



ST XAVIER'S COLLEGE JAIPUR

Nevta - Mahapura Road, Jaipur - 302029, Rajasthan, India

Affiliated to the University of Rajasthan

Approved under Section 2(f) & 12(B) of the UGC Act, 1956

A Christian Minority Jesuit Institution

Ref.: SXCJ/ACAD/MHCC/2023-24/1401

15 November 2023

Session on Exam Stress and Exam Preparation by Mental Health and Counselling Cell (MHCC)

This is to inform you all the first year students that the Mental Health and Counselling Cell (MHCC) of St. Xavier's College Jaipur is organizing a session on Exam Stress and Exam Preparation. This initiative aims to provide professional guidance on proper management of mental health concerns that students face during the exam season.

Five lectures attendance will be given to all the attendees of the session. Students should keep a note of mandatory attendance required for appearing in the mid-term exams.

Students need to fill the google form and register to attend the session.

NB: ALL FIRST YEAR STUDENTS MUST ATTEND WITHOUT FAIL. This will help you to register for your Midterm Exams.

Please enter the premises wearing your ID card.

Details of the event are as follows:

Date: 18th November 2023

Time: 9:00AM - 12:30PM

Venue: College Auditorium

Registration form: <https://forms.gle/CQetDUMDqmTYqY2QA>

For further details, kindly contact:

Ms. Sanbrita Acharya (Counselor) sanbritaacharya@xscjpr.edu.in


Principal

St. Xavier's College, Jaipur
Nevta-Mahapura Road, Jaipur

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Copy forwarded to the following for information and necessary action:

1. Vice-principal, St. Xavier's College Jaipur
2. Coordinator, MHCC, St. Xavier's College Jaipur
3. Heads of all the Department, St. Xavier's College Jaipur
4. Coordinator, Website, St. Xavier's College Jaipur
5. Principal Office, St. Xavier's College Jaipur