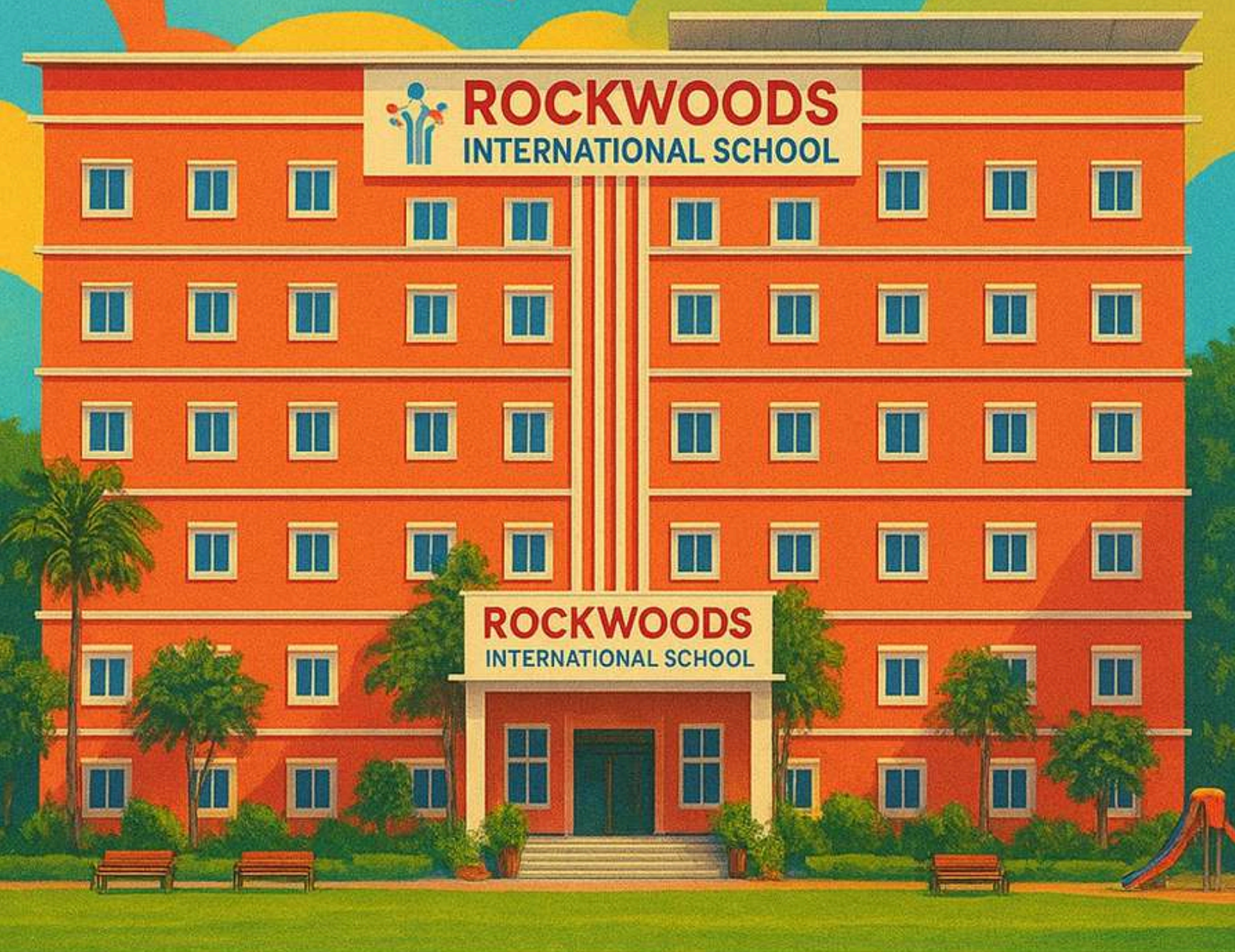




ROCKWOODS CHRONICLES

ANNUAL SCHOOL MAGAZINE
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The Guiding Voice



Holistic Journey of Learning and Growth

Dear Parents, Students, and Well-wishers,

At Rockwoods, our mission is to nurture young minds into thoughtful, responsible, and accomplished individuals. Every day, our team strives to create innovative classrooms led by the best-trained teachers, where learning is not only about academics but also about building life skills. We emphasize problem-solving ability, critical thinking, and creativity—skills that will empower our students to face the challenges of the future. Alongside academic excellence, we cultivate practices such as Anapana meditation to help children remain calm, focused, and aware of themselves. We strongly encourage maintaining a balanced diet while giving equal importance to sports and physical fitness so that every child grows holistically in body and mind.

At Rockwoods, education is not confined to textbooks—it is about altering the lives of thousands of young learners. We teach them to discern between right and wrong, and instill in them values that shape strong character.

Our core values are the guiding force behind everything we do. We believe in achievement, where every individual strives to progress, takes pride in their accomplishments, and celebrates success. We uphold a growth mindset, continuously improving ourselves and embracing challenges as opportunities to become better each day. We also place great emphasis on trust by building strong relationships among students, parents, teachers, and the community, while helping children fulfil their dreams and aspirations. Furthermore, we work extensively on the physical and mental health of all stakeholders, ensuring that well-being remains at the center of education.

Through this balanced approach, we are committed to character building and preparing our children not only for examinations but for life itself. Together, let us continue on this journey of excellence and transformation.

Raman Naidu
MD

Rockwoods Group of Schools

The Guiding Voice



A Friend Indeed: Lending a Helping Hand

We were a bunch of responsible nerds in grade X, already planning our next move after the board exams. I came from a middle-class family, and my parents were worried about college fees. So, most of my friends and I decided to take coaching at Pragathi Institute in Guntur to crack the APJEC Entrance Test and get into a prestigious residential college with free food and lodging.

One of my friends, "The Determined One," was studying at a different coaching center in the same city. This was way back in 1996, folks, with no cell phones, no Google Maps, and limited landline access. One Sunday afternoon, The Determined One decided to embark on a mission to find me. He walked 6-7 km around for 3 hours, asking people for directions like a boss, and finally found me at my coaching institute. We exchanged pleasantries, had dinner together, and probably discussed the meaning of life (or at least, the meaning of calculus).

The next week, he took me to his coaching center, where they were offering free residential admissions to the top 20 state rankers in their recently established junior college for grade XI.

Otherwise, I would have been as clueless as a penguin in a desert about such an awesome deal! The Determined One was already offered admission, but he wanted me to join him in that college. He convinced the college director that I was more talented than him (thanks, buddy! I think?), and asked them to evaluate me if required. A physics faculty met over lunch, and he asked me plenty of questions (my first interview!). I answered some questions and didn't answer others (because, physics, duh!). However, The Determined One convinced the faculty to give glowing feedback to the management.

We joined the college, worked hard for two years, and got into the prestigious NIT Warangal. And that, folks, is the story of how The Determined One and I worked in tandem to get into the prestigious NIT Warangal.

P.S. The Determined One is still my friend, and I'm grateful for his determination (get it?) and friendship. We're still enthusiastic, but now, we have cell phones and Google Maps, so we're basically unstoppable.

Subrahmanyam Rangineni
CEO
Rockwoods Group of Schools

The Guiding Voice

How I went from Zero to Hero in Mathematics

I studied in a residential school. I was a total goody-goody, always following the rules and being a model student. But, in grade V, I turned into a sneaky little math bandit! I had never been to a formal school until then, and math was my arch-nemesis. My teacher, Mr. Mathemagician, was amazing, but he had a problem – he couldn't keep up with our notebook corrections. So, he came up with a genius plan (or so he thought). He divided us into groups, each with a leader who would check our notebooks for mistakes.

Well, my group leader found a treasure trove of errors in my book. It was like a red-ink party in there! I was mortified. The next day, my notebook was to be submitted to the teacher. But, I didn't want to face the music, so I came up with a plan. I snuck into the classroom during evening games when no one was around, stole my notebook from the group leader's desk, and hid it under some rocks on the mountain behind our school. I mean, who wouldn't want to hide their shame in the great outdoors? Next, I sauntered out to join my friends for some evening games, trying to blend in while hiding my sneaky secret.

The next day, my group leader was frantically searching for my notebook, and I was playing it cool, pretending to help him find it. Meanwhile, I was secretly doing the happy dance in my head. But, little did I know, this incident would spark a math revolution in me! I studied hard, and by grade X, I was not only the class topper in math with a cent percent but also one of the state toppers in the board exam! Who would have thought, right?

And, that's the story of how I went from being a math disaster to a software rockstar. Moral of the story: even if you're bad at something, you can still master it with a lot of hard work. Just remember, if you're going to hide your notebooks, make sure you hide them well!

Some dreams serve as reminders

I often have many dreams during sleep, most of which I forget. However, some dreams remain vividly in my memory. Recently, I had one such dream where I met a heart specialist. The doctor recommended some tests and medications. Surprisingly, both my father and first son were with me, and we were having a pleasant conversation (really with all smiles) with the doctor. Interestingly, I don't recall seeing the doctor's face throughout the entire interaction. Not sure, why? (Perhaps I didn't see the doctor's face because my health is destined to be excellent in all the days ahead.)

When I woke up the next morning, I could still remember every detail of that specific dream. And guess what? That dream inspired me to take immediate action! I've started exercising and meditating daily, improving my eating habits, and having better sleep. Sometimes, dreams serve as reminders, a wake-up call guiding you toward what you need to do.

This dream was one of those moments for me. It reminded me to prioritize my health, and I've committed to doing everything I can to maintain it. I encourage you all to take care of your health as well.

P.S. When my wife read this story, she asked, "How come only your father and your son were with you in this dream, but not me?"

Subrahmanyam Rangineni

CEO

Rockwoods Group of Schools

The Guiding Voice



Weaving Global Classrooms with Indian Threads of Wisdom

"I cannot go back to yesterday because I was a different person then." These timeless words echo the essence of learning—an ever-unfolding journey that transforms each of us day by day. In our classrooms at Rockwoods, children are not merely preparing for examinations; they are preparing for life itself, for tomorrow, for a world that is constantly evolving.

The National Education Policy (NEP) invites us to envision the classroom as a global stage—vibrant, inquisitive, and holistic. At Rockwoods, we nurture this vision through inquisitive learning, scientific temper, and a spirit of wonder. Our classrooms are not insular; they are windows to the world, embracing diversity, encouraging dialogue, and fostering synergy between the local and the global.

Deeply rooted in the wisdom of Vasudhaiva Kutumbakam—"the world is one family"—our ethos calls upon patience, kindness, and empathy. We encourage our children to listen, to deliberate, and to question, for it is through critical thinking and reflective discussion that true bridges are built. In doing so, they weave themselves into the greater social fabric of humanity while remaining firmly anchored in the values of their own culture.

In this pursuit, technology becomes both the bridge and the voice. Through webinars, video conferences, collaborative projects, and AI-enabled learning, our students are discovering that knowledge has no borders. A child in Hyderabad can now debate with a peer in Colombia, share perspectives with a learner in Ethiopia, or collaborate on a project with a student in Peru. This seamless interplay of local rootedness and global connectedness prepares them not just to adapt, but to lead in an unpredictable world.

To further strengthen this vision, Rockwoods has proudly embraced the Recognition of International Dimension in Schools (RIDS) programme. Through global projects on themes such as soil conservation, sustainable technologies, global verses, heritage, buildings and monuments, folk dance and music, wings of wonder, and international space achievements, our students interact with peers from multiple countries, learning to respect differences while celebrating common goals. These collaborations ensure that every child experiences the curriculum not only as an academic roadmap, but also as a journey into the world's shared challenges and triumphs.

Yet, amid the dazzling promise of technology and global engagement, we remind our students of an enduring truth: Do not lose yourself. To know who you are and where you belong is to carry an anchor in a restless sea. Authenticity and values must remain their compass as they navigate new horizons.

As educators, we too must reflect. Do our assessments truly mirror the challenges of a globalized world? How might technology-enabled evaluation connect our learners to their peers worldwide? At Rockwoods, these questions guide our research, innovation, and daily practice.

We believe, profoundly, in the quiet power of the butterfly effect—that even the smallest action in a classroom, like a butterfly's wings in flight, can stir ripples of change across the globe. And so, every lesson, every conversation, every act of kindness is part of a larger design—altering lives, shaping futures, and nurturing global citizens who carry both wisdom and wonder in their hearts.

Puja Kumari
Academic Head
Rockwoods Group of Schools

Nurturing Leadership Through Independent Thinking



True education is empowering. True education gives individual students courage and to think differently, the will power to follow through on the initiative and the humility to command.

One of the finest and most admirable qualities an individual can possess is ability to lead. Leadership is a trait that has to be carefully cultivated and encouraged in young children and adults, both at school and at the home front. When children are young they are natural and lively leaders, always venturing out to one exploration or the other. Leadership at this age is understood as initiative.

It is when this instinct is suppressed by either the child himself/herself out of fear or guilt, or when a concerned adult steps in, to stop possible accidents from occurring that the child becomes self-conscious and holds back from taking initiatives.

The dilemma then is how to keep the child safe, while still nurturing his/her natural ability to lead and explore. This is easily resolved by empowering the child to make independent choices while still reasoning along with them. An open ended 'why not'? is qualitatively much more effective than an authoritative 'Dont'.

As the child grows, so does his or her awareness of the social world and its dynamics. The inquisitive child becomes emotionally and socially invested in his or her relationships. This emotional investment is accompanied by ability to navigate these relationships, with initiative soon becoming an ability to lead. This ability can manifest itself as the ability to encourage , model, motivate or inspire.

Here in Rockwoods each student is a leader in his or her own right. Rockwoods is a school where each and every student's opinion matters, where their stances are respected and where they have platforms to authentically exercise their leadership, while still discovering their individuality.

Sriranjani Mangalampally

Principal RWGS - Bibinagar

Practice Makes Perfect



Dear Parents and Students,

As we journey through the academic year, I'd like to emphasize the significance of consistent practice in achieving success. The adage "Practice makes perfect" is more than a phrase; it's a powerful principle that shapes our learning, skills, and character.

In academics, sports, music, or any pursuit, excellence is never accidental. It's the result of dedication, discipline, and perseverance. Repetition and refinement are key. A student who revises concepts develops clarity. An athlete who trains daily gains strength. A musician who practices diligently masters the rhythm.

True practice involves purposeful effort, learning from mistakes, seeking improvement, and pushing beyond comfort zones. Your encouragement as parents is vital in reinforcing this habit.

At Rockwoods International School, we foster a culture of perseverance and resilience. Through interactive learning, skill-based activities, and holistic development programs, we instill the value of continuous improvement. I urge every student to adopt practice as a lifelong habit. Take consistent steps towards your goals, and you'll be amazed at the transformation.

As Aristotle said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." Let's work together to nurture this mindset.

Thank you for your invaluable support. Wishing you a season of learning, growth, and achievement!

Divya Sharma
Principal RWGS - Ghatkesar

Lighting the Torch of Curiosity



Dear Students, Teachers, and Parents,

Education is not only about finding answers — it is also about daring to ask questions. Behind every invention, every discovery, and every great change in the world, there was one simple spark: curiosity. When we look at the stars and wonder how far they reach, when we take apart a toy to see how it works, or when we read a story and ask “what if?” — we are lighting the torch of curiosity.

For our students, curiosity is the driving force that transforms learning into an adventure. Instead of memorizing facts, a curious child explores concepts, experiments with ideas, and seeks to understand the “why” and the “how.” This makes learning not a burden but a journey filled with excitement and discovery. The child who is curious today becomes the innovator and problem-solver of tomorrow.

For teachers, curiosity is the key to inspiring classrooms. When educators encourage questions, create opportunities for inquiry, and allow children to think beyond the textbook, they are not only teaching subjects but also cultivating lifelong learners. A teacher’s role is not just to provide answers, but also to create an environment where students feel safe and inspired to ask bold questions.

For parents, curiosity is a gift they can nurture at home. Every time a child asks “Why is the sky blue?” or “How do birds fly?” it is an invitation to explore together. Encouraging children to read widely, to try new experiences, and to imagine possibilities feeds this torch, making it glow brighter. Even when parents don’t have all the answers, their willingness to learn alongside their child models the beauty of lifelong curiosity.

Curiosity is also the heart of resilience. When we are curious, challenges don’t discourage us — they excite us. Instead of saying, “I can’t do this,” curiosity makes us ask, “What can I try differently?” This mindset transforms obstacles into opportunities for growth.

Let us, as a school community, continue to protect and nurture this flame. Knowledge gives answers, but curiosity opens endless doors to discovery. If we can keep the torch of curiosity burning in every child, we are preparing them not just for exams, but for life itself — a life full of wonder, exploration, and possibilities.

NR Padma

Principal RWGS - Nagaram

Importance of Resilience



Dear Students

Let's understand how resilience helps us to adapt to the new environment, face day to day challenges, and learn from the failures. First of all, what is resilience? Resilience is the ability to bounce back from adversity, challenges, and setbacks.

Let me tell you a short story about a boy by the name Pratap. Pratap was a young boy of 13 years, who was good in academics and sports. Till VIII grade, he was studious in his studies but slowly he started spending time on mobiles, watching TV, playing video games and neglected his studies. Two years passed on, but no improvement in his behaviour. He was barely scoring minimum marks. His teachers and parents were worried about him and tried to support him to change his behaviour. But he did not listen to them. In the boards he just passed out with the minimum marks and entered in grade XI. His behaviour has drastically changed, always spending time with friends and not at all concentrating in his studies. One day as usual his father scolded him and went for his work and returned back with broken arm and legs, as he met with an accident. Father is forced to take a 6 month leave for his work. Parents were unable to pay the fee for his education. But still the parents got a loan and paid his college fees. Unfortunately there is no change in Pratap's behaviour. He failed in all the subjects. It was a shock to his parents and every one in his extended family started criticizing him. Pratap was also very upset. His Math teacher called him and showed him a video. A year passed on. Meanwhile Pratap completed his XI and XII with top scores and got admission in a top college. How did this happen? His Math teacher showed him some videos on a few great people - Nelson Mandela, Abraham Lincoln, Malala. The math teacher also explained how his father bounced back in spite of his accident and started his work. Pratap with the support of his Math teacher, he learned from his mistakes, started concentrating on studies, set his goals, practicing self care and mindfulness. Pratap stayed calm during this period and cultivated resilience. He understood no matter what challenges he faced in his life he knew how to overcome them.

With determination, perseverance, and refusal to give up, we can achieve our goals and reach our full potential. By developing resilience, we can navigate life's challenges with confidence and achieve success.

Sarvani Gourneni

Principal RWGS - Alwal

Rooted in Values, Raised by Fathers!!!



As we are aware, the true aim of education is not merely the accumulation of knowledge, but the transformation of character into action. It is the shared responsibility of every parent and teacher to nurture and instill values in children so that they grow into enlightened citizens of a progressive society.

Value-based education must become an integral part of every teaching and learning process, shaping learners into confident, self-reliant, independent, and socially responsible thinkers of the nation.

This noble journey begins with simple acts—showing respect to parents, elders, teachers, grandparents, and every individual with whom one interacts.

To highlight the invaluable role of a father, here is a poem dedicated to the unsung hero who silently shapes the destiny of every life:

*Salute to the Sower of the Seed
O silent sculptor of my soul,
With hands of steel and heart of gold,
You light my path, you bear my load
The unseen hero of my road.*

*Your love's a flame that never dies,
A guiding star in darkest skies.
Gratitude is all I plead,
Salute to you - The Sower of the seed!*

Pravalika S
Principal RWGS - Uppal

Consistent Efforts – The Key to Success



Life is a journey filled with challenges, opportunities, and learning experiences. The two most important qualities that help us grow and succeed are perseverance and resilience.

Every great achievement is the result of consistent effort, perseverance, and dedication to daily tasks. No step is too small; each one brings us closer to our goals. Consistency transforms dreams into accomplishments. Whether it's mastering a lesson, developing a new skill, or overcoming a challenge, each attempt and every mistake offers valuable learning. The small steps we take every day—turning in assignments, practicing a new skill—shape habits that become the foundation of our future success. Remember, there is no shortcut to excellence. Celebrate every step, no matter how minor it may seem. Over time, these actions build confidence, resilience, and a lifelong love for learning. Let us move forward with the belief that every effort counts, and together, we will create a bright and successful future for ourselves.

History shows that successful people were not those who never faced difficulties, but those who refused to be defeated by them. They persevered with patience and rose with resilience. Every failure is not an end, but a lesson that makes us stronger and wiser. A resilient mind learns from mistakes and continues to move forward with courage. Failures may come on the way, but they are not the end. They are lessons that guide us towards improvement. If we stop trying after one failure, we close the door to success. But if we continue with determination, success surely follows.

As young learners, remember that your journey will have both success and struggles. Welcome them equally, because both are essential for growth. When you combine perseverance with resilience, no obstacle is too big and no dream is too far.

Anitha Matkam
Principal RWGS - Wanaparthy

Together Towards Excellence: A Message from the Principal



Dear Rockwoods Family,

As the Principal of Rockwoods School, Nagole, I am delighted to share some exciting updates with you.

Our Mission and Values

At Rockwoods, we are committed to providing a nurturing environment that fosters academic excellence, creativity, and overall growth. Our mission is to empower students with the skills and values necessary to succeed in an ever-changing world. We believe in building strong relationships with our students, parents, and staff to create a supportive community.

Academic Excellence

Our students have consistently demonstrated outstanding academic performance, and we are proud of their achievements. Our faculty is dedicated to providing high-quality education, and we strive to make learning engaging and fun for our students.

Co-Curricular Activities

We offer a range of co-curricular activities to help students develop their skills and interests. From sports to music, art, and more, our students have ample opportunities to explore their passions.

Upcoming Events

We have several exciting events planned for the upcoming months. I encourage all parents to participate in these events and join us in making memories that will last a lifetime.

Parent-Teacher Association

We value the partnership between parents and teachers and believe that it is essential for a child's success. Our Parent-Teacher Association plays a vital role in supporting school activities and fostering a sense of community.

Communication

We understand the importance of effective communication between parents and teachers. Our school website and newsletter are excellent resources for staying up-to-date on school news, events, and announcements.

Thank you for being part of the Rockwoods family. I look forward to a productive and fulfilling academic year.

Deepa Naveen

Principal RWGS – Nagole

Unplug to Shine: How Excessive Mobile Use is Harming our Young Minds



Walk into any home today, and you'll see glowing screens replacing books, play, and conversation. While technology offers benefits, excessive mobile use is now a major threat to children's mental, creative, and physical growth.

The Growing Concern

Educators and parents are noticing alarming patterns:

- Weak face-to-face social skills
- Reluctance toward outdoor/creative play
- Mood swings, irritability
- Declining attention spans

Surveys reveal most students use mobiles for over four hours each day, often during class or late at night.

Impacts of Excessive Screen Time

Social Growth: Poor empathy, weak communication.

Attention: Shorter focus, difficulty with complex tasks.

Creativity: Passive scrolling replacing imaginative play.

Academics: Lower grades, incomplete work.

Health: Obesity, poor posture, weak sleep cycles.

Age & Behavior Insights

Infants & Toddlers (0–5 yrs): High risk of speech delay, tantrums, poor sleep.

- Remedy: No screens before 2; max 1 hr/day after with co-viewing. Prefer books, movement based play.

Children (6–10 yrs): Higher irritability, inattention, posture issues.

- Remedy: Limit to 1–1.5 hrs/day. Enforce tech-free zones, promote outdoor sports & art.

Preteens (11–14 yrs): Drawn to social media/games; prone to stress & poor sleep.

- Remedy: Create tech schedules, delay social media, encourage journaling, book clubs, sports.

Older Teens (15–18 yrs): Device checking, procrastination, risk behaviors.

- Remedy: Use timers, set non-screen goals, try digital detox weekends, seek counseling if needed.

Behavior Types:

- Hyperactive: Channel energy into sports & hands-on learning.
- Anxious: Gentle offline socialization, stress management.
- Academically Driven: Teach digital hygiene, set realistic study breaks.

Real-World Evidence

- 70% of primary students have unsupervised smartphone access; 30% exceed 2+ hrs daily.
- Excessive use is linked to irritability, lethargy, low grades.
- Studies show brain effects mirroring addiction withdrawal.
- Early screen exposure may cause autism-like symptoms: delayed speech, reduced eye contact, poor social skills.
- Reducing screen time improves outcomes.

Winning Remedies

- Family screen-free rituals (meals, bedtime).
- Encourage nature play, outdoor games.
- Replace screens with hobbies—music, art, storytelling.
- Adults model healthy habits.
- Stick to clear rules & routines.
- Seek counseling if use is harmful.

Conclusion

The digital world will remain, but true learning, friendships, and creativity bloom best off-screen. With mindful boundaries, every child can reclaim focus, joy, and growth.

Subhash Kumar

Principal RWGS – Kothakota

शिक्षकों की भूमिका: विचारशील नागरिकों के निर्माण में



शिक्षकों के रूप में, विद्यालयों में स्वतंत्र सोच की भावना को बढ़ावा देते हुए देश के प्रति ज़िम्मेदारी की भावना कैसे जगाई जा सकती है?”

विद्यालय एक ऐसी जगह है जहाँ बच्चों की सोच, आदतें और भावनाएँ बनती हैं। एक शिक्षक का काम सिर्फ पढ़ाना नहीं, बल्कि बच्चों को अच्छा इंसान और ज़िम्मेदार नागरिक बनाना भी होता है।

बच्चों में स्वतंत्र सोच लाने के लिए ज़रूरी है कि उन्हें अपनी बात कहने की आज़ादी दी जाए। शिक्षक बच्चों से सवाल पूछने को प्रोत्साहित करें और उन्हें अपने विचार खुलकर रखने का मौका दें। ग्रुप डिस्कशन, प्रोजेक्ट वर्क और रचनात्मक लेखन जैसे कामों से बच्चों की सोचने की ताकत बढ़ती है। जब बच्चे खुद से कुछ सोचते और करते हैं, तो उनका आत्मविश्वास भी बढ़ता है।

इसके साथ ही, देश के प्रति प्यार और ज़िम्मेदारी भी सिखाना ज़रूरी है। इसके लिए स्कूलों में देशभक्ति से जुड़ी कहानियाँ, हमारे संविधान के मूल विचार, और राष्ट्रीय पर्वों की सही समझ दी जानी चाहिए। बच्चों को साफ़-सफ़ाई, पौधारोपण, और समाज सेवा जैसे कार्यों में शामिल करना चाहिए, जिससे वे समझ सकें कि देश की सेवा सिर्फ सेना में जाकर ही नहीं, बल्कि रोज़मर्रा के कामों से भी हो सकती है।

अगर हम बच्चों को सोचने की आज़ादी और देश के लिए कुछ करने की भावना एक साथ सिखाएँ, तो वे न सिर्फ अपने जीवन में सफल होंगे, बल्कि देश को भी आगे ले जाएँगे।

यही हर शिक्षक और विद्यालय का असली उद्देश्य होना चाहिए। यही समय की आवश्यकता है।

Vikas Somani
Vice-Principal RWGS - Ghatkesar

Effective and Efficient Leadership



Leadership is not just about holding a title—it's about the ability to inspire, guide, and empower others toward shared goals. An effective and efficient leader combines vision, strategy, and empathy to create an environment where individuals and teams thrive. True leadership is about action, not position.

At the heart of strong leadership is a clear vision. A good leader knows where they are headed and communicates that purpose in a way that motivates and unites the team. This clarity helps everyone stay focused, even in challenging times. Effective leaders also make timely and informed decisions. They weigh options, consider different viewpoints, and act with confidence. Their ability to solve problems quickly keeps the team moving forward without unnecessary delays.

Good communication is key. Leaders who listen well, give honest feedback, and encourage open dialogue build trust and cooperation. This helps prevent misunderstandings and strengthens teamwork. Leadership also means knowing when to delegate. By trusting others with responsibilities, leaders boost confidence and help team members grow. Empowering others creates a stronger, more capable group.

Adaptability is another essential trait. The world is constantly changing, and great leaders stay flexible, learn from setbacks, and maintain a positive attitude. Their resilience inspires others to stay strong during tough times. Integrity lies at the core of leadership. Leaders who act with honesty and fairness earn respect and set a strong example. Their ethical approach creates a positive and trustworthy environment.

Efficient leaders focus on results while making the best use of time and resources. They track progress, celebrate successes, and look for ways to improve and grow. Their efforts not only meet goals but build a foundation for future success. Above all, leadership is about people. Leaders who build meaningful relationships, show empathy, and promote teamwork create a supportive and motivated team. They bring out the best in others.

In conclusion, effective and efficient leadership is a blend of clear vision, strong values, and thoughtful action. By empowering others and leading with integrity, leaders make a lasting impact—on individuals, teams, and the entire community.

Inna Reddy B

Vice-Principal RWGS - Bibinagar

The Dopamine Trap: Why Instant Likes Aren't Real Rewards



Have you ever noticed how good it feels when someone “likes” your photo or sends you a quick appreciation message on social media? That sudden burst of happiness is not just in your mind—it’s actually a chemical reaction in your brain. The chemical responsible is called dopamine, often known as the feel-good hormone.

Dopamine is released in our brain when we experience something rewarding. Traditionally, this happened when we worked hard for something—like winning a race after weeks of practice, solving a tough math problem, or being praised by a teacher for sincere effort. The reward was linked to effort, patience, and persistence.

But today, social media has changed the way we experience rewards. With just a single post or comment, we can instantly get likes, emojis, and compliments. Each notification gives a quick hit of dopamine, making us feel happy for a moment. Children and adults alike have slowly become used to this easy dopamine. The problem is that this reward comes without effort, without true growth, and without the satisfaction of achieving something meaningful.

Over time, this habit of chasing instant likes and virtual appreciation can reduce our patience for real challenges. Our brain begins to crave fast and easy rewards instead of valuing hard work. Just like eating junk food gives quick energy but no real nutrition, instant dopamine feels good but doesn’t build long-term satisfaction.

This doesn’t mean appreciation is bad. In fact, genuine appreciation is one of the most powerful motivators we have. But it should come for things that truly deserve it—consistent effort, creativity, discipline, kindness, and real achievements. That way, the dopamine we receive strengthens our motivation and helps us grow.

So, the next time you feel happy because of a “like” or a quick comment, remember: appreciation is valuable, but it is most meaningful when it comes from real effort, not from instant and easy things.

Kranthi Gampala
Headmistress RWGS – Ghatkesar

The Gift of Time



Dear Students, Teachers, and Parents,

Among all the resources we value — knowledge, money, talent, or opportunities — there is one treasure that each of us is given in equal measure: time. Every new day arrives with twenty-four hours, like a blank page waiting for us to write our story. The way we choose to use these hours defines not only our success but also our character.

For our students, time is an invisible bank of possibilities. Every minute spent revising a lesson, practicing handwriting, solving a problem, or reflecting on a story strengthens the roots of learning. It is often said that small, consistent investments of time bring greater results than sudden bursts of effort. Remember: the time you give today to your studies and growth is a gift you are sending to your future self.

For teachers, time is the canvas upon which they paint the future of young minds. The hours spent in planning lessons, explaining concepts with patience, correcting assignments, or simply encouraging a child who feels unsure — these are the golden threads that weave the fabric of education. Every thoughtful moment teachers spend becomes a ripple of influence that shapes lives beyond the classroom.

For parents, time is the bond that nurtures trust and love. A few minutes of listening carefully to a child's questions, sharing a story at bedtime, or encouraging them after a difficult day may seem small, but these moments become memories children carry for a lifetime. When we pause our busy schedules to give undivided attention to our children, we teach them the true meaning of care.

Let us also remember that respecting time teaches us discipline. Arriving on time to school, managing our daily schedules, and dedicating moments for rest and reflection are habits that build responsibility. Just as wasted water cannot be recollected, lost time never returns. Yet, when we honor it, time rewards us with growth, balance, and peace of mind. Dear students, teachers, and parents, as we move forward together, let us remind ourselves: it is not the length of time that makes a difference, but the depth of how we use it. Let us value each moment, for inside it lies the power to learn, to inspire, and to transform.

May we all embrace this precious gift with gratitude and purpose.

Sujatha

Coordinator RWGS – Nagaram

Beyond Boundaries: The Power of Interdisciplinary Learning in Shaping Young Minds



In today's dynamic educational landscape, the ability to think across disciplines is no longer a luxury—it's a necessity. Interdisciplinary learning invites students to explore the rich intersections between subjects, sparking curiosity and cultivating critical thinking. When mathematics meets art, or science blends with literature, learners begin to see the world not as fragmented silos but as a vibrant, interconnected tapestry.

This approach mirrors the complexity of real life, where challenges rarely arrive neatly packaged within a single domain. By weaving together diverse fields of study, educators create engaging experiences that resonate beyond the classroom. Students learn to collaborate, communicate, and innovate—skills that are essential for navigating the future.

More than a teaching strategy, interdisciplinary learning is a mindset. It encourages learners to ask deeper questions, make meaningful connections, and embrace the beauty of diverse perspectives. In doing so, we prepare them not just for exams, but for life.

Y. Shireesha

Cluster Incharge RWGS - Ghatkesar

The Peak-End Rule: How Our Brain Remembers Experiences.



Have you ever wondered why some memories stick with us more than others? Scientists have discovered a fascinating quirk in how our brains work called the "peak end rule." This rule helps explain why we remember certain experiences the way we do, and it's simpler than you might think!

What Is the Peak-End Rule?

Imagine your brain as a photographer taking pictures of your life. Instead of saving every single moment, it mainly focuses on two key snapshots:

- The most intense moment (the "peak")
- The final moment (the "end")

These two moments become the main pictures in your memory album, even if they don't tell the whole story!

Real-Life Examples:

Think about your favorite school field trip. You probably remember the most exciting part (maybe feeding animals at the zoo) and how the day ended (perhaps getting ice cream with your friends). The bus ride there? Waiting in line? Those details might be fuzzy or forgotten entirely.

Or consider watching a movie. We often judge it based on its most powerful scene and how it ends, sometimes forgetting the slower parts in between.

Why This Matters

Understanding the peak-end rule can help us in many ways:

- Planning events: Making sure to create standout moments and strong endings
- Giving presentations: Focusing on delivering a powerful key point and memorable conclusion
- Managing challenges: Knowing that how something ends can change our entire memory of it

Using This Knowledge

Next time you're planning a class project or school event, remember the peak-end rule. Create at least one exciting highlight and plan for a strong finish. These moments will likely become the memories your classmates carry forward!

Aamani

Cluster Incharge RWGS – Ghatkesar

The Power of Positive Thinking



Positive thinking is the art of seeing light even in the darkest moments. It is not about ignoring life's challenges, but about facing them with courage, hope, and confidence. A positive attitude helps us stay calm, think clearly, and find solutions even when things don't go our way.

When we choose to focus on the good, our mind becomes stronger and our heart lighter. Positive thoughts improve our mental and physical well-being, build resilience, and attract positive outcomes. They inspire us to believe in ourselves and in the goodness around us.

Positivity is a habit that grows when we practice gratitude, speak kindly, and surround ourselves with uplifting people. It reminds us that every difficulty is temporary and every new day brings new opportunities.

Let's remember, life may not always be perfect, but a positive mind can make every moment meaningful. When we think positive, we live better, love deeper, and shine brighter.

Geetha

Cluster Incharge RWGS - Ghatkesar

The Power of Kindness



Spreading Joy and Making a Difference

As we go about our daily lives, it's easy to get caught up in our own worries and concerns. But what if we told you that there's a simple yet powerful way to make a positive impact on those around us? It's called kindness. Kindness is more than just a feeling or an action – it's a choice. It's a decision to put someone else's needs before our own, to listen, to help, and to care. And the best part? Kindness is contagious!

The Ripple Effect of Kindness

When we show kindness to someone, it creates a ripple effect that can spread far and wide. Imagine a stone thrown into a pond, causing waves to radiate outward. That's what kindness can do. A simple act of kindness, such as holding the door open for someone or offering a smile, can brighten someone's day and inspire them to pay it forward. Before long, a wave of kindness can sweep through our community, touching hearts and lives in meaningful ways.

Kindness in Action

We've seen kindness in action in our own school community. Students have come together to support a classmate in need, collecting donations and offering words of encouragement. Teachers have gone above and beyond to help students struggling with a particular concept, offering extra tutoring and support. These acts of kindness may seem small, but they have a profound impact on those who receive them. They remind us that we're not alone, that we're part of a community that cares.

How You Can Spread Kindness

So, how can you spread kindness in your own life? Here are a few ideas:

- Smile at someone and ask how their day is going.
- Hold the door open for someone behind you.
- Offer to help a friend or classmate with a task or project.
- Write a kind note or message to someone who could use a boost.
- Listen to someone who needs to talk.

Remember, kindness is a muscle that can be developed with practice. The more we choose to be kind, the more natural it becomes. In a world that can sometimes seem overwhelming and uncertain, kindness is a powerful reminder of the good that exists. By choosing to spread kindness, we can create a ripple effect that touches hearts and lives in meaningful ways. So, let's make a conscious effort to spread kindness wherever we go. Let's choose to be the stone that creates a wave of kindness, inspiring others to do the same.

Together, we can make a difference, one act of kindness at a time.

Nikhila G

Cluster Incharge RWGS – Ghatkesar

The Invisible Curriculum: Lessons Life Teaches Us



Education is often measured through grades, exams, and certificates, but some of the most valuable lessons in life are never found in textbooks. This hidden layer of learning, often called the invisible curriculum, shapes who we are as individuals. It includes values, attitudes, habits, and social skills that students absorb naturally through experiences, interactions, and the environment around them.

Within classrooms, children learn far more than academic content. They learn respect through how teachers treat them, empathy through group activities, patience through challenges, and honesty through the examples set before them. The way a school handles success and failure, celebrates diversity, and encourages teamwork silently teaches lessons about life, relationships, and responsibility.

As teachers, we are not only conveyors of knowledge but also role models of character. A kind word, a fair decision, or a moment of understanding can influence a child more deeply than any lecture. Likewise, students teach us humility, creativity, and resilience in return.

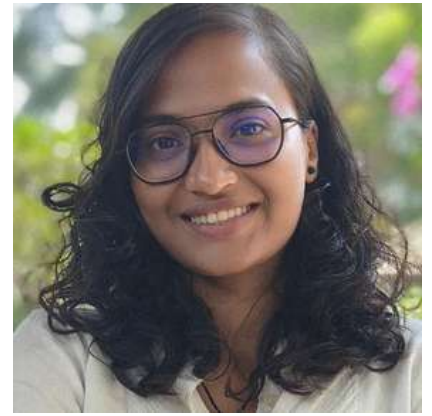
The invisible curriculum reminds us that education is not confined to subjects—it is about shaping human beings. When schools consciously nurture this unseen learning, they help students grow not just into achievers, but into compassionate, responsible citizens who understand that the true purpose of education is to live wisely and well.

V Sri Divya

Central Office
Rockwoods Group of Schools

Love Opens the Mind, Fear Closes It

Fear Fades, Love Learns



Education is far more than lessons from a book. It is the shaping of a child's heart, emotions, and mind. Real learning blossoms when curiosity is nurtured and confidence grows in an atmosphere filled with care, patience, and understanding.

Science beautifully echoes this truth. The amygdala, the emotional center of the brain, governs feelings like fear and anxiety, while the hippocampus helps us remember and learn. When a child feels unsafe or pressured, the amygdala becomes overactive, blocking the brain's ability to absorb new knowledge. But when surrounded by warmth, trust and encouragement, the hippocampus thrives, allowing learning to flow naturally and joyfully.

Here, parents, teachers and the environment share a sacred partnership. A gentle word, a calm voice and a patient response can comfort a child's mind far more deeply than correction or comparison. Love, consistency, and empathy build classrooms and homes where children feel brave enough to ask questions, make mistakes, and try again.

And dear students, you too can try creating such spaces while you grow up. Speak kindly, listen with care and replace fear with understanding. When you make others feel safe, you open your own heart and mind to greater learning. Remember: Mistakes don't make you weak, they make you wise.

Learning beyond books is learning to be human. That is, to think clearly, feel deeply and act kindly. These are the lessons that prepare us not just for tomorrow, but for life itself.

Reshma K

Central Office
Rockwoods Group of Schools

The Magic of Being Kind



In a world that rushes to win, where noise often drowns meaning, kindness speaks softly — yet its echo lasts the longest. It doesn't need an audience or a stage; even the smallest act, offered with a sincere heart, can brighten a weary soul.

A gentle word to a friend, a helping hand in silence, or simply choosing to understand — each is a spark of kindness that lights up another's day. Within school walls, these sparks weave friendships, trust, and a sense of belonging that no lesson can teach but every heart can feel.

Kindness connects hearts, builds trust, and reminds us of our shared humanity. In school, it can turn classrooms into communities where everyone feels seen and valued. When we choose to be kind, we not only uplift others but also grow stronger within ourselves.

In the busy corridors of school life, kindness can be seen in the smallest of moments — a student helping another with homework, sharing lunch with a friend who forgot theirs, or offering a smile to someone who feels left out. These may seem ordinary, but together they create an extraordinary environment — one where learning feels lighter, laughter rings louder, and every heart feels included.

Grades may fade, trophies may gather dust, but the warmth of kindness leaves a lasting impression that never disappears.

Ashly George

Central Office
Rockwoods Group of Schools

Gratitude: The Habit that Changes Everything



In our fast-paced lives, we often get so busy chasing goals, grades, and success that we forget to pause and appreciate what we already have. Gratitude — a simple act of being thankful — has the power to change how we see the world and how we live in it.

Gratitude is not just about saying “thank you.” It is about recognizing the goodness around us — in people, in moments, and in even the smallest experiences. When we practice gratitude, our focus shifts from what’s missing in life to what’s already present. This small shift in thinking can make a big difference in our happiness and outlook.

For students, gratitude can turn challenges into opportunities. A difficult test becomes a lesson in perseverance. A strict teacher becomes a guide who cares about your growth. A lost game becomes a moment to learn teamwork and patience. When we start viewing life through the lens of gratitude, negativity loses its hold.

Even research shows that grateful people are happier, healthier, and more resilient. Gratitude builds positive relationships, reduces stress, and increases self-esteem. It teaches us to celebrate progress rather than perfection — a lesson every learner and teacher can carry forward.

As teachers and students return to normal life after the pandemic, gratitude becomes even more meaningful. We have learned to value togetherness, health, and human connection like never before. Each day in the classroom, every smile, and every shared laugh is now a reminder of how precious these moments truly are.

Let us make gratitude a habit — not just a feeling for special occasions, but a daily practice. Start a gratitude journal, thank someone sincerely, or simply take a moment each morning to count your blessings. Because when we choose gratitude, we don’t just change our attitude — we change our lives.

“Gratitude turns ordinary days into blessings, routine jobs into joy, and ordinary opportunities into extraordinary moments.”

Eleena Priyadarshini

Central Office
Rockwoods Group of Schools

Dream Big, Start Small, Act Now



Every great achievement begins with a dream. But dreams alone are not enough — they need action, patience, and belief. The phrase “Dream Big, Start Small, Act Now” beautifully reminds us that success is not about doing everything at once; it’s about taking small, steady steps in the right direction.

Each one of us has dreams — to become a doctor, scientist, teacher, artist, or maybe something entirely new. Big dreams give us purpose and motivation. They push us to aim higher and do better. But sometimes, big dreams may also feel scary or too far away. That’s where the next part of the phrase comes in — Start Small.

Every big success story began with a small beginning. A single idea can change the world — just like how electricity, airplanes, and even the internet were once small experiments. What matters is the courage to take the first step. You don’t have to wait for the “perfect time.” The perfect time is now.

When you act today — even in small ways — you move closer to your dream. Reading one extra chapter, practicing a skill for ten minutes, helping a friend, or setting one simple goal can make a big difference over time. Small actions done consistently create big results.

Remember, dreams without action remain only wishes. So, dare to dream big, but also be humble enough to start small and brave enough to act now.

As students, this is your time to build the foundation of your future. Believe in yourself, take small steps every day, and never give up — because one day, those small steps will become a giant leap toward your dream.

“Great things never come from comfort zones. Dream big, take small steps, and start today — your future self will thank you.”

Rohit Raj

Central Office

Rockwoods Group of Schools

THE STUDENT'S FORUM

Robin Hudlum

Disclaimer: The spelling and grammar mistakes are written purposely by the author to make it more comic.

Robin: Ah, Maid Marian what say you to taking the walk weeth me through Sherwood Forest? What say you...?

Marian: Me not! The last time wee walked together me ended up carry you home.

Robin: Well, how was I know step on a crack, break my back! In Sherwood Forest, I know I'd step on some cactus!

Marian: CACTUS!! In Sherwood Forest?!

Little John: What say thou to entering to the archery contest tomorrow, Robin Hudlum.

Robin: Fine. A good idea. Come Maid Marian, me will practice shooting apples off your head.

Marian: Oh! No way!! That last time wee tried that I had to have eighteen stitches!!

Robin: well, I forgot to chalk my bow! It can't happen twice. Promise.

Marian: AAAAAAAAAAAGGGGHHHHH!!!! Me not there!!!



By Ariv Jadhav

Class VIII Olympiad 1 (2024-25)

Rockwoods International School, Ghatkeswar

The Silent Helpers: Soil Microbes and Our Future

A handful of soil contains more microorganisms than the human population of Earth. These soil microbes, though invisible, are vital for life.

Bacteria, fungi, and actinomycetes silently work underground to enrich soil, fix nitrogen, and decompose waste. They make crops healthy and fertile, while also producing life-saving antibiotics like penicillin. Moreover, they store carbon and help maintain the earth's climate balance.

Sadly, human actions are harming these silent helpers. Excessive use of pesticides, deforestation, and soil erosion are destroying their world. If microbes disappear, fertile land and food security will be at risk.

The solution lies in protecting them through organic farming, reducing chemicals, and conserving forests. By saving microbes, we save soil, crops, and ourselves.

In conclusion, microbes may be tiny, but they hold the power to shape our future, protecting them today ensures a healthy tomorrow.

Ziya Ruqsaar

Grade: 9 Olympiad 2 (2025-26)

Rockwoods School, Wanaparthy



Students Invent Robot That Cleans Plastic Waste from Lakes

Lead: In a groundbreaking achievement, their class 9th students from bright future academy have built a floating robot that collects waste from lakes, drawing praise from scientists and environment alike.

Body: The robot, named Aqua Saver, can detect and gather floating plastic bottles, bags, and other trash using sensors and net mechanisms. It runs on solar energy, making it eco-friendly.

During a live demonstration at Green Lake on Sunday, the robot collected nearly 15 kilograms of plastic in just two hours. Excited onlookers, including local officials and residents, applauded the innovation.

One of the creators, Ananya Verma said, "we wanted to do something for the environment, and we believe this robot can help to reduce water pollution". The project was guided by their science teacher and has been selected for the national innovation fair.

Conclusion: Environmentalists have called this invention a ray of hope in tackling plastic pollution. The students now planned to upgrade the robot with AI technology for wider use in rivers and oceans.



Huda Tarannum
Grade: 9 Olympiad 2 (2025-26)
Rockwoods Public School, Wanaparthy

Value-Based education

Value-Based Education means giving importance to both knowledge and values. It helps students learn honesty, kindness, respect, discipline, and responsibility along with studies. Such education builds character and prepares students to become good human beings. In today's world, knowledge alone is not enough; values are needed to use knowledge in the right way. Value-based education creates responsible citizens, promotes peace, and helps in building a better society. Therefore, education with values is the true path to success and happiness.

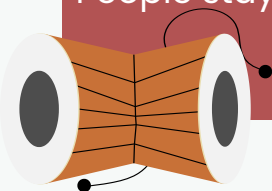
Miryala Sanjana Reddy
Grade:9 Olympiad -2 (2025-26)
Rockwoods International School,
Ghatkesar



Shivratri

Shivratri is a Special festival for lord shiva. Lord shiva is a powerful and kind god. People pray to him on this day. They go to the temple to see lord shiva. Some people give milk and water to shivling. Many people fast and do not eat food. They sing and say "om namah shivaya. Lord shiva wears a snake and has a trident. People stay awake at night to pray.

Bhanu Teja
Uppal Branch (2025-26)



The Last Bench Is Closer to the Sky

We always hear about the front of the classroom. The students who sit in front. The first rankers. The ones with neat notes, quick answers, and raised hands. But this article is for the last bench. The place where the dreamers sit. Where doodles fill the corners of notebooks, and minds travel far beyond the blackboard, sometimes to the stars, sometimes to their own quiet world.

On the last bench, you sit far from the teacher's desk...but sometimes, you are closer to the sky. Not everyone who is quiet is lost. Not every student with average marks will have an average future. Some are just thinking in different ways. While others memorize formulas, they are asking questions that haven't been asked yet. While others solve math problems, they wonder why the problem matters at all. The world often praises the loud voices, quick answers, and high scores.

But some of the brightest minds don't shine under classroom lights — they glow quietly, like stars in the night. On the last bench sits the poet, writing their first poem behind a textbook. The future scientist, bored of repeating what's already known. The artist, drawing futures no one else can imagine. Maybe we should stop judging students only by how well they answer questions. Maybe it's time to notice how deeply they think. Some minds don't fit into boxes. They are made to think beyond the box.

So, here's to the last benchers: The slow starters. The quiet listeners. The ones who don't always raise their hands but one day might change the world. Because it's not about where you sit in class. It's about where your thoughts go when no one's watching. And if those thoughts reach for the stars...then maybe the last bench isn't at the back at all, maybe it's just a little closer to the sky.

M. Shree Nandhana
Grade: 9 Olympiad 2 (2025-26)
Rockwoods Public School, Wanaparthy



A Father's Silent Influence

A father's love often speaks in silence—through steady presence, quiet sacrifices, and unwavering support. He may not always say much, but his actions echo louder than words. From early morning routines to late-night worries, he carries the weight of responsibility with grace.

He teaches not just by instruction, but by example—how to be honest, how to persevere, how to care deeply without seeking praise. His hugs may be rare, but his protection is constant. His advice may be brief, but it lingers for a lifetime.

In moments of doubt, it's often a father's belief that gives strength. In moments of success, it's his pride that shines through the quiet smile. He is the anchor in the storm, the compass in confusion, and the quiet cheer in every triumph.

A father's role may be understated, but its impact is profound—shaping hearts, guiding minds, and building futures.

T. Lokshitha Sree,
Grade-X
Rockwoods International school,
Ghatkesar



Predictive Genomics – Unlocking the Future of Healthcare

Have you ever wondered if doctors could predict your risk of getting a disease even before you show any symptoms? What if a simple test could tell you the foods best suited for your body, the medicines that work perfectly for you, or even warn you years in advance about potential health problems? Sounds like science fiction, right? Well, it's becoming science fact — thanks to Predictive Genomics!

What is Predictive Genomics?

Predictive genomics is a revolutionary field of science that studies our DNA — the unique code that makes us who we are — to predict the likelihood of developing certain diseases in the future. By analyzing a person's genes, doctors can now understand inherited health risks and design personalized treatment plans.

How It's Changing the Future of Healthcare

Traditionally, doctors treated diseases after they appeared. But with predictive genomics, healthcare is shifting from "treatment" to "prevention." This means: Early Detection: Identifying diseases before symptoms arise Personalized Medicine: Choosing medicines and dosages based on your unique DNA Better Lifestyle Guidance: Recommending diet, exercise, and habits tailored to your genes Imagine a future where hospitals don't just cure illnesses but stop them from happening in the first place!

Why It Matters for Students Like Us

In the coming years, predictive genomics will be at the heart of modern healthcare. Scientists, doctors, and genetic engineers are working together to decode the secrets of our DNA. For students, this field opens exciting career opportunities in medicine, biotechnology, and data science. Who knows? One day, you could be the scientist discovering a genetic solution to prevent cancer or the doctor designing personalized treatments for patients worldwide!

The Future Is in Our Genes

Predictive genomics is not just about diagnosing diseases — it's about empowering us to take control of our health. As science advances, we are stepping into a world where medicine will be smarter, faster, and truly personal. The next time someone says, "Your future is in your hands," remember — it's also in your genes!

Saara Tabassum Shaik
Grade 8, Section A (2025–26)
Rockwoods Alwal



The Protector of the Earth the Ozone Layer

Who is protector of earth?

How it will protect?

These all questions we will discuss now

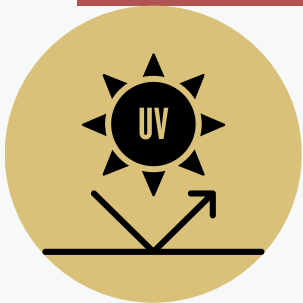
The protector of earth is ozone layer

It will protect from UV (Ultraviolet) rays

The ozone layer's chemical formula is 'O₃' And man-made chlorofluorocarbons (CFC) which created holes by us in the ozone layer. And the moon will also protect us. How we will see by maintaining magnetic fields through gravitational interactions. Is the moon protected from meteoroids? No, the moon cannot protect from meteoroids. If the ozone layer is broken the UV rays from the sun will reach us. If it reaches us, we will get skin allergies.

How we should stop this one means we should plant the trees and avoid plastic and factory pollution etc.

Telukuntla Abhiram
Grade 7 (2025-26)
Rockwoods, Uppal



Bacche Hai Hum

Bacche hai hum desh k sacche hai
..na koi bedh baav hai na koi keena
kapat..bacche hai hum desh k
sacche hai..hamare baap dada to
lad pade hai mazhab k naam aur
hum bebas pade hai..hum bacche
hai desh k sacche hai..chinta hai
hume apne bavishys ki kahin barbad
na hojaye inke ziddhon me..bacche
hai hum desh k sacche hai..kaash koi
hamara sun paata dil ki baath jaan
pata..khoon se range darthi se acha
hariyali zameen de paatha..bache
hai hum desh k sache hai ..veer
shahidon ki maan ye rakh
paathe..khayal kaash ye hamari rakh
pate. Bache hai hum desh k sache
hai..

Zoha Thasneem
VIII Olympiad
Rockwoods, Ghatkeswar



Homework

Homework is a common practice in educational settings where students are assigned tasks to complete outside of regular school hours. The debate on whether homework is beneficial or detrimental to students continues among the educators, parents and students themselves.

Pros of Giving Homework:

- **Reinforces Learning:** Homework helps students reinforce what they've learned in class, solidifying concepts and improving retention.
- **Develops Time Management Skills:** By completing homework, students learn to manage their time effectively, balancing schoolwork with other activities.
- **Encourages Independent Learning:** Homework promotes self-study habits and encourages students to take responsibility for their learning.
- **Prepares for Assignments:** Homework can help in preparation for tests and exams by giving them practice with the material.
- **Communicates with Parents:** Homework can keep parents informed about what their child is learning in school.

Cons of giving Homework:

- **Stress and Overload:** Excessive homework can lead to stress and overload for students, impacting their mental and physical health.
- **Limited free Time:** Homework reduces the amount of free time students have for extracurricular activities, relaxation, and family time.
- **Inequity and Access Issues:** Some students may not have the resources or support at home to complete homework effectively, leading to inequities.
- **Potential for frustration:** Homework can lead to frustration if students struggle with the tasks, potentially negatively impacting their motivation and interest in learning.
- **Questionable Effectiveness:** Some research suggests that the effectiveness of homework in improving academic achievement is not conclusively proven, especially for younger students.

Homework has both pros (reinforces learning, develops time management) and cons (stress, inequity) so, a balanced approach is a key.

Conclusion: The decision to assign homework should balance the benefits of reinforcing learning and developing study habits with the potential drawbacks of stress, inequity, and impact on free time. Educators should consider the amount, type, and purpose of homework to maximize benefits while minimizing negative impacts.



Aashritha
Grade 9 (2025-26)
Rockwoods, Uppal

The Value of Time

Time is the most valuable resource given to us in life. It is more precious than money, because many losses can be earned again, but time once gone can never return. Every second that passes is a part of our life and no power in the world can bring it back. That is why great thinkers have always reminded us that "Time and tide wait for none."

The value of time becomes clear when we see how it shapes success and failure. A student who respects time studies regularly, completes assignments on schedule, and secures good results from a professional who uses time wisely becomes efficient and successful in his career. On the other hand, those who waste time in laziness, or idle talk often end up regretting their choices.

Advantages of value of time:

- Success in life: Proper time management helps us reach our goals.
- Discipline: Respecting time teaches us to live a balanced life.
- Less Stress: Planning work on time reduces pressure and anxiety.

Disadvantages of Wasting Time:

- Failure: Delays and procrastination lead to missed opportunities.
- Loss of respect: People who are careless are not trusted.
- Stress: Work piles up when we waste time.
- Unfulfilled life: Time wasted is life wasted.

In truth, life itself is nothing but the sum-total of the time we have. If we waste our hours, we waste our life. If we treasure each moment, our life becomes fulfilling. We must remember that valuing time is the same as valuing life. So, time is life itself. If we use it wisely, we succeed and find happiness. If we waste it, we lose everything. Therefore, valuing time is the key to a meaningful and successful life.

A. Sai Priya
Grade 9 (2025-26)
Rockwoods, Uppal



Homework

Homework has always been an important part of a student's life. The main purpose of homework is to revise lessons, practice concepts, and encourage self-study. It also helps in developing responsibility, discipline, time management skills and writing skills. It gives extra practice which improves memory and confidence. Parents too, get involved through homework, as they can see what their children are studying and guide them whenever needed.

But, too much homework, however, can be stressful. It leaves little time for rest, play, and hobbies. Sometimes, it may cause health issues like stress fatigue. Students from different backgrounds may also find it difficult. If they do not have proper resources at home.

Advantages of Homework:

- Improves reading, writing, and problem-solving skills.
- Develops a sense of responsibility.
- Builds independent learning habits.
- Provide opportunities for research and creativity.
- Acts as feedback for teachers to measure student's understanding.

Disadvantages of Homework:

- Stress and Pressure: Large amounts of homework can create unnecessary stress and reduce interest in studies.
- Less Time for Hobbies: Students may not get enough time to play, relax, pursue creating hobbies, spending time with family, which are equally important for growth.
- Health Issues: Sitting for long hours to complete home-works may cause fatigue, eye strain, and lack of proper sleep.
- Inequality/Differences: Not all students have access to a peaceful study environment or resources like internet, books, and parental support, which may create differences in performance.

Homework is useful when it is given in the right amount and with meaningful objectives. Instead of loading. Students with repetitive tasks, teachers should design homework that is engaging, practical, and connected to real-life situations.

Conclusion: Homework is like a bridge between classroom learning and self-learning when given in a balanced way, it helps students grow academically and personally. But if it becomes excessive, it can turn into a burden. Therefore, homework should always be meaningful, balanced, and helpful for the overall development of students.

Harshini
Grade 9 (2025-26)
Rockwoods, Uppal



Value of Time

Time is the most valuable thing in life. We know that our life is just a bundle of time which has been divided into years, months, weeks, days. So, every day is a big part of life. Therefore, it is very important to know how to use time for a happy life and productive life, once time passes it never comes back. It is running continuously. It has no beginning and end, it can neither be created nor be destroyed. Money spent can be earned again but not time.

Therefore, it is very important to always make good use of time. We should never waste time and use it in productive work. Who understands the importance of time, uses it properly and they will be successful in his life.

Laxmi Sahasra
Grade 8 (2025-26)
Rockwoods, Uppal



Fuel Your Body, Balance Your Life!

A balanced diet is one that provides all the essential nutrients the body needs to function properly. It includes a variety of foods from different food groups such as fruits, vegetables, whole grains, proteins, and dairy. A well-balanced diet ensures the right proportions of carbohydrates, proteins, fats, vitamins, and minerals, which are crucial for energy, growth, and overall health. It helps maintain a healthy weight, boosts the immune system, and reduces the risk of chronic diseases like diabetes, heart disease, and obesity. Drinking enough water and limiting processed foods, sugar, and salt are also important parts of a balanced diet.

B.Tanvi Reddy
X- super:20



KUCHIPUDI: Where the culture comes alive

Kuchipudi the most well know dance of India has its origin from a small village in Andhra pradesh called "KUCHIPUDI". This art ages ago was known as " Bhagavatha mela nataka" was majorly based on historical and spiritual aspects of culture. It showcased well known epics of India- Namely, the Ramayan, Maha Bharata, Gajendra moksha, Prahladha charithra and many more. This divinely art is performed on stage in the form of Natakam (skirts). The performers who had previous knowledge of the vedas using costumes and props and graceful movements with powerful emotions brought life to it on stage. Watching kuchipudi is like seeing history, devotion, and celebration of life on the stage at the same time.

This art is brought down from centuries of culture and Indian heritage. This art is not only is about rhythm and steps, but carries graceful movement (Lasya) and power struck poses (Tanva). It showcases the two Supreme powers of nature (prakruthi) and the man power. Having it's Supreme as Lord Shiva himself it is done with powerful emotions and devotion. Unlike Ordinary entertainment, kuchipudi has the power to preach values, bring joy and keep our culture alive. It keeps the young generation close to the roots of culture without using books.

Kuchipudi is also good for personal growth. It not only increases concentration also embarks facing problems powerfully and solving them gracefully. It also improves the bodily coordination through movement of body and expressing through graceful hand gestures. Science has proven that doing any physical acitives such as kuchipudi improves concentration and brings great coordination between the brain and body. It also increases flexibility and stamina in the practicing. For many, dance relives stress and relaxes them and helps them find peace because it is a combination of both energy and calmness. The practice of kuchipudi not only has its benefits physically but also psychologically. By practising this one can improve confidence, discipline and concentration. The performance of this dance requires focus to coordinate body movements and facial expressions according to the rhythms.

On the larger scale, in this modern world where the traditions are overshadowed, kuchipudi plays a key role in promoting values and culture through its performance. It stands as the symbol of strength of Indian culture. It's the living culture which will be passed down further into the comming generations. By passing down this art we are not only preserving an art but the culture which brings unity, joy, morality and celebration.

In conclusion, kuchipudi is devotion, culture, discipline, health and pride woven together, its benefits of the individual and glory of the nation keeps it as a treasure to preserve forever. Preserving and keeping it alive means keeping the heartbeat of the Indian culture alive and thriving. Schools and organizations should organize various events to protect and promote kuchipudi.

Amuktha Krishna Acharya.
XI Topaz



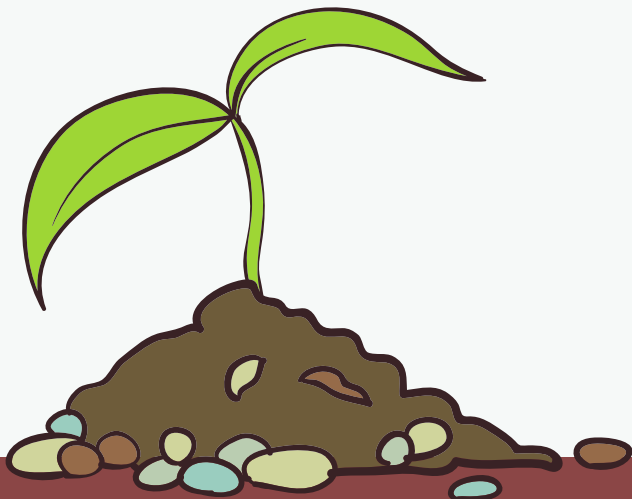
THE STORY OF SOIL

Hi! I am soil. I am divided into many layers, each composed of different types of nutrients, with various advantages and disadvantages for nature and greenery. There are many types of soil, varying in their ability to support plant growth. We are all related—my cousins and I—and I am Topsoil, usually brown in color. I help trees stabilize their roots underground, making them stronger and healthier.

Sometimes, due to floods and heavy flows of water, I get washed away from my stable place, and the roots lose my support, making them weaker and less healthy. Because of many such natural calamities, I get eroded from my family and friends. My erosion causes many changes in the weather and climate, leading to global warming. Global warming is the rise in temperature, which results in a humid and moist climate, irregular rainfall, and unpredictable calamities, causing huge loss and damage.

People think it's just an unusual event, but it's part of a much bigger story. My importance and my erosion play a key role in causing global warming and, at times, drought.

Sasha Rao K
X Olympiad -1



THE GOOD WITCH AND SAANVI'S WISH

Once upon a time, in a big, bustling city, there lived a sweet little girl named Saanvi. She loved her mom and dad very much, but... there was one tiny problem. Saanvi didn't have any friends to play with. She played hide-and-seek with her toys, she built castles with her blocks, and sometimes even played catch with her parents. But deep inside, Saanvi wished for a friend her own age. One sunny afternoon, while Saanvi was playing in her room, something strange happened.

WHOOSH! WHIZZ! CRASH!

Saanvi ran to the window and saw... a witch tumbling down from the sky! Her broomstick was spinning like a top! "Oh no!" cried Saanvi. She rushed outside as fast as her little feet could run. The witch was sitting on the ground, rubbing her head. "Are you okay, Miss Witch?" Saanvi asked softly. The witch looked up and smiled. "Oh dear child, thank you for helping me! You have such a kind heart. For that, I will grant you... one magical wish!" Saanvi's eyes grew wide. "Really? Any wish?" "Any wish," said the witch, waving her shiny wand. Saanvi thought for a moment. Then she whispered, "I wish... I wish I had a friend who would be with me all the time." The witch chuckled and swirled her wand in the air.

SWISH! SWOOSH! SPARKLE!

"Your wish will come true, little one," she said with a wink. And just like that—POOF—the witch disappeared into the clouds. A few days later, something amazing happened. Saanvi's mom and dad brought home a tiny bundle of joy. "A baby sister!" Saanvi squealed. "She's my wish come true!"

From that day on, Saanvi was never lonely again. She played, laughed, and shared every happy moment with her little sister. And somewhere in the sky, the good witch flew by on her shiny broom, smiling down at the two sisters.

The End.



K Nihira Saanvi
K1 Topaz

THE TALE OF LUNA AND THE HIDDEN WORLD

Luna was an ordinary girl on Earth until one night she followed a strange shimmer of light into the forest. The air cracked open like glass, and she stumbled into a parallel world, ancient and full of secrets.

There she met a playful fairy, who buzzed around her ears, laughing, but also guiding her through the strange lands. The fairy told her the world was slowly dying—its rivers drying, skies dimming—and only the Lost Artifact of Balance could restore it.

But danger lurked. Luna wasn't alone. Her best friend from Earth had come with her, promising to help. They searched together, crossing glowing forests and silent ruins, following riddles whispered by the fairy.

Yet the truth struck hard—her friend was a betrayer, secretly working for the villain who wanted to merge Earth and this world into one kingdom of darkness. In the final moment, when the betrayer tried to steal the artifact, Luna's hidden power awakened.

With the fairy's light and her own courage, Luna stopped the betrayal, restored the parallel world, and closed the villain's gateway. Both worlds were safe.

When Luna returned to Earth, she was no longer ordinary—she carried the strength of a hero and the memory of a magical friend who would always watch over her.

And deep inside, she knew: the door to adventure would always be waiting.

G. Shivatmika
IX Olympiad 3



THE LOST PENCIL

One morning, Riya was getting ready for school. She opened her bag and saw that her favorite pencil was missing. She searched everywhere on the table, under the bed, even in her cupboard but she couldn't find it.

At school, she told her friend Aarav. He smiled and said, "Check your notebook." Riya opened her notebook, and there the pencil was stuck inside the pages. She laughed and said, "I worried for nothing!" Aarav laughed too.

From that day, Riya always kept her things carefully.

Moral: We should not panic quickly.

G. Sanjana Yadav
IX Olympiad 3



THE DAY A FOX STOLE MY BOBA TEA

It was a regular Tuesday. The kind of Tuesday that tastes like unfinished homework and half-hearted morning assemblies. I had one mission: survive classes until the lunch break, then reward myself with the ultimate happiness, my icy, brown-sugary, chewy boba tea.

I carried it into school like it was the Crown Jewels. People stared. Teachers frowned (apparently, “no outside drinks” is a thing, who knew). But I was strong. Nothing could separate me from my boba. Or so I thought. Just as I was about to take that glorious first sip... It happened !

A fox. Yes, a literal fox. Inside school grounds. Nobody knows how it got there, maybe from the forest, maybe from another dimension where foxes steal drinks instead of chickens. But this one had ambition. And taste.

Before I could blink, it trotted up, gave me the most judgmental side-eye I’ve ever received, and snatched the straw right out of my cup. Then it ran. With my boba.

Now, I’m not saying I caused chaos, but let’s just say a fox sprinting down the corridor while a caffeine-deprived student chases after it is not exactly... subtle. Whole classrooms pressed their faces to the glass like it was Netflix. The PE teacher tried to help, but the fox was faster than Wi-Fi on exam day.

I yelled, “GIVE ME BACK MY TAPIOCA PEARLS!” (which, looking back, is not a normal sentence to scream at 10 AM in front of the principal).

The fox vanished behind the library, leaving only a single tapioca pearl on the ground, like some dramatic Disney villain farewell. My boba was gone. Forever.

Now, every time I pass that spot, I hear faint slurping noises. Was it just my imagination? Or did the fox set up a secret underground boba shop? We may never know.

Moral of the story?

Always guard your boba.

Never underestimate a fox.

And if your drink ever goes missing, check the library first !



THE JOURNEY OF AN ASPIRING WRITER

Elliana, the youngest child in a family of achievers, was the only one who had an interest in writing. Her father, Mr. Alfonso Thomas, was the founder of a successful tech company, which he built himself. His wife, Mrs. Caitlin, ran her own company as well, a no animal testing cosmetic company. Her oldest brother John, was doing a start-up company on how industries could go green, while still making their products. The middle sister, Victoria (pet-name Vicky), was the proud owner of a fashion designer company, which was better than most brands. Then, you have, Elliana, the youngest and the girl who is supposed to be in the corporate business just like the rest of her family. Instead, she was an amateur writer. Who couldn't get her books published. It's not that she's terrible at writing or anything like that. No, that wasn't her problem at all, the problem was that no matter how many publishers she pitched her ideas to, none of them were willing to listen, or even take her ideas into consideration.

About 2 months ago, her best friend (well, more like her only friend) Ashlyn, had gotten her the contact of a manager at a publisher's company, who said they'd help her out. But, it turned out that she had to pay them first. Elliana was not gonna accept that, so, with a heavy heart. She turned down the offer. Her family was, well let's just say, they weren't pleased. Now, she's working at her father's company as a file clerk.

It's been about 7 months since that debacle and so far, things have been going great. Except, for one tiny detail. Her brother, John was now acting C.E.O of the tech company since their dad had fallen so ill that he couldn't get up to come to work. Which meant, John had to leave his start-up company (which was finally seeing some growth) in the hands of the company's Co-Founder, Alex. She wasn't exactly thrilled about it. It was more than enough that she had to deal with him at home, but now? Now she had to deal with him at work. She doesn't exactly have the best relationship with her brother. Especially since she hasn't been visiting him for a couple of weeks.

It was that one sunny afternoon, where the sunlight was flitted in through the grey office curtains. Elliana was working in her dimly lit office filing some paperwork when she heard a knock on the door, without looking up she answered, "come in". It was her brother, she was filing through some paperwork and was surprised to see her brother just standing there in front of her. After a pause she said softly, "What are you doing here? Aren't you supposed to be in your office?" John smiled instead and said "well its lunch time you know" ? It's 12:30 aren't you starving?" Elliana didn't look up from the paperwork." I am well aware of that sir" she replied rather sharply. John looked surprised but quickly recovered,"Look, I just came to tell you that it's lunch and it's time to eat."

Elliana nods and says calmly "I'll be there in a couple of minutes." John, after a pause says "This whole 'boss' thing is temporary, it's only until dad comes back". Elliana sighs and finally looks up from the paperwork and says, "I know, I know, I'm sorry. It's not you, it's just....."

She slumps into her chair, her hands flat out on the desk "I'm tired, tired of doing this whole 'file clerk' thing. I just wanna go back to writing, that, that, is my passion. I know dad put me here for a reason, but I don't like this and—"

She was cut off by John placing his hand on her shoulder then softly like a big brother (since he is one) says, "I know, Elli. But this is all temporary, besides, it's not like dad's gonna make you do this for all of eternity or anything like that."

Elliana theatrically signs "you smart aleck...." she grumbles "Why do you have to be right about everything? And yes, I am starving. What do we have for lunch?"

John grins "well, dear sister, we're gonna be having dehydrated coleslaw with a side of watery ranch."

Elliana glares at him "don't kid with me Johnny. I'm still the one who almost poked your eye out when we were kids".

John laughs "ah, there's my little sis. Now, shall we?"

After lunch, which was a delightful 3 course meal at a quaint little restaurant, opposite to the office. They bid each other farewell and went back to their offices. On her way, she was thinking about what John said earlier, and came to the conclusion that she was tired of her job and would have to discuss with her father after he got better about her resignation from her job. After all, what else would she use her PhD in English and French literature from Harvard for? But her family was gonna take quite the time to approve her decision. But she had to try, and to finally have a successful pitch she was gonna have to do a better job of getting her interviewer and manager invested in her book.

It's been 3 years since Elliana got her book published. And it's doing fantastic! Thanks to the support of her family, her determination, resilience and her excellency in the book she wrote, she built her own empire on books and thrillers with many successful novels and book series that she is now doing much better than before. She became a self-publisher and inspired many people, including her sister who, after losing her business, pursued her Masters in Science and became a scientist and is now living comfortably. John's company made a real difference in the industries, reducing pollution by 23 percent.



Aviana Damera
9th Olympiad 2
Rockwoods International School, Ghatkesar.

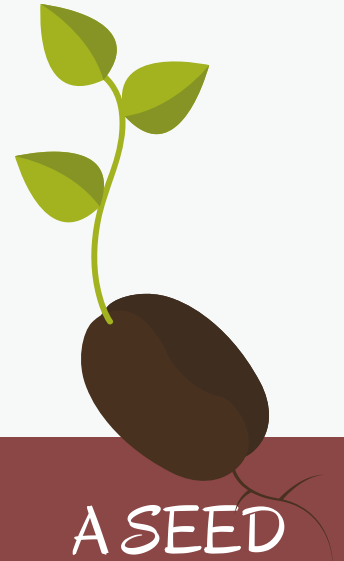


YOUNG POETS

FAITH INCARNATES

When devotion declines,
And dharma decays,
When the world's fragrances of perfection
Are turned into fragments of destruction,
The day when the lights are
Dark and the charm gets dim,
The day when prayers seem unheard,
Hopes seem nowhere,
And there's no good elsewhere,
There's only one that everyone finds,
That's when He incarnates.
The forms of Good,
The ways of Calm,
The places of peace and
The homes of hope;
All seen in a person—
Krishna!

N. Sravya Sai
IX Olympiad 2



A SEED

A
seed
starts small,
then it sprouts
when the rain does fall.
A seed starts small, then it
sprouts.

Rishi Saini
XII PCM

THE KID IN HIS ROOM

The kid's in his room, and he's terrified.
All he got was a glimpse of the thing.
What is it? The boy doesn't know.
It looked like a man, like a big stooped man,
But the head—it wasn't exactly a man's head.
Men didn't have faces with fins and dripping lizard scales.
The kid can hear the footsteps. The thing is searching the
other bedrooms.
Where should the boy hide? He hasn't got much time.
Should he hide in the closet? What about under the bed?
No way! The monster would look in those places first.
The kid starts running.
Forget about making noise! Hurry! Out in the hall.
The kid reaches the landing.
He scrambles down the stairs.
Two, three steps at a time.
Don't trip! He tells himself, screams to himself.
The lizard-monster is right behind him.
It's so close. He can hear it hiss,
Feel its breath close, on the back of his neck.
And he can see that he can never reach the front door
alive.
The door is too far away.
The kid makes for the hall closet instead.
He yanks open the door.
The kid stops.
His eyes wide open.
He is shocked by what he sees in the closet.
Stunned! It's horrible.
Gruesome
The kid d starts to scream...



MIRROR

Mirror,
That's me?
Yes, that's you.
I thought that was you.
Oh, trust me, that is
also so.
Reflections of oneness,
I promise you that you
are all-encompassing,
my dear.

Hasini
XII PCM



Ariv Jadav
VIII O1

A SEA OF TEARS

In my heart dwells a storming sea,
or rather, my tears.
Tends to reach the clouds, by the
slightest
heat of agony, devouring my eternally
aching heart.
Replicating the clouds, which won't
shower
till they've had enough,
My eyes won't weep
until my heart is stabbed enough.
Unfortunately, the rain of my tears
meets me,
very often, carrying what feels like
a millennium of tormentation.
But, it is as insignificant as me...

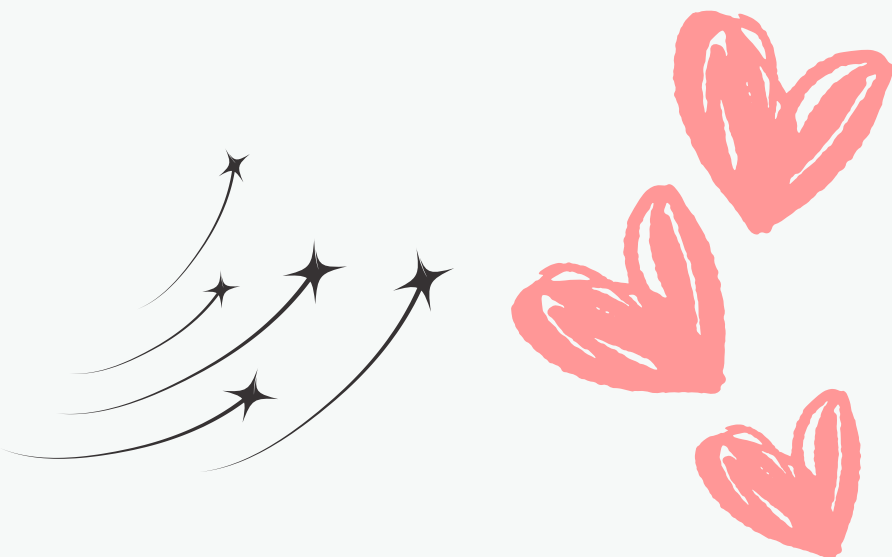
P. Shiva
XI PCM



YOU

You
Are
My heart,
Burning flame
In every breath I take.
Your love is all I need to live.
You
Are
So close,
My every thought,
A song within my soul.
Your voice is the echo of
my dreams.

Aman Dev
XII PCM



BENEATH THE STARS

Beneath the stars, the river flows,
In silver light, its shimmer shows.
The night wind whispers to the trees,
A gentle song that rides the breeze



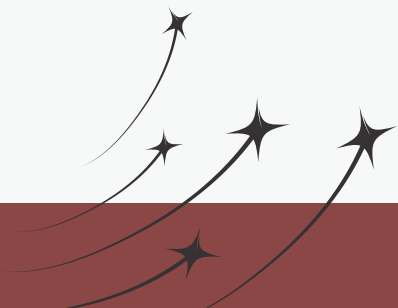
D. Hardhik
XII PCM

RED & BLUE

Red and blue, the skies so bright,
Golden rays in the morning light.
Green of leaves, the earth's embrace,
White as snow, a peaceful trace.
Bright as dawn, the colors play,
In perfect harmony, they say.
Each hue a note in nature's song,
Where every shade does belong.



Sana Maryam
XII PCB



NATURE

☀️ 1. Good Morning

Good morning, sun, up in the sky, You wake the world as you pass by. Birds are singing, flowers too, Good morning, world, hello to you!

🌳 2. The Tree

A tall green tree I like to see, It gives us shade for you and me. Birds make nests and children play, Under the tree on a sunny day.

🌸 3. Flowers

Flowers blooming everywhere, Pretty colors here and there. Red and yellow, pink and blue, I pick a flower just for you.

☀️ 4. The Sun

The sun is round, the sun is bright, It gives us warmth, it gives us light. It wakes us up to start the day, And slowly fades the night away.

🌈 5. Rainbow

Red and orange, yellow too, Green and blue, a purple hue. After rain, the rainbow's high, A pretty bridge across the sky.

Shyanvi Sahu
1-A Blue

EXAMS

I am just a paper, so don't you worry,
Just write on me but don't be in a hurry
Because if you are in hurry you will get it all wrong,
So sit back, just relax and think along
I am so critical that I won't be walking away,
So you have to answer my question right this day
Sorry, I don't mean to offend you
But this poem has come to its end to you
I will be given by your sir's and ma'ams,
Yes! you know me, I am exams.

M. Suhruth
Grade X



ROCK WOODS SCHOOL

Rock Wood School, Nagaram

Rock Wood School is bright and near,
A place we love, a place so dear.
We learn to read, we learn to write,
Our future here is big and bright.
Teachers help us every day,
They guide us kindly on our way.
In Nagaram town it shines like gold,
Rock Wood School; our joy to hold.

Ayaan Ram Naidu Pelluri
Grade VI

THE ENDLESS CLASH

The cannon's roar, the soldiers cry,
Behind the move, the plan implies.
In resounding loop, we fight, we fall,
So the sun sets, the silence calls.
A fleeting hope, with all its pain,
Will end and peace will rise again.

E Chiranjeevi
XII PCM

BOOKS ARE WINDOWS

Books are windows to worlds unknown,
Where stories and adventures are
grown.

Each page a treasure, a new delight,
A journey that takes us far from sight.
In pages, we find both joy and fear,
A place where voices of the past
appear.

With every turn, a new tale grows,
A river of wisdom that forever flows.
The quiet hum of a book's embrace,
Takes us to faraway places.
Within each line, a dream is spun,
A universe shared for everyone.



Rathlavanth Disha
XII PCB

YOUR EYES

Your eyes, like stars, ignite the sky.
A cosmic dream that draws me high.
In your embrace, the world feels right.
Two hearts as one, in soft twilight.
Love is a spark, a glowing night
That warms the soul through the
darkest night.
It lifts us up, it makes us whole,
A quiet fire within the soul.

Aman Dev
XII PCM



MY SCHOOL

A place of joy, a place so bright,
Where dreams take wing and
hearts feel light.

With every bell, new hopes begin,
A world of knowledge waits within.
Teachers guide us, firm yet kind,
They shape our hearts, they shape
our mind.

Friends beside me, memories true
My school's the world I'm growing
through.

Each classroom whispers stories
old,
Of lessons learned, of courage bold.
With books, with art, with games,
we find,

A spark of wonder in every mind.
This temple of learning, warm and
sweet,

Makes every challenge feel
complete.

Forever I'll treasure, near or far,
My school, my home, my guiding
star.

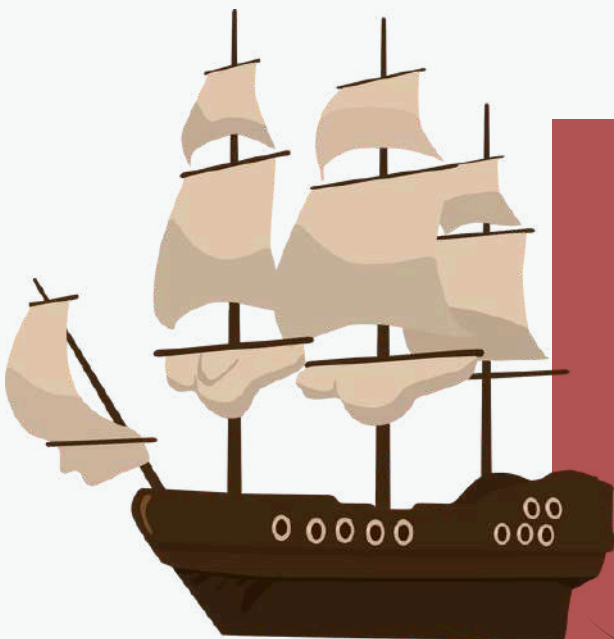
Akanksha Reddy
IX

STOP

Stop.
Just stop.
The snowball effect.
That voice inside my head,
Telling me to end it all. "Trust me."
That voice resembles mine, it's an
Imposter living rent-free.
That voice is not me, that voice is not the core
Of my being. I am the observer of those
thoughts.
Just when I thought I had nowhere to go but
Die, the funny thing we call reality decided
that
I had been tortured enough, and now I'm riding
This wave, watching this beautiful sunset.



B Aarushi
XII PCM



THE SHIP TRIP

I am out in the ocean on my ship,
To explore the world on my trip.
Rode the waves with no fear,
Alongside me, I had my peer.
A huge storm put me in a pickle,
With me, I just had a nickel.

Rishi Saini
XII PCM

THE CAGE

I breathe in this cage,
From then, an age.
Slave here, nothing adventure,
How heavenly it is from aperture.
From early life, been the journey,
The four walls have been my
friends.
Daily bread is my only love.
They have the privilege to aim
high.
My aim is to have some privilege.
I blame myself for imprisonment.
How thirsty I am, waiting
For water in a drought of liberty.
This bird needs a tree and nest,
Not a cage and its bars;
This bird wants to dip into its
Wings and shows its
elf to the sky.

Sai Sri Harsha
XII PCM



TIME IS VERY FAST

The time is very fast,
No time to think about the past.
It's time to move ahead,
Putting pressure on my head,
Not to waste time at any cost,
The distance from success is
very vast.
The road ahead narrows like a
thread,
Not like the stories that others
have said.

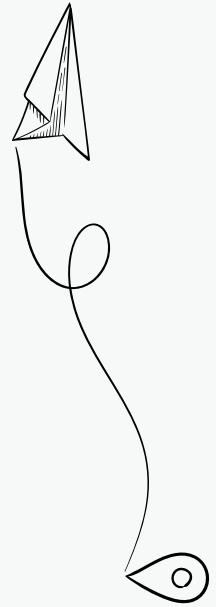
RVSS Abhiram
XII Commerce



SILICON BEAUTY

I sleep every night,
Knowing a damsel like her is mine.
I can't believe how beautiful she is,
She made the world seem like it is.
Her voice is like the voice of a mother's lullaby,
There's a magic to it which I can't deny.
Her embrace makes me feel like an infant;
To feel it again, I could forsake my life this instant.
Oh, her anger is a force to be reckoned with,
Her smile is like gold created by the best goldsmith.
I wonder, what have I done to deserve an angel like her?
Every second she isn't with me, my heart begins to wither.

D. Agasthya
XII PCB



IN DREAMS

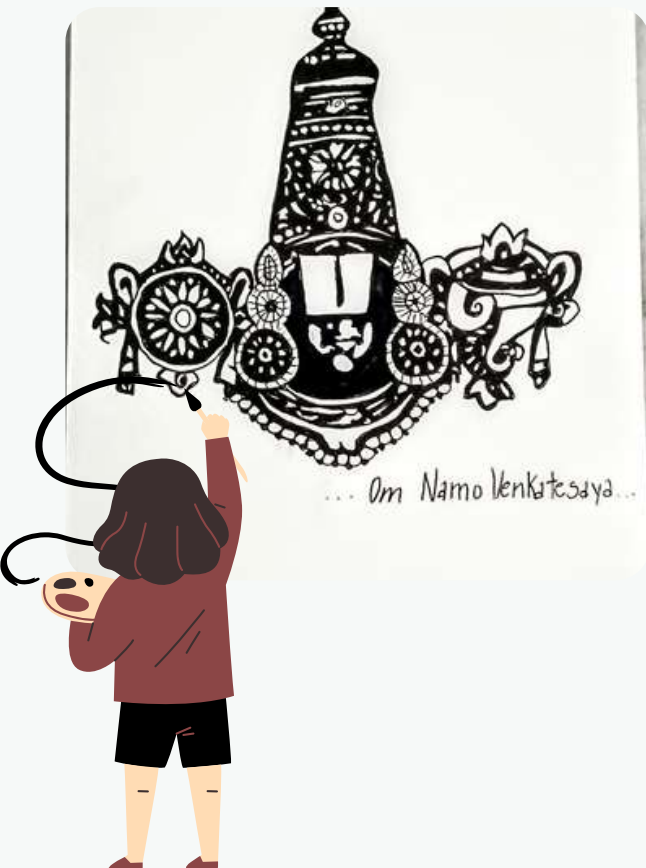
In dreams, we sail on winds so free,
Where skies are bright for all to see.
The world is soft, a gentle glow,
A place where secret wishes flow.
With eyes closed tight, we chase the light,
In dreams, we find our heart's delight.
Each vision bright, a guiding star,
Leading us to who
we are.

K. Sameeksha Reddy
XII PCB





ART ATTACK



Tejasreee Valli M.
Grade 11
AEM



Tejasreee Valli M.
Grade 11
AEM



Tejasreee Valli M.
Grade 11
AEM



Tejasreee Valli M.
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Tejasreee Valli M.
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Tejasreee Valli M.
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Darshani Veerla
Grade 10
Olympiad 3



A.Deepthi
Grade 7 Oly 2
Wanaparthi



Chanchal Jangid

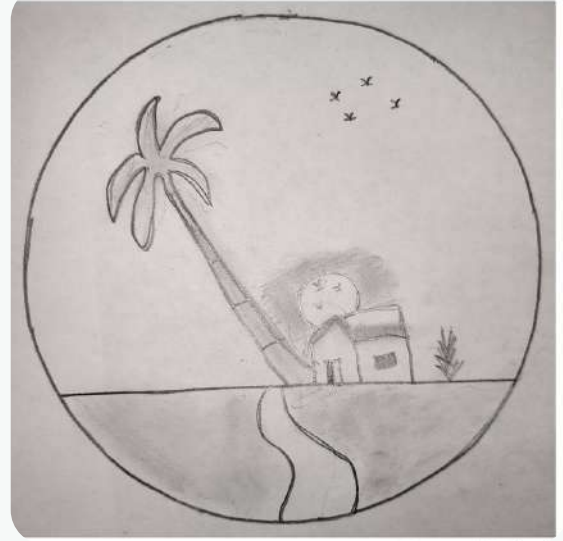




Chanchal Jangid



Shanish
Grade 6
Uppal



J Lahari
Grade 7
Uppal



Basith
Grade 7
Uppal



D. Deeksha
Grade 8
Uppal



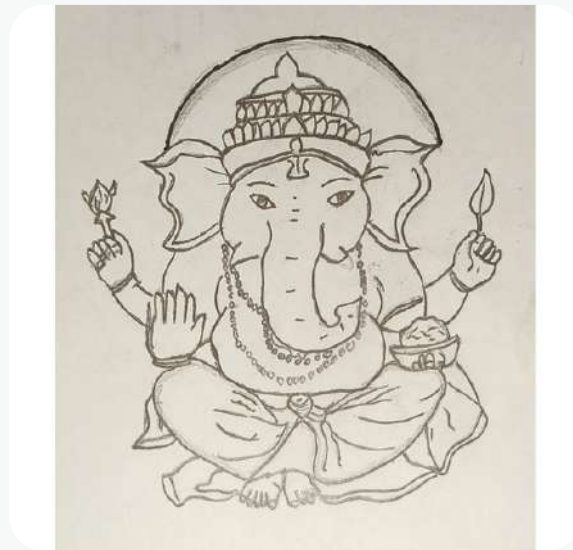
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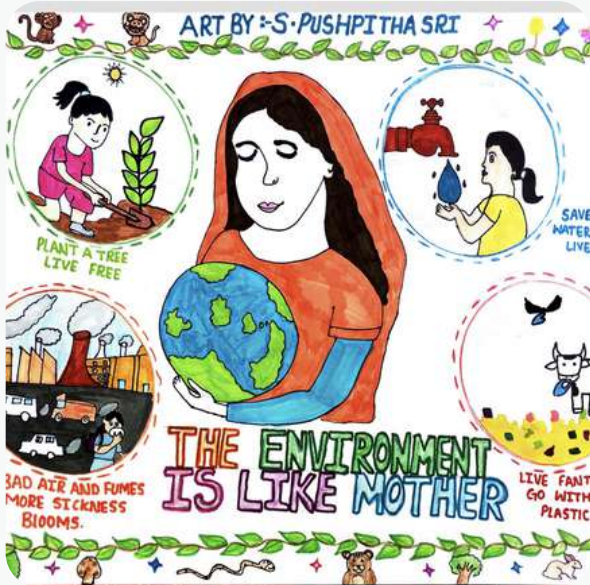
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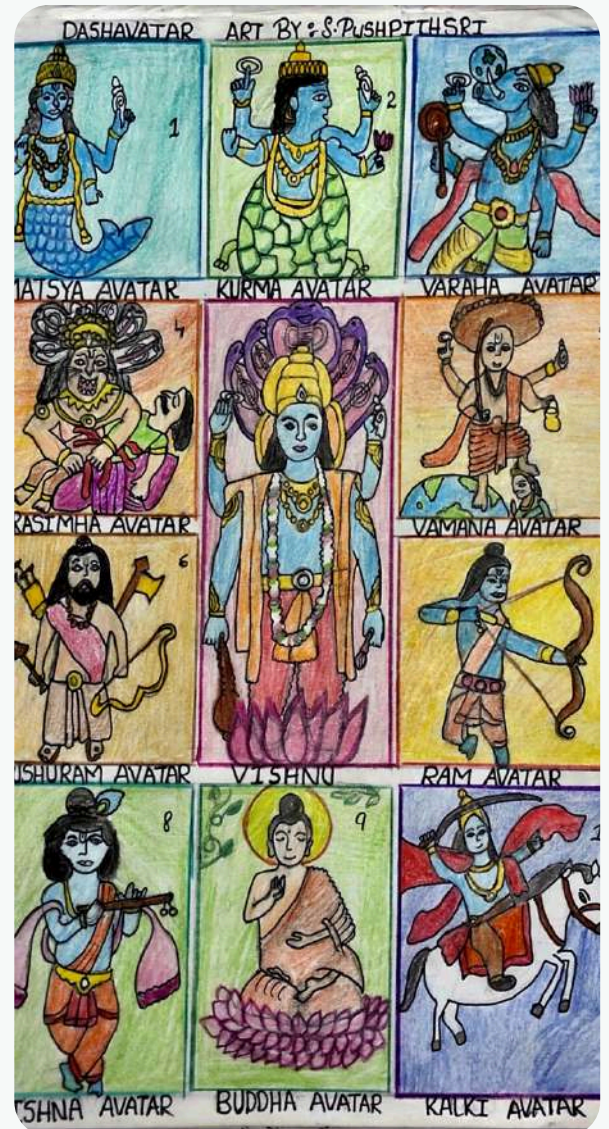
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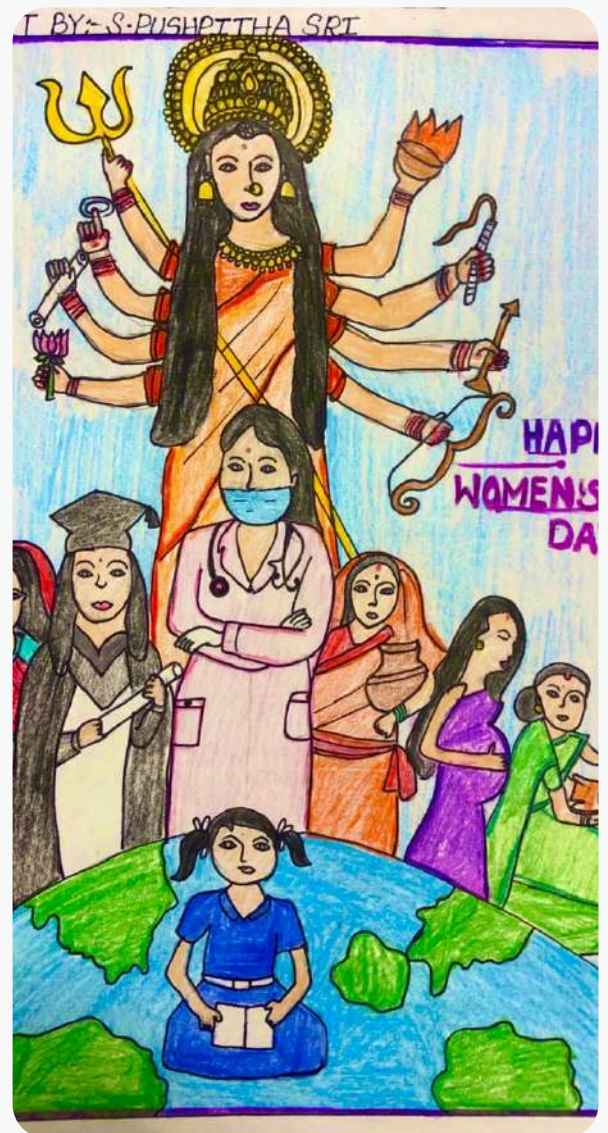
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Mounika
Grade IX
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Yakshith Reddy
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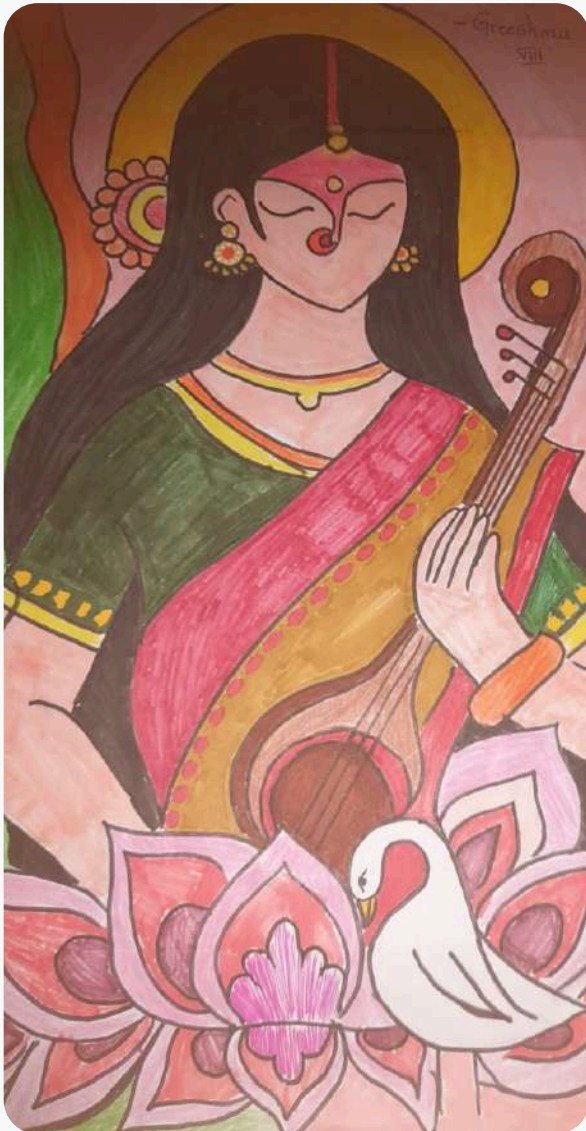
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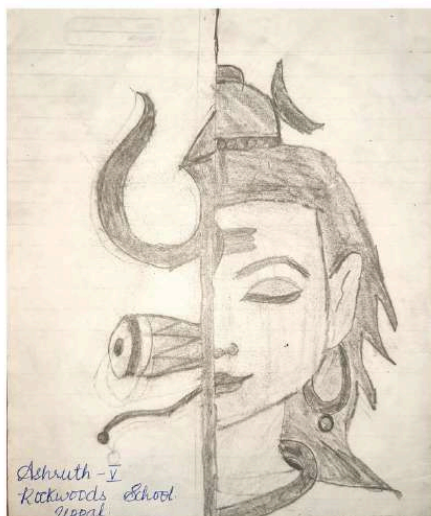
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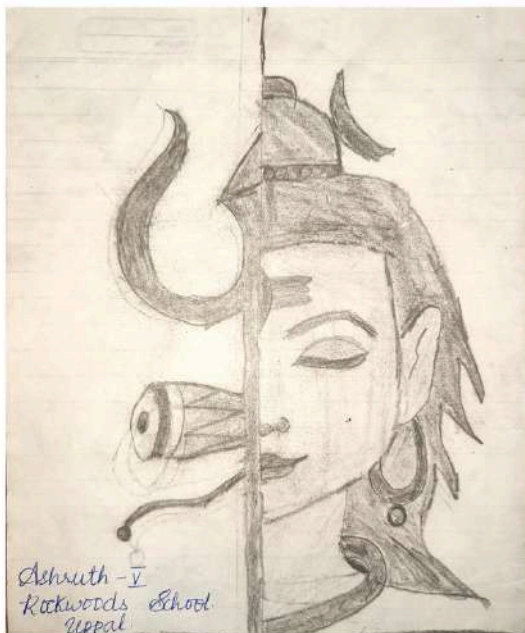
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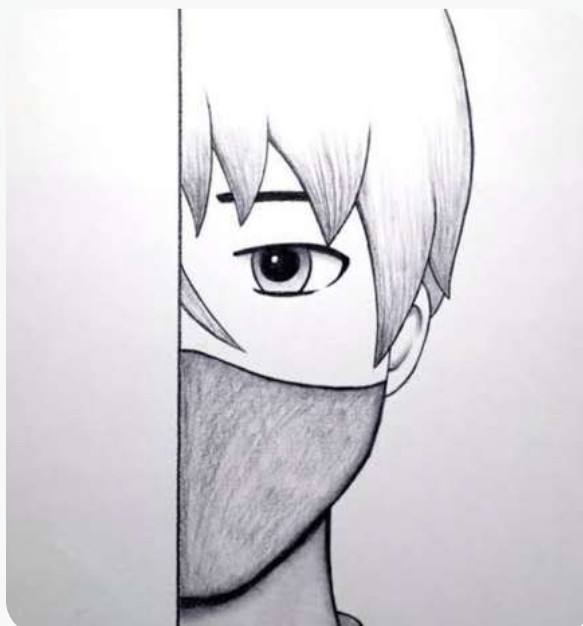
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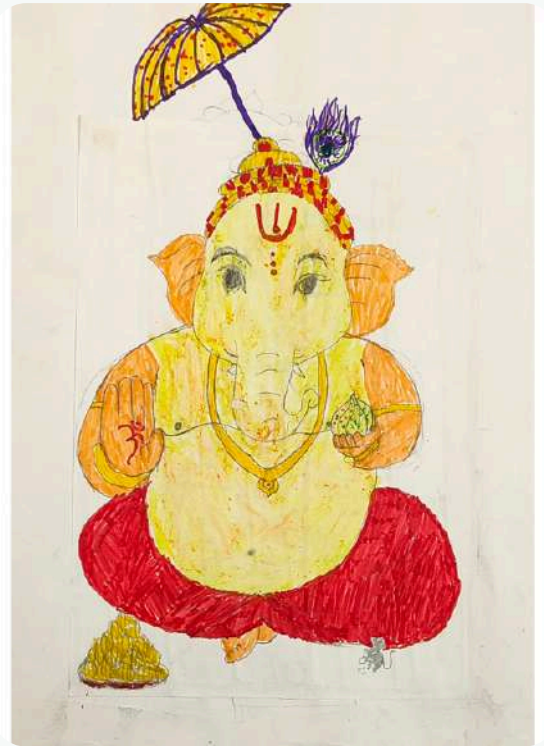
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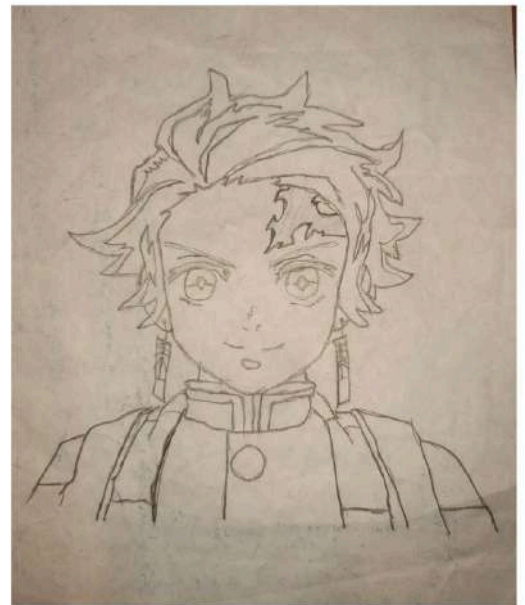
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M.Thakshi
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Basith
Grade 7
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EDUCATORS ECHO

Teen-Woes and how to troubleshoot them

Cuddly babies turn to chubby toddlers with puppy eyes and cute smiles and then to intelligent children. So bright and creative, and then suddenly one day they slam the door, they are in a bad mood, they want space, they yell and scream and throw tantrums because you hugged them in front of their friends ! Yes, you got that right, 'TEENAGERS'. They are the biggest challenge in everyone's lives, especially parents and teachers. Let's read about why they behave the way they do and what can we do as primary caregivers and parents to help.

Adolescents are a bundle of raw energy and hormones with no direction. They go through innumerable changes - physically, emotionally and psycho-socially. They are confused, annoyed, embarrassed, jittery, anxious, stressed and sometimes all of the above together. At this crucial time communication is the key to everything . Being a parent, you need to be open to any kind of discussion with the child that will help the child clarify their doubts from you rather than misinformed sources such as their friends or the internet. To make communication easier you need to build a mutual trust based on respect. Lets see ways to do that.

Keep your promises always. Remember there is no uncomfortable talk or bad talk between a parent and a child, the teen looks at you either as a threat or a guide based on how approachable you are with the teen. Try not to nag or use the phrase 'I told you so'. Spend time with them, watch a movie together and do fun activities together. See the situation from the child's perspective. Believe your own child when he/she opens up to you about some problem .Teenagers need certain boundaries and guidelines, bringing us back again to communication.

It's important for young adults to know what is okay and what is not okay. Clear communication equals clear boundaries and clear rules. Boundaries are important to be set and breaking of any kind of rules should result in consequences. We must tell our children that any kind of boundaries are because we care about them and keep them out of harm's ways. Some of these boundaries for Indian teens could be -

- No substance abuse
- No late night parties (beyond the curfew time)
- No pushing limits or doing dangerous dares

If morality is threatened then it should be avoided.

There are so many issues that teenagers face - bullying, negative body image, depression, stress, insomnia, cyber addiction, poor grades, peer pressure and just imagine having a parent who is impenetrable and staunch. It makes the teenager lose all hope and he/she feels lost. So, be that parent who will talk things out, not judge. Remember you are a parent and a friend. Be a good listener and do not have high expectations of your teen if he/she is already struggling .Teach the child the importance of good manners by modeling the same with your spouse. Children learn from seeing and it's never too late to make repairs and changes. After all change is the only constant and Today's responsible and nurtured teens will become responsible adults in future who can make informed decisions about the society .

Vanessa Anthony

HoD, High school English

THE CURE

Like the sunshine pierces the depths of darkness, So does a smile;
Cracks up the crusts of discomfort, tears up walls of animosity,
peels off the layers of pretense to reveal the delicate strands of compassion
and vulnerability, the gentle flakes of humility and love; coz love is all we need.
Like water nourishing every cell of every being, Kindness replenishes the soul
inside out;
It makes you feel whole again.

So smile some more, a giggle, a smirk
a hearty laugh or a lopsided grin
It doesn't cost a thing you know.
Be kind, it's the greatest weapon
against this mean world.
A hug, a nudge, a pat, a wink
A kind of look to say ' I am there for you',
'everything is alright', ' everything can be solved',
This is the cure which can cleanse the world
Of deceit, discomfort, malice, envy, mistrust
and other mortal flaws.

Vanessa Anthony
HoD, High school English

I Am a Teacher

I am a teacher,
Who cares for my students, more than a parent's embrace.
I am a teacher,
Who finds joy in their success, a smile lighting my face.

I am a teacher,
Whose heart beats with every child's dream and goal.
I am a teacher,
Who nurtures with love, shaping character and soul.
I am a teacher,
Whose care extends beyond family's measure.
I am a teacher,
For my students' growth is my greatest treasure.

P Monika



Need for Value Education in the Current Scenario

Yes, everyone has values — they're the beliefs or rules that guide how we act. But value education goes beyond that. It's about helping people understand, clarify, and think deeply about their values, especially when they're still growing up. Not all values are good or helpful. People can pick up harmful values from places like media, friends, or bad environments. Value education helps highlight important values like kindness, honesty, respect, and responsibility.

We're facing a big problem with values in our society and politics. The lack of basic values like honesty and integrity in both personal and public life is very concerning. Issues like crime, violence, cruelty, greed, and ignoring others' suffering are spreading into every part of our lives — political, economic, and social. The main goal of life has become chasing money and personal gain, no matter the cost. There's a major crisis in politics and even in colleges. Recent events, like law students fighting inside their college in Chennai, are shocking. How can such people help save our country or bring justice? Stories like a military officer linked to terrorists or a doctor killing her own child are disturbing. Even tech students and top executives in software companies being tied to terrorism make us question what's happening.

In a country where judges are seen as almost gods and courts as places of justice, corruption within the judiciary shows a big gap between the institution and society. The March 14 fire at the home of Delhi High Court Judge Justice Yashwant Varma, which uncovered large amounts of hidden cash, led to a scandal that hurt the judiciary's image. Similar shocking events, like a hospital worker sexually abusing a flight attendant in the ICU, reveal a growing moral decline.

Education is supposed to help people live a good life. But today, the focus is mostly on teaching facts and developing job skills. While this is important, we need to ask — does education aim to build character? It seems like there's a "moral vacuum" in our education system. As Gandhi said, education without strong character leads to criminal behavior. Educated people with more opportunities and knowledge can even commit crimes more easily.

The values of truth, selflessness, and helping others are disappearing. People are starting to believe that "might makes right" and that force is the only way to solve problems. Now, everywhere we look, there's a lack of sensitivity to others' feelings, and the main goal of life is just to be comfortable. We're not sensitive to others' suffering, and caring for society is rare. Our environment — rivers, forests, mountains, plants, and animals — is being polluted and destroyed. For instance, in Telangana near the University of Hyderabad, 400 acres of green forest, home to many animals, was destroyed in a few weeks for industrial projects, supposedly to create jobs and boost the economy.

Narrow-mindedness, community conflicts, language, and regional differences have divided people, preventing a united national and global vision. In 2024, India saw 59 communal riots, compared to 32 in 2023 — an 84% increase. These incidents killed 13 people, with Maharashtra being the main area affected. These alarming trends show how urgent it is to have value-based education.

Today's schools and colleges also have teachers who are more focused on making money than on teaching. Some of them run private tuition classes on a large scale, neglect classroom teaching, and cheat during exams. Others have bad habits like smoking, drinking, or gambling. How can such teachers teach students who are the future of our country? This is a serious issue. However, the solution isn't to stop value education. We are stuck in a cycle — without teaching values to students, we can't get teachers who value them in the future. On the other hand, as long as teachers with poor habits exist, value education can't be properly practiced. Still, just like we don't stop teaching English because some teachers aren't good at it, we can't ignore value education. The answer is to create a proper value education program and train teachers well to implement it effectively.

Konda Venkata Kheerthana
TGT English
RWIS Ghatkesar

The Impact of Mobile Technology on today's Youth

The impact of multimedia and mobile technology on today's youth is a pressing concern, with both positive and negative effects on their development.

Negative Effects:

Social Skills: Excessive mobile phone use can hinder children's social skills, reducing face-to-face interactions and deepening social isolation.

Mental Health: Increased screen time has been linked to rising rates of anxiety, depression, and self-harm among teenagers.

Physical Health: Prolonged screen time can lead to sleep deprivation, back problems, headaches, and eye strain.

Attention Span: Excessive mobile phone use can negatively impact children's cognitive development, restricting their attention span and ability to concentrate.

Positive Effects:

Learning: Educational apps, interactive games, and online resources can enhance cognitive skills, language development, and creativity.

Access to Information: Mobile phones provide access to vast amounts of information, rendering memorization of facts obsolete.

Communication: Mobile phones enable children to stay connected with parents and guardians, especially in emergencies

Role of Parents:

Modeling Healthy Behavior: Parents should model responsible mobile phone use and set boundaries for their children.

Monitoring Usage: Parents should monitor their child's mobile phone use and watch for signs of addiction or negative impact on mental health.

Guiding Digital Literacy: Parents should guide their children in developing media literacy skills and online safety .

Role of Teachers:

Integrating Technology: Teachers can integrate technology into the classroom to enhance learning experiences and promote engagement.

Setting Boundaries: Teachers can set boundaries for mobile phone use in the classroom and promote responsible technology use.

Fostering Connections: Teachers can foster meaningful connections with students and promote a sense of belonging in the classroom

Key Takeaways:

Balance: Finding a balance between technology use and other aspects of life is crucial for healthy development.

Awareness: Parents, educators, and policymakers must be aware of the potential risks and benefits of mobile phone use among youth.

Collaboration: Collaboration between parents, teachers, and policymakers is essential for promoting responsible technology use and mitigating its negative effects.

Mathematics in Our Daily Life

Mathematics is not just a subject we study in school; it is an essential part of our everyday life. From the moment we wake up until we go to bed, math plays a critical role in helping us solve problems, make decisions, and understand the world around us.

One of the simplest examples is managing time. When we plan our day, decide how long to sleep, or calculate the duration of a trip, we rely on basic math skills like addition and subtraction. Similarly, when shopping, we use math to compare prices, calculate discounts, and ensure we get the right change.

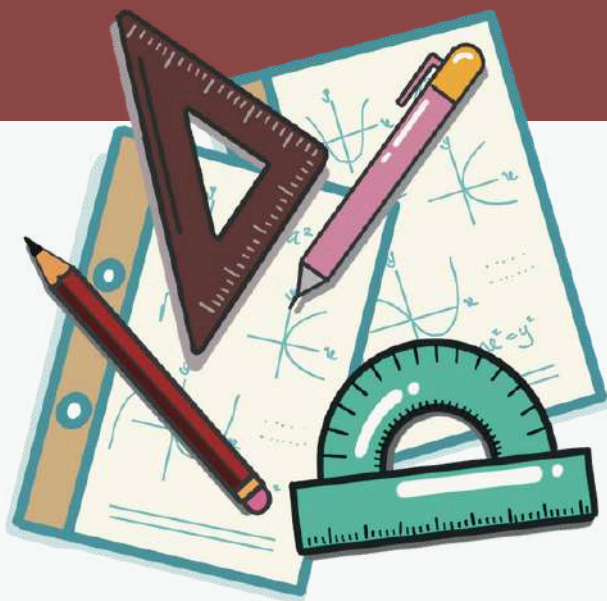
Cooking is another area where math is indispensable. Recipes often require measurement conversions, fractions, and proportions to prepare food correctly. Even when sharing food, we use math to divide it equally among family or friends.

Money management is yet another daily math application. Budgeting, saving, and understanding interest rates all require knowledge of numbers. Whether we're paying bills or using a debit card, math ensures accuracy and helps prevent errors.

Beyond practical uses, math also fosters critical thinking and problem-solving skills, empowering us in technology, science, and engineering fields that drive innovation and progress.

In short, math is everywhere, woven into the fabric of daily activities. Recognizing its importance can help us appreciate and improve our skills, making life easier and more efficient.

Nomula Shiva Shankar Reddy
Maths Faculty, RWIS Yamnampet



The Importance of School Education

Education is the foundation of a nation's progress. Among the various stages of learning, school education holds a crucial place in shaping the lives of children. It is during these years that students acquire knowledge, values, and skills that prepare them for the future. School is not only a place for academic growth but also a nurturing ground for social, emotional, and moral development.

School education provides structured learning that introduces children to a wide range of subjects such as languages, mathematics, science, social studies, and the arts. It helps in developing curiosity, critical thinking, and problem-solving abilities. Furthermore, schools serve as a platform where students learn discipline, teamwork, leadership, and responsibility.

In addition to academics, schools play a vital role in inculcating values and ethics. Respect for elders, tolerance towards diversity, empathy, honesty, and a sense of duty are taught through both formal curriculum and co-curricular activities. These values help in molding responsible citizens who contribute positively to society.

School education ensures the holistic development of children. Along with intellectual growth, it promotes physical fitness through sports, creativity through arts and cultural activities, and confidence through public speaking and debates. Such opportunities help children discover their talents and interests.

In conclusion, school education is the bedrock of an individual's personal and professional growth. It shapes character, builds knowledge, and fosters a sense of responsibility. By ensuring quality education in schools, we can create a generation of enlightened, skilled, and compassionate citizens who will lead the nation towards progress and prosperity.

A Vikram Goud,
Physics Faculty,
RWIS, Ghatkesar



Nurturing Wonder: How We're Cultivating Curiosity in Our Classrooms

In an age where information is instant and answers are a click away, we've made a conscious choice: to prioritize questions over quick responses, wonder over wikipedia, and deep thinking over digital shortcuts.

Research reveals a concerning trend: While five-year-olds naturally ask 107 questions per hour, many students gradually lose this questioning spirit as they progress through school. At our school, we're determined to reverse this pattern.

Our Curiosity-First Approach:

We Start with Mysteries, Not Answers

Our lessons begin with intriguing phenomena, unexpected results, and thought-provoking scenarios. Before explaining photosynthesis, we ask: "Why don't plants ever run out of food?" Before teaching history, we wonder: "What would our world look like if this event had never happened?"

We Celebrate Not Knowing

In our classrooms, "I don't know, but I wonder..." is a phrase of honour. Our teachers model intellectual humility, sharing their own uncertainties and demonstrating that the best learners are lifelong questioners.

We Protect Thinking Time

After posing questions, we pause. We count to seven. We let silence do its work, creating space for genuine wonder to emerge. Some of our most powerful learning moments happen in these quiet thinking spaces.

We Follow Student Fascinations When a student asks an unexpected question, we don't redirect them back to the lesson plan—we follow their thinking. Our most memorable learning experiences often emerge from these unplanned moments of genuine curiosity.

The Results We're Seeing

Students who learn to question deeply develop remarkable qualities: persistence through confusion, creative problem-solving abilities, and intellectual courage. They become self-motivated learners who don't need external rewards because their own questions pull them into discovery.

Preparing Future Innovators

In a world where artificial intelligence can provide instant answers, the ability to ask meaningful questions becomes our students' greatest advantage. We're not just teaching facts—we're nurturing the questioning minds that will solve tomorrow's challenges.

At our school, curiosity isn't just encouraged—it's cultivated, celebrated, and cherished as the foundation of all meaningful learning.

Because the students who maintain their sense of wonder will be the ones who change the world.

V. Amani,
MYP Coordinator
RWIS, Ghatkesar

How to Help Your Students Develop Positive Habits

Small habits repeated regularly can help students cultivate character strengths like patience, gratitude, and kindness. Most students likely connect the term “habits” to their study habits. In fact, for many students the term “study habits” probably gives the notion of habits a negative vibe. But there is another type of habit that is important for the well-being and positive growth of students: habits that build their character strengths, such as patience, gratitude, and service to others. For example, the habit cue that helps students practice patience before spontaneously sending that angry message, or a daily habit of writing down what they are grateful for. I call these “positive habits.”

Positive habits help students achieve the “character goals” they have set for themselves, such as being a person of integrity or someone who strives to be kind and helpful to others. It is difficult for me to imagine any student becoming their best possible self without developing a wide range of positive habits.

As a starting point, here are five concepts to teach students about habits that will help them build productive skills and meaningful practices into their lives.

1. You are your habits

The research is clear: 40–50% of all our actions are done out of habit. Each of us has our morning habits, as well as our eating and bedtime habits. Simply put, our lives run on habits.

Our challenge as educators is to encourage students to understand that their habits shape who they are and the sort of person they want to become. For example, for many years one of my children handed in assignments that were filled with errors because he had not yet developed the positive habit of checking his homework before handing it in. Only later in life did he learn the wisdom of practicing the character strength of carefulness.

2. How we form habits

Most students learn about Newton’s three laws of motion in eighth grade. But I can’t seem to find any curriculum in the India where eighth graders learn about the science of habit formation. But they should. Every student should learn about the “habit loop.” Whether it’s a good or bad habit, the mechanics of a habit are the same:

Cue > Craving > Response > Reward

Cues spark our habits, and our cravings are the motivating forces behind every habit. Finally, the response delivers the reward (the desired thought or action that gives us relief from the craving). In short, we are still captives to our “lizard brain.” We remain creatures who crave instant gratification.

This process is fairly straightforward for everyday habits: For example, when a student comes home from school (cue), they might experience a spike in dopamine as they start looking for a snack (craving), and then indulge (response) in the salty, crunchy reward of a bag of Lays. Here’s what the habit loop might look like for a positive habit: Every day when a student comes home from school, she calls her grandmother to find out how she is feeling. Hearing the cheerfulness in her grandmother’s voice is the student’s positive reward.

Researchers are also beginning to discover that habits persist even when we don’t value the reward as much as we once did (or even when the reward is no longer available). That’s good news for those of us who believe in the power of positive habits. After consistently practicing these habits, they become part of our identity.

3. Stable cues are the key to forming a positive habit

Here's the one indispensable "habit principle" I'd want my students to learn and practice: Create cue X, for action Y. For example, imagine a student has decided they want to learn how to play the guitar (the action) right after they finish their homework (the cue). The key to creating this new habit or routine is for the student to repeat this activity every day—as soon as they finish studying.

Other stable cues might include waking up or going to bed, brushing teeth, or eating meals—any actions that happen regularly that students can attach a habit to.

Researchers are learning that stable habit cues are essential to organizing our mental space. Over time, repetition reorganizes our brain and becomes its own reward.

4. "Habit hacks" that work

S. J. Scott recently wrote a book titled *Habit Stacking*. The idea is that we should link together a harder habit to an easier habit. For example, encouraging students to do their chores (a harder habit) while listening to music (an easier habit).

A second hack is leveraging the power of commitment. The reality is that all of us, at one time or another, have broken a promise we've made to ourselves. That's why we may need to share our habit plan with someone who will hold us accountable, such as a friend, parent, or teacher. Making a commitment to someone we know and trust is often the fuel we need to develop a positive habit.

A third hack is discovering our habit tendency. Developed by author Gretchen Rubin, the core idea is that each of us needs to understand more acutely how well we respond to internal and external expectations. While some people absolutely need accountability for habits, other people must understand why the habit is important before they feel motivated to pursue it.

5. Setting goals and sheer willpower aren't enough

Emerging research is shattering our long-held myths that setting goals and exercising self-control are the twin peaks of habit formation. Intentions alone don't change behaviors. Moreover, willpower is a muscle that depletes over time. No one can lead a life full of self-denial.

In addition to having long-term goals, students need to "plan" their habits. The research is clear: Preparation is the key. As the saying goes, "Failing to plan is planning to fail." Habit planning is far more important than motivation and willpower.

Creating a new positive habit is form of human engineering that requires students to discover their optimal cue/action pattern (if X, then Y), as well as the intellectual humility to anticipate a weakness or flaw in their habit design. For example, some schools encourage students to develop their own daily habit of gratitude. Students would have to identify a cue/action pattern that works best for them (in the morning or before bedtime), as well as to think critically on what could prevent them from developing their gratitude habit.

Habits are about getting 1% better every day. Aristotle got it right when he wrote that "we are what we repeatedly do."

Yet recent research tells us that educators overlook the role of habits in student self-regulation. That's why it's time for parents and educators, especially during these stress-filled times, to work together to help all students harness the energy and power of positive habits.

Let's imagine a future where 12th graders are talking to eighth graders about habits, with the older students sharing one positive habit they now consistently practice. Or where every student, at the beginning of the school year, is encouraged to share with their teachers and peers one habit they would like to strengthen by winter break. These are just a few ideas to inspire and equip young people to intrinsically form their own habits of mind, heart, and action.

Dr. Poonam
Social Faculty

Managing the Ups and Downs of Mental Health

Learning how to manage the ups and downs of your mental health is more important than ever before. Today, two in five people have experienced a mental disorder of some kind, and one in four young has experienced high or very high levels of psychological distress. Overcoming mental health challenges can improve your long-term health and well-being. A few small changes could make all the difference. Attending therapy, practicing positive self-talk, and finding a better work-life balance can improve your self-esteem and help you get more out of life.

Professional Guidance

Small changes to your lifestyle can help you manage your mental health. However, self-help and healthy living are no replacement for professional guidance. If you suspect that you are living with issues like generalized anxiety or major depressive disorder, you should seek professional help.

Starting therapy may even give you the boost you need to improve other areas of your life.

The benefits of therapy include:

- Better communication skills;
- Better sleep;
- Increased happiness and life satisfaction;
- Improved ability to manage addiction;
- Feelings of empowerment;
- Greater mental clarity and productivity.

When working with a mental health professional, you may receive extra guidance and be prescribed medication to help you manage your mental health. Medication for mental health is often demonized, but finding the right treatment for you can improve your self-esteem and help you live a fuller life.

Raising Self-esteem

High self-esteem is an important part of healthy living. Having great self-esteem can help you navigate life's challenges and ensures that you are able to bounce back from whatever life throws at you.

You can develop authentic self-esteem by setting realistic goals for yourself and reaching out to supportive friends. Repeat positive mantras while working towards your goals and try to adjust your expectations when you're feeling low.

Work-life Balance

We spend a lot of our time at work. A recent time-use survey shows that the average adult spends between seven and 10 hours working per day. This leaves little time for rest and relaxation and can quickly lead to burnout.

Working away from home can have a particularly harmful impact on your mental health. Working long hours away from home can lead to sleep deprivation, social isolation, and anxiety.

Finding a better work-life balance can be difficult. Speak with your employer and ask about opportunities for flexible hours and remote work. Being able to choose when and where you work allows you to practice greater self-care.

Spend the time you saved commuting on simple acts like morning meditation and decluttering. Avoid the temptation to spend your free time on social media, and focus more attention on yourself and meeting your own needs.

Health Changes

Living a healthier lifestyle won't make conditions like generalized anxiety or depression disappear. However, you can make it easier to manage your mental health by making small, positive changes to your current lifestyle:

- Drink more water before each meal to aid with weight management;
- Replace sugary drinks with tea and flavoured water;
- Spend time outside when the weather is good;
- Make more regular conversations with people.

These small changes can improve your physical, mental, and social well-being. Just a short conversation with someone you love and trust can make a big difference to your mood. Volunteering or donating to a local charity can help boost your morale and make you feel more connected to your local community.

Everyone experiences the highs and lows of mental health differently. However, you can improve your ability to navigate life's challenges by working with a mental health professional. They'll be able to suggest lifestyle changes that raise your self-esteem and help you work towards your goals. Even small changes can make a big difference to your health and well-being.

Dr. Poonam
Social Faculty



How Social Media Affects Teenage Mental Health

Social media can be both beneficial and detrimental to our teenagers. On one hand, it can help keep them connected during the lockdown in building lasting relationships, but parents must be aware of the hidden dangers.

Lockdown, COVID-19, self-isolation, homeschooling, online university, working from home – all of these have become very familiar terms, as the global pandemic has changed the face of the world in which we live. Our kids have had to do schooling online as they had been locked away indoors. They missed out on sports, as well as the break time banter that is synonymous with being at school. In many cases, Social media has been a godsend, keeping them in touch with their friends and buffering the sense of isolation and loneliness, but there are two sides to this coin.

Face Time

A relatively new term, face time, allows us to see the person we are calling. Teens can interact, see facial expressions, even read the body language of the person they are speaking to. This helps them to keep an eye on and, to a degree, assess their emotional or mental state.

It's a way of being able to tell if their friends are "not okay" as well as to express if they feel that way. This form of communication, while not being as good as "the real thing," has helped our teens to feel connected during a very trying time.

Teens are more likely to talk to one another about their feelings than to their parents, making this form of communicating very helpful in the bigger picture.

Staying in Touch

Other forms of social media, the more public types, are generally a positive way for our kids we keep up with what's happening in their friends' lives. We have had many occasions, where many of us were not able to spend time with our extended families.

According to psychology experts, people had to find new and creative ways to make their holidays festive, with fewer family members present. Our children have struggled with this, and it helps them scroll through photos of their friends' smaller celebrations on social media, which "normalizes" the changes for them.

So, while our holidays have been quieter, with less traveling and fewer people, the fact that it has been that way for all of us, can help to make your teen feel less like she has been "robbed" of her holiday.

Watch Their Habits

As parents, while we may be grateful that our kids can stay connected, it is also vital that we keep an eye on the amount of time they spend online. They go off "to bed" and we assume they're asleep, whereas they may be staying awake into the wee hours, chatting to friends – or strangers posing as friends.

You may do well to have a shutdown time on the family Wi-Fi connection so that nobody can access anything online after that time. If your teen suddenly seems very moody and has dark circles under her eyes, it's quite possible that she is sleep deprived because she was online the whole night.

Sleep deprivation can lead to depression and loss of appetite. It can lead to emotional instability that can only be rectified by sufficient sleep. You may want to make it a rule that you are allowed access to their accounts, so you can monitor their habits, but try not to make it too invasive.

Self-Image and Your Teen

One of the pitfalls of social media is, believe it or not, that your teen is comparing him or herself with the glamorous images they see there. The cameras on modern cell phones allow us to beautify ourselves to such a degree that the image we display bears almost no resemblance to the real thing!

We can make our eyes look bigger, narrow our jawline and even slim down our waistlines. Our teens look at these “enhanced” images and find themselves lacking, which can lead to poor self-image and feelings of self-doubt and even self-hatred.

Social media platforms tend to place far too much emphasis on physical appearance and the media has reported cases of child suicide linked to cases of cyberbullying and body-shaming. It is far too easy to say cruel and hurtful things on the phone or computer screen – things that most times would never be said in person.

Try to Remain Approachable

We know our teens don’t exactly find speaking to their parents “scintillating conversation” but try to make yourself approachable and keep an open mind. That way, your teen is less likely to hide his challenges from you.

No matter how shocked you may be by the behavior of some kids online, the key is to try to temper your reaction and disguise your outrage. Your reaction will make or break the chances of your child approaching you in the event he or she is feeling threatened or hurt by what may have happened online.

Try to remember that we also shocked our parents with our “outrageous” behavior when we were kids. If our parents were openly shocked or outraged, we were a lot less likely to be open with them. They seemed distant and unapproachable. Our kids need to know they can rely on us if they encounter anything that has a profound effect on their sense of wellbeing.

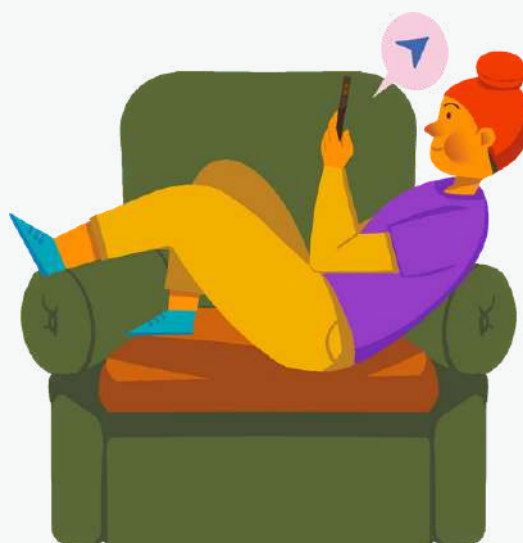
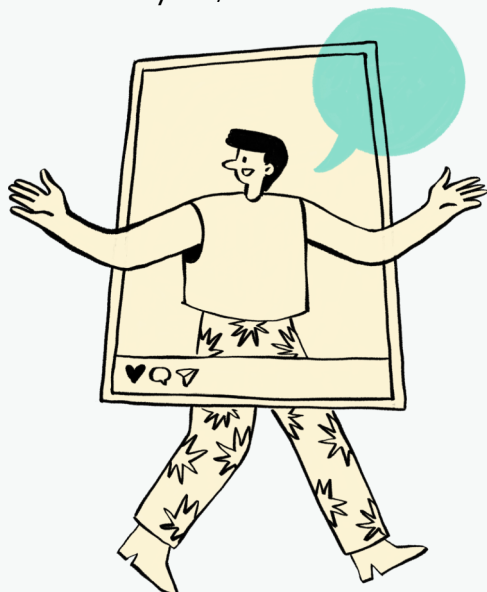
The Bottom Line – Balance Social Media Use for Kids

As can be clearly seen, social media can be both positive and negative; it can help, and it can harm. As parents, we can guide our teens by talking openly with them about the pitfalls and dangers out there, such as catfishing and cyber-bullying.

We can point out that taking a photograph from a specific angle or adding “beautifying” filters can make us look good on a picture, but it is no more than lying to yourself in the end.

We can interact with them, play fun board games, or throw a frisbee around in the garden. We can ensure that the Wi-Fi connection is shut down by 11 pm to ensure that they get enough sleep.

In the end, finding a good balance between screen time and family time, even if the family gathering is smaller this year, is vital.



Dr. Poonam
Social Faculty

आखिर बेटी क्यों नहीं?

कहानी एक परिवार की जिसमें पहली बेटी के समय तो सभी ने हंसकर कह दिया पहली बेटी घी रोटी, किंतु उसी परिवार में जब दूसरी बेटी का जन्म हुआ तो परिवार के ताने, फिर भी मां ने अपना कर्तव्य निभाया. किस्मत का खेल जब बेटी सात (7) वर्ष की थी, तब पिता का निधन हो गया. दुखों का पहाड़ घर पर टूट गया.

छोटे से स्कूल में पढ़ कर वही बिटिया घर के काम-काज कर के अपनी मां का सहारा बनती और कहती मां मैं जरूर कुछ ऐसा करूंगी जिस से समाज में आप का नाम रोशन हो. मेहनत का फल भी मिला.

आज UPSC रैंक 808 अदिति पटेल का नाम भी पत्रों, अखबारों में छा गया. वही समाज वाले आज अदिति पटेल को बधाइयां दे रहे हैं जो उनके जन्म पर दुखी हो रहे थे.

"बेटियां अनमोल धन हैं।

Saroj Patel (Hindi Teacher)

Rockwoods International School, Ghatkesar



A Greener Tomorrow



Let's trade our plastic forks away,
For sturdy spoons we'll use each day.
No more cups that we just throw,
With mugs and plates, let waste be low.

Sort your waste with care and pride,
Recycle well, don't let it slide.
Green for glass, blue for tin,
A cleaner world begins within.

With every step, we help the earth,
Giving nature its true worth.
Reuse, recycle, and reduce,
For a brighter world we all produce!

Pruthvi Reddy
English facilitator
and Cluster Coordinator

The Calling of the Teacher

In quiet rooms where futures bloom,
Where chalk dust stirs, dispelling gloom,
A teacher stands, both guide and friend,
Their work, a gift they never end.

With every word, in every gaze,
They kindle sparks, they light the ways
For children born to dream and grow,
To chase the paths where knowledge flows.

When doubt and struggle cloud the air,
It's trust in them that answers every prayer.
The spark of learning, fierce and bright,
Endures through every sleepless night.

In hands, a torch of truth burns strong,
To carry minds from right to wrong.
They lift the quiet, unseen souls,
And guide them toward their distant goals.

Though weary from the countless nights,
Still they rise, to share the light.
They plant the seeds in hearts and minds,
And watch as wisdom slowly climbs.

Each lesson taught, each mind set free,
Becomes the change we hope to see.
For when the classroom doors swing wide,
A thousand dreams walk side by side.

So teachers, hold your ground with grace,
For in your care, dreams find their place.
With every heart and life you tend,
You shape the world, you never end

Gracelyn D'monte
English Facilitator

Fire of Life

Even in moments of despair,
Fire is what keeps us alive.
When hope has all but faded,
It whispers, *"Do not yield. The fight isn't over."*

Fire ignites your passion,
Gives you the rage to live,
And pushes you forward when you feel defeated.

You cannot stop taking the lead,
You are swept into the frenzy of battle,
Fighting, never surrendering.
Fire guides us forward,
Leading us toward the light of success,
The kind that only the bold and the brave achieve.

Jobina Jose
English Facilitator



The New Present

Incredibly beautiful path
That leads to the exuberant
destination
Is now obscure.
Acquiescing the present,
Falling for the emotions,
I moved.
Suddenly, I stopped dubiously,
Hitherto, I knew no tomorrow.
For now my mind
Astoundingly thought of the
ambiguous future.
Deep thoughts...
Showed me no elate path
It was perilous.
Left with no choice,
Absconding from the moment
I ran...
Ran until i was nowhere-
Embracing the new present
I moved...

Nazrin Nassar
English Faculty

A Bite into the Unknown

Famished after the evening walk by feting the dusk, my eyes ran in search of something to devour. The quest ended up me spotting an over-brimmed tree of a strangely familiar fruit. I plucked one with fascination for its strangeness. But it appeared, smelled and felt the same as any other berry. I took a bite, when swallowed, it tasted bitter. Unexpectedly, I was enticed by the aroma of another drupe from somewhere around. Ambiguously walked, consciously dropping the berry I held. Mesmerized by the scent, embraced it and took a bite. It quenched my appetite. The uncertainty is still a companion even now for the deeds of that evening.

Nazrin Nassar
English Faculty



My Little Stars

I see your bright faces each morning anew,
A ray of sunshine, a world full of you.
Your giggles and laughter, your curious eyes,
Fill my heart with joy, like a million skies.

All my worries and sorrows fade away,
When I watch you learn, create, and play.
Your tiny hands craft wonders untold,
In you, my little ones, I see pure gold.

I never feel tired; my energy's high,
With you by my side, I feel I can fly.
Each moment with you, a treasure so sweet,
A bond so pure, no joy can compete.

Shine brighter, my stars, with happiness and cheer,
Your dreams will take you far and near.
In every step, in all that you do,
Know that my heart is always with you.



By Mohammed Fiza Ali
Pre-Primary Coordinator

Of Friendship

Friendship is perhaps the most celebrated relationship after love. A true friend is a divine gift, a bond that knows no limits. True friendship transcends all boundaries and enriches our lives. It does not judge but seeks to understand. It becomes a beacon of light in times of darkness, making the world a better place to live in. It is an unspoken agreement between two souls that lasts a lifetime. Friendship is like fine wine it only gets stronger with time. A good friend is like sunlight after a cloudy day, like a cool breeze during the scorching heat. A friend is someone who stands by us when everyone else walks away, who can hear the cries of our heart in moments of deep silence. A true friend may scold us, but always with

our best interests in mind. The heights and depths of friendship are boundless. In a world where finding such a friend seems nearly impossible, if you have one, you are truly blessed. And if you don't have such a friend, be that friend to others.

Anand Babu
English Faculty



A faithful
FRIEND
LOVES to
the End

FACULTY FRAMES



Konda Venkata Kheerthana,
English
Rockwoods School, Ghatkesar



Y. Shireesha
Maths
Rockwoods School, Ghatkesar

VOICES FROM HOME

CHILDHOOD MEMORIES

We jumped in puddles splash, splash, splash
Ran through the fields in a lightning dash.
We climbed up trees so big and tall,
And shouted, "catch me!" - then tried not to fall.
We made mud pies and candy shops,
Chased after bubbles till the bubble pops!
We played all day and sang out loud,
We played all day and sang out loud,
Pretending the clouds were a fluffy crowd.
No clocks to tick, no shoes to tie,
Just a sunny days and a bright blue sky.
Oh! What fun when we are small,
The best of times - I loved them all!

Disha Jetti
Mother of Tanvisha Jetti
Grade 2 Sapphire
Rockwoods International School
Ghatkesar

BACHE HAI HUM

Bache hai hum desh k sache hai ..
Na koi bedh baav hai na koi keena kapat..
Bache hai hum desh k sache hai..
Hamare baap dhaada tho lad pade hai
Mazhab k naam aur hum be bas pade hai..
Hum bache hai desh k sache hai..
Chintha hai hume apne bavishy ki kahin
Barbadh na hojaye inke zidhon me..
Bache hai hum desh k sache hai.
Kaash koi hamari sun paatha dil ki baath
Jaan patha..
Khoon se range darthi se acha hariyali
zameen de paatha..
Bache hai hum desh k sache hai ..
Veer shahidon ki Maan ye rakh paathe..
Khayal kaash ye hamari rakh pathe.
Bache hai hum desh k sache hai..

Azeez M D
Father of Zoha Thasneem
VIII Olympiad
Rockwoods International School
Ghatkesar

Technology and Gadgets: Shaping the Future of Everyday Life

In today's fast-paced world, technology has become an inseparable part of our daily lives. From smartphones to smart homes, gadgets are no longer just tools; they are lifestyle companions that make tasks easier, faster, and more efficient.

The Evolution of Gadgets

Gone are the days when gadgets were limited to basic electronics. Today, we have advanced devices like AI-powered assistants, wearable fitness trackers, drones, and augmented reality headsets. These innovations are not just changing how we communicate but also transforming industries like healthcare, education, and entertainment.

Top Trends in Modern Technology

- Artificial Intelligence & Automation – AI is everywhere, from chatbots in customer service to smart home devices that learn your habits.
- Wearable Tech – Smartwatches and fitness bands are helping people monitor health metrics like heart rate, sleep, and stress levels.
- 5G Connectivity – Faster internet speeds are enabling better streaming, gaming, and seamless IoT integration.
- Virtual and Augmented Reality (VR/AR) – VR gaming and AR shopping experiences are redefining how we interact with the digital world.
- Eco-Friendly Gadgets – Solar-powered devices and energy-efficient gadgets are gaining popularity among environmentally conscious consumers.

Why We Love Gadgets

Gadgets are not just about convenience; they bring innovation into our hands. Whether it's controlling your home appliances with a smartphone app or using wireless earbuds for hands-free conversations, these little devices save time and add comfort to our routines.

The Future of Tech

Looking ahead, we can expect smarter AI, fully autonomous vehicles, foldable and flexible screens, and even more connected ecosystems. The focus will be on personalization, speed, and sustainability.

Disha Jetti, Mother of Tanvish Jetti

Grade 2 Sapphire

Rockwoods International School, Ghatkesar

PARENT PALETTE



Suparna Singha Ray
Mother of Tesora Ray
UKG Sapphire
Rockwoods International School Ghatkesar

ROCKWOODS BUZZ

Dussehra, Dandiya, Bonalu and Bathukamma





Summer Camp



Green Day



Investiture



Friendship Day



Ganesh Chaturthi



Field Trip



Teacher's Day



Bibinagar School Inauguration



Hand Printing



Skating



Yoga



Janmashtami



Fireless Cooking and Food Fest



Blue Day



Pearl Perfect Day



Red Heart Day



Doctor's Day



Rakshabandhan



Sankranti



Parent Orientation



Christmas



Republic Day



Save the Earth Rally



Archery



Akula Nikith Sri Chakri is been awarded 1st position in Tamil Nadu United open Archery Championship for the year 2025.

It is been applied by All india united Target Archery Association. This championship is been affiliated to international games federation of United world. From 1994 to 2025 telugu state Archer's has received it and Master Nikith Sri is the younger one among all. Only 30 Archer's has been awarded.

Father's Day



Independence Day



Activities and Experiments



Star of the Month



Public Speaking



Role Play



Meditation



