



GOOD DAY DEFENCE SCHOOL

Hanumangarh

New Sainik School Hanumangarh



October Begins with Purpose

Dear Parents,

October began at Good Defence School, Hanumangarh with a meaningful day of institutional learning, professional interaction, discipline and student wellbeing.

The day brought together our **mentor school**, **NCC training** and a valuable interaction between **school leadership**, **wellness experts** and our **hostel students**, reflecting the many dimensions of a defence-oriented residential education.



Learning Through Mentorship

School Inspection



We were pleased to welcome representatives from **Sainik School Jhunjhunu**, our mentor school, for a school inspection.

Mr. Sumit Bansal, PGT Mathematics, visited GDDS as part of the inspection and engaged with the school's academic and institutional environment.

The visit provided an important opportunity for **review, professional exchange and learning through mentorship**. Such interactions allow institutions to reflect on their practices, identify areas for strengthening and continue working towards higher standards of school education and administration.

The association with our mentor school also reflects the importance of **collaboration and continuous institutional development** in the journey of GDDS.





NCC Training - Building Discipline & Leadership

NCC training continued on campus, giving students an opportunity to participate in structured activities centred around **discipline, responsibility, teamwork and leadership.**

Beyond the training itself, NCC helps students understand the value of **following instructions, working together and carrying out responsibilities with commitment** — qualities that are central to the GDDS ethos.



A Meaningful Conversation on Health, Yoga & Fitness

A special interaction was organised for our hostel students with school leadership and wellness experts. The session brought together:

- **Wing Commander G.D. Sharma (Retd)**, Director, GDDS
- **Mr. L.P. Jain**, Director of Hostel
- **Faculty of AYUSH**

The discussion focused on health, yoga, fitness and naturopathy, giving students an opportunity to engage directly with the experts and leadership around their everyday wellbeing.

The interaction encouraged students to think about health as a holistic practice — encompassing physical fitness, healthy routines, yoga, awareness and mindful choices.

For our hostel students, such conversations are especially meaningful as residential life involves developing healthy habits and taking increasing responsibility for one's own wellbeing.



Leadership That Listens

The interaction also created a valuable space for students to share their thoughts, ask questions and engage openly with the school's leadership and wellness experts.

At GDDS, residential education extends beyond classrooms and scheduled activities. Regular conversations with students help create an environment where they feel heard, supported and encouraged to take responsibility for their own growth.





Beginning October with Purpose

From strengthening our connection with our mentor school to continuing NCC training and opening conversations around health and wellness, October 1 reflected GDDS's commitment to learning at every level.



**Institutional
learning.**



**Student
discipline.**



**Leadership
interaction.**



**Health and
wellbeing.**

Together, these experiences contribute to building students who are not only academically prepared, but also disciplined, aware, responsible and ready to lead.

Warm regards,
Good Day Defence Sainik School
Hanumangarh, Rajasthan



GOOD DAY DEFENCE SCHOOL
★ ★ HANUMANGARH ★ ★
Nurturing Discipline. Inspiring Excellence.

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