



December 2025

Omegazine

ROOTS
of Enlightenment

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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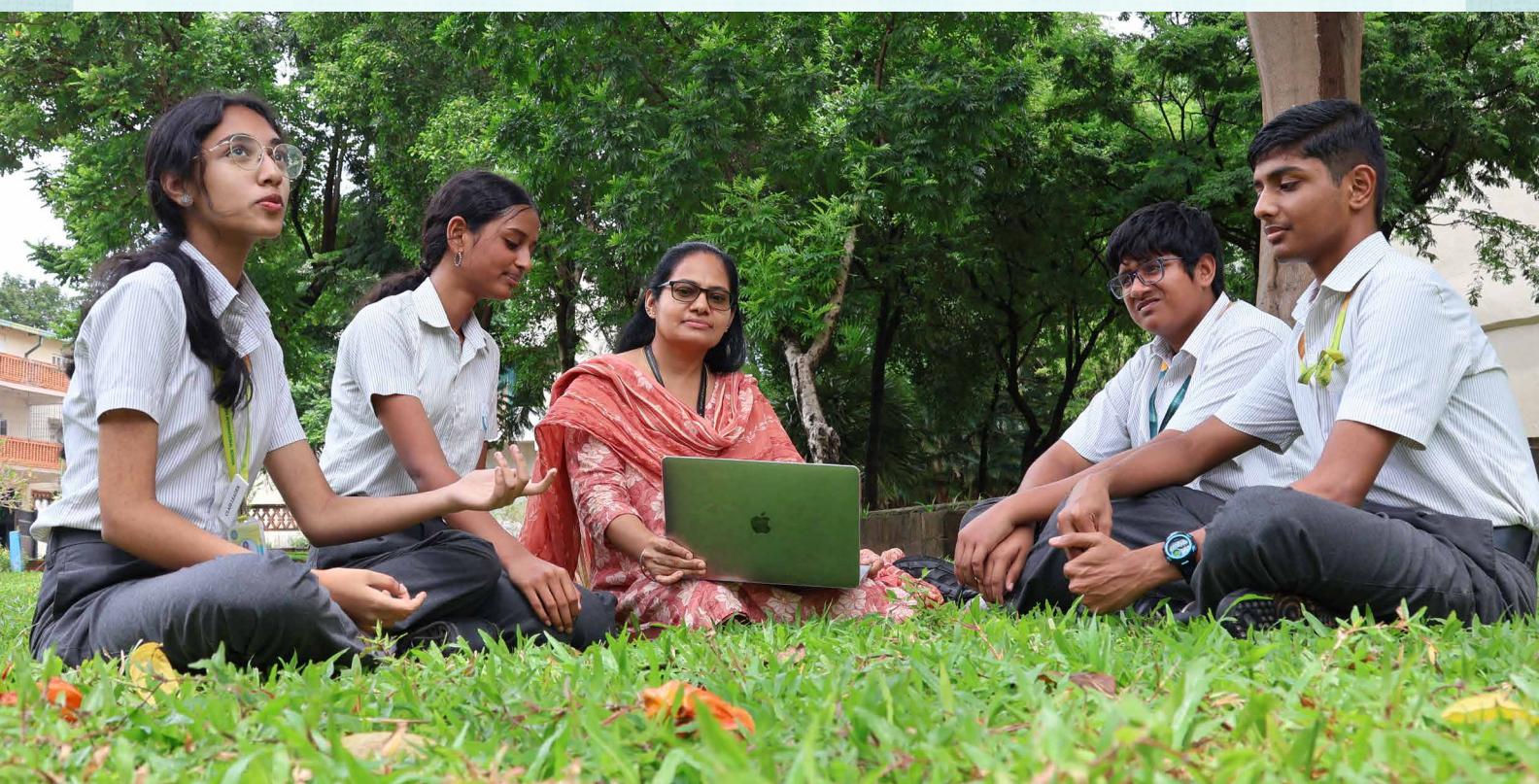
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Putting Compassion at the center of school culture



Divya Samvit Rajagopalan
Head of School (Cambridge & IB)

I recall a moment a couple of years ago when a dear learner succumbed to pressure and copied in an examination. He was brought to my office so that I could teach him a lesson and remind him firmly of everything that was not acceptable in school.

I distinctly remember the despondency in the student's teary eyes - a mix of guilt, shame, and desperation that made me pause. I remember asking the exam department team to give me a few minutes with the child. We stepped out for a bit, and as we spoke, his story slowly unfolded. Weeks of trying to give it his best, the growing fear of disappointing his family and teachers, and the realization the night before the examination that he wasn't going to be able to manage it. In his mind, copying seemed to be the only way out.

As the moral and academic custodian, it would

have been easy, almost expected of me, to launch into rules, consequences, expectations, and values. The script is familiar to us – as teachers, parents, and as righteous champions for our children. Obedience, discipline, and morality are prized currencies in a school environment, and we strive to uphold these in true spirit. And we must.

But it is also in these fragile moments that we realize that what someone might need most in such moments is not outrage or advice, but the promise that they would be heard, understood, and valued, despite their failures and inefficiencies. What they truly seek is a safe space where mistakes, reconciliation, reflection, and growth are allowed. Schools are, after all, nurseries of the human spirit, where potential can take root and rise, aren't they?

Over the years that have passed since then, the student has moved to self-belief, resilience, and determination. The conviction in his eyes is unmistakable as we walk past each other. The resilience and the growth mindset that the incident brought to the student is unmissable. Thus, compassion is not a grand gesture, but a choice we make every day.

Daaji talks of compassion as feeling for, resonating and responding to others (Patel, 2018). Swami Sukhabodhananda (2025) proposes a beautiful acronym to derive how we can be a HERO when we are compassionate:

Happening – Every moment, something is happening. It is our interpretation that can make or break the moment.

Evaluation – Our evaluation of the event is the opportunity we get to grow, learn, evolve, or lose ourselves in pessimism and adversity.

Response – Once the evaluation happens, we choose between reaction and response. Whereas reaction is mechanical and impulsive, often arising from one's conditioning, response stems from awareness; it is wise, creative, and healing.

Outcome – The outcomes of our actions are born from our inner climate. When we evaluate carefully and respond consciously, the outcome aligns with growth, harmony, and success. The contrary may be true if we let anger, blame or indifference leech into our kindness.

So, we can be HEROes if we let our hearts perceive and let wisdom guide our actions. But how can this elaborate discernment be possible when we have but a fleeting moment to make a choice. One road or the other, we make a choice intuitively in a split of a second. When we turn

to our inner mirror, we let intuition guide us to connect deeply and respond with kindness. (Patel, 2018). Our indifference and separateness vanish, and in that potent moment, our heart guides us to do what is right. It is as if it were almost automatic.

At Omega, listening to the silence of the heart and cultivating an inner ambience of reflection and balance is a lived experience. It leaves its gentle fragrance on our learners, teachers, staff, and every member of the school community. Over time, this thread has come to be woven deeply into our school culture. And that is the gift we give ourselves for a lifetime.

For the sceptics, this still leaves us with some questions unanswered. Let us briefly adopt a critical lens and consider the counter-perspective on this idea of compassion. Are we going soft when we show compassion? Are we letting go of rules and regulations that must be enforced? Will this lead to a deterioration of discipline, values and consequently corrupt school culture and ethos? In the deepest recesses of our hearts, we know the answer. A rule can be enforced, both through kindness or through conformity. And truth be told, the longer-lasting impacts arise out of acts of kindness and understanding, rather than force and punishment. Compassion, in truth, can be transformative. It can build strength, clarity, and a lifelong disposition of understanding and respect. When compassion becomes the keystone, we build an edifice of resilience, confidence, wisdom, and joy – all of which fall into place beautifully like the last pieces in a jigsaw.

So, what does compassion look like at school, at

home, or anywhere else? Think of the circumstances that we encounter everyday: a quiet student; a weary security guard caught in the crush of morning traffic; an overwhelmed teacher; a parent who looks drained at pick up; a son or daughter or student who misbehaves out of hurt or confusion – what can we as teachers, parents, and friends offer to them in their moments of strife?

- Practice presence. Give children the chance to speak fully without correction or advice. Let us try and trust them, and allow them to be seen and heard.
- See the child before you see the behaviour. Connection is key and can make or break a situation. It is what children remember long after the lessons are forgotten.
- Encourage open conversations, especially with adolescents. While they may not say much, they deeply value us, our trust, and our relationships. In fact, it is many a times, their only anchor.
- Create safe, non-judgmental spaces. Spaces where children are not met with comparison, passive aggression, and performance-driven expectations, but are treated with equity and respect.
- Lastly, be kind; be all heart.

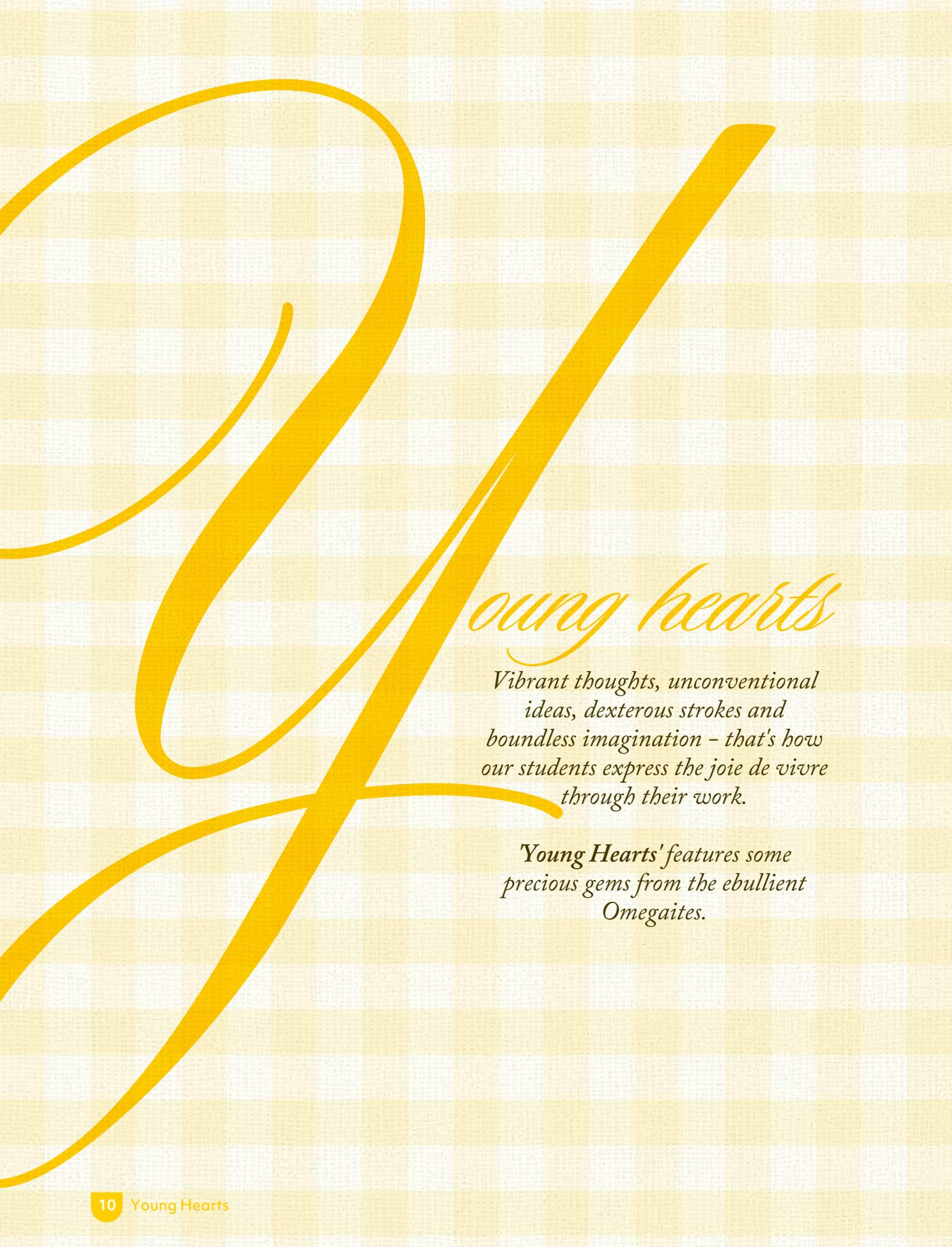
*“Hope” is the thing with feathers
That perches in the soul –
And sings the tune without the words –
And never stops – at all –.”*

Emily Dickinson

References

Patel, K. (2018). Compassionate Consciousness | Kamlesh D Patel. Daaji.org.
<https://www.daaji.org/compassionate-consciousness>

Sukhabodhananda, S. (2025, November 27). Life is Neutral: Don’t React but Respond Calmly. Times of India.



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.

The Banyan Tree that REMEMBERED

One would say I have lived for a millennium but to me, it feels like I was a sapling just yesterday. With my dark thick trunk and my wide spread roots, every ring on my bark is a testament to the wisdom I have acquired over the years, loved, cared and nurtured by this beautiful society, my values and teachings imparted by my family. Now I live to share snippets of a life that has taught me the most beautiful lesson – beauty doesn't lie in a perfect face but in a heart that continues to fight for what is right, learning through its flaws...

It was 1954. I was a seed, planted at the heart of this park, right here by the boy-Arjun, a young, bright lad with shining eyes that spoke of big dreams. As he carefully tucked me away in the soil, his grandfather said to him in the distance. "This seed is a lucky one. It landed on my feet during one of my first posts for the army in the eastern ghats. It bought me good luck during my time in the forces and will grow up to do wonders for seasoned and youthful hearts alike for years to come..."

And then I grew... first into a young, vivacious sapling. Arjun grew alongside me, both of us competing to see who could grow taller and stronger, he visited me every week after school, telling me new stories of his day, exploring new branches I grew and the secrets they bore. Things

didn't change even as he grew up. He would bring his children along, then his grandchildren to share stories with under my shade. However, time flew by and he grew older and feebler, his movements more strained. It often pained me to think that as I grew older, I grew stronger but it was not the same for him.

Then one day, the visits stopped... I had finally won the race.

That was my first experience of loss. I expected to feel deep sorrow, but instead I felt nothing at all, except a strange numbness at the spot where a piece of my heart was missing. I guess my indifference towards the matter could be attributed to the fact that I knew this was the circle of life. Loss was inevitable, yet I had still hoped to feel a pang of sadness that never came.

Then, Lisa entered my world.

It was 1967, the day was still young and the park was strung in silence as a gentle zephyr blew over. Suddenly, she walked over. A quiet little girl around 12, with a book in one hand and an apple in the other. She wore a pretty white frock with pigtails. Her face was fresh like the earth. Her lips supple and her cheeks ripe with color with her twinkling eyes.

Instantly I had this uncontrollable urge to get to



know her, this enigmatic little creature so wonderful and dainty. She sat under my shade, and began to read her book. Soon her mother called her for supper and she left.

She came every day after that and before long we formed an unspoken friendship. She would come and start reading aloud to me like she knew I was listening, while I shielded her from the piercing rays of the sun, keeping her cool in the afternoons. Soon she began writing her own stories and read them out for me to judge. Years later, she got into university, her visits becoming less frequent. Then one day she walked up to me holding a book in her hand-

“I published my first book today” she said proudly, showing me the title- “Adventures of the banyan tree”

Soon disaster struck. A pandemic ensued. It came suddenly like a terrible storm sweeping over, destroying anything that lay in its path. The world around me suddenly became silent with this sinister presence lurking in the air, invisible yet

invincible. Schools shut, offices closed and roads deserted. The deafening silence now echoed through, haunting the park that was once filled with the laughter of children and chatter of the adults. Those infected in the society had to be quarantined, barricaded from the world until they had recovered. It was during those times that people then came together, gathering whatever rations they had to help those in need. That's when, the people realized that the only way to get through tough times was to find strength and support in each other. And soon enough, the pandemic passed just as quickly as it had come like a fire whose flames were quickly doused. The world and its people were slowly reverting to their previous, normal life. But could they though?

This disease had marred their souls, shook their little worlds, made them realize how fickle life was, that despite the numerous developments and advancements their lives still lay like puppets at the hands of this merciless world. That nature was not a force to be reckoned with. But little would they understand...

One day, I happened to witness the rekindling of two hearts. They were friends, who hadn't met each other for a long time. They happened to pass by under my shade, when one of the leaves fell, gently brushing past one's cheek. She looked up and faintly recognized her friend- “Ria?!” she exclaimed.

Her friend looked up in recognition.

*“Amaria- is that you?”
No words passed between them for seconds and then they broke into a hug and tears.*

I am the banyan tree, I help those who wish to

"OMG it's been so long" Ria exclaimed. After catching up on old times, Amaria finally said, "What a coincidence that we should meet after 12 long years"

I frowned to myself. Nothing is ever a coincidence but, a part of nature's elaborate scheme—a red string that connects people all over waiting to be reunited." But of course, my thoughts must stay concealed given that I don't have a facile tongue. I sighed, 'how much these humans still have to learn'.

I sometimes don't recognize the world I live in anymore. Destruction, hate and war prevail over a land that was once peaceful, calm and harmonious. These ignorant humans claim themselves to be superior beings of thinking and feeling, that often they forget that plants have been a silent witness to the various hues of the human life for centuries, observing them all through a fine lens. Pain, loss, love, joy, we've seen and felt it all.



seek shelter in my branches, a beacon of hope to invite rain-bearing clouds. the Earth speaks through me, her words carried in my leaves through the wind.

However, I now lay forgotten, and yearn to go back to the times when things were much simpler without the glow of the rectangular bar, penetrating deep into the minds of today's youth like slow poison. They search for secrets of the world on their screens but forget that, I am a sole witness to the time that flies by, carrying those very secrets and morals that they seek deep inside me, embedded in my roots and bark, ready to unveil to those who wish to listen...



**Garima Adabar
Pattnaik**
Grade X - CIS

Doors

Doors are something we come across on a daily basis so abundantly, it does not occur to us that they are a marvelously simplistic yet powerful product of engineering. They act as a barrier that demarcates the permeable space on an impenetrable wall. Doors have multiple functions in our daily lives such as security – doors have locks which can prevent theft/similar unwanted activities; privacy – any confidential matters or meetings are usually expressed in a closed room, birthing the phrase 'behind closed doors'; aesthetic reasons – doors can add to the design of a plain wall when it comes to architecture, providing a canvas for expressing art and numerous other uses.

It also symbolizes a new path or beginning when used in art and can mean a number of other things based on the abstract vision of an artist. In conclusion, doors form an integral part of our lives and we use it almost every day, so much so that we remain oblivious to its simple genius. In our daily lives, we are so occupied by the stress of our work that we overlook things that work almost perfectly. So, a suggestion would be to spend a minute or two appreciating all the small things that work so well in our lives. Because only by appreciating the little things in life will we appreciate life as a whole.

Zero

When I say nothing,
and you think of zero,
you're partially wrong,
because it's one of maths' hero

Not all heroes,
have to be number one
In mathematics,
It's all about the fun

Zero's a kind number,
If you didn't know.
Even if it's added,
It lets you shine alone

But don't make it angry,
As it may multiply.

It'll remove your complete existence,
In the blink of an eye!

If you want its power,
It can't guarantee you much.
But it can make you whole,
Stand straight and such.

Zero's got a major role
In defining limits,
Don't underestimate this number,
It's got endless potential in it!

There's more to this number,
From what you might already know!
Now, is zero just a nothing?
That's a big, fat no!



SriRam Ramesh
Grade XII - KCC



Vandana
Grade IX - CBSE

The SMELL of the Library



*The scent struck first, warm paper, dust, and sunlit wood,
A hush that trembled sweetly where the rows of stories stood.
We darted through the winding shelves like whispers on the run,
Chasing words we shouldn't read, beneath the amber sun.*

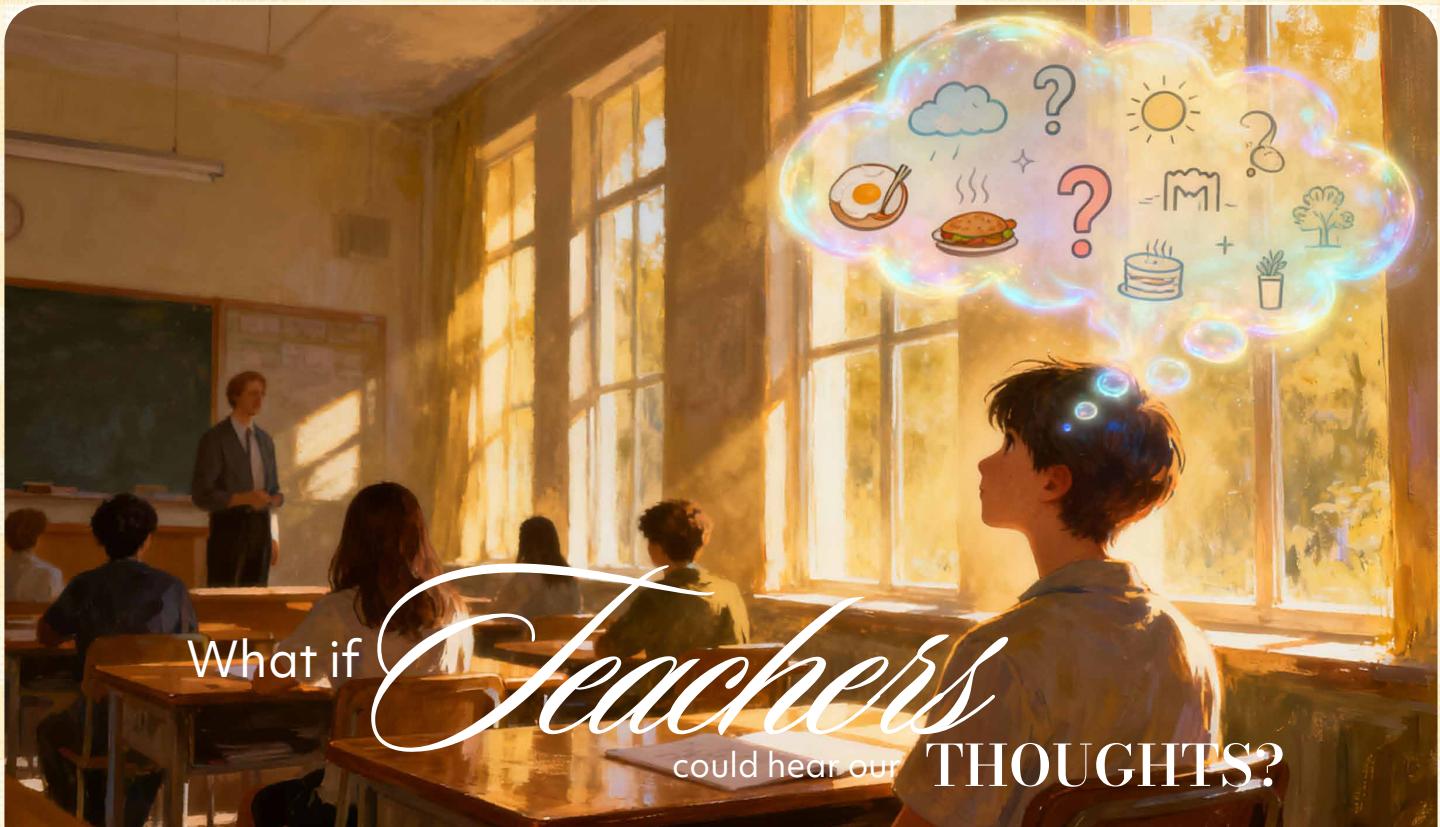
*The glass doors caught our fleeting selves, reflections half awake,
We'd pause to fix a tousled curl, then vanish for escape.
Our pockets full of overdue, our names worn on the lines,
We borrowed more than time allowed, then danced beyond the fines.*

*We came for quiet, found a storm of giggles, breath, and feet,
A thousand echoes overhead, where silence dared compete.
The library, not just a room, but a stage and sacred den,
Where myth and mischief held our hands and time was ours to bend.*

*Now twilight wraps the wooden walls, the echoes fade to still,
Yet scent alone revives it all and stirs me with its thrill.*



Krithvi. B
Grade XII - CBSE



What if *Teachers* could hear our **THOUGHTS?**

I've always thought.... what if, just what if teachers could hear students' thoughts when we stare out of the window thinking about everything, except the subject? What if they hear our pure, raw, unfiltered thoughts??

Oh, what if they read our minds when we zone out of the class in the middle of the class trying to recall a dream we had last night or questions like 'For God's sake, why should I have to learn this?' or 'Is this even required in my life?'. If the teachers could read our thoughts, will they still have the same impression on us which they once had?... we might never know.

If they ever had the ability to reach our minds, they would never be able to decode our thoughts, because it's a cluster of million little things from trivial questions like 'what's for lunch?' or trying to figure out 'if I'm the only one who is not able to understand this concept?' to deep thoughts like 'What's my future going to be like? Or 'How am I

going to be successful in life?'

Teachers would also now understand who is pretending to be a good student and who is actually a noble student, for respect comes from the heart: and not by actions. Anyone could praise a teacher but the ones who really mean it are the people who carry the gratitude forever in their hearts and not just by words.

But in my opinion, I don't think teachers would want to read our minds because they already have a lot to deal with. Sometimes certain things we feel are better left hidden. 😊



Antonita
Grade XII - CBSE



It happened without a warning; a girl woke up in a boy's body. Broader shoulders, deeper voice and a stranger's eyes. She had always been curious on how different a boy's life was from hers, and now she was going to experience it. At first it started off like any other day, but she was able to notice the difference, no one stared too long, no one whispered behind her back.

She was now able to walk down streets at night without gripping her bags or keys tightly, without pretending to be on a call with someone to assure her safety, and mainly, without the weight of fear pressing on her shoulders. There were more subtle changes that she was able to notice, she laughed out loudly without being judged, wore what felt comfortable without someone trying to correct her, and most of all, there was no one who told her to keep smiling despite the struggles faced. She was now able to speak her mind without being interrupted, she was able to exist without fear or apology.

After experiencing this, she understood that, this wasn't the freedom everyone had. It was the freedom only boys had. As a girl, her life was filled with invisible chains like worrying about her safety, dodging judgments, being told on how to behave. But in this new body, she understood how different the world felt without those chains.

She now realized that freedom shouldn't depend on gender. No girl has to feel unsafe, unwanted or small just because of who she is.

Noticing the difference alone will not give them a better place, it has to be changed. Every girl deserves the same safety, respect and freedom that boys are given.



Toshan Prakash
Grade XII - KCC

BOUNTIFUL *Nature*



*A wonderful sun,
Evokes happiness in the air,
It lets us to have fun,
It gives us all the care.*

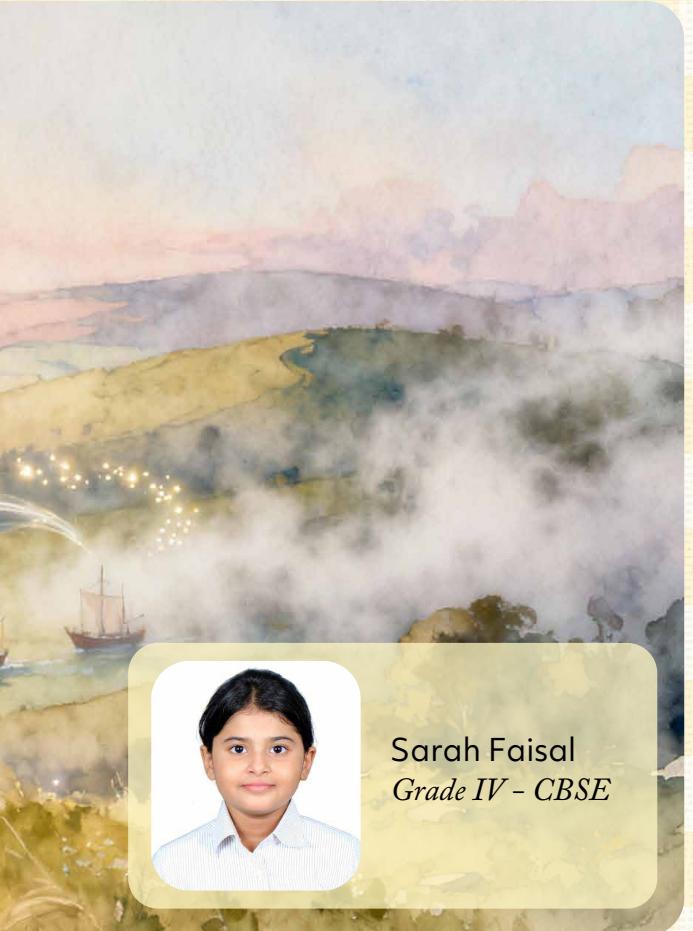
*A bright moon,
Gives us all the charm,
It stands out like a lone wolf,
It gives us no more alarm.*

*A deluge means petrichor,
The thrumming of the wet,
The clouds are leaden,
It washes all our fret.*

*A fervent spring,
Makes us a nature lover,
It is so thriving,
With blooming flowers.*



H. Sreshta
Grade IV - CBSE



Sarah Faisal
Grade IV - CBSE

*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
Older
DAYS*

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.

2D shapes to 3D forms Sculptures

Class XI Sculpture students explored the fusion of art and mathematics through their parametric sculptures made from cardboard. By transforming flat 2D shapes into 3D forms of fruits and vegetables, they learned about mathematical calculations, cross-sections, and spatial relationships.

This hands-on process helped them understand how precise geometry and design techniques can bring creative forms to life, turning mathematical concepts into tangible artistic expressions.





Dynamic Sculptural Elements

This concept created by students of Grade VIII showcases an exploration of positive and negative space within 3D canvas. Each block is transformed with cubist-inspired abstract patterns—lines, spirals, and geometric cutouts—turning simple forms into dynamic sculptural elements. The students not only molded the clay but also carefully chiselled and carved it, demonstrating timing and control over the soft medium. The stacking and arrangement of these blocks create a visually engaging composition, highlighting both individual creativity and the collective harmony of shapes.

This artwork has been created by Grade XII Sculpture students as part of their sixth subject. The concept is inspired by the ancient rock paintings of Bhimbetka.

Using locally available materials such as jute and wire, the students have recreated dynamic scenes of hunters and animals in motion. The natural texture of the materials adds an earthy charm, creating a strong visual connection to the origins of art.

Jute Wire Sculpture





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.

National

KHO-KHO U-17

(National GOLD Medalists)



P KRISHNYA

National Gold Medalist



**YAZHINI ANNI MIGNILI
NATARAJAN**

National Gold Medalist



N SHREYA

National Gold Medalist



D SUBHASHREE

National Gold Medalist



G GOWRI

National Gold Medalist



RAJINI KARTHIKEYAN

National Gold Medalist



R HARSHINI

National Gold Medalist



ANUSHKA G

National Gold Medalist



CHINMAYA

National Gold Medalist



S K PRITHVI

National Gold Medalist



S M ANUSHREE

National Gold Medalist



R GANISSKA

National Gold Medalist

KHO-KHO U-14

(National BRONZE Medalists)



MAHATHI D

National Bronze Medalist



P PON MANISHA

National Bronze Medalist



TANUSIYAA K T

National Bronze Medalist



NIRAIMOZHI NATARAJAN

National Bronze Medalist



S HARSHITHA

National Bronze Medalist



SAHANA ABHISHEK

National Bronze Medalist



R AASHINYA

National Bronze Medalist



SAI AKSHARA

National Bronze Medalist



HERSHNA

National Bronze Medalist



S SHRI NAKSHATRA

National Bronze Medalist



G K KARPAGAM

National Bronze Medalist



K KANISHKA

National Bronze Medalist

Champions

ATHLETICS

(National GOLD / BRONZE Medalists)



F FREDRICK RUSSELL
National Gold Medalist



M NIKHIL KRISHNA
National Gold Medalist



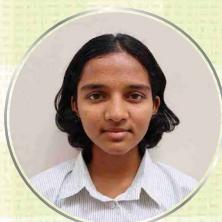
K R HIRANKUMAR
National Gold Medalist



AARIYAMAAN RAJINIKANTH
National Gold Medalist



RITESH KUMAAR A
National Gold Medalist



R DHIRITHI MARC
National Bronze Medalist



THUSHITHA RAMESH
National Bronze Medalist



SHARON DEEPTI J
National Bronze Medalist



SANDHYA
National Bronze Medalist

CRICKET

(National SILVER Medalists)



TEJOMURTHULA VENKATA SHANMUKHA AKSHAT
National Silver Medalist



PRANAV SANTHOSH KUMAR
National Silver Medalist



R ADHAVAN
National Silver Medalist



NITHUL AARAV K
National Silver Medalist



A SHARVIN
National Silver Medalist

ROWING



SUTHIRTH SHANMUGAM
Represented World Rowing
Competition



SANJANA SUNDAR
National Gold Medalist
(CBSE Skating)



K S SUDHARSHINI
National Gold Medalist
(CBSE Skating)

SKATING

(National GOLD
Medalists)

KHO-KHO *Champions*



SKATING *Champions*



Sanjana Sundar of Grade XII in the Asian Championships in Jecheon, Korea, where she ranked 16th with the timing of 4.91sec. She bagged the gold in the 64th National Roller-skating championships with the timings of 4.76 sec.



K.S. Sudharshini of Grade XI won silver at the CBSE National Skating Championship.

Our Kho-Kho teams clinched three championship titles at the CBSE Cluster VI State-Level Tournament 2025-26: U-17 & U-14 girls-winners, U-14 Boys-winners.

Our Tamil Nadu Girls U-17 Kho-Kho Team were crowned Champions of the CBSE Kho-Kho Nationals 2025-26, bringing home the **GOLD MEDAL** and got qualified for SGFI (School Games Federation of India).



Saiaksharan from Heartfulkids-EYP bagged double Gold in the 200m and 500m races at the 17th Thiruvallur District Roller Skating Championship 2025, organized by the Roller Skating Federation of India.



Young star Shrishti Janarthanan of Grade II (Cambridge) represented Thiruvallur district in the Tamil Nadu Open State Roller Skating Championship 2025, securing an impressive 4th place in the 6-8 Cadet Girls speed inline category.



Praneet Adhav of Montessori 2 made a feat at the 15th Tamil Nadu Speed Skating State Championship in Karur, winning Bronze in the 400m and relay. He was also qualified for the 24th National Speed Skating Championship (Under 4-6 years).

SWIMMING



Sai Raksha of Grade VI won multiple medals at the CBSE South Zone I Swimming Competition and was qualified for CBSE Nationals.

She also secured TOP SPOTS in the 100m and 200m Breaststroke events, representing Kanchipuram District at the CM Trophy Swimming Competition.



Aathish Kumar won the Gold Medal in 100m Freestyle and Silver in 50m Freestyle at the First All India Ranking Meet.

BADMINTON



Bhavesh, of Grade X (NIOS), clinched First Place in the U-16 Boys Singles category at a prestigious Badminton Tournament.

TAEKWONDO



V. Abhinav of Grade XII won Gold at CBSE South Zone I Taekwondo Competition and qualified for CBSE Nationals in Uttar Pradesh.



FOOTBALL Champions

Our school made a Grand Double, winning BOTH U-19 and U-17 Boys' championships at the *CBSE Cluster VI State-Level Football Tournament 2025-26* gearing up to represent the CBSE Cluster VI Nationals in Bhopal.

The football team emerged as *CHAMPIONS at the Nazareth State Level Football Tournament* held at Nazareth Arts & Science College, Avadi, Chennai.

Our school emerged as the Champions of the prestigious *MCCS-MRF State Level Football Championship*, held at Madras Christian College School, Chetpet.

Our U-14 Football Team scripted a phenomenal victory at the A.K. Gopalan Memorial Inter-School Tournament, clinching the Championship title.

Our Under-13 Boys clinched the championship title at the prestigious FC Madras Super Cup and the Under-15 Boys secured the Runner-up position.





BASKETBALL Champions

The basketball girls and boys team participated in *CM Trophy Kancheepuram District level championship* conducted at Kancheepuram.

Boys were the winners bagging cash prize of ₹3000 each.

Girls - 'A' team were the winners with cash prize of ₹3000.

Our *U-19 Girls' Basketball Team* bagged the Silver Medal at the CBSE Cluster VI State-Level Tournament.



HOCKEY Champions

Our school Hockey Team won Tamilnadu School Hockey League (TSHL) Season 2 Championship and triumphed at the Kancheepuram CM Trophy. Seven of our stars were selected for the State-level CM Trophy.



CRICKET *Champions*

Four of our young stars **Adhavan, Akshat, Nithul and Pranav** were members of the team at the **Under-14 Cricket Nationals**.

Sharvin of Grade XII represented **Nationals CBSE Championship**.

Our spirited boys from NIOS wing were the **Runners-up in the TNCA U-14 City Schools 2025-26 Tournament**.

Omega Sports Academy won the **Master CC U-17 Cup**, beating Unique Cricket Academy by 19 runs. **Sachin Bhoopathy** starred with 70 runs and 4/46, was declared the Player of the Tournament. **Dharshan, Harish and Saran** bagged top honors.

Our **Omega Sports Academy team** won the **U-13 and U-15 Master CC tournaments**.



SILAMBAM *Champions*

Our students won **Ten Gold medals, One Silver medal and Nine Bronze medals** at the **State-level SILAMBAM Open Championship**, organized by **Kalugumanayar Chola Martial Arts International**.

ATHLETICS Champions



Dhirithi Marc of Grade XI won the Silver Medal in the 1500m and Gold Medal in the 3000m U-19 girls category at the CBSE Cluster VI Athletic Championship and qualified for CBSE Nationals in Varanasi.

Sharon Deepthi clocked Silver in the 400m U-19 girls at the CBSE Cluster VI Athletic Championship held at Velammal Vidhyalaya, Karur and were qualified for CBSE Nationals in Varanasi.



Our students secured the 4x400 relay boys' GOLD MEDAL at CBSE Cluster VI Athletic Championship.

Master Frederick Russell clinched Gold in the 100m U-18 category with a remarkable **10.96 seconds** at the 37th Tamil Nadu State Open Junior Athletic Meet, Silver in U-18 200m (22.52s) race at Madurai and qualified for South Zone Athletic Meet.

He won **Gold in 100m** at CBSE National Athletic Championship, Varanasi, with a blistering **10.78s**.

Fredrick Russel- The Fastest Man in Tamil Nadu (U-18)



=Talk

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



FUTURE READY: The Rise of *Biotechnology*

In a technologically evolved country like India in the twenty-first century, the details we get at the snap of a finger through web is insufficient & at times inappropriate. The sole means to succeed in this competitive environment is to have a solid education followed by a career with skills. One such wonderful field, providing all the aforementioned qualities, is biotechnology. A subfield of biology known as biotechnology is concerned with advancing science and technology for the benefit of people. This industry is the fastest-growing in India's economy and the third largest in the world.

Biotechnology is a discipline that harnesses living

organisms or their components to innovate and produce products and technologies. Its applications are diverse in both public and business sectors with significant impact in areas such as healthcare, agriculture, and environmental conservation. It is currently one of India's fastest-growing fields. Numerous interesting, fulfilling options and countless professional opportunities are presented by this career path. A worker in a white lab coat working in a lab and creating medicine is what we picture when we think of a job in biotechnology. Nonetheless, biotechnology is not only limited to laboratories.

Recent, important breakthroughs have been

reposted in biotechnology, chief among them the ability to edit genes using the CRISPR-Cas9 system, enabling extremely precise DNA alterations. Furthermore, developments like precision medicine, which tailors therapies according to a patient's genetic composition, and bio-printing, which can create tissues and organs, are redefining the profession. Using an innovative lenti-viral vector technology based on hematopoietic stem cells for precise gene alteration, India launched its first gene therapy study for hemophilia A. The Department of Biotechnology, GOI has created techniques to evaluate the grain's nutritional worth. Amaranth cultivars have demonstrated the ability to combat obesity caused by high-fat diets, which has accelerated the rise of new variations. To environmentally manage powdery mildew in crops including tomatoes and grapes, a Nano-formulation derived from *Myrothecium verrucaria* was created.

Other Recent Innovations in Biotechnology:

- In order to revolutionize disease diagnosis, CRISPR-based techniques are now being investigated for quick and precise diagnostics of viral infections like COVID-19.
- Synthetic Biology: Technological developments are making it possible to use engineered microorganisms for production of food, biofuels, and biodegradable polymers, providing environment friendly substitutes.
- Cellular Agriculture: Dairy and meat produced in

laboratories are improving, lowering the need for animal husbandry and its adverse impacts on environment.

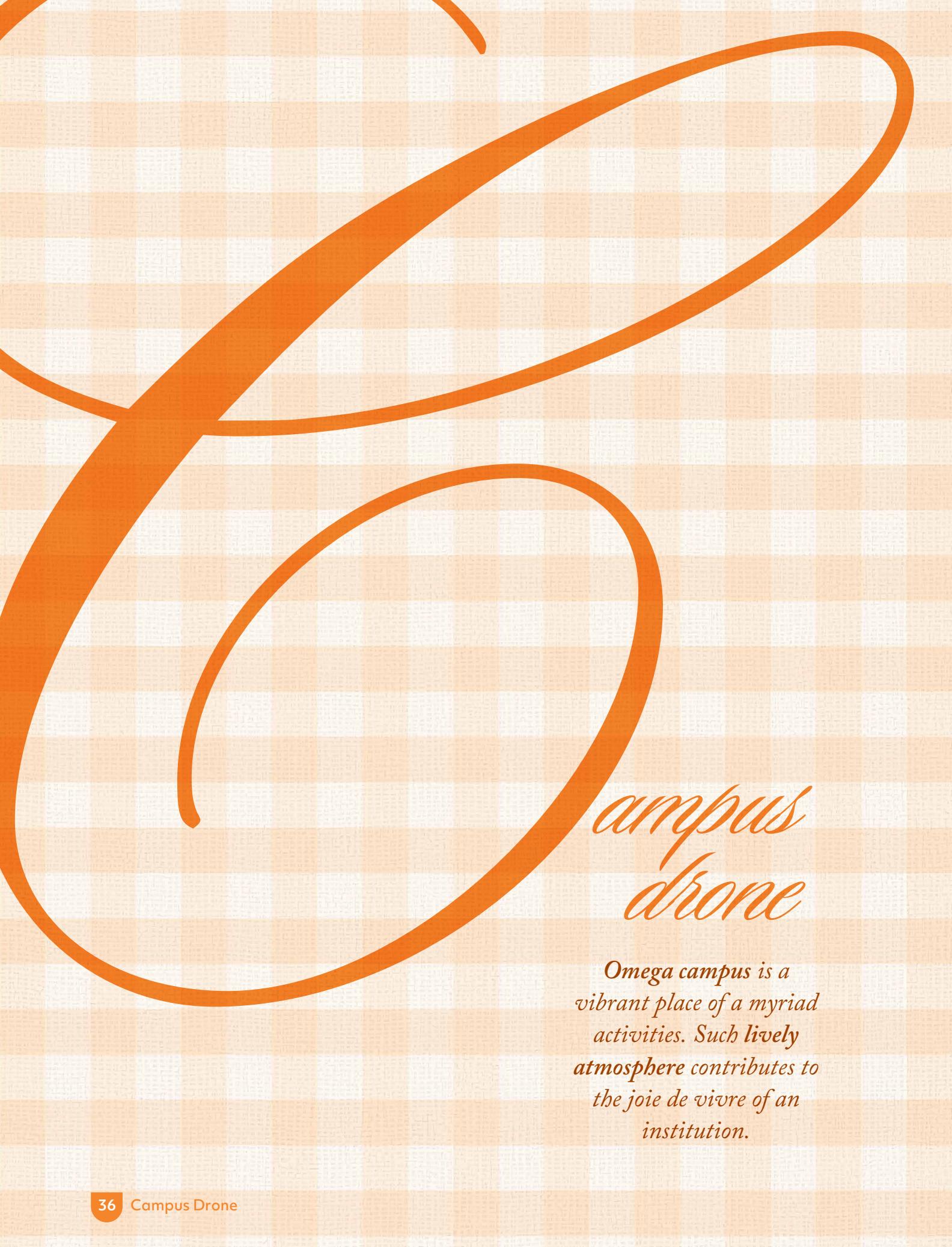
- Personalized Medicine: Precision treatments, especially in cancer therapy, are being driven by AI and genomics, which allows healthcare to be tailored to each patient's unique genetic profile.

Gene editing, cell treatments, CRISPR diagnostics, synthetic biology, and nanotechnology are examples of contemporary biotechnologies that are revolutionizing healthcare, agriculture, and other domains. The biotechnology business in India is expanding remarkably, offering a wide range of prospects in the fields of industry, healthcare, agriculture, and environmental sustainability. The nation's biotechnology scene is full of opportunities for both experts and entrepreneurs, thanks to government initiatives, flourishing innovation hubs, and growing international demand.

Biotechnology encompasses manufacturing, consulting, research, teaching, and medicine. The individual can pursue careers as a biomedical engineer, medical scientist, biochemist, microbiologist, clinical technician, bio-manufacturing specialist, process development scientist, business development manager, and more. Now all you need to do is set yourself up for what could transpire next and be a successful part of this technology.



Dr. Chandra Bala Sekharan
Facilitator, Department of Life Sciences



ampus rone

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

HEARTS MUN 2025

HEART MUN 2025 aiming to foster global awareness, leadership, and skills in negotiation and public speaking which took place in August engaged participants in debates across various committees, from junior to senior levels, addressing different global issues. The conference concluded with awards for outstanding delegates and was seen as a sanctuary for diplomacy and a platform for developing tomorrow's leaders. The event featured an inspiring inauguration with a chief guest, *Dr. S. Venkatraman*, and a symbolic *Peace Walk*.



SURYODAYA Club

NIOS students proudly represented our school at the "All a'bout Cancer" Exhibition and Competitions 2025, organized by CANSTOP and the Rotary Club of Chennai at Madras Christian College Hr. Sec. School. Among 75 participating schools, our students showcased their talents across painting, skit, quiz, oratory, and more - and won second prize in the quiz competition, earning certificates, a shield, and Amazon gift vouchers!

Exciting Partnership with

SRM UNIVERSITY

A landmark MoU has been signed between Heartfulness International School, Omega Branch, and SRM University, Kattankulathur. Through this collaboration, our students can now pursue Diploma programs in **Fashion Design, Carnatic Vocal, and Bharatanatyam Dance**, awarded directly by SRM University. This initiative empowers students to follow their passion, receive professional training, and strengthen their academic profiles for future university opportunities.



Annual Days GALORE

The Cambridge and IB wing celebrated its *Annual Recognition Day 2025*, themed Rooted in Culture, Reaching for the World. Hon'ble Justice S. Baskaran, former Madras High Court Judge and Chairperson (RTD), Tamil Nadu Human Rights Commission, presided over the event.

The celebration was replete with musical performances, and vibrant cultural dances showcasing India's heritage.



Indigo-Heartful Kids celebrated their *2nd Annual Day* with a magical dance drama on the theme self-love, bringing The Ugly Duckling to life. The talented Indigo stars were applauded by the chief guests - choreographer Mr. Venkat and Dr. Vasudha, V-Excel's founder.

The Sirius CBSE Junior School Annual Day sparkled over two delightful days, featuring memorable performances by students of *Grades I-III*. While Day 1 themed *Kanha from Gokul to Glory* celebrated the magic of forests, spreading a strong message on nature and conservation, Day 2 themed *Fairyland Chroniclers* showcased vibrant global festivals, highlighting cultural diversity and unity through colorful performances.



The Sirius Junior Wing Annual Day Cryosphere 2025 for *Grades IV-VIII*, was a cultural tribute to the planet's frozen regions. The event, attended by Justice Subbaroyan, highlighted the important message that protecting nature means protecting humanity.

The EYP Annual Day celebrated *Samrakshanam*, a sustainability initiative, with delightful performances by *Nursery, K1, and K2 children*. Through dance and drama, they shared powerful messages on conservation, waste management, energy saving, and the 3Rs. The event was honored by the presence of Ms. Vennila Managing Director, Archestudio, Chennai, and Mr. Ramamurthy, Director, NOTOXIC, whose insights on sustainable living made the event truly meaningful.





ART *Gallery*

As part of the CBSE Junior School Humanities Department's Unity in Diversity initiative, Grade VI students joined the first parent-led Ekatva workshop on Indian Traditional Arts. Guest speaker Ms. Anbarasi, an Omega parent and founder of Banu Art Gallery, shared her journey from metallurgist to award-winning artist, inspiring students with her beautiful artworks and stories.



RADIO *Studio*

For Radio Broadcasting Day, the CBSE Junior School English Department turned classrooms into lively radio studios. Students created weather reports, cricket commentary, jingles, ads, and celebrity interviews with great energy. A special segment, Coffee with Celebrity, featured our CFO, Mr. Subramanian Vanchinathan. The highlight was a fun interaction with RJ Jithu from Radio Mirchi, who loved the students' enthusiasm. Selected Grade VIII students also got to go live at the Radio Mirchi station, experiencing radio first hand.

CS Gem 3.0

Our Computer Science facilitators from CBSE and NIOS participated in the CS Gem 3.0 Workshop at IIT Madras Research Park, Chennai. This professional development program sharpened educators' skills and aligned their teaching with NEP, CBSE, ICSE, and global standards like CSTA and ISTE.



SPACE India

In collaboration with Space India, the school celebrated National Space Day with a Poster-Making Competition, followed by an inspiring address from Chief Guest Mr. I.K. LeninTamilKovan, veteran science communicator.



ATOMIC Energy

Our IB Year 2 and A-Level students recently visited the Department of Atomic Energy (DAE) Nodal Center in Pallavaram as part of their Group 4 Project, a science initiative that extends learning beyond the classroom.

JAAGRITI 2025

The Third edition of Omega's interschool cultural fest, Jaagriti, kicked off in grand style in July, celebrating the theme Awaken the Spirit of Excellence. Padma Shri Thota Tharani, renowned art director and production designer, was the Chief Guest for the inaugural function.



NICHE 2025

Students from CBSE Junior and Cambridge & IB wings showcased their talent at Niche 2025 – Français, a vibrant French interschool event held at SV High School.



CAREER Fair

The school turned into a hub of opportunity during our annual University Career Fair, held in collaboration with Inspired Valley.

Over 30 Indian and international universities, including Anant, KEDGE, Amity, Manipal, and Shiv Nadar, shared valuable information about undergraduate options. Students also interacted with expert training institutes like I-ARCH, MIRAI, and EZ Scholar, gaining helpful guidance for their future studies.

FINTech

Cambridge and IB students attended an engaging FinTech masterclass by Prof. Parag Patel, Dean of Undergraduate Studies at Ahmedabad University.



Pi Day

CBSE students from Grades III to VIII celebrated Pi Day with fun, hands-on math activities that made numbers and formulae exciting.



Lit Vogue

Cambridge students from Grades VI-X showcased their language skills at the Lit Vogue Club's flagship Spell Bee competition. With sharp spelling, strong vocabulary, and confident mastery, the event was both intense and exciting.



RACE IAS

CBSE Grade VIII students explored the world of Civil Services in an inspiring session with Mr. Kishore and the Veranda RACE IAS Academy team.

BUSINESS *Brigade*

The NIOS Wing's Business Brigade hosted a lively Commerce Fair, showcasing student innovation and teamwork. All proceeds were proudly donated to support girl child education.



The English Learners' League of Omega (TELLO) of the Senior Block kindled the flame of literary brilliance among the students of Grades IX to XII by organizing a vibrant series of competitions.

The spirited participants of Grade IX showcased their wit in the engaging Dialogue Dash, while the dynamic students of Grade X demonstrated their eloquence and quick thinking through Block and Tackle. The scholars of Grade XII, tested their literary prowess in challenging Literary Quiz, making the event a true celebration of language, intellect, and expression.

SPOT THE *Animal*

For Cambridge & IB Grades IX–XII, Ishan shared how his journals became a bestselling voice for the planet, inspired by his Himalayan and rainforest treks. For the CBSE Grade VIII, the English Department hosted an engaging session featuring his wildlife photography, storytelling, and a fun “spot the animal” challenge.



OISAA 2025

Omega alumni reunited on campus for OISAA 2025 sharing a day filled with nostalgia, joy, and reconnecting with teachers.

An inspiring alumni panel and a vibrant cultural showcase made the celebration truly memorable.



QUIZZARD 2025

The young masterminds from CBSE Senior School showcased confidence and curiosity as they competed in a series of engaging, high-energy rounds.

From Logic League and Frontiers of Science to the thrilling Rapid Fire, each round highlighted sharp thinking, quick decisions, and excellent teamwork.

OMEGA Give-away CAMPAIGN

With strong support from students across all grades, the Omega Give-Away Campaign was a great success. In partnership with AID INDIA, toys were collected for rural communities as part of their goal to gather one lakh toys each year.



MoU AIM ENGLISH Services

We are proud to announce that a prestigious collaboration has been formed between our school and Aim English Services, the authorized Cambridge Examination Centre. This partnership enables our students to pursue globally recognized Cambridge English Qualifications, strengthening their language skills and communication confidence.



The Junior School Computer Science Club, TECHNOVA was initiated by unveiling the club's name and logo, showing off students' tech skills.



The Junior School launched its eagerly awaited Science Club, CURIO, kicking off a year full of curiosity, creativity, and innovation.



all of fame

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

Cfore School Ranking

Our school was ranked No.12 among India's Top 15 Best Schools with International Curriculum in the Cfore School Rankings 2025 and has been ranked no.1 in Tamil Nadu and Chennai for International Curriculum Schools.



MOST Outstanding SCHOOL

Our school was honoured among the Top Schools in South India by Global Edu Crew at the 2025 Global Educators Conclave, ITC Grand Chola, Chennai.

Our Montessori Headmistress, Ms. Preetha Elizabeth George, received the "Most Outstanding School Shaping the Future of Education" award from Dr. Kiran Bedi, former Governor of Puducherry and renowned social activist.

LAMPS Award 2025

The school has bagged three prestigious honours at the LAMPS AWARDS 2025

- Best School- Academic Achievement
- Best School- Sustainable Development Goals
- Best Principal- Innovative Administrative Strategies

- awarded to Ms. Divya (IB & Cambridge)



IIMUN 2025

188 delegates of our school participated at the Indian International Model United Nations (IIMUN).

The school proudly received the **Best Delegation Award** for outstanding performance in diplomacy and leadership. Many students earned top honors, including **Best Delegate Awards (Gold Medal)**, **High Commendations (Silver Medal)**, **Special Mentions (Bronze Medal)**, and **Verbal Mentions** across various committees and roles.



TEAM *Networked*

Grade IX students from the Cambridge wing, Team Networked, won the second prize at the Sprouts Idea Tank Competition—a Shark Tank-style event with 14 top schools—held at C.P. Art Centre.

SPELLBEE *International*

Our school received the 'Institution Trailblazer Award for Educational Advancement' from SpellBee International, recognizing our commitment to academic excellence and innovative learning.

Our students also achieved tenth place nationally and first place at the state level.



ACADEMIC Achievement

Cambridge AS & A Level Results – June 2025

Our CIS students have once again demonstrated outstanding academic excellence this year in the June 2025 Cambridge examinations.

AS Level

Achieved a 100 percent pass rate, reflecting the hard work and commitment of our learners.



Vishruthi Balaji
90.5%



Sruthi Venkatesh
86.3%



Anirudh Balasubramanian
85.5%

A Level

Consistently strong performances marked by perseverance and focus.



Raja Ram Raju
87.7%



Shiv Shanmugam
81.8%



Pranita Raamakrishna
81.0%

ENVIRO 2025

Surabhi Iyer of grade XII won the first prize at the 14th ENVIRO 2025, held at Anna University, Chennai.

Competing against over 125 schools, she impressed judges with her presentation on our school's sustainability efforts, earning a ₹5,000 prize and high praise.



THE *Education Transformation* EDNXT INNOVATORS



*The leadership team of our school participated in **The Economic Times EDNXT Chennai Summit** with the theme “**The Education Transformation: AI, Access & Acceleration.**” Over 400 stakeholders — including senior educators, EdTech innovators, policy makers, and industry leaders.*

The summit was honored by the presence of the **Governor of Tamil Nadu, Thiru S. N. Ravi**, as **Chief Guest**. Mr. Bharath Madhavan, our **Correspondent**, spoke on “**Equitable Access: Bridging Urban Rural Learning Gaps with Technology**,” while Ms. Divya presented on “**Redesigning Curriculum for Gen Alpha**,” both aligning with the summit’s vision to accelerate innovation and expand opportunities in education.

A Signal HONOUR

Our CFO, Mr. Subramaniam Vanchinathan has been honoured with the privilege of serving as a Festival Committee Member for this year’s Karthik Fine Arts Music Festival.

The function at Narada Gana Sabha was graced by **Neelamani Foundation Trustees**

Shri N. Gurunath and Shri N. Muthukumar, along with renowned drama legends **Shri T. V.**

Varadharajan and Shri Kaathadi Ramamurthy, making it a truly memorable occasion.



Accolades in SKILL BUILDING COMPETITIONS

Our students participated in various co-scholastic competitions and earned several prestigious awards.

To mention a few

Vizha 25

*I*Prize in
Group dance.

Reverberations 25

*I*Prize in Group dance,
band, Overall Runners-up.

Sanfest 25

*I*Prize in Fashion show
and Jewelry making.

Scintillations 25

*I*Prize in
Group dance and *III*prize in
Dumb charades.

Tarang 25

*I*Prize in Music Band,
Adaptune, Group dance and
Mr. Tarang title.

Reflections 25

*I*Prize in Shark tank and
Fireless cooking,
*III*prize in IPL auction.

All about Cancer

*I*Prize in
Quiz competition.

Kurukshetra 25

*I*Prize in
Mannequin walk.

Kalpakosha 25

*II*Prize in Band
and Basketball.

Smaraneeyam 25

*I*Prize in Shark tank, PR Disaster,
Group dance, *II*prize in Slam
Poetry, Block and tackle,
Classical dance, and Futsal fire.

Impressions 25

*I*Prize in Fashion show,
Treasure hunt, Band,
Carnatic Music, Adaptune &
*II*prize in Signature event
and Box cricket.

Prakruti 25

*I*Prize in Shipwreck,
*II*prize in Mind voice and
Creative writing and
*III*prize in Adzap.

Youth for Peace

SUMMIT 2025

Our students made a remarkable impact at the Youth for Peace Summit 2025, hosted by Sri Sankara Vidyashramam and organized by the Rotary Club of Madras.

- **Letter Writing to UN Secretary General** - Anshika Prasanna, Grade VIII – III prize.
- **Poster Making** - R. Saividhavi, Grade VIII – I prize, Sahitya A, Grade VIII – II prize.
- **Panel Discussion** - Meera Badrinarayanan, Grade XII, M D Tarun Sanjay - Grade XI – I prize, Lavanya M, Grade XI and Shaun Deepak, Grade X – II prize and Shaun Deepak – Best Speaker.



Margazhi Music PERFORMANCE

As a part of the prestigious Margazhi Music season, our students had the honour of being invited by the Karthik Fine Arts to perform 'Indian Classical Music' at Bharathiya Vidya Bhavan.

They performed with confidence and grace at the prestigious **Margazhi Music season** and the organizers highly appreciated their efforts and applauded their talent.



World Scholar's Cup

2025



A vibrant team of 23 HIS Omega scholars and 2 teachers set off to Bangkok for a journey filled with learning and fun. Our students excelled in Team Debate, Collaborative Writing, and the Scholar's Challenge, showcasing brilliance, teamwork, and confidence on the world stage and winning lots of accolades.

Additionally, all the students have been qualified for the tournament of champions to be held at the prestigious Yale university.



Skill SUMMIT

Grade XII students Tharun and Surabhi Iyer shone as Masters of Ceremonies at the 3rd National CBSE Skill Summit, co-hosted by CSSE @ Crescent University. Their poised performance earned the audience's admiration, prompting the Chennai Sahodaya Secretary to request a standing ovation for their exceptional talent.

Rhythmic Innovators Shine

AT IIT DELHI



Our students won the First Prize in STEM CULT at the National-level Kr8ivity League Competition held at IIT Delhi. Competing against 20 schools nationwide, they impressed with an original presentation that seamlessly blended mathematics and music.

Student Achievers: Anvika V, Madhuvanti Mohanakrishnan – **Grade VIII**
D Kaaviya, Sadhurthya Vijay, Abhinidhi, Swastikksha Subramanian Vijayan, Swastikaa Subramanian Vijayan , Nandhini Subramaniyan, Lia Triveetha V – **Grade IX**
S. Chandini, V. Chaarvi , R. Kaviska – **Grade XI**

Green School AWARDS

The Chandrodaya Interact Club of our school won the II prize at the Best of Green Schools Awards, organized by the Rotary Club of Madras.



Soroptimist

Indigo and NIOS students took part at the Annual Inter-School Talent Contest organized by Soroptimist Chennai and IWC Chennai Verve.

Our students got the following awards

I prize in Solo Yogasana & Art - Junior Category

II prize in Group Yogasana, Solo Classical Instrumental, Oratory and skit.



THE SOF OLYMPIADS *2024-25*

G. Airon Jonathan received a trophy, Certificate of Excellence, and a ₹5000 scholarship for his excellent performance.

G. V. Tharun ranked 5th internationally in the SOF International General Knowledge Olympiad, earning a Zonal Gold Medal, ₹5000 cash prize, and a Certificate of Excellence.



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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.



Dr. Yeshwanth

Dr. Yeshwanth, an alumnus of Omega who completed Grade XII in 2013–14, is a medical professional with a broad spectrum of clinical, academic, and research experience spanning both India and the United States. A graduate of the prestigious Kilpauk Medical College in Chennai, he holds a Bachelor of Medicine and Bachelor of Surgery (MBBS) degree and has since been actively involved in several medical and public health initiatives.

During his tenure as a Junior Medical Officer at the Cantonment General Hospital in the Nilgiris, Dr. Yeshwanth played a key role in COVID-19 response efforts, including the identification of viral hotspots and implementation of containment strategies. He also contributed to the launch of a telemedicine program through Shri Ramachandra Mission, Chennai, offering remote consultations during the height of the pandemic.

His international clinical exposure includes externships at institutions across the United States, including Medsave Clinic (Columbus), Concierge Connected Care (Toledo), and

Cornerstone Regional Hospital (Mission, TX), among others. At the Hidalgo County Sheriff's Office outpatient clinic, he served as a Clinical Associate, coordinating patient care and maintaining clinical records to ensure continuity and quality of treatment.

In addition to clinical practice, Dr. Yeshwanth has been involved in academic and research roles. He served as a Research Associate at a family practice facility in Ohio, focusing on dementia care programs, and as a Junior Educator at the American University of Anguilla, where he taught clinical anatomy and neuroscience using modern educational tools like the Anatomage Table.

Currently preparing for residency in internal medicine in the U.S., Dr. Yeshwanth exemplifies a commitment to compassionate care, global medical collaboration, and academic excellence. In this interview, he shares insights from his journey, the challenges and lessons along the way, and his vision for the future of healthcare.

1. We imagine doctors saving lives dramatically like in movies. How different is real medicine compared to what students think before they join? And what surprised you the most?

You know, in movies doctors save lives in seconds—it's all very dramatic. Real medicine is different. Most of the time, it's about small, steady things: listening carefully, adjusting a dose, catching a detail in labs. What surprised me was how powerful communication is. Sometimes, explaining things to a patient or holding their hand does more healing than the medicine itself.

2. Medicine today is fast-paced and digital. How do you make sure your patients feel heard and not just treated? What advice would you give young doctors to stay empathetic despite all the stress?

It's easy to get lost in labs, imaging and biopsies these days. But I remind myself—every patient is someone's child, parent, sibling and friend. When I take the time to listen sitting by their side, I see their relief. To future doctors like you: empathy is not something you "have" or don't have." It's a habit—you practice it every day, even when you're bone-tired.

3. We always imagine doctors as serious professionals, but students know the reality. What is one funny or embarrassing incident from your MBBS or clinical training that you will never forget?

During my anatomy class, I once confidently told my professor that a structure was a "nerve." He smiled and said, "That's a vein." My classmates

laughed so hard—and for months they called me the "nerve guy." It was embarrassing then, but now it's a fun memory. Medicine is serious, but you'll have these lighter moments that keep you human.

4. Medical training especially during entrance prep and MBBS often comes with immense stress. Looking back, what coping mechanisms did you rely on during your toughest academic moments, and what message would you offer to NEET aspirant facing burnout or self-doubt?

NEET prep and MBBS were stressful times. What helped me was playing sports, Heartfulness (Sahaj Marg) and sticking to a routine. I also leaned on my teachers for most of my obstacles, never was I disappointed. If you're feeling burnout, remember: it's normal to feel tired, it's normal to feel doubt. What matters is you don't give up on yourself.

5. How different is it to work as a doctor in the US and in India?

In India, you often work with limited resources, and that makes you creative. In the U.S., resources and systems are structured, but sometimes the personal touch can get lost. Both places taught me different strengths. The bottom line is: no matter where you are, your patient is your focus.

6. How do you keep yourself together during tough times in medicine?

When things get hard, I remind myself of my "why"—why I chose medicine in the first place. I also lean on meditation and

talking to people I trust. You'll find your own anchors—maybe family, maybe friends, maybe a hobby. They keep you steady.

7. How did your experience at Omega shape your decision to pursue a career at medicine?

The role of Omega in my life is larger than even my family realizes—because it's truly where it all began. At Omega, I learned to look at the world through my own eyes, to question, to be curious, and to stand up for what I felt was right. The teachers guided us with care, yet with firmness, treating us like young adults with responsibilities rather than just students. I genuinely believe it was under their mentorship that my foundation was laid. Every bit of praise or recognition I receive today in my work as a doctor—part of that always belongs to them.

8. What skills or habit that you developed during your school helped you the most in medical school or your profession?

What actually worked for me from school were three simple things—having a routine, consistency, and showing respect for the work. Having a routine gave structure to my day, consistency propelled me even when things did not seem to be working, and showing respect for the work that I was doing made me perform my best despite how small the task was. These are likely simple habits, but they're the habits that carried me through medical school and continue to help me now.

9. Finally, Dr.Yashwanth, if you were to write a letter to your 17 year old self preparing for the entrance exam, anxious about the future- what would you say? What are the key values and mind sets that every young student should carry into their journey of becoming a doctor?

Don't let the fear of the future steal the joy of the present. Marks matter, but they don't define you. Stay curious, stay kind, and build resilience—because medicine is as much about compassion as it is about knowledge. Never hold back from trying new things; it's the only way to discover where you truly stand. Ask for what you need—because if you don't, the answer will always be "no." And never fear failure. Failure doesn't mean you're weak; it means you're human. In fact, it's failure that teaches you lessons success never will. I truly enjoyed reading your questions, and I hope what I have to say gives you some idea of both the struggle and the elation of this career. Be curious, be consistent, and most importantly, be kind—because those are the things that will help you more than any grade on an exam. I wish all Omegites all the very best in embarking upon this path to medicine.

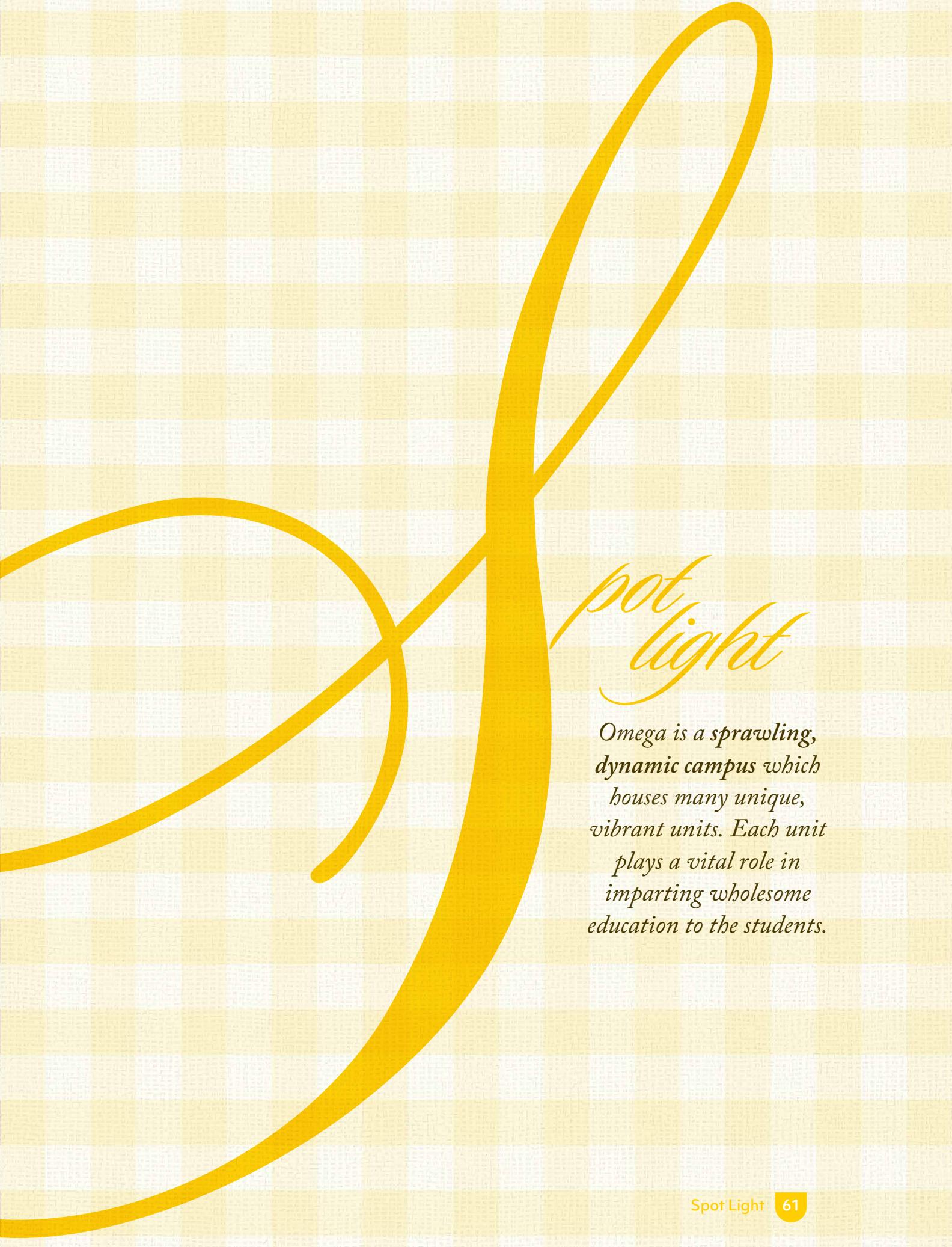
Interviewed by



Aishwarya
Grade XII



Yashini
Grade XII



spot light

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.

EYP HEARTFUL KIDS

Sensorial Park

A Safe Haven of Discovery and Play

The HIS Omega, Manapakkam campus began the academic year with the joyful inauguration of its much-awaited Sensorial Park — a thoughtfully designed experiential space that nurtures children's curiosity, imagination and sensory exploration through play.

The event was graced by our Correspondent, Mr Bharath Madhavan, along with enthusiastic staff, students and parents.



Born from Inspiration, Built with Heart

What makes this space truly special is its story. The park was conceptualized, designed, and built by the school's own teachers and senior students, from painting murals and crafting sensory paths to assembling tactile and musical features. Their creativity and personal involvement reflect Omega's belief that meaningful learning grows from imagination, collaboration and care.



Play with Purpose

The park blends research-informed design with the wonder of childhood. Sensory play, as studies show, supports brain development, language growth, social interaction and emotional balance all through joyful exploration. Here, children learn naturally through touch, movement, listening, and imagination.

A Reflection of HIS Omega's Vision

The Sensorial Park stands as a vibrant symbol of the Early Years Program's commitment to well-rounded, experiential education. It is more than a playground; it is a nurturing space where curiosity blossoms, creativity thrives, and learning happens through joy.

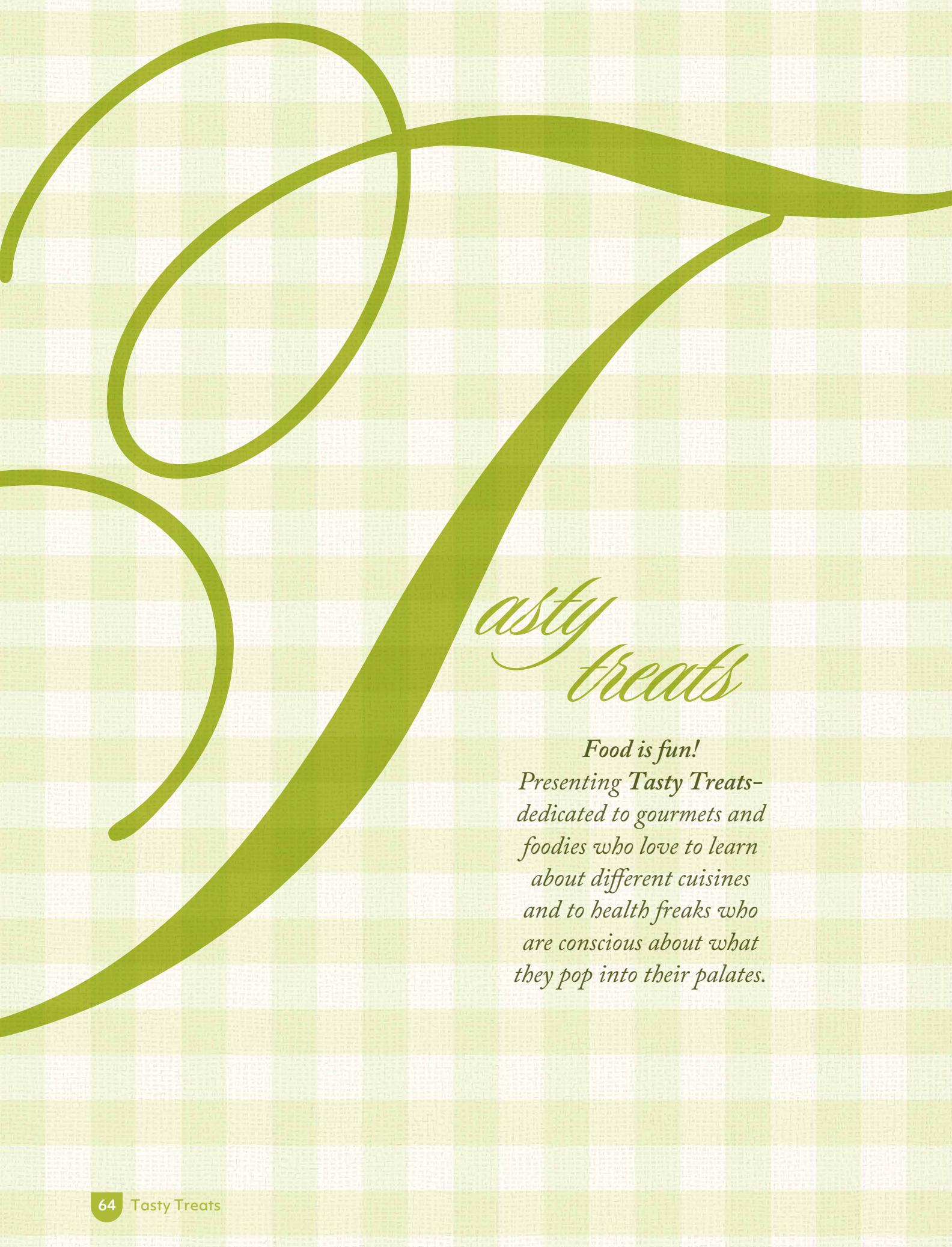


Where Learning Meets Play

Every corner of the Sensorial Park invites exploration. Children walk barefoot across textured paths of pebbles, bottle caps and crystals, discovering balance, body awareness and the joy of sensation. The sandpit encourages digging, building and sharing, nurturing fine motor skills, creativity and teamwork.

A cheerful bug-shaped rest nook offers a cosy space for children to pause, chat or observe, helping them learn calmness and self-regulation. Nearby, tunnels, treehouses and balancing tyres invite children to climb, crawl and balance, strengthening coordination and confidence. As they strike the xylophone gong, the air fills with melody, turning play into rhythm and discovery.

At HIS Omega, learning begins with the senses and grows through joyful discovery.



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.*

This is an award-winning three course meal, cooked without fire in the cultural event Reflections organized by Vidhya Mandir Senior Secondary School

SUSHI Swirls

A colorful, vegetarian twist on sushi made with fresh veggies, and rolled into spirals into bite-sized pieces



PROCEDURE

1. Cut carrot, capsicum, onion into julienne and cut cucumber into sheets.
2. Make a spread with panner tandoori and Chipotle mayo.
3. Place the cucumber slices and add the spread along with slices of bread.
4. Then add the vegetables and roll it.
5. Cut the sushi roll into slices and serve.

ZOOZLE Salad

A vibrant, crunchy salad made with a mix of fresh vegetables, tossed in a tangy, flavourful dressing.



PROCEDURE

1. Cut the vegetables into thin strips.
2. Make a dressing using tandoori mayo, ketchup, brown sugar, lemon, soy sauce, vinegar, salt and pepper .
3. Add the dressing to the vegetables and toss it.
4. After it's well combined, serve it and add sesame seeds on top for garnish.



now 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. Mohana

Consultant, Department of Commerce

With over four decades of distinguished service in education, Dr. Mohana stands as a towering figure in the field of Commerce and Accountancy. Armed with an exceptional academic background—M.Com., M.Phil., B.Ed., and Ph.D.—she has spent more than 40 years shaping young minds, with a special focus on Senior Secondary education. She served as the Principal of Modern Senior Secondary School, Nanganallur, for an impressive 15 years (2005–2020), and simultaneously held the role of PGT in Commerce and Accountancy for over 30 years. Her scholarly contributions include a well-regarded M.Phil. thesis on LIC Mutual Funds and a Ph.D. dissertation analyzing the performance of India's fertilizer industry.

A nationally respected academic leader, Dr. Mohana was an active CBSE Curriculum Committee Member and served as Head Examiner and Subject Expert for Accountancy for 21 years. She has contributed to CBSE textbooks and was selected by the Board to undergo Master Training at NCERT, Bhubaneswar, under the National Curriculum Framework (NCF) 2005. As a Resource Person, she has conducted numerous training workshops across South India, empowering educators in Accountancy and Business Studies.

A true innovator, Dr. Mohana pioneered the first Commerce Laboratory in the Southern Region in 1992—an initiative that offered students hands-on learning in Accountancy and Commerce, well ahead of its time. Her commitment to educational excellence has been recognized with some of the highest honors in the country like National Award for Teachers like President Awardee – 2016, CBSE Best Teacher Award – 2013, Sahodaya Seva Rathna Award,

Lifetime Achievement Award and Multiple Best Principal Awards from various institutions. In addition to her academic accomplishments, Dr. Mohana is an energetic and passionate individual with a love for music and singing—embodying a lifelong zeal for learning, leadership, and creativity. Today, she continues to inspire as an Educational Consultant, bringing her vast knowledge, experience, and vision to the next generation of educators and institutions.

1. When did you find your passion for Accountancy?

I was inspired by the classes taken by my Prof. Krishnamoorthy in the final year of B.com. He used to give real time examples and connect the subject with life. He took us to banks and industries and showed us how they are all working. Practical experience impressed all the students of our batch and we took extra effort to learn the subject in depth, thinking that the future economy of the country is in the hands of Youth. From that stage onwards, I was taking special interest for the subject Accountancy and a passion for learning the same.

2. Why did you choose teaching as a career?

I liked teaching. My mother, uncle, aunt, my sister - many teachers are there in my family. A family of teachers and my great grandfather was one of the founder members of Hindu High school, Triplicane, one of the oldest schools in Chennai. Initially I started my career as an administrative staff in a Textile Industry. I could not get job satisfaction. Within a few months, I received a call from the school where I studied. There was a vacancy for the post of Commerce teacher. Immediately I accepted the offer. I was guided by my own teachers especially my Maths teacher Ms. Aruna and my mother who was teaching music, handwork and grammar till the age of 88. I was able to get job satisfaction by seeing the happy faces of my students after completing a unit. Also, only in this profession the students

come back to teachers and thank the teachers saying that they have achieved greater heights in their career and life which gives immense pleasure because of the value system and knowledge acquired by them in the school. No student can forget his or her school days.

3. How did you find the first few years as a teacher?

I was a sincere teacher waiting to win the confidence of the students, preparing seriously and to adopt innovative techniques in teaching when we were transferred from Madurai to Chennai. Teaching profession taught me the art of interaction with heterogeneous students

I got an opportunity to serve in Shri B.S.Mootha Senior Secondary School, West Mambalam.

An inattentive student was made to attend the class with interest by giving the example of a recent match. On the first day one of the students in class 12th was not attentive who was a cricket fan. The next day I started the class with examples from the previous day's match and I was talking about cricket match, and also correlated the subject with latest music which attracted the attention of students and they started listening.

I was also able to get the guidance from Dr. Jeya Venugopal and Mrs. Nirmala Sundaram who were great inspiring leaders.

4. Which do you like the most Science or Accountancy?

Both Science and Accountancy. I aimed for Medicine and so I took Botany, Zoology, Physics, and Chemistry at Pre-university level. I could not join Medicine due to some reasons. So I took B.Com course and was in the second Batch of Madurai Kamaraj University. As the subjects like Secretarial Practice, Marketing, Cost Accounting were dynamic, I started learning with interest. At the same time the knowledge of Chemistry which I acquired in school days helped me to do my research work comfortably. If we are not able to get the course what we aimed for we should be satisfied with the course offered to us and try to show our individuality and excel in the subject/profession.

5. What is your advice to the current generation to get over distractions?

The current generation's IQ is very high. But that is not utilized properly. The students are distracted by gadgets, social media and so on. They find it difficult to achieve what they aim for. So focused approach is required. They want to get everything quickly without effort. Dear students! we are living in the world of challenges. To face such challenges, perseverance, hard work and in-depth knowledge about the subject is required. Learn in depth, try to connect with the present-day situation, learn with joy, aim to become global leaders which is possible if you take effort and dream for it.

6. Please give us some tips to excel in Accountancy.

Alertness, Arithmetic accuracy and Accounting knowledge should be developed to excel in this subject. Update your knowledge in accountancy regularly. Practice makes the person perfect; so practise regularly. Learn all the chapters. Do not leave any chapter, learn in depth. Enjoy solving challenging papers. Have faith in yourself and in your teacher. Do not use calculators at home while practising. Aim for full marks. Think about centum before entering the examination. After entering the examination hall, forget about centum.

7. What advice or suggestions would you give to enhance our skills and find growth in financial sectors though AI is taking over most of the jobs?

People started trusting AI as a great tool. Our analytical skill is just lost. Your approach should be to analyze the financial statement and guiding many people in the society with data in a more challenging way than AI. It is a man-made creation with specific logic. That need not be 100% correct. In future some other tool may replace AI. It is cyclical in nature. Technology may come and go, we should be aware of the latest techniques. At the same time, as financial analysts and advisors, we should not deviate from the conventions and concepts of Accounting. It will exist for ever with regular changes.

8. How was your experience as a teacher after working as a Principal for so many years?

I was mentally prepared for taking a teaching profession than the profession as a Principal. I really enjoy teaching as I was free from administrative challenges. My passion for teaching made me comfortable and happy with teaching especially in this institution because of the good serene environment.

9. What was the unforgettable memory you had with your students?

Many incidents are there. To quote one. One student could not come to school for many days as he was undergoing medical treatment. The doctor advised him not to appear for board examination because of his health condition. Parents also agreed. He was a good student. My friend and I felt that he will be losing one year of his studies. So, we approached his sister one day before board exam saying that even though he did not attend the school, he is capable of scoring well in the board exam. So, we advised him to appear for the exam with some preparations.

As per our advice he appeared for the board exam, came out in flying colours and thanked the teachers stating that as the teachers motivated him he was successful in his career. Many students used to share that they are well settled in their career because of the knowledge which they acquired from the teacher. That is satisfaction and happiness for the teacher.

10. Usually people of your age choose to spend time relaxing and enjoying family time. What keeps you motivated to continue teaching and helping students even at this age?

I feel so happy by seeing the happy and innocent faces of affectionate students. We are born to this world for doing something good for the society. Whatever knowledge I acquired from my teachers, experienced professors and from institutions- such knowledge and value system I would like to share with the students. As long as I am physically and mentally fit I can continue my teaching. Because I would like to be a part, play at least a minor role in creating good citizens and global leaders for our country.

*Interviewed by
Class XII - G (Commerce Students)*

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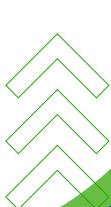
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