

Omegazine

JULY 2024



ART BY HARSHITHA

HeArt
SPEAKS

WWW.OMEGASCHOOLS.ORG

Dear Readers!

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

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

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

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

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

Wish you all a memorable and great experience!

The Editorial Board.

06

Management
Matters

27

Counsellor's
Message

10

Young Hearts

30

Get, Set,
Goal

22

Hues &
Shades

37

T-Talk

40
Campus
Drone

65
Spotlight

53
Wall of fame

68
Teasty
Treats

61
Tête-à-Tête

70
Know your
Teacher



Learning to Love Myself

A Journey of Self-Discovery and Personal Growth

by



Mrs. Priti Venkatesan

Unit Head, Indigo-Heartful Kids

I was born in a middle-class family in Uttar Pradesh. When I was six months old, my father who worked in the Indian Railways got posted to Guwahati, Assam. I have vivid memories of growing up in the green, serene valley of Guwahati surrounded by hills.

As I studied in a nearby Hindi medium school I learned to read Hindi fluently by the time I was six years old. Our family-friends and other adults admired my reading skills but I was not satisfied. I was fascinated by English and wanted to learn to read and speak in English. I would take my older brother's English novels and pretend to read them aloud every day.

My desperation grew stronger after my younger sister joined a convent school and her English-speaking friends started coming home to play with her. My sister was just two years younger to me and we were more like friends than siblings. I loved her and found it difficult to handle the sense of being left out when she played with her new friends. I made up my mind to learn to speak like them but was yet to realize the difficulties that I would face in the process.

I sat for hours with my sister's English storybooks and tried memorizing words and sentences. I observed my sister and her friends secretly while they chatted and made a note of their accent, pronunciation and gestures. I would often stand in front of the mirror and practise conversations while I was alone in my room.

One day, I mustered enough courage and joined my sister and her friends. I had just spoken a few words before I was stopped short by their amused laughter. ***One of them said, "Oh, my God! you are older than us but you can't even speak in English? The other said, "Why do you speak in English when you don't know how to? We all understand Hindi, so you can speak to us in Hindi."***

I was hurt beyond words and rushed back home, sobbing uncontrollably. I threw myself into my mother's arms and started weeping inconsolably. My mother's patting and warmth calmed me down. I told her about everything that had happened. My mother looked lovingly at me, and then she told me something that changed my perception towards life and learning. She said, ***"Only those who try new things make mistakes. Never be afraid of making mistakes. The more mistakes you make the better you will get at the skill. Mistakes are a sign of growth. Remember that the gold gets its shine only after burning in fire. Burn yourself now... Your antagonist is your greatest reformer."***

Thank the people who point out your faults as they help you focus on your weakness. Let your determination to improve strengthen with every criticism that you receive and there will be a day when you will optimize your potential. ***Compete with yourself and not with anyone else. Choose to grow better each day. And most importantly LOVE YOURSELF!"***





Even though I loved reading books I stopped reading the Hindi novels that lined up my book shelf. I asked my brother to give me his English books. The first book that he gave me was ***“Treasure Island”***. ***My reading was slow and I could hardly understand anything. I was frustrated but I didn’t give up. I read each book at least five times before I could make some sense of it but slowly my reading skills got better and I started enjoying the books.*** I made it a point to note down all new words that I came across while reading and used them in my conversations. Many a time I became a laughing stock due to my faulty pronunciation and grammatical errors. But, by then I had learnt to laugh at my mistakes. Every time I made a mistake and others laughed at me I joined them in their laughter. Secretly I made a note of the mistake and never repeated the same mistake again. Slowly but steadily my skills improved and English no longer remained a problem to me.

Almost, forty-eight years have passed since that incident and I have moved a long way in my journey of learning, but my mother’s words still ring in my ears. Every time, I meet children that are struggling with learning I tell them to drop all shame, guilt, insecurity, inhibitions aside and focus their attention only on learning. Choosing to learn for self without any desire to prove oneself to others or compete with them can alone set us free. ***Seeking Acceptance, Approval and, Appreciation from others often traps us in the vicious cycle of inadequacy and low self-esteem. I am sure people want to make the right choices and identify their hidden potential but all that they need is a loving heart that accepts them for who they are and teaches them to love themselves.***

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.*

WhatsApp Language vs. Formal Language:

The Battle of the Texts



In a world where communication has gone digital, WhatsApp has become the ultimate arena for linguistic showdowns. Forget Shakespearean sonnets or diplomatic pacts; it's all about the thumbs-up emoji now!

Welcome to the clash of WhatsApp Language vs. Formal Language, where characters are counted, and autocorrect is both a saviour and an enemy. WhatsApp Language, the rebel, believes in abbreviations and emojis. "LOL" means you're mildly amused, "ROFL" implies you're rolling on the floor laughing (or at least your chair is wobbly), and signifies you've been sent into a frenzy. It's a place where "k" becomes a one-letter dismissal, and punctuation takes a backseat to quick responses.

Formal Language, on the other hand, upholds the grandeur of grammar and the sanctity of complete sentences. It insists on "laughing out loud" instead of rolling and doesn't hesitate to throw in a semicolon for good measure.

So, in this epic battle, who wins? WhatsApp Language, of course! Why? Because it's all about expressing yourself freely, and there's no red pen hovering over your virtual shoulder. But let's not forget, even in the world of WhatsApp Language, a well-timed "please" and "thank you" can still go a long way.

by Aditi Amit Kumar - XII, NIOS



The Power Outage of 2024

The power outage of 2024 was a great calamity that happened in all parts of the world. It was July 2, 2024, it was one peaceful evening when stars started shining and the moon began to glow. It was on a hill, it was not too high and not too low. From the hill, you could get a beautiful view of the city. The lights of the city shimmered on the lake below. I was star gazing when suddenly all the lights of the city were off. I didn't know what had happened. I hurried down the hill and ran back home in the city, there I asked my mother, who was confused on what had happened. She replied, "I don't know my son." Then my phone started ringing rapidly.

I picked it up to see newsperson saying, ***"Attention everyone! A mass power outage has spread wide across the globe because of scarcity of fossil fuel. Due to this, transportation industries will come to an end and electricity will not be available until we get more fossil fuels."*** I was in disbelief of what I saw. I thought there would be enough gasoline and coal to last for us at least till 3023, but still what has happened has happened, so my mother told me to

go to the grocery store and buy a lot of water bottles and a ton of lights and candles.

After a few days, I got accustomed to this life without electricity. Every day I wake up early and go to the lake which is on the outskirts of my city and fetch a few buckets of water and on the way I gather some firewood for cooking. My mother grows some plants which give us food. She plucks some vegetables and makes me and my father some stew. My father on the other hand had a pet chicken, so when the chicken lays eggs, we get scrambled eggs for dinner. That's how my life was typically after the power outage of 2024. Every day the government would hire thousands of people to find fossil fuels.

One lucky day, a random person found remnants of fossils fuel there. Immediately, the next day there were thousands of bulldozers and cranes there, after a few hours, the fossil fuel was found that could last the world till next millennium. Every one rejoiced. They were happy that they could go back to their normal and regular life.

by **K.Ridhay Pragatheswar, V I**



Importance of space exploration

For a long time, people have been criticizing space exploration and the usage of government money for space programmes. There is a misconception that space exploration is an activity with no benefits to humanity.

Pushing the boundaries has always resulted in many advancements and developments that raise the quality of life. For the hunters and gatherers who walked the Earth centuries ago, it was agriculture. It was their willingness to explore new areas past their horizons, that has shaped humanity as a whole.

Statistics show that out of the budget of various countries, only 30% is spent on the military and another 20% on entertainment. This tiny percentage of taxpayers' money has given rise to many technological advancements like MRI. It improves the efficiency of existing technology, like automobiles and personal technology.

There are multiple space programmes that are helping people on earth directly. There are satellites orbiting the earth that provide regular updates on weather conditions, soil data, and imminent storms. They provide useful information to farmers across the globe.

Exploration, has and will be a learning tool that can help advance the human race, it must not be frowned upon. Rather, it should be encouraged.

by Siddarth, XII B



The Real Alien

It was another boring and lousy day at school and I was almost about to pass out. It was literally the last period of the last day of school. Every single teacher, janitor, student and even the caretaker was waiting for the bell to ring. It was Maths period and I didn't want to lift a finger and finally the glorious moment came, the last second of the period. We were all hoping to hear the obnoxious alarming sound of the bell. There was indeed a ringing sound but that wasn't the bell.

It was a weird screeching loud ringing sound that echoed throughout the school. Everybody's ears were bleeding (not really may be I am exaggerating) because of the loud noise. Everyone was glued to the seat; we were scared to move. Meanwhile, I was wondering why my ear was not affected by the loud noise. While everybody else's ear was affected and was ringing, I was anxious about this incident and knew the only reason to find this out was to see outside for myself. I rushed to our school ground where the incident has happened. My jaw dropped because I was in such disbelief.

There it was, one of the mysteries that scientists had been studying to prove that the myth was fake. It was an alien's spaceship which was in perfect condition lying on the ground. I was about to take a few steps forward to investigate the ship but before I could even nudge myself, hundreds, thousands and millions of aliens walked out of the ship. Soon they all stood in perfect formation which spelled RUN!!!! They looked like they were going to attack. I was frozen and shocked. My blood ran cold. I started getting goosebumps, my hands were sweaty and my legs and hands went numb. They started walking closer, closer and closer.

I was shivering and screaming at the same time (I didn't know that was possible) until "Would you like to have some tea, queen?" said one of the aliens. Soon their hair started to glow and so did mine. "What in the world is happening right now....?" And before I could finish that sentence, I passed out. The next thing I know I woke up in the hospital. Million questions popped up in my head. The first question I asked to the aliens was "Wow! I love your style. Where did you get your hair done?" Weirdly enough they didn't need to answer back. I understood what they were thinking. Was I an alien?

All these thoughts ran in my head. Before I could ask the third question, the aliens told me to keep calm, Then, they finally told me the whole story. They have apparently been searching for their queen for a hundred years and when they used tracking device to find aliens, it led them to me. Apparently my father is an alien too. Of course, how did I not figure that out. My father's name is Neil Anamai which spells 'I am an Alien' backwards.

They came here to find me because they need my help to unlock a secret chamber in the middle of space. ***"No more questions to be asked. You must come with us immediately." said the head alien. Just one question. "Why did my hair glow and why did you call me queen?" I asked. "It's because you are our leader and an alien."*** said one of the aliens. So we teleported to the middle of space and mission was done.

by P.Moksha, VI K





Frozen Flame

Hello! I am Reyna. I am just like another common seventeen-year-old you will meet in your life. I haven't had any experience with magical creatures, obviously. Reader, you might think this is merely a fiction. I don't blame you for that because it certainly took me a while to believe it too. This is the story of Crystal, my best friend. Not really sure if she is a human though.

It was a regular day. I was working at my part time job at Starbucks. The reason I had to was my family wasn't really that well-off. My house was a cottage inside the woods. Because of that, I wasn't afraid of any animal. But one night, when I was walking back home, I saw a silvery glimmer in the bushes. Thinking it was just a hallucination, I kept walking. But then, I felt a small warm and a furry thing near my foot. I bent down to look at it. It had big black eyes, white furry coat and a birthmark near its leg. As I put my hand to pet her, she gave out a great deal of fire. She burnt my apron. That's when I realized what she was. No it couldn't be.

Dragons were imaginary creatures let alone fire breathing ones. I couldn't believe it. She was a tiny fire breathing snow dragon, I named her Crystal. Over time she warmed up to me. See, kids in high school aren't exactly friendly with girls like me who don't have all the trendy outfits or a job. So Crystal was my best friend. She even used to stay at our house, even though my family couldn't believe her existence. Once, she took me to her family. It was the north of the forest. I saw millions of her kind there. We even had some fun with my bullies. Crystal was really loyal and kind. She wouldn't harm a fly. She used to sneak into my room at night and play with

me. She used to take me to all those places that I never knew had existed.

But sometimes, you ought to let things go. I had to let her go too. She came to me with a sad face. She took me to her home. There she had to hug me for the last time. I saw millions of dragons glimmering away at the same time into thin air. I went home and cried for the longest time. I didn't go to school for a week. My eyes were red. I had never been so attached to anything. I kept hoping that she would return and make me laugh again. Those six months were the best time of my life. Every member of my family took turns in consoling me but I wouldn't budge. I got over it after a while. I, to this date, have no idea what had happened. I thought about it so many times. I longed for her to come to my window again. Some might believe it some might not. But I don't care as Crystal was my best friend I could ever have.



P.Sree Nandana, VII G

Sorrow & Joy

by



P. Prakalya Yazhini, VIII I

Flashcards stacked on top of each other,
All under respective headings.
The things that I want to remember
At the top

And the things that I wanna forget
Dumped that at the bottom
Sad moments locked away in a vault.
Happy moments made to resurface again and again!

As I lie down, staring at the ceiling
Sadness trying to break through
To try to bring me down
Happy moments clashing

To try to cheer me up
How much ever I try to aim for positivity
The gloom clouding my mind.
I struggle to resist them from darkening me.

Time passes.
The dispute never seem to cease.
I let out a long breath.
Finally, grasping something

Life contains both sorrow and joy.
No point in locking them away.
Getting up and moving on is the only way!!

A Villanelle on Confidence

by



Seevagan.V, VIII H

Don't lose your confidence!
Oh brave man!
And then you may feel the consequences.

Try your best. Then, use your intelligence.
Don't listen to negatives, just ban.
Don't lose your confidence!

First, respect yourself and then others in a sequence.
Oh clever man!
And then you may feel the consequences.

Confidence takes you to eminence.
Always have a perfect plan.
Don't lose your confidence!

Hesitation is a foe for confidence.
It may reduce your confidence span.
And then you may feel the consequences.

Don't hide and forbid your confidence.
People will fry you in a pan.
Don't lose your confidence!
And then you may feel the consequences.

My Health, My Responsibility!

Health is not just physical but also mental and social wellbeing.

A healthy lifestyle in every
way keeps our body, mind and heart in balance.

Our disciplined healthy habits have a great impact in the now and future.

India ranks third globally in obesity.

Approximately eight crore Indians are obese, with one crore aged 5-19. Rising obesity leads to increased weight-loss

surgeries, reaching 20,000 in 2019. Regular physical exercises not only help reduce obesity, risk of hypertension, coronary heart disease, stroke, diabetes, etc. but also strengthen muscles, heart and bones. Nutritionists advise us to make balanced diet part of our food habit and make sure we have three meals a day. Junk food must be a total no-no that needs to be replaced with a variety of fruits, vegetables, whole grains, and proteins.

Sleep along with exercise is a need in elders and children. Insomnia in children could be due to various issues like school assignments, or other extra activities building anxiety and restlessness. Proper sleep allows the body and mind to relax and be prepared for the next day. Parents should encourage their children to follow a strict bedtime routine so as to calm them down and let them drift off to sleep.

Studies reveal that a chaotic life leads to stress, anxiety, depression, etc. Exercising our brain is essential and must be part of our lifestyle. Doing brain gym exercises, learning a language, playing keyboard or even solving a sudoku and crossword keeps our brains healthy. Children can encourage grandparents to get them into these activities. In

addition to family bonding, the grandparents can revive their hobbies, which in turn keeps Alzheimer's and dementia in check.

In this digital world, healthy relationships can be fostered when parents along with their children participate in yoga, dance, cycling, swimming, jogging or whichever interests both, the parent and children. Distractions of phone and television are thus kept at bay.

A healthy mind is the owner of positive thoughts that spreads positive vibes. Engaging in relaxing activities like reading a book or listening to music adds to one's knowledge bank and builds social health.

Last but not the least, heart health is also visible through one's behaviour, acts of kindness, compassion, truthfulness, etc. In addition to right food habits, practising heartfulness relaxation and meditation is food for our heart and soul. One can navigate through life's challenges smoothly. Let us not postpone being healthy. It is rightly said "Health is Wealth".

by Niyathi, XI NIOS





Phantom Physics

Torque-If yes, rotation,
If not angular momentum is conserved.

Force-If yes, acceleration,
If not momentum is conserved.

You walk or not, friction is always there to make you walk.
You do, you get it, what you do what you get- nothing else,
no force can stop.

You have energy, you have potential, you have not realized
it, until you jump out of windows.

If you feel someone is attracted towards you, it's nothing
else but objects around you.

If you feel you are under stress, increase your weight.
(BULK MODULUS)

If you feel you are under pressure, go to space.

If you think people are ahead of you, don't worry, because
in their fame they are running and you are at rest.

If you utter a word, never mind, you are not responsible,
the medium of air around you did that.

Not only apples are affected by gravity, oranges too, but
they are not lucky enough.

What is $F \neq ma$, the entire poem is destroyed.

by



P.Sharun, XII B

A Letter to God

Dear God,

I come before you with a heart full of gratitude for your infinite wisdom and boundless love that you have given me. Amidst the vast existence of your creations, I find myself drawn to pen down my deepest desire to find a place near your ethereal warmth forever.

For in your presence, I feel peace and solitude that is beyond all understanding. I am longing within me to dwell in your light eternally. It is not merely a flashing wish or a passing fascination, but a profound yearning that reverberates deep in my soul.

Yet, an insignificant part of your vastness in creation in the cosmos, I find myself imperfect and unworthy for such a divine place. But I know, your grace knows no bounds, your mercy has no end, and your infinite love is the gift of human creation.

So, as I pour out my heart before you. I humbly ask you for the grace to walk in your presence every day in my life and to find my eternal home in your loving embrace.

Grant me the strength and courage to follow wherever you lead me, for in you alone, I find my truest haven and my deepest desire fulfilled.

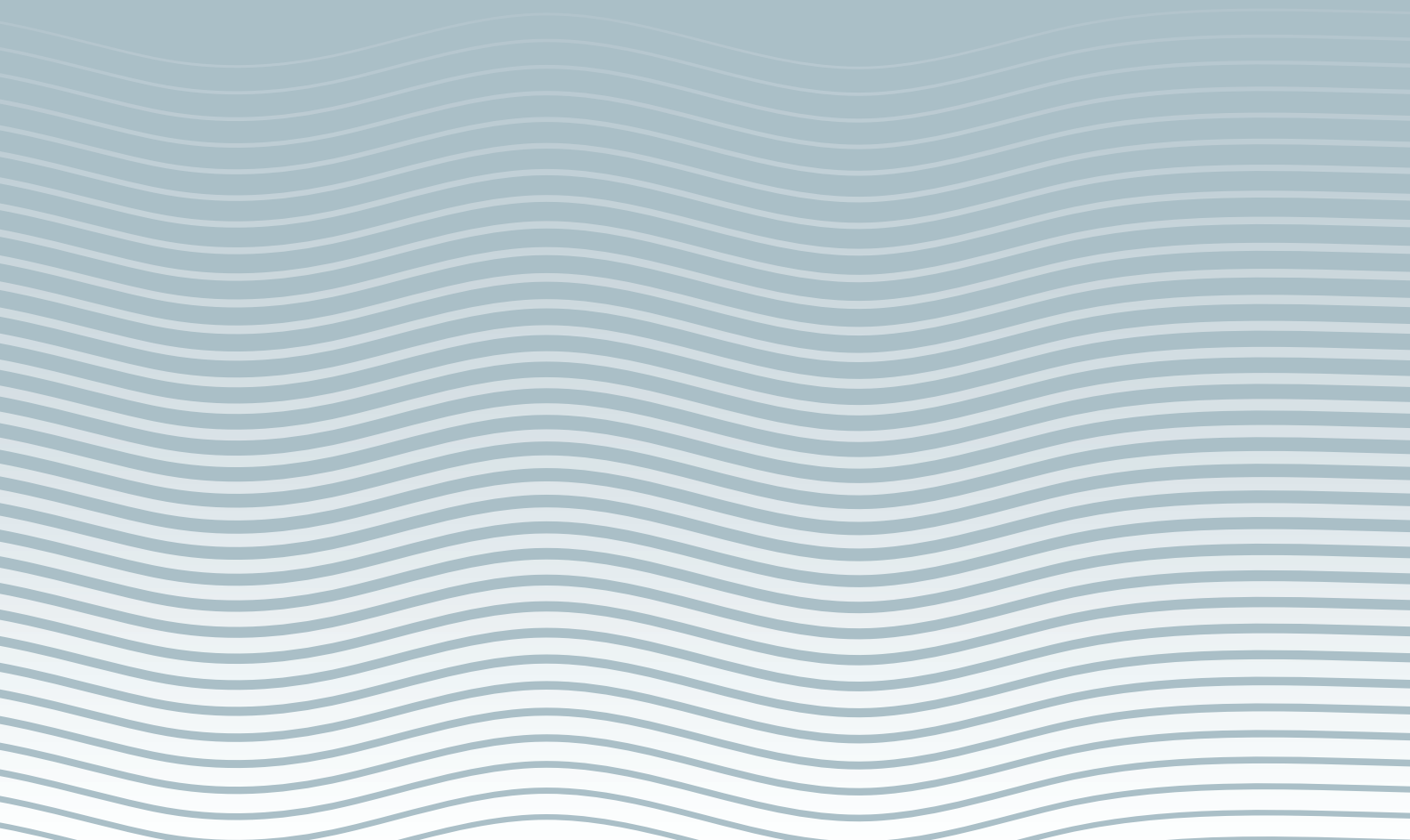
by



R. Nirobika, X KCC

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.*





HARESH.K.A
21/09/2023

Pencil Shading

This pencil artwork is a detailed portrait of an elderly man, showcasing impressive technical skill and rendering techniques. The student has paid close attention to fine details, such as the wrinkles on the man's face, the texture of his beard, and the folds in his turban and clothing.

This meticulous detailing adds realism to the portrait. Strong contrast between light and dark areas enhances the three-dimensionality of the subject.

Different textures are convincingly rendered, from the roughness of the beard to the softness of the skin and the fabric of the turban. The texture of the wooden stick the man is holding is also well-depicted, contributing to the overall realism. It took the artist around 7 hours to complete this art work.

*Art
by*



Haresh. K. A



Colour Pencil

This colored pencil artwork of an iguana exhibits a highly detailed and realistic technique. The student has skilfully applied multiple layers of colour to create depth and richness, using different hues to depict the varied textures and tones of the iguana's skin. Each scale is meticulously coloured and shaded, accurately reflecting light and shadow.

The precise rendering of every scale, colour shift, and texture highlights the authenticity of the subject. Through layering, blending, and fine detailing, the student has crafted a vivid and realistic representation of iguana, capturing its physical presence and intricate beauty.

*Art
by*



Harshitha

Counsellor's Message

*Let's talk about it.....
from the Counselling Team*

*You Can't Control the Situation But You Can
Control Your Reaction!*

*Our emotional wellbeing is a vital part of
our holistic wellbeing. This column explores
aspects that enhance our mental health.
Watch out for this column for some tips and
tricks that can be employed for a positive
and thus fruitful outlook.*

Digital Detox

by



S.Priyamvatha

Senior Counselor

We inhabit an era dominated by technology, which greets us in the morning and bids us goodnight, often becoming the first and last thing we interact with daily. While we justify its use as a means to broaden our knowledge, it's important to acknowledge that this is just one aspect of its influence. Instead of controlling technology, we find ourselves increasingly controlled by it.

The clinical recognition of smartphone addiction as **Nomophobia**, the fear of being without or separated from one's mobile phone, underscores this phenomenon.



Tell-tale signs that you may need a Digital Detox

- You feel an urge to look at your phone every few minutes.
- You are afraid that you will miss out on something if you don't check your phone.
- You tend to take your phone while you are unwinding on your bed for a good night's sleep.
- You are preoccupied with the like, comment, or reshare counts on your social posts.

So, do we not use tech anymore?

Is it even possible?

Tech has become a part of us and moving away from it doesn't make sense. And with very many useful apps, the dependency is going to increase. So, the key is balance. To know how to balance the same, we need to understand the way we use tech and its apps.

What can we do about it?

We can try the following ways to put digital detox into practice: Employ methods of ***using technology mindfully***: Keeping the notifications

off, especially at night, not using social media for long conversations, reorganizing the apps (only keep the productive apps), and regularly unfollowing and muting (if the content is not uplifting).

Start with *giving yourself an allowance*: If you establish a maximum daily time allowance for your devices then you will be more likely to stick to your detox, says studies.

Make an effort to give others your attention and find a ***detox buddy***: Things are always easier when you team up, so pair up with a 'detox buddy'.

Switch to a real alarm clock: If your phone doubles as your alarm, watch out. Switch off into aero plane mode

Real Detox: Nature heals. Connecting with nature helps. Many studies point to the health benefits of lowered muscle tension, heart rate and blood pressure when we are in a green setting. Being completely engaged in the present moment enhances thoughtfulness, reduces stress levels, and fosters deeper connections as you interact with friends and family.

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.

State Level Reliance foundation youth sports

*Omega's football team clinched the runners-up spot in the prestigious
State Level Reliance Foundation Youth Sports*



*Master Aadhi emerged as a key player,
bagging the GOLDEN BOOT and GOLDEN BALL awards!*

PPL tournament

Our U-12 Boys' cricket team shone at the prestigious PPL tournament organized by the Rotary Club of Madras East under the exceptional leadership of Ishaan Krishnan who was honored with the Man of the Finals award for his stellar performance.

Navish Sundar was adjudged the Best Wicket Keeper of the Tournament and Kishvanth, the Best Fielder of the Tournament.



AITA U –18

Pranav Ramkumar, a Grade XI student from the NIOS wing stormed into the semi-finals in both singles and doubles at the AITA (All India Tennis Association) Under-18 Tournament.

Akshar Arbol Inter-School Tournament

The U-14 NIOS cricket team secured the Winner's Trophy in the Akshar Arbol Inter-School Tournament and individual accolades:

Rishab Sriram - Player of the Tournament for exceptional performance.

Adhvik Eswaran - Man of the Match for outstanding contribution.

Johan Fernando - Best Fielder of the Tournament for unmatched agility.



Skating Champion

Sharon Thashwin of MI, Foxtrot Environment (Montessori) won two medals at the State level - in 200m and 400m (under- 4 category) and also received individual championship. Furthermore, at the National level, she won the silver medal in 200m and gold medal in 400 m (under4 category) and also received individual championship.



Junior Super Kings Tournament

Our U-19 Boys team emerged as the runner-up in the prestigious Junior Super Kings Tournament conducted by Chennai Super Kings.



Kiran Karthikeyan was awarded Man of the Series for his stellar performance for scoring 250 runs and taking 5 wickets!

Tamil Nadu Premier League

Andre Siddarth from Grade XII of NIOS wing was selected to play in the Tamil Nadu Premier League (TNPL) for Chepauk Super Gillies this season.



PSBB Inter-School Tournament

Omega's U-10 cricket team secured the runner-up position in the intense PSBB inter-school tournament and Navish was awarded the Player of the Tournament.



Kho-Kho 33rd Sub-Junior Nationals

Anushree (Grade IX) and Gowri (Grade VI) from our girls Kho-Kho team, had been selected to represent Tamil Nadu in the 33rd Sub-Junior National held in Tiptur District, Karnataka. Their exceptional skills not only led the team to victory but also garnered admiration from Kho-Kho enthusiasts nationwide.



Youth Crick Festival Trophy 2024

Our school's cricket team emerged victorious in the prestigious Youth Crick Festival Trophy 2024, hosted by Jeppiaar University.



TNCA U-16 City Schools Tournament

Our NIOS cricket team emerged as the runner-up in the TNCA U-16 City Schools Tournament!



T—Talk

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

Guru Brahma

by



Mrs. Rajalakshmy

Facilitator - Kindergarten

India is known as the land of spiritual Masters and Gurus. Guru, derived from the Sanskrit words Gu” (ignorance) and “Ru” (the one who dispels darkness) refers to the person who removes the darkness of ignorance.

Guru Purnima is the occasion when students show their love and gratitude to their Gurus. According to the Hindu calendar, it is celebrated on the first full moon day of Aashada (July or August). This festival has great importance amongst the Hindus, Buddhists and Jains. Each of these faiths has stories associated with this festival. The story takes us back to the days of yogic culture about 15000 years ago.

Once a yogi with extraordinary abilities came to the Himalayas. No one knew who he was or where he came from. His long, unkempt hair, scraggly beard and ragged clothes made him look weird. But there was something unusual about him. His eyes were shut to everything around him, but the composed smile on his lips made him look like an embodiment of peace. They referred to him as Adi yogi. People visited him but they did not have the courage to go near him. Many did not stay long as he wasn't aware of their presence. Yet, there were seven of them

who did not budge. Adi yogi noticed that these seven men were determined to learn from him the lesson of serenity. Giving them a few preparatory steps, he went back into his meditation. For the next eighty-four years, the seven disciples did their sadhana with sincerity and devotion.

On the first full moon day, during the Dakshinayana (when the sun moves from the north to the south), Adi yogi observed that these seven men were fully prepared and competent to gain knowledge. He became their Adi guru (the first Guru) and imparted the yogic science to these seven disciples, the Saptha Rishis. The first full moon of Dakshinayana is Guru Purnima, the day the first guru was born. The story goes on that these seven rishis travelled in the seven directions and passed on the yogic knowledge to humanity.

Another story associated with Guru Purnima is about Maharishi Vyasa, the author of Mahabharata. The name Vyas means to edit or divide. Vyasa collected the Vedas and divided them into four parts (Rig Veda, Yajur Veda, Sama Veda and Atharva Veda) based on their use. He then taught them to his four chief disciples — Paila, Vaisampayana, Jaimini and Sumantu. Hence this festival is also called Vyasa Purnima - to glorify Vyasa for the contributions he made to the world as a Guru

In the 11th Century, Gautam Buddha gave his first sermon in the village of Sarnath in Uttar Pradesh, on a full moon day. According to historians, this sermon came five weeks after achieving enlightenment under the Bodhi tree. Hence the festival is celebrated by the Buddhists as an honour to the Buddha.

According to the Jain mythology, Mahavira, the 24th Tirthankara, made Indrabhuti Gautam his first follower on this day and officially became a Guru. Since that day, Guru Purnima is celebrated by people following Jainism in honour of Mahavira and all the other gurus who followed after him. Religions differ, stories too. But they are connected to the one who leads us to the path of truth and divinity.

Our school recognises the pivotal role of a Guru (teacher) in a child's life. The pupils are nourished with the ethos of India's rich culture blended with a global outlook. Hence, the four houses of the school are named after the illustrious Gurus of ancient India (Atri, Vashista, Gautama and Kashyapa), reinforcing the fact that we are the inheritors of divine knowledge that can be tapped to dispel the clouds of ignorance of the strife-stricken world of today.

Guru Saakshath Parabrahma Tasmai Shri Gurave Namaha..



Campus Drone

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

Connekt – Oisaa's first ever alumni led student workshop

OISAA (Omega International School Alumni Association) hosted the first-ever 'Connekt' A One-Day Alumni-Student Workshop at Omega School Campus. The event witnessed the convergence of Omega's proud alumni with its eager students, fostering an atmosphere of shared wisdom and forward-looking inspiration.

Our speakers, Mr. Praveen T., President of OISAA, Ms. Deepika, and Ms. Shreya Venkatraman, brought their expertise to the forefront, each sharing invaluable insights with our students..These sessions provided a platform for students to interact directly with experts in their fields, fostering a deeper understanding of potential career paths and igniting passions for future pursuits.



***DAAJI HONOURED WITH THE
PRESTIGIOUS TITLE OF***

‘Global Ambassador of Peace Building and Faith’

Our beloved Daaji, the guiding light of Omega and the President of Heartfulness

was honoured with the prestigious title of **‘Global Ambassador of Peacebuilding and Faith’**. This remarkable recognition was bestowed upon Daaji by the esteemed Commonwealth Secretary General, Rt. Patricia Scotland, and the honorable Vice President of India, Shri Jagdeep Dhankhar Ji, for his colossal work on peace-building through heartfulness. May this recognition be a harbinger of an era of global peace, acceptance and compassion for all of us.



Global Spirituality Mahotsav at Kanha

The Global Spiritual Mahotsav organised by the Ministry of Culture and held at Kanha Shanti Vanam was attended by our teachers. This awe-inspiring event, with the participation of around 300 spiritual organizations, 100,000 delegates, and numerous schools and colleges, transported attendees into a realm of serene tranquillity and profound spirituality. Hon. President Smt. Draupadi Murmu and Hon. Vice President Sri. Jagdeep Dhankar graced the event, elevating its reach and impact.



Omega's Astronomy club

Our ebullient adventurers from the Astronomy club immersed themselves in two captivating sessions organised by SPACE India.

Session 1: Solar Marvels - Students delved into the heart of the Sun, unraveling its mysteries through safe observation techniques. Witnessing these cosmic wonders through telescopes, they embraced the significance of solar filters and learned about safe and unsafe observation methods.

Session 2: Stellar Motion & Astrophotography Magic - Venturing into the realm of astrophotography, students learned to capture the breath-taking beauty of the night sky. They mastered the art of tracking celestial objects, understanding the motion of stars, and the importance of the Pole Star.



Turnitin Workshop

Omega hosted a dynamic Workshop on the Role of Technology in Academic and Assessment Integrity in association with Turnitin which was attended by teachers and principals from city schools, and in-house teachers from the IB, Cambridge, and NIOS wings. The workshop initiated an essential dialogue on the need for Academic Honesty in education and the recent challenges faced in the wake of Generative AI. The workshop included insightful sessions and a panel discussion, fostering dialogue and knowledge exchange among participants.



Davis Learning Strategies Workshop

The Davis Learning Strategies Workshop held at Heartful Kids, BMA campus, garnered enthusiastic participation from educators and professionals across Tamil Nadu. With 15 dedicated participants, this intensive 12-hour workshop established a strong foundation for student learning.



ATL community day

The ATL team embraced the ATL Community Day igniting a dynamic celebration of learning and collaboration. From the early hours, the team greeted enthusiastic student volunteers from Grade XII, joined by the spirited members of Akkas. The students from Velammal School, Kolapakkam, joined the event with contagious enthusiasm, contributing to the vibrant atmosphere of the celebration.



National Science Day

Our Budding Innovators from the Cambridge wing celebrated National Science Day. Donning roles of scientists, they brought science to life, engaging in lively debates on 'Genetically Modified vs Organic Food' and 'Space Exploration.' The Science Expo featured impressive working models, while a month-long science quiz sparked enthusiasm.



Mega Montessori week

The Montessori team organised a week long Math exhibition with a caption 'Montessori Math Marvels.' The objective was to showcase the development of Mathematical mind in a Montessori environment.

“Do not tell them how to do it. Show them how to do it and do not say a word. If you tell them, they will watch your lips move. If you show them, they will want to do it themselves.”

– Dr. Maria Montessori

The brilliant and scientifically designed Mathematical materials with which the kids explore inside the Montessori environment were unveiled at the exhibition. The methodical explanation by our Montessori facilitators made the parents aware about the objective and usage of the Montessori materials. The display of these materials amazed the guests by its precision and purpose.

Like cherry on the cake, the exhibition was followed by the Montessori cultural fest titled 'Math Enchantopia'. The Montessori older age kids with their ebullient performances set the stage ablaze with their striking confidence to speak, dazzling dance

moves, brimming with energy in a whirlwind of colours and splendor.

Our kids pinned it up that Mathematics is all around us with their enthralling skits under various themes – Math in nature, Math in space, Math in shopping, Math at home, Math in sports, Math in travel, Math in shapes and colours and Math in arts.

Our little champs flaunted their physical fitness display titled 3M's 'Mindful, Movement and Momentum'. When the sun set down for the day they shimmered our school's quadrangle with their twinkling star formation.





BMA Campus

"Prakruthi," symbolising nature was the theme for the annal day celebrations. The Pre KG kids through a variety of activities. That echoed the essence of nature. Meanwhile, our LKG students dazzled with regional dance performances representing different regions of India, showcasing the rich diversity of our country. Our UKG children, delved into the elements of nature for the annual day celebrations. Engaging in activities such as gardening, water play, and experiments related to air, they explored the concept of nature's elements in depth. They enhanced their comprehension of nature and delved into the PanchaBhootas, the five elements of nature, through captivating storytelling sessions.

Indigo-Heartful Kids marked a magical milestone at their 2nd Annual Day. Embracing the theme of self-love, our kids brought the "Ugly Duckling" tale to life in a captivating dance drama. Our talented Indigo members and the incredible choreographer Mr. Venkat helped weave enchantment on stage. Dr. Vasudha, V-Excel's founder, added depth with a moving speech, making the celebration truly special.

The UKG students at KG Heartful Kids immersed themselves in the exploration of the 'Community Helpers' theme throughout the month of January. The journey began with a visit to the post office, and the exploration continued with a trip to the fire station followed by a visit to the police station which brought excitement. For PKG & LKG students explored the roles of various community helpers in the school campus, acknowledging the contributions of librarians, Kitchen helpers, Chef, gardeners, doctor, housekeeping staff, office personnel, and teachers. To make the learning experience interactive, a 3D model of a post box was created, and the children crafted surprise letters for their parents, and posted them in the box. The teachers made sure that the letters reached the parents.





Plant a tree, Adopt a tree



'Plant a Tree, Adopt a Tree' initiative at KG
Heartful kids actively involved students,
teachers, and staff in enhancing the campus
environment and promoting environmental
consciousness. Carefully organised, it featured educational sessions on the significance of trees and proper planting methods. Our UKG students led the effort by planting trees themselves, instilling a sense of responsibility.

The school took another giant leap towards environmental stewardship as the Chandrodaya and Sooryodaya Interact Clubs together with the Rotary Club launched the "Plant a Tree, Adopt a Tree" initiative wherein we planted 100 trees around our school grounds, marking the beginning of a greener, healthier future. Our students from Grades VII to XII enthusiastically participated, embodying the spirit of environmental responsibility and commitment to conserving our planet's biodiversity.



Omega's Annual Days Extravaganza

A symphony of talent unfolded at the Omega Campus as Grades I, II and III of the Sirius Wing graced the stage with their spellbinding performances during their Annual Day bash. The acts, 'Aikyam' and 'Rang Dechunariya,' eloquently highlighted national integration and celebrated life's vibrant colors. The exceptional performances of our talented young students and remarkable showcase reflected immense talent and dedication, making the event a memorable success.

"You live only once. Enjoy the moment" was the theme of NIOS wing's first Annual Day wherein the students showcased their prowess in a variety of cultural performances. Students were recognised and awarded for their performances in class, sports and academics. The highlight of the annual day was that it was a collaborative event wherein every student of NIOS participated in the event and made it a grand success.



Field Trips Galore

Grade V students from the Sirius wing explored the world of organic farming during an educational trip to Farm Guru. Engaging in activities like ploughing, planting, and weeding, these young minds now champion sustainable practices for a greener future at Omega.

Grade VII students embarked on an expedition to Mahabalipuram, unleashing history and fun by exploring ancient marvels from the Shore Temple to Pancha Rathas and the Krishna Butter Rock. From the Descent of the Ganges to the lively marketplace, every moment became an adventure, shaping it into an educational odyssey and a journey into culture and heritage.

Our third graders went on an exciting trip to Dakshina Chitra. Exploring housing and sustainable living, they learned about vernacular architecture, rainwater harvesting, and the role of artists in building heritage. Immersing themselves in folk dance forms of Tamil Nadu and Rajasthan, students enjoyed a perfect blend of fun and learning, thanks to the dedicated teachers who made this outing unforgettable.



Trip to Malaysia and Singapore

In Omega's International Immersion and Internship Programme 2023-24, many of our students took part in an exciting journey to the cultural heartland of Kelantan, Malaysia and Singapore as they embarked on an enthralling experience of cross-cultural exchange and discovery.



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.

Academic Ascendance

The students of the CBSE have proved their mettle again in the recently declared results for CBSE X and XII grades for the academic year 2023-24 .

For Grade XII, our highest score stood at an impressive 490 out of 500, with an average of 85% and an outstanding count of 45 centum scores.

Grade XII – Results

306 Students

45 Centums

Average: 85%



Urvashi Sriraman

490/500 - 98%



S Saikripa

490/500 - 98%



S Powtheeka

487/500 - 97.4%



Potluru Jayachandra Sai

487/500 - 97.4%



Aashraya Ganesh Ram

487/500 - 97.4%



V Gayathri

487/500 - 97.4%



Aurimita Dutta Chowdhury

487/500 - 97.4%



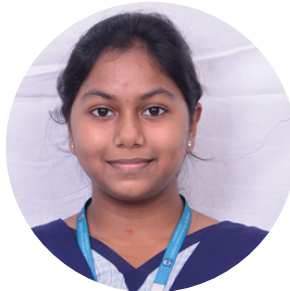
M Sriraman

486/500 - 97.2%



R Trinayani

486/500 - 97.2%



M S Janani Sshreya

486/500 - 97.2%



V Kabilan

486/500 - 97.2%

Hearty Congratulations!

For Grade X, the highest score reached an outstanding 492 out of 500, with an average of 87% and an astounding 66 centum scores.

Grade X – Results

306 Students

45 Centums

Average: 85%



Aishwarya R
492/500 - 98.4%



A S Krithikha
492/500 - 98.4%



Yugharakshani D K
492/500 - 98.4%

Parameshwar M
491/500 - 98.2%



S Sucharitha
490/500 - 98%

National Level Mathematics Olympiad

Rakshan Rajesh from Grade VIII, CBSE clinched Gold at the National Level Mathematics Olympiad conducted by National Teachers Council in November. He also bagged a special cash prize of Rs. 10,000.



Canadian Team Mathematics Contest

Our CIS & IBDP Students shone by winning top awards at the Canadian Team Mathematics Contest (CTMC) designed by the University of Waterloo's Centre for Education in Mathematics and Computing (CEMC) hosted by KC High School. *Our teams clinched both 1st and 2nd prizes overall, showcasing outstanding dedication and talent.*



National Science Day Winners

In the inter school competition organised by the Department of Chemistry, SRM Institute, Ramapuram, Chennai, to commemorate National Science Day *our champs bagged prizes in a spectrum of categories including speech, essay writing, quiz, drawing, and project display.*



Performance at IPL Finals

The students of our school delivered a flawless rendition of the Indian National Anthem live at Chepauk stadium during the IPL finals and mesmerised a 50000 strong audience and millions of virtual viewers.



IIT Madras Robocap League

Our stars Prajeet (Grade VIII) and Yashwant (Grade IX) triumphed at the IIT Madras Robocap League held this January. Prajeet clinched the 1st place with a Rs.10,000 cash prize, while Yashwant bagged the 3rd place, Rs.3,000 cash prize, and the Sustainability Award for his space junk-clearing robot.



National Handwriting & Colouring Contest 2023

In the 'National Handwriting & Colouring Contest 2023' organised by Students Development Society, Aurangabad close to 1500 talented students from Junior schools across the nation participated, and 19 of our students emerged as winners!

- KALA RATNA AWARD 2023: 8 young artists captivated us with their creativity.

- KALA GAURAV AWARD 2023: 11 students penned their way to perfection.

Recognising our school community's collective efforts, Omega was awarded the Ideal School Award 2023.

Moreover, D. M. Deeksha of VIII won 1000/- cash prize as a National-Level winner.



World scholar's cup chennai regionals

Eiswerya Karthic from IBY1 participated in the Chennai Regionals of the World Scholar's Cup, held on April 7th and 8th at Pupil Saveetha Eco School and clinched both gold and silver medals across various categories.



National Young Authors' Fair

Omega International School participated in the prestigious National Young Authors' Fair 2023 (NYAF 2023), the world's largest book-writing and publishing platform for students. Close to 368 students embarked on an entrepreneurial journey as Author Entrepreneurs, publishing their creative works with the help of an AI platform provided by BriBooks.com. Among them, 168 young authors from our school showcased their talent and stories on this wonderful platform! Many of the young authors' achievements were recognised and celebrated at the Award Ceremony in Gurgaon this March, where our winners were felicitated by the esteemed chief guest, Mr. H.E. Naor Gilon, the Israel Ambassador.



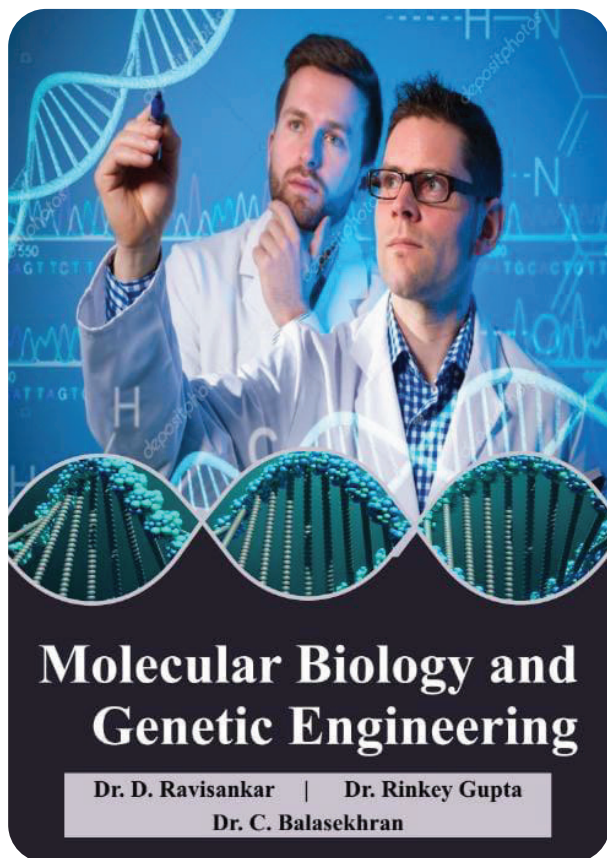
Ek Bharat Shresht Bharat

NCC Air Wing Cadet, Sergeant J. Krish represented our unit with pride at the Centrally Organised NCC Camp, 'Ek Bharat Shresht Bharat' held this January at NCC Training Area, Ediyapatti, Madurai. His exemplary performance clinched the Gold Medal for his mesmerizing flute performance and showcased his athletic prowess by securing the Silver Medal in the cross-country race.



Concours Romain Rolland International French Competition

Mrs. Indrani Myriam was honoured with a Certificate of Appreciation and a trophy for fostering student participation in the Concours Romain Rolland International French Competition through Prayatna Education Society held in Delhi last December. The competition featured exceptional talents from students of the IX and X Grades of the CBSE Senior Wing.



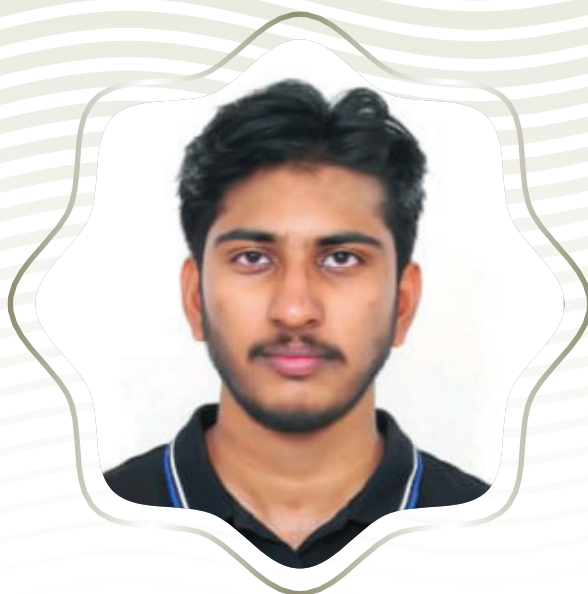
An Astounding Author

Dr. Chandra Bala Sekaran, facilitator, department of Biotechnology had co-authored a book titled, "Molecular Biology and Genetic Engineering" published by Sara book publication.



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.*



S. Ritesh

In this edition we present to you the ‘From the Heart’ conversation with our alumnus S.Ritesh of 2022-23 batch of IBDP curriculum.

As the Head boy, he has earned the love and admiration of his peers with his charismatic and affable personality. His friends call him a humble, compassionate and well read gentleman. To his teachers, he is unmistakably sharp with prodigious knowledge, sagacity and tenacity.

His public speaking and event management skills are par excellence. Ritesh is currently studying in Australian National University pursuing a course in Computer Science and AI.

1. International baccalaureate is the most sought after curriculum. How did the IBDP program benefit you?

I would say the IBDP has benefited me the most in terms of helping me develop time management skills, as well as research and academic writing. This was through its rigorous assessment over multiple components that had to be juggled simultaneously, especially the EE which demanded significant hours spent towards research.

2. Share some of your significant memories at Omega.

One of my most significant memories at Omega was the Mysore Excursion at the end of 2022, where I got to explore Karnataka's beautiful attractions, capture special moments with my friends, and even bond with my juniors. Those three days filled with late-night train travels, all-nighters, and dancing will forever stay in my heart.

3. Were you faced with challenges during your application process?

The most difficult part of the college application process was undoubtedly figuring out what to write in my personal essays. In the end, it all came down to writing about something I was passionate about and I knew was in my heart. My classmates, my college counsellor, and my English teacher Dr. Maitri were there to guide me throughout.

4. What is the reason behind choosing CS as the future course of study?

I had a love for computer science, programming and mathematics since an early age of around 12 years, and took up related classes in school which naturally made me inclined towards pursuing CS in the future. Beyond this, CS is a very lucrative field with an enormous scope in research, especially given the rapid ascent of machine learning and AI technologies that are changing lives. I decided that I wanted to be a part of this revolution and believe I can make strong contributions with my love and enthusiasm for the subject.

5. The driving force behind choosing Australia as your study destination

One of the biggest reasons for choosing Australia is the balance between getting a world-class education and affordability, which is not as easily found in other countries like the USA or the UK. The university I have chosen, the Australian National University, is ranked among the top institutions globally, and the specific degree I have chosen allows me to engage in research starting from my second year.

6. Share some insights on your stint as the head boy at LMOIS.

Being a head boy at LMOIS was a large

responsibility, however, with the support of the staff, students, and fellow council members, it was an enjoyable experience. My favourite parts of my journey as Head Boy include being a part of the organising committee for the LMOIS Carnival 2023, and coordinating events such as our school's Annual Day and Career Fair. There were inevitably many conflicts and miscommunications behind the scenes of it all, but as a team, we were able to progress and make things happen.

7. School is where your life's foundations are laid. In what ways did Omega help you shape your personality?

I would say Omega helped me shape my personality through its diversity of people, allowing me to engage with people from different backgrounds, as well as through the multiple opportunities of extracurricular activities offered to me, such as Model United Nations, and leadership roles. Moreover, I would say my teachers were most instrumental in shaping my personality, helping me recognise my strengths and weaknesses and discover who I really am.

8. What's your message to the future IB students?

Fellow IB comrades, manage your time well! The IBDP is a rigorous and demanding program, but it is definitely designed to be achievable without stress if you efficiently allocate enough time for each component each day. I will admit that I too sometimes pulled off all-nighters and ended up falling asleep in class, but now it dawns on me that none of that would have been necessary if I had managed my time better and procrastinated less. Stepping away from procrastination is easier said than done, but remember to take small steps. Be proud of yourself for taking

up this challenging curriculum and keep reminding yourself that you have what it takes to pull through until the end.

9. How do you perceive the digital invasion of academics?

I only really paid attention to the digital invasion when COVID-19 struck, and that entire year of high school was completely different from what I had faced before. Using technology as a means of education the whole time felt monotonous and it felt like there were too many distractions. During this period, however, I did learn how to leverage technology to help me study more efficiently and improve in academics. Once we started going to school again, the digital invasion set itself back a bit and there was finally a balance in which I no longer felt overwhelmed by technology in academics, but was still able to use it to my advantage, especially in my IB journey.

10. How, as a teenager, do you balance academics and personal interests?

Balancing academics with personal interest is really something that only comes with proper time management, and understanding the importance of both to sustain each other. Setting aside time for oneself is crucial to prevent burnout, while still having sufficient time allocated for academics. Obviously, none of us are machines and shouldn't expect to operate like them. Taking a complete break from academics, even for a couple of days at a stretch, was at times what I needed to be able to keep myself engaged in my personal interests and maintain a clear mind, which I feel is completely okay to do.

11. Finally, how much of a role did your parents play in your goal setting?

My parents were the most important people in my goal-setting and had been supporting me the whole way through. There wouldn't be a single discussion or decision about my career choices or college choices where my parents weren't involved. They offered me their advice and opinions that helped me understand how hard I would have to work to reach the goals we discussed, and thereby narrow down to specific goals and milestones.

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.*

ATL Lab at Omega

We are at the cusp of a Fourth Industrial Revolution and the need for inculcating an innovative mindset within our youth is of paramount importance.

Imagine a place where textbooks transform into launchpads for ideas, and classrooms become workshops for the next big invention. That's the magic happening right here at LMOIS, thanks to our incredible Atal Tinkering Lab (ATL)! At LMOIS, we believe the future belongs to the curious, the inventive, and the fearless. The ATL is a student's chance to be all three!

Atal Innovation Mission (AIM): NITI Aayog is an umbrella innovation organisation that has played an instrumental role in alignment of innovation policies between central, state and sectoral ministries, by incentivising the promotion of an ecosystem of innovation and entrepreneurship at various levels - higher secondary schools, higher educational and research institutions, and SME/MSME industry, corporate, and government ministerial levels, by public-private partnership. As of July 2021, 10,000 such labs have been established, covering 90 % of all the districts and 108 Aspirational Districts of India. These labs, established in both govt. and private schools and majority in co-educational and girls' schools, are serving as community hubs of innovation, while transforming the way India learns, thinks, ideates and innovates.

A Legacy Inspired by Atal Bihari Vajpayee: Named after the visionary former Prime Minister, the ATL embodies his belief in the power of innovation to drive progress. By providing a platform for students to experiment, tinker, and create, the lab fosters a culture where failures are stepping stones to success and curiosity is celebrated. The ATL

serves as a bridge between classroom learning and the demands of the industry. By exposing students to state-of-the-art technologies and community-relevant products, the lab equips them with skills that go beyond academic excellence. This not only enhances their employability but also fosters an entrepreneurial spirit. The lab organizes innovation challenges and competitions, providing a platform for students to showcase their talents.

The ATL goes beyond a physical space; it's a philosophy that encourages students to empathise with the issues and explore the limitless potential of STEAM (Science, Technology, Engineering, Arts and Mathematics) fields. Equipped with cutting-edge technology like 3D printers and sensors alongside coding, the lab transforms into a playground for innovation, where ideas flourish and creativity thrives.

A hallmark of the ATL is its emphasis on Design Thinking. Students are not passive knowledge consumers; they are active participants, creators, and inventors.



ATL is for gaining the empathetic experiences in school life itself and to rectify the problems and issues in the community by providing the innovative solutions. The ATL curriculum extends Community Day, ATL Tinkerpreneur, Parents Day, Theme based Hackathon, Mega Tinkering Day, ATL Marathon, Tinkerfest and what not offering a variety of programs designed to equip students with the necessary skills to navigate the ever-evolving world of technology with the empathy for nearby community. We envision a future where students play a leading role in India's journey towards becoming a global hub for innovation. By nurturing a passion for STEAM fields and instilling a mindset of innovation, the school is preparing the students to tackle the challenges of tomorrow with confidence and creativity.

LMOIS has been recognised for its commitment, fostering a culture of creativity and excellence. Receiving the prestigious "Best ATL School of the Month Award" underscores the dedication of our faculty and the exceptional work of our students.

The annual ATL Exhibition provides a stage for students across LMOIS to showcase their projects and celebrate innovation. We have won numerous accolades which include school of the month award, securing prizes in categories ranging from essay writing and quizzing to art and project presentations, demonstrating their well-rounded understanding of STEAM concepts at the National Science Day competition held at SRMIST.

Students in the ATL are not left to navigate the complexities of innovation alone. Trained mentors and facilitators guide them, providing a wealth of knowledge and experience. This mentorship fosters not only technical skills but also values of collaboration, teamwork, and perseverance. The dedication and innovation at LMOIS's ATL have not gone unnoticed. The school has consistently been awarded the "ATL School of the Month" title, and ATL has been recognised as an "ATL EXEMPLARY TEACHER OF CHANGE (2023-24)".

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.*



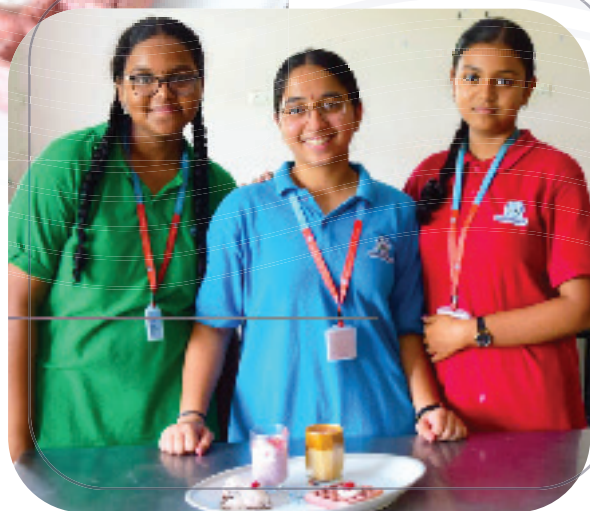
Ever wondered if desserts could actually be guilt free? Well, if that's you, then you'll find this assortment of indulgent dessert godsent.

This dessert platter has been curated keeping one thing in mind – nutrition and health. Every dish reflects this thought. Packed with the goodness of beetroot, a vegetable that's seldom liked but known among health enthusiasts as a health-food titan. It is known for containing a healthy amount of nitric oxide, which is amazing for reducing blood pressure, regulating muscle movements and blood flow. Additionally, it is a citadel of folate (vitamin B9), which helps cells grow and function. And that's just the tip of the iceberg.

The cake – a traditional red velvet sponge with a nutritious twist – stars beetroot as its hero. Its appealing colour, high antioxidant content, not to mention its high vitamin content. It is frosted with a pink frosting.

In addition, all these sweets have been made using healthy ingredients like brown sugar, coconut oil and an assortment of fruits, making it truly a guilt-free treat. So the next time you're craving the rich and indulgent feeling of cake in your mouth or a refreshing pudding to beat the summer blues, consider these options and thank us later!!

Zahraa S, Thirumagal Yazhini – X A, Kavya Ramakrishnan – X B



The chia pudding, on the other hand, is a fortress of feel good foods. It is rich in fiber, antioxidants and omega 3 fatty acids owing to the chia, and the fruits add their share of magic as well.

The waffles feature beetroot again, which gives it a beautiful colour and rich flavor, packing it with nutrients all the while. Pair it with a velvety and intense dalgona coffee, and you have a match made in heaven.

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.*

A series of horizontal, wavy lines in a light purple color, creating a textured, water-like effect at the bottom of the page.



Ms. Sindhu

Chemistry Facilitator and Senior Coordinator

In this edition we are proud to introduce one more erudite gem from the CIS faculty of our school.

Ms. Sindhu, a Chemistry facilitator and senior coordinator is a teacher par excellence. She has been associated with LMOIS since its inception. She epitomises grit, passion and professionalism in the true sense. With a continuous record of excellent results in her subject, she stands as a stalwart in her field guiding, mentoring and understanding the other members of her faculty.

Here we present to you the excerpts of the interview with our AS level students.

1. You have been among the first pillars of Omega since its inception. Can you throw some light on your tenure at LMOIS?

Yes, it has been a long time. I joined Omega on the 25th of May 2007. I consider this my best phase professionally. This was the period when I found myself and learnt a lot about pedagogy and my potential as a teacher. Omega is the place which recognised me for my uniqueness and individuality. I think this environment gives the teachers and students a great opportunity to chisel themselves into power houses of their unique talents.

2. Chemistry is considered a formidable subject by most students. How do you make it interesting?

First of all, I am extremely passionate about Chemistry. I believe the teacher plays a crucial role in making the students develop the chemistry with Chemistry! I try to impress upon the students the worthiness of my subject through a caring, empathetic and humorous disposition. Also, I simplify concepts to a level that could be easily understood; and I am always well-prepared for class.

3. What is the X factor that sets Omega a class apart from other schools?

This is a place where abundant joy pervades ubiquitously.. I must admit I feel joyful being here and feel young at heart too...!

4. Kindly share some of your most memorable moments at LMOIS.

I was happy to be addressed as 'Facilitator' rather than 'Teacher' at Omega. The opportunity of teaching students from many foreign countries elated me. Truly felt like an international teacher!! Ha-ha.. Furthermore, the trees on this campus have a beautiful story to tell. The lawns from the kitchen area till the Vega block have all been planted by your seniors and I have been a witness to this awesome passing of time...

5. What is your message to the digital generation?

There is a technology gap between the present learners and teachers like me. Technology is so advanced today that the gadgets think before we do naturally. Digital communication lacks human touch. Students should be discerning and wise in choosing the right information they actually need.

Contributions

by



Shiv Shanmugam

AS level



Vikrant Gopi

AS level

*Art has the power to transform,
illuminate and educate.*



HEARTFULNESS INTERNATIONAL SCHOOL, OMEGA BRANCH
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