



Barnes School & Junior College

Deolali Camp Nashik

CAMPUS

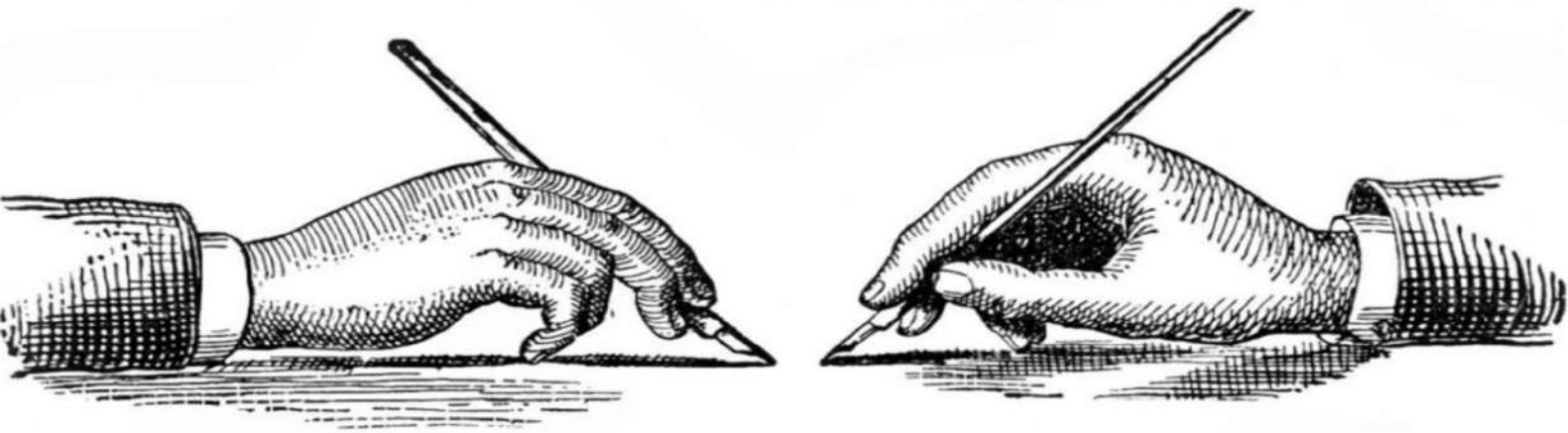
BUZZ

Volume 2

THE NATURAL
SCENERY



Editorial



The courage to continue. "Success is not final, failure is not fatal: it is the courage to continue that counts."

It's that time of the year! Exams time. What are exams? Examinations are useful as it measures a student's progress towards predetermined objectives. The one period where each and every one of us is biting our nails, stressed about marks and performance, where all we think of is "will I pass? What am I going to do in life?" Everyone wants to give their best and put up their best performance. The atmosphere all around is super intense and the teachers are on high alert! School hours shorten and teachers revise all the concepts thoroughly. Students religiously study and sacrifice their sleep and peace. Staying up all night, some wake up early in the morning while for some coffee is their best friend. During this time everyone has their own unique method to study with complete focus. Finally, once we're done and dusted with the examinations, we rest and rejuvenate ourselves. And so the bridge classes of the 10th and 12th standard commerce. Soon, the new academic year begins and it is something all of us are very excited for!

-M.I.N.I.R.I



How is my present school different from my previous school? I, Pareena Kapoor, joined Barnes in November 2022. One of the facets of life as children of parents with transferrable jobs is frequent moves and change of schools. Although, it is a bit unsettling to start with, but as we settle down and adapt to the new environment, we realise there is much to learn with every change. Every school offers much to learn, as every school is unique in its ethos, culture, ethnicity, architecture, and so much more. When I compare Barnes with previous school, I realise there is a vast difference between the two. I came here from "Learning Paths School" (LPS for short) which is located in Chandigarh. I studied there for five years. LPS is a day boarding school, unlike Barnes. So all the students shared the same daily routine largely that is get up, get ready, take the school bus, attend classes and take the bus back home. After joining Barnes, I realised the difference between a boarder's life and day scholar's life and the pros and cons of each.

Boarders enjoy more freedom in the sense that they are away from the ever watchful eyes of their parents. But as day scholars we do have the luxury of falling back to our parents for the smallest of problems. Boarders are more independent as a result, as they have to take all the day to day decisions on their own. They also get a lot of more time to themselves as they don't lose time in travelling to school and back. As a result, they get more time to indulge in sports and other outdoor activities. Boarders in Barnes are truly fortunate as the school has abundant space and well developed infrastructure for sports and games.

LPS on the other hand being the school in the city did not have so much space to offer for all sports and outdoors. The architecture of Barnes is unique as the original theme of British era has been largely preserved. It's a different feeling all together as we enter the school, with wide open spaces and all stone buildings with sloping roofs. LPS on the other hand was a multi-storeyed, compact school. Another big difference I find is that in Barnes we have children from all over the country, where as in LPS we mostly had students who were locals from that area. So in Barnes we get to learn about different cultures existing in our country, a perfect example of unity in diversity. Although I do miss my old school friends and teachers, at the same time I am happy to be studying at Barnes, I have made new friends here. There is much for me to learn here.

By; Pareena Kapoor
11th Humanities

Facts

1. The Eiffel Tower can be 15cm taller during the summer, due to thermal expansion.
2. Australia is wider than moon.
3. The heart of a shrimp is located in its head.
4. You can hear a blue whale's heartbeat from over 2 miles away
5. An ostrich's eye is bigger than its brain.
6. Jupiter's largest moon has a salty ocean that contains more water than on Earth.
7. Saturn's rings are 90% water.
8. India has 300,000 mosques and over 2 million Hindu Temples.
9. It is physically impossible for pigs to look up into the sky.
10. It is the same time at both ends of China.

Barnes News

- The final examinations for all the students began on the 3rd of March 2023 and ended on the 14th of March 2023
- The swimming gala to be held on the 18th of March
- The School trip to Goa to take place in the end of March
- Bridge Classes for Class 10th and 12th from 15th March to 29th March
- Farewell for the batch of 2022-2023 will be held on the 28th of March
- New School Session 2023-2024 to start from April 3rd 2023



Holi is the festival of colors which by all means could be the colors that people show on this day!

Some love Holi so much that they wait early from a week's time planning and preparing from what they would wear to where all they would go to enjoy this fun filled festival.

Some others might be like me ;timid mouse who would love to hide in their holes lest someone finds them and pulls them out.

Some others may find this festival as an opportunity to be more open and extroverts than they usually are since their faces are painted beyond recognition.

Yet some others may be just plain Janes who would willingly or unwillingly become the focal points of pranksters!

So, I think there would be many more types of people as the colorful array of the Colors of Holi!

Then, there is this drink called 'Bhaang' drank on this auspicious occasion which knocks out even the most sensible types and drives them onto behaving like baboons.

People have a lot of fun on account of this wonderful drink. It makes them braver, bolder and might I add more stupid than their usual self.

Boys and girls love this festival equally because it really gives them a chance to get closer. But on that note I would advise the youngsters out there to be careful with their 'Pichkaris' as it could get them hit across the face if done without consent. So, play safe and play with consent of the opposite gender.

CURRENT AFFAIRS



The 2023 Union Budget of India was presented by the Minister of Finance of India. This was the fourth budget of Narendra Modi-led NDA government's second term, starting from 2020.

4300 mummy found in Egypt speculated be the oldest amongst those covered in gold.

Scientists say the planet's inner core has ground to a halt, and looks set to start rotating in the opposite direction.

5,000-Year-Old Pub With Primitive Refrigeration System, Benches For Diners were discovered this month in Iraq.

On 6 February 2023, a Mw 7.8 earthquake struck southern and central Turkey, as well as northern and western Syria.

Renewable Energy is said to generate more energy than coal for the first time this year.

In a statement released by the Indian police, no rhinos were poached in 2022 in what is the world's largest reserve for the great one - horned rhino. It was the first year since 1997 that the species were free of danger in the Kaziranga national park, Assam.

Shell's board of directors personally sued in world's first climate change case.

ISRO introduces free online courses for school children. Students will get the opportunity to know about remote sensing and geoinformation science. The course has been designed following the NCERT curriculum

Scientists reckon they will be able to bring the woolly mammoth and the dodo bird back from extinction in four years.





ABBA is a Swedish pop group that became an international sensation in the 1970s and 1980s. Comprised of two couples, Bjorn Ulvaeus and Agnetha Faltskog, and Benny Andersson and Anni-Frid Lyngstad, ABBA created catchy, upbeat pop music that continues to captivate audiences today.

One of the things that made ABBA so entertaining was their flamboyant costumes. Whether it was Bjorn's tight white pants, Agnetha's platform boots, Benny's sequined blazers, or Anni-Frid's bell-bottom jumpsuits, the group always looked like they were ready to party. And their costumes weren't just for show - they often incorporated intricate designs and patterns that were a reflection of their unique personalities.

But it wasn't just their fashion sense that made ABBA so entertaining. Their music was infectiously upbeat and danceable, with catchy hooks and sing-along choruses that made them an instant hit with audiences around the world. From "Dancing Queen" to "Mamma Mia" to "Take a Chance on Me," ABBA's songs have become timeless classics that continue to be played at weddings, parties, and karaoke nights to this day.

And of course, no discussion of ABBA would be complete without mentioning their iconic dance moves. Whether it was their synchronized hand claps, their hip swivels, or their signature "ABBA arms," the group's choreography was a big part of their appeal. Even if you didn't know the words to their songs, you could still dance along to their infectious beats and energetic performances.

But perhaps what made ABBA truly entertaining was the fact that they never took themselves too seriously. They were always willing to embrace their own kitschiness and playfulness, whether it was through their outrageous costumes or their tongue-in-cheek lyrics. In a music industry that often takes itself too seriously, ABBA was a breath of fresh air - a group that just wanted to have fun and make people happy.

In the end, ABBA's legacy is a testament to the power of entertainment. Through their catchy songs, flamboyant costumes, and energetic performances, they brought joy and happiness to millions of people around the world. And more than four decades after they first burst onto the scene, they continue to inspire new generations of fans to sing, dance, and have fun.

A closed case. An A-grade student who won't let it go...

A Good Girl's Guide to Murder

HOLLY JACKSON

BOOK REVIEW:

A good Girl's Guide to Murder

Author: Holly Jackson

Number of pages=432

The novel is the first in a series of three novels and one novella:

A Good Girl's Guide to Murder (2019);

Good Girl, Bad Blood (2020);

As Good As Dead (2021); and

Kill Joy (2022)

A Good Girl's Guide to Murder is the first young adult crime novel by Holly Jackson.

The plot was done by her 17-year-old true crime maniac, Pippa "Pip" Fitz, who is a high school student in the fictional town of Little Kilton, Buckinghamshire

Five years ago, a tragic murder-suicide ravaged the small town of Little Kilton (Fairview in the US version). Schoolgirl Andrea "Andy" Bell is brutally murdered and her boyfriend Salil "Sal" Singh is eventually accused of a previous crime. suicide. But her 17-year-old Pippa "Pip" Fitz-Amobi, a bright and determined student, is convinced that the real killer is still out there, lurking in the shadows. Using her wits and trickery, she launches a covert investigation, Pretending to be a high school student working on

a school project involving the media in an incident, she teams up with Sal's brother Ravi to uncover the truth about him, cleansing the monkey's name. As they dig deeper, Pip and Ravi embark on an exciting journey of discovery, interviewing key figures and unearthing shocking new evidence. But they soon realize they're not the only ones searching for the truth, and must race the clock to stay one step ahead of killers who do nothing to bury their secrets. . Through sheer determination and unwavering courage, Pip and Ravi not only manage to solve the case, bring the real killer to justice, and solve Andy's murder, but also discover a web of lies and corruption that has been hiding in plain sight. Their findings not only uncovered the monkey's name, but put the actual killer in prison. When their project became public and received media attention, the city turned into tragedy. Shocked to discover the truth behind these events, the characters are hailed as heroes for their courage and perseverance in the face of danger.

The author shows how people we think we know can surprise us. Pippa's town is small and everyone has known each other for a long time, but when a murder occurs, a shocking story about a seemingly ordinary family, picture-perfect relationships, and a kind and understanding person emerges. Exposure is provided.

Sal Singh's family is targeted and socially persecuted despite the lack of evidence. Racism, social isolation, destruction of property, ugly faces of ridicule become their normal routine. When a bright boy with a bright future is accused of a crime and convicted without ever being tried, all good gestures, positive achievements and community connections are forgotten. I was heartbroken for a family who were not even given a chance to mourn their son's death and were brutally treated by people who used to be their friends. No one believes them and here the author also brings out the slightly incompetent and prejudiced face of the police who are too eager to close the case and blame the Indian boy! The writing style of the author is fast and engaging, with enough twists and turns to keep you hooked until the end. The twist was very cleverly done.

TEXTING: “DISUSE OF WORDS”

One of the main postulates of Lamarck’s theory of evolution is the “Use and Disuse of organs”, I found a striking analogy of this very postulate with language evolution in today’s society, where texting has been the main source of communication for most people.

People no longer just pick up the phone and call someone but rather click a few letters and quickly send their direct message. Texting has been an integral part of the adolescent’s life since phones became ubiquitous in the early 2000s

Texting has brought a world of convenience to our lives with the ability to have a sort of on demand conversation, but this can come at the price of invaluable verbal communication and writing skills if we use it to replace all interaction.

Texting has also had dramatic negative effects on the way we use language. Especially with the millennial generation, texting entails a lot of short hand form of communication. For example, instead of saying “talk to you later!”, people often now just say “ttyl”. This is just one example of many where texting has actually impacted the way we communicate with others.

Jacque Ream, a former teacher and author of *Kiss: Keep It Short and Simple*, a guide for becoming a more effective writer, says: “(W)e have a whole generation being raised without communication skills.” She believes these poor communication skills coupled with the overuse of acronyms and abbreviations such as “LOL” or “SMH” are the reason so many high school students are not at a proficient reading and writing level.

Yes, there has been the creation of emojis to add better emotion and “life” to texting. However, this is not the same as face-to-face interaction. The use of such emojis has greatly impacted our use of language. Users no longer need to thoughtfully combine words and punctuation to portray their feelings; for example, they can simply add an emoji of laughter to indicate their joy.

An argument is heard from all sides that the texting language frequently used is actually detrimental to users' language skills, causing youngsters to forget how to spell and causing them to drop letters all over the place.

The art of language may be at risk. But the most positively regarded impact of the Internet on language is the seemingly large number of new words added to the lexicon, such as "tweet", "selfie", and "emoji". All told, there are an estimated 5,000 words in English that are a gift from the Internet.

While some may argue that such a transition increases the efficiency of communication, it also sacrifices grammar, which provides additional meaning to the content of our messages. For example, the improper use of a punctuation mark can critically alter a message.

As the following example, shows the same sentence takes on a different meaning with a full stop at the end.

A: I can't remember when the exam is.

B: Tuesday [=neutral]

B: Tuesday. [=I've told you already. You should know, stupid!]

New research by linguists at Binghamton University shows that a message that ends with a full stop is considered less sincere than the new default end, which is no punctuation at all.

In contrast to this minimalism, he also notes the emerging minimalism when it comes to punctuation. Capitalisation and a lot of exclamation marks also take on new meaning. News that is received with a "Fantastic." is now anything but, while truly good news is "**FANTASTIC!!!!**"

The frontiers of language are changing, and we can only guess as to how much more of an impact the Internet will have on language.

But one thing is for sure--- ***THIS IS VVV EXCITING!!!!***



Shivatmika Lal

Class VIII B

Barnes School and Junior College, Devlali.

The Missing Heirloom

It was a beautiful summer day, and the Anderson family had gathered at their beach house. However, their relaxing vacation took a dramatic turn when they realized that their most prized possession, a valuable heirloom passed down for generations, had gone missing.

The family immediately began searching for the missing item, but it was nowhere to be found. They started to suspect foul play and decided to take matters into their own hands. They began questioning everyone in the vicinity, from the housekeepers to the local store owners, but no one seemed to have any information.

As the days passed, the family's frustration grew, as they were desperate for answers. However, the eldest son, Ben, had a hunch that the thief was someone close to the family. He decided to gather all the suspects in one room and confront them. As they began to argue and point fingers, Ben noticed something peculiar about his sister, Amy.

Amy had always been the perfect daughter, and Ben couldn't imagine her stealing from the family. However, as he studied her, he noticed a small trinket on her wrist that looked eerily similar to the missing heirloom. When he questioned her about it, she broke down in tears, admitting to taking the family's prized possession.

Amy explained that she had borrowed the heirloom for a special occasion but had accidentally lost it. She was too afraid to tell anyone and had kept it hidden in her room for fear of being caught. The family forgave her, relieved to have the missing heirloom back in their possession.

From that day on, the family learned a valuable lesson about trust and honesty. They also made sure to keep their heirlooms locked up securely to prevent any future mishaps. It was a family-friendly mystery that ended with a happy reunion and a lesson learned.

-Nisna Gachhayat





Your Favorite Experience / Best memory – Please elaborate

Oh! There are so many beautiful and exciting memories I have. My earliest memory of Barnes was my first day at school. I remember being super excited because, before that, I saw my elder brother going to school every day. My mom used to bring me along to drop my brother at school, and she recalls how excited I was to join him. But my favorite experience of school was always the one outside classroom. I was a nature kid, and the abundance of natural beauty in and around the school always attracted me. I remember so fondly those sun-kissed, golden days when I used to run around the squirrels, luring them to feed nuts, feeling the cool breeze on my face while lying under the tree, or picking and filling up pockets with fresh jujubes.

Talk with Mr Vasu

Tell us about the Discipline and how it was maintained

Were boys and girls allowed to talk

Did you have any girlfriend?

Discipline in Barnes during our school days was an outstanding balance of strictness and nurturing. While we used to get reprimanded by the teachers for our naughtiness and rule-breaking but at the same time, they used to take the pain to be patient with us and explain things like a friend and help us to grow as human beings.

Like, everyone during my student days at Barnes knows that the result of some serious mischief was “canning from Mr. Thorpe.” But, at the same time, we cannot forget about the kindness and affection of Mr. Thorpe, who was a father-figure for all of his students. We all used to love him, though we were pretty afraid of his strictness.

The discipline of Barnes in those formative years was essential towards the character building of our students. What I want to say can be rightly reflected by the words of Jim Rohn, the famous American entrepreneur and motivational speaker - “Discipline is the bridge between goals and accomplishments.” And Barnes School has guided its innumerable students to build that bridge. Even now, as a part of the school administration, I am witnessing the same resolute in Barnes that I have witnessed as a student – and I am proud of it!!

Yes, of course, boys and girls were allowed to talk back in the days when I was a student!! Just not talking, the boys and girls used to participate in various school activities and projects together.

Barnes School’s values as a co-ed educational institution were never pretentious. Barnes helped me and other students to respect our fellow person despite his/her gender and to see the person as they are without any discrimination or objectification.

That kind of value was instilled in us because of the encouragement that we used to get from teachers regarding forming camaraderie between boys and girls for class projects, sports or school socials. It helped both boys and girls to develop a cherishing friendship and bonding with each other.

I had lots of amazing friends who were boys and girls. Till today our friendships are intact, and we still connect. But I never had a “girlfriend,” per se. I have always been a free bird and still very happily enjoying my freedom 😊

Do you agree times have changed? Please elaborate

Of course, times have changed, we all have changed, and very prudently, Barnes School has changed its approaches toward different aspects of teaching and administration without ever compromising on its inherent principles.

During our school days, we were the Generation-X studying at Barnes. Our thought processes, family values, environment, social structure, technologies, and many more things were so different from the current Generation-Z students. The rules, disciplines, methodologies, and even infrastructure of Barnes were bound to change according to the need of time, and eventually, that happened. In the coming days, I am sure there will be more changes in Barnes, as and when needed, because we now have the Generation-Alpha kids also as our students.

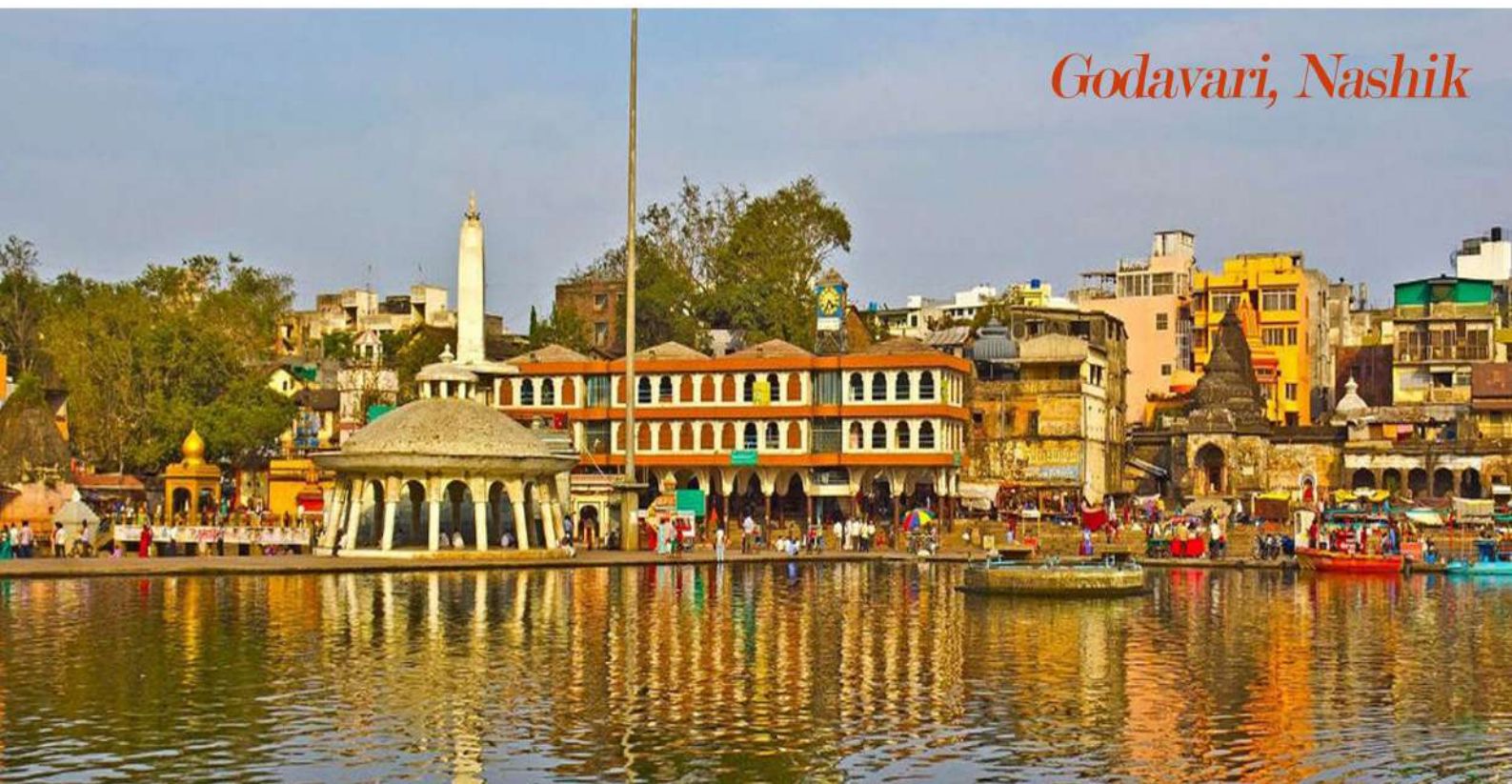
As aptly stated by John F. Kennedy, the 35th USA President – “Change is the law of life. And those who look only to the past or present are certain to miss the future.” And without any doubt, Barnes is a futuristic institution.

What was your favorite subject? Tell us about your favorite teacher.

As a student, I was never grade oriented; I was happy being an average student. I was never very attracted to school books, but I loved gaining experience and happiness from everything around me. Therefore, I can never say I had a favorite subject, but I immensely enjoyed extra-curricular activities, like swimming.

I am fond of all our teachers. They all have significant contributions, in some way or the other, to who I am today. I am sincerely grateful to each of them, and the memories of the days spent under their guidance are precious to me.

Godavari, Nashik





So, you're thinking about pursuing science as your stream after 10th? Well, good luck with that. Just kidding, science is amazing, and if you have a passion for it, you're in for a wild ride.

With science, you get to be a part of a community of like-minded individuals who are all passionate about understanding the world around us. You get to bond over your shared love of data, equations, and experimental methods. Who needs social skills when you have a shared love of science?

Science education fosters a love for learning and exploration. Science is a field that is constantly evolving and advancing, and studying science opens up doors to new discoveries and innovations. Science students are encouraged to ask questions, conduct experiments, and make new discoveries. This not only helps them develop a passion for learning but also instils a sense of curiosity and creativity.

And let's not forget about the practical benefits of science. If you choose science as your stream, you'll have the skills and knowledge to make the world a better place. You could develop a cure for a disease, invent a new technology that revolutionizes the world, or even just help people live healthier, happier lives. Plus, you'll have a pretty good shot at getting a job after you graduate, and who doesn't love financial stability?

In conclusion, science may not be the easiest stream out there, but it's definitely the most rewarding. So, if you're ready to embrace the challenge, put on your lab coat, grab your goggles, and get ready for the adventure of a lifetime. And who knows, maybe one day you'll even get your own laboratory with your name on the door. Or at least your name on a beaker.



Jayden Pereira
11 Science



DIET CULTURE: IMPACT ON MENTAL WELL-BEING

Diet culture is a system of rigorous standards that prioritises thinness and appearance over physical health and emotional well-being. Diet culture frequently stresses ‘good’ vs ‘bad’ foods, encourages calorie counting, and normalises self-critical conversation.

Diet culture is poisonous because it can lead to body dysmorphic (deformity in the shape or size of a body part) disorder, unhealthy eating, and other mental health problems. But along with downsides, there are certain benefits also that a person can gain if they follow diet culture properly and under expert supervision.

Dieting has been a part of many women's lives for almost as long as they can remember. Weight loss is an ever-present desire to strive for, whether you have a lot of weight to lose or only want to reduce a few kilograms. People who have been brainwashed to embrace diet culture as a normal way of life may have a negative self-image, engage in negative self-talk on a routine basis, and believe that being slim makes one better than another.

However a thoughtful diet regimen will certainly promote healthy eating habits and boost overall well-being.

It is well known that unhealthy eating patterns can cause mood swings. Blood sugar fluctuations and nutritional imbalances are often to blame. Without a steady source of fuel from the foods we eat, our mind and bodies don't function well. Here's how some unhealthy eating habits can alter your mood and emotional well-being:

1. **Skipping meals:** Missing a meal, especially breakfast, can lead to low blood sugar. This will likely leave you feeling weak and tired.
2. **Cutting out entire food groups:** If you reduce the variety of foods in your diet, it can be more difficult to get all the essential nutrients you need. Low levels of zinc, iron, B vitamins, magnesium, vitamin D, and omega-3 fatty acids are associated with worsening mood and decreased energy.
3. **Eating too many refined carbohydrates:** High intakes of unhealthy, processed carbohydrates, such as white bread and pastries, cause blood sugars to rise and fall rapidly. This can lead to low energy and irritability.

Beyond mood and general well-being, the role of diet and nutrition on mental health is very complex and has yet to be fully understood. However, research linking the two is growing at a rapid rate. In recent years, evidence shows that food can contribute to the development, prevention, and management of mental health conditions, including depression and anxiety disorders.

Researchers are also taking a closer look at why diet may influence mental health. While we still have much to learn about the effects of dietary patterns on mental health issues, evidence suggests that eating a healthy diet can have a protective effect. In fact, many believe that good

nutrition is as important to mental health as it is to physical health. Here are some positive changes you can make to improve your eating to support your mental health:

1. Eat at set intervals throughout the day
2. Choose less refined sugars and eat more whole grains
3. Include protein at each meal
4. Eat a variety of foods
5. Include omega-3 rich foods, like oily fish, in your diet
6. Reach and maintain a healthy weight
7. Drink plenty of fluids, especially water
8. Get regular exercise

- **Conclusion**

Whether diet culture is good or bad depends on how you perceive it. Blindly following any diet can do no good to your body and mind. Following a healthy eating plan can keep you energized and help you to feel your best. While good nutrition is an important component of your emotional well-being, it is not a substitute for proper medical care and treatment.



Mrs Mamta Lal

Assistant Teacher - Biology

Barnes School & Junior College



Q1. Favourite experience/ best memory in school?

Enjoyed. Had fun. More freedom and unity in the batch. We had more time to hangout. We experienced studying together and helping each other. UCL match times were amazing. We had a fun time cheering and booing each other. The boards routine was different, we spent a lot of time with the staff clearing our doubts for the boards. We also had late dinner and breakfast as a privilege for being in 10th grade and our tea was sent to the dorm.

Talk with Devesh Pandey

Q2. Tell us about the discipline and how it is maintained?

It's getting better. The previous batch could not manage juniors. The upcoming batch would like to fix it. The rules that are supposed to be followed is
Late for studies and no valid reason there will be no games.
Late for meals, rounds to be taken.
Lights out at 10 pm.

Q3 Do you agree that times have changed?

Yes, it has. Before, students were more obedient and had good relations with the seniors and were cooperative. Now, juniors and seniors don't have a strong relationship. Outings and house parties have reduced. School timings have also increased as well as the study time for boarders.

Q4. What is your favourite subject?

English. It helps us to learn new things. It helps us in skill development and it is easy to comprehend than other subjects,





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