

A low-angle shot looking up at a bright blue sky filled with white clouds. Numerous black graduation caps with gold tassels are captured mid-air, having just been thrown by graduates. In the foreground, the backs of several graduates wearing black academic gowns are visible, with their arms raised in celebration. The overall mood is one of triumph and achievement.

Omegazine

July 2025

Fuelled by Passion

DRIVEN BY EXCELLENCE

Dear Readers!

Greetings from the editorial board!

Omegazine undoubtedly is the pulse of the school as it strives to capture in print and digital version the appreciable accolades of the students and the momentous moments at the school campus. It has also created a perfect launchpad to kickstart the phenomenal potentials of the students in arts and in other forms of expression. As we roll out the next edition of our Omegazine, we would like to record our heartiest gratefulness to all our contributing voices who have added sparkle and ensured the smooth sail of our magazine.

Our heartfelt appreciation and thanks to our amazing alumni who had zealously responded and shared their experiences.

We also owe our gratitude to our teachers for sharing their expertise and their understandings through their writings.

With all your continued support we hope to bring forth many more editions!

Wish you a very happy reading!

The Editorial Board.

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Embracing COLLABORATION

I've always valued individuality, finding a sense of fulfillment in staying true to who I am. My own perspective, values, and strengths have helped me navigate life's challenges and carve a path that reflects my passions and purpose.

However, there came a realization that despite my best efforts, something was still amiss. While the work I was doing felt good, it wasn't extraordinary. It lacked the spark that comes from diverse perspectives and collective creativity. I began to understand that true innovation and deeper success require not just individual effort, but also the power of collaboration and shared vision.

As I reflected more on this, I started noticing how many people around me were also successful in their own ways. This made me wonder: are

individual leaders truly making a positive impact on the whole, or is there more to be gained by working together? This thought led me to consider that maybe we should be cultivating collaborative leadership much earlier in life, starting in schools.

Over the years, I've pushed myself to step out of my comfort zone and grow, and in doing so, I realized that different leadership qualities—like communication, empathy, and teamwork—can bring out the best in everyone. The key, I realized, is to align these strengths toward a common goal, not just for personal success but for collective growth and greater achievement through shared vision.



In that spirit, I began to think differently about leadership. Instead of sticking to traditional, hierarchical models, I wanted to try something more inclusive. Rather than making decisions alone, I made an effort to gather inputs from others—teachers, colleagues, friends, and even students—breaking down the usual barriers to create space for open dialogue. Through open discussions, I noticed that when people feel heard, they're more willing to collaborate and contribute their best ideas.

It was clear that leadership isn't just about being at the top but all about empowering others to share their ideas in the process. This shift in mind-set allowed us to embrace diverse perspectives, strengthen relationships, and foster a sense of shared responsibility. As we worked

together towards common goals, we saw more creative solutions emerging out of stronger connections.

Of course, challenges came with this approach. At first, some were hesitant, unsure of how collaboration might affect their independence or personal teaching styles. There was also a natural resistance to change, as people worried about losing their autonomy. To address this, we prioritized clear communication and ensured that every person's voice was heard. Discussions were held to build trust and emphasize that collaboration wouldn't diminish individual strengths—it enhances them. Gradually, as we focused on each person's unique qualities and encouraged open dialogue, the sense of community grew stronger. We were able to move forward together.



In the end, it became a win-win situation. Individual goals aligned seamlessly with the broader objectives we all shared. Teachers now felt a greater sense of fulfilment through collaboration as their individual strengths were amplified. The whole community started to thrive, working as one while still valuing each person's contributions. This collaborative energy naturally flowed downward, and the students were picking up on it. They began to see first-hand how "teamwork could make a dream work".

Individuality and collaboration can flourish side by side. I encourage students to embrace collaboration, share ideas and resources, work together, engage in open constructive communication, take leadership roles, solve

problems together and support one another. In doing so, we can create communities that are vibrant, inclusive, and full of opportunities for growth. Together, we can accomplish great things.



Priya Susan Satish
Principal - Junior School

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.

IGNORANCE *is Bliss*

Embracing the Simplicity of Childhood Innocence

by Prakalya - Grade IX A - KCC



Childhood. A period of our lives filled with memorable moments, laughter and joy.

Chasing butterflies and believing that there is a treasure at the end of a rainbow are things which all children must have done at a certain age. We would be minding our own business when a pretty little butterfly would fly past, catching our attention. We would run behind, trying to catch it and on one such rare occasion, we would catch it. We would look at it with wonder filled eyes and then let it go. We would watch it flutter here and there and spend the rest of the day thinking about it. This is childhood. Back then, we used to look at the horizon and say that the mixture of colors in the sky was beautiful but now we think about what the future holds for us.

The phrase “Ignorance is Bliss” speaks of the purity of a child’s perspective in life. Childhood is a time of freedom, curiosity and lack of worries, when the complexity of the adult world hasn’t yet clouded one’s understanding. Children perceive it exactly as they see it thus allowing them to revel in the naturalness of the world. Ignorance doesn’t mean only lack of awareness but also a form of freedom, free from the struggles of the world. There was no need of understanding complexities and in that simplicity, there was bliss. Adults are so engrossed in chasing success that they often forget to stop and enjoy what the world really has to offer them. Children, however, still ignorant to the darker realities of the world, remain peaceful and content. Adults are so busy competing that they fail to



think about their happiness.

On the other hand, children let their souls decide their lives. Their souls are carefree and allow them to fly in the open sky. Adults' souls are always tightly locked in a cage which restricts them with boundaries. Many adults look at children's unconditional euphoria and feel envy. But as children start to grow up and gain maturity, their childlike feelings fade away. As we grow older, we acquire more knowledge and with it, the weight of the world often becomes heavier. As the years pass, we become aware of internal as well as external conflicts, disappointments, societal expectations and peer pressure. But, before all that, we are just children

with an innocence that is a shield against all the adult-life burdens. We do not need comprehension of things around us to find joy. A simple gift, a game played with friends or a rainy day can fill us with a sense of joy and curiosity.

Children approach each day with fresh eyes, finding delight in simple things that adults may not care to give a second-look. In a world which is constantly evolving with people running behind solutions, information and more control, embracing our inner child can be a way to rejuvenate ourselves and bring back joy amidst all intricacies of life.

SIZING UP SHASHI...

by Nisha M - AS Level, CIS



{The respected politician and logophile, Mr. Shashi Tharoor inspired us to explore the unlimited possibilities of the English language with his use of challenging words, especially the sesquipedalian kind. Here is an attempt to use not so common words in a story and still sound good and engaging. Read on to see if we too can size up Sri Shashi Tharoor}

On 12 May, 1624, Arthur Crabb, a sailor from England, was on a voyage to some unexplored lands, along with Sindbad. But their ship, Santa Maria hit an iceberg and sank. Sindbad drowned and died, but Arthur survived. History books never recorded this extraordinary adventure.

Crabb landed on a sequestered island in the Caribbean after the shipwreck. It was inhabited by

the Boho tribe, a formidable group of savages. Not only was the place unusual but the milieu was idiosyncratic too, for, he didn't find female folk on the island! The islanders looked fierce and spoke a babble of tongues that was quite incomprehensible. Arthur was discombobulated.

After extensive perambulation on the island, Arthur sat on a beach. A psammophile that he was, Arthur kept himself occupied with searching for pebbles and shells. Soon he found some sapphire and smaragdine crystals and gradually started relishing this eudaemonic experience, although he was alone.

The crystals he gathered, he understood, were not only exotic but also autochthonous to this island. Back in the mainland, they would make him a

millionaire, he mused. The place and the people seemed untouched by civilisation and they were insouciant to the cares of modern life. What is more, they looked upon him as a chthonic monster and avoided him. But Arthur secretly desired to own this treasure Island....!

'Arrant savages,' Crabb thought about the rustics with utter asperity.

Soon he encountered a group of Bohos who wanted him to return the precious gems he gathered. When he protested, they took him to their leader The chief passed orders in a bizarre language which made Arthur launch into a diatribe with the tyrannical chief. This eventually led to a fracas with the barbarians.

Arthur hoped to abduct the Chief so that he could teach the rustics some manners.

Their draconian laws and sesquipedalian laden language did not allow for any riposte. He was frustrated and furious.

As a final recourse, Crabb befriended the royal physician and suggested that the Chief needed xenotransplantation of the brain-probably that of a goat! He beguiled him into believing that this effort would make the Chief smarter and sensible.

Arthur's rodomontade about the efficacy of this medical procedure led to a farrago of discussions in strange languages, after which the Chief of the island agreed to go under the knife !!Finally, the bird-brained chief got fitted with a goat brain!!! And then, and thus, Arthur Crabb became the Chief of the Treasure Island!!!



WOMEN'S SECURITY *in our society*

by T. Rakshitaa, Grade X A - KCC



According to me, everyone is born with the free will to do what makes them happy or what they aspire to. However, they simply don't have the right to cause distress to someone else. What is it like to be a female in an Indian society? What is it like to get blamed for not wearing proper clothes or staying out late? Does this feel right? Isn't society biased? The simple refuting argument to all this provided by society is that you can't change corrupt-minded people; it is you who must stay vigilant and protect yourself. Protect ourselves from whom? From the monsters created by society? Will the people in the society blame their daughters or sisters if something happens to them, or will they insist that they are to be blamed for the anguish caused?

I am not saying that all these precautions are wrong, especially when I have been taught to follow them, but when a man is wearing what he likes and does what he likes and doesn't get assaulted for that, why should a woman be put into that state? Where's the other balance in the weighing machine? I mean I get blamed when someone who disrupts my peace deserves the major blame. So many constraints in a woman's life just for the sake of men's eyes. It has to be them who look at every other female in a good way, it has to be them who need to train their minds, not us; why should we hide when we're doing nothing wrong; Why should we hesitate to fly just because of society's stereotype that we might lose a wing if we fly high?





Every household teaches a girl child to be obedient and follow social norms. Does it teach its boy child to look at every other female as his sister, mother or friend? Does it teach him to respect someone's boundaries? Does it? If it had, would there be any reason for all the articles or protests to promote women's safety? Would there be an explanation for the deaths of numerous females over the years? Would there be a feeling of terror or anxiety every time a female goes out alone? Would there be a reason for me to write this article?

I give no right to someone to cause agony to me, and it is not because of what I do that I get the uneasiness; rather, it is someone else's uncontrolled thought or action. It is the responsibility of parents and teachers to teach what is wrong and what is right to a child at a young age. As a friend and classmate, the least I can do right now is to address and spread this mindset among my peers. If only society wasn't too caught up blaming the victims, it could have instilled the correct mindset or ideology in

lots of minds. It could have stopped the incentive of not punishing wrongdoings from spreading. A lot many things could be different than inflicting even more pain to the troubled females. Now, coming to balance in this case, get trained to throw a punch, get yourself mentally and physically prepared for facing corrupt-minded people, hold your head high, and let your voice be the loudest when you've done nothing wrong.

I think this is what females should have been taught. This is what the coming generation should be inculcated with. This is what society should have done.

We are the future of the nation. Does India want to witness yet another generation with an unprincipled mindset? What we are not changing, we are choosing. I choose to change this.

*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."
- Mother Teresa.*



Dust of **THOUGHTS**

by Ivan Dhas - Grade XII C

Have you ever wondered about the white piece of calcium carbonate (CaCO_3) that is used to write? Commonly considered a useful pedagogic tool, it however, serves pretty well as a weapon for our breaktime goofy battles.

As bundles and bundles of notes are written, all the students' hands crack with pain, which may go in vain if it's not stored in the brain. In the years of yore, the particles of powder used to fill the air with sneezing sounds here and there. Though it contains carbon (apparently a part of charcoal) it is bright white which really doesn't make sense to my silly

*mind. Never a problem to write on a slate, but try writing on a board and you will see your fate. Now, who is our little friend's companion? None other than the mighty BOARD! Both come to stand as a teacher's shield and sword. **It sits there collecting calcium carbonate dust from ages bygone.***

Teachers have left and students have passed, but there sits the dust to stay forever. Though one is tiny and the other huge, one white and the other black, still they stand together hand in hand as a student's nightmare. And if you are still wondering what the tool is well it is nothing but a piece of 'CHALK', my friend.



UNTOLD TALES

about tables

by Antonetta - Grade XII C



A school is incomplete without its desks and chairs. The school tables and students have a very unique bond between them which is inseparable. More than using these desks for studies, we use these desks for a variety of other purposes. We carve our names on these desks using compasses. We use pencils, sketches, markers to draw caricatures, squiggles, graffiti, doodles and what not on those tables, though we are not supposed to. Isn't it funny that there are papers available in the markets yet we show our artistic skills on these desks? But one must admit that drawings turn out better on those tables rather than on a piece of paper. Students show their drawing skills when they are bored listening to the teachers for a long time.

Furthermore, tables are the second beds to the students, and it feels extremely comfortable during the first period and in the afternoons. Luckily these tables do not have ears or mouths to sneak upon us.

They have been witnesses to our secretly whispered conversations during classes and test time. These tables have the endurance to tolerate all the atrocities we do. They patiently bear with us when we accidentally or casually drop our breakfast, lunch or spill water on them. During lunchtime, these desks carefully eavesdrop on the students about the new gossips/rumours or the stories they share with their friends. Some smart students write down the formulae on these desks, so when we are struggling with a question, these tables come handy. But if we are caught, the story is different... Thank God! These tables don't have life. If they have one, the ears of these tables will have no rest as they have to constantly hear the incessant lectures of teachers and students' endless yapping. When the day comes to an end, they finally have some peace.

These tables are a part of students' lives as they hold a lot of their memories and emotions. Schooling is incomplete without them...

Why I chose HUMANITIES

by Avantika Sharma - Grade XII I



Why did I choose humanities? It's a question I've been asked more than once, and one I've spent more time thinking about than I would like to admit - trying to structure the perfect answer, to sound sure of myself. The truth is, when I first made the decision to choose humanities, I didn't fully realize the depth of what I was getting into. But looking back now, I see that it wasn't just a choice—it was the right path for me, one that has moulded the way I think, learn, and view the world.

When I first arrived at this school, I felt like I was in an entirely new dimension. In under a year, I've learned more than I did in the decade I spent at my old school. There's something about the environment here that feels more like home - not for one second did I feel out of place. Humanities isn't just a stream for me; it's become a series of discoveries, both about the world and about myself. It's opened me up in more ways than one.

At first, though, I'll admit, I didn't approach humanities with the seriousness it deserves. I just assumed that I'd have more time to figure things out. Growing up, I assumed I had plenty of time to decide on what I wanted to do with my life. My ideal scenario was always to suddenly stumble upon a subject, fall in love with it and somehow turn that passion into a career that would set me up for life. But when the time came to actually choose, I was drawn to humanities because it offered subjects that truly fascinated me.

Political Science, History, Economics, Sociology—these were the subjects that caught my attention. These were the subjects that made me think, that made me question everything I thought I knew. From a young age, I was always curious about human behaviour. Why do people think the way they do? Why do they act the way they do? I wanted to understand the inner workings of human nature. Choosing humanities gave me the opportunity to explore those questions, but not exactly in the way I thought I would.

I used to think that subjects like history or sociology were more straightforward, that there was only one right answer, much like, say, solving a math problem. But to my surprise I came to realise that the beauty of these subjects is that they don't offer simple, one-dimensional answers. Instead, they let you explore multiple perspectives, challenge your own assumptions, and meet with ideas that make you rethink everything. So much so that you begin to doubt and question everything you think you know. I've learned that there is rarely just one answer—there are so many layers of complexity, and understanding those layers are what makes studying these subjects so rewarding.

Now, when I look back on the decision to choose humanities, I realize it wasn't just about picking a set of subjects—it was about choosing a way of thinking. It's about embracing the ugliness, the beauty, and the messiness of human experience,

questioning what we know, and learning to think critically about the world around us. Humanities has changed the way I approach every situation, every conversation, and every single idea. It's definitely not always easy, but it's always worth it.

It's not just about the subjects I'm learning—it's about shaping the way, I interact with the rest of the world, and for that, I'm incredibly grateful.

THE WHISPER *of the wind*



by Hrithik - Grade VII J

*The wind whispers softly through the trees,
Dancing with leaves, as light as a breeze.
It swirls and twirls with playful might,
Filling the day with pure delight.*

*It sings in the valleys, hums in the hills,
Over the meadows, through the streams it spills.
With every gust, it tells a tale,
Of distant lands and ships that sail.*

*It carries the scent of rain and pine,
And brushes your face, so sweet, divine.
The wind is free, it cannot be caught,
A gift of nature, freely sought.*

*So listen closely to its song,
The wind is with you all along.
A quiet companion, gentle and kind,
Forever whispering in your mind.*

THE OLDEN *days*



by Srimitrhan Pratheepan - Grade VI H

*One day, it was a small memory
Floating in my brain.
Now it is just a true remedy
Like an umbrella in the rain.*

*Going through the empty streets of my memory lane
Tears of joy welling my face
Like pieces of candy cane.
Always missing the olden days.*

*But you should remember your goal
And keep going on.
Go on with your stroll
And let sadness be gone.*

*Remember your important work
And make this a golden day.
Memories keep staying in your brain and lurk
But never stop on the way.*

HUES & SHADES

Art is the vehicle for expressing our 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.





Graphic Art in PRINTMAKING

Printmaking is a key branch of graphic art that involves creating images through a variety of techniques, such as engraving, etching, lithography, and screen printing. Artists transfer designs from a prepared surface, like a woodblock or metal plate, onto paper or other materials. This process allows for multiple reproductions of the same artwork while maintaining its originality. Printmaking has been a cornerstone of artistic and commercial production, blending craftsmanship with design to create striking visuals.

STENCIL PRINT

of an Elegant Feline

Geetha Lakshmi, a grade XII student, has been exploring stencil printing as part of her art project. This creative technique is perfect for making bold and striking designs. For her cat portrait, Geetha simplified the image into distinct shapes, focusing on the cat's key features like its eyes, whiskers, and fur. She used materials like thick paper to craft her stencil, which she placed on a surface such as paper. By applying paint through the stencil's cut-out areas, she achieved a clean and vivid image. Her work demonstrates the versatility of stencil printing and its ability to capture the essence of a cat in art.



COLLOGRAPHY PRINT

of Floral Perch



Jayabala, a grade XII student, skilfully created a collography print titled *Floral Perch* using threads, cardboard, and glue. In this printmaking technique, she designed a textured plate by arranging materials to represent a bird perched amidst flowers. The plate was then inked and pressed onto paper, producing a vivid and textured print. Through her work, Jayabala demonstrated creativity and precision, capturing the natural beauty of the scene while showcasing the artistic possibilities of collography.

POLYMER LITHOGRAPHY PRINT

of Regal Splendor



Edwin Judo, a grade XII student, showcased his creativity and skill through his polymer lithography print titled *Regal Splendour*, featuring a Kalamkari-style peacock. He designed an intricate peacock motif inspired by the traditional patterns of Kalamkari art. This design was transferred onto a polymer-coated plate, which was then exposed to UV light, hardening the image areas. After washing the plate to reveal the design, Edwin carefully applied ink and used a printing press to transfer the image onto paper. The final artwork beautifully captures the regal elegance of the peacock, blending traditional inspiration with modern techniques.

DRYPOINT PRINTMAKING

of Buzzing Beauty

Siddharth, a grade XII student, has created an outstanding drypoint print of a bumblebee in monotone. He began by carefully etching the intricate details of the bumblebee onto an acrylic plate using a sharp tool. Ink was applied to the plate and wiped to leave ink only in the etched lines. The plate was then pressed onto paper, producing a beautifully textured and detailed image. Siddharth's work captures the bumblebee's delicate features with precision and skill, showcasing his mastery of the drypoint technique and his keen artistic eye.



GET, SET GOAL

Sports teaches you character. It teaches you to play by the 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 many years. Many omegaites have pursued the sports of their choice and excelled in the same.

SKATING

Abinav Kumar, VII won the silver medal in the 34th Tamil Nadu State Championship for Artistic Skating, held in Pollachi by the Indian Federation for Roller Skating. His outstanding performance has earned him a spot at the National Championship.



Abinav Kumar



E K Sai Aksharan

E K Sai Aksharan, LKG won Bronze in 200m Speed Skating and got selected for the Nationals in Tamil Nadu. He also secured the fifth place in the 400m Speed Skating and was selected for the Nationals.

Hiranmayee Sriramkrishnan, UKG excelled at the Chengalpattu District Speed Skating Championship and qualified for the State-Level Championship.



Hiranmayee Sriramkrishnan



Sanjana Sundar

Sanjana Sundar, XI showcased her exceptional talent at the 62nd National Roller-Skating Championships held in Bangalore, competing in the discipline of inline freestyle skating. She secured a silver medal in the Girls' Speed Slalom (14 to 17 age category) with an impressive timing of 4.93 seconds and also participated in the Classic Slalom event. She was also felicitated with a medal by RSFI for representing India at the World Skate Games in Italy.



KHO-KHO

Our girls U-14 Kho-Kho Team emerged as the Champions in the St. Joseph Inter-District Kho-Kho Tournament. Ganisska of Grade VI received the Best Player Award. Gowri of Grade VIII has been selected to represent the Tamil Nadu team at the prestigious Khelo India Youth Nationals.



SWIMMING

J.V. Liyana from Grade VI, CIS Wing, excelled at the Stream Association First State Level championship held at SS Sports Village, Kundrathur. She bagged Gold in 50m Freestyle Relay, 50m IM Relay and Bronze in 50m Freestyle.

Sai Raksha, a talented swimmer from Grade V secured two gold medals and the Individual Championship at the JS Global Vidhyamandhir Inter-School Swimming Meet.



CRICKET

NIOS cricket team clinched victory in the prestigious TNCA UI6 Schools Tournament.

The star performers were Arya Ganesh (captain),

Sachin Bhoopathy (wicket-taker), Siga Ponmudi, Mukundhan and Adhwick Eswaran.



Six students and three alumni were selected for the Tamil Nadu Under-19 State Cricket Team for the 2024-2025 season.

Abhinav Kannan (XII NIOS) – Captain,

Sachin B. (XII NIOS) and Sandeep B. (XI NIOS).

Omega Alumni: Shrenik, Kiran Karthikeyan, RK Jayant



The CBSE UI2 Boys Cricket Team was the Runners-Up at the PPL Tournament hosted by the Rotary Club of Madras East where Akshat was crowned as the best bowler and player of the tournament.

KARATE

Samuel, X NIOS achieved the Dan 2 level in Karate under the KENYU-RYU KARATE-DO India Branch.



Samuel

CHESS

T Sai Prithwin, a Grade 1 student of CIS, secured 1st place in the Tiruvallur District-level Chess Tournament. His exceptional strategic thinking and dedication to the game had earned him the honor of representing Tiruvallur District in the State-level Chess Tournament.



T Sai Prithwin



Fredrick Russell

ATHLETICS

Fredrick Russell clocked a time of 10:86 Seconds in the 100m and won the 5th place, marking the Personal Best (PB) and also bagged Bronze medal in 4x100m relay at the prestigious Khelo India Youth Athletics Championship in Patna, Bihar.



Arunachalam

SILAMBAM

Arunachalam, XI NIOS, brought home the Gold in both the Single Stick and Double Stick categories at the Indian Youth Traditional Silambam Association competition.



HOCKEY

The PSBB hockey tournament was won by our school's boys squad. In the PSBB hockey competition, the girls' team secured second place.

YOGA

At the National Yoga Championship organized by Bodhi Yoga Academy our students won several awards:

U7 - Humes and Devasree, II

U10 - Dashrath and Nikitha, V

U12 - Athish, VII and Kenisha, VII

Kamalini VIII - 3rd Place



BASKETBALL

Our basketball girls were placed third in interschool tournament conducted by St. Joseph College of Arts and Science - Kovur



FOOTBALL

Our football team was crowned Champions at the prestigious state-level tournament organized by The Hindu Group and Vellore Group of International Schools. Ritesh Kumar was adjudged the Best Player of the Tournament, Siddharth, the Best Goalkeeper, and Aadhithya clinched the Golden Ball Award.



Sagar of Grade XII received a Form-2 certificate in The Swami Vivekananda National Football Tournament held in Narainpur, Chhattisgarh.



Avanthika Swamy of Grade XI (NIOS Stream) has been selected to represent the Tamil Nadu Girls Football Team at the prestigious Khelo India Youth Games 2025.

In the SV High Football Tournament 2024-25, Cambridge stream (CIS) competed in both the U13 and U15 categories, with eight teams participating in each. Our U13 team displayed impressive skills, reaching the semifinals and our U15 team made it to the finals.



T-TALK

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

Science— A NEED OF TODAY'S WORLD



Why should one learn science? Science fosters creative thinking and profound imagination. Further, in the subject of science, one can experiment upon and verify ideas. Whatever the students learn has an immediate application in the world around them. Every aspect of life today has been influenced by science in one way or the other. Everything or every event happening around us demands some knowledge of simple scientific facts or principles.

Science has made our lives easy. From the moment we get up till we go to bed, we depend on science in many ways. The alarm clock that wakes us up, the toothpaste and the soap that we use, the kitchen appliances, the mobile phones and the

transportation we use are all based on some scientific principles.

Science has become an integral part of our lives in countless ways. The discovery of electricity has a tremendous impact on the modern world. We can't imagine a world without electricity. Every young man and woman should understand the dependence of any modern society upon scientific inventions. The wonderful inventions of science have glorified the modern world. The application of science in the fields of industry, communication, transport, engineering, agriculture, and medicine has made science more important than ever before. Along with the acquisition of knowledge, it makes man aware of the

vastness of the unknown to be explored. Furthermore, science enables us to appreciate the world around us, from the appearance of a rainbow, studying weather patterns, exploring new places to the changes in the universe. The advancements in the field of medicine have increased life expectancy by means of detection, early cure and the eradication of some life-threatening diseases.

We live in a scientific and technological era and no citizen can live peacefully in a developed society without a basic understanding of science and certain primary skills. Every one of us needs to lead a healthy life with proper sanitation and clean surroundings. The knowledge and skills required by a common man in dealing with electrical, plumbing, and first-aid

may be quoted as some of the examples of the importance of learning basic science in schools.

If we refer to “preparation of the youth for the future” as one of the aims of education, then science is rightly serving that purpose. Students who pursue science, develop the habit of searching for the truth. In the pursuit of truth, the students imbibe qualities like inquisitiveness, perseverance, open-mindedness, concentration, decision-making, patience, exploration, problem-solving, keen observation and unbiased judgments. These qualities, if instilled in students' minds, improve their behavior patterns and make them self-confident.



Ms. Mythili K.
HOD - Science, CBSE Junior School

CAMPUS DRONE

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

ART & ESSAY Contest



The National Event organized by Akhil Bhartiya Nagrik Vikas Kendra saw enthusiastic participation from students across all streams. Our young learners proved their mettle through vibrant artwork, insightful essays, and creative writing pieces. We have won the Best School Award, Ideal Principal Award, Best Teacher Award, around 25 students have received various awards. Sravya V.M of Grade X, CIS, Won the “Best Drawing” award..

SRISHTI KUNJ 2025

On World Hindi Day, the Department of Hindi, hosted the Inter-School Competition “Srishti Kunj – 2025” with immense enthusiasm. The event brought together students from II to IX across ten city schools, celebrating the richness of Hindi language and culture.



LOGO Quest



NIOS wing’s Commerce Department hosted Logo Quest 2024, a vibrant logo design contest for students of classes VIII to X. Students poured their creativity into crafting unique company names and eye-catching logos for their chosen products, turning the competition into an inspiring showcase of innovation and branding talent.

OISAA Connect



As a part of the OISAA Connect initiative in the CIS & IB, Omega alumnus Mr. Pranav Karthikeyan, now a student at Nanyang Technological University (NTU), Singapore conducted an exclusive international outreach program for our students. Representing the School of Social Sciences at NTU,

Pranav shared his journey, insights, and experiences, inspiring current students with a first-hand look at life beyond Omega.

The Omega International School Alumni Association (OISAA) hosted its second edition of Homecoming - 2024 with the campus abuzz with around 550 vibrant, enthusiastic alumni walking around meeting their beloved teachers and dear friends.

TOGETHER TO reflect



Our IBDP and Cambridge educators, led by Director Dr. Bhavanishankar Subramanian and Head of School Ms. Divya Samvit Rajagopalan, participated in Aalamaram, a national thought leadership event hosted by Akshar Arbol International School, Chennai.

Educators from IB and Cambridge schools across India came together to reflect, share, and grow.

Dr. Bhavanishankar and Ms. Divya contributed to the Leadership Roundtable, while Ms. Divya also led a session on Happy Schools and co-presented with Ms. Avi Chandra on the transformative impact of the Graded Reading Programme.

ENGLISH LEARNER'S *League*



The Octagon became a Champion's Arena as Omega's English Learner's League from CBSE Senior School held its annual inter-class literary competitions. Students of X displayed sharp wit and oratory finesse in Block & Tackle, navigating spontaneous challenges with ease. Meanwhile,

Students of IX captivated the audience in Dialogue Dash, stepping into fictional roles with impressive creativity and energy.

The highlight of the day was a powerful performance by the club members in *The Tragical History of the Life and Death of Doctor Faustus*, a classic play that held the audience in rapt attention. Their portrayal of this timeless tale was nothing short of spell binding.

PLASTIC-FREE *Awareness*



The CBSE Senior School had the honor of hosting Mr. A.K. Fatah, IAS, Director of the Plastic-Free Tamil Nadu project. Engaging students from IX to XII. Mr. Fatah shared impactful insights into the harmful effects of plastic on our environment and ecosystems. He encouraged everyone to commit to

responsible plastic use and safe disposal practices. Omegaites proudly took an oath to reduce plastic usage and make sustainable choices for a greener tomorrow.

PINK RIBBONS



The Sooryodhaya Interact Club of CIS and IB wing organized an initiative to raise awareness about breast cancer. Pink ribbons were distributed to teachers as a symbol of solidarity, reminding women to prioritize self-examination and regular health check-ups.

NUTRITION *Awareness*

NIOS wing's Science Department hosted an enlightening seminar for VIII to XII, led by Ms. Karpagavalli Palani Bavani, Nutritionist and Founder CEO of SoulTum. The session shed light on the truth behind trending fad diets like keto and paleo, busting myths fueled by social media. Ms. Karpagavalli emphasized the dangers of processed foods with preservatives, linking them to health risks, including cancer.



VIBRANT *RJs*



The vibrant RJs of Omega had the audience in splits at the exciting radio show organized by the English Department of the senior CBSE block. The show, hosted for Grade XI students, showcased a range of performances highlighting the students' linguistic skills, emotional expression, and sense of humour.

SPELL BEE



Students of IX and X from the CIS and IB wing took on the challenge in the interclass Spell Bee competition. With ten rounds of increasingly tough words, participants showcased impressive vocabulary, focus, and mental agility, captivating teachers, peers, and judges alike.

ADVENTURE Programme

A team of 30 Scouts and Guides from the CBSE Junior School Wing joined the 518th National Adventure Programme held in the scenic hills of Pachmarhi, Madhya Pradesh.



TRAFFIC Awareness



Students participated in an insightful traffic awareness programme conducted by the city's traffic police. Around 200 students gathered to learn about road safety rules, responsible pedestrian behaviour, and the importance of adhering to traffic laws.



PROFESSIONAL *Exchange*

Our IBDP teachers participated in the SAIBSA Job-Alike workshop hosted by K C High School. This enriching event gathered 190 educators from IB schools across Chennai, Bangalore, and Mumbai, creating a valuable platform for professional exchange and collaboration.

SKILLS FOR *Adolescence*

The school conducted a two-day LIONS Quest Teacher Training Workshop titled “Skills for Adolescence”. Ln. Dr. K. Alamelu from the LIONS Club of Chennai, Nandavanam, highlighted the significance of Social Emotional Learning in today’s ever-changing world. The resource person, Ln Dr. PER Premchand, shared invaluable insights on fostering strong relationships in the classroom, making learning more joyful, and spreading positive impacts to students’ families and communities.



IB SCHOOLS *Conference*

Ms. Divya Samvit Rajagopalan, Head of School for Cambridge & IB, represented HIS, Omega Branch at the Pan India and South Asia IB Heads Conference 2025 in Gurgaon. The conference, organized by the Association of Heads of IB Schools in India and South Asia, brought together visionary IB leaders from over 100 schools to discuss the evolving landscape of international education, leadership, and innovation.





In the NCC Annual Training Camp that took place at Great Harvest Vidyalaya, Veerapuram, Avadi, our First Officer, Mr. Vijayanath Yadav, served as the Camp Adjutant Officer, leading 260 NCC cadets from the Senior and Junior Divisions alongside 15 army officers and 11 civil staff.

Junior Wing Army Cadet Gayathri was appointed as Company Sergeant Major (CSM), and Air Wing Flight Cadet Aiswarya was appointed as Sergeant. Gayathri progressed to the RDC Launch Camp and Aiswarya represented the Inter-Group Contingents at the Republic Day Camp (RDC).



The school conducted the Pipping Ceremony to honour the achievements of the NCC cadets.

Twenty cadets were selected alongside MVM to lead the NCC Directorate Contingents (Tamil Nadu, Puducherry, and Andaman & Nicobar). Their stellar performance earned them medals, certificates, track suits, T-shirts, DMS boots, socks, masks, and a cup from the NCC Directorate.



OUR POWER

Our Planet



"Our Power, Our Planet" hosted by the Humanities department of CBSE Junior School beautifully tied together the spirit of identity and responsibility. The event was a vibrant celebration of our roots and our role in safe guarding the Earth.

WILLIAM

Shakespeare

Commemorating the birth anniversary of William Shakespeare, the CBSE Junior School embarked on a literary journey celebrating the Bard's enduring legacy which hosted a lot of creative activities — from a Shakespeare-themed quiz and exploration of iconic phrases to chart and model displays, Elizabethan cuisine sampling, and inspiring theatre performances during English periods.



BHAGAVAD

Gita



The Shrimad Bhagavad Gita Sloka Recitation Competition, inspired 132 students from III to VIII of the CBSE Junior School to explore the profound teachings of Sankhya Yoga (Chapter 2). This event nurtured values of discipline, focus, and self-awareness, fostering both spiritual and emotional growth.

INDIGO PLUG-IN *STEMsational discoveries*



International Science Day is celebrated on 10th November every year commemorating the power of discovery and innovation. To honour this occasion, Indigo Heartful Kids hosted an exhilarating Science Fair, showcasing the brilliance and creativity of young minds. With our Correspondent, Mr. Bharath Madhavan inaugurating the event and

setting an energetic tone for the day, this fair featured an array of impressive working models, bringing scientific concepts to life. Among the standout projects were a solar-powered vehicle, a detailed display of human internal body organs, functional electric circuits, realistic representations of various habitats, and a captivating model of the solar system. Each project was a testament to the students' creativity, curiosity, and hands-on approach to learning. Visitors were enthralled by the interactive displays and engaging experiments. The Science Fair was more than just an exhibition—it was a celebration of innovation, exploration, and the boundless wonders of science!

AUTISTIC INTELLIGENCE *An Enigma*

Dhivya and Narendran Kumar, parents of Arvind and Anushka were returning home after a long day of work, to find solace in the company of loved ones.

Most evenings, the family spent time together playing games and sharing stories. Anushka enjoyed playing with her numerous collections of toys, while Arvind often immersed himself in looking at calendars. Arvind had been diagnosed with ASD (Autism Spectrum Disorder) and ADHD, and though his family didn't fully understand what he was



observing, they knew that children with ASD tend to be strong visual learners.

Studying at Heartful Kids in grade 7, Arvind's remarkable memory extends beyond calendars. He remembers the birthday of every teacher and student accurately. His classmates marvel at his talent, and whenever asked, he enjoys making calendars on the class board. For his peers, he is nothing short of a magician—one without a wand, yet capable of conjuring up dates and memories with astonishing precision.

This extraordinary ability leaves the parents in awe. It highlights the concept of spatial intelligence in a way they have never experienced before. Watching their child perform what feels like magical calculations out of thin air, they can't help but wonder if there is something even deeper at work—an intelligence and a way of perceiving the world that goes far beyond our usual understanding.



JOYFUL JOURNEYS: *Heartful Kids KG BMA*



Children's Day was a delightful tapestry of joy, laughter, and boundless excitement, creating cherished memories for our young learners. The celebration was filled with vibrant activities, fostering creativity, curiosity, and camaraderie among our little stars. From engaging challenges and an intriguing science experiment for Pre-KG to cinematic delight and artistic explorations for LKG, and a delightful fireless cooking session for UKG, every moment was enchanting. The celebration culminated in a mesmerizing Bubble Bash, crafting unforgettable memories!

Pongal celebration radiated vibrant joy as the campus was transformed into a picturesque countryside, adorned with hay-roofed huts, farm animals, and colourful Rangolis.



Our little learners embarked on a vivid journey through Colour Fortnight, celebrating diversity, emotions, and creativity in every hue! Dressed in brilliant shades, they explored colors through hands-on experiments, engaging activities, and exciting challenges. Thought-provoking stories and discussions deepened their connection between colours and emotions, fostering empathy and self-expression. Through immersive storytelling, they embraced multilingual voices, global cultures, rich traditions, and diverse cuisines, cultivating a spirit of



appreciation and inclusivity.

The vibrant conclusion of Colour Fest was a spectacular fusion of joy, creativity, and togetherness. Parents and children immersed themselves in exciting games and interactive activities, filling the campus with energy and laughter. Nostalgic panangai vandis and tyre trots rekindled childhood memories, while the Tulika book stall sparked curiosity and a love for reading. Our little ones left with hearts full of joy and minds enriched with unforgettable experiences.



As part of our Community Helpers theme, our UKG children visited the Indian Bank branch in Manapakkam for an exciting hands-on experience. The little learners had the chance to discover the important roles of bankers, cashiers, and clerks while also getting a firsthand look at how ATMs work.



Students from IGCSE and IB IX to XII set off on an unforgettable journey through Hyderabad and the serene Kanha Shanti Vanam, Birla Mandir, and ventured into the behind-the-scenes magic of Ramoji Film City.

Students from IX and X Apparel and XI and XII Fashion Studies embarked on a vibrant three day workshop, guided by the Arts & Crafts Department. Under the expert tutelage of Mr.Krishnamoorthy, a seasoned artisan from the Weavers Service Center, students delved into the art of natural dyeing, mastering techniques such as block printing, screen printing, batik, and tie-dye. They experimented with dyes from vegetables and flowers, bringing unique creations to life.



Trips



Our LKG kiddos had an exciting infotainment trip to the Rail Museum in Chennai where they explored vintage locomotives, coaches, and engines from the steam, diesel, and electric eras, sparking curiosity and wonder. The indoor gallery offered a fascinating glimpse into the history of Indian railways, showing how trains have evolved over the years.

Students of VII had an unforgettable visit to Asia's largest Seashell Museum in Mahabalipuram. The students deepened their understanding of the ecological roles of shells before visiting the UNESCO World Heritage Site, the Five Rathas.



Indigo students from Grades I-VIII had an unforgettable time at Tamil Nilam, Tamil Pannai. The immersive field trip took them on a journey through organic farming, where they learned about tree species and their medicinal uses. Students got a taste of village life that fostered a deeper appreciation for agriculture.



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.



Our school achieved remarkable recognition in the EducationWorld India School Grand Jury Rankings 2024-25. We are ranked 4th in India, 2nd in Tamil Nadu, and 2nd in Chennai in the category of "SDG Committed Schools".



Our school was honoured with prestigious recognitions at the NGTM Awards 2024 for our impactful solid waste management and recycling initiatives. A Special Excellence Award was presented to Dr. Bhavanishankar, Director of Strategy, Research, and Innovation for his exceptional leadership and vision.

Dr. Bhavanishankar, Director of Strategy, Research, and Innovation delivered a thought-provoking session on "Assessments: Reliability and Validation" at the prestigious Future of Education 2024 conference at IIT Madras Research Park. His address underscored the importance of robust evaluation frameworks in driving educational excellence and innovation, inspiring educators and leaders to rethink assessment strategies. His impactful session was a call to action for educators to embrace precision in assessments, ensuring every learner's potential is accurately recognized and nurtured. Adding to this momentous occasion, Heartfulness International School was honoured with an award for being among the Top 100 Schools in India!.



ACADEMIC

Grade XII Results

100% Success

293 Students

37 Centums

83.82% Average



R Rohin Aditya
494/500 - 98.8%

Our students had set new benchmarks, showcasing unparalleled dedication and excellence in academics producing the outstanding CBSE results for Grades X and XII – Academic Year 2024–25!



J Santhoshini
491/500 - 98.2%



Darsh Kumar Parmar
491/500 - 98.2%



T V Jaisri
489/500 - 97.8%



Rishwanth Subramaniam
489/500 - 97.8%

IGCSE Results

51 A*s / 85 As

We are proud to share the outstanding results of our students in the IGCSE March Series Examinations 2025.

Leading the way with academic brilliance are our toppers:



Srishti Venkat Srinivasan
94% (6A*s, 1A)

Excellence

Grade X Results



Gayatri A
495/500 - 99%



Karva Ramakrishnan
494/500 - 98.8%



Adarsh Ravi
494/500 - 98.8%

100% Success

350 Students

122 Centums

88.34% Average



Shivani Periyasamy
494/500 - 98.8%



M Aashrithaa
494/500 - 98.8%



R Shree Samhita
493/500 - 98.6%



Shruti Shanmugam
93.4% (5A*s, 1A)



Sravya V M
93.2% (4A*s, 2A)



Pranav Muralidharan
92.6% (4A*s, 1A)



Suji Kim
91.6% (4A*s, 1A)

MEGA Tinkering Day



Harish, an A-level student from CIS, secured the third prize at the prestigious Mega Tinkering Day 2024. Harish engineered a cutting-edge disaster relief robot designed for challenging Earth terrains. He was awarded a cash prize for his outstanding project aligned with the UN Sustainable Development Goals.

QUIZ Vibe

CBSE stream students excelled at QUIZ VIBE, a state-level technical quiz competition organized by the Computer Society of India in association with St. Joseph's Institute of Technology. Lakshaya N and Yaraswini XII bagged the First Prize, while Guhan Eswar G and Mithuun Nirmal clinched the Third Prize



SPEEDCUBER

Siddarth Suresh Kanna VII bagged remarkable achievements at the State Level Rubik's Cube Competition. In the U14 category which he competed in, Siddarth bagged First prize in Cube Relay (II) and Third prize in Cube Relay (I) and Wooden Cube.

PATTAM TAMIL Quiz



Shruti Shanmugam X and Nisha AS Level competed against students from 200 schools, at the Pattam Tamil Newspaper Quiz Competition, organized by Dinamalar. They were qualified for the finals after two challenging intra-school rounds. The grand finale saw 200 teams, with only the top 25 being felicitated—including our brilliant duo!

ATAL Tinkering Lab

Atal Tinkering Lab (ATL) initiative of the school was honoured with the Certificate of Appreciation from Generation Green 2024, recognizing our commitment to sustainability and responsible e-waste management, an initiative by OPPO India, in collaboration with AICTE and supported by Atal Innovation Mission, NITI Aayog.



SOF Awards



We are proud to share that our Principal, Dr. Muthiah, was honoured with the “SOF Best International Principal”, Ms. Maheswari, Ms. Supriya Nigam and Ms. Jayapriya have won the “SOF Best International Teacher Award” 2024-25 at the 27th International Annual Award Ceremony held by the Science Olympiad Foundation in New Delhi.

ABACUS

Devasana I CIS, had secured 2nd place in the Tamil Nadu state Level Abacus and Mental Arithmetic Competition.



Best DUODLER

Vihaan Rahul V had his artwork selected as a special Children's Day doodle by the leading Malayalam newspaper, Malayala Manorama. In a heartwarming gesture, his doodle replaced the newspaper's regular logo, perfectly capturing the vibrant essence of Children's Day.

RSIC

M. Kautik Kanna XI was selected for the Research Science Initiative (RSIC) Summer Residential Program 2025 at IIT Madras. This prestigious program offered him an enriching experience through lectures, lab visits, research projects, and field trips, fostering his passion for science and innovation.



BIG BANG Competition

Prajeet Balaji IX secured a spot in the Top 20 at the BIG BANG Competition, Coimbatore. His outstanding performance earned him a ₹2000 cash prize, a trophy, and a certificate.

The Head of School (Cambridge & IBDP), Ms. Divya Samvit Rajagopalan, was honored at the prestigious Asian Excellence Awards '24 held in Gurugram .



Rahul P XI, NIOS, earned the Best Position Paper in Foreign Policy and received a High Commendation as a delegate representing Hungary in the Social, Cultural, and Humanitarian Committee at ISHMUN, hosted by Sishya at Adyar.

Mukilan Senthilkumar X secured the First place at the District Level in the prestigious Vidyarthi Vijyan Manthan Exam. Taking part in the state-level camp further highlights his passion for science and commitment to learning. This national-level initiative, organized by Vijnana Bharati (VIBHA) in collaboration with NCERT and NCSM encourages students to delve into the world of Science.



B. Nivedhaa IX from NIOS wing, secured third place in the state-level essay competition held to commemorate the 143rd birth anniversary of Mahakavi Subramania Bharathiar. Nivedhaa received her award from the Honourable Governor of Tamil Nadu during the Republic Day 2025 "At Home" celebration at Raj Bhavan, Chennai, on 26th January 2025.

UNESCO World Record



Ms. Devisri, Art Facilitator at CBSE Junior School, along with 20 students, became part of a historic UNICO World Record by contributing to a breathtaking 2,025 sq. ft. photomosaic artwork on glass acrylic, featuring 500 iconic Indians—freedom fighters, scientists, martyrs, and national award winners. This masterpiece also formed the map of India, symbolizing the unity and spirit of our great nation.

INTERACT Club

Ten of our Interactors participated in the New Gen Leaders (NGL) Rotary Youth Leadership Awards (RYLA) Camp held at Dr. M.G.R Educational and Research Institute, Maduravoyal. This one-day leadership program enhanced their skills through interactive activities, executive insights on Interact, and peer networking. Itr. Rishwin (Class XI D), President of Chandrodaya Interact Club, was adjudged the Best RYLarian, Itr. Srivar received the Active Participant RYLarian Award.



Inter School MUSIC Competition

Our young choir performed a patriotic song that earned them the Runner-Up title in the Inter-School Choral Music Competition. The evening's proceedings were graced by the esteemed Mr. Ramesh Vinayakam, who joined as the Chief Guest, adding to the significance of the celebration.



STUDENT *Editor*



Diya VI from CBSE Junior School, was chosen as a guest editor at *The Hindu* for the Young World Children's Day special edition out of six talented children selected nationwide—and as the only one from Chennai.

Suthirth Shanmugam X from the CIS wing clinched the First place at the Puthulir Tamil Nadu School Innovation and Ideation Challenge held at Anna University, organized by the Center for Entrepreneurship Development. The event brought together brilliant young minds from across Tamil Nadu, and Suthirth's innovative thinking and problem-solving skills earned him a well-deserved cash prize of ₹15,000. Furthermore, he was felicitated by the Honourable Education Minister of Tamil Nadu, Mr. A.M. Poyyamozhi,.



INDIA BOOK OF *Records*

Sahana.S IV set a new record in the India Book of Records for reciting the maximum number of names and zeroes of large numbers. She was awarded a medal and certificate for this remarkable achievement.

TÊTE-À -TÊTE

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



HIMANSHU CHAUDHARY

Himanshu Chaudhary, a Commerce student of our school had completed B.com(H) from Hansraj College and M.com in Finance and Accounts.

Furthermore, he had completed his CA final and intermediate with exemption.

On the professional front, he had worked at KPMG and Grant Thornton in Audit and Assurance. Currently he is engaged as the Managing Director at KGK Artistics and KGK Mines and providing professional advisory services to Braintech LLP as a Treasurer.

He has worked in various college societies, like SPARC, Neev and Markus in the capacity of Organising Head, Sponsorship Head and Core Team Member respectively. He has also played for his college team representing Hansraj at inter college and inter university matches.

- 1. A lot of people say that CA is a very difficult course to complete. What are your opinions on it? Would you encourage students to pursue this profession?**

No doubt, CA is tough but it's doable. Given the calibre and aptitude of Omegaitees it would not be an uphill battle. And the success mantra would be consistency. And to answer the 2nd question, I would like to take two scenarios; first, if you want a career in a corporation/ a corporate professional: CA as professional

degree will play a great role in your entire career but it cannot be the only qualification or skill if I may say. One needs to heavily invest in soft skills and other professional auxiliary skills. And if one wants to pursue a life of an entrepreneur, it would act as a trump card.

- 2. There are several ways of pursuing CA. Which method would you suggest?**

I completed my CA with B. Com(H) from Hansraj College, I had to complete my graduation first and then take up articleship.

One needs to understand and analyze his/her situation, I was through my Intermediate Exam by the end of my first year of college, still I chose to stay and completed my graduation from a regular college. There was no pressure from my family to complete CA and also the college was great and I would be a part of Hansraj for life. But, if one's financial situation does not allow one to defer his CA completion by 1-2 years, they should consider distance/ open learning colleges.

3. What role did Omega play in your life?

I believe that Omega has contributed the most in my life, from spirituality to being a team person. Studying in Omega taught me to be more inclusive and tolerant; playing in a team sport and facing failure and getting up shows the grit one develops by competing in sports. It is always inspiring to hear the tales of seniors who have achieved what they desired to.

4. Could you take us through your journey of becoming a chartered accountant?

I am a bit surprised and delighted at the same time that you guys know so much about the journey of CA. I got to know about Chartered Accountancy from a friend who was applying for foundation exam of CA in 12th standard and out of fear of missing out I also applied for it. I was able to clear the CPT exam and started my classes for Intermediate exam in Delhi along with my graduation. I cleared my Intermediate in Nov'18. I would consider clearing both groups in Intermediate together as my greatest and enlightening

experience, greater than CA final. During my Intermediate exam preparation phase I learnt how to do smart study and actually prepare for a tough exam like CA. After clearing my CA intermediate exam, I enjoyed my college life and participated in college societies. I was able to do my Articleship for KPMG Jaipur, GT Gurugram, EY Gurugram and KPMG Gurugram. After completing 2.5 years of articleship, I was eligible to attempt my CA final exam which I cleared in first attempt with exemption in 4 subjects. Well, the journey sounds very smooth and perfectly planned but it was not so. Many students decide to take up CA without knowing the various other career options available.

5. What other professional courses would you suggest for such students?

Let me make myself very clear, if you have taken commerce stream in 11th standard, you are not going to have a lots of career options, but one upside to studying commerce is that you are conditioned to take up Startups and Self-employment as career option. So, the other professional courses are various- from CFA to CS to MBA to FRM to Actuaries (for students really interested in Mathematics). But personally, I would suggest to take up these courses along with CA. And going back to the same point, instead of becoming job seekers one can aspire to be a job provider- give a good risk appetite.

6. Could you tell us more about your articleship? What are the some tips that you can give to maximize our experience

during our articleship?

My articleship was in KPMG and partly in GT. I was in the Audit and Assurance department. I would like to highlight the fact that I always aspired to get into the big four and was prepared to give it all during my article ship phase. One of the most important things during the article ship is to keep a mindset of inquisitiveness and be willing to go the extra mile. But one should not become a corporate slave and give into every demand of your seniors. We need to have the people's skill to avoid non-value adding task and taking on responsibility only according to one's capability (don't overcommit), as you also need to attend classes for CA final and prepare your subjects. There is a wide spectrum of firms to choose from after completing CA.

7. What are the different job opportunities available for someone who has completed CA?

There are a plenty of job opportunities for a qualified CA, one can either continue in the practice of their articleship speciality or switch to some other industry- When I say industry, it is in finance department or the Founders office in non-commerce/ accountant companies. In the field of CA- there is the option to continue in the firm you completed your articleship. One can also take up specialization in the field of finance- going into due diligence, corporate law, Tax litigation, assurances services there are many.

8. Do you think it is beneficial to pursue co-curricular activities while doing our CA?

In my personal opinion, one should not religiously pursue co-curricular activities, but can consider them as leisure activities. But I can definitely emphasize the importance of meditation in the life of any serious aspirant.

9. What is the biggest challenge that you have faced while pursuing your CA?

There are a couple of things one needs to be mindful while preparing for any exam. Being consistent, following a time table for the things to be done in the day and for course completion. When I was preparing, I would make time table for 5 months, then for every month and every week, daily targets and even hourly targets (it might sound little confusing, you can reach out if you need more clarity). Staying away from smart phone (no doom scrolling)- nowadays people have forgotten to get bored, when they feel bored, they take out their smart phone and do pseudo productive thing. So, one needs to learn to enjoy the boring phases of life- like revising the CA subjects 4-5 times at least before the final exam.

Interviewed by



Arya Menon
Grade XII G



Amrita
Grade XII G

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.



MONTESSORI

Beyond the stifling rows of school desks, the Heartfulness International School, Omega branch came up with a great vision to raise independent thinkers, with social responsibility, empathy and self-motivation. That's how Montessori at Omega had its humble beginning in 2019.

The most rapid brain development happens before the first six years. The complete blueprint of the adult that

the child is going to be is ready in the earliest years. So, the right environment is crucial to nurture a child's natural curiosity and develop essential skills. One approach that has stood the test of time is the Montessori Method.

In the Montessori view, an artistically beautiful environment inspires and uplifts children. Montessori environments are aesthetically appealing. Beautiful, inviting, thoughtfully arranged and scientifically designed learning materials are purposefully arranged and ready to use.





At the entrance, they have little chairs to chat and remove their sandals to enter inside the environment. That prepares them for the child's transition from home to school.

The pieces of furniture are child-sized, and everything present in the environment can be easily accessible by the child. This makes them independent, and it helps them to make their own choices. The snack table is a sociable table only for four. Children learn to wait, take turns and relish their snack alongside sharing joyful conversations with peers.

Reading corner in a Montessori environment is a welcoming and a peaceful place for instilling their love for reading. They sit comfortably with cushions and chairs or small mats. A variety of books is displayed catering to the needs of all the children.

Different types of plants inside the Montessori environment provide the sensorial aspects to children through touch of different textures, smell and shapes of leaves. Children also get to look at the growing cycle of plants through germination of seeds. Children connect to the outdoor environment through nature walks and relate to the shapes of leaves using the botany cabinet.

Paintings, pictures and different art forms give the children the connection and love for art forms. The inspiration drawn provides opportunity for creativity and language development.

One of the hallmarks of Montessori environment is the mixed age group (2.5 – 6 years). In a Montessori set up, we can see children of different age group working together and socializing happily. For example, we can see an older child showing a younger one how to complete an activity or a younger one watching what his older classmate can accomplish with fascination.

The different areas in the Montessori environment are the practical life, sensorial, language, Mathematics, culture and art.

Practical life exercises include simple everyday activities such as folding, pouring, dressing frames, polishing and washing etc. Guided by adults, they learn to carry out these tasks with care and precision, fostering concentration, coordination and social awareness. As the Montessori motto says, 'Others before me', the grace and courtesy activities practised helps children to realize that they need to care for others to practise good habits.



Dr. Montessori has viewed children as ‘sensorial explorers’ constantly absorbing information through their senses. The learners refine their visual, auditory, tactile, olfactory and gustatory perceptions through specialized materials.

In the Montessori approach, language acquisition begins informally through stories, songs, games and conversation, enriching their vocabulary. Later, more structured lessons are given, and phonetics, writing, reading and grammar are introduced to children individually. Through carefully designed materials, abstract mathematical concepts are presented in tangible forms. Children become familiar with numbers, the decimal system and basic Arithmetic operations, laying a solid foundation for a deep and lasting understanding of mathematical concepts.

The study of culture encompasses a broad range of subjects including art, Geography, Botany and science. The basic Geography is given to children in a concrete manner by means of globe, puzzle maps, and various land and water forms.

Celebrating festivals is a significant and exciting part of the Montessori culture. Children engage themselves



in food preparations, stringing flowers, making kolam, decorating the Christmas tree etc.

The milestone of each child is individually observed and recorded by our Montessori facilitators and the individual needs of a child are catered to.

The Montessori outdoor area is a purposeful extension of our classroom, providing a rich and immersive environment that nurtures children’s holistic development. Thoughtfully designed spaces ignite curiosity, foster creativity, and enhance sensory experiences, while promoting gross motor skills and imaginative play.

At the heart of Montessori philosophy, we believe that the development of language, movement and independence are the crux in a child’s growth. In the Montessori environment, we believe that concrete to abstract learning really is the way to mastery.

*“What the hand does the mind remembers”
– Dr. Maria Montessori.*

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.



KULUKKI Sarbath

Here is a dish that has been exclusively for this summer. Kulukki sarbath, a popular refreshing drink from Kerala, is a simple and flavorful concoction that has gained popularity due to its refreshing and unique preparation method. The name "kulukki" in Malayalam translates to "shaken," referring to the way the drink is prepared by shaking it vigorously in a metal container which is famous in Kochi, Kerala.



INGREDIENTS

- 1/2 cup lemon juice
- 1-inch piece of ginger, grated
- 1/4 teaspoon black pepper powder
- 1/4 teaspoon cumin powder
- Salt to taste
- 1 glass water
- Ice cubes

PROCEDURE

1. Combine lemon juice, grated ginger, black pepper powder, cumin powder, and salt in a glass.
2. Mix well with water.
3. Add ice cubes to chill the drink and serve.



ELA Ada

Here is a sweet we always try out for a healthier and a filling option. Ela Ada is a traditional South Indian sweet dish, particularly popular in Kerala, known for its sweet, steamed rice parcels wrapped in banana leaves. It's made with rice flour, Jaggery, coconut, and cardamom, and is a common treat during festivals and special occasions. While primarily known in Kerala, Ela Ada (and similar versions like Patholi) is found in Karnataka, Konkani cuisine, and even parts of Tamil Nadu. VERY FAMOUS IN PALAKKAD.

INGREDIENTS

- 2 cups rice
- 1/2 cup grated coconut
- 1/4 teaspoon cardamom powder
- 1/4 teaspoon salt
- Banana leaves
- Water for steaming

PROCEDURE

1. Prepare rice dough: Soak rice, grind into a paste.
2. Prepare filling: Mix grated coconut with cardamom powder, jaggery and a pinch of salt.
3. Cut and clean banana leaves.
4. Make Ada: Place a spoonful of filling on the flattened rice dough on a banana leaf, fold, and secure.
5. Steam the ada for 15-20 minutes.
6. Serve it warm.

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. B. RANGANATHAN

Facilitator

Dr. B.Ranganathan is an erudite and scholarly person with extensive expertise in Synthetic Organic Chemistry, Spectroscopy and Pharmaceutical Sciences.

Dr. Ranganathan, batch topper and a Gold Medalist in B. Pharm (Hons.) from BITS Pilani, and MS (Chemistry) in Fairleigh Dickinson University, New Jersey, USA has done his PhD (Medicinal Chemistry) from University of Minnesota, Minneapolis, USA followed by Postdoctoral Research Fellowship (Radiology & Nuclear Medicine) from The Johns Hopkins Medical School, Baltimore, USA.

A distinguished researcher and educator, he has contributed significantly to scientific writing, and has published over 25 papers in different peer-reviewed journals, magazines & other compendia; He also serves as a reviewer & editorial board member of Indian pharmacy-based journals. He has participated in various capacities (organizer, chairperson & speaker) in national as well as international conferences. He has taught Biochemistry, Pharmaceutical & Medicinal Chemistry, Heterocyclic Chemistry, Phytochemistry and other Organic Chemistry-related subjects at the undergraduate as well as postgraduate level. He was an Associate Professor & Head of the Department of Pharmaceutical Chemistry in Amrita Institute of Medical Sciences, Kochi prior to his current stint at Omega.

He is one of the best teachers a student can ever get. He teaches Chemistry with fervour, passion and makes his sessions very engaging and interesting. He has a really tight bond with Chemistry which inspires and motivates us. As students, we are lucky to have such a passionate teacher as our Chemistry teacher. He has a penchant for solving problems that encourages us to do the same. His teaching instils a strong intuition, scientific temper and sets up a deeper understanding of the subject.

1. *We are aware that you had worked as a professor in Kochi for 6 years! How was your transition from a professor to a high school teacher?*

Prior to my assignment in Kochi, I was only mingling intellectually with graduate students, medical interns, and physicians. Therefore, the task of teaching undergraduate students itself was pretty tough. But that transition pales in comparison to the one I had to make from UG level to high school. It was tough as hell, to put it mildly. Though I was used to lecturing in big halls facing huge crowds, this was just a chilling makeover. I guess I'm still getting used to you guys (laughs).

2. *Sir, you inspire us every day with your knowledge in chemistry. What inspired you to take up chemistry, and who was your inspiration growing up?*

To be honest, I was bad at almost everything. Chemistry seemed doable, so I just hung onto it for a living. It is tough to point out a single person. However, I have to say it is my dad and my high school chemistry teacher, Ms. Jayasree. Both were straight-up, no-nonsense folks who meant business.

3. *Sir, in your entire teaching experience, what is the most unusual or unexpected question a student has asked about a topic that made you stop and think?*

I don't consider myself an experienced campaigner yet. And I have not yet come across anything wacky from a student.

4. *Sir, your English is impeccable. We take more time understanding your English than chemistry. How are you so well-versed in English?*

Well, thanks for the compliment (hope it's not a jibe)! In fact, this was also a part of the transition process into high-school teaching. I started getting a few complaints about my language being esoteric and I had to consciously work on toning it down so as to be comprehensible. Reading the newspapers and the numerous interactions with my graduate school professors perhaps shaped my English.

5. *If you could imagine yourself as an element in the periodic table, what would it be and why?*

Fluorine: Though belonging to the halogens, it is an odd man out, a pariah if you will, displaying many anomalous physico-chemical properties. However, people familiar with drug discovery & design would understand the significance of a fluorine atom. This appreciation, though hard to come by, shall hopefully happen before I hang up my boots!

6. *If chemistry were a movie genre, what kind of movie would it be?*

A horror show for sure!

7. *Sir, you have been with chemistry for a long time. How do you keep your passion for chemistry alive even after so many years?*

When you do not know much else, do you have a choice? I don't think so!!

8. *If you could go back in time to when you started teaching, what advice would you give to your younger self?*

Again, I'm not a veteran in this arena and therefore do not have a right to answer this. However, if you insist, I must say I wouldn't do it any differently. I strongly believe in my work ethics and philosophy and wouldn't deviate from it!

9. *What legacy do you hope to leave behind as a chemistry teacher?*

I'm happy as long as I don't get labeled a badass. (smiles)

10. *At what age did you decide chemistry was going to be your career?*

Let me reveal a secret man: "I'm still undecided!!" Following up on a couple of questions you'd raised earlier, let me find something that I'm better at and voila, I would be in a different profession. Hahaha.

11. *Sir, we know that you enjoy chemistry and that it is your priority. But what else do you enjoy doing besides chemistry?*

Having spent half of my life in the conservative cultural hub of Chennai, I enjoy classical music, spiritual discourses, temples, good food, and just being with people, far away from gadgets.

12. *Looking at your vocabulary, we think that you read a lot of books. Who is your favorite author and why?*

Somerset Maugham; for sheer brilliance in the portrayal of characters and objects.

13. *Sir, when you feel demotivated or low in life, how do you pick yourself back up and move ahead?*

This is exactly what doing a doctoral degree entails. More than the subject, getting a Ph.D. brings in a tremendous amount of grit and determination. The graduate school experience therefore keeps me going!

14. *At any point of your life, have you felt that your intuition has helped you overcome an obstacle? What is your view on this?*

Yes, of course. I would not rather share it as it is quite personal. My view is that intuition is a very essential part of science education.

15. *If you weren't teaching chemistry, what other subject would you have chosen instead?*

Mathematics (no second thoughts)! Although I suck at it, it is a cut above the rest and the Queen of all Sciences!

Interviewed by



Ivan Dhas
Grade XII C



Yugharakshani
Grade XII C



Directed by
Dr. Anita R Ratnam



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


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