

THE QUIRRO

Mag

The Kindness Trail



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SMILE



FROM THE PRINCIPAL'S DESK

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“The smallest act of kindness is worth more than the greatest intention.” – Kahlil Gibran

As most growth begins with a seed, all learning emanates from a thought. A single thought can source an entire plethora of learning on a subject. Being able to broaden one’s horizons and being aware of how little one knows may be the first step toward achieving knowledge. We, at Podar International School, Mysuru, attempt to kindle this mental spark in our students via the *Qurio Mag – School Magazine*. The theme on ‘Kindness Trail’ gives the students an opportunity to explore and delve deeply into the role of kindness in everyday life. Little actions that show kindness on a daily basis can sometimes make a huge difference to someone who may be having a terrible day; giving them hope and a bit of happiness on an otherwise bleak day. A single act of kindness can have a domino effect, where the person who receives it may be encouraged to pass it on to another and so on. Knowing how one act of kindness can lead to many and being mindfully kind is a habit that is worth inculcating.

I congratulate the entire team for their hard work and dedication to making this magazine. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young children will surely stir the minds of the readers and take them to the fantastic world of unalloyed joy and pleasure.

Regards,

Krishna Bangera
Principal

Editor-in-Chief: **Mr Avinash K N, Mr Mathew A**

Visual & Media In-charge: **Mr Santhosh Kumar P S**

Student Editor: **Mst. Shahid Ur Rehman
Ms. Rishitha S**

Creative Designer: **Ms Elizabeth K Francis**

Student Editor: **Ms.Smriti Chakrasali
Ms.Likitha Budanur**

THE EDITORIAL TEAM OF 'THE KINDNESS TRAIL'



Student Representatives

Rishitha S - 9B

Shahid Ur Rehman -9B

Smriti Chakrasali - 9A

Likitha Budanur M -9C

Mihir Jathin Shah - 8A

Anubhav Pandey - 8A

Abhigna H C - 8A

Yuktha S - 8A

Aadya Khare - 8B

Sparsha R - 8B

Nidish Y Kumar - 8B

Sparsh Sharma - 8B

Pradyumna K Prasad - 8C

Khushi D - 8C

Dhawanth Ramesh Thagadur - 8C

Samarth S Naivaruni - 8C

Acts of Kindness

Imagine a world where you can succeed by being nice.
Where we all pay it forward.
Where people look out for each other.
It all starts with an act.



Read a book for someone.



Check in on loved ones.



Hold the door for someone.



Leave a bowl of water for birds and animals.



Plant a tree.



Give someone a gift for no reason.



Compliment a stranger.



Give a coworker/classmate kudos.



Donate old clothes to charity.



Buy school supplies for someone else.



Bake cookies for a neighbour.



Pay for the person behind you.



My idea of Kindness



My Idea of Kindness

“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.”

A selfless act of kindness is an admirable virtue which means to be compassionate to people and animals around us. It makes people happy and world a better place to live in.

of fruits or results is I too help people, it may be called as Nishka- not be only my family or makarma. My idea of friends but anyone who is in trouble or need help. kindness is a person with caring heart and polite behaviour, who understands the feelings of others.

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with virtue of kindness. I also want to be a person who spreads faith in humanity.



Ms. Taaniya S U
9A

Kindness Matters

Kindness is spreading positivity through compassion. It is when you do something fruitful for a person without expecting anything in return. It means, leaving the door open for the people behind you, comforting someone when they are sad, offering to listen, giving compliments and mak-

ing someone smile. Kindness can be shown through charity, volunteering and supporting. Although kindness doesn't cost anything, it isn't practiced enough. It takes so little effort and can brighten someone's day. When we show kindness, it not only creates a positive impact on others but also brings a sense of joy within ourselves.



Ms. Shreya Shashidhar Badiger
9B



My idea of Kindness



The Astounding Effect of Kindness

In a place where doors are open for some people, we have other people who are overlooked or on a human level. It is chaos and negativity that impacts people, kindness offers a beacon of hope. It is a virtue that has the power to elevate our spirits and bring us together. When we choose to practice kindness, we create a ripple effect that transcends the boundaries of race, religion, and social status. It is a universal language that is understood by all. In a world that seems divided, kindness has the power to unify us. When we choose to be kind, we create connections with people we have otherwise dismissed. These small acts of kindness encourage empathy and compassion, reminding us that we all share the world together and it only starts with being kind to others. This mindful approach to how we treat each other creates a ripple effect that has the potential to shape communities and even the world.

Kindness is not limited to grand gestures or extravagant acts. It can be found in the simplest of actions, like holding the door open for someone or offering a genuine smile. These small acts of kindness have the power to brighten someone's day and remind them they are seen and valued. Kindness goes beyond the boundaries that have the potential to divide us. It is a universal language that is understood by all. In a world that seems divided, kindness has the power to unify us. When we choose to be kind, we create connections with people we have otherwise dismissed. These small acts of kindness encourage empathy and compassion, reminding us that we all share the world together and it only starts with being kind to others. This mindful approach to how we treat each other creates a ripple effect that has the potential to shape communities and even the world.



MS. Shrishti Dogra
7 B

Kindness

Kindness is a simple yet powerful gesture. It can positively impact someone's life, and the ripple effect is just as powerful. In the academic community, kindness is thought to be an attitude that influences achievement among people. Kindness is a form of love and compassion and one that needs to be spread throughout the world. It allows people to see the best in others, encouraging them to be their best self, allowing kindness to exist for those around us in a beneficial way and ourselves. It is our responsibility as human beings to be kind to other people. We can be considerate and compassionate towards other people to live in peace and love. Kindness is a virtue; it is one of the essential things in life. It shows other people that you care about them and it takes away some of their pain and suffering that they may be feeling. It can also help heal others, and everyone should always think about how their actions will affect others, before taking them.



Mst. Mihir Jatin Shah
8A

My idea of Kindness



The Language of Your Heart

It is one of the greatest gifts you can bestow upon another. If someone is in need, lend a helping hand. Do not wait for a thank you. True kindness lies within the act of giving without expectation of something in return. Some of the kindest souls I know lived in a world that was not so kind to them. Some of the best humans have been through so much to be in awe of, I don't know what it is. And they still love and care deeply, they still care because the world doesn't need them. Be the person who believes in the beauty of being open, unthreatened, and trusting. And let kindness be the language of your heart.

Be the person who cares because the world doesn't need them. Be the person who has been hurt the most, any more discretion; there is nothing stronger than someone who continues to stay soft in a world that hasn't always been kind to them.



Mst. Bhuvan S Gowda
9C

AN ACT OF GENEROSITY

Kindness is a word with unlimited definitions and meaning. It is an act of generosity that at times makes someone's day. It doesn't always need to be physical support like money, but it can also be mental support that one often needs. In my opinion, kindness is being kind to the people around you in a million ways possible. It is an act that may provide solace to a person in need of something. If things like a word or two of gratitude, being a person who's there no matter what, filling someone with confidence, a thumbs up, or even a positive attitude towards any matter. It is a gesture filled with love like a motivational smile to a person who requires mental support or who is in depression and is longing for outside support. Kindness isn't only towards humans but also towards animals, by rescuing and protecting them. Kind words and kind deeds done by us are not only a boon to others but also a blessing to us. It is the greatest gift that one can ever give. Kindness can make the world a happier place for everyone. The happiness of life is made up of the little charities of a smile, a kind look and heartfelt.



Ms. Kangana JU
8B



My idea of Kindness



Kindness Begins With Us

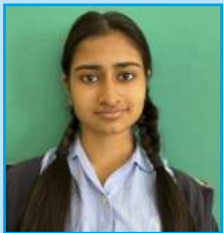
I had this one boy as my classmate in the previous school and he was also here. We find out that they are struggling with kindness is when you do something very helpful for others without expecting anything in return. Though kindness is one of the best and most beautiful things in the world which can be very simple but cannot be seen or even touched; they must be felt with the heart. The boy was very stubborn and at last, all his hair was shaven. It helps us heal others' pain, and when I went to the school the next day, I saw him with another boy who had cancer due to which he was bald. It turns out that also involves showing the boy to be teased due to



Ms. Ayushi Arya
9A

My thoughts on Kindness

"Kindness is doing what you can, where you are, with what you have." Kindness is a simple gesture and a form of love that one needs to spread to the world. It can be depicted by simple things and yet it can make a very powerful impact in other's life. Kindness is an act of selflessness as one doesn't do it expecting to receive anything in return. It is a trait that everyone must possess because it can make the world a better place to live. Being kind helps people to see the best in themselves and the ability to be kind to others. It is very essential as it helps to receive an act of kindness. Everyone possesses kindness and the ability to be kind to others. It is very essential as it helps to receive an act of kindness. Kindness is an act of selflessness as one doesn't do it expecting to receive anything in return. It is a trait that everyone must possess because it can make the world a better place to live. Being kind helps people to see the best in themselves and the ability to be kind to others. It is very essential as it helps to receive an act of kindness.



Ms. Tanvi Vinod
9B



Kindness is Contagious

Kindness Is Contagious

Kindness is not just a fleeting act, it's a contagious phenomenon that spreads like wildfire, touching hearts and inspiring change. Let's have a look at this in deep to make this world a better place to live in.

1. Witnessing Kindness Inspires Kindness:

Witnessing acts of kindness has a profound impact on our behaviour. When we observe someone performing a selfless act, whether it's helping a stranger, donating to a charity, or simply offering a smile, the spirit of kindness infects us. It's as if kindness itself is a virus, spreading from person to person in a good way for the improvement of this world.

2. The Spirit of Kindness: Kindness contagion goes beyond imitation. It's not just about copying specific actions, it's about embodying the essence of compassion. Imagine a world where every act of kindness whether big or small it creates a ripple effect. When you witness generosity, empathy or support, it triggers a

chain reaction. You may not donate to the charity or perform the same exact deed, but you'll find yourself being more understanding and spreading positivity.

3. Flexibility in Kindness: Not everyone can afford grand gestures, but that doesn't limit our capacity for kindness. These small acts of kindness matter. They create a web of kindness, weaving through communities and cultures.

How Can You Be Part of the Kindness Contagion?

Start Small: Kindness doesn't require a grand stage. Smile at a stranger, express gratitude, or lend a helping hand. These small acts make a lot of difference.

Spread Positivity: Share stories of kindness. Highlight the unsung heroes like the neighbour who helps the senior citizens, the friend who listens without judgment. These narratives inspire others.

Practice Empathy: Understand that everyone carries their

own burdens. A kind word or a simple gesture can make a world of difference.

Kindness isn't just limited by geography, age, or circumstance. It's a universal language that bridges gaps and heals wounds. It can spread from person to person, from heart to heart, from mind to mind. It can create a positive impact on ourselves and others. So, let's infect the world with kindness, one smile, one gesture, one compassionate act at a time. Together, we can create a pandemic of love and empathy.



Mst. Yuyutsu Hardik Shah
9B



Kindness is Contagious

Pebble That Starts the Ripples

Imagine a world rippling like in a pond. The ripple with kindness, where one person touches everything around them. A small act touches lives around them. A kind word, holding the door, and inspire positivity.

That's the power of kindness, a force potentially transforming us and our communities. That's the power of kindness, a force potentially transforming us and our communities.

Kindness fosters stronger communities, reduces stress, happiness, physical health, and gives self-satisfaction. Kindness fosters stronger communities, reduces stress, happiness, physical health, and gives self-satisfaction.

Even science has stated that kindness triggers happy chemicals in our brain, motivating us and others who witness it to be kind. This 'Act of Kindness' creates a chain reaction, spreading kindness like ripples on a pond. Imagine dropping a pebble in a pond. The ripple spreads, touching everything around it. Be the pebble that starts the ripples. Be the butterfly that ignites the hurricane of kindness.

Together, let's create a world where kindness is the norm, not the exception. Together, let's create a world where kindness is the norm, not the exception.



Ms. Malavya Eruvankai
9C



Kindness is Contagious

Kindness Is Contagious

Being kind to someone will help others. If you do something kind towards someone, it also makes you happy and satisfied. It also restores people's faith in humanity. Often set off a positive chain of reaction towards kindness. People, they are more likely to pass it on to others. We can spread kindness through paying it forward. There are countless videos online feeding the homeless with random acts of kindness. Seeing someone perform an act of kindness warms the heart and it quite literally makes a strong emotion in the observer and encourages them to show kindness and other people feel good but



Ms. Kruthika Voddi
7 C

Kindness Is Contagious

Kindness is just like a disease. It's not only about helping others in our own little way, we can make the world a better place to stay. Once you get a kind of satisfaction and the taste of kindness, it's hard to get rid of it. The only medicine for this addictive disease is to help others as much as they can and contagious disease is to feel at ease and get that help others. Kindness is feeling of inner satisfaction. contagious but it is First this ideology of helping something good at the same time. It's like a win-win situation (You help someone your city. Later it slowly and feel at ease and the person you helped will also be happy to know that they world. Thus, if we start



Ms. Abhigna HC
8A





Kindness is Cool

When life flies by so very fast,
And it gets busy every day,

Kindness becomes a gift we give
In so many different ways.

Being kind is important,
Every minute, everyday.

We show kindness with our smiles,
By what we do and what we say.

When I help a friend that is feeling sad,
Or I do an extra chore,

I am spreading kindness everywhere!
And soon there will be more!

Verses on Kindness

(Poems)

Kindness

Kindness,
Is a trampoline,
Bouncing happiness from
one place to another.
Kindness,
It is the key'
That unlocks our hearts for
friendship.
Kindness,
Is a bowl of popcorn,
Because it is meant to be
shared.
Kindness,
Is as simple as sleep.



Ms. Dhriti J Bhat
6 A

Kindness Has No End

The world is full of chaos,
But it is still the acts of kindness,
Which still do not let the world fall.
So let us cherish the gift so rare,
Let us spread kindness and
Tell everyone we are there.
Kindness mends the hearts that are torn
Broken friendships can be mended,
When just a smile is worn.
A hug, a smile, and a gesture of kindness,
Can give hope for his life.
Be kind enough for someone may get the
Strength to survive.
In a world of judgment and strife,
A kind word can bring back a lost life.
So let us choose to be kind everyday;
Become a beacon of light and show kindness,
To everyone, each and every day.
It is the only realm of empathy,
A better world we will be able to see.



Ms. S Anoushka
8B

Verses on Kindness

(Poems)

The Kindness

In a world where chaos paved
its way,
Where evil and hatred often play,
Your kindness may blossom and
Vanish their problems.
Like a warm embrace on a winter night,
Kindness enlightens our souls with all its
might.
The eyes which hold the wonderful grace,
As you look at them face to face,
And a small smile
Would make the stars align.
While your compliment can make one confident,
Possibly even dominant,
Your bad may make one feel sad,
Possibly even mad.
When the other quavers,
Show them how to be braver,
And make sure they never waiver.



Ms. Ananya Bhajantri
6D

A Little Kindness

No matter what you do in a day,
Or who you meet along the way,
Carry kindness in your heart,
And spread it every day.
To pet a lovely cat or dog,
Shows that love will never wane.
Making someone laugh in a day
Doesn't affect your life by the
way!



Ms. P Keshika
7D

Kindness

An act of kindness doesn't hurt
anybody,
It may be the reason for
someone to live.
Kindness is free,
Kindness is love.
You never know what someone
has gone through,
An act of kindness can help
those wounds heal.
Kindness is caring,
Kindness is giving.
Someone may have lost their
will to believe,
An act of kindness can help
them forgive and believe again.
Kindness is forgiving,
Kindness is believing.
It can simply mean 'Magic'.



Ms. Riya B Gupta
9B

What does being kind look like?

Offer to help someone carry something heavy

Encourage someone by giving them a high five or a fist bump.

Give hugs.

Share your favorite toy.

Help someone before they ask you for help.

Help someone find something they lost.

Be positive be cheerful.

Make others feel good and happy by giving genuine compliments.

Give someone a pat on the back.

Clean up after yourself and someone else too.

Smile at someone, even if they are a stranger.

Say nice words.

Take the dog for a walk or feed the cat before you are asked.

Clear the table after dinner.

Cheer someone on in a race.

Let someone go before you. (Give up your turn.)

Smile and say hello to someone in the elevator.

Surprise someone by drawing a picture or making them a card.

Help someone fix something that is broken.

Donate or give to someone in need.

Be patient with others.

Give flowers.



How full is my bucket ?



An act of kindness I have experienced-

Kindness out of that feeling. Along with even if I called her late at night. She also took care of my parents, a friend of mine who knows about this used to my pet dog and my fishes. During COVID-19 pandemic, I had experienced stress, anxiety, fear, sadness and loneliness due to continuous talk about the death of people due to COVID. And I was alone with my parents. I am getting that kind of person who is Situation 2

Situation 1
I had to go out this year, it which was frequently shown on TV and talked about negatively impacted on me. My people around me, which friend used to inform me about whatever had happened in My parents used to keep school and send me notes interacting with me to get me



Ms. Ushaswini Vanjavaka
8C

A Random Act of Kindness I Experienced
person, walking their dog, came up to me and asked if I needed help. At first I was kind of hesitant because I didn't know this person, but they seemed really friendly and I figured, why not? Together, we checked out my bike, and they showed me this trick to fix the chain. It was like magic! Plus, we ended up chatting about all kinds of stuff, like our favorite video games and movies. Before I knew it, my hand was good to go, in a jam. When I thanked them, they just smiled and said, "No problem, we've all been there." That whole experience made me feel awesome and it showed me that there are still good people out there who are willing to help out, even if they don't know you; and it got me thinking, maybe I could be like that too always ready to lend a



Mst. Anubhav Pandey
8 A





How full is my bucket ?



An act of kindness I have experienced-

An Act Of Kindness I Have Experienced. there. I turned to look on reached me out and took the either side but I me home, thanking him for It costs nothing but your couldn't find them. That's everything he had done. courage, to be kind. And I when a full deep cry rose wanted to share an experi- within my throat. I started ence of mine, where I running all around the have experienced an act place looking for them. But of kindness. This incident they were no where to be took place when I was 9 seen. year old,I had summer Suddenly a man in black holidays at that time. suit appeared in front of me. I guess he noticed me My family planned of visit- crying. He started asking ing a newly built temple in questions such as, "Where Mangalore. It was really is your mom and dad, calming and also relaxing. child?" "Who's baby are There were beautiful you?". I wasn't in a state paintings hung in the cor- to answer his questions ners of that temple. So I but kept on crying. He stood there staring at one tried to soothe me so of those paintings. I was much but failed. so mesmerized looking at that painting that I didn't At last, when I told my par- realize that I was left be- ents number to him, he hind. was kind enough to call and inform them where I When I turned to look at was and what had hap- my parents they were not pened. At last my parents



Ms.Rishitha S
9B





How full is my bucket ?



An act of kindness I have experienced-

Saviour

On a Sunday afternoon I went to a grocery store to buy some groceries for the week. Unfortunately -unknowingly the car keys were inside the car and it got locked. To make my situation even worse, I kept my cell phone in the car too. I realized it after coming out of the grocery store. I was in agony. I couldn't call my sister to bring the spare key, I couldn't walk back home since it was 10 miles away from my current location. Due to frustration I

kicked one of the tires of my car. A biker saw this. He came to me and asked, "What's wrong?" I explained to him the whole situation. He requested me to have some patience instead of blowing a fuse. But I wouldn't listen to him stating that this was the worst situation I was into and I didn't know how to get out of it. He said, "That's the way the ball bounces, you should go along with the rhythm, follow the bag of tricks to get out of the trouble." This encouraged me. As soon as I calmed down, he gave me his cell phone and told

me to call my sister and tell her to keep the spare key ready. He dropped me to my house and I took the keys from my sister. I thanked him for his kindness. He replied, "Let's just say, I needed an exercise." And rode away just like a cowboy who is a saviour.



Ms. Arpita Patro
9A

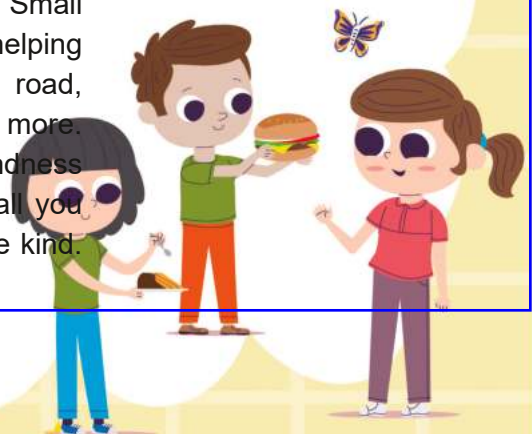
Kindness is a powerful force that has the ability to change lives, both for the giver and the receiver. It is defined as the act of being considerate and caring towards others. Being kind to others charges no money. It is a unique characteristic of showing love and care for others selflessly. Kindness is an important human quality, when someone is in trouble or distress, we can be kind and help them. Any small deed of kindness can help a person. At home I help my parents. They shower words of praise on me, even if I help them in some small way.

The act of kindness I have done has always brought a glee on others face. According to me kindness is helping people in their need. I had once assisted care for a lady who accidentally fell of her vehicle, I made her sit aside and first aid her, she felt a bit of quite relief and I felt satisfied with my pleasant behaviour. I understood that love, care, affection and kindness is always free. Small help like rescuing a bird, helping old people to cross the road, feeding stray dogs, many more. These activities show kindness can be found anywhere; all you need is a good heart to be kind.

"Kindness can make the world a happier place for everyone."



Ms. Mythili Gowda MB
8B





How full is my bucket ?



An act of kindness I have done-

An Act of Kindness I Have Done

On a chilly winter day, I came across a chance to make a small but a meaningful impact in my surrounding. As I was walking through a park, I noticed a homeless person lying on a bench, wrapped in tattered clothes and was trying to stay warm in the chilling weather. I wanted to help, hence I decided to do something for him. I went to a nearby store and bought a blanket, then I returned to the park and gently covered him with the blanket. The man had a blend of surprise, gratitude and a faint smile on his face. Kindness is the key to change people's perception. It allows

people to emphasize with others. The strength of kindness is limitless. Kindness actually means a self-act, that is performed by an individual to make someone happy without expecting anything in return from them. Everyone should be kind. True acts of kindness help us to create honest and lasting friendships and relationships. Acts of kindness brings a magical feeling of honesty, purity, joy and integrity. We must live in a society where our actions, behaviour, or even thoughts should not harm others. If you are living a luxurious life, it is because you are blessed. Share this blessing with others. Help others in any way you can.

“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people”.



Mst.Syamnand P.S
8B





How full is my bucket ?



An act of kindness I have done-

HOW I RESCUED MY FRIEND FROM ACADEMIC CHAOS

Alright, so picture this: my pal hits me up two days before the big exam, freaking over some mind-bending chapter. He's drowning, waving his academic SOS flag, and I said, "time to save your hide again."

Ne hop on a spontaneous Google Meet, and it's game on. My schedule's tighter than a jar of pickles, but when a buddy calls, you answer, right? The screens light up, and we're diving into the virtual battlefield of last-minute cramming.

For the next 2.5 hours, I'm pulling out all the stops, explaining theories like I'm narrating a wild saga. We're not just racing against time; we're tag-teaming against the academic monster that's been terrorizing my friend. Questions are flying like

confetti, and I'm lobbing answers back like it's some nerdy dodgeball showdown. As our makeshift class wraps up, you can practically see the lightbulb glowing over my friend's head. The virtual high-fives and "Dude, you're a legend!" comments are like confetti raining down on our victory parade.

That study rescue wasn't just about conquering a chapter, it was a reminder that when the going gets tough, real friends step up. Sure, I had my own chaos to deal with, but watching my buddy conquer those concepts was worth every second. It's like we unlocked the secret level of friendship or something.

So, in the grand tapestry of life, that spontaneous tutoring session is a vibrant, neon-colored patch – a fist-bump

to friendship and a two-finger salute to academic stress. Lesson learned? Kindness and camaraderie can turn a study nightmare into a fist-pumping success story.



Mst. Shresth Shrotriya
9A





How full is my bucket ?

An act of kindness I have done-

An Act of Kindness I Have Done

Kindness costs nothing but means everything. For me kindness hasn't always been huge gestures. As Aesop (Greek fabulist) once said, "No act of kindness, no matter how small, is ever wasted. "So, no matter how small it is, kindness is kindness. As we all are not grown ups yet, it is hard to do great deeds so I say we should stick to what we are capable of. I believe kindness is everything, so I look forward in keeping everyone around me happy. I always find happiness by helping my friends. I care about everyone near me. It can be

as small as asking about how their day is going, if they had their meal or not etc. This makes them feel important and hence makes them happy, I cannot bare seeing people being sad or upset, so I usually try my best to cheer them up. A small compliment can sometimes go a long way. If I see someone alone, I speak with them to make sure they are not feeling lonely. If I come across anything funny, I will share it with my friends, so they can also feel happy. At certain circumstances if I cannot be kind, I will make sure I am not rude at least.

These are some of the acts of kindness I have done.

"Kindness is seeing the best in others when they cannot see it in themselves."



Ms.Khushi Hegde
9C





How full is my bucket ?

An act of kindness I have done-

An Act of Kindness that I have done

Within the realm of academic pursuits, the bonds formed among classmates often extend beyond mere companionship. It is a platform where acts of kindness thrive, providing help to those navigating the complexities of learning. A recent encounter comes to my mind, where I had the privilege of aiding a classmate in understanding a challenging subject, emphasizing the transformative power of collaborative learning and the essence of kindness within academic circles. Observing a classmate grappling with the intricacies of a subject ignited a desire within me to offer assistance by approaching him in an amiable manner. I proposed the idea of studying together in preparation for an upcoming test. Initially met with hesitation, my persistence and

genuine intention to help gradually broke down barriers. Thus, we embarked on a collaborative journey, navigating the labyrinth of concepts and theories, determined to unravel the intricacies of the subjects. Our study sessions went beyond mere explanation formulas and theories; They transcended the boundaries of a textbook. Patience and empathy became guiding principles as I tailored my explanations, ensuring clarity and comprehension. Witnessing the gradual transformation from confusion to understanding was immensely gratifying, affirming the importance of support in the learning process. Furthermore, the impact of this act of kindness resonated beyond the confines of academics. It fostered a sense of camaraderie between us, cultivating a supportive academic environment. Our collabora-

tions surpassed individual success; it epitomized the collective strength of collaborative learning, where the sharing of knowledge became a catalyst for mutual growth. This experience highlighted the transformative power of a simple act of kindness. It illuminated the potential within each of us to positively contribute to someone else's academic journey. It underscored the importance on how a small act of kindness can change someone else's life.



Mst. Abhiram M
9B



Stories on Kindness

Seven miles for me



Leaving a store, I returned to my car only to find that I'd locked my keys and cell phone inside. A teenager riding his bike saw me kick a tire and say a few choice words. "What's wrong?" he asked. I explained my situation. "But even if I could call my wife," I said, "she can't bring me her car key, since this is our only car." He handed me his cell phone. "Call your wife and tell her I'm coming to get her key." "That's seven miles round trip." "Don't worry about it." An hour later, he returned with my key. I offered him some money, but he refused. "Let's just say I needed the exercise," he said. Then, like a cowboy in the movies, he rode off into the sunset.

—Clarence W. Stephens, Nicholasville, Kentucky

Kindness in Nepal

Never have I met a people more abundant in goodwill than the Nepali.

Some backstory: Tim and I arrived in Nepal during a fuel crisis last November, only six months after the cataclysmic earthquake that left so much in ruin.

Albeit the difficulties, there was no lack of generosity. Because of the fuel crisis, we had to resort to travelling sitting on the packed roofs of buses. Men would come to our aid to help lug our heavy packs aboard, then made sure Tim and I had ample space.

One ride in particular, there were three college students on their daily hour-long commute. We all had the same stop and when it came time to pay, the driver signaled that the young boys had taken care of our fare!

These students, usually the most economically strapped in society, gave to us visitors as a gesture of gratitude for visiting their country despite the circumstances it was facing. It was a very humbling moment for us.

~Izzy Pulido



Stories on Kindness



Lily's Act of Kindness

Once upon a time in a small town nestled between rolling hills, there lived a young girl named Lily. Lily was known for her radiant smile and loving nature of hers that seemed to touch everyone's heart in the society. Her act of compassion was like gentle ripples in the town's pond, spreading warmth and joy.

One day, an elderly woman named Mrs. Thompson moved into the house next to Lily's. She was widowed and had no family members. Lily noticed her sitting alone in her car, looking somewhat lost in her new surroundings. Determined to make Mrs. Thompson feel welcomed, Lily decided to extend a hand for friendship. With a basket of freshly baked cookies in hand, Lily approached Mrs. Thompson's doorstep. The old woman's eyes twinkled with surprise and gratitude as Lily

introduced herself. From that moment a beautiful friendship blossomed.

Lily would visit Mrs. Thompson's house regularly, sharing stories from her day and listening to the tales of a bygone era. Mrs. Thompson, in turn, taught Lily about the simplicity and the beauty of life. Together, they formed an unlikely bond that brought joy to both of their lives.

As word spread about Lily's kindness, the town's people were inspired to follow suit. They began organizing communities and events to help those in need and started a volunteer group to assist the elderly. Lily's simple act of reaching out to Mrs. Thompson had sparked the chain reaction of kindness that transformed the town.

The once divided community now felt like a close knit family. Act of kindness had become a part of daily life

routine in that town from then, children assisting neighbors and elderly people and a general atmosphere of warmth and compassion enveloped the town.

Lily's act of kindness to Mrs. Thompson had taught the whole community about kindness, and the town became a shining example of how a simple act of compassion could transform not just one life, but an entire community.



Mst. Pranav N Angadi
6C



Stories on Kindness



Good Heart of Human

In J.P Nagar 3rd Stage from 15 years, Karna had kept a pani puri shop. This shop was very famous, all the people liked his pani puri's taste. In the same area a man called Karthik also worked as a car driver. But one day while he was driving the car he got into an accident and he lost one of his legs. After this accident he was told to get a bedrest for a year. He did not want his family members to work for him, so he decided to open a pani puri shop.

In this area Karna's shop was very famous and had a lot of daily customers but Karthik's shop had only

few customers visiting him. Then after six months, Karna came to know about this. One day Karna went as a customer to experience the taste of pani puri made by Karthik, but the taste came out to be awful. Even the people coming were less. But Karna liked Karthik's hard work and innocence. Karna thinks that till his shop is there he won't get good business. Karna thought Karthik can go to some other city where he could run his business, but Karthik could not do that because of some financial problems he had, so Karna offered Karthik to join his business where they had equal

share in the profit from the shop and even Karthik agreed for this, later Karna shared the recipe of his pani puri to Karthik. Finally Karthik and Karna had a peaceful life and Karthik's financial problems were also solved.



Ms.Kanushi N
5C

The Forgotten Smile

In a busy office an new employee went unnoticed until Lisa had a habit of greeting everyone with a warm smile. Her jovial nature lightened up the atmosphere that raised the spirits of the people. One day a new employee joined the office. Feeling overwhelmed,

Moral – “Make smile and grow smile.”



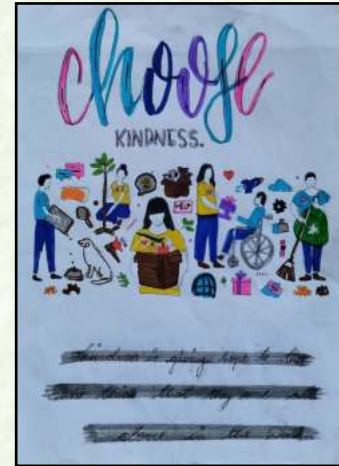
Ms.Lithi M
5B



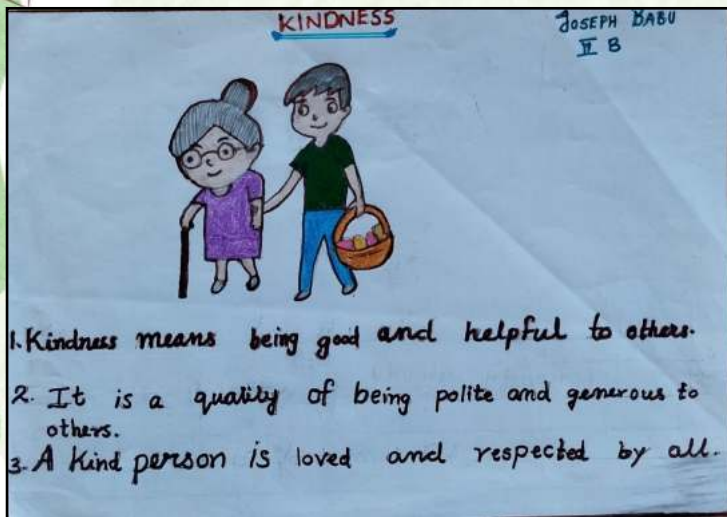
Spread the Word



Ms. A V S Aashritha
4A



Ms. Shivani Sharma
9B



Mst. Joseph Babu
2B



Ms. Vasundhara C K
9A

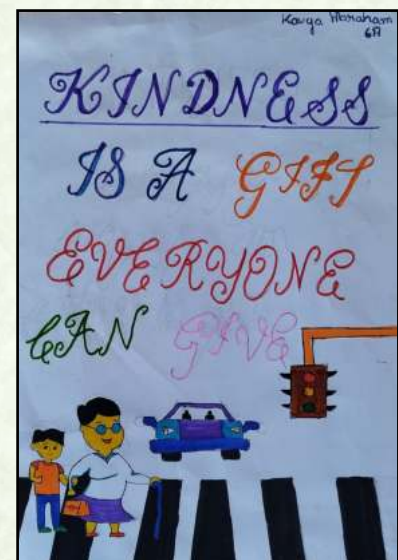
Spread the Word



Ms. Krithi R
7B

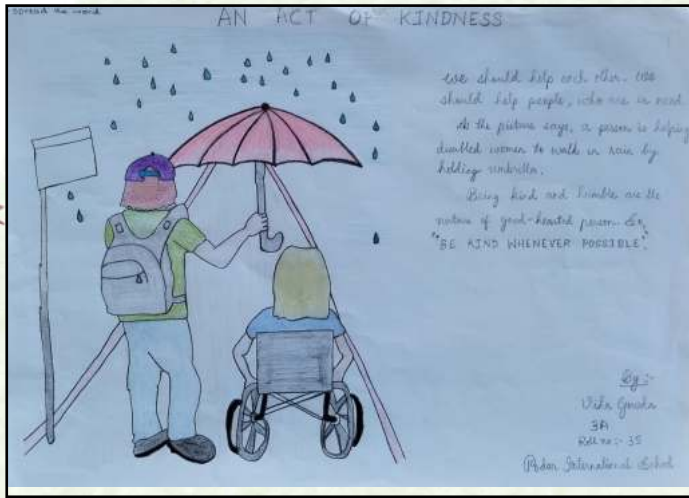


Mst. Mohith N R
1A

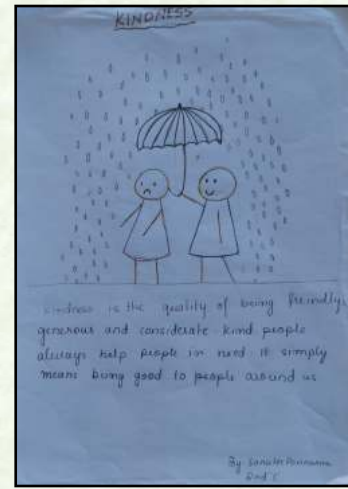


Ms. Kavya Abraham
6A

Spread the Word



Ms. Viha Gowda
3A



Mst. Sanath Ponnanna
2C

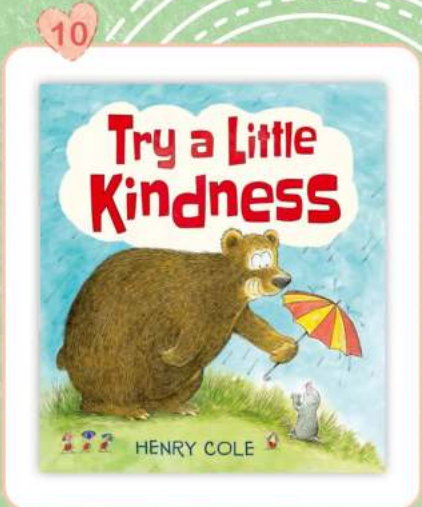
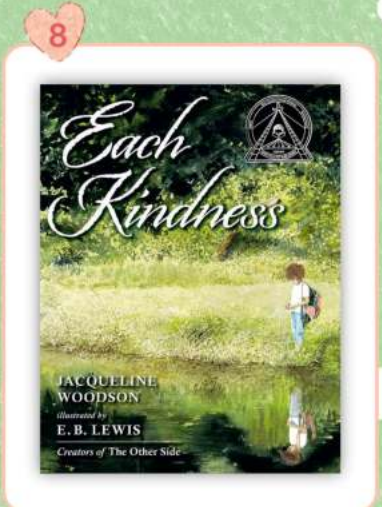
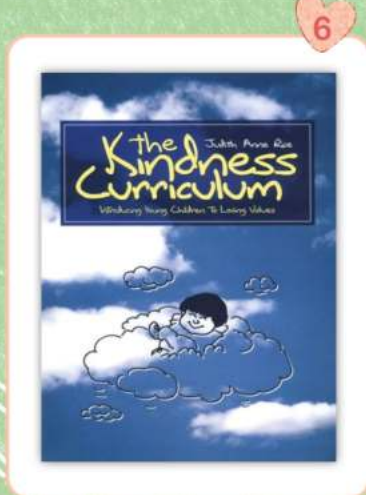
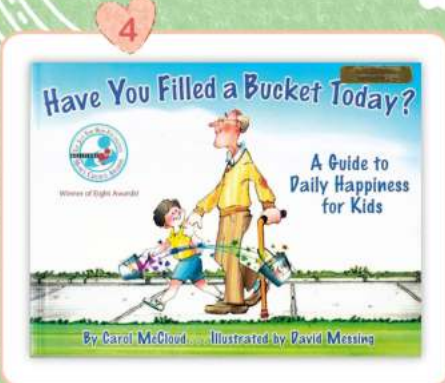
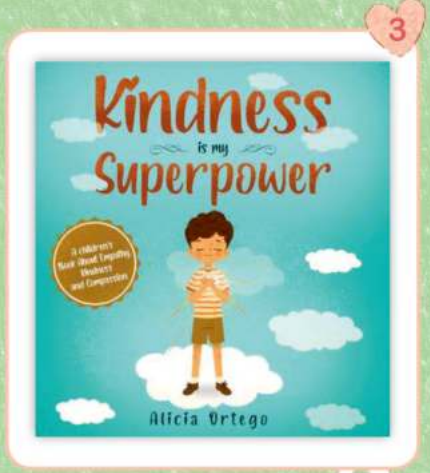


Ms. Siya Nair K S
2B



Ms. Sahitya Prasad
4A

Book Recommendations



Movie Recommendations

1



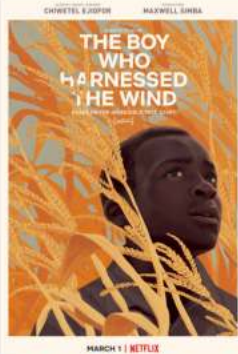
Charlotte's Web

5



Pollyanna

10



The boy who harnessed the wind

2



Wonder

4



Far from the tree

6



Up

9



Elephant Whisperers

3



Paddington

7



Trolls

8



The Iron Giant

Review


Movies & Books

Title of the Movie/Book: "PAY IT FORWARD" By Catherine Ryan Hyde.

Movie/Book Summary

'Pay It Forward' is beautifully illustrates the transformative power of kindness through the heartfelt and selfless acts depicted in the lives of the characters. The novel introduces us to Trevor Mckinney, a boy with a kind spirit who initiates the idea of paying for it. Trevor's acts of kindness though seemingly small, create a ripple effect that overlaps throughout the story. The novel emphasizes the simplicity of these acts, suggesting that they are genuine gestures that result from empathy and a desire to make a positive impact. The book shows how individuals from different walks of life can connect through a shared humanity. The generosity of the character transcends social barriers and delivers a powerful message of universal compassion. The novel encourages readers to think of their capacity for kindness and creativity.

Movie/Book Reviewed By: Ms.K S Yogitha
8B

How many hearts will you give this movie? 
(1 heart means the movie was really bad. 5 hearts means it was great!)




Title of the Movie/Book: Imagined Life

Movie/Book Summary

The author skillfully weaves together intricate narratives that challenge. Conventional boundaries invite us to explore the limitless possibilities of the human mind. The prose is rich and evocative, painting vivid landscapes that are both fantastical and grounded in universal truths. The narrative twists and turns keeping us on the edge of our seats while encouraging introspection about the nature of reality and perception.

Movie/Book Reviewed By: Mst. Morla Pavan Naga Sai
8B

How many hearts will you give this movie? 
(1 heart means the movie was really bad. 5 hearts means it was great!)



Review


Movies & Books

Title of the Movie/Book: 777 Charlie

Movie/Book Summary:

This movie shows the relationship between a human and a dog. It is a beautiful movie which has a strong storyline and emotional touch. The film tells about a man who is a loner and who has a routine LIFE that is home-factory-home. This whole life takes a turn when a stray dog enters his life, he names the dog As Charlie. their bonding and affection increases day-by-day. This movie has a relevant message about dog(pet) Adoption and how a human is kind to animals. the way how the hero takes care of charlie When it is Unwell brings tears to everyone. There is a lot of heart and soul in the movie. One should watch this movie and feel the moments, that will leave anyone with teary eyes at the end.

Movie/Book Reviewed By: Ms.Kashvi
8C

How many hearts will you give this movie? 
(1 heart means the movie was really bad. 5 hearts means it was great!)




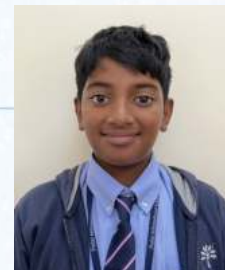
Title of the Movie/Book: Hachi-A Dog's Tale

Movie/Book Summary:

This story is actually about a beautiful bond between the professor and the dog. And it goes like this, a professor finds an abandoned dog and takes him home. Over a short period of time, they build an unbreakable bond. One day, the professor goes out of station and never returns. Hachi, the dog waits for him for days, though it gets the news that the professor sir is dead. After hearing that the professor is dead, the dog had the intuition that the professor would return and waits for him for 9 years, but the professor never returns. This movie is based on a true story and it is a heart touching, spirited and an emotional movie.

Movie/Book Reviewed By: Mst.Hridhaan Anand
6C

How many hearts will you give this movie? 
(1 heart means the movie was really bad. 5 hearts means it was great!)



Brain Play

Time to challenge yourself!

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

Riddle
What has a head and a tail but no body?

- Amazing
- Console
- Share
- Happy
- Respect
- Thank You
- Friendly
- Fantastic
- Loving
- Encourage
- Helpful
- Blessed

Find words associated with acts of kindness in the above given word search puzzle.

How many acts of kindness can you find?



An act of kindness

An act of Kindness performed by the student



Mst. Aarav Jain
6B



Mst. Aryan M Vaidya
9B



Ms. Aastha Muthamma
5C



Ms. Vismaya R
1A

An act of kindness

An act of Kindness performed by the student



Ms. Ananya S
8C



Mst. Ayaan Sherif
8B



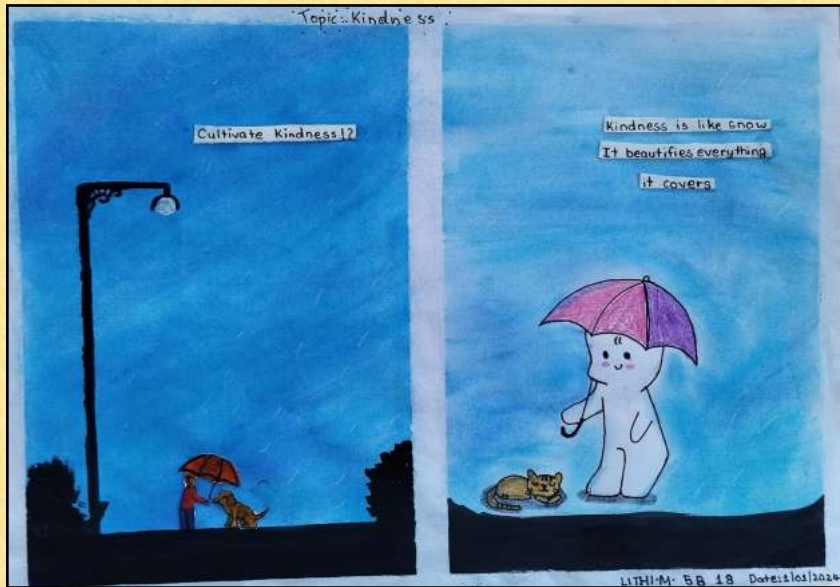
Ms. Ananya S
8C



Ms. Veda Pavan
9B

An act of kindness

An act of Kindness performed by the student



Ms.Lithi M
5B



Ms. Issa Reji
2C



Ms.Niharika M S
2C

Spotlight @ PIS Hebbal, Mysuru



Mst. Ghanesh Venkatesh and Mst. Sidhant Tanaji Kudre of grade 9 are the winners of the Excellencia 2023 - Inter School Competition: 'Bytebattle Royale - A Thrilling Hackathon'



Ms. Kanvita R of grade 5 is the winner of Mysore district level skating competition 2023 -24.



Mst. Pradyumna K Prasad of Grade 8 secured 3rd place in Malaysia International Music Festival organised by Sugam Culture Heritage Foundation.



Ms. Kashvi of grade 8 is the winner in Triathlon C category in National level Inter - District Junior Athletic Meet



Ms. Khushi Hegde of Grade 9 is the winner of the Excellencia 2023 - Inter School Competition: 'The Showdown - A One of a Kind Debate'



Spotlight @ PIS Hebbal, Mysuru



Art in Focus: A Showcase of Creative Brilliance 2024



Mr Jamie Knight, of USA, The Internationally reputed football freestyler's visit to PIS Mysore



Kindness Crafts

Popsicle stick bird feeder

- ~ popsicle sticks
- ~ glue
- ~ paint
- ~ bird seeds
- ~ rope



DIY Candy Vending Machine

- ~ cardboard
- ~ glue
- ~ rubber band



Let's spread some kindness around by making this bird feeder and Candy vending machine which can be put up in public places like, gardens or parks.



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