



Sacred Heart International School

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ELIXIR

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Editorial

Prayer the pathway of success

In a world often filled with noise and distractions, prayer remains one of the most powerful practices in connecting with the divine. Across various religious traditions, prayer is not just a ritual but a way to express gratitude, seek guidance, and find solace. Whether it's through formal prayers, meditative moments, or spontaneous conversations with God, the act of prayer offers a direct link to spiritual fulfillment and peace.

In Christianity, prayer is a means of deepening one's relationship with God. Jesus Himself emphasized the importance of prayer in His teachings, famously guiding His disciples with the Lord's Prayer, a model for personal communication with God. Through prayer, Christians find comfort in knowing that God hears their worries and joys, and they can rely on His wisdom and love in times of uncertainty.

Similarly, in Islam, the five daily prayers, or Salah, are seen as an opportunity to pause from the busyness of life and reconnect with Allah. It's more than a ritual; it is an act of submission, a reminder that we are part of something far greater than ourselves. Each prayer serves as a checkpoint, a moment to reflect, ask for forgiveness, and seek strength for the day ahead.

For Hindus, prayer takes many forms—from chanting mantras to offering devotion at temples. These prayers are ways to honour the divine, express love, and seek blessings. In Hinduism, prayer is also about cultivating a connection with the inner self and the universe, reflecting the belief that the divine resides within all beings. The act of prayer, thus, becomes both a spiritual practice and a method of aligning oneself with higher purpose.

The power of prayer lies not only in what is asked but also in the peace it brings. In times of personal trial or when facing challenging decisions, prayer becomes a refuge—a reminder that we are never truly alone. It can bring clarity, calm the mind, and help believers feel grounded in their faith, regardless of life's circumstances.

Moreover, prayer encourages gratitude. In the hustle of daily life, it's easy to forget the blessings we have. Prayer helps us take a step back, reflect on the gifts of life, and acknowledge the divine presence in our everyday experiences. Whether one is praying for strength, guidance, or simply to express thanks, the act of prayer is a profound way to connect spiritually.

In essence, prayer is a means of strengthening the relationship between human beings and the divine. It nurtures faith, provides comfort, and helps believers navigate the complexities of life with a sense of purpose and peace. It is through these moments of prayer that we remember to look inward, seek guidance, and find our place in the vastness of the universe, anchored in faith and divine love.

Shabeela.S.Ikbal
Department of English

The sunset

I looked up to the sky,
And saw birds fly,
The sun was setting down,
On the nearby town.
The sky was streaked with colours,
Of red, orange, pink hues,
Clouds with silver lining,
That made everyone hoping,
For another better day.

I sank back into my chair,
The breeze blowing my hair,
The flowers in the garden,
Looked up to the direction of the sky,
As if saying good bye,
To another beautiful day.

*Leora Alexander
VIII-Topaz*

Brain teasers



1. What has keys but can't open locks?

Answer: A piano.

2. I speak without a mouth and hear without ears. I have no body, but I come alive with the wind. What am I?

Answer: An echo.

3. The more of this there is, the less you see. What is it?

Answer: Darkness.

4. What can travel around the world while staying in the corner?

Answer: A stamp.

5. What has a heart that doesn't beat?

Answer: An artichoke.

6. I'm tall when I'm young, and I'm short when I'm old. What am I?

Answer: A candle.

7. What has hands but can't clap?

Answer: A clock.

8. I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?

Answer: Fire.

9. What has one head, one foot, and four legs?

Answer: A bed.

10. I'm not alive, but I grow; I don't have eyes, but I can cry; I don't have a mouth, but I can die. What am I?

Answer: A cloud.

*Akshaya
VII-Ruby*

Behavioural Truths



- Our brain always predicts what will happen next based on past experiences, which helps you react quickly to situations. This is part of how we navigate the world with minimal effort.
- Even if you're not feeling happy, smiling can trigger the release of dopamine and serotonin, which can improve your mood and make you feel better.
- Having too many options can lead to stress, anxiety, and regret. This is known as the paradox of choices, where more options can actually reduce happiness and satisfaction.
- Our memories can be distorted over time, especially when we try to recall events. We can unintentionally fill in gaps with false information, creating memories that aren't entirely accurate.
- We often unconsciously mimic the gestures, posture, and expressions of those we are interacting with. This helps establish rapport and makes social interactions smoother.
- People generally prefer to have an answer or a resolution, even if it's not the one they want. The need for closure can lead individuals to make decisions more quickly, sometimes without fully processing all available information.
- The brain accounts for about 2% of your body weight but uses roughly 20% of your energy. It's an energy-hungry organ, constantly processing information and managing body functions.
- Our brains are wired to give more weight to negative experiences because, evolutionarily, it helped us survive. This is why bad experiences often feel more intense and stick with us longer than good ones.
- Music has the power to influence your mood. It can trigger strong emotional reactions, helping with relaxation, motivation, or even bringing up past memories.
- We tend to adopt the behaviours, habits, and even attitudes of those we spend the most time with. This is due to social influence, and it's why your circle of friends can impact how you think, act, and feel.

*Vrajanath
VII-Ruby*

A Garden of Flowers

In the meadow's golden light,
Where the sun shines soft and bright,
A sea of colours starts to bloom,
Filling earth with sweet perfume.

Petals delicate, soft as dreams,
Dancing gently in sunlit beams,
From violet hues to crimson red,
Their fragrant whispers softly spread.

The daisy, proud with golden crown,
Glistens bright as daylight's gown.
Its white petals reach to the sky,
A symbol of hope that never dies.

The rose, with velvet touch so fair,
A secret kept in fragrant air,
Each layer hides a tender heart,
A love that lingers, never to part.

Tulips in their rainbow hues,
Stand in rows with morning dew,
Their graceful heads, so tall and bright,
Stir the soul with pure delight.

The lilies bloom in silent grace,
With ivory beauty, pure embrace.
They stand as symbols, sweet and pure,
Of love eternal, strong, and sure.

Sunflowers stretch their golden face,
Chasing light in every place.
Their heads are turned toward the sun,
A life of joy, a journey won.

And violets, in shades of blue,
Whisper secrets only they knew,
Their quiet charm, so soft and true,
Spreads peace like morning's dew.

The lavender, with scent so sweet,
Fills the air on nimble feet,
A calming touch to weary mind,
A moment's peace, so pure, so kind.

In gardens wild, the wildflowers grow,
With colours bold in sun's warm glow.
Untamed and free, they fill the air,
A perfect beauty, everywhere.

The marigold, with fiery hue,
Warms the heart with light anew,
Its sunny face, so bright, so true,
Reminds us that hope can bloom too.

Each flower tells a story, deep,
Of memories we hold and keep,
Of love, of loss, of joy, of pain,
Of sunny skies and cleansing rain.

In every petal, life's design,
A fleeting beauty, yet divine.
For though the blooms may fade away,
Their essence lingers, day by day.

So let us walk through fields of flowers,
And cherish their ephemeral powers,
For in their colours, soft and bright,
We see the world in pure delight.

They teach us how to gently grow,
To bloom with grace and let love show,
And though the seasons may be brief,
Flowers remind us to believe.

*Ben Risa
VIII-Ruby*



Crypto currency



Crypto currency is a type of digital or virtual currency that exists only in electronic form. That means, it doesn't have a physical counterpart like coins or paper bills. What makes crypto currency unique is that it operates on a decentralized network, often using technology called blockchain. A blockchain is a secure, distributed ledger that records all transactions made with a specific crypto currency making it transparent and very difficult to alter once recorded. This means that no central authority, like a government or bank, controls it, which gives users more control over their own money.

The most well-known crypto currency is Bitcoin, created in 2009 by an anonymous person or group under the name Satoshi Nakamoto. Since then, many other crypto currencies have been created, such as Ethereum, Litecoin, and Ripple (XRP). Crypto currencies can be used for a variety of things, such as buying goods and services, transferring money to others or as an investment. They can also be traded on crypto currency exchanges where users can buy and sell them just like stocks.

One of the key benefits of crypto currency is that it allows for fast and relatively low-cost transactions, especially across borders, without the need for traditional financial institutions like banks. It also offers a degree of privacy and security, as transactions are encrypted and harder to trace than traditional payment methods. However, the value of crypto currencies can be highly volatile, meaning it can change dramatically in a short time, making them risky investments. In addition, while crypto currencies offer certain freedoms, they face challenges such as regulatory issues, as many countries are still figuring out how to handle them legally. Despite these challenges, the idea of digital currencies continues to grow in popularity as an alternative to traditional financial systems.

*Darren
XI-Med 2*

Glue

A fabulous invention



Glue or adhesive, has a long history that dates back to prehistoric times, with early humans using natural substances like tree resins, animal hides, and plant gums for crafting tools and construction. Ancient Egyptians also used adhesives in building furniture and for mummification. The real advancements in adhesive technology began in the 19th century during the Industrial Revolution, with the development of rubber-based adhesives. In 1903, German chemist Dr. Herman Staudinger made key discoveries about macromolecules, which were crucial in the development of synthetic adhesives. A major breakthrough occurred in 1930 when Harry Coover accidentally discovered cyanoacrylate, a powerful bonding agent that would later become known as Super Glue.

As synthetic adhesives became more advanced, companies began producing specialized glues for various applications, including Elmer's Glue and pressure-sensitive adhesives that led to the invention of tape and sticky notes. By the mid-20th century, glue became a common household and industrial product used in everything from woodworking to packaging.

Today, glue is available in a wide range of types, from epoxy glues and hot glue to bio-based adhesives made from natural materials like starch and cellulose. With growing environmental concerns, researchers are increasingly focusing on developing sustainable, eco-friendly glues to replace traditional synthetic adhesives. The evolution of glue, from ancient natural resins to modern synthetic formulas, shows its incredible versatility and importance in industries and daily life.



*Mujano Jaffens
XI Non med*

പുതുജന്മം കവിത

ഹരിതാഭ ഭംഗിയാൽ ഹർഷാബ്ദമിസുവായ്
ദേവമോകം വെടിഞ്ഞിതാ വന്നല്ലോ ധരണിയിൽ
കഥനങ്ങളെല്ലാം മാത്യവിത്തിൽ ചുരത്തി
കർമപദം തേടി വന്നുണഞ്ഞിതാ.....
പുല്ലും പുഴുക്കളും പലജാതി ജീവനങ്ങളും
പുതിയ വരവിനെ സ്വാഗതമോതി
ഇനിയുമെന്തെല്ലാം വേഷങ്ങൾ എന്തെല്ലാം കോലങ്ങൾ
ഇഹത്തിലും പരത്തിലും പരതുവാൻ
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കർമപ്പത്തിൻ യാതനകളേതുളേൽക്കാതെ
കഴിയണമെന്നിഹും ഇനിയീ ജനമ്ത്തിൽ
പുല്ലാകുഴലുപോൽ പുണ്യഗാനം പൊഴിക്കുവാൻ
പരീക്ഷണങ്ങളിൽ ചിറകുകളറ്റു പിടയുന്ന മനവും
പതറിയ ബാല്യവും പരുങ്ങലിൻ കാലവും
തളർന്നവശമാം ഭാവിയും തകർന്നടിഞ്ഞജീവിതവും
സ്മരണയിലെത്തുമ്പോൾ പകച്ചുപോന്നു.....
എങ്കിലുമീ ജനമ്ത്തിൽ ദേവനെനിക്കായ്ത്തന്ന
എത്രയും സുന്ദരമാം നല്ല ജീവിതത്തിൽ
പഴമകളെ അതിജീവിച്ച് അബദ്ധങ്ങളെ മറികടന്ന്
പുൽനാമ്പിനൊപ്പം ഞാനും വളർന്നു പൊന്തട്ടെ



Mr. Hakkim H
Dept. of History & Civics

The Ring of Fire



The Ring of Fire is a vast, horseshoe-shaped zone of seismic and volcanic activity that encircles the Pacific Ocean. Stretching along the coasts of countries such as Japan, Indonesia, the Philippines, Alaska, and the western Americas, it is one of the most geologically active regions in the world. The Ring of Fire is primarily located along tectonic plate boundaries, where several plates, including the Pacific Plate, the Eurasian Plate, and the North American Plate, constantly interact with each other. This interaction leads to a significant amount of geological activity, particularly earthquakes and volcanic eruptions. At subduction zones, one tectonic plate slides beneath another, causing the formation of magma that rises to the surface and creates volcanic eruptions. As a result, the Ring of Fire is home to more than 75% of the world's active volcanoes, including well-known ones like Mount Fuji in Japan and Mount St. Helens in the United States. In addition to volcanoes, this region is also prone to frequent earthquakes and tsunamis due to the shifting of tectonic plates. The seismic activity in the Ring of Fire makes it both a fascinating and hazardous area, with significant implications for the environment and populations living nearby.

*Akshana Carol
X-Topaz*



Friends are Rainbows

A rainbow arcs across the sky,
A bridge of colors, shining high,
Each hue a thread, a bond so bright,
That ties us close through day and night.

Like droplets of the rain we share,
We weather storms, and still, we care,
In laughter's light or shadows deep,
Our friendship's promise, we will keep.

As red and gold blend soft and true,
Our hearts entwine in shades anew,
Through violet whispers, soft and kind,
A bond like rainbows, intertwined.

For in the colours, we both see,
A friendship that will always be-
A spectrum that will never fade,
A timeless dance of light and shade.

Abhishekji Joyal
XI-Non Med



William Shakespeare:

The greatest English writer



William Shakespeare, often hailed as the greatest playwright in the English language, may have written his works over four centuries ago, but his influence remains profoundly relevant in modern literature. His exploration of universal themes such as love, betrayal, ambition and morality continues to resonate with contemporary readers and audiences. Characters like Hamlet, Macbeth, and Juliet grapple with emotions and struggles that are still part of the human experience today, making Shakespeare's work timeless.

Shakespeare's inventive language, which contributed thousands of words and expressions to the English language, also laid the foundation for modern storytelling. His use of soliloquies, complex character development and intricate plots are key features seen in today's books, television and films. Many modern stories, from Shakespearean-style revenge plots to morally complex characters, owe a great deal to his techniques.

Furthermore, Shakespeare's characters, with their depth and complexity, have become prototypes for the morally ambiguous figures common in modern literature and film, like Tony Soprano or Walter White. Writers and filmmakers continue to draw inspiration from his works, reinterpreting them for contemporary audience. Modern adaptations, such as Baz Luhrmann's *Romeo and Juliet*, demonstrate that Shakespeare's stories remain relevant, adaptable and fresh.

Shakespeare's influence also extends beyond traditional literature, as his works are still actively engaged with through adaptations and reimaginings. Whether in movies, books or stage productions, his plays speak to today's social and political contexts, proving that Shakespeare's legacy is not just a piece of history but an ongoing force in modern literature. His exploration of human nature and mastery of language ensure that he remains not just a writer of the past, but a writer for the modern world.

*Julin Zachariya
X - Topaz*

7 Interesting Facts about English Language

- 1) English is known for having one of the largest vocabularies of any language, with over 170,000 words currently in use. The actual number of words is constantly growing as new terms are added.
- 2) English is spoken by more than 1.5 billion people worldwide, including both native and non-native speakers, making it the most widely spoken language globally.
- 3) English has borrowed words from over 350 different languages, including French, Latin, German, and Spanish, making it a melting pot of linguistic influences.
- 4) The letter "e" is the most frequently used letter in the English language, appearing in about 13% of all words.
- 5) The first English dictionary was compiled by Samuel Johnson in 1755, and it contained around 40,000 words. Modern dictionaries now include hundreds of thousands of entries.
- 6) Unlike many other languages, English doesn't have a specific grammatical form for the future tense. Instead, we use auxiliary verbs like "will" or "shall" to indicate future actions.
- 7) The longest word in English without any vowels (a, e, i, o, u) is *rhythms*.

*Danica
VIII Ruby*

Health Benefits of Rambutan :

A TROPICAL SUPERFRUIT



Rambutan is a tropical fruit packed with essential nutrients and offers a variety of health benefits. Here are some of the top advantages of including rambutan in your diet:

- ❁ **Rich in Nutrients:** Rambutan is high in vitamin C, iron and other essential vitamins and minerals that support overall health.
- ❁ **Boosts Immunity:** The high vitamin C content helps strengthen the immune system and fights off illnesses.
- ❁ **Improves Digestion:** With its fiber content, rambutan promotes healthy digestion, prevents constipation and helps regulate blood sugar levels.
- ❁ **Promotes Healthy Skin:** Antioxidants in rambutan protect the skin from damage and support collagen production, keeping your skin youthful and glowing.
- ❁ **Supports Heart Health:** Potassium in rambutan helps regulate blood pressure, reducing the risk of heart disease.
- ❁ **Boosts Energy:** The natural sugar in rambutan provides a quick energy boost, making it an excellent snack for when you're feeling tired.

*Reshmi
VIII-jade*



*Steffi
VI-Topaz*



*Suguru Geto
VIII-Sapphire*

SUNSET SCENERY



*Eric Singh S.S
II-Topaz*

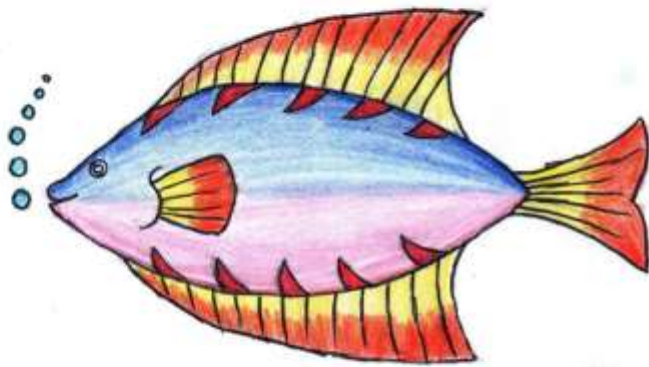


*Keshika Sree A.M
I-Sapphire*

SUPER CAR



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II-Topaz*



Renoshick R,S
I-Jade



Aswani R,R
XI-Med 1

Pongal Celebration

