

# Omegazine

DECEMBER 2022



INFINITE  
*Creativity*

[WWW.OMEGASCHOOLS.ORG](http://WWW.OMEGASCHOOLS.ORG)



Dear Readers!

‘**Omega**’ bespeaks the ultimate . Towards this purpose, our founder, the Revered Chariji proposed the motto of the school, “**Aspire to achieve excellence**”. Lalaji Memorial Omega International School has thus lived up to this purpose ever since its inception in 2005.

**The school newsletter, Omegazine** has been conceived to mirror the evolution of the school as a force to reckon with in academia.

**Omegazine** reflects the thoughts, views and reflections of the students through poems, essays, sketches, artwork and personal anecdotes. Furthermore, it will update you with the news on campus, the laurels achieved and our academic strategies. In addition, **Omegazine** shares the sagacity and erudition of our facilitators.

Our school is ably steered by a team of consummate academicians whose commitment to education is unparalleled. Thus, the articles from our leading members would enlighten the readers about what makes **Omega** unique.

We graciously appreciate our colleagues, the students and the management for the keen participation, contribution and the support in making this effort materialize fruitfully.

Wish you all a memorable and great experience!

The editorial board.







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# International *Mindedness*



Is this just a buzzword that one finds in international curricula or is it something that 21st century learners should nurture consciously?

International mindedness is the ability to accept and respect diversified cultures and perspectives. It encourages collaboration, empathy and compassion. With seamless migrations of peoples, the world is becoming a melting pot of myriad cultures. The learners that are an integral part of such an interconnected world should be equipped with excellent communication and collaborative skills. International mindedness enables the

learners to acquire those skills in the classrooms and evolve as global citizens in the future.

The educators play a key role in developing a knowledge base and understanding of social, cultural, political and economic dimensions of various countries. Furthermore, they also help in cultivating critical thinking, research skills, positive attitude, patriotic sense and a liberal outlook. It is very essential that they impart this knowledge and skills with neutrality. Through diverse activities, such as dramatization, debates, discussions, exhibitions etc. on varied global topics they must provide experiential learning.

The first step for international mindedness is to understand the roots which is the cultural diversity of the community. The school plays a major role in creating an ambience for the same. Students can develop a sense of empathy, open mindedness and other related competencies through suitable educational experiences. The school, the educators and the learners must walk alongside in making international mindedness an integral part of curriculum that is imparted.



## MANAGEMENT MATTERS

At Omega the students celebrate activities such as French, Spanish, German and Korean Days to understand their culture, cuisine and geopolitical systems collaboratively. Such collective efforts help the students to understand, appreciate and embrace cultures other than their own. Numerous International Day celebrations become a part of co-curricular activities to introduce global problems to young students and broaden their knowledge horizons by engaging in various intellectually stimulating competitions. Our students' participation in MUNs, International debate writing competition etc. stands a testimony for the experiential learning they gain.

Understanding the roots - the cultural diversity of the school community is the first step for international mindedness. To bring alive the vibrancy of Indian culture, our students participate in various cultural events displaying the spirit of Indian ethos. One such endeavour to keep up with this is our unique annual festival of performing arts, Kalanjali. This is a student-led initiative meant to preserve and capture the very essence of our heritage by reigniting a spark for traditional art forms.





"We make a living by what we get. We make a life by what we give," said Winston Churchill.

From a young age, students should be encouraged to find happiness not in receiving but in giving. The school plays a major role in creating such an ambience wherein students can develop a sense of empathy, open mindedness and other related competencies. This has manifested in numerous campaigns and community service activities which are conducted as part of the VBSE and other student-initiated programmes.

Our Revered Babuji Maharaj characterized the ideal human being as a person having "a Western mind and an Eastern heart".

Omega tries its best to imbibe the above said philosophy in the students.

The motto of Omega, 'Let's endeavour together' synchronizes well with international mindedness!

**Bhavani Moorthy**

Principal - CIS / IB





# Young Hearts

Vibrant thoughts, unconventional ideas, dexterous strokes and boundless imagination -that's how our students express the joie de vivre through their work. 'Young Hearts' features some precious gems from the ebullient Omegaites.





### AN UNUSUAL ENCOUNTER

A shrill scream ran through the forest. “h-hello, who’s there?” Carlson stuttered. No response. He continued walking but suddenly he heard the same shrill scream piercing his ears and noticed a silhouette pass by him. He stood there frozen with shock. “What are you doing just standing there like a dunce? Come here.” He turned around to see a girl of his age perched behind a bush. “So, what brings you here?” she asked. “I was just walking home when I heard this shrill scream,” he replied. “Well... legend has it that Holler's family had died in a car accident along this road while they were travelling to their ancestral home on the 3rd of October 1992. Ever since then, their spirits visit this house every year on the 3rd of October as they were last seen. The shrill scream you just heard was the daughter screaming as she did on the day of her death,” she replied, “So, can we go and explore the mansion?”

Before Carlson could stutter out an answer, she was already at the door, much to his astonishment, and he had no choice but to follow her.

Soon they entered, to the fragrance of candles, and in the centre of the room lay a huge cedar table laid with a purple tablecloth bordered with golden lace.

The chairs were made of soft velvet with golden beads decorating it. On one end of the table was a huge chair that looked like it was meant for someone like the head of the family. But alas! all of it was covered in dust and no longer existing in the same magnificence as earlier. As they walked up the stairs, they passed by huge portraits hung on the wall of what seemed like a royal family. They reached a room with two little beds. On the study table, lay an old dusty photo album with pages that had aged over time. He went through the book while the girl looked around the room. He flipped the pages and found pictures of kings, queens, servants... nothing significant until he reached a page with a picture of a girl named Venetia exactly like the one next to him and he swore. He heard her whisper “Oh how lovely it would be to use it all again!”. But he just brushed it off as a result of overthinking and the picture could have been a mere coincidence. They took a tour of the attic where he found more pictures of the girl which just worsened his suspicions, but he kept dismissing it as mere coincidence- until they were leaving the castle.

He asked the girl “Hey, I couldn’t catch your name, what was it?” “...Venetia,” she replied. Her answer sent a chill down his spine, and he found himself standing above a grave. On the tombstone was neatly written “Venetia Hollers 1981-1992 born to her maker... gone to her rest.”



### GO BANANAS...

We all eat fruits. We've been eating them since we were practically babies. We've all heard phrases like, "Orange has vitamin C" and "An apple a day keeps the doctor away." However, I'm here to tell you why bananas are truly the best.

As we all know, bananas have vitamin B6, potassium, vitamin C and antioxidants. They are also versatile and come in all shapes, sizes and colours. But this is boring. "I don't want facts," said Ramani ma'am, on reading this portion of my essay. So let me tell you, nearly 16 years of experience, why I deem bananas to be on a level of its own as a fruit.

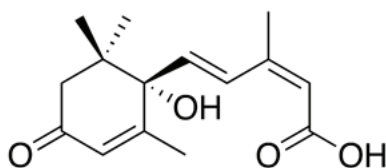
First of all, the most obvious reason is that they're practically seedless. The five year-old me hated fruits with seeds, which is why watermelons, oranges and guavas were off my good books

a long time ago. Bananas are also consistently sweet fruits. Cantaloupes, strawberries and papayas on the other hand don't make the cut.

As a science student, I continue to love bananas. The chemicals bananas produce to ripen is ethylene, and is one of the easiest things to draw.



It is basically just an equal sign. I'm certain I've drawn this by accident countless times. Absciscic acid, which is what helps strawberries and grapes ripen, on the other hand is one of the most complex structures I know.



I'm 100% certain Ranganathan Sir is the only person I know who can read what that says. Hypothetically speaking, bananas are the easiest way a common person can become radioactive. Due to the potassium present and some complex sciencey stuff, if you eat around 70 million bananas at once, you could become radioactive. While it isn't recommended, it certainly is cool.

On a more serious note, as I was learning about how awesome bananas are, I found out that when ripening, bananas can't stop producing ethylene. They continue to ripen and become brown and overripe. I thought that this really is a metaphor for life. We work so hard that we don't take some time off to calm down and look how far we've come. We end up wanting to do better and better. We overwork ourselves, which leads to burn out and eventually end up in self-hatred and bad mental health. The difference is, bananas can't stop overworking themselves, while we can.

So tell me, would you rather be a perfect, ripe and yellow banana or keep wanting to be better, only to become an overripe, mushy and over all sad-looking mess?

## HAIKU

Japanese poem or verse form, consisting of 17 syllables divided into 3 lines of 5, 7, and 5 syllables.

Haiku is a type of short form poetry originally from Japan. Traditional Japanese haiku consist of three phrases that contain a kirejo or 'cutting word', 17 in a 5,7,5 pattern of 3 lines.

Haiku originated as an openign part of a larger Japanese poem called 'renga'. Over time, they began to be written as stand-alone poems.

Haiku was given its current name by the Japanese writer Masaoka Shiki at the end of the 19th century.

DHRITI SURESH, GRADE IX



### TIME

Ticks repeatedly  
Never once the same as before,  
Creates visions galore.

RHEEYA RAMESH KUMAR, GRADE IX



### DREAMS

Dreams quite creative  
When you are in deep mute  
Awakens the store of memories.







ADITYA, GRADE V

### ADVENTURES OF IVAN

Vakker was a beautiful village, with trees touching the skies and green grass carpeting the ground. The climate was pleasant. The beautiful houses were made of cut rocks and walls painted with colours of joy. There was happiness everywhere.

There lived a young man named Ivan. He was very rude and arrogant. He used to scare people and hurt them all the time. He lived with his grandfather, who was very kind. Grandpa Joe was tired of Ivan's mischief and bad behaviour. His grandfather wanted to bring a change in him. But whenever he asked Ivan to change, he would simply refuse and say that he enjoyed being naughty and playing pranks on people and could never change. To that, Grandpa Joe used to tell him that all he needed was to believe that he could be good at heart and practise goodness.

Grandpa Joe thought of a plan. One day, he called Ivan and asked him, "Ivan, are you interested in an expedition?" Ivan said excitedly – "Sure grandpa!" "Then you must find the Ring of Fortune at the Mount Morte. But you must not do any bad deeds while pursuing the ring, or you will fail to find the ring." Ivan agreed and decided to go on the adventure. Grandpa Joe was confident that this journey would definitely bring some change in Ivan. He packed some food and tools for Ivan's journey, and bid adieu to him.

He walked for a few days, and came across a wide and deep river. It was the River Tibur, known for its dangerous flow and scary depth. He didn't know what to do. Suddenly, he saw a few logs of wood. He thought, "I can use these logs of wood instead of cutting down a tree and causing harm to the environment." So, Ivan took some rope, tied the logs of wood and made a raft. He put the raft inside the river and crossed it.

After crossing the river, he walked on. He had now reached a dense forest. He walked on and started feeling exhausted. It was getting dark. Ivan felt scared. He prayed to get to a safe place to spend the night. Soon after, he

saw a faint light at some distance. He told himself, "It could be a cottage, where I can spend the night safely." He went closer and realized that he was right. He knocked at the door. An old man came out and asked "Who are you and what do you want?"

"I am Ivan and I wanted to ask if I could spend the night at your place. I promise that I will leave early in the morning."

The old man was doubtful and hesitant at first, but he allowed Ivan to stay with him for the night. Ivan thanked him and went inside. He kept his belongings in a safe place and went to sleep.

At midnight, a loud sound woke up Ivan and the old man. "CLANK!" A thief had broken into the house through the window. Ivan and the old man went to stop him. The thief pulled out a large dagger. He attacked the old man. Ivan quickly took a pillow and shielded the old man. Ivan had saved his life.

Then, Ivan and the old man started throwing objects on the thief. The thief got scared and ran away screaming. The old man couldn't thank Ivan enough for saving his life, and decided to pay him back for the great help. Both of them retired to bed. In the





## YOUNG HEARTS

morning when Ivan was about to leave for his further journey, the old man gave him some food and water for the road. Ivan thanked him and carried on.

After walking for a few more days, Ivan reached a desert. The burning sand was golden in colour. The sands were bone dry. After walking for a few minutes, he saw something. He went closer and saw that it was a man! He was unconscious, probably struck by heat waves. His face was red; lips were chapped - he looked highly dehydrated. His clothes were torn, and he was washed with sand. Ivan gave him some water, and he came into consciousness. Ivan also gave him some food and cleaned him up. The man thanked Ivan and continued his journey. Ivan also went on his way, happy that he had helped another person in need! It was a great feeling.

As Ivan walked on, the sky became darker and darker. He reached a place where there was no sign of life. The entire atmosphere was grim. It looked so eerie, with bones of the dead scattered everywhere. He understood that he had reached Mount Morte.

Suddenly, there was an eruption

of the volcano. Lava was flowing out of the vent. Before Ivan could think anything, a large piece of rock hit him hard and he passed out. He lay unconscious there for hours.

An inner voice called out to him, "Wake up, Ivan! You cannot give up after coming so close to your destination".

Ivan woke up, and thought "I don't know for how long I've been lying unconscious. This is not the time to rest. I must move on".

He searched for the Ring everywhere, but couldn't find it. As he kept on looking, he found a rock shaped like a finger. He went near the rock and saw something shiny. He pulled it out and realized that it was the Ring of Fortune! He cried out loud, "Finally! I found the ring!" His joy was uncontainable!

But soon he realised that he didn't need the ring to become a good person. He just had to feel the goodness in his heart, just like how Grandpa Joe used to tell him! With this newfound understanding, he went back home, and narrated everything to Grandpa Joe. He was delighted to see Ivan.

"Grandpa, you were right! I did

not need a ring to become a good person. I just had to feel it in my heart," said Ivan. Grandpa was very happy to see the change in his beloved grandson. His plan was successful!

Ivan continued to be a good man all his life. People were no longer scared of him. All started loving him for the change of heart he had. Vakker was an even happier place now!





### DON'T MISJUDGE AN INTROVERT

At times, it can seem like a severe disadvantage to be an introvert. Extroverts appear to have all the fun. Their attention-seeking personalities often allow them to reap popularity and recognition. Introverts, on the other hand, may get passed over and have their valuable work go unnoticed.

Despite this, there are many areas in which introverts have an advantage over extroverts, a few of which are enumerated below:

Many of today's most successful people are introverts, such as J.K. Rowling and NBA legend Michael Jordan.

Six advantages introverts have over extroverts:

1. Introverts understand the situation and value their space. They tend to respect the space of others too. Most introverts are largely independent and not clingy. They tend to think before they speak, whereas, extroverts may blurt the first thing that come to mind.
2. Introverts have creative, original minds. While extroverts may adopt the values of the group, introverts tend to have their own preferences that are less influenced by whatever is trending. They may even gravitate toward things that are unusual, or downright strange, which makes them unique.

3. Introverts are great decision-makers. Given the substantially more time spent reflecting and observing, introverts have a deeper understanding of various aspects of life, including human behaviours. This may contribute to greater judgement. Introverts like to take their time to process a decision properly so that they can choose the best course of action that they won't regret later.
4. Introverts are usually better listeners. During conversations, they try to empathize and focus on what the other person is trying to express. This is why people often reveal things to introverts as they are so good at keeping secrets. Because of their private nature, many introverts understand how difficult it is to open up and trust people, so they may work even harder to be trustworthy.
5. Introverts can focus deeply and block out distractions. Since introverts give less attention to socializing than extroverts, they have more time and attention to devote to other things. They have the ability to distance themselves away from the rest of the world and accomplish a task or objective.
6. Introverts cultivate deep relationships with others. Introverts prefer quality of relationships over quantity while extroverts consider almost anyone a friend. Introverts have a smaller — but closer — social circle. They take time in choosing friends or comrades but are better able to surround themselves with people who are trustworthy and loyal to them.

Albert Einstein, an introvert, quotes, "The monotony and solitude of a quiet life stimulates the creative mind."



### LIFE LESSONS FROM DAD

The unsung heroes in every child's life, the backbone to our confidence, the champion of our dreams, our blanket of security, our hideout from the world, our morale booster, our motivation to succeed, our knight in shining armor, in one word he is a Father.

"Life doesn't come with an instruction book, that's why we have our father," said Jackson Brown Jr. While a father is a lot more than an instruction book, he definitely plays an integral role in teaching us the lessons of life. "You can and you must."

These were the words I learnt from my dad as I was standing on the slope of a hill, terrified to take another step. While most people would have come to guide us down in a situation like that, my father did no such thing. He, who is always practical, turned to face me from a few feet down to utter these words and encouraged me to

come down. The strong conviction as he uttered the words gave me the small push that helped me move forward. These words not only helped me battle my ways through the hills, but also echoed through my thoughts whenever I needed to battle my personal demons of hesitation and fear.

As an 8-year-old girl, I came out rushing to my parents, exclaiming that I got my favourite tattoo along with the chocolates. Both my parents laughed and then my father remarked, "Nothing comes free in this world" with a smile. Back then, I just thought he meant the free gifts that we would get with things we purchase, but as years passed, the true meaning behind the words dawned upon me. Every time I am close to giving up something I remind myself, "Nothing comes free in this world".

Even if the sun burns the Earth or if the rain drowns the world, postponing his work is a big 'No' to dad. If something had to be done, he would be willing to go to the moon and back to complete. The dedication he exhibits is something I've always admired.

The world as I see today prioritizes money but dad's small world prioritizes people. I don't

mean he goes about giving love declarations, he prioritizes people through his actions. His actions had a voice that would say "I am there for you", coupled with his small acts of gratitude and many others.

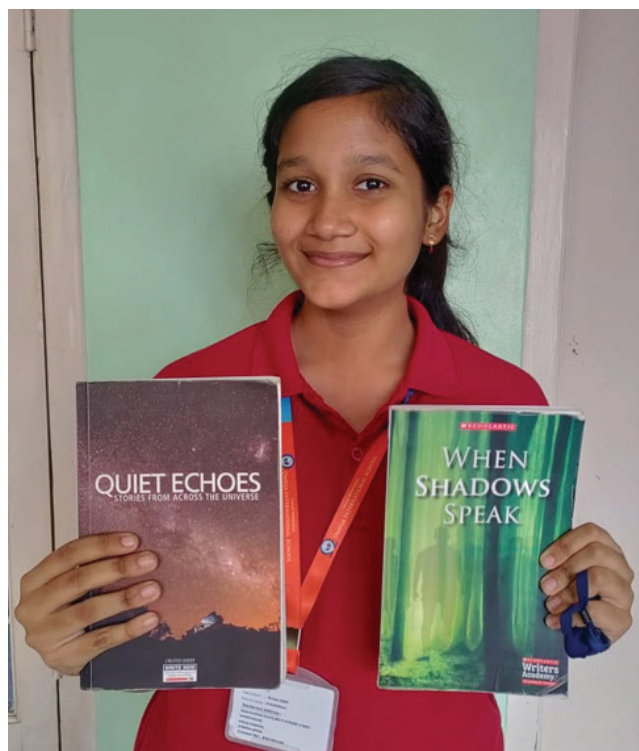
Every father in this world has managed to pass on lessons to his children in his own way. A father might not say he loves us but he shows it through his actions. While we might be relaxing, a father would be awake thinking about how he could support us through our plans for the future. While everyone, including ourselves, would have given up on us, our dad is that one person who has belief in us.

"To a daughter her father is her first love

To a son his father is his first hero

To a society he is the unnoticed asset"

David Beckham might not be who he is without his father's passion for soccer. Malala Yousafzai might not be who she is, without her father's support. Maria Sharapova might not be who she is, without her father's sacrifice. Similarly, behind every individual's success, the hard work, sacrifice and love of a father is hidden.



**A DARK UNITY**  
BY  
**YOCHANA PUSHPARAAJ**  
GRADE VIII

The date was 13th march, my 19th birthday and I knew it would be my last. It was a rainy day and the sun hid behind the clouds. I grabbed my coat and headed downstairs as thunder flashed across the sky. I spotted my yellow taxi and quickly got in, closing the shiny door behind me. Tiny crystals, that were hardly visible in the streets lamp began to envelope the city and I smiled.

“Riverwood avenue, parker street please” I said softly.

“Riverwood Avenue? There are barely houses there...and it's in the darkwood hill...why do you want to go there..?” queried the driver shuddering nervously.

“I am actually supposed to go to the inn” I replied feeling sorry for him.

“You mean....you mean the restricted inn on top of the hill...?” gasped the driver looking at me with his eyes as wide as saucers.

I shivered and took a deep breath.” Yes”.

The driver, immersed in thoughts left me to myself. By the time we reached the hill, the sun had set and it was dark. An eerie atmosphere filled the air and the mist blinded me.

“I’m sorry mam, but I’m afraid I can’t go any further” said the driver halting at the bottom of the hill.

“It’s fine” I said handing him a 500-rupees note.

Though I was smiling, my heart was in my throat. I broke off a branch just for safekeeping and taking a deep breath, I headed into the forest. At first it was really dark and I couldn't see a thing. But once my eyes got adjusted to the dim light, I walked forward with my eyes open for any sort of danger.

Suddenly, I heard the crunching of leaves behind me “Hello..?” I said turning and pointing my stick towards the dark. There was no reply, and I gulped moving forward slowly.

This time I was sure there was someone...or rather, something.

“Violet” hissed the voice.

My blood ran cold and my breath fastened.

“Who’s there..?” I cried though I didn’t want to know.

“You are next” whispered the voice.



My mind filled with thoughts and I panted, walking as fast as I could. I could feel it following me and a huge lump filled my throat. All of a sudden, I stopped dead in my tracks. Something wasn't right. It was too quite.

I froze and slowly turned around as a hand wrapped around my shoulder. My fingers turned icy and death lurked in every corner of the woods. I couldn't breathe, my lungs filled with air and I gaped for breath. My heart stopped and I turned around, expecting the worst.

I exhaled as I glanced at the puddle in front of me. I could see myself in the puddle of water. Suddenly, I noticed something that I hadn't noticed before. I started sweating profusely. My lips trembled and my mouth felt dry. Not because I could see myself, but because it was there, behind me!! "Hello" it whispered into my ears. My shrill cry echoed in the mist and I ran as fast as my legs could take me. I was paralyzed with fear, and it took me a few minutes to get back to normal.

I was out of breath and I stopped in front of a black, rusted gate. I could see the ancient inn from here and sighed. I looked at the silver lock on the gate, surprised. I broke the lock with a stone and pushed the gate, that opened with a creak.

Before I knew it, I was standing in front of the inn. I spotted a worn board that had the inn's name on it. I rubbed the dust off the board with my hands. "Blacod red" I said, trying to pronounce the name. As soon as I read the name, the leaves rustled and the wind roared forcefully, almost knocking me off my feet. I pulled my flying coat and covered my face with my arms. The wind was too strong, I couldn't walk against it. Thankfully, the strong wind died away, and I walked into the inn.

"Hey violet!" cried a group of my friends as I entered the hall.

I smiled at them and walked into their little group.

"Hi, it was such a great idea to have a reunion of the 12th class..."

"Yes, and now that we're all almost 20, it is truly exciting. Anyways, Happy birthday!" replied my best friend, Emma.

"Thank you" I smiled

"Did you...have any difficulties coming up here...?" asked Zaria, looking at me suspiciously.

"No..." I lied.

I knew my friends wouldn't believe me if I told them the truth. Soon, we all had a blasting party and I left for my room feeling tired and weary.

I was glad me and Emma shared a room, and I switched off the lamp, pulling my blanket over me. It was almost midnight, and I woke up with a start. Soon enough, I realised why I had woken up. It was a shadow. My breath grew faster and I slowly glanced up. Before I could see anything, the sound of a knock filled the air. I dared not to answer. The sound grew louder by the minute and I grabbed my blanket over my face, shuddering with fear. Sweat dripped from my forehead and my hands trembled.

"Violet...?" said a soft voice. Relieved, I glanced up at Emma's face.

"You in for truth or dare...?" asked Emma.

"Now...?" I said sleepily rubbing my eyes. Emma nodded and I followed her, into the hall.

“Violet, truth or dare...?” asked Ava.

“Dare” I said in my bravest voice.

“Okay...I dare you to go to the west-side of the resort...” smirked Zaria.

“But that’s restricted” I cried.  
“It’s part of your dare”.

I sighed and moved out of the building. I wished I had never gotten up. I glanced back, to spot the girls looking at me eagerly. Something made me jump. Spider webs covered the room and a panicked atmosphere filled the air. Suddenly, I tripped over a dusty book. I didn’t know why, but I had this sudden urge to read the book.

As soon as I opened the book a piece of newspaper fell out. My surprise turned into horror. I gasped and dropped the newspaper. My hands turned cold and tears rolled down my cheeks. I felt dizzy and I ran out, out of the room and out of the inn. I ran without stopping till I reached the gate.

“The police is on the way” I said turning around to face Zaria with amber eyes.

“You knew!” she gasped.

“Yes...when my friends first died, you convinced me that they had died by an accident. But I had a suspicion on you. And it got confirmed when I saw my friends pictures in the newspaper. They were dead! And not by accident. You murdered them!. The only reason I came here was to catch you red handed! How could you kill someone so good and kind..?” I cried, tears filling my eyes.

what was right. I killed them. I didn’t think you

would survive. But somehow, you did. And now, it’s your turn” said Zaria.

I shook my head and stared at her in disbelief. She came closer to me, with a knife in her hands. My heart froze and the air was black all around me. My eyes closed as the last words filled my mind  
“Goodbye, sister”.



# Hues & Shades

Art is the vehicle for expressing your vision. Craft is the visible edge of art. Unbridled imagination and creative expression of young minds in the form of painting, stitching , moulding, graphics.









Sculpture is the branch of the visual arts that operates in three dimensions - height, width and depth. Sculptural processes originally used carving (the removal of material) and modelling (the addition of material, as clay), in stone, metal, ceramics, wood and other materials. But, since Modernism, there has been an almost complete freedom of materials and process. A wide variety of materials may be worked by removal such as carving, assembled by welding or modelling, or moulded or cast.

Sculpture in stone survives far better than works of art in perishable materials, and often represents the majority of the surviving works.



5



6

**1. Cement sculpture (Concrete):**

A recreation of Gargoyles, a fanciful creature carved as waterspouts is a part of architecture that is designed to throw rain water away from the outside wall of a building. This is a traditional practice around the world. Students learned the technicality of using cement.

**2. A Terracotta sculpture (Natural Clay):**

Recreation of Columbian culture, a folk art called Marajoara. Students had an opportunity to learn and compare the art forms of Columbia. This is a hollow sculpture made of natural clay and then fired in the kiln.

**3. Human Portrait (Natural Clay):** Statuette (Miniature), students made studies on the facial anatomy with sketches,

observing in all perspective before modelling with clay.

**4. Terracotta Bankura Horse (Natural Clay):**

This is an Indian folk art of Panchmura village of West Bengal. Students imitated the art style and learned the technique of building hollow structure.

**5. Wire sculpture:** A graceful female figure made by using a metal wire.

**6. Sculpture with Recycle materials (Newspaper, Jute thread and Coconut fibre):** A beautiful sculpture of a human figure suggesting the 4th dimension. Students capture human movements and events of action, then create a model with the easily available materials.





# Get, Set, Goal

Sports teaches you character. It teaches you to play by rules. It teaches you to know what it feels like to win and lose. it teaches you about life - Billie Jean King, American tennis Player.

Sports is given equal importance, at par with academics, at Omega. It has nurtured many sporting talents in these 17 years. Many omegaites have pursued the sports of their choice and excelled in the same.

## KABADI



Rishika Venkatesh won the 2021 Junior Girls Chennai District Championship hosted by the Chennai District Amateur Kabaddi Association and also bagged the third position in the Junior Girls' State Championship.

She won the Cbse Cluster three years in a row and was named the best player. For two years, she competed for India at the Nationals representing the state of Tamilnadu at the Khelo India Youth Games.

She represented Tamil Nadu and secured the second position in Kabaddi U17 Girls category and the third position in U18 Girls in the Khelo India Youth Games held at Guwahati, Assam, and Panchkula, Haryana respectively.

## SKATING



Sanjana of class IX was selected to represent Tamil Nadu in the 36th National Games at Gujarat in the Skating inline speed slalom event.

She was also a part of a world record creating team that did skating for 75 mins and 75 seconds non-stop for the 75th Independence day on 15 August 2022. The event was organised by UN Defender of Human Rights, International United Kalam Foundation and Universal Sports Academy in Chennai.

Our school boys and girls participated in Thiruvalluvar District speed Skating competition and secured medals in various categories.

## ATHLETICS

Our athletic team participated in the 52nd Chennai District Athletic Meet and 4 Students got selected for Tamilnadu State meet at Thiruvannamalai which took place from 13th October to 16th October.



U/12 Girls - B.Rithika bagged the Gold medal in 60 m and silver in 300m

U/12 Boys- Pranav Kumaran 60m Bronze Saranashwin - 300m -Bronze.

U/14 Boys- Nikhil Krishna bagged Gold medal for high jump and silver for long jump.

U16/ Boys - Abhinav bagged Bronze and Fredrick Russell got the Silver medal.

U/16 Girls - B.Tanisha got the 4th position in 100m and in long jump.

S. Nikhil , Bhuvanesh, Tamil Kumaran and Fredrick Russel secured gold medal in U/17 Boys CBSE Cluster VI 4x100 relay and qualified for CBSE Nationals.

B.Tanisha, Irene, Thushita and Aruthra secured bronze medal in U/17 Girls CBSE Cluster VI 4x100 relay.



## FOOTBALL

In the Seethakathi Football tournament held in the month of September, our football boys team emerged winners.



Our school U-14 Boys Football team secured 2nd place in the Sudharshanaum Vidhyashram Inter-school football tournament.

Ananda Muni of grade VIII was adjudged Best Player of the Reliance Foundation Youth Sports Football Tournament Chennai City Championship under Sub Junior Boys category.

He was the winner of the Golden Boot award and received rupees 3500 cash award as well.

Avantika of grade VIII represented the Tamil Nadu Team for Tamil Sangam Interstate Girls' Football Tournament.



## BASKETBALL



Sandhiya. K, Nithin Shyamalan, Senthamizh K.S & Nandheep Raghav M. were selected to represent (KDBA) Kancheepuram District Basketball, Youth Category (U13) for the State Level Tournament.

K.Mageshwari, M. Murugesh, Shravan Kumar & S. Kesav Adithya were selected to represent (KDBA) Kancheepuram District Basketball, Youth Category (U16) for the State Level Tournament.



## CRICKET

We had a massive representation of Omega students in the U-16 Cricket category across district teams.

The following students were selected to represent their respective district teams in the inter district competitions:

### Tiruvannamalai District:

1. Jai Surya - NIOS - Captain
2. Jai Simha - NIOS

### Kanyakumari District:

1. Jakvis - NIOS

### Chengalpattu District:

1. Sandeep Badri - NIOS

### Thiruvallur District:

1. Prajan Kumar - NIOS
2. U.Rajkumar - NIOS

### Madurai District:

1. Krupakaran - CBSE

### Tirupur District:

- Aryan Seth - CBSE

### Kancheepuram District:

1. Jayant - NIOS - Captain
2. Shivesh - CBSE
3. Sandeep - CBSE
4. Rishwant - CBSE
5. Siddarth. D - CBSE
6. Sharvin - CBSE
7. Sanjay Karthik - NIOS

It is heartening to state that four boys of our school were shortlisted in the Tamil Nadu State U16 State Cricket Team and they constitute 20 percent of the team which is a great feat.

Abhinav Kannan,  
Gaurav Ravindran,  
Jai Simha  
Jai Surya  
Andrew Siddarth



## ARCHERY

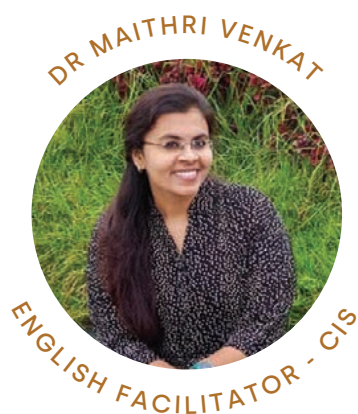
S.Swasthika, grade XI secured bronze medal in CBSE South Zone in Archery competition and qualified for the Nationals.





# T-Talk

Teaching is the profession that teaches all the other professions and a good teacher remains a learner throughout the life time.



### 'GENERALIZATION'

#### THE KEY TO TRAVERSE THE LABYRINTHS OF THE FUTURE!

Confused? While the 80s and 90s kids have been raised to become specialists in their areas of knowledge, 2k kids are not just expected to gain an 'in-depth' knowledge but also are expected to attain an 'in-breadth' knowledge to climb the ladder of success. An impressive resume in today's world is replete with keywords such as subject expertise, subject competence, subject specialist, unique skills, extensive knowledge in... and more; but the mantra to a stunning job profile in the future is being 'multifaceted'.

A decade ago, a graduate in Arts would have been expected to pursue post-graduation in a specific area of the chosen course. Although that was considered a decent qualification, one would further seek depth in the subject and earn an M.Phil. degree and then eventually a PhD thus completing the long-drawn-out journey for academic enlightenment and ready to be considered the pick of the litter.

Well, the rapidly changing world triggered by the rapidly advancing technology begs to differ. The increasing importance of critical thinking and problem-solving skills coupled with interdisciplinary learning that has recently permeated into the current teaching practices will give new impetus to this futuristic education. This seismic shift in the way students learn and approach each subject is required to prepare them for any challenge that may arise in their professional front.

A Harvard professor writes "To make it in today's world, it is important to be agile and flexible". He points out that a student would benefit if he/she is taught to use multiple tools instead of using one specific tool efficiently. This means that students should be encouraged to widen their knowledge while also deepening it by honing their critical thinking skills and making every effort to understand the interconnections between subjects or domains or industries. For example, perceiving the role of history and sociology in literature, economics and physical science in environmental studies, and mathematics and language in the arts will enable students to broaden their perspectives with an added interest to build a better tomorrow.

Don't just encourage students to dig deeper instead encourage them to dig sideways to widen their scope of knowledge. Don't just encourage students to connect the dots, instead encourage them to generate them to see the bigger picture. Finally, don't just encourage students to focus on specific skills, instead encourage them to explore a gamut of skills through interdisciplinary and situational learning contexts allowing them to

unsheathe their talents and knowledge to reign in the future.

Hence, it is imperative to encourage students to think across subjects and areas of knowledge, for, the future belongs to the risk-takers, not the security seekers. The future is in the hands of a 'generalist'.

Carpe Futurum!







### I AM CONQUERED!

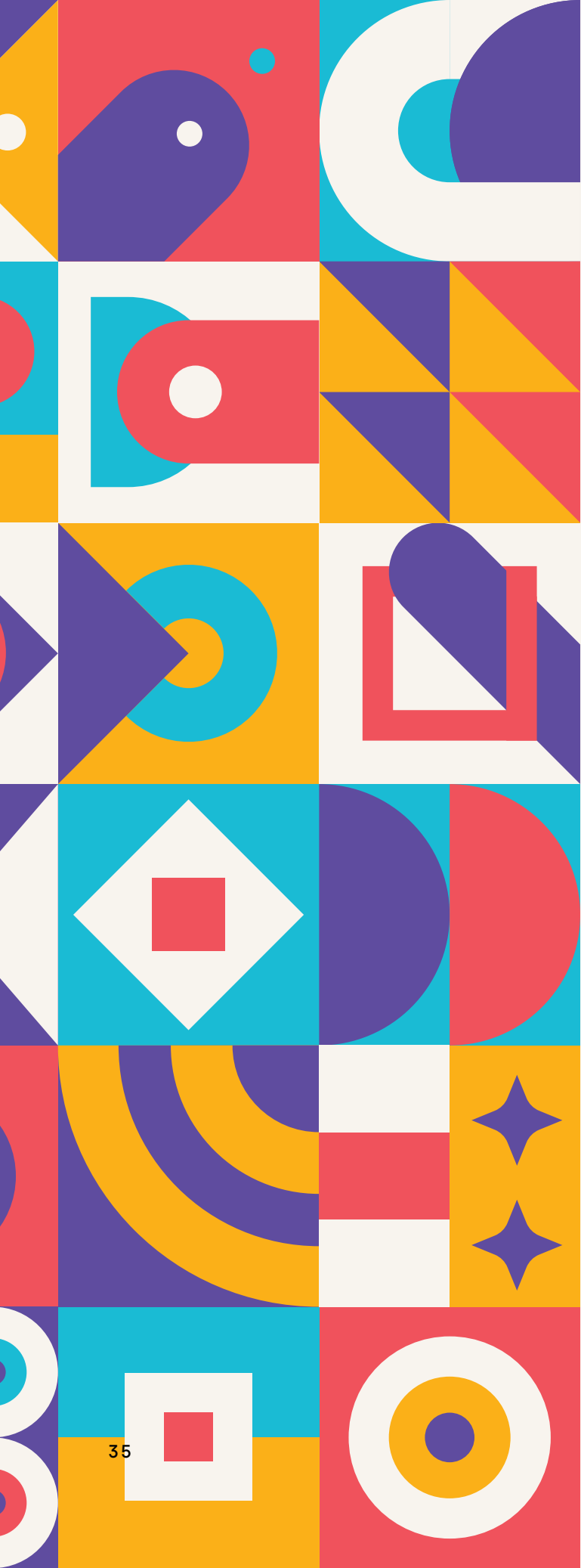
I humbly dedicate this poem at the divine feet of Beloved Chariji who had inspired and given me the insight to write about the lovely Omegaites and the beautiful campus which has been created by him. The flowers, butterflies and colours in the poem represent children.

I saw a beautiful scene in silence!  
Sea and sky were in blue mergence.  
From that horizon, came out  
a ball which was red and hot.  
Gazing at it, thoughts stopped  
for a while and later hopped.  
Where there was no wilderness,  
entered I into the world of stillness.  
I was simply absorbed by the frame!  
And was unaware of the game!

I saw a beautiful garden!  
Its entrance was modern.  
There were flowers and butterflies,  
lined up to touch the skies.  
Red, blue, yellow, and green  
everywhere they made a scene.  
Few stayed quiet, while  
many bloomed with a smile.  
Few sighed in the ground,  
while many had fun around!

I saw a beautiful landscape!  
From it, none could escape  
a wide lush green meadow,  
margined by flowers in yellow.  
Rays captured the dew drops  
to reflect the beauty that crops.  
Birds and bees broke the silence,  
Breeze brought lots of fragrance.  
Everything started to have a move!  
Even the colours and I from the grove!

I saw a beautiful campus!  
None can measure it with compass.  
Blend with 'Blessings' and 'Grace',  
children in thousands to embrace.  
Red, blue, yellow and green,  
close to nature can be seen.  
Everything was vibrant and cool,  
showers of love stored in a massive pool.  
Mesmerized by this Eden, I stay anchored!  
As I started to love I was conquered!



# Campus Drone

Omega campus is a vibrant place of a myriad activities. Such lively atmosphere contributes to the joie de vivre of an institution.

## CIALFO CAREERS FAIR

Cialfo, India's premier edtech player and early career exploration and college application platform, joined hands with our school to conduct a "CAREERS FAIR" at the Heartfulness Retreat Centre in Manapakkam. This "CAREERS FAIR" organized by Cialfo in association with Heartfulness and LMOIS, included stalls setup by more than 30 renowned universities from across the world to serve the aspirations of thousands of students in planning their careers towards a bright future.



## CARNIVAL '22

Carnival'22, a fundraiser program for Kalanjali - a student driven cultural event, was organised by the student council and selected volunteers across all boards. The carnival took place at the school premises with the guidance and support of the management and teacher coordinators.





# *Kalanjali*

Kalanjali is the annual festival of performing arts, where the tryst with music begins. It is an initiative led by the students of our school who have worked with the sole purpose of igniting a spark for traditional art forms in today's youth and thereby promoting and preserving our identity by enriching our heritage. And this year, befitting our motto, we were privileged to host the dynamic RaGa vocal duo, comprising of Smt. Ranjani and Smt. Gayathri. This spectacular event took place on 22nd October 2022 at the Music Academy. The concert was preceded by Smt. Ranjani-Gayatri unveiling the latest best-selling book, 'The Wisdom Bridge' penned by Shri Kamlesh Patel 'Daaji' – Guide of Heartfulness. The concert by the duo was fantabulous and a real treat to all the music lovers.

The artists and the audience were spellbound and in great praise of the student organizers who had made the event a great success.





# *Calendar*

## 2 0 2 3

In this fast moving world, sometimes we forget to be mindful of our environment. It comes only by practice and understanding, which will lead to one step further of being in heartfulness - living each moment by the heart, to live naturally, jibe with the ethics of the Heart to create positive effect on those around us. Heartfulness Meditation has taken up an initiative to revitalize the noble quality of 'Kindness' by publishing the Annual Calendar for the year 2023 with the pictures on the theme, 'Rising with Kindness'.

The pictures for the calendar are 23 beautiful paintings by the students of Lalaji Memorial Omega International School. The students of grades 5, 8, 11 and 12 have given their hearts in the creation of the paintings and it radiates the essence. The students have used varied mediums of art like, pencil shading, colour pencils, watercolours and pastels skilfully with the guidance of their teachers.





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**ART WORK CONTRIBUTED  
BY THE FOLLOWING STUDENTS**

P. Lalitha (Grade XII - I)  
Priyanka D. (Grade XI - H)  
Ananthan V. (Grade XII - G)  
Yugharakshani (Grade IX - )  
P. Lalitha (Grade XII - I)  
Parvathi V. (Grade XII - H)  
Anirud (Grade XI - G)  
Ananthan V. (Grade XII - G)

## THE DIARY OF THE HEARTFUL KIDS

Take the first step in faith. You don't have to see the whole staircase.....

Just take the first step”

-Martin Luther King

It is the first step and a fresh start at a new campus for the Heartful kids of Kindergarten and Indigo. It's been 6 months now and we are quite certain we have left no stone unturned- from outdoor assemblies to nature walks, from painting fences to planting saplings. What a blessing BMA has turned out to be! This campus has helped us to come out of our shells and explore new horizons.

We at BMA ensured that we celebrated every event with vigour, zest and gusto.

World Environment day was celebrated during the 2nd and 3rd week of June. All classes followed the theme “ONLY ONE EARTH”. The tiny tots of grade 2 made “Winged-Earth” using paper and oil pastels. The little models of the Earth looked really peaceful and happy in the hands of the little ones. The senior students, were taken on nature walks to explore and understand the biotic and abiotic environment inside the campus.

Indigo celebrated Doctors' Day to honour the white coat heroes. Dr. Mangayarkarasi, an Obstetrician from MIOT hospital was invited to address the students. The little munchkins from Grade 1 & 2 created nurses' caps from chart paper. Grades 3-7 created stethoscopes using bottle caps, ropes, ribbons, hair bands, and carom board strikers. The Indigo unit looked like a hospital wing where the kids wore the stethoscopes around their necks and went around checking everyone's heartbeat!

Vanmahotsav or “Forest Festival” was a grand event. The Indigo unit walked a rally to emphasise the importance of forests. The students also planted saplings and they also put on their creative caps and made greeting cards for their favourite trees in the campus. These cards were tied around the tree-trunks like friendship bands. The kids did everything to leave a mark in the serene ecosystem of BMA.

To promote experiential learning, the Indigo team organised a field trip to an organic farm “Farm Guru” on 19th November.. From learning about procedures and equipment in farming to getting an opportunity to experience ploughing, sowing and riding tractors; this day sure turned out to be both educational and memorable to all.







## EXPERIENCE AS NEW ENTRANTS OF NIOS

As new students of LMOIS – NIOS, we are very pleased with our choice. Our experience in NIOS is more stress free because this stream caters to various subject choices and gives lot of attention to studies, extracurricular activities and gives sufficient exposure to different social skills.

For those wondering how NIOS works, we have better scope when it comes to life skill activities. Different practical activities such as Expos, Interschool competitions, several speech competitions, language related activities, activities pertaining to sustainable development goals, like Environment day are conducted. NIOS has better access to facilities for development of several vocational skills. Courses such as Home Science give us greater insights on important skills needed for day to day life. As students of NIOS, we've also been engaged with paper plant in the making of paper from waste products such as our old school uniforms, used papers, newspapers, banana fiber and other paper products.

When it comes to subjects such as Painting, they are taught in depth and given equal importance as the other core subjects. History of arts is taught along with various other styles of arts.

Different media of art materials are provided for creating different art forms. Students have an easy reach to all materials and have proper support to explore the media they are interested in.

NIOS can be one of the best options for those who want to choose Sports and other subjects as their career. Students who want to pursue media studies have an option of choosing Mass Communication as a core subject which doesn't cater to rote learning

and emphasizes on practical activities. This allows students to gain experience as mass communicators. You want to become a Classical Singer: yes, Carnatic Music is also a choice of subject from Class 9.

Amongst all these skill-based subjects, there are other options for those who wish to continue conventional subjects which is what makes NIOS special in our school. There are many more subjects, that we don't have enough words to describe. All subjects including Data Entry, Computer Science, Psychology, etc., have a different approach to training and have great teachers for proper guidance.

It is our pleasure to be a part of NIOS-LMOIS. It is so far the best decision we have made with regard to our studies. It is very heartening to know that there is a specialized board for students who wish to take unconventional pathway for their future and continue with vocational subjects and we are proud to say that LMOIS accommodates NIOS in its wonderful campus and is provided with the required facilities.

**Samyuktha. V and Ashwathy. S**

Class XII, NIOS

## NIOS IN ACTION

- "NIOS Commerce Expo 2022" was conducted on 3rd August 2022. Students exhibited models and charts on various topics of Business Studies. The Expo was an eye-opener and provided a great learning experience to all students of Omega.
- As a part of experiential learning, 50 NIOS students along with 4 faculty members visited Aavin Dairy, Ambattur on September 1st 2022. In the dairy, they were toured around the various processing units like milk unloading, quality check, chilling unit, homogenization, pasteurization unit, packaging and cold storage unit. They left the dairy with a great learning experience as they had direct exposure to milk processing and production technology.





- A workshop on 'Usage of English as a communicative language' was conducted for NIOS students on 18th November 2022 by Dr. Jagadeeswari, Professor and HOD of English, Gurunanak College. The workshop was an interactive session filled with activities which were focused on the three important keys to developing communication skills- learning, speaking and practising.
- 'NIOS Science Expo-2022' was conducted on 30th November 2022. The students' endeavour to showcase various science projects was a success. The Health and Beauty Hubs were the new attractions this year. The Expo was an extravaganza with excitement and fun which helped the students develop a more scientific attitude towards problems and challenges they face in life. It was a great learning experience for both the exhibitors and the visitors.





## DIPLOMA PROGRAM

Art plays a major role in the personality and brain development of children. The benefits, a child gets through any form of art has no comparison. Our ancestors interpreted their ideas, expressions, knowledge, inventions, science, geometry and lot more, through art forms which still remain a marvel to this day. Ancient records, texts, monuments and temples are an encyclopaedia for us. In our school, we have a package of various art forms to educate our students.

This year, we have added three more new subjects to the Diploma certification course of two years in Fashion Design, Carnatic Vocals and Bharatyanatyam. This program provides an intensive learning experience in the aspects of practical area of Fashion Design. This course will give an overview of fashion design and elaborate on different aspects like elements of design, history of fashion, fabrics, and understanding of the body, pattern development and garment construction.

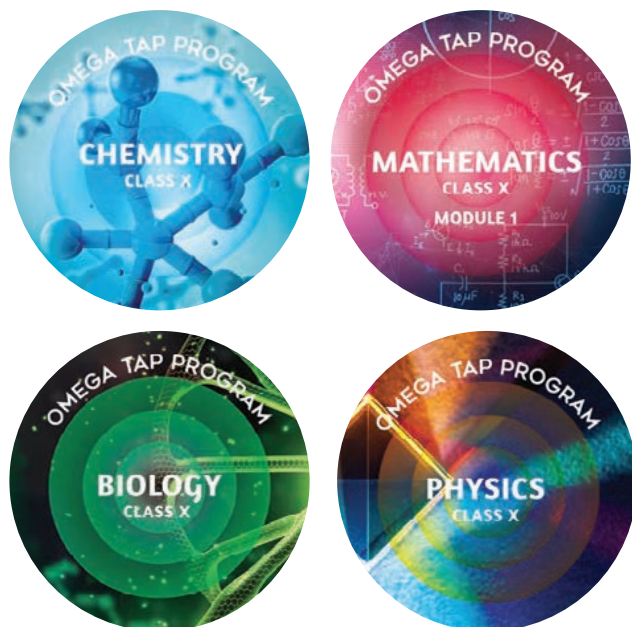
The course for Carnatic Vocal and the course for Bharathnatyam focus on development of knowledge, skills and values necessary for holistic development, artistic expression and cultural literacy. The programmes are student centered, based on various concepts and skills, with primary focus on performance based learning.

The Diploma course is offered in collaboration with Vels University. The pilot batch has successfully completed their first semester exams in the month of November. Students showcased their skills in weaving, crochet, tatting, applique, quilting, patchwork and textile design in Fashion Design. In Carnatic Vocals, it was Abhyasa Gana and Kalpitha Sangeetha and Adavus in Bharatnatyam. The observer, Prof. Dr. S. Subbu Lakshmi, Director, school of Music and Fine Arts, VISTAS, was awestruck at the students' excellent performance and the quality of the products that were accomplished within the stipulated time.



## PLANT A TREE

HeroMotoCorp, TOI, NGOs initiated for 50,000 trees plantation to enhance TN green cover. Five of our teachers and forty four students took part in the tree plantation programme at Kolathur village, Chengalpattu district.



### OMEGA TAP PROGRAMME (TOWARDS ACADEMIC PERFECTION)

Our school envisions to provide the right environment to all its students where one can pursue their dreams in all areas, academic as well as co-curricular. In core academics, the pursuit towards perfection is possible when one can clearly understand the concepts and fundamentals of the core subjects under study and learn to apply these principles in their daily lives. To this end,

Omega has come up with its TAP Program, which facilitates such learning and prepares our students for competition and collaboration through a specialized syllabus to achieve maximum results in CBSE Board Exams and by coaching them through an integrated curriculum, paving way for them to qualify in various competitive exams.



### ENGLISH IN CAMPUS

The students of classes 10, 11 and 12 participated in an informative session with Mr. Omjasvin MD, a senior correspondent for the Times of India newspaper that was conducted at the school premises. The session provided some valuable insights into the hard work and integrity it takes to become a successful journalist.

The students were also inspired and encouraged to probe more into 'mass media and communication' and become responsible and unbiased reporters and journalists in the future. The senior correspondent emphasized on the importance of English and gave practical tips to improve their language.



The 15th Annual day celebrations of LMOIS, from Montessori, LKG to XII took place at the BMA Campus with great splendour on different dates.

The events were replete with mesmerizing cultural programmes which included skits, dance dramas and music renditions. The guests of honour warmly appreciated the students and the school for all the glories they have made and advised the students about the importance of discipline in life.







# WALL OF FAME

Omega followed the trail of awards and accolades in both the co-curricular and extra-curricular pursuits, during the past academic year too. A wide spectrum of activities threw up challenges for our pupils to take them on with vigour.

OMEGAITES MADE IT AGAIN...

# *Hearty Congratulations*

Students of Omega have excelled in grade 12 and grade 10 exams conducted by the CBSE this year too. The results were phenomenal with an unprecedented record of 20 students securing centum in different subjects. Students from the Humanities department aced the examination securing the I, II & III position as school toppers. The students were Dharshini Ranganathan, Manasa and Angeline whose respective scores were 493, 491 and 490. Srividhya of Commerce stream also secured the II place.

SreeRaman's stellar performance in class X was an icing on the cake. He secured an amazing incredible total of 500, scoring a centum in all the subjects.



## WALL OF FAME

### BEST SCHOOL AWARD

LMOIS has found its place in the coveted International Day-cum-Boarding Schools category in the Education World India School Rankings 2022-23.

Our school has bagged the 8th place at All India level and stands first in Chennai region as well as the entire state of Tamil Nadu.



### BEST PRINCIPAL AWARD

Dr. S. Bhavanishankar, Director, Strategy, Research and Innovation, was selected one among the 50+ effective Principals, 2022 by Education Today for his exemplary traits of sincerity, dedication and hard work in the field of education. This honour was conferred on him during an award ceremony.

### BEST TEACHER AWARD

Mrs Uma, the facilitator of our Primary school was awarded the best teacher by the Chennai Sahodaya school cluster by Dr M Vijayalakshmi, the eminent scientist.





Our Montessori facilitator Ms. Rehana Abdul and our Special educator Ms. Varnika Pushpa were felicitated with the best teacher award for the year 2022 at the Lions club, Chennai.



### MAITHRI

Our students won the following awards at the Maithri, an interschool competition. 1st place in Channel Surfing, 2nd position in Group Dance, Photography and Rap Boxing. Aishwarya Lakshitha of class XII won Ms. Maithri '22.

This is awarded to the overall best participant out of hundreds of participants in the mega cultural fest and she also won prizes worth 1 lakh as well. Sirisha of class XI won the Ms. Maquette title in the competition.

### ASTRA - A CULTURAL EVENT

1st prize in Music and Dance.  
2nd prize in Banner making -  
M. Hasanthika, Anjali Anil,  
S.Varnika, Janaki Chuppall  
Mahalakshmi, Dharshini V of  
grade XI.



## WALL OF FAME

Aadhi Akksharen was recognised as the fastest child to identify 100 fruits and vegetables in 4 minutes and 30 seconds. He also identified the maximum number of insects for the book of records during the event held this year.

He was awarded a shield, medal and certificate by the “India Book Of Records” organization. His tremendous achievement was also telecast in the Sudarshan Channel.



## ALZHEIALLY

The SSVM Institutions Transforming India Conclave 2022 Student-preneur competition was held in the month of September 2022 at SSVM Institute Mettupalayam.

Ananya Dutta and Aishwarya Lakshitha of class XII participated as young entrepreneurs and bagged the first place, winning 75 thousand rupees. They had created an app named Alzheially to help aging people with Alzheimer's disease.

## "TAMIL OSAI" @ CHESS OLYMPIAD

Akshaya of CLASS XII who was a part of the choir "Tamil Osai" of James Vasanthan, had the honour of singing our National Anthem and Tamil Thai vaazthu during the Inaugural ceremony of the Chess Olympiad in Nehru Indoor stadium, Chennai on July 28.



### IIMUN CHENNAI CONFERENCE

Our school received the Best School Award at the IIMUN Chennai Conference.

CIS students bagged six best delegate awards out of 10 awards and two special mention awards, seven best delegate awards out of 10 -

Ritesh, Tharun, Pranav, Pranita, Vikraant, Mahathi, from CIS, Meera from CBSE senior, Ananya Rijal and Ye got Special mention award.



### BEST NCC SONG

NCC Madras 'B' group, Group Commander and 13 Tamil Nadu, Battalion Commanding officer honoured our Performing Art department for the NCC Group Song written by Ms.Vinita and composed by Ms.Shilpa and Ms.Sweta.

The song bagged the awarded first place at the Inter Group Competition Madurai (TN, Pondicherry and Andaman Nicobar). Our JWA cadet Gauransha was leading the team.



## WALL OF FAME

### KALAKRITHI - A CULTURAL EVENT

Parvathi, Bishitha, Thanishka of grade XII won the 3rd prize in the fashion show.



### VYAVASTHA 2000 INTERSCHOOL DEBATE COMPETITION

Ananth Easwar, Deanna and Shreya Sri of class XII were the winners. Ananth bagged the best speaker award in the upper house category and Niharika of class IX was adjudged the best speaker in the lower house category.



### SOF AWARDS

Nivedita Menon of Grade -V, CIS won a lot of accolades in the exams conducted by Science Olympiad Foundation (SOF) in the year 2021-22.

1st rank in International and Zonal level and also the topper medal at international level:  
SOF International English Olympiad (IEO)

4th rank in International and Zonal level and also a medal of distinction for the same: SOF International General Knowledge Olympiad (IGKO)

10th rank at International, 8th rank at the Zonal level and also a medal of distinction at zonal level:  
SOF International Social Studies Olympiad (ISSO)



### SCHOOL TEACHER TURNS WOMAN TRAFFIC WARDEN

Avadi city police have included six teachers from various schools as women traffic wardens after successfully completing their training process from the Avadi police headquarters.

Ms. Malarvizhi, Hindi department faculty, always wanted to be a part of Tamil Nadu police department, but since Tamil was not part of her curriculum in school, she could not land on her dream job, hence opted for her second best option - teaching.

Meanwhile, when the opportunity came to don khaki and serve for the department, she grabbed it without hesitation. Her duties include regulating the traffic in front of the school campus during morning and evening hours, imparting students with the road safety awareness, apart from regulating traffic in crowded spots weekly once.



### BEST CADETS

13 Tamilnadu Battalion NCC had organised an Annual Training Camp at Jaya College of engineering From 8 December to 15 December 2022. Nearly 550 Cadets had attended this camp.

JUNIOR WING ARMY Cadet Sarojini and Junior Division Army cadet Maarthi of our school have been awarded as Best Cadets for both the Divisions.





# Tête-à-Tête

The Alumni of a school are almatmater's brand ambassadors fostering formulae for success and advancement of the junior students. They could be trailblazers too.





Abilash G passed out of class XII from LMOIS in 2011. He did his graduation in B.Tech from NIT Trichy in Electrical and Electronics engineering and passed out with distinction in 2015 with CGPA of 9.23. He had also published a research paper in IEEE conference relating to power systems.

After graduation, he started preparing for civil services examination and got selected in Indian Revenue Service (IRS) in 2016 and joined as a probationer in NACIN Mumbai, GST and Customs. In his second attempt (2017) he got selected in Indian Police Service (IPS) wherein he underwent training in Sardar Vallabhai Patel National Police Academy in Hyderabad for two years and joined Odisha Cadre. His first posting was as ASP in Malkangiri. Malkangiri district is one of the LWE (Left wing Extremism) affected districts. Hence his primary work was to plan, execute anti naxal

operations to flush out naxalites and improve the security scenario. Also Malkangiri was export the hub of cannabis and so his main task was to counter illegal Ganja trafficking. He had seized tons of cannabis and arrested the main interstate financiers. Later he got promoted to SP Narcotics and was posted in STF (special Task Force) in Bhubaneswar to counter drug trafficking.

The focus was Cannabis, brown sugar, cocaine and heroin. During his tenure in STF, for the first time cocaine was seized in Odisha. He seized illegal financial assets of drug traffickers and also arrested them. Abilash had also held charge as ADC to Hon'ble Governor Odisha for a short term. In 2022 he got transferred and posted as SP, Khalahandi district which is again a LWE affected district where focus on internal security assumes priority. This was also his first posting as District SP.

**Q: As an NIT graduate in electrical and electronic engineering, what inspired you to change paths to become an IPS officer?**

I did B.Tech EEE in NIT Trichy. Though I was good at technical aspects of engineering I always wanted to do something in the domain of social work and have direct contact with people of the grass roots to work for their wellbeing and alleviate their grievance. These ideas made me choose civil services as a career and take up UPSC exams

**Q: What were the challenges that you faced in your career?**

This career gives lot of scope and opportunities to work. The nature of crime keeps evolving – cybercrimes, IT related offences, crypto etc. So we have to be prepared always and continuously upgrade one's skills.

**Q: As a part of the Special Task Force in Bhubaneswar, you might have encountered several risky operations. Share one such interesting experience which is unforgettable.**

I was posted as SP Narcotics in Special Task force, Bhubaneswar. Our objective was to do enforce strict measures against drug peddlers. We not only seized tons of cannabis, cocaine, smack, brown sugar, but also arrested five master minds who were running drug rackets in Bhubaneswar. The operation was very well planned and executed, which led to the arrests of the people involved and seizing of almost seven crores worth of illegal money.

**Q: Stress, depression are some of the major issues that teenagers struggle with, sometimes even leading them to turn towards drugs. What is your**

**message to the young generation regarding their mental health?**

The biggest challenge faced by teenagers is identity crisis. Social media and internet are easily accessible now. So, with too much of information available, it is important to filter what is necessary and what is unwanted. Idle mind is a devil's workshop. So it's important to keep oneself occupied in a positive way. I would suggest teenagers to spend more time reading books, taking up any sports or any form of art or cultural activity like music or dance.

**Q: How did your aspirations evolve as you grew up from a child to an adult?**

We learn many things out of experience. Naturally one's wishes and aspirations also keep changing. Initially during school days, I only wanted to perform well in academics but during my college days I became more open and preferred overall development- projects, industrial training, research and I had also published a paper in IEEE conference. After graduation, my aspirations completely changed. Instead of focusing on my career growth, I wanted to fulfil the expectations of the society and the government and to make improvement in the system wherever possible.

**Q: How did your family support your accomplishments?**

My family was my biggest strength and support for what I am today. They never doubted my abilities or pressurized me. They always stood by me in all circumstances and supported me in all my decisions.

**Q: How do you keep yourself physically and mentally fit for your career?**

I like all outdoor activities. I play different sports like badminton, tennis, cricket and a few more. This keeps me stress free and also physically fit. Hence I always have a positive outlook towards life.

**Q: As an Omegaite, what did you cherish the most in your school life? And what did you like the most about Omega?**

As an Omegaite, I have nostalgic memories of my school life comprising of my friends and teachers. I was a part of the first batch of omega. So naturally all teachers were very fond of our whole batch. Even after 11 years of completion of my 12th, I am still in touch with many of my teachers. All our teachers especially, Mr Suhas Mulay, my Physics teacher, motivated us always with love and compassion.

**Q: How did you adapt yourself to a completely different environment that your job demanded?**

Adaptation is a part of evolution. The two trainings I received at the academy honed me to prepare myself to understand my future role. I took training seriously and learnt the intricacies in the fields of law, crime investigation, public relations, etc. Today I am able to face challenges in a better way.

**Q: What is the message that you would like to convey to young IPS aspirants?**

Police service should not be seen as a job. As the word IPS goes it's a service to the society. People come to police only at time of distress, may be a victim of bodily offence or one who is cheated or the people who might be facing threat to life and need security. So, one must understand that policing is not only helping people in distress or emergency but also

giving them a sense of security. Aspirants must develop such an attitude towards this profession. One must be courageous as well as compassionate.

**Interviewed by**

**Sree raman & Varsha of Grade XI**





# TASTY TREATS

Food is fun!  
Presenting Tasty Treats-  
dedicated to gourmets and  
foodies who love to learn about  
different cuisines and to health  
freaks who are conscious about  
what they pop into their  
palates.

**DAANGAR PACHADI**

by Surabhi, K. Sanjana and G. Gayathri Devi of Grade IX



Daangar Pachadi is a long forgotten legendary dish that originated from Thanjavur, Tamil Nadu. This raita or pachadi is so popular that it occupies a very prominent place in the traditional South Indian wedding menu.

Let's see how this lip smacking recipe is prepared.

- Roast urad dal, red chillies, peppercorns, asafoetida and salt in oil.
- Grind the same into a coarse powder.
- Blend the coarse powder with cumin seeds, curry leaves and beaten yogurt.
- Finally, season the pachadi with oil, mustard, split urad dal, gram dal and green chillies.

Serve it along with lunch.

**NUTRI TIPS**

If you're someone who doesn't like milk or dairy products but still want the nutritional benefits it has to offer such as calcium, here are some other healthy options you can opt for:

- 1 cup of cooked Spinach equals 100 mg of calcium of which only 5% of the calcium gets absorbed.
- 1 cup of cooked Broccoli equals 40 mg of calcium of which only 50% - 60% of the calcium gets absorbed.
- 15 almonds equal to 40 mg of calcium.
- 100 gms of chickpeas equals 50 mg of calcium.
- 100 gms of dry Figs equals 162 mg of calcium.

**The calcium intake for men and women are as follows:**

For women - 1000 mg to 1200 mg on a daily basis

For men - 1000 mg on a daily basis

Vitamin D is also considered to be good source for better absorption of calcium



# SPOTLIGHT

Omega is a sprawling, dynamic campus which houses many unique, vibrant units. Each unit plays a vital role in imparting wholesome education to the students.



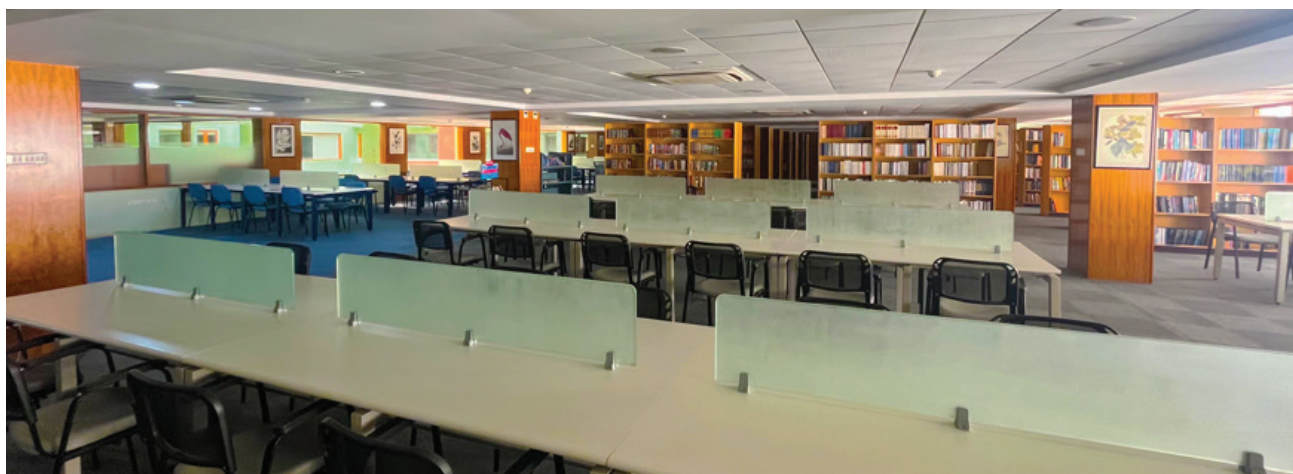
### THE TREASURE TROVE OF OMEGA

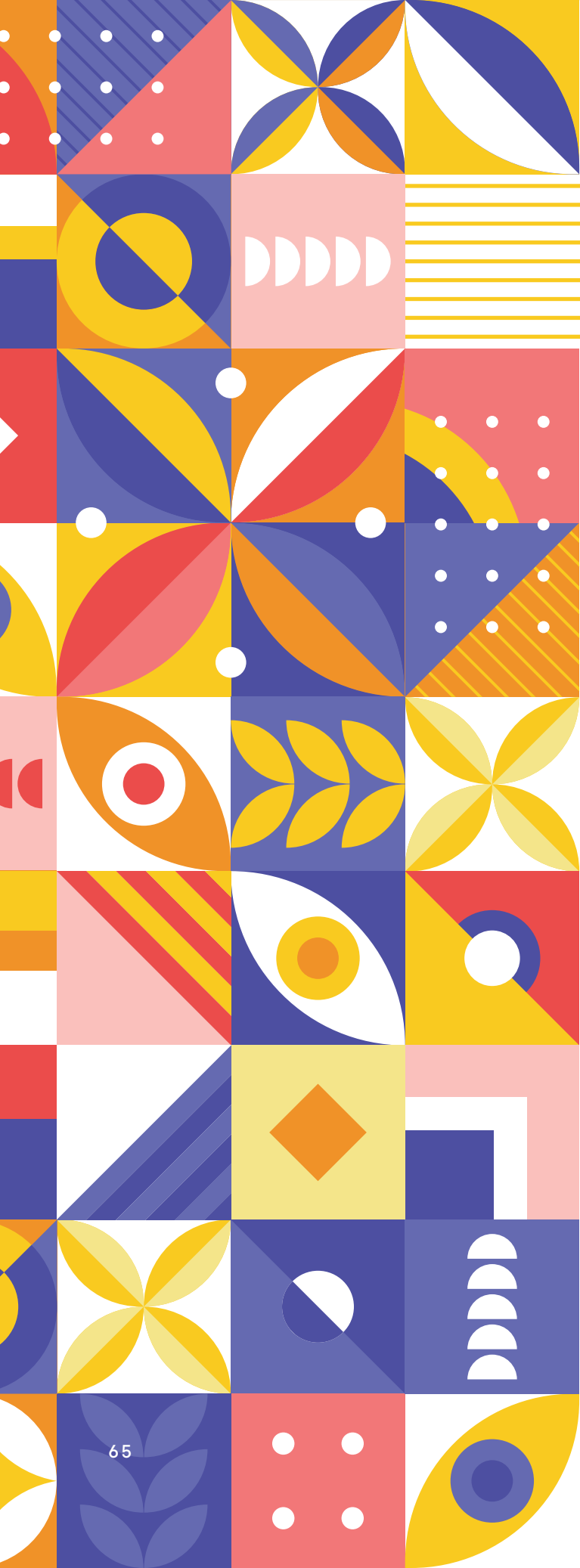
At Omega, a strong emphasis is laid upon students using library time and developing a steady and progressive reading habit as part of our culture.

Our library encompassing 8750 sq. ft. has been built up to the international standards and is fully equipped and air-conditioned. The seating capacity is close to 120. The Computer lab and English Lab are attached to the library. The library houses around 36000 books catering to the needs of KG to Senior School students. There is a separate collection of books for reference and for teachers. Story books and non-fiction books are arranged according to library classification and

cataloguing. There is a separate rack where the personal collections of our founder Shri. Rajagopalachari has been stacked. University and college brochures are also available which act as career guidance materials for the students.

We have about 25 magazines and journals subscribed on various subjects to help students further their horizon. There is a vast collection of coins which age back to 985 BC. We also have a collection of fossils and stones. There is also a good number of John James Audubon's paintings. We have a separate kids' room for the smaller children designed exclusively to keep them occupied with stories, reading guidance and other activities when they visit the library.





# KNOW YOUR TEACHER

Teachers remain perennially young at heart as their lives revolve around the young learners under their care. Omega teachers are not an exception.

Know your Teacher presents a peek into an Omega teacher's journey through life, loaded with enriching experiences.



The Britannica Dictionary defines Art as – "something that is created with imagination and skill and that is beautiful or that expresses important ideas or feelings".

Art helps us express our feelings and emotions. Art has been around since early ages. From paintings in the cave walls to sculptures and carvings in a temple, art has been an integral part of human evolution.

Studies show that students with art programs are three times more likely to graduate and succeed than those who don't. Art helps students express themselves and think creatively and innovatively.

**Shri Radhakrishnan Natesapillai** is one of the Art Department teachers in our school. Art benefits the students in relieving stress, boosting confidence, upskill on creative thinking and problem solving.

Radhakrishnan Sir completed his Post Graduate Diploma in Industrial Design, and Bachelor of Fine Arts - Painting from the Government College of Fine Arts and Crafts, University of Madras, Chennai.

He was also awarded a scholarship for undergoing training in Fresco Painting.

He has been teaching Arts since 1983. He has also been a visiting lecturer, conducting workshops and participating in various exhibitions.

He has contributed to many group shows, namely - Art for Kargil, Kargil Relief Fund, Chennai, Festival of Contemporary Miniatures at Park Art Gallery and Miniatures at Cholamandal Art Gallery.

He has attended several Art camps such as -

- Global Warming Awareness Camp for Artists conducted by Tourism Development Department, Government of Tamil Nādu in 2008.
- Training of tribal students in Javathu Hills by art and culture, Tamil Nadu and Government College of Fine Arts and safe print making methods by Chayo de Chavez, USA and Lalit Kala Academy, India in 2007.
- Southern Print Making Camp by Lalit Kala Academy, New Delhi, at Vishakapatnam, from 13th February to 19th February in 2006.
- Training the poor children in the artist camp at Kothagiri, Ooty Organized by Don Bosco and Government College of Fine Arts in 2003.



## KNOW YOUR TEACHER

Apart from these, he has also attended art camps as a Chief Coordinator for the following:

- Cultural tour to Orissa, in order to trace and document the historical connections between Tamil Nadu and Orissa through artist. perspective from 2nd to 11th November in 2008.
- Sand sculptures for Pongal festival in the Marina Beach, on 14th January, with the students of Government College of Fine Arts, 2007.
- Training students of the Government Eklyva Residential School, VelliMalai.
- Batik printing & screen printing organized by Tribal Welfare Department, Sankarapuram, Villupuram district, 2006.
- Sand sculptures in Marina Beach on 31st December, with the students of the Govt. College of Fine Arts, 2005.
- Danushkodi Artist Camp organized by the South Zone Cultural Centre, Tanjore from 12th to 18th March, 2004.

His works have been reviewed by newspapers like The Hindu, The Mail (USA) and Savannah News (USA). His artworks have been bought by select collectors from across the world.

We are highly fortunate to have such a great personality as our teacher who inspires us, kindles our interests and allows us to pursue our passion and helps us succeed in life.

- **by Harini Purushothaman - Grade XII**









“Education is the most  
powerful weapon  
which you can use to  
change the world.”

– *Nelson Mandela*



LALAJI MEMORIAL

OMEGA INTERNATIONAL SCHOOL

CBSE | CAMBRIDGE | IBDP | NIOS | INDIGO (SPECIAL EDUCATION)  
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