

## From Headmistress' Desk

Dear Parents,

As we come to the end of the academic year 2021-22, let us embrace it with thanksgiving and hope. The past two years have been quite challenging leading us and teaching us to adapt the new normal and move forward with hope.

School had been a second home for every child until the pandemic. Even though the children have lost many valuable experiences in school with their friends and teachers, they have gained new skills.

We now look forward to integrating these new skills with the old skills, moulding these students into responsible citizens.

Even though we have sailed through rough seas in the past, let us look forward with hope for new beginnings. As the school celebrates 25 years, we thank you for your cooperation in helping us to achieve our goals.



# HODs speak

Teaching Mathematics refers to the process of imparting mathematical knowledge that involves problem solving, numerical skills, rational thinking, logical reasoning and so on to the learners under the guidance of the teacher

**D. Selvaraj**  
**Principal & HOD, Mathematics,**  
**Physics Depts**



English is an international language widely spoken across the world. The language is taught in schools to develop the communication skills of students and to improve their level of confidence by enhancing their ability to interact. Language is an essential tool to express one's views and emotions in written and spoken form of language.

Therefore, we stress on the need to improve communication skills of our students. We do this by conducting various activities like debates, drama, spelling bee competitions, and other classroom activities. This helps the students to develop an interest in the language.

They showcase their talents, improve their knowledge on the subject and explore more areas of the language. This helps them build confidence in communicating in English fluently among their peers and with their teachers.

**Mrs. Chandrika Johnson,**  
**HOD, English Dept**



## Want better marks? Let your child sleep!

Sounds surprising? The most important tool for brain health is sleep. If you don't believe this, listen to what a lack of sleep can do to you. And if you find that this is true for you or your family you know the antidote - sleep.

Children need 8-10 hours sleep every day. Especially teenagers. Anything less is a problem. Lack of sleep lowers immunity. You may catch a cold more often, fall sick sooner than others and since it's 2022, catch a virus you don't want to catch! Insufficient sleep makes us hungry and sleepy all the time, unable to make decisions properly, understanding becomes poor and the person becomes forgetful. Does this explain the low marks?

It causes bad skin - pimples and acne. Less sleep makes us moody, impulsive and clumsy. If your child is showing these signs (there are more - read up!), here's some help. Sleep is your weapon. Make it a priority. Money, job and anything else you spend your time on, cannot do for you what sleep can.

A prayer, a warm bath, a glass of milk, and a short walk around the house or neighbourhood are good ways to relax before bedtime. Doing ALL of these, builds up a daily schedule that helps induce sleep. Even writing in a diary or journal about your day is helpful to calm your mind down and put you in a mood to sleep.

Many recent young heart attacks have been attributed to less sleep. People who believe that 4-5 hours of sleep each night are sufficient, are fooling themselves. Science proves you wrong. Sleep is not a waste of time. Sleep is a very busy, active and important part of our life. Short afternoon naps don't make up for a good night's sleep.

A good night's sleep of say, 9 hours, includes four stages of sleep. Each stage is needed. You can't skip to stage 3 or 4 - it can only happen naturally. This is something a short nap cannot lead to.

Ready to make sleep a priority? Start by making a note of the time your child falls asleep daily. Not when they go to bed but when they sleep. Note when they wake up. Count the hours of sleep. Do this for two weeks to get an idea of the amount of sleep she/he gets.

1. Sleep needs silence. Aim for the best quality of silence. Use something to cover your ears if you live in a noisy neighbourhood.
2. A commonsense lesson I learned somewhat late, is that you need darkness to sleep. Darkness activates the pineal gland which secretes melatonin, a hormone that tells your body that it is tired and that you need to sleep. Even zero-watt bulbs are best avoided.
3. Cool temperatures make you sleep well. Choose a place that's airy and keep a light sheet on hand, to cover if required.
4. Devices must be switched off and kept in a different room. Just putting it on 'silent' does not help. The harmful waves that disrupt sleep can still affect you. Switch off devices at least 30 minutes before you plan to sleep. Allow your mind to calm down naturally.
5. Stay in bed even if you don't get sleep. Try praying to calm your thoughts and release your fears. Sleeping helps us make better decisions in the morning.

Sweet dreams!



Mrs. Christobelle Joseph

# HODs speak

Each and every moment of imparting knowledge to the innocent minds, a new glimpse of learning opens up to us, the teachers!

It's a wonderful experience! Knowledge, perhaps is the only one, .....the more we give, the more it multiplies within us.

**Mrs. Bindu V**

**Coordinator and HOD, Chemistry Dept**



पाठशाला में विद्यार्थियों को हिंदी, अंग्रेजी, गणित, विज्ञान आदि विषयों का ज्ञान कराया जाता है। विद्यार्थी अपनी मातृभाषा हिंदी का ज्ञान प्राप्त करके, इस भाषा को आगे बढ़ाने में महत्वपूर्ण भूमिका निभाता है। हिंदी जैसी बोली जाती है, वैसे ही लिखी जाती है। बच्चे भाषा के माध्यम से ही हर प्रकार की शिक्षा ग्रहण करने की कोशिश करते हैं।

हिंदी भाषा में अधिक रुचि लाने के लिए इस विभाग की सभी शिक्षिकाएं जैसे कविता वाचन, कहानी सुनाने की प्रतियोगिता, आशु भाषण, अनुच्छेद लेखन आदि

प्रतियोगिताओं का आयोजन अपनी कक्षाओं में

करती हैं। हमारे विभाग की सभी अध्यापिकाएं हर साल आयोजित होने वाली कार्यशालाओं में भाग लेती हैं। नई तकनीक से बच्चों को हिंदी भाषा में रुचि लाने के

लिए खेल-खेल में अनेक गतिविधियों का आयोजन कर, आसानी से बच्चों को हिंदी सिखाने की कोशिश करती हैं। बच्चे भी उत्साह से सभी प्रतियोगिताओं में भाग लेते

हैं। हमें हर कार्य में प्रोत्साहन देने के लिए मैं अपने तथा अपने विभाग की ओर से मैनेजमेंट और प्रधानाचार्य जी को धन्यवाद देती हूं।

**Mrs. Varalakshmi Bai - HOD, Hindi Dept**

## LOVE IS ACCEPTANCE

I was walking on the footpath when suddenly I saw a girl crying. I went towards her to ask what had happened. She looked up to me as I was thinking what was the girl doing out here on the streets as it was too dangerous. It seemed odd at first. Later, she explained her side of the story. "I am an orphan, my parents died in a car accident, so my uncle and aunt raised me. Last night I overheard their conversation on the phone about their plans to get rid of me. I was confused and began to tremble in fear. So I sneaked out in the night and walked as far as I could and ended up here".

I was shock driven to this. or a while when I heard this, I just couldn't leave a girl all by herself, so I decided to take her home. I told her "If you don't mind, you can come and live in my house for a while..." "I brought her home where I lived with my family.

My family too agreed to take her in. I was so relieved.

In all the commotion, I had forgotten to ask for her name. When I asked her, she replied "Sarah". As I had no siblings, I took Sarah to be my younger sister. I had a lot of fun spending time with her. She always smiled when I was around which I always wanted to preserve.

It was one fearful day when her uncle and aunt arrived at our home. They tracked her location as the cops had helped them. I was totally troubled when they wanted to take her back. I started yelling at them with the help of my parents and I narrated her story to the police and filed a complaint against them. The police arrested them for their illegal actions.

That was the last day of Sarah's disastrous life. I was happy again as the joy of my family was retained having Sarah back with us.



# HODs speak

ಭಾಷೆಯ ಸಮರ್ಥಜ್ಞಾನ ಮತ್ತು ಕಲಿಕೆ ಉಳಿದೆಲ್ಲಾ ಕಲಿಕೆಯ ತಳಹದಿ. ಓದುವ,ಬರೆಯುವ ಮತ್ತು ಮಾತನಾಡುವ ಎಲ್ಲಾ ಕೌಶಲಗಳು ಮಕ್ಕಳಲ್ಲಿ ಬೆಳವಣಿಗೆ ಯಾಗುವುದು ಭಾಷಾ ಕಲಿಕೆಯಿಂದಲೇ, ಅದರಲ್ಲಿಯೂ ಮಾತೃ ಭಾಷೆಯು ಮಕ್ಕಳ ಶಿಕ್ಷಣದಲ್ಲಿ ಅತ್ಯಂತ ಪರಿಣಾಮಕಾರಿ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತದೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ, ನಮ್ಮ ಆಕ್ಸ್ ಸೆಕೆಂಡರಿ ಶಾಲೆಯ ವತಿಯಿಂದ ಹಾಗೂ ಕನ್ನಡ ವಿಭಾಗದ ವತಿಯಿಂದ ಪ್ರತಿವರ್ಷವೂ ಕನ್ನಡ - ರಾಜ್ಯೋತ್ಸವದ ಆಚರಣೆಯನ್ನು ವಿಜೃಂಭಣೆಯಿಂದ ನಡೆಸುವ ಮೂಲಕ ಮಕ್ಕಳ ಪ್ರತಿಭೆಯನ್ನು ಹೊರತರಲಾಗುತ್ತದೆ. ಭಾಷೆಯು ಜ್ಞಾನಾರ್ಜನೆ ಅಷ್ಟೇ ಅಲ್ಲದೆ ಮಕ್ಕಳನ್ನು ಸಕಾರಾತ್ಮಕತೆಯ ಕಡೆ ಕೇಂದ್ರೀಕರಿಸುವ ಮೂಲಕ ಅವರ ಸರ್ವಾಂಗೀಣ ವಿಕಾಸದ ಸಾಧನವಾಗಿ ನೆರವಾಗುತ್ತದೆ. 'ವರ್ಣ ಮಾತ್ರಂ, ಕಲಿಸಿ ದಾತಂ ಗುರು'- ಎಂಬಂತೆ ಮಕ್ಕಳು ಗುರು-ಹಿರಿಯರಿಗೆ, ಗೌರವವನ್ನು ನೀಡಬೇಕು.

**Mrs. Nagalakshmi M S - HOD, Kannada Dept**



*“Science may set limits to knowledge but should not set limits to imagination.” - Bertrand Russell.*

*As a student, try to develop the imagination power in yourself. Our department is working hard towards the goal of providing an innovative and quality-based education by conducting quizzes, class activity, experiments to enhance the imagination of our students. Knowledge without imagination is nothing; imagination acts like a wing that takes thoughts to the sky.*

*My wish for you is that you see the light in this world, in yourself and in others.*

*Always believe in yourself. Keep smiling and keep imagining.*

**Mrs. Anitha Priya Fernandes - HOD, Biology Dept**

## SMALLER DEEDS -GREAT RESULTS

My favourite part of my daily routine is to travel by my school bus to school and back home. Although, it is my daily routine of travelling by school bus, yet I get excited every day. I capture memories of familiar sights with familiar faces, but sometime I find some new things. As I travel, I look out of the window with peaceful mind and curiosity to see the things that would excite me on that day.

I prefer the seat near the window, so I reach my bus on time to take up the place near the window. Usually, I am the first to enter into the bus, eagerly waiting to enjoy my trip until my level of excitement reaches the sky with longing eyes and curious heart.

On my way back home, I love to see the happy faces of primary children who had been waiting the whole day to meet their parents. I admire them as they call out to their parents with a loud voice, filled with love and cheer. As I travel, I see people with different emotions. I try to figure out the reason behind it, but I was never able to, so I conclude it with some imaginary reasons.

Once, when the bus was struck in traffic, I heard the voice of a boy who was begging for money because he was hungry. I could feel it when I listened to his feeble voice. His face expressed innocence. His bones were visible through his skin and his body shook because of the bitter cold, and he had nothing to protect himself from the cold, except for a torn, old coat. He was ignored by the people who walked past him. On seeing this, I felt so offended and helpless. I felt agitated as I had nothing to offer except for my prayers. I closed my eyes to utter my plea to God for the boon. I saw a man giving his coat to the boy. This scenario proved that humanity still exists. I also learnt that spreading love does not need anything in excess. Even little deeds as small as a prayer can bring in greater results.



Prachi Srivastava - 9A

# HODs speak

The main goal of Social Studies teacher is to help students feel a connection between the past with the present.

We teach them to observe the world around them, to make them aware of the environmental issues and prepare them to be a Global citizen.

For the past two years the pandemic has taught us many life lessons. We should learn to adapt, be flexible, and confidently face all situations by bouncing back and thinking optimistically.

**Mrs. Varsha Balbadri**  
**HOD, Social studies department**



I have realized in the past two years of the pandemic how important it is to constantly engage in learning. This involves learning new things of course, but also learning new ways of thinking about and presenting things that we already feel like we know a lot about. Now, with the internet at the tips of our fingers, learning is unlimited.

Resources online are plenty; it's just a matter of setting aside some time in our day to pursue our interests, even if it's just half an hour in a day.

This is also a great way to develop our soft skills. As teachers, we have also picked up a lot during this pandemic. The need to move

from offline classes to an online platform has required the sustained efforts of the Department of Computer Science. The department has been aiding the school by finding and implementing new resources/tools for online teaching to make this transition a smooth one.

The lesson here is to never stop learning because life never stops teaching.

Teaching is, in fact, a great way to keep learning.

**Mrs. Gicy George P**  
**HOD, Computer Science Dept**







S Mohammed Sameer -X-A

## GOLDEN THOUGHTS

- If It's important to you, you'll find a way, If not, you'll find an excuse.
- Respect the Deserved not the Reserved.
- You don't have to be great to start, but you have to start to become great.
- The struggle you are in today is developing the strength you need for persevering.
- No one is born happy but everyone is born with the Ability to create Happiness.

## LIFE

Pain, how simple it sounds  
But no! It's all about wounds  
Heart aches with distress  
No ways to express  
Like an aura of mystery  
Want to abandon your history  
The changes now are hard to bear  
But moving along seems fair  
It's time to let go of the place with memories  
Everyone's love and care runs through our arteries  
Still, I put on a smile  
to journey forward for mile(s)  
Days are uncertain, challenging with strife  
And that's what we call LIFE.



Indushree. N -X-B

## Study Smart, Not Hard !

Get organized	Carry a homework planner at all times. Entering homework, projects, tests and assignments as soon as they are assigned to make sure they aren't forgotten.
Pay attention	When the teacher is speaking, it important to concentrate and avoid distractions. Practice active Listening by concentrating on what is being said.
Stay clear of distractions	Distractions are everywhere from mobile to social media, so select a place where there is less distractions.
Make sure notes are complete	Writing neatly and completing the class work. Notes given in class will help you process the information learnt.
Ask question	Ask a question if you don't understand but if you don't feel comfortable to ask in front of everyone, make sure to ask the teacher after class.
Make study plan	When making a study schedule look at your planner and think about what should to be accomplished.
Review notes	Review notes from class every evening: After school, Review and expand on the notes from class.
Designate study area	The best study spot is the one that is quiet, well-lit and in a low traffic area.
Study short bursts	For every 30min you study, take a short 10-15 min break to recharge.
Simplify study notes	Make studying less overwhelming by condensing notes from class. Highlight Key words.

N Karthik Reddy, 10 B



## FOUNDATIONAL SCULPTURES

Teachers, you are our Role model,  
Though we trouble you and quarrel  
You have always been our sharpest knife  
To correct us in every point of life.  
Though we have never seen your tears  
Behind those warm and endless smiles  
You have always made us aspire  
To become as great as Shakespeare  
It is you who we desire with all our heart  
Whose efforts have been our wonderful fete.  
Before all great people were born  
We know, it is you who made them shine.  
If only we would know how to be as patient as you  
That even the winds would love to listen to you  
You teach with great enthusiasm  
To make us gain knowledge and wisdom.  
Oh! Awakeners you are, born to fly  
Who made the students to at least try  
We would love to abide by such sweet people  
Whom we are grateful to serve as pupils.



Shannen Leah Samuel, X-A



R Shamruthika, X A

## MY EXPERIENCE IN ACTS!!

School days! It is the best part of our life, which is remarkable and unforgettable.

Similarly, my life in ACTS was tremendous.

I still remember my very first day in ACTS, during my Pre-KG. A hearty welcome was rendered to me by my teacher and the principal of the school. Then began my journey in ACTS.

ACTS Secondary School has taught me valuable life lessons. I was introduced to people who guide, educate and share their knowledge and experience for the welfare of every child, irrespective of the child's caste, creed and status. They are named as "Teachers". The teachers have always been my guide, correcting my mistakes and encouraging me to move forward to reach better heights.

ACTS has also helped me realise my hidden talents and in improvising it. In the children's day Talent Search Competition, 2019, I competed in the "vegetable carving" event and many more. It was a memorable experience.

FRIENDSHIP - the strongest bond of every human kind. Over the years, ACTS

Secondary School has helped me to build my character and self-esteem. I am proud and extremely happy to share that I am bound with chords of friendship with many kind hearts.

As it is said, education is the most powerful weapon, but not everyone is blessed with it.

I regard myself blessed and lucky for the knowledge I have gained at ACTS Secondary School. Today as I pen down my memories, I feel very proud about my 13 years of journey in ACTS, and I consider myself to be the proud student of the Silver Jubilee batch. I also regard this as a special opportunity to thank all my teachers who had been the backbone of every individual's development. I would like to thank the Principal, Vice-Principal and the entire management of ACTS for providing us with wonderful facilities.



**Your uniqueness  
makes you special**

**Having confidence  
is half the battle**



**Embrace your  
talents and gifts**

**Face challenges  
with a daring attitude**

## WE OWE YOU!

Pretty ironic seeing how I was almost into tears when I joined ACTS in 2nd std because of the new atmosphere and environment and how now I am close to crying when I realize that it's only a month to leave the school, keeping only its memories. someone has rightly said, "You don't know what you have got until it is lost".

The foremost gift given by the school to all of us is the teachers' love, patience, kindness and many other great qualities of them. On behalf of all the students of 2021-2022 Batch, I would like to affirm the following. Teachers are indeed our second parents. They have accepted us as their Children. It is awe-inspiring. I know that we have never told you this before. "Dear school we are indebted to tell you this because we are good in words than expressions."

Another greatest blessing my school has given me is my friends who were there with me and will remain so forever. As days passed by I have become more welcoming to my fellow students as we are binding ourselves with stronger chords of friendship.

We had a series of ups and downs with them, yet I am sure I have successfully established a

place in their hearts because of how cool I have been. Nine years have passed by in a jiffy and I feel as though I had joined the school just yesterday. Well, I felt the same whenever I was promoted to a new standard.

As our school celebrates its silver jubilee completing its successful 25 years we would like to assure the school that the present batch would bring in rocking results, establishing a new identity for our batch rather than being referred as the unlucky batch. We had become the pioneers of the new normal and every trial and error method. I have great hopes about it.

In conclusion, my school life has surely been an unforgettable journey. I am grateful to my school for moulding me. The school gave me the confidence and motivation to manage in a competitive world.

I am also grateful to the school for giving me this opportunity to express my gratitude to each and every member of the School.



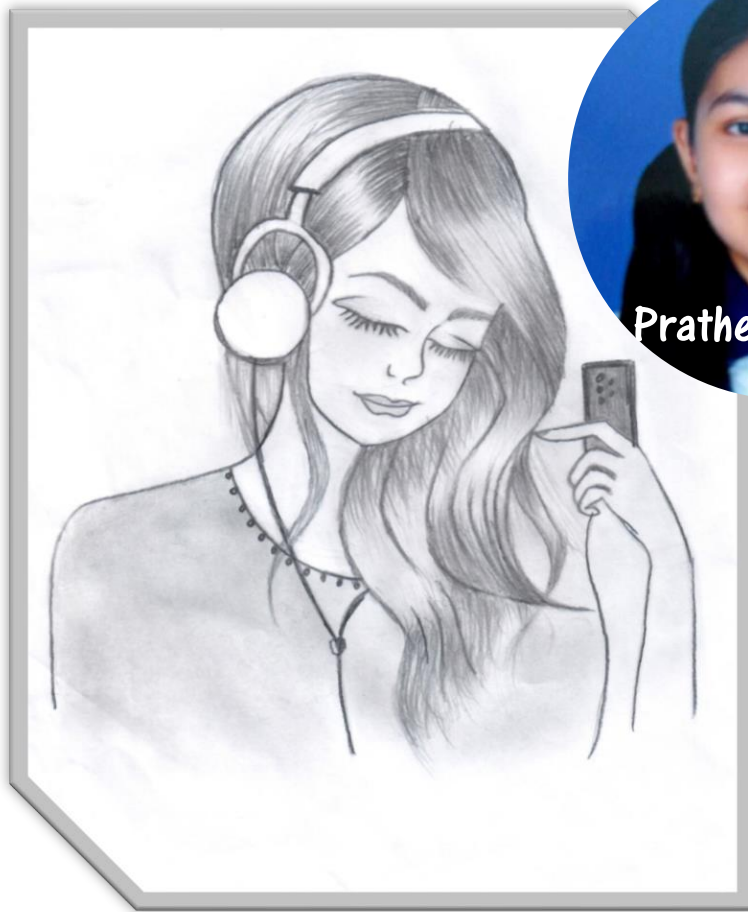
Trisha Sharma -X-B



Set high goals...  
Dream big ...



Be as big as  
YOUR DREAMS  
Daring to reach  
YOUR GOALS



**Pratheeksha J M**



**N Karthik Reddy, 10 B**



**Roopasri K P, 10 B**



## Result and Book Issue Date

Class	Date
K G	April 6 <sup>th</sup> , Wednesday
Std I & Std II	April 7 <sup>th</sup> , Thursday
Std III & Std IV	April 8 <sup>th</sup> , Friday
Std V & Std VI	April 9 <sup>th</sup> , Saturday
Std VII & Std VIII	April 11 <sup>th</sup> , Monday
Std IX & X	April 12 <sup>th</sup> , Tuesday
Absentees	April 13 <sup>th</sup> , Wednesday

## Reopening dates for the New Academic year [2022-2023]

Class	Date
Std IX, X	23 <sup>rd</sup> May, Monday [Full working day]
Std I to VIII	1st June 2022, Wednesday [Half Working Day]
Pre K G, LKG & UKG	6th June 2022, Monday [Full Working Day]

The last date for the **application of Transfer Certificate will be 30<sup>th</sup> April 2022, Saturday.**

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