

THE OUR Prio

Mag

The Kindness Trail

CARE

RESPECT

APPRECIATE

LOVE

HUG

SMILE



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PIS UDUPI

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FROM THE PRINCIPAL'S DESK

“Kindness is a gift everyone can afford to give.”

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Shri UdayKumara A.N
Principal

It gives me immense pleasure to share with you our school's journey along the "Kindness Trail." As we reflect on the values that define our community, kindness emerges as a guiding light, illuminating our path towards compassion, understanding and unity.

Throughout the academic year, I've witnessed countless acts of kindness among our students and staff. From simple gestures of holding the door open for a classmate to organizing charity drives for those in need, each act contributes to the fabric of our school culture, fostering an environment of warmth and empathy.

Kindness extends beyond the classroom walls; it permeates our interactions with one another, creating a sense of belonging and support. In times of difficulty, it is kindness that uplifts spirits and offers solace, reminding us that we are never alone in our struggles.

As we continue to walk the Kindness Trail, let us remain committed to nurturing this spirit of kindness within ourselves and others. Let us celebrate diversity, embrace empathy, and extend a helping hand to those around us.

I encourage each of you to seek opportunities to spread kindness wherever you go, whether it's through a smile, a listening ear, or a random act of generosity. Together, let us make our school a beacon of kindness, inspiring others to join us on this transformative journey.

I would like to thank our students, parents and well wishers for their constant support in generously contributing for our Donation Drive, where we could reach out to the needy. Every act of kindness will be rewarded in a mighty way.

Thanks to all the students for contributing such meaningful articles on Kindness. Let's spread the spirit of kindness to all our loved ones and friends to make this place a special place. Thanks to all the students for contributing such meaningful articles on Kindness. Let's spread the spirit of kindness to all our loved ones and friends to make this place a special place.

Regards,
Principal

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.



Kindness

Kindness means to be good, gentle or friendly with every person around us. Kindness can be achieved by giving emotional support to others.

Human beings have many qualities. One of them is kindness. Kindness is selfless act performed by an individual in order to make someone happier without any compensation.

Being kind leads to a person who is kind being happier and more satisfied with life because they know they have helped someone in need which makes them feel good. They may also encourage others to repeat the good deeds they have experienced themselves.

Acts of kindness are linked to increase feelings of well being. Helping others can also improve our support networks and encourage us to be more active. It improves our confidence also. So kindness is one of the essential thing in life. It helps us to be empathetic towards people.



**Vihan R G
Grade - IV A**

My idea of Kindness

Kindness



Kindness, the quality of being friendly & considerate. A small act of kindness makes the world a better place. It is a language that the deaf can hear & a blind can see. According to science, kindness slows down the ageing process & builds good relationship, which indirectly boosts our health. Kindness is always better than hatred & aggression.

We should start taking small steps towards kindness by creating it from our home or school. As our school PODAR, organized a wonderful program named "DONATION DRIVE", where in this activity benefits the community in some way or the other. Here kindness plays a major role, as all our friends ha actively participated in this programme; which shows the Trail of Kindness in PODARITES. And the other programme named "BOOK FAIR", where I have purchased few of the books, in which one book named 'FOOD FIGHT' gives a moral of sharing, that indicates Kindness. There is no doubt that other appellation of DAR can also be called as KINDNESS, that suggests its equally proportional to one another.

These are my ideas on kindness, that; being kind makes a difference & all of us must be kind hearted.



Shriyanvi
Grade - I A

My idea of Kindness

Kindness



Kindness is always an excellent choice to make in any situation. When someone feels bad or down the kindness shown can make a person feel more supported and loved. It is an action that anyone can do. Kindness is a yet powerful gesture. It can positively impact someone's life and ripple effect is just as powerful. In the academic community, kindness is taught to be an attitude that influences achievement among people.

Important thoughts of Kindness

- ❖ Kindness involves being empathetic and considerations towards others.
- ❖ Kindness should be shown towards nature as well as animals.
- ❖ Kindness should not be dictated by class, caste or divided by the communities social structures.
- ❖ Kindness can bring about significant changes in the world.
- ❖ Kindness is an essential personal quality required for thriving relationships and a happy life.



HarShavardhan B.Y.
Grade – I B

My idea of Kindness

Kindness



Kindness is the act of being kind or polite towards others. Kindness costs nothing but it can help to make our planet a happy place to live.

Kindness plays an important role in deciding the level of success in an individual's life.

Kindness helps to bridge the gap between two individuals. Nobody likes to hang around unkind people or people who pull them down or mistreat them. Saying simple words such as “thank you” is not hard to use to show gratitude towards others. Kindness is complex to define but simple to realise.

To lead a happy and successful life we must learn to adjust kindness in every sphere of life.

“Thank you”.



Tanya
Grade – I A

My idea of Kindness



Kindness



In a world often characterized by its hustle and bustle, its chaos and competition, kindness stands as a beacon of light, illuminating the human experience with warmth and compassion. It's a quality that transcends boundaries of race, religion, and culture, touching hearts and souls in ways that can't be measured by material wealth or status. Kindness is the currency of the soul, enriching both the giver and the receiver in profound ways.

One of the most beautiful aspects of kindness is its universality. It knows no boundaries and speaks a language that is understood by all. Kindness has the power to inspire others to pay it forward, creating a ripple effect that extends far beyond the initial act. When we witness acts of kindness, whether in person or through media and social platforms, it serves as a reminder of the inherent goodness within humanity. It prompts us to reflect on our own actions and consider how we can contribute to making the world a better place.

In a society that often values individual achievement and success above all else, kindness serves as a powerful antidote to selfishness and greed. It reminds us of our disconnectedness and the importance of empathy and compassion in fostering a more harmonious and inclusive world. Moreover, in times of crisis or adversity, acts of kindness can provide a glimmer of hope and comfort, reminding us that we are not alone in facing life's challenges.

However, it's important to recognize that kindness is not always easy. In a world filled with divisiveness and negativity, choosing kindness requires courage and resilience.



My idea of Kindness



It means extending grace and understanding to those who may not deserve it, and it means choosing love over hate, even in the face of adversity.

Nevertheless, the impact of kindness is undeniable. It has the power to heal wounds, mend broken relationships, and transform lives in ways we may never fully comprehend. So let us strive to be beacons of kindness in a world that so desperately needs it. Let us sow seeds of compassion wherever we go, knowing that even the smallest act of kindness has the power to create waves of positive change that can make a huge impact throughout the world.



Ritika Pai
Grade – VIII

Kindness

People say service to animals is service to God. We all should love animals and be kind to them. There are many stray cats and dogs around us looking for homes. We might not be able to provide a home to all of them but we can at least give these hungry souls some food and water, so that they can sleep with a happy face. All of us may not be able to give food to these stray animals, but we can show them some love and protest against any cruelty done towards them.



Parnavi Upadhyai Das
Grade – I A

Kindness



Kindness is a simple yet profound concept that has the power to transform lives and communities. It is a universal language that transcends barriers of language, culture, and ideology. In a world often marked by divisiveness and negativity, spreading kindness is not just a nicety but a necessity. Here are several reasons why we should actively cultivate and spread kindness:

Firstly, kindness breeds positivity. When we extend kindness to others, whether through a smile, a kind word, or a helpful gesture, we create a ripple effect of positivity that can uplift our spirits and brighten someone's day. In a world where negativity can easily overshadow the good, acts of kindness serve as beacons of light, reminding us of the inherent goodness within humanity.

Secondly, kindness fosters empathy and understanding. By putting ourselves in someone else's shoes and seeking to understand their experiences and emotions, we cultivate empathy and compassion. This empathy allows us to connect with others on a deeper level and fosters a sense of solidarity and mutual respect. In a society that often struggles with polarization and division, empathy is a powerful antidote that bridges the gaps between us and promotes unity.

Moreover, kindness has a tangible impact on mental and emotional well-being. Studies have shown that both giving and receiving acts of kindness can lead to increased levels of happiness, reduced stress, and improved overall mental health.



My idea of Kindness



When we engage in acts of kindness, our brains release chemicals such as oxytocin and serotonin, which promote feelings of joy and contentment. By spreading kindness, we not only benefit others but also nourish our own well-being in the process.

Furthermore, kindness has the power to create lasting change. Small acts of kindness may seem insignificant on their own, but when multiplied by millions of individuals, they have the potential to effect meaningful and transformative change within communities and societies. Whether it's volunteering at a local shelter, advocating for social justice, or simply treating others with kindness and respect, each act contributes to a larger movement of positive change.

In conclusion, spreading kindness is not just a moral imperative but a practical necessity in today's world. It is a catalyst for positivity, empathy, and well-being, and it has the power to create lasting change. As individuals, we have the ability to make a difference in the lives of others through our words, actions, and attitudes. By cultivating a culture of kindness and compassion, we can create a brighter and more hopeful future for generations to come.



Aastha Arun Devadiga
Grade – VI



Be Kind

Kindness is a compassionate and positive virtue that involves treating others with empathy, understanding and consideration without expecting anything in return. We can say that kindness is the ways of the wolf: If you can be anything, be kind.

Incorporating kindness into school on a daily basis, through actions as well as special events, helps create a foundation of compassion, empathy and positive behaviour that extends beyond the classroom. Below are reasons why it is important children need to learn kindness at school.

- Social and emotional development.
- Positive classroom atmosphere.
- Improve mental health.
- Leadership.
- Long term societal impact.
- Building empathy.
- Academic success.
- Prevention of negative behaviour.
- Empowerment



PraSiddi M Poojary
Grade – I-A

My idea of Kindness



1. Kindness can be described as showing your goodness to others with your nature, behavior and acts.
2. Kindness must be done for all living beings irrespective of caste, religion, gender, race, nationality, ethnicity, animal or bird.
3. We don't need to be rich to show kindness to others all you want is an attitude of helping others.
4. Acts of kindness didn't take anything from you rather it will give an impact in the life of another person.
5. Our act of kindness doesn't go unnoticed. We will definitely get the reward of our acts of kindness one day.
6. We have often listened to the mythological stories of Lord Ram, Krishna, Shiv, etc that had been their first virtue.
7. Saints while explaining law of karma, always tell us to be kind as our acts will reflect back to us either good or in bad terms.
8. Now a days people don't have time to show kindness to others because they are very busy at their work.
9. Today there are number of NGO's (Non-Government Organisation) which are functioning to help people in need.
10. There are also some people in the society who gather resources and start charity for the deprived people.



Vedika Rawat
Grade – II-B

My idea of Kindness



IDEA OF KINDNESS

1. Post positive notes around your community.
2. Pick up litter on the beach.
3. Randomly pick a small business/lesser known author to leave a review.
4. Leave money on a vending machine for someone.
5. Pick up litter on a vending machine for someone.
6. Let someone go in front of you in line.
7. Make dinner for a family in need.
8. Insert coins into someone's parking meter.
9. Buy flowers to hand out on the street.
10. Leave letters of encouragement on people's cars.
11. Buy a movie ticket for the person behind you.
12. Bake cookies for the elderly.
13. Serve at a homeless shelter.
14. Pay for someone's meal at a restaurant.
15. Write letters to soldiers.
16. Donate Christmas gifts to an orphanage.
17. Participate in a fundraiser.
18. Use your allowance to donate to a Charity.
19. Thank a teacher with a gift.
20. Donate your old clothes to the needy.
21. Help a senior citizen or an elderly with their groceries.
22. Baby sit for free.
23. Do a favour without asking for anything in return.
24. Take someone new in your neighbourhood on a tour of the city.
25. Prepare a meal for your family.



Kush Shetty
Grade – 1 B

My idea of Kindness



The Power of Kindness

The strength of kindness is infinite. Motivating and pushing people to do good things is also an act of kindness. Kind people never hurt anyone. Kindness motivates and makes people happy. Kindness is an admirable virtue. To be kind we must be good to people around us.



Mayrha Padukone
Grade - I A

Kind People are caring, polite and generous. They always help other people with their problems. We should start taking small steps towards kindness by creating it from our home. Kindness helps in ending violence among people. It unites the hearts of the people.

The Blossoms Of Kindness

Promote kindness daily by offering a helping hand, a genuine smile, or a supportive word. Small acts ripple, creating a compassionate world. Share stories of kindness, inspiring others to join the movement. Together, let's create a society where kindness and understanding remains and it goes on forever making our communities brighter and more connected



Vihan Shanbhag M
Grade - II A



Kindness

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. It is true acts of kindness, which create honest and lasting friendships and relationships. Being kind, sincere, honest, pure, loyal, happy and showing integrity will be good not only for us but also the people around us. The strength of kindness is infinite. Since we live in a society and share various relationships, we must make sure that our behavior and actions do not harm others. Childhood brings more kindness in us. Slow but certainly does humanity have a positive impact. Kindness motivates people and makes them happy.



Krithi Radhakrishna Bhat
Grade – IV A



Kindness

Kindness is a type of behaviour marked by acts of generosity. Consideration, rendering assistance, or concern for others, without expecting praise or reward in return. It is a subject of interest in philosophy, religion, and psychology.

Kindness is most often taught from parents to children and is learned through observation and some direct teaching studies have shown that through programs and interventions kindness can be taught and encouraged during the first 20 years of life.

Further studies show that kindness interventions can help improve well being with comparable results teaching gratitude.

Similar findings have shown that organisational level teaching of kindness can improve the well being of adults in college.



Kush Shetty
Grade - 1 B

My idea of Kindness

KINDNESS IN ACTION



In a busy city, a young boy, Jake, lost his way. A stranger noticed his distress and offered help. Guiding him home, the stranger refused thanks, only saying, "Spread kindness." Inspired, Jake grew up embodying this ethos. As an adult, he saved a woman's day by returning her dropped wallet. She, too, embraced kindness. The cycle continued, a web of goodwill threading through the city. Each small act echoed louder than the chaos, proving that in the tapestry of life, kindness weaves the most enduring threads.

Things you can do to be kind :

- 1. Smile at Strangers: A friendly smile can brighten someone's day.
- 2. Hold Doors Open: Extend a hand and hold doors for others.
- 3. Say Thank You: Express gratitude for even the small things.
- 4. Help with Chores: Offer to help someone with their chores or tasks.
- 5. Listen Actively: Pay attention when others speak and show you care.
- 6. Give Compliments: Compliment someone on their efforts or appearance.
- 7. Pick Up Trash: Help keep your surroundings clean by picking up litter.
- 8. Be Inclusive: Include everyone in activities to ensure no one feels left out.
- 9. Donate Unused Items: Give away things you no longer need to those who could use them.



Vihan Shanbhag M
Grade – II A

My idea of Kindness



A Kind Thought

Once Den, Amber and Ever were walking through the streets of Manhattan. They saw a poor boy begging.

They had a box of sweets so they decided to give him. Many years passed one day Covid 19 struck day by day people started getting sick.



Dhyaan Rao
Grade – III B

Lockdown was declared day by day the trios daily needs get exhausted. One day they heard the doorbell ringing. When they opened the door, they were surprised to see the same boy with the full of fruits, vegetables, grocer etc.

This is truly a great deed of kindness.

Kindness

1. Kindness means to be good to every person around us.
2. It is a quality of being polite and generous to others.
3. A kind person is respected and loved by all.
4. We should be kind to both humans and animals.
5. Kindness makes peace and harmonic relations with others.
6. It helps us make new friends.
7. Kindness increases positive thoughts and gives hopes to the others.



Ifra Mohammadi
Grade – I B

Kindness is Contagious

If someone does something kind for you, you feel better and are more likely to help out someone else. So that person's kindness has been contagious in that it has infected you. Similarly, each time you do a kind act for anyone, whether its family member, friend or stranger, your kindness is also contagious. We see what is called pro-social contagion when it comes to these acts of kindness. When we are recipient or even witness of pro-social behaviour, we experience an emotion of that has been coined elevation, this is the uplifting feeling when we observe behaviours in others that are morally positive.



Izma Banu
Grade – VI

Kindness starts with one person. The thing about kindness is that it's just about the only thing in the world that doubles when we share it. It's a fact backed by science. Studies have shown that if we perform just one random act of kindness a day with reduce the stress, anxiety and depression as the body is flooded with the same harmones that make you and the person you have helped calmer, healthier and happier. Psychologists have scientifically proven that one of the greatest contributing factor to overall happiness in life is how much gratitude we show to others. A random act of kindness can be a life changing experience for someone. People don't seem to understand that kindness is contagious and can have it's benefits. Not only does it make you feel good it also restore people's faith in humanity. Kindness and compassion is especially the tendency to think about the needs and the good of others.



MeghaShree A
Grade – VI





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)

The Kindness Trail

It doesn't matter where you go
or whom you meet along the way
Carry kindness in your heart
And practice it each day

A simple smile can change the course
of someone else's week
The smallest gesture represents
The gift of joy we seek

I can choose to be kind
Each and everyday
I can choose to be kind
To everyone, in every way.

When I am kind to others
I make the world little brighter
When I am kind to others
I make my heart a little lighter.



Divit
Grade - VI

Verses on Kindness

(Poems)

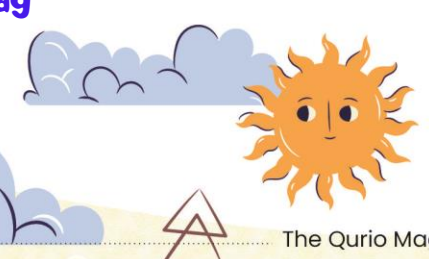
Kindness, Kindness everywhere
Every space, every trace
Whether by accident or by desire
We are here to spread kindness!
Make happiness our pursuit
Spread a little kindness here and there.
Enjoy the happiness and all to see!

Kindness, Kindness everywhere
Every space, every trace
Whether by accident or by desire
We are here to spread kindness!
Just like a virus, kindness spreads,
Leaving footprints here and there.
Maybe it will be digital or physical,
Kindness is present everywhere!

The simple things in life are the best,
Just like kindness expressing itself.
Hundreds of people here and there,
Expressing kindness everywhere
In the morning or at night,
Kindness is used every time!
So, express this kindness every day.
During dark times, find it here and there.



M Vedanth Shanbhag
Grade - VIII



Verses on Kindness

(Poems)

Be Kind To Others

Be kind to others,
Take a good look around
Although we are different,
Similarities are found.

Try not to judge,
Pick on, or tease.
Treat each other fairly,
With kindness and ease.

Wait until you know,
What's deep down inside,
You might find a friend,
Standing right by your side.



Aadith J Shetty
Grade – III A

A helping hand,
A heartfelt smile,
The kindness you give;
Comes back in a while,
Like a boomerang
Winging through the air.

The people you help,
Send you love and care
When you show kindness
It's very true.
Others show kindness to you.



Sourabh S Prabhu
Grade – IV B

Verses on Kindness

(Poems)

In a world that often seems unkind,
It's the simple acts that truly bind
A kind word, a gentle touch,
Can mean so much, oh! so much.

Kindness starts within the heart,
A flame that never wants to depart;
It spreads like wildfire, bright and true,
Touching lives, old and new.

Kindness is a bridge we build,
Connecting souls, fulfilling the voids unfilled.
It's a language we all understand,
Reaching out, lending a helping hand.

In a world that can be harsh and cold,
Kindness shines like precious gold
It warms the hearts of those in need,
Planting seeds of love and goodwill, indeed.


So let's be kind, each day,
In every little action, in every single way
For kindness has the power to heal,
To make the world a better place, so real.



Najma Raniya
Grade - VIII

Verses on Kindness

(Poems)



I can choose to be kind,
Each and every day.

I can choose to be kind
To everyone, in every way.

When I am kind to others,
I make the world a little brighter.

When I am kind to others,
I make my heart a little lighter.

So plant a seed of kindness,
And watch the world bloom.
So plant a seed of kindness,
And we'll chase away the gloom.



Mohammed Irham
Grade – III A

Verses on Kindness

(Poems)

So wake me up let kindness come and fill your cup
So wake me up everybody help someone
You can do a good deed helping someone in need
we'll all be better for it

So wake me up let kindness come and fill your cup

You're headed back to class

And you notice your friends not having a good day
You can ask him what's wrong you can help him along
And things will all be okay

So wake me up let kindness come and fill your cup
So wake me up everybody help someone
You can do good by helping someone in need
We will all be better for it

So wake me up let kindness come and fill your cup

So let me, let some kindness work into your day
It will make those bad days all just drift away
so open up your heart and shine that kind light
And make somebody's day shine real bright

So wake me up let kindness come and fill your cup
So wake me up everybody have someone
You can do what is right your heart will grow.

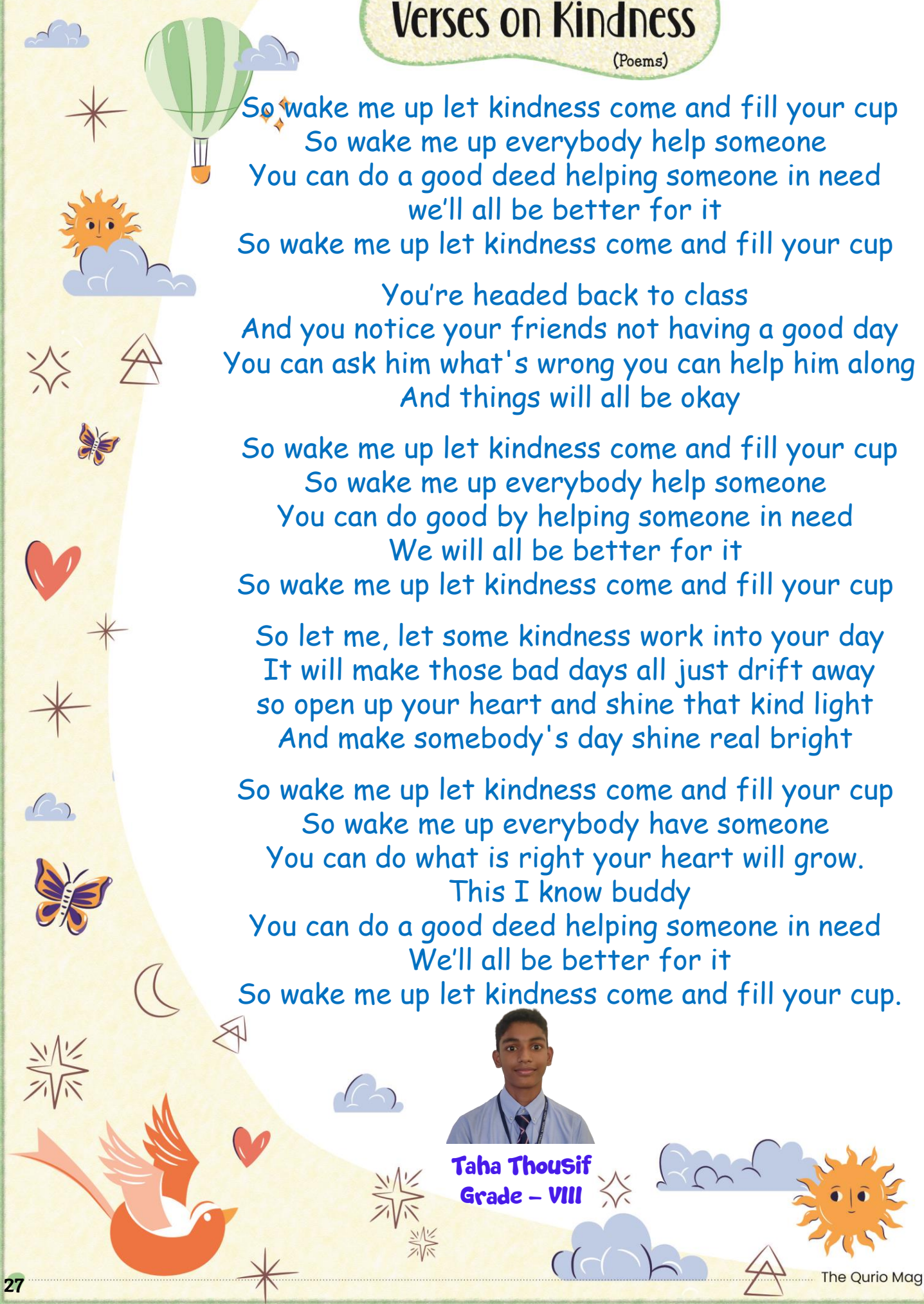
This I know buddy

You can do a good deed helping someone in need
We'll all be better for it

So wake me up let kindness come and fill your cup.



Taha Thousif
Grade – VIII



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.

When someone is hurt, get them an ice pack or a band aid.

Make others feel good and happy by giving genuine compliments.

Help someone before they ask you for help.

Help someone find something they lost.

Be positive be cheerful.

Ask someone to play with you on the playground.

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-

Once when my parents and I had gone for a trip to a new place, at that time we enjoyed a lot me played the half day and seeing some places etc.

But all of a sudden I was separated from my parents in a crowded place. I could not find my parents for a long period of time. I got afraid and started crying, at that time an elderly person around 60 years, came and spoke to me and asked me what had happened? I was crying and told him that I was lost and parted from my parents. Then the elderly person asked where I was lost did I have contact number of parents, I knew the contact number of mom I told the number to the elderly person he had a phone, and called my mom and told to come to the place where we were. Until my parents came, he asked the me whether I wanted anything to eat or drink? Yes I was very thirsty. He was a kind person he waited till my parents come and United us. Both my parents and I were very happy and thanked the person for helping. My parents rewarded him for his kindness shown to me.



B. Prahallad Nayak
Grade - 1 B





How full is my bucket?



An act of kindness I have experienced-

'My lucky cat'! A kind cat.

One day my parents went for their morning walk. When they went a little further they heard a kitten cry. They searched for the kitten everywhere, and they finally found it sitting on a truck crying for help. The kitten was probably abandoned and since it was the rainy season my parents thought that the kitten needed shelter to live in. They carefully took the kitten in their arms and got it home. They wanted to surprise me since I love pets a lot. When I woke up, I was so excited to see the golden coloured kitten staring at me and instantly jumped with joy and I named it my 'lucky cat'!

"The kindness you put into the world always has a way of coming back to you"



Vrinda Shanbhag M
Grade - IV B





How full is my bucket?



An act of kindness I have done-

30 Days of Random Acts of Kindness

- Compliment someone.
- Recycle bottles.
- Give a smily face picture to someone.
- Share toys with siblings.
- Make cards for someone.
- Tithe allowance.
- Help someone with yard work.
- Call grandparents just to say Hi.
- Bake cookies for someone.
- Write kind words on rocks and leave them in the park.
- Let someone go ahead of you in line.
- Smile.
- Read to a sibling.
- Do an extra chore.
- Visit a nursing home.
- Create care packages.





How full is my bucket?



An act of kindness I have done-

- Put change in a vending machine.
- Write letters to the military/ veterans.
- Eat with someone new at lunch.
- Encourage someone.
- Help to clean up a mess.
- Tell your parents you love them.
- Clean your room with being asked.
- Donate food to food drive.
- Write a letter to grandparents.
- Bring desert to the neighbor.
- Make a birdfeeder.
- Ask others to continue the acts of kindness.
- Give a hug.
- Sponsor a child.



Tazeem Thousif
Grade - V A





How full is my bucket ?



An act of kindness I have done-

One evening while I was playing in the park, I found a purse lying on the footway of the park. It seemed like a lady's purse, which was powder blue in colour. I took the purse, and opened it there was a lot of cash and a few cards. Then I brought the purse and showed it to my mom she looked at the licence and it knew that it belongs to a lady called Aakruti. We went to the police station nearby and submitted to them. The police reached out the lady and she finally found her purse. She was very thankful and humble. She even rewarded me and the police uncle said that I was really an honest child.



B.Prahallad Nayak
Grade - I B



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



Once upon a time there was a little girl named Lahari, who loved to spread kindness wherever she went. One day she noticed her classmate, Riya, sitting alone at lunchtime looking sad. Lahari remembered how it felt to be lonely, so he went over and invited Riya to join her and her friends. Riya's face lit up with a big smile, and they all had a wonderful time together.

Later that week, Lahari saw an injured bird on the sidewalk. She carefully picked it up and took it to the nearby animal shelter, where the staff helped the bird recover. Lahari felt happy knowing she had helped a little creature in need.

From that day on, Lahari continued to show kindness to everyone she met; whether it was by sharing her toys, comforting a friend or helping someone cross the street. She has learned that the smallest act of kindness can make a big difference in someone's life.



LahariKa Malpe
Grade – III B





LOVE OF MOTHER BIRD

A bird named Surili lived on a mango tree. She had made a beautiful nest. In which her children lived together. Those little birds did not know how to fly yet, so Surili used to bring food and feed them all.

One day it was raining heavily. Surili's children started feeling hungry. The children started crying loudly. His children did not like to cry in melody. She was making them quiet, but the children were suffering from hunger, so they were not keeping quiet.

Got into sweet thinking from where will I get food in such a heavy rain. But if you don't bring food, how will the hunger of the children be satisfied? After thinking for a long time Surili took a long flight and reached the farmer's house.

The farmer had kept the rice and fruits found in the country yard. The bird looked and put a lot of rice in its mouth for the children and quickly flew away from there.

The bird reached the nest and fed rice grains to all the children. The children were full, all became silent and started playing among themselves.



B.Prahallad Nayak
Grade - I B



Stories on Kindness

The Clever Deer And The Kind Tiger

One day, a hungry tiger who lived in the forest was tired of starvation. It did not get any food for two days. The tiger became so weak and was not able to hunt. There were deer also living in the forest and saw the pitiful condition of the tiger. One old deer made it close to the tiger and said, 'I am very sad seeing your helplessness, I am ready to sacrifice my life. I am old, so you can eat me and you will get strength'. After listening to the deer the tiger, started crying and said, " You are so kind, and I am sure I am not going to eat you. Instead, I will die myself here, you please go. " But the deer did not leave the tiger like that and got an idea. It called its group and told them to search for food and water for the tiger. The deer went in different directions and found a pond nearby. The old deer accompanied the tiger to the pond and made him drink water. Tiger got some strength and thanked the deer. The kind deer showed a way to the tiger and also the tiger rewarded the deer by not eating it.



Pavithra N Nayak
Grade – VII



Stories on Kindness

Farmer's Kindness

In winter, a farmer was passing through his field early in the morning. Then he saw a snake which was lying on the ground due to cold. The farmer knew how dangerous the snakes were, yet he picked them up from the ground and put them back in his shirt to give them life and warmth. The snake soon regained consciousness due to the heat of the clothes. After regaining consciousness, the snake had enough strength, and the snake bit the man who was very kind to him and saved his life. The snake bite was very fatal. Snake poison started flowing in the farmer's veins and slowly the farmer fainted and died. As the farmer breathed his last, he said to the bystanders, "learn from my condition never to pity strangers or creatures."



Nehan
Grade – III A





Stories on Kindness

Bert And His Friends

Once upon a time there lived an adventurous turtle. His name was Bert. He loved to wear a hat and eat berries. He had a friend who was a bird named Barry. Barry and Bert went on adventures looking for the best berries.

Once they decided to go to the forest to pluck some berries. They had to cross a river. Bert loved a good swim. When Barry was flying over head he saw an injured kitten struggling to stay a float. Barry was scared to go close as cats love to eat birds. But Bert was a kind and brave turtle. He wanted to help the kitten. Bert asked the kitten to climb up on his shell and he took her back to the shore.

The kitten was too weak to go back to home. So Bert and Barry abandoned their search for berries and helped the kitten get home. The kitten was grateful to them and became their friend. The kitten's name was Cleo. Once Cleo recovered they promised to go on adventures together.

In this story they gained a new friend.

Moral: An act of kindness is always rewarding.



Christina Zoey Ann DSouza
Grade -IV A



Stories on Kindness

The Kind man

Once upon a time there lived a kind honest man who was helping everyone but one day his friend asked him to send rs 1000 for his family as his family's condition was very bad. But the man told him that he had to think of that so his friend replied "That's okay". After 5 minutes he came back and said that he would give the money but he had to give it before a month because his mother was sick. Before the month could end, his friend came back to him and told thanked him for his help. The man had got the money for his sick mother, this shows that when we repay on time, people will come forward to help us.



Akshari
Grade -IV A



Stories on Kindness

The village Garden of Grace

In a quiet village nestled between rolling hills, lived a woman named Grace. Known for her extraordinary garden, she decided to share its beauty with the community. Grace opened her garden gates every weekend, inviting neighbors to pick flowers, herbs, and vegetables free of charge.

Word spread, and soon, families gathered to enjoy the vibrant blooms and fresh produce. Inspired, others in the village started community projects, from a shared vegetable garden to neighborhood cleanup days.

Grace's act of sharing blossomed into a tapestry of collective kindness, turning a small village into a flourishing hub of collaboration and goodwill.

Places where we experience kindness in action everyday. Kindness is often discovered in unexpected places, turning ordinary moments into heartwarming memories. In bustling city streets, a lost tourist receives directions from a passerby, highlighting the warmth of human connection.

Schools and workplaces become hubs of kindness, as colleagues offer support during challenging times. Community centers host events that foster a sense of belonging, where neighbors share smiles and stories. Hospitals echo with the kindness of healthcare professionals, transforming fear into excitement.

Nature itself showcases kindness, as serene parks and tranquil beaches invite reflection and provide solace. Online spaces, despite their challenges, can be platforms for encouragement and understanding, with virtual communities offering a helping hand or a listening ear.

In every corner of the world, from bustling urban centers to serene landscapes, the shared experience of kindness in the power of human connection, proving that this power knows no bounds and that kindness has the power to thrive in the most unexpected places.



M Vedanth Shanbhag
Grade - VIII

Stories on Kindness

PAY IT FORWARD

Two years ago, on a Wednesday morning, in Goa, a woman paid for a coffee in a cafe drive. But not only she got paid for her own she also paid for the driver behind her. Who then did the same for the person behind them.

What happened next was sort of amazing.

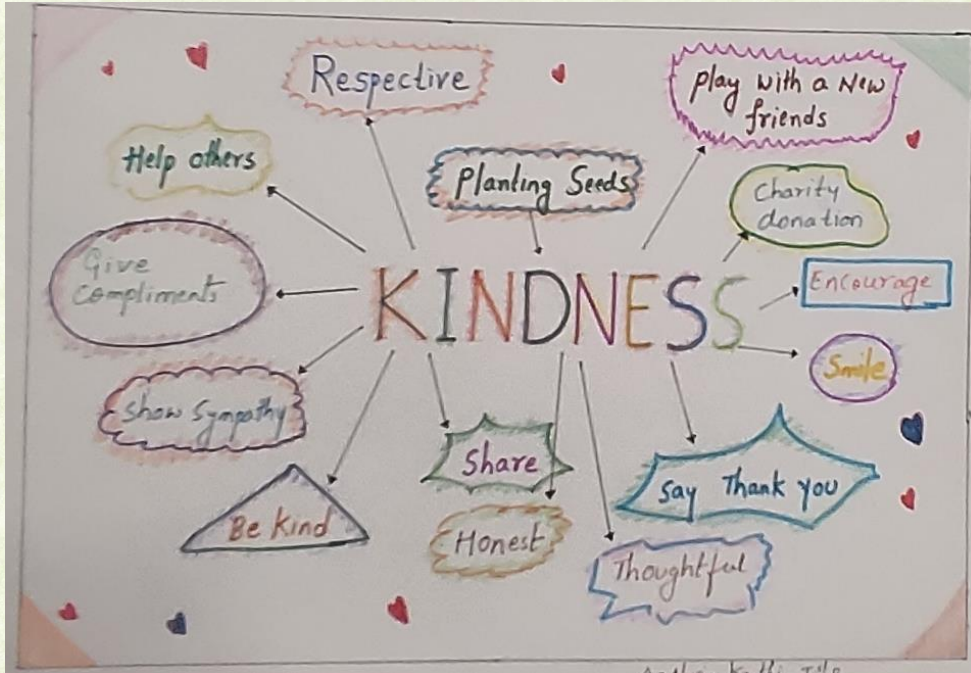
That simple act of kindness performed by a single customer turned into a incredible eleven hour chain of paying forward. And before you think this is an isolated occurrence - its not. Events like this happens in fast food lines, coffee shops and elsewhere throughout the country. And this is a simple and easy act of kindness you can do throughout your day without asking anything in return of the other person, the best and most rewarding type of activities.



B.Prahallad Nayak
Grade – I B



Spread the Word

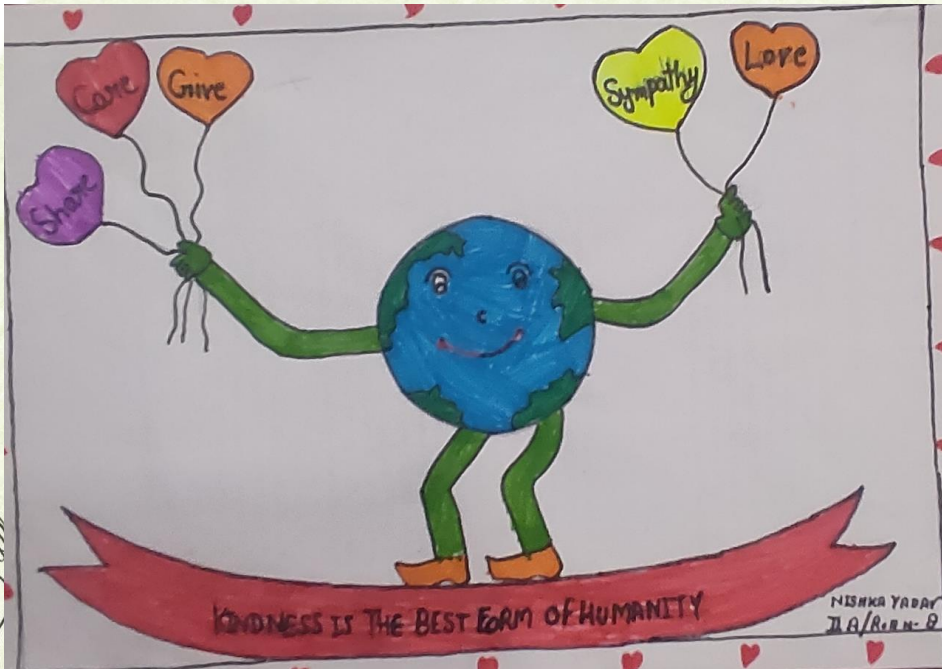


Aadhvin
Grade - I B



B.Prahallad Nayak
Grade - I B

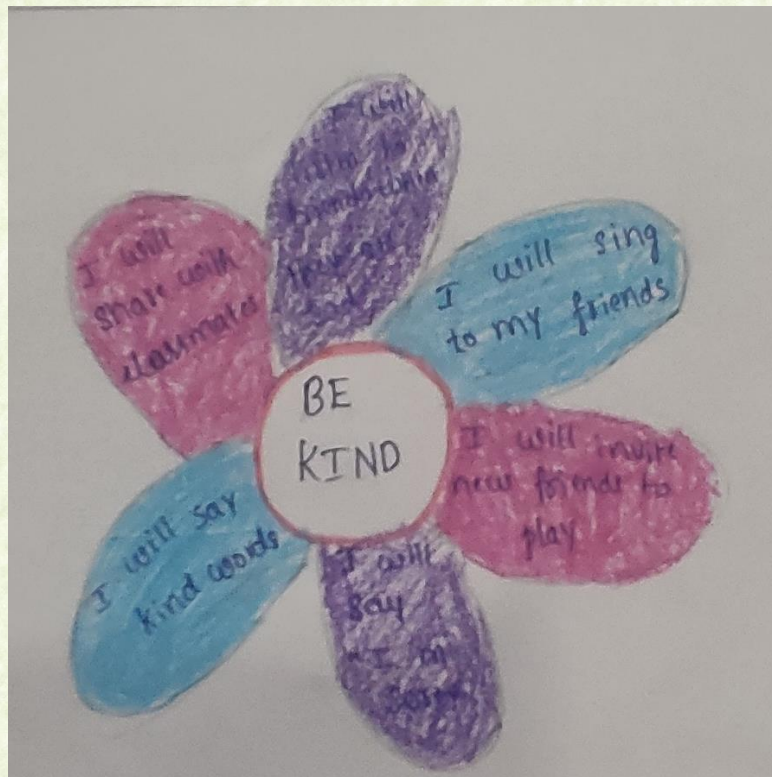
Spread the Word



Nishka Yadav
Grade - II A



Tanvish D Salian
Grade - I B

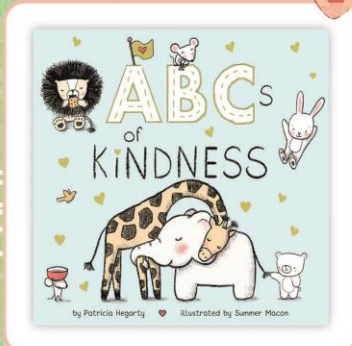


Book Recommendations

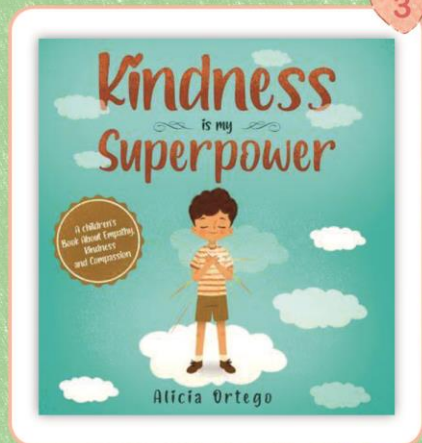
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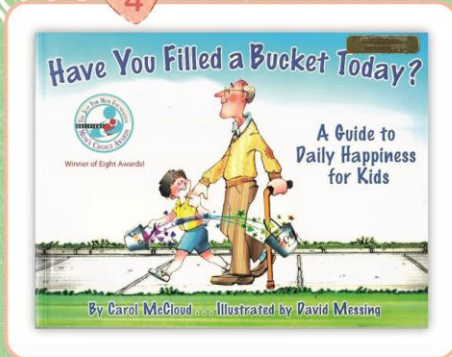
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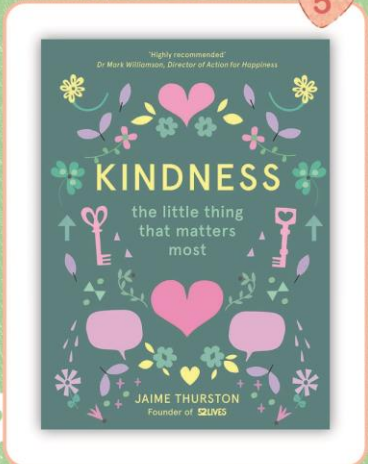
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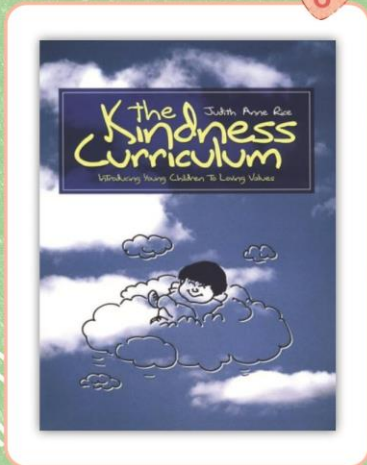
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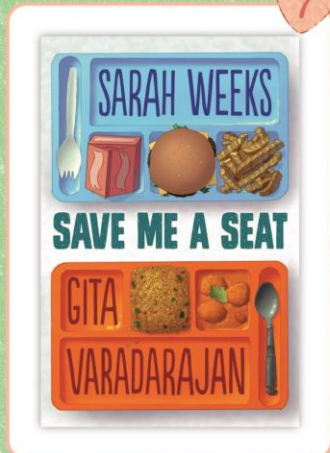
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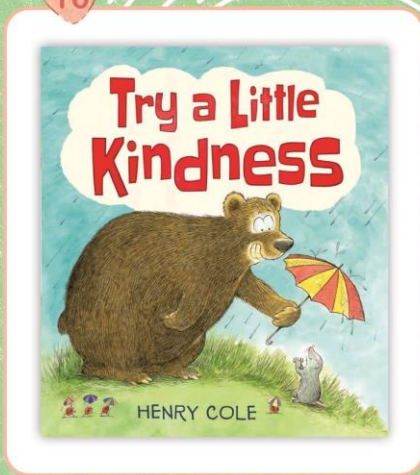
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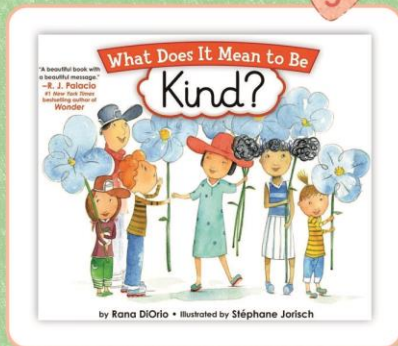
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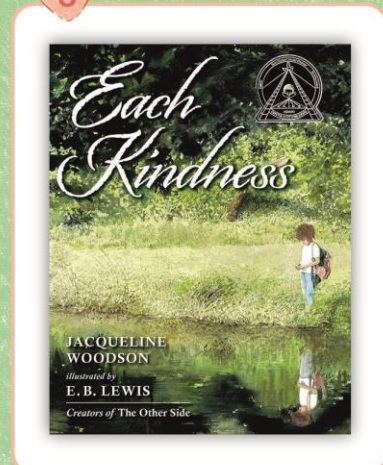
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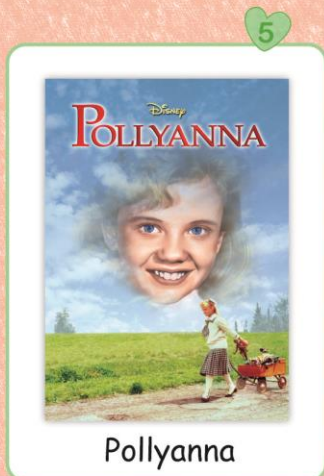
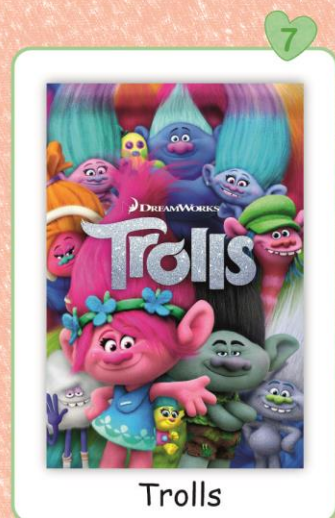
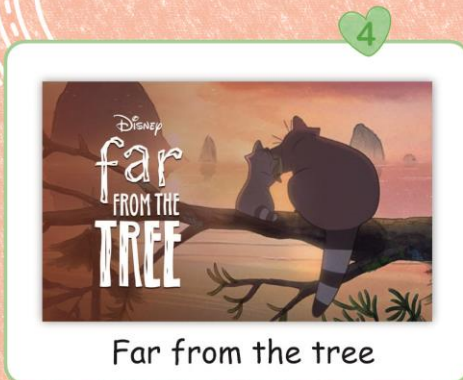
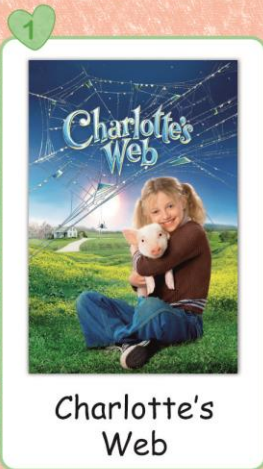
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8



Movie Recommendations



Title of the Movie/Book:

Pay It Forward

Movie/Book Summary:

"Pay It Forward" is a really nice movie that shows how being kind can make a big difference. There's this kid who starts doing good things for others, and it starts a chain of kindness. The actors are great, and the story is touching. It makes you think about how small acts of kindness can change the world for the better. Watch it for a feel-good experience and a reminder that we can all make a positive impact by being kind to each other.

Movie/Book Reviewed By: **M Vedanth Shanbhag, Grade - VIII**

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:

The Elephant Whisperers

Movie/Book Summary: It tells the inspiring story of two indigenous caretakers, Bomman and Bellie, who are entrusted with the care of an orphaned baby Indian elephant named Raghu. This documentary is a must-watch for everyone who loves animals and cares about the environment. It is a touching reminder of the positive impact that we can have on the world around us

Movie/Book Reviewed By:

PRARTHANA P RAO, Grade - VIII

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!

Riddle

What has a head and a tail but no body?

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

- 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

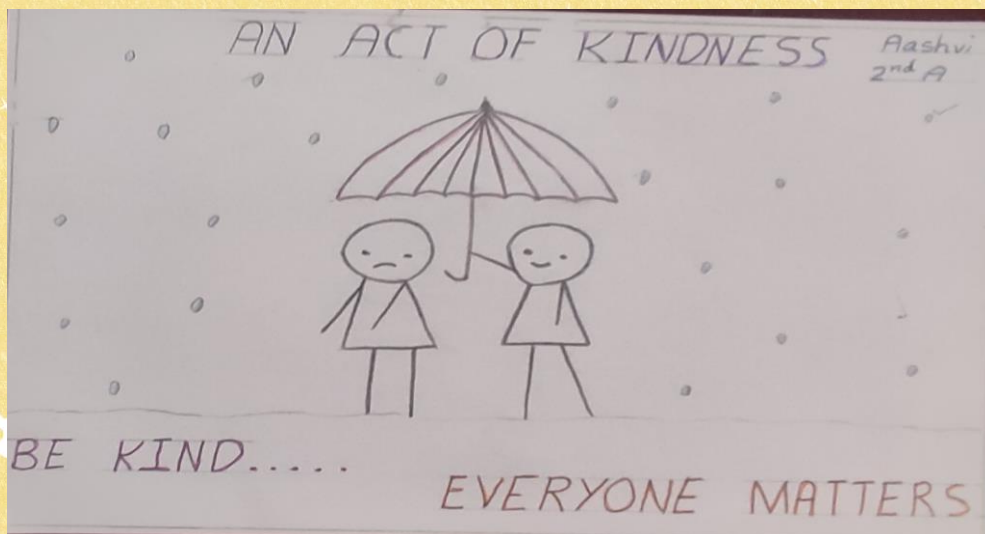
An act of Kindness performed by the student



B.Prahallad Nayak
Grade – I B



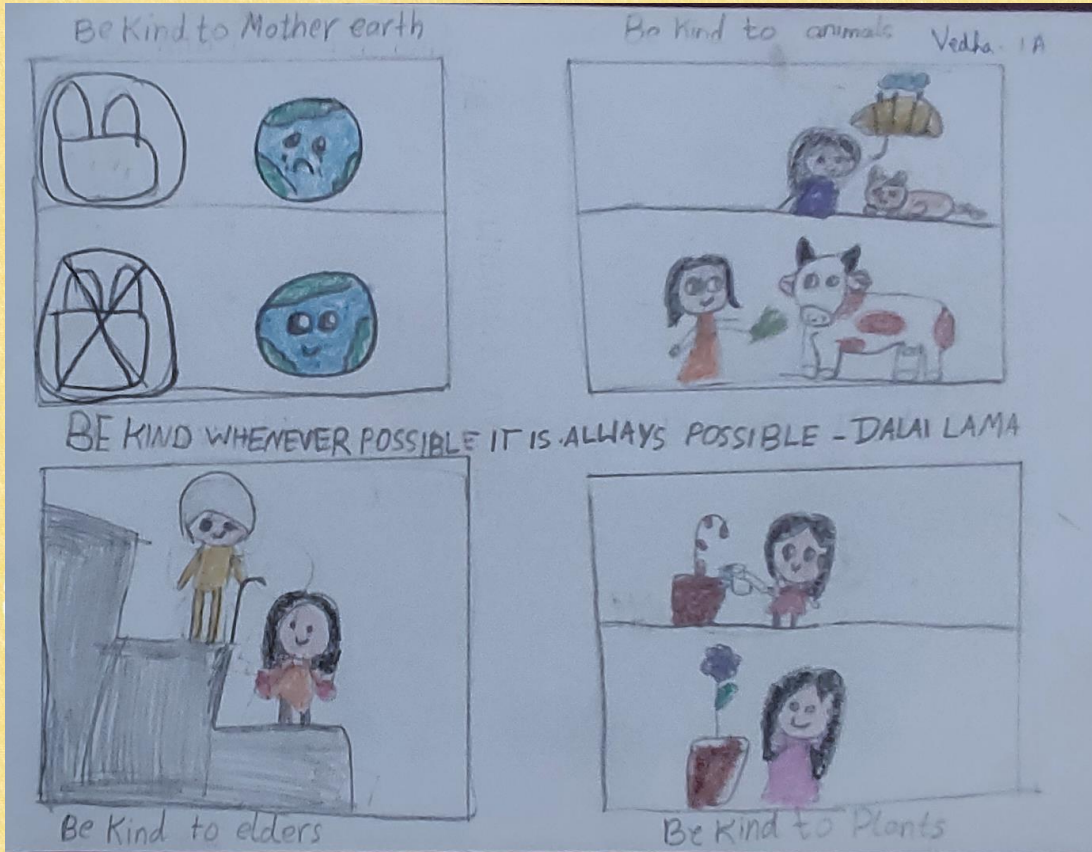
Ibrahim
Grade – III B



Aashvi
Grade – II A

An act of kindness

An act of Kindness performed by the student



Vedha Vijay
Grade - 1 A



Ashvik
Grade - Ii B



An act of kindness

An act of Kindness performed by the student



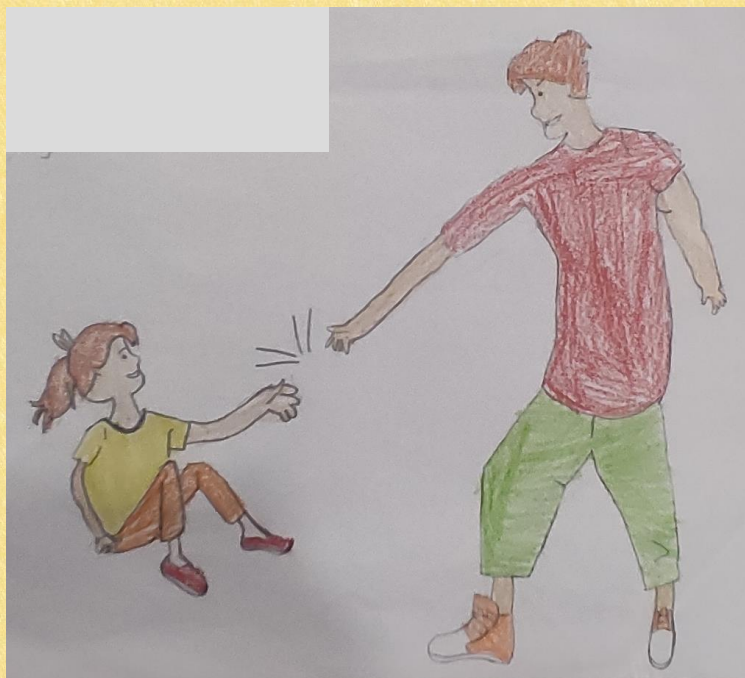
Siddarth
Grade - III B



Misha M Acharya
Grade - I A



Adhvit Kotian
Grade - II A



Spotlight @ PIS

CELEBRATION OF KANNADA RAJYOTSAVA



CELEBRATION OF CHILDRENS' DAY



CELEBRATING KABIR



CELEBRATION OF CONSTITUTION DAY



Spotlight @ PIS



MIHIR M KARKERA, Grade VIII
Gold Medal in High Jump
organized by AICS



PRARTHANA P RAO, Grade VIII
Gold Medal in High Jump
organized by AICS



RITIKA PAI, Grade VIII
Gold Medal in High Jump
organized by AICS



SHEETHAL D, Grade VIII
Silver Medal in Discuss throw
organized by AICS

A
C
H
I
E
V
E
R
S



Spotlight @ PIS



CELEBRATION OF DUSSEHRA



CELEBRATION OF CHRISTMAS



CELEBRATION OF REPUBLIC DAY



Spotlight @ PIS



ANNUAL SPORTS DAY



PARENTS SPORTS MEET



Spotlight @ PIS



ANNUAL DAY



Spotlight @ PIS

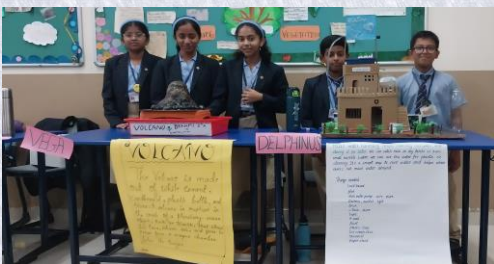


CULTURAL FEST



Spotlight @ PIS

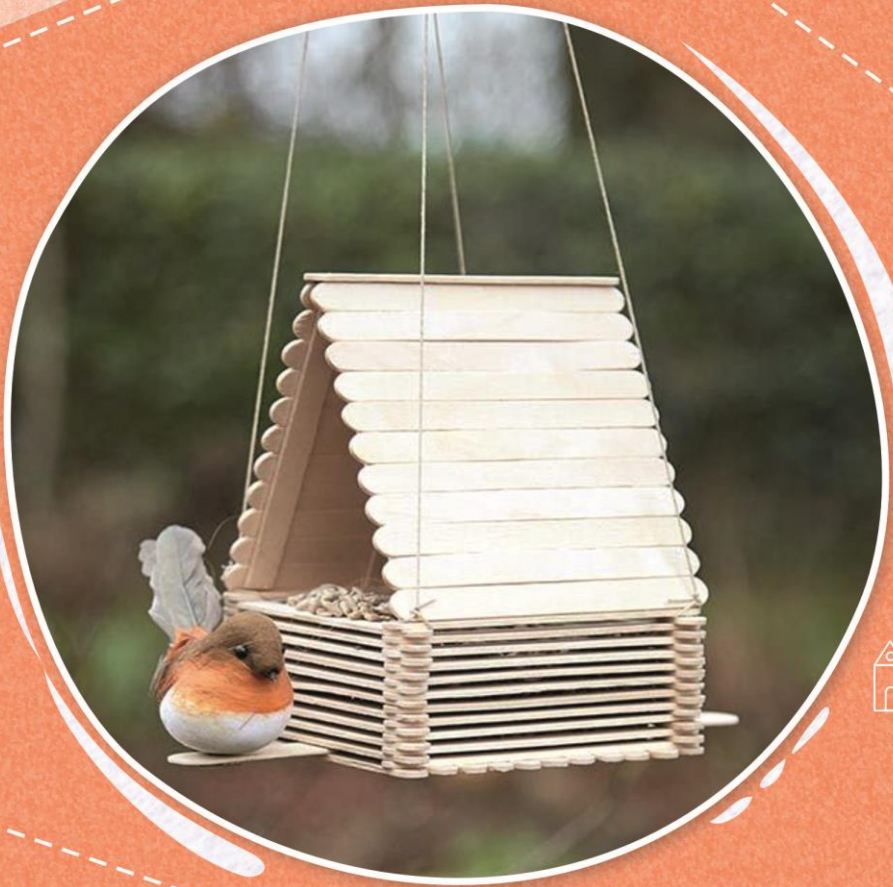
ART & SCIENCE EXHIBITION



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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