

Principal's Address

It has been 25 years since ACTS laid its foundation to cater to the educational needs of children. We have been consistent in bringing the culturally diverse community of students together ensuring a peaceful environment where every individual is treated with equality and respect.

This has been made possible by our founder, Dr. Ken Gnanakan who always believed in an integrated holistic education.

In keeping with our motto, "Learn to Live", we have strived to equip our students with skills and winning qualities that help them not just to live but to thrive in the world. They have made us proud by shining in various fields both in India and abroad.

This would have not been possible without your support. We are grateful to you for it. As ACTS continues its journey of spreading light in the life of students, to help them build a strong community, we urge your continuous support and appreciation in the coming years.

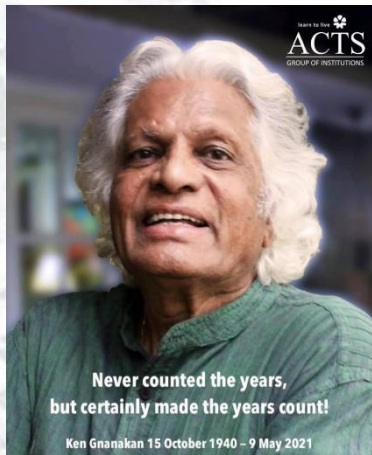


A Simple Act of Kindness

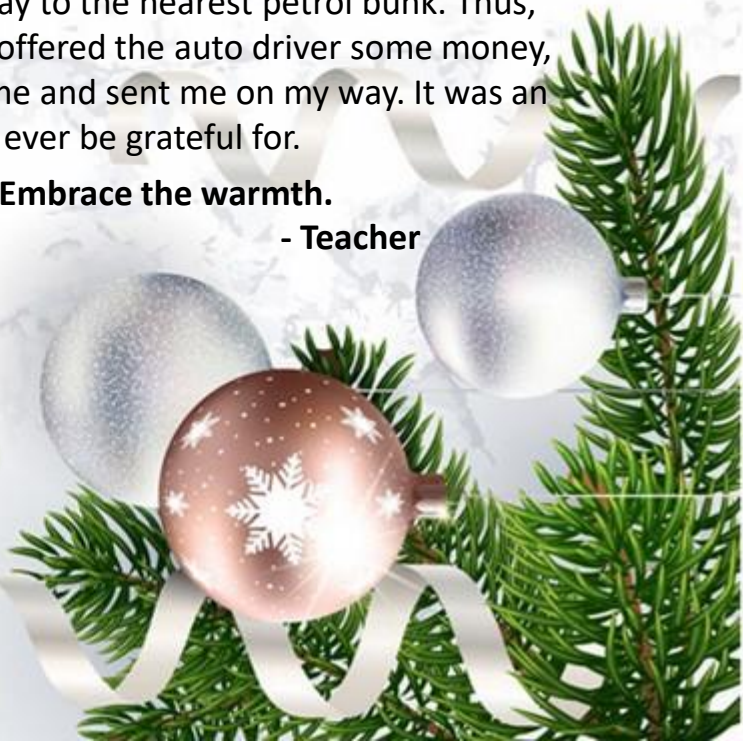
It was late one evening and I was returning home from my aunt's house in Koramangala, when suddenly my faithful bike just stopped on the stretch of a dark, deserted road. I tried to kick start and push start it, but to no avail. I began to push my bike up a slope, and it wasn't easy. I began to pray as I struggled alone. God answered me through an auto driver. The driver stopped to enquire what was wrong with my bike. Although many vehicles went past me, only this auto driver stopped to attend to my need. He was truly an Angel in Disguise. He pushed my heavy bike all the way to the nearest petrol bunk. Thus, he helped me to reach home safely. When I offered the auto driver some money, he politely refused to accept it but blessed me and sent me on my way. It was an Act of Kindness from a stranger that I would ever be grateful for.

Be the angel to those in need. Spread love. Embrace the warmth.

- Teacher



**Uncle
Ken, is
forever
in our
hearts**





Earth - in the tiny hands of its saviours

HURDLES

Wishing and hoping
 I am here in my room reading
 Oh, it's safe to say that I am excited
 After all that worrying,
 Trying so hard to battle
 The discouragements

Wishing and hoping
 Here I am thinking
 Why don't you just "Quit"?
 Is it really worth
 All the time and hard work?

Let's give it another try I say,
 I look up and I see it,
 My fear, my passion.

Do I go or just back out right now?
 I jump and for a second
 The world around me just pauses.
 How often can you feel that?

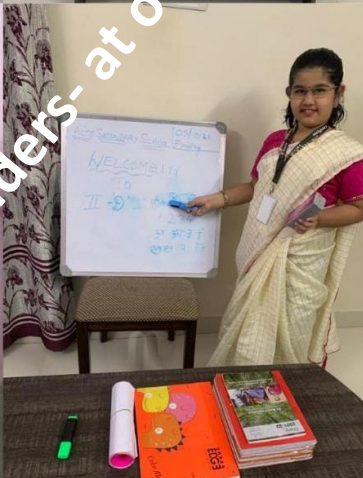
Jhanvi Simhadri, 9A



Letting the SUN

SMILE through us

Essence of Indian Culture



Service providers - at our service.

FAREWELL



Mrs. Florence George leaves us after 22 years of being a part of the school family! She has contributed to the Kindergarten and Primary section of the school and has only wonderful things to say about her time here . She has a powerful story of being a single mother to two children who are now settled and doing very well in life. She says that she owes a lot to the school, which was a huge support during the difficult times that she went through. We wish her God's blessings as she moves into the next phase in her life of looking after her grandson. All the best to you!

Fruit Day



Education into application



Cooking is an art.
The chefs are the artists.

Action of dutiful bird - feeders to balance the ecosystem



How to make your child respect you genuinely

Respect. That wonderful perk of being a parent. Even if you fail to get respect in your work life, friends' circles and community, you can (and probably *expect* to) get a full-and-satisfying dose of respect at home.

Whether we deserve it or not, our children are required – as a duty – to respect us. This usually happens smoothly - till they get some freedom to express how they *truly* feel about us. This can be surprising and even shocking for a parent.

Today I will focus on the **magical ingredient to get genuine respect from your child**. If you add this ingredient to your everyday interaction, positive results are guaranteed. The secret is **listening**.

But I listen to him/her...

To make it clear, listening must be done with both ears, and not our mouths. Listening is an action that needs **concentration** and **patience**. When your child speaks to you, body language is important. Please respond by facing them, giving them eye-contact and trying to understand what they say. Don't listen to respond. Don't try to analyse their problem. Don't interrupt them. All these very normal actions break the child's trust in you and spoil the magic of listening.

To a child, timing is very important. If you say you don't have time, you have lost a chance to listen. And if this happens often, your child will stop coming to you and start going to other people/places to get answers. Worse, they may start keeping everything in their head. This is a dangerous state of locking up emotions, thoughts and questions. They will never practice speaking out, and it can affect relationships and work-life in the future.

The plus points of listening

Parents who give their children a listening ear make well-balanced, stable children. Children who have meaningful conversations with parents feel valued, deeply cared for, and show responsibility. They are confident and develop the ability to solve life's problems without anxiety. They practise superb life skills.

But I'm not the listening type

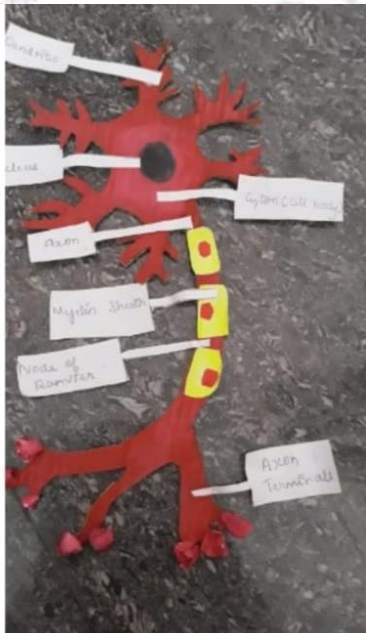
No one is! All of us have important things to do and prefer to give advice to our children instead of listening. This usually ends badly. If you are thinking of the future, and want the best for your children and yourself, *make listening a must, and train yourself to do it*. While you are still a role model for your child, listen, make eye-contact, smile or show concern if they are telling you about something that made them sad. And allow them to speak. It is never too late to start building a relationship with your child. Teenagers, especially, need to be listened to.

**When you model listening,
they will start listening to you.**

Mrs. Christobelle Joseph Gnanakan

Parenting-columnist and writer.

Exhibition of talents act as nerves that connect success and education



Tricolour – exhibiting agriculture as its backbone



5A class activity

Pyramid
Hint to healthy living

Butterflies-
Beautify the world ...
So do the children...



4C class activity

Programme

January
Back to school
PEAS Programme
Indian Army Day
Republic Day

February
Farewell to 10th students
Thanksgiving
National Science day

March
Annual exams



STARS OF THE TERM



Avani Anil, 1A



Chandan A P, 1B



Sreeniranjana T, 1 C



Haniya Fathema H, 1D



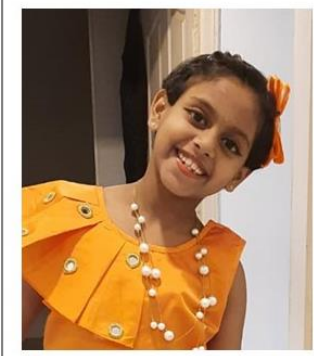
Ayush, 2 A



Adithya, 2 B



Kayra Rathoure, 2C



Shanaya Subith, 2 D



Gnanavi L, 3 A



Aaradhya Kumbare, 3B



Bhavika Patra, 3C



Eshan Ahmed, 3D



Saanvi Manslapur, 4A



Akshara Bojamma, 4B



Parmita, 4C



Tejashree, 4D



STARS OF THE TERM



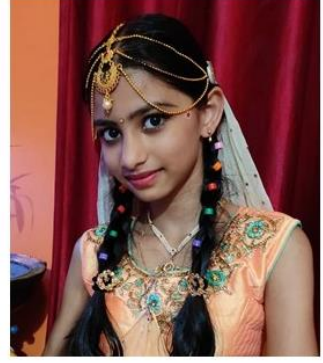
Pavan Gowda, 5A



Dev Charan H, 5B



Alan Biju, 5C



Shreya M Nair, 5D



Neha R, 6A



Teena P, 6B



Kanishka S Balan, 6C



Rithish A, 7A



Akshara H P, 7B



Jerusha J R, 7C



Rakshitha C, 8A



Neha Lingashettar, 8B

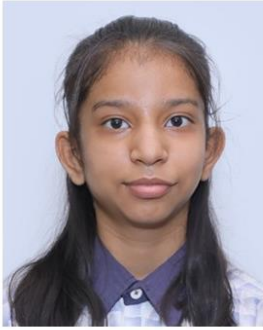


Mookunda Sandeep Oza, 8C



Harisha, 8D

STARS OF THE TERM



Tanvi Mukesh 9A



Tejaswini G M 9B



Shannen Leah Samuel, 10 A



N Karthik Reddy, 10 B



Anvika LKG A



Janani M, UKG A



Kasmikha Sivani UKG B

New year brings
New hopes,,
New promises and
New
opportunities.
May the year be
filled with all
heavenly
blessings.
Wishing you a
Happy and
fulfilling
New Year.



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learn to live
ACTS
SECONDARY
SCHOOL