



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

E-Newsletter

March 2024

EYE CAMP

2nd March 2024

As part of a community outreach program, the NSS unit in association with Kohinoor Opticians, Margao organized an eye camp on 2nd March 2024. This was for our students, staff and the general public of Comba. The proprietor, Mr. Adesh Karwarkar along with his three staff ophthalmologists were present. Nearly 217 people benefitted from this program.



FIRE EVACUATION AND SAFETY MEASURES15th March 2024

The NSS unit organized a talk on fire evacuation and safety measures on 15/03/2024 for the students of Std XI. The speaker of the session was Mr. Gil Souza, Station Fire Officer, Margao. He gave a presentation on various safety methods of fire evacuation and demonstrated a safety drill to the students and staff.



JANNANI PROGRAMME15th March 2024

On 15th March 2024, the Cultural Committee in association with Goa Samagra Shiksha conducted a programme on the topic "**Leading a Healthy Life style**". This was mainly to help the adolescent girls to understand their physical and psychological changes.

The sessions covered were:-

1. Physical changes during puberty for boys and girls :- Speaker- Mrs.Wilma D'silva
2. Protecting oneself from sexual violence:- Speaker –Mrs. Roselle Solomon
3. To educate about menstrual cycle period and how to control mood swings during period:- Speaker- Dr. Deepa Afonso Correia, Margao accompanied by Mrs. Althea Fernandes
4. Diet and Nutrition at puberty stage:- Speaker – Mrs. Melkiza Furtado.

**World Water Day**23rd March 2024

On 23rd March 2024 the Eco Club organised a talk on the topic 'World Water Day '.The resource person Engineer Miss Raveena Naik (B.E Civil; M.Tech Environmental Engineering; Technical Assistant of PWD Goa; It Secretary of IWWA) spoke on the importance and conservation of water. She gave her valuable inputs on how we can save and store water individually as well as institutionally. She gave examples and suggestions on water harvesting.

