



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/SPORTS/2023-24/1786

16-12- 2023

Fit India Week

Yoga to Reduce Stress (Day-5)

This is to inform you all that the Sports and Yoga Club is organizing a 'Fit India Week.' On the fifth day of the event, December 18, 2023, a session titled 'Yoga to Reduce Stress' will be conducted by Dr. Ajay Dandotiya, the Sports and Yoga Club Coordinator, for the housekeeping staff at 9:00 am in Yoga Udhyan.

Date: December 18, 2023

Time: 9:00 am

Venue: Yoga Udhyan

Teacher Coordinator

Dr Ajay Dandotiya - ajaydandotiya@xscjpr.edu.in

Principal

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

Ref: SXCJ/ACAD/SPORTS/2023-24/1787-1791

Copy forwarded to the following for information and necessary action:

1. Vice-principal, St Xavier's College Jaipur
2. Coordinator, Sports and Yoga Club, St Xavier's College Jaipur
3. Heads of all the Departments, St Xavier's College Jaipur
4. Coordinator, Website Committee, St Xavier's College Jaipur
5. Principal Office, St Xavier's College Jaipur