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ROCKFORDIAN WEEKLY DIGEST – RWD 64

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Karnur & Madhakondapally Campus

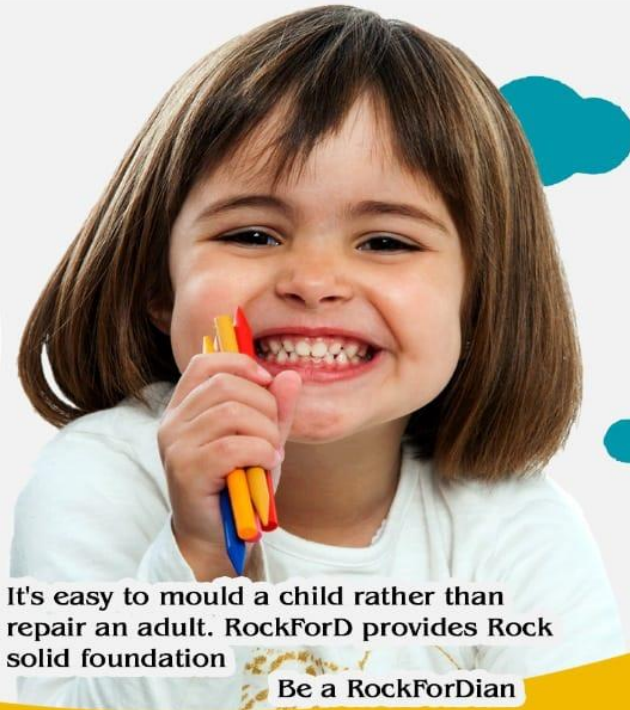
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First Aid Box

Class: III

Subject: EVS

Students of class III provides participants with the knowledge and skills they need to respond to an emergency involving ensure safety and communicate effectively in an emergency control acknowledging the event and seeking support from loved ones.

Experiential Learning

Class: IV

Subject:Tamil

The students of grade IV did an activity. On the benefits of Millets. They brought food of Ragi, Kambu, Karupu Kavani Rice and explained the importance of millets in your life.



Adaptation in Animals

Class: IV

Subject: Science

Role playing exercises encourage students to think more critically about complex and controversial subjects and to see situations from a different perspective. When properly employed, role plays can motivate students in a fun and engaging way.

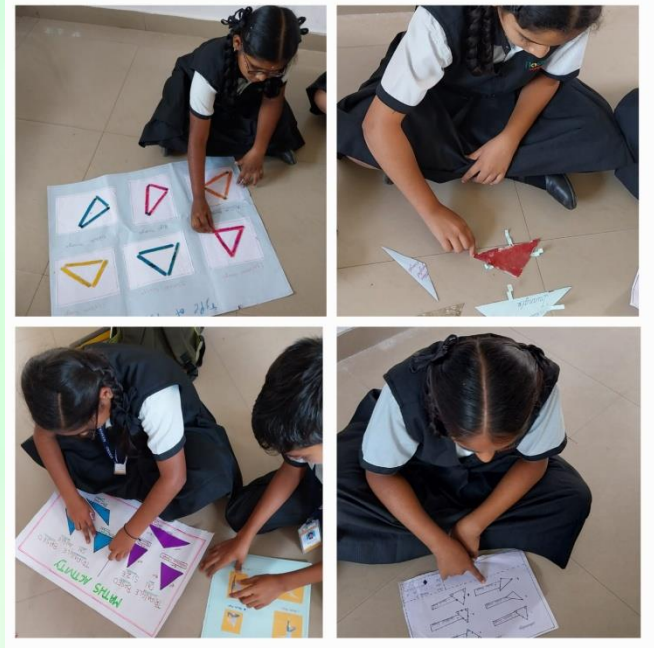


Types of Triangles

Class: VI

Subject: Mathematics

Apply the properties and characteristics of all triangles to solve real-world problems. Identify and use the unique characteristics of right, isosceles, equilateral, acute, obtuse, and scalene triangles.



Timeline (Delhi Sultanate)

Class: VII

Subject: Social Science

The Delhi Sultanate or the Sultanate of Delhi was a late medieval empire primarily based in Delhi that stretched over large parts of the Indian subcontinent, for 320 years (1206–1526).

Five unrelated heterogeneous dynasties ruled over the Delhi Sultanate sequentially: the Slave dynasty (1206–1290), the Khalji dynasty (1290–1320), the Tughlaq dynasty (1320–1414), the Sayyid dynasty (1414–1451), and the Lodi dynasty (1451–1526).



Poster Making -On Equality

Class: VII

Subject: Social Science

Equality is a core human right that holds that individuals should not be discriminated against on the basis of their identity, be it their race, sex, gender identity, class, language, religion, age, or national origin, disability, etc.



Library Best Book Reviewer

The best friend of a human is 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 proved that they are excellent book reviewers.

Library Best Book Reviewers are:

Ms.Vanya Singh of class VII, Ms. R.Rubika of class VI and Ms N.Mahasriof class VI.

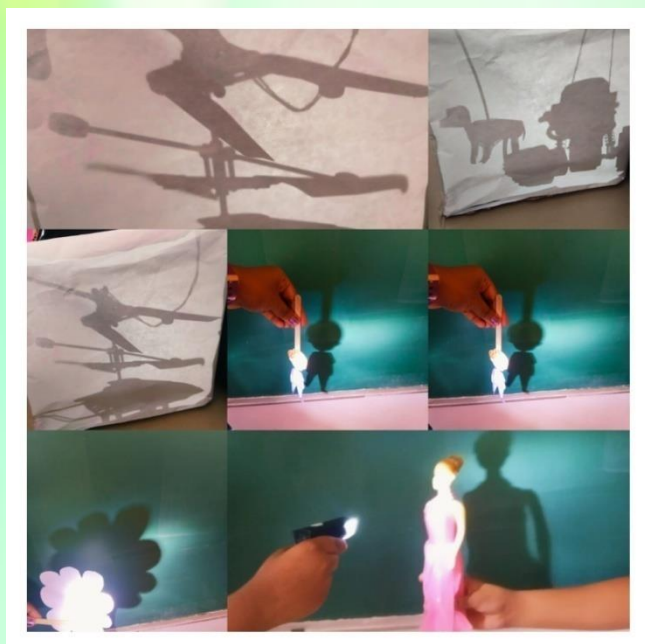
Library Best User: Master Dhikshith R of class VI.

Sharing the Harvest - Role Play

Class: II B

Subject: English

Role-play is a versatile educational tool with several benefits like enhancing understanding, developing communication skills, encouraging empathy, boosting engagement; improving problem solving abilities, building teamwork. Overall, role play can make learning more dynamic and applicable to real-life situations.



“Enchanting Tales in Light and Shadow: The Art of Shadow Puppetry”

Class: VI A&B

Subject: Science

Shadow play, also known as shadow puppetry, is an ancient form of storytelling and entertainment which uses flat articulated cut-out figures (shadow puppets) which are held between a source of light and a translucent screen or scrim.

Here our Rockfordians class VI A and B did various shadow formations and they have learnt characteristics of shadow.

FANCY DRESS COMPETITION

Class: I - V

Fancy Dress Competitions provide a platform for participants to honour the legacy of freedom fighters through costume. The costumes serve as visual representations of historical events, allowing participants to relive and narrate stories of heroism



Properties of Division

Class: IV

Subject: Mathematics

"Exploring Tricolours, Enhancing creativity and knowledge through colouring activity".

A colouring activity on tricolours involves using three distinct colours to represent and understand patterns, symbols and themes. Here our students of class IV have learnt properties of division through this tricolour activity



Comparing Quantities -Poster Making

Class: VIII

Subject: Social Science

Comparing numbers is an important skill in various aspects of life, as it helps in learning advanced mathematical concepts, building number sense and every day problem solving.

"Maths Can Be Related to Our Lives. It Teaches Us to Be Careful with the Signs"

Class: I

Subject: Mathematics

Place Value is important because it provides the foundation for regrouping, as well as a starting point for the understanding of other base systems. Learning Abacus can raise IQ levels in kids by boosting cognitive abilities and increasing brain activity. This helps to improve focus and memory retention. Abacus learners frequently demonstrate increases in problem-solving and critical-thinking skills. Here our students of class I have learnt to frame numbers and to find place value in abacus.



The Bright Ray of Hope!

The way falling on us,
Opening our bright side,
Giving us a good guide,
To our misery life.
When the curtains are opened,
Rising up with a shine,
Motives us to be fine,
Lighting our young minds.
Too bright, - That
Lights up the world,
Making us bold,
With warmth and grace, we unfold.
So, seize the day,
And make your way,
Let your dreams take flight,
With the sun as our guide,
We find our might,
Shining so bright, on our side.

-Hasmina H
X A



"Discipline "

"Discipline, discipline", I yell,
I Can't see people going to hell,
Life without discipline,
Is like a useless dustbin.
Discipline is preferred by one,
Enjoyment is preferred by each and everyone.
Discipline, to practice, is pain,
But when there is no pain, there is no gain.
Second missed is time lost,
Never be late at any cost.
If discipline is there!
Then Studies is also there!
Discipline comes first,
Studies come next!!!

-Sagar B
X A



Nature

I am human,
I'm tired from cities.
I am going to nature
to find peace.
Long and shady trees,
And that cool Breeze,
Made me relax and Calm,
And found the tree of palm;
The plain ground,
With flora and fauna,
And silence all over the area,
Made me feel peace.
The clouds were delight as air,
And blew with the wind,
And the sun set,
Was the day's end.

-Sonakshi V
X A



Motivational

Life may be tough
Things will get rough
There will be bad days
It May all seems like a haze
But through it all
Always, always stand tall
Giving up is not an option
Never Turn
Your back and run
Through
Goods times and bad,
Though
As long as you're moving
You'll never stop growing

-J P. Sri Gowshik
X A



MY SCHOOL BAG

Look at my big bag,
Which I put on my back,
It's full of books and copies
Why not biscuits and toffees?
You have got a stylish look
And you carry all my books
It is more like rice sac
When hang it, I just say "on my back"!
Still this heavy bag, gives me pleasure
Because it helps me study for my future
The appearance of my bag is beauty
When I take, it is heavy
By all this features, I fell joy

-Pavan D
X A



My Painting In The Middle of the Town

There lived a painter who paints very well. Once, he painted a very nice painting and placed it in the middle of the town and kept a note that "Mark the mistakes if any".

By evening the painting was full of marks with a sad face he went home and his mother saw him crying, she asked him what had happened and he told her what occurred. His mother told him to repaint, the same painting again and place it in the same place but change the note to "Mark the mistakes and correct them. By the evening, he came back and he had seen that the painting remained the same.

He was very happy. He went home to his mother and had told her what had happened. His mother told him that

"Everyone will only point out your mistakes but never take the time to correct them"

-Teju Prathap
XII A



वो स्कूल के दिन

वो स्कूल के दिन

जब स्कूल जाती हूं

लगता है क्या वही बागदौड़ रोज रोज

जब पहली घंटी बजती आता था रोज और

जब अकरी घंटी बजती थीं तो आता था मोज

कभी हम दोस्त मस्ती करके सबको करते थे तंग

तो कभी घर में शिकायत न जाए सोचकर

हम खुद होते हे परेशान

पर अब एहसास हो गया की

स्कूल में ही बस्ती है जान

थोड़ी पढाई , थोड़ा खेलेकूद और

छोटे मोटे चुटकुले कि बारिश

वो पल थे बहुत खास,

अब बीत गए वो पल ,

पर बची ही वो हर पलो की याद

-Vanadhana H
XII A



MEDICAL

For the past 50 years, the National Cancer Institute's clinical Trials Cooperative Group program has played a key role in developing new and improved cancer therapies and preventive Strategies. NCI-Sponsored trials have studied distinct cancer subpopulations and those with rare cancers, elucidated the role of therapeutic Chemoprevention agents such as tamoxifen for breast cancer, and evaluated quality of life Issues for patients with Cancer. But a new report from the Institute of Medicine (IOM) of the national Academics concludes that the Clinical trials Cooperative Group Programme in a state of crisis.

The IOM report recommends 12 sweeping Changes in the ways that their clinical trial Prioritized, and funded-changes that likely to affect are players as diverse as NCI and the FDA, Clinical research investigators, Cancer patients and even health-care insurance and the pharmaceutical industry. More than 25,000 Cancer Patients, 3,100 Institutions and 14000 investigators from Cancer centres and Community oncology practices Cooperative Group clinical trials each year they would all likely be affected by the IOM's recommended changes.

“Many people involved in the Cooperative Group clinical trials, including NCI and those in the academic community and practice community share the same frustrations. The cooperative group trials system became inefficient and slow and we were not adequately funding and incentivizing people to participate including patience and physician” said John Mendelsohn, MD, Chair of the IOM committee and President of the University of Texas M.D. Anderson Cancer Centre. There was too much recycling of efforts and too much gathering of opinions and counter opinions to design the trials. Everything needed to be streamlined.

- **Nethra N**
XII A



Nature – The Essence of Life and Earth

Nature encompasses everything from towering mountains and Expansive forests to serene lakes and diverse wildlife. This vast and intricate system is not just a backdrop for human activity but a fundamental component of our existence.

The Splendour of Natural Landscapes

Natural landscapes offer a breath-taking experience. These scopes are magic to human's eyes. The sunrise over a mountain range, the tranquillity of forest glade, or the rhythmic sound waves crashing on a shore can evoke deep feelings of awe and connection. These environments provide more than just beauty they offer a sense of peace and perspective.

The Human Connection

Humans have always been connected to nature, not only for the purpose of survival but also for Inspiration and well-being. Many science studies have shown that exposure to Natural environments can reduce stress, enhance mood and Improve function of the body.

Challenges and Conservation Efforts

Despite its importance, Nature faces significant threats from human activities. Deforestation, pollution, climate change and habitat destruction are some of the major challenges faced by Nature Conservation efforts are critical in addressing these issues. Protecting Natural habitats, supporting sustainable practices and promoting Environmental awareness are vital steps in preserving the health of our planet.

Conclusion

Nature is an Invaluable asset, its beauty and functionality enriches our lives, while its preservation ensures a sustainable future. Embracing and protecting nature is recognition of our connection to the Natural world. As we move forward and start taking care, committing to conservation will be essential in maintaining the delicate balance that sustains life on Earth.

-Rakshitha-K
XII-A



The Impact of Technology on Modern Education...

In the past few decades, technology has transformed various aspects of our lives, and education is no exception. Technology has offered many sources like digital classrooms, online resources offering both opportunities and challenges.

1. Enhanced Learning Experience.

One of the most significant impacts of technology on education is the enhancement of the learning experience. Some interactive tools such as smart boards, educational apps and virtual reality allow for more Immersive learning environment. This allows students to explore complete concepts through simulations & visualizations.

2. Retrieve Student's Mind

Students nowadays have stopped thinking and they are more dependent of phones which have affected their mental ability to solve mathematical sums. This in turns make them poor mentally.

Hence technology is good it used in a proper manner or else it is a disaster for mankind. The students should have the knowledge how to use the technology properly and not misuse in any case. The elders should educate the students to use the technology in Proper manner.

3. Covid Pandemic Period

At the time of the pandemic, technology had a wide spread in many ways & educations was also among them. The online virtual classes were really helpful as nobody was allowed to get out of the house. During this particular period the technology had a massive boom.

4. Technology in Further Education

In future, each and every corner the technology will have a major role to be played. In the field of education, the upcoming generations may not require any teachers and there might be robots allotted for each student. There will be more visual experiments to co-relate with the theory.

Conclusion

The impact of technology on modern education is being massive and increasing day by day. There are advantages and as well as many disadvantages of technology in any case. It depends on the way we use it for our knowledge. Overall, technology plays major role in education now and further.

-Sanjana K
XII A.



78TH INDEPENDENCE DAY

We Rockfordians

Celebrated our 78th Independence Day with great joy in our hearts

All the teachers gathered under the flag under the leadership of our principal Mr Ravi.

Ms.Vijiyalakshmi and Ms. Aishwarya gave good speeches on "Viksit Bharat", the celebrations will serve as a platform to provide a renewed push to the government's efforts towards transforming the country into a developed nation by 2047.

We honoured our national flag and were indeed proud to be citizens of India.

Jai Hind.



78TH INDEPENDENCE DAY

Independence Day is celebrated on the Eve of 15th August every year. This is to mark the country's freedom from British rule in 1947. This day is a tribute to all those heroes who sacrificed their lives for the independence of the nation. It is our responsibility as the people of the country to honour them, especially on this day.

Let us all work together to make our country proud. Happy Independence Day.



WEEKEND READING

“தென்னகத்தின் ஜெய்ஹிந்த்”

செண்பகராமன் 1891 ஆம் ஆண்டு செப்டம்பர் 15 ஆம் நாள் திருவனந்தபுரத்தில் ஒரு பகுதியான புத்தன்சந்தை என்ற ஊரில் பிறந்தார். திருவாங்கூர் சுரேஷ் அரசாங்க சேவையில் தலைமை கான்ஸ்டபிளாக இருந்தார். இவர் இளம் வயதிலேயே விளையாட்டிலும் சிலம்பம் வாள்வீச்சு போன்ற கலைகளிலும் சிறந்து விளங்கினார்.

அச்சிறிய வயதிலேயே தம்முடன் பயின்ற மாணவர்களைச் சேர்த்துக்கொண்டு “ஸ்ரீ பாரதமாதா வாலிபர் சங்கம்” ஏற்படுத்தி ‘வந்தே மாதரம்’ என்ற உரிமை முழக்கம் இட்டார். அதன் பின்னர் விடுதலைப் போராட்டத்தில் தீவிரமாக ஈடுபட்டு ‘ஜெய்ஹிந்த்’ என்ற முழக்கத்தை எழுப்பினார். “ஜெய்ஹிந்த்” எனும் முழக்கத்தை முதல் முதலில் முழங்கியவர் செண்பகராமன் பிள்ளையே ஆவார். 1933 - ஆம் ஆண்டு வியன்னாவில் நடைபெற்ற மாநாடு ஒன்றிலும் அவர் இம்முழக்கத்தை முழங்கினார். இதைக்கேட்ட நேதாஜி இம்முழக்கத்தை வழிமொழிந்து உலகமெங்கும் பரப்பினார் . விடுதலைப் போரில் இவர் காட்டிய தீவிரம் காரணமாக ஆங்கிலஆட்சியின் காவல் துறையினர் செண்பகராமனைக்கண்காணிக்கத் தொடங்கினர்.

முதல்உலகப் போருக்குப் பின் செருமனியில் நாட்சிக்கட்சி ஹிட்லர் தலைமையில் உருவாகிவளர்ந்தது. ஹிட்லர் செருமனியின் சர்வாதிகாரி ஆனார். ஒரு சமயம்செண்பகராமன் ஹிட்லருடன் உரையாடிக் கொண்டிருந்தபோது “இந்தியர்கள் பிரித்தானியர்களுக்கு அடிமையாகவே இருக்கவே தகுந்தவர்கள் . இந்தியாவுக்கு விடுதலைக் கிடைத்தால், நாட்டைத் திறமையாக ஆளும் தகுதி இந்தியருக்கு இருக்கிறதா என்பது சந்தேகமே” என்று இந்தியரைத் தாழ்த்திக் கூறினார் . ஹிட்லர் கூறியதைக் கேட்ட, நாட்டுப்பற்று மிக்க செண்பகராமன் கொதித்தெழுந்தார். ஹிட்லருக்கு எதிராகத் திறமையாக வாதாடி, எழுத்து மூலம் ஹிட்லரை மன்னிப்பு கேட்கச் செய்தார்.

இப்படி செண்பகராமனை நினைவுபடுத்தும் வகையில் அன்றும், இன்றும், என்றும் “ஜெய்ஹிந்த்” என்னும் முழக்கம் நம் உணர்வில் உள்ளதைப் போன்று, நம் நாட்டையும், நம் நாட்டு மக்களையும் நேசிக்கும் அன்பு கொண்டவராக வாழ்ந்து, அவரைப் போல் சாதிக்க முனைவோம்.

உனக்குத்தேவையான எல்லா

வலிமையும், உதவியும்

உனக்குள்ளே உள.....

ஜெய்ஹிந்த்.



செண்பகராமன் பிள்ளை

பாரத தேசம்

சிந்து நதியின்மிசை பெண்களுடனே
சேர நன்னாட்டினம் பெண்களுடனே
சுந்தர தெலுங்கிலும் பாட்டிசைத்துத்
தோணிகள் ஓட்டிவிளையாடி வருவோம்
கங்கைநதிப் புறத்துக் கோதுமைப்பண்டம்
காவிரி வெற்றிலைக்கும்மாறு கொள்ளுவோம்
சிங்க மராட்டியர்தம் கவிதைகொண்டு
சேரத்துத் தந்தங்கள் பரிசளிப்போம்.

விளக்கம்:

நிலவொளி வீசும் ரம்மியமான இரவுப்பொழுதில் சிந்துநதியின் மீது, சிறந்த கேரள மாநிலக் கன்னியர்களுடன் இணைந்து, இனிமையான தெலுங்கு மொழியில் கானம்பாடி, படகுகள் செலுத்திக் குதகலமாய்ப் பொழுதுபோக்கி வருவோம். இந்தியாவின் எல்லா மாநிலங்களுக்குள்ளும் இணக்கமான போக்கு இருக்கவேண்டும். வடநாடு தென்நாடு என்ற பேதமோ, மொழிகாழ்ப் புணர்ச்சியோ இருக்கக்கூடாது என்னும் கருத்தை இவ்விதம் கவிநயத்துடன் பாரதி வெளிப்படுத்திிருக்கிறார். கங்கைநதிப்புறத்துக் கோதுமையையும், காவிரி வெற்றிலையையும், பரிவர்த்தனை பண்ணி வளர்க்க முடியாத நல்லுறவை சேரநாட்டுத் தந்த சிற்பங்களையும், மராட்டியரது கவிதைக் கனிகளையும் பரிவர்த்தனை செய்து வளர்த்திடலாம் என்று கண்டிருக்கிறான். பாரதி கண்ட கனா அகண்ட பாரதத்தோடு நின்றுவிடுகிறது. தேசிய ஒருமைப்பாடு குறித்துப் பாரதி கண்ட கனவு பகற்கனவாகாவே ஆகிவிட்டது. அக்கனவை நனவாக்க இனியாகிலும் நாம் பாடுவோமாகில் நாம்பிறந்த பொன்னாடு வளம்பெரும்.



-மகாகவி பாரதியார்