

Omegazine

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ASPIRE TO
Achieve

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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Nurture Discipline with Love, not Fear

**There are no bad children,
only bad behaviour.**

by **Dr. P. Muthiah - Principal, CBSE Senior**

Over the past thirty years, numerous studies have been conducted globally on the effects of physical punishment on children. They have consistently demonstrated that physical punishment has negative impact throughout the childhood and also in their adulthood. It increases children's risks of increased aggression, delinquency and anti-social behaviour. It promotes strained teacher-student relationships, and poorer mental health. Eventually, the students tend to develop lower self-esteem and poorer academic performance.

Therefore, the UN Convention on the Rights of the Child has given directives to the States that States shall take all appropriate measures to protect the child from all forms of violence (Article 19). States are also required to take all appropriate measures to ensure that school discipline is administered in a manner consistent with the child's human dignity and in conformity with the UN Convention. (Article 28).

Discipline is an important and effective component in the procedure which we adopt for moulding learners with fine human qualities. Hence, discipline must be imparted with care, love and affection without demeaning the dignity of the children. First and foremost, how do we define discipline? It can be defined as the capacity of the children which enables them to differentiate between acceptable and objectionable behaviour, that is, whether the children's deeds and words are within the limit of socially acceptable domain. But most of the children do not naturally abide by adult code of conduct which frustrates even the most patient adults.



Renowned psychologists say that everlasting and effective discipline could be achieved by providing guidance with love and not fear. Children should be motivated by factors other than fear and punishment. This would enable us to bring out happy and emotionally well-balanced youngsters. Discipline is the capability of children to adhere to a set of rules which will ultimately lead them to positive behaviour. The best tool to inculcate positive behaviour among our children is, love and respect which require enormous amount of patience, understanding, and empathy. When children are showered with love, they feel safe and secure, which will also make them to be more sensitive towards the emotional needs of others. We also need to provide them with a sense of responsibility and accountability for the task assigned to them.

Most of the children are reluctant to accept their mistakes and subsequently refuse to take up further responsibilities. In such a situation, providing complete guidance with care, love and affection is extremely necessary to boost their confidence. Respect for authority is another important pillar of discipline. One of the best ways of teaching children to be respectful is to treat them with respect. Being polite, not over-reacting to their mistakes, showering them with love and modelling respect will make the task of instilling respect easy. Practising positive discipline involves a thoughtful and holistic approach to our relationships with the students. It may seem more difficult right now, but it will help making our interactions with students more respectful and caring, and in the long run will provide a happier and calmer, school environment.



Omega loves children. At Omega, we believe in disciplining our students with loving discipline and not enforcing rules, thus making our campus a loving second home for all our students.



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 Movie of the Century

by **R.Dilip**, XII - H

Movies — When we talk about them, we think about the action packed scenes or the comedy filled moments or even the catchy songs. But for others, they view movies as a platform to throw light on topics that affect the world. It is a platform to divert the attention of the audience to promote their message. Movies had been a part of my life since I watched my first movie CARS: a Pixar animated film. Many movies had a direct influence on me. One such film is Fight Club (1992).

Directed by David Fincher, this film was a blockbuster. Starring Brad Pitt and Edward Norton, the messages and principles portrayed in the film changed my perspective of life. A story surrounding the life of an insomniac man who lives the exact same boring life, being consumed by a private organization. His life changes for the better or the worst after meeting Tyler Durden and how they started what was simply known as “Fight Club”.

There is a ton of details and messages covered in the film. For instance, during the entire duration of the film the name of the protagonist is never revealed.

At the beginning of the film, we are introduced to the protagonist, who we call the narrator, and he tells us how he is suffering from insomnia and how he buys products on daily basis from corporate

giants like Ikea. This shows us the current state of the world. How we are not being consumers, instead we are being consumed by their corporations.

In a scene, in the narrator’s office, we see not one, not two, not three but four Cups of Coffee belonging to the renowned brand “Starbucks”. Yet another reference, to show how we are overtaken by these corporations.

The way the narrator meets another character, Tyler Durden is horrifyingly unique. As the narrator flies on a plane, he imagines what would happen if the plane collided with another. The scene now introduces us to Tyler Durden- a man who has the same brief case as the narrator, yet he is the exact opposite.

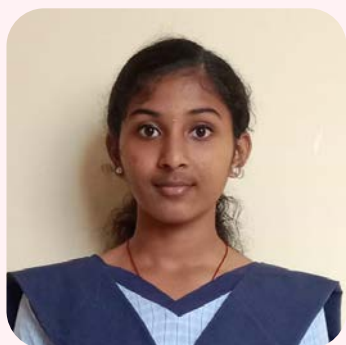
Tyler Durden’s principles and perspective of life are destructive. He tells us how we are constantly slaves of different wants, how we live for others and not for a common good or for ourselves. We are the rats, stuck in a never ending rat race. Tyler also explains how the world we live in is not decided by fate of our own lives but is the outcome of our desires.

Soon the narrator and Tyler Durden start a club under a bar, a place for men to live a corruption free life, a life they wish to live. The club has two rules;

“The First Rule of Fight Club is, you
Do not talk about fight club”.
“The Second Rule of Fight Club is, you
Do not talk about Fight Club”.

As the chaos unfolds the movie ends with the utmost destruction, yet one of the most satisfying endings, considered by many. These are only a few messages in the movie, but there’s a lot to learn.

“It is a story how men evolve into humans”



Body Shaming

by M.J. Navya, XII - A

Body shaming is the action of expressing contempt about an individual's body shape or size. This is also a form of bullying which is experienced by men, women, and even kids. Such kind of an act leads to depression and emotional trauma at a young age. Typically, a person is body shamed when he or she is overweight or underweight. We all would have experienced this situation, wherein a relative, neighbour starts asking us, "Why do you look thin" or "I guess you have gained some weight" or even sometimes, "It looks like you're a sick person." These questions are hurtful forms of body shaming. People may look skinny or fat due to several reasons. It can be because of their hormonal imbalance, health issues or sometimes even due to binge eating. Also, the media has commonly portrayed overweight characters as a running joke. Children being exposed to such acts tend to tease others knowingly or unknowingly. Whether it is body shaming or whatever, one thing is pretty much clear. Nobody should be ashamed by the way he/she looks. You are the one who is supposed to love yourself first. The first and the foremost thing is to recognize the importance of body positivity.

No other therapy can help you feel confident about yourself. Do not bother about what society thinks



about you. If you wish to lose/gain weight, it is up to you because after all it is your body and your own concern.

But make sure you are responsible and accountable. Sometimes the comments on your body from family, friends and social media may also be genuine. Without any intentions behind, they share their opinions to you which may sometimes sound harsh. At the end, they want us to be healthy without any problem. Take care of yourself, remind yourself about your good qualities, surround yourself with people who encourage and motivate you to do your best. When you are body shamed, respond politely and kindly to the person who says that to you instead of getting into a heated argument. Stay positive, love and accept yourself for who you are, how you look and try focusing on having a good health rather than aiming for a perfect and a flawless body. After all, it is your health that matters.



Family

by S. Varnika, XII - E

Some want to cherish every second of their life with their loved ones, some want to run away as fast as they could from them. When you were young, you would always want your parents to stay by your side. You will hold their hands even if it was as big as the mountain. You will shed an ocean of tears if you don't see them as soon as you wake up. Time passes faster than Usain Bolt. By the time you are a teenager, the situation would be upside down. You will hate them for the rules they set to protect you, for the restrictions they set to discipline you and the bars they held to educate you. You will miss every second you left to enjoy with your friends who are not even there for you now. Parents are normal human beings like us. Kids fail to understand that they have a mental health too. They are not born perfect, they become better and best like a win as time passes. Your mom doesn't let you sleep empty stomach after a fight. Your dad doesn't fail to drop you at school even if you disappoint him. At the end of the day, the hardest job is to be a good parent with numerous sacrifices and I'm sure your parents are working hard enough to make you successful in life.

'The most underrated job is to be a parent'.



Read Newspapers

by D. Priyanka, XII - H

Everybody has that one person in their house who, come hell or high water, would diligently flick through the newspaper. For me, that was my father. Although he has tried to convince me for a number of years, it was probably my English teacher who managed to get me to actually browse through the newspaper, and I haven't regretted it since. While I skimmed through most of the pages and only really paid attention to the Editorial, Opinion and Business sections during the first five minutes of English class every day, it still helped me with my writing skills - it morphed the way I phrased my words, for one - and it also ignited a zeal towards the subjects I'd chosen. It isn't just me, either, I'd say - some of my friends prefer reading just the headlines, while another goes as far as to research on a specific topic to fully understand it. I've seen classmates of mine pick up the newspaper and flip right to the Sports section, too. You can always start small - maybe just glancing at the parts that interest you once in a while. I assure you that as a beginner, you wouldn't understand most of what's going on, but believe me when I say that time and patience is all it takes for a miracle to happen. And I'm sure you'd agree with me that the risk of investing time and patience would be worth it if you'd understand the world a little bit more, wouldn't you?





Spirituality in Teenagers

by Kashyap Krishna Jayanth, XII - C

As we navigate through life's challenges, it is important to acknowledge the significance of having faith in a higher power. Spiritual beliefs instil a sense of purpose, direction, and stability in our lives. Let us see some of the important aspects of spirituality, and why it matters the most especially during the teenage years. Adolescence is a period of transition and growth, both physically and emotionally. Young people are trying to make sense of the world around them, and faith in a higher power can offer a sense of belongingness, meaning, and confidence. It provides a foundation for their identity, values, and beliefs. Spirituality helps them understand that they are not alone in this world, and there is a divine force that governs the universe.

Moreover, having faith in a higher power strengthens our resolve to overcome challenges. It gives us hope when all seems lost and motivates us to keep striving towards our goals. Spirituality helps us to stay grounded and focused, even during the most trying times. It

provides us with the strength and courage to face life's difficulties with resilience and perseverance. In addition, the whole idea of God encourages us to be kind and compassionate towards others. It reminds us that we are all children of the same creator and that we must treat each other with respect and dignity. It gives us a sense of togetherness and encourages us to work in unison. Spiritual beliefs remind us that we are not only responsible for our well-being but also for the well-being of others.

Furthermore, spirituality helps us develop a sense of gratitude for everything we receive in our lives. It reminds us to be thankful for the people, opportunities, and experiences that shape us. It teaches us to recognize that all the good things in our lives are gifts from a higher power. Gratitude is an essential aspect of spiritual beliefs as it helps us appreciate the little things in life and find joy in every moment.

In conclusion, having faith, regardless of which religion, deity

or belief system one follows, is an essential aspect of our lives. It provides us with a sense of purpose and strength during adversity, compassion towards others, and gratitude for the blessings in our lives. Embracing spirituality at a young age can help us navigate through life's challenges. It reminds us that with faith, anything is possible, and we can make a positive impact on the world.



Rome was not built in a day

by Rakshan Rajesh, VIII - H

Consistent effort, unyielding determination, and time are a necessity for anything to happen. It took several millennia of building up of pressure and density for the big bang that now stands as the origin of everything we know and have yet to know. The proverb "Rome was not built in a day" says just this. The construction of Rome had begun in 753 BCE but not until 509 BCE was it finished. The continuous effort of generations of kings had given rise to the Eternal City, Rome. If only one of them had hesitated on the thought that they would not be there to see the result of their life's work, the Romans' magnum opus wouldn't have come into existence. They would not have had the pride of being the civilization with the largest capital. It may take time for us to arrive at the results but if one gets discouraged on the delay, who knows, they might even have missed a result the world has never seen before. Anything and everything takes its required time; put in the hard work and let the flame of your determination keep burning, and the fruit of your hard work, though seemingly far, is within your reach.



NETFLIX- A Misunderstood Enigma

by R.V. Vishvajith, X - B

Netflix is not just an OTT platform. It is an emotion for almost every American household. But in case of the Asians, their opinion is much different. Many Asians have a misunderstood opinion of this well-crafted OTT platform. It is misconstrued that that this is nothing but a junkyard full of vulgar content. Well, I still don't agree with this. I strongly feel that this OTT platform contains uncountable number of jawdropping, award winning movies and series that are binge watch-worthy. I still don't agree why many Asians are opposed to the use of this platform. It maybe because of the way the content may connect with the western world or the feeling that their regional OTT platform displays better content than Netflix. I hope in the future many people in Asia might love this entertaining media which has received critical acclaim. Until then the misunderstood opposition will remain an enigma to me.



Wake up or not to wake up...

by M. Sriraman, XII B

With a lot of effort, I turned on my back. My limbs were benumb, my hands were cold and my mind was still. All I could see was a foggy obscure blur. It was an art of cluttered color smear. With my bleary eyes. I could see moving figures. A familiar voice sounded from what seemed like an abyss. The stringent voice reached for me, growing stronger with each passing movement.

My mind was a heist of muddled thoughts. In every single movement I found myself in a different world, fleetingly. I was struggling to stay in one as the distinction between reality and illusions continued to fade. I experienced everything at once — a state of oscillating omnipresence, forever out of place. Yet, there was a tinge of tranquillity that eased the transient transitions.

The voice grew more and louder. It came closer and closer as I frantically tried to evade it. Of all the places I had been in, none could offer a heaven, for the voice was inevitable.

I ravished the last remnant of serenity as I finally made up my mind. I surrendered to the voice. Almost instantly, I sprang to reality.

Someone shook my shoulder, and with every jerk, I was shaken out from all the worlds I had experienced. I wiggled my toes. I had revelled long enough. It was time. With a final sigh,

I opened my eyes.



Thoughts Maketh the Man

by Janani.S, XII J

The proverb - 'It's all in the mind' is not a mere cliché. The general perception when it comes to thoughts are that they are psychic and uncontrollable. Psychologists, on the other hand, have suggested that this is a blatant lie. If a man can hold his hand firmly from taking other's belongings, he can also control himself and hold his mind firmly when thinking of stealing other's belongings. However, the importance of good and positive thoughts are often too fast to draw back and automatically go too deep to suppress.

Today's world finds itself on the edge of a tall cliff. We hear appalling tales of murder, terrorism, harassment and theft around us. The shocking fact to note here is that all catastrophes around us grow as a humongous tree from a miniscule seed, the seed of thought; for, every destructive action once began with a destructive thought.

On deep introspection, we realize great souls such as Buddha, Rishi Auribindo, Shankaracharya of Kanchipuram (fondly remembered as 'Periyava') and other such inspiring individuals are remembered till date for their ability to radiate thoughts of wellbeing even decades after their lifetime.

As a child, I often believed pollution occurred only in the environment around us. Now I realize that an individual can go to a clean, green, dirt free area, but the area; becomes a dark, impure, untidy one if his thoughts are polluted, and evil. Thought pollution arises from thoughts of greed, revenge, ignorance, anger and jealousy.

We are obsessed with unhealthy, unrealistic scenarios and unknowingly overthink and disturb our inner self innumerable times. To conquer unhealthy, polluted thoughts, it is vital to arm ourselves with spiritual wisdom, to cleanse our soul (this idea is often stressed about by our Daaji). For, actions without a pure spirit will lead to a dangerous upheaval.

To sum up, we are the problem. 'We' allow continuous, vicious cycles of self-depressing, depreciating and demotivating, thoughts to live rent-free in our minds and often encourage and nurture their growth.

Self-introspection is finally receiving its importance in today's world and self-care has grown into a popular subject. So, when we get up in the morning and when our feet touches the ground, let us immerse our minds in a bubble bath and nurture thankful, positive and pure thoughts that radiate wellbeing to all those around us.



Morning Magnificence

by R. Veeraragharam, XII - D

I dreamt of delightful mornings,
I dreamt of aromas fragrant,
I dreamt of birds trilling washables
Greeting a sunrise radiant.

I remembered colossal cornfields
I remembered sparrows rampant
I remembered robins dancing,
Greeting a sunrise radiant.

I dreamt of dawns magnificent,
I dreamt of red skies flamboyant,
I dreamt of the descending moon
Greeting a sunrise radiant

I remembered waking up quick
To admire horizons vibrant,
Recalled a cock's booming cackle
Greeting a sunrise radiant.

I recalled the morning magnificent
As crimson turned cerulean,
As e'er, awaiting said dream's end
Greeting a sunrise radiant.



I Dream of a world

by Saikripa, XII - H

I dream of a world
Where I'm treated right
And don't have to beg
For them to hear my plight

I dream of a world
Where I'm treated right
And don't have to search
Just for love and light

I dream of a world
Where I'm treated right
And don't have to yearn
Just for some hours quiet

I dream of a world
Where I'm treated right
And don't have to tire
Through schedules so tight

I dream of a world
Where I'm treated right
And don't have to tell
Useless lies white

I dream of a world
Where I'm treated right
And don't have to live
With regrets not so slight

I dream of a world
Where I'm treated right
And don't have to dream
Of other worlds bright



Hues & Shade

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

The art pieces are samples of traditional embroidery created by grades 9 and 10 apparel students. These art styles have a rich history and cultural significance. By practising and mastering these crafts, individuals contribute to the preservation and promotion of traditional techniques and cultural heritage. However, it doesn't end there, through engaging in these disciplines, students can immerse themselves in the intricacies, gaining a deeper understanding of the techniques, processes, and nuances involved.

This hands-on exploration in basic embroidery stitches like French knot, satin fish bone etc. and traditional embroidery stitches like Kantha, cross stitch etc. enables them to develop their expertise that contribute to mastery in these subjects. By incorporating these technical learnings, students are able to unleash their creativity, infusing their artwork with themes ranging from transportation and languages to dresses and monuments. The exhibited art pieces truly reflect the students' talent, hard work, and passion for embroidery.





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.

Mr. Mohammed Ishaan, HOD , Physical Education Department, was selected as the Team Manager and Coach for the 76th National football Champion Santhosh Trophy Men's Senior Football Team of our country.



Athletics

In the **Cluster-VI Athletics Meet** organized by B V Bhavan's Rajaji Vidyashram at Chennai, our school bagged the following prizes:

Boys U/17 4x100m relay - Gold Medal.
Girls U/17 4x100m relay - Bronze medal.

Our school U-17 boys
S. Nikhil, Tamil, Fredrick and Bhuvaneshkumar
secured Gold Medal in the 4x100 mtrs. relay with timing
46.1 sec in the **CBSE Nationals Athletic Meet** held at Varanasi.



Our school Athletics team (Boys and Girls) participated in different age categories in the Sprint Inter-School Meet organised by PSBB KK Nagar school and secured various medals and overall Runners Trophy securing 164 points. The following students received Individual Championship Award for the U-12 category: Pranav Kumaran-VI, B.Rithika-VI and U-17 category B.Thanisa-X.



In the 52nd **Chennai District Junior Athletic Championship** organized by Chennai District Athletic Association J.N Stadium, our school bagged the following prizes:

Day 1

U/12 Girls - B.Rithika 60m - Gold
 U/12 Boys - Pranav kumaran 60m - Bronze
 U/14 Boys - Nikhil Krishna - Highjump - Gold
 U/16 Boys - Abhinav - Highjump - Bronze
 U/16 Boys - Fredrick Russell - 100m - Silver
 U/16 Girls - B.Tanisha 100m - 4th position

Day 2

U/12 Girls - B.Rithika - 300m - Silver
 U/12 Boys - Saranashwin - 300m - Bronze
 U/14 Boys - Nikhil Krishna - Long Jump - Silver



Football

Our school U-12, 14 & 19 Football teams have bagged five tournament titles and won third positions twice in the inter-school tournaments.



Our school U-14 boys secured the first place in the FIITJEE Inter school football tournament and Master Devesh was honoured with the Best Goalkeeper award.



Basketball

Our school Basketball Boys and Girls team secured the 1st place in the CM Trophy and received Cash Award Rs.72000.00. Five Boys and Seven Girls were shortlisted for the state tournament organized by the Kancheepuram District Sports



Cricket

Our school Boys Cricket team U-14, won four tournament titles and secured two Runner-up positions in the inter-school tournaments.



Omega International School hosted the Northern District Cricket Club for an Under-16 cricket match. The match proved to be an exciting one, with both teams displaying excellent cricketing skills and putting up a fierce fight.

Omega school boys won the match with 8 wickets in hand.

Kho-Kho

Our school Girls Kho-Kho team U-17 has won the winners title and obtained second position in the inter-school tournament.





T-Talk

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



Being present in the present

by Ms. Ramya Durga, Montessori

Do you know, people spend 46.9 percent of their waking hours thinking about something other than what they're doing, and this mind-wandering typically makes them unhappy. So says a study that used an iPhone Web app to gather 250,000 data points on subjects' thoughts, feelings, and actions as they went about their lives.

"A human mind is a wandering mind, and a wandering mind is an unhappy mind". Unlike other animals, humans spend a lot of time thinking about what isn't going on around them: contemplating events that happened in the past, might happen in the future, or may never happen at all. Indeed, mind-wandering appears to be the human brain's default mode of operation. "In fact, how often our minds leave the present and where they tend to go is a better predictor of our happiness than the activities in which we are engaged."

Many philosophical and religious traditions teach that happiness is to be found by living in the moment, and practitioners are trained to resist mind wandering and to 'be here now'.

What is the Meaning of the Present Moment?

Being in the present moment, or the "here and now," means that we are aware and mindful of what is happening at this very moment. We are not distracted by ruminations on the past or worries about the future, but centered in the here and now. All of our attention is focused on the present moment.

As author Myrko Thum tells it, the present moment is all there truly is:

"The present moment is the only thing where there is no time. It is the point between past and future. It is always there and it is the only point we can access in time. Everything that happens, happens in the present moment. Everything that ever happened and will ever happen can only happen in the present moment. It is impossible for anything to exist outside of it."

Why is Being Present Minded Important?

Being present minded is the key to staying healthy and happy. It helps you fight anxiety, cut down on your worrying and rumination, and keeps you grounded and connected to yourself and everything around you.



Why it can be difficult to live in the now

Living in the now is so difficult because we are always encouraged to think about the future or dwell on our past. Advertisements, reminders, notifications, messages, and alerts are all so often geared towards the past or the future.

Other factors that contribute to our inability to live in the now include:

1. We often edit out the bad parts of our experiences, making our past seem more enjoyable than it really was.
2. We face a lot of uncertainty when we live in the present, which can cause anxiety.
3. Our minds simply tend to wander!

How to be present and live in the moment

To get to this healthy balance, try to keep these guidelines in mind:

- Think about the past in small doses, and make sure you are focusing on the past for a reason (e.g., to relive a pleasant experience, identify where you went wrong, or figure out the key to a past success).
- Think about the future in small doses, and make sure you are focusing on the future in a healthy, low-anxiety way (e.g., don't spend time worrying about the future, think about the future just long enough to prepare for it and then move on).
- Stay in the present moment for the vast majority of your time.
- Take 10 minutes a day to practise doing activities consciously. Gradually increase it month on month to master this art.

Of course, following these guidelines is easier said than done, but it will get easier with practice!



International Baccalaureate - IB

What's Different about it!

by Mr. P.A.Srinivasan, IBDP coordinator

The rapidly changing world demands highly creative and skilled minds to enhance their employability. This demand has spawned a revolution in the curricula and courses taught at school and university. One such curriculum that made an impact on the employability of the modern workforce is the International Baccalaureate or IB, as it is popularly recognized.

The IB curriculum attained a special significance in the portals of international education. What sets the IB apart from other curricula is the teaching – learning process. A student of IB acquires a plethora of skills by experiential learning and research. This, in turn, generates innovation and problem-solving skills. On the other hand, the students not only think analytically but laterally too. This results in a thought process that is intensely intuitive and expansive.

Notably, the IB course is more learner centric than teacher centric. Consequently, the learners gain extensive opportunities to analyze situations and to research possible solutions leading them to pioneering outcomes.



Campus Drone

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

Republic Day Parade



Our NCC CADETS attended MRDC where excellent training was imparted by the Army for the band march past. Deputy Director General NCC, Commanding officers and other senior officers from NCC Directorate appreciated our cadets.

Scouts and Guides



Ten scouts and seven guides participated in the National Jamboree held on 4th January and secured A+. 25 Scouts and Guides participated in the Governor Award Testing camp held on 21st and 22nd January at D.B.Jain College. Some of our scouts and guides participated in Tiritiya Sopan District level Testing camp held on 4th February at KRM Public School, Perambur.



Youth Exchange Program (YEP) Singapore & Malaysia – 2022-23

Sky is the limit; Fly high! There was a lot of excitement and sense of adventure in all of us when we embarked on our journey to Singapore and Malaysia. The Youth Exchange Program organized by Audacious Dreams Foundation set to explore the culture heritage, tourism, education and the political system was an excellent learning opportunity for both the teachers and the students. This program has undoubtedly inspired every young mind to become a responsible leader.

The delegates were so enthusiastic and exhibited great team spirit since the inception. They were enthralled to participate in a multitude of interactions and knowledge sharing sessions. The Omegaites prepared themselves well for all the sessions in advance. It was quite evident from the thought-provoking questions posed by them and they received a lot of appreciation from the officials for their thirst for knowledge.

Their visit to fascinating places like the Calligraphy Muslim History Exhibition, Heritage sites in Melaka city and Kuala Lumpur City Centre were thoroughly refreshing.

They were privileged to visit the Parliament of Singapore and the National University. The session on Singapore's Brand of Multiculturalism by Dr. Mohammed Shamsurijuhari was inspiringly optimistic and quite informative. Omega delegates' interaction with the President and Vice Chancellor of IUKL university was equally compelling. It was a remarkable moment when the students of Omega and GMIS played a football match to cherish friendship beyond borders. The interaction with the honourable State Minister of Health, the Prime Minister Fellow Ministry of Home Affairs and other respected Melaka State Government officials was exhilarating.

The trip was truly beneficial to all the participants. The YEP has enabled the delegates to enrich their knowledge, broaden their outlook and widen their horizon of learning. This significant experience has propelled students to understand an array of different cultural and heritage perspectives.

Vishwa Hindi Diwas



Our school celebrated the 'Vishwa Hindi Diwas' on the 21st January. The Hindi department had organized inter-school competitions which witnessed widespread participation from twelve schools across the city.

Dr. Vijaya and Dr. Rajeev, eminent personalities in the field of Hindi teaching and learning, were the chief guests. The occasion was graced by the presence of doyens in the field of Hindi teaching such as Mr. Selvaraj of Dakshin Bharat Hindi Prachar Sabha, Mr. Naveen Gupta of Fullmarks Publications, Dr. Subhash G. Rane, Dr. Anitha Patil and Mr. Mritunjay.

Students of grades four and five participated in a fancy dress competition. Students of grades 6 and 7 sang songs on the subject 'Bharat Desh ke Veer Gatha' while the students of grades 8 and 9 took part in a speech competition on the subject 'Hindi Basha ke Disha vs Dasha'.

The participants showed their mettle by competing closely with each other. It was a day filled with healthy competition which brought out the best of talents to the limelight.

Zero Discrimination Day

Ten students from Grades 5 and 6 accompanied by Ms. Padmavathy and Ms. Manju Pillai along with the caretaker, Ms. Magizha had gone to Amrita Vidyalayam, Kovur on the 1st of March to celebrate 'AIKYAM - Zero Discrimination Day' under Gender Equality and Disability (GED) as part of C20 activities.

Beyond Atoms - Science Day

National Science Day was celebrated at our school on 23rd and 24th February to cherish the milestones in science. The inquisitive learners across grades 1 to 8 tried their hands at varied activities such as speech, puppetry show and a display on the theme 'Global science for Global Wellbeing.'

The science enthusiasts of Sirius proved their mettle by exhibiting their projects on sustainable development, treatment of biomedical waste, hydroponics etc.

Fun and Fest at Sirius!

Classrooms transformed into stalls, teachers assumed yet another interesting role as chefs, students excited to assist teachers in sales and service, thus the entire Sirius block wore a festive look. Omega believes in teaching beyond the text books. Yes, the fun-filled fiesta inspired children to learn recipes of varied snacks, taste the art of buying and selling, realize the value of team spirit and cherish the happiness in serving others. The exciting days satiated not only their hunger, but also their desire for outdoor games. Many robust games were organised to entertain our Sirius stars. The two-day extravaganza undoubtedly filled our hearts with sweet and wonderful memories to relish.

Bhagavad Gita Recitation Competition



Students from grades 3 to 8 have proved their mettle in the Bhagvad Gita Recitation competition held in January. They were enthusiastic to recite verses from Arjuna Vishadha Yoga, the first chapter of the Holy Book and won prizes at multiple levels. Mr. Vidya Prasad, a renowned Sanskrit teacher from Vel's Vidyashram was the chief guest.

KG Heartful Kids

Kindergarten HeartfulKids, BMA conducted our their Kiddies Sports Meet in January, 2023. The School's playground was overflowing with zeal, passion and excitement to see our tiny tots take centre stage. The sports event was declared open by our Chief Guest, Mr. Bharath Madhavan, our school correspondent. The program kicked off with a wonderful parade by the students of Junior and Senior KG.

Annual days form an integral part of our school's activities. It is an occasion for celebration, felicitation, feasting, and festivity.

Heartful kids, BMA campus celebrated their Annual Day titled "VIHAAN" - beginning of an era in February, 2023. The occasion was presided over by the chief guest, Mr. Ganapathy Murugesan (a theatre actor and martial artist). We took off the rocket and attended a delicious pizza party followed by an airplane ride with chocolate bites and Mickey Fun. The fun continued with a circus trip and some traffic signals on the way, as we reached the zoo following the directions and enjoying the beautiful school days at Heartful Kids.

"The Greatness of a Culture can be found in its Festivals"

Heartful Kids celebrated Pongal in January, 2023. They had an amazing time marking the Pongal festivities. Smartly dressed in colourful ethnic wear, the students performed many enthralling songs and dances.

The entire campus wore a festive look with colourful Rangoli, decorated Pongal pots, sugarcane and other decorations enhancing the festival spirit. The highlight of the day was the Bullock Cart ride which students and adults enjoyed thoroughly.

Heartful Kids, BMA took the LKG and UKG children for a field trip to Guindy National Park in March, 2023. The park's variety of birds and animals allowed the children to get acquainted with the wild world. They relished the long nature walk followed by a scrumptious lunch with their friends.





Indigo's First Annual Day Programme

25th February 2023 was a momentous day for the Indigo Heartful Kids. It was their first exclusive Annual Day celebration in their ten year-long-journey.

TITLED The Race of Life

'Life is a Journey and Not a Race' was the theme of the annual day celebrations. The Inter-State Race for Animals began in Chennai. Many animals participated along with the Rabbit and the Tortoise. The Race took them across the states of Andhra Pradesh, West Bengal, Kerala, and the Union Territory of Goa. The Fish, Tiger, Deer, and Peacock got eliminated eventually. While the Tortoise was engrossed in winning the race, the Rabbit got diverted by the beauty of life. In Andhra Pradesh, the Rabbit found a group of underprivileged children who possessed nothing but happiness. These children taught the Rabbit the most valuable lesson of life - "Happiness comes from acceptance and not money". While racing in West Bengal, the animals peep into Shanti Niketan, the ashram built by Rabindranath Tagore.

Mesmerized by the serene landscape, the rabbit stayed there for a while and inquired about the Nobel Laureate. In Goa, the laid-back Rabbit got caught up in the Bondiram Festival. As he danced through the carnival, he learned from the locals about the history behind the celebration. When the Rabbit hopped through the state of Kerala, it was Onam time. From Kathakali to Thiruvathira Kali, from Boat Race to Kalaripayattu, he was overjoyed to witness the visual treat. The Tortoise and the Rabbit are back in Chennai to finish the race. While the Rabbit immersed himself in the traditional art forms of Tamil Nadu, the Tortoise crossed the finishing line and won the race. The Rabbit was genuinely happy for the Tortoise and also for himself as he found so much learning and wisdom from what he had seen, heard, and experienced.



The Perfect Heart!

January jump started with the preparation for Sports Day. For the first time, the Indigo Heartful Kids had the opportunity to present a solo drill demonstration. After nearly a week of full-fledged practice, the students were ready for their independent performance. The students showcased their talents in aerobics, yoga, and pyramid formations. The Mosaic-Heart formation using huge placards symbolised the HeartfulKids of Indigo. This special element was a jaw-dropping visual treat for the audience and turned out to be one of the highlights of the 11th Annual Sports Meet in Omega.



The Kids' Day Out

21st of January was Picnic Day for the kids of Indigo-Grades 1,2 and 3. The little ones took off to the Guindy National Park and spent the afternoon there.

It was the first field trip for many of them. From the bus journey to sharing the picnic lunch, the students enjoyed the new experience. Some of them were thrilled to watch the restless monkeys jump from one tree to another. And some of them felt the harmless turkeys looked scary.



Make a Difference With Primitive Reflex Exercises

April is the time of the year when the intensive bridge course is conducted inside the Indigo classrooms. During this course, the students are first assessed to identify their specific academic needs. Based on the Individual student's needs, basic skills such as reading, writing, number concepts, and the Davis Learning Strategies are reinforced to bridge the academic gaps. Apart from this, Brain Gym exercises are carried out every day after the morning assembly. This year, in addition to all these activities, the students were trained with the Primitive Reflex Exercises.

The students were assessed for Retained Primitive Reflexes and the results were interpreted using an authenticated checklist. Every day all students were guided to perform around 15 exercises to integrate the Retained Reflexes. Slides with a detailed presentation of the Retained Primitive Reflexes and the exercises to integrate the reflexes were shared with the parents so that the children could be monitored while the exercises were performed at home during the summer vacation.

Field Trips Galore

Omega firmly believes that field trip is a great way to provide a unique learning experience outside the classroom. Field trip is not only fun, but also an experiential learning that allows students to observe nature, interact with society and explore the concepts in a practical way.

One such offer was given to Grade six students, a trip to Farm Guru. It was indeed a blissful journey that demonstrated life in harmony with nature. This visit provided an opportunity for the children to experience a farm in its rustic glory. In Farm guru, they were welcomed by a delicious, natural drink, wonderful breakfast and delectable lunch prepared with the organic ingredients grown there. It was an enthralling experience for children to plough the field and to ride on the bullock carts.

To reconnoitre the rich Indian history and to appreciate the value of Indian art, our grade seven students were taken to Mahabalipuram, one of the history's intriguing enigmas. The visit to the coastal town proved to be a magnificent visual treat for the adventurous students. They were excited to see the monuments and learn about the architecture of the ancient dynasty. Children were fascinated by the legends behind the enchanting place and amused

to experience the fantastic combination of artistic value and historical significance.

Teachers and students of Grade eight hit the road to Hyderabad. The train journey was loaded with fun and laughter. The first leg of the journey was to Kanha- Shantivanam, located at the outskirts of Hyderabad, where Nature exists in awe-inspiring elegance. Children were curious to know about the concepts behind different sites like Blue Kanha, Green Kanha and The Yatra Garden. The cultural events performed by the Heartfulness Learning Centre children were phenomenal. The day at the ecological paradise ended with a blissful moment, Yes! Omegaites were blessed to watch a movie with our beloved Daaji. The second phase of the trip was to visit historical monuments like Birla Mandir and Golconda Fort. Children were exhilarated to see the ancient artefacts. The light show at the Golconda Fort was certainly a visual treat for all. Shopping craze brings happiness in all. The next segment was to Charminar, where the students were amazed to shop in the bustling market. The long train journey, delicious buffet, warm hospitality at the hotel, beautiful souvenirs and funny chit-chats made the trip a memorable one.





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.

Another Doctor in the campus!



Dr. P. Muthiah, the senior school Principal, has completed his Ph.D in Millennium Development Goals from the University of Madras. This is a testament to his hard work and dedication.

A Pedagogue Par Excellence

Ms. Kalaivani Suresh (Head Teacher Education) was recognized and awarded as one of the Top 50 Incredible Educators 2023 for her passion and commitment towards teaching.

The Chief Guest for the summit was Dr. Thamizhachi Thangapandian, Member of Parliament, Tamil Poet, Writer, Lyricist & Orator.

Theme: Empowering Early Learning: A Cohesive Approach Towards Better Early Education.



Astounding Achievement!

Learning gives creativity
Creativity leads to thinking
Thinking provides you knowledge
And knowlege makes you great.

Grade X - Results

306 Students

28 Centums

Average: 88%

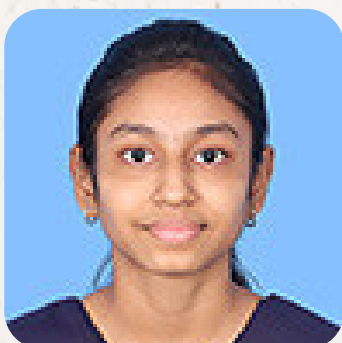
Toppers



Mhehnas Aysha Firose
493/500 - 98.6%



R M Shreenidhi
492/500 - 98.4%



M K Vivekasri
491/500 - 98.2%



J Santhoshini
491/500 - 98.2%

Hearty Congratulations!

Success is the sum of small efforts made day in and day out.

The brilliant results of classes X and XII students stand a testimony for the efforts made by the students and teachers at Omega to scale greater heights year after year.

Grade XII - Results

303 Students

37 Centums

Average: 85%

Toppers



S Koushika

492/500 – 98.4%



Shreya Srikanth

490/500 – 98.0%



Siddharth Vijay

487/500 – 97.4%



R Sathya Narayanan

487/500 – 97.4%



L Mithra

487/500 – 97.4%

Margazhi Mahotsavam

Our students gave a scintillating performance as a part of the prestigious Margazhi seasonal performance organised by Karthik Fine Arts at Bharatiya Vidya Bhavan.



Chandrodaya Interact Club



Omega School's Chandrodaya Interact Club team, swept all category awards given by Rotary Club of Madras (RCM) for the academic year 2022-23. The Annual Award Ceremony was held at Sri Sankara Senior Secondary School, Adyar on Saturday, 24th June 2023. RCM recognizes the best work of meritorious Interact Clubs annually. Rtn. DGN. Saravanan NS, Rtn. Jayashree Sridhar, Youth Services Team felicitated the award winners.

Omega School students received the awards for:

- | | |
|---|---|
| 1. Best Project
Chandrodaya Interact Club of LMOIS | 4. Best Interact Club
Chandrodaya Interact Club of LMOIS |
| 2. Best Club President - D. Sudhirvel,
Chandrodaya Interact Club of LMOIS | 5. Best Rotary Interact Relationship
Chandrodaya Interact Club of LMOIS |
| 3. Best Club Secretary - R Swetha,
Chandrodaya Interact Club of LMOIS | 6. Best Faculty Coordinator - Mr. K. Murugesh,
Chandrodaya Interact Club of LMOIS |

CBSE Science Exhibition

Omega had the prestigious opportunity to host the regional Science exhibition at the school premises.

Dr. S. Soundararajaperumal, Executive Director of Birla Planetarium, Chennai inaugurated the event.

His inaugural address was highly inspirational and motivating.

The event witnessed 93 exhibits from 52 schools on diverse themes including environmental concerns, Maths around us, advancement in information communication technology, eco-friendly materials, health and cleanliness, transport and innovation and historical development with current innovation.

To judge the exhibits of these creative minds, six learned professors from eminent colleges of the city had visited the school.

Air Relay

Students of Omega presented a programme in Hindi which was telecast in AIR, Radio station AIR Chennai FM gold. The programme comprised of presentation of speech, debate, thought, riddle, short story, drama, fact, group song and a poem by students of grades 6 to 11. This commendable programme gave the students an arena to learn and explore new things in the Hindi language.

Guinness Record

Sudarsanam Sivakumar, a grade 7 student was conferred with the Guinness World Record Title for identifying most animals by the scientific name. He has created this new record by identifying 48 animals in one minute.



Roller Skating

Kamalesh of Grade one bagged a bronze medal in the inter-school roller skating championship 2023 organized by Sathya Skating Academy.





Anything is possible

A dyslexic who couldn't read or write at grade-IV level not only mastered the art of reading and writing, but also excelled in all other areas of life. Indigo Heartful Kids, the special education unit of our LMOIS supported this student in overcoming his dyslexic barriers by using Davis Learning Strategies and Davis Dyslexia Correction Program. We are happy to share that Ian has been elected to represent the Seychelles Youth Assembly. It is indeed an honor to stand beside the Vice President and First Lady of Seychelles as the youth leader. His achievement proves that Dyslexia cannot hold a person back if the right kind of support is provided in a nurturing learning environment.

NIOS Honours top scoring students

Students who excelled in Academics were honoured at LMOIS - NIOS on 22 December 2022 by Shri. Bharath Madhavan, our Correspondent. He awarded the meritorious student achievers with awards for their exemplary performance in the Board Exams and highly appreciated the sincere efforts of teachers. Some of the Alumni expressed with immense pleasure how their unforgettable journey with NIOS reached them to top most colleges.



Science Quiz Competition

Grade IX students, Aishwarya, Kautik and Parameshwar won the second place which comprised a cash prize of Rs.15,000 and Sanjeev, Nihal and Roshan of Grade X bagged the third place with the cash prize of Rs.10000.



Times Vista Ideathon

In the TIMES VISTA IDEATHON EVENT 2023, one of our teams got selected out of the 2,340 innovative ideas shared by various schools and the winners received the awards from the Honourable Minister for School Education, Government of TamilNadu Thiru Anbil Mahesh Poyyamozhi, at The Rain Tree Hotel, Anna Salai.





Tête-à-Tête

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



Dr. Varalaxmi is a Bachelor of Homeopathic Medicine and has specialized in Surgery from Father Muller's Homeopathic Medical College, Mangalore.

She had got distinction in the subject of Community Medicine in final year. She had represented her college in the Rajiv Gandhi University sports meet for triple jump and won 3rd place.

She had presented a paper on psoriasis treatment at the Ventura Symposium during her internship and submitted a dissertation in study on bronchial asthma with aspidosperma tincture (homeopathic medicine) on elderly age group. She has worked as a resident doctor at JIMS Homeopathic Hospital, Hyderabad and has completed SCPH at Predictive Homeopathy Mumbai securing 1st rank.

Currently, she runs a homeopathic clinic and is a wellness program coach at Tiruppur, Tamil Nadu.

She is practising Heartfulness Meditation for the past 12 years.

1. What inspired you towards choosing homeopathy as a profession?

It was my dream, aspiration to become a doctor with compassion from grade six in school. Later, Revered Chariji, Founder of our institution, guided me to become a homoeopath.

2. What is the major challenge you faced as a doctor? How did you overcome it?

The major challenge I faced while becoming a doctor was in my medical college. It is very different, every day is a new day with learning and challenges overcoming the fear of blood, death etc. One has to be mentally prepared and physically strong to work diligently and work tirelessly in internship days. The next major challenge was while starting a medical practice to establish the clinic, we had to attend a lot of CME to update our knowledge and apply it practically on patients and get the results.

3. How do you stay motivated in your work?

There will be bad days, but my only mission is to heal the sick which is my higher purpose of existence. That's what is making me overcome the challenges .

4. How stressful is a doctor's life? Is it terribly exacting, as some people believe? If so, how to cope with it?

Yes. I agree. A doctor's life is stressful, there is irony in it. We advise the whole world to eat and sleep on time, but sometimes we are unable to do that. Only passion and love for this profession above everything else which make us keep going.

5. How is your approach to treating patients' condition different from that adopted by an allopathy doctor?

We follow holistic approach in treating a patient, in the sense we treat the man in the

disease not the disease in a man. So, we do a detailed history taking of physical and mental health and it is analysed and the medicine is given that's why we give permanent solution to the patient.

6. Homeopathy is relatively slower than allopathy during treatment and convalescence. Why do you think homeopathy still has the edge over modern medicine?

This notion is carried in people that it acts slowly. In acute conditions like viral fever, for example during covid, people sought homeopathic medicines (from my clinic as well as from my colleagues throughout our country) for treatment as well as prevention. Even severely ill patients, in ICUS had taken homoeopathic medicines to get their oxygen levels better within 24 to 48 hrs. For chronic, long standing illness, it gives a permanent solution without use of steroids and with no side effects.

There are many skin conditions like psoriasis, vitiligo where modern medicine has no answer. We are treating them with ease.

7. It is believed that some of the basic principles of homeopathy such as repeated dilution aren't exactly scientific, and its working is usually just put down to the placebo effect. What's your take on that?

One of the cardinal principles of homoeopathy is dilution of the crude drug above the Avogadro number to potentize a drug into a homeopathic medicine. For example, if we have a medicine prepared from a plant source, the crude root/leaf will be procured and diluted to make it potentized into a homeopathic medicine. In recent research, there are nanoparticles found in the diluted medicines; those particles have positrons which

act curatively in the patient with the disease. So people propagating it as a placebo effect can have the scientific evidence in reports of before and after of patients who are free from diseases and medicines.

8. What mindset and strategies would you recommend to students appearing for board exams?

For all the students appearing for board exams, yes marks are important, do a lot of smart work for it, but develop that skill and knowledge for yourself towards leading a balanced life, follow your heart in choosing subject and college because that decides your future. I wish each and everyone a wonderful career ahead. Make our school more proud.

9. Do you think homeopathy has any scope in sports medicine?

Yes. In cases of blunt injuries there is a lot of contusion of blood, we give Arnica, which is very effective, and for sprains or muscle spasms we give Rhus Tox and many more. In fact, we do have a first aid kit in homeopathy with dressing liquid for open cuts, wounds, burns etc. which gives gentle healing without leaving scars later.

10. What makes you nostalgic about being an omegaite?

The best part of my life till date was in school. Every single moment is cherished. Friends and teachers I got in school are the ones whom I still stay in touch with and am ever grateful for the wonderful memories they have given.

Interviewed by



Hariharan



Veeraraghavan



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.

Melony Desato

A luscious aromatic dish filled with a mixture of gram flour and coarsely milled wheat flavoured with white rinds of a melon and garnished with miscellaneous roasted nuts. This desato is a low fat and low carb organic plat du jour.



Recipe

1. Take watermelon rinds and blend them well. Keep it aside.
2. Add 1 tbsp ghee. Add nuts like pistas and almonds into it and roast them.
3. Keep the roasted nuts aside, now add 1 tbsp ghee.
4. Add 1 tbsp besan, 2 tbsp semolina. Roast on low medium flame for 5 – 7 minutes.
5. Add two cups of the watermelon rinds puree to it.
6. Keep stirring for 5 – 7 minutes.
7. Add 6 – 7 tbsp of sugar for taste.
8. Grind 2 – 3 cardamoms and add it.
9. Stir for 5 – 6 minutes
10. Add chopped nuts, 1 tbsp melon seeds.
11. Also add 1 tbsp ghee (optional).
12. Stir for 3 – 5 minutes till it starts sticking out.

Nutri tips

Plant based vitamin D sources

1. Mushroom
2. Sesame seeds
3. Corns
4. Soya beans (good for heart and bones)
5. Walnuts (food for brain)
6. Ragi (Fibre with Vitamin D)
7. Wood apple - refreshing fruit (good for gut health)

Vitamin D is essential for bones, teeth and immunity.

Nutritional value

One of the best features of this dish is the utilisation of the white rind which is right below the skin of the watermelon. White rind has very low sugar as compared to the fleshy part.

Hence this makes it safe for diabetic patients who would like to consume deserts. Also, it supports healthy weight loss. Watermelon flesh contains 30 kcal per 100gm but the white rind contains even less than that making it suitable for people with diabetes. This part is high in amino acid citrulline that is recommended for optimal blood pressure and restoring poor blood flow.



Spotlight

Omega is a sprawling, dynamic campus which houses many unique, vibrant units. Each unit plays a vital role in imparting wholesome education to the students.

Paper Plant

The paper plant is one of the many steps Omega has taken towards environmental morality — one of the Nava ratnas of life that Omega has adopted. Statistics prove that producing paper from wood, takes twice the energy used to produce a plastic bag. With the deforestation rate already soaring high, we need problem solvers. Omega came up with the paper plant unit for just that! The unit uses worn out clothes, banana fiber (from our school's banana plantation) and grass (lawn clippings from the campus).

Firstly, used or waste clothes are cut into strips. Using a rag cutter, these strips are made into crumbs that are then ground in the grinder for 8 hours. At this stage, dye is added to make the pulp colourful. Later, the pulp is converted into sheets using a pedal vat. Once the sheets are dry and rigid, they are smoothened using a calendering machine (this process is handled by adult staff members of Omega). Once the sheets are ready, omegaites pitch in to make various aesthetically designed products including pen stands, notebooks, bags, folders, photo frames and many more which can proudly be used to gift or can also be sold. As part of the VBSE program, our school often visits orphanages and old age homes. The proceeds from the paper plant stores are used to buy daily essentials and donate them during such visits. The satisfaction that this gives us Omegaites is boundless!

With 42% of all global wood harvest used to make paper, Omega's contribution towards sustainability not only reduces resource wastage, but allows the students to exhibit their creativity by motivating them to design innovative products and the best of all - bringing a smile to the faces of the underprivileged people! So, the next time you visit a paper plant stall, do not forget to pick up as many of the innovative products that you can!

Your small contribution can create a huge positive difference to our planet and its inhabitants which include plants and underprivileged people.





Know Your Teacher

Teachers remain perennially young at heart as their lives revolve around the young learners under their care. Omega teachers are not an exception.

Know your Teacher presents a peek into an Omega teacher's journey through life, loaded with enriching experiences.



Dr. S. Usha

Head, Department of Mathematics

With an Undergraduate degree from University of Madras, Postgraduate degree from IIT - Madras and Ph.D. from Anna University, she has a vast experience in the field of teaching Mathematics spanning for more than three decades.

1. What is your favourite genre in music?

Carnatic music, soft and melodious songs.

2. “Were you nervous when you took your first class?”

“No, not at all.”

3. What are the aspects you look for in students?

Commitment and focus in what they do.

4. What do you expect from the class?

I expect more interaction from the students; to make sure that they interact, I relate the teaching to everyday activity.

5. Why did you choose to be an educator?

I chose this profession on my own will. It was by choice not compulsion. It is my passion. During college days, I used to help my friends out.

6. How do you deal with troublesome students?

My philosophy is that “You have every right not to listen to the class but you have no right to disturb others”.

7. Being a teacher what makes you happy while teaching?

When I convey my ideas and concepts, the students being interactive, having a relevant debate, asking meaningful doubts, thinking out of the subject and going beyond what is taught make me happy.

What we like about her:

She relates the problem to everyday life. This way, she makes even the most complex of problems look simple and makes it very easy to understand for all students. She has infallible work ethics. She is punctual and fair-minded. We have noticed that she has good control over the online platform. We found this very surprising because it is rare to see that there are people of her age who take advantage of the evolving time. These are the few of many aspects of Usha ma’am that makes her a unique teacher.

Interviewed by



Joe Thomas



Sriram Ramesh



Navin Vinod

*Education breeds confidence.
Confidence breeds hope.
Hope breeds peace.*

- Confucius



LALAJI MEMORIAL

OMEGA INTERNATIONAL SCHOOL

CBSE | CAMBRIDGE | IBDP | NIOS | INDIGO (SPECIAL EDUCATION)
MONTESSORI | KINDERGARTEN