



TN076

# Sacred Heart International School

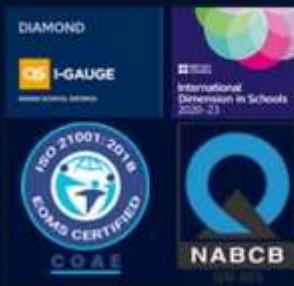
(Affiliated to the Council for Indian School Certificate Examinations, New Delhi)  
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Pammam, Marthandam.

# ELIXIR

The flow of magical writing



June  
2024



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# Editorial

## A Lifelong Bond

In the journey of life, one of the most cherished gifts we receive is friendship. It is a bond that transcends time, age, and circumstance, enriching our lives in ways we often take for granted. As we navigate through the complexities of school, friendships play a pivotal role in shaping our experiences, memories, and growth.

Friendship, at its core, is about mutual respect, trust, and understanding. It begins with a simple smile, a shared interest, or a helping hand extended in times of need. These small gestures lay the foundation for relationships that can last a lifetime. In school, where we spend a significant portion of our formative years, friends become our second family. They are our confidants, partners in mischief, and pillars of support during challenging times.

The beauty of friendship lies in its diversity. It teaches us to appreciate different perspectives, cultures, and personalities. Through our friends, we learn empathy and compassion. We understand that everyone has his/her (one's) own struggles and triumphs, and being there for each other makes the journey a little easier. In a world where individualism is often celebrated, friendships remind us of the importance of community and connection.

Moreover, friendships significantly contribute to our personal development. They encourage us to step out of our comfort zones, try new things, and face our fears. Whether it's participating in a school play, joining a sports team, or studying for exams, having friends by our side boosts our confidence and morale. They celebrate our successes and offer comfort during failures, making every moment more meaningful.

As we grow older, we may drift apart from some friends due to changing circumstances, but the memories and lessons we gather remain with us. They shape our values, influence our choices, and leave an indelible mark on our hearts. It's these bonds that remind us of who we are and who we aspire to be.

In conclusion, friendship is a priceless treasure that adds immense value to our lives. It teaches us the true meaning of love, loyalty, and companionship. As we continue our educational journey, let us cherish and nurture our friendships, for they are the threads that weave the fabric of our lives. Remember, in the words of Albert Camus, "Don't walk in front of me; I may not follow. Don't walk behind me; I may not lead. Just walk beside me and be my friend."

Let us celebrate friendship, today and always.

*Shabeela.S.Ikbal  
Department of English*

# THE TIMES OF GREEN



## Plant of powers

### The shared history of plants and people

The relationship between plants and people are complex and very old. 180,000 years ago, people started using plants for making food. However, our earliest human ancestors realized that the plants and trees were more than just a food source. Plants can heal wounds, cure diseases and improve mental health. Many of the plants used for medical purposes back then, are still being used in modern medicine today.

## Europe

Cities in Europe are focussing more and more on being green by planting more plants and trees to the streets. There is an easy explanation for this as the amount of green becomes more important for the growing population. Public green spaces have a positive impact on biodiversity and livability within these cities. Therefore, the platform Green Cities was founded to encourage green spaces in public areas.

## Biodiversity

Plants have impressive adaptive powers but the quickly changing environment due to climate change and loss of biodiversity is challenging even for the strongest of plants. Especially since the power to adapt to new circumstances depends on the possibility to reproduce with enough genetic variations, plants need biodiversity to improve themselves. Dr. Chris Kik protects biodiversity by collecting seeds of unique genetic variations of plant species around the world.

*Canisius Mishal. J  
X-Ruby*

# I tried it ...



## Exercises to Relieve Tech Neck

I stare at my phone for five hours a day. At least, that's what an impertinent weekly notification tells me. As a result, I've developed 'tech neck' – head forward, shoulders rounded, and back slumped; and it causes pain in my back, shoulders, and neck.

I saw a physical therapist who recommended some stretches to help alleviate the tension for a week. I took a five-minute break, three times each day to roll my head up and down into a chin tuck, slip onto a chin tuck, slip onto a mat and into cobra pose (lie on your stomach with your palms on the mat, next to your shoulders, then raise your upper body and look forward) and do a few spinal rotations (sitting cross-legged on the floor, reach for your left knee with your right hand, gently twisting, your torso to the left; repeat on the other side). I also made sure my smartphone and computer screens were always positioned at eye level.

I felt immediate relief, but I was told that I would need to adjust my screen time habits before I saw improvement in my posture.

*Julia Queenslin K  
X-Ruby*

# Interesting things about (World war I)

World War I often referred to as the Great War, was a global conflict that took place from 1914 to 1918. Here are some interesting aspects of the war:

## 1. Origins and Triggers

The war was triggered by the assassination of Archduke Franz Ferdinand of Austria – Hungary on June 28, 1914 by a Serbian nationalist. This event set off a chain reaction of alliances and treaties being activated.

## 2. New weapons

The war saw the introduction of new weapons and technologies including tanks, machine guns, Chemical weapons (such as mustard gas) and aircraft.

## 3. Global impact and consequences

The war led to significant political changes including the downfall of empires (such as ottoman Russian, Austro – Hungarian and German) and the redrawing of national boundaries, which set the stage for many geopolitical issues and conflicts in the 20th century.



Aabesh  
IX-Ruby

# Back then . . .



We all have the habit of thinking about the past. While reminiscing about the happy moments, we also compare the past to the present. This often ends up with us concluding that times were good back then or back then things used to be better and that now everything has changed. We focus on the negatives of the present and forget about the negatives of the past. This makes us think that the present as “good days”. As the old saying goes, “Present is called present because it is a gift”. Your present determines your future. While it is good to cherish your happy past, don’t forget to acknowledge and understand how much life has got better and how much you have developed as an individual in the present.

*Liana B.P  
XII-Med 1*

## Interesting Facts About Animals

- Platypus is the only animal that has no stomach.
- Starfish has no brain and no blood.
- One species of jellyfish is immortal. It's name is *Turritopsis dohrnii*.
- Pandas love to be alone.
- Scientists believe that penguins have evolved from flying birds.
- Dogs can detect cancer in their owner's body.



*Eshya Resh S  
IX-Topaz*

# Srinivasa Ramanujan

Srinivasa Ramanujan was one of the greatest Indian mathematicians. He was born on 22nd December 1887 in Erode. He attained early education in a local school in Madras. He had his love for Mathematics from a very young age, but this became a problem when he came to college because he excelled only in one subject and failed in others. He sent all his works to international Mathematicians. In 1913 he sent a famous letter to Hardy in which he attached 120 theorems as a sample of his work. He was awarded the Fellowship of the Royal Society. He died on 26th April 1926.



Amresh King S.V  
IX-Sapphire

# Humans in Space



For centuries, humans have dreamt of travelling in space. But that dream only became reality in 1961 when a Russian astronaut called Yuri Gagarin rocketed into space and orbited around the Earth.

## Moon missions :

During late 1950s, there was a race to conquer space by sending humans. In 1961 Americans promised to land a man on moon at the end of the decade. They did. In 1969, Neil Armstrong became the first man to walk on moon.

## MMU :

Manned Maneuvering unit is a cross between a backpack and a chair; it runs on nitrogen and can be recharged from the space craft. The astronaut controls the MMU from the aim rests. This was first used by Bruce MC Candles on February 1984.

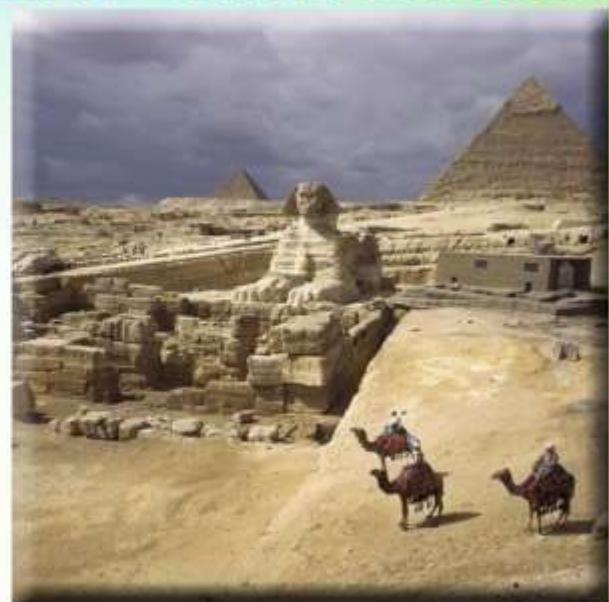
Today many men and women travel to space; most go for a few days, but others go for months at a time. Even so, space remains a hostile environment for humans. Spacesuits are needed for protection and to provide air to breathe. If humans are to live and work more permanently in space and to land on Mars, in the next century, we must learn about space even more.

*Jayden Shown J.S  
IX-Jade*

# UNCOVERING THE SECRETS OF ZHILAN: A MYSTERIOUS ANCIENT CIVILIZATION

## Introduction :

Deep in the heart of the desert lies the remnants of Zhilan, a long – last civilization. For centuries, the sands have shrouded the secrets of this culture leaving behind only whispers of a glorious past. Recent archeologists' discoveries have shed a new light on Zhilan, revealing a complex society.



## The Discovery :

A team of archeologists stumbled upon the ancient city of Zhilan while searching for a lost trade route. As they searched for the site, they uncovered structures, artifacts, and symbols that told a story of a sophisticated people. The team was amazed by the advanced engineering and architectural skills displayed in the construction of Zhilan's central pyramid, the "Tower of the Sun".

## The Symbols :

The symbols etched into the walls of the Tower of the Sun have been a subject of fascination for scholars. These symbols, unlike any known language, have been deciphered, but they reveal a complex system of mathematics and astronomy that was far ahead of its time. It is believed that the people of Zhilan had a deep understanding of the universe and its workings.

## The Artifacts :

Artifacts found at the site include pottery, jewellery and tools that showcase the artistic and technological powers of the Zhilan people. One notable artifact, a golden amulet, bears an inscription that speaks of a powerful leader, Emperor Arin, who united the people under one rule.

## Conclusion :

The discovery of Zhilan has opened a window into a forgotten past, revealing secrets that were thought to be lost forever. As we continue to unravel the mysteries of this enigmatic culture, we are reminded that there is still much more to be learnt from our ancestors. The secrets uncovered at Zhilan will continue to inspire wonder and awe, as we gaze upon the achievements of a long lost civilization.

*Shifra A  
IX-Ruby*

# Why every food professional needs to work with Artificial Intelligence



## Real Intelligence plus Artificial Intelligence :

“People should view generative AI as a thought partner, whether they’re using it to create a text response or images. That’s why we call it ‘RT plus AI TM; none of these AI Tools are very effective if you don’t have a good foundational real intelligence about food to feed them. Just think of foodies, home cooks are food professionals and how they all have different experience levels in food. If you are a chef or a restaurant operator, your level of understanding of food is above average and continues to grow. The more informed and skilled you are on the Real Intelligence side, the better your output from AI will be. Simply because you know what kinds of questions to ask. You are better in providing all relevant context. A prompt that you enter in AI is in fact, a briefing. Once you learn to write your prompts as briefings, you get much better responses.

## AI as a thought partner :

“The number one misconception is that generative AI is an advanced type of search. But it’s quite the contrary. Searching for facts and current events is useful, while generative AI is geared for creativity, perceptions and perspectives”. AI is about dreaming and connecting the dots. You should not use generative AI when you are searching for facts.

## A useful proxy for consumers and industry professionals:

“What makes generative AI so powerful for food is that it is an excellent proxy for consumers and professionals. The reason for that is the amount of food information that’s publically available, is extensive. There’s probably no topic that has been discussed more than food. It’s discussed at a science and agriculture level, on a policy level, and on an industry of consumers who have published recipes, started a blog and reviewed restaurants. It’s almost like generative AI was designed for the needs of the food industry. The amount of published information about food is stunning.

*Aashik Justin Lal J  
IX-Ruby*

# “என் இலக்கு”



தொட முடியாத உயரத்தில்

என் கனவுகள் இருந்தாலும்

தொட்டு விடலாம் என்ற நம்பிக்கையில்

தொடருகிறேன் என் ஒட்டத்தை

உன் தனித்திறமை எதுவென்று அப்பா கேட்க

உனக்கான பாதையை நீயே உருவாக்கு என்கிறாள் அம்மா

இடர்பாடுகள் எதுவாயினும் அனைத்தையும் இறையருளால்

தாண்டுவேன் என்கிறது என் ஆழ்மனது

கடந்து செல்லும் பாதையில்,

கடும் கொற்கள் வந்து வீழ்ந்தால்

‘இதுவும் கடந்து போகும்’ என்று உதறி செல்வேன்

யாரேனும் என்னை உதாசித்தால்

என் செயலாக்கத்தை செயல்படுத்த எழுந்து நிற்பேன் வீரப்பெண்ணாக

காலம் தந்த வேலை என்று கடமையை செய்வேன்

காலம் இன்றே முடியக்கூடும் என்று விரெந்தே செய்வேன்

பலமுறை நான் வீழ்ந்ததே முளைப்பதற்கு தான்

என் முயற்சி என்ற சிறகு என்றும் ஓயாது

உலகம் எனதாகும்!

எனக்கான அடையாளம் உருவாகும்!

நினோனா  
11-மருத்துவம் 2

# Articles that you must know!



We Indian citizens must know the basic and important articles.

1. Right to equality (Articles 14-18)
2. Article 14 : Equality Before Law
3. Article 15 : Prohibition of Discrimination
4. Article 16 : Equality in Opportunities in Matters of Public Employment.
5. Article 17 : Abolition of Untouchability
6. Article 19 : Right to Freedom of Speech and Expression.
7. Article 19 (1)(b) : Right to Assemble Peacefully.
8. Article 19 (1)(c) : Right to form associations or unions.
9. Article 19 (1)(d) : Right to move freely throughout India
10. Article 19 (1)(e) : Right to practise any profession
11. Article 20 : Protection against Ex post facto laws
12. Article 21 : Right to Life and Personal Liberty

*Agasthi Andria  
IX-Ruby*

“The only thing standing between you and your goal is the story you keep telling yourself, why can’t you achieve it”.



*J.B. Jeroshika Angas  
IX-Jade*

# *The Adventures of Oliver Big City*



Oliver the raccoon had lived his entire life in the quiet sprawling woods of maple grove. The forest was full of familiar sound; the rustling of leaves, the chirping of birds, and the distant hoot of owls at night. Oliver loved his cozy den under the large oak tree, but he couldn't help but feel a sense of curiosity whenever he heard stories from travellers about the big city beyond the hills. One bright morning, with the scent of adventure in the air, Oliver decided that it was time to satisfy his curiosity. He packed a small bag with his favorite snacks, took a deep breath and set off towards the city. The journey was long and filled with new sight. The rolling hills turned into paved roads and the trees gave way to towering buildings. As Oliver approached the city, the air buzzed with unfamiliar noises – the horning of cars, the chatter of people and the hum of machinery. It was overwhelming, yet thrilling. In the heart of the city, Oliver felt like an explorer in an entirely new world. The streets were lined with tall buildings and everywhere people rushing about. He scampered along the sidewalks, marvelling at the displays in shop windows and the bright lights that made the city glow even at night.

One evening, as Oliver wandered through a bursting marketplace, he met a kind street vendor named Maria. She noticed the small raccoon looking lost and offered him some fresh fruits. Oliver's eyes sparkled with gratitude as he accepted the treat. Maria laughed and introduced herself, offering to show Oliver around the city.

With Maria's guidance, Oliver discovered hidden parks where he could rest and play, markets filled with delicious foods and alleyways where other animals lived. He made friends with a smart street cat named Leo, who taught him the in and out of the city.

Days turned into weeks and Oliver began to feel at home in the city. He could rest and enjoy the sights and sounds of his new environment. He even started helping Maria at her fruit stall, using his nimble paws to arrange the fruits and attract customers with his charismatic looks.

Though he missed the tranquility of maple grove, Oliver knew he had found something special in the city – a sense of adventure, new friends and a place where he could feel at home. And so, Oliver the raccoon embraced his new life in the strange, exciting city, always ready for the next adventure that waited around the corner.

*Arin  
III-Jade*

# **FUN FACTS AND TRIVIA**

- It is impossible for most people to lick their own elbow (try it!)
- A crocodile cannot stick its tongue out.
- The “Sixth sick sheik’s sixth sheep’s sick” is believed to be the toughest tongue twister in the English language.
- If you sneeze too hard, you could fracture a rib.
- Wearing headphones for just an hour could increase the bacteria in your ear by 700times.
- In the course of an average lifetime, while sleeping you might eat around 70 assorted insects and 10 spiders, or more.
- Some lipsticks contain fish scales.
- Like fingerprints, everyone’s tongue print is different.
- Rubber bands last longer when refrigerated.
- On an average a person’s left hand does 56% of the typing (when using the proper position of the hands on the keyboard; hunting and pecking doesn’t count).
- The shark is the only known fish that can blink with both eyes
- A cat has 32 muscles in each ear
- Most people fall asleep in seven minutes.

*Tharanath. V  
IX-Jade*

# நட்பு

கடல் என்பது நீர்

இருக்கும் வரை

வானம் என்பது விண்மீன்

இருக்கும் வரை

மரம் என்பது நாம்

வெட்டாத வரை

ஆனால்

நட்பு என்பது நாம்

உயிருடன், வாழும் வரை

பூவுக்கு மணம் அழுகு

கண்ணுக்கு இமை அழுகு

பறவைக்கு சிறுகு அழுகு

ஆனால்

உனக்கு நான் அழுகு

எனக்கு நீ அழுகு

நமக்கு நம் நட்பு அழுகு



எமில் கிறிஸ்டோன்  
9-புஷ்பராகம்

# கன்னியாகுமரி மாவட்ட கறிப்பு



இம்மாவட்டத்தின் மொத்த மக்கடதொகை பதினெட்டு லட்சத்து எழுபதாயிரத்து முந்நூற்று எழுபத்து நான்கு ஆகும். கன்னியாகுமரி மாவட்டமானது தமிழ்நாட்டின் தென்பகுதியில் உள்ளது. இந்த மாவட்டத்தின் அட்சரேகை 80 03' முதல் 80 35' வரை வடக்கிலும் மற்றும் தீர்க்க ரேகை 770 15' முதல் 770 36' வரை கிழக்கிலும் அமைந்துள்ளது. இந்த மாவட்டமானது 1684 சதுர கிலோ மீட்டர் பரப்பளவு கொண்டுள்ளது. கன்னியாகுமரி மாவட்டத்தில் குழித்துறை ஆறு என்று அழைக்கப்படுகின்ற தாமிரபரணி ஆறு பெரிய ஆறாக விளங்குகிறது. கன்னியாகுமரி மாவட்டத்தின் ஐந்தாண்டின் மழை அளவு இந்திய வானியல் மையம் சென்னையில் 2017-11655, 2018-1289.3, 2019-1268.0, 2020-1299.5, 2021-2241.0 உள்ளது. இந்த மாவட்டத்தில் 16 மாதிரி கிணறுகள் தமிழ்நாடு குடிநீர் வடிகால் வாரியத்தின் மூலம் கண்காணிக்கப்படுகிறது. மேற்கூ மற்றும் வட மேற்கில் கேரள மாநிலம் எல்லைகளாக அமைந்துள்ளது.



எஸ். ஜே பின்னோய் சதியன்  
10-இந்திரநீலம்

# upcoming Technology



## 1 minute Charger

Mr. Gupta discovered that a dead laptop or a dead phone can be charged in just 1 minute and an e-car in just 10 minutes.

The key behind this discovery is “super capacitors”. Researchers discovered the movement of ions – tiny charged particles – within a complex network of microscopic pores. A super capacitor is an energy storage device that depends on ion collection in their pores. It is worth nothing in comparison to batteries. They have fast charging times and longer life spans.

This has recently been published and the researchers are working on it. Let's wait for this new technology to be out.

Adya P  
XI-Med 2

## Riddles

1. I am always coming but never staying.
2. I am always asking but never answering.
3. I am always breaking but never mending.
4. I am always growing but never getting bigger.
5. I am always going but never leaving.



1. Guest
2. Question
3. Promise
4. Debt
5. Memory

J.B Harshitha  
III-Jade

# Facts about life



- Eat your food as your medicines other wise, you will have to eat medicines as your food.
- There is a big difference between a human being and being human. Only a few really understand it.
- The only people who love you without expectations are your parents.
- No one is happy with your success except your family.
- Laugh with everyone but don't trust any one.
- Never reveal your secrets to anyone.
- Living a simple life gives you more time for important things.
- Life is not the same with everyone. So think twice before judging others.

Abina A.S  
VIII-Ruby

## Friendship

Either winter or monsoon,  
Spring or summer  
the unsinkable ship,  
floats forever.  
This is my only lifeboat  
On which I can survive  
It is warmer than anything else,  
and has always helped me to revive



Affiya A  
V-Ruby

# ***Mom! You're Always There for me***

You hear my pain when -  
Everyone else goes deaf  
You always make me smile -  
When I think I can't.  
You listen to my secrets -  
And make them yours.  
You give me a hug when -  
I can't find my voice.  
You wipe away the tears when -  
The world makes me weep.  
You are my inspiration  
You are my guardian angel  
You are my mom!

*Achsah Rose  
XI-Med 1*

## **The helpful squirrel**



On a peaceful meadow lived a squirrel, named Nutty. Nutty was known for his helpful nature. One day, as he was gathering acorns, he noticed a family of birds struggling to build their nest. "Can I help?" Nutty asked. The birds hesitated at first but soon accepted Nutty's offer. With his nimble paws, Nutty gathered twigs and leaves, helping the birds construct a sturdy nest. Grateful, the birds sang a song of thanks, and Nutty felt warm inside. From then on, whenever Nutty saw someone in need he lent a paw without hesitation, making the meadow a happier place for all.

*S. Hibba Asna  
VI-Sapphire*





*A.C Jarrish Ajrine  
III-Topaz*





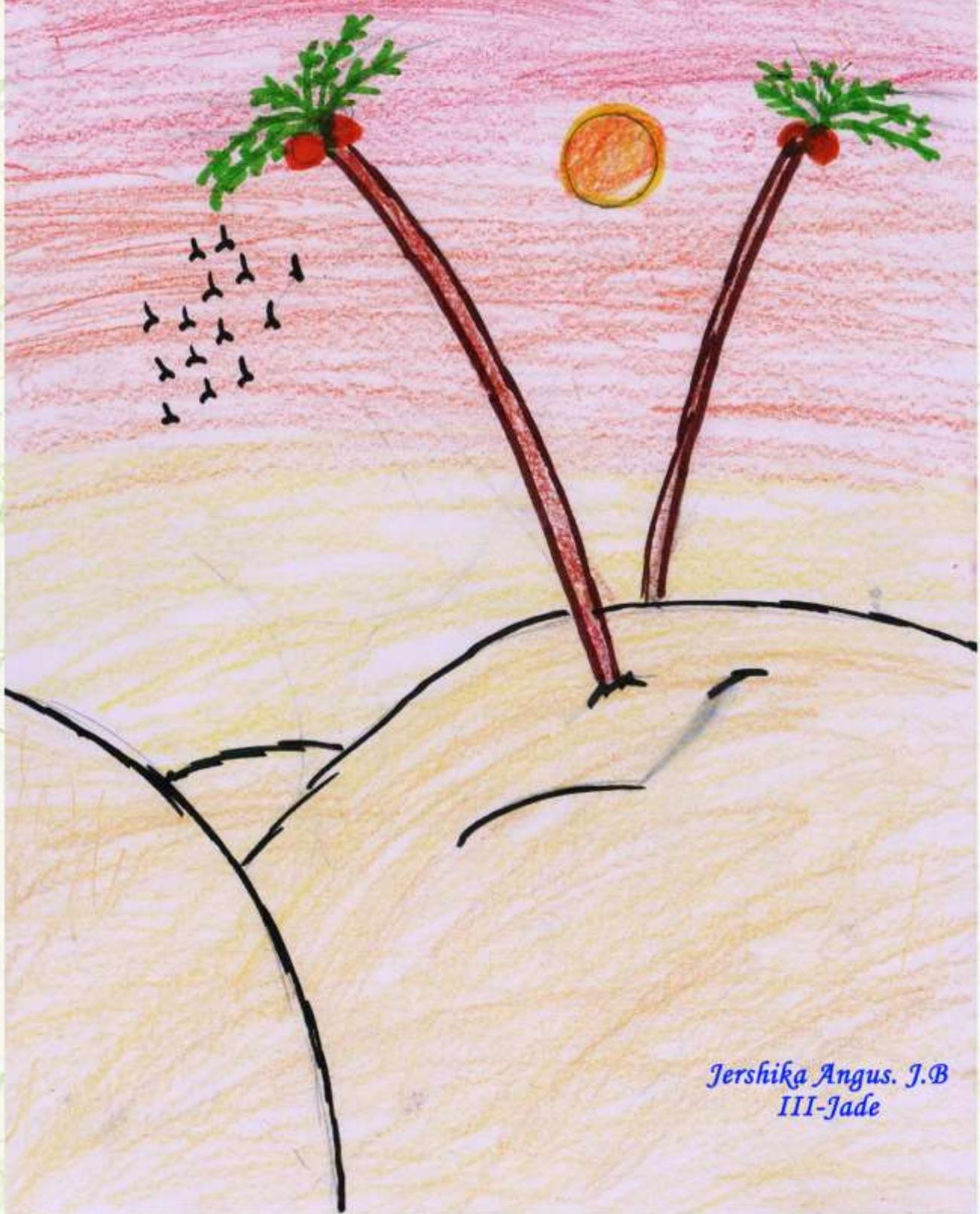
UNiCORN

*Jane Taffeta M*  
*III-Jade*



*Akshay Raj R*  
*IV-Topaz*

# ISLAND



Jershika Angus. J.B  
III-Jade



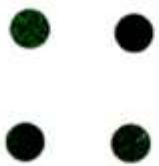
*Jane Taffeta M  
III-Jade*



*Neshrin V.J  
V-Jade*

# Place Value.

## Hundreds    Tens    ones

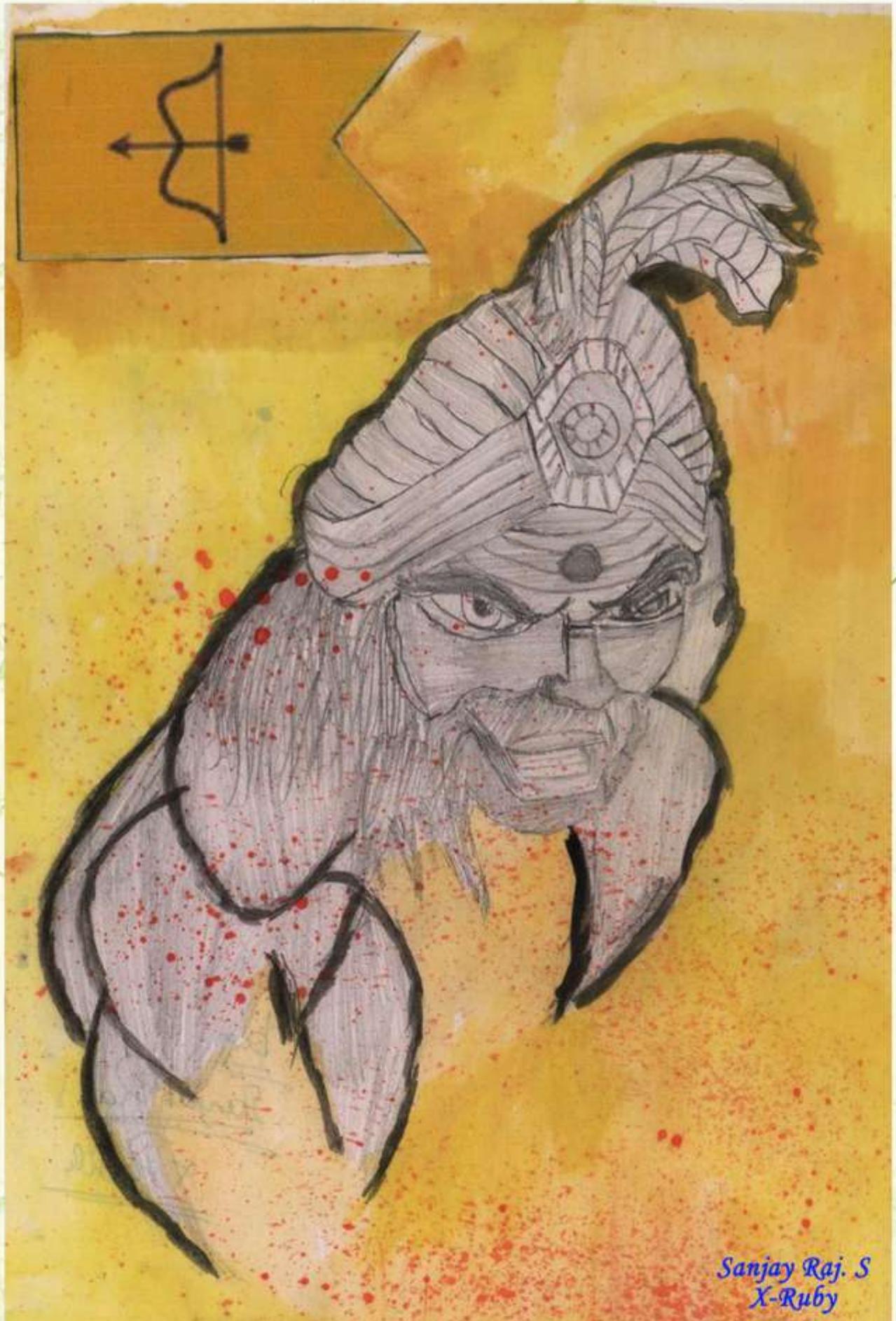


Alvina Bernice I.A  
II-Jade

1 hundred + 3 tens + 4 ones = 134



Delphin Sujay D  
VI-Sapphire





*Joshita John*  
*IX-Jade*



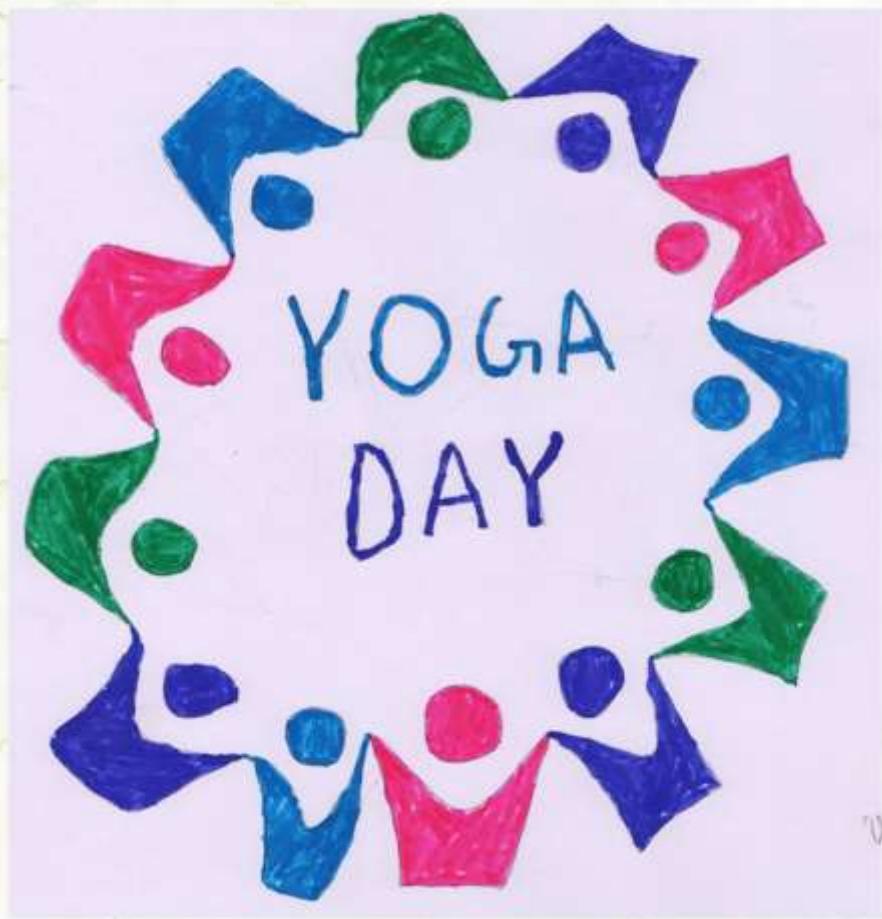
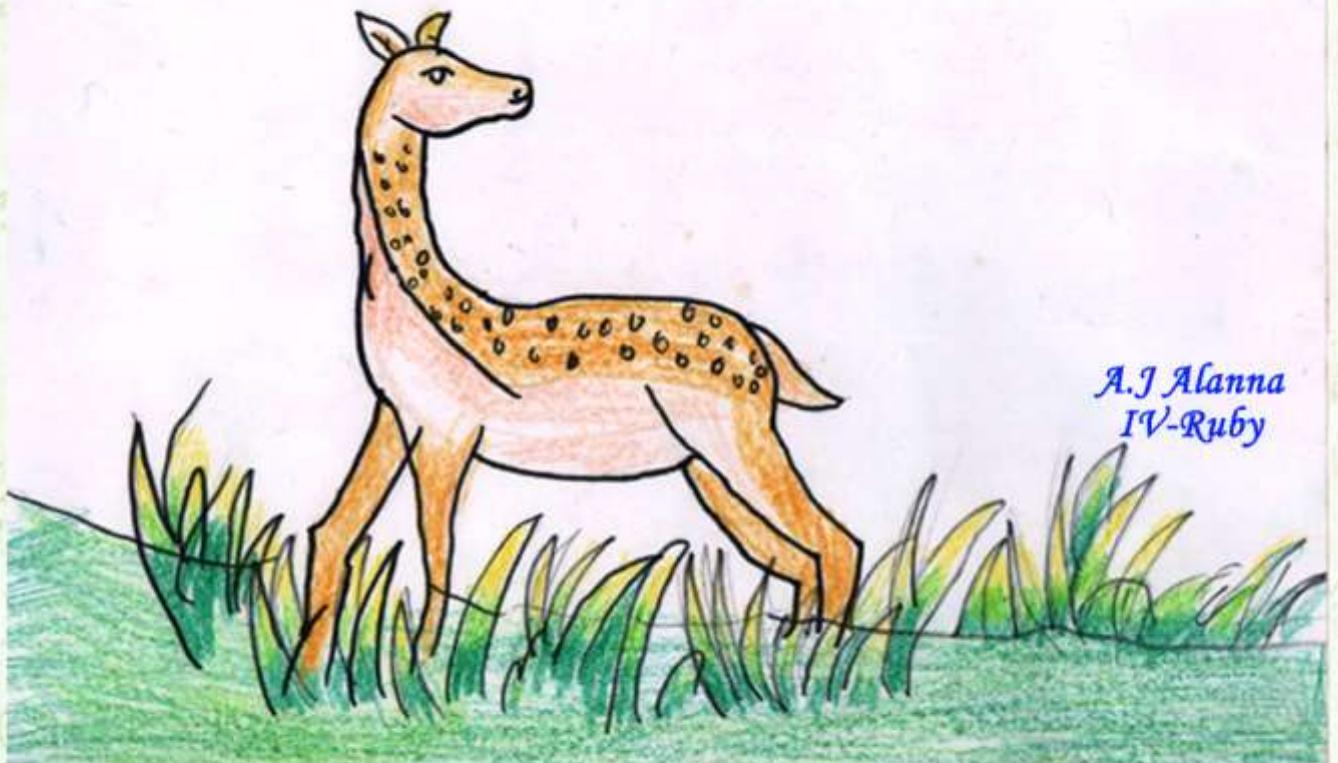
*Shanto S.A*  
*IX-Jade*

Gigantamax

charizard



Aaron S.V  
X-Sapphire



V. Ansika  
IV-Ruby



Pailina R.V  
VI-Sapphire



Leah Latasha B  
IV-Ruby



A Cartoon character.  
Sasuke uchiha

Al Mubeen  
XII-Med 2



# Sacred Heart International School

Pammam, Marthandam.



## English Club

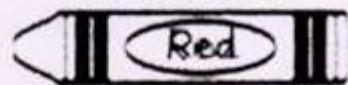
Grade : 11 TOPAZ

Name : Sonia Ad

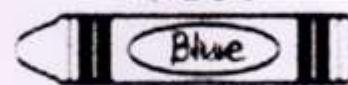
### Noun Sorting Game – Gum Ball



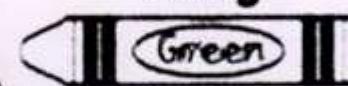
Person



Place

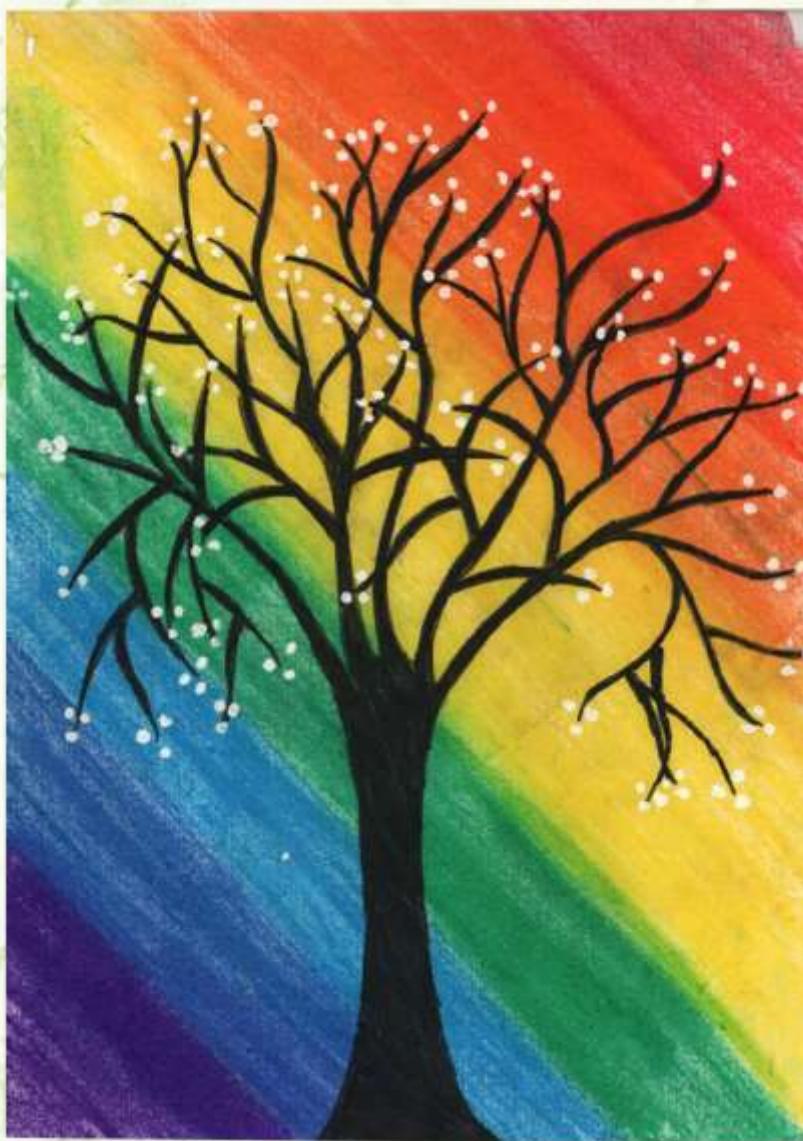


Thing





*Delphin Sujay D*  
*VI-Sapphire*



*Adria J*  
*XI-Med-1*

## Blood Donation Camp



## Fire Training



### Father's Day



### Mongo Day



### Potato Printing



### Yoga Day

