

Omegazine

DECEMBER 2023

PATH
Finder

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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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Happiness is Existentialism

by



Sujatha Kumar

Principal, CBSE Junior

***Heard of this question:
“Do you want to be happy?”***

When we are existentially unaware of the abundance of joy within each of us, then that question seeks relevance! Our wants go covetous when there is a surplus deficit.

A just-born infant is full of happiness and possesses 100% self-esteem. As he grows older, he starts accumulating knowledge that makes him yearn for materialistic claims and would energize his aspirations to fuel progress towards the set goals.

However, in this pursuit, there are differential results – sometimes an accomplished praise or otherwise an inconsolable despair. ***So, are the goals erroneous or the process?*** What should provide enjoyable experiences result in conflicts, either expressed externally or dumped within, both would add a coat to the already existing pervasive happiness of the person.

How then could we sustain the fire of joy for the entire term called life?

Living encompasses three phases: experiential past, dreamy future and the most enlightened moments of the present. We often tend to logically explain or analyze actions, and the process has a profound impact, both positive and negative, on our moods, perspectives, and reactions. It is not always easy to judge what makes one feel elated and delve into ways that extend that happiness and follow the same pattern to retain the blissful state. Rather, one can benefit by seeking some science - backed methods to boost the morale and stay euphoric. When positivity is integrated with every thought and action and if livelihood is maneuvered heartfully, existence by itself turns blissful..

Here are some incredible ways to sync with existential happiness across boundless time: The basic survival needs of a person are to be identified and accomplished suitably. Tasty, balanced food, peaceful sleep, the camaraderie of loved ones and an agenda for the time are a few of the essential requirements to live the day. Any imbalance or conflict may deter our peace of mind, and hence be detrimental to staying happy.

Creativity is a form of expression for emotions. Actions that enhance the artistic capabilities of the person, like painting, sculpture, music, stitching, gardening, writing, cooking, etc. bring inner joy and a sense of completeness. Indulgence in such

activities help elevate self-worth and alleviate depression.

A good hobby picked while young and pursued for life beats the boredom of mundane chores. A tour or a visit to places that are left unblemished by the human race is a great getaway for the body, mind, and spirit.

Exposure to extensive enormity, like in an ocean cruise, forest walk, desert ride, or sky gaze help regain the self that got lost during materialistic pursuits.

Exercises keep one physically fit, and meditation helps to maintain inner calm. Walking is a great exercise to retain composure and doing the same outdoors in the morning sunlight is rejuvenating, as sunlight helps fix our circadian rhythm and the stimulated production of vitamin D fights depression.

Bike riding, cycling, trekking, and playing games that are physically tiring and emotionally gratifying should become a deed frequently performed. Walking a dog, Tai Chi, yoga, etc. are motivational physical activities that trigger the release of hormones like dopamine, serotonin, and endorphins, which give a 'feel-happy' sensation. Good music or guided meditative lectures listened to during the walk drains away the gathered strain of the brain and keeps one fit as a fiddle.

When we are connected with nature, rain or shine; tread on clean soil, breathe fresh air, drink clean water, and have the fire of love ablaze, our vices vacuum off, and the inner purity ascends heavenward. Research has proven that mindfulness, when practised consistently provides ebullient life experiences, and brings desirable changes in the brain to improve focus and reduces negative reflux, therefore, is a good way to balance mental health and heighten happiness. Reflecting and

journaling all the mood patterns and the associated events will help retain information and progress on those that promote well-being and negate the ones that caused a sad flutter in the day. So to be aware of and appreciate the thoughts and actions for future reference, time should be taken to journalize them instantly.

Most often, performing certain acts of kindness, like feeding stray dogs, decluttering our mother's kitchen cabinets, pumping air to a neighbour's bicycle and so on, enrich our optimism. A sincere, sweet compliment or a loving beam beckons endearment and spears harmony.

Generosity in expressing gratitude and augmenting support binds the recipient and donor with everlasting love and respect.

Stay to one's self. Sometimes unplugging all electronics rests the neural pathways, thus preventing unwanted cognitive and emotional disturbances that get created due to gadget reactions. Reading, listening to music, and prayerful Satsang brings blood back to its normal flow, and the whole system gets revitalized for better action.

Have a positive outlook to life. By being the epitome of love and peace, and by strengthening personal inspirational relationships, the environment sublimates with positivity, and hope. Positivity should be our deliberate choice, as this wards off any thought invasive to our existential happiness. Let us have trust in our own abilities and never fuel doubt that turns deleterious to our evolution.

Define a set of goals over which there is a passionate drive and devise multiple strategies to reach the post. Even when there is failure in one step, a plan B should be readily thought of. Goals

vary with time, space, and energy. By acknowledging others' views that may differ from our own, a positive collaborative approach to problem solving is developed avoiding criticism or hostile conflicts.

Procrastination and mental stress on fostering perfection deter progress. Working diligently, one step at a time, on the job at hand, guided by books and discussions with brethren, will for sure, assure eminent success.

'If the principles of contentment are not within us, the height of station and worldly grandeur will as soon add a cubit to a man's stature as to his happiness', quotes Laurence Sterne.

May the blessings of God and the Gurus enrich our thoughts, enlighten our spirits, and expand our path for the realization of the existential reality of happiness in each of us.

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.*

Pace or Productivity?

by



Kalyani Rao – CIS

In the 21st century, being productive is everything. “The grind” is overly glorified and looked upon as the ultimate path to success, while taking a break is considered being lazy. Having no time outside of work has become a badge of honour and being overworked is interpreted as the result of success. Is that what today’s youth are working towards? The young generation is being trained to think that slogging is a must to achieve their goals. However, it is imperative to realize that slowing down is not the antithesis of productivity.

Rushing through tasks may save time, but it also reduces the quality of the work done. That is quite the opposite of efficiency, isn’t it? Slowing down allows us to think clearly and process the decisions made. This time can also be utilized to sharpen vital skills which will benefit us in the future.

A slower pace greatly benefits our physical and mental health too. Many studies suggest that eating slowly results in a lower calorie intake and higher metabolism. Moreover, taking time to work through a day allows our bodies to rest and recover, thus reducing the risk of burnouts. With no need to hurry, we are present in the moment which allows us to completely focus on one activity and give it our best. This applies not only to work, but also to our interactions with others as being fully engaged in a conversation forges more meaningful relationships.

Just as stress is omnipresent in the workplace, it establishes its dominance in the lives of students as well. With no way to escape assignment deadlines, back to back classes, and confusing tests, students get overwhelmed and burnt out during one of the most demanding periods of their lives. Although taking a long pause isn’t possible amidst the academics, taking short breaks from studying will help improve your focus on the next task you do. Sometimes, you might be so busy that you wouldn’t even notice that you are, in fact, overworked. This is only the first step to a major breakdown. Each student has her or his own routine, and some may be able to handle more work than the others. Hence, it is vital to follow your own schedule instead of trying to copy someone else’s. Just because you study for one hour while your friend studies for six, does not mean that you are less focused or capable.

Finding a pace that is right for you is most important. Setting realistic goals for the day and doing what you feel is your best will certainly help you keep cool and ace everything you put your mind to. There is no need to hurry; surprisingly, taking it slow can help you go faster.

Cry for the Stars

by



Nisha, X B

Stygian shades of indigo and black bedizened the rather monotonous sky today. It was unnatural, to catch a glimpse of a gaudy sky with the ongoing pollution, but I felt rather satisfied. The sky had spoken its ciphered wisdom into me again, with the glistening stars that glinted with hope and radiance. Zephyrs that arose from the sea, seasoned with salt blew across my face relentlessly, indicating its herculean persistence. One defect that goes unrecognized inside our human mechanism is that we go into two different extremes. We are either optimistic, it's all bumble bees and pansy gardens or it's all unfathomable trenches and abyssal voids.

But I was in neither of those paradigms. I kept on shifting, from being intoxicated to the ephemeral euphoria that kept me running; back to combating those detrimental thoughts and words that were instilled like scriptures. I felt my wife's frigid hand precariously scurrying its way towards mine. I must say that my existence has been nothing but a weed to her. She could've effortlessly tilled me, but she chose to nourish me with every drop of her time.

Her warm breath batted my minuscule facial hairs; almost as tender as a hug that was given by a mother. The waters rose to monstrous heights diminishing my ailing existence and confidence as she continued to offer her consolations. Her words

were trivial, almost as trivial as the thoughts of me being the first handicapped man to reach the stars; unarmed. Trains of nostalgic thoughts unraveled faster than the falling of a raindrop. The time I received my first space memorabilia from my dad, a glistening model of the solar system that lay astray on the bedside table, still, only brought tears to my eyes, it didn't make me realize how far I've travelled, with my illness. Or how I escaped the unfathomable ocean of judgements, prejudice with little to no help. The notification went off from my phone reverberating against the vile Prussian waters. Everything went silent for a moment; it was a battle between me and the wall that kept my roaring passion shrouded for all these years. This one message would delineate if the wall was deemed to kill me to death slowly and passively just of regret; or if it would create a pathway to infinity and beyond.

"Congratulations, Mr. Waltham!" it read in minuscule fonts.

Peer Pressure *by*



Preeti Arul, XII A

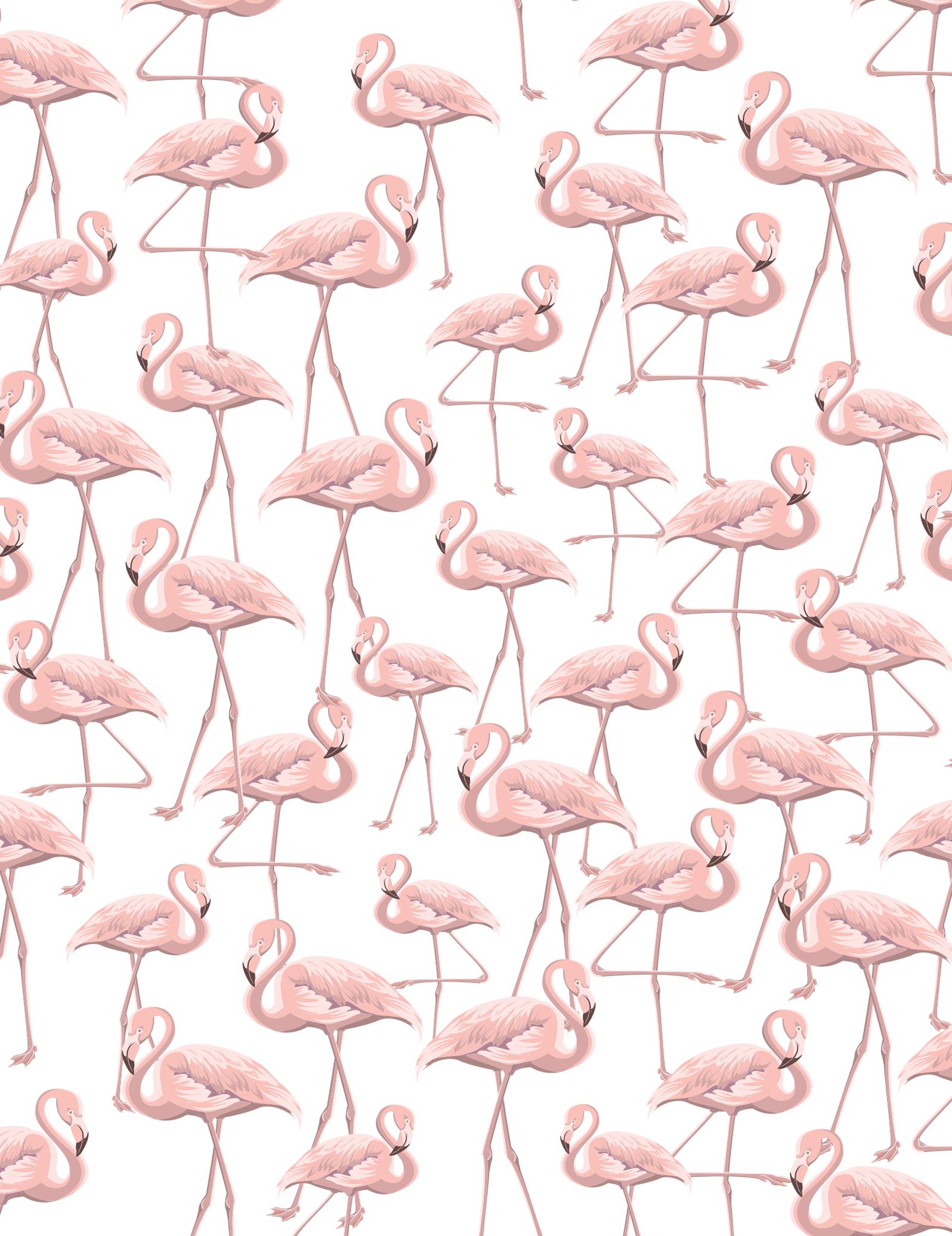
What is Peer pressure?

It is the mental or physical pressure experienced to behave in certain ways, both good and bad. Peer pressure begins as early as at the age of ten with the forming of social groups in elementary school and increases throughout junior high and high school. Changing levels of hormones, developing mental abilities and emerging identities make the start of adolescence a particularly vulnerable time where peer pressure is most pronounced. This is also a stage in life where friend groups are of utmost importance and the need to fit in is a major factor in decision making.

Kids and teens may experience different kinds of peer pressure. They include spoken and unspoken, direct and indirect, negative and positive. Positive peer pressure is the one that can help teens develop their coping skills necessary for adulthood. Negative peer pressure is the one that can influence teens to get into unnecessary behaviour and bad habits. The effect of negative peer pressure can go to the farthest extent of getting the child into suicidal thoughts and mental breakdowns. The effects of peer pressure can manifest differently in each person.

For example, a person with low on confidence and too few friends may be more susceptible to the effect of negative peer pressure while a confident, extroverted one may be more likely to give and receive positive peer pressure.

Peer pressure has both positive and negative impacts. But this has to be exerted as well as perceived with utmost care.



My dream career—is to become a Wildlife biologist

by



Sunaina, IX C

To dream is a powerful motivation for many people as it provides a sense of purpose and direction in life. My dream career is more than just a job. It is a calling, a passion that drives me to pursue my goals and aspirations.

Ever since I was a child, I had a profound interest in animals and I found that each species possessed distinct characteristics and remarkable qualities, which further piqued my fascination to become a wildlife biologist. This seemed like the ideal career path to pursue.

As a wildlife biologist, my job will involve conducting research and fieldwork to study various wildlife species, such as mammals, birds, reptiles, fishes, etc. I will be responsible for collecting data

on population size, distribution, behaviour and analyzing the information to gain a better understanding of the animal habits and needs. This will involve working with other scientists and researchers to develop research projects and protocols as well as analyzing and interpreting the data to draw conclusions and make recommendations towards conservation.

This career would be challenging, yet incredibly rewarding. Working in the wild outdoors, studying and protecting some of the world's most incredible animals and habitats would be a dream come true. The knowledge that I am contributing to the conservation of endangered species and their habitats would be the most fulfilling aspect of the job.

Beneath the Shade:

Unraveling Open Schooling's Stigma



By Aditi Amit Kumar, XII B – NIOS

*In the realm of learning, open and accessible,
A stigma abides, for all to see.
Open schooling, a path less known,
Fighting judgments, we stand alone.*

*For those who choose a different way,
To seek knowledge in the light of day,
The world may cast a doubtful gaze,
But in open schooling, we find our blaze.*

*With flexible hours and a self-paced stride,
We nurture wisdom, with hearts open wide.
Yet some may question, doubt our worth,
The stigma of open schooling, from birth.*

*But let us rise, like the morning sun,
Illuminate minds, for learning, is fun.
In open spaces, we break the mould,
With courage and vigour, our stories unfold.*

*For learning is boundless, in every form,
In open schooling, we weather the storm.
No stigma can obscure the light we shine,
As we embrace knowledge, it is truly divine.*

*So let us dismantle these critiques, unfair,
Show the world that in open schooling, we care.
We're pioneers, forging paths anew,
Breaking the stigma, our imaginations coming true.*

*In the face of doubt, we'll proudly stand,
With open hearts and intellects, hand in hand.
For the stigma of open schooling will wither,
As we stride forward, unafraid.*

Laziness: A Couch's Spell and Newton's Law *by* Madhumithaa, X G

Ever found yourself mindlessly accepting the Terms and Conditions while downloading a mobile app? Or perhaps you've succumbed to the lure of TV commercials when the remote is out of reach! If any of these scenarios sound familiar, welcome to the world of laziness. Don't worry; you're not alone. Even those who claim not to relate might find themselves on the couch, paralyzed by inertia. It's a universal human experience, ingrained in our genes, and often, it's not a conscious choice.

Picture this: It's a lazy Sunday afternoon, around 12:30 PM, sandwiched between lunch and dinner. You are slouched on the couch, unmoving, watching a show that barely captures your attention. You have tasks awaiting your attention, but you are not procrastinating; you are just engulfed in the couch's embrace, feeling oddly immobilized. Laziness, in this context, is a state of idle nothingness, a lack of movement without apparent cause. It's not fatigue or burnout; it's simply the inexplicable allure of inertia. And oddly enough, physics, specifically Newton's first law of motion,

offers insight into this phenomenon.

Newton's first law states that an object at rest will remain at rest unless acted upon by a force. Laziness, in a way, embodies this principle—the inertia of immobility until a strong force compels action. During weekdays, you might be a whirlwind of activity, but on weekends, the couch becomes a magnetic force that seems insurmountable. Despite societal admonishments about laziness being the root of all evil, sometimes, succumbing to it isn't entirely negative. Bill Gates once remarked that he would choose a lazy person for a difficult job because they'd find an easy way to do it. So, in a way, laziness can be a gateway to innovation and efficiency.

However, even laziness has its limits. Excessive lethargy can lead to neglecting essential tasks, including self-care. To strike a balance, it's crucial to understand

the different facets of laziness. There are those who sporadically experience laziness—a natural inclination to relax, while others turn it into a harmful habit. If you find yourself in the latter category, here are three strategies to shift towards occasional laziness and away from habitual inertia:

Pursue with passion. Minimize distractions. Plan with precision.

In essence, laziness is a multifaceted phenomenon, influenced by personal preferences, habits, and external distractions.

While occasional laziness can be a natural form of relaxation, to overcome habitual inertia, we require conscious effort and discipline. By understanding the dynamics of laziness and employing proactive strategies, we can strike a balance between indulging in relaxation and maintaining productivity. As for delving deeper into the intricacies of laziness, well, let us leave that for another day. After all, even discussing it seems like too much effort right now.

Sunshine



Shruti Shanmugam, IX A – CIS

*The feeble bird reached outwards,
The callous aura occluding its lungs.
The voice it once had,
Was now diminished to a faint whistle.
The grey of the world signifying dictatorship,
Had sucked the life out of the bird.
Alas, it found the latch, for it had a name,
“Hope” it was, fed spirit to the bird.
Its torn wings were patched with steel,
Leaving no reason to hold back.
The little bird rose higher, reminding itself,
“The sun shines on my part of the world, too.”*

We are beyond everything, not just worldly beings *by*



A. Harshini,
XII J

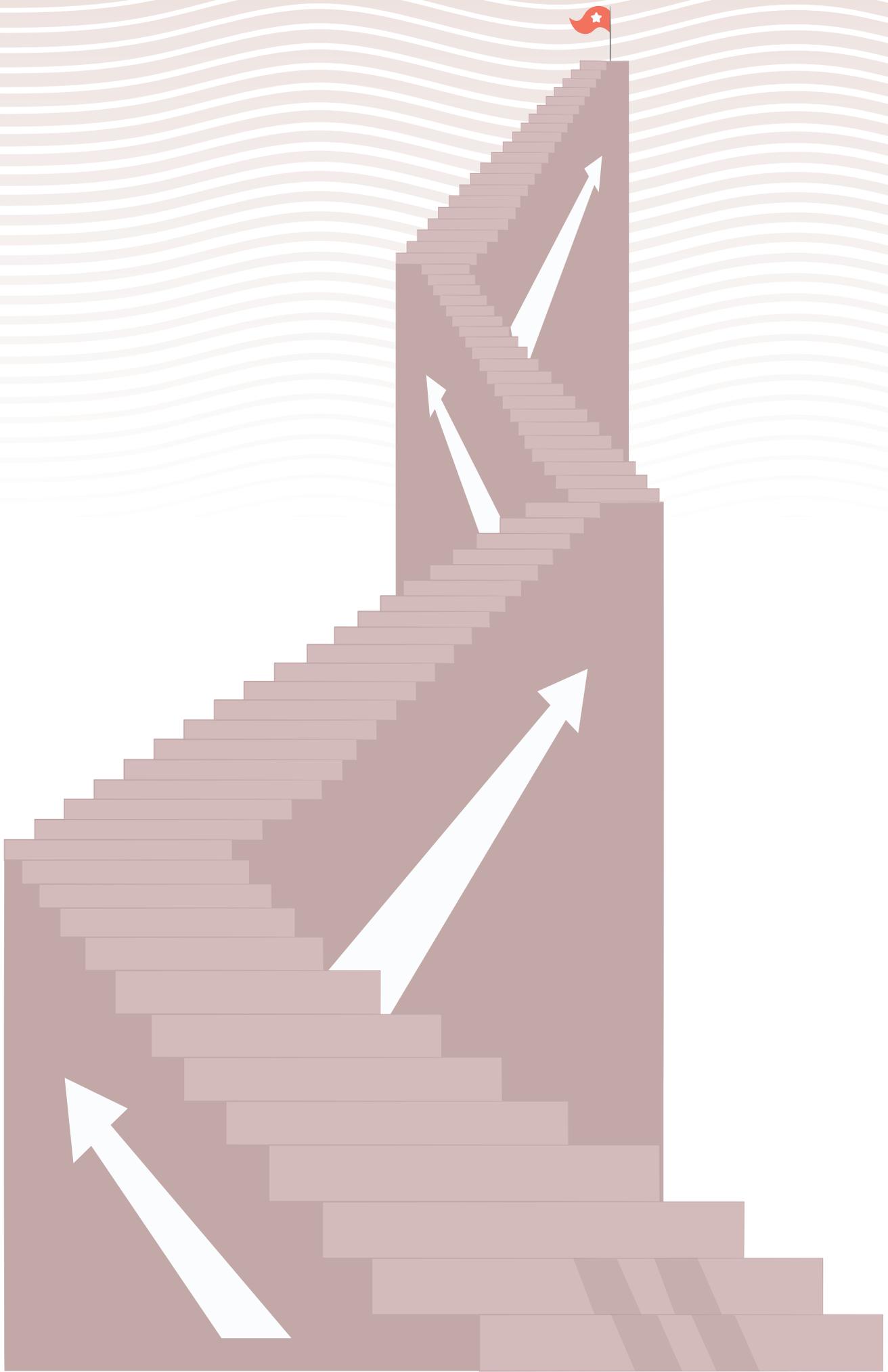
*We are just victims of desire and temptation,
And animals who seek mere pleasure from anything.*

*Getting soaked into this merciless world of trance and tragedy,
We don't understand ourselves
Spend this eternal time which is slender for this insignificant body,
Forgetting ourselves that
We are just a mere part of divinity.*

*Death and birth is only for this biological body,
Being alive and lifeless is only confined to a physical body,
Our life is beyond death, beyond birth, beyond time,
Beyond fear, beyond happiness, beyond sadness,
Beyond a body, beyond a brain.*

We are unbounded by these temporary situations.

*We are serene, eternal, a state of inevitable power,
Which is central, permanent, immortal and supreme.*



How far I've come *by*



Ananya Aravidan, X A

*Eyes open, an innocent soul
plunged into a world of darkness
a feeling of survival*

*It floats helplessly, "I need to live"
pushing itself to become stronger
it grows and changes
time becomes its ally.*

*It has grown now
adapting slowly
it is no longer helpless
it moved around brazenly.*

*A light shines above
inviting and warm
curiously enters its heart
It strives to walk forward.*

*Failure plagues the soul
discouraging, cold
but time helps it along
He sees its spirit.*

*Success, at last
it reaches its good
but now it notices
its journey isn't done.*

*It grows and endures
thinking, evolving
it starts to understand
the way the world works.*

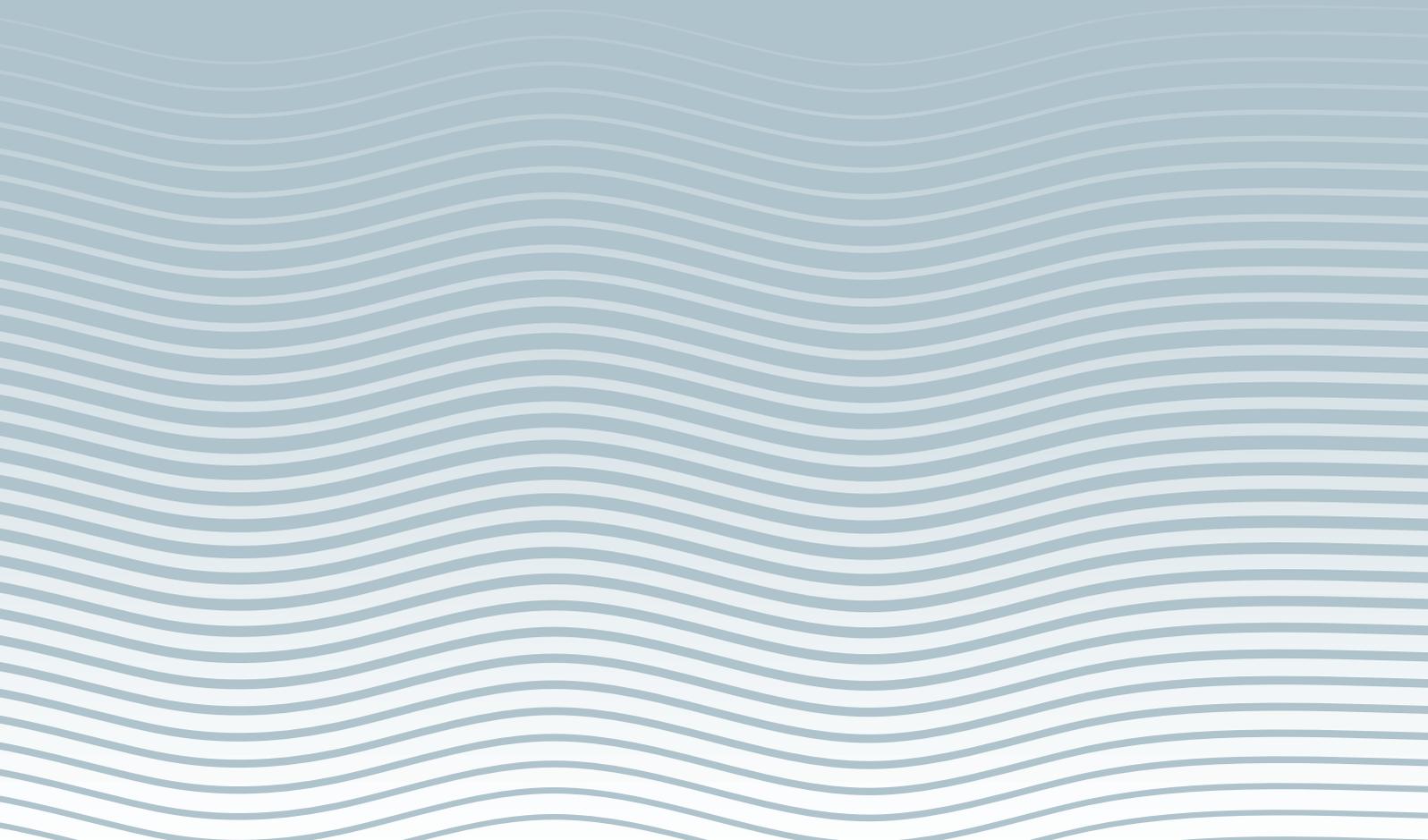
*The soul hardens,
it knows what it has to do
to be the alpha, to rise up
continuous growth and evolution.*

*It climbs higher and higher
back straight with pride
it softens and ponders
How far I've come!*

*Adversities in life
have shaped its present
the soul pauses and ponders
How far I've come!
And my next step?*

Hues & Shades

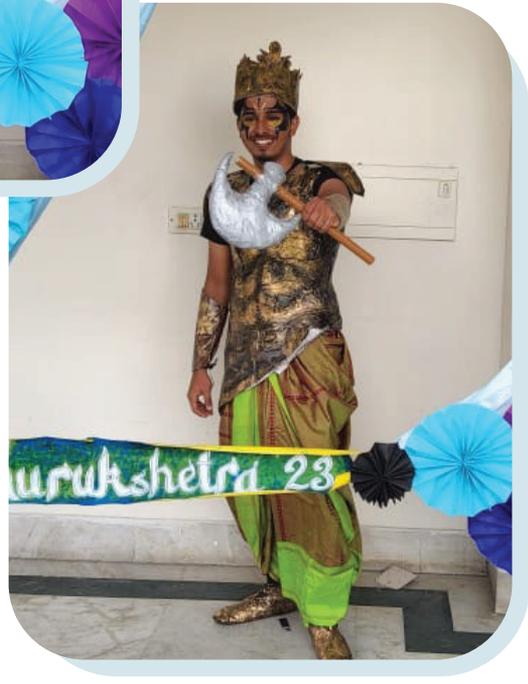
*Art is the vehicle for expressing your vision.
Craft is the visible edge of art. Unbridled
imagination and creative expression of
young minds in the form of painting,
stitching, moulding and graphics.*



Art has no boundaries. It manifests in many forms and crosses all social and cultural barriers. Newspaper art is one such creation. This costume represents a specific dynasty from the period of the Mahabharata war. Opting for the Pandavas' dynasty, the students have crafted a war costume, emphasizing the necessity for durability, resembling a shield. To meet this criterion, they have ingeniously employed materials such as newspapers, cello tape, and adhesives in their making, highlighting the importance of ecological balance, resource conservation, and long-term environmental responsibility.

And to achieve the desired body shape, they have utilized newspaper moulds. The final touches have been made with spray painting and ornamentation, meticulously aligned with the aesthetics of that era.





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.



TamilNadu State Rowing Championship

Suthirth and Aarush of Grade IX from the CAIE Wing, competed in the 4th Tamil Nadu State Rowing Championship held at Madras Boat Club. Suthirth won the silver medal and Aarush won the bronze medal in the Singles Junior Category. The duo bagged the silver medal in the Junior Doubles Category.

Skating Champ

Sharvajith Raja, the Kindergarten student from the Indigo Heartful Kids Campus has a new world record, as he participated in the three hour long 'Fastest Group Relay Skating Marathon' held at SSR Skating Rink, Gerugambakkam. This tremendous feat has placed him in the India Book of World Records and American Book of World Records.



Pistol Shooting

Yash Memani of grade XII H took part in the 48th Tamil Nadu Pistol Shooting Championship held at Madurai, winning 6 individual medals - 2 gold, 3 silver, 1 bronze and 12 team medals. Later, he represented Tamil Nadu at the Nationals and earned a 'Renowned Shooter' Certificate.



Football

Our football players S. Nikhil-XII, Aariyaman Rajinikanth-X and Nivesh-IX had represented Kanchipuram District Football Team for Tamil Nadu CM Trophy held at Chennai.

Cricket

Our U-19 Boys Cricket team got the runner up position in the MCC MRF Cricket Tournament



Andre Siddarth, XII grader from NIOS, was selected to represent the Indian Team in the U-19 Indian Men's One-Day Challenger Trophy 2023-2024 at Guwahati.



Hockey

The Omega Girls Hockey Team won second place at the State level Inter School competition held at Tamil Nadu Sports University, Melakottaiyur.

Basketball

The Omega School Basketball Team (Boys) was the runner up in the St. Joseph's Inter-school Basketball Tournament.



B. Lakshitha of grade VII was selected to represent the Chennai District Basketball team in the U-13 State Championship at Kongunadu College of Engineering and Technology, Trichy.



Omega Sports Festival

A 4-day event was held on campus that brought together student enthusiasts to showcase their sporting talents and engage in friendly competition.

Mr. Ramakrishnan Subramanian, fondly known as 'Ramky', Founder and CEO of Sports Mechanics India Pvt. Ltd was the Chief Guest.

Kho-Kho

Omega Girls Kho-Kho Team clinched the third place in the CBSE Cluster Kho-Kho Tournament held at Velankanni Public School. Caroline Sara Christy was adjudged the Best Player of the tournament.



Our Omega Girls Kho-Kho team players, Anushree IX G and Gowri VI J are selected to play for 33rd Sub Junior Nationals in Tiptur District, Karnataka.

Athletics

CBSE Clusters Athletics 2023 was held at Vellore Sunbeam School.

Omega won the Overall runners-up across categories with the exceptional prowess.

In the U-17 Category, Omegaites clinched the Overall Championship. Seven of our athletes won distinguished prizes, and were qualified for the CBSE National Championships.

B. Tanisha won Gold in 100m, silver in 200m and was a part of the U/17 4x100m relay team.

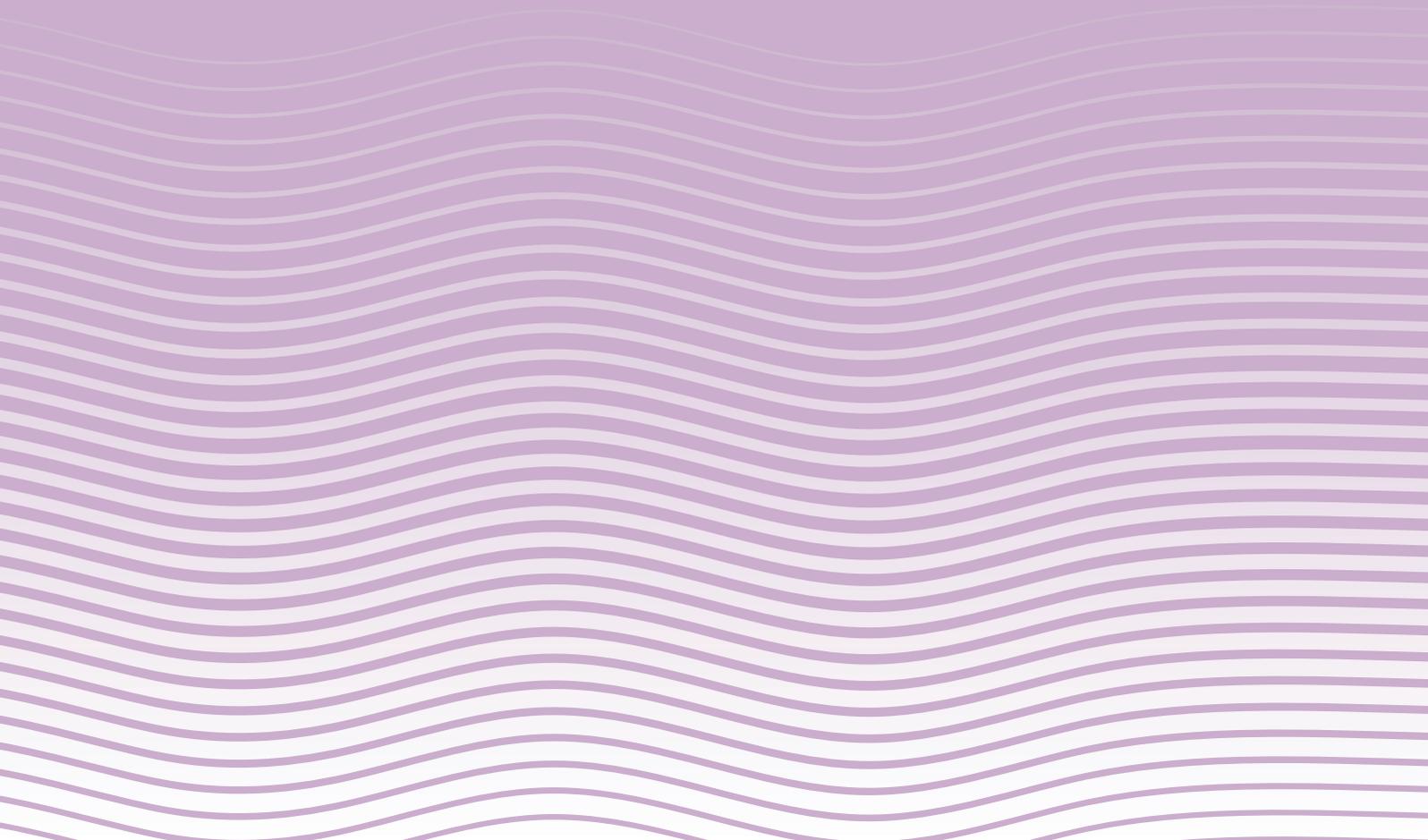
Kavya won Gold in Javelin Throw, U/19 Category. Dhirithi Marc won Gold in 1500m and Silver in 3000m. Thushitha Rames, Irene Maria Boby, V J Alona - U/17 4x100m relay team won Gold. Fredrick Russell won Gold in 100m, Silver in 200m.



Fredrick Russell, X C of CBSE Wing won the silver in the 100m State Level Junior Athletic event and a gold in the Medley Relay at the 37th Inter District Junior State Athletic Championship organized by Namakkal District Athletic Association thus qualifying him for the National Athletic Event. Our team also won the overall championship.

T-Talk

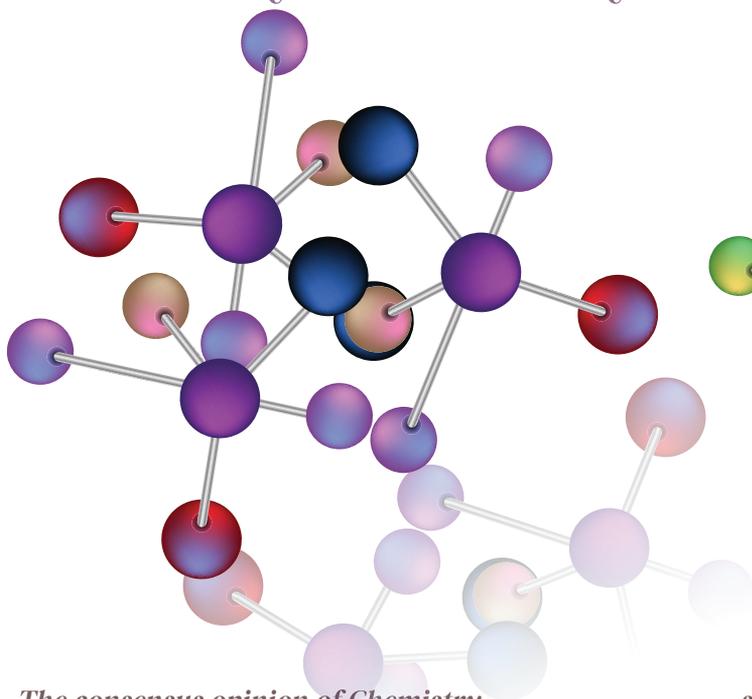
*Teaching is the profession that
teaches all the other professions and
a good teacher remains a learner
throughout the life time.*



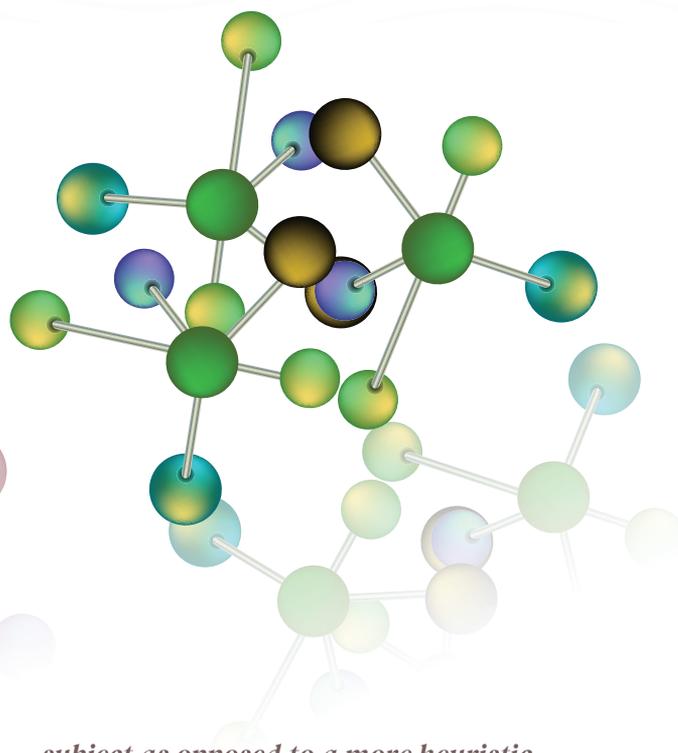
Possibilities in Chemical Sciences *by*



Dr. B. Ranganathan,
Sr. Faculty – Chemistry



The consensus opinion of Chemistry teachers in India is that high-school graduates have serious misgivings about taking up Chemical Sciences as a course of study in college. A large part of this problem stems from the pedagogy that is bound to be pedantic given the nature of the



subject as opposed to a more heuristic approach that is desirable. Another serious impediment is the lack of awareness about the types of employment opportunities available to those opting to undertake the study of Chemistry.



It'd be instructive to list out the central areas of Chemistry viz. Analytical Chemistry, Biological Chemistry, Chemical Engineering, Inorganic Chemistry, Organic Chemistry and Physical Chemistry. Various specialized fields such as Astrochemistry, Chemical Technology, Cheminformatics, Computational Chemistry, Crystallography, Environmental Chemistry, Forensic Chemistry, Formulation Chemistry, Geochemistry, Medicinal & Pharmaceutical Chemistry, Nanochemistry, Nuclear Chemistry, Process Chemistry, Regulatory Affairs, Toxicology and Water Chemistry have emerged from these central areas. These fields of specialization feed into the agricultural sector, basic research sector, biotechnology sector, specific industrial sectors (dyes, coatings, cement, inks, paints, pigments, polymers, textiles, etc.), pharmaceutical sector, food sector (colourants, artificial flavours), cosmetics sector (perfumes, lotions, creams, etc.), petrochemical sector, public health sector, quality assurance/quality control sector, scientific writing sector, defence sector and other arenas where

chemistry is indispensable. The plethora of specializations offer the chemist an option to be associated with academia, the government, the industry and non-profit organizations.

The ubiquitousness of the chemical sciences, as seen from the multitude of applications in various spheres, underscores its significance. Chemistry, to a layman, is associated with a mad scientist donning a lab coat and working with funky glassware amid a cloud of coloured smoke. This stereotypical image is slowly but surely becoming obsolete as chemists are no longer necessarily cooped up in laboratories and contribute in several non-experimental domains. The author - currently teaching high-school Chemistry and having previously engaged in top-notch research in Radiochemistry and Nuclear Medicine, Industrial R&D projects within the pharma sector apart from trying out an academic position in a leading Indian university – himself is a testament to the multiplicity of career paths that a chemist could embark on.

Zen – The Solution Finder *by*



Avi Chandra,
Reading Mentor, CIS

And there it is....another loud cry from Zen. What is it all about? Is he hurt? Did someone scold him? Is he hungry? Did he see a monster? Noooooooo....He is a boy drowned in his own worries. Zen is a 6-year-old boy, who worries for the simplest of things. Let me tell you a few of them. When Zen drops his eraser under the table and can't find it immediately, he gets worried. When Zen can't find his reading book immediately, he is worried. When a paper from his notebook folds, he gets worried. When his marker pen gets dried, he is worried. When he loses one colour pencil, but has dozens of the same shade in another set, he still gets worried. When the teacher does not give him a chance to speak in class he gets worried and the list goes on.

"What happened?", asked mamma.

"Mamma, a tiny drop of paint has fallen on my school project. Now it looks so bad. What will I do?". Mamma tries to locate the spot. It is a very small drop of paint towards the edge of the chart paper. Mamma gives Zen a solution. "Let's cut out a tiny piece of chart

and glue it. The paint spot will be hidden. And your project will be neat again." Zen is now very happy with the solution and continues to do his work.

Zen's constant worry makes mamma worried. She wants Zen to become a solution finder. Rather than worrying about every little thing, she wants Zen to find a solution and address the problem. Mamma tries and has a very healthy conversation with Zen, "Look, Mamma cannot be there every time to solve your problems. So let's take up the challenge to be a solution finder. It's ok to worry a little initially. But do you think only worrying can help us get a solution? Let's take a pause, think and act to find a solution. Are you ready to take up a challenge? We will name it ' The Solution Finder Challenge'! This is how we will do it. On an A4 sheet, you will write the problem that you are facing, and try to come up with a solution. If you come up with a solution yourself, you will be rewarded with a star. At the end of the sheet, once you have tried to solve many problems, you will get a reward of your choice.

How do you like this idea?". Zen got very excited with this challenge. He immediately took it up and made the columns on an A4 sheet and put it up on the fridge with the help of magnets. Every day after coming from school he would write the problem he faced, and how he solved it. "Mamma, look, another star goes up my Solution Finder Challenge Sheet!" he said excitedly. Zen loves his library classes at school. If he misses them due to any reason, he worries. Today it's annual day practice at school during Library period. Zen's teacher told the class that they will be missing the Library period. Zen instantly goes and tells the teacher, "It's alright ma'am, we will attend it next week!" His teacher was flabbergasted with Zen's positive approach and not the usual worrying Zen behaviour. Zen comes home and narrates this story to his mamma. "Zen, you have been a really good problem solver today! Keep doing this and see you will become a strong, confident boy, my dear son!" she said.

Days passed by, Zen was learning to solve his problems in a positive way. Mamma said, "Zen, I see you are trying very positively to find solutions. I see that you also understand that not always the solution might be as you like it. For example, however responsible you are, you might lose things sometimes, and it's ok! I AM SO PROUD OF YOU ZEN!"

Zen's eyes sparkled with happiness and confidence. He asked Mamma, "I am nearing the end of the sheet Mamma, what will I get as a reward?". Mamma very proudly said, "This time it will be of your choice as you have been very brave and have won 'The Solution Finder Challenge' with flying colours. Zen jumped with joy and felt a wave of confidence and happiness as now he was no more the problem finder but a solution finder! As he grew, he understood that giving stars on the chart was only Mamma's way to motivate Zen. She wanted Zen to be able to handle challenging situations on his own. Now, when he saw his younger sibling struggling the same way, Zen took up the responsibility of making him into a 'Solution Finder'!

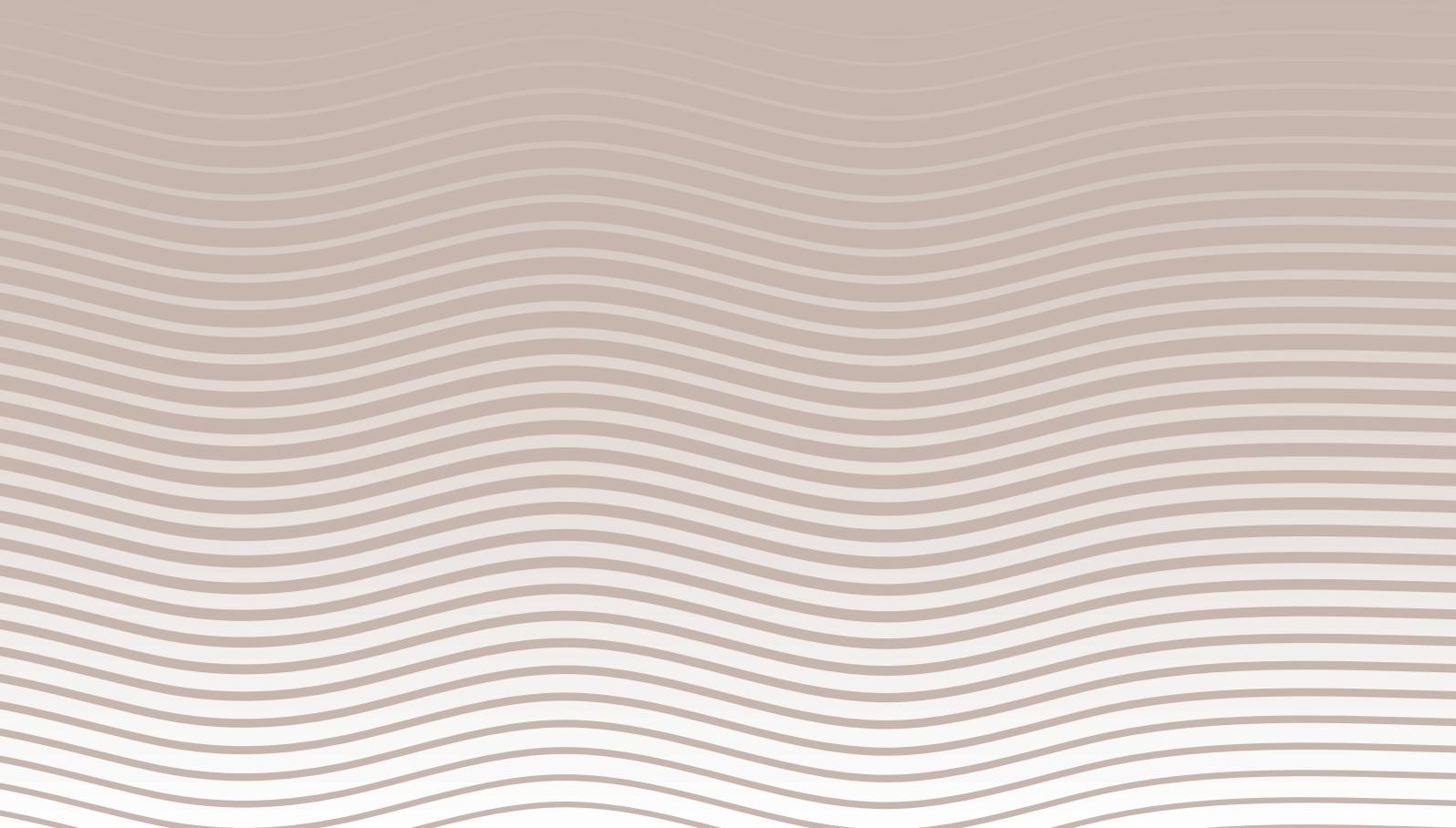
Note to parents:

The parents play an important role in moulding a child's character, confidence, personality and imparting values. A patient approach with creative ideas changed how Zen perceived problems and learned to address them wisely. As parents, we need to take a pause and be patient while the child is facing challenging situations.



Campus Drone

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



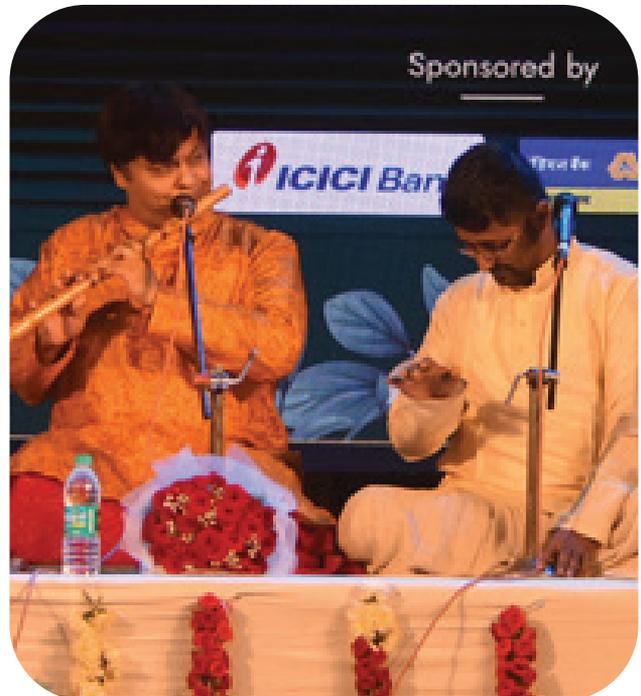
The OISAA Reunion

Homecoming '23, the OISAA reunion brought back close to 700 alumni for a nostalgic evening filled with warmth, memories, and selfies. The iconic Saraswati statue set the sentimental stage as alumni shared stories and sang the school song with pride. Current students paid tribute, and Director Dr. Bhavani Shankar highlighted Omega's noble ideals. OISAA executive Committee President, Praveen Tirumurugan credited Omega for his success, while fun activities and interactive sessions added to the joy. The night ended with a scrumptious dinner and DJ, wrapping up the festivities.



Kalanjali '23

Kalanjali, the annual festival of Performing Arts took place this year at the Narada Gana Sabha featuring Maestros flautist Shri Shashank Subramanyam and vocalist Shri Abhishek Raghuram accompanied by a vibrant ensemble comprising Shri Sathyanarayanan (Keyboard), Shri Anantha Krishnan (Mridangam) and Shri Anubrata Chatterjee (Tabla) who gave an enthralling performance that sent the audience into divine rapture. It is noteworthy that this programme was completely driven by the students of our school, and was the 6th edition of its kind.



Hearts MUN '23

The 1st edition of Omega International School's Model United Nations conference, HEARTS MUN'23 set off to a blazing start as a 3 day event attended by over 500 students from various city schools. The Opening Ceremony was graced by Honourable Consul General of Malaysia Mr. Saravankumar Kumaravasagam and the Honorary Consul General for Seychelles Mr. Sessa Sai, who addressed the delegates as the Chief Guest and Guest of Honour respectively. Themed 'Breaking Barriers, Building Bridges, Connecting Hearts', the conference saw nine committees with pertinent agendas that ranged from the Russia Ukraine Crisis and the Global Impact of AI to The Union Budget of India and Evolving Educational Landscapes.



Jaagriti '23

Our school held the first edition of the Inter School cultural event 'Jaagriti' on the 12th and 13th of July 2023. Over 850 students from close to 25 schools across Chennai competed in a myriad of events. Both the days brought some spellbinding performances. The event was graced by filmmaker Mr. Lingusamy. The Champions Crown was bagged by Chinmaya Vidyalaya, Virugambakkam; the Jaagriti Runners Up 1 - Chinmaya Vidyalaya, Kilpauk and the Jaagriti Runners Up 2- PSBB Millennium School, Gerugambakkam. Fuelled by the colossal work of student volunteers and astutely guided by teachers who rallied behind the aim of awakening the spirit of excellence in all, Jaagriti was a roaring success.



Celebrating Abilities – Fostering Potential

“There needs to be a lot more emphasis on what a child can do instead of what he cannot do.” - Temple Grandin

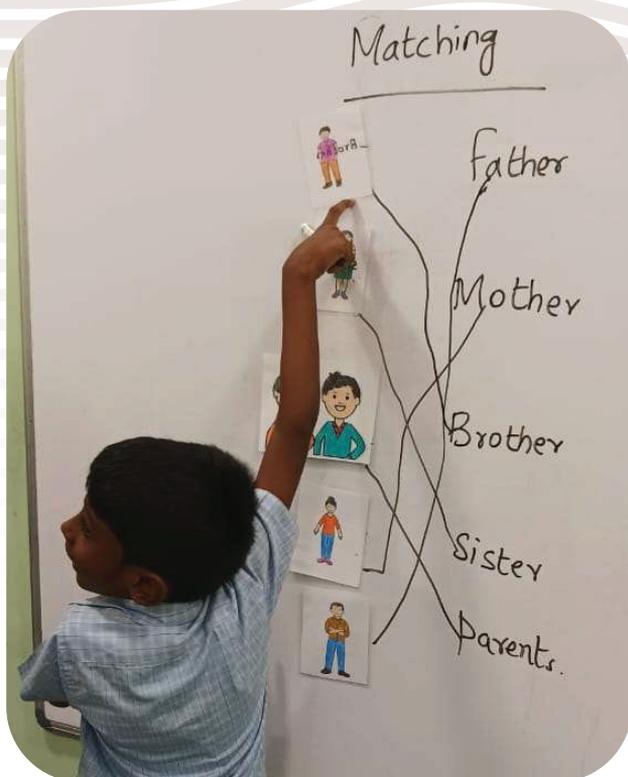
As a mother of a child with special needs, I was plagued with several questions and doubts. I realized the true meaning of the above quote when I enrolled my child at Indigo, a school unlike any other. As I spent the first few months being present in class along with my son helping him to transition from a protected life at home to spreading his wings and exploring a new world, I myself was introduced to a new approach, an approach that brought about a paradigm shift in all my pre-existing beliefs about parenting. This became the first step on my journey and inspired me to take up an opportunity at Indigo as an assistant teacher. What commenced as an endeavour to understand my own son better led to a profound learning experience which showed me a way to expand my horizons and help several children similar to my son and handhold them as they took their first steps in an unfamiliar terrain, navigating a universe where every sound, every action, every experience was filled with the magic of curiosity.

At indigo, every day is a magical experience where I have been learning with my students. Yes, I come prepared with a lesson plan for the day but there is no telling what the day has in store for me. Innocent responses from these inquisitive minds are thought provoking and make me question my preconceived notions about everything I learnt in life so far. Truly, I

have learnt that presuming a non – speaking child has nothing to say is like presuming that an adult without a car has nowhere to go. Every child is different and unique, not good or bad, just different.



Sometimes it becomes a teacher’s job to introduce discipline and routine to the life of a child to help them navigate daily tasks. At other times, it is our job to disrupt that routine and invite chaos and at the same time, help them manage the chaos. We all have butterflies in our stomach when we get anxious, but the trick to manage anxiety is to make the butterflies fly in an orderly pattern resulting in a



beautiful kaleidoscope of colours. Another task of a teacher here is to create an environment that is free of distractions, judgments and noise.

I still remember when I taught the first song to help these children learn how to say a full sentence. It was a daunting task at first with some children not speaking at all and some who continued to be in their own world. With a lot of patience, I continued my endeavour to help them manage their energy and pour it into learning the words, the tune and sing together in one voice. The progress was extremely slow and it was challenging to stay positive and motivated. Slowly and gradually the children learnt to speak in sentences. My heart was filled with joy when a fellow teacher informed me that some of the children in her class were singing the song that I had taught them. This was one of the first moments when I realized that I could make a positive impact and help the children.

The best part was that all the knowledge that I was gaining, whether at home with my son or at school with my students, was all transferable and helping a child every day to be proud of who they are. I am grateful for this challenge in my life which gave me the opportunity to enable fellow parents and children discover the innate potential that exists within every child. Every child, like a flower whether it is a rose, orchid or hibiscus is unique and beautiful and together helps to make this world a fragrant garden. As a teacher here at Indigo, I am proud to play a part to nurture these children who will be our future leaders, philosophers, artists and most importantly good human beings.

Edu-Odyssey: Chandrayaan-3 and Beyond

To ignite a passion for science, space exploration, and cutting-edge technology among students, an interactive session was organized by Chennai Public School, Thirumazhisai, featuring the distinguished scientist, Smt. G. Usha, from the renowned Indian Space Research Organisation (ISRO) and this event was aptly titled "*Edu-Odyssey: Chandrayaan-3 and Beyond*". It turned out to be an exceptional opportunity for students to delve into the fascinating world of space science. Our students Aditya Abhyankar of X C and Sai Karthik of XI B participated in the same.



Global Career Dialogues: Exploring Future Pathways

Our school organized Global Career Dialogues, a one-of-a-kind landmark event in collaboration with UpGrad Connect.

This event curated by the Career Counselling Committee held at the Babuji Memorial Ashram Campus brought together erudite experts from diverse industries and disciplines and provided pertinent insights into higher education and career options for high school students.



RYLA—A Leadership Camp

Omegaites attended a 3 day RYLA (Rotary Youth Leadership Academy) retreat at Dr.G.S.Kalyanasundaram Memorial School, Kumbakonam. With informative sessions conducted by renowned Rotarians like Mr. Sesa Sai, Mr. Kothang, Mr. Ramesh Venkat and Mr. Kalayanam on *Career Counselling, Logistics and career opportunities in the field of service and management, the camp was a very productive one for the students.*



IC3 Conference, Hyderabad

The Annual IC3 Conference and Expo, which was held at the Hyderabad International Convention Centre. Built around the theme of 'Finding Purpose Through Counselling', this event brought together thought leaders from around the world, including our Director Dr. Bhavanishankar and others, to engage in collaborative dialogue on issues that need solutions in career and college counselling practices.



The Linguistics & The Cultural Fest – Montessori



Montessori team at Omega organized a week long Language exhibition ‘LANGUAGISTICS’ to showcase the marvellous progression of English language in children of age 3-6 years in the Montessori environment.

“The only language men ever speak perfectly is the one they learn in babyhood, when no one can teach them anything!” – Maria Montessori

To emphasize the vitality of this quote, the language materials that cater to the development of the language in the Montessori environment were put up for display. The Language exhibition - ‘LANGUAGISTICS’ was the most enthralling and enlightening event for the Montessori family at Omega.

The Montessori Cultural Fest that followed the language exhibition showcased varied talents of the outgoing Montessori (M2) children with all its exuberance. The cultural fest was based on the theme, ‘Seven Continents’ of the world. Our little buds enthralled the audience with their mesmerizing performances. It was awe inspiring to watch our little buds acing the expressions and delivering lengthy dialogues in English with ease.

A weeklong celebration reached the pinnacle on the finale day with a special performance by all the children of Montessori level 2 emphasizing on the ‘World Peace’. It was a heartwarming performance by our little ones.

Heritage Sites



Industrial visits to heritage sites like Silpa Salai – the Sculpture workshop of India’s famous Sculptor, Sri Radha Krishnan and a visit to Nobel Laureate Sri Ramanuja Museum in the Sastra University were immense learning experiences. Students partook in the unwinding sessions that included campfire, fun games and other physical activities as well. Varun Kannan and Stephanie of Grade XI were awarded for their active participation in the closing ceremony.

Clubs Galore

The members of the Suryodaya Interact Club came together with NGO Tuvakkam to protect greenery and engage in Tree Care Activity at Kundrathur this Navratri. Armed with trowels, shovels and rakes the Interactors set out to tend 75+ native verdure and 25+ rare species. They raked weeds, planted seeds into soil bags and worked swiftly as a team while also enjoying the process.

The Chandrodaya Interact Club of the CBSE Wing undertook a Tree Plantation Drive in collaboration with NGO ‘Vaazkai’ at Thiruneermalai Govt School. Our interactors cleared land, dug pits and guided the young students of the Govt School to plant palm saplings.

Astronomy Fair 23 was organized on the campus for students of classes IV to IX. It was a culmination of year-long activities. The solar observation using the Dobsonian telescope with a solar filter and pinhole projector filled students with awe, while stalls such as Stomp Rocket, Pop Rocket and Ring the Planet, also made for much excitement. Club students handled the 76mm telescope and pointed to terrestrial objects as their classmates observed.

The Interact Club at Omega brings together senior students of the IB, CIS, NIOS and CBSE streams to develop empathy and leadership skills and discover the true power of Service Before Self. The Chandrodaya and Suryodaya Interact Clubs of Omega were instituted in a magnificent Installation Ceremony with ceremonial festivity and cheer. Eminent Rotarians including Rtn. AKS Ravi Raman, Rtn. Ravi Sundaresan, Rtn. IPP Jayshree Sridhar and others conferred the badges upon the students who received them with due earnestness and alacrity.

Varun Kannan of XI F (CBSE) took over as the President of the Chandrodaya Club while Shiv Shanmugam of AS Level took charge as the President of the Suryodaya Club.



Turnitin Summit

Our IBDP Facilitators attended the Turnitin Chennai Summit 2023 on Academic Honesty to discuss recent challenges and scope of solutions for the same. The panel discussions were moderated by Dr. Sandeep Shastri, UNDP and attended by erudite members of the education industry.

Doordarshan visit

As part of practical learning about the working of the broadcasting industry, students of Mass Communication from Grades XI and XII, NIOS visited Doordarshan. The students witnessed a live news broadcast in the DD Podhigai newsroom and recognized the crucial role of reading habit in making a career in the broadcasting industry



Psychalyse

NIOS students of Psychology organized an expo to explain basic cognitive processes of learning reinforcement and working memory with hands-on activities.

Knowing about memory related disorders like Alzheimer's and Dementia with their symptoms was an eye opener. The student visitors were keen to experience the stroop test of naming the colours, that is used in clinical practice and investigation.



Industrial Visit to Modern Bakers (Madras) Pvt.Ltd.,

NIOS stream organized an industrial visit for students from Grades VIII to IX to Modern Bakers (Madras) Pvt. Ltd. They are one of the Contract Manufacturing Units at Madhavaram, Chennai. They manufacture Parle-G, one of the world's largest selling biscuit brand. The students witnessed the processes involved in manufacturing, from quality control of raw material to packaging of biscuits.



Technology is future! Future is Technology!

This theme was well brought about by students of NIOS, from Grades VIII to XII through ICT expo ranging from simple facts of computers to Artificial Intelligence. One of the many takeaways for the visiting students was the career and business opportunities in ICT. They explained through charts and props as to how computers are used in different types of networks, topology, IOT, advanced technology in quantum computing, blockchain and cryptocurrency, gene editing, drug design, growth and maintenance of crops in agriculture, livestock management, commerce and 2D designing.



Joy of Learning at KG Heartful Kids

In accordance with the The Sustainable Development Goals (SDGs), we at Heartful Kids have been striving and aligning ourselves to deliver the best early childhood development and universal pre-primary education. All the learning and activities at KG Heartful Kids have the goal of teaching children how to conserve our world and its species uniquely.



It all began with our grand project titled 'Nurturing Empathy and Responsibility to living beings'. Children were thrilled to discover that their teacher had captured a ladybug in a container with tiny holes. During this hands-on experience, they observed how the ladybug struggled to move freely inside the container. This encouraged the children to express sympathy for the bug, realising the inherent need for freedom in all living beings. To take this learning a step further, children dressed up as various species such as birds, insects, and animals and discussed the notion of freedom as it relates to each creature.

Our journey with children on Project 'Freedom' continued as the theme chosen for the 2nd Annual

Kiddies Sports Meet was 'Save the Ocean'. Children embarked on an oceanic adventure by exploring the wonders of marine life and also engaged in discussions on preserving our precious marine ecosystem. Through stories and rhymes, children explored the detrimental impact of plastic consumption on our seas and how to mitigate it using the concepts of reduce, recycle, and reuse. By instilling these values, we aim to nurture responsible habits that contribute to the wellbeing of our planet. During our second Kiddies Meet, children performed to the melodies of ocean-related songs such as Ocean Jam and Save the Ocean. Teachers also incorporated artwork on the T-shirts to align with the theme of ocean animals.

We at Heartful Kids celebrated Onam by creating pookolams with the children in the classrooms.



Field trips provide a unique opportunity for our students to observe, explore, and engage with new places. UKG students visited the India Sea Shells Museum at Mahabalipuram. This visit aligned perfectly with our ongoing exploration of the theme 'Marine Life' and allowed our young learners to delve into the fascinating world of sea creatures and shells.

We launched a new reading programme to further nurture this passion of reading. During their term breaks, children brought home tale books to read. Each narrative was accompanied by an audio recording to assist parents in narrating the story. This reading programme was a huge success.

Dussehra and Colour Fortnight celebrations were jam-packed with fun games and activities for our little ones and their families.

Uzhavara Pani

Our young ambassadors from the Sirius Block visited renowned temples in Kundrathur to cleanse the abodes of Gods, and in the process had a whale of time decluttering their mind as well. 60 students accompanied by 8 teachers visited the Kandhazheeswarar temple, Sri Subramanya Swamy temple and Shri Thiruvoruga Perumal temple in the region and dived deep into cleaning activities.



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.

Ranked No.1 School by Education World

Our school has been ranked the 'No.1 School in Tamil Nadu', the 'No.1 School in Chennai' and the '7th Best School in the country' in the International Day cum Boarding Schools Category by Education World!

Omega has also been conferred with the coveted Grand Jury Rankings Award under the 'Social Impact' Category. The school is ranked No.1 in Tamil Nadu, No.1 in Chennai and 6th in the country for its social impact through continuous and meaningful engagement with the community.



CSSC Awards

Dr. Mohana, the Department of Commerce received the prestigious Lifetime Achievement Award titled SAHODAYA SEVA RATNA and Mrs. Biji Sukumar, Department of Mathematics was given the Best Teacher Award by Chennai Sahodaya.

Lamps Eco-friendly Award

Our school has been awarded the LAMPS Eco-friendly Campus Award in recognition of our dedication to environmental stewardship, innovative solutions to reduce our carbon footprint sustainability by the Association of Managements of Private Schools (AMPS), Tamil Nadu.



Cubs and Bulbuls Utsav

Our Cubs participated in the State Level Cub and Bulbul Utsav 2023 held at Thoothukudi and won second place in the Stand Up speak Up event and the On the Spot Handicraft event.



University of Oxford



Mahathi Sathish, a student A-level (CAIE), participated in the prestigious John Locke Essay Competition, conducted by the University of Oxford and Princeton University. Her essay under the Philosophy category, answering the question “In what sense are you the same person today that you were when you were ten?” has been shortlisted from over 19,000 entries worldwide and her essay has been shortlisted for the finals. She has been invited to the University of Oxford to attend an invite-only academic conference followed by the award ceremony.

Distinguished Teacher Award & Certificate of Excellence

Head Teacher of Education, Ms. Kalaivani Suresh, was felicitated with the Distinguished Teacher Award by the Rotary Club of Madras on the occasion of the Teachers’ Day. She has been bestowed with a Certificate of Excellence by GEC Global Edu for her immense contribution to the field of education. She was recognized as one of the 50 Most Innovative People in Education in the Global Educators Conclave



The Queen's Commonwealth Essay competition 2023

Students from CAIE Wing made a mark in the Queen's Commonwealth Essay Competition (QCEC) held this year by winning numerous awards. QCEC is the world's oldest international writing competition for schools and has been delivered by the Royal Commonwealth Society since 1883. The award winners were Lakshmi Chandra X A – Gold; Nisha X B, Bhavna Balachandran IX A, Garima Adabar Pattnaik VIII A, Nivedita Menon VI B – Silver; Vrishun Sundar IX A, Lerin Samuel Johny VI A, Joshua Antony VII A, Eshapurnikka Venkatesh X B, Uday Raj Varma X B - Bronze.



Top Award at HCL Jigsaw

K.Govind of Grade VI was crowned the 'Top Young Problem Solver' in the final round of HCL's coveted event – JIGSAW 4.0. He was chosen to be a top finalist from amongst 742 school teams that participated in this national event! HCL JIGSAW 4.0 assesses school students on key 21st century skills including research, critical thinking, problem solving, collaboration and communication and helps them apply these to solve real world challenges. Winning prizes worth Rs.70,000, K.Govind also gets the opportunity to learn at the HCL Lab.

IIMUN

Omega school delegates participated in the IIMUN, TN Chapter held at Risks International School and were awarded the Best School Delegation for the second time in a row and with a host of individual awards as well. The conference simulated 14 committees with a substantial agenda that made for fiery debates, negotiations and diplomacy.



ATL Team excels in Tantechnova

Students from Omega's Atal Tinkering Lab participated in the Tamil Nadu State Level Hackathon – TANTECHNOVA 2023 and M.Parmeshwar, M. Kautik Kanna and P.N. Tarun of grade X were shortlisted to be a part of the top 120 innovators. Their project under the theme Energy and Transportation which explored the idea of Solar Energy Charging Facilities in Vehicles won the first place amongst the top 50 in the final round held at Thoothukudi. The team project has been allotted Anna University Incubation Centre for further development.



Tête-à-Tête

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



Major Abhimanyu

Major Abhimanyu gave his NDA entrance examination in 2012. When he wrote his class twelve Board examination, he realized that he didn't want to follow the convention of going to a college and getting a job. He wanted something more adventurous and something which challenged him to the core.

He joined the NATIONAL DEFENCE ACADEMY on 27th June 2013. The Academy was majestic beyond words. The training routine was rigorous and he completed his training in three years. From NDA, he went to Indian Military Academy, Dehradun for pre-commissioning training. He was commissioned into the army on 10th June 2017. It was a proud moment for his parents as they watched him with tears in their eyes and were beaming with pride when he received

stars on his shoulders. He was commissioned into the 7th BATTALION of THE MADRAS REGIMENT.

Life in the army has been amazing, as he has come to realize that the army is not a profession; it's a way of life. He is extremely grateful to Omega, to all the teachers, all the hostel staff and his friends who have enabled him to be in the place he is today.

1. What makes your job very special to you?

My job is exceptionally special because it goes beyond being just a career; it's a way of life devoted to serving our nation. The bonds formed with fellow soldiers, the profound sense of purpose, and the honour tied to defending our country make it incredibly meaningful. Furthermore, life in the army is an adventure in itself, offering opportunities for thrilling activities such as mountaineering, hot air ballooning, skydiving, and para-motoring. Operating in diverse and challenging terrains, from mountains to deserts, demands adaptability, resilience, and peak physical fitness. My role extends to include humanitarian missions, disaster relief, and peacekeeping efforts, both within India and outside.

2. What is your motivation that makes you fight for our country?

My motivation to serve and defend our country isn't just a duty; it's a privilege. It's driven by a deep sense of duty and unwavering patriotism. Knowing that my actions directly contribute to national security and the well-being of my fellow citizens is a profound source of motivation. Additionally, I take pride in the role we play in nation-building, and this adds to the satisfaction of my service.

3. If you ever had a second chance to change your career, what would you change it to and why?

Frankly, I can't envision a different career path. Being an army officer is all-encompassing and deeply satisfying. It's not just a job; it's a calling. I genuinely feel that I belong here, and I can't think of a better place to be.

4. What motivated you to join NDA?

The NDA stands as one of the world's finest military academies, and it's an honour to be a part of it. The desire to receive top-notch training, develop leadership skills, and serve our nation motivated me to join this prestigious institution.

5. What memories do you have of Omega?

My memories of Omega are treasures that I hold dear. The friendships formed, the lessons learned, and the sense of camaraderie established during my time there were invaluable. These experiences have not only shaped me personally but also professionally. I remain in touch with friends and teachers from Omega, and I consider my schooling there as the foundation of whatever little I've achieved in life. This association is something I will cherish forever.

6. What were your expectations while you were inducted into NDA? How different was the reality?

When I joined the NDA, I initially expected a somewhat collegiate atmosphere with a touch of NCC influence, since I had no military background in my family. However, the reality at the NDA was nothing like what I had imagined. It was a rigorous and disciplined military regimen from day one.

While it was tough initially, I gradually adapted and started to appreciate the unique aspects of life at the NDA. The reality surpassed my expectations, introducing me not only to military discipline but also to the profound sense of duty and the strong bonds formed with my comrades.

7. What were the differences you noticed after completion of your NDA training?

After completing NDA training, I underwent a profound transformation. I had not only acquired military skills but also developed a strong sense of leadership, discipline, and resilience that would serve me throughout my career. The NDA essentially breaks you down and then builds you into a military leader who is physically fit, mentally robust, and capable of handling pressure effectively.

8. How did your family support you? Did you face any challenges?

My family's support was unwavering, and I'm deeply grateful for their encouragement. While the challenges in the military were numerous, having the unwavering support of loved ones made it easier to navigate the demands of military life.

9. What is your message to young NDA aspirants?

To aspiring NDA candidates, I would say approach this journey with determination and commitment. Believe in the values of discipline, teamwork, and service, which will guide you to success.

Remember, tough moments will pass, and you'll emerge stronger on the other side. This is how I have faced and conquered my challenges.

10. Have you ever considered withdrawing from NDA?

No, I never entertained the idea of withdrawing from NDA. While there were undeniably challenging moments, both physically and mentally, I kept my ultimate goal in sight and persevered. It's important to remember that tough moments or situations are temporary, but resilient individuals endure.

11. Did Omega play a role in your decision to join NDA?

Indeed, Omega played a pivotal role in shaping my path towards joining the NDA. It provided me with valuable lessons in leadership, teamwork, and discipline. These lessons from Omega were instrumental in preparing me for the formidable challenges of life at the NDA and beyond. I owe a great deal to Omega, my friends, teachers, the hostel environment, and my parents for the decision to send me there. Their collective influence has been instrumental in my journey.

Interviewed

by



Rhea Arun, XI



Gauransha Dixit, 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.

Khira Ginth Pitha

Khira Ginth Pitha is traditionally made during Baula Amavasya or Bakula Amavasya. On this auspicious day, boula phula aka flowers of mango tree are offered with boula gaintha pitha to Lord Jaganaath.



Recipe

The preparation of this khira gaintha or kheer puli recipe is simple.

1. Cook the rice flour with water.
2. Knead it to form a soft and pliable dough.
3. Form small rice flour balls from the dough and then drop them into simmering milk flavoured with cardamom.

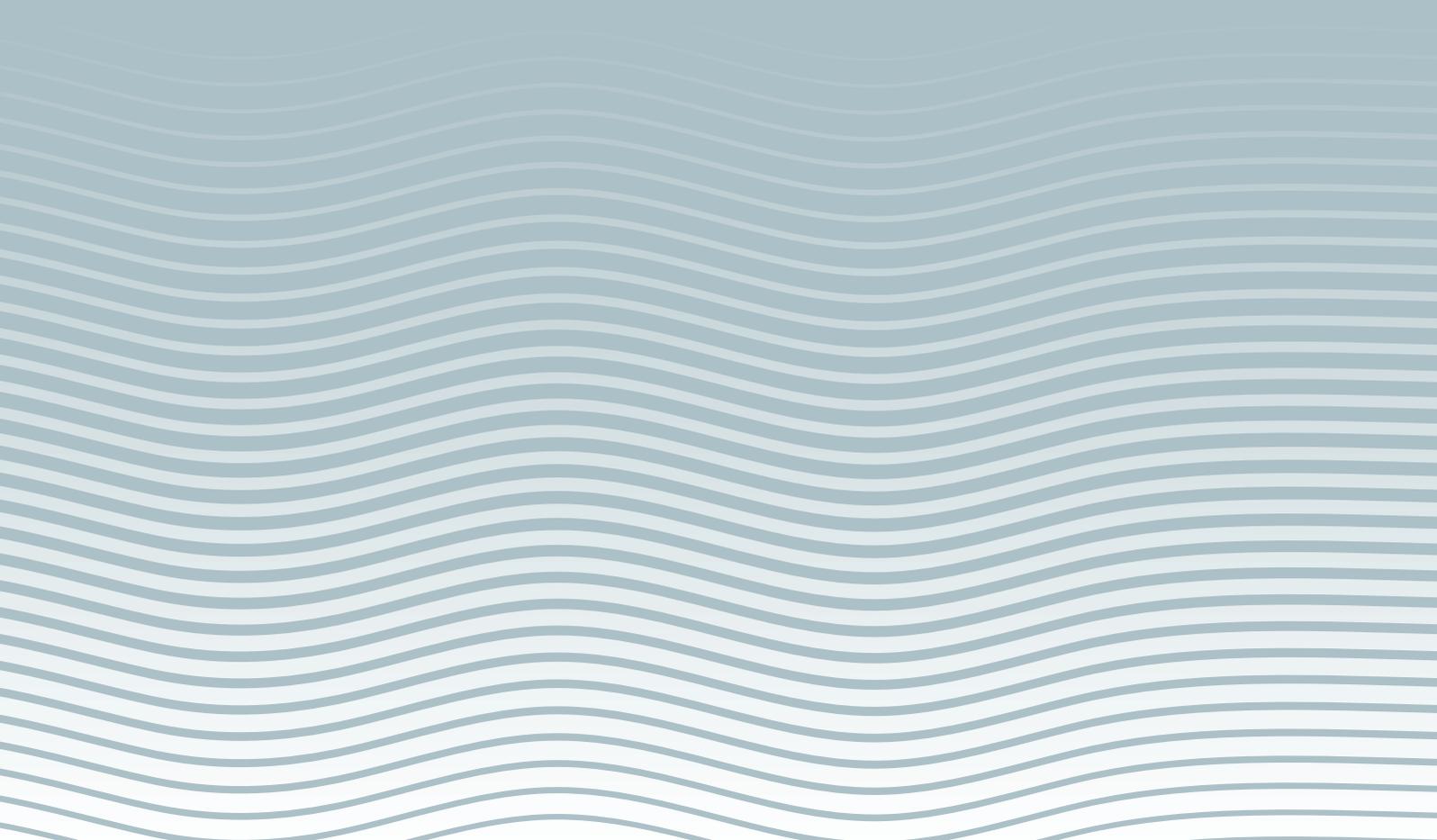
This is similar to Ras Malai but instead of Chhena or Paneer balls, rice flour balls are being used in this case.

Nutritional Cooking Tips

1. Adding lemon juice while cooking leads to the destruction of vitamin C.
2. Preferably use low fat cooking methods like boiling or steaming.
3. Scrub vegetables rather than peel them, as many nutrients are found close to the skin.
4. Include more stir-fry recipes in your diet. Stir fried vegetables are cooked quickly to retain their crunchy texture.
5. Fresh herbs are delicately flavoured so add them to your cooking in the last few minutes.

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.



Embracing Technological Excellence at LMOIS

The Computer Labs at LMOIS, are equipped with state-of-the-art facilities including high-speed computers, interactive whiteboard, and advanced software applications such as Javascript and Python, providing students with an exceptional platform to explore the digital world. The presence of a projector enhances the learning experience, allowing for dynamic interaction with content.

Moreover, the labs are the epitome of a collaborative hub, enabling students to work together on group projects, and presentations, honing their programming skills, and fostering teamwork. The integration of technology into the school's curriculum ensures that students can apply their knowledge and skills across disciplines, not only in academic work but also in various school initiatives.

The school places a significant emphasis on providing a cutting-edge technological environment. From high-performance computers to a Common Share Server facilitating seamless access to files, the tech ecosystem is designed to enhance the learning experience. The networking infrastructure ensures uninterrupted connectivity, enabling smooth communication and access to online resources. Additionally, the well-equipped and comfortable computer labs create an optimal space for learning and innovation.

Students, from grades I to XII, can engage with these advanced technological resources, fostering digital literacy, critical thinking, and problem-solving skills essential for success in the 21st century. The school's investment in technology goes beyond hardware and software; it's about empowering students to become confident, adaptive, and responsible digital citizens.

With innovation as a core part of its educational philosophy, Lalaji Memorial Omega International School is dedicated to providing an enriching educational journey that prepares students to excel in a rapidly evolving global landscape. The computer labs at LMOIS allow students to explore and conquer their full potential and assist them in achieving academic success.

Contributed

by



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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.





Dr. Amirta Saxena

Head of the Department of Physics
Coordinator SPACE Astronomy Club, In charge of Atal Tinkering Lab.

Formerly, she was the Head of the Department – Physics, Lovely Professional University (LPU), Jalandhar, Punjab.

With 23+ years of experience in Higher education, Research and Teaching in Physics, she has guided Postgraduate (MPhil), Graduate (BE and B. Tech.), senior school students with specialization in the area of Electronics, Engineering Physics, Problems Solving and ATL (Atal Tinkering Lab) enablement in educational institutions.

Dr. Amrita Saxena's PhD topic for dissertation was 'Some aspects of Photoluminescence in Sb doped Alkali halides' from Harcourt Butler Technological Institute, (HBTI – Kanpur) which was published as a National and International research paper. She has done research collaborations with IIT and DRDO Kanpur.

1. How did you decide to get into teaching physics?

I was fond of Maths before I developed interest in Physics. Mostly Physics and Maths go hand in hand. I always appreciated the fact that Maths can be visualized through Physics. So in my third year of graduation, I understood that Physics excited me more. Teaching came very naturally to me, I was the eldest of siblings and was their tutor for as long as I can remember. Actually I was developing a skill set while guiding at home. I started helping other kids in my neighbourhood after my graduation and that was the time when I grew up with an inclination towards teaching profession.

2. How do you make the class more interactive while teaching Physics?

Classes are more interactive when it is relatable to the students. I give real life examples to explain the concepts and as a result they get more interested and active in the class.

3. **What is the most rewarding moment for you as a teacher?**

It is when I can inspire someone to share his or her knowledge or understanding with others.

4. **What is the funniest moment you've had in class?**

In one memorable classroom moment, a student valiantly attempted to explain a complex concept to a confused friend. What made this situation particularly amusing was that the student attempting to explain the concept was just as perplexed as the person receiving the explanation.

5. **What is the difference between how you were taught physics and how you are teaching physics now?**

I was taught Physics theoretically but in my PhD I realized that Physics is understood best when one can visualize it and that's exactly what I try to teach in all my classes.

6. **Do you start talking about Physics topics at home?**

Naturally Physics based thinking reflects my personality and without any efforts conversation of Physics prevails. This has always been a topic of backlash at home because my husband and daughter get irritated and remind me that I am now at home and not in school. It is actually very funny to see their faces when they get all worked up.

7. **When does a class become a good class according to you (academically or behaviourally)?**

When initially the difference is maintained between teacher and students, later the potential difference becomes zero and that class is said to be a good class academically. As soon as flow of knowledge starts automatically, behaviour related issues get arrested.

8. **What is one key point you would like to share with the future teachers?**

An experimenter is better than a theoretical person. In the realm of innovation and discovery, practical knowledge surpasses mere theories.

9. **You were teaching in a college earlier. What difference did you find in teaching college students and school students?**

School teaching involves more love and care towards students. Teachers take care of both academics and psychology of students. College is related to higher education and research.

10. **What do you enjoy doing in your leisure time?**

I enjoy resting and spending time with my family. Meditation plays the most important role in my personal and professional life.

Contributions

by



Aadhitya, XII E



Manaswi Patel, XII E

OMEGAZINE | DECEMBER 2023



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