



2.5.1

Evaluation Process and Reforms

SESSION ON HANDLING EXAM STRESS AND PREPARATION

18 NOVEMBER 2023


Session on Exam Stress and Exam Preparation

The Mental Health and Counselling Cell (MHCC) at St. Xavier's College Jaipur organized a session on Exam Stress and Exam Preparation for the first-year students of all the departments on Saturday, 18 November 2023 at the College Auditorium. The session was facilitated by Ms. Sanbrita Acharya, a Counselling Psychologist and a certified art therapist who is at present the counselor at St. Xavier's College Jaipur. This initiative aimed to provide professional guidance on proper management of mental health concerns that students face during the examination season. College Principal Prof. S. Xavier, SJ, commended the proactive stance in fostering a holistic approach to student welfare and encouraged the continual pursuit of such initiatives. In his address to the students, Prof. S. Xavier, SJ, emphasized the paramount importance of prioritizing mental health and praised their proactive engagement in seeking guidance and support through such sessions.

The session delved into multifaceted topics pivotal in understanding and alleviating exam stress. Emphasizing the significance of mental health, the discourse encompassed delineations of stress, exam-related anxieties, and their impacts on individuals. Key focal points encompassed the identification of stress triggers during examinations, encompassing societal expectations, self-imposed pressures, and strategies for managing personal expectations. The session also accentuated the development of essential coping skills indispensable for fostering resilience and maintaining mental well-being. An interactive segment following the discussion allowed students to engage in a Question and Answer session, facilitating a platform for dialogue, clarification, and the exchange of ideas.

The commendable efforts by the MHCC at St. Xavier's College Jaipur received accolades from both faculty and students, underscoring the significance of initiatives aimed at prioritizing mental health within educational institutions.

As the institution remains committed to nurturing not only academic excellence but also the holistic well-being of its students, such initiatives stand as a testament to their dedication to fostering a supportive and nurturing educational environment.


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



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

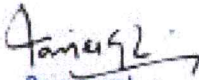
Time: 9:00AM - 12:30PM

Venue: College Auditorium

Registration form: <https://forms.gle/CQsrDUMDgmTYqY2QA>

For further details, kindly contact:

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


Principal

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

Ref: SXCJ/ACAD/MHCC/2023-24/1402-1406

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


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



St. Xavier's College Jaipur
Mental Health and Counselling Cell
(MHCC)

is organizing a special session
on

Exam Stress & EXAM PREPARATION

18TH NOVEMBER 2023

Resource Person

MS. SANBRITA ACHARYA
COUNSELOR
ST. XAVIER'S COLLEGE

SCAN TO REGISTER

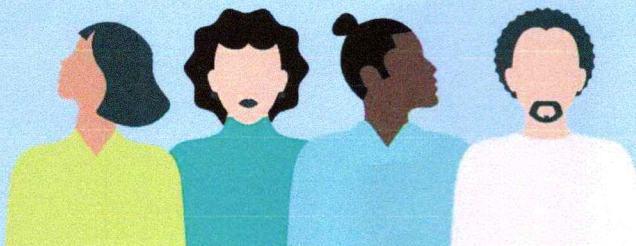


TIME: 9:00 AM - 12:30PM
VENUE: COLLEGE AUDITORIUM



Exam Stress & Exam Preparation

A session on caring for our mind, body, and spirit during the exam season

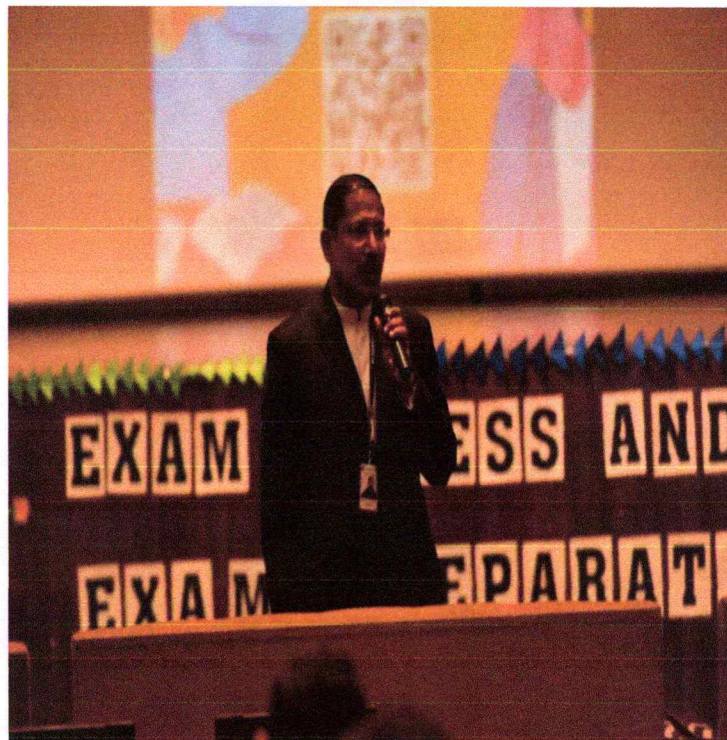
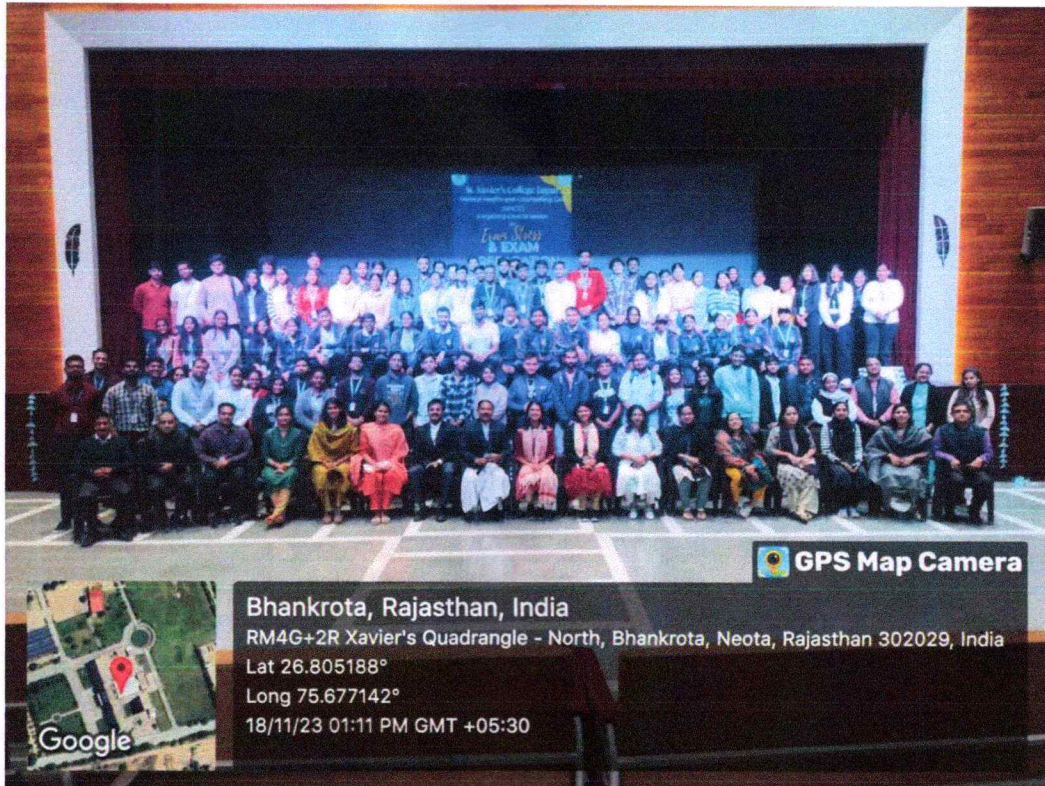


Ms. Sanbrita Acharya
Counselor
St. Xavier's College Jaipur

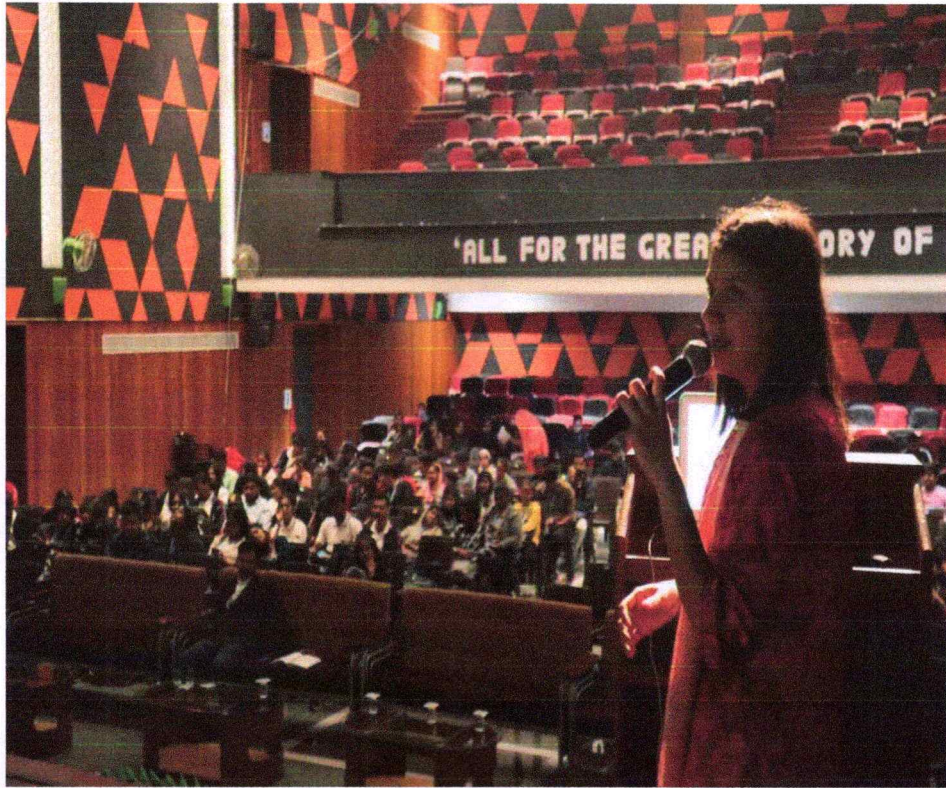
Date: November 18, 2023
Time: 9:00AM

Sanbrita Acharya
Principal

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



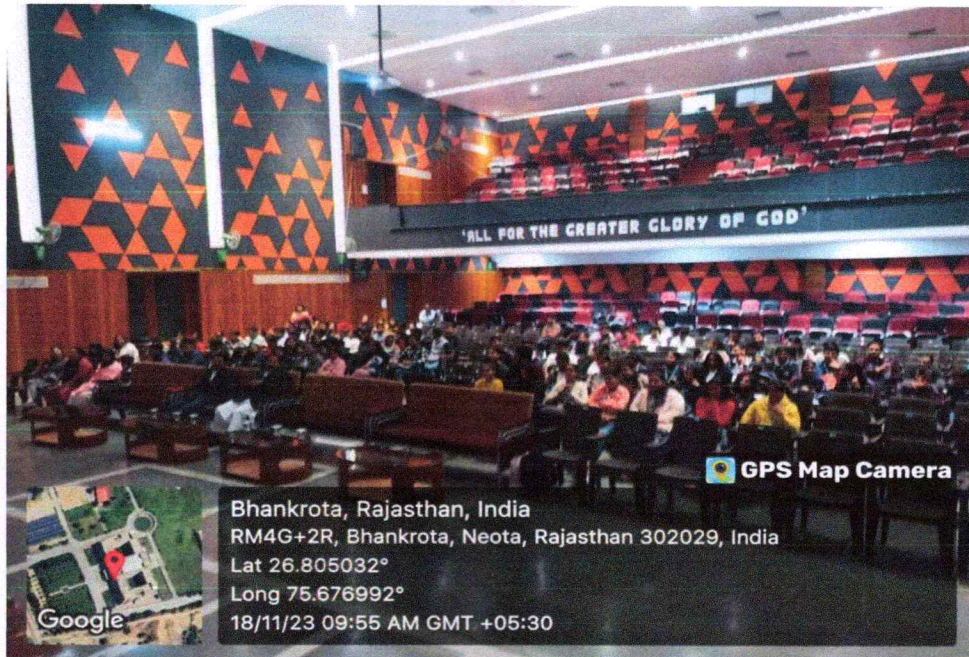
Ajmer
Principal
St. Xavier's College, Jaipur
Neota-Mahapura Road, Jaipur



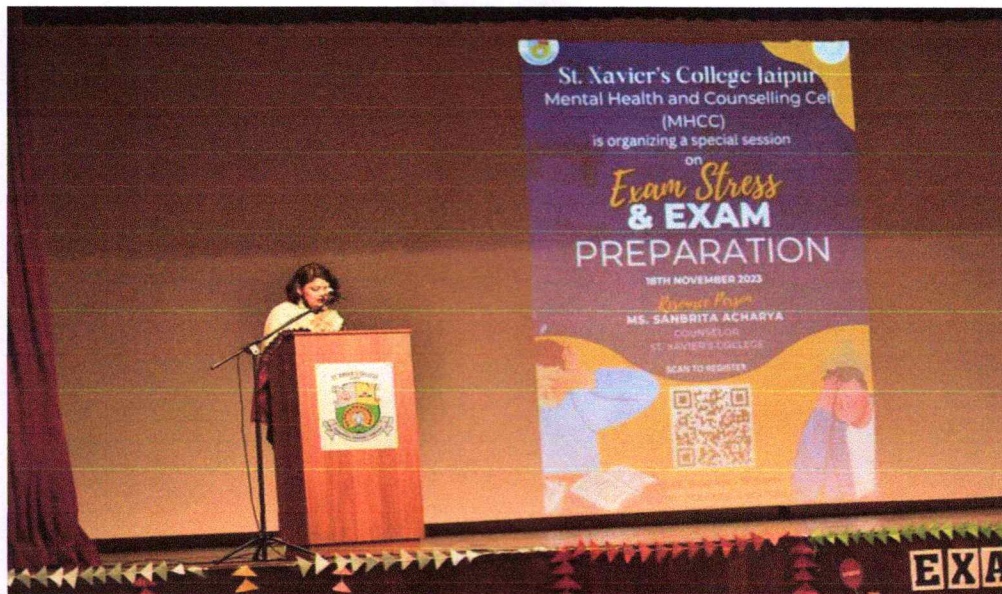
Bhankrota, Rajasthan, India
RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India
Lat 26.805003°
Long 75.677051°
18/11/23 09:20 AM GMT +05:30

Ameri
Principal

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



Bhankrota, Rajasthan, India
RM4G+2R, Bhankrota, Neota, Rajasthan 302029, India
Lat 26.805032°
Long 75.676992°
18/11/23 09:55 AM GMT +05:30



Principal
Principal
St. Xavier's College, Jaipur
Neota-Mahapura Road, Jaipur

Timestamp	Name	Contact No	Email	Student ID number (Num)	Department and course	Year	I understand that this is a
11/15/2023 20:30:31	Khushali Sharma	9414888780	khushalisharma1902@gmail.com	10096	BA (H) Economics	Yes	Yes
11/17/2023 7:54:49	Vikram	9257600373	vkswami373@gmail.com	9890	BA (H) Economics	Yes	Yes
11/17/2023 18:05:29	Anuradha	7378259535	anuradhaya2005@gmail.com	9797	BA (H) Economics	Yes	Yes
11/17/2023 18:42:38	Bhumi	9649558833	bhumichawla13@gmail.com	10225	BA (H) Economics	Yes	Yes
11/18/2023 6:40:58	kanishka chhajjer	9079624698	chhajerkkanishka0@gmail.com	9587	BA (H) Economics	Yes	Yes
11/16/2023 22:25:02	Gauri goyal	7852024620	gauri.goyal6@gmail.com	9685	BA (H) English Literature	Yes	Yes
11/17/2023 13:38:00	Aniruddh Singh Rathore	7240689820	aniruddhs11@gmail.com	9445	BA (H) English Literature	Yes	Yes
11/17/2023 16:09:49	Harshveena Sharma	8824315987	seemamukul9@gmail.com	9829	BA (H) English Literature	Yes	Yes
11/17/2023 18:31:47	Bhavika Choudhary	8279254503	bhavikac19@gmail.com		BA (H) English Literature	Yes	Yes
11/17/2023 19:03:34	Aineen Alvi	9358533303	alviaineen@gmail.com	4474707	BA (H) English Literature	Yes	Yes
11/17/2023 20:56:19	Vansh rawal	8905807374	vanshreenarawal@g-mail.com	9733	BA (H) English Literature	Yes	Yes
11/15/2023 17:10:54	Bhavya Chulet	9116890191	chuletbhavya@gmail.com	9695	BA (H) Political Science	Yes	Yes
11/16/2023 15:41:07	Aakriti	9781918670	aakritijamal02@gmail.com	9518	BA (H) Political Science	Yes	Yes
11/16/2023 15:56:41	Cruz Dube	9257465890	cruzdube2005@gmail.com	9857	BA (H) Political Science	Yes	Yes
11/17/2023 16:59:26	Aditi Jain	7477273528	jainadu28@gmail.com	10252	BA (H) Political Science	Yes	Yes
11/17/2023 17:06:54	Shubhika srivastava	8058082229	shubhikasrivastava109@gmail.com	10219	BA (H) Political Science	Yes	Yes
11/17/2023 19:17:59	Tamanna David	9772202050	tamannamerlynndavid2004@gmail.com	9527	BA (H) Political Science	Yes	Yes
11/17/2023 18:45:06	Shivranjan Singh	9828746666	shivranjanbarmer@gmail.com	9828746666	BA (H) Political Science	Yes	Yes
11/17/2023 19:59:25	Somya Pratap Singh She	9664311610	somyashekhawat601@gmail.com	9804	BA (H) Political Science	Yes	Yes
11/17/2023 20:39:21	Monisha Choudhary	9214070777	choudharymonisha@gmail.com	10077	BA (H) Political Science	Yes	Yes
11/17/2023 20:48:33	Harshit Sharma	9602849589	harshitsharmabgm@gmail.com	9874	BA (H) Political Science	Yes	Yes
11/17/2023 20:54:23	Vansh Rawal	8905807374	vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/17/2023 20:55:31	Vansh rawal	8905807374	Vanshreenarawal@g-mail.com	9743	BA (H) Political Science	Yes	Yes
11/17/2023 21:01:09	Vansh rawal	8905807374	Vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/17/2023 21:02:35	Vansh Rawal	89058 07374	Vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/17/2023 21:04:09	Vansh Rawal	89058 07374	Vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/17/2023 21:14:49	Vansh Rawal	8905807374	Vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/17/2023 21:16:14	Vansh Rawal	89058 07374	Vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/17/2023 21:17:53	Vansh Rawal	89058 07374	Vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/17/2023 21:21:13	Vansh Rawal	8905807374	Vanshreenarawal@g-mail.com	9733	BA (H) Political Science	Yes	Yes
11/18/2023 7:23:27	Sunakshi chouhan	8854920721	Sunakshichouhan731@gmail.com	4611714	BA (H) Political Science	Yes	Yes
11/15/2023 23:09:02	Bhavesh Verma	7073460201	Bh.verma2004@gmail.com	9491	BA (H) Psychology	Yes	Yes
11/16/2023 11:07:01	Vaidika	7877785944	vaidika0407@gmail.com	9476	BA (H) Psychology	Yes	Yes
11/16/2023 11:07:16	Tanu Khobiyani	8209560986	tkhobiyani13@gmail.com	9520	BA (H) Psychology	Yes	Yes
11/16/2023 11:16:52	Ishani Chakraborty	9102206658	ishanichakrabortyyy@gmail.com	9588	BA (H) Psychology	Yes	Yes
11/16/2023 11:24:42	Saniya Stanly	9625659101	saniya.stanly2004@gmail.com	4850983	BA (H) Psychology	Yes	Yes
11/16/2023 21:20:43	Vidyanishi	8824356400	vidyanshitank@gmail.com	9584	BA (H) Psychology	Yes	Yes
11/16/2023 22:19:52	Diksha Singh Shekhawat	7568367598	dikshashekawat04@gmail.com	9753	BA (H) Psychology	Yes	Yes
11/16/2023 22:27:54	Alisha Castellino	78509 84117	alishacastellino79@gmail.com	10328	BA (H) Psychology	Yes	Yes
11/16/2023 22:28:22	Cruz Castellino	8302450029	cruzcastellino363@gmail.com	10004	BA (H) Psychology	Yes	Yes
11/16/2023 22:43:52	Ronak Chauhan	7062136250	ronakchauhan7165@gmail.com	9547	BA (H) Psychology	Yes	Yes
11/17/2023 7:57:16	Yuvraj Soni	8955684450	yuvrajsonisoni04@gmail.com	9853	BA (H) Psychology	Yes	Yes
11/17/2023 12:15:39	Adishree Jain	9829984652	adishreejain25@gmail.com	10013	BA (H) Psychology	Yes	Yes
11/17/2023 22:44:26	harshita lakhani	9461662359	harshita052359@gmail.com	9472	BA (H) Psychology	Yes	Yes
11/17/2023 23:15:53	Alysa Singh	9031435777	Alyasingh461@gmail.com	9561	BA (H) Psychology	Yes	Yes
11/17/2023 23:16:43	Syed Aisha Ali	9828715862	alishkhalida@gmail.com	9496	BA (H) Psychology	Yes	Yes
11/15/2023 20:05:43	Anuradha Shekhawat	7852845442	shekhawatnuradha1@gmail.com	10271	BA Pass Course	Yes	Yes
11/15/2023 20:27:26	Ragi Sharma	9950509949	ragisharma16@gmail.com	9597	BA Pass Course	Yes	Yes
11/15/2023 23:12:01	Navya Goel	7073330555	goelnavya1@gmail.com	9596	BA Pass Course	Yes	Yes
11/16/2023 23:55:55	Isha Gupta	9919959271	iishagupta2503@gmail.com	4407807	BA Pass Course	Yes	Yes
11/17/2023 8:57:40	Anushika kanwar	6375033026	anushika740@gmail.com	9930	BA Pass Course	Yes	Yes
11/17/2023 10:15:12	Himanshi Rathore	9773309584	himanshi590@gmail.com	9606	BA Pass Course	Yes	Yes
11/17/2023 14:05:41	Ayushi	8440059834	ayushi20choudhary@gmail.com	10198	BA Pass Course	Yes	Yes
11/15/2023 17:13:44	Devansh Bhiyani	8824667647	devanshbhiyani003@gmail.com	4407785	BBA	Yes	Yes
11/15/2023 23:13:32	Krishna Aggarwal	8905438087	kaag9310@gmail.com	9735	BBA	Yes	Yes
11/16/2023 8:41:42	Pari Sharma	7232818944	parishar123456789@gmail.com	4407778	BBA	Yes	Yes
11/16/2023 8:50:16	Priyal Jain	8000875352	priyaljain6955@gmail.com	9426	BBA	Yes	Yes
11/16/2023 8:50:21	Jyotirmay Sharma	6377193684	sharmajyotirmay10@gmail.com	9522	BBA	Yes	Yes
11/16/2023 9:37:24	Lesley Elsa Mathew	8075965874	lesleyelsamathew04@gmail.com	4474861	BBA	Yes	Yes
11/16/2023 9:45:42	Madhav khandelwal	7737052296	khandelwalmadhav2710@gmail.com	9631	BBA	Yes	Yes
11/16/2023 9:45:50	Kush shekhawat	8829951128	kushshekhawat.25092005@gmail.com	9448	BBA	Yes	Yes
11/16/2023 9:52:38	Adhishree Agarwal	8955322725	adhishreeagarwal2139@gmail.com	9817	BBA	Yes	Yes
11/16/2023 11:31:52	Vedant Mittal	9829090082	mvedant2005@gmail.com	9541	BBA	Yes	Yes
11/16/2023 11:32:09	Riddhi Gurnani	6375953930	gurnaniriddhi21@gmail.com	10033	BBA	Yes	Yes
11/16/2023 11:41:23	Shreya jain	9214520212	shreyajains896@gmail.com	9755	BBA	Yes	Yes
11/16/2023 11:48:40	Sneha	7413976720	snehachawla612@gmail.com	9872	BBA	Yes	Yes
11/16/2023 11:54:23	Faiz Ahmed	9799910606	faizahmed8091@gmail.com	4543403	BBA	Yes	Yes
11/16/2023 11:57:02	Manya Premani	9828421118	manyaipremani2005@gmail.com	9667	BBA	Yes	Yes
11/16/2023 16:17:35	Hardik mohata	8696010354	Hardikmohata@gmail.com	9856	BBA	Yes	Yes
11/16/2023 18:42:34	Bhanu jangid	6378117957	bhanujangid1520@gmail.com	10105	BBA	Yes	Yes
11/17/2023 2:49:06	Manas Agarwal	8951448740	manasagarwal1505@gmail.com	9481	BBA	Yes	Yes
11/17/2023 8:46:18	Saksham gupta	8003557000	sakshamgupta987654@gmail.com	10137	BBA	Yes	Yes
11/17/2023 8:47:02	Karina lalwani	8696263503	karinalalwani6@gmail.com	9489	BBA	Yes	Yes
11/17/2023 8:47:20	Riya jain	8696662495	nyaaajain14@gmail.com	10223	BBA	Yes	Yes
11/17/2023 8:48:42	vishaka bisht	8619086375	nyabisht307@gmail.com	9938	BBA	Yes	Yes
11/17/2023 16:39:37	Krish Sharma	9799211184	sharmakrish319@gmail.com	9435	BBA	Yes	Yes
11/17/2023 17:45:24	Aayush Gupta	7073165556	aayushgupta8275@gmail.com	9521	BBA	Yes	Yes
11/17/2023 18:00:05	Khushal Goyal	8000984938	khushalgoyal1512@gmail.com	4394154	BBA	Yes	Yes
11/17/2023 18:05:07	Madhav khandelwal	7737052296	khandelwalmadhav2710@gmail.com	9631	BBA	Yes	Yes
11/17/2023 18:54:03	Kriti Sharma	7014657949	kritisharma2509@gmail.com	9504	BBA	Yes	Yes
11/17/2023 19:07:33	Mohd yasir qureshi	8879427473	kabirqureshi2003@gmail.com	3946273	BBA	Yes	Yes
11/17/2023 19:30:45	Avneesh Maloo	9610108278	avneesh.maloo@gmail.com	9927	BBA	Yes	Yes
11/17/2023 22:01:31	Pari Sharma	7232818944	parishar123456789@gmail.com	4407778	BBA	Yes	Yes
11/17/2023 22:51:12	Prachi Mahur	99502230599	prachimahur30@gmail.com	9901	BBA	Yes	Yes


Principal

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

Timestamp	Name	Contact No	Email	Student ID number (Num	Department and course	Year	I understand that this is a
11/17/2023 22:55:19	RITU KANWAR	9602232804	ritukanwar535@gmail.com	4693496	BBA		Yes
11/18/2023 6:16:18	Jyotirmay Sharma	6377193684	sharmajyotirmay10@gmail.com	9522	BBA		Yes
11/18/2023 8:03:16	Ujjawal Maheshwari	8949714743	ujjawalmaheshwari2005@gmail.com	9940	BBA		Yes
11/16/2023 14:15:48	AJAY SINGH TANWAR	800639466	officialaj9068@gmail.com	10114	BCA		Yes
11/17/2023 9:42:50	Tanya Gupta	8290141393	tg0490984@gmail.com	9575	BCA		Yes
11/17/2023 9:43:51	Hardik Singh	6367719584	hardiksingh912@gmail.com	9591	BCA		Yes
11/17/2023 9:47:20	Tanya Gupta	8290141393	tg0490984@gmail.com	9575	BCA		Yes
11/17/2023 9:47:55	Hardik Singh	6367719584	hardiksingh912@gmail.com	9591	BCA		Yes
11/17/2023 18:50:50	dikshant choudhary	8306618816	choudhardikshant95@gmail.com	9475	BCA		Yes
11/17/2023 19:00:36	Pradhyumn Singh Sengar	9829716857	pradhyumnsinghsengar04@gmail.com	9442	BCA		Yes
11/17/2023 19:01:05	Kushagra Samadhiya	6350014248	kushagrasamadhiya99@gmail.com	9572	BCA		Yes
11/17/2023 19:08:48	Parth Parihar	8905546123	parthparihar619@gmail.com	9758	BCA		Yes
11/17/2023 19:17:55	Chandra Prakash saini	7665791122	sainicp66@gmail.com	9895	BCA		Yes
11/17/2023 20:02:10	Aakriti Jatoria	9653733399	aakritijatoria@gmail.com	10104	BCA		Yes
11/17/2023 20:22:51	Shreyash Kabra	9079635294	shreyashkabra64@gmail.com	4924271	BCA		Yes
11/17/2023 20:26:39	Anvesha Sharma	6378390095	anveshasharma265@gmail.com	9984	BCA		Yes
11/17/2023 21:03:43	Leesa Rathore	9352076593	leesarathore01@gmail.com	10194	BCA		Yes
11/17/2023 21:04:19	Leesa Rathore	9352076593	leesarathore01@gmail.com	10194	BCA		Yes
11/17/2023 21:05:18	Leesa Rathore	9352076593	leesarathore01@gmail.com	10194	BCA		Yes
11/18/2023 8:44:06	Shivani Sharma	8619194973	shivanisharma32232@gmail.com	9639	BCA		Yes
11/18/2023 9:28:55	Arnab Chakraborty	7821088443	arnabchakravorty2002@gmail.com	9904	BCA		Yes
11/18/2023 9:30:53	Aditya krishna	9216701360	adityaakrishna841@gmail.com	9974	BCA		Yes
11/16/2023 9:59:38	Arjun Jangir	9982200840	Jangir.arjun909@gmail.com	10208	BCom		Yes
11/17/2023 18:04:13	Anima Kerketta	9257928386	animak374@gmail.com	9866	BCom		Yes
11/17/2023 18:07:36	Shreya Barnela	97854266572	shreya0546@gmail.com	9576	BCom		Yes
11/15/2023 22:54:32	Gourav sain	8239554173	gouravsain8239@gmail.com	9740	BSc		Yes
11/17/2023 14:56:11	Divya Chaudhary	9460261428	rajeshdevi8375@gmail.com	9712	BSc		Yes
11/17/2023 17:15:17	FARHAN KHAN	6376971686	farhanpersonal18@gmail.com	10095	BSc		Yes
11/17/2023 17:52:38	Daril Chris	8529091066	daril23chris@gmail.com	4775147	BSc		Yes
11/17/2023 17:57:02	Ansu P Thomas	7372910630	ansupthomas23@gmail.com	4397432	BSc		Yes
11/17/2023 17:59:33	Anusurya Shekhawat	8764392485	shekhawatanshu69@gmail.com	10253	BSc		Yes
11/17/2023 18:11:26	Ikshu Gupta	9352798788	ikshugupta007@gmail.com	10148	BSc		Yes
11/18/2023 8:58:15	Kuldeep Singh Ashiya	8905692621	kingkuldeep223@gmail.com	9553	BSc		Yes
11/18/2023 9:00:04	Sahina Qureshi	8239554173	sahinaqureshi3@gmail.com	9567	BSc		Yes
11/18/2023 9:00:19	Vinita saini	6377236361	marntasaini0760@gmail.com	9729	BSc		Yes



Principal

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