

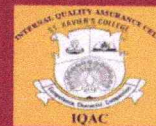


3.2.1

INNOVATION ECOSYSTEM ACTIVITIES & OUTCOMES RELATED TO INDIAN KNOWLEDGE SYSTEM

Principal

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



3.2.1 List of Activities for Indian Knowledge System

S. No.	Name of the Activity	Name of the organising Unit	Date	No. of beneficiaries (students)	Outcome
1	Guest lecture on the Science of Ayurveda	St. Xavier's College Jaipur	25.10.2019	30	Improved knowledge regarding ayurveda
2	One Week Training in Yoga and Meditation	Sports and Yoga Club	25.07.2022-30.07.2022	10	Instilled awareness regarding Yoga and its benefits
3	Two Days Online Yoga Workshop		23-24.11.2021	15	
4	One Week Yoga Program for Faculty		20-25.07.2020	30	
5	Two-Day Online Yoga Workshop		5-6.03.2021	54	
6	National Webinar On "Gandhi and Contemporary World: Identifying the Connect"	Department of Political Science	3.10.2020	23	Participants gained a deeper understanding of Gandhian Philosophy and relevance in present times
7	National Workshop On "Mahatma Gandhi and Nation Building	St. Xavier's College, Jaipur in Association of Indian Society of Gandhian Studies	01-02.10.2018	80	
8	Electronic Voters Machine Awareness Campaign	Xavier's Electoral Literacy Club	August 12, 2023	70	Increased Electoral Literacy
9	Session on Organic Farming	Swaccha Action Plan	30.09.2022	15	Cultivated spirit of healthier food production while fostering community empowerment



3.2.1 List of Outcomes Related to Indian Knowledge System

S. No.	Outcome	Organising Unit	Year	Beneficiaries	Benefits
1	<i>Yoga Udhyan</i>	St. Xavier's College Jaipur	2023	Staff and Students	Promoted holistic wellness, traditional healing practices, environmental sustainability, and community engagement within the college campus.
2	<i>Ayush Udhyan</i>	St. Xavier's College Jaipur	2023	Staff and Students	
3	Organic Garden	St. Xavier's College Jaipur	2023	Staff and Students	

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DETAILS OF INITIATIVES

1. Guest Lecture on The Science of Ayurveda

Brief Description

Date: 25 October 2019

Number of beneficiaries: 30

Organised by: St Xavier's College Jaipur

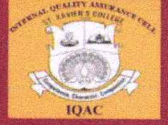
Resource Person: Prof. Hetal H. Dave, Assistant. Professor, National Institute of Ayurveda

Objectives: To commemorate the National Ayurveda Day. Commemorating National Ayurveda Day is an initiative primarily observed in India, aimed at promoting and celebrating the ancient Indian system of medicine known as Ayurveda.

Report & Outcome: Commemorating National Ayurveda Day fostered awareness and acceptance of Ayurveda's holistic health approach, education, and sustainable practice for a healthier society. The speaker for the lecture Prof. Hetal H. Dave, Asst. Professor, National Institute of Ayurveda, Jaipur concentrated on adopting ayurveda over allopathic medicines to provide environmental conservation, promoting biodiversity, sustainable use of resources and a healthy lifestyle without any side effects.



Criteria 3/ St Xavier's college Jaipur / Guest Lecture on The Science of Ayurveda/ Prof. Hetal H. Dave, Assistant. Professor, National Institute of Ayurveda/25 October 2019



2. One Week Training In Yoga And Meditation

Brief Description

Date: July 25th to July 30th, 2022

Venue: St. Xavier's College Jaipur

Number of beneficiaries: 10 students of XVI

Organized by: Sports and Yoga club

Resource Persons: Dr. Ajay Kumar Dandotiya, Assistant professor, St Xavier's College Jaipur

Objectives: To teach yoga and meditation to the community students.

Report & Outcomes: One-week yoga and meditation training programme for students of Xavier's Vocational Institute, Nevtva was organised from July 25th to July 30th, 2022. Students learned about the common diseases' women suffer on the daily bases and learned *Yoga Asanas*. The students were trained in order to impart their learnings for to others in their community.

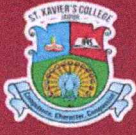


Criteria 3/ Sports and Yoga Club/ Sample certificate/ Dr. Ajay Kumar Dandotiya, Assistant professor, St Xavier's College Jaipur 25th to July 30th, 2022


Principal

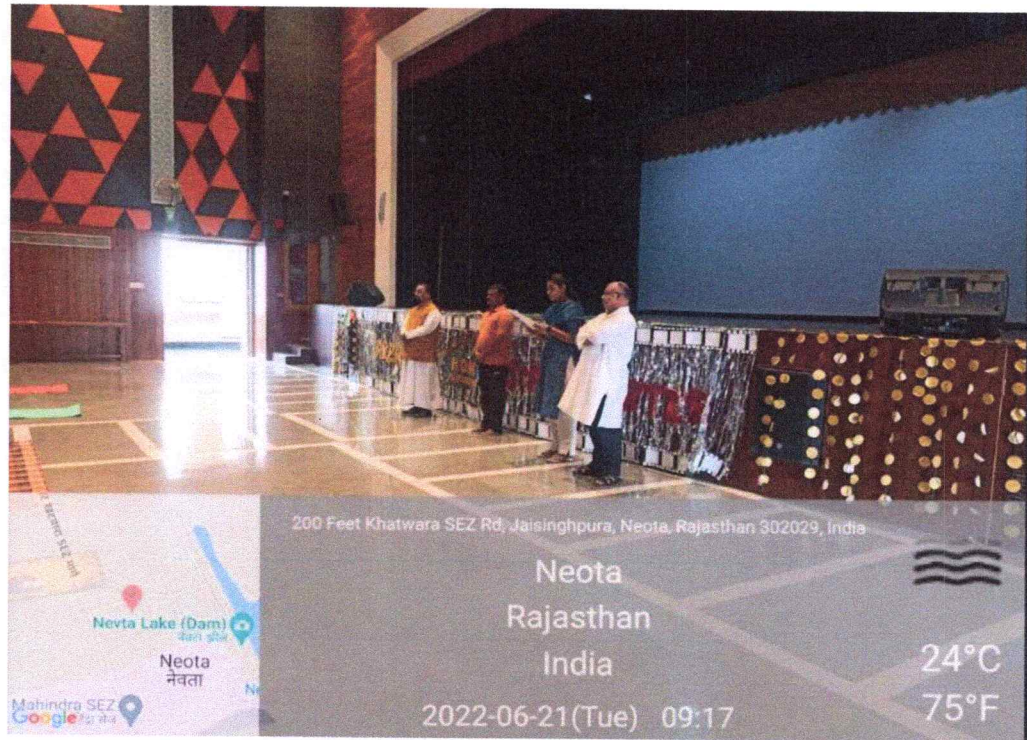
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Criteria 3/ Sports and Yoga Club/ One week training in yoga and meditation/ Dr. Ajay Kunar Dandotiya, Assistant professor, St Xavier's College Jaipur / July 25th to July 30th, 2022

Ajay K. Dandotiya
Principal

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3. Two Days Online Yoga Workshop

Brief Description

Date: 23rd and 24th November 2021

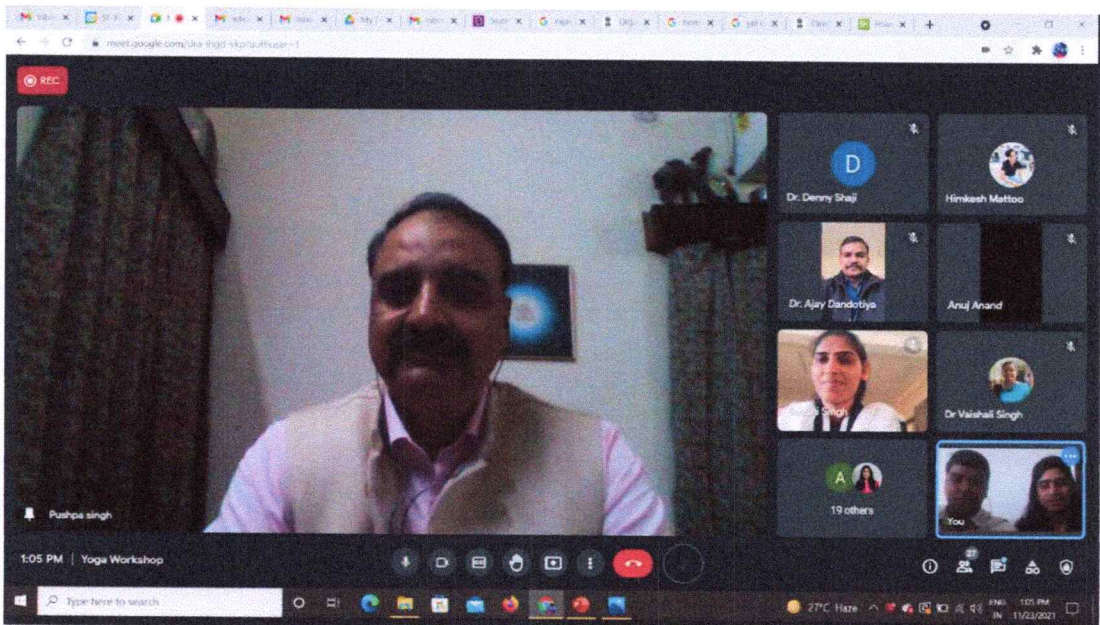
Number of beneficiaries: 15

Resource person: Dr. Anurodh Singh Sisodiya, Director-in-Charge of UGC-HRDC, Gwalior, Dr. RS Bhadhauria, Professor, Yoga Center Distance Education Jiwaji University Gwalior

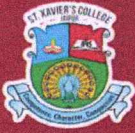
Organized by: Sports and yoga club

Objective: To make students learn about the yogic lifestyle.

Report & Outcomes: Two days online yoga workshop was organized by Yoga club for students to learn about the yogic lifestyle on 23rd and 24th November 2021. Dr. Anurodh Singh Sisodiya, Director-in-Charge of UGC-HRDC, Gwalior experience in teaching, research, and administration at the university level, while Dr. RS Bhadhauria, Professor, Yoga Center Distance Education Jiwaji University Gwalior. In the session, he emphasized on stress management through a yogic lifestyle. Students learned the importance of a well-planned day that included proper eating, exercise, sleeping, and working. Dr. RS Badhauria addressed the importance of Yoga for Health and Happiness on Day 2 of the programme.



Criteria 3/ Sports and yoga club/ Two days online yoga workshop/ 23rd and 24th November 2021/ Dr. Anurodh Singh Sisodiya, Director-in-Charge of UGC-HRDC, LNPE, Dr. RS Badhauria



4. One Week Yoga Program for Faculty

Brief Description

Date: 20-25 July 2020

Venue: St Xavier's College Jaipur

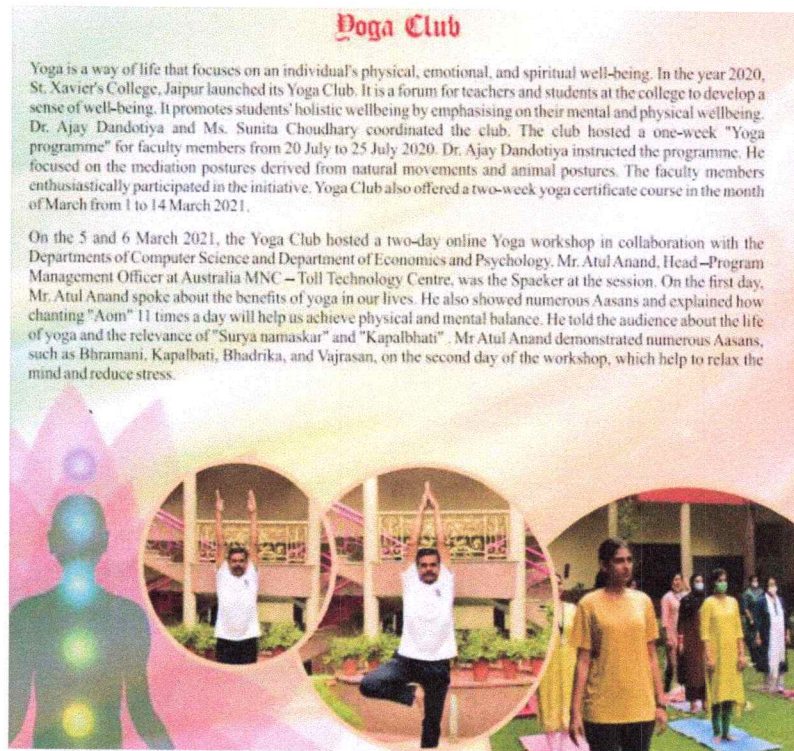
Number of beneficiaries: 30

Resource Persons: Dr. Ajay Kumar Dandotiya, Assistant Professor, St Xavier's college Jaipur

Organized by: Sports and yoga club

Objectives: To instil mental and holistic wellbeing

Report & Outcomes: Faculties showed enthusiasm towards yoga asanas and felt happy after attending the program and joined hands to make it a habit to practice the same daily.



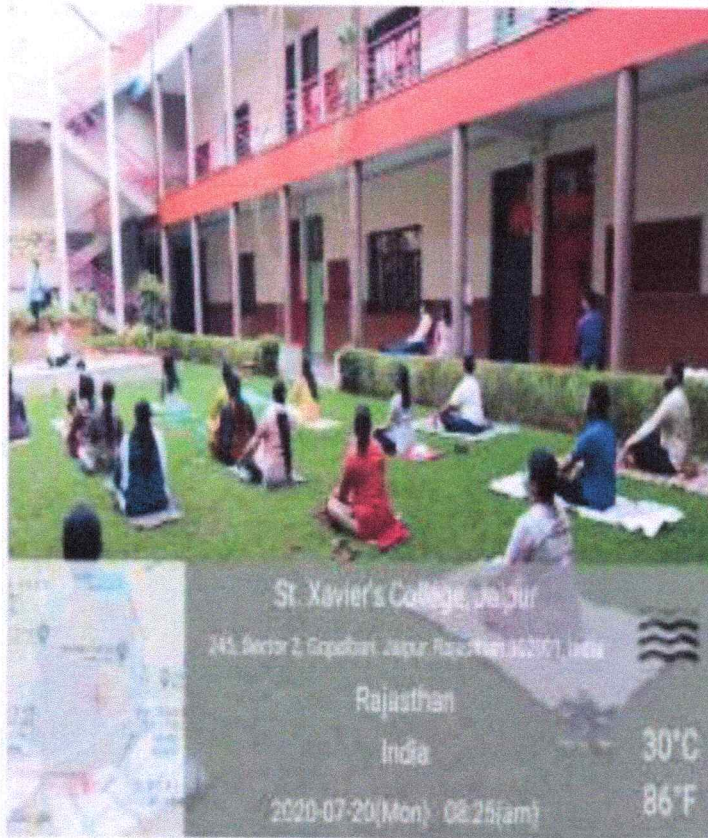
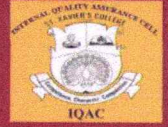
Criteria 3/ Yoga Club/ Dr. Ajay k Dandotiya, Ms. Sunita Chaudhary/ One Week Yoga Program for Faculty/ 20-25 July 2020


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Criteria 3/ Yoga Club/ Dr. Ajay k Dandotiya, Ms. Sunita Chaudhary/ One Week Yoga Program for Faculty/ 20-25 July 2020


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5. Two-day online Yoga workshop

Brief Description

Date: 5th and 6th of March 2021

Venue: St. Xavier's College Jaipur

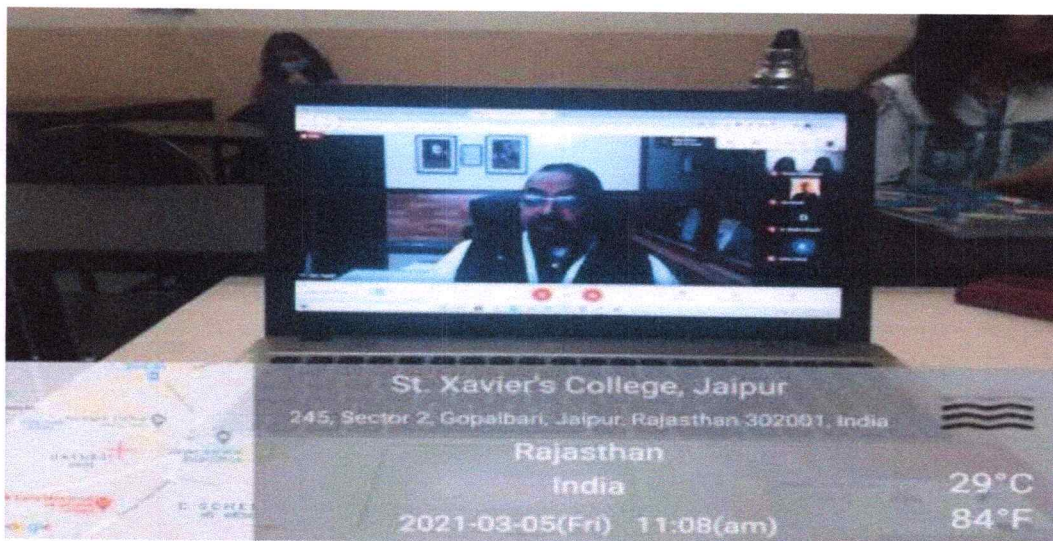
Number of beneficiaries: 54

Resource Person: Mr. Atul Anand, Yoga Instructor

Organized by: Sports and Yoga club Departments of Computer Science and Department of Economics, and Psychology.

Objectives: To teach and help students relax the mind and reduce the number of negative thoughts

Report & Outcomes: Attendees showed enthusiasm towards yoga and its importance. Mr. Atul Anand told the audience about the life of yoga and the relevance of "Surya namaskar" and "Kapalbhati". Mr Atul Anand demonstrated numerous *Aasans*, such as *Bhramani*, *Kapalbat*, *Bhadrika*, and *Vajrasan*, on the second day of the workshop, which helps to relax the mind and reduce the number of negative thoughts. He also demonstrated exercises for the eyes, migraines, and colds. All of the attendees were satisfied and highly motivated with the sessions.



Criteria 3/ Sports and Yoga club/ Two-day online Yoga workshop in collaboration with the Departments of Computer Science and Department of Economics, and Psychology/ Mr. Atul Anand, Yoga Instructor / 5th and 6th of March 2021



6. National Webinar on "Gandhi and Contemporary World: Identifying the Connect"

Brief Description

Date: 3 October, 2020

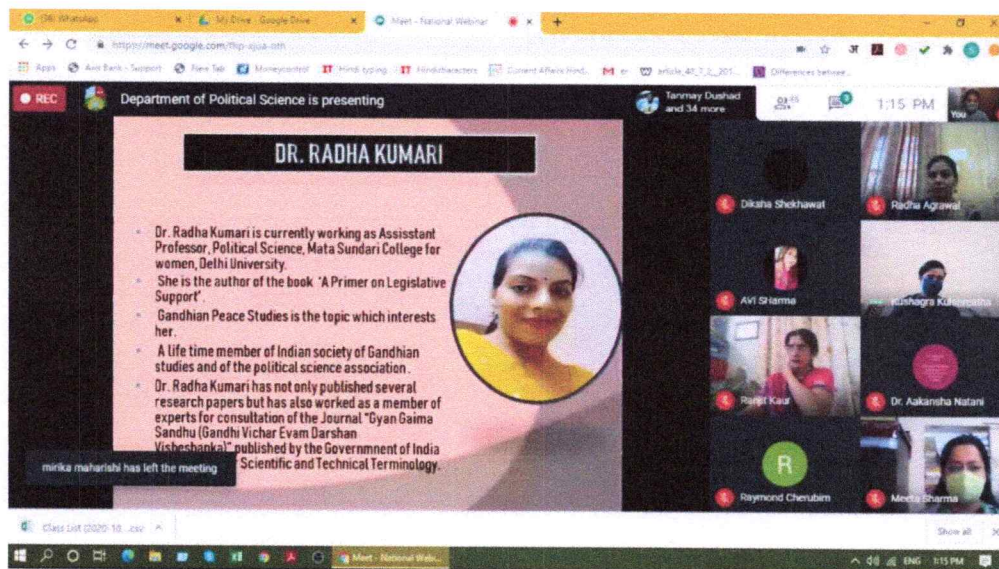
Number of beneficiaries: 23

Organized by: Department of Political Science

Resource Person: Dr. Radha Kumari, Assistant Professor, Department of Political Science, Mata Sundri College for Women, Delhi University, New Delhi.

Objective: To discern and critically analyse on ideologies of Gandhi

Report & Outcome: Dr. Radha Kumari, Assistant professor, Department of Political Science, Mata Sundri College for Women, Delhi University, New Delhi. Speaker of the session began by pointing out that the most cosmopolitan Indian being known is none other than Mahatma Gandhi and that he can't be confined in any ideologies because he's beyond them. The session focused on Gandhi's most debated work in "Hindi Swaraj" and how critically it is important for us to read between the lines. It was a fruitful discussion and participants gain of various insights. A total of 23 students actively engaged in the session. The conclusion was marked by an engaging question and answer segment initiated by the students, enriching the session with deeper insights and meaning.

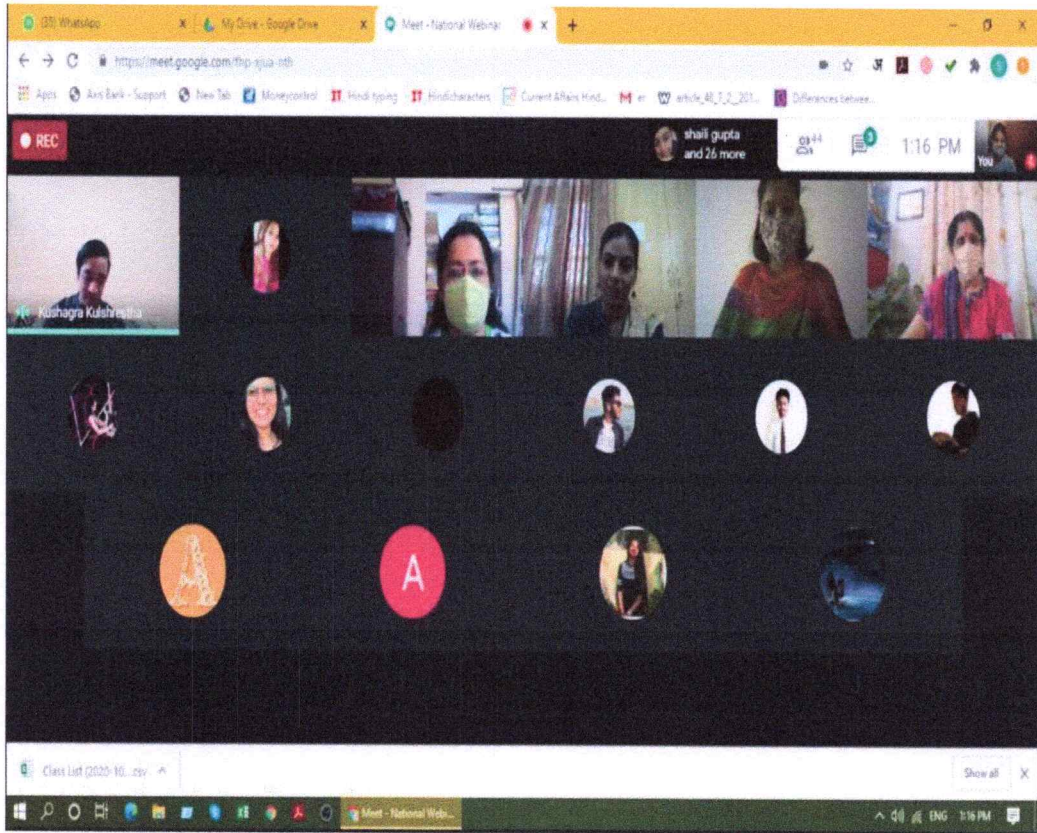


Criteria 3/ Department of Political Science/ National Webinar on "Gandhi and Contemporary World: Identifying the Connect"/ Dr. Radha Kumari, Assistant Professor, Department of Political Science, Mata Sundri College for Women, Delhi University, New Delhi.03//10/22



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Criteria 3/ Dept. of Political Science/ National Webinar on "Gandhi and Contemporary World: Identifying the Connect"/ Dr. Radha Kumari, Assistant Professor, Department of Political Science, Mata Sundri College for Women, Delhi University, New Delhi/03/10/22


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7. National Workshop on Mahatma Gandhi and Nation Building

Brief Description

Date: 1st & 2nd October 2018

Number of beneficiaries: 80

Resource Person: Rev Fr Dr Augustine Principal St. Xavier's College Jaipur, Prof Rev fr John Chathanatt, Prof Dr. Santosh Bakaya

Organized by: St Xavier's College Jaipur in association with Indian Society of Gandhian Studies

Objectives of the Study: To commemorate Gandhi Jayanti for his greatest contribution towards society and nation building. To discuss the relevance of Gandhian principles in today's time and policy making for nation building.

Report & Outcomes: This workshop on Gandhian philosophy empowered individuals with the knowledge, skills, and inspiration to embody Gandhian principles in their lives and work towards a more just, peaceful, and sustainable world.

A TWO-DAY NATIONAL WORKSHOP ON MAHATMA GANDHI AND NATION BUILDING

Mahatma Gandhi once remarked "A man is but the product of his thoughts, what he thinks he becomes." thus to celebrate the **150th Birth anniversary of Father of the Nation**, Mohandas Karamchand Gandhi and to remember him for his greatest contribution towards the Nation, St. Xavier's College, Jaipur in association with Indian Society of Gandhian Studies organised a **two-day national workshop on Mahatma Gandhi and Nation Building on 1-2 October 2018**.

Day one began with an enriching **Inaugural Ceremony** graced by Rev. Fr Varkey Perakkatt, and Dr. Sheila Rai. The programme commenced with a special tribute to Gandhiji. The event gathered exuberance and energy with the performance by the Xavier's Dance Society followed by a mesmerising skit performance by the Xavier's Theatre Society. **Workshop convener, Dr. Shikha Arora Bakshi** introduced the brief aspects and sessions of the workshop. The first **resource person, Fr. Augustine**

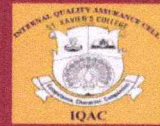
Perumalil, Principal, St. Xavier's College, Nevta, highlighted some important works of Gandhiji and reminded the humanity of the efficacy of the messages of Mahatma Gandhi and relevance of his lessons in every policy of the country.

The first session **Mahatma Gandhi and Nation Building: The Moral Challenges for Us Today** was chaired by **Prof. Rev. Fr. John Chathanatt**. In his session, he emphasised on the most prominent light of liberation in modern India, a seeker of truth. He also illuminated the core value of Gandhian philosophy **Satyagraha**. In session two, **Gandhi and Youth Youth as prime Movers of Society- The Gandhian Perspective** was chaired by **Prof. Dr. Santosh Bakaya**, who stressed upon the heroic qualities of Bapu and his ways of encouraging the youth and people to work towards the country's growth. She also motivated the young ignited minds to bring changes in the society and take inspiration from Gandhi. The first day of the programme was concluded with a



Criteria 3/ SXCJ/ National Workshop on Mahatma Gandhi and Nation Building/
Fr Augustine Perumalil/ Prof Rev Fr John Chathanatt/ Prod Dr. Santosh Bakaya/
1-2 Oct. 2018

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8. Hands-on training on Voter id Application App by Election Department of Rajasthan

Date: 12 August 2023

Venue: St Xavier's College Jaipur

Number of beneficiaries: 70

Resource person: Mr Praveen Gupta, Chief Electoral officer of Rajasthan, a senior IAS officer. Ms. Anuradha R. RAs Officer, ERO Bagru, Mr Deepak, Thesildar Sanganer, Dr Shikha Soni Consultant Election Department.

Objective: The main objective of this event was to provide practical insights to new voters about the functioning of Electronic Voting Machines (EVMs) and guide them through the voting process step-by-step.

Report & Outcomes: Xavier's Electoral Literacy Club in association with Internal Quality Assurance Cell and Department of Arts organized an Awareness Campaign for the future voters "My Vote My Right". It is a Hands-on-training program to be conducted by the Election Department of Rajasthan in the college. the chief guest of the event was Mr Praveen Gupta, Chief Electoral officer of Rajasthan, a senior IAS officer. Ms. Anuradha R. RAs Officer, ERO Bagru, Mr Deepak, Thesildar Sanganer, Dr Shikha Soni Consultant Election Department. This initiative aimed to empower and educate future voters about their electoral rights and responsibilities the election Department of Rajasthan conducted a Hands-On training program as part of this campaign providing valuable knowledge and practical training to the students. The Campaign also motivated the students for their active participation and engagement in the Electoral processes. This program offered practical training on the use of EVMS, the process of casting votes, and ensuring the Integrity of the Electoral systems. To facilitate the registration of new voters, the campaign includes voter registration drives on the college campus. Trained volunteers assisted students in the registration process, ensuring that they had the necessary documents and guiding them through their online registration procedure. The campaign resulted in increased awareness of the students, enhanced participation as a substantial number of students registered as new voters. The campaign empowered students by providing them with accurate information and dispelling misconceptions about voting. Students developed a sense of ownership and responsibility towards the Democratic process, recognizing the power of their votes in shaping the future. A total of 70 students participated in this programme.

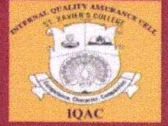

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Criteria 3/ XELC/ Hands-on training on Voter id Application App by Election Department of Rajasthan/ Mr Praveen Gupta/Ms. Anuradha Ras Officer, ERO Bagru, Mr Deepak, Thesildar Sanganer/ Dr Shikha Soni Consultant Election Department/8/12/2023

Praveen J.
Principal

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



9. Session on Organic Farming

Brief Description

Date: 30.09.2022

Organised by: *Swachhta* Action Plan

Number of beneficiaries: 15

Resource Person: Dr. Shiv Pratap, Assistant Professor, St. Xavier's College Jaipur

Objectives: To encourage and train villagers towards adoption of organic farming practices.

Report & Outcome: This session held an Integrative Approach in farming for doubling farmer's income, conducted by the greenery unit of *Swachhta* Action Plan Committee.

Organic farming session fostered the benefits of organic farming in terms of environmental sustainability by preserving soil health and biodiversity, promoting human well-being through chemical-free produce consumption, and bolstering local economies. The resource person Dr. Shiv Pratap, faculty St Xavier's college Jaipur motivated villagers to opt for organic farming to gain benefits by creating premium market opportunities and empowering communities through self-sufficiency.



Chatarpura at Lalya Ka Bas, Rajasthan, India
RMM5+H7J, Chatarpura at Lalya Ka Bas,
Rajasthan 302026, India
Lat 26.833838°
Long 75.658045°
30/09/22 11:29 AM GMT +05:30

Criteria 3/ SAP/ Session on Organic farming/ Dr. Shiv Pratap/ /30/09/2022

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3.2.1 Outcomes Related to Indian Knowledge System

Outcome 1 : Yoga Udhyan

- The establishment of a *Yoga Udhyan* within a college campus brings a holistic approach to wellness and education.
- The *Yoga Udhyan* provides a serene space for students and faculty to practice yoga, fostering physical fitness, mental clarity, and spiritual growth.
- This space enriches the college environment, promoting well-being, cultural heritage, and a deeper connection with nature. This serves as vibrant hub for personal development, community engagement, and the integration of ancient wisdom into modern education.



Criteria 3/ St. Xavier's College Jaipur / *Yoga Udhyan*


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Criteria 3/ St. Xavier's College Jaipur / *Yoga Udhyan*



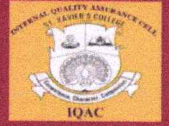
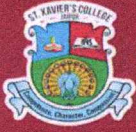
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Outcome 2 : Ayush Udhyan

- The *Ayush Udhyan* is a tranquil sanctuary that not only delights the senses but also serves as a repository of ancient wisdom and healing. Nestled amidst verdant landscapes, this garden is a testament to the timeless principles of Ayurveda and Charaka Samhita, showcasing a diverse array of medicinal plants meticulously curated to promote holistic wellness
- Meanwhile, the *Ayush Udhyan* promotes traditional Indian medicinal plants, offering opportunities for research, learning, and healing.
- *Ayush Udhyan* possess medicinal valued plants like *tulsi*, *ashwangandha*, *kalmegh*, *sarpagandha*, *harjod*, *Bhoomi amla*, *betel*, *brahmi*, lemongrass, aloe vera, *sadabahar/ baramasi/ periwinkle and patharchatta*,
- It is a testament of the synergy between nature and ancient healing traditions, fostering a deeper appreciation for the interconnectedness of health, environment, and culture.
- *Ayush Udhyan* not only nourishes body and soul but also reconnects with the rich tapestry of India's holistic heritage.



Criteria 3/ St. Xavier's College Jaipur / *Ayush Charak* Garden

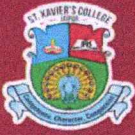


Outcome 3 : Organic Garden

- The Organic Garden at our college embodies our commitment to sustainable agriculture and environmental stewardship. Through organic farming methods, we cultivate a variety of fruits, vegetables, and herbs without synthetic pesticides or fertilizers, promoting soil health and biodiversity. Our garden serves as an educational resource, providing students with hands-on experience in eco-friendly farming practices.
- By prioritizing organic farming, we contribute to healthier ecosystems, reduced chemical pollution, and improved food quality. This initiative aligns with our mission to foster environmental consciousness and promote sustainable living within our college community.



Criteria 3/ St Xavier's College Jaipur/ Organic Garden/ 28.03.24



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Criteria 3/ St Xavier's College Jaipur/ Organic Garden/ 28.03.24



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Criteria 3/ St Xavier's College Jaipur/ Organic Garden/ 28.03.24

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