினாய்
 பள்ளியே நீ ஒரு ஆசிரியர் - நான்
 அறியாததை அறிய வைத்தாய்
 பள்ளியே நீ ஒரு குரு - உன்னை
 என்றும் மறவா சீஷன் நான்
 பள்ளியே நீ ஒரு ஆற்றங்கரை மரம் - நீ
 எப்போதும் பசுமையாயிருப்பாய்



கி. கிறிஸ்டனா எப்சிபா
 10-டாப்பஸ்



Harshini A.A
X-Ruby



Ashna G.J
VI - Sapphire



*Rishona John J.B
X-Ruby*



Cashew Plant

Adina
Vi - Ruby

All About Brinjal



The Scientific name of Brinjal is *Solanum Melongena*. It is also known as Egg plant because of its oval like shape. It is the one of the most important vegetables.

Ashna
VI - Sapphire



*C.L. Fredrin Fino
VII - Topaz*



*D. Jerusha Edwin
X - Ruby*

The River



Water cascades from a hill
the first move, being chill
slow and fast, beside a church bell
glittering nature, what to tell?

Hundred times it fell-
On thousand broken shells,
A day of beautiful sunshine
with thousands of red crabs on the shoreline.

New friends by the side it meets,
with fresh water. What it feeds,
small barks. It splits
mighty ocean, is where it sets.

*Arunesh Kingston
XI Jade*

My Garden



In my garden, a plant took its stand;
Rooted deep in earth, reaching far in ground;
With care and time it gracefully grew,
And it smiled at me, showing bright petals of flowers.
It's the gift my nature gave to me.

*Labiby L Cacia
IV Jade*

When I see the sea,
My heart fills with glee,
Because the waves are high
And looks like they might reach the sky.
The air there smells of salt,
And the sea is full of froth,
There is lots of kelp,
Floating around with no help!!!
The sea is mesmerizing,
And it's enchanting,
With its blue water
Touching beyond the border of the shore,
Embracing the shells and pebbles.

The Sea



*Leora Alexander
VII Sapphire*

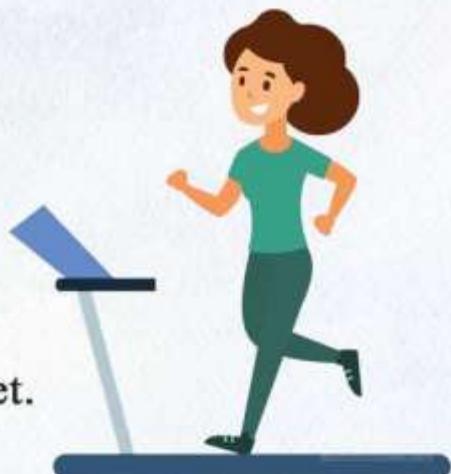
Physical Fitness

Physical fitness entails keeping your body active and fit. The goal of physical fitness is to improve overall health and well-being via regular physical activity and exercise.

Youth fitness has progressively dropped over the last decade and childhood obesity is at an all-time high. Our younger generations are facing a major and escalating health crisis as they shift away from physical activity and towards anything with a screen. Computers, televisions, and electronic game screens have captivated our youth and fast food has become a staple in their diet.

10 ways to improve your Physical Wellness

- Start moving more.
- Get adequate sleep.
- Hydrate yourself.
- Maintain a well-balanced, nutritious diet.
- Reduce your sugar intake.
- Step outside into the sunlight
- Engage in mentally stimulating activities.
- Consider frequent preventative care.
- Wash your hands regularly
- Keep your tension (stress) under control.



Physical activity can improve your brain health, help you control your weight, lower your risk of disease, strengthen your bones and muscles, and increase your ability to conduct everyday activities

*B. Laish Brilinth
X - Sapphire*

The Night Streak



Oh my God!
Does anyone hear?
It's twelve at night
And no one's here.

It's just me
Only me
Crying so quiet
So nobody hears.

Pain in heart
Is too deep,
with no words left
inside anymore.



Carolyn Seffy, P
XI-Topaz

Earth Heading Towards 6th Mass Extinction



Biologists believe that the Earth is now heading towards 6th mass extinction, while previous extinction has been driven by natural planetary transformation or catastrophic asteroid strikes, the current die-off appears to be associated with human activity; a situation designated as an era of 'Anthropocene defaunation'. Across vertebrates, 16 to 33 percent of all species are estimated to be globally threatened or endangered. The situation is similarly dire for invertebrate animal life. Large animals – described as megafauna and including elephants, rhinoceroses, Polar bears, and countless other species worldwide face the highest rate of decline, a trend that matches previous extinction events.

*Shiv Dharshini
XII-Jade*

Angels

Who are the angels?

Some say they are the guides who lead
Our soul to heaven!

Some say they are the people who let us
Stay for free in a tavern.



Who are the angels?

Some say they are the most beautiful beings
On both heaven and earth,
Someday, they are the little children who run
around their mothers who gave them birth.

Who are the angels?

Some say they are the most benevolent beings who
do everything within their power to serve God,
Some say they are the people who never leave
our side even in the darkest of times.

Who are the angels?

Some say they are the protectors of all living beings,
who defend us from the devil,
Some say they are the people who lead us through
the path of good than that of evil.

Elvis Ronn Dheeraj
X - Ruby

Dismantling PC



My personal computer – disassembled
It's a maze of cables,
drives and ports – an array of connections,
silver solderings and twisted wires

“Wonder! When the glossy case is latched in place
coils and cables disappear
The smallest particle of matter is not an atom,
But a byte – a particle of magic combines and
multiples unseen inside the blinking box

Creation occurs inside my computer – friends,
family rest behind the pressing of selected keys
Attraction becomes addition.
Dreams are imagined into reality – invention,
hopes, ideas are born And ruptured into happenings
The pulse of human hearts waxes and wanes wanes

*D. Deona Mersh
IX-Ruby*

Math Jokes

$$6 + 8 = ?$$



MATH

1. Why did the student wear glasses in Math class?
To improve di-vision
2. What did the triangle say to the circle?
You are pointless
3. Why did the obtuse angle jump in the pool?
Because it was over 90 degrees.
4. What is the butterfly's favourite subject in school?
Mathematics
5. Why are you doing Math on the floor?
You told us not to use tables.
6. Which is the favourite tree of Maths teacher?
Geometry
7. How do you make seven even?
Subtract the 'S'

Ajay Hermen
IX-J

My mother kept a garden,
A gardener of the heart,
She planted all the good things,
That gave my life its start
She turned me to the sunshine,
And encouraged me to dream,
Fostering and maturing
The seeds of self-esteem.....
Her constant good example
Always taught me right from wrong
Markers of my pathways
That will last a lifetime long.
I am my mother's garden
I am her legacy
And I hope today she feels the love
Reflected back from me,

My Mother



Pranav .P Nair
IX - Jade

My world

My mother is a realistic flower
Who gave birth to me and filled me with fragrance.
My mother is the queen of my world
and the protector of my heavenly joy.
She is the one who cares about me
I am the only princess for her
I am the love of her life
She's the one who made me nerd.
I love my mom and will always safeguard her



A.S Akshara
VII – Topaz

Amazing facts puzzle

1. I can predict earthquakes.
2. It snows in this desert.
3. Which country has the most lakes in the world?
4. One-quarter of your bones are in your
5. It can detect a trillion smells.

Answer

- Snake
- Sahara
- Canada
- Feet
- Nose

Ajay Hermen
IX-J

Soft comes the hush of eventide
And songbirds hide
In limbs of budded trees
To bid farewell to the setting sun
With lullabies they've song
Each night for countries

A bark is winging swiftly home,
Block dot alone
Beneath aurora clouds
All nature makes a homeward rush
As Twilight's rosy blush
The eyes might arouse

Nature



*Anlin Rija
VII – Topaz*

France



It is known as 'L' Hexagone'. It is the largest country in the European Union. The Louvre is the most visited museum in the most visited museum in the world. It is the country that hosts the most Nobel Prize winners in the world for literature. The camera phone was invented in France. It is mainly known for fashion and culture.

*Eablin Shinu
VII – Ruby*

KG Sports day & Grandparents day



Field Trip KG, I & II



Dough clay Modelling KG



Orange Colour Day



Orange Fruit Day



Career Mapping

