

THE QUIRRO Mag

The Kindness Trail

CARE



HUG



APPRECIATE

RESPECT



LOVE

SPREAD KINDNESS

SMILE

CARE



CONTENTS

FROM THE PRINCIPAL'S DESK



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I am delighted to extend my warm greetings to you all as we embark on another exciting journey of creativity and expression through Qurio Magazine Volume 8 - an initiative by Podar Innovation Centre, Mumbai, in collaboration with our respective Podar schools.

This edition of Qurio Magazine holds a special significance as it revolves around the theme of 'Kindness Trail'. As Principal, I am immensely proud of our students who have embraced this theme with enthusiasm and have crafted beautiful narratives that highlight the importance of kindness in our lives.

I believe initiatives like Qurio Magazine provide our students with a unique platform to hone their writing and creative skills beyond the confines of textbooks. It encourages them to think beyond themselves and contemplate the impact of their actions on society. By exploring themes like kindness, students not only develop essential life skills but also contribute positively to the world around them.

Moreover, I am thrilled to see how our students' engagement with topics like kindness aligns with the Sustainable Development Goals (SDGs). Through their research and thoughtful write-ups, they not only raise awareness but also actively contribute to the global efforts towards achieving these goals. It is heartening to witness our students becoming global citizens with a sense of responsibility towards creating a better world.

I would also like to extend my heartfelt appreciation to the school editorial team for their dedication and hard work in bringing out this edition of Qurio Magazine. Their tireless efforts have ensured that the voices of our students are heard loud and clear, inspiring others with their stories of kindness and compassion.

In conclusion, I urge everyone to immerse themselves in the pages of Qurio Magazine Volume 8 and be inspired by the kindness trail that our students have embarked upon. Let us continue to support and encourage our young writers as they continue to make a positive impact on the world around them.

-Girish Kumar
Principal

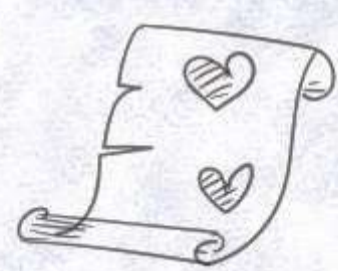
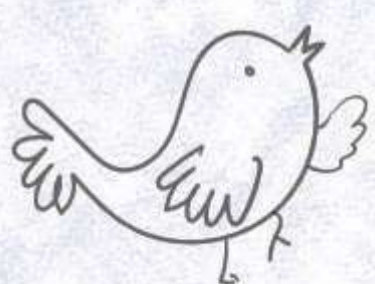
Acts of Kindness

Imagine a world where you can succeed by being nice.

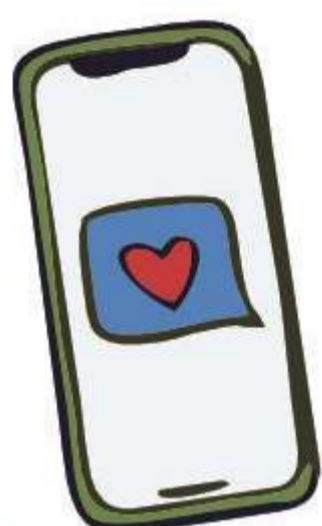
Where we all pay it forward.

Where people look out for each other.

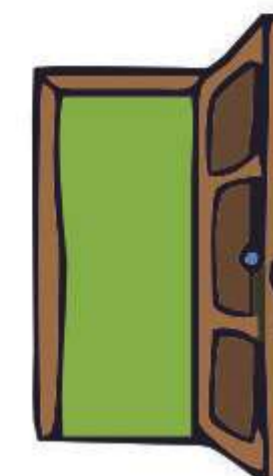
It all starts with an act.



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.



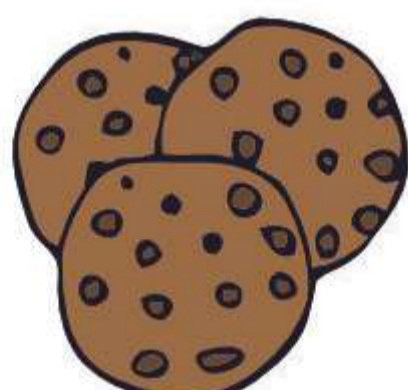
Give a coworker/ classmate kudos.



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 the light that illuminates our world, a gentle force that transcends boundaries and connects hearts. It is the art of selflessly extending compassion, understanding, and support to others. True kindness is not limited to grand gestures; it resides in the simplest acts of empathy and consideration. A kind word, a helping hand, or a warm smile can ignite a chain reaction of positivity, transforming lives and fostering a sense of belonging. Being kind is not only about the impact it has on others but also the profound difference it makes within ourselves. It cultivates joy, deepens connections, and reminds us of the inherent goodness that resides in each of us.

Kindness is a powerful force that has the potential to shape our world in profound ways. When we choose to be kind, we create a ripple effect that spreads far beyond the immediate moment. It has the ability to touch lives, mend broken spirits, and inspire others to pay it forward. Kindness cultivates a sense of unity and compassion, reminding us of our shared humanity. It breaks down barriers, fosters understanding, and promotes a sense of belonging. Being kind not only benefits those on the receiving end but also nourishes our own well-being. It uplifts our spirits, fills our hearts with joy, and reminds us of the innate goodness within us all. In a world that can sometimes feel cold and indifferent, kindness becomes a beacon of hope and a catalyst for positive change. It reminds us that even the smallest acts of kindness can make a significant difference in someone's life.

Kindness goes beyond mere politeness or superficial gestures. It is about genuine care and empathy for others, regardless of their background, circumstances, or beliefs. Kindness has the power to break down barriers and bridge divides. By treating others with kindness, we create an atmosphere of respect, understanding, and acceptance. It fosters connections and builds strong, supportive communities. Kindness is contagious - when one person acts with kindness, it inspires others to do the same, creating a positive cycle of compassion. It can turn a person's day around, bring solace to those in pain, and provide hope to those who feel lost.

Kindness is a universal language that transcends cultural, linguistic, and social differences, reminding us of our shared humanity. It is a gentle reminder that we are all in this journey of life together, and by being kind, we can make the world a better place, one act of kindness at a time. Princess Diana once said "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

-Prakanya Prabhakaran VII



Kindness is Contagious

Mangalore, 5th March 2024 - In a world often overshadowed by negativity, a heart-warming and transformative phenomenon is taking place in our city. A wave of kindness is sweeping across the streets, parks, and neighbourhoods, leaving a trail of compassion and hope in its wake. Acts of kindness, big and small, are igniting a contagious spirit of goodwill that is touching the lives of countless individuals.

From random acts of generosity to organized community initiatives, the city has become a breeding ground for compassion. Strangers are reaching out to help one another, neighbors are coming together to support vulnerable members of the community, and local businesses are lending a hand to those in need.

The impact of this wave of kindness is far-reaching. It goes beyond the immediate recipients, extending to the very fabric of our society. Individuals who have been touched by acts of kindness often find themselves inspired to pay it forward, creating a positive ripple effect that reverberates throughout the community.

For Mrs. Seema, a single mother struggling to make ends meet, a simple act of kindness changed everything. When her car broke down on a busy street, leaving her feeling helpless and stranded, a stranger stopped to offer assistance. Not only did he fix her car, but he also provided her with information about a local job fair that led to her securing a stable job. Mrs. Seema, now filled with gratitude, has since initiated a neighborhood food drive to help others facing similar challenges.

Such stories are becoming increasingly common in our city. Small acts of kindness are bringing joy to the elderly, solace to the grieving, and hope to the downtrodden. The impact is not limited to those directly involved; it permeates the collective consciousness, fostering a sense of unity, empathy, and resilience.

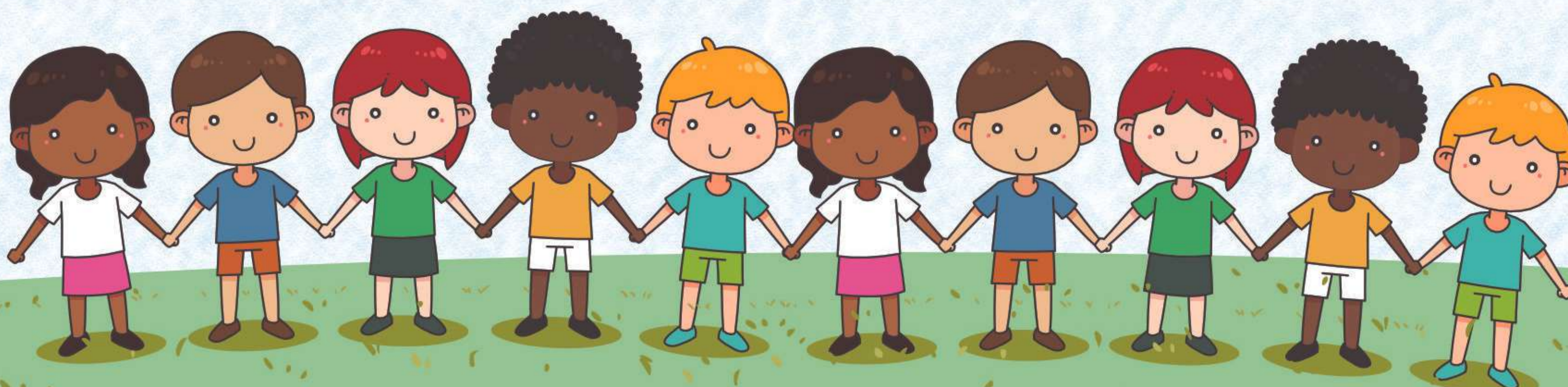
Local organizations and schools are also joining the movement, incorporating kindness programs and initiatives into their curricula. Students are learning the value of empathy, compassion, and the profound impact they can have on the lives of others. These initiatives are nurturing a new generation of kind-hearted individuals who will continue to spread the message of compassion long into the future.

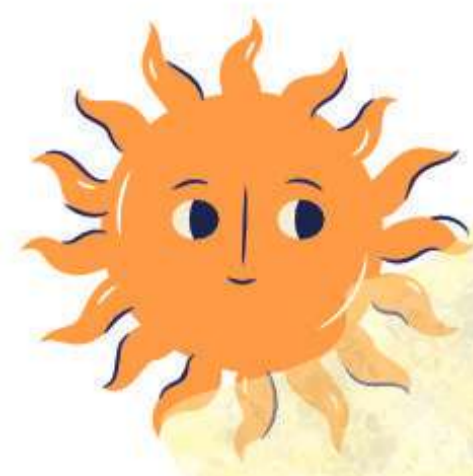
The wave of kindness is a testament to the inherent goodness that resides within our city. It serves as a reminder that, despite the challenges we may face, a simple act of kindness has the power to uplift spirits, heal wounds, and restore faith in humanity.

As this movement gains momentum, it is essential that we all play our part. Each of us has the ability to contribute to this wave of kindness, whether through a smile, a helping hand, or a word of encouragement. By embracing kindness and making it a part of our daily lives, we can create a city that thrives on compassion and understanding.

Let us remember that kindness is contagious, and as we spread it, we not only change the lives of others but also experience a profound transformation within ourselves. Together, let us keep this wave of kindness alive, making our city a beacon of compassion for all to see.

-Anvi R Shetty VII





Kindness is Cool

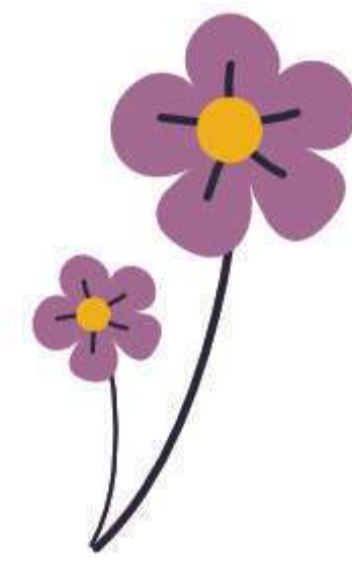


When life flies by so very fast,
And it gets busy every day,



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)




**In a world that can be cruel and unkind,
A simple act of compassion, a treasure to find.
A smile, a touch, a word that's kind,
Has the power to heal, to soothe the mind.**




**Kindness, a gentle breeze that softly blows,
In the hearts of those who compassionately choose.
It spreads its warmth, wherever it goes,
Bringing comfort, love, and sweet repose.**



**In a world so vast, where darkness may reside,
Kindness emerges as a radiant guide.
A beacon of light, a flame that won't subside,
It brings hope, love, and joy, side by side.**



**Like a pebble dropped in a tranquil lake,
Kindness creates ripples, for goodness' sake.
Expanding outward, its impact it makes,
Touching lives, healing hearts, for everyone's sake.**



**In a world that can be cold and harsh,
Kindness is the flame that makes hearts marsh.
Embrace it, share it, let it leave its mark,
For kindness transforms, igniting a spark.**

-Samik Silas Pinto VI

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.

Clean up after yourself and someone else too.

Smile at someone, even if they are a stranger.

Say nice words.

Give someone a pat on the back.

Clear the table after dinner.

Cheer someone on in a race.

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

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

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.

Smile and say hello to someone in the elevator.

Be patient with others.

Give flowers.



How full is my bucket?



An act of kindness I have experienced-

During a challenging time in my academic journey, classmate Aayush showed me an incredible act of kindness. With final exams approaching, I was overwhelmed and struggling to grasp complex concepts. Aayush noticed my distress and insisted on helping. He patiently explained challenging topics, shared study resources, and created a supportive environment for me to ask questions without judgment.

Aayush's kindness extended beyond studying together; he consistently checked in on my well-being and encouraged me to take breaks. His genuine concern created a sense of camaraderie and support that I will always cherish. With Aayush's guidance, my understanding deepened, and my confidence soared, allowing me to approach the exams with renewed determination.

This act of kindness had a profound impact on me as a student and as an individual. It taught me the power of compassion and the importance of lending a helping hand. Aayush's unwavering support not only helped me excel academically but also inspired me to pay it forward and support others on their own educational journeys.

I am forever grateful for Aayush's selflessness and the transformative effect it had on my academic success and personal growth. His act of kindness serves as a constant reminder that small acts of compassion can make a remarkable difference. Thank you, Aayush, for your kindness, support, and friendship. I am inspired to embody your generosity in my interactions with others.

Shrinidhi Kudreppady IX





How full is my bucket?



An act of kindness I have done-

★ During Sports Day at school, I experienced a remarkable act of kindness that had a lasting impact on me. As an introverted boy, participating in sports events was always a daunting experience. The thought of competing in front of a large audience triggered my anxiety, making me feel overwhelmed and self-conscious. On that particular Sports Day, my anxiety was at its peak, and I was struggling to find the confidence to participate.

★ While standing on the sidelines, contemplating whether to join a race or not, a fellow student named Manav noticed my hesitation. Manav was known for his athletic abilities and his approachable nature. Sensing my unease, he approached me with a warm smile and genuine concern in his eyes.

★ Manav asked if everything was alright and if I wanted to participate in the race. I mustered the courage to share my fears and anxieties, explaining how my lack of confidence held me back. Instead of dismissing my concerns or pressuring me, Manav listened attentively and empathized with my feelings.

★ With unwavering kindness, Manav offered to run alongside me during the race, assuring me that we would take it at a comfortable pace and that he would support me every step of the way. His confidence in me and his willingness to lend a helping hand instantly put me at ease.

★ Throughout the race, Manav never left my side. He guided me both physically and emotionally, helping me maintain a steady pace and reassuring me whenever doubt crept in. His selflessness and genuine care created a safe space for me to challenge myself and conquer my anxieties.

★ Crossing the finish line with Manav by my side was an incredibly empowering moment. The applause and support from the audience, along with the pride I felt within myself, were a testament to the impact of Manav's act of kindness.

★ The act of kindness I received from Manav during that Sports Day left a profound impression on me. It taught me the value of compassion and the significance of supporting others, especially during moments of vulnerability. Manav's selfless act of running alongside me not only helped me overcome my fears but also ignited a sense of confidence and resilience that I carry with me to this day.

Munaf IX



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.

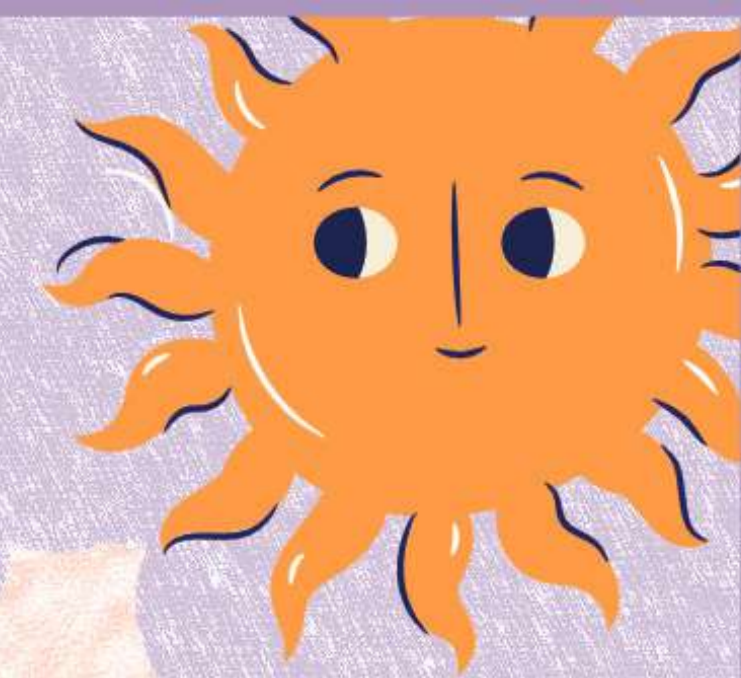
One ride in particular, there were three college students on their daily hour-long commute. We all had the same stop and when it came time to pay, the driver signaled that the young boys had taken care of our fare!

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



MAYA'S RAINY DAY ACT OF KINDNESS

In a small town, a young woman named Maya worked as a cashier at the local grocery store. One rainy day, an elderly man named Mr. Jenkins came into the store. He struggled to carry his groceries, and Maya noticed that he seemed distressed. Maya quickly offered her assistance, carrying his bags and walking him home. As they walked, Mr. Jenkins shared stories of his life and thanked Maya for her kindness. From that day forward, Maya made it a habit to help elderly customers with their groceries, realizing the impact a small act of kindness could have on someone's day.

LILY'S GIFT OF WARMTH

In a bustling city, a homeless man named Alex sat on a street corner, feeling invisible to the world. One winter's day, a young girl named Lily, accompanied by her mother, walked by. Lily noticed Alex's cold and shivering form and tugged at her mother's sleeve, asking if they could do something to help. Lily's mother agreed, and they bought a warm coat, gloves, and a hot meal for Alex. Lily's simple act of compassion not only provided warmth to Alex's body but also to his heart, reminding him that kindness still existed in the world.

SARAH'S SUBWAY COMPASSION

On a crowded subway, Sarah, a college student, noticed a young boy sitting alone and looking frightened. She approached him and discovered that he had gotten on the wrong train and was lost. Sarah took the boy under her wing, comforting him and ensuring his safety. She took him to the nearest station and helped him find his way back home. The boy's family was immensely grateful for Sarah's kindness, and she realized that even in a busy city, acts of compassion could make a significant difference in someone's life.

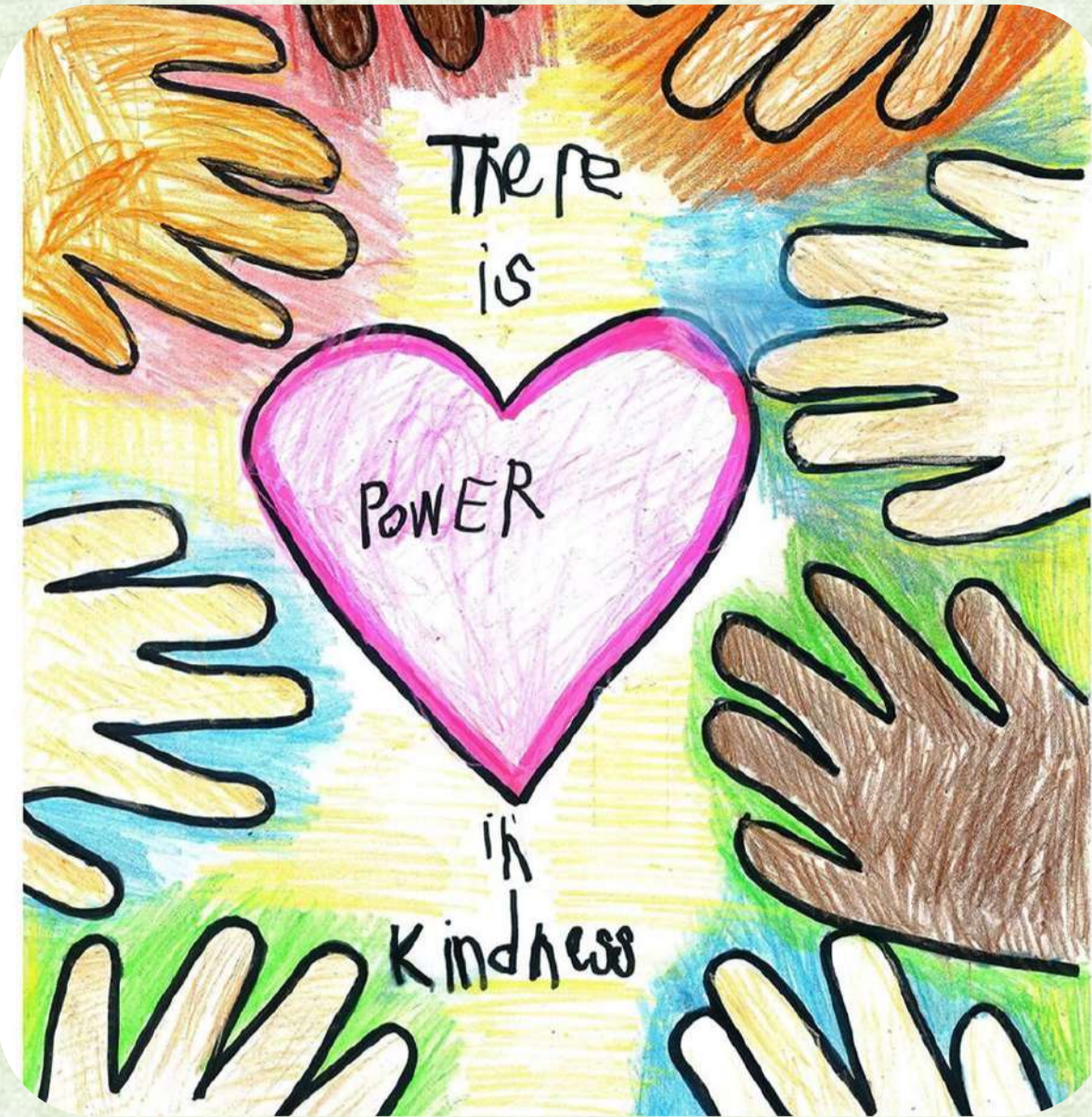
SHREYAS'S GIFT OF PRESENCE

In a hospital, a terminally ill patient named Emily spent her days feeling lonely and isolated. One day, a volunteer named Shreyas came to visit her. He sat by her bedside, listened to her stories, and provided companionship when she needed it most. Shreyas's selfless act of kindness brought a smile to Emily's face and made her final days more bearable. Their friendship blossomed until Emily's last breath, reminding Shreyas of the power of compassion and the importance of being there for others in their darkest moments.

Aadhya Garg VI



Spread the Word



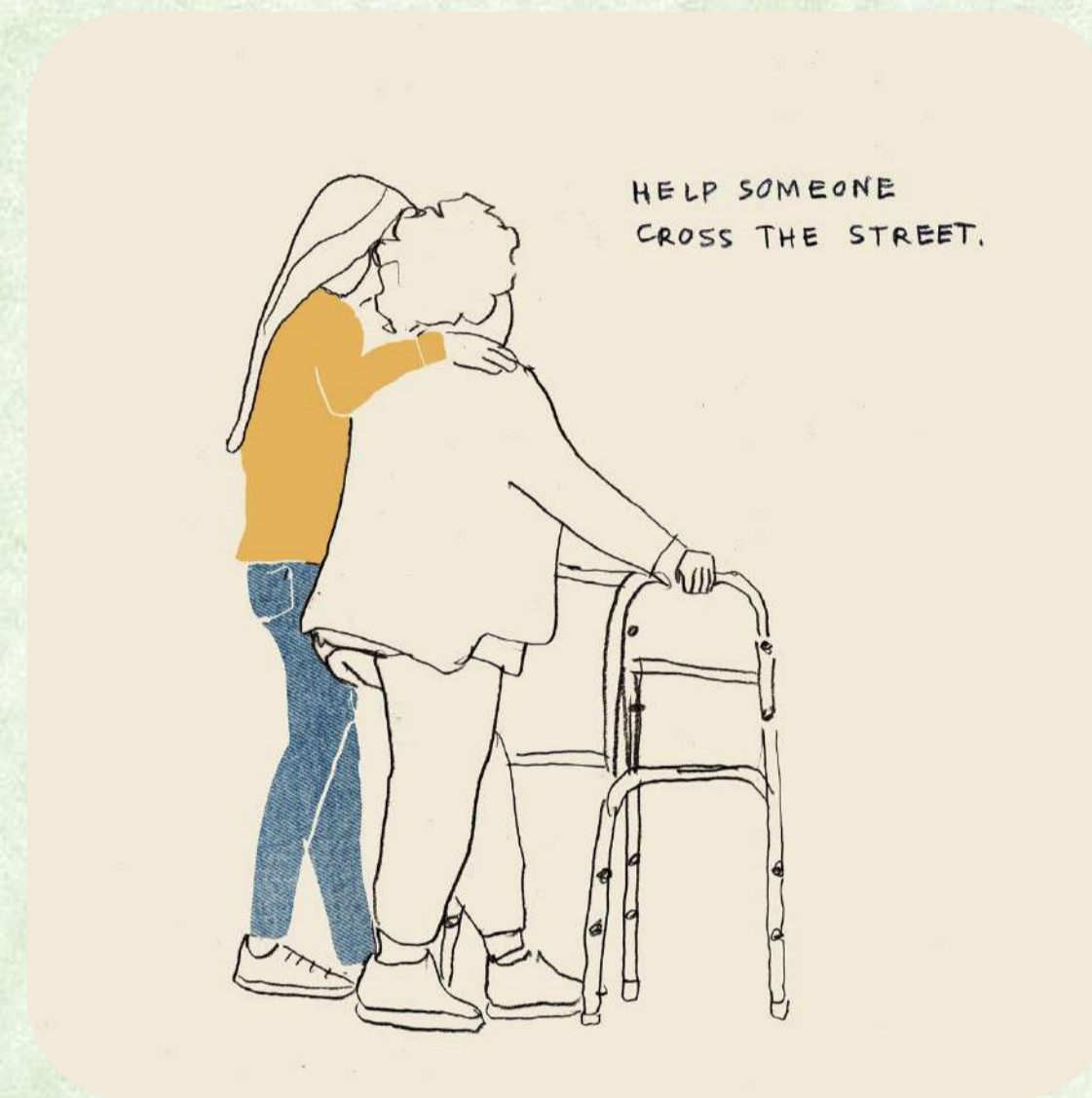
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RISHI-VIII



RAIS-IX



POOJANA-VIII



ISHANVI-III



RAHANA-VII



ADVITI-VII



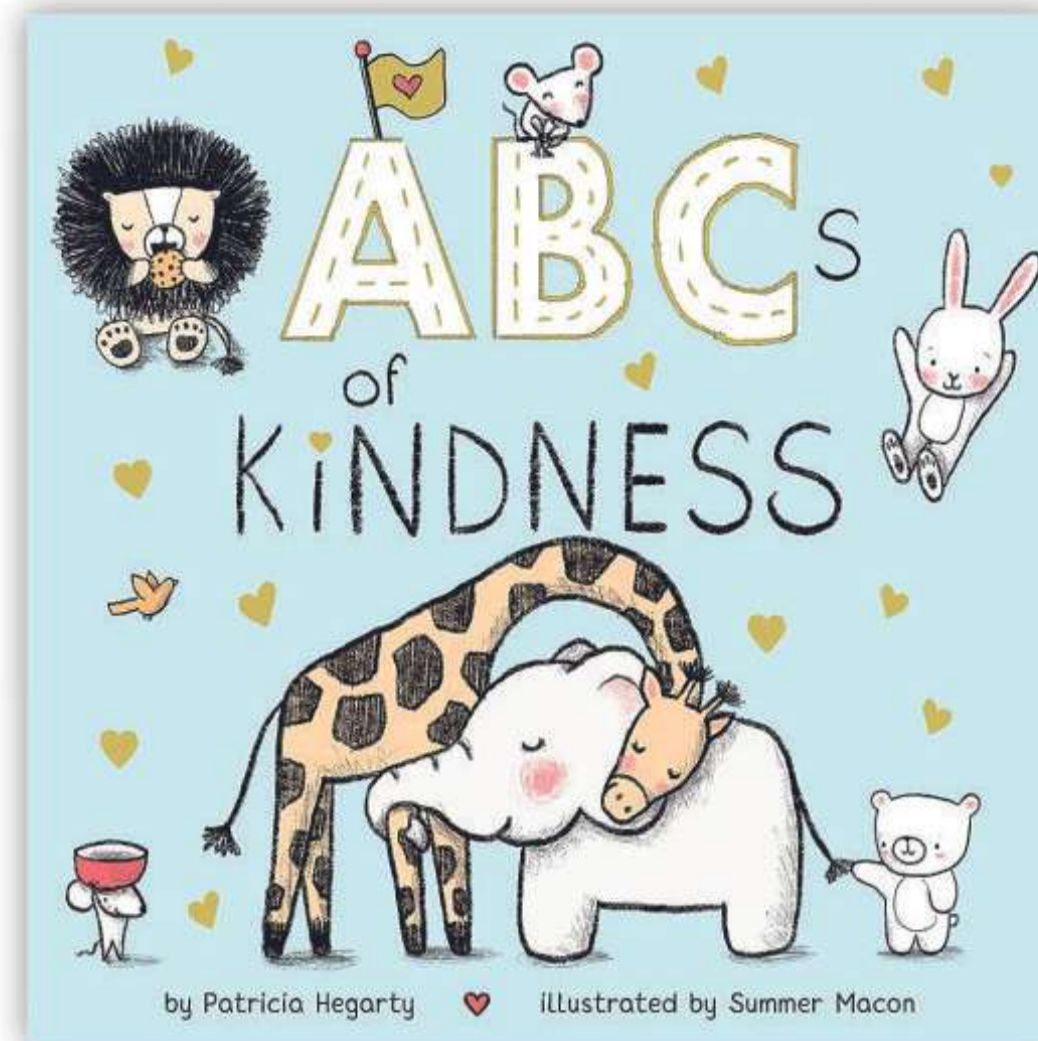
SHREEYA-IX

Book Recommendations

1



2



3

Kindness is my Superpower

A children's book about Empathy, Kindness and Compassion



Alicia Ortego

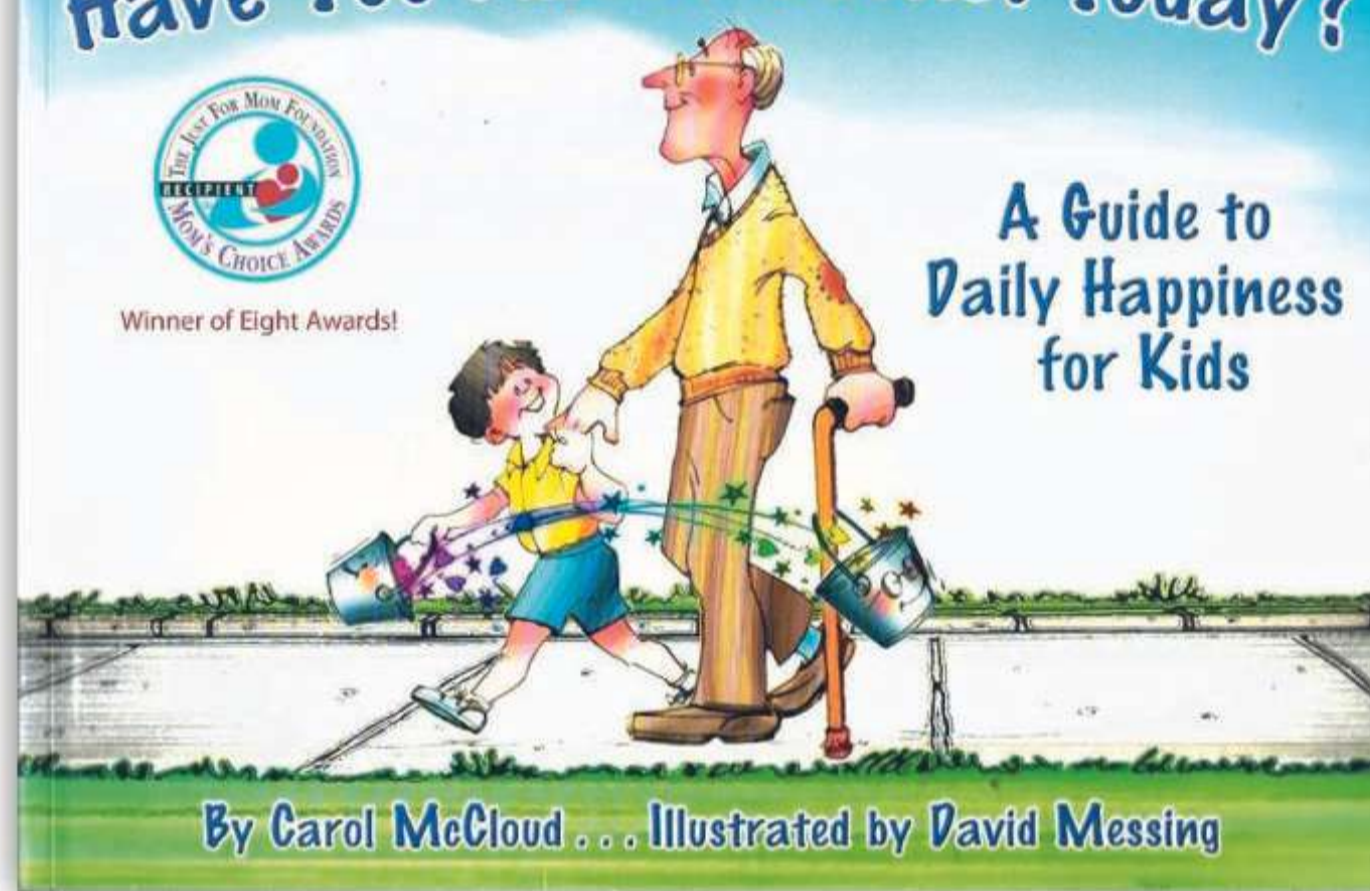
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Have You Filled a Bucket Today?



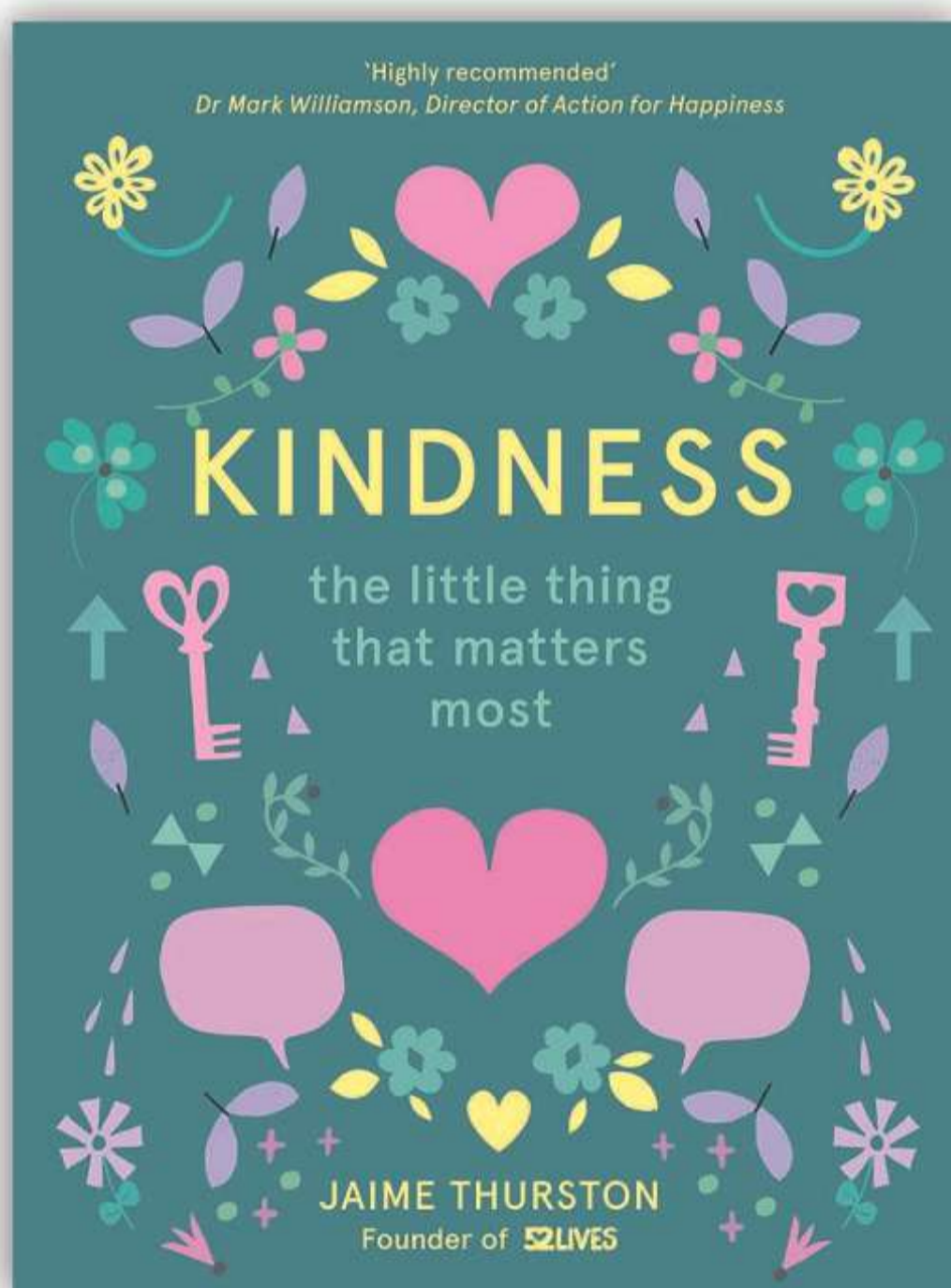
Winner of Eight Awards!

A Guide to Daily Happiness for Kids

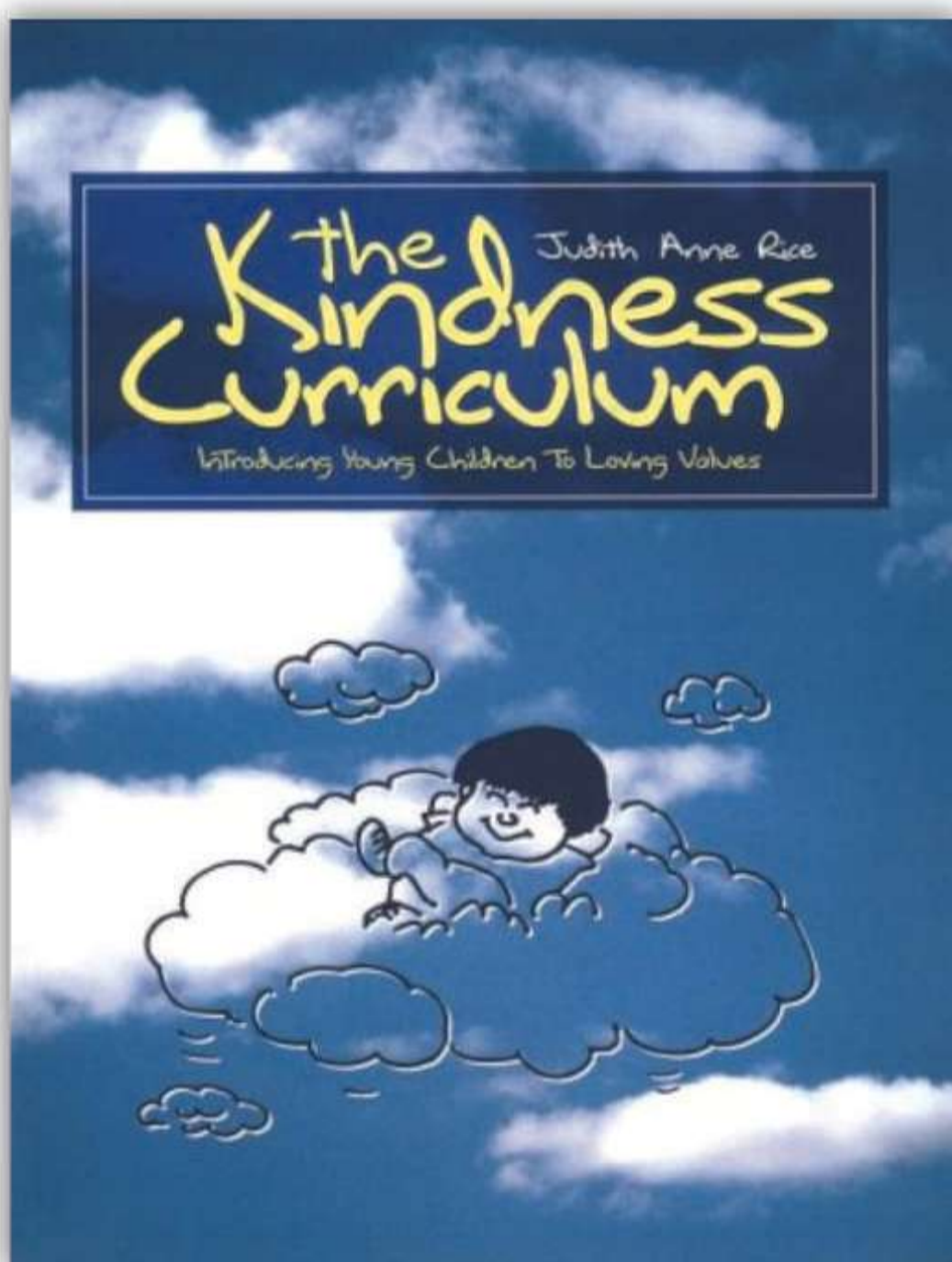


By Carol McCloud ... Illustrated by David Messing

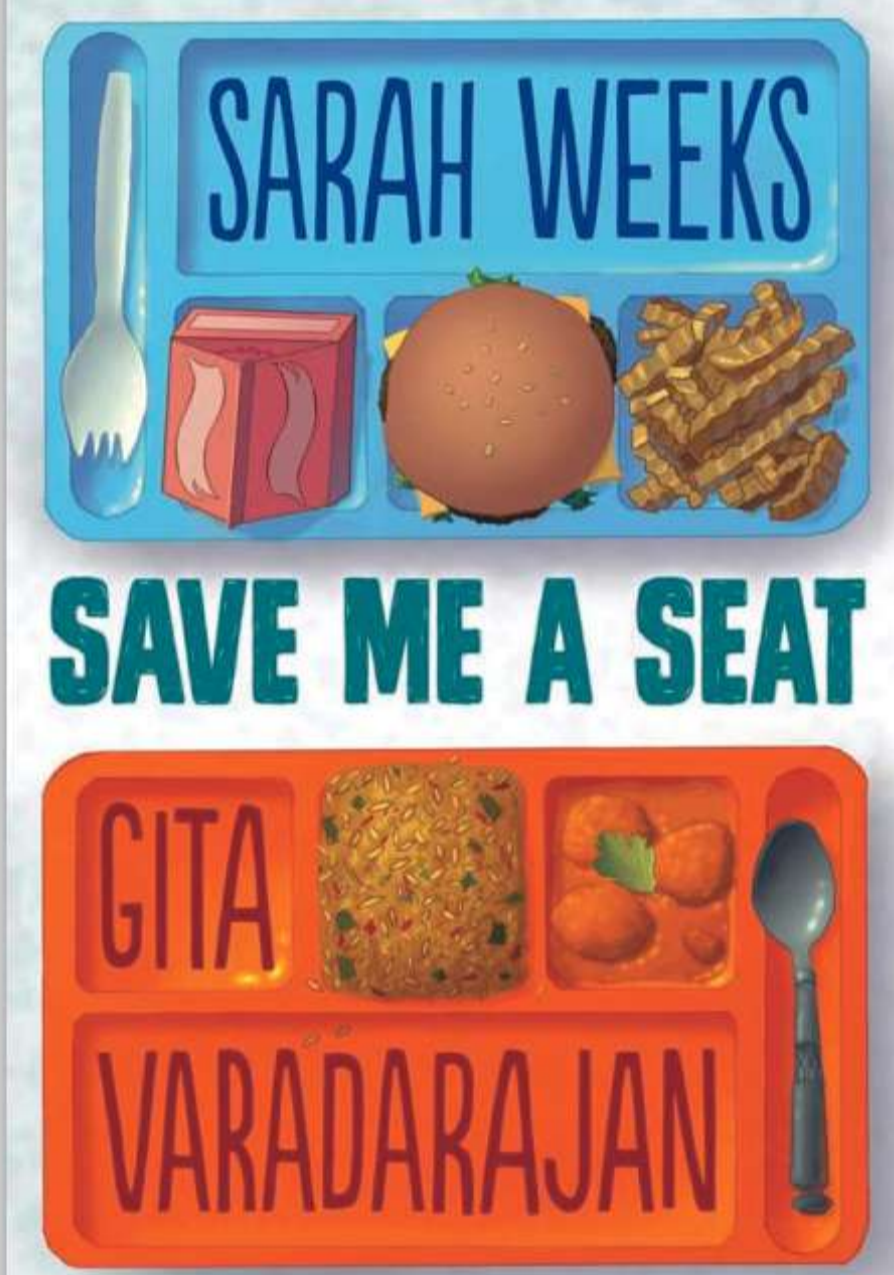
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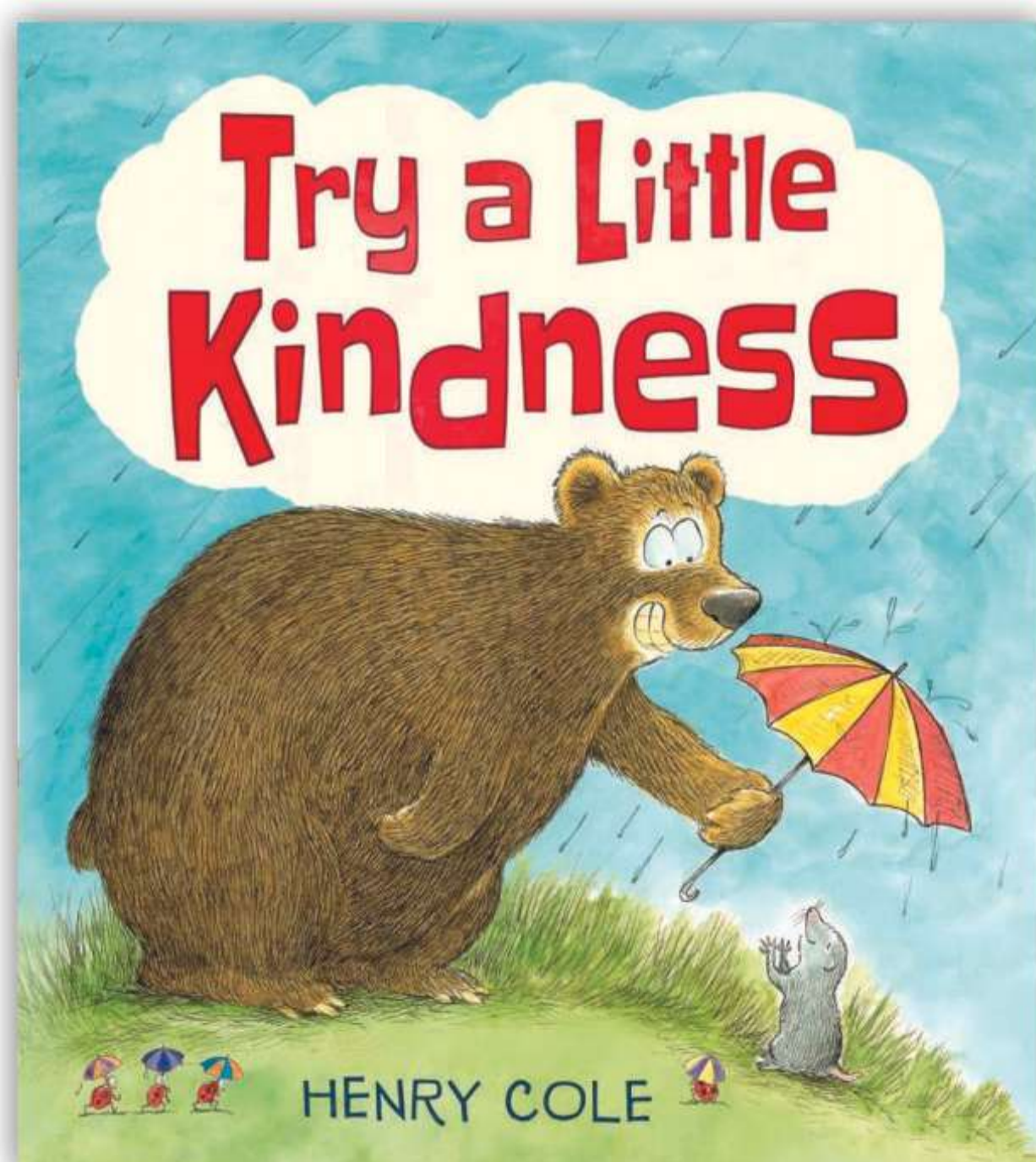
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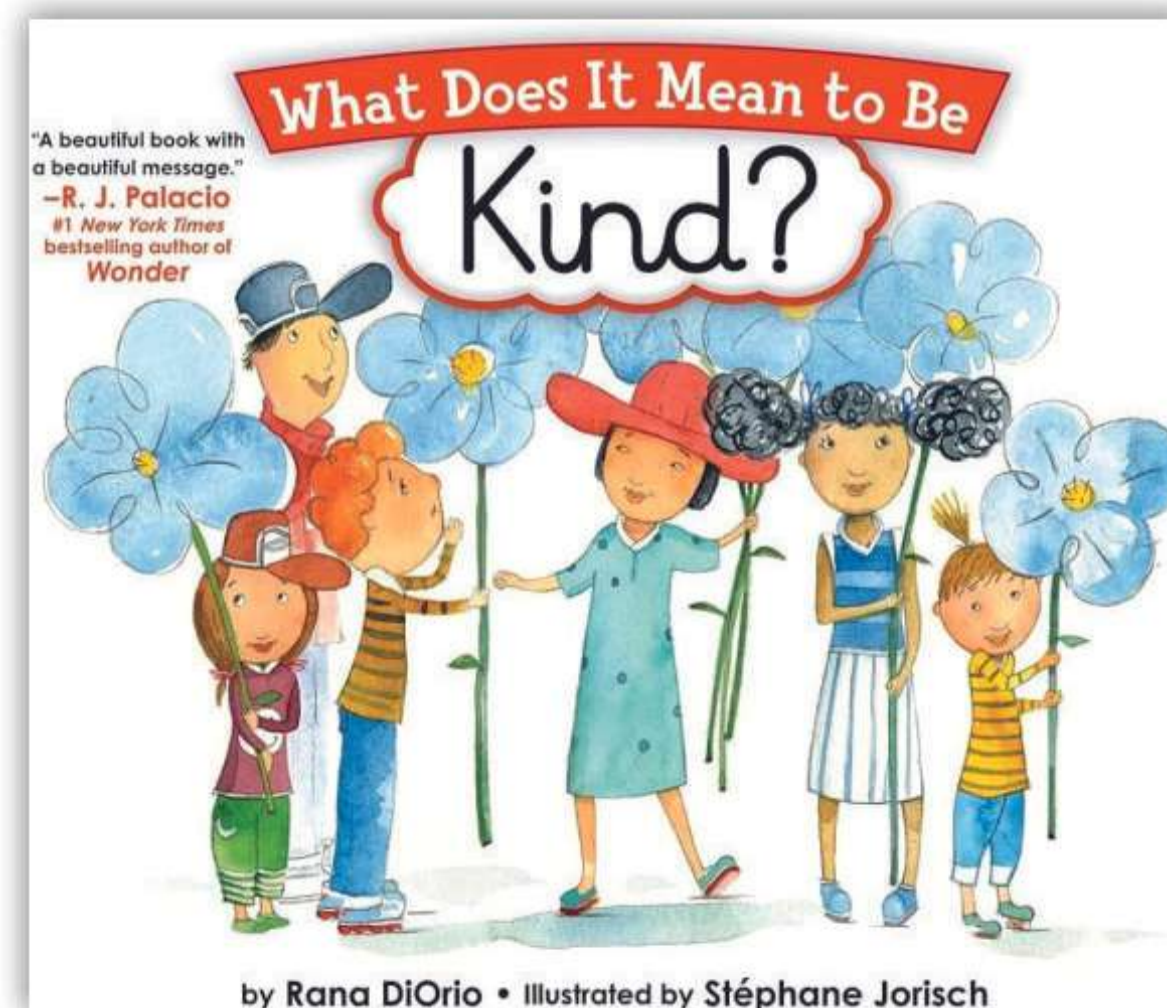
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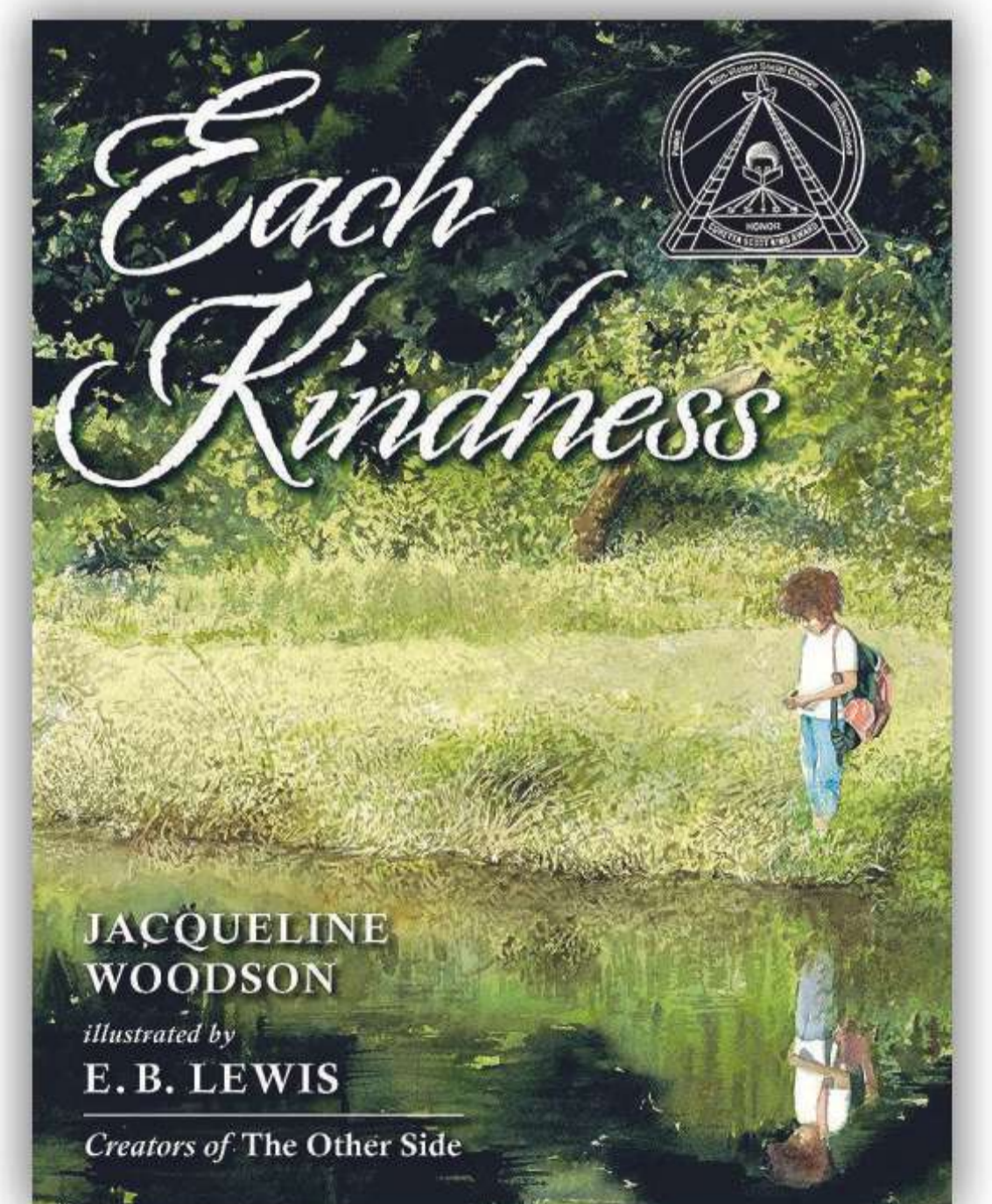
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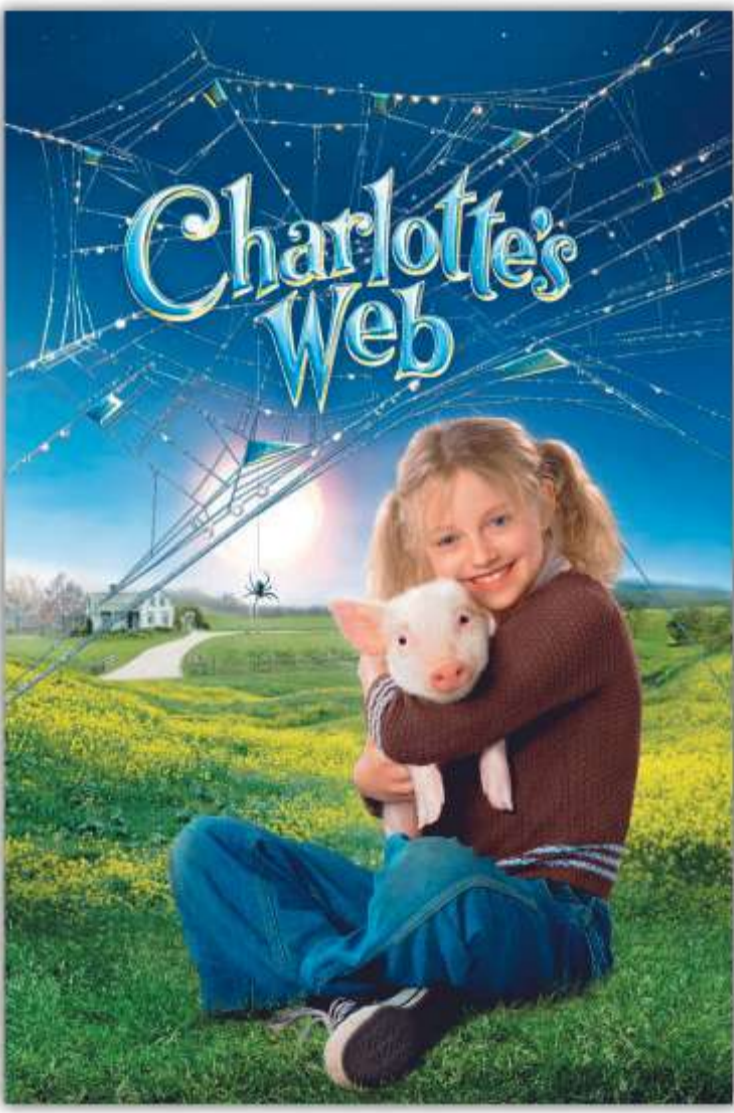


8



Movie Recommendations

1



Charlotte's Web

2



Wonder

3



Paddington

4



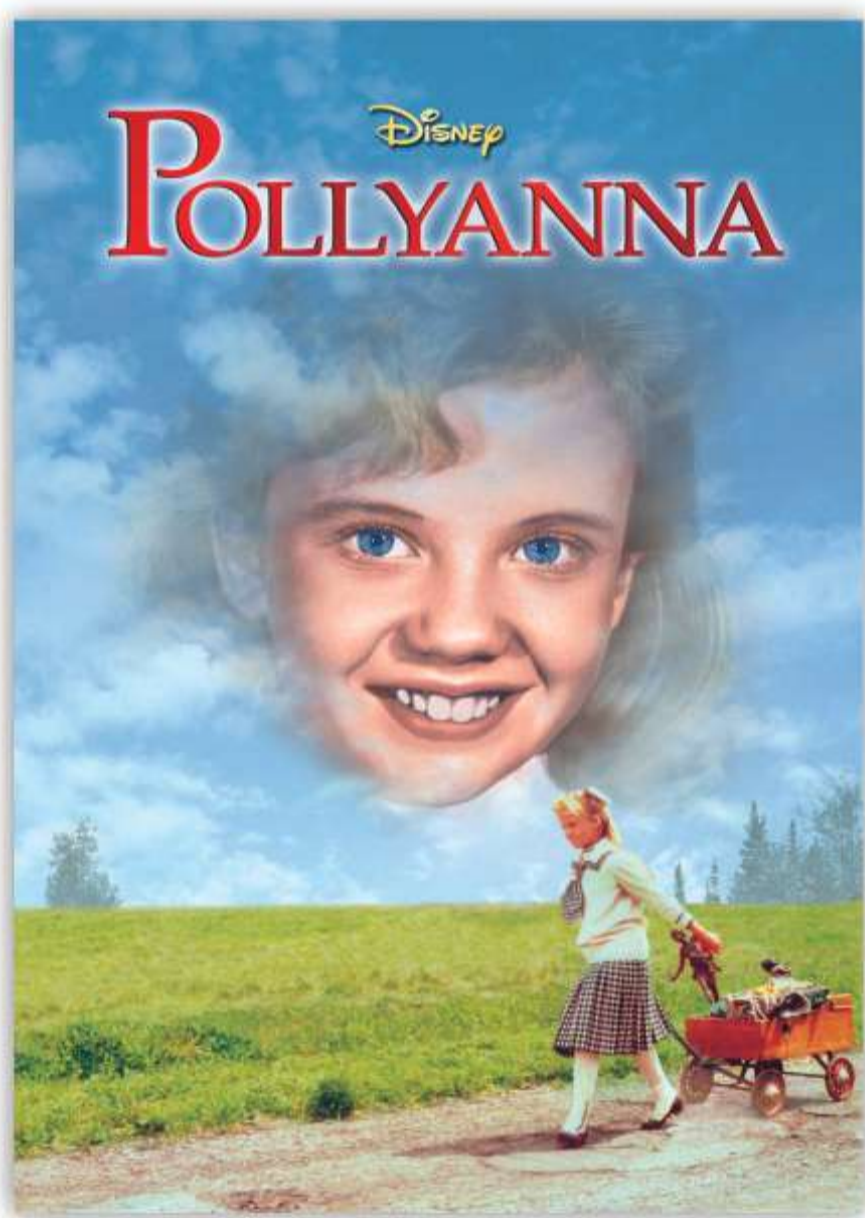
Far from the tree

7



Trolls

5



Pollyanna

6



Up

8



The Iron Giant

10



The boy who harnessed the wind

9



Elephant Whisperers

Title of the Movie/Book:

Each Kindness

Movie/Book Summary:

"Each Kindness" by Jacqueline Woodson and illustrated by E.B. Lewis is a powerful children's book about the impact of kindness and the importance of empathy. The story follows Chloe and her classmates as they exclude a new girl named Maya. When Maya stops coming to school, their teacher teaches them about the consequences of their actions. Chloe realizes her missed opportunities for kindness, but it is too late. The book beautifully addresses themes of compassion and the lasting effects of our choices. It serves as a reminder that even small acts of kindness can make a significant difference.

Movie/Book Reviewed By:

Adviti Santhosh - VII

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:

Elephant Whispers

Movie/Book Summary:

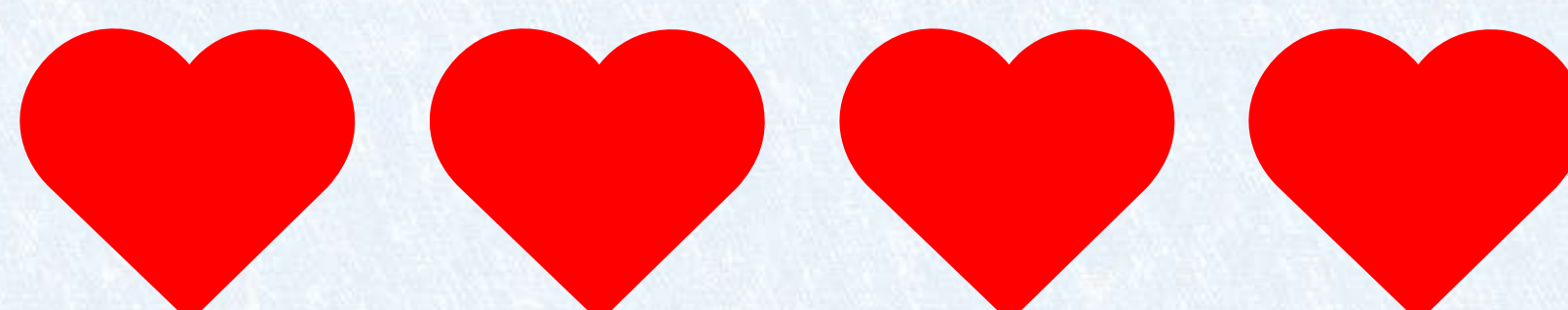
"Elephant Whispers" is a heartwarming documentary film that explores the bond between humans and elephants. Set in a sanctuary in Africa, the film follows the journey of orphaned elephants and the dedicated caretakers who work tirelessly to rehabilitate them. Through stunning visuals and emotional storytelling, the movie highlights the importance of conservation and the deep connection that can be formed between humans and these majestic creatures.

Movie/Book Reviewed By:

Eshaan Sheikh MT - VII

How many hearts will you give this movie?

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



An act of kindness

The quantity of being friendly, generous and considerate is kindness or in simple words it's doing nice things without expecting nice things in return.

Act of kindness i saw or I have done:

1. I helped an old man cross the road.
2. I have given donations to an orphanage
3. I was trying to cross the road when a man on his vehicle stopped and signaled me to move ahead.
4. I saw a women feeding biscuits to the street dog in my neighborhood.
5. I held the lift door and helped my neighbor to lift her groceries.

-Jasawant pal V

Kindness is when you intentionally help another person. It's usually motivated by a feeling of wanting to help that person, rather than motivated by receiving a reward or avoiding punishment in return for your behavior.

Acts of kindness I have done :-

1. Helping an old woman to cross the road.
2. Giving food to the homeless.
3. I picked up trash on the ground and put it in the garbage
4. A person helped us by giving us directions to a specific location

-Lavanya VI

Kindness is giving your time and intention to someone else through compassion, time, generosity, and care. Showing kindness not only makes the person we are being kind to feel good but also helps our own well-being. Kindness doesn't always have to include dramatic gestures.

Acts of kindness I have done :

1. I have given donations to the NGO's
2. I gave food to stray dogs
3. Spend time with the elderly at a local retirement home
4. I gave old clothes and books to my maid.
5. I helped my friend with her science project.

-Adviti Santhosh VII

Kindness to me means the amount of humbleness a person has. It is an act where you do something good to a person and in return you don't ask anything.

Acts of Kindness I have done:

1. Helping a person in the airport to give his documents and the location for the security check.
2. Helping people who need money for their grocery
3. Donating clothes and food on my birthday
4. Giving biscuits to street dogs.

-Vedaang Tiwary VIII

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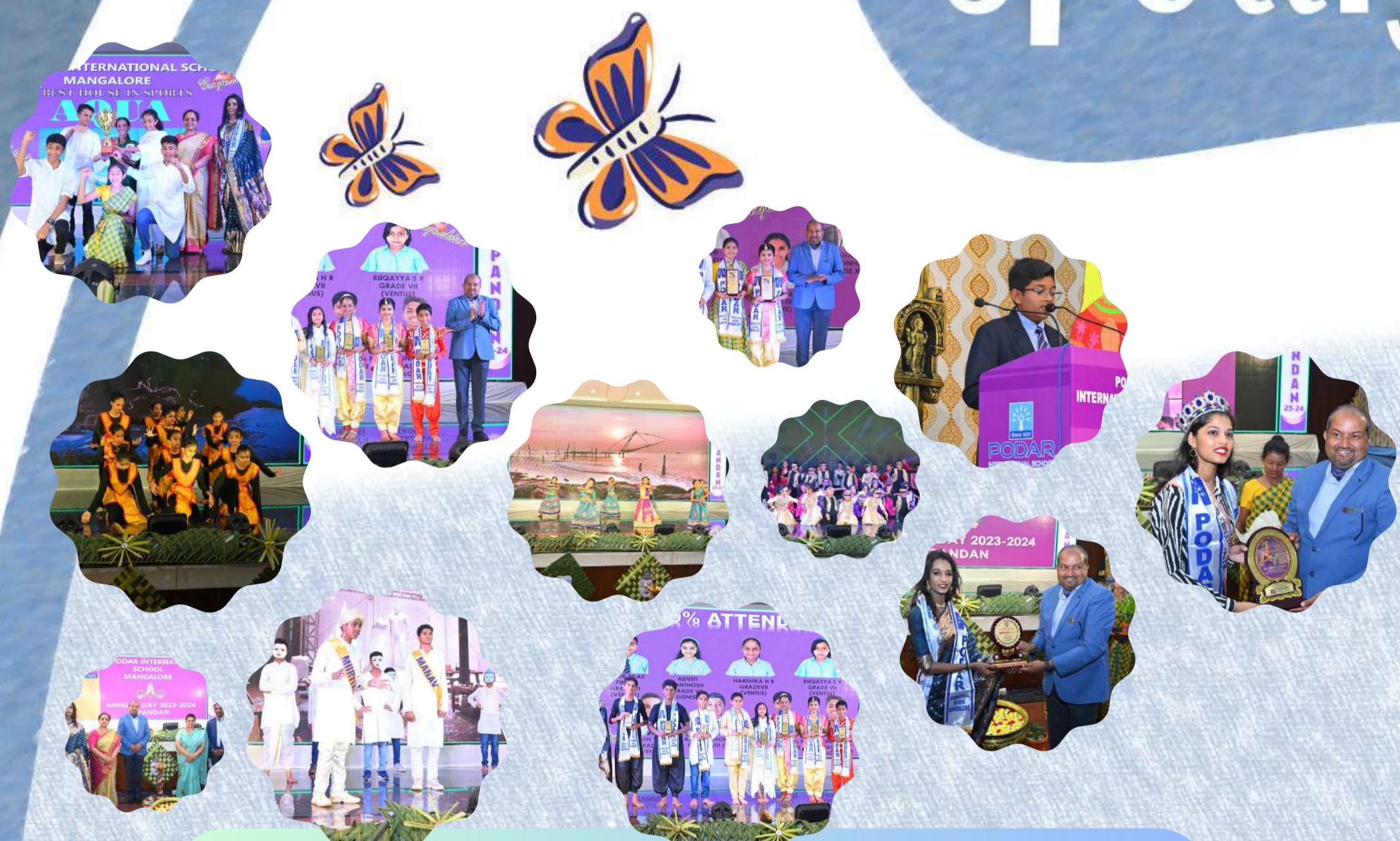
- Amazing
- Console
- Share
- Happy
- Respect
- Thank You
- Friendly
- Fantastic
- Loving
- Encourage
- Helpful
- Blessed

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

How many acts of kindness can you find?



Spotlight @ PIS



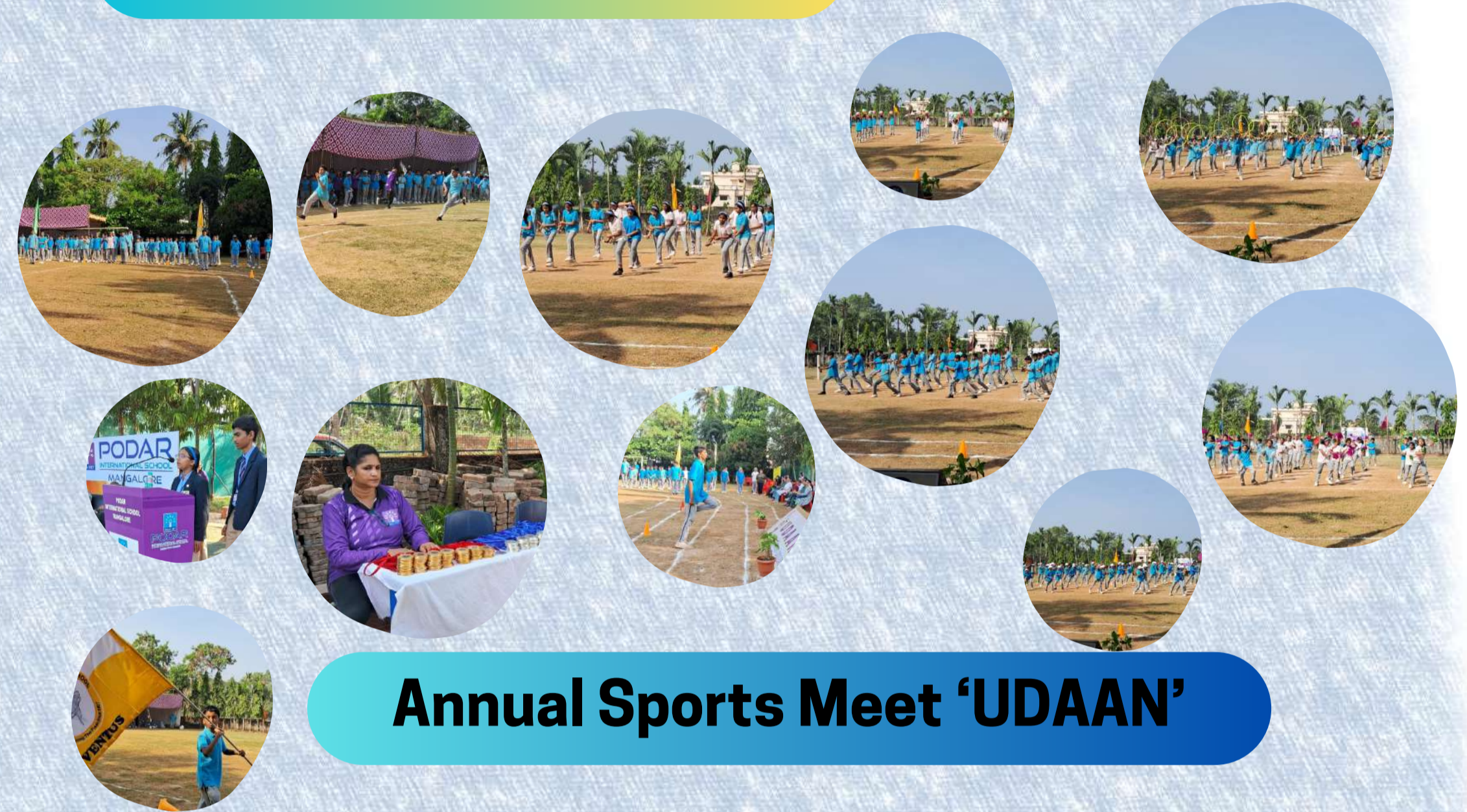
Annual Day 2023-2024 'SPANDAN'



Farewell Function 2023-2024



Republic Day 2023-2024



Annual Sports Meet 'UDAAN'

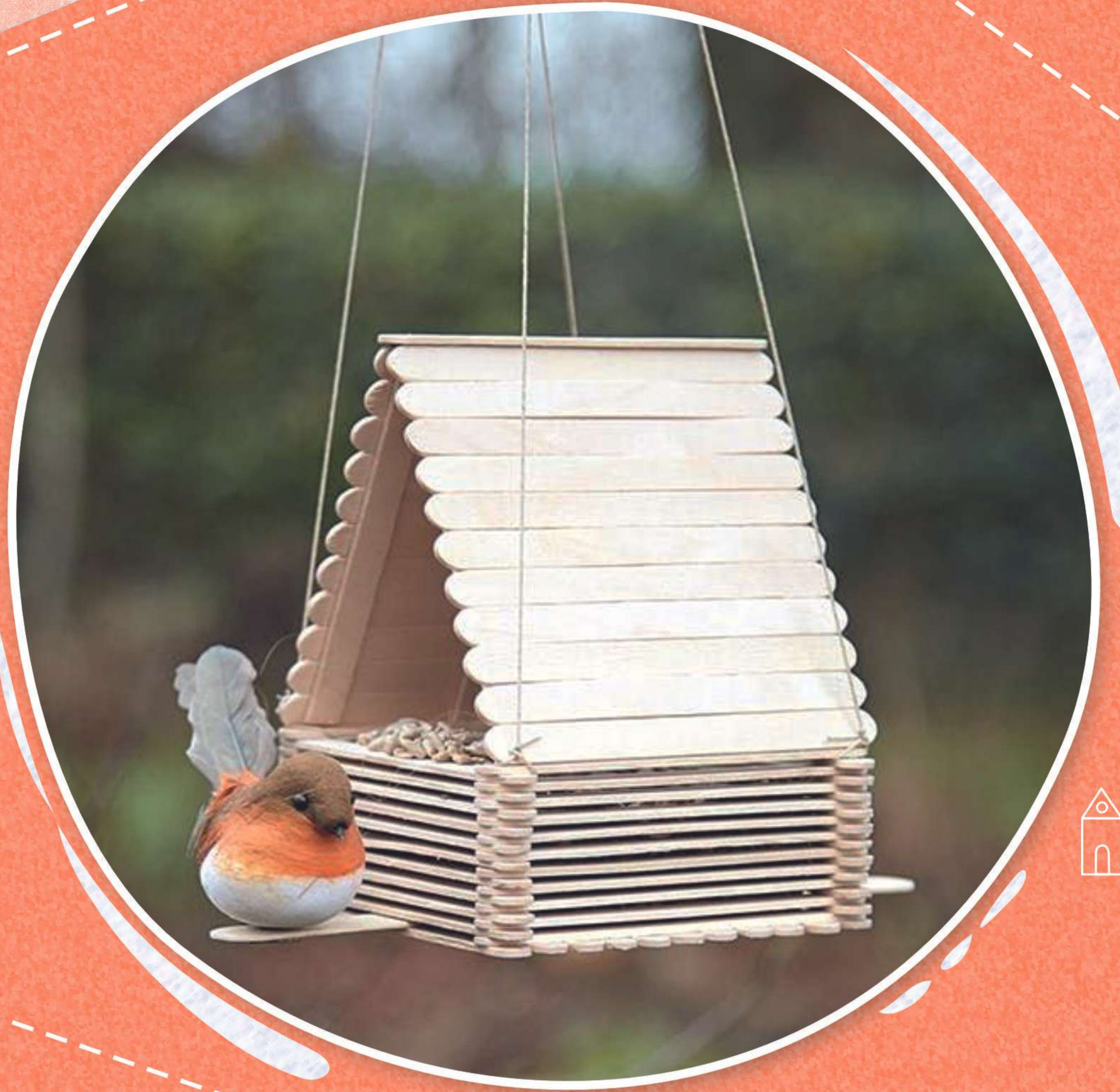


Kindness Crafts



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

