THE QURIO MAGAZINE

Small Actions, Big Change



Volume 1 | 2026 - 27 Podar International School, Mangalore

CONTENTS

CONTENTS

1 Did You Know

2 Small Actions, Big Ripples

3 A Verse of Change

4 When my brush speaks...

5 The Butterfly Effect

6 It started with one...

7 A time I made a small change...

8 This clicked for me!

9 A Story in Panels

10 Book Recommendations

11 Movie Recommendations

12 Review Books and Movies

13 Brain Play

14 Spotlight @ PIS

FROM THE PRINCIPAL'S DESK

It gives me immense pleasure to present the first edition of The Qurio Mag for the academic year 2026–27, centred on the inspiring theme "Small Actions, Big Change."

I extend my heartfelt appreciation to our Editor-in-Chief, Ms. Navya N, our student editors, Tanay Rajesh and Shiv Prajapati, and every member of the editorial team for their creativity, dedication and collaborative effort in bringing this edition to life. My appreciation also goes to all our young contributors who have expressed their ideas through poems, artwork, stories, photographs, book and movie reviews, and engaging activities.

This edition beautifully reinforces the message that meaningful change begins with small, thoughtful actions. Whether it is planting a tree, sharing a smile, helping someone in need, conserving resources or developing a reading habit, every little effort can create a lasting impact. The inspiring story of Jadav Payeng and the reflections shared by our students remind us that consistent action and compassion can transform lives and communities.

I invite all parents and well-wishers to read this edition and share their valuable feedback and reflections on the theme "Small Actions, Big Change." Your encouragement and suggestions will inspire our students to adopt meaningful actions and make a positive difference in the future. I also warmly encourage parents to share real-life examples from their own experiences that demonstrate how small actions have led to significant changes. Such stories can serve as powerful lessons and inspire our young learners to grow into responsible, compassionate and successful individuals.

Let us work together to nurture a generation that believes in the power of small actions to create a better world.

Warm regards,
Principal
Podar International School, Mangalore

Editor-in-Chief: Ms Navya N | Student Editor: Tanay Rajesh | Student Editor: Shiv Prajapati

Visual & Media In-charge:Tanay Rajesh | Creative Designer: Shiv Prajapati

DID YOU KNOW?

The Science of Small Things

Tiny causes. Huge effects. Here's how the smallest things in life quietly shape everything around us.

A. WHY DO HABITS FORM?

Every habit — like biting your nails, checking your phone, brushing your teeth before bed — follows the same tiny loop inside your brain:

~ **a Cue** *(something that starts it),*

~ **a Routine** *(the action you do), and*

~ **a Reward** *(something that feels good).*

Do this loop enough times, and your brain stops thinking about it altogether. It becomes automatic, running quietly in the background like a well-worn path through a field.

Did you know?

Scientists believe habits are stored in a part of the brain called the basal ganglia — the same region active in animals as simple as sea slugs!

B. THE BUTTERFLY EFFECT

This idea comes from chaos theory and asks a wonderfully strange question:
Could the flap of a butterfly's wings in Brazil set off a tornado in Texas?

Of course, one flap doesn't cause a tornado — but it shows how tiny, almost invisible changes at the start of a system can grow and grow until they lead to something huge and totally unpredictable.

Did you know?

The term was coined by meteorologist Edward Lorenz in the 1960s, after he found that a tiny rounding change in his weather computer model completely changed the forecast!

C. THE DOMINO EFFECT

Line up enough dominoes and tip just the first one, and the rest fall in a chain reaction, one after another.
The domino effect describes any situation where a single small event triggers a whole series of similar events, like a row of falling tiles. It's used to describe everything from history (one event sparking a chain of others) to everyday life (one late bus making you miss your whole morning).

Did you know?

A domino can knock over another domino about 1.5 times its own size. Line up dominoes that each grow by that much, and just 29 of them could topple something as tall as the Empire State Building!

D. THE RIPPLE EFFECT

Drop a single pebble into a still pond and watch what happens:
Circles of water spread outward, farther and farther, long after the pebble has sunk. The ripple effect works the same way with our actions: one small act, like a kind word or a smile, can spread outward and influence people far beyond the person it was first given to.

Did you know?

Researchers have found that kindness can spread through social networks up to three degrees away — meaning your good deed could reach a friend of a friend of a friend, without you ever knowing it!

Small Actions, Big Ripples

You don't need to change the world all at once. Try one of these small actions this week and see where the ripple goes.

Plant a Seed



Push one seed into soil today. Given a few years, it could be a tree giving shade, fruit, or clean air to a whole street.

Say Thank You



A genuine "thank you" costs nothing, but it can brighten someone's whole day — and make them kinder to the next person too.

Pick Up One Piece of Litter



You don't need to clean a whole beach. One piece of rubbish in the bin instead of on the ground stops a small problem from growing.

Turn Off a Light



Flicking off a switch when you leave a room takes one second — but done every day for a year, it saves real energy.

Share a Smile



A smile is contagious. Scientists have shown it can pass from face to face across a whole room, without a single word.

Read for 10 Minutes



Ten minutes a day doesn't feel like much — but over a year, that's more than 60 hours of reading. Dozens of books, one page at a time.

Save a Drop of Water



Turning off the tap while you brush your teeth can save several litres of clean water — every single day.

Hold the Door



Holding a door for the person behind you takes two seconds — and often inspires them to do the very same for someone else.

Pick just one. Do it today. Then watch how far it travels.



A Verse of Change

Poems on - 'A small good deed...'

A plant on a land
Stands as a hand
Which hold us like a mother
And care us like a mother

Eat the fruit
Sow the seeds
Smile at the small action
Which made an impact.

Vanshika P Poojary, Grade III

The pipe always dripped
I saw this always and skipped
One day a man stopped
He turned the tap closed

I saw this and got thoughtful
I left the place, but doubtful
Next day, the pipe dripped
But this time i do not skipped

Yes, truly said;
a small action can
change the world.

Prithvi S Nambiar, Grade IV

The old leaf falls
Not end but
to let the
new leaf breath

Ayisha Munshifa, Grade VIII

When my brush speaks...

A page of artistic expression that depicts the theme – Small actions, big change...



Maurya, Grade 2



Aishani V Shetty, Grade 2



Nyra Shetty, Grade II



Christina Singh, Grade I



Anchita Bannintaya, Grade VI

When my brush speaks...

A page of artistic expression that depicts the theme – Small actions, big change...



Mahimn R Rao, Grade I



Pranvi Prashanth, Grade I



Hayaan Kumar, Grade I



Geethanshu Vadlapudi, Grade I



Shishir T Shettigar, Grade I



Rayyan A, Grade I

The Butterfly Effect

In Real Life: One Man, One Forest

How a teenage boy planting a few bamboo shoots on a bare Indian sandbar grew into a 1,360-acre forest home to tigers, rhinos, and elephants.



The Problem: A River, a Flood, and a Graveyard of Snakes

In 1979, on Majuli, the world's largest river island, in the Brahmaputra River in Assam, India, a huge flood swept through and left the land bare and sandy. Soon after, a 16-year-old boy named Jadav Payeng came across something that broke his heart: hundreds of snakes, washed onto the empty sandbar by the flood, lying dead in the scorching sun. With no trees and no shade to protect them, they couldn't survive the heat.



The Tiny Action: 20 Bamboo Seedlings

Jadav asked the local forest department for help planting trees on the sandbar. They told him nothing could grow in such poor, sandy soil, but said he could try planting bamboo. So that is exactly what he did. Jadav planted just 20 bamboo seedlings by himself, then kept coming back, day after day, to water them and care for them. Nobody asked him to. Nobody paid him to. He just kept going.

Jadav didn't stop at bamboo — he began collecting seeds and saplings of other trees too, planting a little more of the forest with his own hands almost every single day for over 40 years.

The Ripple Grows: From Sandbar to Forest

As the bamboo took root, it slowly changed the sandbar itself — trapping soil, holding moisture, and creating the right conditions for other plants to grow. Jadav kept adding more trees: cotton trees, arjun, and many native Assamese species. Over decades, one man's quiet daily habit transformed a lifeless sandbank into a genuine forest, complete with its own soil, shade, and ecosystem — all without machines, without a team, and almost entirely alone.



The Surprise Discovery

For nearly 30 years, almost nobody outside Jadav's village knew what he had done. Then in 2008, forest officials went looking for a herd of wild elephants that had wandered off after damaging a nearby village — and found them sheltering inside a dense forest that, according to their own maps, should not have existed at all. That "undiscovered" forest was Molai Forest, named after Jadav's nickname, "Molai."



Did you know?

Today, Molai Forest is bigger than New York City's Central Park, and is home to Bengal tigers, Indian rhinoceroses, deer, over 100 elephants that visit each year, and hundreds of species of birds.

Why This Is the Butterfly Effect

Jadav Payeng didn't set out to create a 1,360-acre forest — he just wanted to save some snakes from the sun. But that single small decision, repeated quietly every day for over 40 years, set off a chain of changes far too large for anyone to have predicted: soil formed, plants spread, animals returned, and an entire ecosystem came to life. In 2015, Jadav was awarded the Padma Shri — one of India's highest civilian honours — and is now known around the world as the **"Forest Man of India."**

"I'll plant till my last breath." — Jadav "Molai" Payeng

It started with one...



Write about a true event or a story of 'How a small action by someone created a big impact'...

Healthy Eating Habit

Who was the person?

Vivaan

What was the action?

Healthy Eating Habit

What was the impact?

Increased my stamina

Eating Healthy Keeps You Healthy and Fit

This story is about me. My name is Vivaan, and I am 9 years old. When I was 5 and a half, I told my parents that I wanted to learn how to swim. So, my parents put me in swimming classes. I learned how to swim really fast! After a few months, I was moved up to the advanced sports group.

But one day, I told my mom that I was getting tired too easily and couldn't do my best. My mom told me, "That is because you are eating junk food like chips, ice cream, biscuits, and other unhealthy snacks." She challenged me to not eat any junk food for a whole week. I accepted the challenge!

After that week, I realized my swimming got much better and I wasn't getting tired easily anymore. Changing my food habits helped me build the strength and energy I needed for my swimming. Since then, I have stopped eating junk food, and I think all of you should eat healthy food too! My parents always support me in my swimming journey, and my mom makes sure to cook healthy meals for me.

Vivaan Parth Gandhi, Grade IV

It started with one...



Write about a true event or a story of 'How a small action by someone created a big impact'...

Growing Together

Once, I saw a girl planting a plant. After a few days, that girl's plant was growing slowly. After a month, the plant that she planted had grown big, and I was stunned when I saw it.

The next day, I started growing a plant too. My plant also began to grow slowly. I bought a pot ,a soil, and seeds, and I watered it daily. After a month, my plant grew very big as well. Soon, all of our neighbours, cousins, and family members started planting.

Shreshta P Shenoy,Grade IV

Who was the person?

A girl

What was the action?

Planting and growing plants

What was the impact?

If just one girl starts growing a plant, in the end, everyone begins to grow one, and everyone will be stunned by the beautiful plants.

It started with one...



Write about a true event or a story of 'How a small action by someone created a big impact'...

Small action, big impact!

One day, my family and I went to Forum Fiza Mall in Mangaluru to buy groceries. When I came out of the store, I saw some people giving balloons away for free.

I asked my mother, "Can I please go and collect some balloons?" She gave me a happy smile and said, "Sure!"

I happily went and collected a few balloons. Suddenly, I noticed a little baby crying nearby. I felt sad seeing the baby cry, so I went to the baby and gave one of my balloons.

The baby immediately stopped crying and smiled. I felt very happy and said to myself with a determined smile, "Wow! What a great thing I did!"

It was just one small balloon, but it had a big impact. It turned the baby's tears into a beautiful smile.

That day, I learned that even a small act of kindness can have a big impact on someone's life.

By Siara Pinto,Grade IV

Who was the person?

Siara Pinto

What was the action?

Giving a balloon to the crying baby.

What was the impact?

The baby stopped crying and smiled, showing that a small act of kindness can make someone happy.

It started with one...



Write about a true event or a story of 'How a small action by someone created a big impact'...

A Small Action - Big Impact (A True Story)

Back home we have a Hugh tree growing right outside our home close to a bus stop where alot of people stand under the whole day while waiting for the bus. One day I Was telling my grandpa that the tree is so tall and has a big trunk, he said yes that's because it is older then your dad. I laughed and said older then dad? he said yes! that's because I was the one who planted it when I was around 17 years old. He said that his dad which is my great grand dad was a farmer and one day he asked him to plant a tree at that spot as many people wait there for buses and they don't have any shelter from the rain or the hot sun. He told my grandpa that if he plants the tree there and takes care of it one day it will provide shade and shelter for people the entire day. So my grandpa really liked the idea and went on to plant the tree and everyday he would water it. In a few years the tree grew to be a nice tall tree with many branches. People used to be now happy waiting for the bus because now they have shade especially from the hot African sun.

So, this small act by my grandpa Now helps many people every day as the tree he planted shelters people and will continue to for a long time. Even up till today we have many trees and plants at home because grandpa loves gardening. I also like to plant something at home whenever I can thanks to grandpa teaching me and it has also thought me to always think of others and how you can help them.

By Rudra Rampersad, Grade III

Who was the person?

My grandpa

What was the action?

He planted a tree at the bus stop.

What was the impact?

It provided shade and shelter for people waiting for buses.

It started with one...



Write about a true event or a story of 'How a small action by someone created a big impact'...

SMALL ACTION, BIG IMPACT- TRUE STORY

Long back when I was five years old, when the Diwali celebration were in full swing, my mother advised me "When you do good things in Diwali, Goddess Lakshmi will bless you".

This advice enlightened me. Then I decided to give my mother a helping hand by cleaning all the rooms and washing my own clothes, hoping that Lakshmi will bless me. That Diwali evening, our streets were decorated with lights, Diyas and flowers. There were fire crackers too. While enjoying the Diwali event, I noticed a poor homeless man who had nothing with him, no food, no shelter and no clothes. I approached the man and asked him "Hello, why are you so sad? Do you need help?" .He replied "I am sad because I am not destined to celebrate Diwali as I can't afford any money. I am very poor. I don't have any friends or family. Is there any way you could help me? I would forever be grateful to you and pray to Goddess Lakshmi to bless you".

I genuinely felt sorry for him. I developed a strong empathy towards him. Then I decided I should do something for him. So, I went back home and gathered old clothes which were good but not in use any more and happily gifted them to him. In addition, I also offered some Diwali sweets and also some money from my pocket.

The man was overwhelmed with joy and contentment. He blessed me by saying, "Thank you dear girl. May Goddess Lakshmi bless you for kindness and generosity." I returned back home with a self-satisfaction and a contented heart with extreme delight. That day I realized what it feels when we do good deeds to others without expecting anything in return. My parents were very proud of me and they treated with extra sweets.

That happened to be the best Diwali evening ever. After all the celebrations and the yummy feast, I went back to bed to sleep with a happy heart and a contented mind. That was the evening I realized that small actions create a large everlasting impact. Indeed, Goddess Lakshmi blessed me.

By Bhairavi Deepak Grade IV

Who was the person?

Bhairavi Deepak

What was the action?

Giving old clothes, Diwali sweets, and some pocket money to the poor homeless man.

What was the impact?

The man became very happy and grateful, and the girl realized that a small act of kindness can make a big difference in someone's life.

It started with one...



Write about a true event or a story of 'How a small action by someone created a big impact'...

Once upon a time there was a poor beggar in a Village. One day he was very starving he didn't get
any money suddenly one man gave him hundred rupees and visiting card and said to beggar if you want job, please meet me. after ten years the beggar became rich man the old man who help the beggar became poor so the old beggar helps him and saves him

By Elain Vijo, Grade IV

Who was the person?

The old man

What was the action?

The man helped the poor beggar by giving him ₹100 and a visiting card for a job opportunity.

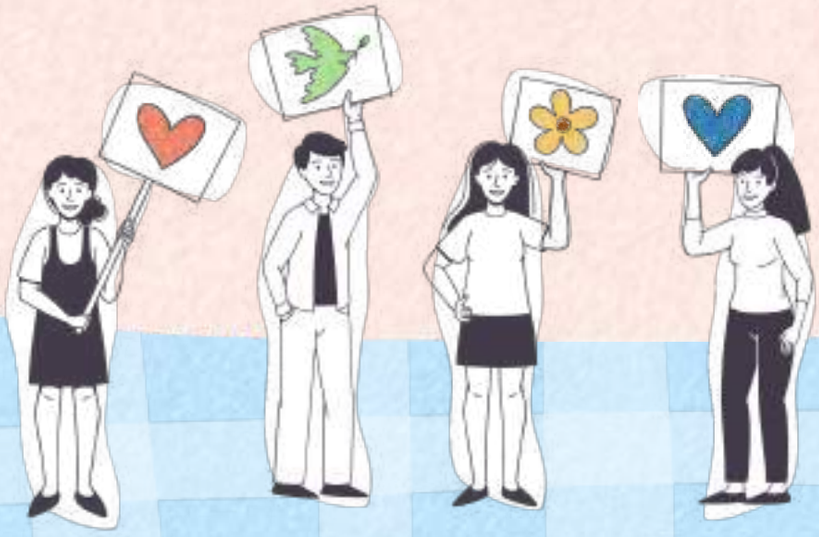
What was the impact?

The beggar got a job, became rich after ten years, and later helped the same man when he became poor, showing that kindness can come back in unexpected ways.

A time I made a small change...

One day, while I was walking, I saw a poor girl on the street. She was very hungry and wanted to find her mother. Since we had gone shopping, I gave her a packet of cookies, some snacks, and some fruits and vegetables. She was very happy and wept out of joy. Because she wanted her mother, we took her to the main station and helped her find her. They were very happy to find each other. We took their phone number so they could call us when they needed food. When I saw the same people a month ago, I was shocked—they had enough food, clothes, and money.

by Niya Shetty, Grade IV



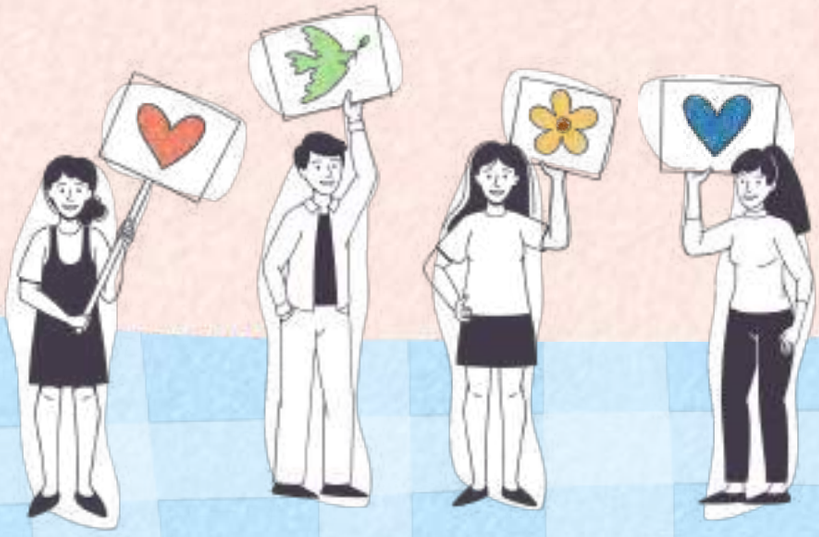
A time I made a small change...

A Little Girl Who Planted Trees

When Prasiddhi Singh was only four years old, she saw trees being uprooted after a cyclone in Tamil Nadu. She felt sad seeing nature being damaged. She decided to do something small—plant trees and encourage others to protect them. She began taking part in tree-planting activities. Later, she started the Prasiddhi Forest Foundation to encourage people to plant and care for trees. Her work helped plant many trees and inspired thousands of people to care for the environment.

Her story teaches us that we do not have to be big or powerful to make a difference. One small action can inspire many others.

By Thanish R Poojary, Grade IV



This clicked for me!

Original photographs of small actions that you think are important – Write captions to convey the thought behind the picture.



Prakanya P , Grade X

Green canopies – what we protect, protects us.



Shiv Prajapati, Grade X

A small effort... clean around...green around...



Parthiv S Nambiar, Grade II

Plant on land and keep smiling by

This clicked for me!

Original photographs of small actions that you think are important –
Write captions to convey the thought behind the picture.

Small Actions, Big Change: Growing Green Habits 🌱

Great changes often begin with small steps.

Kitchen Garden Activity; our students experienced the joy of nurturing plants, from preparing the soil and planting seeds to harvesting and cooking the vegetables they had grown.

Through these simple yet meaningful actions, students learned the importance of teamwork, responsibility, sustainability, and valuing the food we eat.

This little garden became a reminder that even the smallest efforts can nurture a greener future. 🌿



This clicked for me!

**Original photographs of small actions that you think are important –
Write captions to convey the thought behind the picture.**





Small Actions, Big Change: Clean Today, Green Tomorrow.

This initiative reminded them that every small act of cleanliness can make a big difference. Together, they are learning that a cleaner world begins with each one of us!

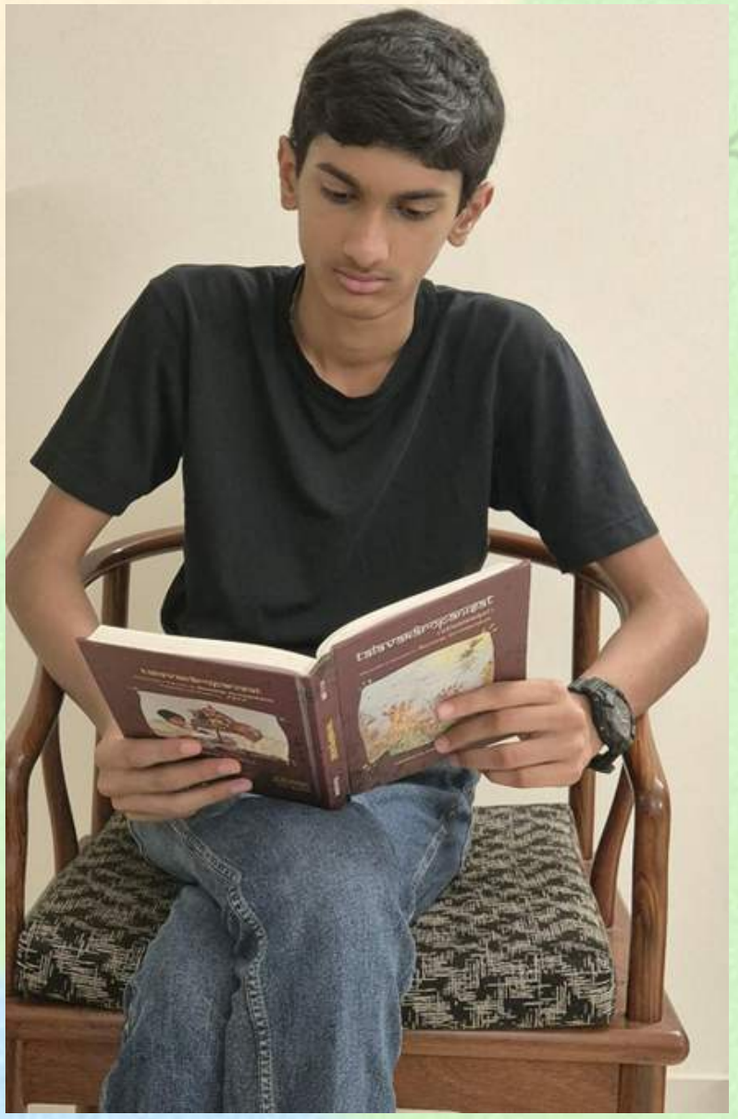


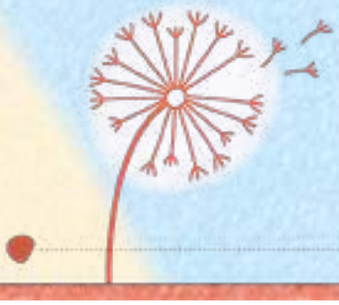
This clicked for me!

**Original photographs of small actions that you think are important –
Write captions to convey the thought behind the picture.**



Books are a source of entertainment, knowledge, stressbusters and many other wonderful things. It is for these reasons that I and a lot of other people in the world love reading books. However it is also necessary to share this joy of reading with others. When I was in my elementary days of school, I had a lot of books about the world, moral values, and science. These were the books I really enjoyed when I was young. A few years ago, I felt it necessary to share these books with other kids so that they could enjoy them just like I did. I found the school library to be the perfect place as that is the place where students come together to share the joys of reading. The fact that a lot of children have read and loved these books make me very happy. I hope that later on, they will realize that sharing books gives just about as much satisfaction as reading one.





This clicked for me!

Original photographs of small actions that you think are important – Write captions to convey the thought behind the picture.

Small Actions, Big Changes – The Kindness of Ms Vandana Jadhal

Through her thoughtful initiative, Ms Vandana reminds us that making the world a better place does not always require grand gestures; sometimes, a little kindness, offered consistently, can make a big difference.

At Podar International School, Mangalore, Ms Vandana Jadhal, our Hindi teacher, beautifully exemplifies the spirit of “Small Actions, Big Changes” through her compassion for stray dogs.

Beyond her responsibilities as a teacher, she dedicates her time and effort to caring for voiceless animals. She prepares food separately in large quantities and travels through various parts of Mangalore, reaching even the narrow inner streets to feed hungry stray dogs.

Her selfless act of kindness reflects her deep love for animals and her belief that every living being deserves care and compassion.



This clicked for me!

**Original photographs of small actions that you think are important –
Write captions to convey the thought behind the picture.**

Small Acts of Kindness, Big Change



Our students came together for **a donation drive to support an Animal Care Centre and Balasamrakshana Kendra.** Through this thoughtful initiative, they learned the values of compassion, empathy, and social responsibility.

The drive reminded them that even small contributions can bring hope, comfort, and happiness to those in need. By sharing what they could, our students discovered that kindness may begin with one small act, but its impact can be truly meaningful.

A Story in Panels

A comic strip storyboard that shows a short incident of a small action and its impact.



Adviti Santhosh, Grade 10

One kind deed can change someone's whole day.

A Story in Panels

A comic strip storyboard that shows a short incident of a small action and its impact.

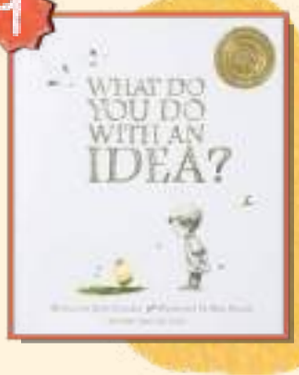


Yashwin R Naik , Grade 6

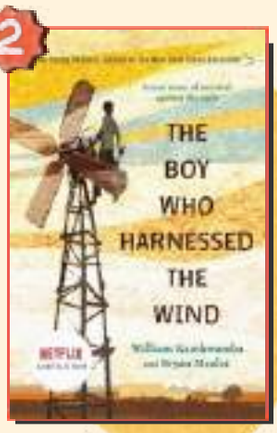
A lost ball, a lesson learnt – take care of your things.

Book Recommendations

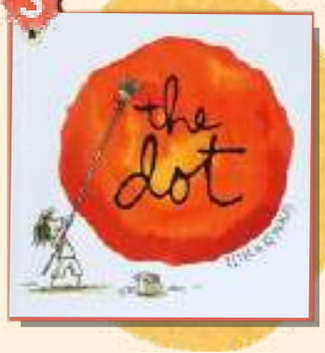
1



2



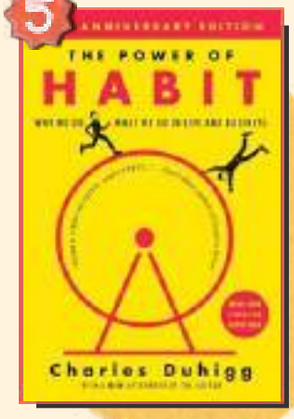
3



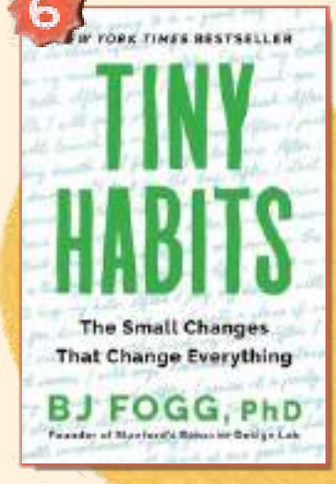
4



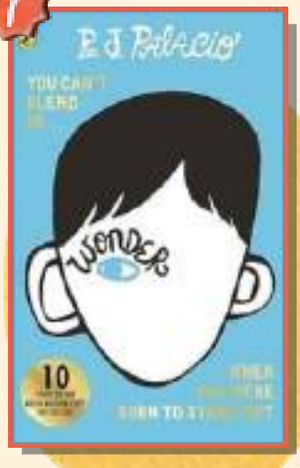
5



6



7



8

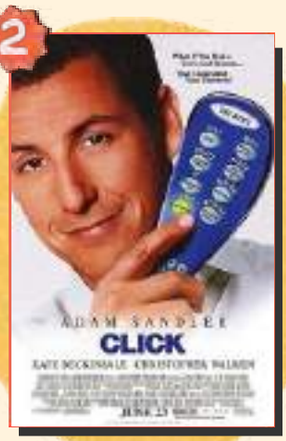


Movie Recommendations

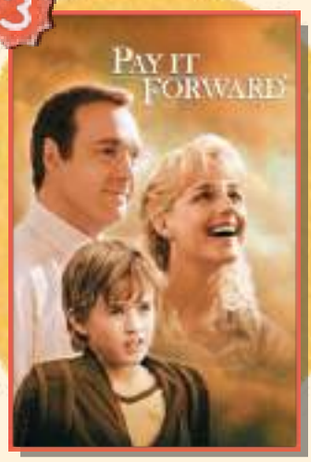
1



2



3



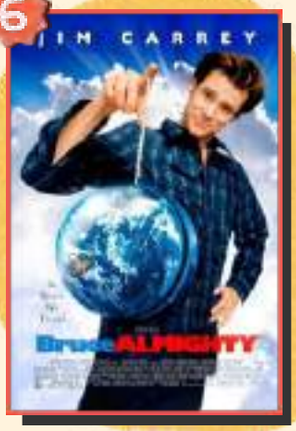
4



5



6



7



Review

Title of the Movie/Book:

Mentalist

Movie/Book Reviewed By:

Shrinika Kudrepady, Grade VI

Movie/Book Summary:

I personally recommend a series named "Mentalist" which is available in prime video. Students who are interested in murder mystery and detective work should watch this. Not every may like it as its a bit repetitive but it's very good and I really recommend it.

How many hearts will you give to this movie/book?

(Colouring 1 heart means the movie/book was really bad. Colouring 5 hearts means it was great!)

Title of the Movie/Book:

How to train a Dragon

Movie/Book Reviewed By:

Ishanvi Santhosh, Grade VI

Movie/Book Summary:

I also recommend a movie called "How to train your dragon" it's a good movie teaching us about importance of friendship and kindness to animals.

How many hearts will you give to this movie/book?

(Colouring 1 heart means the movie/book was really bad. Colouring 5 hearts means it was great!)

Review

Title of the Movie/Book:

Hanuman Ansh

Movie/Book Reviewed By:

Naman Bangera, Grade VI

Movie/Book Summary:

I am going to review the movie "Hanuman Ansh", which I watched recently. It was a spiritually moving and deeply devotional biographical drama directed by Vishal Chaturvedi that explores faith and life teachings inspired by Neem Karoli Baba. It has some of the outstanding performances, the lead character being played by Shobhinaw Satyaa.

How many hearts will you give to this movie/book?

(Colouring 1 heart means the movie/book was really bad. Colouring 5 hearts means it was great!)

Title of the Movie/Book:

Tiny habits: The small changes that change everything; by B. J . Fogg

Movie/Book Reviewed By:

Archi Amit Pawaskar
Grade IX

Movie/Book Summary:

Before reading this book, I thought hat achieving goals required a lot of effort and motivation. However the author explains that starting with small, simple habits can help us improve gradually. I liked this book because its ideas are easy to understand and apply in everyday life.

How many hearts will you give to this movie/book?

(Colouring 1 heart means the movie/book was really bad. Colouring 5 hearts means it was great!)

EVERYDAY SUPERPOWERS

A WORD SEARCH OF EVERYDAY SUPERPOWERS

You don't need a cape to be a superhero. Find these everyday superpowers hidden in the grid below!

M	M	G	T	F	H	H	E	L	P	H	E
H	Y	C	I	X	M	Q	V	W	R	C	T
U	P	G	L	I	S	T	E	N	N	X	C
G	T	S	G	Z	Z	L	M	V	G	E	A
O	V	F	S	K	C	W	Q	V	Y	C	R
P	P	K	M	B	I	R	A	N	S	G	E
L	L	R	G	I	V	E	C	O	H	Q	G
T	A	O	B	L	E	G	W	F	A	X	K
Z	N	O	S	M	I	L	E	T	R	F	I
Q	T	V	F	B	D	A	F	P	E	V	N
N	C	N	U	C	E	J	T	A	M	K	D
E	Q	M	G	Z	B	S	A	V	E	U	G

WORD BANK

SMILE SHARE LISTEN HELP PLANT

KIND CARE HUG GIVE SAVE

CATALYSTS FOR CHANGE

THE SMALL THINGS CROSSWORD

Every clue below is a small thing that sparked a big change.
Fill in the grid to find them all.



ACROSS

3. The meteorologist whose weather model gave the Butterfly Effect its name.
5. The first plant Jadav Payeng planted on a barren river sandbar in Assam.
6. The point at which one more small change suddenly causes a large shift.
9. This Japanese philosophy is built on the idea of continuous, small improvements.
10. Surname of the real-life 'Forest Man of India' who single-handedly grew a huge forest.
11. A behaviour that becomes automatic after a cue-routine-reward loop repeats enough times.

DOWN

1. Tip just one of these tiles and watch a whole row fall in a chain reaction.
2. A gentle push that encourages a choice or change without forcing it.
4. The circular waves that spread outward after a pebble drops into still water.
5. A tiny insect used to describe how a small cause can lead to a huge, unpredictable effect.
7. An effect where something small keeps growing bigger and bigger as it rolls along.
8. A person or substance that triggers a big change without being used up itself.

CRACK THE CODE

A CATALYSTS FOR CHANGE CRYPTOGRAM

Every letter below has been swapped for another. Crack each code, one letter at a time, to reveal three famous lines about small acts and big change.

QUOTE 1

H B N L G B Y W A H K H M F F, H B

E N G G M V T B X F E N C C, A F

M Q M V X N F G M K.

QUOTE 1 KEY — fill in each letter as you crack it:

A	B	C	E	F	G	H	K	L	M	N	Q	T	V	W	X	Y	X	Y
I	O	L	M	S	T	N	D	C	E	A	V	H	R	K	W	F	W	F

QUOTE 2

R V G P P G M S R, C F J L

V A P S N U P N J W Q H V N P P N B L R

B E U J B U P J, M G L

S X G L R E B X V S F J C B X P W.

QUOTE 2 KEY — fill in each letter as you crack it:

A	B	C	E	F	G	H	J	L	M	N	P	Q	R	S	U	V	W	X
U	O	W	F	H	A	Y	E	N	C	I	L	B	S	T	P	M	D	R

QUOTE 3

J K W K N F U P G V V C Q V Q

L S Q H H R N U P I U E

V C U P R C V E P H, O U S S T V V K F

O T V T Y K J L O Q J O C Q J R K

V C K B U N H F.

QUOTE 3 KEY — fill in each letter as you crack it:

B	C	E	F	G	H	I	J	K	L	N	O	P	Q	R	S	T	U	V	W	Y
W	H	F	D	B	L	P	N	E	S	R	C	U	A	G	M	I	O	T	V	Z

Spotlight @ PIS

Achievements



Anvith

Checkmate! Anvith out-blitzed the competition to clinch 2nd place in the Under-13 Boys Blitz category at the 12th KSCA Kings Academy Chess Tournament, Karkala.



Bhavith P Shetty

Three tournaments, three podiums – what a season!
1st – 3rd District Level Vivekananda Junior Chess Tournament, Puttur (14 August 2026)
2nd – 13th KCA Trophy All India One Day Open FIDE Rated Tournament, Mangalore (Under-10)
3rd – Independence Cup 2026, Bantwal (Under-13)



Vivaan Gandhi, Grade IV

Making waves! Vivaan clocked a speedy 1:09:44 in the 4×25 Freestyle Relay at the 2nd Invitational Non-Medalist Swimming Meet 2026, Millennium World School, Hassan, on 9 August 2026.

Interhouse Chess Competition

Pawns advanced, knights leapt and strategies clashed as the Houses battled it out over the board. Hats off to every player who made their move!





Spotlight @ PIS

Learning Beyond the Classroom



Kaushala Bodh – Automobile Skills Visit

Who knew a garage could be a classroom? On 14 August 2026, our Grade 6 explorers rolled up their sleeves at a working automobile garage as part of the Skill Development and Employability Initiative – watching vehicles being inspected and serviced, handling real tools, learning the rules of workplace safety and quizzing mechanics about careers on the road ahead.

Ek Bharat Shreshtha Bharat – Exhibition

One nation, many colours! On 11 August 2026, our SST & EVS Exhibition took visitors on a tour of Karnataka, Ladakh and Uttarakhand – their culture, traditions, heritage and landscapes brought alive through models, charts and interactive displays.





Shape it Up – Grade 1

Every masterpiece begins with a simple shape! Armed with circles, squares and triangles, our Grade 1 artists conjured up imaginative everyday objects – and discovered that shapes are the building blocks of everything we see and create.

The Conscious Closet – Eco-Brand Builders

Fashion with a conscience! In the Eco-Brand Builders House Competition on 11 September 2026, teams of 6–7 launched their own sustainable fashion labels – names, logos, slogans and all – turning fabric waste and old clothes into big green ideas.



Spotlight @ PIS

Celebrations

Father's Day Celebration

Superheroes don't always wear capes – sometimes they're just called Dad! Our students showered their fathers with love through Best Father badges, handmade greeting cards, heartfelt letters and reels made together – a joyful celebration of a very special bond.





Teachers' Day

To the ones who light the way! On 5 September 2026, PIS paid tribute to its teachers with gratitude and cheer. The Principal reflected on the vital role teachers play in students' lives today, teachers with more than five years of dedicated service were honoured, and students stole the show with lively performances and handmade cards.





Spotlight @ PIS

Health & Safety



Mini Marathon & Sports Awareness

On your marks, get set, go! For National Sports Day, Grades I–X hit the track in a Mini Marathon on 27 August 2026. Then on 29 August, physiotherapist Shreyas N.R. coached Grades VI–X on warming up, cooling down and staying injury-free.



Oral Health Awareness Camp

Say cheese! Experts from the Department of Public Health Dentistry, A.J. Institute of Dental Sciences, ran an Oral Health Awareness Programme with a dental check-up and treatment camp – keeping PIS smiles bright and healthy.



Understanding Menstruation & Menstrual Hygiene

Knowledge is the best care. With the Girls & Boys Welfare Committee, Dr. Raksha S., Associate Professor at Karnataka Ayurveda Medical College, led an open and informative session on understanding menstruation and menstrual hygiene.

Mock Fire Drill

Ring, ring – stay calm! When the emergency bell sounded, students and staff filed swiftly through the exits to the assembly point for a head count, then got a crash course in staying safe. Practise today, prepared tomorrow!



ANSWER KEY

CATALYSTS FOR CHANGE

THE SMALL THINGS CROSSWORD



CRACK THE CODE

A CATALYSTS FOR CHANGE CRYPTOGRAM

Quote 1 -

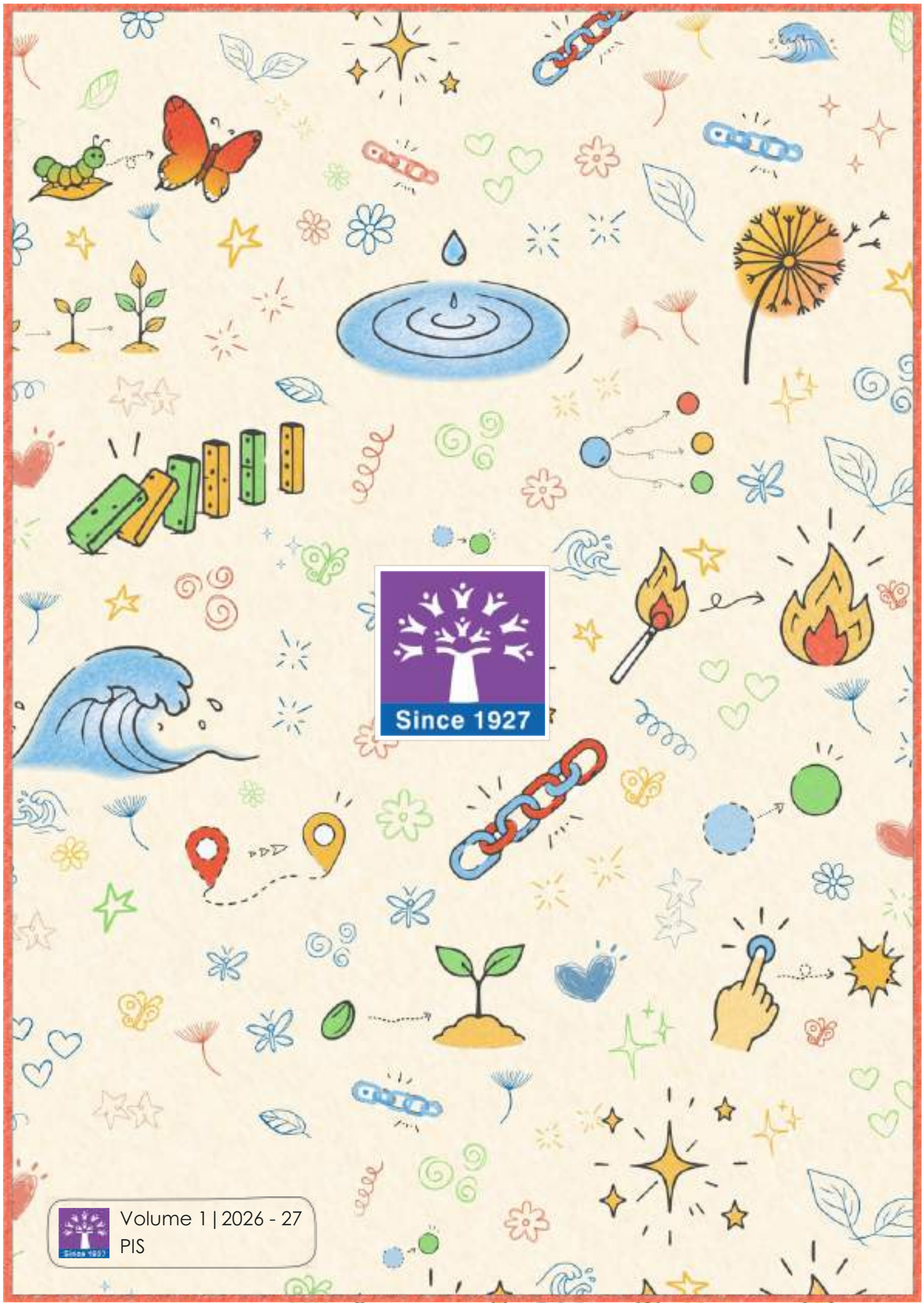
NO ACT OF KINDNESS NO MATTER HOW SMALL IS EVER WASTED.

Quote 2 -

SMALL ACTS WHEN MULTIPLIED BY MILLIONS OF PEOPLE CAN TRANSFORM THE WORLD.

Quote 3 -

NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD.



Volume 1 | 2026 - 27
PIS