



GOOD DAY DEFENCE SCHOOL

— SAINIK SCHOOL HANUMANGARH —

— NEWSFLASH —



24 September 2026



A Day of Wellness, Awareness & Learning

Dear Parents,

September 24 at Good Day Defence School, Hanumangarh brought together the wisdom of Ayurveda, meaningful conversations on health and wellness, student participation, academic focus and moments of celebration.

As part of the 11th Ayurveda Day celebrations, GDDS organised 'Kadhe Pe Charcha' in collaboration with the Faculty of AYUSH and Vagbhata Wellness, creating an engaging platform where students could ask questions, challenge common misconceptions and discover the relevance of Ayurveda in contemporary life.



Kadhe Pe Charcha – Young Minds, Meaningful Questions

A group of 20 students participated in an interactive session focused on understanding Ayurveda beyond commonly held assumptions. The students asked questions on why one should choose Ayurveda, explored its relevance and helped bust some popular myths surrounding traditional wellness practices.



What made the session especially meaningful was the active participation of every student – all 20 students asked questions and interacted with the experts, turning the programme into a genuine exchange of ideas rather than a one-way session.



Experts Present



Wing Commander G.D. Sharma,
Director, GDSS



Shri Arvind Singh Rawat,
renowned Yoga Scholar, Faculty of AYUSH



Dr. Surabhi,
MD, Clinical Yoga & Naturopathy



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The session was held in the presence of Coordinator Ms. Sharmein Baptista.



Celebrating Our — Swimming Champions

Achievements deserve to be celebrated, and the day also brought a proud moment for our young swimmers.

Principal Mrs. Minakshi Sharma felicitated the swimming winners, recognising their dedication and achievement in the sporting arena.

Such moments encourage students to value both participation and perseverance — and remind them that every achievement begins with consistent effort.



Little Hands, Creative Minds

Our younger learners engaged in drawing and other hands-on activities, turning learning time into an opportunity for creativity, exploration and expression.

Through these activities, children had the freedom to create, experiment and engage their minds in joyful ways — because meaningful learning can begin with something as simple as a blank sheet and an idea.



Half-Yearly Examinations Continue

Alongside the special activities, the Half-Yearly Examinations continued, with students remaining focused on their academic responsibilities.

The examination period is encouraging students to practise preparation, concentration, time management and perseverance — important habits that extend well beyond the classroom.





Learning That Connects Life, Health & Values

From a conversation around Ayurveda and wellness to questions asked with curiosity, sporting achievements celebrated with pride and young children expressing themselves through creativity — September 24 reflected the many dimensions of learning at GDDS.

Because education is not only about knowing more.

It is about questioning, understanding, participating and learning how to live better.

At GDDS, every experience is an opportunity to help our students become more aware, confident, curious and responsible individuals.

Warm regards,

Good Day Defence Sainik School
Hanumangarh, Rajasthan



GOOD DAY DEFENCE SCHOOL

★ SAINIK SCHOOL HANUMANGARH ★

Nurturing Discipline. Inspiring Excellence.

Thank you for being a part of today's journey of learning, growth and leadership.



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KNOWLEDGE



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