



Vidya Vikas Mandal's
Ramacrisna Madeva Salgaocar Higher Secondary School
Margao Goa

E-Newsletter

February 2023

Careers in Commerce

2nd February, 2023

On 2nd February 2023, the Career Cell & Skill Development Committee in collaboration with Arivupro Academy organised a session on Career in professional courses. The Guest speaker was CA Arjun Varadraj gave information about the following courses:

1. Chartered Accountant
2. Company Secretary
3. Association of Chartered Certified Accounts
4. Chartered Institute of Management Accountants



Career Cell & Skill Development

3rd February, 2023



On 3rd February 2023, the Career Cell & Skill Development Committee organised a seminar for the students of Stds: XI & XII on careers in the Aviation & Hospitality Industries. The Guest speaker was Mr. Ananth Shivraj, the Head of Operations in Gryphon Academy.

The Bard by the Mandovi-The Shakespeare Festival 2023

4th February, 2023

The Shakespeare Festival 'The Bard by the Mandovi' was organised by the Department of English, of Smt. Parvatibai Chowgule College of Arts & Science, Autonomous, Margao, Goa on 04 February, 2023 at 8.30 am onwards. Thirteen students participated in all the following 8 items:

1. Steal a Scene
2. The Bard
3. Shakespearean Soliloquy
4. Friends, Romans and Countrymen
5. Cynosure
6. Shakes and Ladder
7. The Mascot Event
8. Bedtime Shakespeare



It was a good exposure to students as well as teachers and this event had provided an opportunity to know about the plays of Shakespeare.



Visit to Aqua Goa Mega Fish Festival 2023

10th February, 2023

Our Higher Secondary Students visited 'Aqua Goa Mega Fish Festival 2023', organised by Directorate of Fisheries on 10th February 2023 at SAG Ground, Campal, Panjim.

The main aim of the festival was to promote Goa's fishing Sector to the fishermen, entrepreneurs and students. Our students were able to see B2B exhibition where various stalls of Government Institutions, Organisations, commercial stalls were present.

After the exhibition students attended the seminars. It was started after inaugural function in the hands of Mr. Nilkhant Halarnkar, Minister of Fisheries along with Dr. Sharmila Monteiro, Director of Fisheries.

The following sessions were attended by the students: -

1. Scope of Fisheries in Education by Dr. P.E. Shingare, Associate Dean, College of Fisheries, Shirgaon Ratnagiri
2. Empowerment of Women and Entrepreneurship in Cage Culture by Chhaya Jadhav
3. Inland Water Aqua Culture by Dr.Suhas Kamble (Scientist-in-charge, Vadodara Research Station of ICAR-IFR), Vadodara.
4. Marine Farming: Mussel Cultivation in Coastal State of Goa by Dr. Lata Gawade (Assistant Professor, School of Biological Sciences & Microbiology, Goa University and In-charge of Marine Farming Programme).



After the seminar, students visited the Aquarium Fish Gallery where they showcased different species of fish found in various Continents. Students enjoyed watching the aquarium, Fish Ponds with colourful fishes and got ideas of different business ventures they can take in future in the field of Fishing industry.

Twenty students visited the festival along with Tr. Shantadurga Talekar.

Session on Career Guidance by PTA

13th February, 2023

The PTA conducted a session on the topic 'Career Guidance after XIIth at Graduation Level' on Monday 13th February 2023 from 2.30pm onwards in Hall No 1 , 5th floor Central block of Damodar College . Dr Anjali Sajilal(Associate Professor) , Mr Sumit Kumar (Assistant Professor) , Ms Cinola Vaz (Assistant Professor) and Mr Omkar Pawaskar (Assistant Professor) were the resource persons for this session.



Road Safety Awareness Drive

16th February, 2023

The PTA organised a talk on 'Road Safety Awareness' for Std.XI on Thursday, 16th February 2023 at 4.00 pm at Ganesh Daivajna Auditorium of Kare College of Law This talk was conducted by Dr. Akshata Kotharkar(Oral and Maxillofacial Surgeon) along with Mr. Gautam Salunke (Traffic Cell PI , Margao town)



FIELD VISIT FOR VOCATIONAL STUDENTS

17th February, 2023

A Field Visit for Vocational Students was organized on 17th February 2023 at SYNTEGON company, Verna Industrial Estate. 60 students and 10 faculty members visited the company.

The field visit as a part of the curriculum exposed our students to the practical field of work. Students observed the different types of packing and processing machinery and their operations and collected information about cost of production, distribution, replacement and manpower required.



Adolescent Girls training programme "JANNANI"

17th February, 2023



NSS unit conducted orientation for girls under Adolescent Girls training programme "JANNANI" on 17th February 2023. The orientation was on two topics namely, Menstrual Hygiene and Management and PCOD. The resource person for the session was Dr. Pratista P Naik



Kunkalienkar, AYUSH Medical Officer at UHC Margao. Talk was attended by all girl students of Std. XI. Dr. Kunkalienkar informed students on the importance of menstrual hygiene and also explained the do's and don'ts of menstrual management. She also spoke on the causes of PCOD and how it can be prevented. Principal Mrs. Cintia Abranches delivered the welcome address.

All NSS Programme Officers attended the same.

YOGSHIBIR

20th February, 2023

Twenty Five NSS student volunteers and Programme Officers Mrs. Jamuna Murthy Gudi and Mr. Ramnath Kalgutkar attended the Yogshibir on 20th February 2023 at Shyama Prasad Mukherjee Stadium, Bambolim. Yoga Guru Ramdev Baba demonstrated various Yoga Mudras and Asanas.



Changes during Puberty for Boys and Girls under Jannani Programme

23rd February, 2023



The NSS unit organised a talk on Changes during Puberty for boys and Girls under Jannani Programme on 23rd February 2023. Ms. Vidnya Sinai Navelkar, Counsellor at South Goa District Hospital, Ponda, was the resource person for the session. Ms. Vidnya gave a presentation on the challenging period of development for girls and boys where she covered various issues faced by the teenagers and measures to overcome it.



Diet and Nutrition for Adolescent Boys and Girls under Jannani Programme.

24th February, 2023



A session was organised by the NSS unit on the topic Diet and Nutrition for Adolescent Boys and Girls on 24th February 2023. The resource person was Mrs. Vandana Kakodkar, Consulting Dietician and a Master Trainer at GIPARD. She highlighted the importance of Nutritious and healthy diet for the teenagers. The Talk was attended by 60 students of Std XI.



GYMKHANA ACTIVITIES

Our students participated and won the following prizes in the events organized by the Directorate of Sports and Youth Affairs in various categories:

1. State level Karate competition for u-19 years boys and girls at the SAG indoor multipurpose hall at Fatorda. Mast. Anson Fernandes, Mast. Raghav Shetkar and Miss. Aleena Jose participated in the tournament. Mast. Anson Fernandes secured the bronze medal.



2. State level u-19 Boys Taekwondo competition at SAG multipurpose indoor hall at Fatorda on 21st February 2023. Mast. Rohan Mondal won the silver medal.



3. Inter zone cricket tournament on 21st February 2023 at the SAG open ground Fatorda. Our school won the match against CTN Higher Secondary School Curchorem and qualified for the state finals.



4. State level athletic meet on 23rd and 24th February 2023 at the Athletic stadium Bambolim. Mast. Vedant Kunkaliecar won the gold medal in shot put.

Farewell for Std XII

28th February, 2023

The Students' Council of VVM's R. M. Salgaocar HSS, organized a farewell function for the students of Std XII on 28th February 2023 in Ganesh Daivajnya Auditorium. Mrs Dawn Ferrao welcomed the students.

Master Advay Prateek, Master Abhir Pai Cacode and Miss Urja Pratap of Std: XI hosted the programme. The General Secretary, Master Venedict Gomes thanked the institution for its support. The students of Std XI had put up a lovely entertainment programme. This was followed by a jamming session.

