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A very good morning to the respected Chief Guest, my dear Rockford community and extended family of parents and well-wishers. Welcome to the 13th Annual Sports Day.

Dear Brothers and Sisters,

As you may have guessed by opening salutation, I am incredibly delighted to be celebrating the birth anniversary of the great philosopher Swami Vivekananda, also recognized as National Youth Day. On this glorious day, I would like to spend a few minutes to talk about the sensational message preached by this world-renowned figure.

Swami Vivekananda strongly believed that the youth period is incalculable and indescribable. – it is the most precious period in one's lifetime. Youth life provides incredible opportunities, physical strength and mental vitality which enables you to chase your dreams. However, it is important to remember that it is your responsibility to maximize the gifts of youth appropriately and direct all your energy to advancing your academic, physiological, and social lives. Reinforcing the words of the great man, I would encourage all of you to be strong and fearless, kind, and benevolent, **strictly moral and of high character.**

The legendary philosopher constantly stressed importance on eliminating any kind of religious, racial, or linguistic barriers and ensuring all our brothers and sisters are treated equally with respect and empathy. In a year where we have seen so many wars and conflicts, I cannot stress enough on the relevance of his words today. As young Indian world-changers of the future, and excited RockFord Team Players today, I encourage all of you to adopt an inclusive and progressive spirit of Unity in Diversity. This is the only way our wonderful nation will reach its potential to be a global superpower in all fields.

On a finishing note, I hope all of you look at 2024 as an opportunity to develop new skills, serve others selflessly and expand your intellectual and social horizons. Enjoy this amazing day with the right spirit. Competition is healthy and necessary. However, you must remember a true sportsman is one who plays hard but also treats everyone with empathy and respect. Wishing you all a happy National Youth Day, happy New Year 2024, and happy Pongal.

Thank you.



Best wishes,

*R Varadarajan,
Chairman,
RockFord Group of Schools.*

NATIONAL YOUTH DAY

Dear Rockfordians,

Our school celebrated the senior sports day, National Youth Day, and Pongal on 12th January 2024. This is the speech on National Youth Day.

Greetings and salutations to everyone present here.

International Youth Day is an awareness day designated by the United Nations that takes place on August 12. The purpose of the day is to draw attention to a given set of cultural and legal issues surrounding youth. The first International Youth Day was observed on 12 August 2000.

In 1984, the Indian Government declared Swami Vivekananda's birthday as National Youth Day to honor his ideals and to inspire the youth of the nation. India is the most populated country in the world with nearly a fifth of the world's population. India has more than 50% of its population below the age of 25 and more than 65% below the age of 35.

The Theme of the National Youth Day for the year 2024 is "Vaksit Yuva" - "Vaksit Bharat" which means, It's all in the mind.

The theme goes well with the definition of education given by Swami Vivekananda. According to him, Education is the manifestation of divine perfection already exists in man. Therefore, the main aim of education is the development of a strong moral character and not merely the feeding of information to the brain. Education should enable one to realize oneself. Swami Vivekananda firmly believed that education is something more than merely passing examinations and getting some employments. An education which helps one only to earn one's livelihood is not a great value.

Today the youth have lots of opportunities compared to the youth of 70's or 80's. They have good houses to stay, good food to eat, good schools to study, good hospitals for treatment. The list goes endless but even in the midst of all these good things, they are not happy in life.

The youth of today faces a range of health challenges influenced by changing lifestyles. Sedentary habits, excessive screen time, and poor dietary choices contribute to obesity and other health problems. Mental health issues such as anxiety, depression, addiction to narcotics and alcohol are also prevalent due to academic pressure and digital culture.

A major issue faced by youth of today are unemployment and inadequate opportunities.

Though the government and private are creating the opportunities, but it is still inadequate with the increase in number of people seeking employment.

Dear students, it is always better to respect and follow the valuable time instead of regretting later as the productive time we have spent is never coming back. We all know about the proverb "Time and Tide wait for none," It is apt for our life.

We all should think that the time we get is an opportunity to grab for a well-built future. We should teach our younger ones also about the value of time. Utilizing time for our loved ones also helps us and the society to grow towards a better tomorrow.

The best and most effective ways of utilizing time are setting goals, making work lists, prioritizing tasks, having a good sleep, etc.

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We must set long and short-term goals for the best utilization of time. These long- and short-term goals will help us to save time and be productive.

My humble advice to you dear Rockfordians that:

Enjoy your study, dont take it as a burden

Ask constructive questions to your parents, teachers and friends.

Take challenges in life. Don't be afraid of failures.

Utilise the time fruitfully. * Make short and long term goals.

Be honest and courageous in all circumstances.

Be kind and courteous to all.

Be humble and sympathetic.

Know the value of money.

Be generous - help people who are an need.

Don't wait for others to give you job rather you should work to provide job to others.

Dream big, let the sky be your limits.

Say big no to all anti social and evil influences like alcohol and drugs.

Maintain healthy mind and practice a good mental hygiene.

Honour the dignity of labour.

My humble wish is that you may become a good child to your Parents, contributive Citizen to our Country and to the world. May all your endeavors bear fruits and bring glory to your alma mater and your family and friends.

Wish you all a Happy Pongal in advance.

Have a good day.

Thank you.

Best Wishes,

Mr. Paulachan,

Principal.

13TH ANNUAL SPORTS DAY

On January 12, 2024, the school had its thirteenth annual sports day. With great pleasure, Dr. Valarmathi was pleased to appear as the chief guest and inaugurate the sports meet.

For the ultimate winner cup, the following four teams competed: Rock Warrior, Rock Defender, Rock Conquerors, and Rock Legends. Rockfordians demonstrated a sense of solidarity, tenacity, and hard effort to accomplish the objective in all contests and activities.

As part of the National Youth Day celebration honoring Swami Vivekananda, the children performed a play on his birth anniversary.



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13TH ANNUAL SPORTS DAY



PONGAL CELEBRATION

On January 12 and 13, the Rockfordians of Mathagondapalli (Main campus) and Rockford Kindergarten International school, Karnur celebrated the Harvesting festival on their respective campuses. There were several elegant dance performances and delicious sugarcane Pongal to enjoy. The young Rockfordians praised the farmers and the Sun God for providing healthy food with their charming performance.

Along with their grandparents, the Little Rocks of the Karnur Campus celebrated the Pongal holiday. They portrayed their grandparents and made beautiful, emotional memories. Their adorable little dance is a visual feast for parents and teachers.



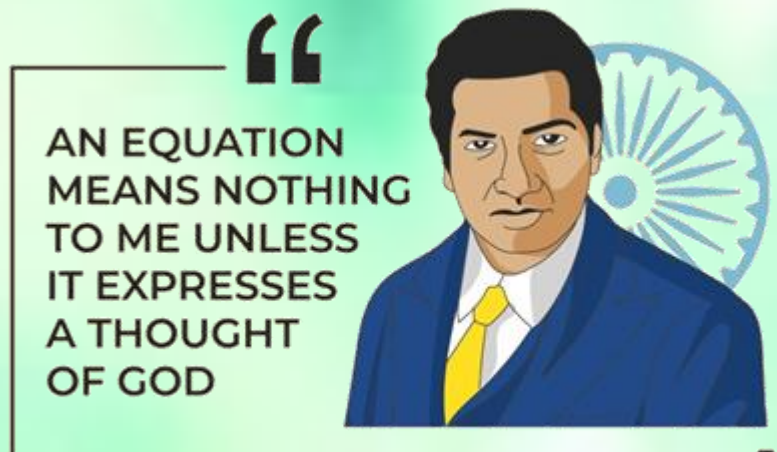
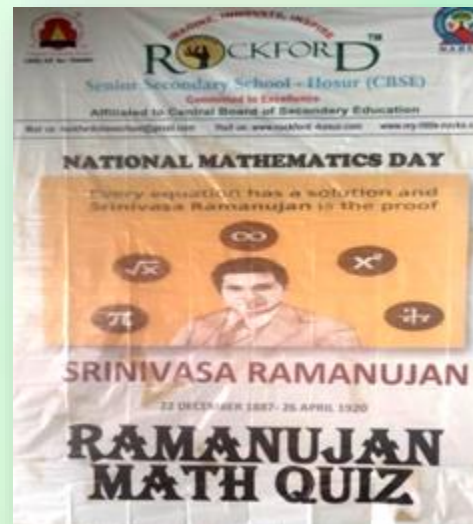
RAMANAUJAM QUIZ - NATIONAL MATHEMATICS DAY



"Think outside the box"

Quizzes aid in the acquisition of a general or specialized knowledge of a subject. Quizzes are meant to promote enjoyable learning strategies and improve general knowledge. Quiz tournaments allow students to "think outside the box" and from a variety of angles.

Rockford Senior secondary School had an inter-school math competition. Students from several schools participated in the math quiz and had an amazing time.



ART INTEGERATION

Tamil - Class II

Children's critical thinking abilities and their understanding and appreciation of many cultures may both be fostered via art integration. Children might start to perceive the world in a different manner when they are exposed to a range of artistic mediums from across the globe. Children may interact with their classmates and develop social skills via art.



Tamil - Class I

The use of art to enhance learning in other academic areas is known as art integration. Students' comprehension and memory of the subject matter can be improved when art is included into other courses. Additionally, ideas that are difficult for students to understand through conventional means may be taught through art integration.



ಕೆಳದಿ ಚೆನ್ನಮ್ಮ

ಕೆಳದಿ ಚೆನ್ನಮ್ಮ ಭಾರತದ ಕರ್ನಾಟಕದಲ್ಲಿ ಕೆಳದಿ ನಾಯಕ ಸಾಮ್ರಾಜ್ಯದ ಪ್ರಮುಖ ರಾಣಿ ಮತ್ತು ಯೋಧಿ. ಅವರು 1671 ರಲ್ಲಿ ಇಂದಿನ ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆಯ ಕೆಳದಿ ಸಾಮ್ರಾಜ್ಯದಲ್ಲಿ ಜನಿಸಿದರು ಮತ್ತು ಕೆಳದಿಯ ರಾಜ ಸೋಮಶೇಖರ ನಾಯಕ ಅವರನ್ನು ವಿವಾಹವಾದರು. ಆಕೆಯ ಪತಿ ಸೋಮಶೇಖರ ನಾಯಕ 1704 ರಲ್ಲಿ ನಿಧನರಾದರು, ಅವರ ಚಿಕ್ಕ ಮಗ ಶಿವಪ್ಪ ನಾಯಕನನ್ನು ಸಿಂಹಾಸನದ ಉತ್ತರಾಧಿಕಾರಿಯಾಗಿ ಬಿಟ್ಟರು. ತನ್ನ ಮಗನ ಅಲ್ಪಸಂಖ್ಯಾತ ಸಮಯದಲ್ಲಿ, ಅವರು ಕೆಳದಿ ಸಾಮ್ರಾಜ್ಯದ ರಾಜಪ್ರತಿನಿಧಿಯಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸಿದರು ಮತ್ತು ರಾಜ್ಯದ ಆಡಳಿತದಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸಿದರು. 1734ರಲ್ಲಿ, ಪೇಶ್ವೆಬಾಜಿರಾವ್ ನೇತೃತ್ವದ ಮರಾಠಾ ಸಾಮ್ರಾಜ್ಯವು ಕೆಳದಿ ಸಾಮ್ರಾಜ್ಯದ ಮೇಲೆ ಆಕ್ರಮಣವನ್ನು ಪ್ರಾರಂಭಿಸಿತು, ಅದನ್ನು ತಮ್ಮ ಸಾಮ್ರಾಜ್ಯಕ್ಕೆ ಸೇರಿಸಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸಿತು. ಚೆನ್ನಮ್ಮ ತನ್ನ 60 ರ ಹರೆಯದಲ್ಲಿ ಮರಾಠಾ ಸೈನ್ಯದ ವಿರುದ್ಧ ರಕ್ಷಣೆಯನ್ನು ಮುನ್ನಡೆಸಿದಳು ಮತ್ತು ಅವರ ಆಕ್ರಮಣವನ್ನು ಯಶಸ್ವಿಯಾಗಿ ಹಿಮ್ಮೆಟ್ಟಿಸಿದಳು. ಆಕೆಯ ಶೌರ್ಯ ಮತ್ತು ಸೇನಾ ಕೌಶಲ್ಯಗಳು ಕೆಳದಿ ಸಾಮ್ರಾಜ್ಯದ ರಕ್ಷಣೆಯಲ್ಲಿ ಪ್ರಮುಖವಾದವು. ಕೆಳದಿ ಸಾಮ್ರಾಜ್ಯವು ಅವಳ ಆಳ್ವಿಕೆಯಲ್ಲಿ ಏಳಿಗೆಯನ್ನು ಮುಂದುವರೆಸಿತು ಮತ್ತು ಜನರ ಕಲ್ಯಾಣವನ್ನು ಉತ್ತೇಜಿಸುವಲ್ಲಿ ಅವಳು ನಿರ್ಣಾಯಕ ಪಾತ್ರವನ್ನು ವಹಿಸಿದಳು. ಅವರು 1750 ರಲ್ಲಿ ನಿಧನರಾದರು, ಆದರೆ ಅವರ ಪರಂಪರೆಯು ಕರ್ನಾಟಕ ಮತ್ತು ಅದರಾಚೆಗಿನ ಪೀಳಿಗೆಯ ಜನರನ್ನು ಪ್ರೇರೇಪಿಸುತ್ತದೆ.



ಜೈ ಹಿಂದ್ ಜೈ ಕರ್ನಾಟಕ ಮಾತೆ

MYSTERY CHAMBER

$$\text{Watermelon} + \text{Watermelon} + \text{Watermelon} = 36$$

$$\text{Watermelon} + \text{Orange} + \text{Orange} = 28$$

$$\text{Orange} - \text{Banana} = 3$$

$\text{Orange} = ?$ $\text{Watermelon} = ?$ $\text{Banana} = ?$