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ROCKFORDIAN INFO EXPRESS – RIE 19

SCHOOL ADMISSION

Karnur & Madhakondapally Campus

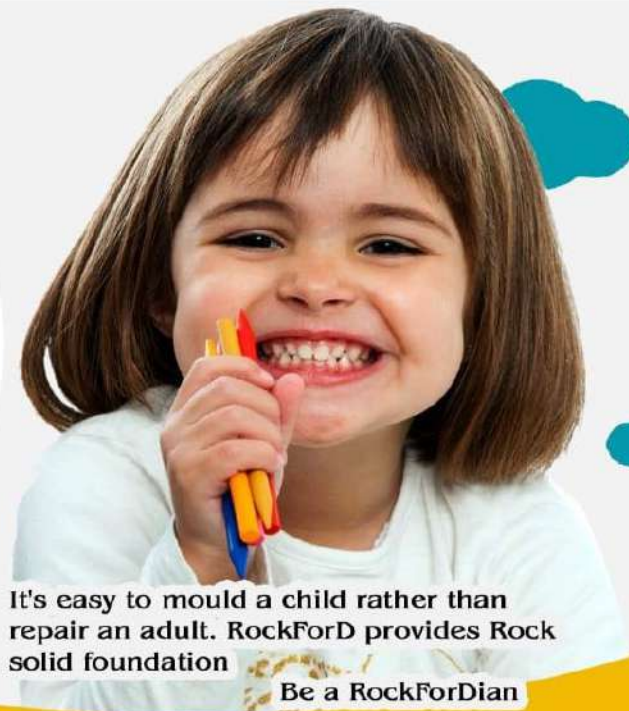
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CELEBRATION OF RED DAY

The colour of love and smiles illuminates the air with energy, vigour and exuberance.....”

Kindergarten & Primary Wing of RockForD conducted ‘Red Day’ activity on 5th July 2024 to introduce children into the mesmerizing realm of colours. The shades of red made our tiny tots feel bright, lively and cheerful.

The tiny tots looked stunning in their red outfits. A Special assembly was conducted with emphasis on the significance of red colour. The young ones sang the Red Day song ‘My red balloon...’ ‘Apples are red... Roses are red.... I love red...red, red, red...’

The ‘Red Day’ celebration was a wonderful learning activity which helped the children to sort out and classify objects based on colours thereby reinforcing their cognitive skills.



கர்மவீரர் காமராஜர் தினம்

காமராசர் பிறந்த நாள் விழா அன்று காலை வழிபாட்டுக் கூட்டத்தில் இறைவணக்கத்துடன் தொடங்கப்பட்டது.

அழகுதமிழில் எட்டாம் வகுப்பு மாணவி காமராசரைப்பற்றிக் கவிதை கூறினாள். காமராசர் வாழ்க்கை வரலாற்றை நாடகமாக ஒன்பதாம் வகுப்பு மாணவ, மாணவிகள் நடித்துக்காட்டினார்கள். காமராசர் நாட்டிற்கு ஆற்றிய நலப்பணி திட்டங்களைப் பாடலாகப் பத்தாம் வகுப்பு மாணவிகள் பாடினார்கள். பதினொன்றாம் வகுப்பு மாணவிகள் காமராசர் வாழ்வில், தங்களைக் கவர்ந்த நிகழ்வுகளைத் தமிழ் மற்றும் ஆங்கிலத்தில் பேசினார்கள். இறுதியாக நன்றி உரையுடன் விழா இனிதே முடிவுற்றது.



YELLOW DAY

Yellow Day was celebrated on 19th July 2024, Friday. Yellow is the colour of optimism, glory, sunshine, and happiness. It stands for freshness, positivity, intellect and joy. The motive of celebrating yellow day was to make the students aware of the colour yellow, its significance and to develop the fine motor skills in the students.

The virtual session began with fun filled introduction concerning the colour yellow. Students were all dressed up in different shades of yellow colour. It was indeed a visual treat to see the impact of the yellow colour on our little angels on the screen.

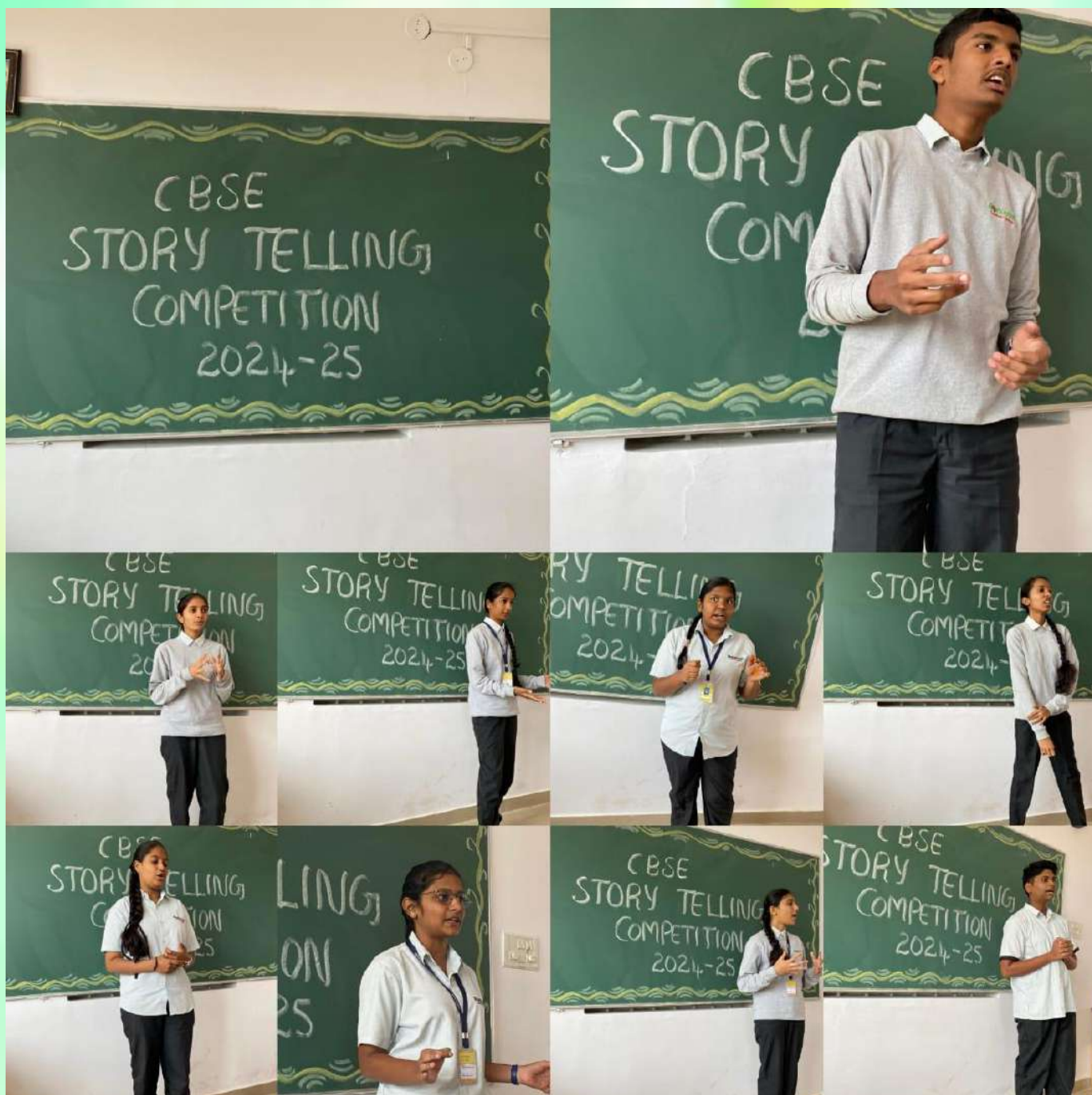


Story Telling

Class: XII

Subject: English

Story telling is an art and it develops a strong communication skill. The students came out with wonderful stories which captivated the entire session.



Dental Check-up

Rockford conducts regular dental check-up for our students every academic year with regular dental check-ups, it is easy to catch cavities earlier and treat them with simple restorations. Similarly, gum problems, developmental disturbances, and oral infections when diagnosed early have better outcomes with easy procedures. These are the benefits of school dental screening programs. A dental specialist of Jeeven Dental Care Doctor Nithya has conducted a dental check-up for the Rockfordians of classes I-XII and has given suggestions to the children about the ways to keep their teeth in a healthy manner.



VISIT TO BOOK FAIR - HOSUR

Dawned with great joy 'Book Fair' yes, we Rockfordians of VI to IX went to the 13th Book Fair, held at 'Hotel Hills'

170 Students with 9 teachers entered the exhibition with great joy, they went around the stalls seeing all the books. Learnt math, Science and Social ethics.

The people there explained everything to the students.

They got books

Learnt to invest in Books.



“BLAZE A TRAIL” –SAFAL (Structured Assessment for Analyzing Learning) “BLAZE A TRAIL – ONLINE EXAM SYSTEM BEGINS...”

RockForDians entered the "Online Exam for Students" by utilizing SAFAL 2024. "Insight into the effectiveness of teaching practices and curriculum" is what the SAFAL exam aims to deliver. SAFAL evaluation complies with NEP (2020).

Rather than focusing on rote memory, SAFAL is designed to evaluate student's comprehension and application of concepts. SAFAL emphasizes "competency-based assessment" in Science, Math, and English courses. Students in grades 6 and 9 are subjected to its implementation.

We RockForDians began administering SAFAL examination for the areas of Science, Maths and English on July 22 by splitting the students into two batches.

The IT team would like to express its gratitude to the management for setting up the new upgraded Server supports latest versions, LAN facilities and the invigilator teachers for assisting the students in Computer Lab.



LIBRARY BEST BOOK REVIEWER

The best friend of a human are books. To know the quality of the content we have a quick look at the review part. Our Rockfordians have proven again not only by reading or by writing, they also proved that they are excellent book reviewers.

Library Best Book Reviewers are: Ms.Vanya Singh of class VII, Ms. S.Payal Kumari of class VII and Master S.Yaswanth of class VI.

Library Best User: Master J. Vignesh of class XII.

Dr A.P.J Abdul Kalam - Death Anniversary

ஏவுகணை நாயகனே! காலமும் சலாம் போடும் கலாம் ஐயா!

வீசும் தென்றலும் உன் புகழை பேசும்,
பாடுகின்ற குயிலும் உன் குரலை பிரமிக்கும்.

ஆம்! என் கை ரேகையை பார்த்து, எதிர்காலத்தை நிர்ணயிக்க
போவதில்லை, ஏனென்றால் கையே இல்லாதவனுக்கு கூட
எதிர்காலம் உண்டு என்று உரைத்தவர் நீர் ஐயா!

இன்று மட்டுமல்லாமல் என்றும் உம் பெருமையை இவ்வுலகம்
போற்றிட இறைவனை வேண்டுகிறோம்.



Dr A.P.J ABDUL KALAM - DEATH ANNIVERSARY

“Dream is not that which you see while sleeping it is something that does not let you sleep.”

— A.P.J. Abdul Kalam

He strongly believed that students can develop the NATION. He is no more, but his beliefs, thoughts, long-term mission and vision is sown in the souls of young dynamic students. Yes today (27.7.24) is the duty of every learning community to pay tribute to the **MISSILE MAN OF INDIA Dr. APJ ABDUL KALAM**. On account of his **Remembrance Day**, the Department of Science conducted competitions for the students to express more of what they knew about him and his ideal legacy.

Classes I-V DRAWING

Classes VI-VIII SPEECH

Classes IX-X POEM

Classes XI-XII Essay Writing

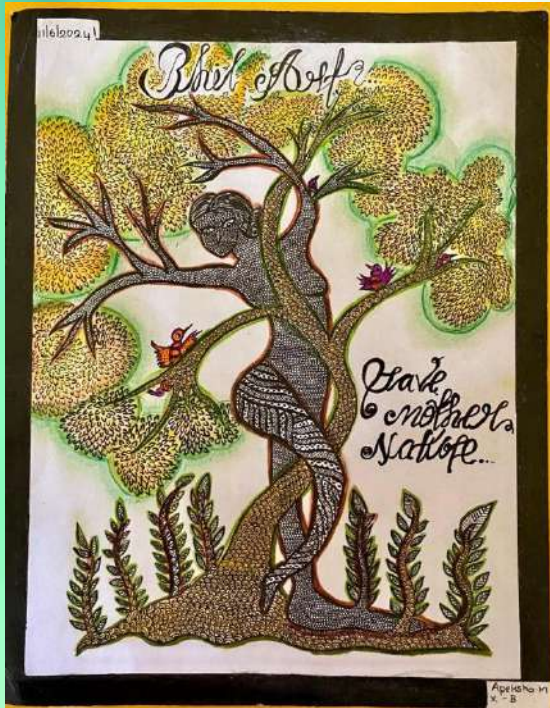


STUDENTS CORNER



Children Making Ganesha for Ganesh Chaturthi

BHIL ART



Apeksha - X



O.Keerthini - XI



Divya Shree. S - XI



B.K. Deedsha - XI



I.Evangeline Jeeva - XI

TEACHERS CORNER

Effective Study Skills (Part-II)

The Process of Study

How to use your time

Time is the most valuable resource a student has. It is also one of the most wasted of resources. The schedule you develop should guide you in how to allocate the available time in the most productive manner.

Where to study

You can study anywhere. Obviously, some places are better than others. At home or Libraries are best. Above all, the place you choose to study should not be distracting. Distractions can build up, and the first thing you know, you're out of time and out of luck. Make choosing a good physical environment a part of your study habits.

Strategies

Thinking skills

Everybody has thinking skills, but few use them effectively. Effective thinking skills cannot be studied, but must be built up over a period of time. Good thinkers see possibilities where others see only dead-end. If you're not a good thinker, start now by developing habits that make you ask yourself questions as you read. Talk to other students who you feel are good thinkers. Ask them what it is they do when they think critically or creatively. Often times, you can pick up valuable insights to help you become a better thinker.

The SQ3R method

The SQ3R method has been a proven way to sharpen study skills. SQ3R stands for Survey, Question, Read, Recite, and Review. Take a moment now and write SQ3R down. It is a good slogan to commit to memory to carry out an effective study strategy.

Survey - get the best overall picture of what you're going to study BEFORE you study it in any detail. It's like looking at a road map before going on a trip. If you don't know the territory, studying a map is the best way to begin.

Effective Study Skills (Part-II)

The SQ₃R method

Question - ask questions for learning. The important things to learn are usually answers to questions. Questions should lead to emphasis on the what, why, how, when, who and where of study content. Ask yourself questions as you read or study. As you answer them, you will help to make sense of the material and remember it more easily because the process will make an impression on you. Those things that make impressions are more meaningful, and therefore more easily remembered. Don't be afraid to write your questions in the margins of textbooks, on lecture notes, or wherever it makes sense.

Read - Reading is **NOT** running your eyes over a textbook. When you read, read actively. Read to answer questions you have asked yourself or question the instructor or author has asked. Also, when you read, be sure to read everything, including tables, graphs and illustrations. Often times tables, graphs and illustrations can convey an idea more powerfully than written text.

Recite - When you recite, you stop reading periodically to recall what you have read. Try to recall main headings, important ideas of concepts presented in bold or italicized type, and what graphs, charts or illustrations indicate. Try to develop an overall concept of what you have read in your own words and thoughts. Try to connect things you have just read to things you already know. When you do this periodically, the chances are you will remember much more and be able to recall material for papers, essays and objective tests.

Review - A review is a survey of what you have covered. It is a review of what you are supposed to accomplish, not what you are going to do. Re-reading is an important part of the review process. Reread with the idea that you are measuring what you have gained from the process. During review, it's a good time to go over notes you have taken to help clarify points you may have missed or don't understand. The best time to review is when you have just finished studying something. Don't wait until just before an examination to begin the review process. Before an examination, do a final review. If you manage your time, the final review can be thought of as a "fine-tuning" of your knowledge of the material. Thousands of high school and college students have followed the SQ₃R steps to achieve higher grades with less stress.

Jayashree Ramakanth
Vice Principal (Academics)



"Don't Compare Yourself with Others, If You Do So You Are Insulting Yourself"

Bill Gates

I'm not differing from the above said quote, but I still wondering why the PHYSICS is doing.

In Mechanics, a body may be at rest relative to (compared to) one object and the same time it may described in motion with respect to (compared to) another object,

In Fluid Mechanics, water is allowed to flow from high pressure to low pressure.

In Current Electricity, current flows from higher potential to lower potential.

In Thermodynamics, heat always flows from high temperature to low temperature.

In all the branches of physics, I could notice that motion, quantity of water, energy (current and heat) transmitted only between two different states i.e. one may be high with respect to another, one may be low with respect to another. So, Nature wants to equalize the two states by transferring energy from high to low.

So, comparison is needed try to neutralize everybody not to discriminate others. But who has to bring the change? Again, nature has the solution for it. If the people who are in higher position, they should come forward to help the needy

I am also wondering after independence still energy is transferring but the neutralization not yet done. May be the leaders are maintaining the two states for the generation of enough energy to do that.

I hope it will change soon.

Parthasarathy

Department of Science



WEEKLY ACTIVITIES

“Patriotism”

Class: V

Subject: Hindi

Here are some potential learning outcomes for a patriotism procession or event:

Understanding of national symbols:

Students will be able to identify and explain the significance of national symbols such as the flag, anthem and emblem.

Appreciation for National Heroes:

Students will learn about and appreciate the contributions of national heroes and freedom fighters.



“Division”

Class: III

Subject: Mathematics

Division is important because it helps us split things into equal parts. This can help us share a portion of something equally or help us divide our time during the day so we can accomplish the tasks ahead of us.

“Lattice Method Multiplication”

Class: IV A & B

Subject: Mathematics

Lattice multiplication breaks long multiplication into smaller steps, and is more visual. This makes it an ideal tool for younger student’s first learning multi-digit multiplication, and also for those who are more successful with visual learning methods.



BLUE DAY

BLUE, a cool and calming color symbolizing creativity and intelligence, was the theme of the day. The children embraced the theme by wearing various shades of blue and bringing in an assortment of blue-themed objects such as toys, decorations, and drawings, making the activity both vibrant and inclusive.





"SITTING EXERCISE"

Physical benefits

Seated exercises can help improve your fitness levels, circulation, stamina, and core strength. They can also help with flexibility, which can counteract stiffness or reduced range of motion that can occur with age or sitting for long periods of time. Seated exercises can also help strengthen your heart, increase your energy levels, and improve your pain management.

Mental health benefits

There is a known positive correlation between exercise and mental health and wellbeing. Participating in seated exercises with someone can also enhance self-esteem and confidence.

"KURMASANA"

Kurmasana, or tortoise pose, is an advanced seated forward bending yoga pose that can have many health benefits when practiced regularly:

Respiratory system: Expands the chest and rib cage, improving flexibility and respiratory function

Lower back: Releases nerves in the lumbar region, reducing stiffness and massaging the nerves

Metabolism: Stretching the muscles increases flexibility and range of motion, which improves metabolism

Blood circulation: Elongated spine improves blood circulation

Digestion: Activates abdominal organs, which improves digestion

Other benefits: May also help with lung infections, chest pain, weight management, blood sugar levels, spinal cord strength, heart health, immunity, anxiety, sciatica, hernia, arthritis, slipped disc, asthma, and neurodegenerative diseases .



"MEDITATION"

Meditation offers a wide range of benefits for both physical and emotional well-being. By helping manage stress, it enables individuals to approach challenges with a calmer mindset and build effective stress-management skills. In terms of mental health, meditation can alleviate symptoms of anxiety, depression, and PTSD, while also addressing social anxieties and compulsive behaviors. Its impact on heart health is notable, as it can reduce blood pressure and lower the risk of heart disease. Additionally, meditation enhances cognitive functions, emotional regulation, and overall mood, promoting better sleep, relaxation, and self-awareness.



BIRTHDAY CELEBRATION



Can You Solve This Number Puzzle..?

$$2 + 10 = 24$$

$$3 + 6 = 27$$

$$7 + 2 = 63$$

$$5 + 3 = ??$$

MYSTERY CHAMBER



WEEKEND READING

ಹೆಚ್.ಎಸ್.ದೊರೆಸ್ವಾಮಿ

ಎಚ್‌ಎಸ್ ದೊರೆಸ್ವಾಮಿ ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟಗಾರ. ಅವರು ಏಪ್ರಿಲ್ 10, 1918ರಲ್ಲಿ ಹಾರೋಹಳ್ಳಿಯಲ್ಲಿ ಜನಿಸಿದರು. ಅವರು ಐದು ವರ್ಷವಿರುವಾಗಲೇ ಅವರ ತಂದೆ ತೀರಿ ಹೋದರು, ಬಳಿಕ ಅಜ್ಜನ ಆಶ್ರಯದಲ್ಲಿ ಅವರು ಬೆಳೆದರು. ಪ್ರಾಥಮಿಕ ಶಾಲಾ ಶಿಕ್ಷಣವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದ ನಂತರ ಅವರು ಬೆಂಗಳೂರಿಗೆ ಬಂದರು. ಮಹಾತ್ಮ ಗಾಂಧಿ "ಮೈ ಅರ್ಲಿ ಲೈಫ್" ಪುಸ್ತಕವು ಭಾರತೀಯ ಭಾರತದ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆ ಚಳವಳಿಯಲ್ಲಿ ಸೇರಲು ಪ್ರಭಾವ ಬೀರಿತು. ಅವರ ಮಧ್ಯಂತರ ಕಾಲೇಜು ಶಿಕ್ಷಣದ ಸಮಯದಲ್ಲಿ, ಅವರು ಬೆಂಗಳೂರಿನ ಕಬ್ಬನ್ ಪೀಟೆ ಬಳಿ ಬನ್ನಪ್ಪ ಬೃಂದಾವನ ಸ್ವಾತಂತ್ರ್ಯ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಹಾಜರಾಗಿದ್ದರು, ಅಲ್ಲಿ ಅವರ ನಾಯಕನನ್ನು ಬಂಧಿಸಲಾಗಿತ್ತು.

ಎಚ್. ಎಸ್ ದೊರೆಸ್ವಾಮಿ ಪೂರ್ಣ ಹೆಸರು ಹಾರೋಹಳ್ಳಿ ಶ್ರೀನಿವಾಸಯ್ಯ ದೊರೆಸ್ವಾಮಿ ಎಂದು. ಉಪನ್ಯಾಸಕರಾಗಿದ್ದ ಅವರು ಕ್ವಿಟ್ ಇಂಡಿಯಾ ಚಳವಳಿಯ ಮೂಲಕ ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟದಲ್ಲಿ ಭಾಗಿಯಾಗಿದ್ದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ 14 ತಿಂಗಳುಗಳ ಕಾಲ ಜೈಲುವಾಸವನ್ನು ಅನುಭವಿಸಿದ್ದರು. ಬಳಿಕ ಗಾಂಧಿ ಮಾರ್ಗವನ್ನು ಅನುಸರಿಸುತ್ತಾ ಬದುಕಿದ ಎಚ್ ಎಸ್ ದೊರೆಸ್ವಾಮಿ ಹಲವು ಜನಪರ ಚಳವಳಿಯಲ್ಲಿ ಭಾಗಿಯಾಗಿದ್ದರು. ಎಚ್. ಎಸ್ ದೊರೆಸ್ವಾಮಿ ಅವರು ೨೦೨೧ರ ಮೇ ೨೬ರಂದು ಕೋವಿಡ್ ನಿಂದ ಮೃತಪಟ್ಟರು.

H.S.Doreswamy

H S Doreswamy was a freedom fighter. He was born on April 10, 1918 in Harohalli. His father died when he was five years old, and he was raised by his grandfather. After completing his primary school education, he came to Bangalore. Mahatma Gandhi's book "My Early Life" influenced Indians to join the Indian Independence Day Movement. During his intermediate college education, he attended the freedom awareness program of Bannappa Brindavan near Kabban Peet, Bengaluru, where his leader was imprisoned. H. S Doreswamy's full name is Harohalli Srinivasaiah Doreswamy. A lecturer, he was involved in the freedom struggle through the Quit India Movement. In this case he was jailed for 14 months. Later, H S Doreswamy, who followed the path of Gandhi, was involved in many popular movements. H. S Doreswamy died of covid on 26 May 2021.



H. S Doreswamy