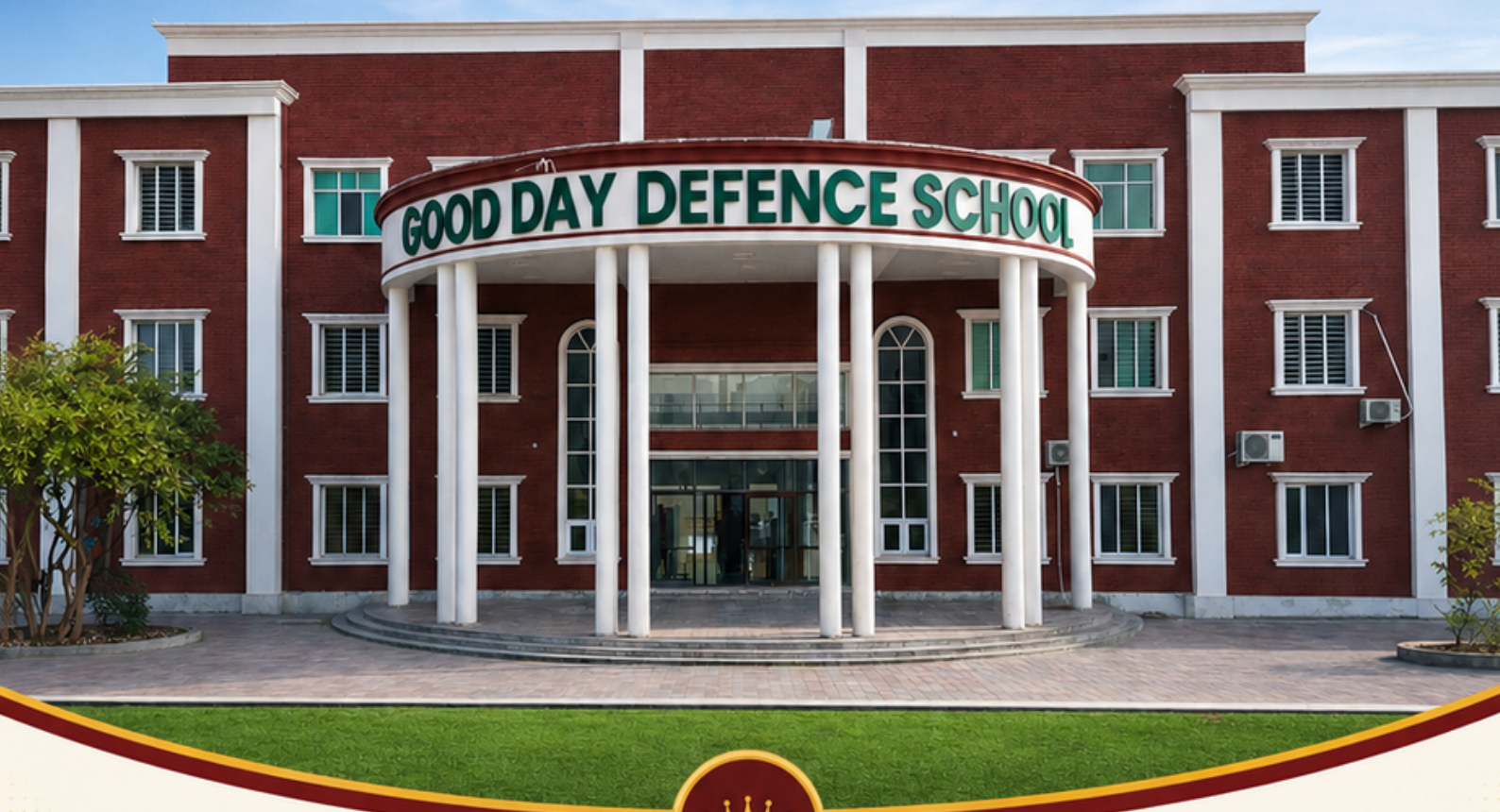




GOOD DAY DEFENCE SAINIK SCHOOL

— Hanumangarh —

SCHOOL NEWSLETTER



Dear Parents,

Welcome to another exciting day of learning, creativity, and joyful experiences at Good Day Defence Sainik School!

The campus of Good Day Defence Sainik School buzzed with enthusiasm as students from Nursery to Class V participated in a thoughtfully planned schedule of engaging activities. The day was designed to encourage creativity, self-expression, physical well-being, and confidence, ensuring that every child enjoyed learning beyond the traditional classroom environment.

A Joyful Start: Music, Dance & Rhythm

Our youngest learners from Nursery, LKG, and UKG began the day with the lively activity **"Fun with Beats."** Through music and dance, children explored rhythm, movement, and coordination while expressing themselves freely. Smiling faces, energetic performances, and cheerful melodies filled the campus with positivity, helping the little ones develop confidence, motor skills, and a love for performing arts.

LKG – Fun with Beats



UKG – Fun with Beats



Healthy Minds, Healthy Bodies: Yoga Sessions

Class I – Fun Yoga for Kids



Class II – Yoga & Mindful Movement



Students of Class I and Class II embraced the importance of health and mindfulness through engaging Yoga sessions. Class I enjoyed 'Fun Yoga for Kids,' while Class II participated in 'Yoga & Mindful Movement.' These sessions encouraged students to improve their balance, flexibility, focus, and emotional well-being through simple postures, breathing exercises, and playful movements. The activities reinforced the value of maintaining both physical fitness and inner calm.

Creativity in Action: Art & Craft

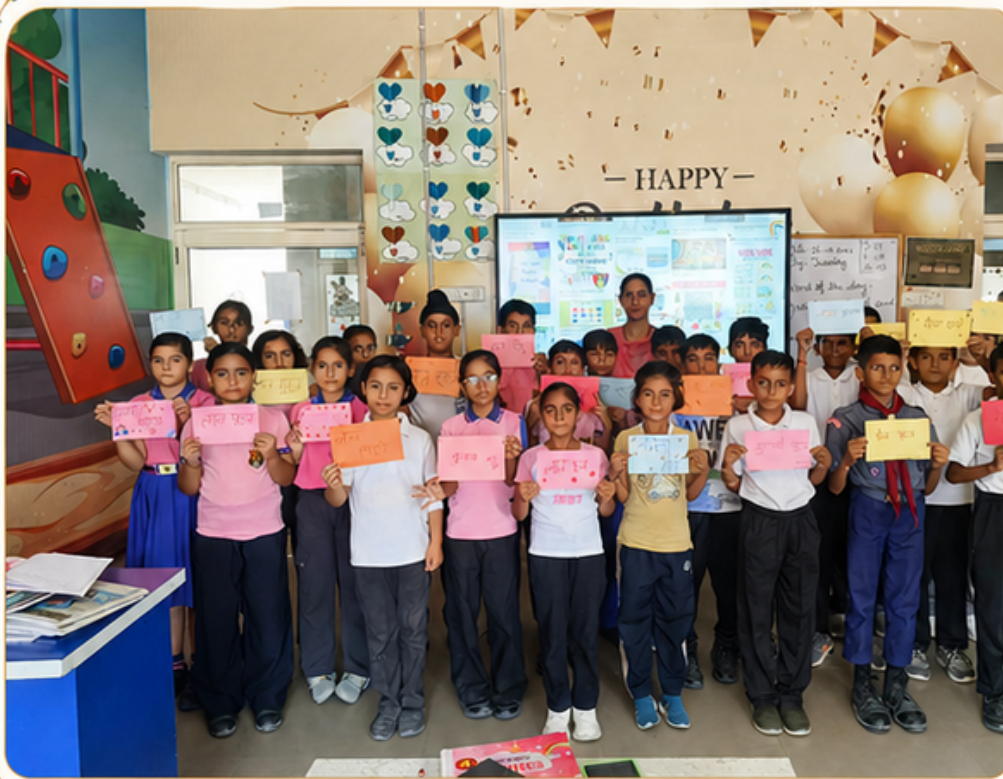
The spirit of imagination flourished as **Class III** participated in "Creative Hands," an engaging Art & Craft activity where students transformed ideas into colourful creations using their artistic skills. Meanwhile, **Class V-A** explored their creativity during the "Creative Art Workshop," experimenting with colours, designs, and innovative ideas. These sessions nurtured imagination, fine motor skills, problem-solving, and creative confidence, allowing every child to proudly showcase their unique talents.

Class III – Creative Hands



Class V-A – Creative Art Workshop





Celebrating Language Through Hindi

Students of Class IV enjoyed an enriching Hindi activity titled **'The Colorful World of Words.'** Through interactive language-based exercises, vocabulary building, and creative expression, learners strengthened their communication skills while developing a deeper appreciation for the beauty of the Hindi language. The session made language learning enjoyable, engaging, and meaningful.



Dance, Energy & Expression

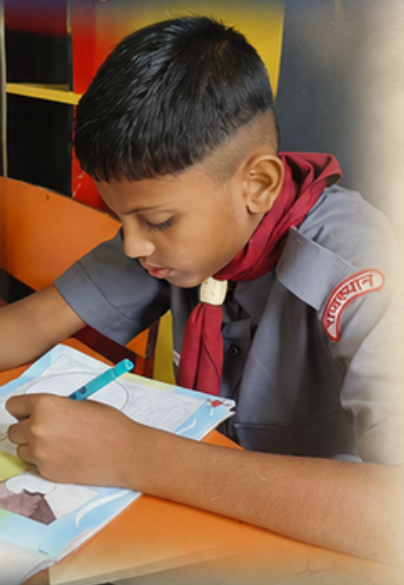
The excitement continued as Class V-B participated in **'Dance & Rhythm,'** where students enthusiastically showcased expressive movements, coordinated steps, and joyful performances. The activity promoted teamwork, confidence, coordination, and self-expression, while encouraging students to enjoy the art of movement in a fun and energetic atmosphere.





Learning Beyond the Classroom

Each activity was carefully planned to provide age-appropriate opportunities for students to learn through movement, music, art, language, and mindfulness. These experiences helped children develop essential life skills such as creativity, communication, discipline, collaboration, and confidence, making learning enjoyable and memorable for every learner.



Our Commitment to Holistic Education

At Good Day Defence Sainik School, we believe that education extends far beyond textbooks. Through thoughtfully curated activity-based learning experiences, we strive to nurture every child's intellectual, creative, physical, and emotional growth, preparing them to become confident, compassionate, and lifelong learners.



A Day Filled with Smiles

As the day concluded, the campus echoed with laughter, music, creativity, and happy memories. Every activity reflected our commitment to providing meaningful learning experiences that inspire children to discover their talents while enjoying every step of their educational journey.



Warm regards,
Good Day Defence Sainik School
Hanumangarh, Rajasthan



GOOD DAY DEFENCE SCHOOL
★ SAINIK SCHOOL HANUMANGARH ★

Nurturing Discipline. Inspiring Excellence.



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