



Inner Harmony

DIGITAL MAGAZINE

**LITTLE KITES
2022-25 Batch
St Shantal's High School
Mammood**





ST SHANTALS H S MAMMOOD



സെന്റ് ഷാന്താൾസ് ഹൈസ്കൂൾ മാമ്മൂട്

ജില്ല

കോട്ടയം

സബ് ജില്ല

ചങ്ങനാശ്ശേരി

ഹെഡ്മാസ്റ്റർ

ശ്രീ എൻ സി കുര്യൻ

മാനേജർ

സി. സോഫി തെരേസ്, S A B S

പി ടി എ പ്രെസിഡന്റ്

ശ്രീ പ്രതീഷ് കെ ആർ



Introduction

Mental health determines how you think , feel and act. It is very difficult to maintain our mental health. Good thing foster good mental health . Positive thinking improves mental health . We introduce this magazine to make the world filled with positivity. We hope this magazine helps the teenagers from there sufferings .

Regards ,

Editors:

Arpana Manoj
Ayana Elizabeth Ajith
Gourinandha S
Hima Rose Rajesh
Honey Treesa Rajesh
Keerthana J
Mareena Varghese



Know more about

St. Shantal's HS Mammood



About Us

St. Shantal's is one of the premier government aided high schools of Changanacherry Archdiocese. It was established in 1922 by Mother Shantal, the co-founder of Sisters of the Adoration of the Blessed Sacrament(SABS). Situated near Mammood Junction on the Changanacherry-Vazhoor road the school offers its students ideal atmosphere for learning.

Our History

St. Shantal's High School was founded by Mother Shantal, the co-founder of the SABS congregation, in 1922 September 23. The school was recognised by the government in the year 1925. It became a Vernacular Middle School when the 7th Standard started in the year 1928-29. St. Shantal's was upgraded to a High School in 1966 and the first SSLC batch came out in 1969. The school became an approved SSLC exam centre in 1974. English Medium classes started in 2004. The school consist of 26 divisions from std 1 to std 10.

Our Vision and our Motto

Our Vision

To build creative, disciplined and dynamic leaders of tomorrow who will lead others by example and be active global citizens contributing richly to both our nation and the world.

Our Motto

Empowering every child through wisdom, love and service

Achievements

Every year, students from the guide units of Shantal family make great contributions and win laurels including the Rashtrapati award and Rajya puraskar. This year, i.e.2023-24, sixteen students from this institution brought home the Rashtrapati award, adding a golden feather to the cap of their almamater

Head Master's Comment



I would like to express my sincere appreciation for the exceptional work done by the students of 9C in creating the latest edition of the class magazine

. The quality and creativity displayed in each article, poem, and piece of artwork truly impressed me

The diverse range of topics covered showcases not only the students' writing skills but also their in depth knowledge and understanding of various subjects. The magazine is a testament to the hard work and dedication put forth by the students.

The meticulousness, eloquence of expression, and the overall presentation of the magazine reflect that they are top of the line. This inadvertently throws light on the fact that our school foster an environment that encourages and nurtures literary talent I commend you for producing a magazine that not only highlights your individual abilities but also contributes to the overall literary richness of the school community. It is a delightful reflection of the collective effort and enthusiasm within the 9C class. I look forward to future editions that undoubtedly will continue to showcase the literary prowess of the English class.

Warm regards,

Headmaster
Sri. N.C.K

Milestones In The History OF
St. Shantals High School
Mammood

1922	
May 23	
(1097	
Idavam:	Establishment Of The School
1923:	Donates 2 Acres Of Land For School By
	Mr. Ninan Cheriya In Mulanthanam Hills
1923:	New Building For The School Constructed
1924:	Second State Of School Building
1925:	Recognition From The Government
1928:	Become Vernacular Middle School
1966:	Upgraded as HS
1969:	First SSLC Batch came Out
1972:	Golden Jubilee Celebration
1974:	Approved as SSLC Exam Center
1984:	HS New Building
1991:	Red Cross Unit Started
1995:	Bharat Scouts and Guide Unit Started
1997:	Platinum Jubilee Celebration
2004:	English Medium Classes started
2006:	Edusat Building (3 Storey) Mini Stadium
2008:	Entrance Arch Gate In The Main Road
2008:	Rain Water Harvesting Tanks
2012:	Minority Status
2012:	Navathi Celebration
2016:	Demolished First School Building For
	The Construction Of The Church
2017:	Constructed New Building For LP In The Ground By The Parish
2018:	Little Kites Unit Started
2022:	Centenary Celebration



Don't despair
There is a hope
When you fail to cope
With inadequacies
In other
You start amplify your own
There is a hope
There is really



The Little Girl

So let me start a story of young girl whose name is Riya. She was the first child of her parents. Her family was not wealthy she was very poor. But Riya had a lot of abilities and talents. But it has been ignored by her parents because of their financial background she was very good at studying and had good grades. But her father was an alcoholic person. Every day he used to come and beat her up but mother stood for her gradually her grades were falling down because of her father's constant beating so her mother also started hating and blaming her that it is all her fault. So the little girl inside her started showing signs of anxiety at a very young age. So let me explain what it is like to be anxious and how it shows anxiety attacks can have specific triggers of anticipation of event or situations then feeling of heightened stress, tension, restlessness.

Health anxiety can consume your life and take complete control.

-Ayana Elizabeth Ajith



*Long term stress
increases the risk of
Mental health problems;
Such as depression...*

Social Media



The reason we struggle
with insecurity is
because
we compare out behind
the
scenes with everyone
else's
highlight reel

-Steve Frutick

Social media has made
us so eager to show
and tell, but there is
beauty in privacy.
Everything isn't meant
to be display. It's
perfectly fine to keep
some things for you

Keerthana J

Peer Pressure



1. Stay mindful of your feelings and ask yourself if the situation feels right to you, even if your peers seem okay with it.
2. Struggling to say no? Plan and stay prepared to get out of an uncomfortable situation by making a good excuse.
3. Remember, not everybody will like you. Don't force yourself to please them if you are not okay with a situation.
4. Have a friend who shares a similar personality

Keerthana J

V i o l e n c e

The violence has reached unthinkable height's

as some youngsters even start fighting on street and public places. The most

successfull violence preventionation programs target all youngsters, not simply people who are Thought to be in danger of violence.

The most vital outcome of specializing in violence and process is that the potential to additional exactly. Perceives its scale to stop it'sprevalence or switch its effects. The tertiary bar aims to Rehabilitate victims and propagators.

-Ann Tresa Siby Sebastian



L O V E

*Sometimes I think,
I am alone in this world
But at that time I remember
your face*

*And the brightness might,
you give me light,
on the dark moments of
life.*

*I remember you between every
heart beat.*

*You are like a secret daffodil.
My life with you will be a journey
full of rocks.*

*You gave me hope and brought a
new life to me.*

*In your absence my life would,
An open book with words ,
Be my words to fill the book.
Life is called love....*

Blessy K Shaji

Stress



Articles shared by Alyssa is a state of mental or emotional strain or suspense. An intense stress for an individual may prove to be a gentle one for another person the situation smight not be eligible as a stress factor at all

A stress condition can be real or apparent, yet our brain react the same way to both condition by releasing stress hormones equal to the degree of stress felt it is said that life acts and you reacts our attitude is our reaction to what life hands out to us. A major among of stress can be avoided or aroused by the way we relate to stressors stress is created by what we think rather than by what has actually happened.

Major life events such as a divorce death middle life crisis, financial worries persistent strain of carrying for a chronically sick child, nagging health problems or managing a physically or mentally challenged family member can act as potential stressors. Children and women subjected to mental and physical abuse are known to suffer from incredible stress symptoms of depression, constant anxiety and burn out through anger, fear and other negative emotional reactions are natural necessary we need to channel them constructively to create a reasonable state in our body and mind.

Children of stressed out parents are likely to be ill equipped to handle stressors positively. They may suffer from emotional disturbance depression, aggressive behaviour or confusion besides chances of weak physical constitutions which again can be a source of anxiety stress either quick or constant, can induce risky body mind disorders immediate disorders such as dizzy spells, anxiety attracts tension, sleeplessness nervousness and muscle cramps can all result in chronic health problems. They may also affect our limmue, cardiovascular and nervous system and lead

Arpana Manoj

Why this life

What in the world is life without pleasure

My life is full of sorrows

I burst into this world without knowing anyone

I created relationships in the world for something



Many things started happily ended in sadness

Why should I live in this world as a broken wing

Living in hope for a sky without darkness

I am waiting for that

-Bessymol K Mathew

A n x i e t y

Anxiety is a common and often overwhelming emotion experienced by many more than just feeling nervous before a big event. It's a persistent sense of worry or fear that can affect daily life. While a certain level of anxiety can become a burden, impacting one's mental and physical wellbeing.

This emotional state often brings a rush of physical symptoms- racing heartbeat, shallow breathing, sweating that accompany the mental distress. Anxiety can be triggered by various factors, from specific phobias, to broader concerns about the future or past events.

Living with anxiety can be challenging, affecting personal relationships, work, and overall quality of life. Seeking help through therapy, practising relaxation techniques, or making lifestyle changes, are common ways to manage anxiety. However, the experience and management of anxiety differ for each person.

-Anusha Abhilash

Anxious Feelings

*The hoar-frost crumbles in the sun,
The crisping steam of the train
Melts in the air, while two black birds
sweep the past the window again.*



*Along the vacant road, a red
Bicycle approaches; I wait
In a thaw of anxiety, for the boy
To leap down at our gate.*

*He has passed us by; but is it
Relief that starts in my breast?
Or a deeper bruise of knowing that still
She has no rest.*

-Akshaya K Suresh

Anxiety symptoms we don't always talk about

Feeling scared to speak publicly.

Feeling breathless.

Constantly needing the toilet.

Losing your temper frequently.

Dizziness and headache.

Suffering from skin problems.

Being overly sensitive.

Unexplained stomach problems.

A tendency of trusting through everything.



-Ayana Elizabeth Ajith

A Stressful Day

**Every day I fear
No one is dear
Who wants to hear**

**The fear of defeat
The fear of anxiety
The fear of forty**

**The fear of loneliness
Pull down to weakness
and creates the emptiness
With the night of sleepless**

**Never want to be serious
Rather to be curious
Never want to be furious
Rather to be glorious**

STRESS.

-Aksa Thomas



Anxiety

Anxiety disorders are a type of mental health condition.

Anxiety make its difficult to get through your day.

If you have an anxiety disorders, you may respond all problems with fear and dread.Overthinking leads to anxiety disorder.Difficult experiences in life,adulthood are a commen trigger for anxiety problems.



Anxiety disorders mainly affect teenagers.

It also affect there character.

For defeating this disorder , involve in creative activities, listen to relaxing music, meditation etc....

Arpana Manoj

FEAR

During those weeks, time had erased
The passing days seemed like a haze
I'd sit alone in bed,
The little things bigger,
In my head But today was different...
I felt the strength to get up.
I brushed my teeth
It was these "small"
Tasks that gave me power
And although my Emotions are still raw,
I feel tomorrow I'll be able To do some more.

-Athira Udayakumar

നന്ദി

ലിറ്റിൽ കൈറ്റ്സിന്റെ പഠനപ്രക്രിയയിൽ
സൈബസ് ഉൾപ്പെടുത്തിയത് ഞങ്ങൾക്ക്
വളരെ ഇഷ്ടമായി. സൈബസിനൊപ്പം
ഡിടിപി ലോകത്തേക്ക് ഞങ്ങളെ
കൈപിടിച്ചുയർത്തിയ ഞങ്ങളുടെ മാസ്റ്റർ
ട്രെയിനർ ബാലചന്ദ്രൻ സാറിനോടും
ഞങ്ങൾക്ക് വേണ്ട മാർഗ്ഗനിർദ്ദേശങ്ങൾ
നൽകുന്ന കൈറ്റ് മാസ്റ്റർ ഷാനിൽ
സാറിനോടും സ്മിത ടീച്ചറിനോടും ഞങ്ങളുടെ
ഹെഡ്മാസ്റ്റർ കര്യൻ സാറിനോടും മാനേജർ
സിസ്റ്റർ സോഫി തെരേസിനോടും
ഞങ്ങൾക്കുള്ള നന്ദി അറിയിച്ചുകൊള്ളുന്നു.



Thank you...