



Sacred Heart International School

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ELIXIR

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.

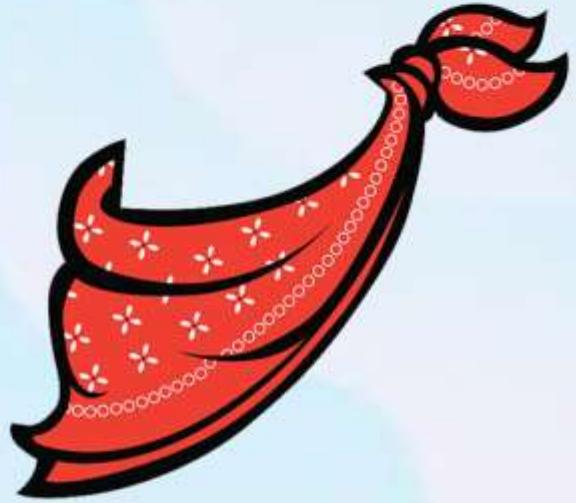
Even when it's hard and you want to give up
Keep going, keep pushing and you'll surely win
Challenges make you tough, they make you strong
So, face them head on, you'll never go wrong

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!



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.

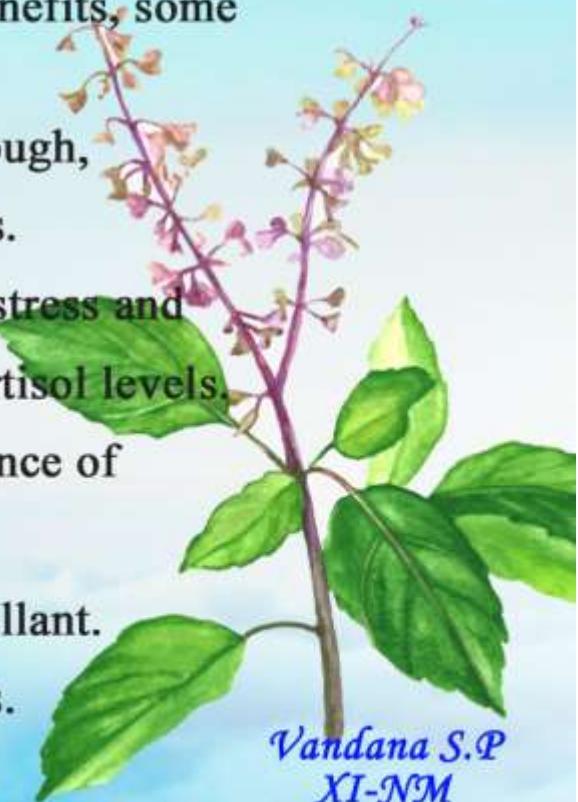


Fional L.M
II-Topaz

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!

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.

കുള്ളം തബാബാ

പുള്ളിനോടോ? പുഴുവിനോടോ?
പുള്ളികുയിലിനോടോ? പുള്ളിമാനോടോ?
ഇനിയുമാരോടു തിരയണമെൻ പിണ്ണോമനെയ?
ഞാൻ തലയറഞ്ഞു ചത്തിടിനോ?
മരിയിലെവിടെയേ മരണ്ണിരിക്കുന്ന
പൊൻമകളേ നീ മരംറി വന്നിട്ടു
താങ്ങാനാവില്ലെന്നിക്കുന്നിൻ വേർപ്പാർ
കുസൃതികാട്ടി നീ മരണ്ണിരിക്കുകിൽ
കുസൃതികുരുനേന തോറ്റു ഞാൻ,
വന്നിടക നീയെൻ ചാരത്തെ പാൽ
അമൃതേക്കുന്നാ പഴംപാർ നുകരുന്നോ?
എകിടാം ഞാൻ നീവന്നിട്ടുക വേഗ-
മല്ലായ്ക്കിലെൻ നെഞ്ഞുപോട്ടിടുന്നു
മനം തകർന്നെൻ മേനി വിറകൊള്ളുന്നു
മമജീവിതം വ്യർത്ഥനമോ?
ആലയനേതാനോപ്പം തരുവുമരിഞ്ഞുവോ
തേടാംമദ്ദാരുവാസമകില്ലും
നീയില്ലാതൊരുഗൈരമെന്നിനുവോറു..
കാട്ടാളുമരണ്ണിയാൽ വൻമരം ചാണ്ണല്ലോ?
കുട്ടാക്കുട്ടരും എങ്ങോമരണ്ണല്ലോ?
എകില്ലുമെൻ കാമനെ നീയെവിടെപോയ് മരണ്ണു.
നിഷാഡാ! നിൻ കുലംമുടിയുമെൻ ശാപമെത്രേയോ
അഗ്രനിനുല്ലും..അനന്നതെടിയലണ്ണ ഞാനന്നമെകാൻ



വെന്നി വന്നെന്നെമൻകിടാപ്പിന്ന കാണിമതില്ല.
ആരുംബേജനാകടാക്കിപ്പാൻ, ദൈവത്തെപോലും
വെറുത്തു പോന്നു.. മരച്ചില്ലയാൽ അലംകൃതമാം-
യരണ്ണിയിൽ അഴലാർന്ന ഞാൻ തളർന്നിരുന്നു..
അറിയാതറിഞ്ഞുനിൻ സാമിപ്പുമെൻ
കണിമണിയുംബേജനാരിക്കൽ.

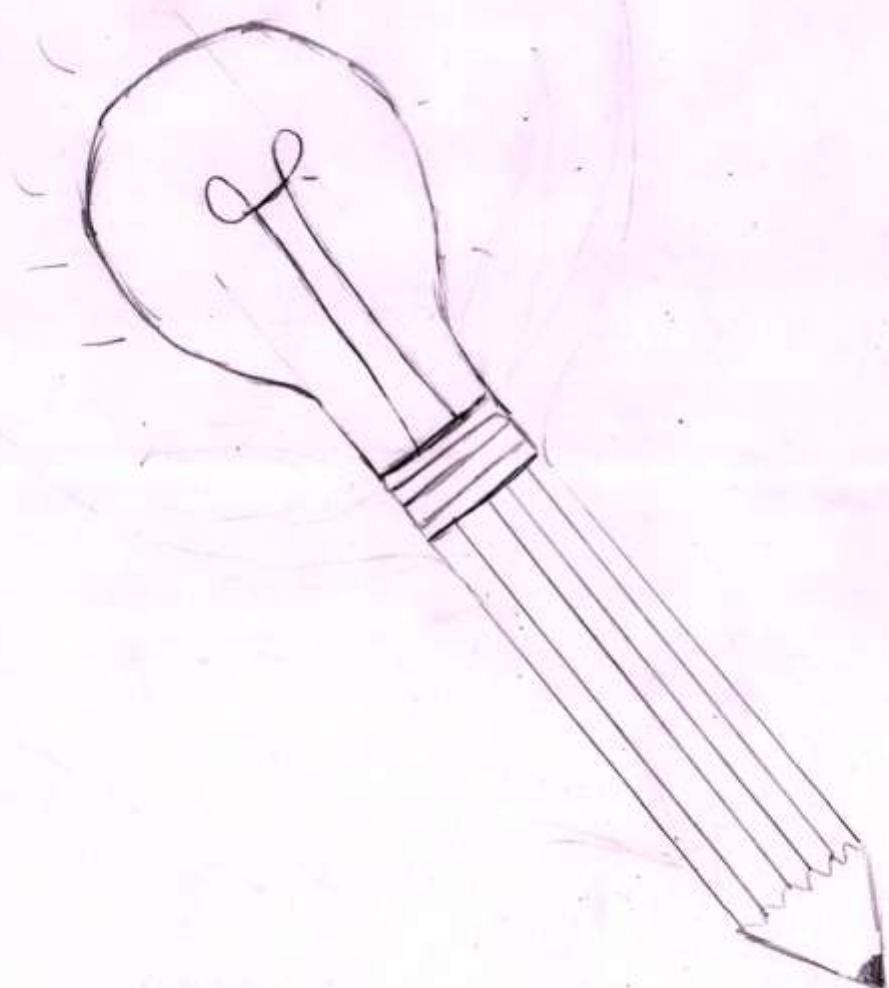
ഹാ! എത്രക്കുടനമാംകാഴ്ചയെൻ
ജീവരക്കതമേ, എൻഡ്രാസവായുവേ
അമർന്നുവോ നീ തമുശാവയാൽ
ഹോ! മാനവാ കണ്ണില്ലയോയെൻ പെപതലിൻപിടച്ചിൽ
കേട്ടിരുന്നില്ലെയെൻ പെപതലിൻ തേങ്ങയൽ
പതിരാണ്ടുകൊല്ലും നോന്നുനോറ്റാലും
മാത്യശാപം മരില്ലാൻിക്കലും വംശവർധനയെന്നത്
ദൈവ ഹിതമാണെന്നാറിയാമെകില്ലും
കാട്ടാളകുത്യത്തിൻ പ്രാഞ്ചിത്യമാം ദേവനേകുന്ന-
പെപതലിനെ എനിക്കെന്തിനിനിയുമെൻ കുരുന്നിൻ
വിധി മറ്റാന്നിനുമെകുന്നോ?
വന്നുമുഗവും തോല്ക്കുന്ന വാനരകുലമേ
ആമോദിക്കു നീയെൻ വേർപ്പാർക്കുടി അണാലാഷിക്കു
മാനവാ നിൻ അസ്മാഹാജ്ജോഹാക്കു നീവേറിട്ടു
തവ മട്ടപ്പാവ് മമമേലെ ഉയരെട്ട്
ഞാനിതായെൻ ജീവൻനിന്നിൽ പോമിക്കുന്നു
മമ പെപതലോഡാപ്പം മരണ്ണുപോകുന്നു.

Mr. Hakkim H

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



நவீநாக்ஞா

நவீந் அழகு

காலுங்கு அலை அழகு

நவீநாக்ஞுப் போய் அழகு

மயிலுங்குஞ் நோனை அழகு

மரண்தூங்கு மழை அழகு

குமிலுங்குக் குரல் அழகு

குயவுங்கு மண் அழகு

நல்விங்கு வெற்றி அழகு

நலைங்கு ரசனை அழகு

எனக்கோ எண்டென்றும்

என்னைக் கெதுக்கும் தங்கிடி அழகு



Investiture Ceremony



Club Badging Ceremony



Red Colour Dress up day – KG Wing

