

# *Inner* Harmony

# **DIGITAL**

# **MAGAZINE**

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





## **ST SHANTALS H S MAMMOOD**



# *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 Mamood



## *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 Mamood 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 consists 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 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 comm end 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 well 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  
Mamood**

1922	
May 23	
(1097	
Idavam:	Establishment Of The School
1923:	Donates 2 Acres Of Land For School By Mr. Ninan Cheriyath 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 Stored) Mini Stadium
2008:	Entrance Arch Gate In The Main Road
2008:	Rain Water Harvesting Tents
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 wealth she was very poor. But Riya had lot of abilities and talents. But it has been ignored by her parents because of their financial background she was very good at studying 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 else started hating and blame to 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 events 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  
wth insecurity is  
because  
we compare out behind  
the  
scenes with everyone  
else's  
highlight reel

-Steve Frutick

Social meadia 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 prevention 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



**A**rticles 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 might 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 immune, 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 anyone 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 well-being.

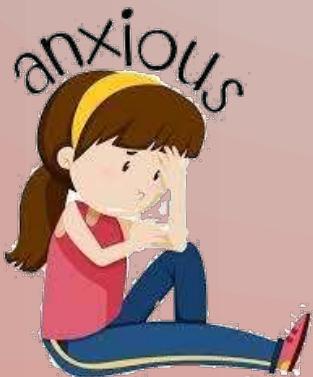
This emotional state often brings a rush of physical symptoms - racing heartbeat, shallow breathing, sweating that accompany the mental distress. Anxiety can be triggered by various factors, from specific phobias, to broader concerns about the future or past events.

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 forferty**

**The fear of lonliness  
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**

**-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 common 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**

# നമ്മി

ലിറ്റിൽ കെട്ടിസിന്റെ പഠനപ്രക്രിയയിൽ  
സൈബെസ് ഉൾപ്പെടുത്തിയത് തന്നെഗ്രീക്ക്  
വളരെ ഇഷ്ടമായി സൈബെസിനോപ്പ്  
ധിക്കിപി ലോകത്തെക്ക് തന്നെളെ  
കെപിടിച്ചുയർത്തിയ തന്നെള്ളടെ മാസ്റ്റർ  
ടെയിനർ ബാലപത്രൻ സാറിനോടും  
തന്നെഗ്രീക്ക് വേണ്ട മാർഗ്ഗനിർദ്ദേശങ്ങൾ  
നൽകുന്ന കെട്ട് മാസ്റ്റർ ഷാനിൽ  
സാറിനോടും സ്കൂൾ ടീച്ചർനോടും തന്നെള്ളടെ  
ഹെയ്യാസ്റ്റർ കരുന്ന് സാറിനോടും മാനേജർ  
സിസ്റ്റർ സോഫ്റ്റ് തെരേസിനോടും  
തന്നെഗ്രീക്കുള്ള നന്ദി അറിയിച്ചുകൊള്ളുന്നു.



*Thank you...*