



5.1.2 Details of Capacity Development and Skill Enhancement Activities

Academic Year 2021-2022

C. Life skills (Yoga, physical fitness, health and hygiene)

| S NO | Name of the Activity Conducted | No of Student Participated | Year |
|------|---|----------------------------|---------|
| 1 | Expert Session on Role of Investment Banking in Indian Economy | 136 | 2021-22 |
| 2 | Panel Discussion on Prevent Suicide, Connect, Communicate and Care | 50 | 2021-22 |
| 3 | Celebration of World Mental Health Day by Mental health and Counseling Cell | 55 | 2021-22 |
| 4 | World Suicide Prevention Day | 53 | 2021-22 |
| 5 | Two Day Online Yoga Workshop | 16 | 2021-22 |

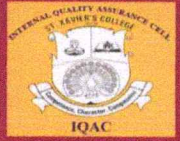

Principal

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



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1. EXPERT SESSION ON ROLE OF INVESTMENT BANKING IN INDIAN ECONOMY

NOTICE



ST XAVIER'S COLLEGE - JAIPUR

Affiliated to the University of Rajasthan
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Nevta - Mahapura Road, Jaipur - 302029, Rajasthan, India

Ref: SXC/ACAD/COMMERCE/2021/0069

02/12/2021

NOTICE

Department of Commerce

The Department of Commerce, St. Xavier's College, Jaipur is organizing an online Expert Session on the topic "**Role of Investment Banking in Indian Economy**" on 4th December, 2021. The session will be taken by "**Mr. Ashish Kaw**" Regional Head- Imarticus Learning. All the students are expected to join the Programme. Attendance will be marked through ITLE Software.

Time: 11 AM to 12:00 PM

Date: 4th December, 2021 Platform:

Google Meet

Joining Link: <https://meet.google.com/pfv-npcw-atp>

For further details kindly contact:

Dr. Ekta Puri

Ms. Neetu Sharma


Head

Ref: SXC/ACAD/COMMERCE/2021/0070-0073

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1. Vice-principal, St Xavier's College, Jaipur
2. Principal Office, St Xavier's College, Jaipur
3. All Department Staff, St Xavier's College, Jaipur


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Nevta-Mahapura Road, Jaipur





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POSTER: EXPERT SESSION ON ROLE OF INVESTMENT BANKING IN INDIAN ECONOMY

ST. XAVIER'S COLLEGE - JAIPUR
(AFFILIATED TO THE UNIVERSITY OF RAJASTHAN, JAIPUR)
(APPROVED UNDER THE SECTION 2(F) AND 12(B) OF UGC ACT, 1956)

**DEPARTMENT OF COMMERCE
IS ORGANIZING**

A WEBINAR ON

**ROLE OF INVESTMENT
BANKING IN INDIAN
ECONOMY**

MEETING LINK:- [HTTPS://MEET.GOOGLE.COM/PFV-NPCW-ATP](https://meet.google.com/PFV-NPCW-ATP)

MR. ASHISH KAW
REGIONAL HEAD - IMARTICUS LEARNING

ORGANIZER
REV FR DR A REX ANGELO SJ
PRINCIPAL
ST XAVIERS COLLEGE - JAIPUR

TEACHER COORDINATORS:-
DR EKTA PURI
MS. NEETU SHARMA

DATE:- 4 DECEMBER 2021
TIME:- 11:00 AM ONWARDS

(Signature)
Principal

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



St. Xavier's College Jaipur

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ATTENDANCE SHEET: EXPERT SESSION ON ROLE OF INVESTMENT BANKING IN INDIAN ECONOMY

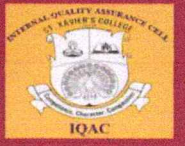
| S NO | Name of the student | Attendance |
|------|----------------------------|------------|
| 1 | Aaditya Pareek | Present |
| 2 | Aakash Tyagi | Present |
| 3 | Aaryan Banthia | Present |
| 4 | Abhisek Tirkey | Present |
| 5 | Aditi Chhipa | Present |
| 6 | Aditya Pratap Singh Raghav | Present |
| 7 | Aditya Raz.A | Present |
| 8 | Agrim Gupta | Present |
| 9 | Akansha Arora | Present |
| 10 | Akshat Singh Rao | Present |
| 11 | Albin Dennis | Present |
| 13 | Aman Arora | Present |
| 14 | Aman Sharma | Present |
| 16 | Amulya Janvier | Present |
| 17 | Angelin Thomas | Present |
| 18 | Ankit Sharma | Present |
| 19 | Ansh Agarwal | Present |
| 20 | Arjun Avasthi | Present |
| 21 | Arpit Sharma | Present |
| 22 | Arshdeep Dhillon | Present |
| 23 | Ashish Kaw | Present |
| 24 | Ashwin Arora | Present |
| 25 | Ayush Yadav | Present |
| 26 | Bhavya Choudhary | Present |
| 27 | Chetan Singh Gehlot | Present |
| 28 | Chirag Banthia | Present |
| 29 | Cyril Jacob | Present |
| 30 | Cyrus Paul | Present |
| 31 | Daksh Gupta | Present |
| 32 | Dev Somani | Present |
| 33 | Devang Sand | Present |
| 34 | Devanshi Jain | Present |
| 36 | Dhrati Panchal | Present |
| 37 | Dhruv Agarwal | Present |
| 38 | Disha Surana | Present |
| 39 | Dr. Ekta Ekta | Present |
| 40 | Dr. Mahua Bose | Present |
| 41 | Dr. Nitasha Khatri | Present |


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| | | |
|----|---------------------------|---------|
| 42 | Dr. Pradeep S Soni | Present |
| 43 | Dushyant Tanwar | Present |
| 44 | Enosh | Present |
| 45 | Enosh Arpan Singh | Present |
| 46 | Gunjan Gupta | Present |
| 47 | Hardik Chawla | Present |
| 48 | Harsh Choudhary | Present |
| 49 | Harsh Khatoer | Present |
| 50 | Harshwardhan Singh | Present |
| 51 | Himanshu Aggarwal | Present |
| 52 | Himanshu Jeendgar | Present |
| 53 | Hiteshi Baghla | Present |
| 54 | Hod Commerce | Present |
| 55 | Jai Khandelwal | Present |
| 56 | Jatin Ahuja | Present |
| 57 | Jinny Thomas | Present |
| 58 | Kamal Yadav | Present |
| 59 | Karamveer Singh | Present |
| 60 | Karan Chawla | Present |
| 61 | Karan Grover | Present |
| 62 | Kardhani Agarwal | Present |
| 63 | Kashish Gangwal | Present |
| 64 | Khushi Chhabra | Present |
| 65 | Krish Bhartia | Present |
| 66 | Krishna Gupta | Present |
| 67 | Kriti Kamal | Present |
| 68 | Kumar Manish | Present |
| 69 | Lakshay Lakhota | Present |
| 70 | Lakshaya Saini | Present |
| 71 | Madhukar Nayat | Present |
| 72 | Mahek Agarwal | Present |
| 73 | Mahima Choudhary | Present |
| 74 | Mahir Chhabra | Present |
| 75 | Manas Natani | Present |
| 76 | Manpratap Singh Khangarot | Present |
| 77 | Mrinal Mathur | Present |
| 78 | Nakul Soni | Present |
| 79 | Nikhil Gupta | Present |
| 80 | Phalak Mitra | Present |
| 81 | Piyanshi Chugh | Present |
| 82 | Prashant Mundhra | Present |

Principal
Principal

St. Xavier's College Jaipur

Nevta-Mahapura Road, Near Nevta Dam,
Tehsil Sanganer, Jaipur-302029, Rajasthan

Nevta-Mahapura Road, Jaipur
+91 9828726166
info@sxcjpr.edu.in

sxcjpr.edu.in



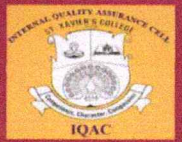
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| | | |
|-----|----------------------------|---------|
| 83 | Prashant Rajpurohit | Present |
| 84 | Prateek Gupta | Present |
| 85 | Prateek Sharma | Present |
| 86 | Pratham P Chopra | Present |
| 87 | Purumita Maheshwari | Present |
| 88 | Raghav Bajaj | Present |
| 89 | Rakshit Bhargava | Present |
| 90 | Riddhi Gupta | Present |
| 91 | Ridha Sharma | Present |
| 92 | Rishi Mahajan | Present |
| 93 | Rishit Kuntal | Present |
| 94 | Ritika Bohra | Present |
| 95 | Ritisha Sangtani | Present |
| 96 | Riya Racheal David | Present |
| 97 | Rohan | Present |
| 98 | Sahil Sidana | Present |
| 99 | Samar Singh Rathore | Present |
| 100 | Sameer Beaspal | Present |
| 101 | Sameer Singh Chouhan | Present |
| 102 | Sankalp Saraogi | Present |
| 103 | Sarthak Agrawal | Present |
| 104 | Shaili Gupta | Present |
| 105 | Shikhar Munjal | Present |
| 106 | Shiva Rathore | Present |
| 107 | Shivali Ahuja | Present |
| 108 | Shivam Mohta | Present |
| 109 | Shree Kumar Jaju | Present |
| 111 | Shreya Gupta | Present |
| 112 | Shruti Agarwal | Present |
| 113 | Shubham Aggarwal | Present |
| 114 | Simran Sunia | Present |
| 115 | Srishti Chandani | Present |
| 116 | Suhaani | Present |
| 117 | Suraj Patil | Present |
| 118 | Surya Pratap Singh Rathore | Present |
| 119 | Suvam Sahoo | Present |
| 120 | Swapnil Verghese | Present |
| 121 | Tanishka Lalwani | Present |
| 122 | Tanmaya Pradhan | Present |
| 123 | Tanu Agarwal | Present |
| 124 | Tanya Singh | Present |
| 125 | Tushar | Present |
| 126 | Tushar Goyal | Present |
| 127 | Tushar Sethi | Present |

(Signature)
Principal



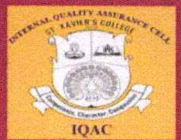
| | | |
|-----|-------------------------|---------|
| 128 | Upvan Bhardwaj | Present |
| 129 | Vaibhav Lakhmara | Present |
| 130 | Varnika Khandelwal | Present |
| 131 | Varun Shishodia | Present |
| 132 | Vidhi Sodhani | Present |
| 133 | Vipul Pareek | Present |
| 134 | Vishal Sharma | Present |
| 135 | Vishwanath Singh Udawat | Present |
| 136 | Yash Sharma | Present |

FEEDBACK REPORT: EXPERT SESSION ON ROLE OF INVESTMENT BANKING IN INDIAN ECONOMY

The expert session on the "Role of Investment Banking in the Indian Economy" was an enlightening experience that left a profound impact on all participants. The esteemed speakers provided invaluable insights into the intricate workings of investment banking and its significance in driving economic growth in India. Through engaging presentations and real-world examples, they elucidated the pivotal role played by investment banks in facilitating capital formation, fostering entrepreneurship, and fueling innovation across various sectors of the economy. The session not only deepened our understanding of complex financial concepts but also inspired us to explore career opportunities in this dynamic field. Feedback from students reflected a high level of satisfaction, with many expressing appreciation for the depth of knowledge shared by the speakers and the relevance of the topic in today's economic landscape. Overall, the expert session served as a catalyst for intellectual curiosity and professional growth, leaving a lasting impression on all attendees.


Principal

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



REPORT: EXPERT SESSION ON ROLE OF INVESTMENT BANKING IN INDIAN ECONOMY

The Department of Commerce, St. Xavier's College- Jaipur organized a webinar on "The Role of Investment Banking in Indian Economy" on Saturday, 4th December, 2021 at 11 am. The main objective of this session is to provide students with the necessary theoretical and conceptual tools used in investment banking and general understanding of investment banking activities and the mechanics and financial analysis required to value, negotiate and successfully close transactions. The session began with the blessings and motivational words of the Principal, Rev.Fr. Dr. A. Rex Angelo who also focused on the subject of the day that how investment banking is the need of the hour for a developing country like India followed by the interactive session by the guest speaker, Mr. Ashish Kaw, Regional Head, Imarticus Learning. Our resource person talked about various aspects of Investment Banking especially lucrative for those students who are pursuing a career in investment banking or an internship in the investment banking division of a financial firm and has a general knowledge of corporate finance and who wish to broaden their understanding of finance by applying financial concepts and techniques. Then he invited his Co-Manager from Imarticus Mr. Manish to brief the students more about the career options available in the field of investment banking and the future of investment banking in India and the whole world. The students learned about various aspects of investment banking. The vote of thanks was presented and the event graciously dropped its curtain after a wholesome question-answer session.


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Nevta-Mahapura Road, Jaipur

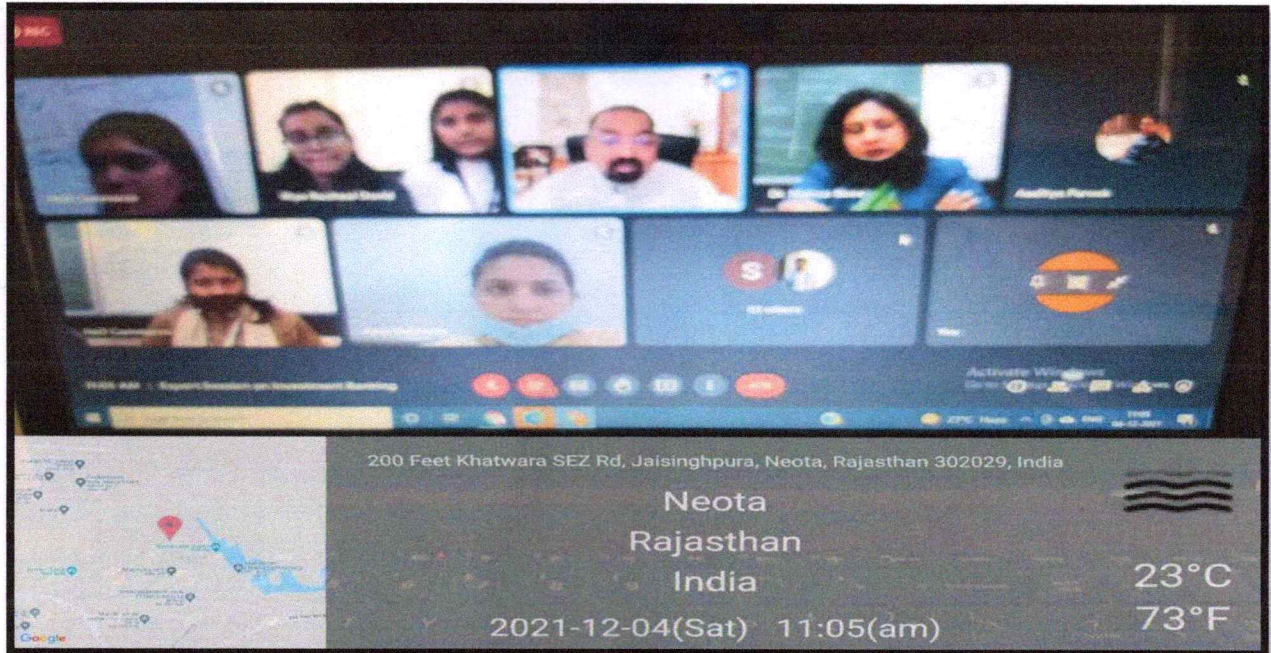


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EXPERT SESSION ON ROLE OF INVESTMENT BANKING IN INDIAN ECONOMY



Department of Commerce/Resource Person: Mr. Ashish Kaw/4th December, 2021

Ashish Kaw
Principal

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



2. PANEL DISCUSSION ON PREVENT SUICIDE, CONNECT, COMMUNICATE AND CARE NOTICE



ST XAVIER'S COLLEGE- JAIPUR

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

Ref: SXC/ACAD/MHCC/2021/ 5169

9 September 2021

Notice

Mental Health and Counselling Cell

Mental Health and Counselling Cell (MHCC), in collaboration with Department of Economics and Psychology, is organizing a Panel Discussion on Prevent Suicide: Connect, Communicate and Care on 10 September 2021 at 11:00 AM.

The students are invited to ask their queries related to mental health and well-being which will be addressed by Dr Raghav Shah, Director and Consultant, Department of Psychiatry and DeAddiction, Rajasthan Hospital, Jaipur and Dr Pradnya Deshpande Sen, Clinical Psychologist.

Students are requested to fill the Google Form with reference to the mental health related problems that they like to be discussed. Responses will be kept anonymous to maintain confidentiality.

Google Form Link: <https://forms.gle/yKuQZapm4sqJoGBf8>

Date: 10 September 2021

Time: 11:00 AM

Google Meet Link for the session: <https://meet.google.com/vzb-jqzx-mew>

For further details, contact:

Ms Nupur Chauhan (+91-7877141404)

Ms Shiromi Chaturvedi (+91 73576 93666)

Ref: SXC/ACAD/MHCC/2021/ 5170-5175

Copy forwarded to the following for information and necessary action:

1. Vice-principals, St Xavier's College, Jaipur
2. Mental Health and Counselling Cell, St Xavier's College, Jaipur
3. All Head of Departments, St Xavier's College, Jaipur
4. Website Coordinator, St Xavier's College, Jaipur
5. Principal Office, St. Xavier's College, Jaipur


Principal

Principal

St. Xavier's College Jaipur

Nevta-Mahapura Road, Jaipur

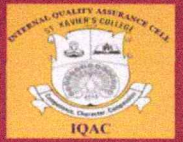
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POSTER: PANEL DISCUSSION ON PREVENT SUICIDE: CONNECT, COMMUNICATE AND CARE



ST XAVIER'S COLLEGE - JAIPUR

Mental Health and Counselling Cell (MHCC)

in collaboration with

Department of Economics and Psychology

organizes a

PANEL DISCUSSION

PREVENT SUICIDE: CONNECT, COMMUNICATE AND CARE

with

DR RAGHAV SHAH

DIRECTOR AND CONSULTANT,
DEPARTMENT OF PSYCHIATRY
AND DE-ADDICTION,
RAJASTHAN HOSPITAL, JAIPUR



SUBMIT YOUR QUESTIONS
ANONYMOUSLY
GOOGLE FORM LINK:
[HTTPS://FORMS.GLE/YKUQZAPM4S
QJ0GBF8](https://forms.gle/YKUQZAPM4S QJ0GBF8)



DR PRADNYA DESHPANDE

SENIOR CLINICAL PSYCHOLOGIST
COMMITTEE MEMBER, PREVENTION OF
SEXUAL HARASSMENT AT WORKPLACE
(POSH)

DATE: 10 SEPTEMBER 2021

TIME: 11:00 AM

GOOGLE MEET LINK:

[MEET.GOOGLE.COM/VZB-JQZX-MEW](https://meet.google.com/VZB-JQZX-MEW)

Principal

Rev Fr Dr A Rex Angelo SJ

Event Coordinators

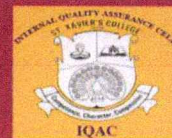
Ms Nupur Chauhan

Ms Shiromi Chaturvedi

Principal

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





ATTENDANCE SHEET: PANEL DISCUSSION ON PREVENT SUICIDE: CONNECT, COMMUNICATE AND CARE

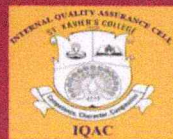
| Panel Discussion: Prevent Suicide: Connect, Communicate and Care | | | |
|--|----------------------|----------------|------------|
| S No. | Name of Student | Class | Attendance |
| 1 | Aditya Jain | BA Hons Psy I | Present |
| 2 | Aish Kaur Sidhu | BA Hons Psy I | Present |
| 3 | Divita Khandelwal | BA Hons Psy I | Present |
| 4 | Divyansh Kathuriya | BA Hons Psy I | Present |
| 5 | Esther Saslit Jena | BA Hons Psy I | Present |
| 6 | Khushi Bansal | BA Hons Psy I | Present |
| 7 | Lakshya Shukla | BA Hons Psy I | Present |
| 8 | Pranav Sharma | BA Hons Psy I | Present |
| 9 | Prapti Jain | BA Hons Psy I | Present |
| 10 | Riya Tripathi | BA Hons Psy I | Present |
| 11 | Rushali Angel Bera | BA Hons Psy I | Present |
| 12 | Sameeksha Jain | BA Hons Psy I | Present |
| 13 | Saumya Mishra | BA Hons Psy I | Present |
| 14 | Suhani Sharma | BA Hons Psy I | Present |
| 15 | Tanishka Singh | BA Hons Psy I | Present |
| 16 | Vipashyanaa Banerjii | BA Hons Psy I | Present |
| 17 | Yash Vardhan Sharma | BA Hons Psy I | Present |
| 18 | Akanksha Batra | BA Hons Psy II | Present |
| 19 | Charvika Shekhawat | BA Hons Psy II | Present |
| 20 | Gunjan Dharawat | BA Hons Psy II | Present |
| 21 | Harleen Kaur | BA Hons Psy II | Present |
| 22 | Kanishka Jain | BA Hons Psy II | Present |
| 23 | Khushi Dudee | BA Hons Psy II | Present |
| 24 | Lubhawani Choudhary | BA Hons Psy II | Present |
| 25 | Muskan Malkani | BA Hons Psy II | Present |
| 26 | Pauravi Mittal | BA Hons Psy II | Present |

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| | | | |
|----|--------------------------|-----------------|---------|
| 27 | Pavitra Arora | BA Hons Psy II | Present |
| 28 | Suhani Khandelwal | BA Hons Psy II | Present |
| 29 | Tarisha Badaya | BA Hons Psy II | Present |
| 30 | Vasundhara Purawat | BA Hons Psy II | Present |
| 31 | Abhijeet Minz | BA Subs Psy I | Present |
| 32 | Aditya Sangat | BA Subs Psy I | Present |
| 33 | Devangna Yadav | BA Subs Psy I | Present |
| 34 | Garima Sharma | BA Subs Psy I | Present |
| 35 | Bhavya Soni | BA Subs Psy II | Present |
| 36 | Devaneek Singh Shekhawat | BA Subs Psy II | Present |
| 37 | Devansh Saxena | BA Subs Psy II | Present |
| 38 | Gaurav Garg | BA Subs Psy II | Present |
| 39 | Parichay Shyam Panwar | BA Subs Psy II | Present |
| 40 | Suhani Nowal | BA Subs Psy II | Present |
| 41 | Jahanvi Gothwal | BA Subs Psy III | Present |
| 42 | Jasmeet Kaur Hura | BA Subs Psy III | Present |
| 43 | Lakshita Bhargava | BA Subs Psy III | Present |
| 44 | Lavanya Mishra | BA Subs Psy III | Present |
| 45 | Mohammed Mahir Buksh | BA Subs Psy III | Present |
| 46 | Naman Madhav Sogani | BA Subs Psy III | Present |
| 47 | Neetu Thakurathi | BA Subs Psy III | Present |
| 48 | Nihar Vyas | BA Subs Psy III | Present |
| 49 | Saloni Khandelwal | BA Subs Psy III | Present |
| 50 | Vanshika Arora | BA Subs Psy III | Present |


Principal

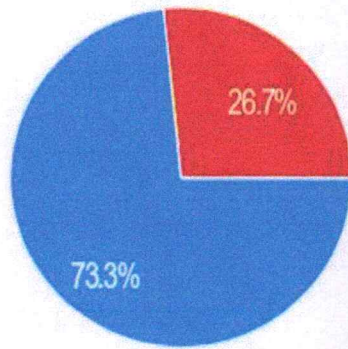
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Nevta-Mahapura Road, Jaipur



FEEDBACK: PANEL DISCUSSION ON PREVENT SUICIDE: CONNECT, COMMUNICATE AND CARE

How well-organised was the event?

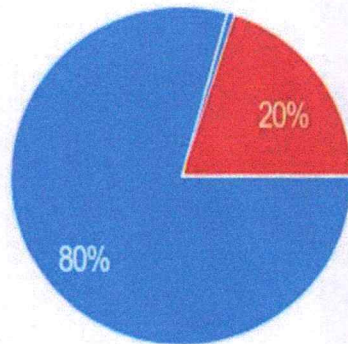
15 responses



- Very Organised
- Organised
- Neutral
- Unorganised

How helpful were the organisers?

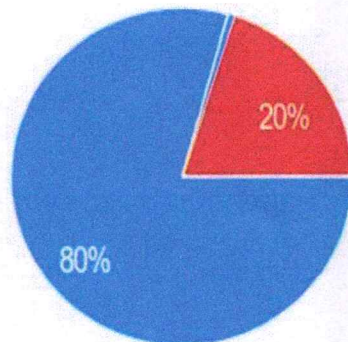
15 responses



- Very Helpful
- Helpful
- Neutral
- Unhelpful

How satisfied are you with the quality (Content) of the webinar?

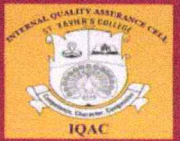
15 responses



- Highly Satisfied
- Satisfied
- Neutral
- Dissatisfied

[Signature]
Principal

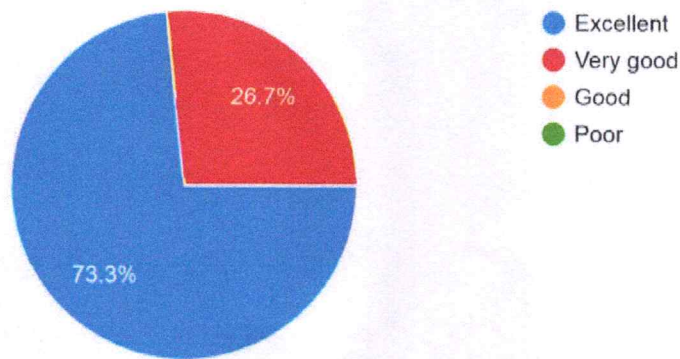
St. Xavier's College Jaipur
Nevta-Mahapura Road, Jaipur



How would you rate the quality of the resource person?

Copy

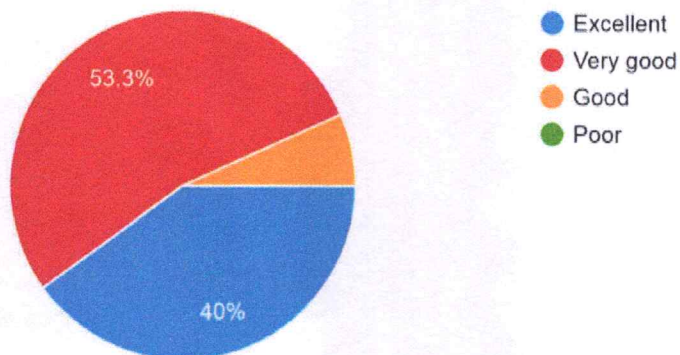
15 responses



Please rate your overall knowledge addition about the topics covered after attending the session?

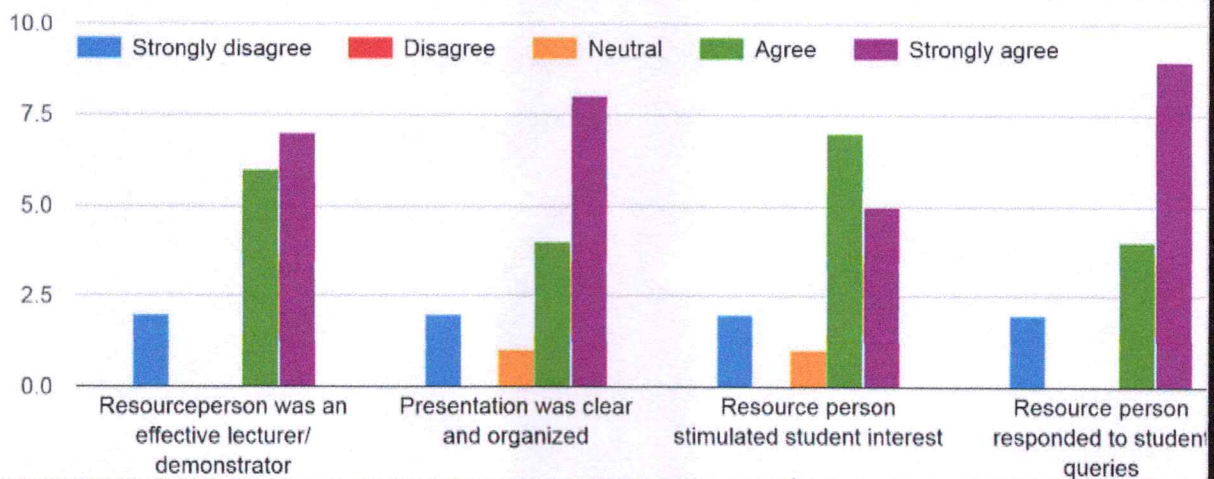
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15 responses



Skill and responsiveness of the resource person

Copy



Principal



REPORT: PANEL DISCUSSION ON PREVENT SUICIDE: CONNECT, COMMUNICATE AND CARE

On the occasion of World Suicide Prevention Day, the Mental Health and Counselling Cell (MHCC), in collaboration with the Department of Economics and Psychology organised an online interactive panel discussion on 'Prevent Suicide: Connect, Communicate and Care' on 10 September 2021 at 11:00 AM. The resource persons for this panel discussion were Dr Raghav Shah, Director and Consultant, Department of Psychiatry and De-Addiction, Rajasthan Hospital, Jaipur and Dr Pradnya Deshpande, Senior Clinical Psychologist. The event was coordinated by Ms Shiromi Chaturvedi and Ms Nupur Chauhan.

Rev Fr Dr A Rex Angelo addressed the gathering about the need of the hour being the development of positive psychological capital like resilience, adversity quotient and optimism to combat the suicidal tendency among students.

The event commenced with a formal introduction of the resource persons, followed by discussion on escalating rates of suicides on a global level through brief presentations by both resource persons. The presentations were followed by a panel discussion moderated by the student coordinators who had requested the student community to fill the Google Form with reference to the mental health related problems that they like to be discussed. Responses were kept anonymous to maintain confidentiality. These questions were then taken up by the esteemed panel and discussed at length.

The importance of prevention and early intervention being the most crucial factor that can alter the lives of so many for the better was highlighted. The importance of maintaining mental health and the role of mental health professionals to address these issues was also addressed.


Principal

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

PANEL DISCUSSION ON PREVENT SUICIDE: CONNECT, COMMUNICATE AND CARE



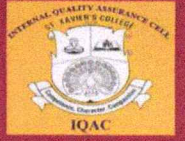
Mental Health and Counselling Cell, Department of Psychology & Department of Economics/Resource persons: Dr Raghav Shah, Dr Pradnya Deshpande/10th September, 2021

NEWSPAPER REPORT: PANEL DISCUSSION ON PREVENT SUICIDE: CONNECT, COMMUNICATE AND CARE



Principal
Principal

Mental Health and Counselling Cell, Department of Psychology & Department of Economics/Resource persons: Dr Raghav Shah, Dr Pradnya Deshpande/10th September, 2021
St. Xavier's College Jaipur
Nevta-Mahapura Road, Jaipur



3. CELEBRATION OF WORLD MENTAL HEALTH DAY

NOTICE



St Xavier's College- Jaipur

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(A Christian Minority Jesuit Institution)

Ref : SXC/ACAD/MHCC/2021/ 5601

05/10/2021

NOTICE

Mental Health and Counselling Cell (MHCC)

The Mental Health and Counselling Cell (MHCC) in collaboration with the Department of Economics and Psychology, is commemorating World Mental Health Day on October 9, 2021. We are organizing several competitions to raise awareness about mental health concerns around the world and mobilize actions in favour of mental health, and we welcome students to participate and win prizes!

1. **Poster Making: Artistic Psyche**
2. **Short Video Creation: Mental Health Minutes**
3. **Group Discussion: Mindnetic (Mental Health in an Unequal World)**

Eligibility Criteria: School (11 & 12 Grade) and College students of all streams

Registration Form Link: <https://forms.gle/egg54mLqpdnCoNcH7>

Registration Fee: Rs 50/-

Kindly, scan the QR Code to pay the registration fee.




Merchant Name : ST XAVIER'S COLLEGE
Mobile Number : 7762340276
Steps to Pay UPI QR Code
Open UPI app > Select 'Tap to Pay' > Scan QR Code >
Enter Amount

Last date to send your entries and submit the form is **8 October 2021**.

For further details, kindly contact:

Ms Shiromi Chaturvedi (+91-73576 93666)

Ms Nupur Chauhan (+91-7877141404)


Principal

Ref : SXC/ACAD/MHCC/2021/5602-5606

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 Departments, St Xavier's College, Jaipur
4. Website Coordinator, St Xavier's College, Jaipur
5. Principal Office, St Xavier's College, Jaipur


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POSTER: CELEBRATION OF WORLD MENTAL HEALTH DA

St Xavier's College-Jaipur
Mental Health and Counselling Cell
in collaboration with
The Department of Economics and Psychology

C E L E B R A T E S

World Mental Health Day
MENTAL HEALTH IN AN UNEQUAL WORLD

Artistic Psyche
POSTER MAKING COMPETITION
Theme: Mental Health Matters
Due Date: 8 October 2021, 8:00 PM

Mindnetic
GROUP DISCUSSION
Theme: Mental Health in an Unequal World
Date: 8 October 2021, 12:30 PM Onwards

Mental Health Minutes
SHORT VIDEO CREATION
Theme: Destigmatizing Mental Health
Due Date: 8 October 2021, 8:00 PM

REGISTRATION CLOSES
8 OCTOBER 2021, 5 PM!
REGISTRATION FEE: RS 50

REV FR DR A REX ANGELO SJ
PRINCIPAL

EVENT COORDINATORS
Ms Shiromi Chaturvedi
Ms Nupur Chauhan

Registration Form Link:
<https://forms.gle/mmRj7FBieK1wMziTA>

Shiromi
Principal

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



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ATTENDANCE SHEET: WORLD MENTAL HEALTH DAY

| S No. | Name | Transaction Id | Date of Payment |
|-------|---------------------|--|-----------------|
| 1 | Priyal | priyal.khurana@psy.christuniversity.in | 10/5/2021 |
| 2 | Arushi Aggarwal | 127840842045 | 10/5/2021 |
| 3 | Lakshya Shukla | Iron8632@gmail.com | 10/5/2021 |
| 4 | Harman Kaur | 127946129326 | 10/6/2021 |
| 5 | Prince Mittal | 127900457330 | 10/6/2021 |
| 6 | Khushi Barman | 127953158059 | 10/6/2021 |
| 7 | Sharmistha Roy | 127971375891 | 10/6/2021 |
| 8 | Yash Kumar Kanojiya | CICCgOC6wYnFZg | 10/6/2021 |
| 9 | Umaima Kidwai | 127978098910 | 10/6/2021 |
| 10 | Pauravi Mittal | 128006417759 | 10/7/2021 |
| 11 | Aditya Agarwal | 128017049577 | 10/7/2021 |
| 12 | Manjari Goyal | CICAgOC6k4LWdQ | 10/7/2021 |
| 13 | Ananya Talwar | 128020456592 | 10/7/2021 |
| 14 | Manjari Goyal | 128020552348 | 10/7/2021 |
| 15 | Simran Swaika | 128018391179 | 3/14/2002 |
| 16 | Bhavika Soneja | T2110072034495469020022 | 10/7/2021 |
| 17 | Charvi Vyas | 128125845391 | 10/8/2021 |
| 18 | Nameera Anjum | UPI Reference ID: 1281333 35002 | 10/8/2021 |
| 19 | Yana Sharma | 128139864377 | 10/8/2021 |
| 20 | Sonakshi Ajmera | 128140035604 | 10/8/2021 |
| 21 | Suhani Sharma | 128139971898 | 10/8/2021 |
| 22 | Yashwant Kumar | 128140995210 | 10/8/2021 |
| 23 | Vasundhara Purawat | 128177403096 | 10/8/2021 |
| 24 | Tanishka Singh | 128143841256 | 10/8/2021 |
| 25 | Rushali Angel Bera | 128177719560 | 10/8/2021 |
| 26 | Muskan Malkani | 128177813657 | 10/8/2021 |
| 27 | Nishita Agarwal | 128145876343 | 10/8/2021 |
| 28 | Prapti Jain | 128145869193 | 10/8/2021 |
| 29 | Aish | 128145509885 | 10/8/0021 |
| 30 | Anjelina Nathaniel | 128188770535 | 10/8/2021 |
| 31 | Ikshi Mehta | 128146705605 | 10/8/2021 |
| 32 | Nidhi Sharma | 128131340618 | 10/8/2021 |
| 33 | Tarisha Badaya | 128146561420 | 10/8/2021 |
| 34 | Jahnvi Nair | 1281467 95482 | 10/8/2021 |
| 35 | Pavitra Arora | 128146841284 | 10/8/2021 |
| 36 | Khushi Joshi | 128146828603 | 10/8/2021 |
| 37 | Palaq Dixit | 12814660051 | 10/8/2021 |



St. Xavier's College Jaipur

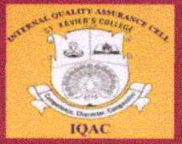
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| | | | |
|----|-----------------------|--------------------------|-----------|
| 38 | Akanksha Batra | 128178486972 | 10/8/2021 |
| 39 | Vinayak Jhalani | 128178565760 | 10/8/2021 |
| 40 | Khushi Bansal | 128131479662 | 10/8/2021 |
| 41 | Harleen Kaur | 128178500328 | 10/8/2021 |
| 42 | Pranav Sharma | 1218147615149 | 10/8/2021 |
| 43 | Rohan Upadhyaya | 128178955103 | 10/8/2021 |
| 44 | Kanishka Jain | 128178917002 | 10/8/2021 |
| 45 | Bhavana Chirana | | 8/10/0021 |
| 46 | Charvika Shekhawat | 128178275027 | 10/8/2021 |
| 47 | Yash Vardhan Sharma | 128151290625 | 10/8/2021 |
| 48 | Himadari Chouhan | himadarichouhan2@oksbi | 10/8/2021 |
| 49 | Gunjan Dharawat | 128118815498 | 10/8/2021 |
| 50 | Lubhawani Choudhary | UPI Ref. ID:128153881567 | 10/8/2021 |
| 51 | Jesbina Deffin Mathew | 128180956860 | 10/8/2021 |
| 52 | Suhani Khandelwal | 128181608357 | 10/8/2021 |
| 53 | Pooja Saini | T2110082156453561155201 | 10/8/2021 |
| 54 | Charvika Shekhawat | 128178275027 | 10/8/2021 |
| 55 | Tanishka Goyal | 128286928016 | 10/9/2021 |


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FEEDBACK RESPONSES: WORLD MENTAL HEALTH DAY

Mindnetic: Group Discussion

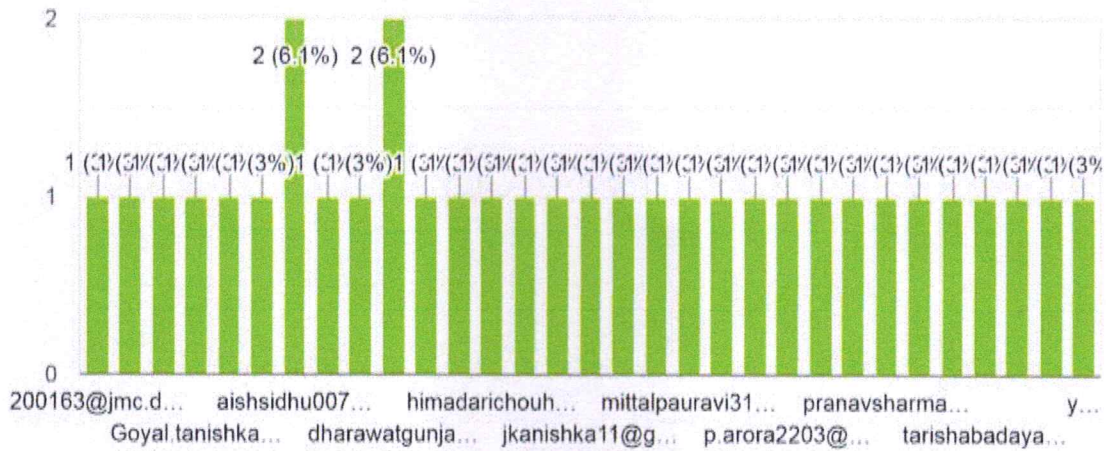
33 responses

[Publish analytics](#)

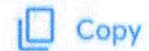
Email address



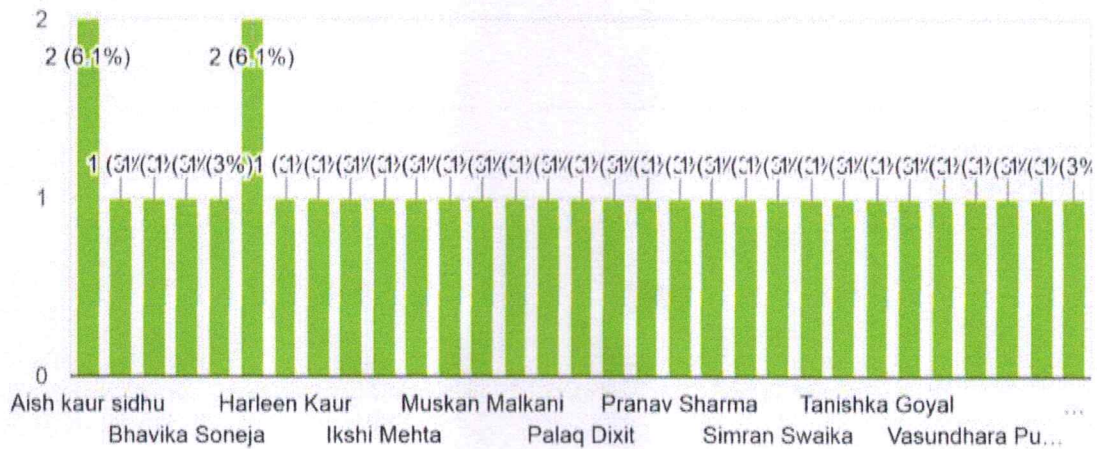
33 responses



Name

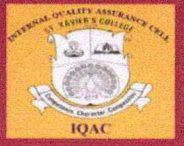


33 responses



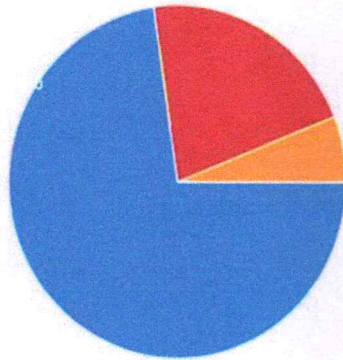
Principal

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Nevta-Mahapura Road, Jaipur



How helpful were the organisers?

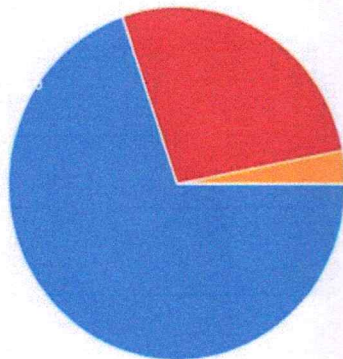
33 responses



- Very Helpful
- Helpful
- Neutral
- Unhelpful

How satisfied are you with the quality (Content) of the webinar?

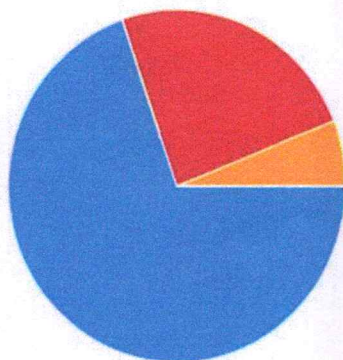
33 responses



- Highly Satisfied
- Satisfied
- Neutral
- Dissatisfied

How would you rate the quality of the resource person?

33 responses



- Excellent
- Very good
- Good
- Poor

[Signature]
Principal

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



FEEDBACK REPORT: WORLD MENTAL HEALTH DAY

On World Mental Health Day, the Mental Health and Counselling Cell, with the Departments of Economics and Psychology, organized activities including poster and video competitions, and a group discussion on "Mental Health in an Unequal World." Students were highly satisfied with the event, which aimed to raise awareness and destigmatize mental health issues among students through creative expression and dialogue.

REPORT: WORLD MENTAL HEALTH DAY

On Saturday, 9 October 2021, Mental Health and Counselling Cell (MHCC), in collaboration with the Department of Economics and Psychology, celebrated World Mental Health Day. The theme this year for the same was "Mental Health in an Unequal World". The entire event was divided into three parts, each consisting of a unique activity aimed at encouraging students to express their views on mental health and reduce the stigma surrounding it. The first two events were Artistic Psyche -- Poster Making Competition and Mental Health Minutes -- Short Video Making Competition. Both events motivated participants to utilize their creativity, albeit through different means, to convey important ideas about mental health and the constructs around it. Additionally, an in-person Artistic Psyche was also organized on the day of event for the students of St. Xavier's College, Jaipur where they were welcomed to work on their handmade posters in the company of others. The third event, titled Mindnetic, was a group discussion surrounding the theme "Mental Health in an Unequal World" moderated by Ms Deepika Kapoor, Mental Health Practitioner and Alumni of Tata Institute of Social Sciences. The group discussion illuminated the reality of access to mental health resources and the systemic inequalities within; it emphasized the socio-cultural aspect of mental health. However, not only did the event successfully expose the aforementioned issues but also pushed the participants to reflect upon possible solutions, promoting critical thinking skills and a greater sense of responsibility as citizens of Earth.


Principal

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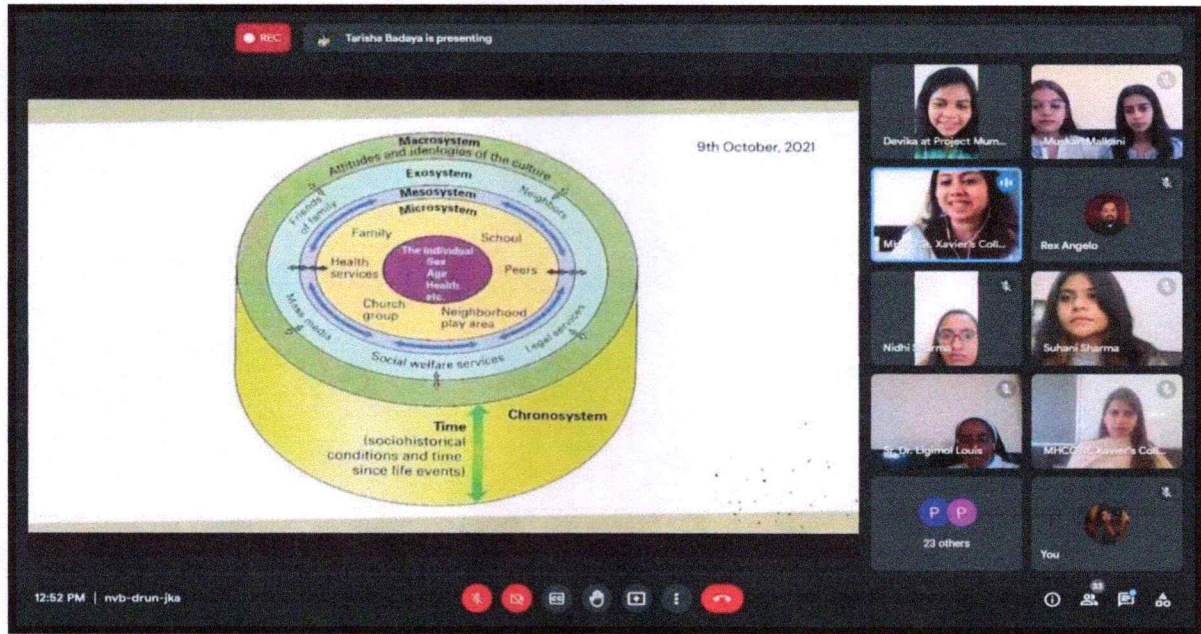


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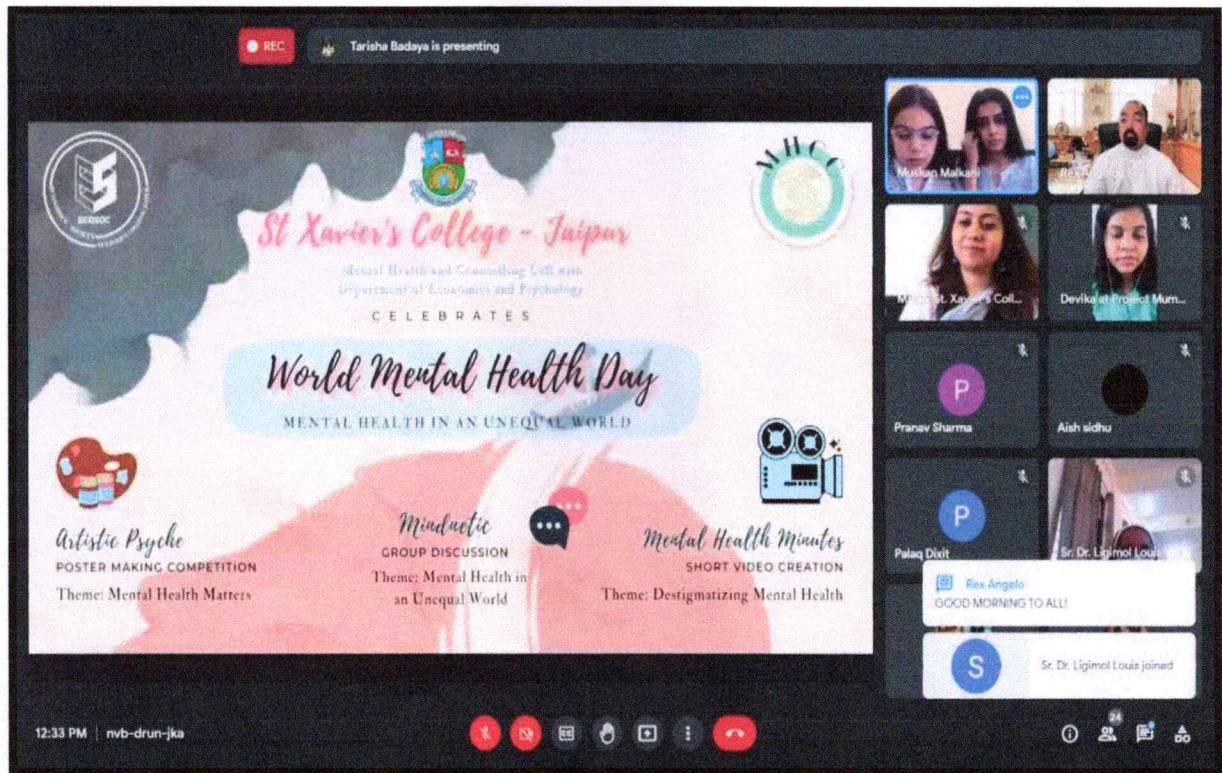
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WORLD MENTAL HEALTH DAY



Mental Health Counselling Cell, Department of Psychology and Department of Economics/Resource person: Ms Deepika Kapoor /9 October 2021



Mental Health Counselling Cell, Department of Psychology and Department of Economics/Resource person: Ms Deepika Kapoor /9 October 2021


Principal

St. Xavier's College Jaipur
Nevta-Mahapura Road, Jaipur
+91 9828776266
info@sxcjpr.edu.in



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4. WEBINAR ON WORLD SUICIDE PREVENTION DAY NOTICE



ST XAVIER'S COLLEGE- JAIPUR

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Ref: SXC/ACAD/MHCC/2021/ 5129

7 September 2021

Notice

Mental Health and Counselling Cell

Mental Health and Counselling Cell (MHCC), in collaboration with Department of Economics and Psychology and AICUF, is organising a webinar on 'A Cry for Help: Suicide Prevention' on 9 September 2021. The resource person for the webinar is Rev Fr Bala Bollineni SJ, Counselling Psychologist and Founder-Director, Yes-J. All staff members are requested to motivate the students to attend the webinar.

The details for the same are as follows:

Date: 9 September 2021

Time: 1:30 PM


Platform: Google Meet

Joining Link: <https://meet.google.com/yqk-jbex-sii>

For further details, contact:

Ms Nupur Chauhan (+91-7877141404)

Ms Shiromi Chaturvedi (+91 73576 93666)


Principal

Ref: SXC/ACAD/MHCC/2021/ 5130-5135

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1. Vice-principals, St Xavier's College, Jaipur
2. Mental Health and Counselling Cell, St Xavier's College, Jaipur
3. All Head of Departments, St Xavier's College, Jaipur
4. Website Coordinator, St Xavier's College, Jaipur
5. Principal Office, St. Xavier's College, Jaipur

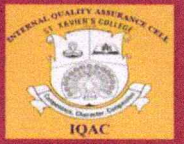

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POSTER: WEBINAR ON WORLD SUICIDE PREVENTION DAY





ST XAVIER'S COLLEGE - JAIPUR

Mental Health and Counselling Cell (MHCC)

in collaboration with
Department of Economics and Psychology and AICUF
organizes a webinar on

A Cry for Help: Suicide Prevention





Rev Fr Bala Bollineni SJ
Counselling Psychologist
Founder-Director, Yes-J

DETAILS

Date: 9 September 2021
Time: 1:30 PM
Google Meet Link:
<https://meet.google.com/yqk-jbex-sii>

ORGANIZERS

Principal
Rev Fr Dr A Rex Angelo SJ
Event Coordinators
Ms Nupur Chauhan
Ms Shiromi Chaturvedi

Principal

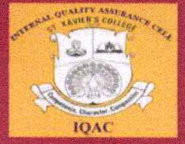
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ATTENDANCE: WEBINAR ON WORLD SUICIDE PREVENTION DAY

| S No. | Name of Student | Class |
|-------|----------------------|----------------|
| 1 | ADITYA JAIN | BA HONS PSY I |
| 2 | AISH Kaur SIDHU | BA HONS PSY I |
| 3 | CHANDRIKA SHARMA | BA HONS PSY I |
| 4 | DIVITA KHANDELWAL | BA HONS PSY I |
| 5 | DIVYANSH KATHURIYA | BA HONS PSY I |
| 6 | ESTHER SASLIT JENA | BA HONS PSY I |
| 7 | IKSHI MEHTA | BA HONS PSY I |
| 8 | KHUSHI BANSAL | BA HONS PSY I |
| 9 | LAKSHYA SHUKLA | BA HONS PSY I |
| 10 | PRANAV SHARMA | BA HONS PSY I |
| 11 | PRAPTI JAIN | BA HONS PSY I |
| 12 | RIYA TRIPATHI | BA HONS PSY I |
| 13 | RUSHALI ANGEL BERA | BA HONS PSY I |
| 14 | SAMEEKSHA JAIN | BA HONS PSY I |
| 15 | SAUMYA MISHRA | BA HONS PSY I |
| 16 | SUHANI SHARMA | BA HONS PSY I |
| 17 | TANISHKA SINGH | BA HONS PSY I |
| 18 | VIPASHYANAA BANERJII | BA HONS PSY I |
| 19 | YASH VARDHAN SHARMA | BA HONS PSY I |
| 20 | AKANKSHA BATRA | BA HONS PSY II |
| 21 | CHARVIKA SHEKHAWAT | BA HONS PSY II |
| 22 | GUNJAN DHARAWAT | BA HONS PSY II |
| 23 | HARLEEN KAUR | BA HONS PSY II |
| 24 | KANISHKA JAIN | BA HONS PSY II |
| 25 | KHUSHI DUDEE | BA HONS PSY II |
| 26 | LUBHAWANI CHOUDHARY | BA HONS PSY II |
| 27 | MUSKAN MALKANI | BA HONS PSY II |
| 28 | PAURAVI MITTAL | BA HONS PSY II |
| 29 | PAVITRA ARORA | BA HONS PSY II |





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| | | |
|----|--------------------------|----------------|
| 30 | SUHANI KHANDELWAL | BA HONS PSY II |
| 31 | TANISHKA GOYAL | BA HONS PSY II |
| 32 | TARISHA BADAYA | BA HONS PSY II |
| 33 | VASUNDHARA PURAWAT | BA HONS PSY II |
| 34 | BHAVYA SONI | BA SUBS PSY II |
| 35 | DEVANEEK SINGH SHEKHAWAT | BA SUBS PSY II |
| 36 | DEVANSH SAXENA | BA SUBS PSY II |
| 37 | GAURAV GARG | BA SUBS PSY II |
| 38 | PARICHAY SHYAM PANWAR | BA SUBS PSY II |
| 39 | RAGHAV ARORA | BA SUBS PSY II |

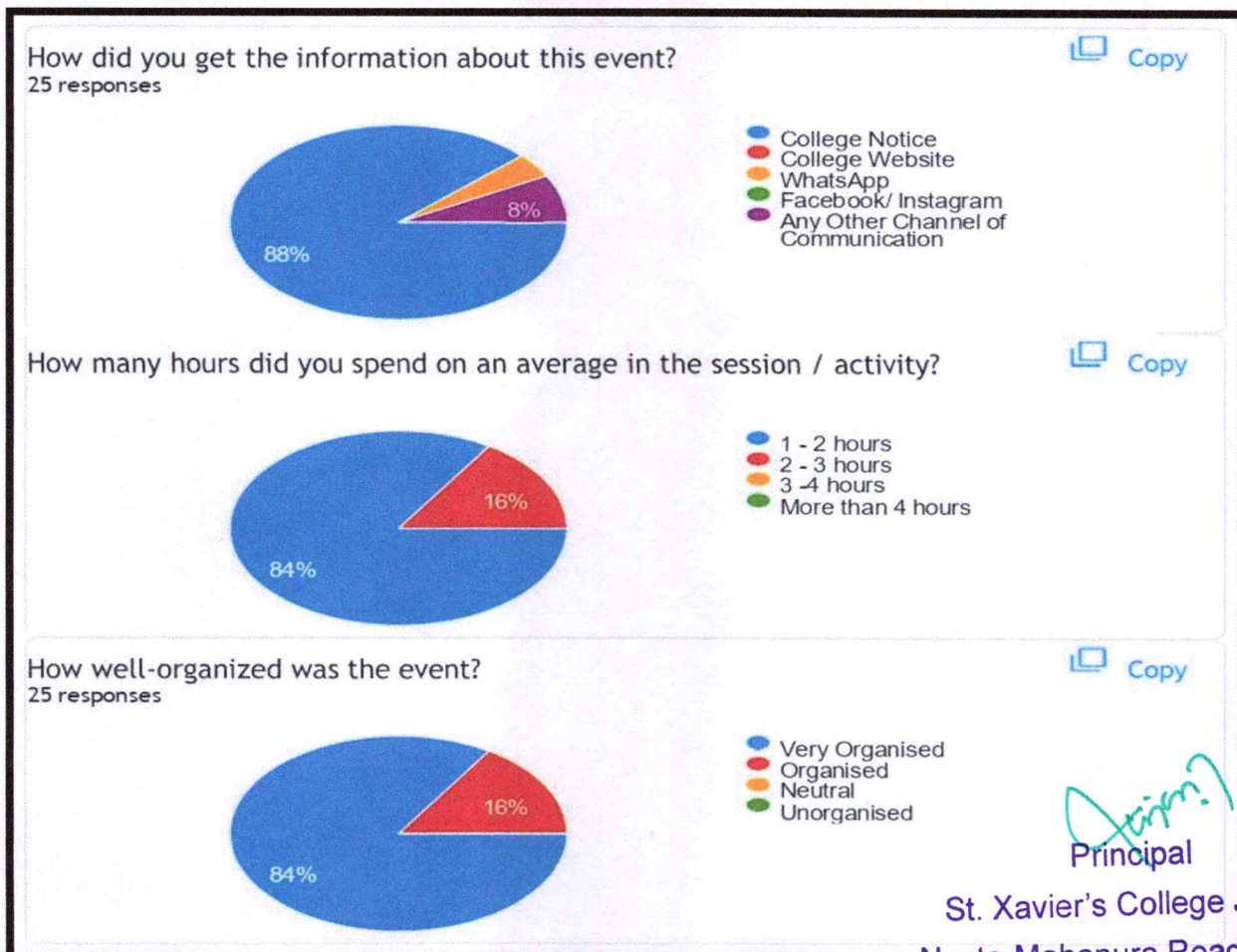
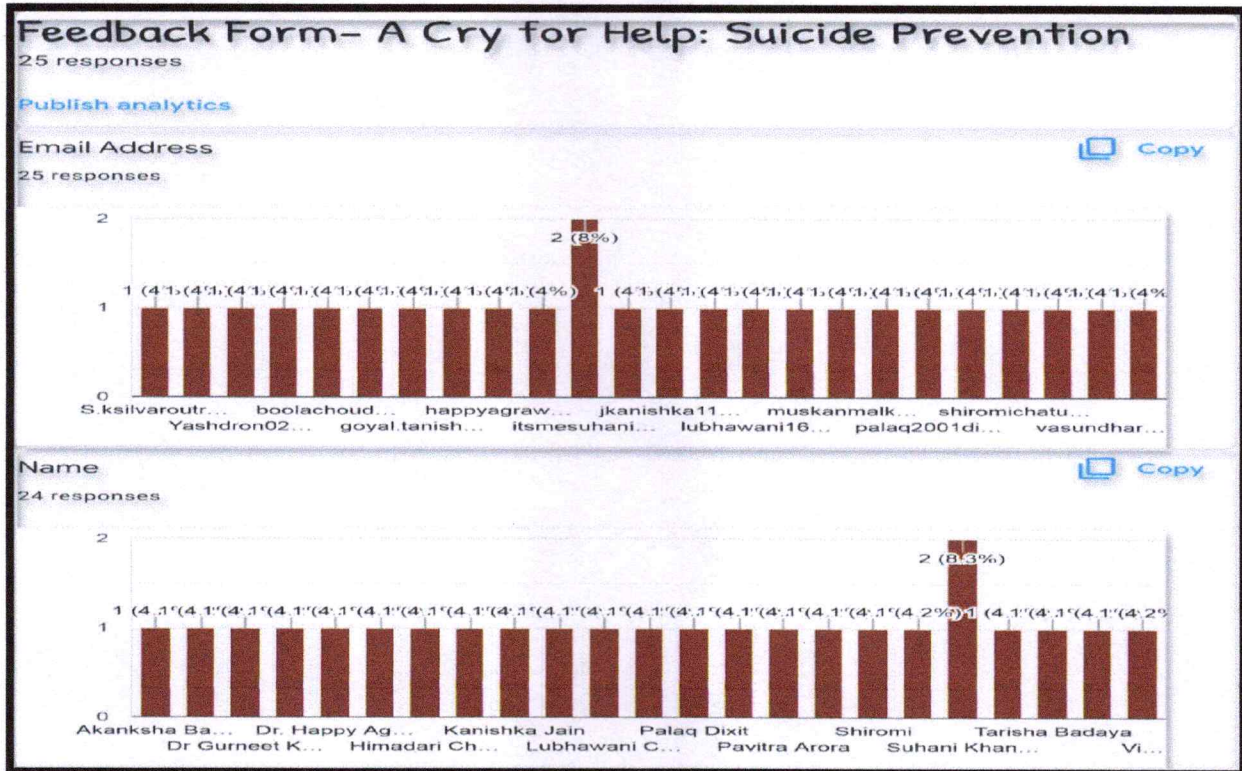
| | | |
|----|-------------------------|-----------------|
| 40 | SUHANI NOWAL | BA SUBS PSY II |
| 41 | JAHANVI GOTHWAL | BA SUBS PSY III |
| 42 | JASMEET KAUR HURA | BA SUBS PSY III |
| 43 | KRITI PARASRAMPURIA | BA SUBS PSY III |
| 44 | LAKSHITA BHARGAVA | BA SUBS PSY III |
| 45 | LAVANYA MISHRA | BA SUBS PSY III |
| 46 | MOHAMMED MAHIR BUKSH | BA SUBS PSY III |
| 47 | NAMAN MADHAV SOGANI | BA SUBS PSY III |
| 48 | NEETU THAKURATHI | BA SUBS PSY III |
| 49 | NIHAR VYAS | BA SUBS PSY III |
| 50 | NITIKA SINGH | BA SUBS PSY III |
| 51 | SALONI KHANDELWAL | BA SUBS PSY III |
| 52 | SNEHA SULTANIYA AGRAWAL | BA SUBS PSY III |
| 53 | VANSHIKA ARORA | BA SUBS PSY III |

Principal
Principal

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



FEEDBACK RESPONSES: WEBINAR ON WORLD SUICIDE PREVENTION DAY"





FEEDBACK REPORT: WEBINAR ON WORLD SUICIDE PREVENTION DAY

The online interactive webinar on "A Cry for Help: Suicide Prevention" garnered high satisfaction among students. Rev Fr Bala Bollineni SJ provided insightful discussions on the misconceptions surrounding suicide and emphasized prevention and early intervention. Students appreciated the relevance and depth of the topic, highlighting the importance of mental health awareness and professional support.

REPORT: WEBINAR ON WORLD SUICIDE PREVENTION DAY

On the occasion of World Suicide Prevention Day, the Mental Health and Counselling Cell (MHCC), in collaboration with the Department of Economics and Psychology and AICUF organised an online interactive webinar on 'A Cry for Help: Suicide Prevention' on 9 September, 2021. The resource person for this webinar was Rev Fr Bala Bollineni SJ, Counselling Psychologist and Founder-Director, Yes-J. The event was coordinated by Ms Nupur Chauhan and Ms Shiromi Chaturvedi. Rev Fr Dr A Rex Angelo addressed the gathering about the relevance of developing positive psychological capital like resilience and optimism to combat the suicidal tendency among students.

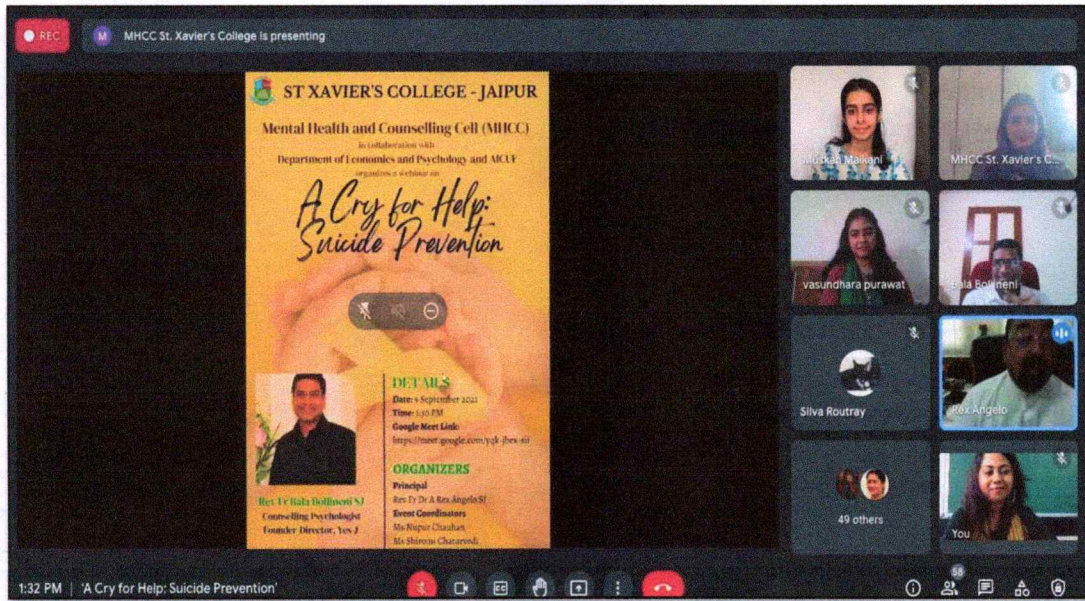
The event commenced with a formal introduction of Rev Fr Bala Bollineni SJ, followed by discussion on escalating rates of suicides on a global level. He clarified the common misconceptions that people tend to have towards the highly controversial and sensitive topic of suicide and its prevention, by openly expressing the underlying contributing factors that individuals may be dealing with while undergoing such an intense situation alone. He further highlighted the importance of prevention and early intervention being the most crucial factor that can alter the lives of so many for the better. He also discussed the importance of maintaining mental health and the role of mental health professionals to address these issues.


Principal

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Nevta-Mahapura Road, Jaipur



WEBINAR ON WORLD SUICIDE PREVENTION DAY



Mental Health and Counselling Cell in collaboration with Department of Economics & AICUF/Resource Person: Rev Fr Bala Bollineni SJ/9 September, 2021.

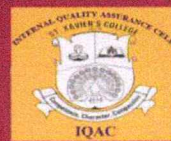
(Handwritten Signature)
Principal

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



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5. TWO DAY INTERNATIONAL YOGA WORKSHOP

NOTICE



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Ref: SXC/ACAD/YOGA/2021/ 6200

22 November 2021

NOTICE

Yoga club is organizing a two -day online Yoga workshop on 23rd & 24th November 2021. The resource person for the workshop will be Dr. Anurodh Singh Sisodia, Director-In charge of UGCHRDC, LNIPE Gwalior and Dr. R.S. Badhoriya, Lecturer at Yoga Center Distance Education, Jiwaji University, Gwalior.

| Date & Time | Session Title | Resource Person | Profile |
|--------------------------------|--|---------------------------|--|
| 23 rd November 2021 | Session I: Management of stress through Yogic Lifestyle | Dr. Anurodh Singh Sisodia | Director -In charge of UGC-HRDC, LNIPE Gwalior |
| 24 th November 2021 | Session II: Importance of yoga for health and happiness | Dr. R.S. Badhoriya | Lecturer at Yoga Center Distance Education, Jiwaji University, Gwalior |

- A Certificate for Participants will be awarded to all the students
- This workshop is open for students of all streams

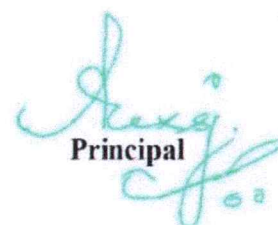
Platform: Google Meet

Link: <https://meet.google.com/dra-ihgd-vkp>

Time: 12:00 PM

For further details, kindly contact:

Dr. Ajay Dandotiya (9329439701) Ms. Sunita Choudhary


Principal

Ref: SXC/ACAD/YOGA/2021/ 6201-6205

Copy forwarded to the following for information and necessary action:

1. Vice-principal, St Xavier's College, Jaipur
2. Coordinator, Yoga Club, St Xavier's College, Jaipur
3. Heads of all the Departments, St Xavier's College, Jaipur

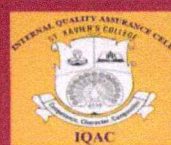

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St. Xavier's College Jaipur
Nevta-Mahapura Road, Jaipur




St. Xavier's College Jaipur

Affiliated to the University of Rajasthan Approved under Section 2(f) and 12(B) of UGC Act, 1956
A Christian Minority Educational Institution under Section 2(g) of NCMEI Act, 2004



POSTER: TWO DAY INTERNATIONAL YOGA WORKSHOP






ST XAVIER'S COLLEGE - JAIPUR

NEVTA - MAHAPURA ROAD, JAIPUR - 302029

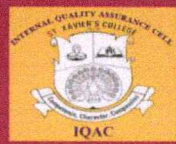
Yoga club is organizing a two-day
YOGA WORKSHOP
on 23rd and 24th November.

| | | | |
|--|------------------|--|--|
| | <u>SESSION-I</u> | <u>SESSION-II</u> | |
| Management of Stress through Yogic Lifestyle | | Importance of Yoga for Health and Happiness | |
| Dr. Anurodh Singh Sisodia (Director -In charge of UGC-HRDC, LNIFE Gwalior) | | Dr. R.S. Bhadauria (Professor at Yoga Center Distance Education, Jiwaji University, Gwalior) | |

 meet.google.com/dra-ihgd-vkp  **23rd - 24th November 2021**  **12:00 PM**


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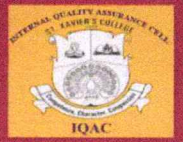
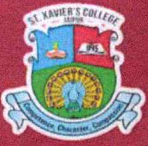


ATTENDANCE: TWO DAY INTERNATIONAL YOGA WORKSHOP ONLINE YOGA WORKSHOP

| Sr. No | Name of the Student | Attendance (23rd) | Attendance (24th) |
|--------|---------------------|--------------------|--------------------|
| 1 | Khushi Agarwal | Present | Present |
| 2 | Divyesh Pratap | Present | Absent |
| 3 | Nidhi | Present | Present |
| 4 | Kavsh Gaur | Present | Present |
| 5 | Saniya Pareek | Present | Present |
| 6 | Parth yadav | Present | Present |
| 7 | Shreya Garg | Present | Present |
| 8 | Mohammad Kaif | Present | Present |
| 9 | lakshya Dua | Present | Present |
| 10 | Aryan Khandelwal | Present | Present |
| 11 | Prachi Sahu | Present | Present |
| 12 | Shreyansh Sharma | Present | Present |
| 13 | Saurav Jhaharia | Present | Present |
| 14 | Naveen Shekhawat | Present | Present |
| 15 | Shorya Vardhan | Present | Absent |
| 16 | Vishakha Singh | Present | Absent |


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FEEDBACK RESPONSES: TWO DAY INTERNATINONAL YOGA WORKSHOP

| FEEDBACK RESPONSES | | | | | | |
|------------------------|----------------------------------|---------------------|--|-------------------------------------|---|-----------------------------|
| Timestamp | Email Adress | Name | 3. How well-organized was the yoga workshop? | 4. How helpful were the organizers? | 7. Please rate your overall knowledge ? | 9. Any suggestions |
| 11-24-2021 13:20:44 | rohanandtushar@gmail.com | Rohan M. Kuruvilla | Very Organised | Very Helpful | Excellent | |
| 11-24-2021 13:23:09 | tusharandrohan@gmail.com | Tushar M. Kuruvilla | Very Organised | Very Helpful | Excellent | |
| 11-27-2021 13:33:11 | Aakanksharathore03@gmail.com | Aakanksha Rathore | Very Organised | Very Helpful | Excellent | Well organised |
| 11-27-2021 13:33:56 | Jasmeet.kaur.huraajmer@gmail.com | Jasmeet kaur hura | Very Organised | Very Helpful | Excellent | No |
| 11-27-2021 14:09:39 | bhattriddhi53@gmail.com | Riddhi Bhatt | Organised | Helpful | Very Good | No |
| 11-27-2021 14:26:40 | Gargisingh159@gmail.com | Gargi Singh | Very Organised | Very Helpful | Excellent | |
| 11-27-2021 16:52:26 | bhavikach2002@gmail.com | Bhavika | Very Organised | Very Helpful | Excellent | |
| 11-27-2021 18:56:15 | singh94akanksha@gmail.com | Akanksha singh | Very Organised | Very Helpful | Excellent | No everything was fantastic |

FEEDBACK REPORT: TWO DAY INTERNATINONAL YOGA WORKSHOP

Students were highly satisfied with the online workshop on yoga. The session provided insightful techniques for mindfulness and relaxation, fostering a positive impact on mental and physical well-being. Participants expressed gratitude for the valuable learning experience and the opportunity to incorporate yoga into their daily routines for holistic health benefits.


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REPORT: TWO DAY INTERNATINONAL YOGA WORKSHOP

The Yoga Club organised a two-day online Yoga workshop scheduled for 23rd and 24th November 2021. The workshop aims to delve into the transformative power of Yoga in managing stress and enhancing health and happiness.

On 23rd November 2021, Dr. Anurodh Singh Sisodia, Director-In-Charge of UGC-HRDC, LNIPE Gwalior, will lead Session I on "Management of Stress through Yogic Lifestyle." Dr. Sisodia brings a wealth of experience and expertise in Yoga and stress management, promising an insightful session focused on incorporating Yogic principles into daily life to combat stress effectively.

Continuing on 24th November 2021, Session II will be conducted by Dr. R.S. Badhoriya, Lecturer at Yoga Center Distance Education, Jiwaji University, Gwalior. The session titled "Importance of Yoga for Health and Happiness" will explore the holistic benefits of Yoga practices for physical, mental, and emotional well-being. Dr. Badhoriya's expertise in Yoga education ensures an enlightening session highlighting the profound impact of Yoga on overall health and happiness.

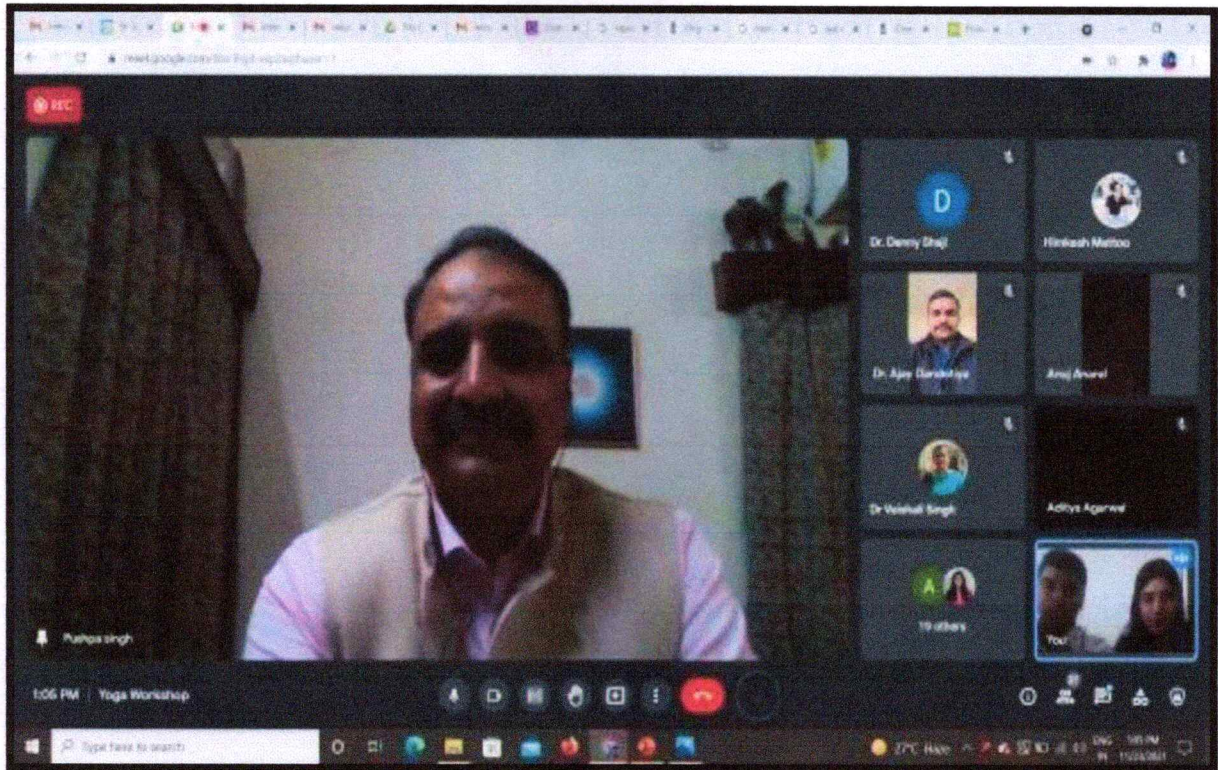
Participants can expect interactive discussions, practical demonstrations, and valuable insights from both esteemed resource persons. The workshop offers a unique opportunity for attendees to deepen their understanding of Yoga principles and techniques, empowering them to incorporate Yoga into their daily routines for improved well-being.


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Nevta-Mahapura Road, Jaipur



TWO DAY INTERNATINONAL YOGA WORKSHOP



Sports and Yoga Club/Resource Person: Dr. Anurodh Singh Sisodia, Dr
R.S Badhoriya/23rd & 24th November 2021/ Online

Principal

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