



Sacred Heart International School

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Pammam, Marthandam.

ELIXIA

The flow of magical writing

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Editorial




Rise up

When things get tough and you feel unsure
Remember, you've got what it takes to endure
Don't be scared of what lies ahead,
You're stronger than you think.

Even when it's hard and you want to give up
Keep going, keep pushing and you'll surely win
Challenges make you tough, they make you strong
So, face them head on, you'll never go wrong

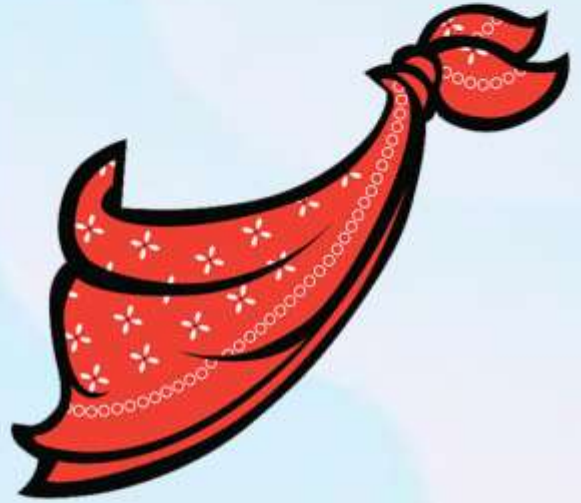
Believe in yourself, trust in your might,
You'll conquer the challenge and reach new heights
So stand up tall, with courage and grace,
You've got what it takes to win the race.



Shamyuktha Dev
Student Editor

Hand Kerchief

Hai friends, my name is
Mrs. Hand Kerchief.
You can call me hanky or kerchief
I'm usually made up of cotton
I come in different sizes and colours
People are always using me
They use me to wipe their tears of joy
To wipe their sweat
So basically every thing
They usually use me to blow their nose
Ugh gross!
That's what I'm made for.
Well, now, I have competition
Mr. Tissue!!!
He is not as eco – friendly as
He is not reusable
So say no!!! to tissue
And say yes to your best friend
Mrs. Hand Kerchief!



*J.S Johanna
II-Topaz*

My School

I am happy to go to school
A happy learning land with friends
Reading and writing makes me grow
Colours dance, and paints the rainbow
My teacher makes my learning fun
It's my goal to be the sunshine.



*Fional L.M
II-Topaz*

Tulsi Medicinal Benefits

Tulsi, also called as the 'Queen of Herbs' is one of the most powerful medicinal plants. This is a commonly available plant. It has many medicinal benefits, some of which are:

- It helps to relieve from cold, fever, cough, congestion, sore throat and bronchitis.
- It lowers blood pressure and reduces stress and controls cholesterol by regulating cortisol levels.
- It improves eyesight due to the presence of beta – carotene.
- Tulsi oil can be used as an insect repellent.
- It also cures gastrointestinal disorders.



*Vandana S.P
XI-NM*

THE MAJESTIC DIREWOLF



The Direwolf is a pre-historic beast closely related to the modern smaller grey wolf. Though it's related to the classic wolf, it is a lot more dangerous than its modern relative. They are even mentioned as remarkably loyal companions in the book 'The Song of Ice And Fire'. They are great hunters with a good olfactory sense. They had a larger skull and more agile limbs than that of the grey wolf. They were ferocious predators known for their bloodcurdling hunting techniques. They were wiped out from our planet due to habitat destruction and loss of their prey. Our ancestors might have got the chance to meet the majestic beasts, but we cannot as they are no more. So let's try to prevent the extinction of the modern endangered beasts.

*B. Laish Brilinth
XI.Non Medical*

Life A Timeless Art

Life, a journey through time's gentle flow,
Where dreams take flight and memories grow.
In every sunrise and every sunset's hue,
We find beauty in moments, both old and new.

With each step we take, a story unfolds,
In the laughter we share and the hands we hold.
Through joys and sorrows, we learn and we grow,
Finding strengths in the highs and lows.

So let's embrace this journey, come what may,
And cherish the gift of each passing day.
For life's true beauty lies in its simple grace,
In love we give and the smiles we face.

Shahana. S
XII-Med 1



Engimatic Memories

Bittersweet reminiscence, flooded my inward eye,
Roller coaster of emotions, running through; like a
whirlwind,
In the quiet corners of my mind, I wander and was lost,
Aching pearls falling from my tinted cheek; thinking of him,
Was it so worth the wait? My inner mind spoke,
Absolutely not, hurt to the core of my heart by him;
My bleeding heart weeped.
A symphony of sigh that lingers, in the depth of dismay;
Trying not to remember, cause, his presence is like a
haunting nostalgia,
Which still taunts me.
Seeing him, probably was the biggest mistake I have ever
made!

*John Stephani. I
XII – Med 1*

Friendship

A friend is like a star that glows
Or maybe like an ocean that flows
Fights one day
Laughing the next day
To be true
The friend should not be like brute (Brutus)
There will be war
But that is not as far
If you are dull
You must have a pal
There are dudes
Who make teachers rude
There is the most
Who has a dosth
“The ship which does not sink is Friendship”



Monish S.S
X-Jade

An Illusion

Many of us want to try new things and achieve our goal. What is stopping us? A feeling called embarrassment. In fact, embarrassment is not actually a real emotion. Unlike other emotions this one is just an illusion. We often prevent ourselves from doing things because we are always scared that we may embarrass ourselves. People tend to be a little too self-conscious at times. We will be constantly thinking about other's opinion about us. What we don't realize is that everyone is too busy with their own lives. The feeling of embarrassment or the fear of feeling this emotion often stems from low self-esteem and low confidence.

No one is going to spend their precious time by thinking about that one awkward thing you did. So, stop overthinking and start doing what you want to!

Liana B.P
XII-Med 1

History of Football

Everyone knows that the Greeks were great sportsmen and had invented many games. Football happens to be one of those. A similar game like football is played in many countries but the latest version of Football is that we all know, originated in England. Likewise, England formulated the first rule of the game.

Three Interesting Facts about Football are :

- World War-I played a huge part in the popularity of Football in Britain.
- The Football world cup was stopped for 12 years because of World War-II.
- The first official Women's Football tournament took place in 1991.

*Bhadra S. Nair
X Jade*

നിഷാദ താണ്ഡവം



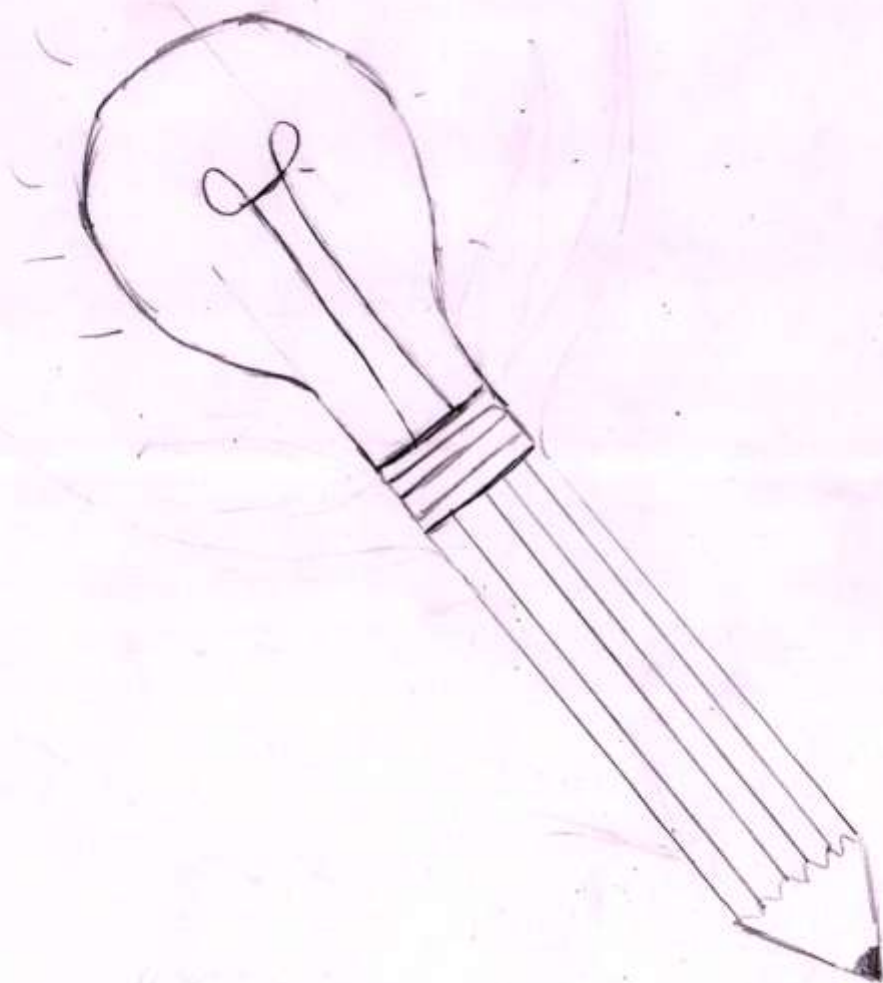
പുള്ളിനോടോ? പൂച്ചുവിനോടോ?
പുള്ളികുയിലിനോടോ? പുള്ളിമാനോടോ?
ഇനിയുമാരോടു തിരയണമെൻ പിഞ്ചോമനയെ?
ഞാൻ തലയറഞ്ഞു ചത്തീടണോ?
മറയിലെവിടെയോ മറഞ്ഞിരിക്കുന്ന
പൊൻമകളേ നീ മറമാറ്റി വന്നിടു
താങ്ങാനാവില്ലെന്നിരിക്കുനിൻ വേർപാട്
കുസൃതികാട്ടി നീ മറഞ്ഞിരിക്കുകിൽ
കുസൃതികുരുണേ തോറ്റു ഞാൻ,
വന്നിടക നീയെൻ ചാരത്ത് പാൽ
അമൃതേകണോ പഴംപാൽ നുകരണോ?
ഏകിടാം ഞാൻ നീവന്നീടുക വേഗ-
മല്ലായ്കിലെൻ നെഞ്ചുപൊട്ടിടുന്നു
മനം തകർന്നെൻ മേനി വിറകൊള്ളുന്നു
മമജീവിതം വൃർത്തമോ?
ആലയത്തോടൊപ്പം തരുവുമറിഞ്ഞുവോ
തേടാംമറ്റൊരുവാസമെങ്കിലും
നീയില്ലാതൊരുഗേഹമെന്തിനുവേറെ..
കാട്ടാളക്കത്തിയാൽ വൻമരം ചാഞ്ഞല്ലോ?
കുടുംകുട്ടരും എങ്ങോമറഞ്ഞല്ലോ?
എങ്കിലുമെൻ ഓമനെ നീയെവിടെപോയ് മറഞ്ഞു.
നിഷാദാ! നിൻ കുലംമുടിയുമെൻ ശാപമെത്രയോ
അഗ്നിതൃല്യം..അന്നംതേടിയലഞ്ഞ ഞാനെന്നമേകാൻ

വെമ്പി വന്നനേരമെൻകിടാവിനെ കാണുമതില്ല.
ആരുണ്ടെന്നെകടാക്ഷിപ്പാൻ, ദൈവത്തെപോലും
വെറുത്തു പോന്നു.. മരചില്ലയാൽ അലംകൃതമാം-
ധരണിയിൽ അഴലാർന്ന ഞാൻ തളർന്നിരുന്നു..
അറിയാതറിഞ്ഞുനിൻ സാമീപ്യമെൻ
കൺമണിയുണ്ടെന്നരികത്ത്.
ഹാ! എത്രകദനമാംകാഴ്ചയെൻ
ജീവരക്തമേ, എൻശ്വാസവായുവേ
അമർന്നുവോ നീ തരുശാഖയാൽ
ഹേ! മാനവാ കണ്ടില്ലയോയെൻ പൈതലിൻപിടച്ചിൽ
കേട്ടിരുന്നില്ലേയെൻ പൈതലിൻ തേങ്ങൽ
പന്തിരാണ്ടുകൊല്ലം നോമ്പുനോറ്റാലും
മാതൃശാപം മറയില്ലൊരിക്കലും വംശവർധനയെന്നത്
ദൈവ ഹിതമാണെന്നറിയാമെങ്കിലും
കാട്ടാളകൃത്യത്തിൻ പ്രാശ്ചിത്യമാം ദേവനേകുന്ന-
പൈതലിനെ എനിക്കെന്തിനിയുമെൻ കൂരുന്നിൻ
വിധി മറ്റൊന്നിനുമേകണോ?
വന്ദ്യമൃഗവും തോല്ക്കുന്ന വാനരകുലമേ
ആമോദിക്കു നീയെൻ വേർപാട്കുടി അഘോഷിക്കു
മാനവാ നിൻ അഗ്രഹങ്ങളൊക്കെ നിറവേറിയെട്ടെ
തവ മട്ടുപ്പാവ് മമമേലെ ഉയരട്ടെ
ഞാനിതായെൻ ജീവൻനിന്നിൽ ഹോമിക്കുന്നു
മമ പൈതലോടൊപ്പം മറഞ്ഞുപോകുന്നു.

Mr. Nakkim M
Dept. of History & Civics



Jeksha J.S John
X-Ruby



Sharon Kenaz. S.T
IX-Sapphire



*Dannah Paul D.M
II-Sapphire*



*Belseth Zeferino P
II-Sapphire*



*Siara S.D
II-Topaz*



கவிதைக்கு

தமிழ் அழுது

கடலுக்கு அலை அழுது
கவிதைக்கும் பொய் அழுது
மயிலுக்குத் தோகை அழுது
மண்ணுக்கு மழை அழுது
சூரியனுக்கு சூரஸ் அழுது
சூயலுக்கு மண் அழுது
கல்விக்கு வெற்றி அழுது
கலைக்கு ரசனை அழுது
எனக்கோ என்நென்னும்
என்னைச் செஞ்சும் தமிழே அழுது

Aashna A.S
VI-Sapphire



Aanic Jasper V.P
VI-Topaz

Investiture Ceremony



Club Badging Ceremony



Red Colour Dress up day — KG Wing

