



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/2023-24/1750

15-12- 2023

Fit India Week

Yoga for Teachers (Day-4)

This is to inform you all that the Sports and Yoga Club is organizing a “Fit India Week” from December 13 -16, 2023. On day 4, December 16, 2023, a session titled “Yoga for Teachers” will be conducted by **Dr. Ramakant Mishra**, Yoga Teacher, University of Rajasthan.

Schedule

Date: December 16, 2023

Venue: Yoga Udhyan

Time: 10:30 am

S.No	Programme	Time
1	Welcome	10:30 am
2	Green Greetings to Resource Person Dr. Ramakant Mishra	10:31am
3	Address by Prof. (Fr.) S. Xavier SJ Principal St. Xavier's College Jaipur	10:33am
4	Session by Dr. Ramakant Mishra Yoga Teacher University of Rajasthan	10:35 am
5	Yoga Pledge	10:55 am
6	Token of Gratitude to Resource Person Dr. Ramakant Mishra	10:57 am
7	Vote of Thanks by Dr Sunita Choudhary	11:00 am

Emcee: Aishita Goswami

Principal

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

Ref: SXCJ/ACAD/SPORTS/2023-24/1751-1755

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