



DISCIPLINE | CHARACTER | BRIGHTER TOMORROW

LEARN
LEAD
SERVE
EXCEL



GOOD DAY DEFENCE SAINIK SCHOOL HANUMANGARH

NEWSFLASH

8 SEPTEMBER 2026



A Meaningful Day of Learning and Well-Being

Dear Parents,

September 8 at GDDS was a day that brought together **awareness, learning, well-being and creativity**. Alongside regular classroom learning, our students participated in a meaningful workshop during **World Suicide Prevention Week**, followed by activities that nurtured their physical, emotional and creative well-being.



AWARENESS



LEARNING



WELL-BEING



CREATIVITY

World Suicide Prevention Week | Creating Awareness, Building Hope



The highlight of the day was a special awareness workshop organised for our students as part of **World Suicide Prevention Week**, conducted by **Dr. Anand Kumar Singh**, HOD, Department of Clinical Psychology.

The session created a safe and meaningful space for students to understand the importance of emotional well-being, mental health awareness and seeking support when facing difficult emotions or challenges.

Through expert guidance and thoughtful interaction, students were encouraged to understand that asking for help is a sign of strength and that listening, empathy and timely support can make a meaningful difference.

The workshop reinforced an important message: **every emotion deserves to be heard, every concern deserves attention, and no one should feel alone in facing a difficult moment.**



Regular Classes | Learning Continues

Alongside the special workshop, students continued with their regular academic classes, engaging with their subjects and strengthening their understanding through everyday classroom learning.

At GDDS, academics remain at the heart of the school day, with every lesson providing an opportunity to question, understand, practise and grow.



Yoga | Finding Balance Within

The day also included Yoga, giving students an opportunity to pause, breathe and reconnect with themselves.

Through mindful movement and focused practice, yoga supports balance, concentration, flexibility and a sense of calm—helping students appreciate the connection between physical well-being and a focused mind.





Listen
Support
Care
Together
We Can
♥



SIR KISHAN DAS
UNIVERSITY
1982-2023

World
**SUICIDE
PREVENTION**
Day 08 September, 2023
Organized by: Department of Clinical Psychology

A Stronger
Brighter Tomorrow

Breathe
Balance
Be Better

Explore
Express
Excel

Learning Beyond the Classroom

From meaningful conversations on emotional well-being to academic lessons, mindful movement and musical expression, September 8 reflected the holistic learning experience at **GDDS**.

Because education is not only about what children learn from books – it is also about how they understand themselves, support one another, discover their strengths and grow into confident, compassionate individuals.



Every lesson
builds **knowledge**.



Every experience
builds **character**.



And every conversation
that creates awareness can
help build a more **caring** and
supportive community.

Warm regards,

Good Day Defence School
Hanumangarh, Rajasthan

Same
Stronger
Together ♥



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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DISCIPLINE



KNOWLEDGE



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