



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

E-Newsletter
January 2026

Biometric Updation Camp

18th December 2025– 7th January 2026



As per the circular received from the Director of Education regarding the Mandatory Biometric Update (MBU), RMS Higher Secondary School organised a Biometric Update Camp on the school campus from 18th December 2025 to 7th January 2026. Approximately 350 students from Standard XI and XII updated their biometrics along with their other required details during this camp. The camp was organised by Mrs. Apurva Naik and Mrs. Usha Gauncar in



accordance with the directions received from the Directorate of Education.

Mental Health Awareness Talk

8th January 2026



The NSS Unit of R. M. Salgaocar Higher Secondary School, organised an insightful talk on Mental Health on 8th January, 2026. The session was conducted by Dr. Trisha Torcato, a renowned homoeopathic



physician and counselor, who served as the resource person. Dr. Torcato highlighted the importance of mental well-being in daily life and shared practical ways to boost emotional health. She also explained how negative emotions can impact overall physical and mental health, encouraging students to adopt positive coping strategies and a balanced lifestyle. The programme witnessed the active participation of all NSS volunteers of Standard XI, who benefited greatly from the informative and interactive session. The initiative aimed to create awareness about mental health and promote a healthy mindset among students.

Celebration of Veer Baal Diwas by NSS

9th January 2026



The NSS Unit celebrated Veer Baal Diwas on 9th January 2026 with great respect and solemnity. The program aimed to honor the courage and sacrifice of the young martyrs who hold a special place in



India's history. The following activities were conducted as part of the observance:

1. Talk on the Importance of Veer Baal Diwas, delivered by the NSS Coordinator,

highlighting the historical significance of the day and the values of bravery and resilience it represents.

2. Slogan Writing Competition on the theme “Veer Baal Diwas: Salute to Young Martyrs”, where students expressed their thoughts creatively and paid tribute through powerful slogans.

The celebration provided an opportunity for students to reflect on the supreme sacrifices made by the young martyrs.

Std: XII Farewell

12th January 2026



The farewell for Std XII students of R. M. Salgaocar Higher Secondary School was held on 12th January 2026. The event was marked by heartfelt speeches from students of both the General and Vocational streams, who fondly recalled their experiences at RMS and shared cherished memories with their teachers. The program featured lively



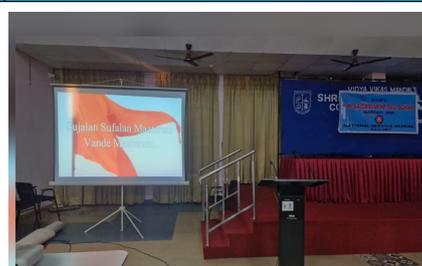
dance performances and engaging spot prizes, adding vibrancy to the occasion. The evening concluded with a spirited jamming session, where students came together to enjoy music and camaraderie. The farewell proved to be a memorable and joyous event, leaving lasting impressions on all who attended.

NSS Unit activities for Pariksha Pe Charcha 2026

12th -23rd January 2026



On the occasion of the Annual Run-up Activities for Pariksha Pe Charcha 2026, the NSS Unit of RMS Higher Secondary School, Margao, organised a bouquet of student-centric activities from 12th January 2026 to 23rd January 2026, aimed at enhancing student participation and promoting a positive approach towards examinations.



The following activities were conducted:

1. Pledge for 'Beti Bachao, Beti Padoo' campaign.
2. Yoga-cum-Meditation Session
3. Vande Mataram – The Mantra of Freedom
4. Poster Making Activity on the following Topics:
 - a. Exams Without Fear
 - b. Stress-Free Exams, Happy Students
 - c. Confidence is the Best Preparation

The activities helped students develop confidence, reduce exam-related stress, and cultivate a positive and focused mindset towards their examinations.

Celebration of Opinion Poll Day

15th January 2026



RMS Higher Secondary School celebrated Opinion Poll Day, also known as *Asmitai Dis*, on 15th January 2026 with great enthusiasm and reverence. The program was



organized to commemorate the historic Opinion Poll of 1967, a landmark event in Goa's history. The celebration commenced with a brief introduction by the compere, Miss Vardha Dessai, who highlighted the importance of this day in preserving Goa's unique identity. This was followed by an inspiring address by the Principal, Cintia Abranches, who spoke about how the people of Goa voted to safeguard their distinct culture and heritage. A documentary video was then screened, after which the students showcased vibrant Goan folk dances, patriotic songs, and traditional *Shigmo* performances. These cultural presentations beautifully reflected the values of democracy, unity, and pride in one's heritage. The event not only honored a pivotal moment in Goan history but also reminded everyone of the power of people's voice in shaping collective destiny. It proved to be an informative and meaningful experience for all students, instilling a deeper appreciation for Goa's democratic legacy.

Celebration of World Wetlands Day

19th January 2026



To mark World Wetlands Day, the Eco Club organized a Slogan Writing Competition on 19th January 2026 with the objective of creating awareness about the importance of wetlands and the need for their conservation. The event witnessed enthusiastic participation from ten



students, who presented creative and thought-provoking slogans emphasizing the vital role wetlands play in maintaining ecological balance.

The competition provided a platform for students to express their ideas on environmental protection and sustainability. Through their slogans, participants highlighted concerns related

to biodiversity, water conservation, and climate regulation. The event successfully encouraged critical thinking and fostered a sense of responsibility towards nature among the students.

Proud Moment – Accolades Won by Students at ‘Money Matters’ | 20th January 2026



The students of Class XI showcased exceptional talent and enthusiasm at ‘Money Matters’, an inter-Higher Secondary competition hosted by Shree Damodar College of Commerce and Economics on 20th January 2026. Their commendable performance across various events brought laurels to the institution.



Winners:

1st Prize – Global Conclave: *Anson Brito and Nubaid Shaikh*

2nd Prize – Pitch Perfect: *Vardha Dessai*

2nd Prize – Geo Bid: *Ashmit Pawasker and Sagun Kurade*

Other Participants:

Treasure Hunt: *Fleur Fernandes and Anson Brito*

Power Equation: *Fleur Fernandes and Shaurya*

The school congratulates all the participants for their outstanding efforts and applauds their achievements, which reflect their dedication, confidence, and competitive spirit.

Seminar on Drug Abuse for Std: XI students | 22nd January 2026



The Prevention of Sexual Harassment and Awareness for Drug Abuse Committee organized an informative seminar for the students of Std. XI. The session was presented by a group of young girl students from Chowgule College, who addressed various important topics related to drug abuse and cyber security.



Through their engaging presentations, the speakers highlighted the harmful effects of substance abuse and emphasized the importance of staying vigilant and responsible in the digital world. The seminar helped create awareness among the students and encouraged them to make informed and safe choices in their personal and academic lives.



The NSS unit of RMS Higher Secondary School actively participated in the flag unfurling ceremony held in the school



premises on 26th January 2026, on the occasion of India's Republic Day. The programme was further enriched by a vibrant patriotic dance performance presented by the students, adding enthusiasm and cultural spirit to the occasion.