

THE WISDOM NEWSLETTER | MAY 2026

# WIZNEWS

THE DN WISDOM TREE GLOBAL SCHOOL

CBSE AFFILIATION NUMBER - 1530458

## PREKSHA ANNUAL TRAINING PROGRAMME 2026



1st May - 14th May 2026



The DN Wisdom Tree Global School



EMPOWER EDUCATORS



INSPIRE LEARNING



IGNITE POTENTIAL



BUILD TOMORROW



## DASARATHI NAIK

### Beloved Teacher and Inspiration

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**WIZNEWS is now open to parents and siblings of our students. Our next edition will carry poems, stories, essays, features and art from our students, mentors, parents and siblings of our students. We request you to send in your entries by 25<sup>th</sup> June 2026**

email: [wiznews@wisdomtreebbsr.com](mailto:wiznews@wisdomtreebbsr.com)

**PREKSHA - ANNUAL TRAINING PROGRAMME FOR MENTORS****DAY 1, 1<sup>st</sup> May 2026**

Empowering our educators to lead the way! Preksha, The DN Wisdom Tree Global School's Annual Training Programme for Mentors got underway on 1st May 2026, focusing on capacity building and advanced skill enhancement. This year's training sessions are about elevating our collective potential through intensive workshops and collaborative learning. When mentors grow, the entire community rises. By sharpening our tools today, we ensure a brighter, more innovative classroom for our students tomorrow. Our Annual Training Programme is more than just a series of workshops; it is a commitment to professional mastery and the skill enhancement required to shape global citizens.

The opening day's innovative sessions were led by Dr. John Harrison, CEO-Principal of The DN Wisdom Tree Global School.



PREKSHA - ANNUAL TRAINING PROGRAMME FOR MENTORS

DAY 2, 2nd May 2026

Shaping the Future of Education

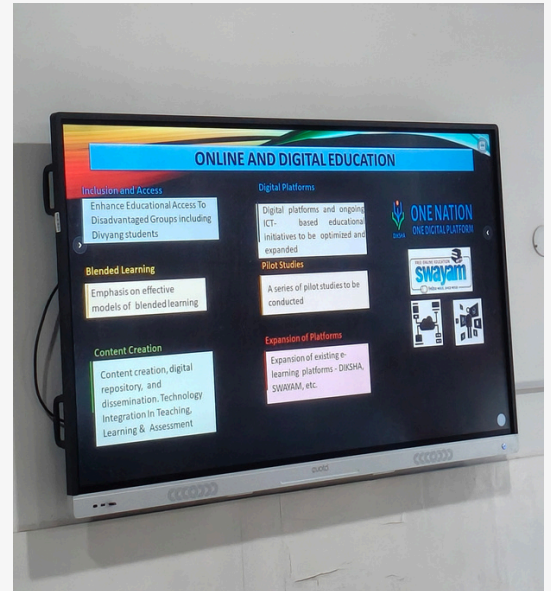
Empowering our mentors to lead the change! Day 2 of The DN Wisdom Tree Global School's Annual Training Programme for Mentors focused on the practical implementation of NEP 2020 and NCF guidelines within our school curriculum. From redesigning classroom pedagogy to aligning learning outcomes with 21st-century skills, our educators were enabled to dive deep into strategies that foster critical thinking, experiential learning, and holistic growth. Big steps toward creating a future-ready learning ecosystem!

The second day's sessions were led by Dr. Rita Chatterjee, Academic Advisor of The DN Wisdom Tree Global School.



**SKILLS TO BE INTEGRATED IN SUBJECTS**

- Scientific temper and evidence-based thinking
- Creativity and innovations
- Sense of aesthetics and art
- Oral and written communication
- Health and nutrition
- Physical education, wellness, fitness and sports
- Collaboration and teamwork
- Problem solving and logical reasoning
- Numerical skills
- Digital literacy, coding and computational thinking
- Ethical and moral reasoning
- Constitutional values
- Gender sensitisation
- Fundamental duties
- Citizenship skills and values



**ONLINE AND DIGITAL EDUCATION**

- Inclusion and Access**  
Enhance Educational Access To Disadvantaged Groups including Divyang students
- Blended Learning**  
Emphasis on effective models of blended learning
- Content Creation**  
Content creation, digital repository, and dissemination. Technology Integration in Teaching, Learning & Assessment
- Digital Platforms**  
Digital platforms and ongoing ICT-based educational initiatives to be optimized and expanded
- Pilot Studies**  
A series of pilot studies to be conducted
- Expansion of Platforms**  
Expansion of existing e-learning platforms - DIKSHA, SWAYAM, etc.



# PREKSHA - ANNUAL TRAINING PROGRAMME FOR MENTORS

DAY 3, 4th May 2026

The pursuit of excellence is a marathon, not a sprint. On Day 3 of our Annual Training Programme for Mentors, the sessions focused on continual learning, emphasizing the idea that as mentors, our own growth is the foundation for our students' success. Refining our skills isn't just a requirement; it's our commitment to staying ahead in an ever-evolving educational landscape. Step by step, session by session, we are evolving.

Our Annual Training Programme for Mentors is all about that "never stop learning" spirit. We are diving deep into new strategies and collaborative growth. We believe that to inspire the next generation, we must never stop growing ourselves.



**PREKSHA - ANNUAL TRAINING PROGRAMME FOR MENTORS****DAY 4, 5th May 2026**

Capacity building in full swing! The fourth day of our Annual Training Programme for Mentors was all about balance and innovation. The sessions focused on transforming the classroom and the self. From mastering the fine line between Stress vs. Eustress, to diving deep into the world of impactful Project-Based Learning (PBL), our mentors worked on expanding their pedagogical horizons, honing the skills that matter. We wrapped up the day by exploring the restorative power of Healing Through Movement, ensuring our educators are as mindful as they are skilled.

Empowering our mentors is the first step toward empowering our students. Learning and growth never stop when you are committed to excellence.



## PREKSHA - ANNUAL TRAINING PROGRAMME FOR MENTORS

DAY 5, 6th May 2026

The training momentum continued at The DN Wisdom Tree Global School as our mentors immersed themselves in holistic professional development. Day 5 of the Annual Training Programme focused on the essential pillars of modern education: Safety, Strategy, and Security. From life-saving First Aid techniques to innovative Class Control methods, our mentors levelled up their knowledge. A hands-on workshop on First Aid, ensuring our team is equipped to handle emergencies with care and precision along with an insightful session on Class Control & Effective Teaching to further refine our child-centric approach were key sessions of the day.

Our special thanks to Mr. Aditya Divakar, CIDO, DN Group, for a standout session on Cyber Security and Safety, enhancing our knowledge on digital vigilance. Safeguarding our digital footprint is a top priority at The DN Wisdom Tree Global School. Understanding the digital landscape is more critical than ever for the safety of our students and ourselves.

Education isn't just for students, our mentors are growing every day!



# PREKSHA - ANNUAL TRAINING PROGRAMME FOR MENTORS

DAY 6, 7th May 2026

## Scaling New Heights!

The sixth day of our Annual Training Programme for Mentors was all about sharpening the saw. From the rhythm of Phonics - mastering the sounds that build strong foundations, to the diversity of Multiple Intelligence - tailoring strategies to every learner's unique mind, our mentors expanded their horizons. Plus, adding value was a deep dive into Technology & Innovation, bridging the gap between traditional teaching and future-ready classrooms, ensuring that we stay ahead of the curve.

Empowered mentors create inspired students. We are empowering our educators to transform the learning experience.



# CBSE COE CAPACITY BUILDING PROGRAMME ON ADOLESCENT EDUCATION

Day 7, 9<sup>th</sup> May 2026

Empowering educators through enhanced knowledge and understanding.

The Annual Training Programme for Mentors 2026 on Adolescent Education, at The DN Wisdom Tree Global School, was an enriching day for teachers. The sessions were ably guided by esteemed CBSE Resource Persons, Ms. Chitragada Mohapatro (PGT), DAV Public School, Chandrasekharpur, and Shri Prasanna Kumar Dhala, TGT Science, DAV Public School, Unit-8, Bhubaneswar.

An immersive experience for our mentors and a meaningful initiative towards nurturing informed, sensitive, and responsible educators for the holistic development of students.



# CBSE COE CAPACITY BUILDING PROGRAMME ON ADOLESCENT EDUCATION

Day 8, 10<sup>th</sup> May 2026



## CBSE COE CAPACITY BUILDING PROGRAMME ON GENDER SENSITIVITY IN SCHOOLS

Day 9, 11<sup>th</sup> May 2026

Breaking barriers and building empathy, empowering educators to foster an inclusive environment!

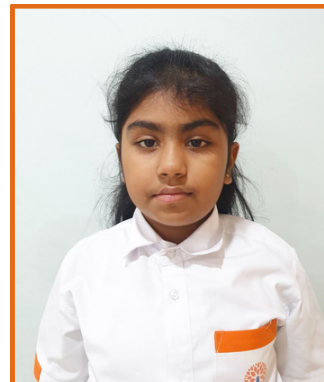
On 11th May 2026, The DN Wisdom Tree Global School hosted the third session of the CBSE COE Capacity Building Programme on the vital topic - Gender Sensitivity in Schools. We were privileged to have esteemed resource persons Dr. Subhashree Das (PGT, English) and Ellora Patnaik (PGT, Commerce) from BJEM School-2, Bhubaneswar, lead these insightful sessions. Dr. John Harrison, CEO-Principal, and Dr. Rita Chatterjee, Advisor, felicitated our resource persons at the close of the session. Heartfelt thanks to our resource persons for sharing their expertise and inspiring us to create truly inclusive learning spaces.

Through collaborative discussions and expert guidance, our mentors explored ways to challenge stereotypes and promote gender equality within the classroom. A step forward in building a more balanced and empathetic future for our students.





Alisha Pradhan  
Grade 6



Ayona Samal  
Grade 3B

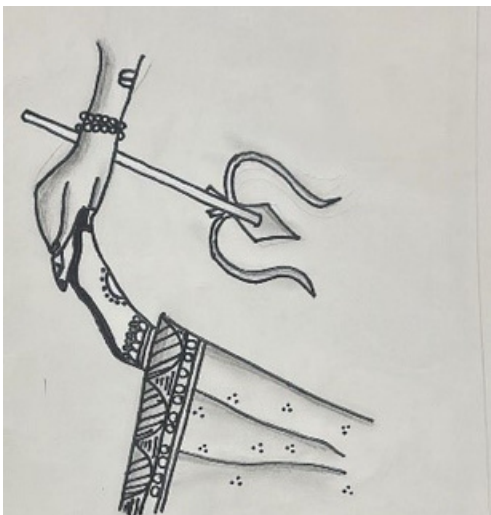
## **WHISPERS OF THE THREE SEAS**

High Above The Land, The Sky Is Blue  
The Waves Of The Water Is A Dreamy Flow.  
When You Reach The Point Where The Land Ends,  
You End Up Meeting The Cape Kumari.  
On The Way, You See Windmills,  
Where The Beauty Ends With Coconut And  
Palm Trees Breezing. The Southernmost Tip,  
Where The Three Strong And Mighty Seas Blend Together,  
You See The Colours Of The Bright Green, Blue And White.  
The Sun Rises And Sets, Making Its Memorable Brightness  
Everyday.

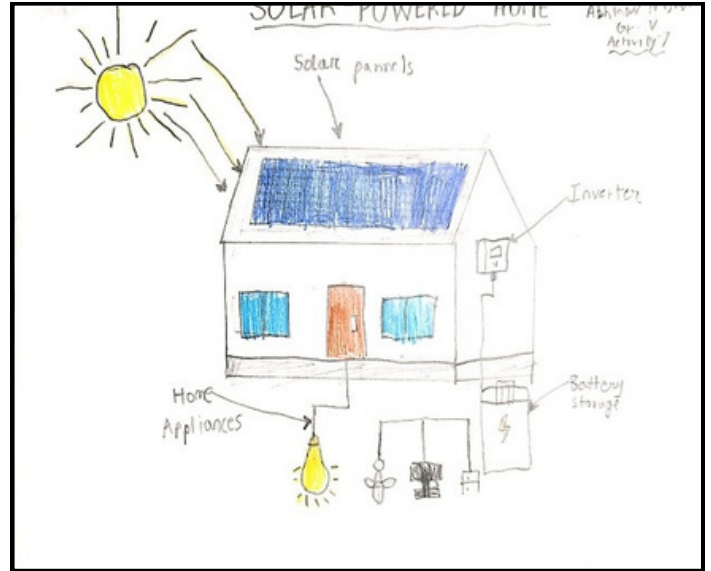
Land's End isn't the finish line; it's a beautiful reminder that every ending is just a new beginning.



Ayesha Ghadai  
Grade 6



Gargi Parida  
Grade 5



Abhinav Nishant  
Grade 5



Kavya Krishna Mohanty  
Grade 5

We are proud of your remarkable achievement of winning 2 Silver Medals and 1 Bronze Medal at the WAKO Odisha State Kickboxing Championship.

Well done, Champion!

## A Magical Day at Disneyland Paris

My visit to Disneyland Paris was one of the most exciting experiences of my life. As soon as I entered the park, I felt like I had stepped into a fairy tale. The magnificent castle, colourful decorations, and lively atmosphere filled me with joy and wonder. Every corner has something new and amazing to see. There were more than 70 rides. If one experience makes you curious about a fairy tale, another makes you feel you are in a different world. I enjoyed many thrilling rides, from fast roller coasters to magical adventures inspired by Disney stories. Meeting famous Disney characters and taking photos with them was a dream come true. I also watched entertaining parades and performances that brought the park to life. The themed lands were beautifully designed, making every moment feel special and magical. After spending a fun-filled day exploring attractions, enjoying delicious snacks, and creating wonderful memories with my family, we left the park at around 6 PM. Although our visit ended in the evening, the excitement and happiness of Disneyland Paris stayed with me long after I had gone home.



Aradhya Samal  
Grade 7



Pratinav Kumar Senapati  
Grade 1 B



Bibhudutta Gayan  
Grade 1 B



Priyansy Chhotaray  
Grade 1 B

My trip to mussoorie.

DATE \_\_\_\_\_



My name is Amaira Ray. I went to mussoorie with family on 27th may. mussoorie is a hill station and people call it "the queen of hills". The weather was cool. I saw big mountains and clouds. I went to landour and there I saw an old school named Woodstock. I ~~was~~ liked looking at the hills from the car.



Amaira Ray  
Grade 1 B

## My Summer Recipes



During this summer vacation, I was assigned with a task of preparing smoke-free recipes as a part of my summer holiday assignment. I decided to prepare something that was both seasonal and healthy.

With the help of my mother, I carefully selected fresh summer fruits and discussed different combinations of ingredients that would blend well together. Then we finalised to go with two refreshing recipes i.e. Mango Chia Delight and Litchi Lemon Maza.

Through this activity, I learned the importance of healthy eating, proper food preparation, and making wise choices while selecting ingredients.

## Mango Chia Delight



### Ingredients

- Three ripe mangos
- Half-cup soaked almonds
- One spoon chia seeds (soaked earlier)
- Black pepper powder

### Method

- Peel the mangos and keep the pulp ready
- Blend the soaked almonds and mango pulp into a smooth puree texture.
- Add water to the blender jar as per the desired consistency.
- Add half a teaspoon of chia seed gel into the blender jar and blend again.
- Pour the smoothie into the glass gently.
- Serve with remaining chia seed gel on top.





## Litchi Lemon Maza

### Ingredients

- 10-12 fresh litchis (peeled and deseeded)
- Juice of 1 lemon
- 2 cups chilled water
- 2 teaspoons sugar (optional)
- Ice cubes
- Black pepper powder and rock salt (as per the taste)

### Method

- Add the deseeded and peeled litchis to the juicer jar.
- Blend the litchis into a smooth pulp.
- Add lemon juice and sugar
- Pour two cups of water to the jar and mix well.
- Strain if desired.
- Add ice cubes.
- Add black pepper and a pinch of salt
- Stir well and serve chilled.



Sansa Rath,  
Grade 1 B



Saesha Sahu  
Grade 4 B



Bhavin Nayak  
Grade 4 B

## **MY SUMMER ODYSSEY: A JOURNEY OF DISCOVERY AND JOY**

### **Homework with a Twist**

This summer vacation was a perfect blend of academic creativity, meaningful family bonding, and thrilling adventures. The chronicles commenced with my innovative holiday homework. This year, it wasn't just ordinary subject worksheets. Instead, our assignments were beautifully integrated with the UN Sustainable Development Goals and value-based learning. Through this project, I adopted healthy lifestyle habits, experienced the joy of donating and supporting the needy, and gained insights about hunger and poverty, marine life, making "best out of waste", and fascinating biological adaptations. Furthermore, I utilized this productive period to hone my swimming skills, learn basic cooking and explore the fundamentals of Microsoft PowerPoint and Microsoft Word.

### **Magical Moments in Mysuru**

With my homework complete, my family and I set off on an exciting trip to Mysuru and Bengaluru. Our adventure started in Mysuru, where we stayed at a hotel located right inside the breathtaking Brindavan Gardens! The endless lawns of lush greenery and symmetrical rows of colourful fountains made the gardens look like a paradise on Earth. Watching the water dance in perfect harmony with the melodious music and vibrant lights during the light and sound show was absolutely magical!

We journeyed through time at the majestic Mysore Palace and the historic Tipu Sultan's Summer Palace. The illuminated Mysore Palace in the evening made me feel like I had stepped back in time into a royal fairy tale. I learnt valuable lessons about our rich history, heritage and the valour of our past rulers. We also visited Karanji Lake, where we took a peaceful nature walk along the water. Inside the bird aviary there, I was mesmerized by the beautiful peacocks and colourful birds. Another highlight was the massive underwater tunnel aquarium where I was thrilled to see so many different types of exotic fish swimming all around me, and I even got the chance to feed some of them with my own hands!

Next came the fun part! I visited the Wax Museum, where I posed next to lifelike statues of famous celebrities. At the Sand Museum, I was amazed to see how beautiful sculptures could be carved out of just sand and water. I also braved the spooky House of Horrors, got delightfully lost in a dizzying Mirror Maze, and explored Eyelusion a brilliant 3D and augmented reality gallery. My parents captured photos of me from strategic points, making it look like I was trapped in gravity-defying optical illusions. It was mind-blowing and super fun!

### **Science and Soul in Vibrant Bengaluru**

Our final destination was Bengaluru where my maternal aunt and cousin live. Here, we dived deep into science, astronomy and culture. First, we visited the Indian Music Experience Museum. I loved trying out diverse musical instruments and learning about the rich rhythm and soul of Indian music. At the Jawaharlal Nehru Planetarium, I gazed at the wonders of the cosmos, an experience that left me in absolute awe of our vast universe. Lastly, I engaged with interactive hands-on experiments about machines and AI in the Visvesvaraya Industrial and Technological Museum. We also spent delightful evenings exploring grand malls, where I lost track of time in the action-packed games and entertainment of the play zone, while my family members immersed themselves in marathon shopping, before we wrapped up the day with delicious family dinners. Navigating through Bengaluru's bustling traffic became an ordeal, but riding the swift, modern Namma Metro felt like flying smoothly right over the crowded streets.

### **Balloons, Blessings and a Birthday Bash**

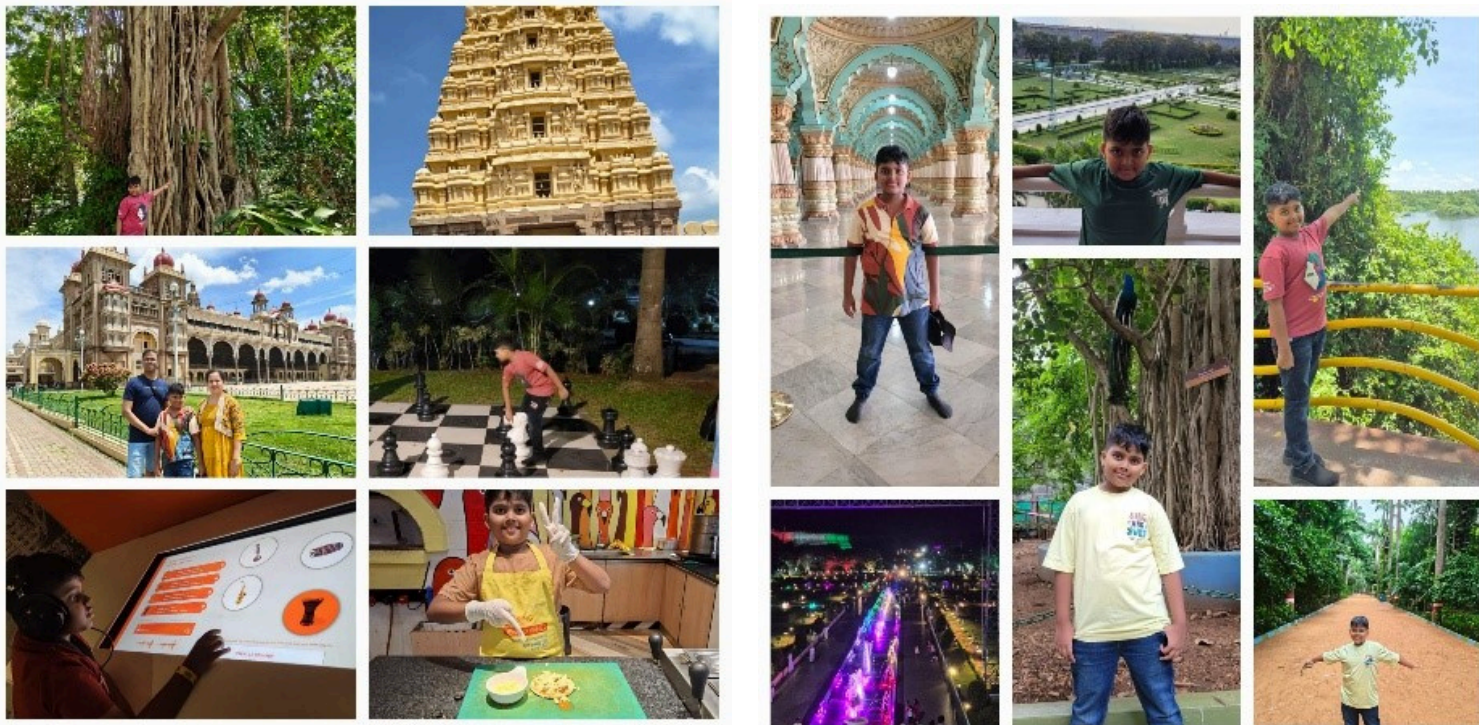
Amidst these adventures, we celebrated my birthday surrounded by my beloved family. I was overjoyed to receive a brand-new bicycle, an intricate Lego set, and some intriguing, handcrafted colourful Channapatna wooden toys! Spending quality time with my parents, Dadu, Didima, Masi and elder cousin, made the celebrations truly special. We spent the day gobbling down delicious ice cream and cake, playing fierce matches of Ludo, carrom, chess, and Uno, and laughing together while watching cartoons and animated movies.

### **A Summer Quest of Innovation, Exploration, and Celebration**

This vacation taught me that learning extends far beyond classroom walls. I returned home with many wonderful stories to share, beautiful photos to show, and sweet memories to cherish. Now, I am eager to resume school with an enriched yet inquisitive mind, a refreshed and happy heart, and a renewed excitement for learning.



Bhavin Nayak  
Grade 4 B



Bhavin Nayak  
Grade 4 B

## A Trip to the Abode of Clouds - MEGHALAYA

June 5, 2026, Cherrapunji

A beautiful and breathtaking experience in the midst of rainforest and mountains in Meghalaya. We are on an ongoing trip full of unforgettable memories. We have visited many beautiful waterfalls inside deep forests in the Khasi and Jaintia hills, Meghalaya. There are some natural caves, Mawsmai and Arwa, worth visiting at least once in a lifetime.

The experience of roaming and trekking is more thrilling when it drizzles. Almost all waterfalls and treks are quite hectic to reach, but worth visiting. The road from Tyrna village to Mawlynnong village has many small waterfalls and streams on the route. We went to Nongriat double decker living root bridge, which is naturally made from the roots the Banyan tree.



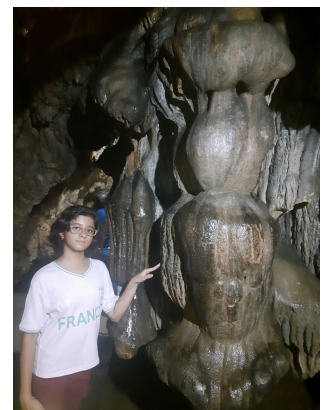
To reach there we had to trek from one big hill to the other having 3,600 steps with rocky pathway.

It was a great experience but tiring too. Most of the peoples do terrace farming for their livelihood. They cultivate corn, cabbage, raddish, pineapple and jackfruit (which grows naturally).

But the locals charge more for all food items. Buying any packaged food is charged much more than MRP. It is interesting to visit and explore several natural and scenic places in India.



Nirvi Sar  
Grade 7



## Space

Above the sky,  
It's beauty, no one would deny.

But there's no air!  
But for what you're seeing, it's fair.

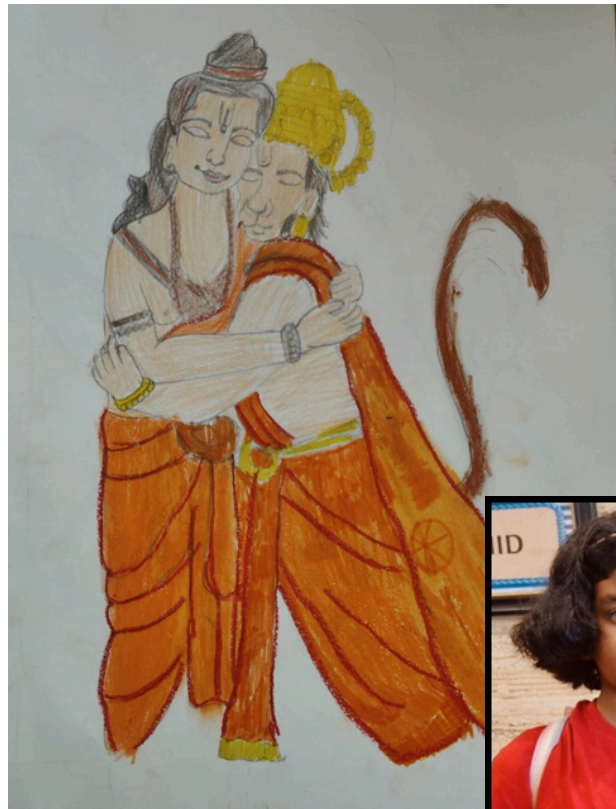
Roses are red, violets are blue.  
Cosmic rays? Oh, leave it. The planets are lined up in a queue.

Try to go somewhere here, it's time-taking,  
Stay here without a spacesuit, it's breathtaking.

From the nearest exoplanet with a chance of life,  
it'll take four years to see your face,  
And that my friends, is called space.



Alok Nayak  
Grade 6



Neelisha Samantaray  
Grade 6

## Snowy Mountains

I had a wonderful vacation to Kashmir with my family. I went to Mata Vaishno Devi mandir in Katra and had a lovely experience in climbing the mountains and beautiful sights and hearing the happy chant "Jai Mata Di". I enjoyed the Shikara ride in Dal lake along with floating markets. We had a horse ride to the mountains, played with the snow and had so much fun with my family.

Arjun Arhan  
3B



Arjun Arhan  
Grade 3 B

## **My Dear Nicko (Ode Poem)**

Oh Nicko my dear,  
You took my happiness to another tier.  
People may think you are just a stuffed toy,  
But to me you are my best friend and my bundle of joy.

Your cuddle gives me enough comfort,  
My heart knows you are always there for my support.

Nobody can tear us apart,  
You will always be close to my heart.

I sleep beside you every night,  
Cuddling you in my arms very tight.  
No matter how old I get,  
I will always remember the day we first met.



Sraddha Deo  
Grade 5

## Learning a New Skill This Summer

During my free time, I always love to do something creative. After school hours or during weekends, you will find me either sketching doodles, making bracelets or other jewellery, or dancing. But this summer, I decided to learn a new skill so that I could gift something to my cousin. Hence, I started to learn crocheting, a craft in which one uses a single hooked needle to interlock yarns to create beautiful textiles, or accessories.

I learnt the skill myself by watching YouTube videos, inspired by a channel called “lilthings ♡” where the creator makes beautiful things such as leg warmers, hand gloves and other accessories. The channel has excellent beginners’ tutorial which helped me learn quickly.

The first ever crochet project I did was a small pouch which took me about 5 days. After some practice, I gained speed and confidence, and made a small heart-shaped fridge magnet, a moon-shaped keychain, and a flower-shaped keychain for my cousin.

Making small accessories and jewellery is one of favourite past times. So, this summer, I worked on improving that skill further and made a pair of earrings for my mother and a bracelet for myself.

I believe summer vacations are not just for playing and having fun, but also a great opportunity to learn new skills. I am happy that in addition to having loads of fun and spending more time with my parents and extended family, I could learn a new skill to express myself creatively.



Nishika Kar  
Grade 5

## **My Memorable Summer Vacation in Kodaikanal**

Our summer vacation started on 18 April and will continue until 17 June. My father lives in Bengaluru because he works as a Branch Manager in Canara Bank at Peenya Industrial Metro. He booked flight tickets for my mother and me to Bengaluru.

As planned, we boarded the flight from Bhubaneswar at 4PM on 18 April and landed in Bengaluru at 6:15 PM. After the plane parked, we collected our luggage and exited the airport. My father booked a cab, and we reached his home at about 8:30 PM. We rested there for the night.

The next day, we started our journey from Bengaluru to Madurai at 12:30 PM by Vande Bharat Express. We reached Madurai at 9:00 PM and stayed in a hotel called Madurai Residency.

The following morning, at 9:30 AM, we went to Kodaikanal by taxi. After a three-hour journey, we reached Kodaikanal and stayed in a bank guest house for three days. Kodaikanal is a beautiful hill station with pleasant weather.

During our stay, we visited many tourist attractions. We went to Coaker's Walk and enjoyed the beautiful views of the hills, valleys, and lakes. We also saw clouds floating over the mountains. We visited dense forests and places near the Kerala–Tamil Nadu border. The temperature there was around 10–15°C, which made the weather very enjoyable.

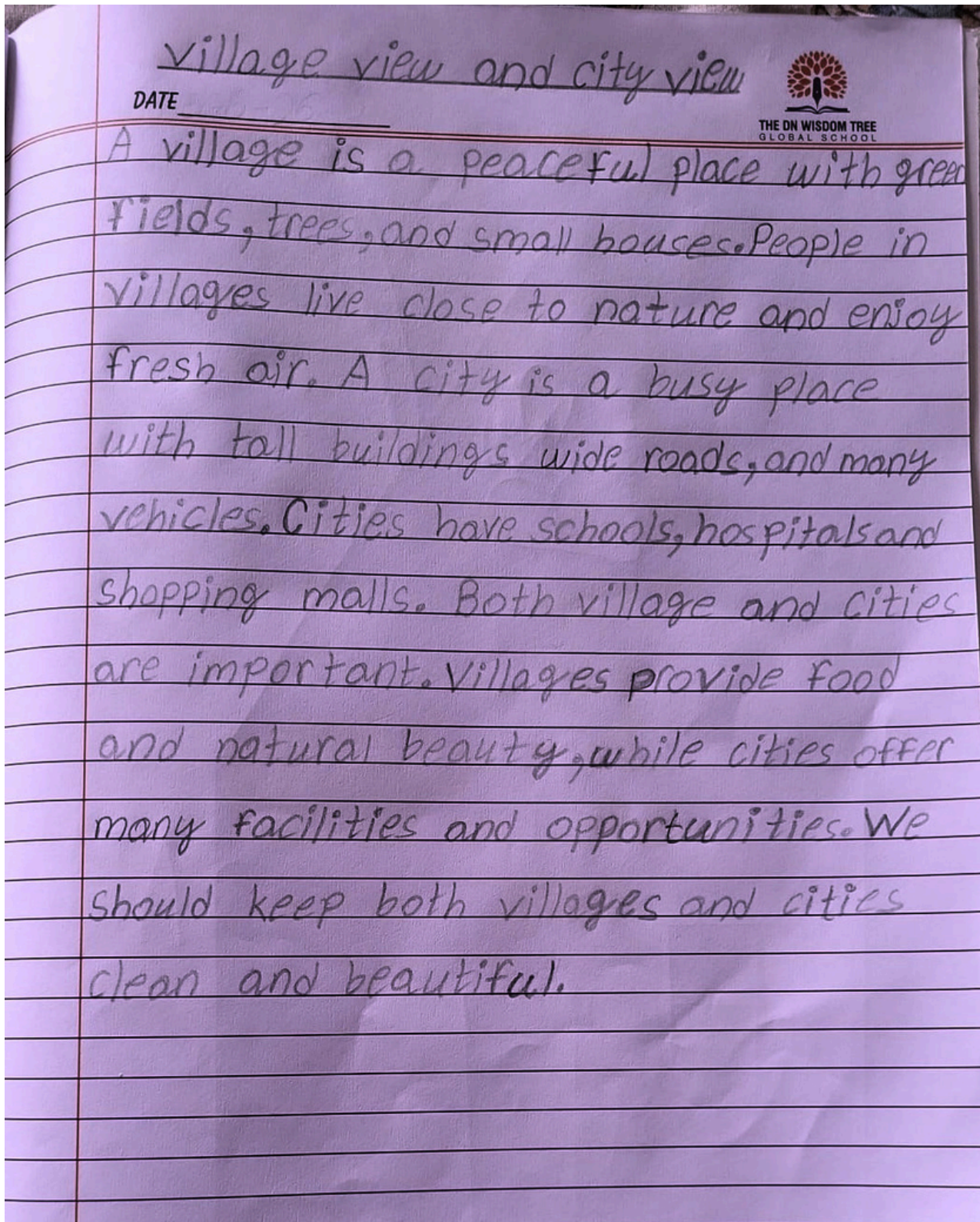
After spending three wonderful days in Kodaikanal, we returned to Bengaluru by flight. We stayed there for two more days and watched the movie BHOOTH BANGLAH. Finally, on Sunday at 4:00 PM, I returned to Bhubaneswar.



Sweekrit Baral  
Grade 3A



Soan Mishra  
Grade KG 2B



village view and city view

DATE \_\_\_\_\_



A village is a peaceful place with green fields, trees, and small houses. People in villages live close to nature and enjoy fresh air. A city is a busy place with tall buildings, wide roads, and many vehicles. Cities have schools, hospitals and shopping malls. Both village and cities are important. Villages provide food and natural beauty, while cities offer many facilities and opportunities. We should keep both villages and cities clean and beautiful.

Ritesh Kumar Swain  
Grade 3B



Ritesh Kumar Swain  
Grade 3B



Suryanshi Swain  
Grade 5

## Decluttering Life

Riya was a Class 9 student who loved collecting things. Her desk at home was piled high with old notebooks, broken pens, wrappers from chocolates she had eaten months ago, and even a cracked toy she never used. Every evening, when she sat down to study, she felt restless. She couldn't find her math book easily, her pencils kept rolling off the desk, and she often wasted time searching for things instead of studying.

One Saturday, her mother suggested, "Why don't you clean your desk? Keep only what you need." At first, Riya resisted. She thought, what if I need that old notebook someday? But finally, she decided to try. She threw away the wrappers, donated the toy to a younger cousin, and stacked only the books she was currently using. She placed her pens neatly in a box.

The next day, when she sat down to study, something felt different. The desk looked clear, her mind felt lighter, and she could focus better. She realized that decluttering wasn't just about cleaning a desk it was about clearing space in her head too. Less mess meant less stress.

From then on, Riya made it a habit: once a month, she checked her desk and removed things she didn't need. Slowly, she noticed the same idea worked in other parts of life too. She stopped holding on to unnecessary worries, like what her classmates thought about her handwriting, and focused on what really mattered her effort and progress.

**Takeaway:** Decluttering doesn't always mean big changes. Even small steps, like cleaning your desk or organizing your school bag, can make your mind calmer and your day smoother. A tidy space often leads to a tidy mind.

### Quick Declutter Checklist for Students

- 🎒 School Bag: Remove old worksheets, broken pens, and snack wrappers.
- 📚 Desk: Keep only the books you're using this term.
- 🖋️ Stationery: Store pens, pencils, and erasers neatly in a box.
- 📅 Routine: Spend 10 minutes every weekend tidying up.
- 💭 Mind: Let go of small worries focus on what you can control.

"Clear the clutter, clear your mind small steps lead to big success."



Vani Sharma  
Coordinator, Primary

## In the Quiet of my Eyes

In the Quiet of my Eyes.  
Let's take a ride without pride,  
Thinking of the light that shares its brightness wide.  
Seldom does it validate,

In the quiet of my eyes.  
Let's move around and thank the breeze,  
For its grace among the swaying trees.  
It still blows with gentle whispers,  
Leaving traces of comfort wherever it wanders.

The morning sun paints fresh dreams across the sky,  
Bringing warmth and hope for me and thy.  
Blossoms unfold their hues in quiet delight,  
Dancing with the wind beneath the silver night.

In every place, both near and far,  
Silent wisdom shines like a star.  
Through grateful and humble eyes we see,  
The beauty hidden in simplicity.

Let's walk with wonder from dawn to dusk,  
Beyond the race and worldly rush.  
The tall, strong trees stand through storm and rain,  
Giving shade and asking no gain.

See the world through my sight,  
Rooted in the earth yet reaching for the height.  
With hearts that care and minds that grow,  
We'll make the world a better place tomorrow.



Jyotipragyan Rath  
Mentor

## **She Didn't Just Survive the Storm - She Became the Reason the Sun Returned**

A storm is often associated with darkness, uncertainty, fear, and struggle. It tests our strength, shakes our confidence, and leaves us wondering whether brighter days will ever return. Yet, there are some individuals who do not merely endure the storm; they emerge from it stronger, wiser, and more resilient. The quote, "She didn't just survive the storm she became the reason the sun returned," is a powerful tribute to the strength, courage, and transformative spirit of women, especially mothers.

The journey of motherhood begins long before a child is born. From the moment a woman learns that she is carrying a new life within her, she enters a phase filled with hope, anticipation, and responsibility. Along with the excitement, she also experiences significant physical and emotional changes. Morning sickness, fatigue, nausea, back pain, swelling, mood swings, sleepless nights, and anxiety become part of her daily life. Despite these challenges, she continues to move forward with remarkable patience and determination.

For many women, pregnancy is not only a physical journey but also an emotional one. They often carry the weight of expectations placed upon them by society, family, and tradition. In some communities, there may still be a preference for sons, creating pressure and uncertainty for expectant mothers. Whether these expectations are spoken aloud or remain unspoken, many women can sense them. Such pressures can add to the emotional burden they already carry during one of the most vulnerable periods of their lives.

When the day of childbirth finally arrives, it marks the culmination of months of sacrifice, endurance, and hope. Childbirth is one of the most demanding experiences a human being can go through. It requires immense physical strength, emotional resilience, and courage. Yet, once the baby arrives, the focus of many people immediately shifts to the child, often overlooking the extraordinary effort and sacrifice made by the mother.

Motherhood does not end with childbirth; in many ways, it is only the beginning. From sleepless nights and endless responsibilities to nurturing, teaching, protecting, and supporting a child, mothers dedicate a significant part of themselves to the well-being of their children. Society frequently places the primary responsibility of caregiving on mothers, expecting them to balance family, work, personal aspirations, and emotional responsibilities simultaneously.

There are moments when a woman feels exhausted. There are times when she questions her strength, feels lonely, or wishes she had more support. Despite her intelligence, capability, and determination, she is still human. She experiences fear, self-doubt, and vulnerability. Yet, she continues to rise each day because the people who depend on her need her strength.

What makes this journey even more remarkable is that many women discover strengths within themselves that they never knew existed. They become problem-solvers, protectors, caregivers, teachers, and role models. They learn to carry responsibilities that once seemed impossible. Through every challenge, they develop resilience, patience, and wisdom.

For many women, faith becomes a source of strength during these difficult times. Whether through prayer, spirituality, or trust in a higher power, they find comfort in the belief that they are not alone. When circumstances become overwhelming, faith often provides the courage to take the next step forward. It becomes a guiding light during moments of darkness and uncertainty.

This is where the quote reveals its deepest meaning. The storm represents life's hardships—pain, disappointment, loneliness, sacrifice, and struggle. Surviving the storm means enduring these difficulties. However, becoming the reason the sun returned represents something far greater. It signifies transformation. It means emerging from adversity with renewed strength and using that strength to inspire, support, and uplift others.

The sun symbolizes hope, warmth, happiness, positivity, and new beginnings. Just as sunlight breaks through dark clouds after a storm, a woman often becomes a source of hope and stability for her family and community. Her courage encourages others to persevere. Her resilience teaches others how to face challenges. Her compassion brings comfort during difficult times. Her determination creates opportunities for future generations.

A mother's influence extends far beyond the walls of her home. Through her actions, values, and sacrifices, she helps shape the character of her children and contributes to building a stronger society. Her strength becomes a foundation upon which others can stand. Her love becomes a source of security. Her perseverance becomes a lesson in courage.

The beauty of this quote lies in its celebration of human resilience. It reminds us that true strength is not simply about surviving difficult circumstances. It is about transforming pain into purpose, challenges into growth, and struggles into sources of inspiration. It is about becoming a beacon of light for others when darkness seems overwhelming.

In conclusion, "She didn't just survive the storm she became the reason the sun returned" is a powerful reminder of the extraordinary strength that women possess. It honors the countless sacrifices, silent battles, and acts of courage that often go unnoticed. More importantly, it celebrates the ability to rise above adversity and bring hope, light, and positivity into the lives of others. Like the sun that appears after a storm, a woman's resilience has the power not only to brighten her own path but also to illuminate the world around her.



Renuka Sahoo  
Mentor



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