



Sacred Heart International School

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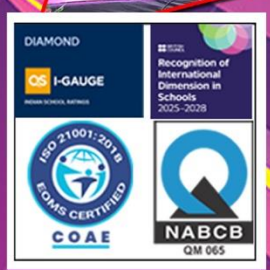
Pammam, Marthandam.



ELIXIR

The Flow of Magical Writing

March 2026



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Dear students, take a moment to reflect on how often you reach for your phone each day. Buzzing notifications, endless scrolling, and glowing screens have quietly become part of our everyday life. From the moment we wake up to the time we sleep, social media seems to follow us everywhere. Yet in this constant digital noise, one important thing is slowly fading away - peace.

Social media promises connection, but too much of it often brings pressure and stress. We begin to compare our lives with filtered pictures and carefully edited stories, forgetting that what we see online is not always real. This constant comparison can make us feel anxious, distracted, and sometimes even unhappy.

Real peace, however, lives outside the screen. It can be found in quiet conversations with family, laughter with friends, the joy of reading a good book, or a peaceful walk under the open sky. These simple moments refresh the mind and help us feel calm and content.

When we reduce our screen time, we also gain more time for ourselves. We can concentrate better on our studies, discover our talents, and enjoy life more fully. Logging out does not mean losing touch with the world; instead, it allows us to reconnect with what truly matters.

Social media is undoubtedly a useful tool, but it should never control our lives. When used wisely and in moderation, it can serve us well without disturbing our peace of mind. Choosing real experiences over endless virtual scrolling leads to a healthier and happier life.

So, pause the scroll once in a while. Look around. Breathe deeply. Pick up a book and allow yourself the quiet joy of reading. Books strengthen our thinking, improve our focus, and open the door to new ideas and knowledge. Peace is not found online - it is discovered in the simple, real moments of life, often between the pages of a good book.

Mrs Efia 
English Department



Deep in the jungle, Bagheera the panther was out for hunting. Suddenly, he heard a strange crying sound coming from the river. The lion took the little boy and the boy began to grow.

The lion, the bear and the boy lived happily in the jungle. One day, the Monkey King and the other monkeys took the boy away from the lion and the bear. When the lion and the bear returned, they saw that the boy was missing.

The lion said to the bear, “The Monkey King has taken him. You are clever and strong. You must save him.”

Without wasting time, the bear hurried to the monkey village. The Monkey King tried to stop him, but the bear bravely rescued the boy. Soon, the lion joined them and together they safely returned to the jungle.

The boy hugged the lion and the bear tightly. From that day on, they promised to protect one another and stay united as a family.

Moral: True friendship means standing by each other in times of trouble.

Surjika Prakashini

IV Topaz

Tickle Your Brain

1. **What goes up but never comes down?**
2. **What has 13 hearts but no lungs, feet, or belly button?**
3. **What can you catch but not throw?**
4. **What has keys but can't open locks?**
5. **What has a face and two hands, but no arms or legs?**



Ans:

1. Age
2. A deck of cards
3. A cold
4. A piano
5. A clock

John Delfrin
(V Jade)

NOTHING GOLD CAN STAY

**Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.**

Dane J Selva
(VII Ruby)



YOU ARE A FLAME

*You are a flame that burns with
determination, ambition,
hard work, luck and success.*



*A bright flame that shines
as brightly as the sun.*

*A flame that inspires people to follow
their dreams and achieve great things in life.*

*You are a flame that burns with greatness,
a golden flame that burns with golden dreams.*

A flame that will burn forever.

*You are a flame that cannot be extinguished,
for you are the fire that inspires,
a flame that burns in the hearts of millions.*

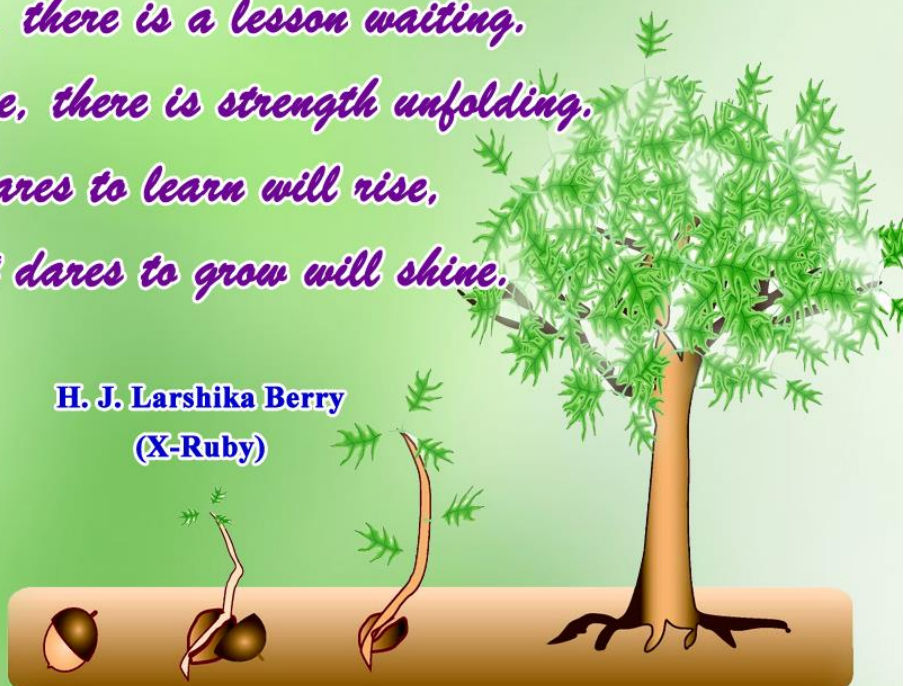
Arshith A. S
(IV-Ruby)



Seeds of Wisdom and Growth

*Wisdom isn't just knowing the answers,
but also understanding the right questions.
It listens before it speaks,
and thinks before it decides.
Growth begins where comfort ends.
It starts with a single brave step,
when fear whispers, "Stay,"
but courage says, "Move forward."
In every mistake, there is a lesson waiting.
In every challenge, there is strength unfolding.
The heart that dares to learn will rise,
and the soul that dares to grow will shine.*

H. J. Larshika Berry
(X-Ruby)





DIVINE ASSURANCE

A Promise of Unfailing Presence

“No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.”

Joshua 1:5

Meaning of the Verse:

Joshua did not just appear in the Book of Joshua; he had been present since the Book of Exodus. Actually, he was not chosen merely to step into the shoes of Moses, but to lace up his own. God backed him up as He had backed Moses. Joshua was not a king, a prophet, or some flashy miracle worker. He was a servant turned leader. His strength was not in his sword, but in his obedience.

There was a day when Joshua was just one among the 40,500 of the tribe of Ephraim, just a name on the list. Yet he was chosen by God and renamed from Hoshea to Joshua. This verse was not just a comfort or a promise; it was God handing him the keys to leadership with full backing.

Joshua 1:5 was not written only for Joshua; it was written for you. God is not and never will be late in His doings. He is preparing to call you by name. Amen.

K. Billey Joyson Charles
(X Sapphire)

The Rhythm of Life

*Music flows like a river wide,
With every beat, it's there to guide.
It lifts the soul, it lights the night,
A melody that feels so right.
The drums may thump, the guitars strum;
In every note, we all become
A part of the song, so pure and true,
A rhythm that beats inside of you.
From soft lullabies to loud rock bands,
Music speaks in many lands.
It whispers secrets, tells its tale,
A symphony that will never fail.
So let it play, let it be heard,
In every line, in every word.
For in the music, we find the key*



Jeby
(XII – Medical 1)



THE POWER OF SPORTS IN STUDENT LIFE

Sports are an important part of every school. They are not only a source of fun and excitement but also a powerful way to build character and good health. In today's world, where students spend long hours with books and screens, sports give a refreshing break and help maintain a balanced lifestyle.

Taking part in sports, teaches many valuable lessons. On the field, students learn discipline, teamwork and leadership. A game cannot be won by one person alone. Players must trust each other, follow rules and work together toward a common goal. These qualities are useful not only in sports but also in studies and future careers.

Sports also keep the body and mind fit. Regular physical activity improves strength, stamina and concentration. Students who play games often feel more energetic and confident in the classroom. Exercise reduces stress and helps young people stay positive even during exams or difficult times.

Another important benefit of sports is that they bring people together. Inter-house and inter-school competitions and cheering for a school team, build unity and pride. Many lifelong friendships begin on the playground.

However, some students avoid sports because they fear failure or think only talented players can participate. This is not true. Sports are for everyone. The real aim is not always to win medals but to enjoy the game and improve oneself. Every student should try at least one sport or physical activity, whether it is cricket, football, badminton, or simple daily exercise.

Schools should encourage more sports activities and provide proper facilities so that students can discover their interests. Parents and teachers must motivate children to balance academics and games.

In conclusion, sports play a vital role in shaping a healthy and confident generation. They make school life lively and meaningful. By taking part in sports, students prepare themselves for a stronger, happier and more successful future.

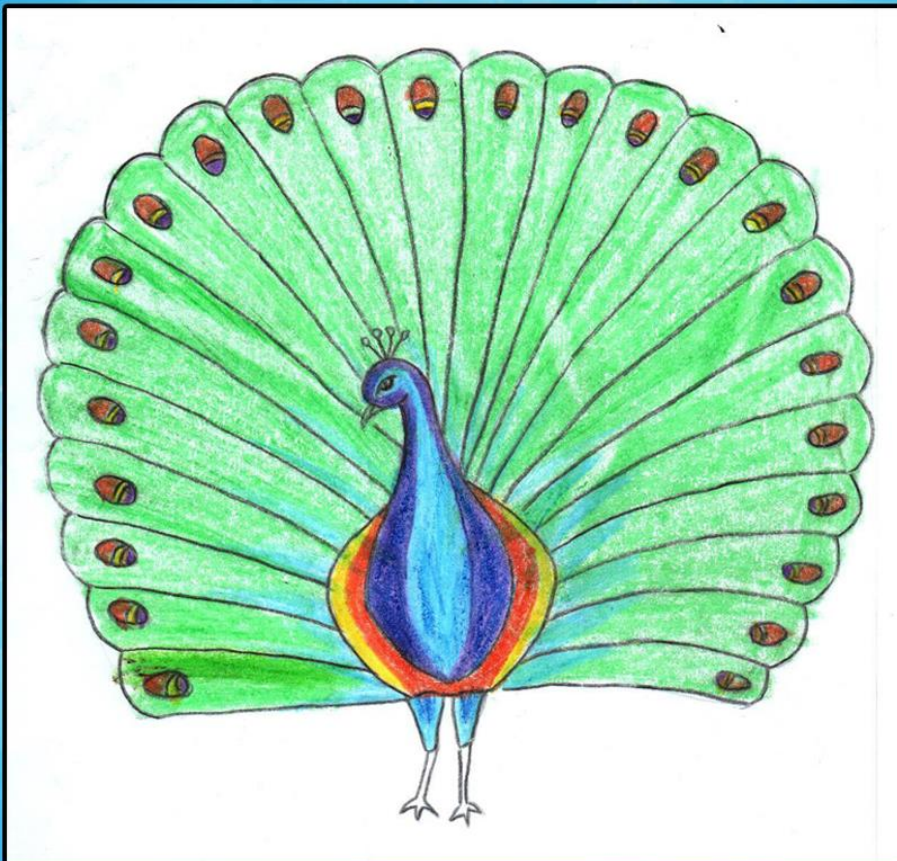
Danish D. S.
(XI STEM)

Nature's Amazing Living Organisms

1. There's a Jellyfish that's biologically immortal.
2. The Bombardier Beetle shoots boiling hot chemicals from its abdomen to defend itself.
3. Sea Cucumbers can expel their guts and regrow them.
4. The Axolotl can regrow its limbs, eyes and part of its brain.
5. There's a fungus covering 2,200 acres in Oregon, USA – it's one of the largest living things.
6. The Pistol Shrimp's snapping claw creates a sound louder than a gunshot.
7. The Mimic Octopus can change shape and colour to mimic predators like sea snakes.
8. The Desert-dwelling devil's claw plant can live without water for years.
9. The Wood Frog freezes its body during winter and thaws in spring.
10. The Immortal Jellyfish can transform its body into a younger state indefinitely.



Jeslin J.
(IX -R)



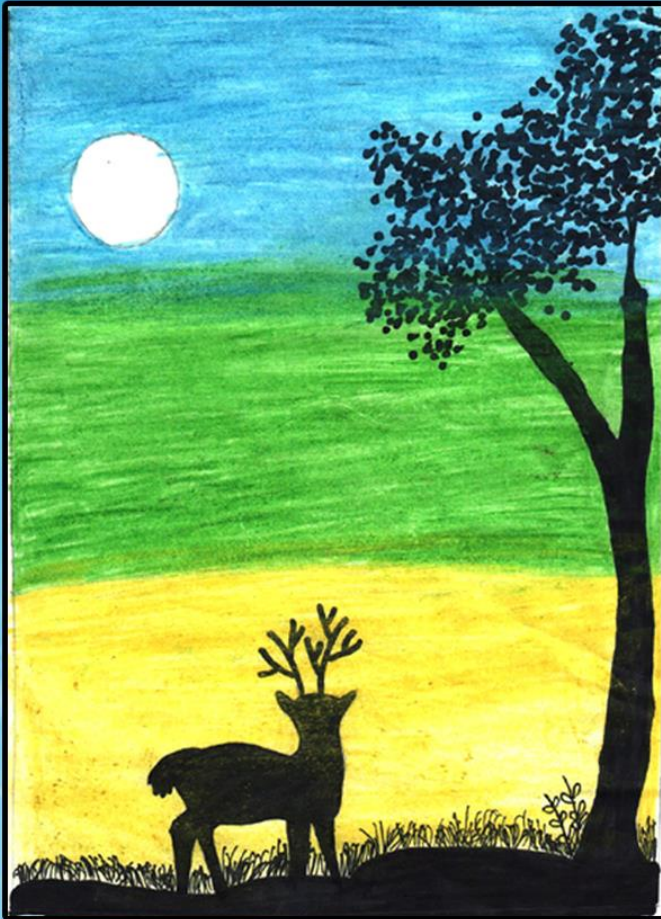
J Johanna
(II-Jade)



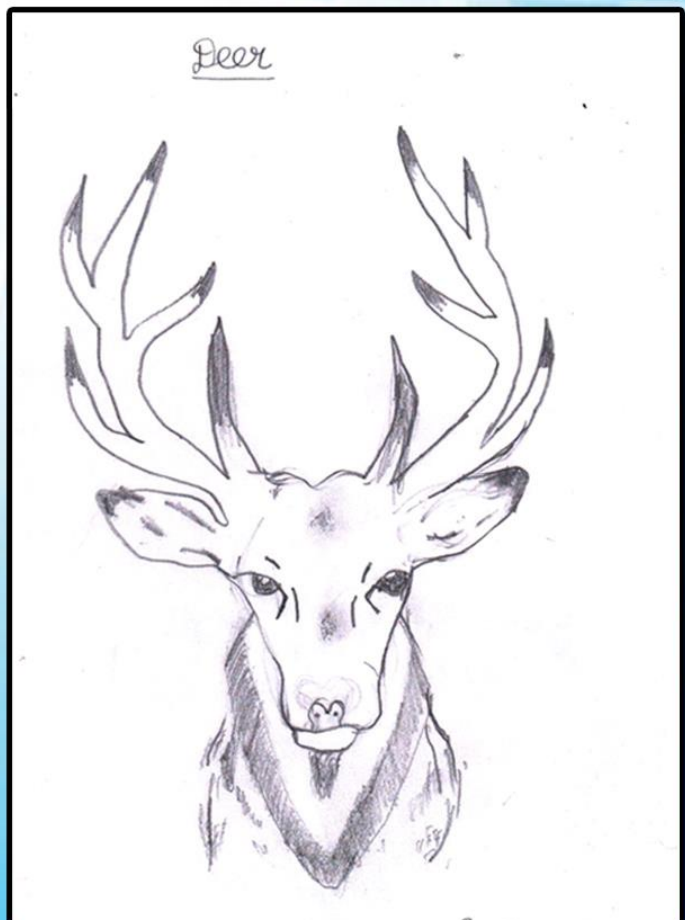
*A J Blesslin Graciya
(II-Jade)*



*Jefflin Sifra A
II Jade*



*Aariv A
(III-Jade)*



*Renzo Jeff R
(VI-Jade)*

FUN LEARNING CORNER

TABLE MANNERS

Whether in a restaurant or at home, follow these table manners:

1. Do not stuff your mouth full of food; it looks gross and you could choke.
2. Do not make any rude comments about the food being served. It may hurt someone's feelings.
3. Always say thank you when you are served something.
4. Eat slowly; do not gobble up your food. Enjoy it.
5. If the meal is not buffet-style, then wait until everyone is served before eating.



DO YOU KNOW?

- F** 1. Dolphins and whales have lungs for breathing even though they live in water.
- A** 2. Tiny hairs present in our nose filter the air we breathe
- C** in. Therefore, it is advised not to breathe in through the
- T** mouth.
3. Australian pelicans have the largest beak of all birds.

The Numbers Song

*One, one, one,
Circus is fun.
Two, two, two,
Eyes are two.
Three, three, three,
I climbed a tree.
Four, four, four,
Did the lion roar?
Five, five, five,
Bees in a hive.*



Nila P
(III Sapphire)