

Omegazine

JULY 2022



PATHWAY TO
Learning...

WWW.OMEGASCHOOLS.ORG

Dear Readers!

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

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

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

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

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

Wish you all a memorable and great experience!

The editorial board.



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OMEGA SCHOOL

A Heartful Campus



In the education circles, discussions are rife about the pros and cons of digital learning, technology in education, and their impact on students' lives. During the pandemic, technology came to the aid of millions of children across the globe in continuing their education in online or blended models. Digital devices became indispensable to learning.

While this debate can be useful and even intellectually stimulating, we should bring our focus to the fundamental purpose of education and its original intent. It is said that the word education

comes from the Latin root word “edu-care” which means “to draw out from within”. So, true education is supposed to provide the appropriate environment that can allow the students to draw out the knowledge that is latent in them. The word school has its origin in Greek and Latin which means “leisure place or lecture place”, and it is indeed interesting to see ‘leisure’ intrinsic to the word.

The concept of education and schooling is not a modern one but has its roots in the ancient civilizations of Greece, Rome, India, China, and others. Our seers of the Indian Gurukul system intuitively knew the need for a separate place for education and advocated the “Pure Residential Model” to learn life skills, values, culture and to achieve socio-emotional wellbeing. Experiential learning or learning by doing is a call of the 21st-century pedagogy, but our ancients were well-aware of this and practiced it at the heart of our Gurukul system.

While it is easy to say, “I can learn from Google, or I can learn online”, the question we should ask is

MANAGEMENT MATTERS

‘What can you learn from there?’ Yes, we can learn facts and figures, but that is only a minuscule component of education. We need to offer the right environment that promotes values, builds essential life skills, develops social and emotional quotients along with IQ, encourages us to co-exist and to share with others, and to learn through experience and direct perception.

Unfortunately, most schools give undue importance to “cramming facts” and “rote learning”. Students are our flag-bearers and future citizens of a highly challenging world. Are we guiding and empowering them with proper learning, the right skills, and values that will make them future-ready? There is a lot of talk about holistic learning, but does it align with ground realities?

Lalaji Memorial Omega International School was established in the year 2005 with a vision that strives to produce youngsters who are balanced - with soul, mind, and body working in unison, with the soul guiding the mind in its activities and the body acting under the guidance of the mind.

The school has grown in a steady and organic manner mainly through word of mouth about the good work and service it has been offering to society. As more children benefit from their presence in our school and parents begin to understand and appreciate such benefits, their words of kindness spread widely. What was once a humble beginning in a hut in 2005 with a handful of children, has now grown into a 22-acre sprawling campus that has taken up the responsibility of 6,000 plus children.

Our school offers a well-balanced blend of learning that encompasses core curricula, co-curriculum, and extra-curricular activities. Success is about “having”,





and Excellence is about “becoming”. Our school nurtures our students to strive towards excellence, into becoming good, responsible global citizens. We welcome all children to come into our fold with open hearts and allow them to grow at their own pace by providing a loving and compassionate learning environment. Our base is established in developing skills and values through our Value Based Spiritual Education (VBSE) and Life-Skills Activities (LSA) programs allowing our children to develop in a holistic manner and grow as balanced individuals.

Our school provides a “Heartful Campus”, that is founded on the principles of Heartfulness which is our guiding force and our parent organization that teaches meditation and introspection techniques to train and regulate our minds and purify our hearts so that we may seek for guidance and inspiration from within ourselves. Our focus is to nurture our students towards a holistic development that includes physical development, mental wellness and excellence, social and emotional wellbeing, and spiritual connections. We hope and pray that our humble efforts continue to bring about the necessary transformation in our children and this positive change becomes contagious and impacts and influences everything it encounters.

Bharath Madhavan
Correspondent, LMOIS

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.



LOVE YOURSELF

You are born to be real, not to be perfect. This article is a short guide on how to love ourselves. There may be a phase in life when we give up our dreams, start hating ourselves and lose the will to continue the journey that we have begun. It's not cowardice to give up, it takes a lot of will power to give up. But, giving up is not necessarily the only solution because we may regret it later.

I would like to share some interesting ways that can be tried. Taking breaks is not a harm. So, we can take a break and unwind ourselves. Try breathing exercises, have a warm bath, listen to soothing music and involve in some other recreational activities. The next one is to turn failure into our greatest weapon. So, let's not see our failures as signs of weakness. We can try writing down our mistakes and remember not to repeat them. Committing mistakes is also a part of life; so we need not worry too much about it. Sometimes, ignorance is bliss. When anyone badmouths or tries to pull us into an argument, we can simply turn away and ignore. This will bring us so much happiness and help us to live a stress-free life.

So, let's feel free to love ourselves and need not mind how others see us. Even if we are not perfect, let us remember that we are unique and a limited edition.



SHOPPING HAUL

With the increasing popularity of various social media platforms namely TikTok, Youtube, Instagram etc. we have seen an emergence of a plethora of trends. Similarly, pop culture fads while sometimes harmless are dangerous at most other times.

A trend I hate is, clothing hauls. A clothing haul is when people buy a lot of clothes in one go. On social media, it is common to see people showing boxes of clothes from fast fashion brands, a practice which is unethical and unsustainable. Firstly I think it's fine to shop from these places as not everyone can afford sustainable clothing. However, people doing these hauls seem to have a financial background to spend hundreds of dollars when they buy these clothes in bulk. Moreover it irks me to see these people flaunt it and I feel disheartened when many of the clothes bought are never worn. Many of them seem to shop just for the thrill of it and gain attention on social media. These people need to know the impact of their actions.

Thankfully there has been an increase in awareness of these situations. People are refraining from supporting clothing hauls, fast fashion brands and other non-sustainable trends. Towards this end, more and more people are thrift shopping and prefer recycled old clothes.



SANJANA R, GRADE XII E
A TRAVEL BACK
IN TIME

Whether it be the tremendous amounts of Sci-Fi movies I have watched or the books that I have read, there isn't a single day that goes by where I didn't wish that I could travel back in time. Although the concept of time travel is still foggy, hypothetically, if I were to travel to my past, I have a mouthful of words to tell my younger self. Making mistakes and learning is absolutely common but if I weren't so caught up in being obsessed with perfection, I should have focused on the little things that would have possibly given me happiness. As teenagers, all of us struggle with body image issues. If I could emphasize on one thing to my past self, it would be - "YOU ARE BEAUTIFUL!" Every day waking up and wishing if I could switch my body with the very beautiful thin and fair actresses on screens, was not practically possible. Was it because of the random

comments that people made about my body or because the bad condition of my physical and mental health? In the process, internally I was losing my peace. It took my past self quite some time to "HEAL" and "LOVE" the image it saw on the mirror. Being chubby or fat did not matter as long as my intentions with people were pure.

Trust me, being an adolescent and being afraid of one's image on the mirror is not the higher purpose we all have. Health doesn't mean being lean or having fair skin. Health on the whole represents both physical and mental wellbeing. As teenagers, it is important for us to overcome little mishaps and grow. Body dysmorphia is not a delusional issue or is not a cooked up issue. It is very real and absolutely normal to feel so. **HEAL, LOVE, LIVE** - these three are my words of inspiration. So if time travel did exist, and I got the golden opportunity to go back to my past, I would be telling my old self to go easy on myself as much as I can. Spread love and stop hatred. It is also important to seek help when it is necessary. Seeking help is not a sign of weakness, it shows that even though we are strong, we are willing to take help and let down our guard.

"TREAT PEOPLE WITH
KINDNESS, BECAUSE YOU
GET BACK WHAT YOU GIVE."

THANK YOU MOM



From the womb to the world
 Was a short road to travel, I curled
 My tiny fists and cried
 Not wanting to let it slide
 That they took me away
 But soon I was in your arms
 Delighted to stay
 In your embrace that promised comfort
 I know you'd raise me with the best effort
 You did less correcting, more connecting
 Less scolding, more moulding
 Less tugging, more hugging
 Less depreciation, more appreciation
 Dear mother I know your love is true
 And for that I say THANK YOU
 And that I love you!

It was a fine Sunday morning
 when my mother woke me up.
 The chill winter breeze stung my
 legs. As the bedsheets slid away
 from me, so did my warmth and
 comfort. Just as I was about to
 turn around and see if my brother
 was still sleeping, two warm
 palms closed my eyes. I was
 flummoxed. My mother said, "Jai,
 I have a surprise for you!".

She took me near the French
 window. Now I could hear my
 father too. "Jai look what's
 outside!". The two warm palms let
 go off my eyes. After what felt
 like eternity my eyes finally
 opened, bewildered and baffled.
 My ears heard the eerie silence
 Nothing but snow! It was like

clouds falling apart and drizzling
 down! It was like a silk fibre
 falling down from the kapok tree.
 As I squeezed my way through
 the balcony, the air was of course
 cold, when I stepped down on
 snow for the first time in my life.
 It gave a soft crunch as my legs
 sank into the deep layer of snow.
 It felt amazing!

When I reached the courtyard, I
 gazed at the beauty of winter. It
 looked like an unfinished painting
 so much of the canvas was still
 perfectly white. We made a few
 snowballs and combined them
 together to make bigger ones. I
 piled them on top of each other
 and decorated it with my hat and
 scarf to make a perfect snowman.

Ow! Something hit the back of
 my head! I saw my friend hiding
 behind a tree with a snowball. I
 knew he was ready for a snowball
 fight. Game on!
 Overall it was a wonderful
 experience and something that I
 will cherish forever.



RENDEZVOUS WITH SNOWFALL.



SOME WORDS OF
WISDOM



SOME WORDS
OF WISDOM

Wisdom is one of those qualities that is challenging to define because it encompasses so much but which people mostly recognize when they encounter it. It is found evidently in the sphere of decision-making. Psychologists tend to agree that wisdom involves integration of knowledge, experience and profound understanding that prepares one for life's uncertainties and its ups and downs.

But why make so much fuss about wisdom? How does it make our life unique? or how is it going to change it? Wisdom is what life and its experience teaches us. Wisdom guides our life.

Can we get wisdom when we want it? No one helps us get wisdom. A few words which any philosopher, spiritual leader, author, poet or even a stranger could have said and which got

stuck in our mind and can now be a pearl of wisdom that guides our life. I will try not to be philosophical but here are a few words of wisdom which made me ponder over it. "Practise like you have never won and perform like you have never lost". This first made me think if it is even possible to have never lost anything. Those are two extremes which literally sound impractical but diving deep into the meaning of this made me understand that it talks about the effort you put in for your preparation. This has been my go to quote when I feel low or demotivated while preparing for exams. It tells me how I can prepare better. Next one is, "the bad news is Time flies, the good news is you are the pilot". Like every other teenager, I also tend to waste time and then regret. One day I came across this quote on Instagram. It made me think what you have done to make up for the time you wasted. It made me realise if I become the pilot I am responsible for my time. This made me understand the reason to avoid procrastination.

We all know Walt Whitman. What an amazing poet he was. His words, "Keep your face always towards the sunshine and shadows will fall behind you" made me understand how much

of a pessimist I was and how I gave up when I faced the smallest difficulty. This saying told me to focus on the positive despite the setbacks and pursue a path of lights. Everything will fall in place and problems will become immaterial.

Decision making-the word is an adjective in itself. It scares everyone especially while deciding, while picking between a safe route or a bumpy one.

Helen Keller said, "Life is either an adventure or nothing". I like it because it reminds me of the big picture when fear gets in the way while making big bold decisions about how I want my life to be.

Being independent and deciding for myself has always been a task for me. I often used to get influenced by other people. That was until I came across the saying, "You define your own life. Don't let other people write your script."

In the world of uncertainties, difficulties and hardships, these are the words of wisdom which always remind me of the bright side of life and what it takes to remain positive and optimistic.



DOGE COIN



WHO LET THE DOGECOINS OUT?

In the words of Gen Z's "Slumdog Millionaire" Glauber Contessoto, "Dogecoin bridges the gap between the real world and the cryptocurrency world."

Cryptocurrencies have taken over the world by siege. They're everywhere. From Reddit and Twitter, Instagram and Tik Tok to even Facebook - everyone is talking about cryptos. But in the face of far more serious, sophisticated and sedulous currencies, Dogecoin may sound like a joke. And that is probably because it was meant to be.

In 2013 software engineers Billy Markus and Jackson Palmer decided to mock and ridicule the financial systems around the world for how seriously they were taking Bitcoin. And on a whim, the two engineers created Dogecoin, a cryptocurrency literally named after a meme. A harmless joke that 7 years later somehow catapulted into a billion-dollar empire.

But Dogecoin started slow. Simmering around the depths of the Internet as forgotten Reddit questions, Dogecoin caught its big break when satirical meme lovers and cryptocurrency enthusiasts joined hands to influence the currency's price. Throughout 2020 and 2021, the rising rallies of support for Dogecoin,

raised the currency's value gently, bit by bit. However, the intrepid attempt lasted only a short while and failed to bring about real, lasting change.

But Dogecoin's wave to fame was far from complete. In December 2020, Dogecoin faced an unfazed climb to stardom with the support of none other than Tesla's Elon Musk. A defiant testimony tweeted by Musk on the 20th of December, reading "One-word: Doge", charted a 20% hike in the crypto's value. The next in February 2021 with Musk claiming for it to be the "people's crypto", resulted in a 40% spike in the value of the coins. However, this is merely the tip of the iceberg. What truly clinched Dogecoin's victory was Musk's tweet of the infamous Dog barking at the moon painting with the riddling caption "Doge barking at the moon". And thus, on April 15 2021, the value of Dogecoin rocketed to previously uncharted heights with a booming increase of over 100%. Such incidents continued to follow, and dogecoin's price value increased with every single one of them. Thanks to the unwavering and occasional chirps by Elon Musk.

Today, Dogecoin's value is roughly 10.63 rupees. But the future of this currency is largely speculated and a subject to extensive debate. With industry leaders like Mark Cuban in favour of the coin and notable authorities like Edward Snowden vehemently against it, investing in this crypto draws far more criticism and comment than any other. However, brokers continue to sell hopes of the coin's stable future. According to reports, by 2023 each dogecoin will carry a value of \$0.25 which by 2025 will grow to become \$0.64.

All in all, Dogecoin manages to maintain a steady churn of highs and lows and clinches a place in the world's financial markets as one of the leading cryptocurrencies today.



A FATHER'S LETTER

My Little Girl,
Wish these words can calm the grumpy tones,
when my bushed words failed.
The defiant turned tamed lassie from
these palms of courage in distance.

My Tiny Tod,
Wish these words could hear,
the tiny taps over toddler stages,
giggles over failed rehearsals,
the taps found their beat,
heard afar.

My Feathery angel,
Wish these words had a vision,
to embrace the serenity of sunlight,
grazing through your crimson cheeks,
the cheeks that are now wrapped
in ink and dye.

My Ray Of Sunshine,
Wish these words could feel,
the bruises of your first fall,
a story of hundred times,
until your black brittle curls
turned burgundy
a trail of thought in my
empty heart.

Looking at the door we left open
walk back into the arms of the
Man who sang your lullaby,
bracing to see you his Little Woman.

With Love,
The Man who holds your door.

MY MARVELLOUS MOTHER

This planet is our only home,
Where we're free to explore, learn and roam
Through dense jungles, thick and lush
And open skies that happily blush.

Through serene waters, deep and vast
Feel the pleasant wind that blows swift and fast
Through caves of coral, jade and amber
And changes all our moods from being sombre.

But, in the snap of our chilly fingers,
They'll become sweet memories that linger.
When you look around once again
You'll realise there is no bargain.

Before the last ship sets asail
And sends us all a horrid mail,
If we change old habits day by day
We might have a chance, dare I say.

Humanity must consider it to be the prime
And think aloud from time to time
Afterall, a million years down the line,
We will think "How marvellous is this mother of mine!"



Hues & Shades

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



CHANDINI V. GRADE XII E

Chandini V.



Pencil shading

It has been a popular art form since the 18th and 19th century. Sketching with a pencil is a skill that needs dexterity as it involves minimal art tools. No wonder it has been so popular for such a long time. With the use of pencil lines, strokes and drawing techniques we can take artworks to a whole new level and create intricate and refined artworks.

There are various pencil sketching and shading techniques that help enhance an artwork. Shading creates a three-dimensional effect and brings the artworks to life with a visual appeal. Shading is a combination of darker and lighter shades to produce tonal gradation with depths and shadows that help create highlights of light source and darkness...

PARVATHI, GRADE IX



Garment design

It is an integration of all the design elements including colour, texture, pattern, space, lines and proportion. Each of these contributes towards the visual perception of the garment. Students of classes XI and XII have the unique opportunity to choose Fashion Designing as an Elective, which provides them a platform to express their designing skills.

THANISHKA, GRADE IX



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.



ABHINAV KANNAN

I am Abhinav Kannan, cricketer, studying at Lalaji Memorial Omega International School, NIOS in class 10. I was studying in a CBSE school and wanted to focus more on cricket. Hence, I shifted to the NIOS board in the middle of the academic year 2021 - 22. The flexibility that NIOS provides helps me to focus a lot more on cricket. The board also provides us with options of subjects which are of interest to the students.

I have ample time to go for fitness and practice sessions every day. My game has improved tremendously ever since. Students are given permission to go for matches and practise whenever required and are allowed to take long breaks in case of any outstation matches. NIOS does not mandate attendance and allows for more flexibility to focus on any extra-curricular activity.

After joining LMOIS, our school team participated in the "Rotary Take Serenity Cup" in the month of February 2022. My partner Shrenik and I set a world record by scoring 496 runs for the first wicket partnership. While I scored 280 not out, Shrenik scored 227. Our team's total of 591 features in the top 10 highest scores across the world.

I give full credit to NIOS board and the school management for allowing me to pursue my passion.



SHRENIK

I am Shrenik, Cricketer, studying in Lalaji Memorial Omega International School. I've been a part of Omega since LKG and I have been playing cricket since fourth grade. I started playing the sport following my elder brother who was already playing the sport. Slowly, I developed the love for the game and have been playing ever since. The school has always been supportive of me in permitting to take leave to play cricket. Since my childhood, all my teachers and friends have been very supportive.

I'm currently the captain of omega's U-19 team. I've represented Tamil Nadu in U-14 in the year 2019 -20. I was a part of the Tamil Nadu U-16 squad during 2021-22. Recently I represented our school in the Take Serenity Cup in February and scored a double century. My opening partner, Abinav and I made a record breaking partnership of 496. For excelling in my glove work, I received The Best Wicket Keeper award in that tournament.

I would like to thank my family, friends and the school management for encouraging me to pursue the sport I love.

We are delighted to announce our MOU with
Coaching Beyond Academy & Khelo India
as Education partners.

COACHING BEYOND ACADEMY was conceptualized by renowned Cricket Legends and Coaches Shri.Ravi Shastri, Shri.Bharath Arun and Shri.R. Sridhar (all former Team India Coaches). Coaching Beyond, India's premier high performance cricket academy joined hands with LMOIS (Lalaji Memorial Omega International School) by signing an MoU and has opened its coaching center in Chennai at the LMOIS state-of-the-art cricket ground. At the press meet in Hyderabad, Mr. Ravi Shastri, former Indian Cricket Team Captain and Founder of Coaching Beyond said, "Our vision of partnering with Omega is to produce a generation of youth who are empowered through world class cricket coaches at Coaching Beyond".

www.coachingbeyond.in

KHELO INDIA programme has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation.

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic & analytical thinking, leadership skills, goal setting and risk taking. Fit and healthy individuals create an equally healthy society and strong nation.

We are proud to have made the pathway partnering with Khelo India Football Academy and our school is the first such academy in India.

www.kheloindia.gov.in



Omega U-14 team won the semifinal match by a thrilling 1 wicket victory on 11th April and qualified for the Finals of the TNCA City Inter-Schools Cricket Tournament. Team Captain Rishwant Subramaniam with 5 wickets and Vice-Captain Gaurav Ravindran with 86 runs were the star performers.



KDFA (Kancheepuram District Football Association) organized 1st division league matches where Alumni and current students play for "Friends Football Club Walajabad" secured the 5th place out of 18 teams.

GET, SET, GOAL



Frederick Russell of 8th std - Under 14 Boys Category 60 mts dash - Gold medal

B.Rithika of 5th Std - Under 12 Girls Category 300mts- Bronze medal

Frederick Russell - 8th std- Represented for Chennai District in Under 14 Boys Category 60 mts - Silver medal.

Karney Akshith, secured Gold medal in CBSE cluster-VI Athletics Championship, and also Silver Medal in the Nationals and a Brone medal in the 34th Tamilnadu State Junior and Senior Open Athletics Championship held between January 22nd & 24th in Sivakasi.



World Silambam Association - Chennai district conducted a district level tournament at SDNB Vaishnav College. In the Individual Skill category, R R Aaravguru of grade III was placed in the third position.



Dakshaeswar Muthukrishnan, of grade VIII finished Singles Runner-up in the Under-14 Tennis tournament held at Baseline Tennis Academy Navalur, Chennai on 9th & 10th April 2022.

Rishik Anirudh finished Singles Runner-Up in the Sport India Precision Junior Tennis Tournament held on 1st March 2022 and Vikrant.V won the U-16 Singles Title in the Sport India Precision Junior Tennis Tournament held on 3rd April 2022 at Chennai.



Kesav Adithya 12D, Harshad 12E and Afsal of NIOS attended Under 18 Kancheepuram district selection trials for basketball and got selected to represent inter district tournament conducted in Kongu Engineering College, Trichy from 21st June.

T-Talk

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



Do they have anything in common?
NO.

One is purely an entertainment-oriented mass media appealing to many people and the other is a bete noire of many.

I am not going to talk about the mathematics that goes into the making of a movie like budgeting, financing and such others. I have watched many movies that have been based on mathematical concepts and that have been made on the life of mathematicians and real-life characters. One such is **The Imitation Game**.

Starring Benedict Cumberbatch and Keira Knightly, it was released in 2014. It revolves around the initial years of Alan Turing, a fabled cryptographer.

While working for his Ph. D in the area of Mathematical logic, under the guidance of Alonzo in Princeton University, he invented the universal Turing machine, an abstract computing machine that laid the fundamental logical principles of the modern digital computer.

On return from the US, Turing joined the Government Code and Cypher School. At the outbreak of World War II, he moved to the organization's wartime headquarters at Buckinghamshire to break the Enigma. Enigma was the machine used by Germans to encrypt military

radio communications. The machine's key changes every day and a new set of keys is assigned on the next day. So even if the code is broken, one cannot use the same code to decrypt the next day's communication. Owing to this, the Enigma was dubbed as "the unbreakable". After many tries, he successfully designed a code-breaking machine known as the Bombe. Bombe not only decrypted the message but automatically was able to predict the key for the next day. For the rest of the war, Bombes supplied the Allies with large quantities of military intelligence.

Turing also devised the first systematic method for breaking messages encrypted by the sophisticated German cipher machine. At the end of the war, Turing was made an Officer of the Most Excellent Order of the British Empire (OBE) for his code-breaking work.

LAST YEARS

He worked on artificial life to model his hypothesized chemical mechanism for the generation of anatomical structure in animals and plants. In the midst of this work, Turing was discovered dead in his bed, poisoned by cyanide. Mystery surrounds his death as to whether it was an accident, suicide or murder.

There are hidden gems like this, that do not make it to the 100-crore box office or do not have a high-profile cast. Yet these are a part of history and a part of us.



CREATING INDEPENDENT LEARNERS

It is scientifically proven that the sensory pathways for basic vision and hearing are the first to develop in an infant. Infants recognize persons in their life by their voice and by looking at them. As they grow older, they start to identify and name the three dimensional objects that surround them. Children learn independently by exploring, touching and even tasting the three dimensional objects that they come across. Parents and other adults do not notice any problem in these inquisitive toddlers as they accumulate experiences and learn by observing their environment without any difficulty. But, something goes wrong for some of these bright and inquisitive learners when they enter school. The initial reluctance to attend school is usually considered as anxiety on account of being separated from the parents and the familiar home environment. The initial signs of anxiety disappear within a few weeks in most of the children. But, for a few others, the anxiety increases with time.

Children who show increasing reluctance to go to school also demonstrate difficulty in learning the letters/numerals and their sounds or names. Two dimensional letters, symbols and numerals relate to verbal thinking/learning.

We are all born with the ability to think in pictures (non-verbal thinking) but verbal thinking is a skill that is acquired by us (from our environment) as we grow older. Verbal thinking is two-dimensional in nature and is a developmental milestone.

Children develop the capacity to perceive two-dimensional shapes and symbols with accuracy, at differing times in their developmental stage.

Kids usually imitate the shapes that they see by drawing or copying them based on their visual perception. After some time, they start to draw the shapes by recalling them from their visual long-term memory. A child has to be able to copy a vertical line, horizontal line, right and left slanting line, cross, square, triangle, circle, etc., before he can be introduced to letters and numerals. Accurate perception of these shapes and, being able to reproduce them on paper with accuracy is an essential pre-writing skill.

Beery @ Beery (2010) recommended that formal pencil-paper instruction must be postponed until a child can easily draw an oblique cross. Drawing an oblique cross requires the child to cross his body mid-line. Visual Discrimination or the ability to perceive with accuracy the colour, form, pattern, size or position of a two dimensional shape is a developmental milestone.

Just like their ability to crawl, stand, walk etc., children acquire the ability to perceive and make sense of two dimensional shapes and symbols at their own individual pace. But, do parents, educators and schools wait for the children to acquire these skills? Age, rather than the skill, is the criterion for starting school in most of the developing countries of the

world. When a structure of concrete is being constructed we focus on building a very strong foundation but when the foundation of literacy is being laid we give a little child, only one academic year to complete the curriculum. The irony of the education system is that we focus more on course completion within rigid timelines rather than on building a strong foundation in literacy and numeracy.

Over enthusiastic parents usually introduce their kids to letters before they are even two years old by repeatedly making them listen to the “ABC” song. Most of the children who develop learning issues later on in life are found to be singing the “ABC” song as follows: A B C D E F G H I J K LO man OP LO man O P Q R S T U V W X Y ZEE. The brain is most flexible or plastic in the early years. The more an action or sound is repeated in the early years, the higher is the number of neurons that encode that action.

If the information being accumulated by a child in the early years is unreliable or inaccurate, the child is likely to face problems in learning at a later stage.



The mastery of letters and numerals is the foundation to decoding and encoding information or ideas in two-dimensional written or printed form. In order to master any symbol, we need to perceive with accuracy, the following three components:

1. The symbol (how it looks)
 2. The meaning of the symbol
 3. The name of the shape/symbol (the way it is pronounced)
- The children who learn the “ABC” song at a young age and name the letters wrong usually get confused while associating the shape with its name.

The brain looks out for an 'O' after 'L' and a 'man' followed by another 'O' before 'P'. The conflict between the name/ sound memorized and the symbolic representation of the letters in the alphabet leads to confusion in the brain.

Repeated confusion often results in stress. Every mistake is followed by an increasing pressure to write correctly. When repeated practice does not bring down the number of mistakes, the child slowly begins to dislike reading-writing sessions. They start associating stress to letters, symbols or numerals. Imposition is nothing but rudimentary learning. Can we really build literacy and the capacity to think with symbols, without mastery? This is a question that requires serious consideration by all educators and policy makers.

Visual processing issues are not recognized as learning disabilities on their own, but if these issues are not addressed at an early age, children usually start to show the signs of dyslexia as they grow older. Scientists believe that a baby's brain is most impressionable. It is easier to influence a young child's brain and give him an accurate perception of the symbols that are the foundation of both literacy and numeracy in an adult. Early intervention and support is not only effective; it also prevents the

onset of emotional or co-morbid physiological problems in the children. Davis Learning Strategies (DLS) is a balanced approach that supports emotional, social, cognitive, language development in all the children irrespective of their learning styles. The children master shapes, symbols and concepts by creating a three dimensional clay model of the shape, symbol or numeral as perceived by them.

Every child, or for that matter human being, has the inherent urge to succeed. They only need the confidence and the skills that would help them execute their task. It is the duty of every adult to help the child master the basic skills to such an extent that the child is able to control them independently, to shape his/her own unique learning experience. When a child is able to control the skills acquired by him/her to shape his/her own unique learning experiences the child would be able to learn independently, without any further fear of failure or punishment.





IN THE PURSUIT OF HAPPINESS

Happiness leads to emotional well-being. Are we all journeying towards seeking happiness? How do we keep our inner self happy? How do we maintain a good state of mind?

A good state of mind leads to innovative thoughts which materialize as new ideas, which in turn lead to actions and actions lead to success.

Can we teach or learn happiness? As a teacher, you can certainly make the students feel happy by helping them interact and learn purposefully and meaningfully. Joy is an innate feeling –not a magic pill that can be prescribed nor a lesson to be taught. Happiness has to be interwoven with positive words, gestures and all our actions.

A happy team of leaders and teachers can be the torch bearers

of creating magic in their school by showering love, care and warmth on their pupils..

Creating joyful moments and a happy school culture will encourage and motivate the faculty and staff to understand and uplift students. The child centered approach, should be unfolded with warmth, love and compassion.

This enables the students to be self-assured and self-motivated. Such a happy engagement of learning is the key to optimize the learning outcomes and productivity. With engaging and interactive classrooms, each child should feel empowered.

As the Omega family embarks on new ventures and anticipates new challenges, it is of paramount importance that we join hands and work together to see the best

PURSUIT OF HAPPINESS IS
NOT A CHASE BUT A
REALIZATION!
Y.Q.BABA

results. We need the support of each other. We need to create a joyful environment to climb the ladder of success. Let us together create a school where each child wins and no one loses.

“The world is your oyster. It’s up to you to find the pearls”!

I shower my affectionate greetings on the promising staff of Omega and hope the doorway of Omega will help you realize your potential and make valuable contributions to society.

Campus Drone

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

A PROUD MOMENT FOR THE
*Department of
Montessori @ Omega!*



Our Montessori facilitators soon after the convocation , on completion of 3-6 AMI diploma course in Montessori, from Association Montessori Internationale (AMI, Netherlands-founded by Dr. Maria Montessori) as a part of Omega's professional development programme.



HEARTFUL KIDS

BMA Campus Inauguration



May 07, 2022 was indeed an auspicious day for all at Lalaji Memorial Omega International School. The Indigo Heartful Kids campus was inaugurated at Babuji Memorial Ashram, Manapakkam. The Ashram lies at a picturesque campus that promises to build an integral relationship between children and nature especially in the formative years. Based on the principles of Heartfulness, the goal of the Heartful Kids Campus is to nurture the students towards holistic development – physical development, mental wellness and excellence, social and emotional wellbeing and spiritual connection.



The function was presided over by Dr. K. R. Maalathi, CEO- Auuro Educational Services and President (TN)- Association for the Early Childhood Education. Speaking on the occasion,

Dr. K. R. Maalathi said, "The Heartful kids is yet another milestone for LMOIS because of the beauty of the concept. Little children are introduced early on not only to higher order thinking and quality academics, but also allowed to naturally blossom in a loving and compassionate learning environment through heart-based approaches, that can facilitate holistic growth and development. This is especially important in the current times when children are influenced by the digital world, and they must be enabled with strong minds and hearts to uphold human values and make right decisions and choices."

All parents of the Indigo students were invited for the inauguration. Following the ceremony, the parents visited the model classroom prepped by the Indigo Team. The ceremony was a moment of pride and celebration for the management and the teachers, students, parents of Indigo Special Education Unit.



ADULT LEADERS TRAINING COURSES

The Chennai City CBSE Schools District conducted the Adult Leaders Training Courses from the 2nd May, 2022 to the 8th May, 2022 at Omega school premises. 66 participants from across various schools of CBSE district gained insight into practical skills. Also, the visit by the district officials added value to the camp.

Essential topics such as Fundamentals, History of scouting, Mapping & Compass, Leadership qualities, Camp craft, Pioneerering, Estimation, Knotting, First Aid, Handicraft, Sing song, Claps & Yells, Camp fire, Signals, All Faith Prayer etc. were insightfully presented.

Activities such as Patrol division, nature walk, hiking and campfire were planned and conducted meticulously. The golden rules of first aid and the practical demonstration of transportation of victims were the highlights.

Furthermore, the inspiring words of the President Dr. S. Bhavanishankar fuelled the thoughts of the young leaders. The session on Leadership qualities by Dr. Srinivasa Raghavan, Vice Principal of BVM followed by the session on Mapping by Dr. Sivasakthibalan, DC (scout) DS were equally interesting and impeccable.



ANNUAL CAMP

The bright sunshine scintillated along with an everlasting and adventurous spirit-the spirit of scouting. Friday, the 8th April burst forth with ebullience and expectation as the Scouts and Guides geared for the Annual Camp. Over 140 zealous students, spanning across grades 6 to 10, participated in this event organized by our school.

The training offered in the Annual Camp inculcated practical knowledge into children that enhances their life skill activities. The senior scouts and guides received their Rajaypuraskar certificates during the inaugural ceremony. The basis of camping and the scout movement were elaborated to the participants.

The students also learnt different tricks with ropes and the crucial methods of providing first aid in cases of medical emergency. They gained on-ground and practical experience of camping and learnt the associated skills such as team work, leadership, perseverance and endurance.

The participants set off to a hike to Kundrathur Murugan Temple with much enthusiasm. The annual camp succeeded in enriching the children's resourcefulness and leadership traits.



NCC CADETS

NCC cadets at our school had a wonderful opportunity to interact with Army officers and know about Indian Armed forces. Under the guidance of Lt. Col.P. Kumar, Commanding officer 13 TN BN, NCC and his subordinates, our cadets are getting trained about how to develop character, comradeship, leadership qualities, secular outlook, unity, and discipline.

Cadets at Omega are not only given rigorous training but are also served with nutritious brunch after their activities on school campus.

Their training includes how to and whom to salute, how to fix their belts, sport their uniforms elegantly. Army officers from the Indian Army were on Omega campus, interacted with our cadets and gave them useful lectures.



MARGAZHI MAHOTSAVAM

Omega has always cherished the budding talents of our students, regardless of any challenge that may surface. "Margazhi Mahotsavam" a series of classical music and dance performances by our beloved students, was organized for the second time in a row. It was streamed on our school's official YouTube channel from January 8 to January 13, 2022. Students had a warm and welcoming platform to showcase their talents and they had proven their mettle through their exemplary performances.



WALL OF FAME

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

OMEGAITES MADE IT AGAIN...

Hearty Congratulations

to IGCSE and A Level students for their dazzling
results in March 2022 Series



**Cambridge Assessment
International Education**

Cambridge International School

Brainfeed organised its 9th National Conference on 6th and 7th April 2022 at HICC, Novotel, Madhapur, Hyderabad. In this conference, The Top 500 Schools of India were honoured with School Excellence Awards and Lalaji Memorial Omega International School found its rightful place in this illustrious list of good schools.



WALL OF FAME

Young and emerging entrepreneur, Lajwanthi of grade IX-A of Cambridge stream won the first runner up award at the national level Innoventure challenge 2021. Innoventure challenge is a national level ideation and Entrepreneurship Challenge for students from grades 4th to 9th conducted every year by Intelligence Plus.

Lajwanthi has been recognized for her innovative ideas in devising strategies to promote and enhance the business for small scale retailers who are impacted by e-commerce websites.



‘Clash of Pi’ is an online program organized by picirql, the world’s most comprehensive mathematics program. It provides the students a platform to showcase and assess their logical and analytical skills.

Swaroop Anand Rao of 6th grade has been adjudged the No.1 school achiever and awarded a certificate and a medal.

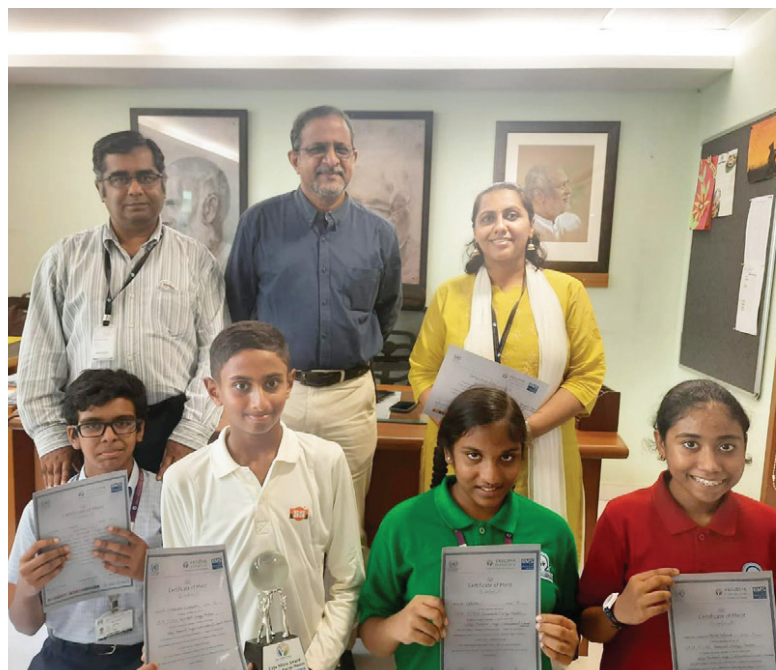
Lalaji Memorial Omega International School is bolstered by highly motivated and committed staff who ensure accolades in multiple fields. This time LMOIS bagged the Times Education Icons awards for Top International School and Top Innovation School in Chennai west zone.

Another feather in the already adorned cap of LMOIS. Omega school has been ranked the Top School in the Times Education School Survey, asserting the credibility of the illustrious team that forms the essence of the school.



The junior team of CIS won the prestigious Urja Mitra Award 2021 in the URJA category for their project HARIT ASHA in the First Vasudha International competition conducted by the City Montessori School, Lucknow, UP (in association with the UN Information Center).

The team was mentored by Ms. Jaqlin, ICT Facilitator, under the guidance of Ms. Ganga, senior Facilitator, CIS. The competition was intrinsically challenging and insightful for students. It was an international competition in which many teams from across the globe participated - 12 international teams-USA, Russia, Jordan, Montenegro, Mauritius, Georgia, Germany and 29 National teams - Tamil Nadu, Uttar Pradesh, New Delhi, Haryana, Rajasthan and Telangana.



S.Sudarsanam and S. Thannvi have made their parents and their school proud by making their names into KALAM'S WORLD RECORDS.

Sudarsanam has created a record in reciting botanical names in record time, recalling Father of 50 various fields and solving 3x3x3 Rubric cube while reciting the Bhagavat Gita within 1 minute.

His sister Thannvi has created a new world record by reciting 109 verses of Aathichoodi, maximum number of abbreviations, Indian States, Union Territories, their capitals, Indian National Symbols, Perfect Squares of 1 to 15, reciting Sanskrit slokas in record time.

Their achievements got felicitation from the District Collector and DGP of Chennai.

WALL OF FAME

M.R. Navajith of grade 6E of the CBSE stream is the fastest to write the names of all the 38 districts of Tamilnadu in reverse writing.

He has entered into the following prestigious books of records for his rare achievement:

1. Asia book of records - grandmaster certification
2. India star world records
3. International book of records
4. India book of records

He is planning to practise hard to enter the Guinness world record, for the said achievement.

Needless to say, he also wished Navajith great success in all his future endeavors.



M.R. Navajith met the Honorable Chief Minister of Tamilnadu, Mr. M.K. Stalin, and sought his blessings. The CM of Tamilnadu applauded his efforts and encouraged him to aspire for more such achievements in the future.



In the Platinum Pinnacle Award Ceremony at ISSM B- School Taramani held on Tuesday, 15th February 2022, our school bagged the awards for Best Interactor, Best Interact Club Service Project Award, Best Interact Club Award, Best Interact Club President, Best Interact Club Secretary, Best Rotary Interact Relationship Award, Best Interact Club International Service Project Award, Best Interact Club Community Service Project Award, Best Interact Club Faculty Coordinator for all streams.

Chandrodaya Interact Club was the proud winner of the annual Environment Award 2022 by Rotary 3232. The award is to recognize our care and concern for the environment and is given as a part of Environment Day Celebrations 2022.

I, K. Murugesh, Science Teacher, Lalaji Memorial Omega International School is the runner up in Tamil Nadu State for the Teacher Excellence Award 2021 organized by The Times of India and Amrita Vishwa Vidyapeetham. He received the awards from the honourable chief guest Padmashree Mysamy Annadurai, Space Scientist on 29th January.

The video presentations of our interactors S.Mithran, in class 8J and Ananth Eswaran in class 11G are chosen as the top two best videos in the Rotary's Four Way Test video contest organized by RCM. Both of our students grabbed first and second places.

Our Interactors- S Mithran- received the certificate for first position and the rolling trophy. Ananth Eswaran and Barath Sriram, received the certificate for second position. Our team received a magnificent rolling trophy, for the academic year 2021-22. The prize winners received a cash prize of rupees 10,000 and 7,500 respectively.



Chandrodaya Interact Club team received the following awards in the Platinum Pinnacle Annual Award Ceremony at Sri Sankara Vidyashramam School, Thiruvannamiyur on Saturday, 18th June 2022.

Rtn. Mohan V. Raman, The President of RCM felicitated the team.

The team also gave away the books/ notebooks collected as a part of Mission Muppathu Aayiram- Book Donation Drive, to the faculty coordinator SOS Chatnath Village Home for girls, RCMs Boys Town Society, school and college students.

Tête-à-Tête

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



Mike Mikza Kina, aged 28 years passed out of Omega in 2012. Currently working with Indian Railways as an Assistant Divisional Engineer posted in Shalimar near Howrah.

Mike had joined this job after clearing Engineering Services Examination, 2017 and joining Indian Railway Service of Engineers IRSE cadre.

Before this he had interned for three months with Larsen and Toubro in their Transportation infrastructure wing by working in National highway expansion project between Sambalpur to Rourkela. He had also worked with Arunachal Pradesh public works department for 10 months as an assistant engineer.

His current job profile sees him as responsible for maintenance of railway assets, including track, roads, buildings, bridges and also construction of new assets between the busy suburban Howrah to Kharagpur railway line.

Q: A stable foundation is essential for any ambition or career. Do you feel Omega has given you a strong head start?

I studied at Omega from my 8th standard to 12th standard and I feel studying in this school has been a large part in moulding myself. While good teaching is a part of it I feel that more than that it was the love and care we received as students from everyone who was part of the school, be it our wardens, teachers, kitchen and laundry staff, health unit which nurtured us and gave us the space and energy to grow as individuals.

Q: Students these days receive conflicting advice regarding their choice of career; parents and elders advise them to choose what's most profitable, while the media suggests they follow their passions. What would be your advice to students in balancing materialist pursuits and passion?

Personally I feel I am still in the search of the answer to this question. As a civil engineer it is expected that I should be passionate about civil engineering or else I am in the wrong field. At least that is what 'media' would say. But my job encompasses much more than just structural analysis or soil mechanics. It also includes daily interaction with a number of individuals whose issues I try to address, be it staff under me, contractual labourers, public representatives etc. It includes the satisfaction of a job well done and the love of those who are benefitted by our actions. So to do the job well I take further more interest in civil engineering which increases my domain knowledge and efficiency in work. By the above example I am trying to say that expertise and passion though not overlapping can definitely be supplementing to each other. Apart

from what I just said I would ask all students to be pragmatic and make informed decisions. Research on what you feel like you may enjoy doing. Listen to what elders have to say too as part of that research. Take interest in yourself and your journey and rest will sort out itself.

Q: Were there any missteps you made along the way?

There were some occasions which at that time I felt like 'missteps' but now in retrospect I am thankful for. Good intentions and following the heart may lead to missteps too and failure is but a step closer to success.

Q: What would you like to tell the students on how to overcome the struggles they face in their journey to achieve the goal?

Have a safety/support net of loved ones you can fall back to during tough times. Be someone's safety net to support them in their tough times. Make mental targets of expectations from yourself but don't forget to be gentle on yourself when it is not met. Self love too is important.

Q: While preparing for a competitive examination like you did, is it a good idea to have a plan B or does it distract you from your main goal?

In financial planning, experts often speak of risk. An investor decides his capacity for risk taking and based on that makes an investment. His risk taking ability is subject to a lot of factors for example whether he is young or old, whether he has other sources of wealth, how confident and trustful he is on the company's ability to deliver. I think the same translates to competitive exams and attempting them too. On

whether having a plan B distracts one from the main goal, I think there is a possibility but there is also a possibility of the same distraction helping in achieving the main goal too. Life is crazy and exciting like this and you never know what you are going to get.

Q: The exam patterns, technologies and how things work have changed a lot since 2012, what advice would you like to give the JEE aspirants of 2022?

Practise, revise, practise, revise, practise, revise. Use previous year questions to get an idea of what is expected of you. Study smart and hard. Enjoy the process.

Q: Since you had a good chunk of experience in the engineering sector with all the internships and field work you have done, what is your favourite and least favourite aspect of the engineering sector?

My favourite aspect would be the field work which is where the actual work is done. Least favourite aspect would be the bad name that has been attached to engineering departments especially in the government sector due to corruption.

Q: It is very easy to get de-motivated by minor setbacks. What is your mindset while encountering an obstruction in your work life?

This too shall pass. A good reference here is Carl Sagan's reflections on the farthest photo of our planet Earth, "the pale blue dot" taken by Voyager I space probe on 1990.

https://en.wikipedia.org/wiki/Pale_Blue_Dot. I feel that perspective is important for persistence and a

sense of wonder is a good tonic for curing de-motivation.

Q: How did it feel when you were approached by your school and were asked to advise your juniors as a successful alumni of LMOIS?

I did feel a sense of duty towards my school and juniors and have tried my best to allay any doubts and anxiety which students may be feeling now that they are in the cusp of graduating school. Change is always frightening. I can say having gone through what my juniors are going now but it also exciting and so full of potential. I wish all of them the best of luck for coming exams and beyond.

Interviewed by:

*Ananya Dutta & Vaishnavi Chandrashekar
Grade XII D*

Educating the mind
without educating the heart
is no education at all.

- *Aristotle*



LALAJI MEMORIAL

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