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GYALSUNG

**GYALSUNG ACADEMY JOINING  
INSTRUCTIONS FOR 2024 BATCH**

*Version 1.0*

*July 2024,*

*Gyalsung Headquarters*



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*“One of our most important national objectives is to empower every single child in Bhutan for success. Bhutan’s future will be mirrored by the strength and capabilities of our youth. For our children to excel they must adhere to the highest standards, and have the capability, integrity, discipline, 21st century education, unity, and solidarity.*

*“The Gyalsung, will provide direction and encourage our youth to be strong, independent thinkers, capable of serving the country. It will bring the youth of Bhutan together in a shared experience and act as a common rite of passage, irrespective of their economic or regional backgrounds.”*

Royal Address to the Nation during the 112th National Day Celebration  
17th December 2019

## MESSAGE FROM SECRETARY

Dear Gyalsups of 2024,

I take this opportunity to welcome each and every one of you to the Gyalsung Academy.

You will be the trailblazers of a national initiative instituted upon the command of His Majesty the King for the benefit of the nation and the people.

The Gyalsung program will be conducted in a purpose built campus that has been designed and expeditiously built to launch the Gyalsung in the auspicious year of the Dragon.

The training program for the 2024 and 2025 batch is only three-month long with focus on Basic Military Training, lectures on National Education and courses on Life Skills. The training curriculum is designed to foster personal growth and positive transformation by emphasising the values of integrity, loyalty, accountability, discipline and excellence. You will share a unique and memorable experience with your peers as you prepare to begin your National Service.

It is both a delight and an honour to have you join us on this journey. We hope it will be memorable and transformative.

Tashi Delek,



Secretary

Gyalsung Headquarters

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# CHAPTER 1

## THE GYALSUNG PROGRAM

### About Gyalsung

His Majesty The King announced the launch of Gyalsung – Bhutan’s National Service – during the Royal Address to the nation during the 112th National Day of Bhutan on 17 December 2019.

His Majesty has envisioned the institution of Gyalsung as a means to empower all Bhutanese youth to participate in the process of nation-building to further enhance the security, peace, unity, harmony, and sovereignty of our nation.

The Gyalsung Program aims to realize the above vision by enabling each and every Bhutanese youth to actualize their innate potential and become productive and worthy citizens in the service of the Tsawa-Sum (The King, Country, and People).

The National Service is a fundamental duty mandatorily required of all Bhutanese citizens as enshrined in the Article 8.1 of the Constitution. The Gyalsung Act of the Kingdom of Bhutan was adopted by the Parliament of Bhutan on 11th November 2022.

The first batch of Gyalsung Training will commence in September 2024.

### Why Gyalsung?

Bhutan has witnessed monumental changes over the past two decades as a result of major economic and political reforms. While economic development has been successful in improving the lives of the people, new challenges have emerged. This includes rising youth unemployment; challenge of substance abuse among the youth; emerging socio-economic disparities; declining food self-reliance; growing external economic imbalances, etc.

The failure to address these challenges in a timely manner could undo the achievements made thus far and undermine our national vision. As a small nation with numerous challenges and on the cusp of embarking on ambitious transformation, the potential of every individual must be harnessed to enhance economic prosperity, collective wellbeing and national security.

In-order to address the aforementioned concerns, Bhutan will launch the Gyalsung in 2024 with the intention to equip every young Bhutanese person with the character, skills, and knowledge they need to thrive in the 21st century and contribute to nation building.

Gyalsung is designed as a collective endeavor, engaging all sections of Bhutanese society. From government organizations and the armed forces to educational institutions, families, and individuals, everyone has the opportunity to contribute to shaping well-rounded and engaged young citizens.

It will be a platform through which the legacy of shouldering our national responsibilities will be passed on from one generation to the next.

## Objectives

The objectives of Gyalsung are as follows:

- Endow the youth of Bhutan with the knowledge, skills and values to actualize their potential in this rapidly changing world and contribute to internalising the national goals and aspirations;
- Enhance awareness among the youth about the challenges that our country faces and meaningfully engage them in finding and implementing collective solutions;
- Encourage volunteerism among our citizens to cultivate a spirit of selfless service dedicated to enhancing the well-being of all citizens.
- To ensure that we prepare the future generations to fully shoulder their sacred responsibilities of upholding and promoting the unity, peace, security, and sovereignty of our nation.

## Gyalsung Journey

Steps	Status	Requirements
1	Gyalsung Eligible Bhutanese Youth	Bhutanese youth aged 15-18 can Sign Up and Register to create your Gyalsung account by visiting portal. <a href="http://gyalsung.bt">gyalsung.bt</a> .
2	Enlistee	Youth who successfully complete the registration process are then assigned to one of the Four Gyalsung Academies.
3	Gyalsup or NS Cadet	Individuals after the completion of pre-enlistment will then enter Gyalsung Academy to commence NS Training.
4	Gyalsup or NS Service Person	Completion of Gyalsung Training and Duty until age 35.
5	Gyalzur or NS Reservist	Gyalsung Reserve until age 45
6	Desuup (optional)	Completed Gyalsung obligations at age 45 and may opt to join Desuung for lifelong service to the nation.





## CHAPTER 2 TRAVEL AND LOGISTICS

### **Travel Instructions**

The Gyalsung Headquarters shall communicate the date of reporting at the respective Academy for each enlistee by email. This information can also be accessed by an enlistee through the Gyalsung website: [www.gyalsung.bt](http://www.gyalsung.bt). Those persons who are unable to access the reporting date and related information by email and website may call Gyalsung toll free number 2024.

Enlistees must follow the mobilization plan, including the Reporting Date and Place specified in their Enlistment Notice from Gyalsung Headquarters. It is important to note that the reporting dates may vary for enlistees within the same Academy. This is to ensure there is ample time for efficient pre-training administration and transportation.

### **Travel to the Academy**

All enlistees must arrange their own transportation to their respective Academy. Those traveling by private vehicles or taxis can report directly to the Gyalsung Academy. All enlistees shall report to the Academy in national dress.

Enlistees taking public buses should travel to the nearest identified bus terminal/bus stop in the destination Dzongkhag. Since the Gyalsung Academies are located outside the Dzongkhag towns, Gyalsung will arrange transport from the following bus terminals/bus stops to the Academy.

<b>Sl.No</b>	<b>Gyalsung Academy</b>	<b>Gyalsung Pick up Location</b>	<b>Driving Distance from Dzongkhag town to Academy</b>
1	Gyalpozhing	Mongar town/Lingmithang	27 kms
2	Jamtsholing	Samtse town/Tashichoeling	48 kms
3	Khotokha	Bajo town, Wangduephodrang	45 kms
4	Pemathang	Samdrup Jongkhar town	75 kms

A Gyalsung Help Desk will be set up at each bus terminals/bus stops to assist you. Please inform the help desk so they can arrange your transportation to the respective Academy.

### **Travel Assistance**

Enlistees who encounter problems or delays during travel to Dzongkhag towns or the Academies can call the Toll-Free Gyalsung Helpline 2024 for updates and assistance.

The following information will be needed to provide assistance.

- i. Name of Enlistee:
- ii. CID Number:
- iii. Location that Enlistee is calling from:
- iv. Problem or Issue Faced:
- v. Contact Number:

The Gyalsung Headquarters shall mobilize the assistance needed and accordingly inform the respective Academies.

### **Arriving at the Academy**

Upon arrival at the Academy, all enlistees shall report to the Reception Desk. Academy staff will be present at these points to direct enlistees to the registration area, ensuring a smooth transition into the Academy premises.

Only enlistees may proceed beyond this point. Family members should remain at the drop-off location.

### **Document Verification**

At the Reception Centre, Academy staff will conduct necessary administrative tasks to ensure a smooth enlistment. They will check that each enlistee has completed all pre-enlistment steps and will need to provide their physical CID card and enlistment notice.

### **Pre-Training Administration**

Following the completion of document verification all enlistees shall undertake the following procedures:

- i. Check fulfillment of Haircut/hairstyle requirements.
- ii. Allocation of Accommodation
- iii. Allocation of Personnel Issue Items
- iv. Orientation to key buildings (e.g. Medical Centre, Mess, Hall etc)
- v. Briefing by Battalion Staff.



## CHAPTER 3 CLOTHING INFORMATION

The Gyalsung Academy shall provide the following clothing items and equipment.

There are two categories:

- Personal clothing items.
- Centrally issued items that shall be returned to the Academy.

Some items are issued specifically for GA Khotokha due to cold weather conditions.

### Items Issued by Gyalsung

SI Now	Items	Total Quantity	Remarks
1	His Majesty's <i>Kupar</i>	1	
2	Academy Formation Sign	2	1 for POP
3	Beret Badge	1	
4	Name Tabs embroidered	1	POP only
5	Velcro Name Tabs	2	
6	Personal Number Tabs	1	POP only
7	Appointment tabs/Gyalsup tabs	2	1 for POP
8	Beret Olive Green (OG)	2	1 for POP
9	Field Service (FS) Cap	3	2-Olive Green 1- Digital
10	Gyalsung Pattern Olive Green (OG) Combat Uniform	2	
11	Digital Camouflage Uniform (RBA Pattern)	1	
12	T-shirt Round Neck OG	2	
13	Belt Web-holed	1	
14	Socks OG	3	
15	Drill Boots	1	
16	Jungle Boots	2	
17	Tracksuit	1	
18	Battalion Color T-shirts	1	
19	Fleece Jacket	1	
20	Games Shorts	2	
21	Socks White	3	
22	Black Sneakers (Force 10 Liberty)	2	
23	Cotton Bath Towel	2	
24	Rain Coat /Cape	1	
25	Backpack	1	
<b>Bedding Items issued on a returnable basis</b>			
26	SSF Bonded Mattress with Coir	1	
27	Quilt OG Tulip	1	
28	Blanket Thin Fleece	1	
29	Mink Blanket	1	Khotokha only
30	Bedsheet Pillow Cover Set	2 sets	

31	Pillow	1	
32	Bucket (15 Ltrs) & Jug	1 set	
33	Mosquito Net	1	
34	Kit bag	1	
<b>Dining Items issued on a returnable basis</b>			
35	Water bottle	1	
36	SS Plate	1	
37	SS Glass	1	
38	SS Mug	1	
39	Spoon, Fork, Knife	1 set	
40	Thermos Mug	1	For Khotokha only
<b>Items issued only to Gyalsung Academy, Khotokha</b>			
41	Jersey OG	1	
42	Watch Cap	1	
43	Thermal wears	1	

You should try on your clothing to make sure they fit. There will be tailors on campus to help alter clothes if necessary. All clothing and equipment must be marked with your name and Gyalsung Identity Number so that they can be easily identified. You are recommended to sew your embroidery or printed name tag on your uniform. Additional clothing items (to replace lost or damage items) will be available for purchase from the Gyalsung Service Centre.

All Gyalsups are required to take utmost care of all Centrally Issued Items and they must be returned in good condition as it will be issued to future Gyalsups.

### Items Enlistees Need to Bring Upon Arrival

SI No	Items	Total Quantity
1	Citizenship ID Card (Original)	
2	Spectacles (Basic, Single-Color Tone)	Spare glasses recommended
3	Spectacle Straps	If applicable
4	Enlistment Notice	
5	Medical records, Health Book, if any	
6	Clothes washing powder/detergent	Stock enough for a month *
7	Basic toiletries (Soap, Tissue paper, Shampoo, tooth-brush and paste)	
8	Nail Clipper	
9	Clothes Hangers & Clips	
10	Gho/Kira	1 set
11	Kabney/Rachu	1No.
12	Long Gho Socks (Male)	2 pairs
13	Formal shoes (Male/Female)	1 Black
14	Bathroom Slippers for wet areas	1
15	Vests	4
16	Undergarments	At least 4 Nos.

17	Sports bra (female)	4
18	Black Colour Hair Bun Net (Female)	As required
19	Sports-specific gears like basketball shoes, football boots with shin pads etc.	As required

Gyalsups on prescribed medication must bring their medication and inform the Barrack in charge. Self-medication is not permitted.

Additional toiletries and other items of basic needs will be available for purchase at the Gyalsung Service Centre.

### **Prohibited Items**

The Gyalsups are prohibited from bringing and possessing the following:

- i. Alcoholic beverages
- ii. Cigarettes or smoking material and
- iii. Narcotics and psychotropic substances
- iv. Electrical appliances including cookers, boilers, heaters etc.
- v. Laptop/Personal Computer/Computer accessories including Hard-Disc, Pen drives.
- vi. Jewelry and other valuable items.
- vii. Pornographic materials.
- viii. Medicines, unless prescribed
- ix. Cash exceeding Nu.1500/-
- x. Cars, Motorcycles and Bicycles
- xi. Air Gun, Pistols, Firearms and ammunition, knife etc.

### **Note:**

Prior to the completion of the verification process at the Reception Centre, Gyalsups will have the chance to declare and dispose any of the above prohibited items, ensuring they do not violate any rules and regulations.

The Gyalsung Headquarters or Gyalsung Academy may update this list periodically. Enlistees and Gyalsups will be notified in advance of any changes.



## CHAPTER 4 LIFE AT GYALSUNG ACADEMY

### Introduction

The four Gyalsung Academies are military institutions headed by Commandants from the Royal Bhutan Armed Forces, with support from both military and civilian staff.

### Daily Routine

A typical day at the Gyalsung Academy will be as follows:

Time (Hours)	Activity	Remarks
0500	Reveille/Wakeup	Not applicable on Sundays and holidays
0530-0545	Muster/Roll Call	
0600-0640	Physical Training (PT)/ Drill	
0640-0800	Breakfast Break	
0800-1300	Classes/Training	Not applicable on Sundays
1300-1500	Lunch Break	
1500-1620	Games/Sports/Clubs/Extra Coaching Classes	Evening tea
1630-1750	Private Time	
1800-1830	Evening Roll Call	
1830-2000	Dinner	
2000-2050	Social Programme/Documentary Shows/ Study Period/AnteRoom procedure.	As Applicable
2100	Retreat/ Lights Out	

### Gyalsung Training

The Gyalsung Training 2024 is a three-month integrated training program. All Gyalsups will undergo Basic Military Training to improve their strength and fitness levels, and will participate in drills and activities such as obstacle courses and weapon handling. While the Basic Military Training (BMT) will be conducted by the Royal Bhutan Armed Forces, leadership courses will be led by the Royal Institute of Governance and Strategic Studies. The Zhung Dratshang will handle Choeshey Larim, and other specialists will teach courses such as Driglam Namzha, Bhutanese History, and National Security.

### Chain of Command

Understanding and adhering to the military rank structure is crucial for life at the Academy. This structure provides a clear chain of command, with each rank signifying responsibility and authority. Gyalsups must know how to properly address superiors, showing respect and professionalism. Additionally, they must follow orders promptly and accurately to ensure the safety and success of their team and mission.

### Drill Commands

Drill commands are essential for communicating and coordinating training. Gyalsups must learn to follow and execute these commands precisely and efficiently to ensure the smooth operation of military drills and ceremonies. These commands also foster teamwork, discipline, and attention to detail, all crucial military skills. The ability to work cohesively within a structured command and to follow orders

promptly and accurately will benefit Gyalsups throughout their training and in their duty phase.

Gyalsups should not take anything said by the Drill Instructors and other Instructors personally. Their role is to motivate you and help you reach your full potential.

## **Physical Training**

Physical Training regime begins with aerobic and anaerobic exercises for muscle and strength building and then progresses to obstacle courses. Training activities include standard obstacle courses, rappelling, firing, endurance speed marches, and runbacks, among others. These form part of the Physical Proficiency Training (PPT) and Battle Physical Endurance Training.

The training approach starts with scientific screening and conditioning to build strength, progressing to more intense drills. Since Gyalsups enter the Academies with varying fitness levels, physical training will be conducted progressively. While those who are already physically fit may face more demanding exercises, all Gyalsups must meet the Gyalsung Physical Standards by the end of their training.

## **Sports**

The Academy will run a structured sports program during designated evening periods, with regular competitions held at the Battalion and Company levels. Emphasis will be placed on team sports such as football, volleyball, and basketball. Each Gyalsup should excel in one team sport and be introduced to another. The sports curriculum is designed to engage all Gyalsups throughout their training, identify and develop talented athletes, introduce new activities, and encourage interest in fitness through sports.

## **Guest Lectures**

When possible, the Academy may arrange guest lectures to provide Gyalsups with new perspectives. Notable speakers will also be invited to give motivational talks and share their insights from the military and other relevant fields. These interactions aim to broaden Gyalsups' understanding of service life and highlight role models for inspiration.

## **Safety**

At Gyalsung, safety is our top priority. We recognize that parents want their children to receive the best training in a secure and healthy environment. Ensuring the safety of the Gyalsups will be our foremost concern, starting with Medical Screening during the Pre-Enlistment stage and continuing throughout their time at the Academy until graduation. Every element of their training and development will be designed and executed with their safety and well-being as our primary focus.

The Academy has established a minimum of seven hours of sleep per night for Gyalsups during their training and has implemented a mandatory hydration protocol for high-temperature seasons. Furthermore, a systematic and progressive training curriculum has been developed to gradually introduce Gyalsups to more intense activities, aiming to prevent injuries and accidents.

A comprehensive safety policy, procedures, and training program have been established and integrated into all aspects of our training and activities. The Academy is dedicated to ensuring a safe, secure and healthy training and living environment.

## **Study Materials**

Gyalsups will be provided with all necessary study materials for the course. They will have access to printed summary, presentations, and lecture transcripts through the library. The presentations and lecture transcripts will be available in line with the schedule of relevant classes.

## **Medium of Instruction**

The medium of instruction in all fields related to BMT shall be Dzongkha. Other courses will be delivered through classes, discussions, lectures, demonstrations, and practical sessions either in Dzongkha or English.

## **Medical Support for Training**

All training activities, from the classroom to the firing range, require detailed plans for medical care and evacuation. The Training Officer will ensure that medical personnel and support are available throughout the training.

## **Medical Facilities**

Each Gyalsung Academy will have a well-equipped health unit on-site staffed by healthcare personnel.

## **Feedback/Grievance Redressal System**

A Feedback and Grievance Redressal system will be available through a ‘Go-to Person,’ electronic channels, and a discreet Feedback Box/Forms, allowing trainees to share personal grievances or constructive feedback about the administration and management of the training center. The feedback system may cover areas such as morale, medical conditions, discipline, professionalism, physical fitness, food, and facilities.

## **Living in the Barracks**

Living in the barracks is a unique experience that requires Gyalsups to adapt to a structured, communal living environment. Maintaining cleanliness is essential, as is taking care of personal belongings and respecting others’ space. They must learn to live with individuals from different backgrounds, personalities, and habits. While this can be challenging, it offers valuable opportunities for personal growth and development.

Living in the barracks offers opportunities for teamwork and leadership. Gyalsups must collaborate to keep their living environment clean and safe, requiring coordination, communication, and cooperation. They may also be assigned leadership roles, such as squad leader or platoon sergeant, which help them practice and develop their leadership skills.

Lastly, living in the barracks fosters socialization and camaraderie among Gyalsups. Sharing living quarters, meals, and activities builds a sense of community and shared experience that is unique to the Academy. This camaraderie can provide significant support and motivation, especially during challenging times.



## Gyalsups Mess

During their time at the Academy, Gyalsups will eat in the Gyalsup Mess. Meal plans have been made with the help of certified nutritionists to ensure a wholesome and balanced diet that supports Gyalsung Training.

## Discipline

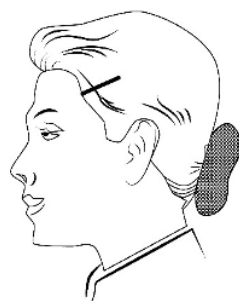
As future leaders of the Nation and as adults, the Academies will hold each Gyalsup to high standards of responsibility and self-discipline, promoting resilience, commitment, and diligent effort to achieve their goals.

However, given the large number of Gyalsups and their diverse backgrounds, it is essential to establish and maintain Academy-wide standards of discipline to ensure order, harmony, and the well-being of all. The Gyalsung Academy will follow the Rules and Regulations set by Gyalsung Headquarters to guide Gyalsups on expected conduct.

All Gyalsups must comply with orders from the Academy, Battalion, and Company. Failure to follow these orders will lead to disciplinary action for violating the Academy Honor Code. Serious offenses, such as theft, cheating, drug dealing, gambling, alcohol use, forgery, disrespect towards instructors, or being Absent Without Leave (AWOL), will result in severe consequences depending on the specifics of the case. Gyalsups are expected to conduct themselves in a manner befitting the ideal Gyalsup and must adhere strictly to the Academy's Standing Orders.

## Hair Standards

All Gyalsups are required to maintain proper hair standards during their time at the Academy. **Male Gyalsups** must keep a crew cut, with hair length not exceeding one inch on top and closely trimmed on the sides and back that approximately corresponds to Zero and One scale on the electric hair clippers. **Female Gyalsups** are strongly encouraged to keep their hair short for hygiene and convenience. Those choosing to keep long hair will be required to adhere to military-style bun that does not extend below the collar as shown below.



*Female Gyalsup with long Hair*



*Female Gyalsup with short Hair*

All Gyalsups are advised to arrive at the Academy with their hair already cut to the above specifications. Gyalsups must maintain their hairstyle in accordance with regulations throughout their training period.

## **Rest and Recreation**

Rest and recreation are essential components of a healthy and balanced life at the Academy. Gyalsups must manage their time effectively to ensure they have enough time for rest. The Academy offers various recreational and relaxation opportunities, including indoor sports, social events, and outdoor activities. These activities foster camaraderie and socialization among Gyalsups while also providing chances for stress relief and relaxation.

Therefore, maintaining a healthy and balanced life at the Academy requires focus on safety, discipline, communication, and self-care. Gyalsups who prioritize their physical and mental health, build strong support networks, and seek assistance when necessary will be best prepared to succeed in both their academic and military endeavors. Additionally, utilizing opportunities for rest will help Gyalsups achieve a healthy work-life balance and avoid burnout.

## **Where to Seek Help**

The Academy offers various resources for Gyalsups seeking help or support, including counseling, medical care, and other services. Gyalsups can seek assistance from their chain of command or medical personnel based on their needs. Additionally, the Academy provides ‘Go-to persons’ and ‘buddy pairs’ for reporting and addressing incidents of sexual harassment or assault.

Gyalsups should understand how to seek help and be willing to do so when necessary. Asking for help is a strength, not a weakness, and can prevent minor issues from escalating into major problems. Moreover, seeking assistance provides Gyalsups with the resources and support needed to excel in their academic and military endeavors.

## **Leave**

Gyalsups are generally not granted leave except for exceptional compassionate reasons as decided by the Commandant. However, if the total leave taken exceeds the permitted number of training days, the Gyalsung HQs may take disciplinary or administrative actions including requiring them to repeat the training with the next cohort.

## **Liberty/Outing**

Gyalsups may be granted liberty to visit nearby towns on Sundays during their training. However, they may leave the campus only in groups, accompanied by an instructor or senior member, and must meet specific standards, including achieving the required drill standards. Individual liberty is not allowed. During these group outings, trainees must wear full or partial uniforms for identification, as directed by the commanders. Overnight leave is only permitted in exceptional cases deemed necessary by the Commandant and requires verification by a parent or guardian. Certain locations are designated as ‘Out-of-Bounds,’ and these will be explained upon arrival.

## **Mobile Phone Use**

The Mobile phone usage policy of the Academy shall guide Gyalsups on the use of Mobile phones at the Gyalsung Academy. This will include details on the frequency and duration of phone use to ensure minimal disruption to the training schedule.

Storing or sharing inappropriate, indecent, or unauthorized photos is strictly forbidden. In case of violations, the Academy shall confiscate the phone.

### **Cosmetics and Jewelry**

During the training period, the use of cosmetics and jewelry is prohibited to ensure uniformity and maintain focus on training objectives. Gyalsups are expected to have a natural appearance, free from makeup, elaborate hairstyles, or decorative accessories. However, sunscreen, medicated creams, and other essential skincare items may be allowed for health protection or medical reasons, but not for cosmetic purposes.

### **Gyalsung Service Centres**

The Gyalsung Service Center, which includes a cafeteria and canteen, will offer basic amenities such as food and beverages, toiletries, and additional services like haircuts and tailoring. Efforts will be made to provide basic banking/money transfer services.

### **Driving**

Gyalsups are prohibited from driving or riding in unauthorized vehicle of any kind during the Training period for safety reasons.

### **Visitors**

Gyalsups are not allowed to receive visitors during the first four weeks of training. After this period, they may host pre-approved guests on Sundays, provided they have prior permission from the Training Officer or Company Commander. Guests are not permitted in the barracks or training areas, and any food brought by visitors must be consumed in designated areas.

### **Initial Settling Down**

Like all transitions in life, moving to the Academy will require some adjustments to your way of life - especially if you have not lived away from home thus far. With a positive outlook and a sense of purpose, such changes are manageable since many of you would have successfully transitioned to life in boarding schools at even younger ages.

The first week or two in a military academy may test your willpower, resilience and grit. However, since thousands of youth like you have successfully navigated the rigorous military training of the Desuung program and overcome its challenges, there is no obstacle you cannot overcome.

Stay motivated by recognizing that your struggles are a normal part of the process. Focus on one day at a time and find strength in small victories. If you need help adjusting to military life, seek guidance from your instructors and commanders. With each new experience, you'll build confidence and self-discipline essential keys to success in any field.

The academy's strict discipline will gradually foster inner discipline. Keep a positive attitude, adapt to the routine, and work towards becoming the capable leader you aspire to be.

Do not take anything that the Drill Instructors and other Training Instructors say during the training

personally. Their role is to motivate you and help you actualize your full potential.

Gyalsung Training is designed to improve your physical fitness and mental strength. Maintaining a positive mindset throughout the training will boost your motivation, build resilience, and make the experience more enjoyable.



## CHAPTER 5 COMMUNICATIONS

Staying in touch with family and loved ones is crucial for the well-being of Gyalsups at the Academy. The Academy offers various ways for Gyalsups to communicate with their families, including phone calls, emails, and visits.

### Contact Information for Parents/Guardians

In the event of an emergency or other priorities the family may call the following numbers to get in touch with the Gyalsup.

SI No.	Gyalsung Academy	Academy Duty Room Contact Number
1	Jamtsholing Gyalsung Academy	17425197
2	Pemathang Gyalsung Academy	17773316
3	Gyalpozhing Gyalsung Academy	17653977
4	Khotokha Gyalsung Academy	17816055

The caller should provide the following information;

- i. Name of Caller
- ii. Relationship to the Gyalsup
- iii. Name of Gyalsup
- iv. CID Number of Gyalsup
- v. Message to be relayed to Gyalsup
- vi. Callback Number (if a return call is needed)

Parents and guardians can access information from Gyalsung website: [www.gyalsung.bt](http://www.gyalsung.bt)

You can also download the Joining Instructions from the Gyalsung Website.



Thimphu