

THE QUIRRO

Mag

The Kindness Trail



CARE



APPRECIATE



HUG

RESPECT



LOVE



SPREAD KINDNESS



SMILE



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FROM THE PRINCIPAL'S DESK

"The mind is not a vessel to be filled but a fire to be kindled." - Plutarch 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 PIS attempt to kindle this mental spark in our students via the Qurio Mag - School Magazine. The theme on Kindness - 'The 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,

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.

My idea of Kindness



Kindness is a form of love and compassion that one needs to spread throughout the world. Kindness is a simple yet powerful gesture. Kindness is also thought to be an attitude that influences achievement among people. Allowing kindness to exist for those around us is beneficial for them and ourselves. It is always an excellent choice to make in any situation. When someone feels bad or down, the kindness showed can make a person feel more supported and loved. It is an action that anyone can do. It is our responsibility as human beings to be kind to other people. Everyone says that, I'm a very kind person.

You can also be kind by doing many act of kindness. Examples - Helping an old or blind person to cross the road, help your parents or elders in their work, donate something to the charity or orphanages, use magic words (such as sorry, thank you, welcome, etc), call the person whom you haven't talked since long, be more active socially, help your mummy in households, help your friends and teachers, etc. By doing all these activities you can become more kind and helpful. There is a quote from Maya Angelou that says: "At the end of the day, people will not remember what you did or said, they will remember how you made them feel." With the help of kindness, you can start your good deeds to make the world a better place.

- Anushka Kawadkar

Grade: XI Agni



My idea of Kindness



In the world often clouded by chaos, my idea of kindness is a beacon of light, a force that transcends boundaries and nurtures the human spirit. Kindness to me is not just a random act but a deliberate choice to make someone's journey a little less burdensome.

Kindness is a universal language that speaks to the heart. It fosters understanding, unity, and resilience

Recently, I had a profound experience that reinforced this belief. On a chilly evening, I witnessed a stranger offering his coat to a homeless person huddled in the cold. It wasn't merely warmth exchanged but a profound connection between two souls.

This simple act of kindness revealed the immense power we hold to uplift others through compassion. My belief is that these moments of kindness create a chain reaction, fostering a more compassionate world where everyone feels - felt, sees - seen, hears - heard, and value - valued. It emphasized that kindness is not confined to grand gestures but flourishes in the smallest, most genuine moments. It's all about embracing the ripple effect of kindness, where one act sparks countless others, weaving a tapestry of compassion that binds us all.

- Tanushree Bawanthade,
Grade : IX Chandra



My idea of Kindness



The Kind Dog

One day a new family shifted in our neighbourhood. A boy named Somendra was included in the family. He had a friendly and kind attitude towards everyone. We became close friends easily. Somendra owned a dog named Maruti. He was a sort of dog whom you would like to cuddle on first sight. Whenever I came to Somendra's house Maruti would bark ninteen to the dozen.

One day as I was eating dosas in Somendra's house I notice that a pigeon had built a nest in a hibiscus tree. It looked very lean, thin and ill. I thought of reminding it to Somu's parent and went to play. The next day my father had an urgent call from his office for a temporary stay in Chennai. Therefore my parents had to go, so they asked Somendra's parents to give me a temporary stay in their house. His parents happily agreed. The next day my parents had left and I was feeling a bit lonely and sad but suddenly I noticed the bird in the nest. Its condition had gone from poor to worse. This state of bird was also noticed by Maruti. As I was eating lunch I notice that the Scottish terrier (Maruti) was doing something queer. It was standing under the tree of hibiscus and dropping something from its mouth. After lunch we all had an afternoon siesta except Somendra& mom. She was planning to prepare ragi's bhakri in the evening and was going to ready the dough. She shouted for Somendra and he rushed in the kitchen. There were grains of ragi all around. His mother scolded him not for his behaviour but for Maruti's. The next day the same incident happened, so Somendra and I decided to keep a watch on Maruti. As it was time for the dog's lunch we hid behind a bush. We saw that Maruti gulped his bowl of milk. Then he quickly stole a look around and went in the kitchen. We both followed Maruti. The dog went to the cabinet and pushed the tin of ragi. The box fell with a clatter. The lid opened. The Scottish Terrier took a mouthful of ragi grains and dashed to the hibiscus tree. Maruti dropped the ragi grains under the tree. He barked and went back to its kennel. The weak bird chirped happily, collected the ragi grains and went back to the nest to feed its children. Seeing this Somendra rushed happily and hugged his dog. The dog barked and expressed his happiness. That day he was given a bowl of milk and glucose cookies for his act of kindness.

- Darsh N. Pal

Grade: VII Curie



My idea of Kindness



"Can you recall a time somebody was kind to you? Now change the scenario and think of a time you were kind to another person. Call to mind their reaction and how you responded.

Move into your heart and notice the feelings there."- Tony Fahkry.

To be kind is probably the most important value in our society because it involves loving and caring about others expecting nothing in return but the satisfaction that it brings to the soul. Being kind is an action that allows us to have a harmonious and peaceful coexistence.

Some people think that a gesture of love to strangers is not worth trying as it is "insignificant". The truth is that a simple act of kindness can give us many rewards socially and mentally due to the positive impact on us as well as the people that surround us. Subsequently, we become happier because of our acts. In addition, kindness can inspire other people to do the same for others which will later return to us as a form of self-satisfaction that allows us to improve. By interacting with individuals with education and humanity, joy will incorporate into our lives. Helping others can make us feel good about ourselves because of the pleasure that it brings us brightening each other's day. This statement has been scientifically proven by an experiment in the "Journal of Experimental and Social Psychology" whose conclusion indicated that helping others had a modest effect on happiness. The environment that results from treating people with kindness is that gratifying.



My idea of Kindness



There is no doubt that we do things that impact others. So, what is better is to focus on what our heart dictates and do acts of good. A great example of kindness is "El Comedor Social", which is a project that has a stand at the University of Puerto Rico, Río Piedras Campus that dedicates to supplying food for those university students who unfortunately cannot afford a meal. What encourages movements like this is the empathy that communities have that they transform into an act of kindness. To make a change, we must start with us being different. An act of kindness will return to us like a chain effect. We will be treated the same way we treat others. Being kind can help us improve ourselves. We do not know what the future holds for us since life is like a boomerang, what goes around comes around. Kindness inherently makes you into a more honest, nice, and approachable person. These traits are useful in every single aspect of life, be it in a job, in the community, or just socializing. Because of all the things that were mentioned before a kind person can easily see their flaws and improve themselves further.

Kindness towards others can help you achieve happiness as well as the one receiving, improve yourself and be a part of the community.

-Emon Mazumdar

Grade: VII Darwin



My idea of Kindness



Kindness is a virtue, and it is one of the essential things in life.

It shows other people that you care about them and takes away some of the pain and suffering that they may be feeling. It can also help heal others, and everyone should always try to think about how their actions will affect others before taking them. So here I am sharing an incident when actions healed an old man.

It was late after and I had finished my meal, so I went to stroll out to stretch my legs. While walking down the street, I saw a food store. Actually my house is just next to main road so all kinds of shops could be found near my house. Then I walked into the shop and started searching for what I could have for snacks that evening. While walking around the food store my attention went to the main counter of the store. The store owner was sitting there and a crowd of the food store workers had gathered there and they were laughing at something. I peeped to the main counter of the store. Aww! There was a poor old man in a very bad and distressed state. He came to the store and asked the owner to give a single laddoo of five rupees. He was having only five rupees and hadn't eaten anything since morning. The owner denied giving him a laddoo in five rupees. Instead he gave 20 rupees for a laddoo & he said don't you see this is a big store where rich people come for shopping. The owner got angry with him and started to anger at him.



My idea of Kindness



The old man was hungry since morning, so he begged to the owner to offer him a laddoo in 5 rupees. But that owner was such a worthless person that he started ragging with the old man. He snatched his bag and threw his all things into the dustbin. The old man was continuously crying and begging to the owner. This sinful scene made my eyes water. I couldn't see the owner's worthless behavior. I soon went to the main counter and stopped the owner. I yelled at him that how he could do that. I explained everyone standing there that he is our of grandparents age person. We should respect them not to tease them. And if someone is daring to do so then you must stop the person. Not just stand there like a statue. Then I raised the old man up told him that you don't need to beg in front of those people. You don't be afraid. I am here now to help you. I purchased him week food stuff and made the shopkeeper compensate for the old man loss. I wiped his eyes and dropped him to his home. When I dropped him home and was going back, the old man blessed me for my happier life. This is what the kindness. If you do good for others then more goodness comes back to you. So you to start doing good of others. Definitely God will bless you.

Vaibhavi Nagdive

Grade: VIII Bright



Kindness is Contagious

PASS IT ON -

Importance of doing small acts of kindness to bring happiness to others...

As human beings, we all have the capacity to make a positive impact on the world around us. Often, we believe that we need to do something grand or extraordinary to make a difference, but the truth is that small acts of kindness can have just as much of an impact. As the saying goes, **"as long as 'good' continues to come out of your hands, you can't fall down."**

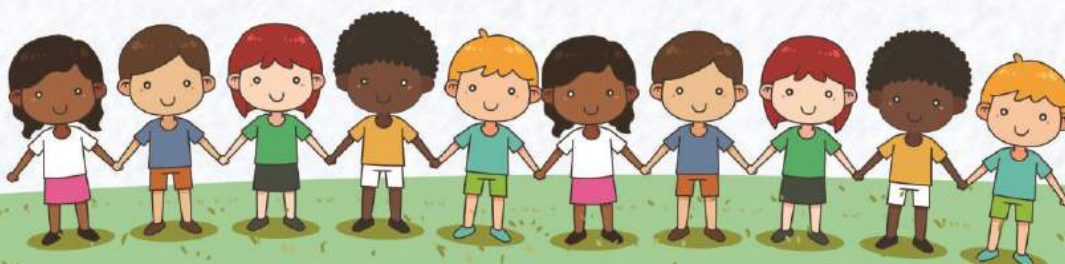
The small acts of kindness that we do in our daily lives can have a ripple effect, spreading positivity and joy to those around us. For example, watering a withered plant or planting a tree can bring new life and beauty to the world. Giving someone a plate of food or some money can ease their immediate needs and worries.

Offering good advice or comfort in sorrow can help someone through a difficult time. And feeding the birds or other animals can bring a small moment of joy to both the giver and the receiver.

These small acts of kindness may seem insignificant on their own, but when they are multiplied across many individuals, they can create a collective impact that transforms communities and the world. Each small act of kindness can inspire others to do the same, creating a chain reaction of positivity and goodness.

One of the most beautiful aspects of these small acts of kindness is that they do not require any special skills or resources. Anyone can do them, regardless of their age, background, or social status. They can be done in a few minutes or even seconds, yet their impact can last a lifetime.

Khanak Ragsaaniya
Grade : VI ABHIMANYU



Kindness is Contagious

Q—What is kindness in 100 words?

Kindness is a strong attitude that one must always have. Kindness is an act which has no description and no limitations. Kindness entails not just physical but also psychological support. Kindness is not a behaviour which we can do simply on special occasions; we may be kind to others at any time and in any situation. Kindness is the quality of being gentle, caring, and helpful. We have been treated with such kindness by everybody.

Q—Why kindness is important in our life?

Being kind to someone can make their whole day better. It can even change their life! Kindness can become a habit and make a significant difference in your life satisfaction. Being kind releases happy chemicals in your body and makes you happier. Kindness from others is one thing, but being kind to you is also important! So, put a stop to any negative self-talk right away. Treating yourself kindly will make a huge difference in your own sense of well-being and self-worth. Kindness teaches positive behavior, compassion, generosity, consideration, and gratitude. You learn essential life lessons and gain new perspectives when you perform a simple act of kindness that improves someone else's situation. When you're kind to others, you start seeing them as human beings like yourself.



Kindness is Contagious

In effect: Does the simple act of witnessing such an interaction make you feel better about your neighborhood and community?

If you answered yes to any or all of these questions, you're probably feeling what social scientists from UCLA's Bedari Kindness Institute call "elevation" — an uplifting emotion often accompanied by a warm feeling in the chest, goose bumps, sometimes even tears. Hopefully, that feeling comes part and parcel with some "pro-social contagion," or contagious kindness. Researchers from the institute, founded in 2019, have studied whether kindness can be contagious.

In the study, 8,000 people participated in 15 experiments. Eleven were conducted online, and four were done in person via on-the-street interviews in Los Angeles. Half of the participants watched a viral video titled *Unsung Hero*, which follows a young man as he goes through his daily routine, stopping often to help others. The other half watched a control video of a man performing impressive parkour stunts in a show of athleticism.

Those who participated in person received five \$1 bills as payment for their time. At the end, researchers handed each a padded envelope and invited them to make a donation to UCLA Mattel Children's Hospital. The researchers then turned away so people could anonymously choose how much money, if any, to put inside before sealing the packet. People who viewed the *Unsung Hero* video gave 25% more to the charity than those who saw the athletic-stunt video.

"Each of us is kind to someone, and therefore has the potential to be kind to everyone — even those with whom we differ." Fessler's says.

- Swara Sable,

Grade: VI Abhimanyu



Kindness is Contagious

Being selfless, caring, compassionate, and unconditionally kind is what we call as kindness. Like love, it takes practice to understand and feel it. Such acts of kindness are revolving around the mother Earth. It's not just the actions you take, but the genuine satisfaction that arises from helping someone navigate through their troubles. I would be happy to share one of such incidences with you.

Once more, on my way home, strolling through the streets, I found an old lady carrying her luggage. She appeared to be in her seventies or eighties, aged and weak still bearing that heavy luggage. Soon I realised that I know her, she was one of my neighbours. I went to her, greeted and rapidly took the bags from her hand. Further, I kept her busy in a conversation which was started from my side and didn't let her to feel unfamiliar to talk with me. Throughout the journey I was thinking that why was a mother facing challenges on her own, despite having two young sons waiting for her at home? I felt very sad. At the same time, I felt that she was chatting merrily with me.



Kindness is Contagious

I am good at becoming social with others especially with old people as they have a lot of experiences to share. Time passed and we reached our destination. I kept the bags at the doorstep of her house; none of her sons came outside to meet her. She hugged me and gave her precious blessings with a delighted smile. In my way, from her doorstep to my home's gate, I felt immense pleasure and a sensation of fulfillment but also a bit appalled especially considering that a mother typically expects support from her children. This experience was unforgettable and will always be preserved in the chapters of my life's narrative.

Ending with a quote "Kindness is the language which the deaf can hear and the blind can see". KEEP KINDNESS ALIVE IN THE WORLD.

- Shubh Mishra
Grade: X Awesome



Kindness is Contagious

Kindness means the quality of being friendly, generous and considerate. Kindness is a very important personality trait every human carries. It is a complex term to apprehend yet to realize. Too often people underestimate the influence of kindness because any kind gesture can brighten a person's day. A simple 'thank you' or 'hello' is a way of showing kindness. Saying thank you is something you say to someone to show your gratitude for someone's kindness. Thank you is something that has been said throughout history that inspires kindness. As it comes to people's minds, they immediately turn to define how a person shows kindness. Kindness is being nice, concerning, caring, affectionate, empathetic, gentle, sympathetic, considerate and friendly. It is that and more, it is not limited to only synonyms of the word. Kindness is not only seen as a simple gesture but also as an action that changes individual's mindset. Being kind and compassionate can help other people it can make you feel good too.

It is doing a service to a person, your community or around you in general that inclines benevolence. In another sense, it's showing or being kind to someone or the world around you to motivate others to do the same. With this increased ability to respond compassionately, by allowing kindness to become a natural response for every situation, true success will follow. Research is showing that people who are kind and compassionate are more content with their lives.



Kindness is Contagious

Acts of kindness and compassion — both giving and receiving can increase wellbeing. Wellbeing is when you feel healthy and content. Wellbeing can make you feel like you have a sense of purpose. You can feel like you matter and are able to make a difference.

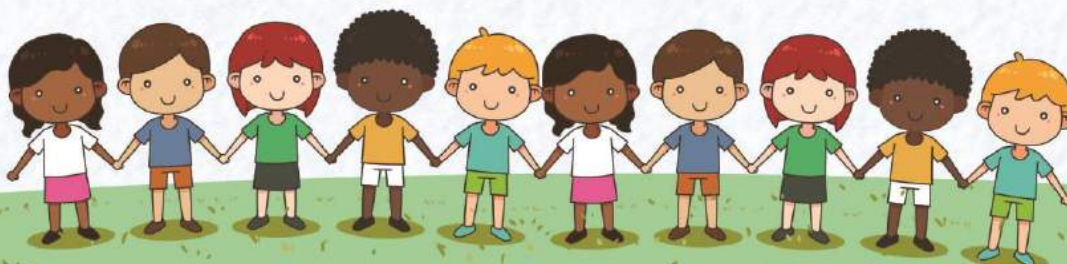
BY- Rishikesh Bagde

Grade: VII Darwin



Kindness is Contagious

Humans are naturally filled with merits as well as demerits which decides how a person is treated. 'Good' and 'kind' people are usually praised and respected whereas 'Bad people' or the 'sinners' are often judged, disrespected and overlooked by the society so, it is important for people to be kind. Kindness isn't supposed to be given to only humans but also the Nature and Animals who help us in our daily life and make our life comfortable. There's no one way in terms of kindness, once given to someone always comes back towards us in some kind of way. A person is worthy of calling a noble or a hero only when he/she overcomes his/her demerits and acts kind towards others. In movies, heroes are supposed to help others selflessly and it certainly isn't easy so to us it feels like impossible to happen in the real world. But, some people proved us wrong, they don't wear suits or own cool gadgets but they wear a kind smile and own a kind heart. Here's a story about not a hero but a heroine named Sindhutai Sapkal. A story that has really touched me is the story of Sindhutai Sapkal. This woman has not only broken gender bias (in a big way) but her story is also one of feminism, bravery, humanity, true human (and animal) spirit, and karma. Sindhutai was born into a cattle grazing family in India and was married off at 10 years old, to a man that was 20 years her senior; a common but nonetheless alarming facet of the patriarchal system in India at that time. She was derogatorily called "Chindi" which means a torn piece of cloth in Marathi; this was owing to the fact that she was a girl child, another common yet alarming facet of the patriarchal system in India at that time. Surprisingly, however, it was her father that supported Sindhutai's desire to educate herself, not her mother who had the traditional and obsolete view that education was not for girls. As a result, sadly, Sindhutai's education was left incomplete.



Kindness is Contagious

During her marriage she was constantly taunted and beaten by her husband, despite bearing three sons. The turning point, one day, was when she was chased out of her home by her husband whilst he battered her with stones and whilst she was nine months pregnant, this was all owing to some vicious rumours that he had heard about her.

Sindhutai's husband wanted this incident to look like an accident so he created a scene which looked like her injuries had come from the cows having trampled over her.

However, one particular cow protected her from being crushed and later it was under the umbrella of that cow's protection that she gave birth to her daughter. No midwife around, no family, Sindhutai was forced to cut her own umbilical cord with a stone.

Sindhutai was refused shelter by her mother and her plight for survival continued with her roaming the streets and trains stations begging for food to feed her and her daughter. There are stories of her using cemeteries as a safe place to take refuge where she was also known as the 'Ghost Lady' and where apparently, the food offered to the corpses became her meals. During this season of her life, Sindhutai realised the plight of so many others, including the very many orphans that were also out there roaming the street to meet their basic needs; these needs being as basic food, shelter, and love. Following this chapter of Sindhutai's life, her mission became that of becoming a mother and father to anyone and everyone who came to her as an orphan. This led to her opening up an ashram and doing all that she could do to love, support and educate her children. She said "education is the most important thing in the world but it makes sense only when your education can help others."



Kindness is Contagious

It is important to note that her ashram was open to both boys and girls; there was no discrimination and in fact, she rescued the first male boy from the railway tracks. Sindhutai also formed a cow shelter, to save old cows that were being sent to the slaughter houses, given her background and affinity to cows. Years later, her estranged husband sought refuge in her very own ashram. Whilst seeking her forgiveness at 70 years of age, diseased and destitute, she told him that she would forgive him not as his wife, but as his mother. Sindhutai went on to win awards, get international recognition and grow her empire of love. Receiving one award, she said "I am overwhelmed after having the news of me being given the Padamshree Award. It will certainly help reduce the hunger of my children at the orphanage. All of them, who have tilled now, helped, supported, and stood behind me strongly - this award is dedicated to all of them. There was hunger in my belly, which I realized s there in all my children's stomachs. So I shared my hunger with all and started the work for orphanage children. I remember my father while accepting this award." Such amazing words spoken by such an amazing person. She was truly an exceptional woman, a real superwoman. She was one of the very few people who truly deserved love and respect. Unfortunately her glorious journey ended with her death few years ago on 4th January, 2022. I wish she could have stayed with us longer and inspired us with her way of life and guide the world forever....

- Vasundhara Bhagat

Grade : VIII Bright





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 speaks the words,
Your heart could never speak.

Your wings hold me up,
And give me strength when I am weak.

The warmth of your protection,
Brings music to my heart.

You open up the doors,
You show me where to start.

-Chetanya Taywade
Grade- III Chitrasena

Verses on Kindness

(Poems)

Kind hearts

Kind hearts are the gardens,
Kind thoughts are the roots,
Kind words are the flowers,
Kind deeds are the fruits.
Take care of your garden,
And keep out the weeds,
Fill it with sunshine;
Kind words and kind deeds.

Gargi Chapekar

Grade - III Arjuna

Verses on Kindness

(Poems)

The Little Things

The little things are most worthwhile
A quiet word, a look, a smile,
A listening ear that's quick to share
Another's thoughts, another's care...
Though sometimes they may seem quite
small,
These little things mean most of all.

Priyanshi Dhumal
Garde - III Arjuna

Verses on Kindness

(Poems)

"Kindness"

The best expression is "kindness",
It makes every soul happy and blessed,
It cleans the social mess,
So that , you take a pleasant rest.

Everyone should have a kindfull
mindset,
Because , it makes the society nice.
Turn the pages of History and
calculate,
Everyone being kind have got some
price.

Jayesh .Ghormade
Grade : III Bhishma

Verses on Kindness

(Poems)

To Lift Each Other

Is it possible to build a dream by tearing others
down?

Is there any way to fly if we refuse to leave the
ground?

Not a gain was ever made while shoving someone else
aside.

In the course of stopping others, our momentum is
denied.

When we find the good in others, praising them for
who they are,

we build speed for one another. We're both able to
go far.

It is possible to reach our dreams together if we
try.

We must learn to lift each other if we ever hope to
fly.

Sharvari Chapekar

Grade - VI Dronacharya

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.

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

Make others feel good and happy by giving genuine compliments.

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-

MY ACT OF KINDNESS

HELLO!! Friends I am sharing the story about my act of kindness.

One day my dad was driving the car and we were going to shopping mall for shopping. When we came up on a little chow puppy that had been hit by a car. The people just left the poor puppy in the middle of the road. Well, my dad got out first but I could tell it was bad. I joined him in front of the car. With only the head lights to give us light to see I was crying, "Daddy, save it please, don't let it die!" My sweet daddy put his hand gently on that perfect little puppy and he simply said, "Honey, there's nothing we can do, it's too late. All we can do is be here for him and help him pass to the other side." He started stroking the puppy's head gently and said, "It's OK, Buddy, you can go, go home, sweetie, and be with your creator." He slowly slipped away. His little head split open, brains spilling out and whimpering when we got there but that little dog died feeling nothing but pure love. My dad was good at things like being kind to strangers, having honored and integrity being a matter of fact and knowing what I needed to hear not what I wanted to hear. So because of that night, I look at death as the beginning of something not the end. Never before had I dealt with death up close and hands on before and I'm so grateful for that moment with my daddy.

- Raina Dahate

Grade: VII Curie





How full is my bucket?



An act of kindness I have experienced-

Hi friends! Today, I want to share my experience by sharing about My Act of Kindness with you all.

Before some days I was on the way to my school with friends. I saw a little boy on the street who was being bullied by some boys. As I saw that, I told my friends about it. The boys were older than him. The little boy was so scared. He was shivering and trembling with fear.

He was crying a lot as the boys were hurting him and were fighting with him. My friends and me felt very pity on that boy. We tried to help him, but the boys were too strong and we could not help that boy ourselves as those boys were older than us. And no one was interested to help the little boy. We saw some elder people who were passing by the street. We went toward them and told them about the incident. They came with us and they scolded the older boys. The elder people told the boys' parents about such a thing had happened. The boys promised them that they would never bully that boy or any other kid from now onwards. The elder people were proud of us and said we have done a very great job by helping that boy and showing our kindness toward him.





How full is my bucket ?



An act of kindness I have experienced-

When I told my parents they were very proud of me and were very happy by the kindness I showed towards the boy. I felt very happy, not just because of the compliments I have received but by how nice and happy I felt helping that boy and the boy was very happy.

So, friends, we should always help everyone around us who is in need or caught in any situation or is in trouble. By helping others not only the person feels very happy but, our soul also feels very happy and satisfied. So, this was my act of kindness and we all should be kind to others.

- Mrunal Urmale

Grade: VII Curie





How full is my bucket ?



An act of kindness I have experienced-

One day when I came out of my house I saw a person doing something strange with a bike parked in front of my house I asked him, what are you doing? And as I asked the man ran off.

I saw the key of that bike was still there so I took the key and thought this bike must belong to a student from the school which was just in front of my house. Then I went home and started looking the bike from my window.

At the time of dispersal when I went to the window I saw a student panicking where the bike is parked I went there with my mother he told that it is his bike my mother asked how can we believe that this is your bike he said there is my phone in the carrier of bike. When we opened it there was really a phone then my mother talked with his mother she thanked us and the boy left with his bike.

This was the act of kindness which I did few days ago.

- Shreyansh Srivastava

Grade: VII Curie



How full is my bucket ?

An act of kindness I have experienced-

Paws of Compassion

Acts of kindness every day waste. Her thoughts are inspiring all of us to perform every day, thinking that your virtues will never go to always says that you should feed at least one stray dog to survive in such a merciless society. Cows are venerated and fed by humans. Animal can use their cleverness to find food. Monkeys are wiser than any other domestic animals we see daily. Cats are flexible enough that every living soul deserves to live. There are many urban lives, Sumana ma'am stitches threads of empathy, creating a heaven for forgotten souls. She always spreads kindness, inspiring those around her. In the tapestry of dogs daily. Her actions echo a silent melody of doorstep, her altruism extends to feeding over 20 stray resilient, joined her ever-growing family. Beyond the found solace in her care, the second, handicapped but two special strays. The first wounded and abandoned dogs. Her heart, kind and boundless, led her to rescue compassionate teacher, she stands out for her love of teacher, Sumana ma'am. Apart from being a souls filled with love and compassion. So in this world of selfish and cruel minds, there are some.

-Ishan Kakde

Grade: IX Brahma





How full is my bucket ?



An act of kindness I have done-

A sweet gesture: the ripple effect of a treat

On one usual Sunday I had an exam in my tuition. The timing of the exam was of early morning. My bus came early than useful and so I was not able to have some breakfast. I left for the exam empty stomach. After an hour the bus arrived at the centre and I reached early by half an hour. The exam was of 3 hours and after all this I was extremely hungry. There was still 15 minutes for the bus to leave and it would take an hour for me to reach home. It would have been difficult for me to hold that long but I didn't have the money to buy something to eat. Unexpectedly one of my friends notices me and offered me a treat of hot and crispy samosas. I was overwhelmed. That treat itself was not extravagant but it carried a profound message of care and consideration. I felt surge of warmth and gratitude. In the world where kindness can sometimes feel like a rare commodity this simple act of treating someone served as a reminder that we all have the power to make a positive impact. As I reflect on that day I am reminded that sometimes a treat is not just the treat it's a manifestation of compassion and a trigger for a chain reaction of goodwill.

-Eklavya Bawanthade

Grade X (Awesome)





How full is my bucket?



An act of kindness I have done-

We, Chinmayi and Reet, high school pals, were headed to the Purshottam Supermarket with rs.400 in their wallets. However, the funds were not intended to be used to purchase eggs and milk. Rather, we used it to surprise a consumer who was purchasing his groceries and fall short of rs.400.

The consumer's face lit up with surprise and delight as he learnt that these strangers had just paid for his food. One woman volunteered to pay for the groceries of the following individual. The cashier shivers. The cashier went around the desk and thanked the woman in the market as she helped the girls.

Chinmayi Raut
Grade: VII Edison

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How full is my bucket?



An act of kindness I have done-

An 9-year-old Bought Dinner for a Cop

I am Ayush Nimje, eight years old, I was sitting with my mother at a pizza in Dominos when I noticed Patrol Officer Somesh, a policeman, picking up some supper. Somesh was met by me, who then requested my mother to pay for his meal. I leaned over to my mother and stated I insisted on paying her for a meal.

After that, the cops performed some detective work to figure out who paid for Somesh's supper, and they discovered it was Ayush. Ayush considered the cops to be a vital part of his life and wanted to show his support for them. His mother told News UCN. She understands the difficulty of their work and the reason for risking their lives for them.

Ayush was invited to lead the Memorial Day Parade by the Police Department, who also set up a Go Fund Me website to gather money for his education.

- Ayush Nimje

Grade: IV Bharadwaja



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





The Naruto's Kindness

One evening Naruto was returning home from school, it was getting dark.

So, he was in a hurry. At the same time, he heard a raw in the street he look all over but there was no one. He started to walk and suddenly he saw a old lady lying unconscious on street. He said to that old lady what happen to you? Are you okay? But the old lady not replied. Naruto took mercy on her. He given some water to drink that old lady and taken to hospital.

On the way, the old lady asked Naruto what his name was. Naruto replied that his name was Naruto Uzumaki. I went to the hospital and showed that old lady to the doctor. Doctor replied that it to be so late we had to start the treatment on her. Naruto said yes to start the treatment.

Doctor started the treatment on her. Doctor came out from operation theatre and told to Naruto that it took them some more hours best to the old woman's life and doctor again went to the operation theatre.

Naruto was also getting so late for home. The next day Naruto went to the hospital and asked to the doctor now how is she? Doctor replied to Naruto Sorry we could not save him, unfortunately she is no more. But before she died she had written a letter that all my property does belong to Naruto who helped me to bring to hospital. After hearing that news he was very happy but somewhere he was sad also and afterwards he left the hospital and lived happily with the property.

Prashil Jagtap

Grade: VII Edison





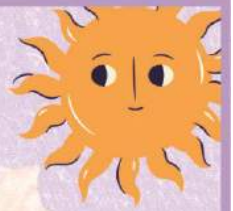
Stories on Kindness

Finding Happiness

A crow used to live in a forest. He had no problems and was completely satisfied with his life. One day while flying he reached the bank of a lake. There he saw a bright white swan floating by. Seeing him, he thought - "How fortunate is this swan, which is so white and beautiful. Look at me here, how black and ugly I am. This swan must be the happiest bird in the world." He went to Hans and told him what was on his mind. Hearing this he laughed, "No friend! Not really. Earlier I also used to think that I am the most beautiful bird in the world. So he was very happy and pleased. But one day I saw a parrot which has a unique shade. " Of two colors since then I am convinced that she is the most beautiful and happiest bird in the world. After listening to the swan, the crow went to the parrot and asked him if he was the happiest bird in the world. The parrot replied, "I was living a very happy life until I saw the peacock. But now I feel that nothing can be more beautiful than the peacock. That's why it is the happiest and happiest bird in the world."



Stories on Kindness



After this the crow went out in search of the peacock. Flying he reached a zoo. There he saw that the peacock was locked in a cage and many people had gathered to see it. Everyone appreciated the peacock a lot. After everyone left, the crow went to the peacock and said to him, "How fortunate you are that thousands of people come to see you every day because of your beauty. People don't let me fly even around them and they drive me away as soon as they see me. You are the happiest bird in the world, aren't you?" The peacock became sad after listening to the crow. He said, "Man! I was also proud of my beauty. I used to think that I am the most beautiful bird not in this world but in the whole universe. So he was very happy. But this beauty of mine has become my enemy." And I'm locked in this zoo. Having come here, having thoroughly inspected the entire zoo, I have come to the conclusion that the crow is the only bird that is not in captivity here. So for the last few days I have started thinking that if I were a crow, at least I could roam freely and then I would be the happiest and happiest bird in this world.

Moral: Seeing others, we always start comparing ourselves with them in vain and become sad. God has made everyone different and given different qualities. We do not understand its importance and get caught in the cycle of suffering. So instead of being jealous of what others have, we should learn to be happy with what we have. Happiness is not found by looking outside, it is hidden within us.

-Nidhi Zade

Grade VII Darwin





Stories on Kindness

The Power of Kindness

Hello friends, this is a story of a young boy whose heart is filled with love and kindness. One of the most important reason to share this story with you is inspiration I got as well as this short story brightened my heart with a kind nature and love for all. Once upon a time in a quiet village, a small boy named Aahil discovered a poor, injured dog lying by the roadside. With compassion in his heart, he gently approached the frightened creature, offering a kind hand and soothing words. The dog, with sad eyes and a limp, responded to his kindness, forming an instant connection. Determined to help, he sought the guidance of the local vet to nurse the dog back to health. As days passed, the bond between the boy and the dog grew stronger, transforming the duo into inseparable companions. News of Aahil's kindness and compassion spread throughout the village, and the community and his friends rallied to support the newfound friends. Together, they organized a fundraiser to cover the dog medical expenses and provide a comfortable home for him.

**-Janvi Sharma
Grade VII Curie**





Helping Animals

This is a story about 3 Small puppies which I found at the backyard of my garden. This was around a year back. One of the female dog which use to roam around my building delivered 3 puppies. They were small and very cute. I was very excited when I saw them on day one. Two of the puppies were male and one of them was female. I have also given names to them. The first Puppy which was Black was named "Blackie." Other one which was Golden Brown was named "Goldie" and the third female puppy which was very beautiful was named "Clavick". I used to care about them a lot. They all were very friendly. I used to feed them with breads, Rotis and milk. After returning from school, I called their names in my backyard and they all use to come running right there from wherever they were. I used to play with them a lot.



Stories on Kindness



I have also built a small house for them in my garden. In that house I have provided them with a small blanket so that they can get warmth in the cold nights. Blackie was a very intelligent and a very active puppy. Goldie was a bit lazy and Clavick used to be bit frightened all the time. I also used to train them while playing with them. They used to understand my language and responded accordingly. They also loved my company. But One day, we shifted to another place which was quite far from the previous house. It was a very emotional moment for me. Still today, I remember all of them very much. I really miss them a lot. My opinion: Always help animals wherever and whenever you can. It gives us immense pleasure and personal satisfaction in our mind.

Anandi Oak

Grade VII Curie





Kindness of The lame Boy

A householder was driving his horse cart slowly near a village in search of a nearby water body; Because his horses were very tired and thirsty. Then a small hut appeared. A boy of ten-twelfth was sitting in his courtyard. Seeing the exhausted horses in the distance, the boy immediately went to the hut and brought a jug full of water and stood on the road before the cart arrived. Seeing him, the holder stopped the car and asked the boy - 'Boy! What do you want?'

The boy said - 'I don't want anything, I have come to give water to your horses.' Saying this, he put the ball of his hand in front of the horses. The horses were satisfied after drinking the water. After that the householder took out silver coins from his pocket and wanted to give them to the boy. The boy said - 'Sir! I didn't bring water for money. I am a poor lame boy, my mother works in the farm, she brings food for both of us.'



Stories on Kindness



It is my mother who told me that when God has put you in such a position, then there will be some good for him in this also; because whatever God does, he does it for the good. you can't walk much; So staying here and giving water to the thirsty men and animals will also be doing God's work. There is no water spring or village eight miles away from here. That's why it would be right to draw water from this well and put it to good use. I found this saying of my mother very true and accordingly I do this work and consider it as God's work and my duty. I don't take money He was very pleased to see this quality of the child and started singing the glories of the Lord in his heart. After that he sent that child away by saying some words of encouragement and favor on him. When he came to understand exactly how even a disobedient boy can do charity se fleshly, it had a deep impact on his mind and he too started doing good charity work. What is the glory of charity?

Moral: Kindness knows no bounds, and true strength lies in the goodness of one's heart. It is our actions and the compassion we show to others that can have a profound effect, far beyond any physical limitation we may have.

-Mullyanki Dahate

Grade VII Darwin





The Cute Stranger Puppy

One day , one small puppy is screaming on the road , quickly I went outside to saw him. His leg was injured and it was too bleeding from his leg. He was crying and screaming loudly. I think one vehicle goes from his leg. It was too paining for him because he was just a small 6 - 7 days puppy. Me and my mother and father bring puppy at home and first wash his leg and give milk to him. But he was not able to drink as he was having a lot of pain. My father goes to the doctor with puppy, the Doctor said , the bone of leg is cracked. It was fractured. The doctor had dressed on his injury. We Take care of him about 2 to 3 days but one day he passed away. I was too sad and crying. I love dogs and I want a pet at home, I thought that puppy is staying in our house, so I decided his name also but unfortunately he is no more.

Sarthaki Gundale.

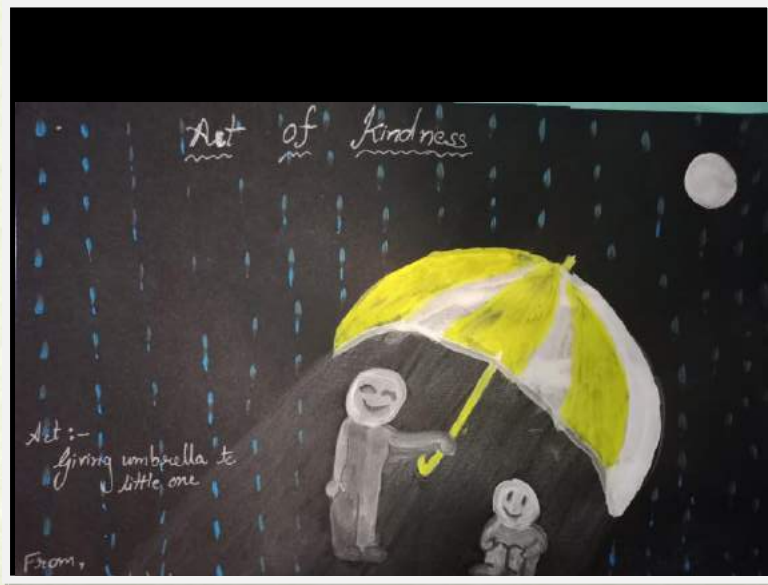
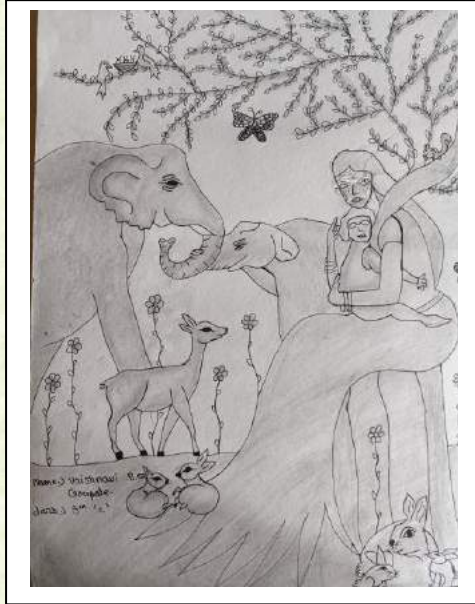
Grade : VII Curie



Spread the Word



Spread the Word

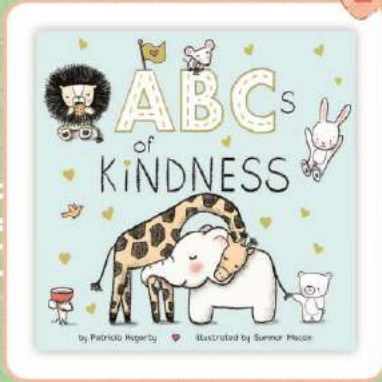


Book Recommendations

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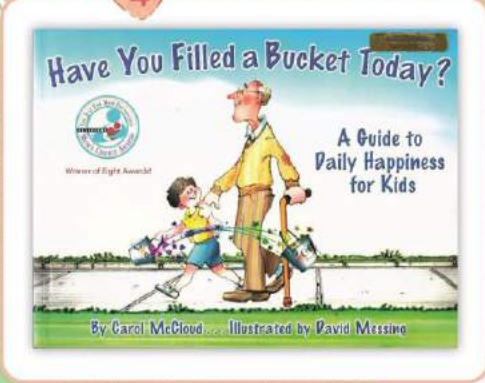
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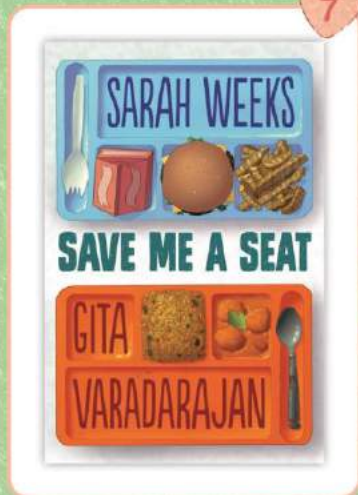
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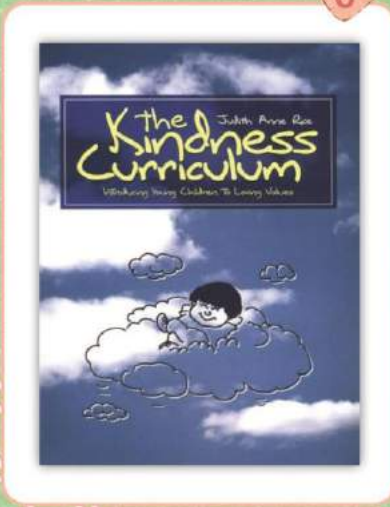
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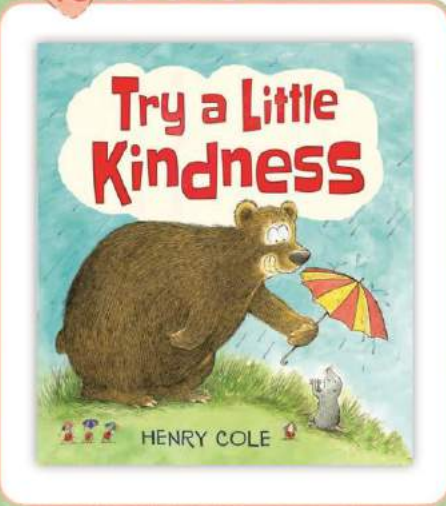
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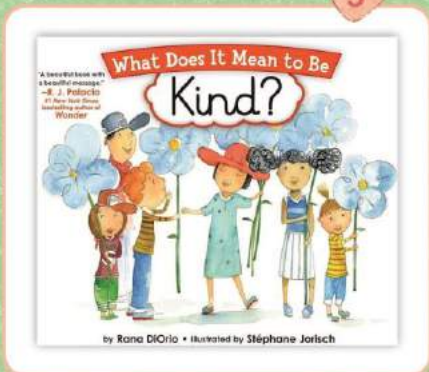
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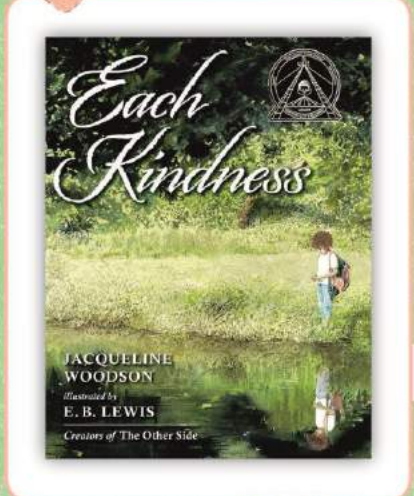
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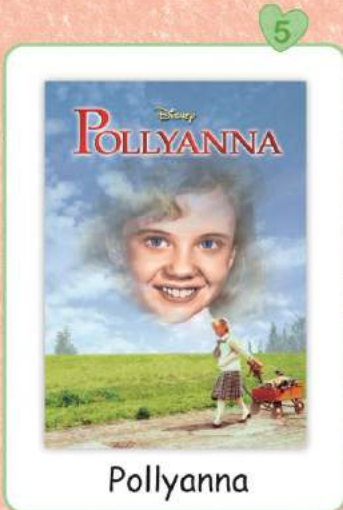
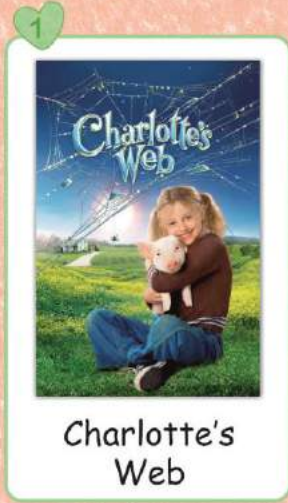
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8



Movie Recommendations



Review

Movies & Books

Title of the Movie/Book:

Charlotte's Web (2006)

Movie/Book Summary:

A young girl named Fern rescues a runt piglet, raises it as her own, and names him Wilbur. However, after Wilbur grows into a pig, she is compelled to sell him to her Uncle Homer Zuckerman. At Zuckerman's barn, Wilbur meets a host of animals and later learns from them that come winter, he will be slaughtered for food. Fearing for his life, Charlotte, a gentle and wise spider who befriended the lonely Wilbur, vows to save his life.

Movie/Book Reviewed By:

Aarya Nikam Grade VIII (courageous)

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:

Nanny McPhee

One of our ultimate favorites, nanny Mary Poppins teaches the family she works with about kindness, imagination, and some other key life lessons. Nanny McPhee is based on the same premise, only this movie features a bigger crew of kids (seven!), who try to scare off every nanny their dad hires. But Nanny McPhee is the one who teaches them all about kindness.

Movie/Book Reviewed By:

Sufiyan Sheikh Grade V (Dalton)

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:

Kath Koschel

Movie/Book Summary:

Kath Koschel knows how to take on a challenge and win, having learnt to walk again several times, physically and mentally. An elite sports person, survivor, founder, and powerful keynote speaker, Kath draws on her experiences to inspire audiences to challenge the way they see the world. By taking them on an emotional roller coaster, she leaves them in awe of her incredible courage and determination. And she encourages them to do the same for themselves and others - through small acts of Kindness.

Movie/Book Reviewed By:

Anant Shrivastav Grade VIII (Excellent)

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:

Tod Parr

Movie/Book Summary:

With Todd Parr's cartoonish illustrations and positive life lessons, The Kindness Book teaches all the various ways in which one can be kind to others. You can help a bug or carry an umbrella for someone, or even complement their smile! Todd Parr's books are just great for teaching young ones how to be a good person and how to recognize that same goodness in others. Certainly worth reading, and great for PreK-1!

Movie/Book Reviewed By:

Reet Turkar VII (Curie)

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

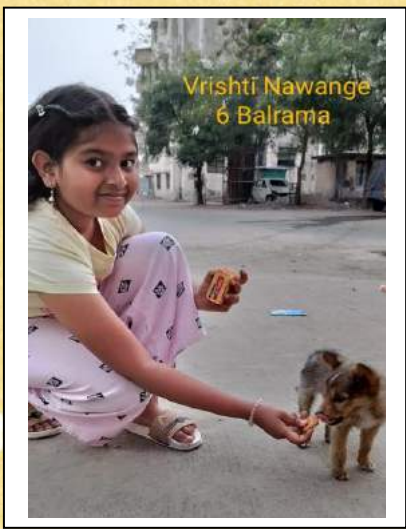
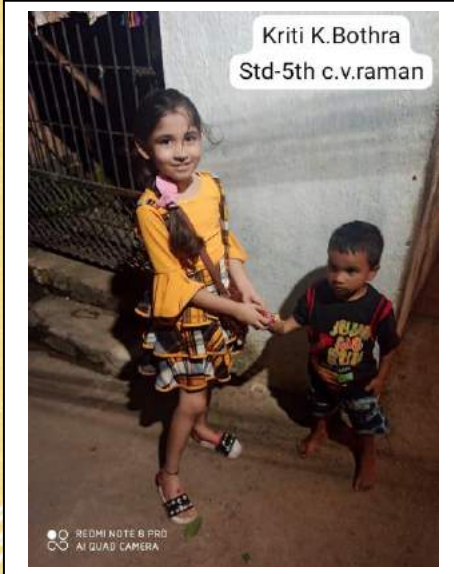
Find words associated with acts of kindness in the above given word search puzzle.

How many acts of kindness can you find?



An act of kindness

An act of Kindness performed by the student



Spotlight @ PIS



Vanmahotsav



Independence Day



Interact Club of Rotary



**INTERACT WEEK
CELEBRATION* "DISTRICT 3030
"30th October to 4th November 2023."
Various activities organized**



1. Drawing competition Grade - V and VI.
2. Medical camp for checking BP, Oxygen level, Height-weight etc Grade VIII.



3. Workshop on "Menstrual Hygiene awareness" for Grade VI to X Girls .



4. Visit to orphanage and donate old clothes, Books and eatables.- Grade VII.



5. Creating craft i.e. hand made things like Diwali lantern, painting diyas, greeting cards etc - Grade III and IV



6. Cleanliness drive - Grade IX and X

Investiture Ceremony



Spotlight @ PIS



Scout And Guide



Save Sparrow Mission



CII recognized our school for its contribution towards Green Nagpur and its sustainable development in respect to Save Sparrow Mission.

NCC



Various workshop like Cyber security ,Career Guidance workshop , Workshop on Menstrual Hygiene awareness ,Girls and Boys Welfare are organised in the School for the benefit and holistic development of the students



Sanskrit Day



Spotlight @ PIS



Festivals Celebration



RAKSHABANDHAN



JANMASHTAMI



GANESH CHATURTHI



HOLI



Spotlight @ PIS



Carnival " Razzle Dazzle "



Spotlight @ PIS



National Mathematics Day



Birth And Death Anniversary



Integrated English

JUMP START



EXPRESS YOURSELF



Integrated English

Tech-o-Mania Culminating Event



Integrated English

FIELD TRIP



CULMINATING EVENT



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.

SHARE

RESPECT

CARE

HUG

APPRECIATE

LOVE

SMILE



SPREAD KINDNESS

CARE

