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Industrial Visit to Ather Energy Pvt Ltd

On 6th September 2024, Grade 11 & 12 Commerce students visited Ather Energy Pvt Ltd.

As a part of outreach and experiential learning initiatives, students believe that a visit to the Ather Company will greatly enhance the practical understanding, particularly in the areas of sustainable technology, business operations, and electric vehicle innovation.

Ather Energy Pvt Ltd. is recognized for its ground-breaking work in the electric vehicle industry, and students got benefited immensely from observing the operations first-hand.

- They gained insights into how Ather Energy Pvt Ltd. operates in the industry.
- Learnt about the importance of green technology and electric vehicles in today's world.
- Observed effective business strategies in a real-world setting.



TEACHER'S DAY CELEBRATION

Student's Organization of celebrating the Teacher's Day festival with the guidance and the support of PET department and Management knocked it out of the park.





Every year, September 14th is observed as Hindi Diwas in India. This day serves as an excellent opportunity to promote the Hindi language. Hindi embodies the cultural unity of the nation. It reminds us of our rich heritage and inspires the younger generation to cherish their mother tongue.

ONAM CELEBRATION



The Onam celebration at our school was a vibrant display of culture and tradition, filled with colourful decorations and joyful activities. Students participated in various competitions, including Pookolam (floral designs) and traditional dance performances, showcasing their creativity and teamwork. This festive occasion brought everyone together, fostering a deeper appreciation for the rich heritage of Kerala.

Experiential Learning – Trip to Sericulture



Class IV and V went to a **Silk Farm** in Hosur on **September 18, 24**. Students were ecstatic after witnessing the farm. Actually, that was the **75th Anniversary of Silk Sericulture**. We were invited to take part in the celebration. The sericulture director addressed the pupils and explained the farm's unique features. Students were given the opportunity to clarify their doubts. Students received proper clarification from farm workers. They showed a film about sericulture and its value. Students were ecstatic to see the silk robes. They have observed all of the stages, including how the moth lays eggs and develops. They also visited the silk farm museum and learned that silk can be used to make hand craft also.

Finally visited that place how to spin the thread from cocoon.

Overall students learned the different stages of skill formation through real experience.



Library Best Book Reviewer

A book is a human's best friend. Rockfordians have demonstrated their prowess in both reading and writing. To assess the quality of a book, we often check the reviews. They've proven to be outstanding book reviewers.

Our Library Best Book Reviewers are:

Ms. R.K Priya Dharshini from class X,
Ms.N. Mahasri from class VI,
and Ms.U. Akshayaa from class VII.

Library Best User:

Ms. M. Apeksha from class X."

CM Trophy Tournament

The Krishnagiri District level **CM Trophy Tournament 2024**, organized by the Sports Development Authority of Tamil Nadu, was held at the SDAT Stadium in Krishnagiri on September 12-13.

Kavana from Class XI secured 3rd place in the **Discus** event.

Rahul Reddy from Class XII achieved 3rd place in **Shot Put**.

The event was a great opportunity for motivation and encouragement for all the players.



Tamil Nadu State level 10th Softball Championship 2024

The Tamil Nadu State Level 10th Softball Championship 2024 was held at **MGR College, Hosur**, on September 14-15. Our school student, **Dharshan Renu R** from Class X-A, achieved **Runner-up** in the Tamil Nadu State level softball competition.

He represented the Krishnagiri District in this event, organized by the Krishnagiri District Softball Association.



POCSO ACT - 2012 Awareness Program

An awareness programme was conducted in our campus with the support of 'The Lions Club'. Mrs. Jeeva HRD, supported our school's awareness program on the POSCO Act. Students gained essential insights into the POSCO Act of 2012. This initiative focused on educating and empowering young minds about child protection laws. Overall, the session was both successful and informative.



"Cervical Cancer and Its Prevention,"

Our school organized an awareness program on "Cervical Cancer and Its Prevention," led by Dr. Vanitha Pradeep from Gunam Hospital. Students received essential information about health and prevention strategies. The interactive session captured the audience's attention and encouraged thoughtful questions. It proved to be a significant opportunity for education and awareness.

TEACHERS CORNER

HOW TO OVERCOME EXAM FEAR?

Exam fear or Exam Phobia can be defined as the fear, anxiety and stress that arise in a student during the time of an examination. Recently, a survey was conducted by the NCERT. It was found in the survey that 80% of students of classes IX - XII suffer from Exam fear.

Overcoming exam fear is not an impossible task. Students can change their approach towards exams by adopting new habits. If you follow such habits, sure it reduces your anxiety and it helps you to maintain your mental health to face the upcoming challenges in a confident manner. One must know the reasons and symptoms to tackle exam fear.

CAUSES OF EXAM FEAR:

1. **Physical Symptoms:** Normal symptoms are **sweating, breathe shortness, headache, nausea, rapid heartbeat, faintness, etc.** Seeking a professional's advice is helpful during these conditions.
2. **Emotional Symptoms:** Emotional symptoms are **stress, anxiety, fear, disappointment, negative thoughts, less confidence or a blank mind** during examination.
3. **Cognitive Symptoms:** Cognitive symptoms are **procrastinating things, comparing oneself to others and pessimistic thinking.**

The reason of these symptoms is due to the **negative past experiences of exams.**

EFFECTIVE STRATEGIES ON HOW TO OVERCOME EXAM FEAR:

1. **Planning and Preparation:** "*Preparation is the key to success*". Planning involves your daily to-do list. So, prepare a study plan. It should be based on your achievable goals. You must know your ability to complete the target that you had set for that particular day. Once you achieved that target, a positive energy will bloom in yourself which teaches you to manage the time during examination.
2. **Doing Meditation:** "*Meditation is the antidote to worries, stress and nonstop thinking*". It is a way to gain your mental peace and time to introspect your negative thoughts. You can spend time with yourselves to have a positive self-talk. Develop a habit of doing meditation at least twice a day that helps to focus more during the exams and reduce mistakes that occur due to fear.
3. **Consistent Revision:** "*A Revision is just another step towards perfection*". Forget what others are doing. Revise in the way that works for you. Do a complete revision on the subjects or topics that you feel difficult. Revising consistently will improve your learning skill and anxiety will be less during your exams.

4. Avoid Comparison: *"Comparison with myself brings improvement"*. Don't compare yourself with others. If you stop comparing, it will help you to showcase your inner abilities. Everyone has their own pace of learning. Unhealthy comparison is directly related to stress. Appreciate yourself for the marks that you've scored. It boosts your self-esteem and the level of confidence.

5. Stay Positive: *"Stay strong stays positive"*. Having a positive mental attitude is very important for fighting exam phobia. You have to believe in yourself and on your capabilities. Learn to accept the fact that you will do well in the exam because you will be giving your best.

6. Get Enough Sleep: *"Sleep is an investment in the energy you need to be effective tomorrow"*. You have to give yourself an ample amount of rest. Proper sleep helps to relax your mind as well as your body. 7-8 hours of sleep is a must for everyone. If you do not sleep properly, it might result in fatigue and a lack of focus.

7. Prepare notes and Maintain your handwriting: While studying a topic or revising a chapter, take down notes of important points and maintain a good handwriting that improves your chances of getting good marks.

IMPORTANT NOTE TO PARENTS:

1. Support your child by understanding his or her emotional needs during exam preparation.
2. Provide them with a balanced diet.
3. Do not compare them with other kids because children may feel inadequate and doubt their abilities. Instead motivate and appreciate them for their level of improvement.
4. Be considerate and help them in all possible means by providing the best support and just pat them on their back every day.
5. Encourage your child before and after his/her examination. Your positive vibes will make his/her feel confident about his/her preparation level during the time of examination.

"May Almighty God's guidance be with you all during the exams and may you be able to answer each question with perfection. Wishing you success in your exams!"

By
Ms. Jenifa D
Department of English



STUDENTS CORNER

The Green is Decaying

“The Green” here is our nature. The flowing rivers, fading skies, the pedestal like trees, the moving creatures, the ruling humans, all depend on the green.

It is sad that it is depleting and also alarming that we humans are appearing as great danger.

The rivers are highly polluted, the air is polluted, the trees are cut and the happily moving creatures are poisoned in the zoos but we humans, rule the world by displacing them with our needs.

One fact we humans have to realise is that “the earth is not ours, we belong to earth”

Reading the books about environment, will always mention the readers about planting trees but closing the book and looking for it in reality, it is rarely practised.

To rewrite the aesthetics of nature, we have to repaint with colours we removed.

By

Geetha Priya

Class XII Science





BHAVITHA R
VII





DHRUTHI V
VII



WEEKLY ACTIVITIES

"Traffic Symbols"

Class: I

Teaching safety is just as crucial as our daily routines; they truly go hand-in-hand. Children can develop a sense of responsibility for their own well-being, whether at school, home, or out in the world. By understanding various situations, they can grasp the essential principles of safety and recognize that it always comes first...



"Money Experiential learning"

Class: II

Subject: Mathematics

Experiential learning is a valuable opportunity for students because it creates active engagement opportunities while increasing motivation and interest to learn. Students who participate in experiential learning feel empowered to use their knowledge and skills in contexts that will aid in their studies.

"Sweet Festival Celebration"

Class: II

Subject: Tamil

Grade II students celebrated the Sweet Festival, a vibrant event fostering cultural awareness.

Students prepared and showcased a variety of traditional sweets from different states of India, including gulab jamun, jelabi, barfi, and laddu. A sweet-making competition highlighted the culinary talents of the students.

Participants learned about the origins and cultural significance of various Indian sweets. The festival encouraged cultural exchange and appreciation among the students.

Overall, the Sweet Festival was a tremendous success, promoting unity and cultural pride. We eagerly anticipate organizing similar events in the future.





“Decimals Art Integration in Mathematics”
Class: V
Subject: Mathematics

Art integrated activity enrich the educational experience by connecting academic learning with creative expression. They cultivate essential skills, foster a deeper understanding of content, and nurture students' holistic development as lifelong learners.

“Eka Pada Rajakapotasana”

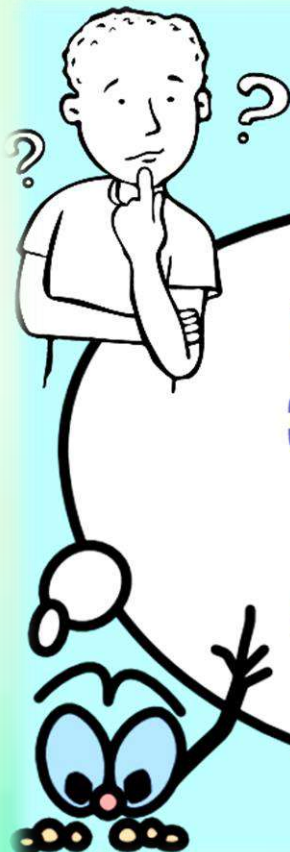
The pigeon pose, or Eka Pada Rajakapotasana, provides a wealth of benefits for both body and mind. It enhances hip flexibility, improving mobility and range of motion, while also offering relief from lower back and sciatic pain by stretching the muscles around the spine and easing tension in the piriformis muscle. Additionally, this pose promotes stress relief, alleviating anxiety and trauma, and aids in better posture and alignment. It supports digestion and balances the chakras, contributing to emotional stability. On a spiritual level, the pigeon pose can help shift negative inner dialogue to a more positive outlook, all while strengthening the muscles that support the hips and lower back.



BIRTHDAY CELEBRATION



MYSTERY CHAMBER



Can you solve this
number puzzle?

$$70 - 60 - 21 = 15$$

$$34 - 33 - 10 = 7$$

$$68 - 15 - 9 = 16$$

$$44 - 25 - 19 = ?$$

WEEKEND READING

ಸರೋಜಿನಿ ಮಹಿಷಿ

ಸರೋಜಿನಿ ಮಹಿಷಿ ಅವರು ಕರ್ನಾಟಕ, ಭಾರತದ ಪ್ರಮುಖ ಸಾಮಾಜಿಕ ಕಾರ್ಯಕರ್ತೆ ಮತ್ತು ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟಗಾರರಾಗಿದ್ದರು. ಅವರು 1927 ರಲ್ಲಿ ಮೈಸೂರಿನಲ್ಲಿ ಜನಿಸಿದರು ಮತ್ತು ಚಿಕ್ಕ ವಯಸ್ಸಿನಿಂದಲೂ ಸಾಮಾಜಿಕ ಮತ್ತು ರಾಜಕೀಯ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಸಕ್ರಿಯವಾಗಿ ತೊಡಗಿಸಿಕೊಂಡರು. ಅವರು ಸಾಮಾಜಿಕ ನ್ಯಾಯಕ್ಕೆ ಆಳವಾಗಿ ಬದ್ಧರಾಗಿದ್ದರು ಮತ್ತು ಪರಿಶಿಷ್ಟ ಜಾತಿಗಳು ಮತ್ತು ಪರಿಶಿಷ್ಟ ಪಂಗಡಗಳ ಸಬಲೀಕರಣದ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸಿದರು. ಅವರು ಮಹಿಳಾ ಹಕ್ಕುಗಳ ಪ್ರಬಲ ವಕೀಲರಾಗಿದ್ದರು ಮತ್ತು ಲಿಂಗ ಸಮಾನತೆಯನ್ನು ಉತ್ತೇಜಿಸಲು ದಣಿವರಿಯಿಲ್ಲದೆ ಕೆಲಸ ಮಾಡಿದರು. ಅವರು ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮಹಿಳಾ ಆಯೋಗದ ರಚನೆಯಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸಿದರು ಮತ್ತು ರಾಜ್ಯದಲ್ಲಿ ಮಹಿಳೆಯರ ಹಕ್ಕುಗಳನ್ನು ಬಲಪಡಿಸಲು ಶ್ರಮಿಸಿದರು. ಅವರು ಕಾರ್ಮಿಕ ವರ್ಗದ ಹಕ್ಕುಗಳ ಚಾಂಪಿಯನ್ ಆಗಿದ್ದರು ಮತ್ತು ಟ್ರೇಡ್ ಯೂನಿಯನ್ ಚಳವಳಿಯಲ್ಲಿ ಸಕ್ರಿಯವಾಗಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದರು. ಸರೋಜಿನಿಯವರ ಅತ್ಯಂತ ಮಹತ್ವದ ಕೊಡುಗೆಯೆಂದರೆ ಭೂಸುಧಾರಣೆಯ ಕ್ಷೇತ್ರ. ಅವರು 1974 ರಲ್ಲಿ ಕರ್ನಾಟಕ ಭೂ ಸುಧಾರಣಾ ಆಯೋಗದ ಅಧ್ಯಕ್ಷರಾಗಿ ನೇಮಕಗೊಂಡರು. ಅವರ ನಾಯಕತ್ವದಲ್ಲಿ, ಆಯೋಗವು ಭೂ ಮಾಲೀಕತ್ವದ ಮಾದರಿಗಳನ್ನು ಸುಧಾರಿಸಲು ಆಮೂಲಾಗ್ಯ ಸುಧಾರಣೆಗಳನ್ನು ಪ್ರಸ್ತಾಪಿಸಿತು.

Sarojini Mahishi

Sarojini Mahishi was a prominent social activist and freedom fighter from Karnataka, India. He was born in Mysore in 1927 and was actively involved in social and political activities from an early age. He was deeply committed to social justice and focused on the empowerment of Scheduled Castes and Scheduled Tribes. She was a strong advocate of women's rights and worked tirelessly to promote gender equality. She was instrumental in the formation of the Karnataka State Commission for Women and worked hard to strengthen women's rights in the state. He was a champion of working class rights and was actively involved in the trade union movement.

Sarojini's most significant contribution was in the field of land reform. He was appointed as the Chairman of the Karnataka Land Reforms Commission in 1974. Under his leadership, the commission proposed radical reforms to reform land ownership patterns.

