



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

## E-Newsletter

February 2026

### Live Screening of 'Pariksha Pe Charcha'

6<sup>th</sup> February 2026.



The NSS Unit of RMS Higher Secondary School, Margao, organized a live telecast of *Pariksha Pe*



*Charcha*, an unique interactive programme featuring the Hon'ble Prime Minister, Narendra Modi, on 6<sup>th</sup> February 2026.

During the session, the Prime Minister shared valuable insights on examination preparation, stress management, and personal development. His guidance encouraged students to approach examinations with confidence and a positive mindset, helping them effectively manage and overcome exam-related stress.

The programme was attended by all students, who benefitted greatly from the inspiring and motivational interaction.

### Educational Field Trip

7<sup>th</sup> February 2026



On Saturday, 7<sup>th</sup> February 2026, the Student Council, in collaboration with the NSS Unit, organized an outing for the students of



Std. XI along with the entire RMS staff at Nature's Lap Resort & Spa, in Nagave, Molcornem.

The Student Council made the necessary transport arrangements, while the NSS Unit took charge of the refreshments, ensuring a well-coordinated and smoothly conducted programme. Surrounded by lush greenery, the students thoroughly enjoyed the serene environment and enthusiastically participated in various activities, especially the fun-filled games in the swimming pool.

All staff members accompanied the students, and everyone shared a delightful lunch together, fostering a sense of unity and camaraderie. The outing proved to be a refreshing break from the regular academic routine and was truly enjoyable, rejuvenating, and memorable for all

## Empowering Teachers with IT Skills

9<sup>th</sup> February 2026



A workshop on AI tools for teachers was conducted on 9<sup>th</sup> February 2026 on The resource person, Mr. Ramkrishna Reddy, Assistant Professor at V.V.M.'s Shree Damodar College of Commerce and Economics, led the session



with insightful discussions and an engaging hands-on component. He guided participants in exploring the practical applications of AI-powered tools in teaching and learning.

The workshop focused on enhancing classroom engagement and making learning more interactive and meaningful. Teachers were introduced to tools such as Prezi, Notion, Canva, and MindMeister, and were provided with practical strategies to effectively integrate these platforms into their instructional practices. The session was highly informative and empowered educators to adopt innovative approaches in their classrooms.

## Cyber Security Essentials Workshop

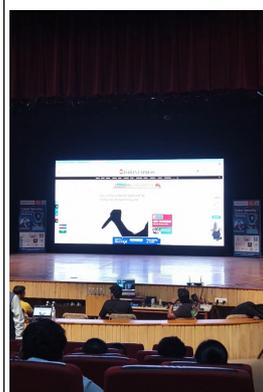
25<sup>th</sup> February 2026



The Cyber Security Essentials Workshop was conducted on 25<sup>th</sup> February 2026 at Ravindra Bhawan, Baina, Vasco, Goa by renowned cyber security expert Rakshit Tandon. The highly informative session which created



strong awareness among students about digital safety and responsible online behaviour was attended by 80 students of Std XI from our higher secondary school.



Dr. Tandon explained how digital crimes are carried out by hackers and even by teenagers who misuse technology. Through real-life case studies, he highlighted instances of digital frauds, online gaming scams, and fake online business schemes that have led to serious financial losses and emotional distress. He also demonstrated how social media accounts and email IDs can be hacked and misused. Students were guided on practical steps to secure their accounts, create strong passwords, enable security features, and



identify phishing emails and fraudulent websites. The speaker emphasized accessing age-appropriate and positive content, using mobile phones responsibly, and limiting screen time. He also spoke about the harmful effects of excessive screen exposure and the concept of digital dementia among children and teenagers. The workshop was engaging, insightful and empowering, equipping students with essential knowledge to stay safe online and become responsible digital citizens.

## SESSION ON NUTRITION FOR ADOLESCENTS' HEALTH

26<sup>th</sup> February 2026



The Gymkhana Council of Vidya Vikas Mandal's Ramacrisna Madeva Salgaocar Higher Secondary School, Margao, organised an insightful session on the topic "**Optimising Nutrition for Adolescent Health and Performance**" on Thursday, 26<sup>th</sup>



February 2026, for the students of Std XI of our Higher Secondary school. The session was conducted by the guest speaker, Ms. Melkiza Furtado, a nutritionist and dietician from Urban Health Centre, Margao. She emphasised the importance of balanced nutrition during adolescence and explained its direct impact on physical growth, mental well-being, and academic performance. Through practical guidance and relatable examples, she encouraged students to adopt healthy eating habits and make informed food choices to support their overall development and performance.

## FIRST AID: TALK AND DEMONSTRATION

27<sup>th</sup> February 2026



The Skill Development, Career Guidance & Entrepreneurship Development Committee organised an informative session on '**First Aid**' on 27<sup>th</sup> February 2026 for the students of Std XI. The session was conducted by Dr. Ms. Anuradha



Mahesh Jog, who served as the esteemed guest speaker.

Dr. Jog provided valuable insights into the importance of timely and appropriate first aid in emergency situations. Through clear explanations and practical guidance, she helped students understand how immediate response can prevent complications and even save lives. The session was highly engaging and enriched the participants with essential life-saving knowledge and skills.

## SESSION ON STUDENTS' STRESS

27<sup>th</sup> February 2026



On 27<sup>th</sup> February 2026, the Skill Development, Career Guidance & Entrepreneurship Development Committee organised an insightful session on “**Students’ Stress**



**and how to overcome it**”. The guest speakers for the session were Dr. Sneha Pokle, MBBS, MD (Psychiatry), and Ms. Richal Fernandes, Psychiatric Nurse, of Tele-MANAS, South Goa District Hospital, Margao-Goa.

The speakers highlighted the importance of mental health among students, emphasizing early identification of stress, anxiety, and emotional challenges. They encouraged students to seek timely support and openly discuss their concerns without fear or stigma.

The session also introduced students to **Tele-MANAS**, a government initiative that provides accessible mental health support and counselling services. The resource persons explained how students can avail confidential assistance through the helpline and reassured them that professional help is always within reach.

The session was informative, interactive, and helped create greater awareness about the significance of mental wellbeing in academic and personal life.