



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

## E-Newsletter

March 2026

### TANSOR SUPER SCHOOL COMPLEX ACTIVITY

18<sup>th</sup> March 2026



RMS Higher Secondary School organised a workshop on two important topics on Wednesday, 18<sup>th</sup> March 2026, for the teachers of the cluster schools under the Tansor Super School Complex. The first session was conducted by Dr. Vithoba Mhalkar, Assistant Professor at the Institute of Psychiatry and Human Behaviour, Bambolim, on the topic **'Teachers'**

#### **Well-being: Balancing Mind, Body and Profession.'**

He highlighted the importance of maintaining mental and physical well-being while managing professional responsibilities. The session emphasized on emotional awareness and self-regulation, explaining different types of emotions and how effectively managing them contributes to achieving personal and professional harmony. Dr.



Mhalkar also provided valuable insights and practical strategies to help teachers cope with stress and maintain a healthy work–life balance.

The second session, led by Savia De Souza, Educator and Assistant Professor at P.E.S. College of Education, Ponda, on the topic **'Framing Competency-Based Questions'**, was



centered on competency-based questioning. It offered valuable insights into designing application-oriented questions aligned with various mark schemes, promoting a more practical, skill-based approach to student assessment. She guided the participants on how to design effective competency-based questions that encourage critical thinking, understanding, and application of knowledge among students. The workshop was highly informative and interactive, with around 50 teachers from the cluster schools actively participating and benefiting from the sessions.

